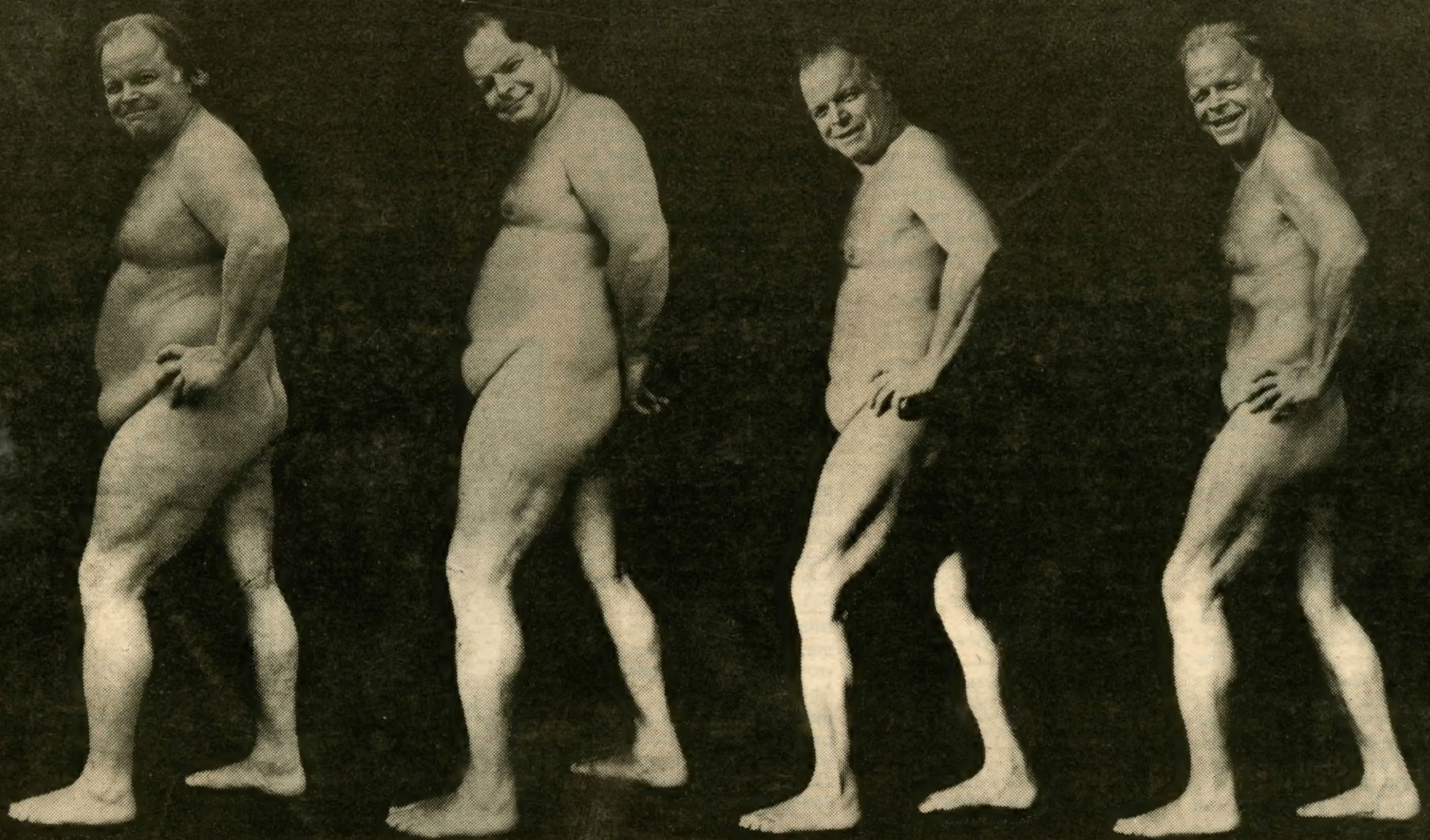


the Link

Friday September 24, 1982
Volume 3, Number 7
Concordia University
Montreal, Quebec



Health & Fitness

See pages 8-10

• Agenda •

• Classified •

September 24

• **NIGHT OF SOLIDARITY** with the Iranian People. There will be a presentation of the situation in Iran, music and Persian food. 8:00 at UQAM, 405 St. Catherine St., East, Pavillon Hubert Aquin. Presented by M.I.S.S., supporters of the Peoples Mojahedin Organization of Iran.

• **CENTRE MULTI-ETHNIQUE ST-LOUIS** vous invite à inscrire à ses activités pour la période d'automne 1982. Une grande variété de cours y sera offerte. Aujourd'hui est le dernier jour pour s'inscrire. Venez de 15h à 21h. Pour de plus amples informations appeler 842-8836.

• **SIMONE DE BEAUVOIR INSTITUTE** invites all Women's Studies students and friends to a Welcome Back Party, Friday, from 7 P.M., call 879-8521 or 482-0320, Loc. 715

• **VIETNAMESE STUDENT ASSOCIATION**, general election today in H-662 rom 4:00 P.M. - 8:00 P.M. Important for all members to attend. Coffee and doughnuts will be served.

• **AMATEUR RADIO CLASSES** ... Registration. Students wishing to obtain an amateur radio licence are invited to attend classes Monday nights at 7:30 P.M. in H-333-6. Duration October 4 - April 26. Register at H-644. \$25.00. Call 879-4543 for more information. (Cheque payable to CUSA.)

September 25

• **SELF-HYPNOSIS AND RELAXATION**, Hypnosis Workshop with Maurice Kershaw today and tomorrow at 974 de Maisonneuve, West from 10 A.M. to 6 P.M. \$25.00. For further information, call 937-8359.

September 26

• **MASS OF THE HOLY SPIRIT**. A liturgical celebration to ask God's blessing at the beginning of the academic year. Guest Homilist: Dr. Mark Doughty, Associate Professor of Chemistry, Concordia. "Contemporary Science and Faith". (Loyola Chapel, 11:00 A.M. and 8:00 P.M.)

• **BENEFIT BAZAAR** at 745 Roy East, from 10:30 to 4:30 P.M. All welcome, snack bar. Proceeds to "Le mouvement contre le Viol". For more information, call 526-2460.

• **AWARENESS THROUGH GESTALT**. A weekend with Marty Fromm, Saturday, October 16, 1982, 10 A.M. to 6 P.M. and Sunday, October 17, 10 A.M. to 6 P.M., Loyola Faculty Club, Concordia University. Further inquiries about the program may be made at: The Lacolle office, Loyola Campus, or telephone 482-0320, Loc. 344 or 494, \$100.00 for Concordia students, \$125.00 for all others.

• **HANDICAPPED STUDENT** needs transportation from Verdun (Rolland Avenue) to Loyola and back on Monday, Tuesday, Wednesday, and Thursday. Will provide parking permit for college. Fee negotiable. Please call after 6:00 P.M. at 769-6974.

