

Black History Month; White History Year

Deborah Senior

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 M.L.K. and M.X. (nuff 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 of what I so endearingly refer to as "The Negroes on the Hill". Fortunately, it has compelled me to submit a work of value for your personal educational 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 year round - just as they 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 1820, 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. Catharines, Brantford, Kingston and Prescott.

(... cont'd on page 5)



Glendon Campus Under Student Occupation

Emily Pohl-Weary

Many students at Glendon College have been known to walk through the halls mumbling about "that Harris guy", but contrary to popular belief, it's not the homework that has finally gotten to them. It's that people across Ontario, students included, are feeling the effects of the new Conservative government's policy to slash spending on health care, education and social services.

Some Glendon students are so fed up they've decided to turn their anger into action. That's why they've organized a "camp-out" to ensure that their voices are heard. Camp will be pitched in front of the Glendon cafeteria at 4:30pm on Tuesday, February 6. The action at Glendon, however, is only one of numerous demonstrations that will take place across the country on the same day.

The students here at Glendon are planning to get a head start: they'll be here bright and early for the Student Day of Action Against the Cuts, which takes place on Wednesday. Buses, organized by the GCSU, will be leaving Glendon before 2:00pm, and transporting students down to the demonstration, happening at Queen's Park. Last year there were over 8,000 students at the Toronto Student Strike, and national participation outnumbered 100,000 in cities across the country.

The group, which started off modestly as four friends voicing their growing frustration, has been steadily growing, and gaining support. The group will camp out overnight, and has plans to set up a temporary soup kitchen for students feeling the effects of the cuts. Chili, tofu dogs, hot apple cider and hot chocolate will be served free at the camp. A camp fire will be burning all night long, and there are rumours of students dusting off rusty camp tunes, guitars and drums.

The most recent blow that has been dealt to Canadians is the newly passed Omnibus bill. Many organizations that have been important parts of the Canadian social structure are dependent on government support, and are now being forced to lay off staff, reduce the services they offer and even shut down. Some of the most deeply affected institutions are hospitals, women's shelters, universities and services for immigrants and refugees. The effects 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.

IS BOUCHARD THE NEXT BUDGET SLASHING PREMIER?

Anup Grewal

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 this trend is not surprising

to most Canadians, Quebecers 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 helmsman, 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."

Larose challenged Bouchard to live up to his responsibility to maintain an "acceptable social situation" in Quebec.

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.

But the CNTU says that its support for the PQ was never unconditional, and insists that their

(... cont'd on page 3)



BRAVO '96 -- Glendonites came out in numbers last Wednesday and Thursday to witness Glendon's second annual talent show, Bravo '96, organized by Sarah Moore and the Glendon Choir. Highlights

included Claire Holland and a special group of singers called Locanos, Elizabeth Beckencourt, Jill Smith, Jen Harewood and Joel Rainsberger.

photo: Jane Gorley

À l'intérieur:

Amway or
Scamway
p.5

A Production
with Heart
p.6

Intramurals
Probe
p.7

éditorial

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 expedience 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 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?

There 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

Rantings and Ravings

INVESTORS: "Mars within reach!"

Editor,
The Governments of the Earth have concluded that in order to continue with previously functional monetary policies, a ten year moratorium on interests, servicing National Debts, must be the consensus.

The interest, during this period, shall be supplemented by "AIR MILES", "POINTS", AND "COUPONS"; and, redeemable at the end of the ten year period for Real Estate Shares; say, in the planet Mars?

If mass confusion created by all existing marketing "gimmicks" is good for business, let us take it one step farther; it just may be, that the corporate world is as gullible as the general public.

Respectfully
Serge Crespy

Pas dupe

Au rédacteur,
Cette lettre concerne l'article de Pierre Naud (édition du 29 janv.). Qui peut s'étonner du fait que les séparatistes aient mordu à l'hameçon devant une occasion en or de dénigrer encore une fois le gouvernement fédéral?

Je n'ai qu'un message à vous faire parvenir cher monsieur. Tout au long de votre tirade, vous ne semblez pas conscient que les déclarations de Lucien Bouchard et cie., à l'effet que le territoire québécois soit indivisible, vont à l'encontre des mêmes droits et libertés de la personne que vous défendez si bien. Cette doctrine péquiste, aussi répugnante que la doctrine Monroe, fait fi du principe de réciprocité et n'est par conséquent, pas tellement étrangère à la répression contre le Timor oriental. Votre biais est évident, et je le respecte. Je ne suis cependant pas dupe de vos motivations indépendantistes.

Charles Breton

photo: Robin Elliott



Vous avez des commentaires. Faites-nous les parvenir par courrier électronique (E-Mail). Notre adresse:
protem@delphi.glendon.yorku.ca

Any comments? Send them to us by E-Mail. Our address:
protem@delphi.glendon.yorku.ca

Attention Readers

Protem elections for 1996-97 editorial positions are coming up / les élections pour l'équipe éditoriale 1996-97 s'en viennent bientôt.

POSITIONS

-Rédacteur(trice)-en-Chef/Editor-in-Chief
-Assistant Editors(2)/ Assistant(e)s à la Rédaction

-CUP
-Arts
-Poésie/Poetry
-Features
-Photography
-Sports

Nominations accepted until February 13.

