**Black History Month; White History Year**

Deborah Sloven

Oh yes, let the celebrations begin. This is the time that blacks pay homage to those who have gone on before. Remarkably, only two names are ever mentioned. You know who they are. L.M.K. and N.X. (muff respect due!). And of course the time when whites relish in and reflect upon the joyous “overcoming” of racism in North America. Doesn’t it make you want to holler or maybe sing a Bob Marley song?

Unfortunately, last year’s misguided attempt by ProTem to accurately cover the focus of Black History Month, featured an article about the Unreconcilingly referred to as “The Negroes on the Hill.” Fortunately, it has compelled me to submit a work of value for your personal enjoyment.

First and foremost, I am fervently opposed to reserving one month of the year for “Black History.” Our historical contributions are far too grand and plentiful to cram into 28 short days. We must also be recognized every year—just as we are. We must not let this trifling shortest month of the year recognition be used as a token to satisfy all the ills and sins committed against us. I want us to turn our thoughts to those who have literally pioneered our movement to (North American) freedom. Of course this freedom would not have been necessary if the white man... well you know where I am going with this! Something about chains etc.)

Nevertheless, Quakers and Methodists, city people and farmers in the Northern States freed blacks and slaves. Notice that I said blacks and slaves, not just black slaves. Take a moment to remember our Native brothers and sisters whom also faced our plight. The freedom fighters used railroad terms to confuse the public and deceive the slaveholders. “Conductors” drove carts, carriages or farm wagons loaded with slaves hidden in false compartments. “Stations” where abolitionists transferred or temporarily hid their “cargo” were barns, farmhouses, secret passages, cellars, attics and church belfries. By 1830, the Underground Railroad (UR) had established definite routes into Canada from Kentucky, Indiana, Ohio, New York, Virginia, Maryland, Delaware, Missouri, Michigan and other states. Lake Erie Shore, Niagara River and Detroit frontier, Amherstburg, Sandwich and Windsor were UR terminals during the 1830’s and 1840’s. Fugitives also traveled by land and water to Toronto, Hamilton, St. Catherine’s, Brantford, Kingston and Prescott.

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**IS BOUCHARD THE NEXT BUDGET SLASHING PREMIER?**

**MONTREAL (CUP) —** On his way to become premier, Lucien Bouchard is showing that when it comes to balancing budgets, Quebec isn’t such a distinct society after all.

Quebec’s political leaders, like provincial politicians across the country, are buzzing with ideas on how to fight their massive deficit. While there is not surprising to most Canadians, Quebeckers may have thought their “social democratic” government was different. The Parti Quebecois’ new mindset has already translated into a $190 million cut to the province’s health and social services sector—resulting in the imminent closure of seven hospitals as well as the $180 million cut to what Quebec’s revenue minister, Jeanne Blackburn has termed an “overburdened” welfare sector.

And now, Lucien Bouchard, as the PQ’s new leader, is projecting a further $500 million reduction in social spending.

But Bouchard may have to struggle to implement these cuts. Last week, Gerald Larose, head of the largest union in Quebec, the Confederation of National Trade Unions (CNTU) said that drastic cuts to social spending are “ripping apart the fabric of social solidarity.” The union leader’s criticisms may have come as a surprise to many people, since he was a prominent supporter of Bouchard’s, and former Parti Quebecois leader Jacques Parizeau’s campaign on sovereignty last fall.

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But the CNTU says that its support for the PQ was never unconditional, and insists that their efforts are being felt by Canadians who were already tightening their belts because of the weak economy, cuts in transfer payments from the Federal government, lack of jobs and severe reduction in funding for agencies that are helping the people who are most in need.
Tyranny of a Majority

Did the voters of Ontario give their government a mandate to override parliamentary democracy? This is what the ruling party seems to believe. Apparently, this goes back to the time of the election when Ontario's Conservative party based their successful campaign upon a pamphlet entitled The Common Sense Revolution—commonly known as "Mike Kampf." Now, with a majority government, they have the arrogance to claim a right on behalf of the people, to carry out this "Revolution" at all costs.