• **CONCORDIA RUGBY TEAM**. To all those interested in playing Rugby for Concordia, come out to practice on Tuesday and Thursday, from 4:00 to 6:00 P.M. Even if you are new to the sport come out and learn how to play.

General Information

• **AERONAUTICAL CO-OPERATIVE** (non-profit) is in search of person(s) interested in aviation to represent the Co-op on Campus. Volunteer work, but an interesting challenge. Ideal for would-be pilots. For more information call P. Jones, 692-6318.

• **QUEBEC & CANADIAN IMMIGRATION**. For all International Students whose Authorizations expire this fall, Immigration Officials will be at the Hall Building, Rm. H-651, from September 7-10, September 27-October 1, October 11-15. Appointments MUST be made at the Dean of Students Office, SGW, 2135 Mackay, or at Loyola, Ad. 129.

• **STRATOMATIC BASEBALL**. Anyone interested in playing in the Concordia League this year should contact, before Oct. 1, either Andy 488-2419, Chuck 731-4460, or Eric 747-6329.

• **EMERGENCY ASSISTANCE FUND** deadline is September 30th. Available to returning full-time international students at Concordia. Forms may be obtained from either Dean of Students' Office.

• **FESTIVAL LACOLLE** car rally, October 9th. For further information, call Jane or Noreen at 482-0320, loc. 344 or 494.

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Agenda is a regular feature in "the Link". All submissions must be typed and triple-spaced and can be dropped off at either of the Link's offices. Better still, ask for our free agenda forms. Deadlines are, for the Tuesday issue, Friday at noon, and for the Friday issue, Wednesday at noon.

Forsale 1971 Ford Van, 6 cyl, good shape, \$800.00 will consider Super 8 equipment in trade 489-1959.

Female student needed to share 3 1/2. Rent \$98. Call Sue at 487-2245.

Therapy for anorexics, bulimics, or obese is being offered at the Montreal Centre for Personal Growth. For more information phone 284-0062.

Nearly new black doctoral cap and gown for sale \$75.00 - call 481-5776.

Sublet bright clean 1 1/2 Nov. 1. 1420 Towers St. 392-4427. Jim McCall.

Selling two sets of drawers, one art deco. 482-6661.

Apartment to share with female Latin American (intercambio Inglés y Espanol). 482-6661.

Futons, our sale continues. Our high quality, 8 inch thick 100% cotton mattress that fold into couches, perfect for students. **No better buy in Montreal.** Single \$98.95. Double \$118.95. Queen \$138.95. **Buy now! our sale ends 25th Sept.** Tel. Menage à Shaw 287-9101.

Mustang 1972, mechanically A-1. Black leather bucket seats, runs perfectly b.o. over \$1100, call Glenn 989-5041.

Physics (C204) tutor wanted. Rate t.b.d., call Glenn 989-5041.

Found one men's light weight jacket in front of Musée des Beaux Arts. Monday Sept. 20. Call 286-0619 and identify.

Television 12" B&W Lloyd's. Good as new. \$50. Call Greg, 931-4628.

Bilingual typist for term papers, theses, etc. professional work on electronic machine, \$1.50/pg. 989-9432.

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For sale: one ADC 1700DD turntable with shure V15 type 4 cartridge, one Akai GXF90 cassette deck. Call Randy 934-1284 before 3:00pm or 933-9716 anytime.

Travel: fly to Peru for only \$691.50Cnd/return valid until Dec. 14 or \$795.00Cnd/return valid until March 14. Minimum 7 days - maximum 180 days. Fly Eastern. Information 738-6541.

Tutoring in all subjects. Former Math Professor, Loyola College, 1965-66. 489-4911.

Weightset (including bench) \$85.00, or best offer. Vic 989-5027.

Professional typing and term paper service. 849-2606.

Experienced typist available. Work down on IBM. Reasonable rates. 672-3749.

Moving done quickly and cheaply by student with large van. Call Stéphane, 845-1991.

AMATEUR entertainment sought for downtown restaurant/bar. Cash prize to best performance. If interested in participating call 274-9417. 1-5 p.m. 933-7985.

Undergraduate Engineering tutor available. Tel: 932-7343.

Software for TRS-80 color computer. Free catalogue. Ilume design, 4653 Jeanne Mance, Montreal. 866-7744 ext. 284.

Typing Service. Reasonable rates. 845-0004.

Used records, cassettes, magazines, 486 St. Catherine W. 866-6016.

Women 20-35 needed for study of female sexuality. Must be married, cohabiting, or celibate. If interested leave name, phone for Susan 879-8023, 879-5999.

Artists' studios for rent 645 Wellington, ideal location, close to Victoria Metro and Old Montreal. From 1,000 S.F. to 5,000 S.F. Reasonable rates. 861-3787.

The Ghetto Mover Need something moved? Closed truck, cheaper than trailer rental and no hassle. Call Gary 744-6837.

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Classical guitar and Mandolin lessons. Qualified and experienced teacher, B. Mus. McGill. 482-9631.

Tutoring in English now being offered by Dr. Franklyn Ashley, former director local language centre. 933-8106 for information.

Classified ads are accepted for the Tuesday and Friday issues of the Link and may be placed with the advertising department, Room H-649, Sir George Williams campus. Price is .15 a word. All submissions must be filled on the classified form which is available at the counter in the office.

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use The Link classified drop by our offices or call 879-4462

Cover photo A self portrait by Bob Adelman

IRAN TODAY

"NIGHT OF SOLIDARITY WITH THE IRANIAN PEOPLE"
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- slide show—music—persian food

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Exam dates ready by August may satisfy students, CUSA

•by Robin Smith•

Exam schedules could be made available before fall registration Assistant Registrar Roy Martin said Thursday. He did not have any objections to posting the schedule sooner than November as is done now.

"It could be earlier," Martin said, "but the schedule would be more inaccurate, only a partial picture."

Martin understood that students would like to take the exam schedule into account when they choose their courses. "But tentative schedules may be misleading," because course sections are added and deleted during registration, with some courses dropped.

The examinations office must also wait for notification from professors on whether they want to hold exams at all. Commerce and Engineering faculties also want to hold common exams for students in all sections of one particular class.

If there was a computer programmed to handle the exam schedule, things could be made easier, Martin said, "But the programming required is extensive, and definitely not top priority like computerizing registration and course change."

Prior to the merger with Loyola College, Sir George Williams University had a coded schedule in its calendar. According to director of examinations, George Frain, "Once we merged, it was never done." Loyola College did not print exam dates in the calendar, mainly because of the small number of students, said Frain, formerly examinations direc-

tor at Loyola.

The Concordia University Students' Association (CUSA) recommended that exam schedules be published prior to registration based on an exam survey they conducted during the summer. The student government initiated the survey in response to complaints about the spring exam schedule.

Of the 964 students who answered the survey, at least 80 per cent from all faculties would like a break between the end of classes and the beginning of exams.