Nominations acceptées jusqu'au 13 février.

Elections will be held February 15, 1996.

Les élections auront lieu le 15 février.

Protem 117 Glendon Hall.

Next Pro Tem meeting Prochaine réunion de Pro Tem

Tuesday, February 6,
at 6:00pm.

Mardi, 6 février à
18h00.

Deadline for submissions Heure de Tombée

Thursday, February
8 at 5:00pm.

Jeudi, 8 février à
17h00.

pro tem

2275 avenue Bayview
Glendon Hall room 117
Toronto, Ontario
M4N 3M6

Pro Tem is the weekly bilingual and independent newspaper of Glendon College, founded in 1962 as the student publication of York University. En plus d'être gratuit, Pro Tem est le seul journal bilingue en Ontario. Les opinions et les faits émis par les signataires n'engagent qu'eux-mêmes, et non l'équipe éditoriale. Les articles sous-entendant des propos diffamatoires, racistes, antisémites, sexistes ou homophobes ne seront pas publiés. The deadline to submit ads and articles is Thursday at 5 pm. Meetings are on Tuesday at 6:30 pm. Nos bureaux sont situés dans le Manoir Glendon, local 117. Editorial and Advertising: 487-6736. Production: 487-6821. Fax: 487-6779. E-Mail: protem@delphi.glendon.yorku.ca. Tirage: 3000 exemplaires.

Rédacteur-en-chef
Patrick Joly

Assistant editors
Suzanne Hinks
Robert Goldkind

Assistante à la rédaction
Julie Gauvin

Arts editor
Nathalie-Roze Fischer

Sports editor
open

Features editor
Tanya Marissen

Fiction & Poetry editor
Michael F. Jursic

Photography editors
Jane Gorley
John Wilson

Production
Andreia Bandeira
Teresa Finik
John Gazo

Typesetters
Lisa Walker

Advertising Manager
David Sproull

Distribution Manager
Robert Goldkind

Révisseur
Marie-Eve Blais

Collaborateurs

Jon Barnes
Stu Clark
Serge Crespy
Mike Fellin
Bill Greaves
Anup Grewal
Kersten Colmar Kindt
Pierre Naud
Emily Pohl-Weary
Deborah Senior
Stephanie Sleightholm
Jawad Squalli

nouvelles

... Is Bouchard the next slashing Premier?

(... cont'd from page 1)

Monde: Lueur d'espoir au Soudan

Jawad Sqalli

SOURCE: L'ALTERNATIVE-Le Soudan, le plus vaste pays d'Afrique, vit une situation des plus catastrophiques.

Une junte militaire, appuyée par un groupe fondamentaliste musulman, y exerce un régime de terreur. Un grave conflit armé s'oppose au régime, dominé par les gens du Nord du pays, et les populations du Sud. L'une des armes privilégiées du régime militaire est le blocus alimentaire: la famine endémique et organisée entraîne la mort, quasi programmée, de milliers d'hommes, de femmes et d'enfants.

Mais pour Fatima Ibrahim, présidente de l'Union nationale des femmes soudanaises et Anissia Achieng Olworo, porte-parole d'une coalition des groupes de femmes du Sud-Soudan, certaines conditions sont maintenant réunies et laissent entrevoir la fin de la dictature et le rétablissement de la paix.

Elles donnaient comme exemple la colère populaire qui commence à s'exprimer ouvertement et à défier les appareils répressifs de l'État. De grandes manifestations populaires ont eu lieu au mois d'octobre à Khartoum, la capitale, et la police a refusé de tirer sur la foule en dépit des ordres reçus, ce qui prouve l'isolement de la junte au pouvoir. Cette dernière a fait appel aux milices organisées sur le modèle iranien pour réprimer la révolte populaire.

L'opposition marque des points
La crise soudanaise ne peut être comparée aux crises somali-

ennes ou rwandaises: malgré les politiques régionalistes du gouvernement central, il ne s'est pas instauré de clivages ethniques ou claniques entre la population. Plusieurs signes montrent l'échec des tentatives de dresser les différentes composantes du peuple soudanais les unes contre les autres. La composition de la délégation soudanaise était déjà un message en soi. Fatima est musulmane, arabo-phone et vient du Nord; Anissia est chrétienne et vient du Sud. Selon les deux militantes, «le problème du Soudan ne réside pas dans la diversité ethnique et confessionnelle du pays mais bien dans le caractère rétrograde et antidémocratique du pouvoir en place.»

Pour Fatima et Anissia, «l'opposition politique organisée marque des points.» Elles soulignent une réunion, tenue à Asmara, en Érythrée, en octobre dernier, où l'ensemble des mouvements politiques d'opposition et les représentants de la guérilla du Sud ont adopté des accords pour une solution de la crise soudanaise. Des principes fondamentaux ont été définis: droit à l'autodétermination des populations du Sud, laïcité de l'État, interdiction de former des partis sur une base religieuse, démocratie et respect des droits humains, égalité des hommes et des femmes.

Ces partis ont également arrêté une stratégie de renversement du pouvoir militaire intégrant: une insurrection populaire pacifique

mais protégée par les combattants populaires armés. Les récents soulèvements populaires de la capitale constituent un élément de cette stratégie. Elle se prolonge internationalement par une dénonciation des puissances étrangères qui se font complices du régime soudanais. La France, la Chine, la Libye, l'Iran et l'Iraq sont particulièrement pointés du doigt. Des démarches sont entreprises pour que le Conseil de sécurité de l'ONU adopte une ligne plus dure vis-à-vis le régime soudanais.