The Government of Ontario now believes that it has been empowered to place expediency in front of legislative process. This idea stems from the notion that democracy has already been served—that democracy began and ended with the election. The problem is that the one thing left out of their campaign pamphlet was a "by all means" clause. Who would have guessed that the election of a majority government was one in the same with dismantling the parliamentary system? Are we missing a logical step?

Last week, Ontario's new omnibus bill officially became law. It was only a few months ago that the government had tried to ram this heavy piece of legislation through the legislature without allowing for proper debate. Fortunately, their plans were foiled; but this does not mean that parliamentary democracy was upheld. On the contrary, how could a bill comprised entirely of unrelated tacked-on provisions ever be reasonably discussed within the short time span it was allowed?

The appears to be a new paradigm for democracy in Ontario: democratically elected autocracy. Certainly, a majority government guarantees a party that all of its bills are likely to be passed. On the other hand, such a party has the responsibility to uphold the democratic system into which it was elected. Our democratic system is a trust guaranteeing the representation of political minorities. The notions of representation and parliamentary procedure are not the frivolous wastes of time the government would have us believe. A provincial government does not have the right to disregard our nation's democratic system and any "mandate" expressing the contrary cannot be held legitimate.

RG
Monde: Lueur d'espoir au Soudan

SOURCE: L'ALTERNATIVE

La révolte des hommes et des femmes. actuellement, acceptent de con-
dans

équité sur l'usage de leur aide et. éven-

Des démarches

par une 1,

passant par les pays avols-

Monde: Lueur d'espoir au Soudan:

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rendue par un groupe fondamen-
taliste musulman, y exerce une in-
gime de terreur. Un grave conflit armé s'oppose au régime, dominé par des forces régionalistes du gou- vent central, il ne s'est pas de cette stratégie. Elle se pro-
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Les forces progressistes t

à l'autodétermination des popula-

fournisseurs de cette aide. Il faud-

en Érythrée, en octobre dernier, où naux d'acheminement de l'aide 1

Les résistants de la «CNU» ont adopté une stratégie de renverse-

leurs signataires de la Charte de 1

ces autorités en utilisant

Des représentants de ce 
étaient déjà un message en soi. Fatima est musulmane, arabo-

l'ensemble des mouvements politi-

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le renversement du régime, dominé claniques entre la population. Plu-

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ouvertes aux femmes sudanaises, certaines caractérisant une réunion, tenue à Asmara, leurs de créer de nouveaux ca-

aussi sans passer par les autorités soudanaises.

Des transfrontière

La communauté internationa-

l'opposition marque des points 

L'accès aux ressources alimentaires est un problème majeur dans le Sud-Soudan. Les milices armées et les groupes rebelles s'opposent au régime, et la population souffre de la famine. Les femmes, en particulier, sont victimes de violations de droits de l'homme.

La situation au Soudan est critique, avec des manifestations de protestation contre le régime soudanais. Des forces progressistes ont dénoncé le régime autoritaire et ont appelé à la réforme du système politique.

La France, la Chine, la Libye, l'Iran et l'Iraq ont dénoncé le régime soudanais. Des démarches sont entreprises pour que le Conseil de Sécurité de l'ONU adopte une ligne plus claire vis-à-vis du régime soudanais.

La communauté internationale aurait avantage à ouvrir les yeux sur le désordre et les coûts pour les humains. Il est important de soutenir les mouvements de résistance au Soudan et de promouvoir la paix en Afrique.


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Chairs Fail To Challenge Principal

Friday, January 26. Principal Dyane Adam distributed her "Vision" statement to Glendon's Chairs on Thursday, and at the meeting today said that she did not want the Chairs to receive much detail about the document until the end of the month, when the entire statement will be presented to the Policy and Planning Committee (PPC). The Chairs felt obliged to object at this point, and carried on with the Principal's agenda.

