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Image: HIV Negative blood cell (left) vs. HIV Positive blood cell (right) Via the Commonwealth Scientific and Industrial Research Organisation (CSIRO)

ConU Admin Visits Middle East

President Alan Shepard Signs Agreements With Universities in Israel and Jordan

JONATHAN CARAGAY-COOK @HIIMBIRACIAL

Like President Barack Obama, who recently embarked on his final trip overseas, Concordia University President Alan Shepard had his own miniature tour of the Middle East two weeks ago.

Shepard visited four universities in Israel and Jordan as part of Montreal Mayor Denis Coderre's trade mission to the region from Nov. 13 to Nov. 18. Concordia signed agreements with Tel Aviv University, Hebrew University, Ben-Gurion University and Jordan University of Science and Technology during the trip.

Concordia's goal was to build on existing relationships, and launch new partnerships most of which are academic, according to university spokesperson Chris Mota. Concordia was one of 51 Montreal businesses involved with Mayor Coderre's economic mission, which also included Hydro-Quebec, Air Canada, and Cirque du Soleil.

Bram Freedman, Concordia's Vice President of Advancement and External Relations, accompanied Shepard on the trip. In an interview on Friday Nov. 25, Shepard said they already planned to visit the region later this year, but the timeline accelerated after Coderre asked Concordia to join his mission.

According to Mota, the partnership with the Jordan University of Science and Technology is worth \$1.5 million in funding for PhD students to study at Concordia. As well, Mota said, Concordia and Tel Aviv University will co-host a conference in Montreal next year.

"Tel Aviv [University] is one of the top uni-

versities [in the world]," Shepard said in an interview with student media on Friday. "It's very good for Concordia to be in company with them."

The conference, Shepard explained, will focus on Montreal's Expo 67, and will feature a perspective on the event from The David Azrieli School of Architecture at Tel Aviv University.

There are different groups on campus, both faculty and student-run, that have mandates to boycott such ties with Israeli institutions. On Feb. 16, members of the Simone de Beauvoir Institute, which houses Concordia's women's studies program, voted unanimously to support the Boycott, Divestment, and Sanctions movement. BDS is a Palestinianled, international, and non-violent resistance to the ongoing Israeli occupation of Palestine.

"We believe that BDS offers a reasoned and effective platform for realizing Palestinians' human rights because it is committed to nonviolent action," the Beauvoir Institute wrote in a press release announcing its support. A representative could not be reached for comment on Concordia's trip to Israel by press time.

The press release further stated that the Institute would not formally collaborate with Israeli academic bodies or any representative that serves these bodies or the Israeli government. The statement explained that the boycott does not extend to individual Israeli scholars and rather focuses on institution leaders. "The academic boycott does not prevent Israeli scholars and students from speaking, writing or publishing what they wish," it said.

The Concordia Graduate Student Association also adopted a position in favour of BDS



Alan Shepard (right) signs the third of four academic agreements by Concordia in Israel.

COURTESY BRAM FREEDMAN

during a council session in October 2013. The Concordia Student Union, which represents undergrads, added BDS to its positions book after students voted for it in the 2014 CSU by-elections. Rami Yahia, the CSU Internal Affairs Coordinator, said the trip to Israel crossed the academic boycott line.

"We ask [Shepard] to respect this boycott which was a mandate given to us by our membership," Yahia said. He added that he wants to personally meet with the Concordia President to explain the current issues that Palestine and Palestinian universities face because of the occupation.

In addition to the four universities, Shepard said he also went to Dubai and the West Bank, a Palestinian territory occupied by Israel. Shepard said that during this visit he and his companions spoke to the local start-up community. When asked about how he feels that segments of the Concordia community oppose ties to Israeli institutions, Shepard reiterated the stance he's taken since the CSU adopted BDS.

"Shutting down the conversation and boycotting is not what the university should be doing," he said on Friday. "This is a place for dialogue [...] I understand not everyone supports my view."

CSU Council Passes Migrant Justice Position

Calls University to Adopt "Sanctuary Campus" Status

VINCE MORELLO @VINNYMORELLZ

The Concordia Student Union passed a motion at a council meeting on Nov. 23 to add a migrant justice position to its Positions Books. This can enable the CSU to discuss the prospect of Concordia becoming a "sanctuary campus" with the administration.

Based on the term used by Canadian and American cities, a "sanctuary city" protects undocumented immigrants from prosecution for violating federal immigration laws.

A sanctuary campus would protect undocumented students from investigations on their migrant status and deportation. It would also allow them access to services around campus. and the rights given to everyone else regardless of their documentation.

"It's really important to the university because we are such a diverse university." CSU General Coordinator Lucinda Marshall Kiparissis said. "Embracing the world is one of [the university's] strategic directions."

With the motion, the CSU officially endorses the demands of Solidarity Across Borders, a migrant justice network based in Montreal.

giving them access to Canada's health and of the Canada Border Services Agency on education system.

the downtown campus on Nov. 15 prompted The CSU was thinking of bringing this them to push it through as fast as possible.



Those demands include stopping deporta- A CBSA vehicle was spotted on the downtown campus a few weeks ago. COURTESY CSU

tions and detention of non-status people and motion to council eventually, but the presence a The motion declares that the CSU opposes having the Canadian Border Service Agency on campus and calls on the university not to collaborate with CBSA investigations.

> It is currently unclear why exactly CBSA was on campus. Marshall-Kiparissis said that the officer was getting information on a student. University spokesperson Chris Mota, however, said it was a "courtesy visit" to "say hi."

When The Link reached out to CBSA, its communications advisor, Jacqueline Roby said they "will not speak to specifics."

In 2011, Concordia's then-president and vice-chancellor, Frederick Lowy, co-signed a memorandum of understanding with former CBSA president, Luc Portelance. Portelance had previously been appointed Concordia's Champion under the Deputy Minister University Champion Program. The program, created in 2002, is said to facilitate "collaboration between public servants and university researchers," according to Concordia's website.

"Either way we don't really know what happened," Marshall-Kiparissis said. "But even if border security was making a visit to get know things, that is ominous and not really a good sign of things that might be able to come."

CURRENT AFFAIRS



Dr. pk Langshaw is leading Concordia's new Convergence class.

STEPHANE LAVOIE

Convergences Unites Arts and Sciences

Concordia Fine Arts Class Draws on the Neurosciences

KELSEY LITWIN @KELSEYLITWIN

The concepts of stimulation and inhibition are interdisciplinary. What inspires you? What motivates you? What holds you back? What brings you down? These questions must be addressed, no matter what it is that you're trying to produce. Stimulation and inhibition are the building blocks for creation.

Divergences, however, exist in the ways stimulation and inhibition are approached.

Dr. Cristian Zaelzer, founder and director of the Convergence, Perceptions of Neuroscience Initiative—a joint effort between McGill University's Brain Repair and Integrative Neuroscience Program and the Faculty of Fine Arts of Concordia University—explained that these differences are what need to be addressed in order to build a "strong, more educated society."

Zaelzer spoke at a public lecture on Nov. 25 entitled "The Black Box," held in the Montreal General Hospital's Livingston Lounge. He explained that the arts and sciences share the same goal: exploring the nature of things. Over time, he said, the two fields arrived at a fork in the road and have grown further and further apart ever since. Now, it is time to "try to reconcile the disciplines."

A new Concordia Fine Arts course, DART 461, will do just that. The independent study, which will take on the name of the initiative, will become Concordia's official contribution.

Dr. pk langshaw, chair of Concordia's Design and Computation Arts program, will teach the course. It will follow a similar last Friday, explained Kimberly Glassman, rain, the SBC Gallery of Contemporary Art, the Fine Arts Communication Manager. She explained that the 20-odd Fine Arts students will attend monthly lectures and private tours, alternating between focusing on the use of art in the sciences and vice versa.

Prior to the evening's neuroscience lecture, the art students were given a private tour of some of the MUHC's neuroscience laboratories. On Dec. 11, they will be flipping the script by bringing the scientists out of their elements, into an exhibition called "The White Box."

"It's the other side to 'The Black Box,' where we explore the exhibition space. Just like today where we brought artists out of their comfort zone and brought them into the labs," said Glassman. "We're getting a guided tour of the Musée d'art contempo-

and the Visual Voice Gallery, which is actually an art-science lab and gallery."

The one-hour talk, a condensed and distilled introduction to neuroscience presented by PhD candidates Sejal Davla and Marie Franquin, gave the students a simplified road map to the brain. One step at a time, Davla and Franquin dove into the way in which the brain processes information, which Davla said can be considered its main function. From the molecular transmission of stimulants and inhibitors to the networking of neurons, the students were left with a lot to consider.

"It's a huge amount of information to receive in three or four hours," explained Eryn Tempest, a Concordia contemporary dance student. "It's a lot of words and terminology that's not in our

currency, so it makes my brain work very fast."

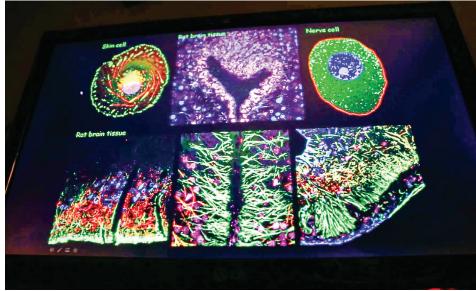
"We're definitely learning," agreed Caroline Laurin-Beaucage, a part-time faculty member in the Department of Contemporary Dance. "It's also guiding us to view our field in a different way. How can we relate to that? The science is so specific and what we're working on is so specific, also. The question of how do we bridge, from one to the other, is a part of the class."

Glassman explained that the class will culminate with the Canadian Association of Neuroscience's annual meeting at the end of May. The Convergence students will curate an exhibition of works produced throughout the class, while volunteers such as Glassman and other undergraduate art history students will prepare a catalogue to run alongside it.

While the topics, which will be covered throughout the program, will stray far from an artist's comfort zone, Tempest said finding something meaningful, through all the science-specific jargon, isn't too much of a stretch. "I think if you're looking to glean meaning for you, to attach the information to something that's relevant for you, then it's not a question of needing to remember all the facts."

She explained that, of all the information she gathered throughout the day, what resonated the most wasn't necessarily the important material in regards to neuroscience. Rather, Tempest continued, it's the material, even if just mentioned in passing, which is the most interesting.

"It's good when information brings you to a place where you're asking different questions," she said. "In fact, it's probably more interesting than when it brings you up to a place that's like 'Oh yeah, that's the answer."



structure to what participating students saw Tissue and cell scans are displayed in an MUHC neuroscience lab.

STILL STEPHANE LAVOIE

This Week in News Online at thelinknewspaper.ca/news

CSU council moves into closed session to discuss former Finance Coordinator Adrian Longinotti's resignation.

