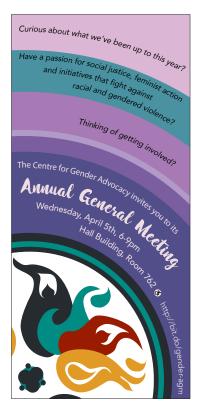


Le Cypher
Get down and get groovy at
Montreal's weekly hip-hop jam
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A look into Stingers defender
Alexandre Nay and his artisitic side
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Battling School Stress
Self-care tips for when the academic anxiety sets in
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#### **LINK**

The Link Publication Society Inc. ANNUAL GENERAL ASSEMBLY Thursday, March 30, 2017, 4 p.m. 1455 de Maisonneuve W. Blvd. Room H-649

#### Agenda

- 1. Call to order
- 2. Election of a secretary
- 3. Reading and approval of the agenda
- 4. Reading and approval of the minutes of the 2016 AGA
- 5. By-law amendments
- 6. Board of directors report for 2016-2017
- 7. Presentation of the 2015-2016 financial statements
- 8. Appointment of the auditor
- 9. Presentation of financial statements as of the last day of February 2017
- 10. Presentation of the preliminary budget 2017-2018
- 11. Election of the board of directors
- 12. Other business
- 13. End of the assembly

Concordia undergraduate students who are members in good standing are eligible to attend, vote at the meeting and run for a position on *The Link*'s board.

#### **Board of Directors**

Two (2) positions are open to members at large and two (2) positions are open to members of the community who have had *Link* staff status within the last three (3) years.

Candidates for the Board must present a **letter of intent by Thursday, March 23**, **2017 at 4 p.m.** to the secretary of the board of directors by email to business@thelinknewspaper.ca

#### **LINK**

#### NOTICE OF ELECTION

The Link Publication Society Board of Directors
Three (3) Board Staff representatives

Eligibility: You are a member of *The Link* (paying fees) and you have the staff status with four (4) or more contributions and not a masthead member of *The Link*.

Candidates must present a **letter of intent by Tuesday, March 21, 2017 at 4 p.m**. to the secretary of the board of directors by email to business@thelinknewspaper.ca

Elections will be held Tuesday, March 28, 2017 at 4 p.m. in *The Link*'s office, 1455 de Maisonneuve W. Blvd. Room H-649.

#### **ILINK**

The Link Publication Society Inc.
SPECIAL GENERAL ASSEMBLY
Tuesday, April 4th, 2017, 4 p.m.
1455 de Maisonneuve W. Blvd. Room H-649

#### Agenda

- 1. Call to order
- 2. Election of a secretary
- 3. Reading and approval of the agenda
- 4. Request for additional Letters Patent
- 5. Other business
- 6. End of the assembly

#### WHERE TO FIND THE LINK OFF CAMPUS

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# Herbs That Heal

#### City Farm School Teaches the Powers of Herbal Medicine

#### FRANCA MIGNACCA @FRANCAMIGNACCA

Itchy eyes, scratchy throat, nose dripping. Allergy season is here and you feel yourself desperately reaching for the box of Benadryl you keep in your medicine cabinet.

Shanara Eisan's roommate knows this feeling too, but when she got sick last semester, it wasn't Benadryl she was reaching for, but stinging nettle tea.

Eisan learned the benefits of the tea when she took the City Farm School's herbal medicine internship last year at Concodia, and has since incorporated the herbal techniques learned there into her health routine.

According to Chesley Walsh, City Farm School's Media and Education Coordinator, different variations running on and off since 2012. It runs all summer, with a two-week break. This year, they have decided to start it later, at the end of May, so that they have more time to work with the plants.

The garden is maintained by the City Farm School, and consists mainly of local perennial plants.

"[This] means that most of the plants that we're working with come back each season. They're oldgrowth so they're woodier, like sage plants and lemon balm, St. John's wort, things that when we cut down in the winter time will retain that energy in the root system and then come back the following season," she explained.

Sage and lemon balm, for example, can be used to infuse teas.

Walsh, as well as several other herbalists in Montreal, take turns facilitating the seven Saturday workshops, hosted by the City Farm School. The workshops take place between May and October.

"We operate from partially a home gardening perspective, and then partially community engagement

work," said Walsh. "So a lot of what we do is founded on the principles of low-impact through the use of plants."

Though most of their interns tend to be Concordia students, the internship is open to anyone over the age of 18. This internship is not affiliated with cannot count for course credit.

"It's sort of an education incubator opportunity so internship might not be the best term but the reason we call it an internship is because it does require a three-hour shift every week," Walsh explained.

The program's theory courses focus on teaching students about various body systems and how specific plants and herbs affect each of the internship have been one. The internship also teaches sustainability, and how to do low-impact garden work, meaning they don't use any industrial tools.

> Iman Khailat, an urban planning student at Concordia did the internship last year. She already had some background knowledge, but wanted an opportunity to work more closely with the plants and expand on her knowledge. Khailat admits that some of the theory at the beginning of the course was

that it was a valuable experience nonetheless.

"I wanted to have access but holistic empowerment first of all to material, and I wanted to have more of a hands-on approach because you learn about herbs even online," said Khailat.

"If you don't have a garden where you can actually get Concordia, which means it your hands dirty and actually see what the plant looks like and when it grows and when to pick it," she continued. "It's just a very complete program in that sense so that's mostly why I did it."

> Khailat recently started holding herbal medicine workshops of her own in different places around the school, such as the Concordia Greenhouse and Le Frigo Vert grocery store, and she credits this internship with giving her the necessary experience to start doing so.

> "It helped me consolidate a bit my knowledge of herbs, so it's really great because I don't think I would be at this level of herbalism if I had not taken this internship," she said.

At the end of the internship, students share the herbs they harvested throughout the season, which Khailat says has been useful in continuing to make salts and teas over the winter.

Khailat admits that the

and anti-oppression frame- repetition for her, but she feels internship wasn't always perfect. She feels that it is under-advertised, so students have to be extra vigilant about application deadlines, and usually only hear about it through friends and colleagues. She added that this is stuff like that," Eisan said. likely because the internship has limited space available.

> She also said that students would sometimes receive their material a few weeks late. "We had to remind them to send them to us so that was the only thing but it wasn't a or herself when they get sick major issue anyway, cause in the middle of the summer, not many people were willing anyone looking to dabble in to read 40-page documents herbal medicine should take anyways," she said.

She explained that the facilitators do not pressure students to attend their weekly shifts. In order to get the most out of their experience and their to go to their shifts.

There's workshops every few weeks and that's also great but I think it's during our shift hours that you really get to know the plants and you handle them and transform them," she said.

Eisan, who studies anthropology and sociology at Concordia, had absolutely no experience with or knowledge about herbal medicine when she did the internship

"I'm just trying to be a lot more sustainable so I wanted to learn about environmentally-friendly ways that I can heal my body from within without relying on pharmaceuticals and

She enjoyed learning how to manage a garden, and how to make various products such as salves and balms. For her, it has become a life skill. Eisan now makes products that can help her roommate in the winter months.

Eisan emphasized that an internship or course, or do extensive research first.

"Something that I never thought about with herbal medicine is that two different herbs can react money, she encourages interns differently in your body so I think it's definitely important to learn those things before you go ahead and try to do it yourself 'cause you might just end up making yourself sick," she said.

> The City Farm School is a subsidiary of the Concordia Greenhouse. They also gather funds from sales of their produce, as well as grants and fundraising work. They sometimes sell their products, such as lip balms and moisturizers, at Concordia's Farmer's Market.

> When the City Farm School first opened, the Sustainability Action Fund funded it. "It was also one of the first projects that SAF funded," said Nadra Wagdy, CEO of SAF. "Right now, it's a very big part of the Concordia community."

Due to the running costs of the workshops and the salaries of the facilitators and educators, students must pay a fee of \$494 for the internship. They have the option of paying in installments, and the school offers some bursaries for those who cannot afford it.

People interested in joining must fill out an application form on their website. All forms are due by April 1.



Concordia University's City Farm School is used to teach students about herbal medicine. PHOTOS COURTESY CITY FARM SCHOOL

4 CURRENT AFFAIRS

# 40 Years After Bill 101

#### Culture, Identity and Employment Are Key Subjects in Concordia Panel Discussion

#### **NICOLE PROANO**

Gabriel Nadeau-Dubois wants to protect French.

"Because of the age we live in, with more and more reciprocal influences and therefore potential for cultural imperialism, we must institutionally put in place structures that permit protection of cultural features, such as the French [language]," said panelist and now-politician Nadeau-Dubois at last Tuesday night's panel, The Changing Landscape of Language in Montreal.

The night's record-setting blizzard did not stop the student-organized School of Community and Public Affairs Panel from asking if the spirit of Bill 101 is still pertinent today.

The evening's three panelists explored the contribution of the English and French languages to the Quebec identity and how to solve the employment issues, for those who are not bilingual, in Montreal.

They included Nadeau-Dubois, who recently announced his bid to run as a Québec Solidaire candidate in the 2018 provincial elections and is known for his participation in 2012 student strikes. McGill's French Language and Literature professor Catherine Leclerc and former president of the Comité National des Jeunes du Parti Québécois Ariane Cayer also spoke.

The panel comes at the right time—2017 marks 40 years since the passing of Bill 101. In 1977, French was made an official language of the Québec courts and of the provincial government.

Between the years 1963 and 1969, the Royal Commission on Bilingualism and Biculturalism emerged in response to the history of unequal treatment of the French-speaking population in Canada. The commission made progress by advocating for bilingualism within government, equal opportunity to become bilingual and better cultural relations in public and private sectors of the country.