Public discussion of the document is clearly not one of the Principal's goals. Two weeks earlier she had sought, in clear contravention of the rules of Faculty Council, to present a draft of the document to PPC in closed session. PPC, showing more backbone than the Chairs, refused to comply.

Looking at the document, it is easy to see why the Principal described it as a "blueprint" for the intellectual nurturing of the College, and the entire statement. She called "vision" should be read critically and carefully by every member of the community.

Ontario Education Minister John Snobelen instructed his civil servants that he, too, wanted to make changes. To get people to accept these, he said, it was necessary to have a "crisis". A look at the first few pages of the Principal's document shows just such a rhetorical strategy at work.

First comes the expectations of a New Jerusalem in which is driving the whole exercise: The whole world is "drastically rethinking"; universities will never be the same; programs "whatever merit they may have on their own" are said to be "impossible to maintain". The end of the world is near but all is well. Isn't there a "vision", a new view, that is part of a pan-university agenda: "the transformation of post sec­ondary education"? That's the Principal's vision. She clearly believes in it. What we are supposed to believe in is a compelling, immediate budget crisis unfolding in concrete cast in iron deadlines: "This year's budget exercise", "financial and political realities", the dreaded phrase "in order to survive", "the present budgetary crisis", "necessary"... it's hard not to see that this is all leading up to "tough budgetary decisions". It almost seems that Snobelen and the Principal are working from the same textbook. But where is this coming from? Why is it being preached at us? York has a balanced operating budget; its "carry forward" has not been exhausted; its budget deficit has been increased since 1989 from five million dollars to more than ten million dollars; it is currently retiring between sixty to eighty million dollars a year; and there is an expectation that university wide enrollment next year will fall, and it is the notion of the corridor to the middle (a three percent increase in student population). The "cri­ sis" with its rigid deadlines, and the accompanying logic "it's too late to think about what the limit of political decision - you have to do right now what we are telling you to do" clearly exists to stampede the faculty into accepting the reality of budgeting of structural changes. It's bad to be manipulated at any level of York, but for a community like Glendon it's particularly outrageous because we are being driven into acceptance of an extraordinarily anti-intellectual "vision" of what our college is to become.

At the centre of this "vision" is an assumption that few of us will share: "specialized discipline-bound undergraduate programmes" and "the re­search interests of the faculty" are OUT; what is IN is "the mastery of basic transferable skills of analysis, critical thinking, communi­cation and inter­discipli­nary knowl­edge... something to be taught as enti­ties on their own, rather than emerg­ing as the result of an education that is both rigorous and complex ways as students engage in a disciplined field of study.

If your Chair has not given you a copy of the "vision", demand one. And remind the Chair that a Howard Robertson, John Bruckman, Yvette Smidt or Michael Gregory once sat where he or she is sitting now. That's history. And we are not going to follow the Principal's direction that Glendon should forget its history and think only of this proposed "vision" for the future.

-Bill Greaves is a Professor of English at Glendon College.

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« Étes-vous victime du "winter blues" ? »

Pierre Naud

C'est le début d'une nouvelle année. Les températures tombent et les jours deviennent plus courts. La dépression saisonnière est une maladie qui affecte de nombreuses personnes chaque année. Certaines personnes peuvent ressentir des symptômes de dépression pendant l'hiver, qui sont similaires à ceux de la dépression saisonnière. C'est pourquoi il est important de reconnaître les signes de la dépression et de prendre des mesures pour s'en protéger. Et il est également important de ne pas hésiter à demander de l'aide si vous ressentez ces symptômes.

La dépression saisonnière est souvent considérée comme une maladie qui affecte uniquement les personnes qui sont en bonne santé mentale et physique. Cependant, la réalité est que tout le monde peut être victime de la dépression, y compris ceux qui sont en bonne santé mentale et physique. Il est donc important de prendre des mesures pour s'en protéger.