Healing Together Through Art

Café Coop Provides Community-Based Mental Health Support

SHANNON CARRANCO

Café Coop is a relatively new grassroots organization that offers a safe haven for people experiencing mental health issues by providing an outlet for creative expression and social

Founded in 2014 by Mathieu Bouchard and Mary Anne Levasseur, the Coop holds creative events at the Wellington Centre in Verdun. Every few months, the featured events consist of spoken word and acoustic nights, open to anyone and everyone who wants to participate.

Levasseur and Bouchard started Café Coop because they felt that when people experience breakdowns or mental health issues, they often don't have a supportive community to rely on. Armed with that, the participants of Café Coop can begin to rebuild their self-esteem.

Stephanie Lawrence, a member of the Coop, joined after experiencing her first episode of psychosis. She was being treated at Douglas hospital, where Levasseur runs the family

support group at the Prevention and Early like finding a family again. Intervention Program for Psychosis.

When Lawrence was experiencing her first episode, she felt that she didn't have a supportive community to lean on.

"At a really hard time in my life when I was followed at PEPP, I would pretty much just stay at home," Lawrence explained, adding that she would rarely leave her house other than to check in with her psychiatrist.

"I didn't really have that sense of community or connection," she said. After reaching a certain point of her healing process, she knew that she needed to reach out—but wasn't ready yet to return to work or school. "I needed to find the gap in the middle."

That's where Café Coop came in.

"It really helped me to come out of my shell and to connect to others who have had similar experiences and who are curious to share and spread awareness around mental health."

Psychologist Francine Beaudry explained that the benefits of being in a community are

"As a child you usually get your basic needs from your family, but many people come from a toxic environment where they didn't get enough of what they needed," Beaudry said. "Being in a community is very important because, after a breakdown, you have to build up your self esteem again." She also emphaare not alone in your experiences.

Eventually, the Coop would like to open a Café Co-operative that will provide employment opportunities for those who are transitioning from primary care to society.

"But in the meantime, we're just trying to create a community from the ground up," Lawrence said. With a prominent focus on creative expression and creating a socially inclusive space, the Coop is helping people develop the confidence to share and be grounded in their takes time, but that is how it is in life."

The events held at the Wellington Centre in our perspective."

Verdun have a unique ambiance that performers and observers can enjoy together. Dimly lit, the vibe is warm and welcoming. Participants are encouraged to munch on finger food and share family recipes before the show starts. The performers are welcomed on and off stage with applause regardless of experience or expertise.

Although the creative events offer participants sized how crucial it is to know and feel that you a means of expression, Café Coop does not offer art therapy or any professional resources.

> Dana Schnitzer, art therapist and psychotherapist, said making art is beneficial for building self-confidence because you are exteriorizing and materializing aspects of the self.

"Art-making is allowing the world of the unconscious to materialize by becoming more conscious," Schnitzer said. "The more we are able to observe aspects of the self, the more choices we have, and then we can change our perspectives. By taking something from own experiences. "It's definitely a process, it the inside and putting it on the outside in a material form, it allows us to easily change



Introducing some performers at Café Coop on Sept. 22, we have Rayana Speede on vocals!



DJ'ing the event, we have Stephanie Lawrence!

PHOTOS SHANNON CARRANCO



And finally, on the violin we have Torrey Eamon Owen!

This Week in Fringe Online www.thelinknewspaper.ca/blogs/fringeblog

We have a review of Tuesday Night Cafe Theatre's "What the Fuck Am I Doing Here—An Anti-Folk Opera."

LINK CALENDAR OF EVENTS Nov. 29 - Dec. 6

TH

MO

30

TU 29

Artisanal Komedy Hour #13

The name of the event is pretty self explanatory, right? Go on over for a good chuckle and some drinks.

Kafein café-bar • 1429A Bishop St. • 8 p.m. // PWYC

WE Octoraise's Pop Up Market, Holiday Edition

Over 40 local artists are gonna be showcasing a number of neat-o and unique stuff. Check it out! Scope out some cool gift ideas

Concordia EV Building • 1515 Ste. Catherine St. W. • 10 a.m. // FREE

Tales from the Trenches - l'entreprenariat au féminin

This event kicks off the beginning of a new series of conferences. Beginning this fall with the theme "Nothing ever goes as planned," Entrepeneurs will tell their stories of failures and

La Gare • 5333 Casgrain Ave. • 6 p.m. // \$5 Advance, \$7 at the door

Art, Activism and The AIDS Crisis

In response to homphobia in international media, artist Stuart Marshall debuted two works in the 80s that sought to address these prejudices. This lecture, led by Conal McStravick, will contextualize Marshall's work by drawing lines between the community,

Musee des Beaux Arts ●1380 Sherbrooke St. W. ●7 p.m. to 10 p.m. // FREE

Projection-discussion du film Polytechnique

On Dec. 1, come participate in this discussion about the film based on one of the most tragic school shootings that took place in Montreal. Agora Hydro-Québec de l'UQAM • 175 President-Kennedy Ave. W. • 2 p.m. // FREE

5

Hell in the Pacific (1968) at Bar Le Ritz BDP

Come see Lee Marvin take on Toshiro Mifun in John Boorman's 1968 classic Hell in the Pacific

Bar Le Ritz PDB • 179 Jean-Talon St. W. • 5 p.m. to 8 p.m. // PWYC (suggested donation \$5)

Feminist Cocktail Party féministe!

Polysensory experiences, feminist theme and discussion, drinks, and live music? Sounds like a good way to celebrate the upcoming

Articule • 262 Fairmount Ave. W. • 7 p.m. // \$7

00:AM x ALL GOOD MTL present: Marcellus Pittman

Get down on music with DJ gem Marcellus Pittman at this location TBA event. Think: groovy synth, trumpet and techno!

email allgoodmtl@gmail.com • 11 p.m. to 7 a.m. // \$10 tickets online

SA

12.3 Brazilian Money / The Submissives / Luge / Doffing Performances by some cool bands. Check it out, now that the semester is over.

Casa del Popolo • 4873 St. Laurent Blvd. • 9 p.m. // \$8

The Right to the City: A Research and Creation Showcase A few hours that'll be packed with performances, exhibitons, and

Share the Warmth • 625 Fortune St. • 2 p.m. // FREE

SU

2016 Yule Fair

Come this year's Christmas season Yule Fair. Its theme is "The Stories We Tell" and you can buy knick-knacks and trinkets from over 20 vendors.

Montreal West Curling Club ● 17 Ainslie Ave. ● 10 a.m. to 5 p.m. // FREE

TU

FR

Flatbush Zombies

Heck yeeaah, they're coming down to our city. Check 'em out. Olympia de Montreal • 1004 Ste. Catherine St. E. • 8 p.m. //

If you have an event you want featured, email: calendar@thelinknewspaper.ca

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L'Oblique 4333 Rivard

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Frites Alors! 1710 Saint-Denis

Panthère Verte 1735 Saint-Denis

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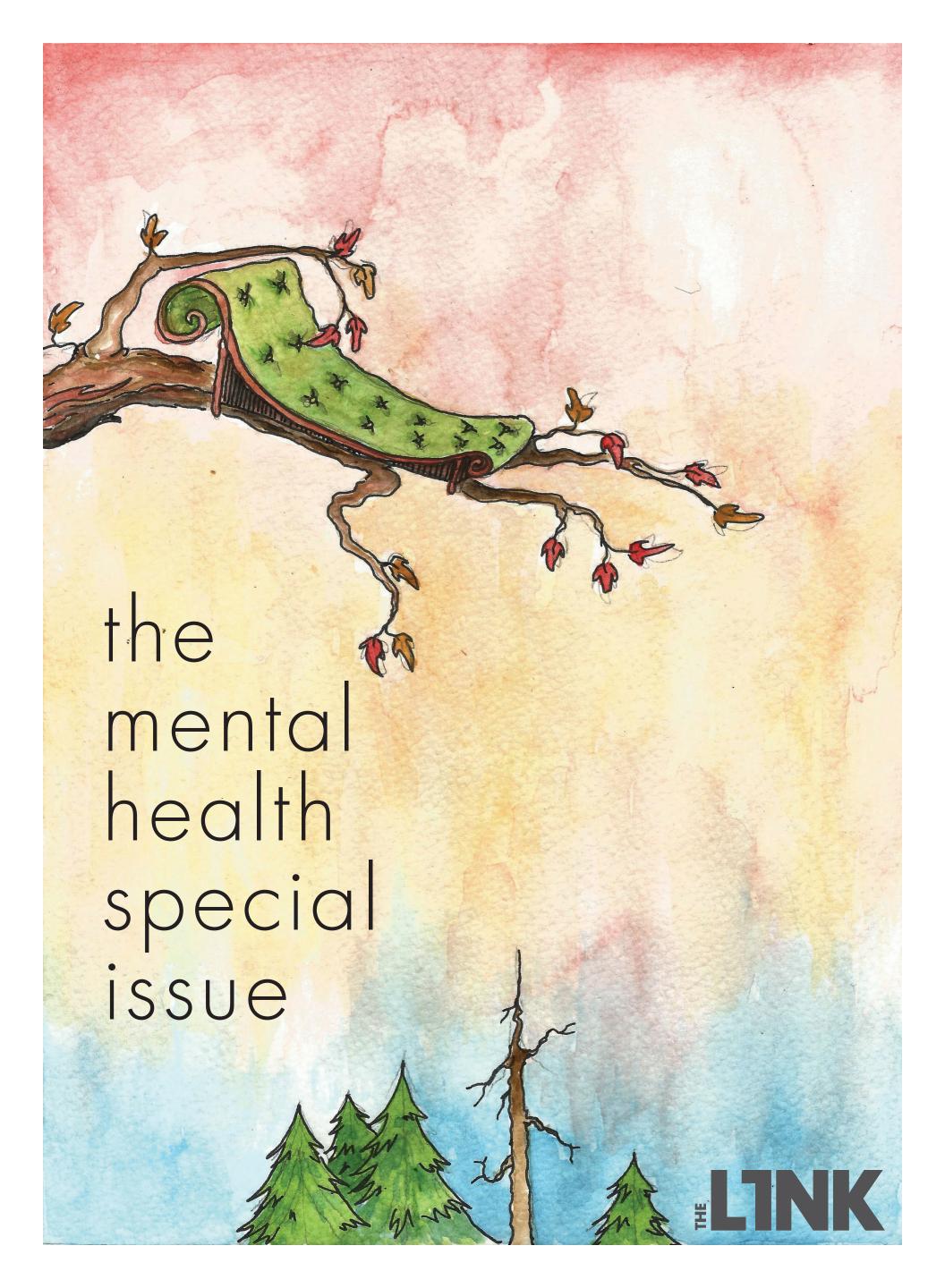
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it's hard, sometimes, being a person. Yes, we have big brains that can do remarkable things. Our brains have taken us to the moon. Our

brains have written sublime books. Our brains created hamburgers—and veggie burgers.