La communauté internationale aurait avantage à ouvrir les yeux sur le détournement de l'aide alimentaire au seul profit des spéculateurs du Nord, liés au régime, et au détriment des populations auxquelles elle est destinée. Les forces progressistes soudanaises s'efforcent par ailleurs de créer de nouveaux canaux d'acheminement de l'aide alimentaire sans passer par les autorités soudanaises.

Des chemins transfrontières passant par les pays avoisinants sont de plus en plus fréquemment empruntés par les fournisseurs de cette aide. Il faudrait que les états donateurs décident d'envoyer des messages clairs aux autorités soudanaises sur l'usage de leur aide et, éventuellement, acceptent de contourner ces autorités en utilisant les canaux transfrontières.

challenge to Bouchard is consistent with their criticisms of the PQ's attacks to welfare and employment in the public sector.

In fact, even during the referendum campaign, Quebec's unions—especially the CNTU and its affiliate, the Federation des affaires sociales (FAS), were quick to condemn the PQ for its proposed hospital closures.

Declared Louis Ray, president of the FAS: "our position is this: to the referendum... it is yes; to the PQ, it is no;... to services and jobs, it is yes..."

Commenting that "we [the CNTU], never let anything lie," Arthur Sandborn, spokesperson for the CNTU, hints that the unions in Quebec will continue to put pressure on Bouchard to rethink the spending cuts.

Sandborn pointed out that while Bouchard was playing the role of opposition leader in Ottawa, "we got [him] to take a positive stance on social issues."

Now, the CNTU plans to pressure Bouchard to live up to his past rhetoric.

Over the past two years Bouchard has condemned both the federal government and other provinces in Canada for cutting social spending, saying that "it is unacceptable that new budget cuts be aimed at people already severely affected by economic hardships."

In January 1994, Bouchard stated clearly that "for us in the Bloc, social protection is something that remains

inviolable."

Now, on the eve of becoming premier of Quebec, Bouchard is being asked to live up to these remarks.

McGill University economics professor Antol Deutsch noted that while in opposition, Bouchard had the liberty to accept the "vision" of the unions but now that he will be in government, he will have to deal with the "unpleasant realities."

Deutsch asserted that "the deficit has to be cut because there is no way to go with things the way they are... but it is how you cut, that is the debate you have to look at."

He added that it is not possible to predict what the next provincial budget in Quebec will be like. "We will see what Bouchard does," he said.

But Quebec's unions are not about to sit around and wait for the next round of budget cuts in April.

Larose urged Bouchard to resist "the turn towards the right" which other provinces are experiencing. He called for Quebec not to follow the solutions of Ralph Klein in Alberta or Mike Harris in Ontario.

Larose insisted that more spending cuts would be a mistake, especially since they would fall on those who could least afford them. "The solution to this crisis does not rest solely on the shoulders of society's most vulnerable, it should fall neither on the unemployed nor the workers," he stated.

STUDENT AND LABOUR GROUPS DON'T LIKE CABINET SHUFFLE

Stu Clark

TORONTO (CUP)— Jean Chretien surprised and disappointed student and labour groups with his latest cabinet shuffle.

The January 25 shuffle had been rumoured for weeks ahead of time, but no one expected former transport minister Doug Young to take over the department of Human Resources and Development.

Young, one of the more conservative members of Chretien's cabinet, replaces the more left-leaning Lloyd Axworthy in the position. Axworthy takes over the foreign affairs portfolio.

Mande Barlow, national chairperson of the Council of Canadians, was surprised by Young's appointment, a decision she describes as distressing and cynical.

"I think it's an intentional signal of a move to the right particularly around the area of social programs," she said.

"By choosing someone who is clearly identified as being on the right, who is very much a promoter of privatization and deregulation and decentralization, Mr. Chretien has signalled that they are going to play tough with social programs."

Guy Caron, national chairperson of the Canadian Federation of Students (CFS) was also surprised by the appointment, but he doesn't think it will have much influence on cuts to education funding.

"There won't be much change, because everything that is going on in terms of post-secondary education has very little to do with Human Resources, the whole agenda is coming from the finance department."

Last year, the CFS turned Axworthy into public enemy number one on campuses across Canada because of his proposed changes to post-secondary funding, and the federal student loans program.

Axworthy's proposals died a quick political death when finance minister Paul Martin replaced existing transfer payment schemes with a block funding system, effectively cutting the federal government's funding of post-secondary education.

Labour groups are concerned that

the appointment of Young means even more attacks on Canada's social safety net.

"Considering what his position has been in transport Canada, I don't think it's surprising to say we are a little concerned," said Nancy Riche, executive vice-president of the Canadian Labour Congress.

During his time as transport minister, Young made a name for himself as a budget slasher by privatizing Canada's railways.

"I think they think that because Doug Young didn't get a lot of flack over what he did to transportation, he can do this [changing unemployment insurance legislation] smoothly as well. And I think they are going to be proven wrong," said Barlow.