Twenty Fine Arts students who responded to the survey were the

only ones who did not suffer from a crammed exam schedule. CUSA defined cramming in the questionnaire as writing more than one exam on the same day and writing exams on consecutive days. Commerce students wrote more crammed exams than any other group. Out of 349 respondents, 326, or 93.4 per cent, had exams on consecutive days. Twenty-seven per cent had more than one exam on the same day.

Three-quarters of the 393 Arts and Science students said they had consecutive exams, as did 57.4 per cent of the 202 Engineering students.

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Commerce students face afternoon exam change

Commerce evening students face the prospect of taking time off work to write exams in December.

The commerce faculty has proposed to the examinations office that exams for Commerce evening courses be written weekday afternoons. Last year these exams were written Sunday afternoons.

Examinations officer Frain said that Commerce Associate Dean, Roland Wills, recommended the changes in a meeting Wednesday. Wills is responsible for student affairs in the Commerce faculty.

The problem with Sunday exams is cost. Invigilators must be paid overtime for working Sunday. Unfortunately, some students may

be forced to give up one, or more, afternoons pay to save the university money.

The Commerce situation differs from the practice in the Arts and Science faculty. There the exams for evening courses are written evenings, on the same day of the week as the class. The Commerce faculty usually has all sections of a course write their exams at the same time.

Frain said that there was no question of discontinuing Sunday exams altogether. There will be Sunday morning exams for those students with conflicts, or those who cannot write an exam for religious reasons—such as Jewish students who cannot write exams on Saturdays.



The Link photo Robert L. Grimaudo

Waving Palestinian flags, about 60 PLO supporters picketed in front of the Israeli consulate on Sherbrooke Street last Monday. They protested the recent massacre of Palestinian refugees in West Beirut by chanting: "We support the PLO" and "Reagan is a Nazi."

Fund campaign for new library building starts

•by Denis Ryan•

When you need to build a library and other facilities, and the provincial government does not seem to be responding, what's a university to do? Start a capital campaign, that's what!

Concordia will be turning to both private corporations and the public for the \$25 million needed. The money will build the Sir George Library Complex in the parking lot across from the Hall Building. Other projects include new Fine Arts facilities at Loyola and Sir George, and the Vanier Library expansion to begin this year.

Preparations for the capital campaign have actually been going on for two or three years. The private corporation campaign starts aggressively in November. The campaign committee hopes to get up to 70 per cent of the \$25 million from private donations.

Early in 1983, the public campaign begins. Activities such as media events (conferences), billboards and an alumni open house are planned.

In some respects, the public campaign is more important. Private corporations with their millions will be waiting to see how much the alumni and all associated with Concordia will give before they react.

The capital campaign committee represents a fair portion of the corporate giants. Honorary chairperson is Bill Stinson, president of Canadian Pacific. Top brass from Air Canada, Iron Ore Company of Canada, Domtar, and Birks and Sons are also members.

The Quebec government has been asked for funds, but no amount has been named. The committee has not said how much money will be requested from corporations, payable over a five year period.

The Concordia annual fund-raising campaign, not to be confused with the capital campaign, is targeted for \$850,000. This amount is solely for uses other than new buildings.

Priority report requests input

Michael Fahey and fellow members of the Priorities and Planning committee come out of the woodwork next week.

Meetings will be held Sept. 30, 3 p.m., Vanier Library Auditorium at Loyola, and Oct. 1, 8-420 at Sir George.

"I hope people take these meetings seriously," Fahey said. "Rector John O'Brien and the top administrators must see that this report corresponds to the real needs of faculty and students. If no one turns out, the result will be paralysis."

Unemployed boost enrollment

OTTAWA (CUP)—Just as campus administrators began to worry about declining enrollment, along came the tail end of the baby boom and the Summer of Unemployment.

Recoiling from the worst job market in 45 years, Canadian students have enrolled in courses this fall in record numbers.

Statistics Canada predicts that full-time university and college enrollment will reach 693,000, up 19,000 from 1981-82. Including part-time students, more than one million Canadians now attend post-secondary institutions.

The startling story coming out of this fall's registration is the reversal of the usual enrollment pattern: for the first time in years, university enrollment has increased faster than college enrolment.

Full-time university enrollment will be 414,000, up 3.2 per cent from 1981-82 according to Statistics Canada. Full-time college enrollment is expected to reach 279,000, up almost two per cent.

Zoltan Zsigmond, a Statistics Canada researcher, said university enrollment is increasing faster because people with university degrees are weathering the recession much better than people with college diplomas. And both groups are more likely to find a job than less educated people.

Overall unemployment for 15 to 24 year-olds jumped from 11.8 per cent in July 1981 to 19.6 per cent a year later. But among people in the same age group with a university degree it only rose from 6.8 to 10 per cent. For 15 to 24 year-olds with a college diploma, unemployment rose much more rapidly in the same period, from 5.7 to 13.6 per cent.

"With more education it is easier to find a job," said Zsigmond. "But this does not mean that all those with a diploma or degree will find an appropriate job according to their education."

Zsigmond said the better educated are pushing the less educated out of work in the scramble for a diminishing number of jobs. Youth unemployment rates are dramatically higher among less educated groups. In July, a staggering 34 per cent of 15 to 24 year-olds with a grade eight or less education were unemployed.

Zsigmond said that during a recession more people upgrade their education to increase their job prospects.

With the collapse of the boom, more Albertans are staying on at university to get a master's degree, even in programs like commerce and engineering.

A smaller factor in this year's enrollment increase was the move-

ment of the tail end of the baby boom through post-secondary institutions, said Zsigmond.

Many people have the mistaken impression that the baby boom has already passed through the 18 to 24 age bracket, but the largest number of births in Canadian history was in 1959.

The birth rate went into a steep decline in the early 1960's, so enrollment should presumably start to fall after 1982-83. But Zsigmond said the state of the economy and the availability of student aid will be major determinants of next year's enrollment.

He said that post-secondary education is much more affordable now than it was in the last period of very high unemployment, the 1930's. Because of this, today's students are more likely to remain in school longer, he said.

"God help us if unemployment stays this high next year," said Zsigmond. "But if it does, and if it is not really a big financial burden for most students to stay in school, they will stay in school."

So the long-awaited enrollment decline remains. But the unemployment crisis will only postpone the decline for a year or two, said Zsigmond.

"By 1985 for sure."

Poles emigrate in search of greener pastures

•by Caroline Parent•

It is a custom for Poland's residents to initial the flap of their envelopes when sending letters abroad so that the addressee can detect at a glance if the postmaster has peeped in or not. There is no need for this practice today. Under martial law, envelopes are neatly scissored on one side, letters are censored then mailed.

Although this is a crude invasion of privacy, it is only a minor incident emigrating Poles want to evade.

The average monthly salary a Polish worker earns ranges from 3,000 to 4,000 zlotys. (On the black market, a dollar is worth about 1,000 zl.)