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The above statement is just one of the many reactions of Amway enthusiasts. In reality, however, Amway is not that cheap or unique and substitutes, can at least 19 trips into the South to guide blacks to the North. After her escape in 1849, she made most notable of all “slave-abductors” was Harriet Tubman, called the “Black Moses” of her people. (Ironically, they would call her the Black Moses didn’t they know Moses was black? Perhaps the more appropriate terms would be the female Moses of her people.) She was born in 1820 on a large plantation in Bucktown, Maryland. After her escape in 1849, she made at least 19 trips into the South to guide blacks to the North. Be not the fool though, Canada certainly was not Miss Innocent in the rearing of slaves. Fortunately, the Canadian climate with its short agricultural season, ruled out crops such as cotton, which required a cheap, plentiful labor force. Besides, it was expensive to keep slaves fed, clothed and housed through a long unproductive winter. For these reasons, slaves did not become a prop for Upper Canada’s economy. Abolitionist sentiment rose sharply and more and more slaves were set free. In 1833 the British Imperial Act abolished slavery throughout the Empire. Blacks infiltrated military life as early as 1812 (though the history books neglected to include this). But, let us seriously reflect on the dire implications of “Captain Rency’s Company of Coloured Men.” For Blacks, the War of 1812 raised the specter of being dragged back into American slavery. The call “to defend everything they called precious” touched free blacks who feared and hated the American Slave System. Black volunteers fought and distinguished themselves at Queenston Heights, Fort George, Niagara Town, Stoney Creek, Lundy’s Lane and in other border skirmishes. What does black history month mean? I would be remiss not to pay religion its due service. Black history month started in the U.S. due to M.L.K.’s instrumental martyrdom efforts founded on Christianity. The same Christianity that was used to enslave us. Perhaps Martin, like Malcolm, found a way—the way—and realized the true meaning of Jesus, God, his life and his teachings. It is that solemn hope and belief that stirred the souls of slaves set free to start the Great African Methodist Episcopal Church in 1833 on Richmond St. West (now relocated to Gerrard St. East). Religion with its many promises still unifies, divides, builds up and destroys much of our community. “Church ain’t what it used to be.” However, we must endeavor to look past religion which is tangled with rules and regulations and seek the one and only omnipotent true God. For in Him we live and move and have our being.

The MLM procedure is quite similar to pyramid selling which is illegal in Canada. Pyramid selling requires new recruits to pay an entrance fee; while Amway doesn’t allow this, pyramid selling and the MLM process both lead to unscrupulous selling practices based on greed and deceit. As a recruitment tactic, Amway distributors often invite friends and relatives over for a coffee party which soon evolves into an Amway seminar. Video tapes are shown with famous people, like former U.S. president Ford, promoting Amway products while guests are pressured into saying what they would do with that extra bit of money they could earn with Amway. Once involved in Amway, newcomers are repeatedly pressured by their “upline,” the person who recruited them, to sell more, to buy more, and to spend more time with other Amway distributors. Rookie Amway distributors are told to put in a maximum of 8-15 hours per week but as several members have found, to make a profitable income, 20-30 hours per week is necessary. Motivational meetings, which are full of prayers and references to the Christian faith, are also part of the Amway required routine. There were huge monthly meetings where thousands of powerful doctrine frowned on television, newspapers and other "negative" influences; there was a strict dress code and the advice on how to bring up children and relate to loved ones; there was the fear that to quit would mean giving up all hope for a happy future.

In his book, False! Till You Make It, author Phil Kerns directly compares Amway to several other well-known cults. Several characteristics of Amway, its closed membership, its underlying ideology that Amway is the way to salvation, its charismatic leaders, separation and alienation from friends and family, mind control using coercive persuasion and behavior modification techniques, are all features of mainstream cults.

But Richard DeVos and Jay Van Andel, founders of Amway, do realize what direction their business has taken. Several prominent people and intellectuals were brought into Amway Corporation a few years ago to reorganize the company. The focus was on cleansing the sales force, downplaying evangelism and cultism and deviating from all sales training instead.

Obviously Amway is paying off for DeVos, whose fortune of $4.5 billion makes him the sixth richest man in the U.S., who owns the basketball team the Orlando Magic, and who together with Van Andel, owns eight expensive airplanes to jet from Amway headquarters in Ada, Michigan to other Amway offices.