But our brains are so big and so complex that, once in a while, they behave in unexpected ways. They make us sad for a long time. They try to focus on too many things at once, making us tired and confused and unable to feel normal. They show us things that don't exist, or that scare us and hurt us, but don't let us look away. There are so many ways our amazing brains can turn on us.

For a long time, that scared us. It scared us so much that we didn't want to talk about it. Even with friends or family, we were so scared of what we didn't understand. So we pushed those thoughts away and stigmatized them. We made talking about the scary reality of fluctuating mental health taboo.

We've come a long way since then, as a society—especially in the last few years. But we've a long ways to go yet.

It's still not widely accepted that one's mental health is as important, or as alive, as their physical health. There's a reluctance to acknowledge mental health issues as being just as serious as physical injuries. There's a reluctance to acknowledge how mental health is affected by other elements of one's identity and the circumstances that spring from them: age, gender, race and sexuality.

A student would never be expected to limp painfully into class with a freshly broken leg and a smile. But when it comes to experiencing a bout of anxiety or depression, we get dressed and go to work while hiding that we're hurting, pretending everything is fine. Hopelessness, anger, obsession, fear, mania—these affect our ability to live, too.

With the Mental Health Special Issue, we wanted to create a safe and supportive platform for sharing the experiences, thoughts, and research of our brains. This isn't a guide for navigating or solving mental health conditions or concerns. We're not scientists or psychologists. This is simply a journal of what we've lived and what we've learned.

In publishing this, we're contributing to a larger conversation. We hope you recognize yourself in some of the stories we share and that you reflect on what your own mental health means to you. And that you, the reader, will speak out, as well.

We are the people in this publication. Each of us has endured periods of bad mental health, in one form or another. Everyone does. It's part of being human. But here we are, in solidarity with friends, family, peers, and strangers. If you've struggled, if someone you know has struggled, this is for you.

With love,

the link

The classroom is a concept not often questioned.

A teacher stands in front of a crowd of seated children, adolescents, or adults in an enclosed space. The teacher talks. The students are supposed to listen. Some don't. Some might ask questions, or may just sit quietly. Sometimes, students don't show up to class at all.

This traditional classroom setting has been a constant in most people's lives since they were four or five, but that doesn't mean it's the best and only way to learn.

"There are a million reasons why the classroom might not be the most constructive for different cognitive styles," said Jess Glavina, a coordinator from the Centre for Gender Advocacy at Concordia.

Glavina, a former Concordia geography student, said this in reference to an American author, Margaret Price, who wrote the 2010 book Mad at School: Rhetorics of Mental Disability and Academic Life. Glavina alluded to this text while explaining their project to figure out the state of Concordia's learning environment and the services currently available to students. They call it "The Mapping Project."

The university-wide, yearlong analysis will examine issues related to gender, sexuality and neurodiversity, Glavina explained. The project is under the umbrella of the Centre for Gender Advocacy, a feelevy group that promotes gender equality and empowerment.

The centre, located next to the Hall building on Concordia's downtown campus, offers peer-to-peer support. Although not a peer supporter themselves, Glavina said they observed recurring themes from students who have dropped in. These can be erasure, invisibility or general frustration that their learning styles aren't being considered.

This is where neurodiversity comes in. Neurodiversity, according to Cara Liebowitz from the online magazine Everyday Feminism, means that all brains and minds are unique, and there's no "right" or "wrong" type of neurocognition. This term appealed to Glavina for The Mapping Project because it captured concerns surrounding mental health and learning disabilities; the term is rooted in the disabled activist community. Coined in the 1990s by autism activists. Liebowitz further explained, neurodiversity encompasses psychiatric disabilities like anxiety or schizophrenia as well as developmental and intellectual disabilities like autism or Down syndrome.

By traditional medical standards, these diagnoses are rarely thought of as "normal" and can be seen as something to be cured, Glavina said. The Mapping Project aims to deconstruct these stigmas and see how effectively the university helps neurodivergent students. To understand this, Glavina is examining faculty practices and curricula as well as the accessibility and variety of services available on campus. They're investigating through surveys, interviews and even a postcard campaign with the theme of unicorns.

They have been distributing postcards to collect written testimonials and anecdotes about experiences at Concordia, inside and outside the classroom. One postcard reads, "Like unicorns, students 'outside the norm' are often treated as imaginary or rare. But we are here. And you are in unicorn habitat."

There's also a plan next semester to have faculty members voluntarily submit their curricula to The Mapping Project, to then be analyzed for gender and sexuality inclusivity by a group of students. Glavina also plans to survey faculty about teaching practices. While professors can be very passionate and sensitive towards their students, there's no formalized training to address students with different needs, they explained.

Glavina plans to seek more student feedback too, by adding questions to a survey that the Concordia Student Union will conduct next semester.

"We want a map where things need to be strongly improved and where things are super good," said Gabrielle Bouchard, the peer support and trans advocacy coordinator of the Centre for Gender Advocacy. "It is important because the university wants to move forward—we're still centuries behind where we should be."

Glavina has been scheduling meetings with high-ups from a variety of Concordia services and organizations since the summer. One person they already met is the director of Concordia's new Campus Wellness and Support Services Centre, Gaya Arasaratnam.

Arasaratnam oversees the three previously separate services of the Access Centre for Students with Disabilities, Health Services, and Counseling and Psychological Ser-



vices. Her job is to streamline these three offices and see how they can improve their practices.

She wants to create a common health record, where staff from across these departments can have access to the same documentation for every student. The timeline of completion is approximately four to five years because the transition from paper to digital is lagging. She said, though, that benefits could come as early as 2018.

In the last academic year of 2015-16, Arasaratnam said 1,818

students sought the help of the Access Centre for Students with Disabilities, while 2,438 students used Counselling and Psychological Services. Currently, conversations are happening about how to improve these services in addition to seeing how staff themselves can be better cared for with such high demand, Arasaratnam explained.

Concordia President Alan Shepard said in an interview on Friday that the budget for these services, especially for mental health, has been flat for a long

time. "I would love to see us put additional funds into different mental health issues," he said.

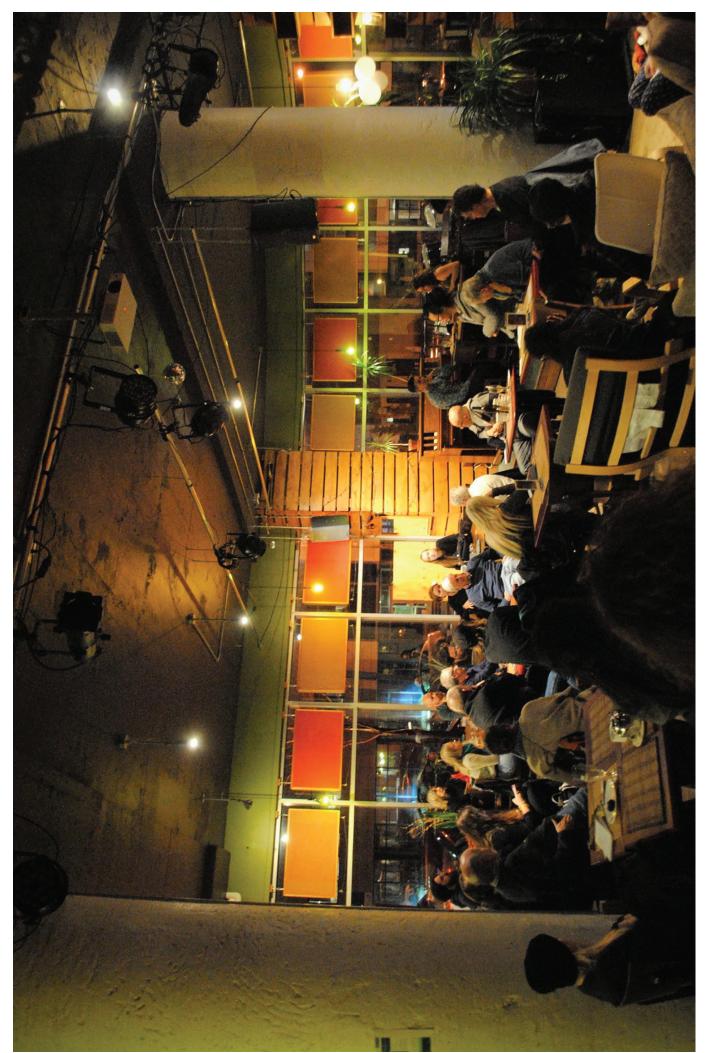
Arasaratnam said she's also working with the Centre for Gender Advocacy to understand how the university can better serve its trans students. Based on their conversations with various supervisors, Glavina said that it appears no one from the university is resting on their laurels.

The results discovered through The Mapping Project will be released by next summer.

mapping concordia's services

on the ambitious project to examine how the university fails and meets its students' needs

by jonathan caragay-cook



people gathered on nov. 16 for a university of the streets café discussion, hosted at café l'artère on parc ave.

emma harake

is our penal system lacking?

prisoners deserve mental health care too

by miriam lafontaine

the mental health issue 10

Jean Marc Bougie and Marie Beemans aren't exactly sure how the penal system should be remodeled, but they know one thing: that more attention needs to placed on inmates' mental health in order to prevent recidivism

Bougie is a former inmate and Beemans is an advocate for prison reform and prisoner's rights. From 1983 to 1986, she organized a successful nationwide campaign against Canada's proposed return of the death penalty.

"Quite honestly, I don't have the answer, but I know it starts with looking at the other person as a human being, and as a human being in need of care," Bougie said at a Nov. 16 University of the Streets Café discussion, hosted at Café l'Artère on Parc Ave.

A group of 30-odd people met to discuss the downsides and issues that exist within our penal system.

University of the Streets Café is part of the Office of Community Engagement at Concordia. They've been hosting weekly events throughout fall at cafes around Montreal and getting citizens from all walks of life to sit down and share perspectives on various topics of interest in casual, informal settings.

Both Beemans and Bougie agreed that in the current legal system, punishment is capital. They advocate reforming to focus on the root cause, for which Beemans said there's "a neglect."

The problem, she said, was that instead of looking at the bigger picture, the penal system focuses primarily on retribution, treating inmates with a lack of compassion and by giving them "revenge in the form of banishment."

"We can't continue with this notion of an eye for an eye," Bougie said.

Beemans argued revenge is not effective at reducing crime, citing the data from countries that practice the death penalty where there was no significant decrease in crime rates.

They argued that treating criminals with revenge, by ostracizing them from society and dehumanizing them, only exacerbates the problem because it harms prisoners' mental health. In turn, it makes prisoners more likely to continue committing crimes when they get out, keeping them trapped in a vicious cycle.