Montreal's cosmopolitan roots come largely from this history of French and English speakers cohabiting, though not always cordially, in what is now a predominantly francophone province, a result of the Bill.

Setting a respectful tone for an evening of progressive discussion, each panelist introduced their initial opinions on the evening's topic, all largely agreeing on hopes of a peaceful cohabitation between Francophones and Anglophones throughout all of Quebec.

Leclerc explained how the linguistic issues, often described negatively, are under a strained political and social state in Montreal.

She said, "The balance of power [of the English and French languages] has shifted throughout history. We can view it negatively," she continued, "but we can also see it as [harboring] incredible potential."

Nadeau-Dubois recognized that much of the tension comes from a desire to protect a language and a culture. On the individual level, Nadeau-Dubois explained that practicing more than one language is strictly a positive thing. Being multilingual presents young people with tools for a career as well as gives them access to

other cultures and other universes.

The individual level, he furthered, must be distinguished from the institutional and collective level.

"At the institutional level," Nadeau-Dubois said, "it's important to conserve [in] a common base for democratic reasons." A shared space with a common language is important for communication, cooperation and common identity.

When asked about his experience in English classrooms, an undergraduate student in Applied Linguistics, and an English as a second language teacher, Andrew Chambers, said that the tension is engrained in the elemental differences of the very languages themselves.

"The way that you view the world," Chambers said, "is formed and created by language."

Unilingual people are bound to the sole universe their language limits them to, he explained. From a word's ability to represent an object or emotion, to the very pronunciation of the word itself, meaning is given to the world around us by the way we think symbolically through language.

The English and French languages have many words in common, due to their historical and geographic proximity. But, Chambers said, there are also inherent differences. "English favours closed syllables, where we cap our vowels with consonants and French being the opposite, favouring open syllable," he explained. The result, he said, is a love-hate relationship.

English is the business language of the world, said a study done by international school Education First. They found that it's spreading and is in no danger of dying out anytime soon.

"The way
that you view
the world is
formed and
created by
language."

— Andrew Chambers

Nadeau-Dubois said Quebecers are not the first to fear for the loss of their cultural identity, as a result of the American influence that permeates so many cultures worldwide today.

Cayer, a former junior PQ politician, noted that while Quebecers are worried for the survival of their cultural identity, there are also many allophone immigrants who must be accommodated in the province. Politically, the field becomes more complex when taking into consideration the precarious state of Canada's Indigenous languages and cultures.

"We are not in a position to tell the [Indigenous populations] how to protect their languages, after having done so much collectively, so that it disappears," Leclerc said.

Although it would be economically efficient for everyone worldwide to speak the same language, Nadeau-Dubois said that this concept fails to take into consideration the non-economic value of diversity.

In the future, Cayer said she hopes to see more accessibility to French schools. Nadeau-Dubois expanded on that, offering the idea of making French lessons free in Quebec.

There was no one solution among the panelists of how we might reconcile the linguistic landscape of Montreal while still accommodating unilingual speakers. These inquiries seemed to expose a web of interrelated issues that raised more questions from other fields of research. The complex history of cultural discourse between Quebec's English and French populations cannot be solved so simply.

To a small degree, this panel proved that a community could revolutionize its identity through changing landscapes towards solidarity.



Top row, second from left: Jonathan Montpetit, CBC Reporter; Gabriel Nadeau-Dubois, Québec solidaire candidate; Catherine Leclerc, French Language and Literature professor at McGill University; Ariane Cayer, former Parti Québéquois youth committee president.

NICOLE PROANO

# Short Contracts Leave German Program Frustrated

#### Faculty and Students Call for More Stability Plus the Creation of a German Major

#### **MIRIAM LAFONTAINE**

Stefan Bronner, the coordinator of the German minor at Concordia, is frustrated with the little job security he has.

Contracted as a Limited Term Appointment, the longest he can run the program is three years. In addition to that, every nine months he has to reapply to be coordinator and compete with others who apply to the same position.

"It's unstable always, because I never know, will I get rehired?" he said.

It's the standard for faculty members at Concordia who work under LTAs. Call outs for LTA positions are made each year, regardless of how well one performs in their position. Once a professor's three years have run out they have to wait two years to be eligible again.

"That's the sad thing about it, it's not related to how well you perform," Bronner explained.

LTAs create a lack of stability and continuity in the program, he said. It's hard for coordinators of the German minor—who tend to be LTAs to make long-term goals for the program, since there's no sure way of knowing if the next person who comes after them will still be on board with the former coordinator's plans.

Having a LTA as a coordinator, Bronner said, also makes it harder to maintain institutional knowledge, which can be frustrating for teachers who have to start a working relationship with a new coordinator every few years.

His hope is that one day the administra-

an Extended Term Appointment. Under ETA contracts, those in the position work for a minimum of three years before having to go through a renewal process. If they're renewed after their third year, they can get contracts of five years.

Every year the dean of the Faculty of Arts and Science reconsiders if the coordinator position will remain as an LTA, or if it'll be turned into an ETA position. But they can also decide to drop the position completely.

If the coordinator position were dropped, the minor would no longer exist, and the remaining courses would turn into elective courses.

Mark Hale, the chair of the Classics, Modern Languages and Linguistics Department, which the German minor is a part of, has been advocating to keep the program alive in the face of this possibility.

"He has been defending the German program for years," Bronner said. "I think without him, it wouldn't exist anymore."

For the next year, it's certain that the German minor will still be up and running, since a callout for applicants has been made for Bronner's position. But whether that will still be case the year after is uncertain.

"It is an ongoing fear that we don't know what's going to happen with the German program. We hope we can get a stable program," he said.

Bronner, the Concordia German Language Student Association, and Hale hope that one day there will be a German major at Concordia, like there had been before it was dropped in 2003. They

tion will turn the coordinator position into also hope more faculty in the program could work under ETAs. Doing so would better allow for the creation of a German major, according to Hale.

> But unfortunately, "The total number of ETAs available to the university is limited by its collective agreements, putting the administration in a difficult position to satisfy this request," wrote Hale in an email.

> The CGLSA will soon be presenting a petition to students advocating for the creation of a German major. They will also petition for an increase in extended term appointment positions within the program. Shugofa Danesh, the president of the CGLSA, said the plan is to release the petition in April.

> Danesh is almost done with the minor, but hasn't gotten all that she's wanted. She wishes taking German as a major was an option.

> "If there's people who are interested in that, why not give them the opportunity?" she asked.

> The German minor may be a small program, but it's an active and successful program, say Bronner and Danesh. Since Bronner's time, he's never had to cancel a class due to lack of student interest and enrollment rates in the program have gone up.

> From 2013 to 2014 there were 393 students enrolled in the program, according to statistics compiled by the Classics, Modern Languages and Linguistics Department. But as of this year, the number has gone up to 487 students.

A summer exchange program, which would be done in collaboration with other German universities, is also in the works for the summer of 2018. coordinator.

Last year the department organized several events and created new courses, like "Dandies, Tricksters, and Flaneurs in German Literature" and "Whispers from the other side: Death and Unworldliness in German Literature and Film."

Last March, the program invited famous Swiss author Christian Kracht for a talk, and filmmaker David Shalko, who is well known in Austria, will also make an appearance on March 28. They have also long worked with the Goethe-Institut, a German cultural association that operates in 159 cities around the world.



Stefan Bronner, Concordia's German minor

### Campus Sustainability, a Decade in the Making

#### Concordia's Sustainability Action Fund Celebrates Its 10-Year Anniversary

**KESLEY LITWIN** @KELSEYLITWIN

Ten years ago, students gathered in Montreal's Palais des congrès. And so did famed environmentalist David Suzuki and former United States Vice-President Al Gore.

Their presence at the same place and the same time was not a coincidence. The Less Talk, More Action environmental youth summit which brought them all there was a venue for students to listen, share, and collaborate with Suzuki and Gore serving as the conference's keynote speakers.

"The energy in the room was pretty electric," said Mohamed Shuriye, one of the conference's student organizers. Given the



Nadra Wagdy, CEO of the Sustainability Action Fund. KELSEY LITWIN

was surprisingly positive.

"The feeling at the time was one of helplessness," said Shuriye, also a former Concordia Student Union president. In context, he explained, 2006 was not a hopeful time for environmental activists.

"We weren't seeing any [...] movement on the federal level," Shuriye said. "National treaties weren't moving along," citing the Harper government's opposition to commit to concrete climate change policies.

Then, ten years ago, Concordia's Sustainability Action Fund was born. At a time when students were wondering what they could do to address climate change in their daily lives, at their schools, in their places of work, Shuriye,

as one of the fund's founders, said "It was really about creating a platform to help build agency and say, 'Yes, it's something you can do."

During the spring 2007 CSU elections, a referendum question asked undergraduate students to approve a \$0.25 per credit fee-levy, to serve as the financial backing for the fund. The Link reported at the time that this vote was more popular than the vote for the CSU executives

nature of the political climate of the time, it themselves, with more than 4,000 students in ones footing the bill. "For us, it's always been favour of the SAF.

> SAF's fee-levy has remained the same since that initial vote in 2007. Every year they use about \$115,000 of what they get from students to fund student-led initiatives, explained SAF CEO Nadra Wagdy. They've used this amount to help finance about 35 projects per year, she said. When he learned about the current scope that the SAF possesses, Shuriye said that he was very pleased.

> Some of the projects they've helped include the ongoing Waste Not, Want Not composting campaign, the Sustainability Major Project which has been helping university faculties develop sustainability-related class curriculums and the new Creative Reuse Centre which will freely redistribute used or leftover materials from art projects.