Despite her displeasure, Riche doesn't think the appointment will have much effect on the federal government's next budget.

"Everyone know what Martin's next budget is. He's going to attack the seniors this time — he's done every other generation. He's gone after students, he's gone after middle-age workers. It's time to

attack the elders, and that's what we will see in the budget."

The cabinet shuffle saw several high-profile ministers change jobs. Sheila Copps moved from the Environment Ministry to Heritage,

but retained her role as Deputy Prime Minister.

Sergio Marchi took over for Copps in Environment, while Diane Marleau moved from Health to Public Works.

**EDUCATION IS COMMON SENSE
MANIFESTATION CONTRE LES
COUPURE BUDGETAIRES HARRIS
WEDNESDAY, FEBRUARY 7, 1996**

**12pm : Pre-rally at Café de la Terrasse
2:30pm : La départ des autobus de Glendon à
Queen's Park to Varsity Arena!
7:30pm : Les autobus partent de Varsity pour
Glendon**

**TO SIGN UP FOR BUSES COME TO
THE GCSU OFFICE
Event sponsored by the GCSU, ProTem
and MUCC**

—perspectives—

Shots in the Dark

Governments are cutting back on funding to universities, which in turn is causing universities to cut back on their programs. These cutbacks have resulted in a great feeling of uncertainty and uneasiness in the student body and faculty in regard to the future of their institutions. In light of all this, *Shots in the Dark* has decided to turn its gaze towards the plethora of rumours circulating about the future of Glendon.

TOP TEN RUMOURED VISIONS OF
GLENDON'S FUTURE

1. **Shella Copps School for Girls** - presumably students will be taught the finer points of screeching like a banshee and sucking up to the male power structure.
2. **Conrad Black School of Business** - those attending this prestigious institution will be taught proper etiquette for taking over a corporation and how not to be affected by the cries of laid off workers.
3. **Pre-professional Liberal Arts Institute of Toronto** - this institution would be geared to preparing graduates for the rigours which they will face in professional disciplines such as medicine, law and politics. The curriculum would obviously include tips on double billing and how to lie with a straight face. A special course would be taught by ideological father Brian Mulhoney entitled "Bribes: how to get and hide them."
4. **Centre Univeristaire Jacques Parizeau** - a completely francophone institution designed to teach students the value of majority rule (50% +1). There would also be classes in separatism without actual separation.
5. **Chrétien Compound** - this option would return Glendon to a private estate, for Canadian political leaders along the lines of the Kennedy Compound. Here politicians could escape from the stresses of their public lives and attend classes in Inuit Art Defense taught by Aline Chrétien.
6. **Raptors Basketball Training Centre** - this facility would provide world class training for Canadian athletes in the sport of basketball with the goal of beating the Americans at yet another of their "national pastimes".
7. **Independent University State of Glendon** - there has been talk in the past of Glendon separating from the York Main Campus. Why stop there? Why not secede from the country as a whole? We could be our own nation, issue our own passports, have our own money! Why not, aren't we a distinct society too?
8. **Yoko Ono School of Music** - this idea would cash in on the revival of Beatles popularity. Paul McCartney opened his own school, why not Yoko, the most famous non-Beatle.
9. **Captain Kirk Alien Diplomacy Training Centre** - if McGill can name a whole building after him (well, William Shatner), we can name a school after him. This option will have Trekkies and Trekkers from all over the globe flocking to Glendon to learn the secret negotiation tactics that has endeared Kirk to so many alien civilizations. (Just don't tell anyone that it was only a TV show.)
10. **Urban Peasant Chef Formation School** - he's cool, he's knowledgeable, and his recipes don't involve trips to bizarre specialty shops. His motto is, "if you don't have it, use what you've got". Why can't all things in life be so simple?

SUZANNE HINKS

Chairs Fail To Challenge Principal

Bill Greaves

Chairs Meeting, Glendon. 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 document to receive much debate—that she wanted departments to use the document as a template for the planning process for the next two years—to incorporate it into the Plan they submit to the Policy and Planning Committee (PPC). Astoundingly, the Chairs failed 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 does not want it discussed. It is a blueprint for the intellectual neutering of the College, and the entire statement of so 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* which is driv-

ing the whole exercise: The whole world is "drastically rethinking"; university education "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 not lost, there is a "vision", a new view that is part of a pan-university agenda: "the transformation of post secondary education worldwide".

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 forwards" of unspent funds has increased since 1989 from five million dollars to more than ten million dollars; it is currently retiring between sixty to eighty senior faculty; and there is an expectation that university wide enrollment next year will move from the bottom of the corridor to about the middle (a three percent increase in student population). The "crisis" with its rigid deadlines, and the accompanying logic "it's too late to think about what the University is doing - you have to do right now what we are telling you to do" clearly exists to stampede the faculty into accepting a hasty pudding 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

This article was submitted to Pro Tem in an attempt to prompt a discussion over Principal Dyane Adam's "Strategic Vision" document, made available to the Glendon Community on Friday January 26. Its author, Professor Bill Greaves, recognizes that his position as an English professor doesn't make his argument a neutral one. Pro Tem encourages Glendon students to read the Principal's document, available for perusal at the office of the GCSU, 175YH. -the editor

skills of analysis, critical thinking, communication and integrative knowledge", which are somehow to be taught as entities on their own, rather than emerging as the result of thinking in increasingly 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 Szmidt 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.