"Where did they first meet? Shawbridge. They knew each other in the juvenile system," Bougie said of Quebec prisoners, who seemed to be trapped in the cycle of reoffending. Bougie was referring to Shawbridge Youth Centres, a farm in Shawville, Quebec that operates as a juvenile detention centre and chain of group homes.

"Then after that, when they hit 18, they met up at Bordeaux [...] and when they graduated from there, they met each other in the pen."

Research at Carleton University has shown that harsher punishments don't reduce recidivism. But when prisoners have access to rehabilitative programming, which includes access to services such as educational training, and vocational training, recidivism reduces by 30 to 50 per cent. These services also include programs which allow prisoners to engage in recreational and leisurely activities, and access correctional training, which focuses on anger management, or on helping sexual offenders to understand the effect they have on their victims,

Bougie said if we are to try to remodel our penal system, we should look to Norway. It has the lowest recidivism rate in Europe.

In Norway, prisoners have access to education and job training. They generally live in dorms, where they can socialize with other inmates.

Bougie said that the fundamental difference between the Norwegian penal system and the North American system is that while we dehumanize our prisoners, Norway treats its criminals like human beings worthy of respect.

Beemans believes that Quebec is getting on the right track, though, because it "punishes the least" in regards to youth offenders.

More and more, youth detention centres like Cité des Prairies in Rivière-des-Prairies are focusing less on punishment and more on training youth in anger management, providing them with rehabilitation for their drug problems, and trying to help them improve their social and problem-solving skills.

As Beemans says, it's important to remember to "punish the crime and not the person."

Supernovas—born from the death of a star—burn 6,000 times hotter than the core of the sun and sometimes outshine galaxies. Imagine an endless cycle of supernovas contained within a human: energy levels that fluctuate and tend to explode at inopportune moments. Ultimately, their disruptive blasts propel energy outward into space, shaking up the galaxy, or a school classroom.

This is how attention deficit-hyperactivity disorder can feel for those affected.

But there are other problems associated with the condition. Often, those who remain undiagnosed are left wondering how to cope with the symptoms that affect them.

Evelyna Ekoko-Kay is a fourth-year student at Queen's University in Kingston, Ont. who believes she has undiagnosed ADHD.

Lacking in concentrated focus, Ekoko-Kay would fidget with pencils, drop them frequently and lose focus in class. For women with undiagnosed ADHD, unorthodox coping mechanisms are survival rituals.

This is the year Ekoko-Kay hopes she will receive a college bursary to finance the formal assessment and diagnosis of her adult ADHD. After a lifelong struggle of misunderstandings, misdiagnoses and anxieties, she has given up on lengthy provincial waiting lists.

ADHD is a neurobehavioural disorder that affects the brain's executive functions, causing poor time management skills, inattention, forgetfulness, hyperactivity and poor impulse control. The condition interferes with working short-term memory and sometimes, the brain's information processing centres. Canada, unlike the United States, does not keep track of the diagnosis rate of the population.

"If I don't get the college bursary, I can't afford the assessment," she said. Ekoko-Kay is on anxiety medication, and has tried Ritalin. She is hoping for a prescription to a similar central nervous system stimulant usually prescribed for ADHD.

"My brain was quiet for once, for the first time all year I finished work on time and didn't pull an allnighter, it was nice," she said.

Private clinics for neurological assessment typically charge \$2,000 in Ontario, but unfortunately Evelyn's provincial health plan only leaves her with \$1,200 to pay for it.

"I think it's bullshit. They charge so much to get assessed for this. Had I been diagnosed in middle school or high school I might have been able to do it for free or less," Ekoko-Kay said.

"I don't have money, it's a huge barrier, and I don't know if I'm going to be able to do the assessment."

Ekoko-Kay was homeschooled until the eighth grade. By that time she had already internalized ADHD coping mechanisms.

The young girl she was throughout high school wasn't "socially competent." Being considered smart was her redeeming quality, her identity. One she refused to lose. Smart means being able to learn concepts without struggle, so she focuses on arts, languages, and avoids math and sciences.

Subjects that require working memory to recall formulas, patterns and numerical information are too difficult. Unsure of how, when, and where to ask for help, Ekoko-Kay's childhood dream of becoming a scientist withered and died. "I had really good grades, so they assumed there couldn't be anything possibly wrong with me. I just avoided anything I was bad at, so there was no evidence of me having a learning disability," recalled Ekoko-Kay.

The worldwide criteria for ADHD are derived from White male chil-North American, Caucasian male dren are four samples. times more likely to be diagnosed than female children. Women experience the condition more internally, likely exhib-

iting quiet inattentiveness rather

anything and everything but adhd

the perils of undiagnosed attention deficit disorders



more likely to be prescribed antidepressants before central nervous system stimulants.

In twelfth grade, 20 minutes into a psychiatric appointment, Ekoko-Kay was misdiagnosed as bipolar type II and received a prescription. The attending physician believed her depression was a symptom of bipolarity, rather than an overarching problem of ADHD. Her moments of

than obvious hyperactivity. hyperactivity, hypersensitivity and with ADHD. For minority children, Women are also more likely her hyper-focused tendency to talk many socioeconomic and cultural girls themselves have been known to to have anxiety and depression about her favourite podcast for hours variables are at play. If the child's pass off ADHD symptoms as quirks. in addition to their ADHD and are on end were not symptoms of ADHD culture tends to validate mental Much of the emotional anguish for but, according to him, were actually hypomanic episodes.

> A study on racial and ethnic differences in ADHD diagnosis from the American Academy of Pediatrics revealed that Latinx children, African American children and children of other ethnic minorities were respectively 56 per cent, 36 per cent and 48 per cent less likely than white children to be diagnosed

illness, they are more likely to be girls with ADHD comes from failing diagnosed. But if they are uninsured immigrants, racial stereotypes and stigma interfere with objective diagnosis and they are less likely to be diagnosed with the condition.

"I am fairly white passing. Everyone knew my mom was black, but I also feel they treated me better than they would have treated someone with darker skin," Ekoko-Kay said.

Improperly trained educators and to meet the emotional labour expectations of their gender.

"They saw me as too opinionated, too emotional, a troublemaker. It was not a good environment to deal with any of that stuff [ADHD]."

Undiagnosed, the condition leads to academic, social and emotional struggles. For Ekoko-Kay it means a hefty price tag in adulthood.

assessing student stress

exploring mindfulness as a coping mechanism

by léa homer

In the city of Uppsala, Sweden, they have this thing called the Flogsta scream. Every evening, at about 10 p.m., university students living in the neighbourhood let out raging screams from their apartment windows and into the night. Apparently, they're blowing off some of that good ol' student angst.

We, as students, can relate. Sometimes bills, pressure to get good grades and the constant questioning of our futures gets to us. In 2016, the Canadian Association of College and University Student Services announced that 77 per cent of survey respondents said they might want help for a mental health problem that was seriously bothering them.

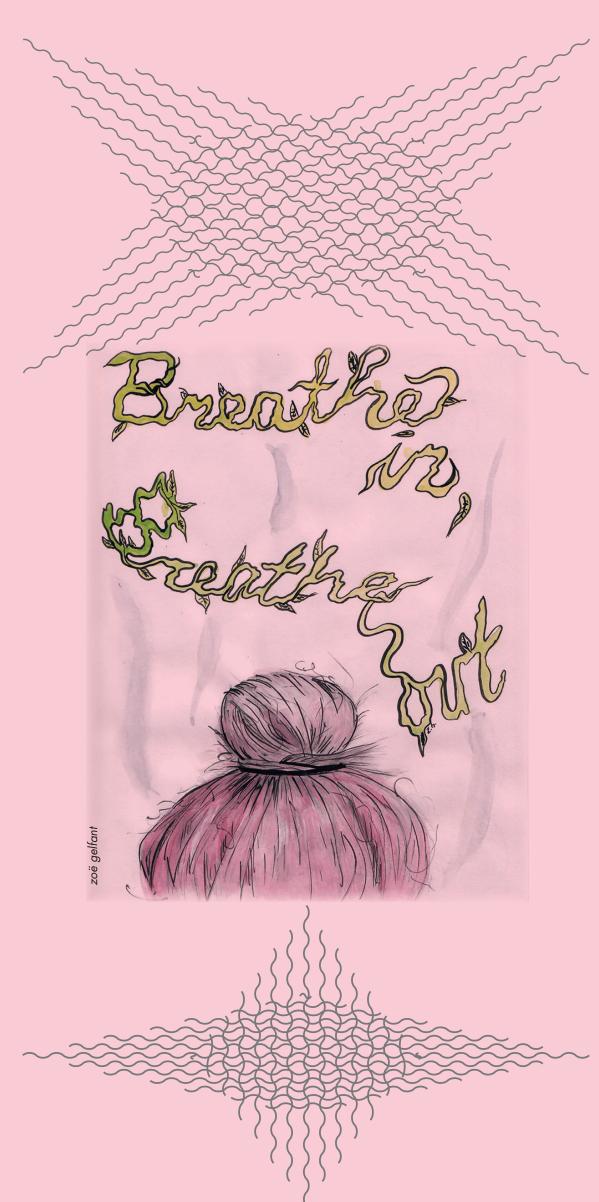
When my first anxiety attack hit, I didn't scream through a window. I jumped in a hot bath and cried to calm my nerves. It was only when that, and my boyfriend's soothing words, made no change whatsoever that I started to wonder if this absolute sense of dread would be unbearable. Little did I know at that moment that I'd be entering a year-and-a-half long cycle of dread where I'd experience symptoms of panic attacks, general anxiety, major depression and depersonalization disorders.

Luckily for me, through multiple therapists, discussions and experiences, I came across the practice of mindfulness. Mindfulness originates from Buddhist belief and is generally defined as being fully aware of the present moment on purpose and without judgment. Although easier said than done, all sensations, thoughts and feelings passing by must be experienced without avoidance or resistance.

Three years ago, my problem developed because everything about my life stressed me out. Now, please don't get me wrong; stress can be one of the best things for us. It motivates us, makes us grow and gets us ready to meet new challenges. The problem appears when stress levels are too high for too long, since stress uses up our bodies adaptivity reserves. Imagine it like this: you have a blender that goes to a maximum of 1,000 rotations per minute and you decide to tweak it, crank it up to 2,000 rpm, and just leave it running. Unsurprisingly, your blender will eventually break down.

The other problem appeared when I decided, that day, crying naked in my tub, to reject any experience my negative emotions brought to me. The biggest reinforcement factor of most mental illnesses is avoidance. Fearing my most painful feelings was the one thing I wish someone told me to never do.

With mindfulness, it's absolutely the contrary. When anxiety sweeps



in, instead of reacting to it with frustration or hopelessness, you try to objectively observe the feeling and its characteristics. What bodily sensations appear? Notice how your chest feels, whether the sensation is hot or sharp, or if it spreads to other body parts. What are your thoughts telling you? Are they angry, guilty or sad? Does it hurt when they appear before you? If you apply this with curiosity and an open mind, the exploration is limitless.