"It's continued to serve its goal of being a platform to create student agency, to take the learning experience, so the impact we have action," he said.

Wagdy explained that while the fund has sustainability in the name, there's much more to it than just the physical environment. "We view sustainability not just in terms of environmental health but community resilience, social justice, health and well-being, so it's quite a broad spectrum," she said.

When they receive funding applications they've received 11 this month alone—Wagdy explained that they also try to keep in mind what students want, as they're essentially the what do students want us to focus on," she said.

These trends, she continued, become visible through the types of projects that come across their table. Some years are focused on food security, for example, while others lean more towards social justice events, like rap battles.

She also explained that it's in SAF's mandate to look for projects that will have a lasting impact on students and on Concordia's campuses. On their website, it reads that the fund has a "goal of inspiring and developing a culture of sustainability at Concordia University."

This long term impact, Wagdy said, doesn't exclusively mean projects that will have a long, physical presence on the university, although SAF has provided seed money for projects like the greenhouse's City Farm School which has been around since 2011.

"I think one of the biggest impact we have is on the students themselves," explained Wagdy. "So how did experience of leading a student-led alternative project, how did it affect them? What did they learn? How did it change their perspectives on sustainability or social justice?"

To receive funding, Wagdy said that a project must have a student-leader from Concordia.

This rule stemmed from the fund's beginnings, said Shuriye. "The vision behind [the fund] was to put the power and the tools back in the hands of students to shape their campus and shape their wider society."

6 CURRENT AFFAIRS

# Concordia Gives Accommodations for Bomb Scare

Senate Update: Questions About MIGS Go Unanswered as History Professors Seek Explanation

VINCE MORELLO

@VINNYMORELLZ

Concordia University will grant academic accommodations for students who request it, for classes that took place from March 1 to 3, when the bomb threats targeting Muslim students were made.

The accommodations will extend to both the downtown and Loyola campuses and will include help for those who were unable to do their exams, assignments, and participate in class during those days.

"There weren't any explosives around, but that does not stop or mitigate the very real trauma and anxiety and mental health of the community," said Concordia Student Union General Coordinator, Lucinda Marshall-Kiparissis, after the motion passed at a University Senate meeting on March 16.

"Having that acknowledgement [from the university] was really important for us."

The deadline to apply for accommodations is March 31. Concordia President Alan Shepard said that the university would do its best to communicate this information to its faculty.

Should any professor refuse to grant accommodations, Shepard said that students should contact the chair of their department or dean of the faculty, and that there would be consequences, but it is currently unclear to what those consequences would be.

"It is a big university and I understand that

makes it difficult to guarantee that total dissemination," Marshall-Kiparissis said. "But if it's not reaching the students who don't know that this is something to do and are still wallowing in that kind of anxiety about missed work, or about having to perform under intense stress and trauma then that doesn't really help."

She added that the CSU would be doing all they can to get this information about the academic accommodations out there to its students.

#### The Future of MIGs Still Uncertain

Dr. Max Bergholz and Dr. Ted McCormick—both professors of the History Department,—wanted to use Senate to question and discuss the Montreal Institute of Genocide and Human Rights Studies, and the announcement of Kyle Matthews as its new executive director.

They did not leave satisfied.

"What we're looking for is an explanation as to how very serious violations of this policy were committed by some of the most important people who run this university," said Bergholz after the meeting ended. "Calling it a mistake does not provide any kind of explanation to that."

The announcement of Matthews, a non-faculty member, appointed as director of MIGS on October 25, 2016, was made by Justin Powlowski, the Vice-President of Research and Graduate Studies, current Provost Graham Carr, and the Dean of Arts and Sciences, André Roy.



There was some confusion as the appointment was in violation of the University and Research Units and Infrastructure Platforms, which states that all directors of a Concordia institution must be a faculty member.

Roy said that he did not want to debate this at Senate. Having apologized and admitted that it was a mistake, he stressed that he wants to move on from the issue.

Bergholz thought that Senate was the best place to discuss the issue as Powlowski gave a presentation of the policy that was violated earlier in the same meeting.

The discussion was cut early because the question period was bound by the time indicated on the agenda, which was 15 minutes.

Bergholz asked that if you can't debate policies about research units at Senate, then who holds the university administration accountable when they commit violations?

"The answer I see today is probably no one," he said.

To bring this issue back up, Bergholz said that faculty on Senate would need to advocate or organize an independent investigation of the procedural violations.



# One Comic At a Time

#### Sophie Labelle Reflects on Her Career So Far and the Road Ahead

#### JONATHAN CARAGAY-COOK

@HIIMBIRACIAL

"Oh my god," voiced Sophie Labelle subtly, realizing her first ever comic was published almost three years ago. "Feels like a lifetime now," she continued.

With about 300 comics published online since, and a full-length novel and two children books to be released within the next two years, the candor and amazement Labelle felt from reflecting on her career's trajectory was nothing but justified.

"I'm pretty sure it is the biggest web comic in Quebec," she said when commenting on how her French and English Facebook pages for her series, Assigned Male, have over 140,000

Assigned Male follows the life of a trans girl named Stephie and her experiences with friends and family, as she grows up from fifth to seventh grade.

"I wasn't 'born a boy,' just as much as I didn't 'become a girl.' It's just that nobody cared to ask me first," says Stephie, eyes closed, with her hands gesturing confidently. "The only difference with cisgender people is that they agree with the gender they're assigned."

This was the first comic that Labelle published in 2014. Painted by hand, it only contained a single panel of the novel she is currently working on, which will come out in 11-year-old Stephie with text floating above her head.

"Most comics were born from discussions with other trans people," Labelle explained. "I like to provide trans people with silly comebacks with questions that we get asked over and

The inspiration for starting the series, she said, came from seeing the ignorance surrounding the activism she had been doing in the trans community for over a decade, from her home city of Montreal and elsewhere.

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"The media was not conveying the right messages about trans bodies—especially for children," Labelle said of her observations at the time.

Stephie and friends have been spreading the right messages ever since. From one comic to the next, Stephie speaks with an authoritative and confident voice almost uncharacteristic of someone her age, touching on everyday issues that trans people commonly experience.

Some of Stephie's friends are trans or non-binary as well, like Ciel. In comic number 72, Stephie and Ciel are hanging out in one of their bedrooms. Ciel begins talking about how they want to find a name that combines "Sandro" and "Sandra" that would also refer to their identity as Latinx.

"Stephie," Ciel says, lying on a bed with their legs crossed in the air. "Do you have any idea of when I'll know if I'm a

In the next comic, Stephie explains that sometimes people can be boys or girls, or neither of the two. Comforted by her words, Ciel discovers they would prefer to use gender-neutral pronouns like they/them.

"The main audience for my comics are mostly trans people themselves," Labelle said. "The idea was to give them tools to empower them."

Ciel will be the main character of a full-length, youth 2018. Right now, Labelle is in northern Germany because fans of her comics reached out asking if she wanted to stay and work from there, as a DIY writing residency.

While her comics are free to read online and are encouraged to be shared as educational tools, Labelle has had no shortage of fans that want to support her financially, many of whom are trans. On the crowd funding website patreon.org, 697 patrons have pledged to donate anywhere from \$1 to \$150 per month to support her art-

22

TH

istry. She said after her comics gained wider visibility near the beginning of 2015, she has been able to do her projects as a full-time job.

"As a trans artist, I can count on people all around the world," Labelle said. "The emotional relationship that people have with my comics is very different."

"[There are] very few [comics] about trans issues that spread positive messages about trans bodies and relationships," she continued.

To view Sophie Labelle's full catalogue of comics, visit www. assignedmale.com. To purchase some of her merch, check out assignedmale.etsy.com.



Assigned Male #282

23

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COURTESY SOPHIE LABELLE

### **LINK CALENDAR OF EVENTS:**

### March 21 - 28

TU

#### Concert - An Evening With Amy Winehouse

A tribute show to one jazzy lady that a lot of people miss. Limited seating for this show, so grab them while you can!

Mayfair ● 451 Rachel St. E. ● 5 p.m. // FREE - RVSP for seating

#### Conference - McGill Tribune's Annual Journalism and Media Conference

The McGill Tribune is putting on their third conference. Three days of panels, discussions, workshops, and more, starting on the 21st with a panel on how Indigenous issues are treated in the media.

The McGill Tribune ● 3480 McTavish St., Room 110 ● 5:30 p.m. // FREE

WE

#### Hangout - Drink With *The Link*

As a last hurrah for the school year, we're giving you a chance to get together with us and chill over some pints.

Grumpy's Bar • 1242 Bishop St. • 7 p.m. // FREE

#### Workshop - Income Tax Basics for Artists

Are you an artist who just isn't sure how to establish a good balance of making art with doing taxes and the like? Well, this workshop is here to give you some strong advice and answer any questions

Yes • 666 Sherbrooke St. W., Seventh Floor • 6:30 p.m. // \$20

Concert - None of Us, Torangerine, and Nick Hayashi Botanist presents performances by three bands with some really cool and awesome sounds. Check 'em out!

Le Cagibi • 5490 St. Laurent Blvd. • 9 p.m. // PWYC

#### Album Launch - No. 24

After having worked on this album for a long time, CHiEF Brody is finally ready to launch it! So this is also his "hiatus show." After this, he's gonna be taking a long break, so be sure to catch him live while you can.

The Blue Dog Motel • 3958 St. Laurent Blvd. • 10 p.m. // \$5

FR 24

Ya like fabrics? Ya like sales? How about fabric sales? Damn, then this is an event you'd dig. Everything for sale is on a pay what you can donation.