Families are separated since a lot of workers sought jobs abroad before the imposition of martial law on Dec. 13, 1981, in order to bring home hard currency.

Because of a construction shortage, people must register their names for an apartment 15 to 20

years ahead of time.

These are hard times. Vodka may flow but "stolat" (cheers) is sadly uttered as a legion of Zomo men (militiamen) parade the country.

Under normal circumstances, Poland is the only socialist country that permits its residents to travel to the West ... so long as they have either a written invitation from a Westerner or a minimum of \$150 in the bank.

Marysia, Marek and two-year old son Michal (assumed names to protect the family against governmental reprisals) flashed an invitation from France to Polish custom officers but slipped away to one of Austria's refugee camps instead. After a five-month wait, they finally set foot in

Montreal on Nov. 17, 1981.

"Everybody felt that the government was plotting something and I was afraid. I wanted to raise my son in a democratic country. So we packed the car and left," said the attractive 26-year-old woman.

Austria forwarded the \$800 air fare (to be repayed when Marek finds a job) and they flew to the "promised land of freedom."

The first three months spent in Montreal represent a period of isolation and homesickness for Marysia.

"I missed Varsaw, my hometown, our home, my family, my friends. I was very depressed."

But now, she feels at home.

"In a cosmopolitan city like Montreal, we don't feel like aliens."

Her aunt helped the family to find an apartment. Immigration and Employment Canada provided them with furniture and household equipment. It is also allocating them \$620 a month, \$200 of which pays the rent of their cozy 3½ apartment in Notre Dame de Grâce.

"I did not expect so much. I would have been contented with a one-room apartment as long as it would have meant escaping a country in which I felt like confined in a cage," says Marysia.

Because of Marysia's career, the couple belonged to the Polish upper-class. ("Socialism is a theory not viable in practice.") Her profession will not however be revealed because it could alert the Polish government, thus ruining her mother's chance to emigrate one day. Suffice to say that with her salary and her husband's revenue as a car mechanic, they could afford two automobiles while most Poles will never own one in their lifetime.

Nevertheless, if the couple did not lack money, they lacked peace of mind and tranquillity.

"Stalinism is back in Poland. No more fears, no more nightmares about Russian soldiers taking away my son. No more lies about Solidarity."

continued on page 11



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Study week to cause headaches for Dean

Concordia's Registrar is in a "damned if he does, damned if he doesn't" bind over next year's study week. If Ken Adams eliminates study week in the Winter 1984 semester, students and the student government will squawk. If he keeps study week in the Concordia calendar, he will either disrupt graduation ceremonies in June or make course change more difficult for Commerce students in January.

With study week in the 1984 schedule, exams finish one week later in May and convocation must be held near the end of June. According to Adams, fewer graduates will attend. On top of that, faculty members that belong to professional or "learned societies" will have their annual meetings about the same time and some will not be able to show.

Adams says he needs six weeks from the end of Winter semester exams to manually get the graduate list ready. Departments in Concordia need time to select the "best winners" or top students for the convocation awards.

If Adams has less than six weeks, his staff must be paid overtime. Mistakes will occur in the grad list, he said and "the faculty will yell."

If Adams keeps study week as is and changes the beginning of the Winter 1984 semester instead of

moving the exam period into May, he said it will create problems for the faculty of Commerce during course change. But the Commerce faculty will not face an insurmountable problem if course change begins earlier in January.

The associate dean responsible for student affairs in commerce, Roland Wills said it will be "a little tight" for students who discover they have failed a Fall semester course and must repeat it in the Winter semester. The grade results would be out just before course change period. Wills said as long as students are aware that they have to find out what their marks are right away, problems will be minimal.

"I would demand that the committee (responsible for scheduling) realize that it's a joint effort between students and our faculty," Wills said.

Study week has already become a tradition at Concordia. Wills said he can understand why students want a break from classes in February. "They have been in classes all fall. Let's face it, February is a bad month."

The whole question of Winter 1984 scheduling is slated to come up at the Senate meeting on Friday. All indications point to a lively debate on whether or not Con U wants or can have study week.

Sexual harassment case was settled out of court

OTTAWA (CUP)—A 17-month legal battle between three students and three professors at Carleton University over allegations of sexual harassment has been settled out of court.

The journalism professors dropped charges of slander and libel against Susan Dusel, Maureen McEvoy, and Deborah Woolway after the three women said they regretted any distress their statements about sexual harassment in the school of journalism may have caused.

Roger Bird, Brian Nolan and Bob Rupert sued the three journalism students for \$180,000 plus costs after a March 17, 1981 press conference. Speaking on behalf of 25 women, Dusel, McEvoy and Woolway said that sexual harassment in their department ranged from sexist jokes in class to sexual blackmail and physical assault.

Names and specific incidents were not cited.

Nolan, Rupert and Bird filed libel charges claiming that the allegations had harmed their reputations. They said that all 16 male journalism professors in their department had been implicated.

Two student groups set up defense

funds on campus to raise legal fees for the defendants. In a written statement, defense fund spokesperson Cindy Mason called the out-of-court settlement "a real victory."

"They helped to focus on the problems so many women in institutions and workplaces face," she wrote.

The settlement states that "the plaintiffs ... are in support of the objectives of the defendants in bringing an end to sexual harassment."

Procedures for dealing with sexual harassment are currently being developed at Carleton University.

The information office is distributing a brochure at registration that urges students to take complaints of sexual harassment to their department chair, the dean, the ombuds office, the women's centre, or the counselling service. Complaints are eventually referred to the dean, who must investigate the complaint and take disciplinary action.

Ombudsperson Jim Kennelly said the issue had to be brought out into the open.

"It's not something people complain about for the sake of complaining," said Kennelly. "I think the students appreciate that the university isn't ignoring it."



If attendance is any barometer, AIESEC's Career Days on the mezzanine were very successful. Private industries, government agencies and a non-governmental organization set up booths in order to inform students about employment opportunities. Here Debbie Sutton of CUSO answers an inquiry. Sam Zacchia, Career Days Coordinator, noted that participants were pleased with the high turn-out. He feels that the two-day event is important for Concordia's name and the future employment of Concordia students. According to Zacchia, turn-out at Concordia's Career Days surpassed that of the other three Montreal-area universities.

We are being watched by the CIA

WINNIPEG (CUP) — The American Central Intelligence Agency (CIA) is actively conducting surveillance in Canada, according to a former CIA U.S. Air Force Intelligence Agent.

Peter James, recently told several hundred people at the University of Manitoba that instances of CIA activity in Canada included:

- the infiltration and control of Canadian publishing houses;

- the surveillance of Canadian citizens;

- numerous informants (journalists, professors, and politicians) on its payroll

- the infiltration and control of many companies, including insurance companies, which collect "a great deal of personal data";

- the exploitation of Canadian resources and experts through theft and information.