Those who have left the Amway business do not deny that one can make money selling its products, but only those who are willing to sacrifice their time, friends, and family to make a couple extra bucks. But with Amway, the rewards of hard work may not be as large as they are cracked up to be.
The newspaper review posted in the lobby had been mysteriously attacked with a highlighter. Hot pink words jumped at me from the first clue that EllioU Hayes' Hard Hearts might be all that and more. Hayes has established the comedy of the play before it even begins. The lamps on stage are draped with clothing to render the couch almost perfectly concealed. Moreover, as the audience is entering, music reminiscent of old situation comedy sitcom style, the music swells and etc., while garbage and newspapers camouflaged. The audience is entering, music sitcom style, the music swells and etc., the action begins. The Man realises that he has mistaken one actor and onto the other, The Man shares a laugh at the misinterpretation and The Man heads into the bathroom. Here begins the dark, slap-stick humour of the play. The Man is the victim of a freak accident. Mishap in progress, David's mother-in-law, Agatha, an enchanting Jennifer Phipps, arrives, anxious to tell of the grisly crime she has just committed. In a chaotic scene, The Man is dragged about the stage, eventually released onto the floor. Lights dim, music plays, and the audience — as if enduring a mid-show commercial break — ventures into the lobby for food. The second half, while it provides a resolution, does not indulge the audience in the traditional sitcom happy ending. The police are contacted and arrive on the scene in the form of Dick Kent (Staines), the detective, and his girlfriend Annie (Goldie Semple), who happens to be David's ex-wife. Confusion, and of course hilarity, are the obvious results as the four attempt to make sense of the odd, horrific events that connect them. McMurtry, while he has a small role, deserves commendation. His presence on stage is a perpetual pleasure. He makes splendid use of physicality, incessantly shifting the energy to emphasise the Man's uncertainty and nervousness. Of course, there's also a certain degree of skill required to play a dead man being dragged haphazardly along the floor for the greater portion of the production. The script is virtually perfect. Using fast-paced, over-lapping speech, Hayes has established himself as an exhilarated, non-confrontational Mamet. Unfortunately, as Hard Heart is EllioU Hayes' final play, we will not be treated to any more of his delightful manipulation of the English language. There are only two points at which the play seems to drag. Common to both of them is actor Goldie Semple. As Annie she has exaggerated child-like characteristics which fast become irritating. Granted, this naivete is the inevitable result of her confusion, but she tries too hard to emphasise the comic side of her bewilderment. Annie is written as the straight character in the comedy, yet Semple has difficulty accentuating that the audience laughter is not for her. As a result of her inattractive comic gredi, Semple ruins the two serious scenes of the play. They become unprofessional lulls in an otherwise wonderful production. Post curtain-call each evening, the audience is treated to a non-traditional, yet highly functional question period with one of the five actors. (Luckily me, I was there for Semple's night.) It is a practical idea and it gives the audience an opportunity to become better connected with the play. Because Semple was close to Hayes, she told of his desire to make people laugh and of his spectacular ability to "giggle a lot". A question period such as this benefits both audience and actor and Canadian Stage should be commended for taking such initiative.

Hard Hearts will run in the Canadian Stage Theatre at 26 Berkeley until February 10. Ticket prices are $20 - $25, but there are student discount and a limited number of pay-what-you-can tickets available on Monday nights. And if you should encounter the hot pink highlighter fairy while you're there, please, tell her she's got a friend in agreement at Glendon.