Êtes-vous victime du "winter blues"?

Pierre Naud

Êtes-vous de ceux que la saison blanche rend mélancoliques? Vous sentez-vous envahi par une profonde tristesse lorsque les feuilles commencent à tomber des arbres et que la neige commence à recouvrir la verdure? Si oui, vous êtes probablement victime du "Winter blues", aussi nommé "la dépression de l'hiver".

Ce phénomène apparaît en effet lors de l'arrivée de l'hiver et se manifeste par la résurgence d'une profonde tristesse, une dépression plus ou moins prononcée, ou encore par une baisse d'intérêt pour les choses les plus routinières. En fait, on pourrait dire que l'"âme" de la personne touchée est tellement influencée par les stimulus extérieurs (dans ce cas, on parle des attributs de la saison), qu'il emprunte l'état d'esprit qu'ils inspirent.

Pour ce qui est des causes, on peut pratiquement dire qu'elles demeurent au niveau de la corrélation, c'est-à-dire que tout ce que l'on peut affirmer, c'est qu'une variante est présente lors de l'observation de la

"dépression". Si l'on tente d'en cerner quelques-unes, on peut retrouver des facteurs aussi insignifiants que l'intensité lumineuse, qui diminue considérablement pendant l'hiver, ce qui provoque chez quelques-uns, une certaine mélancolie. Une autre des "supposées" causes, aurait rapport à l'ambiance "mortelle" qui accompagne l'avènement de l'hiver. On conviendra qu'il est quelque peu déprimant d'observer les feuilles mourir alors qu'elles sont teintées de si belles couleurs, ou encore de voir partir à grandes volées les oiseaux qui, durant la saison chaude, animaient des paysages qui semblent morts. Un autre élément de l'hiver qu'il ne faut pas laisser pour compte, c'est le froid. En plus

d'être responsable de changements notables dans l'environnement, il inspirerait "la mort dans l'âme". Rien n'est trop insignifiant pour altérer l'âme humaine, après tout, c'est nous qui devons nous adapter aux caprices de la nature.

Il est important de dire que le type de détresse qu'inspire le "Winter blues" varie d'une personne à l'autre, et ce, autant dans sa durée que dans le degré de mélancolie qu'elle provoque. Aussi, la personne atteinte a besoin de soins proportionnels à la gravité du "blues" qui l'afflige, ce qui veut dire que ces soins peuvent passer d'une chaleureuse confession à une oreille amicale et attentive, à une consultation en milieu psychologique ou psychiatrique. Ce qui pourrait démontrer l'amplitude existante entre les différents niveaux de gravité de cette "dépression" est le fait que nous sommes tous plus ou moins touchés, à un moment

ou un autre, par cette dernière. En effet, qui ne s'est jamais senti arrêté devant la froidure, sachant que sans l'esprit d'ingéniosité qui caractérise l'être humain, nous connaîtrions le même sort que des milliers d'insectes, c'est à dire, que nous mourrions gelés. Comme on peut le voir, il y a beaucoup plus de victimes que l'on pourrait croire. Il nous reste donc à attendre fébrilement la fin de l'hiver. Espérons maintenant que le printemps se fasse précoce, afin qu'il fasse disparaître toutes les traces de cette saison qui cause des tribulations à trop de gens, mais qui, malheureusement, reviendra l'an prochain. Finalement, peut-être devrions-nous faire avec l'hiver ce que l'on fait avec le gouvernement, c'est-à-dire, s'en accommoder même si c'est loin de faire notre affaire.

features — Amway or Scamway?

Tanya Marissen

"The Amway concept is strictly business, but their recruitment tactics remind me a great deal of the 1960's movie 'Invasion of the Body Snatchers'. If you remember the movie, consider the plot and goal. Alienation, elitism, creating a robotic and mindless society with no will except for that of the leaders. Cult-like! That's AMWAY! Don't believe me? Ask around! There are AMWAY victims and survivors all around."

The above statement is just one of the many reactions of people who were once involved with Amway, but now have broken away from the enormously expanding corporation, disgusted by its recruitment tactics and cult-like state of operations.

What is Amway? Amway is a continuously expanding company that first began by selling soap but now sells everything, from cosmetics to cars. Amway is unique because it is based on a business method called Multi-Level Marketing (MLM). Through the process of MLM, the middlemen are eliminated, allowing for Amway products to be sold at cheaper prices, according to Amway enthusiasts. In reality though, Amway products are not that cheap or unique and substitutes can be easily found on the nearest supermarket shelf.

MLM is also a very controversial approach to business. Amway depends on its salespeople to buy several hundred dollars worth of products. These salespeople then make money through the sale of Amway products and also by recruiting more people

to sell Amway because they will receive a bonus from whatever their new recruits sell. It is in this way that MLM parallels pyramid selling. There is an upwards flow of money in Amway; if someone recruits five new people, that one person gets a share of what each of his/her 5 new recruits have sold. That person then passes a share of his/her income to the person who recruited him/her, and so on.