James was a graduate from the Case Institute of Technology, a former rocket engineer, and an agent for the CIA and Air Force Intelligence from 1965 to 1971. He questioned the role of American intelligence agencies in Canada.

"Canadian citizens, do you want a foreign power, even a friendly foreign power, getting involved in your internal affairs?" he asked.

MCM clean laundry in public

•by Claude Filimenti•

"Take over the city; perspectives and strategies", was supposed to be a discussion on different approaches concerning city politics. It turned out to be a dirty laundry session.

Abe Limonchik of the Montreal Citizens Movement (MCM) and Robert Potvin of Le Sommet Populaire, an alliance of popular movements and trade unions, spoke at the School of Community and Public Affairs, 2149 McKay, last Sunday. The evening was sponsored by the magazine Our Generation.

Rather than discuss perspectives and strategies by popular movements to take over the city, the debate centered around a historical account of the organizational problems of the MCM and an explanation of some of the views of Le Sommet Populaire. Limonchik used all of his allotted time to publicly display the MCM's problems. The topic at hand was completely ignored.

Potvin spoke about the structures of his organization and again the topic at hand was totally forgotten. His approach was different in the fact that if there were any organizational problems in Le Sommet Populaire, no mention of it was made.

The question period that followed did not focus on the real issue, but

continued on page 6



Robert Potvin from Le Sommet Populaire addresses a small gathering at the School of Community and Public Affairs during the recent Take Over The City-Perspectives and Strategies discussion last Sunday.

When will the world end? Not at midterms, but maybe soon after. Many people believe that nuclear war is imminent. Help us tell you why. The Link needs writers and researchers to help with a special issue on nuclear weapons and disarmament. If interested, leave your name at the Link offices on either campus or phone 879-4585 or 482-2011 and ask for Claire Marson or Rick Hughes. A meeting for those interested in the nuclear issue will be held on Tuesday, Sept. 28, at 4:00 pm at the SGW office.

Exams

continued from page 3

Most of the students considered exam schedules a problem: 89 per cent of Commerce; 81 per cent of Arts and Science; and 79 per cent of Engineering. Only one half, or 11 of the Fine Arts students who bothered to fill out the survey had problems. CUSA co-president Paul Arnkvarn said this was because fewer students in Fine Arts write exams at all.

CUSA distributed 1,500 question-

naires randomly in the Hall building and Fine Arts cafeterias, the Campus Centre and Guadagni lounge. Of those answered, 500 were lost by CUSA and 46 were either not returned or spoiled.

According to CUSA, the exam survey was intended to determine how many students in different faculties had problems with exams. It did not break down the respondents into full and part time, or male and female categories.

Arnkvarn and education VP Jim Griffin hope to use the survey to improve exam schedules in the future.

Soccer

continued from page 16

and Concordia's are."

"In the second half we played pretty well," Turner said. "In the first half, I think we were pretty down. We have a history of doing that. Last year the same thing happened." The Gaiters, like Sherbrooke, can only get better with practice.

And that brings us back to Ron Ruffner. The Stinger winger was nominated for CIAU athlete of the

week by virtue of his QUAA award. However, Ruffner lost out to quarterback Glenn Sedun of the University of Manitoba Bisons. Sedun completed 16 of 23 passes for 212 yards and four touchdowns as the Bisons trampled the Calgary University Dinosaurs 51-19. Not taking anything away from Sedun's accomplishments, soccer, when compared with football, always seems to be the bridesmaid and never the bride.

City

continued from page 5

served as a continuation of the MCM's laundry session.

A disagreement arose when Limonchik stated that the MCM created Le Sommet Populaire. At that point bickering between the two speakers reached its peak.

Bicycle Bob Silverman concluded the evening by stating that the city is owned by cars not people. At least some things are predictable.

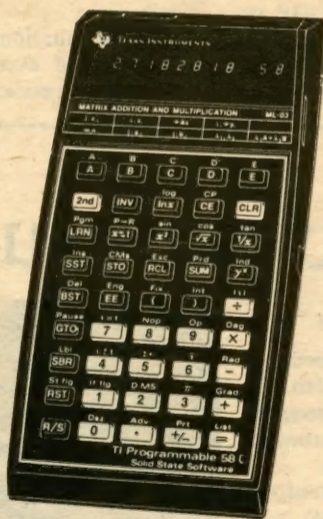
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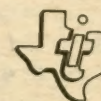
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• Comment •

Pollution: it may not be chic but it's still with us

Is the person living next door polluting your sleep? Is the one sitting across from you, blowing smoke in your face? Have you recently seen strange things in your drinking water? If your answer is yes to any of these, you are being polluted!

You'll tell me "out of style", "who cares?", "that's passé". But because we do not mention pollution in our daily conversations, as in the 60's and early 70's, it doesn't mean that the problem has disappeared.

Maybe the governments have succeeded in fooling you. The too few laws that were passed to protect the environment were only given like a pacifier to a hungry child; to keep it quiet for a while.

Issues like the computer invading our private lives, nuclear disarmament, the economic crisis, etc. divert

our attention away from pollution. "They" call that progress.

I say NO! These issues, however important, are only fightable if we are able to live on our planet. Pollution is the enemy of life. It is the daily killer of thousands of creatures (both vegetable and animal) to which our survival is linked.

Some people would like us to believe the situation has improved during the past 10-15 years, since the subject was of popular concern.

Have we really progressed? I say no. Especially considering the backward steps taken by some politicians in order to favor big industries. We will have to pay again.

But, beware. It might be our last chance...

Claude Filimenti

Orgasm: "the little death"

We have mortgaged sexuality at high interest rates, and now there is the devil to pay.

Recent years clichéd woman's orgasm into bliss, it has become the fodder of the nation's new sexual manifesto, as yet unpublished.

Woman has become a force, man became male and in the midst of personal satisfaction of the most exalted forms Damocles hangs ready to perform his duty and rob us of all satisfaction.

The past is strewn with the "meaning" of sex. Always different for an act so basically identical. Chaos begetting chaos. Where only a touch would once have done, now a relationship must patch.

Has woman won? Was there a game being played in the first place? Or only a case of players ... has sight replaced vision, has TV also invaded our organs???

History has claimed sexuality for her own at several periods and clearly rejected it in others. Kings were at times the sons of kings only, at other times bastards with only the charm and not the honour. Society

remains like a dog on a leash wearing out the same patch of ground looking for more.

It is time to consider the maleness of males. Male sexuality is essentially different, it is performance not appreciation; males expel and reject not absorb and articulate. Orgasm is not grown from within the body, it is imposed. The penis invades the body like the child, drawing blood and nutrients for its own purposes, it seduces our souls with tales of abandon.

We grow mythical and derive meaning from our interaction with other systems like yet unlike ourselves. Quantity and quality, we blunt precision and wound everywhere. Sex has become pain ... sometimes great pain, otherwise forgotten save for residual effects like pregnancy. We do not want pain, we do not want to see it, only witness it.