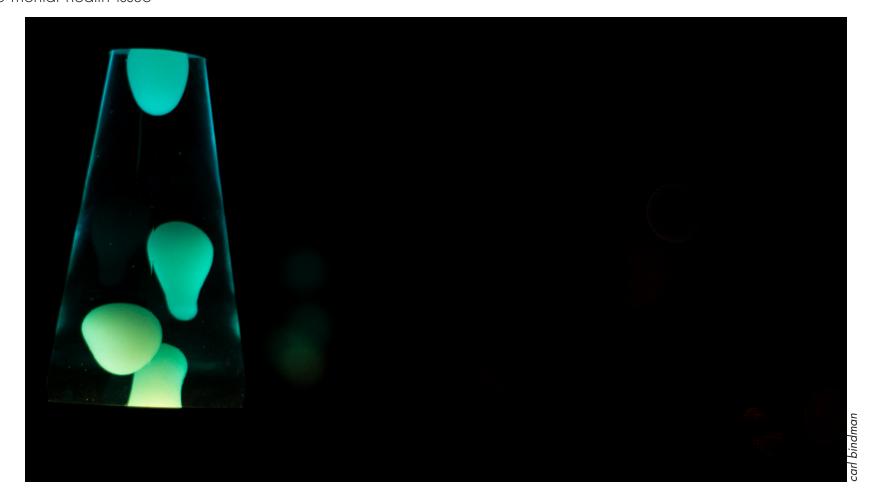
So, how does all of this actually help? By purposely bringing your attention to the present moment, you actually give yourself a chance to respond thoughtfully. As psychiatrist Viktor Frankl once put it: "Between stimulus and response there's a space. In that space lies our power to choose our response. In our response lies our growth and our freedom."

Picture this: two papers are due, you have a job to think of and a room to clean. "I don't have enough time, I'm overwhelmed," you tell yourself. But this time, instead of believing the thought like you usually would, you take your time to actually look at it, the feeling that comes with it, and the perspective it gives you on life. Observing it this way makes you see only the belief, and perhaps not the true hardened fact, that you don't have the time you need. It becomes posible for you to challenge that belief by trying to do all those things without any kind of stress-related procrastination. The results might surprise you.

The space you can give between you and your thought while being mindful is the same space Dr. Frankl referred to. It is a crucial amount of freedom that people who live through mental disorders can use to take a step back from their suffering and finally make more positive alternative choices.

In 2013, The Association for University and College Counseling Center Directors reported that depression and anxiety brought more people to university counselling centres than any other mental health problem by far. Both honestly made my life a living hell, but I also know that other students go through the same perhaps milder versions of what I went through.

The practice of mindfulness has always been particularly useful because you don't need to depend on anyone but yourself to apply it. It's always available, accessible and free. Through it, you gain more control by learning to let go of control. Obviously, not everyone will react as I did, but after my experience, I do strongly believe that all students could use a little mindfulness in their lives.



boys don't cry

but we should

by carl bindman

Here's a list of every time I remember crying:

- -When I was seven and my brother hit me during a street hockey game.
- -When I was 11 and my mom told me she and my dad were separating.
- -When I was 13 and my brother and his friend Jesse Kaminski thought it would be fun to blind me with camera flashes.
- -The first time I watched Lord of the Rings: Return of the King. -My first experience with death, at 13, when a family friend died in a biking accident.
- -Two days after Donald Trump was elected, watching the protests in Manhattan on Twitter.

Here's a list of a few times I remember not crying, and wondering why I hadn't:

- -When my grandfather died,
- -When my mom got cancer,
- -When my mom beat cancer,
- -When my aunt got cancer,
- -When my other aunt also got cancer,
- -When my mom got surgery on her spine that could've also paralyzed her.

It's an odd list. And I'm sure there were other times I cried that I've forgotten, times tied to violence against or from my brother, or linked with childish inability to understand The

Emotions Of Life. But with the major exceptions of death and divorce, there doesn't seem to be any method to what slipped through the cracks.

I was conscious, sometimes, of not crying. It's not just retrospective, like looking back three years ago at the death of my grandfather and saying, "Huh, weird how I didn't cry."

In the moment, I tried to cry. I sat down in the dark and wallowed in the loss. I thought, "This is unhealthy, that I'm not crying." I told myself that I'd never see him again. That any stories he hadn't told me were now gone. No longer would I visit his apartment and receive a drawing or an exotic coin, or suffer through retirement home food with him. I focused, but nothing came out.

I know I'm not alone and I know I learned not to cry from somewhere. After my parents' separation, I looked back and couldn't find moments where my father showed the pain that he no doubt felt-at least not in ways that I could recognize at the time. He would be angry, but he wouldn't be sad. I'm sure my father thought he was doing it for my brother and me. To seem strong, or something. Or maybe it was just for himself, the old "If I can't feel it, it isn't there." But, of course, the pain was there. And whether or not he was consciously trying to show my brother and me how to behave, that's exactly what he was doing.

For Eric, my brother, anger became everything. It was his go-to. That, and deceit. He used lies and rage to turn any problem against anybody else. He never had to face the pain he felt either, just like my dad. He also never had to cope with the pain my father's anger caused him, let alone how his own anger and dishonesty hurt those around him. While yes, he lived the consequences of a life built on hate-constant conflict, fear and violence—he never had to face the reasons why.

It's sad. My dad kicked him out, oh, maybe six years ago now? It was because of some squabble over dinner that escalated until my brother threatened my dad with a knife and my dad broke his finger disarming him.

I'm grateful for the counter-example my brother set, though, because without him, and the abuse I suffered from him, I would likely have learned the same lessons from my father

I understood, even at 13, that Eric thought nothing could be his fault. Nothing that caused him distress could be the result of his own actions.

It had to come from elsewhere. I took that and went in the opposite direction. Everything was on me. And because I was responsible for the feelings of those around me, I had no space for my own feelings. This was by design.

Suppressing my own emotions felt good. I took what I interpreted as my father's stoic refusal to feel sad and made it mine, minus the anger. I felt useful.

My mom had some very hard years after the divorce. By being there for her, by helping her bear the guilt she felt for what she saw as tearing up our family, I was able to bury my own feelings. The family friend who died? He was her fiancée.

His death undid her plans for the future as much as it undid mine. But, again, by being there for her, by soaking up her pain, I could continue ignoring my own. I didn't have to consider how adjusting to another father figure in my life would've felt. I didn't have to recognize how guilty I was over how badly I'd treated him before his death. I just hugged my mom when she cried and that was good enough.

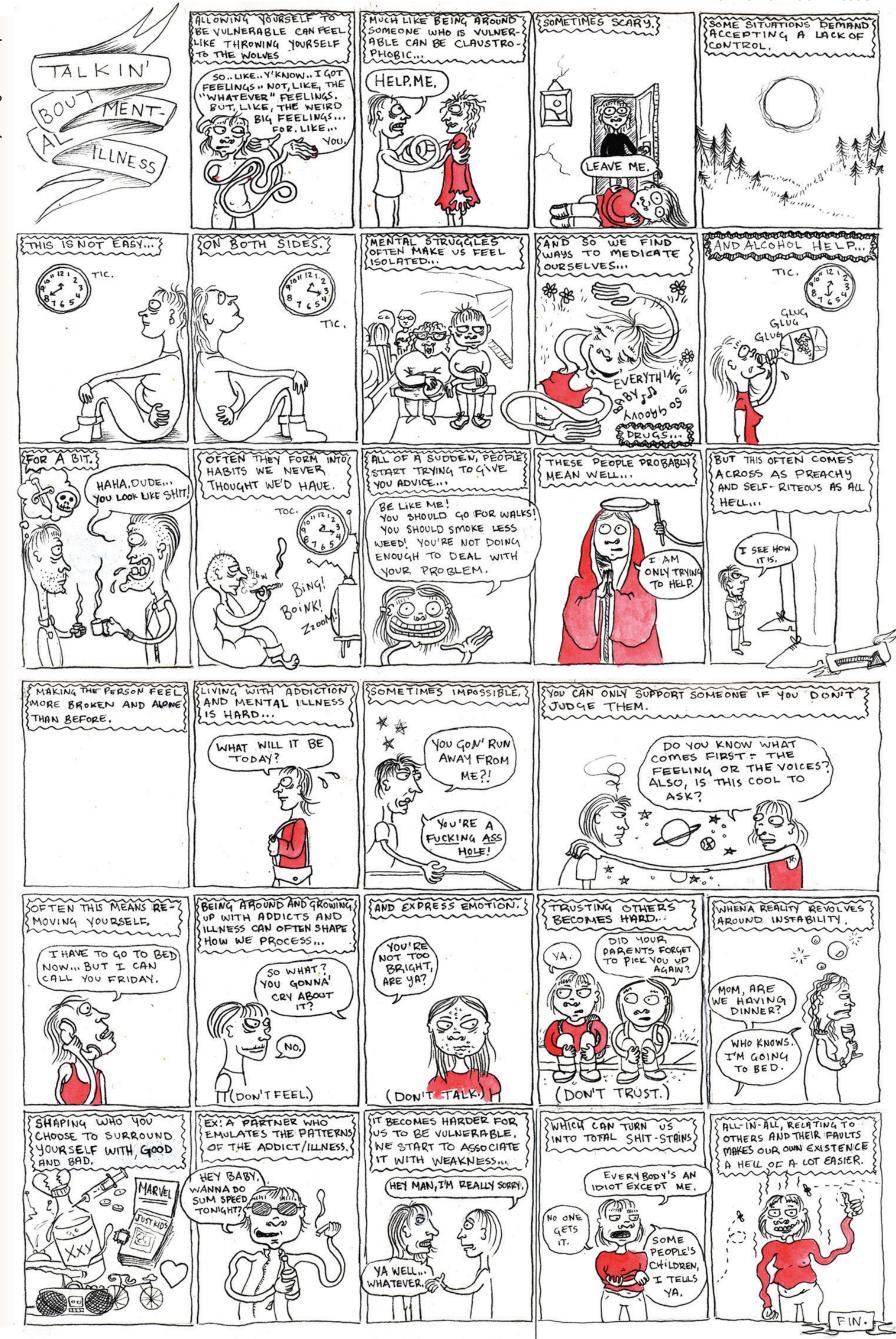
Obviously, I didn't recognize her parsing those emotions as a healthy example, something admirable to follow and learn from. If I had, then I almost certainly would have been

better equipped to be of actual help to her, my brother and my father. Instead of taking the pain Eric caused me and burying it so that I could help my mom with the pain Eric caused her, I could've reached out to him.