Le Milieu ● 1251 Robin St. ● 12 p.m. // FREE

#### Workshop - How to Code in the Newsroom

Software is evolving and we need to learn the skills to use it all. Former Linkie Colin Harris will be giving a talk on how we as journalists can keep up with the fast-growing media world!

Concordia Hall Building • 1455 de Maisonneuve Blvd. W. • 3 p.m. // FREE

SA

#### Concert - Vince Staples

One of the biggest names in rap right now, Vince Staples, is gonna be putting on a show in Montreal! He's currently traveling for his "The

Corona Theatre ● 2490 Notre-Dame St. W. ● 9 p.m. // \$30 in advance OR \$33 at the door

#### Dance Party - New Wave Nite 006

A whole tracklist full of hits from Talking Heads, Japan, A Flock of Seagulls, New Order, and so many more synth-y and minimal

Notre Dame des Quilles • 32 Beaubien St. E. • 10 p.m. // FREE

SU

#### Book Club - Uzumaki

Crossover Comics is hosting a bookclub on Junji Ito's horror-genre manga! Read up on it if you haven't already done so and join in

Crossover Comics • 3560 Notre-Dame St. W. • 6 p.m. // FREE

#### Concert - Bodywash, Look Vibrant, Venus, and Pottery Blue Skies Turn Black present four cool bands putting on a show

together in one night. La Sala Rossa • 4848 St. Laurent Blvd. • 9 p.m. // \$9 in advance MO

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#### Concert - The Courtneys, Monomyth, and Mouth Breather Blue Skies Turn Black still going with another show, featuring three more bands with their own unique sounds.

Bar Le Ritz PDB ● 179 Jean-Talon St. W. ● 9:30 p.m. // \$15 in advance OR \$18 at the door

#### Screening - Cameraperson With a Talk by the Director

Director Kirsten Johnson is known to film politically charged and striking documentaries. Cinema Politica will be premiering Johnson's latest work featuring some of the most deep-cutting moments throughout Johnson's career. Followed by a Q&A!

Concordia Hall Building ● 1455 de Maisonneuve Blvd. W. ● 7 p.m // PWYC

TU 28

#### Panel Discussion - Our Stories: Queer and Christian Without Contradiction

The panelists for this event will be discussing topics surrounding theology, sexuality, internalized queer/transphobia, and talking about identity with friends/family.

Birks Heritage Chapel ● 3520 University St. ● 6 p.m. // FREE

#### Presentations - Astronomy on Tap

Some astronomy researchers are putting on some presentations on things like black holes and planets. There'll also be astronomy themed games with prizes. Join 'em!

McLean's Pub • 1210 Peel St. • 7:30 p.m. // FREE

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

8 FRINGE ARTS

# DECYPHERING HIP-HOP AND SOUL AT LE CYPHER

With Weekly Jam
Sessions,
Both Experienced
and Inexperienced
Artists Share
the Stage

**by Edward Kezber** and **Shannon Carranco** 

To be frank, it can be difficult to find real hip-hop in Montreal.

The culture is present and flourishing, but if a friend came from out of town and wanted to check out the local hip-hop scene, would you know which direction to point?

Le Cypher is definitely the first place to go. Every week musicians, singers, emcees, and dancers gather at Le Cypher, a weekly hip-hop jam session that happens Thursday nights at Le Bleury-Bar à Vinyle on Bleury St. The jam is tailored to creating a space in the city for soul and hip-hop, and for the brave souls who do it.

The event's main organizer is Vincent Stephen-Ong, a charming, charismatic and renowned saxophone player born and raised in Montreal. Stephen-Ong founded Urban Science—the band that backs Le Cypher every week.

Inspired by a jam session he attended in Manhattan, Stephen-Ong assembled a band of greats and focused on developing an intricate system of techniques to guide the improvised music.

"In a nutshell, it's a system of visual cues, like hand cues, as well as musical phrases that cause a change in the music," Stephen-Ong explained.

"I can play a phrase that means 'everybody stop playing.' I can play another phrase that means 'change the mood.' I can play another phrase that means 'let's transpose this to another key."

Similar to an improvisational jazz band, the



Sereni-T (left) and Wayne Tennant (right) groove with the crowd.

magic of Urban Science comes from their playful adaptability. It takes true skill to have five or six musicians and vocalists follow a hand signal and drop their rhythm together into half time, effectively slowing the beat down and changing the funk into a beautiful break.

One of the defining features of Le Cypher is that it's not a booked show or a rigid set—the music flows in waves, connecting with the MC's vibes and constantly sharing and changing directions.

The dynamic between the band and the MC is one of trust and freedom: Neither can function without the other's support.

Le Cypher usually follows a simple structure. As patrons slowly trickle in, the DJ cuts up tracks and warms the soundscape. Musicians unpack their gear, tune up and regroup in the back room. The DJ takes a break when the opening act begins. This opener is often a showcase or a feature set of some local talent.

DJ Killa-Jewel was in the booth at Le Cypher's last event on March 16. When Killa-Jewel started on something particularly groovy, a circle formed in the crowd to make room for dancers who came to get down.

All dancers were welcome, from experienced breakers to those who just felt like moving.

Milla Thyme was the featured MC of the night. He often works as a leader at Le Cypher, rapping verses, freestyling and encouraging others to do the same. This night was slightly different as Milla used the opening segment to perform and plug his new tape "Eternally the Student."

"It's a good place for people who don't have a lot of experience and who want to get better," Milla Thyme said.

"Like with any music, it's one thing to practice but it's another to play. You've got to play, especially in the hip-hop vein, because not enough emphasis is placed on musicianship and rapping with a band."

Milla Thyme is the head of the Concordia Hip-Hop Community, a club that creates events and workshops to bring Concordia artists out and give them a space to sharpen their skills.

Between sets, Le Cypher guests are encouraged to grab a bite to eat. Every week the event features different restaurants from Montreal. Dobe & Andy, a Chinese restaurant located in Chinatown, served filling portions of vegetable fried rice with a choice of BBQ pork or tofu—for \$4 a pop.

The food and the soulful music cater to the vision Stephen-Ong had for Le Cypher.

"My goal was always to be like an awesome house party with all the best musicians in town," Stephen-Ong said.

"It's just like 'Oh there's this badass band, let me go up and sing!" he continued. "It's not like you must sing—it's just like 'Hey if you wanna sing, go for it.' That's always been the idea that we had, and thankfully that's what we've created."

Le Bleury-Bar à Vinyle definitely caters to the house party vibes. The bar is small and intimate.

FRINGE ARTS 9



Milla Thyme leads Urban Science on vocals at Le Cypher on Thursday, March 16.

Candles decorate the tables and there are comfortable vintage couches to sit on. A disco ball and funky wallpaper give the space a soulful feel.

The second part of Le Cypher features established and notable MCs that are members of Urban Science.

That evening, Sereni-T and Wayne Tennant freestyled with the band for over an hour. The whole crowd danced—sweaty and raw and full of intensity.

Half way through their set Urban Science shifted into a slow moving gospel tune that Tennant sang verses to. At the end Tennant called out to the crowd and said "Sorry for taking you to church."

Towards the end of the night the jam opens up to the public. Any musician or vocalist can sign up by speaking with one of the organizers. Various band members get replaced with folks from the crowd and an MC is chosen from a list. Then the music starts up again, a little shaky at first, but with time the new musicians became more relaxed and the music began to flow again.

The party continued with just a bit more energy in the air. Nobody knew how the jam was going to go.

Bringing in the public means there are no more guarantees, but like any live show, when you raise the stakes the audience only gets more invested.

Zaya Solange, a Concordia communications student and new member of the Quebec singing competition La Voix, often performs in the open mic sessions of Le Cypher. Solange felt that Le Cypher was one of the first jams she could go to in Montreal that was welcoming to singers and vocalists.

"What's cool about Le Cypher is that it really gives a shot to any musician, or anyone who wants to give it a try," Solange said.

"You just sign up and you go for it. It's very

"[Le Cypher] really gives a shot
to any musician,
or anyone who wants
to give it a try."

— Zaya Solange

inclusive, so if you haven't had that much experience or you're not really connected to the musicians in the core band you can still participate, which is awesome."

The unifying factor at Le Cypher between singers, rappers, musicians and dancers is a love for hip-hop and soul. Whether you're in the back room grabbing food from Dobe & Andy, on the dance floor with the b-girls, onstage with the musicians, or even outside with the smokers, the common purpose of Le Cypher is a love of music.



Vincent Stephen-Ong registers new open mic performers.

PHOTOS SHANNON CARRANCO

10 SPORTS

# Kicking and Sketching

Stingers' Soccer Player Alexandre Nay Breaks the Divide

**JULIA MIELE** @THATJULIAMIELE

Athletes aren't usually considered to be the artistic type, yet Stingers soccer player Alexandre Nay shatters that notion.

A third-year student in the Concordia fine arts program and a defender for the school's men's soccer team, Nay has been able to juggle both his artistic career and his passion for the

"I've been playing soccer since I was six, so it's been 17 years," Nay said. "I've been drawing before I was playing soccer when I was a kid, and I just never stopped."

Originally, Nay had planned to follow in the steps of his sister and become an architect, but these plans quickly changed soon after he saw what the work was like. It just wasn't something that had appealed to him, Nay explained. This realization pushed him to pursue studio arts and enroll in Concordia's fine arts program.

"When I don't play soccer, I feel the need to play, and when I'm not drawing, I feel the need to draw."