In Italy an orgasm is "the little death". Women challenge death, nature, with every birth, and in their duel bring forth visions, theirs and ours. Men arrive at death's door admitting an inability to stay away,

we shall return, we leave only an offering to the gods of this powerful place.

When men are at peak, when they witness their bodies as not "who" they are but "what" they are, when the cry of the moment overwhelms the sagacity of the event, a door slams in their face, they are rendered dull ... like great lightning reverberating in a distant valley. The issue of sterility is never sexual, it is eventual.

Faced by this personal vision our passions so forcefully commanding heart to beat, pores to open, blood to heat, we rid ourselves by becoming slaves to this alien master, finally rid we dream of elysian fields and the coming of spring, new life, new shafts of light.

It was man who created morality, responsibility to claim what he has wrought or also arrogance to turn and deny forever.

Sexuality is materialization, externalization, it is love which creates and dances as witness to the fancy of the cosmos.

Daniel H. deCournoyer

• Letters •

Drugs and rednecks: Whose rights win out?

Dear Editor

I would like to reply to Mr. Levis' letter published in the Link's issue of Sept. 17.

Mr. Levis terms himself a "libertarian", yet he attributes the label "right wing rednecks" to all people who are opposed to drug dealing taking place on Concordia's premises. This speaks in itself to show what kind of libertarian Mr. Levis really is. The philosophy of "live and let live" is laudable... up to a certain point. It does not require much thinking to be able to come up with many instances where someone's "bag", without being in itself distressing or dangerous to that individual (but, on the contrary, may be thought very pleasant) can interfere with the well-being of someone else. Non-smokers will tell you, for example, that they feel they have the right to be able to breathe in an atmosphere free of polluting cigarette smoke. From drunken drivers to people who simply let their dog shit on your doorstep, the world is full of individuals with their individual whims and fancies. That's why laws

are made and authorities put in charge of seeing that they are respected.

Mr. Levis talks of the students' advocacy of "increased state subsidies to higher education". Although the link he wants to make with drug dealing is not clear, I would like to point out a few facts concerning this question. He states that "the citizen tax-payer has an equal moral right to spend his earnings as he sees fit..." That means he should be free to buy drugs if he so wishes. However, that statement has the effect of nullifying his argument that the majority of students want increased subsidies.

The money acquired by the dealers in their transactions does in no way add to the government coffers from which more subsidies could be made available to universities. Revenues from drugs are not taxed. Furthermore, this money does not remain long in Canada as people who control the drug business are not likely to be established in this country; thus, these revenues do not contribute to the stimulation of the Canadian economy.

It is then quite clear from both these observations that the individual who spends his/her money (some of it obtained through government loans or bursaries) buying drugs is doing a disservice to the rest of the student population and other taxpayers, as he/she contributes to the passing of funds away from the public sector into the hands of a private sector which is not, to my knowledge and experience, known for its humanitarian and libertarian ideals.

A solution to this problem would be that such "harmless" drugs as marijuana and hashish be legalized so that their sale could be controlled and taxed by the government. I would conjecture that people who control the drug business are the main opponents to the passing of such laws, and are fighting tooth and nail to keep marijuana a black market item. Incidentally, legalization would have the effect of removing much of the drug selling from Concordia's premises to other establishments, such as tobacco shops, where such sales should take place.

However, as legalization is not yet effected, I, as a human being with rights too, strongly object to the sale of drugs on our university's premises. (It is not like there are no other places where dealers can go peddle their dream/terror ware, these places abound and students know very well where to find them.) Therefore, I fully support the administration's decision to "crack down" on drug dealing on Concordia University's premises.

Muriel Bédard

Attention Staff

Friday meeting, Loyola, Centennial building, Top floor, 1300 hours for News meeting, 1400 hours general staff meeting. Discussion will include plans for CUP regional conference this Saturday 0900 hours at the Daily offices. All are welcome.



Subsidized education

Dear Editor:

Re: Victor Levis' letter, Sept. 17.

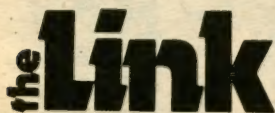
The concept of subsidized education is rooted in the belief that human society developed to address certain human needs. These needs the ancient Individualist Libertarians, tromping seasonally across the plains or through the forests, could not address: e.g. the evolution of a high culture, education, health care, and the collective pursuit of knowledge. All these depend upon the diversity of labour only made possible by the collective cooperation and organization of production in society.

All members of society (especially the wealthy and theoretically more highly taxed) benefit from this pur-

suit of knowledge constantly, everyday. Therefore, why should all members not proportionately subsidize this social pursuit. Those who would argue otherwise seem only to be seeking a free ride.

This is not to claim that all is well in social relations; the central state interfering in the personal life of the citizen is but a tiny manifestation of our problems. Nevertheless, trying to judge these two by the same criteria, as Victor Levis attempts, is clearly misguided and winds up a as apologetics in defense of laissez-faire monetarism, (i.e. let the disadvantaged stay that way) as any Social Libertarian would know.

Mike McConkey



The Link is published every Tuesday and Friday throughout the academic year by the Concordia University Students' Association. Content is independent of the university and CUSA. The Link welcomes signed letters; however, the paper reserves the right to edit or reject submissions. Editorial policy is set by an elected editorial board as provided for in The Link's constitution. Current members of the board are Jim Carruthers, rob clément, Bernard Federbush, Clair Marson, Don Pittis and Heather Yampolsky. Anyone wishing to join The Link is urged to visit or call the offices on either the St. George Williams or Loyola Campuses. Central mailing address c/o Concordia University, Sir George Williams campus, 1455 de Maisonneuve W., Montreal, H3G 1M8. Mail subscriptions are available at \$15, \$10 for alumni. For national advertising The Link is serviced by Campus Plus (Canadian University Press Media Services Ltd.), 124 Merton St., Toronto (416) 481-7283. Typesetting by CUSASET. Printing by Imprimerie Dumont, 9130 Bovin, Lasalle, Que. The Link is a member of Canadian University Press.

Friday September 24, 1982
Volume 3, Number 7

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Styles for the city cyclist

•by Mitchell Baum•

When it comes to cycling in the city, there are three basic riding styles most cyclists follow. These are the Suicidal Anarchist, the Sedentary Submissive, and the Assertive Alternative.

The first and most common among younger riders is the Suicidal Anarchist. This person will race busses, cut off pedestrians stepping off sidewalks, ignore all stop signs and lights, and occasionally smash into an opening car door. This type of cyclist will usually boast that he can cycle any given distance in the city in about half the time it takes to travel by public transportation. What he won't tell you is the tremendous risks he takes by riding so recklessly.

The second riding style that is prevalent among middle-aged and older cyclists is the Sedentary Submissive (SS). This person will usually spin a leisurely pace and considers cycling more as a way of getting some much needed exercise than a means of having fun. The "SS" believes that disobeying a signal light will result in instant death under the wheel of the average sadistic Montreal motorist.