I can't honestly speak to the gender theory of hypermasculinity causing emotional self-mutilation in men. I haven't read the stuff. But I can speak to every man in my family who doesn't handle his shit. My father. My brother. My uncles on both sides. All of them carry the same baggage as me. One way or another, they bury their bad feelings. Alcohol. Weed. Women. Gambling. Anything but pain.

In a therapy session with my father and brother, when I was 14 or 15, I told the therapist how I try not to feel things. He told me emotions are like a knapsack: you can only carry so much weight. When the bag gets too full, things will spill out and you won't be able to control where or why it happens. Or worse, it'll break your back. It's better, he said, to put things in and take them out on your own terms. You get to decide how heavy your bag is.

As men, we need to work on that. But first we have to face the complicity we share in spreading pain instead of feeling it.



404 not found.

That is about all that's left of the Women's Health Contribution Program and the services that relied on its funding. The Government of Canada, under Conservative Prime Minister Stephen

Harper, cut the Health Canada subsidiary four years ago.

A couple clicks through the Health Canada website will bring you to a statement from September 2012, declaring "funding for the Women's Health Contribution Program, a nonservice delivery program which was established at a time when there were not many programs aimed towards women's health, will be eliminated."

This elimination, which was expected to save the government \$2.85 million a year, hastened the downward spiral for access to women's health care

"It's a sad situation," said Dr. Geneviève Rail, a professor from Concordia University's Simone de Beauvoir Institute. Her teaching, she explained, partly focuses on feminist perspectives of health care. "Women's health in Canada was much better organized 30 years ago than it is today."

The elimination of funding for the WHCP lead to the dissolution of the Canadian Women's Health Network, which had previously supported more than 70 organizations across the country for over 20 years. They closed their doors in November 2014 because they couldn't find alternate funding.

"I think access [to health care] has been hampered, and is hampered more and more, as we continue to divest from public health and privatize our health care system," said Rail.

In a statement, the CWHN's Board of Directors issued its own concerns for the state of women's health care funding in Canada.

The funding and research which remains, Rail said, is dangerously onesided—particularly in terms of mental health. A lot of it, she said, focuses on the physiology of mental illness. This includes the study of how brain chemistry affects behavior.

"They aren't funding research into other directions," she said, and the research happening doesn't take other approaches to healing women.

The feminist perspective, Rail explained, encompasses everyone, regardless of whether they identify as male, female, or non-binary. It looks at mental health through the two main lenses of social causation and social construction.

"Instead of looking at issues of mental illness as caused by some psychological or physiological defect, [researchers] see the causation of mental illness mostly as part of social factors," she explained of the former. "We'll show how these social factors are working to basically render women ill."

Feminist study insists that the root cause for mental illness lies outside of the individual. "There's a number of things that don't go so well for women," Rail said. "They are in financial, social, or psychological situations that aren't as advantageous as their male counterparts."

Social construction, on the other

medicalization, privatization stigmatization

feminist critiques of health care shift the conversation from physiology to sociology

by kelsey litwin

of women between the ages of 15 and 24 have experienced suicidal thoughts at some point in their life the greatest increase in hospitalizations for mental disorders is among girls aged 10 to 17

kelsey litwin

hand, is all about the interpretation of behaviors.

"In this branch, feminist researchers come to deconstruct the ways in which we medicate women, and we construct particular ways of being as signs of mental illness," Rail said. "We could construct them in other ways, and find that women acting in particular ways are actually rational and sane, and not ill."

Gabrielle Bouchard, peer support and trans advocacy coordinator at the Centre for Gender Advocacy, agreed that stigmas associated with gender contribute to the proliferation of mental illness. As a result, if you identify as anything other than a cis-male, Bouchard said, you're at an elevated risk for mental illness.

"Gender is an important thing," she said. "Unless you're in a position of privilege and you have a space where you could be non-gendered, you have to face genderization, like it or not, all the fucking time."

The issue, she explained, trickles into how gender is appropriated by researchers, misinterpreted, and integrated into studies of mental health.

Health Canada's Institute for Gender and Health includes a section on its website which explains how "every cell is sexed, and every person is gendered."

Its descriptions of sex and gender, which highlight the biological and social differences between the two, also touch on their perceived interconnectedness.

"If you look at what they're saying about their definition of sex and their definition of gender, they're actually pretty good," Bouchard stated. "They're not

What is problematic, she said, is the way these concepts are interwoven into health research. Categorizing people by their biological sex furthers the notion that sex and gender are intrinsically important

For example, she cited that the function of a uterus is not the same for someone of childbearing age as it is for someone who has gone through menopause, nor as it is for an individual taking testosterone supplements. For that reason, using biological sex as a reason for devaluing one's gender is, as Bouchard said, fucked.

"I think we overestimate the necessity for gender," Bouchard said. "It's like if we say it's very important to have somebody's gender on their resume. It's not relevant, but it has an impact."

The impact, she explained, falls back into the social perception of gender-associated attributes, and the way in which it puts some at an advantage, and others at a disadvantage.

In the prevailing pharmaceutical approach to mental illness, chemical imbalances are seen as the main villain and prescription drugs as the knight-in-shiningarmour. But that's a band-aid solution, explained Rail. Drugs treat the problem without addressing its cause.

A 2016 report from Statistics Canada on "The health of girls and women in Canada" found that antidepressants were the most common medication prescribed to women between the ages of 15 to 24 in Canada, second only to hormonal contraceptives.

Rail explained that it's the combination of the pharmaceutical industry's strength, the success of its marketing, and the social construction of mental illness that leads to this overmedication of women.

"It is difficult, and it's becoming more and more difficult [...] in a very intersectional way as well," she explained. "If you're a woman of colour, if you're an immigrant woman, if you're a poor woman, already the doctor-patient relationships are not easy, as far as mental health is concerned."

Rail said that Canada's Indigenous population is particularly at risk, "Here is a very strong link with social factors, and after hundreds of years of marginalization, discrimination, oppression, exploitation," she said, "there are acute problems in some of the [Indigenous] communities. Unfortunately, our system is not set up at all to accommodate for that."

The way in which Canada studies and treats mental illness, she explained, just reinforces genderassociated stigmas.

"In the end, it's the social status quo. We're not changing what is bad. We're keeping it the same, and that is a big problem."

to that friend who does too much

high-functioning anxiety

by ocean derouchie

Anxiety is a funny thing. I used to think that I would grow out of it, like when I cut my hair really short and ended up hating it.

I walked through my adolescence believing that how I felt was a symptom of being in high school—never addressing my fears, always internalizing them. I told myself that it would pass; to just keep working hard and repress it. Once high school was over, I reasoned that I would be able to be myself again. I definitely wouldn't be anxious in university, I told myself.

When I moved halfway across the country, I still found myself with the same heaviness in my core that I had spent the last three years trying to ignore. I started to realize that anxiety had shaped the way I saw the world and affected the way in which I carried myself through it.

I've come to understand that I am a high-functioning, very anxious person. There is no "but" between those two things, because they are not mutually exclusive.

We want to believe that because we are still "functioning" on the outside, our anxiety isn't perceived to be a problem—or even noticeable to other people. You go to school and you manage to get satisfying grades. You work a part-time job, and, realistically, it's not the worst gig ever. You're involved, and you love that you are a part of something bigger.

But every day, I wake up with the same distinct feeling. A tightness in my chest that says "nothing is right," even though I know that nothing is inherently wrong. My mind and my heart are playing tug-of-war, and I'm just the rope in the middle.

What I've learned is that this feeling is a manifestation of fear. A fear that-according to a new study in the journal Current Biology-shapes the way people with anxiety see and live in the world around us. Scientifically speaking, it has to do with the brain's ability to adapt or reorganize itself by creating new connections. These changes code how we react to stimuli, and the research shows that anxious people are less likely to be able to tell the difference between "safe" stimuli and threatening ones.

For the anxious person, it means that the brain can't distinguish one emotional situation from another. Even if the new situation is completely irrelevant to the last, if it's non-threatening or familiar, the end result is usually anxiety.

But for someone who has "high-functioning anxiety," that sense of unease can come from factors that aren't necessarily obvious. Think: that friend of yours who does too much. (I'm that friend).

Filling my life—and my schedule—with meaningful activities like getting an education, working and saving money, and doing things to further my experience in my field are things that, ultimately, make me pretty happy.

But high-functioning anxiety can look like just that—achievement, busyness, and perfection.

If the things I do in life are water, then I am the cup.

Naturally, I want to do right by the things I love. If I don't, however, or I feel like I am in some way letting down the people around me—or myself, for that matter—I become overwhelmed by guilt and stress. And it just builds, and builds. Until the anxiety is so unbearable that the metaphorical cup starts to overflow, spilling all of that water over the rim and onto the table until everyone in my life is drenched in the emotional weight of being around me.

That's how it feels to walk through this world; knowing that I am capable of doing all of things I set my mind to—but also knowing that, soon enough, the world will come crashing down around me like a fucking tsunami.

There came a point this year that I realized that this kind of lifestyle is not sustainable.

I can't do it all—and I know that now. It took falling-like really hard, on my ass-to understand that I had to make changes.

Don't get me wrong, I'm still working on it. I've been living with anxiety while trying to balance a busy schedule, an active social life, and trying to keep my apartment clean since last summer. Being on my own has forced me to face up to the fact that I ignored my mental health for way too long, and that the effects of that repression have seeped into literally every aspect of my life.

My roommate once said something during a therapeutic shrooms trip that really struck me. She told me that while I know, deep down, that I am enough, that I am constantly trying to prove my worth to other people. As if to say, "Stick around, please! If you just see me through this, I'll show you that it was worth it—that I am worth it."

That's really the root of my anxiety: that no matter what, or how much, I do, that I won't be enough.

But I'm working on it, and I know you are, too. Because, if you're anything like me, there's no other option than to work on it. It's what we do; we work and work and work, until we burn ourselves out. And then we start again. It's a vicivous cycle, but I know if we put our minds to it, we can break it.

I'm not going to give you

much advice. I could tell you to run a warm bath, buy yourself some flowers, or watch a rom-com that will distract you for at least two hours. But that's just it—those

What I will tell you is this—anxiety is the heart telling you that you're not on your path. In a way, it's not a negative thing. It's a message, rather. If you can follow your heart, the rest will fade away.

You got this.

I am here with you.



ety elicits a different reaction from everyone who suffers from it.

one falls on the anxiety spectrum, you shouldn't

said Jenna Pearl, a woman

on the person. In my own head, gradually growing until I bend under their pressure.

by julia miele the back of my mind, whispers that tell me I'm not good enough and that I never will be. Until finally, the thoughts unpleasant lump in my throat.

I know that what my anxious thoughts are telling me is untrue, to override my mind and body.