It was clear that some of Nay's work still had some architectural influence. One of his projects was comprised of two pieces put together to form a sphere; one half was very geometric, neat and symmetrical, while the other half of was a bit more abstract. Nay himself described his art style as being versatile.

"This past year, I've been trying to do more bodies and portraits," Nay explained. "I've been trying to get out of my comfort zone. I didn't know how to do portraits, so I've been trying to expand my horizons."

Most of the time, Nay's work is colourless—portraying emotions of sadness and guilt—as he takes away from his surroundings. "In San Francisco it's very sunny, but here it's very grey all year long except for three months out of the year," Nay explained, comparing Montreal to the city he was raised in. Scandinavian film is another inspiration behind his work, with its dark settings similar to Montreal's appearance during the winter season.

Like his approach to his art, Nay is versatile on the field as well, alternating between right-back and centre-back on defense.

When asked what his playing style was like, Nay chuckled a little bit before answering. Having grown up in parts of Europe and in San Francisco, Nay had the opportunity to train in both of the different playing styles of soccer that these regions have

"In Europe you get more technical training where you get comfortable with the ball. In the US you get more physical, like focusing on going fast." Personally, Nay stated that he prefers the more technical European way of playing.

His parents—both of whom currently reside in San Francisco—have been some of his biggest supporters in soccer and in art. Interestingly enough, his parents represent the best of both worlds; Nay's mother Carole Neilson is an artist who's been focusing her work on ceramics, whereas his father is the one who is passionate about soccer and encouraged his son to

"We have three kids, and Alex is the middle one," Neilson said. "My husband and I, we help them whenever they need it."

Although Nay's parents are on the other side of the continent in the US, they still do whatever they can to show their support for their son.

"We are on their side being very supportive of the things they decide to do. I think in life, you just need to have energy and be passionate about something," she said.

Aside from his folks, Nay also finds familiarity and support in his teammate and best friend, Olivier Georges. "I just show him my art and he doesn't understand how I can do that," said Nay. "He's always surprised at what I can do and he pushes me."

Like his friend, Georges is in a similar situation—captaining the Stingers while also playing on defense, and pursuing a love for his music.



"Art was something that was necessary for me," said Nay. Stingers soccer defender Alexandre Nay aspires to be a graphic designer.

PHOTOS ALEXANDER PEREZ

Georges currently plays the bass guitar and sings for his punk-rock band Young Empathy-which he's been a part of for about four years now-inspired by bands like Fall Out Boy, Paramore and Blink-182. "I've always liked punk-rock," Georges said. "I remember listening to it in high school and thinking 'Yeah, that's the life. That's what I wanna play'—I liked the chaos and the pace, and the realness of the lyrics."

Recounting the day that he and Nay first found out about one another's artistic backgrounds, Georges fondly smiled. "I had gone over to his place and saw a Gibson SG in his room, just a beautiful guitar. And he played a little and we found out that we both love music."

Georges explained that Nay tends to downplay a lot of his artwork but he's always impressed to see what he's done. Even though Georges isn't too knowledgeable about art, he enjoys having Nay explain his process for his art projects. "He takes the time to explain to me how he does stuff, and I like that. I like to understand."

As a soccer player, Georges described Nay's playing style as poised and calm-a modest teammate who doesn't tend to show off. The same could be said about Nay as an artist.

"You wouldn't know he's an artist if you didn't go to his place," Georges explained. "He wouldn't even show you his art, you'd have to walk into his room and see what he does."

"He doesn't show [his art] off, not even on social media. And yet he's so talented," Georges continued.

After he's graduated from Concordia, Nay explained that he would be moving back to San Francisco to pursue a career as a graphic designer. Despite this separation, Georges seemed very confident that he and Nay would remain in touch and support each other. Georges and Nay both have one more fall semester together before they graduate in 2018.

"I don't see myself as being an artist living off of my own work, I don't think it's very realistic," Nay said. "But it's still something I'm going to do and I'm going to get a job in art. Whether it's graphic design or something else, I'm not sure. But I don't see myself doing anything else."

"When I don't play soccer, I feel the need to play, and when I'm not drawing, I feel the need to draw."



- Alexandre Nay One of Nay's projects involved body deformations.

SPORTS 11

# **Dual Threat**

#### Stingers Pitcher and Wide Receiver Jarryd Taylor Impresses on the Mound and the Gridiron

#### **ALEXANDER PEREZ**

@DASALEXPEREZ

After pitching a game, Jarryd Taylor ices his arm. He follows through with some light throwing, then heads to the bullpen. During football practice and games he gets banged up, giving and receiving tackles.

"A lot of ibuprofen [and] epsom salt baths," he said, chuckling about his post-game recovery.

This is the dual life that Taylor had to balance last fall. He is a wide receiver for the Stingers football team, as well as a pitcher for Concordia's baseball club.

Both sports take place during the fall semester, and he also has academic responsibilities to complete for his major in finance. At the age of 18, he makes it all look easy.

Last season, Taylor became a mainstay on both Stingers teams. For football recruited by head coach Mickey Donovan from the St. Francis Red Raiders—he had to claw his way up the ranks.

Starting off on the third team, the 18-yearold quickly made his way through to the second team. After making significant strides during football practice, the coaches promoted him to the first team.

"First game against [the Sherbrooke Vert et Or] went really well," said Taylor. "I just kept going and hopefully this will take me to new heights in the next few years."

On the baseball side of things, Taylor's first season ended with him winning the Réseau du sport étudiant du Québec Rookie of the Year award. He also earned a spot on the RSEQ All-Star Team—an impressive feat for a studentathlete who has more than one sport to focus on.

Wearing his maroon Stingers hoodie, Taylor looks down for a moment with a smile extending from ear to ear. His love of sports is evident. Any chance he gets to remain active, Taylor won't hesitate to jump at the opportunity.

"I've always been [playing] four sports in one year, like hockey, baseball, basketball, football," he admitted. "I've always been around sports, it's nothing new to me."

The finance major first turned his attention to football at the age of five, and baseball at nine. "I was watching [football], and I guess I told my dad I wanted to start [playing] and then my mom put me in it," he explained.

When baseball came into the picture, Taylor fondly remembered the days where he would play catch with his dad—"ever since then I fell in love with it," he said.

Even though he was recruited to play football, hints of Taylor's background in baseball made their way to Howie Schwartz, the head coach of the Stingers baseball club since 1995.

Schwartz, who will be coaching his 23rd season this fall, approached Taylor about playing. The wide receiver jumped at the chance, but

"The conflict is logistics," explained Schwartz. "Football is in direct competition in terms of the time and requirement and commitments to schedule."

Because both sports take place in the fall, Schwartz had to go through Donovan to get Taylor to join the team. After a positive discussion, Taylor was able to play the two.

"I had the opportunity to play both sports in the United States," he said. "If I'm gonna play [at Concordia], I might as well do both— It's always better to have both options."

Because of his football responsibilities, Taylor had a trainer on the side for baseball. This limits Schwartz's coaching influence. Regardless, Schwartz was left impressed with Taylor's capabilities. His talent alone got him to where he was, admitted Schwartz.

"He performed well above my expectations," continued Schwartz. "Especially given the limitations of what I was able to do to get my influence as a coach. Most of what his performance showed was his raw talent."

Admittedly Schwartz didn't shy away from the fact Taylor could improve. He said if he had more time to work with him then they could work through some of the challenges that Taylor faced in his first year.

Coaching a dual-sport athlete isn't something new to Schwartz, though. Taylor follows in the footsteps of Andrew Nagy and Trevor Blanchard, who played football and hockey respectively while playing for the baseball team.

"It's been an interesting experience [and] it doesn't come around a lot," said Schwartz. "When you can count on less than one hand the number that have actually played two sports, it's a fairly impressive feat."

Being a student-athlete, the obvious obstacle is that of balancing school and sports. Taylor admitted to having a stable schedule with his academics, but admitted that football and baseball sometimes overlap.

"Yeah, there has been times where I've missed football practice for baseball games, and there's times where I miss baseball games for football practices," Taylor said.

coach frustrated by his departure.

It was a Thursday practice, ahead of the want to beat Laval."

Stingers game against the Université de Montréal Carabins, and Taylor had to skip practice early to make it in time to pitch the game.

"I had to leave because it was my start in baseball, and our wide receiver coach got mad," said Taylor. But he later admitted all was fine afterwards between the two.

With his first season in the bag, Taylor is already looking forward to next fall. For baseball, he's confident the team will go to nationals, stating "Schwartz is a good coach, we're gonna be fine."

"[He] hasn't won it in five-six years maybe so it would be pretty cool to win nationals,"

For football, Taylor's answer was simple: "Make it to the Vanier [cup]."

"If we can make it to the Vanier that'd be One practice in particular left his receivers cool," he said. Pausing mid sentence, Taylor corrected himself. He smiled, "Actually I just

### "He performed well above my expectations."

— Howie Schwartz



scheduling had to be taken into consideration. Jarryd Taylor excelled in both the baseball and football Stingers teams this past fall.

ALEXANDER PEREZ

#### This week in sports online at thelinknewspaper.ca/sports

Episode 94 of PressBox Hatrick: Rounding up the Stingers performance at the Women's Hockey National Championships.