The third, and what I feel is the optimum style for city cycling, is called the Assertive Alternative. The moderately fast pace required



The Link photo Neil Glazer

by this style will necessitate a well tuned bicycle and very good brakes in case of emergency stops.

Here are a few rules on how to handle yourself in city traffic. Always ride with the flow of traffic, never against it. Ride no more than two abreast, and never ride on the sidewalk (12 years and up). At night, a red rear light and a

white front light are absolute prerequisites for staying alive. Not only will the lights provide you with much needed illumination, they will alert passing motorists to your presence.

Some people believe that you must stay as close to the right side of the road as possible. This rule applies only when there are no

continued on page 14

Warning: article a health hazard

•by Jim Carruthers•

Keeping healthy and fit is a science, ruining your health is an art. It requires long hours, slavish devotion to minute details and a re-designing of your life style. It means living 110 per cent.

"Go, go, go" is the slogan of the average burnout case who lives life to the limits in the sincere belief that there are no limits.

Putting your body into overdrive all of the time will lead to a rewarding, if short life. The problem isn't so much why to go gone, gone, real bad, but how to do it with style. Vrais punk über alles as it were.

An overdrive lifestyle, like any other, revolves around such important things as food, sleep and exercise.

Many of the feats discussed in this article should not be attempted at home by amateurs; they have been performed after much practice by skilled persons. (That's incredible.)

Food is crucial to matters pertaining to health. Food is almost anything you put into your mouth and swallow, be it liquid or solid. Most ultra-active types prefer liquid foods as they are easy to swallow.

Beer, for example is a popular food among the burnout crowd. It requires little preparation, leaves few messy dishes if you consume it out of the container, has loads of calories, and balances balogna sandwiches for breakfast very well.

Wine is also acceptable, but only if it is very



cheap. Remember you are not drinking the wine for its snob appeal.

Hard liquor works well as an anesthetic and there is evidence that it helps fight the common cold by ignoring the cold until it gets frustrated and goes away. Recommended for rapid degeneration of your faculties, often permanently.

As far as solid food goes, follow your intuition and whims. Solids should be consumed quickly. The greasier they are, the faster you will be able to eat them due to the inherent lubricant qualities of the comestibles.

If you are eating cafeteria food, it should be wolfed down on the run. Do not sit down when you are eating, it will give you cramps.

Timing of meals is very important. Eat when you get the time; eating irregularly breaks up the monotony of the same three-squares-a-day syndrome. It also means you can concentrate on whatever you happen to be doing rather than being subservient to a feeding schedule. That's why 24 hour doughnut shops were invented.

The one constant in the diet of rabid over-achievers is coffee. Drink 20 to 30 cups of coffee per day, at least. Speed may crank you more, but coffee is socially acceptable and doesn't leave needle marks.

In leading a hyper-active life, experts agree that sleep is unimportant and should only be undertaken when you have nothing better to do. When you need sleep your body will take care of it by putting you into a state of involuntary rest, passing out as it is known ideomatically.

Exercise is very unimportant to the workaholic, few people report great concerns about weight gain, and the gaunt look is very in, especially when combined with dark rimmed red eyes and a pale complexion.

Living in the manic lane, burnout style is like a moth flying around a flame. Sometimes the burnout gets too severe and instead of the raw alive feeling such a lifestyle usually inspires, you have a person who resembles a piece of fried chicken left in the hot fat too long.

The brightest candle burns shortest, especially when it is burnt at both ends

brings you down gradually with a series of very effective exercises.

The class is really great because you work every muscle in your body, to the sound of the latest tunes that act as a very good motivator. Another good thing is the way they progressively increase the pace of the class in order to build your stamina. Each time you go there's one more exercise or there are more reps to do, and that's a good way to build up a strong heart.

All in all, the fitness class is an excellent idea and it is recommended for those who want to get in shape or for those who want to stay in shape. But there is only one way to know exactly how good it is and that is to experience it yourself. The decision is yours.

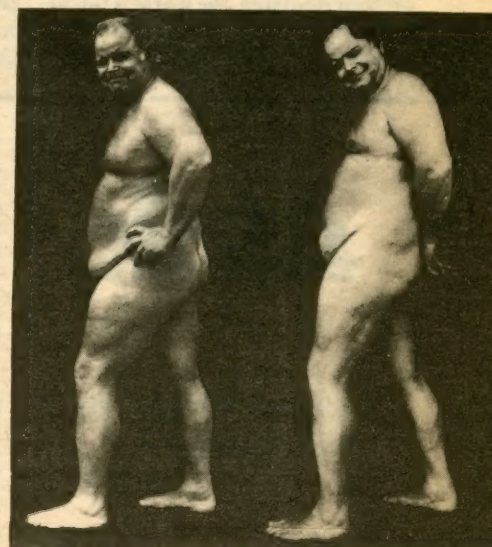
Here's to you like most of encourage Far be it compare the

student to the average but it is a point of p the typical Canadian eggplant that ate Ch probably had a more

Despite our relative because of it), we ar worst (greatest?) con convenience food, m vison viewers, car dr alcohol and coffee. enraptured by a de leads to heart diseas death.

There are signs t back from the edge o by the pointy finger dollar Participaction slowly beginning to bodies out of comfie our sneakers and jog for loaves of whole w

We're on the hee Swede and one of the catch up. 60-year-ola



Cracking knees, moans and groans get the blood going

•by Nema Barsoum•

Once again, the fitness class has started and like last year it is a huge success. It must be the most popular recreational intramurals activity, with the largest registration figures.

The class itself is great. It is an hour long non-stop exercise session. You first walk in there thinking, "I can handle this, no sweat", but let me tell you now, you sweat like hell. They start you off with various warmup and stretching exercises that really do the job. A sure sign of this is the cracking knees and ankles and the moans and groans that you occasionally hear. Once everyone is warmed up you then proceed to run, jog etc. or any other motion that gets the blood going. After that it's arm-down time which

our health. If you're of us, you need all the effort you can get. from The Link to the average Concordia age 60-year-old Swede, popular wisdom that is about as fit as the Chicago. The eggplant balanced diet. ve wealth (or perhaps re among the world's consumers of junk and most enthusiastic tele- drivers and drinkers of . We have become decadent lifestyle that use, cancer and early that we are moving of the abyss. Prodded of the multi-million ad campaign, we are to drag our flabby T.V. chairs, pull on g to the corner store wheat bread. els of a 60-year-old ese days we might just d Swedes watch out.



Exercises for your psyche

•by Charles Justice•

Psychological fitness? I can guess what you're thinking. Another self-help kick. Who needs it? "Smile a lot, assert yourself, go for it." That sort of thing, right? Wrong. Most self-help books try to help you by concentrating on eliminating your weaknesses. But to Richard Corriere and Joseph Hart, the authors of the book *Psychological Fitness*, psychological problems are not the result of weaknesses. They are the result of not using the strengths that we do have.