I cease to think straight and I end up keeling over, hands on my anxiety to latch onto anything it can use to fuel the fire and make my body shake. If I'm lucky, I'll be able to reach someone who can

Anxiety doesn't work around your schedule. It likes to pop in unannounced. "You could be sitting in the most relaxed setting possible, and then suddenly you can't breathe," Pearl said.

"Everybody has a different reaction," said Nataly Khenkin, a Concordia student. "You can either freeze up, become really irritable, or become very panicky and outwardly look like you're having an anxiety attack.

don't feel like yourself anymore and things start slipping out of

of her anxious thoughts and feelings that build up until she begins

"I'm aware that I'm going numb, which makes things ten times

pretty picture."

mind and its

many forms

what you should know and

what you can do to help

With so many different possible reactions that people can have, what can you possibly do to help your loved one when they're the anxious full on anxiety attack? And what

should you not do?

form of anxiety to be a little worry. That's normal and

"There's a big fear if mental illness," Pearl said. to help someone who does. You can get self-conscious about saying the wrong thing or not helping."

In this case, Pearl explained that it's anxiety that you're simply there to help. "Let them

Not even asking what's wrong but simply offering your help is a

Ultimately, it is vital that you aren't dismissive of the anxious person's feelings, no matter what the situation may be. And don't be an arrogant jerk and say things like 'Oh, you're just overreacting. Just stop feeling anxious and it'll go away!'

As Pearl put it, "You can't just snap out of anxiety." You'd think if that were the case, we'd have done it by now.

down," Khenkin said. "Instead of just brushing it off, you should

Ask what you can do to help your anxious friend. If what they want is space, give them space. If they say that they need to go to a

I find it helps to talk about mundane things like what I ate for breakfast or what I like about my favorite animals—anything to get and get my breathing back to normal.

But above all, it's important to be patient. Be there for your anxious friend, be attentive, and be understanding. They are still the same person that you loved before they started having an anxiety attack and they'll be the same person you love afterward as well.





SPORTS 19

Dreams Do Come True

Former Stinger Caleb Jordan Is Now On the Canadian Rugby Sevens National Team

SAFIA AHMAD

@SAFS_ONTHEGO

It was just like any other day when former Concordia Stingers rugby player Caleb Jordan received a phone call that would change his life forever.

It was from Rugby Canada's Manager Sean Liebich.

"It was one of those moments that you kind of dream about," said Jordan. "But until it actually happens, you don't know it's going to actually happen. And then once it did, I realized that my life is changing and I was really, really excited."

After graduating from Concordia University this past summer with a Bachelor's in Human Relations, Jordan packed his bags and moved across the country to Victoria, B.C., where Rugby Canada has its practice facilities.

Despite this whirlwind of change, Jordan adjusted smoothly, starting by sleeping on a teammate's couch until he got settled into his own apartment.

"That was a great opportunity for me to see how nice the guys are, willing to let someone who they've never met live in their house and join their life," he said.

Over the years, Jordan has made a name for himself. With the Concordia Stingers, he was named on the Réseau du sport étudiant du Québec's All-Star in 2014 and 2015. He captured the RSEQ championship when the Stingers defeated the eight-year champions, the McGill Redmen, in 2014. He was also the recipient of the \$10,000 Fuelling Athletes and Coaching Excellence Program bursary this year, which is given to the most promising athletes across Canada.

As well, Jordan got his first taste of Team Canada when he was invited to train with them in 2013.

"I felt unprepared and I just didn't have enough experience to excel then," he recalled. "But it was a huge learning curve because it showed me where I needed to be if I ever wanted to make it to the national level. A few years later, after working on the stuff I couldn't do then, here I am."

Jordan's journey to rugby started like many others in the sport: playing something completely different. Before switching into what became his passion in eleventh grade, the six-foot winger played



a huge learning curve because it Former Stinger Caleb Jordan is the only Quebecer in the Canada National Rugby Sevens team. COURTESY KEVIN LIGHT

soccer and football. Needless to say, adjustments were needed when he started rugby.

"When I started, I came from a football background so just something as simple as holding the ball with two hands or even just the concept of making a pass," he said. "Definitely my first year, I don't think I made a single pass.

Rugby gave him the "ultimate challenge" that soccer and football couldn't give.

"Rugby brings an intensity and requires a level of focus other sports don't necessarily [require], at least for me," he said. "To be switched on the entire game, it's a reaction game, things aren't set in stone beforehand. You see what's in front of you and you adjust on the fly."

Jordan is joining a Rugby Canada men's sevens team that will need to adapt quickly if it wants success at the HSBC Sevens World Series, kicking off in Dubai on Dec 2. The series, comprised of ten tournaments held all over

the world, showcases 19 national teams. Team Canada will be facing stiff competition from the get-go, placed in a group with Fiji, Argentina and Wales.

Team Canada only hired its current head coach, Damian McGrath, this past October, two months before the World Series. It took part in the Rugby Americas North Sevens tournament in Trinidad on Nov. 12. It won the tournament after defeating Guyana in the cup final 52-5.

Yet, one tournament isn't enough time to introduce a group of athletes to a new coaching system and ensure good team chemistry.

Despite feeling like his team is at a "slight disadvantage" going into the World Series, McGrath believes that his group of veterans and rookies are working well together so far.

"I was really impressed with some of the younger players who have been in the system only for a short time," he said. "It's been enlightening for me."

Amidst the chaos, Jordan is one of the bright spots in what could otherwise be described as a rushed few months for McGrath.

"[Jordan] brings speed," said the head coach. "He brings athleticism, he's a sponge that takes the information in, and he's willing to learn. He works very hard. I can only see a bright future for Caleb."

As the only Quebecer on the roster, Jordan feels much pride donning the maple leaf on his chest. When it's all said and done with the World Series, Jordan is looking forward to coming back home to Montreal to share the memories and hard work with everyone who has helped him along the way.

"A lot of them have been supporting me in many different ways financially, emotionally over the last few years," he said. "It's just really great to see that all of the support they gave me wasn't for nothing. They really pushed me to the highest level I could be at so I'm super thankful for that."

But there remains one more step he wishes to complete: hitting the 2020 Tokyo Summer Olympics.

"Now I have another stepping platform I'm trying to reach beyond just playing for Rugby Canada," he said. "Now I want to play for Canada in the Olympics and [win a] medal."

This Week in Sports Online at thelinknewspaper.ca/sports

It was a tough weekend for the Stingers' men's and women's basketball teams, but men's hockey got a big win.

20 SPORTS

Putting Concordia on the Map

Trio of Stingers Head to International University Sports Federation Winter Games Training Camp

JORDAN STOOPLER

@JSTOOPLER

Kazakhstan is not often at the top of one's "Countries to Visit" list, especially during the frigid winter months.

Its temperatures rival Montreal—reaching anywhere from -10 C to -30 C in the heart of winter. Despite these harsh conditions, come January, there's no place Stingers men's hockey captain Olivier Hinse would rather be.

He has been invited to participate in a training camp for the Canadian hockey team, along with Stingers forward Philippe Hudon and rookie goaltender Philippe Cadorette, in the lead up to the upcoming International University Sports Federation Winter Games. The Games, also known as the Winter Universiade, brings together the top student athletes between the ages of 17 and 28 across various disciplines in an Olympic-style event.

"I was very proud when I got the news," said Hinse. "It was something I was looking for. I am really happy to be going to training camp."

Stingers head coach Marc-André Element was just as happy.

"It's important for our program to have some guys represent their school and hockey program," he said. "It means a lot for us. Those three guys have worked extremely hard since the beginning of the season and they deserve

In addition to his search for that elusive university championship, Hinse cites the Winter Games—which take place every two years—as a motivating factor behind his decision to return to the Stingers for a fifth and final season. And above all else, he wants to put Concordia on the map.

"Concordia is my life now. It's my home," said Hinse. "That is why I came back and stayed for five years. It would be a great opportunity for me to represent them on the international level. I want to show that Concordia is a great school to come to."

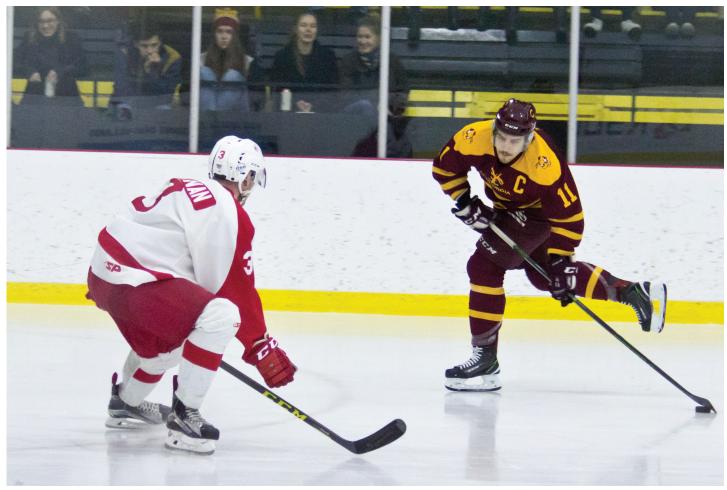
Hinse has had a strong start to the season for the Stingers so far, scoring 12 goals including a four-goal outing on Saturday against the Royal Military College Paladins. He has also recorded five assists for a total of 17 points in only 15 games.

In the past, he has represented the Stingers at international events, most notably serving as assistant captain last year for the Canadian Interuniversity Sport all-star team that faced the Canadian World Junior team.

Hinse will reprise his role this season for International Ice Hockey Federation World Junior Hockey Championships, which are set to take place in Montreal and Toronto begin-

It will be uncharted waters, however, for both Hudon and Cadorette, who have never represented Concordia or their country on an international stage.

Hudon, currently in his third season with the team, has already been impressive for the Stingers, contributing eight points in the



Captain Olivier Hinse is one of three Stingers who will be attending the Canadian hockey team camp in Kazakhstan.

PHOTOS BRIAN LAPUZ

team's opening 13 games. Cadorette has taken the league by storm in his debut season with the club. He has put together an 8-4 record, with a goals-against-average of 2.77 and a save percentage of .911 through the first half of the 2016-17 campaign.

In the eyes of Element, another one of his players should have joined the trio at the camp. New recruit Anthony Deluca has had a hot start to the season, with 22 points in just 15 games. His 13 goals scored so far are pacing the league. He has also been named Concordia male athlete of the week for two weeks straights, in recognition of his offensive prowess.

Deluca was disappointed about not making the initial training camp invite list but keeps his cell phone nearby just in case a last-minute call comes his way.

"Coming here, that was one of my goals to make that team," said De Luca. "You never know until the last day is done. I've got to keep working hard and prove to the coach that I should be on that team and try to bump out a guy from a spot."

The Stingers have had a lot of success colteams that make up the Ontario University Athletics Eastern Division. The team sits only three points behind the division leaders, the McGill Redmen.