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. Videotapes 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 "upland," the person who recruited them,

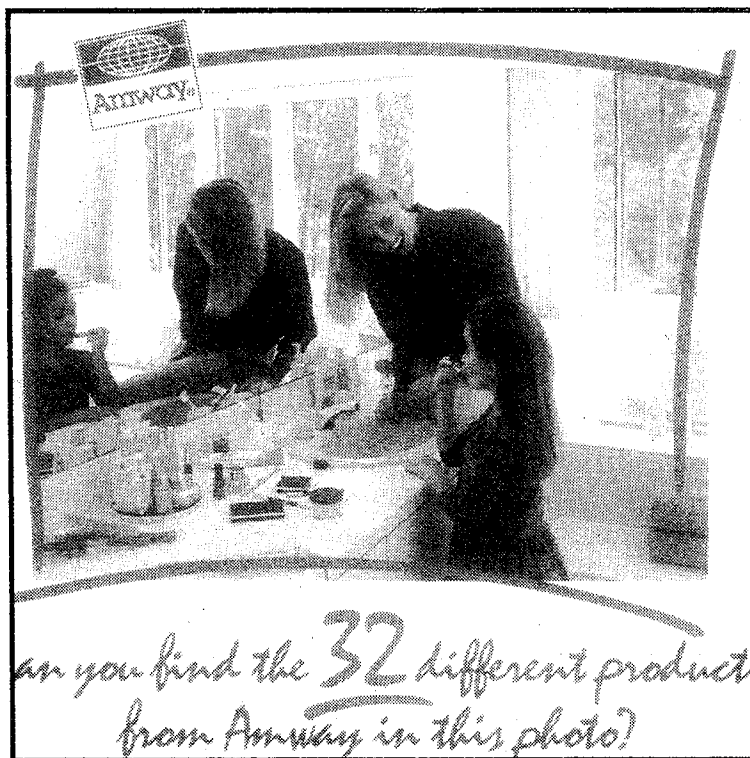
followers were worked into a passionate frenzy and then told to go out and find as many new recruits as possible; the

ideology that Amway is the way to salvation, its charismatic leaders, separation and alienation from friends and family, mind control using coercive persuasion and behaviour 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 emphasizing 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 all that they are cracked up to be.



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, *Fake It 'Til You Make It*, author Phil Kerns directly compares Amway to several other well-known cults. Several characteristics of Amway, its closed membership, its underlying

Black History Month; White History Year...cont'd from p. 1

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 labour 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 necessary 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 Runcy'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 Grant 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 y'all." 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 black press consisted of two newspapers. The Voice of the Fugitive, owned and edited by Henry Bibb, helped new arrivals to adjust by providing invaluable information to the people of Essex County. The Provincial Freeman, a more militant paper, was founded by Samuel Ringgold Ward. Its first issue opened March 25, 1853. Its motto: Self-reliance is the true road to independence. The paper's most colourful writer and later its editor, was Mary Ann Shadd. Shadd is acknowledged as the first black newspaper woman in North America. Our past is an ever impressive incentive as to how we must shape our future.

I am so impressed with the brothers and sisters who are

endeavoring to make a change. I will not attempt to retard the struggle by omitting to mention their names. Support, recognition and unity will keep us together forever.

Ms. Tamla Matthews: Arts
Mr. Alex Stevens: Politics
Ms. Gail Williams: Education
Ms. Darlene Devonish:

Translation

Mr. Aimé Kasonga:
Mr. Fari: Business
Mr. Elmi: Political Affairs

Too many names to mention—you all know who you are. My utmost respect and best wishes to you all. For we are what Black History Month is all about.

Credit goes to the Ontario Black History Society and the City of Toronto for information contained in this article.

— arts/perspectives —

Stephanie
Sleightholm

A Production With Heart

The newspaper review posted in the lobby had been mysteriously attacked with a highlighter. Hot pink words jumped at me from the photocopied paper: mistaken identities; wicked surprises; a glorious comic creation. A look at the cluttered living room on stage was my first clue that Elliott Hayes' *Hard Hearts* might be all that and more.

Director Marti Maraden establishes the comedy of the play before it even begins. The lamps on stage are draped with clothing while garbage and newspapers render the couch almost perfectly camouflaged. Moreover, as the audience is entering, music reminiscent of old situation comedies underscores pre-play discussions. Finally, in deliberate sitcom style, the music swells and the action begins.

Two men enter, slightly inebriated, laughing and struggling with tongue twisters. A later revelation tells that they are virtual strangers, having met hours earlier in a bar. The older man is David Baynes (Lorne Kennedy), the owner of the messy home. The younger man, played with endearing awkwardness by Michael McMurtry, is never named. Through teeter-totter dialogue, words careening off of one actor and onto the other, The Man realises that he has mistaken David's intentions: "When you asked me here for a beer, you really asked me here for a beer." They share 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 on the couch, 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* was Elliott 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 accepting that the audience laughter is not for her. As a result of her insatiable comic greed, 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. (Lucky 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 discounts 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 n'avez toujours pas vu le premier film (et xième tour-de-force) de Robert Lepage. *Le Confessionnal*. Dépêchez-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 leaves Glendon at 2h30. 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.

-Soumettez un article, une caricature ou un poème pour Pro Tem. Tombée: 17 heures.

Vendredi 9 février 1996:

-*Boldly Contemporary* dance performance at the Harbourfront Centre. Pricy though. 195-315. 973-4000.