**Quoi Faire?**

**Lundi 5 février 1996:**
Si vous avez toujours vu au premier film et (ex) top des tournage de la série de Robert Logue, *La Conspiration,* dépechez-vous, il ne sera plus sur grand écran pour bien longtemps. 
**Cinéma Carlton : Carlton et Yonge (metro College)**

**Mardi 6 février 1996:**
**Cheap movie nights, obviously. Check out Things to do in Denver when you're dead, and write a review for Pro Tem.
Mercredi 7 février 1996:**
**Volunteer to be a parade marshal for the March Against the Cuts that goes from Queen's Park to Varsity Arena.
Buses leave Glendon at 23h00. Call GCSU for details. 487-6720**

**Jeudi 8 février 1996:**
**Black History Month in Ontario: the North York Public Library and the Ontario Black History society present a celebration of the arrival, settlement and achievement of black people in Ontario. 2 pm. Free. 2142 Jane. 395-5470 to pre-register.
**
**Sommetter un article, une caricature ou un poème pour Pro Tem. Temps: 17 heures.
Vendredi 9 février 1996:**
**BeaUy Contemporary dance performance at the Harbourfront Centre. Prich thougts. 195-315, 973-4000.**
Mike Fillie

With the recent acquisition of both Kirk Muller and Dave Gagner, the Toronto Maple Leafs seem to have made it clear that they are definitely interested in making a serious run at the Stanley Cup in the very near future.

Those who have questioned Toronto’s ability to become a consistent top team in the NHL, should feel a little relieved this week as one of hockey’s мастерmind, Cliff Fletcher, swung two important deals to bring to Toronto two players who have been missing over the past few seasons: grit. First, Fletcher engaged in a three-way deal that sent Ken Belanger to the New York Islanders and Damian Rhodes to the Ottawa Senators, in return for Kirk Muller and Don Beaupre. Next, Fletcher played out his trading hand again as he moved Benoit Hogue and Randy Wood to the Dallas Stars in exchange for Dave Gagner.

In order to accurately determine the winners of the trades, one must look at what was lost and what was gained. For starters, all Toronto lost were players that had little or nothing to lose in the system. For instance, in acquiring Muller and Gagner, Toronto merely sacrificed four players who would have been playing in the system. Thus, it is going to find consistent full-time ice time in Toronto. In Belanger, you may have a player who was known never to have a fight at Toronto’s farm team affiliate, St. John’s Maple Leafs. But in reality, with Tie Domi and Ken Baumgartner playing on a regular basis, there was no need for a third enforcer. Likewise, with Felix Potvin expected to play three-quarters of each season between the pipes, Rhoden’s marketability was far greater now than five years down the road. Next, despite a hot mid-November, Hogue has not done what the Leafs expected him to do. The former 40-goal sniper basically did not show up for last year’s playoffs and so, he was reduced to a third or fourth line role. Finally, with the return of Bill Berg from a long injury, it just did not seem necessary to have another player, like Randy Wood, kicking around in the minors who would be limited to a strictly fourth line role.

For instance, the Leafs obtained though, far outweighs their losses. In Muller, the Leafs obtain a former two-time captain of both New Jersey and Montreal, and a player who has serious Stanley Cup experience. As well, he is one of those players who you would rather have on your team than play against.

He is a 100% in your face hockey player. And about the only role a player who consistently did that for Toronto was Wendel Clark. Muller may indeed fill #17’s missing, but not forgotten, role as a Maple Leaf leader.

Next, the Leafs obtained a back-up goalie, with playoff experience, in Don Beaupre. And one who is happy with remaining in that role. More recently, the Dave Gagner acquisition not only dumps roughly $400 000 in salary, but gives the Leafs a consistent 30-goal scorer. Gagner is also a player who gets in the opposing team’s faces with an emotion that Fletcher agreed was lacking on too many nights.

In the end, Toronto lost no more than they parted with. They received grit and playoff experience in each of the newly acquired players. One issue that is still on my mind, though, is whether the defenceman that everyone says is necessary to have another player, like Randy Wood, kicking around in the minors who would be limited to a strictly fourth line role.

This has happened not only to men’s basketball but to all other intramural teams.

For instance, the Glendon women’s basketball team is probably first in their intramural league after only playing one game. They traveled to York University at 10:30 pm, but as usual, the York team was supposed to be their “Opponent” that evening decided that they would not play at all and our team won by default. Feel cheated????? I know they do. As do many others.