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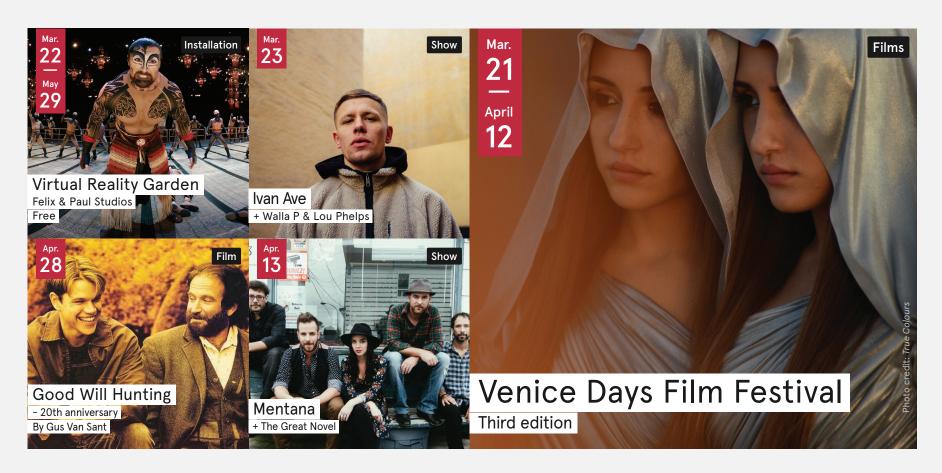




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UPINIONS 13

# It's Time to End Daylight Savings

#### The Time Change Is More Annoying Than It Is Useful

#### **MARC GRENIER**

It's Sunday morning, March 12. I wake up late and walk upstairs to hear my roommate cry out, "We've been robbed!" My stomach sinks. Did he forget to lock the doors?

Scenarios run through my head until he follows up with, "[...] an hour. We've been robbed an hour!"

Oh, right, I think to myself. We moved the clocks forward. I'm immediately annoyed. Not at him though—I'm annoyed because I don't understand why daylight savings time still exists.

Daylight savings time is the evil, late-18th Century brainchild of Benjamin Franklin—though it wasn't officially adopted until 1915 in Germany. The idea behind this nefarious tradition was to save energy by making better use of light during the day. We move the clock forward one hour in the spring and set it back again in the fall. This makes it so the time we're awake better corresponds to daylight hours. It's logical—sort of.

Maybe DST was an important facet of society in the early 20th century, when artificial lighting was gas powered and it was important to conserve energy during the First World War, but today the practice is outdated. Modern advances

in eco-friendly lighting have almost eliminated the high demand for electricity used by artificial lighting. As well, studies show that, depending on where you live, there is little to no effect on energy consumption in regards to lighting and daylight savings.

Some researchers even found that energy consumption rose in certain places because of the extended use of summer air-conditioning in the evenings, and the use of heating in the mornings during early spring. These same studies state that lighting had little to no effect on curbing energy use. So why is the practice still in use today? Convention? Stupidity? Possibly.

I'm not the only one frustrated about daylight savings. Farmers have long called for its abolition because of how it disrupts their schedules.

"It might benefit people in warmer climates," says José Sicotte-Dodriddge, a farmer in Estrie, "but here it just messes with you [and your sleep]. We don't start farming until later in the season anyway. There's no benefit to [having] it really."

Over 70 countries world-wide practice daylight savings, but in Canada it's regulated provincially. For example, Saskatchewan abolished DST in the 60s and remains part of the Central Time Zone all year round instead—a practice

I had the pleasure of experiencing for just over six years when living in Regina.

Saskatchewan has come to terms with not having DST, so why won't the rest of the world? Correction, why can't the 35 per cent of the world who still participates in this inane practice not understand?

Still, there are plenty of arguments for or against DST. One study shows that in the long run—two to three weeks after DST—there is a decrease in fatal car accidents when observing daylight savings. However, a different study shows that in the week after DST in March, there's a 17 per cent increase in car accidents.

A study looking at accidents in the workplace showed that when we move clocks back to gain an hour, there was no effect on the amount of workplace-related accidents. But move the clocks forward an hour, "workers sustain more workplace injuries and injuries with greater severity" on the Monday following the loss of time. However, this finding is mostly attributed to people getting 40 less minutes of sleep in the night.

A few other studies looked at whether daylight savings causes sleep deprivation, or if it encouraged physical activity, but neither of the studies were conclusive. Essentially, day"I don't understand why daylight savings time still exists."

light savings time is just really, really annoying—especially for university students. It rears its ugly head right smack in the middle of the busiest time for us and steals an hour of our day, right out from under our noses.

I think it might be time we take one last look at this outdated energy conservation tactic and then, in the fall, when we move the clocks back, accept that it'll be daylight saving's one last hurrah before being banished to the dark ages.



SHREYA BISWAS @shreya\_dora

#### 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 (found on the last page), and we'll publish it online or in print next issue.

## Canada Put Children in Human Zoos

#### The Story of the Dionne Quintuplets



2 SopleS H

**OLIVIER CADOTTE** @OLIVIERCADOTTE

The first known quintuplets to survive infancy, the Dionne quintuplets' birth was something of an extraordinary event. Yvonne, Annette, Cécile, Émilie and Marie Dionne were born two months premature on May 28, 1934 just outside Callander, Ontario to Oliva-Édouard and Elzire Dionne.

When they were born, doctors didn't even know of the womb.

News of the unique birth was picked up by a local newspaper thanks to a tip-off from a relative of the father, and soon it spread all over North America. Donations and advice from all over the continent came pouring in to help the family and the newborns, including medical supplies and various early-century parenting tips, like burnt rye whiskey to prevent diarrhea.

Still poor despite donations and now with 10 children, the family was approached by exhibitors of the Chicago Century of Progress fair to put the girls on display as medical marvels. Their parents accepted the offer, but the Ontario government intervened, raising worries that the quintuplets may be in danger and that they

may be exploited. The government stated the Dionne's were "unfit to raise these children," and took them away—but not any of their other five children-and then committed a great hypocrisy.

Across the street from their birthplace, the Ontario government built the Dafoe Hospital and Nursery, which functioned more like a human zoo than a medical institution. The girls were forced to live inside the facility, kept in with barbed wire quintuplets were possible, let fencing, and cut off from the alone able to survive outside outside world. They were treated as a display for both the benefits of research and the amazement of tourists from around the globe.

> Dr. Dafoe, nurses, and maids, who arranged a strict schedule for the girls, looked after the five girls. Inspection by Dafoe, playtime on a publicly viewable playground two or three time a day, rudimentary schooling and prayer made up most of their days.

> The girls were separated from their morbidly curious onlookers by one way windows, meaning they could see the girls, but the girls could not see them, further separating them from the world outside. They were presented and treated as a group instead of as individuals, wearing matching outfits distinguished from each other only by a single colour



ZOË GELFANT @203631f4n7

and symbol.

The compound, nicknamed "Quintland," was a smash hit raising over \$51 million in total tourist revenue alone in 1934, surpassing Niagara Falls.

in the exploitation of their daughters. Olivia-Édouard opened a souvenir shop right by the government compound, selling knick-knacks and autographs. After regaining their custody in 1943, they continued to make money off their daughters' fame, buying a fancy house and living a lavish lifestyle.

At the age of 18 the girls

moved away from their parents and lived quiet lives outside of the spotlight. Émilie died in 1954, Marie in 1970, Yvonne in 2001, and today Annette and Cécile live in Saint-Bruno-Their parents also partook de-Montarville. In 1998, the Ontario government was forced to pay a pitifully small sum of \$2.8 million to the sisters as part of a settlement for all those years of exploitation.

> The story of the Dionne quintuplets is one of childcelebrity exploitation. As the prevalence of showcasing the "bizarre" and "marvelous" grew in the media, so too grew the exploitation of "mar-

vels" in shows or expositions. The Dionne quintuplets, after years of exploitation both by the Ontario government and their own parents, managed to escape the abuse spurned by their unwanted fame. But many others did not.

In a world where sharing the fascinating facets of humanity gets easier, so too does the possibility of abuse of human anomalies from people in positions of power. It is primordial to continue to protect those who could be abused in the name of celebrity who only want to

-The Gender and Sexuality Issue-

Email our coordinators at: assistantnews@thelinknewspaper.ca, fringe@thelinknewspaper.ca, fringeonline@thelinknewspaper.ca

Submit articles, poems, art, graphics, etc. by March 24

# Forgetting the East End, Again

#### The Light Rail Project Will Leave Us Out

BY FRANCA MIGNACCA, TRISTAN D'AMOURS, AND VINCE MORELLO @FRANCAMIGNACCA, @TRISTANDAMOURS, @VINNYMORRELLZ

The Light Rail project, known as the Réseau zone two and \$39 more than zone-one users. électrique métropolitain, is an ambitious infrastructure project set to serve many parts of Greater Montreal including the West Island as well as the North and South shores. That's great, but it sounds like there's someplace missing from that list.

When the Caisse de Dépot et de Placement du Québec announced the project back in August, they claimed it would be the biggest transit project in 50 years. The population of Montreal's East End would be ignored.

By East End, we don't mean what's going on in Hochelaga or Rosemont. We are talking about the districts of Montreal-North and Rivière-des-Prairies-Pointe-aux-Trembles who are constantly overlooked.

People will say that the east is perfectly fine the way it is, and it already has a train going there since last year. In fact, the train was meant for the population of Terrebonne and Mascouche.

Beyond that, the Agence Métropolitaine de Transport has the three East End boroughs in fare zone three, where monthly bus passes cost the same as off-island suburbs—we do feel you on that one, Sainte-Anne-de-Bellevue. In all, East Enders and people of Sainte-Anne pay \$23 more on monthly passes than other Montreal users in

It's quite simple: We're on the island. We shouldn't be paying off-island rates.

The trains that pass through the East End are few and far between. If you're not traveling at rush hour, you need to find another way to get downtown or you won't be traveling at all.