Progrès et régression

Julie Gauvin

Lors du discours d'assermentation du nouveau Premier ministre du Québec, Lucien Bouchard, celui-ci a adopté comme mot clé, pour souligner son entrée au pouvoir: *Oser*. Oser quoi au juste? Oser dire aux investisseurs que l'instabilité politique, qui se traduit par la poursuite de l'objectif souverainiste du gouvernement PQ, ne doit en rien affecter la reprise économique du Québec? Oser dire au peuple québécois, que si le Québec se distingue des autres provinces par sa langue, sa culture, sa conscience sociale, sa culture politique etc., il n'est pas moins endetté que les autres provinces?

La cohésion nationale court à sa perte. Certains blâmeront les souverainistes, d'autres les fédéralistes, mais qui est donc responsable de l'incubation actuelle des "micro-tiers-monde" qui se développent sous nos regards passifs, indignés. Ni la souveraineté du Québec, ni la décentralisation, ni le regain d'énergie envers le patriotisme utopique canadien exprimé par Jean Chrétien, ne récupérera les ruines de l'État Providence.

La démocratie libérale a eu beau triompher du communisme, elle n'en est pas plus gagnante. Il n'y a pas si longtemps, nous pouvions encore nous réclamer le mérite de nos acquis sociaux en coexistence avec une économie de marché tributaire de la prospérité occidentale. Cependant, nous

sommes aujourd'hui témoins de la régression du progrès. Les anciens régimes communistes eux-mêmes ont dû renoncer à leur acquis sociaux. Nous pouvons nous en remettre à l'impérialisme, au mondialisme, à l'histoire du monde, elle seule sera d'ailleurs en mesure de nous juger. Peu importe à qui on met la corde autour du cou, on ne peut que constater les faits. Doit-on choisir apathiquement que l'histoire nous condamne alors qu'elle pourrait glorifier notre entrée dans le vingt et unième siècle? Cela dépend de nos perceptions, de nos intérêts.

Alors que certaines parties du monde s'acharnent à établir la démocratie, ses promoteurs lui font un pied de nez bien orchestré sous l'éloge d'un mal nécessaire. Certes, on ne peut que s'y résigner, et le

gouvernement du Québec, en ces termes, n'a pas d'autre choix que de suivre la cadence. Si la démocratie se traduit en autre par la responsabilité du gouvernement envers ces citoyens, disons que le Canada, comme le Québec, n'a pas attendu que le FMI vienne s'ingérer dans ses politiques économiques pour amorcer un ajustement structurel brutal imposant des sacrifices à la classe moyenne. Classe qui autrefois distinguait nos démocraties libérales des régimes dictatoriales. C'est ça un gouvernement responsable!

Ce qui ne laisse aucun doute s'est que l'on doit s'adapter. Le Premier Ministre Bouchard cultive d'ailleurs de belles convictions d'adaptation. Les genres de sacrifices qu'il s'appête à imposer cordialement au peuple québécois déplairont sans doute à ses plus dévoués et engagés électeurs. L'économie du Québec ne doit plus répondre aux critères de convergences du Canada mais à ceux de la mondialisation.

...suite à la page 8

photo: Robin Elliott



True Grit : Leafs Acquire New Members

Mike Fellin

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 masterminds, Cliff Fletcher, swung two important deals to bring to Toronto what has 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 no longer fit into the system. For instance, in acquiring Muller and Gagner, Toronto merely sacrificed four players who were probably never going to find consistent full-time ice time in Toronto. In Belanger, you had a player who was known never to have lost 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, Rhodes' 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 leg injury, it just did not seem necessary to have another player, like Randy Wood, kicking around in their mid-thirties who would be limited to a strictly fourth line role.

What 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 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 got, but obtained far 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 where is the defenceman that everyone says is necessary for a Stanley Cup contending team? Well, these two quick deals may have hinted at a final deal to come. Here is why. One, is that the Leafs did not sacrifice any of their top players or any defencemen, necessary in swinging a blockbuster deal. Second, one thing that the organization has always had, starting in the Ballard days, is money. And since the Leafs have not, to any great extent, placed themselves at monetary risk, one would suspect that the time to invest in a top-line defenceman may be right around the corner.

Like any deal, one has to wait to fully weigh the outcome. However, after analyzing the present day situation, it appears that the Toronto Maple Leafs have definitely made the right moves necessary for contending with the top teams in the NHL.

Intramural Sports : Who has the Answer?

Kersten Colmar Kindt

If you put your name on the sign-up sheets for the intramurals, the phone surely won't ring. Well - that's not so true, for some of you it will and for some of you it won't.

I guess what all of us would like to know is who makes the decisions regarding intramural sports? If you're any bit like me and my friends, you'll notice that we are very much in the dark.

On a personal note, at the beginning of the men's basketball season, I wrote my name on the list (posted outside the cafeteria), but to my dismay, I like many others never received a call. And the funny part of it is that someone, somehow decided (of their own free will) that their would be a men's basketball team; despite the fact that there are not enough players for a team to begin with.

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 Keele Campus at 10:30pm, but as usual, the York team who 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 11 issue of ProTem 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 - for if you say you are going to be a provider, then you can not turn back on 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.