Hinse attributes the team's recognition to the group's strong start. And while it has not been an easy process, he thinks that getting some attention finally, sure feels good.

"It's a great thing," said Hinse. "We can see that Concordia is heading in the right direction since the rebranding. We have come a



The Stingers have turned it around this season, as they sit fifth place in the East division.

long way, step-by-step, one win at a time."

Concordia's three representatives will have little time to rest before the second half of other best players on the other teams are the games on Dec. 12 and Dec. 13 against the lectively as well. With a 10-5-0 record, they the season begins. The trio will head to Teen going to be gone too. I'm just so excited for national junior squad—before the start of the currently sit in fifth place amongst the 10 Ranch in Caledon, Ont. for a four-day training those guys to have the opportunity to reprecamp from Dec. 27 to Dec. 30. There, under the watchful eye of head coach Brett Gibson of Queen's University, 40 invitees will be whittled down to the final 22-man roster bound for Almaty, Kazakhstan, host city of the Games.

> The Games are set to take place between Jan. 25 and Feb. 10 of next year. Should either of the three make the final squad, it would mean that they would miss the final five regular season games before the start of the USports playoffs.

But Element has no problem with that.

"That's part of the game," he said. "All the sent their country and school. Everything is positive in our eyes."

Hinse understands that as one of the few fifth-year players invited to camp, his leadership skills will be called upon regularly.

"I'm going to be there to lead the team," said Hinse. "I'm going to make it clear to the coach that I will provide a lot of leadership and offensive skills. I'm going to bring it all to the table and make sure that I'm at my best. We will see how it goes."

Democratizing Xenophobia Against the Outremont Ban on Places of Worship

LUCAS NAPIER-MACDONALD @LUCASNAPMAC

Last week, the borough of Outremont voted to ban the construction of new houses of worship along commercial thoroughfares Bernard and Laurier Aves. In the referendum—which passed 1561 to 1202 residents voluntarily curtailed religious liberty in their borough.

In 1999, the city implemented a similar ban on Van Horne Ave. Houses of worship are also already limited on the borough's residential streets.

All this is to say that last Sunday, Outremont effectively placed an embargo on worship.

According to City of Montreal data from 2011, roughly one fifth of the borough's population is Jewish. By several accounts, it has grown to a quarter since then. Another 45 per cent of the people in Outremont are Catholic. No other religious denomination occupies the borough

in any significant way. Almost 25 per cent of residents identified as having no religious affiliation; the remaining 10 per cent represent 13 other denominations.

This referendum effectively amounted to a spat between Catholics and Jews, one that Catholics were happy to win from their cavernous, 46,000 square foot cathedral on Laurier, while their Jewish neighbours had to stuff their growing families into synagogues that now can't legally expand to accommodate them. That, or trudge through the snow, sleet and freezing cold to access the remote corners of the borough where new synagogues can still be built.

It's lunacy. And, as far as I'm concerned, it's unconstitutional.

In the 2013 Canada Bedford case, the Supreme Court decided that three Canadian prostitution laws didn't withstand Charter guarantees. Among them was the provision that forbade "living on the avails of prostitution." It was deemed to violate section seven of the

Charter's "right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice."

The Supreme Court ruled it overbroad—saying it could unfairly incriminate any accountant, assistant, or bodyguard employed by a sex worker. To adapt to popular sentiment, the Court performed legal gymnastics to invalidate a law.

I'm no constitutional lawyer, but the leap from "the right to life, liberty and security of the person" to "the right to live on the avails of prostitution" seems more stretched than the jump from "the right to freedom of religion" to "the right to a decent, comfortable, appropriate place to worship."

On its website, the borough of Outremont says that the zoning change intends to create "winning conditions that would favour the frequenting of three commercial streets, Laurier St., and Bernard and Van and head of online efforts for the "Votez" nard are full of white, middle-class people. Oui" campaign, said in an email that her If you can't afford them, or you don't want that a 10,000 [square foot] synagogue on Bernard Ave., together with the potential increase in new places of worship on the avenue, might be a tipping point toward non-secular activity that could threaten the long-term, future commercial viability of Bernard merchants."

The voted-upon regulation was introduced last year after the borough introduced a permit for a synagogue on Bernard Ave.

But Ted Rutland, professor of geography, planning, and environment at Concordia University, says that he's shocked that this justification is even being entertained.

"Business owners say they want [Bernard Ave.] to be open to everyone and so they don't want these synagogues that are only for Jewish people," he said over the phone from his Concordia office. "But all these expensive some common sense.

Nancy K Murdock, Outremont resident cafes and theatres and restaurants on Berteam "voted yes because [they] believe to be the only [outlier] in the room, they're exclusionary to you."

> "The first zoning laws ever enacted in North America were to keep African-Americans out of white southern neighborhoods," Rutland said. "From the beginning, zoning was invented to serve racist purposes. It isn't always racist, of course, but it can certainly be wielded that way."

> In the absence of any sort of substantiated proof that it'll harm business, the ban just seems like an excuse to expel "others."

> I'll level with the "yes" voters for a second. I know that ultra-Orthodox Jews seem almost confusingly different from mainstream society. Seeing them travel home from service on a swampy July morning, dressed in thick black clothing to prove modesty to God, you might feel a John Oliverian urge to drop

> > But now in particular is the wrong time to resent a group for being unusual. Hillary Clinton just lost the U.S. presidency to Donald Trump. In the immediate aftermath, a rash of hate crimes broke out across the States. At the National Policy Institute annual conference last week, alt-right leader Richard B. Spencer greeted the 200-person crowd saying "Hail Trump, hail our people, hail victory" while audience members flashed Nazi salutes. Now, as close by as Ottawa, a man was just arrested for allegedly spraypainting swastikas on Jewish sites.

It is impossible to remove last week's ban from the current political climate. It was an irresponsible move on the part of the borough of Outremont to put it to a vote. The proposition itself was discriminatory. Allowing people to vote on it gave it a semblance of democratic fairness, legitimizing xenophobia and importing the backlash to "PC culture," which often comes in the form of gross ethical violations.



LEE MCCLURE

Hey, does an article in *The Link* make you react in 400 words or less?

Well, write a letter, make sure it meets our guidelines, and we'll publish it online or in print next week.

22 COMICS

The Epic Adventures of Every Man by Every Man





The Foyer by Bronson Smillie @bronsosaurus



Shwee Shwee Comix by Gabor Bata @thegreatgabinski









Caity Comics by Caity Hall @caityhallart









Hastily Put Together by Theo Radomski @flannelogue









SQUIDGEE by Keen Poloncsak









On Nov. 15, a marked car sat parked outside Concordia's Hall Building. The writing on the vehicle read "Canadian Border Services Agency." Students saw the car and waited for its driver to return. The agent was inside the university.

What CBSA was doing on campus is not yet known.

Representatives of the Concordia Student Union claim that CBSA agents were retrieving information on a student. Concordia spokesperson Chris Mota claimed it was a "courtesy visit."

Ultimately, Concordia administration said one thing, the Concordia Student Union said another, and CBSA would not divulge any information on the purpose of their visit. Nothing has been confirmed as fact and this is a problem.

Responding to these unclear events, the CSU has passed a motion through council in favour of making Concordia a "sanctuary campus." Although somewhat ill-defined, this term refers to campuses that refuse to help immigration enforcement to deport students.

Problematically, the CSU passed this motion based on personal observations and allegations of why CBSA was on campus. We acknowledge that the mere presence of a

CBSA vehicle on campus could be a cause of discomfort for many international students. However, without knowing the facts behind the visit, the CSU rushed to act.

The union also passed the motion through council, rather than through a referendum of the student body, which restricts conversation and excludes the general student population from taking part. Passing this motion through a referendum would have strengthened the resolution and would have put the CSU in a stronger negotiating position with the university when it begins the process of becoming a sanctuary campus.

For these reasons, we criticize the parties involved for failing to present an accurate and consistent description of events. This is especially important for the press, seeing as we relay the information between the university administration, its student unions, and its students.

Despite this, we at *The Link* are in favour of the CSU's motion. We believe that Concordia should become a sanctuary campus. However, there is some disagreement within our team about how far these measures should go.

Regardless of these disagreements, the entire team agrees on one thing—Concordia

CBSA vehicle on campus could be a cause of discomfort for many international students. information on students to CBSA. students, then not only is it a major breach of trust between the institution and its students,

CBSA and Concordia have a somewhat special relationship. In 2011, then-President and Vice-Chancellor of Concordia University Frederick Lowy, and Luc Portelance, the President of Canada Border Services Agency at the time, co-signed a memorandum of understanding that "connects the university to the Public Service of Canada through a collaboration that supports education, research and professional training," according to CBSA's website.

This collaboration came about after Portelance was appointed "Concordia's Champion" under the Deputy Minister University program, which helps students find work in the federal government and supposedly "provides a framework for collaboration between public servants and university researchers."

What that means is that CBSA maintains a higher level of contact with Concordia's administration than other universities.

If CBSA were indeed gathering intelligence on a student at Concordia, then we would have a major problem on our hands. With status or without, all Concordia students deserve protection from the university. If Concordia willingly gave up information on

students, then not only is it a major breach of trust between the institution and its students, but it also goes against Concordia's own stated values of diversity and inclusion.

It's important to note here that CBSA's mandate covers immigration law, not domestic criminal law. The agency's mandate covers exclusively cross-border affairs.

It's also important to remember that any policing agency's job includes more than just law enforcement, but also intelligence-gathering. When police agencies such as CBSA collect information, they facilitate direct enforcement—in this case, deportations. Police and military strategists call this "mapping the human terrain." Intelligence leads to action, and action, in this case, can lead to taking human beings from their homes and shipping them out of the country.

Any information that Concordia gives CBSA—even in the most innocuous of circumstances—contributes to deportations, or at least to threats thereof. We cannot accept this.

If Concordia genuinely does care for its diversity and its international students, it should immediately pass a motion of non-compliance with CBSA information requests regarding its students.

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The Canadian University Press National Conference Fredericton, N.B. Jan. 4-8, 2017

Sometimes student journalists can feel like they're working in a vacuum. The Canadian University Press's National Conference (a.k.a. NASH) brings us together to bond over struggles of low-budget, independent reporting. If you want to hang out in Fredericton with editors from The Link, get tips from some professional journalists and maybe schmooze with some prime time speakers who have yet to be revealed, consider applying to attend NASH.

If you've contributed to the current volume of *The Link* and have staff status, you can apply to be sent to the conference as part of our delegation. Come to our office (1455 de Maisonneuve Blvd. W. Suite H-649), tack up a letter explaining why we should send you, whether you've already been to a Canadian University Press conference, and how you plan to contribute in the coming year.

The deadline to apply is Tuesday, Nov. 29 @ 4 p.m. Elections are Tuesday, Nov. 29
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