Back in 2012, the STM released their plan to add five new stations on the blue line to the east of Saint-Michel: Pie-IX, Viau, Lacordaire, Langelier and Anjou. They wanted to add these stations by 2016.

Clearly, that did not happen.

In May 2016, the Quebec government delayed the construction of the five new stations. The former Minister of Transport, Jacques Daoust, seemed to suggest that the government's short-term financial interests would be better served by the REM.

While it is true that the east has access to express busses, these busses are often crowded, and take you to metro stations outside of the borough. On average, it can take around an hour to get downtown with public transport—and that's on a good day, when there is no snow and ice.

In terms of public service, allowing more public transit to the East End, and particularly Montreal North, would be a great thing. In a 2013 study, Centraide found that Montreal North is "densely populated," with over 7,500 people per square km.

The study also found that "29 per cent of the population, or 24,000 people, live below cent for the Island of Montreal. Some sectors have even higher rates: 41per cent in the northeast and 36 per cent in the southwest." Making public transit more available to these densely populated areas with a higher rates of poverty just makes more sense.

Municipal opposition leader Valérie Plante has proposed a new metro line as part of her campaign. The pink line would run downtown and cut northeast in the city, with stops in Saint-Michel—another East End borough—and Montreal North.

The line would consist of 10 or 12 stops, and would be built over 25 years, finishing in 2042. While Plante estimates the plan could cost around \$6 billion, it is a potential solution to the East End's issues.

There is no denying that the West Island is also underserved by public transport, but is the REM really the solution? There are several environmental concerns with the project, and it just doesn't seem worth it.

In an interview last fall, Concordia urban planning expert Jochen Jaeger stressed that the REM will likely cause urban sprawl. Some of

the stops are located in protected farmland. As part of their project, the Caisse also plans to construct 13 large parking lots around the stations.

"Of course the logic, or the argument, that people will make is that people go there by the low-income cutoff compared to 23 per car and then they use public transport rather than going by car into Montreal, but that also means you can still work in Montreal and live far outside [...] it's a no brainer," Jaeger said.

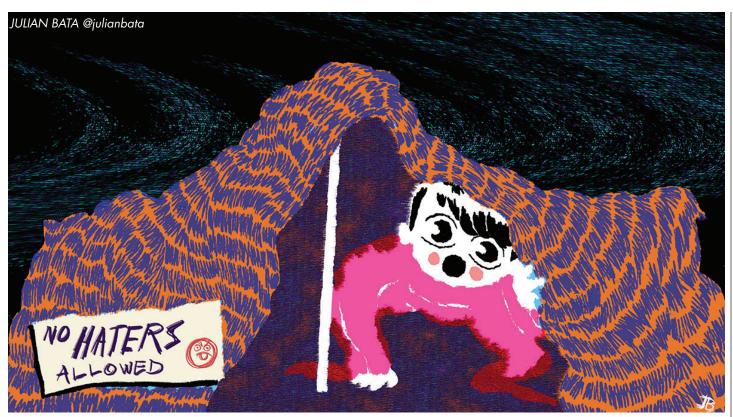
> Trainsparence, a coalition of environmental and transport groups, opposes the REM. According to the group, the light rail train stops are located in areas with smaller populations, and in higher income areas, completely avoiding the East End.

> The orange and green lines are also too concentrated and the REM project would not do anything to fix that.

> Then there is the cost. The Caisse has not yet released their possible fares, but in places that already have a light rail system, fares are practically unaffordable. Take the TransLink in Vancouver for instance, prices there range from \$91 to \$170 for a monthly pass.

> We're not saying that the West Island doesn't deserve the REM and that they shouldn't have upgrades in their way to commute. That said, in a typical East End way, we are complaining. But this time we actually think that the complaining is worth it. We are tired of being ignored out there where the east ends.





# Nahm'sayin? Pillow Forts Are Way Better Than Blanket Forts

HARRISON-MILO RAHAJASON @HARRIMILO

Look, I get the hype around blanket forts.

They're easy to assemble, the malleability of a blanket allows far more room for creativity, and the thin blanket walls feel far less claustrophobic than a wall of pillows. Yeah, sure. Fine.

But those are the only superlative features that favor the blanket fort over the pillow fort.

Structurally, blanket forts just aren't sound. They're held together by thumbtacks cious. They can stand on their own—no and tape and require tables and chairs to keep them in place.

Whereas I for one, don't mind spending a half hour building a pillow fort if it means I can stay under it for eight hours watching basketball. I also don't mind spending that same amount of time building a pillow fort to watch the Bachelorette for an hour before tearing it down.

Pillow forts are solid, efficient, and spathumbtacks, or any other supplemental materials required. If you invite several people in your pillow fort and it collapses, there is no threat of injury by thumbtack.

Instead, you'll just be nestled in a pile of pillow rubble. Heavenly.

Do yourself a favour and make a pillow fort today.

#### Gimme More Blankets

**KELSEY LITWIN** @KELSEYLITWIN

As a kid, I built a lot of forts. I would use just about anything that I could get my hands on: pillows, blankets, snow, toboggans, cardboard, and teddy bears. If it could be piled high enough for me to crawl underneath it, I'd build a fort with it.

But naturally, as I aged, a cardboard box or a couch cushion no longer sufficed. One wrong move, and it would all come tumbling down.

But one material was always there for me. No matter what I do, no matter what questionable construction practices I use, I'll always end up with a fort above my head. Blanket forts, thank you for continuously cocooning me.

Even with a blanket fort, you still get the comfort of pillows—your fort needs a base, after all. But knock into the wall of your blanket? No worries, it's still standing tall. Blanket forts will be there for you when nothing else is.

Want to expand your fort to encompass a whole room? You can. To quote mathlete Cady Heron, "The limit [of your blanket fort] does not exist." That's what she meant, right?

You just need to turn a chair around, drape a blanket on top and there you go. Safety pin two blankets together and you've got yourself a penthouse blanket fort.

Pillow forts, you were good to me. I'll always think of you fondly, but I've grown up and moved on. I'm older and wiser now, and I've seen the light.

#### March 24 Code in the Newsroom **Colin Harris**

As the news media industry changes, journalists need to keep up with the times. That means learning how to use new softwares and skills to keep the quality news content coming to our readership.

Join us with Montreal Gazette web reporter and former Link Editor-in-Chief, Colin Harris, to talk about how journalists can use code in the newsroom to build data visualizations and web content.

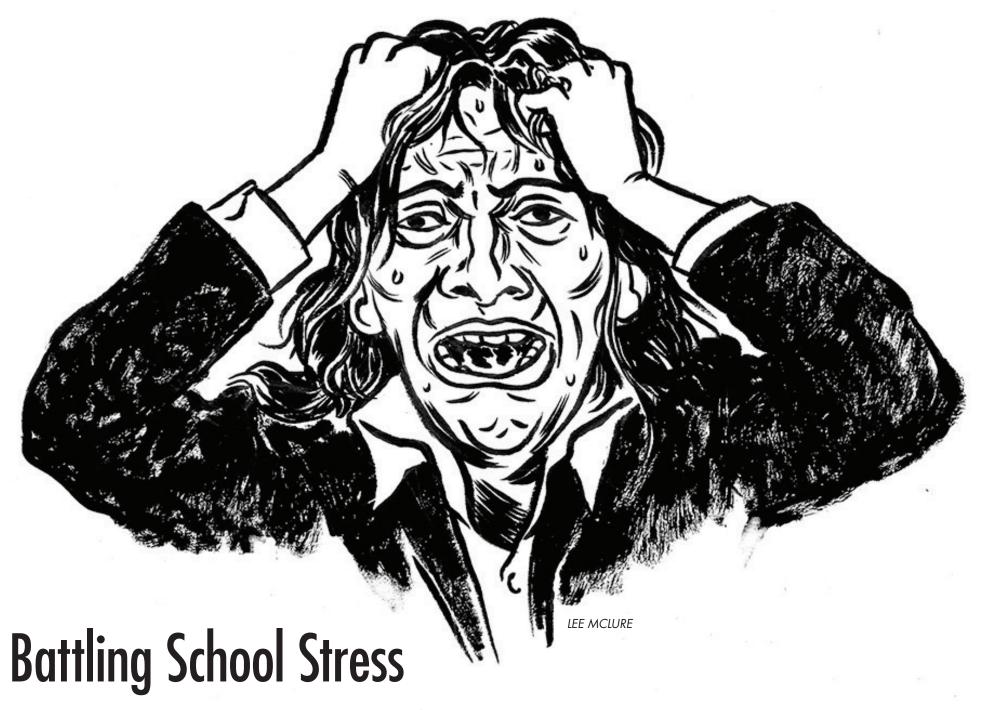
#### March 31 **Comics Comics Comics Morag Rahn-Campbell**

Join our amazing Graphics Editor, Morag Rahn-Campbell, (a.k.a the creator of Mo Maudlin comics—formerly Crap Comics), and learn hacks and structures for making delightful, insightful, entertaining comics.

We'll also be reading from her killer collection of comics by the legends of the field! If you've ever wanted to get into comics or learn more about comics or just like comics, come to this. It'll be great.

Workshops happen at 3 p.m in our office: Room H-649 of Concordia's Hall Building (1455 de Maisonneuve Blvd. W.)





#### Remembering to Give Ourselves the Self-Care We Deserve

#### **TALIA CHARNESS**

Anxiety comes in all shapes and sizes. There are no simple symptoms to check off a list, or a magic pill to make it all go away by tomorrow. Anxiety is a mental battle that one faces every day, and it can be caused by a variety of triggers.