In the December issue of Problem, a friend of mine wrote an article concerning volleyball - pretty much the exact same story as mine.

Whoever is in charge of intramurals should think twice - if you say you are going to be a provider, then you can not burn out your supporters and that is what you are doing (turning your back on all of us)

Please answer the questions asked of you in the issue mentioned. Maybe you could answer some other questions too if you were willing to listen.

Jon Barnes

I have been a very large fitness fanatic for the larger part of my life, being involved in all types of sports in various intensities. I have become what is known as a "gym rat", using weight training in my off-seasons to help build strength and power. I believe that a healthy lifestyle has many positive attributes, and this is something I have been expressing my observation and what it means to me.

I have noticed a visible division in the type of people that use the gym. There are the serious people who are there to gain mass, strength and power and enjoy the feeling that working out gives them, and then there are the people who are simply at the gym. These are the people who I would like to talk about in this article. It has always been a small pet peeve of mine that there are people who have not experienced the true benefits of exercise, but are very close. If you use Proctor Field House on a regular basis, or any other gym, you will know the people that I am referring to. These people have made the commitment to go to the gym for a "work-out" but are not actually doing that. They seem to be more interested in the magazines that build up on the desks or the social atmosphere. The time that they are spending in the gym could and should be used more efficiently.

At the risk of sounding cliché, I believe that you have to give 100% to get 100%. Many of the more serious members are doing just that, and the physical results are obvious. But for those other people, I would like to remind them that the purpose of working out is to build strength and a gym is for exercise. If they are happy giving 30% and getting minimal benefits, then that is their choice, but think of the possibilities.

I am not saying that those people should stay out of the gym, that is not my point at all. What I am saying here is that if they are willing to make the commitment to go to the gym, they should be happy with the most of each visit. The odd set between readings does not do the body any good. For someone to make actual progress, he/she has to be willing to break a sweat. They have to feel the muscles working during each rep or step on the stairmaster. An accelerated heat rate is not a bad thing unless it’s a heart-attack. Don’t let your team be an example that is not what you are there for. There are the people who use the free weights and machines. For others who use the bikes, treadmills, stairmasters, pools, class or any other type of fitness device, you too have to focus on the task at hand and make the most of it. Like an old team, the outcome of the team is only as good as the effort put into it. If you always try your best, you will always be happy with the results that you achieve.

So the next time you head down to the gym for a work-out, make sure that it counts. You can only get out of it what you put into it, and if you keep at it long enough, the stairs back up to classes will not be so hard.

Observations of a "Gym Rat"

Jan Barnes

I have been a very large fitness fanatic for the larger part of my life, being involved in all types of sports in various intensities. I have become what is known as a "gym rat", using weight training in my off-seasons to help build strength and power. I believe that a healthy lifestyle has many positive attributes, and this is something I have been expressing my observation and what it means to me.

I have noticed a visible division in the type of people that use the gym. There are the serious people who are there to gain mass, strength and power and enjoy the feeling that working out gives them, and then there are the people who are simply at the gym. These are the people who I would like to talk about in this article. It has always been a small pet peeve of mine that there are people who have not experienced the true benefits of exercise, but are very close. If you use Proctor Field House on a regular basis, or any other gym, you will know the people that I am referring to. These people have made the commitment to go to the gym for a "work-out" but are not actually doing that. They seem to be more interested in the magazines that build up on the desks or the social atmosphere. The time that they are spending in the gym could and should be used more efficiently.

At the risk of sounding cliché, I believe that you have to give 100% to get 100%. Many of the more serious members are doing just that, and the physical results are obvious. But for those other people, I would like to remind them that the purpose of working out is to build strength and a gym is for exercise. If they are happy giving 30% and getting minimal benefits, then that is their choice, but think of the possibilities.