Observations of a "Gym Rat"

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 some may call 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 why I feel comfortable 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 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 a library is for reading, a cafeteria is for socialising 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'm 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, why not make 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 heart rate is not a bad thing unless it's a heart-attack. Don't let yourself get sidetracked from the real reason that you are there.

But this does not only apply to those of us who use the free weights and machines. For others who

use the bikes, treadmills, sstairmasters, aerobics classes, pool 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 training partner once told me: "It's not how much you lift, but how hard you try." 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.

poetry & fiction

Langston Hughes

THE DISAPPEARITION

'twas in the astrophysics class
the discussion alighted
upon alternate universes;
the speed of the unfolding of the stars.

someone said "In this universe,
I met a stranger:
strange: so
so
Canadian may
be, but
or exists as we
saw in
or in the same place
Wicked West!
Alladin! Batman!
an!"

"Cl...

laughter! she looked about the room
and pointed to a fellow
i'd never seen before.
"you, you said it. i've never seen you here before.
but can you answer my question?"

he stroked his beard-silver was it?-
moothed his cloak and said, of course he could, only
t'was time he need be gone.
you have all been very entertaining.

he smiled.
stars flared into swirling being around him
and drew to one place at the centre of him as if
to make a sun; Bright! Bright!
and

BOOK

OGUE

I, too, am America

I am the darker brother.
I'll sit at the table
When company comes.
Nobody'll dare
Put me in the kitchen
With the steam
And the mung beans.

Besides,
They'll see how beautiful I am
And be ashamed,-
I, too, am America.

Besides,

They'll see how beautiful I am
And be ashamed,-

I, too, am America.

infinité

Un touché, frappé
Par un véritable amour
Quelle vie éternelle

PROGRESS

Progrès... suite de la page 6

En ces termes, avec ou sans plus de confiance, du bien-fondé de ce climat social et de la pression sociale et de la réaction de Richard de la préférence de la preuve d'ordonnation de nos réactions, nos québécois devront froidement accepter que les sacrifices vont augmenter. Les chicanes des tentatives de négociation entre les groupes plus lointains, les entrepreneurs inquiets, et ceux qui caressent le beau risque d'un pays. D'un autre côté, on serait porté à croire qu'on a plus rien à perdre. C'est une question de confiance, de conviction, on a tout un peu tort et peu raison.

My Ex Best Friend Called

I'm in a coma with a cancer.
I'm extremely disturbed.
I am not a cosmic power.
I know nothing of floors and ceilings.

I am plagued with Byronic wit.
I am of course a benign peanut.

I have been wailing out a primal scream
since I've been born, okay?
What I am talking about is my life
as a viable member of the universe and
God's life.

I'm appealing to a higher authority.
One of the things, if i can
do, is to be more imagin-
able.
I want to release my
self from the constraints of
this world, and move to a
place beyond my poles.
They' can only be defined as
the people who
are affecting my reality person-
ally. They are going to put (some
chemical name)
in my penis, eyes and ears.
I am not fond of my mother.
She deprived me of life.
How have you been lately?

PAUL HURTBISE

**three
lines
free
(or more)**

**trois
p'tites
vites
(ou plus)**

!!Elixir!!
Glendon's Annual Poetry
digest, is seeking CONTRIBU-
TORS!
Do you write poetry or
fiction?
We're interested in PUB-
LISHING you.
Call Michael F. Jursic
(416)929-2874

Karaoke
Ancient Japanese word for:
making a fool of oneself
through music. Famous
Karaoke singers: Millie Vanilli.
Join us in the Pub for this
Carnival event, Tuesday Feb-
ruary 6, 1996.

ATTENTION: ANONYMOUS
AUTHOR OF EPISTLE JUSTIFY-
ING DEFACEMENT OF WOMEN'S
CENTRE MATERIALS: Last

chance to contact me and
receive some questions to
answer. Mike: 929-2874 or
e-mail yu105477@yorku.ca

This Wednesday (Feb 7)
come out and participate in
every Ontarioans favourite
past-time, Protest against
Harris Cuts. Come one, come
all. Free buses will be pro-
vided 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 ap-
proach with Marion Boyd
former Attorney General and
current Native Affairs and
Justice Critic for the NDP.
February 6th, 1996 in the

Senior Common Room.
All are welcome.
For Sale: a Citizen GSX-
220 Dot Matrix Colour
Printer. Relatively new in
excellent condition. For more
info or if you are interested
call 440-9241.

Henei... Where ever you
go,...There you are.

You don't know what lone-
some is until you get to
herdin' cows.

For Sale: 1986 Plymouth
Caravelle, 4dr, 4 cylinder. 2.5
litre engine, P/B, P/B, P/L,
P/T, tilt steering, cruise con-
trol, air condition \$2950.00
certified or best offer.
(416)493-6020

**QUEER NIGHT/
SOIRÉE QUEER**
Café de la Terrasse
Wed Feb 7/Mec 7 fév
21h00/9pm 3\$
avec/with SAILAJA
all ages/tout âges.

Lindsay it's yer Birthday
and I am in love with ya but
too shy to say: Boy are you
ever gorgeous.
-Just some Guy

Attention: Anonymous Too:
Mike @ ProTem still seek-
ing an interview with you.
Anonymity guaranteed. E-
mail me and I'll send my ques-
tions. Or are you a coward?
yu105477@yorku.ca