A study conducted in 2016 by the Canadian Association of College and University Students Services surveyed 43,000 students, from 41 Canadian institutions, regarding their overall health, including their experiences with anxiety.

The results are astonishing—65 per cent of students said they felt overwhelmed with anxiety at some point during the school year, mainly due to academic pressures. Additionally, 18 per cent of respondents had been officially diagnosed with anxiety and could actually pinpoint their symptoms.

Having been diagnosed roughly a year ago, my anxiety initially began due to the stress of law school applications. Scratch that—it began at the first thought of even going through the rigorous application process.

The competitive pressures students face today surpasses all previous years. Law schools now expect you to have impressive work and volunteer experience, community and extra-curricular involvement, and an above-average GPA. Such a detailed and diversified profile calls for years of early planning and nonstop stress.

It's now March and I'm stuck in the "waiting game" phase— I am dying to hear back from various schools. The entire application process up to now has been an emotional rollercoaster. From the moment you set your mind to achieve a goal—ostentatious or not—anxiety can draw power from that determination and bleed into other aspects of your life.

Before diagnosis, my symptoms reflected those of a seriously bad case of stomach flu. Severe nausea and loss of appetite made

me want to stay in bed and basically sleep my life away. Fortunately for me, my schedule would never allow that. I forced myself to get up early every morning and get in a good workout; go to class, study, volunteer and do whatever needed doing. My assignments always got done and my grades were never affected; yet just the thought of school became increasingly overwhelming.

By the time finals came around I was having panic attacks on a daily basis. A final was no longer just an exam—it was the potential to earn the difference between a 3.4 GPA or a 3.7 GPA in the class. It was the difference between an acceptance and a refusal. Anxiety seeped into all aspects of my life as I tried to build the profile of a top law school candidate.

Everybody experiences anxiety differently. Nausea, nervousness, irritability, shortness of breath, or even surges of energy can be signs that your anxiety is acting up. Due to the varying symptoms, anxiety is therefore often overlooked and left undiagnosed.

As seen in the survey conducted by the CACUSS, 65 per cent of Canadian students experience anxiety resulting from such intense external academic and professional pressures. This goes to show that the bar is simply set too high these days—and it's the mental health of more than half of all Canadian students.

For those of you who have been diagnosed with anxiety, nere are resources like prescription medicine, therapy, or coping mechanisms that may help.

First, it's important to identify your symptoms. Don't lazily attribute an upset stomach to last night's burrito—your body may be trying to tell you something. Speak to your doctor about any symptoms you're experiencing to try to find a solution that works for you.

Practicing yoga has also proven very helpful for me. By focusing on your breathing you can naturally calm your body

"Anxiety seeped into all aspects of my life as I tried to build the profile of a top law school candidate."

down. Practicing full deep breaths and calming your heart rate are both impeccable remedies for an ultra-stressful moment.

Always try your best to get a good night's sleep. If you are low on sleep, your body has a hard time trying to function. Irritability and sensitivity are heightened when you're exhausted, so it's the perfect opportunity for your anxiety to take over.

While there is no magic pill or standard prescription, there even medical marijuana. For those of you who may be feel- definitely are tons of remedies readily available to overpower ing anxious or even just a little too nervous, there's different anxiety. This form of mental illness is in part a chemical imbalance and is never something to be ashamed of.

> Concordia offers a variety of resources such as Health Services, Counseling and Psychological Services and the Applied Psychology Centre.

> My advice to other students is to trust yourself and listen to your body. Know what makes you anxious and isolate that anxiety as much as possible, because after all, that's the ultimate battle—but it is one that you can win.

18 COMICS LL



Hastily Put Together by Theo Radomski @flannelogue







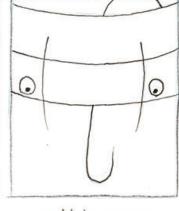


Multitasking by Bronson Smillie @bronsosaurus











busy,

or distracted,

or looking, or thinsting, or reaching, or waiting,

with many windows

open at

#### Caity Comics by Caity Hall @caityhallart



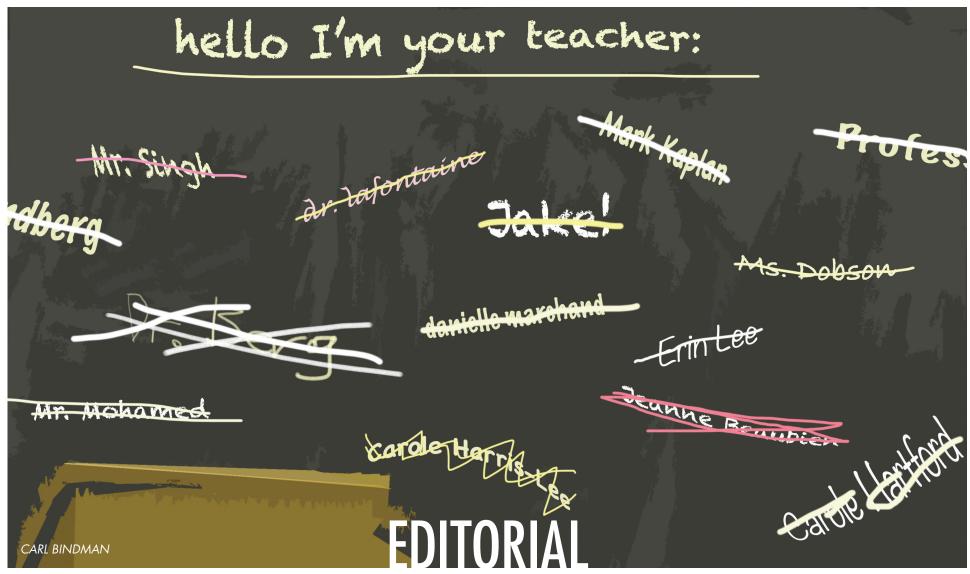






The Epic Adventures of Every Man by Every Man





#### The Curse of the Short-Term Contract

Here's a riddle: If a three-year contract has to it isn't being used as one. be renewed every year, can it still be called a three-year contract?

The answer is interesting. See, those are the conditions of the Limited-Term Appointment, a type of contract for fulltime faculty at Concordia.

In their collective bargaining agreement with the school, the Concordia University Faculty Association defines LTAs as lasting, at most, three years. After every year, faculty must reapply to keep their position for the rest of their contract. And, when the contract is done, an LTA cannot apply to that same position for another two years.

This type of position exists for three reasons. The first is as a replacement for a faculty member who is on leave. The second is to fill an open tenure track position, temporarily. The third and final reason is to address a temporary need in teaching or service.

The common theme in those three requirements is temporariness, and that explains why the contract is so strictly limited. It's designed as a stop-gap measure, but

This week we wrote about Stefan Bronner, the coordinator of the German minor. He is the only full-time faculty in the department. He is an LTA, he replaced an LTA when he was hired, and when he leaves he'll likely be replaced with another LTA.

Permanent temporariness is not permanence. And right now, 24 LTA positions are available in the Arts and Sciences Faculty. Hiring 24 three-year temporary employees instead of investing in longer-term positions has dire consequences for academics.

LTAs are not tenure track, which means they aren't contributing to the growth of institutional knowledge in departments. In fact, the opposite happens, since it's hard to build new projects when the people building those projects have to leave after three years and can't return for another two years. That is, if they manage to keep their contract for the full three years.

It's also important to consider how draining it could be for staff to have such little job security. Plus, precarious three-year contracts are

professional and personal planning. Does a faculty member invest in a home if they don't know whether they'll have a job a year from now? If they're from another country, do they apply for Canadian citizenship?

Similar problems exist in a similar type of contract, the Extended-Term Appointment. ETA contracts can last up to five years, but the shortcomings in certainty and institutional knowledge persist in the same ways as LTAs.

So what's the deal with all the LTAs?

Well, LTAs and ETAs are cheaper for the university than tenure track positions, going by salaries from CUFA's 2015-2018 collective employee starting in June 2017.

While an LTA, ETA and tenure-track lecturer will all make around the same in their first year of teaching, give or take \$4,000, the latter's salary will eventually double to District 3 Innovation Centre, and more. over \$110,000.

LTAs are also very cost-effective for the administration, teaching at least seven courses per academic year. If a part-time

fundamentally incompatible with long-term faculty member were to teach the same number of classes, it would cost the university at least \$3,000 more.

> Relying on LTAs is a way of getting more bang for the university's buck. We understand that motivation. Money is tight. This year, Concordia is projecting a deficit of \$6.3 million—last year's deficit was \$9.3 million. But surely the immaterial cost of reliance on LTAs is worth a moment's consideration?

Especially when the money is there, even with austerity and deficits. Last week, The Link reported on the new Chemical and Materials Engineering Department, which will incur several million dollars in renovaagreement, using the lowest pay grade for an tion costs. And the 2016-2017 Concordia budget assigns \$7.75 million for what it calls "Investing in Our Future," including more opportunities and money for summer schools, graduate program initiatives, the

Perhaps the school should also consider spending some cash on permanent faculty. Leaning further on LTAs won't help students, faculty, or the future of the school.

JONATHAN CARAGAY-COOK

NIKOLAS LITZENBERGER

### **ELINK**

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Retraction: An article fitled "Empowering a Community: Art Fights Back Against Anti-Muslim Racism" published online has been taken down due to misinterpretations of the interviews with the organizers. The piece detailed what happened at an event called, "Holding Space," which was held on March 10 at the South Asian Women's Community Centre, by the South Asian Youth Collective. After discussions with the organizers, author, and editorial team, it was decided that the best course of action would be to publish a retraction. The possibility of a follow-up story is currently being discussed. The Link regrets the error.

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