I am not saying that those people should stay out of the gym, that is not my point at all. What I am saying here is that if they are willing to make the commitment to go to the gym, they should be happy with the most of each visit. The odd set between readings does not do the body any good. For someone to make actual progress, he/she has to be willing to break a sweat. They have to feel the muscles working during each rep or step on the stairmaster. An accelerated heat rate is not a bad thing unless it’s a heart-attack. Don’t let the fact that you plan everything from the real reason that you are there.

But this does not only apply to those of us who are simply at the gym. These are the people who are happy with remaining in that role. More recently, the Dave Gagner acquisition not only dumps roughly $400 000 in salary, but gives the Leafs a consistent 30-goal scorer. Gagner is also a player who gets in the opposing team’s faces with an emotion that Fletcher agreed was lacking on too many nights.

In the end, Toronto lost no more than they parted with. They received grit and playoff experience in each of the newly acquired players. One issue that is still on my mind, though, is whether the defenceman that everyone says is necessary to have another player, like Randy Wood, kicking around in the minors who would be limited to a strictly fourth line role.

This has happened not only to men’s basketball but to all other intramural teams.

For instance, the Glendon women’s basketball team is probably first in their intramural league after only playing one game. They traveled to York University at 10:30 pm, but as usual, the York team was supposed to be their “Opponent” that evening decided that they would not play at all and our team won by default. Feel cheated????? I know they do. As do many others.

In the December issue of Problem, a friend of mine wrote an article concerning volleyball - pretty much the exact same story as mine.

Whoever is in charge of intramurals should think twice - if you say you are going to be a provider, then you can not burn out your supporters and that is what you are doing (turning your back on all of us)

Please answer the questions asked of you in the issue mentioned. Maybe you could answer some other questions too if you were willing to listen.

Jon Barnes
Langston Hughes

I, too, am America.
infini
té

Un touché, frappé
Par un véritable amour
Quelle vie éternelle

- Just some Guy

INTRODUCTION

1996 Plymouth
Caravelle, 4dr, 4 cylinder. 2.5 litre engine, P/B, P/B, P/L, tilt steering, cruise control, air condition $2950.00 certified or best offer.

(416)493-6020

ATTENTION: ANONYMOUS AUTHOR OF EPISTLE JUSTIFYING DEFACEMENT OF WOMEN'S CENTRE MATERIAL.

I am not a cosmic power. I am plagued with Byronic wit. I am of course a benign peanut. I am in a coma with a cancer. I am extremely disturbed. I know nothing of floors and ceilings. They can only be defined as people who are affecting my reality present. They are going to put some chemical name in my penis, eyes and ears. I am not fond of my expression towards my presence. In the end, I die.

Il existe de nombreux autres événements, pour plus d'informations, contactez l'Office du tourisme de Glendon, ou plus si affinités.

T'were time he need be gone. I have been wailing out a primal scream since I've been born, okay? What I am saying about my life as a viable member of the universe and God's life.

I live in a culture of sham, a place where I can do nothing to will the universe to shine beyond my pale. The men who have defined the world for me are my enemies. They can only be defined as people who are affecting my reality present. They are going to put some chemical name in my penis, eyes and ears. I am not fond of my expression towards my presence. In the end, I die.

This Wednesday (Feb 7), Free buses will be provided to the rally at Queen's Park and there will be a pre-protest sign making bonanza in the Pub at 12 noonish.

This Wednesday (Feb 7) come out and participate in every Ontarians favourite past-time, Protest against Harris Cuts. Come one, come all. Free buses will be provided to the rally at Queen's Park and there will be a pre-protest sign making bonanza in the Pub at 12 noonish.

L'Association de science politique présente:
Omnibus: A people's approach with Marion Boyd, former Attorney General and current Native Affairs and Justice Critic for the NOP.

February 6th, 1996 in the chance to contact receive some questions. Mike: 929-2874, e-mail: yu105477@yorku.ca

ATTENTION: ANONYMOUS AUTHOR OF EPISTLE JUSTIFYING DEFACEMENT OF WOMEN'S CENTRE MATERIAL.

Do you write poetry or fiction? We're interested in PUBLISHING you. Call Michael F. Jursic (416)929-2874.