"People have been taught to focus on their weaknesses," said Corriere and Hart. "This focus in and of itself leads to the development of poor self-image...and psychological problems." But they add, "Everyone has definite psychological strengths, even the most severely ill or psychologically disturbed. But most people don't have all the skills they need to use their strengths fully." Hence the personality, like the body, needs exercise if it is to function effectively.

The founders of psychological fitness are a group of psychotherapists from Los Angeles. Corriere and Hart are two of those therapists.

The principles of psychological fitness are used extensively at Le Centre de Psychotherapie et d'Education Affective, a Montreal therapy institute located at 500 Boulevard Gouin East. Jocelyn Levasseur, a therapist at the centre, explained the basis for psychological fitness:

"When a person starts therapy they think that they don't have any strengths. That's like trying to build a house without a foundation. If a person can see that she has her own strengths she has something to build on. A person can use the strengths she already has to conquer her weaknesses."

In psychological fitness there are five personality dynamics: feelings, expression, clarity, contact, and activity. Corriere and Hart argue that people do not function as well as



they could because they have weaknesses in one or more of these five dynamics. Be seeing in which of the five areas you are weak and in which you are strong you know which personality dynamics need exercising. Their book shows how to measure each of the personality dynamics and then how to exercise them in ten life areas. These areas include everything from working to sex and to dreaming.

At this point, it might be useful to explain the meaning of each of the five personality dynamics. Let's start with feelings. They are the most important way we find out about ourselves. They are more effective guides to behaviour than external rules because they are natural. They are also powerful motivators for change.

"Without feelings you can't change. Any therapy that helps someone does so because it uses the client's own feelings to help her," said Levasseur. Almost everybody, at one time or other, has been frustrated by unsuccessful attempts to change their behavior. The fact is, it is very hard to change any bad habit that we enjoy. But it is easy to change a behavior when doing something else feels better.

Clarity means identifying our feelings.

When we are clear about something, we know exactly what we want and what we don't want. Then we can act decisively and confidently.

Expression means telling other people what you are feeling. "You need to talk in order to feel. Expression permits you to feel. A depressed person who never talks, feels bad because he isn't expressing his feelings," said Levasseur. "Look at old people. When older people stop talking they age very fast, they abandon life very fast. Talking is like breathing," she said.

Activity refers to your physical presence. It is your way of letting your body say how you feel. We need to move in order to show that we feel good and we need to move towards people and touch them to show that we like them.

"Contact is the most powerful of the personality dynamics. Contact means being around people. People need people...The idea that "really together" people are completely independent and self-sufficient...is a misconception," say Corriere and Hart. "You cannot be psychologically fit by yourself," said Levasseur. "For example, if I'm a rigid person the rigidity is something I won't be aware of. I can't feel it by myself. I need people to tell me that they don't like my being rigid. Such a person isn't happy living the way they are. However they need contact with other people in order to learn how to change and how to feel better."

The objective of psychological fitness is to have your feelings match what you are doing and saying. Corriere and Hart call this matching—the harmony of your inner self—what you feel and your outer self—what you do and say. If your inner self does not match your outer self, you feel bad because you are in conflict with yourself. Since you feel bad you cannot make use of your own strengths. But when your inner self and your outer self are in harmony you feel good. You have more energy to use your strengths because you are not wasting it fighting inner conflicts.

As an example of someone whose inner self and outer self are not in harmony Levasseur said to imagine a person who, although she looks and sounds happy, makes you feel unhappy when she talks. That person's feelings do not match what they are saying. In contrast, when your inner self is in harmony with your outer self, you feel better. You can express yourself better and you get more contact from others."

To get an idea of how psychological fitness works in practice let's look at its approach to the problem of shyness. I chose shyness because it is a problem of mine and it is covered very well in Corriere and Hart's book. "Shyness, say Corriere and Hart, has a hidden strength. "The worst thing you could do to yourself would be to stop being shy," they say. "The hidden strength in shyness is that the shy person has inner responses to every event in his life...Shyness lets you know that you are alive inside."

The weak point of shyness is that a shy person doesn't know how to share his inner excitement with others. Instead of expressing his excitement he withdraws and his withdrawal becomes an inescapable habit. Thus, if we check the list of five dynamics we would find that a shy person is strong in feelings but weak in expression and contact.

"Shy people cheat themselves when they don't share their insights and excitement. Every time they hold in what they think, they are keeping a weak muscle undeveloped," say Corriere and Hart.

As part of a psychological fitness program shy people are shown how their inner excitement can be a strength and how they can be gradually encouraged to find ways to turn that excitement outward rather than inward.

Jocelyn Levasseur: There's a parallel with physical fitness. You can't get in better physical shape by taking a pill. You need to exercise the body. I'm not interested in curing people; I want people to develop their strengths."

Diving for the frozen corpse

•by Mac Treilhard•

If commercial diving were to be described with one word, that word would be "unpredictable". Work comes up at any time and can take you anywhere. One example of this unconventional life style was a job we did in February of this year. Then, divers were needed to recover a body from the Camsell River, near Terra Mine, Great Slave Lake.

I was living in Victoria at the time when a phone call from Yellowknife told me of the drowning. Twelve hours later, the early blossoms in Victoria were far away, as I sat huddled with two other divers in a Twin Otter plane en route to Terra Mine. Aside from the pilots' joy-riding girl friend, there were three other passengers on the flight. A couple of officers from the N.W.T. RCMP detachment, had found niches amid the stacks of equipment. Helmut, our excitable divetender, carried on a rapid monologue from a precarious perch atop a frosted compressor.

When we landed at Terra, it was already late dusk. Trucks from the mine site met us and transported the crew and equipment to the accident site.

To understand why the man drowned, I'd better give you some background to the incident. In the NWT, there are few roads. In winter time, freight that isn't moved by air, travels on the frozen surface of rivers. These ice roads were first developed by John Dennison back in the 1960's. Using convoys of trucks and snow clearing machines, he would travel the length of river systems ploughing a passable road. This work involved a peculiar hazard. Though the river ice is generally sev-

eral feet thick throughout the winter, unpredictable water currents can cause a rapid melting of the underside of the ice. So, a surface that is quite secure one day, can be a trap on the next.

After ten years in this business, Dennison retired a wealthy man, and now lives in Peachland, B.C.. His partner, Nick Issac (not his real name), stayed on. While working for Terra on the Camsell River, Issac failed to appear one evening. Men sent out to investigate found no sign of him or his machine, only a section of shattered ice. At 56, Isaac had taken one risk too many. Our job was to recover his body.

The evening of our arrival, we set up our equipment on the site. We had been provided with a plywood shack, heated by a couple of tiger torches. As the weather remained a windy -40°F throughout our stay, changing in that shelter was a chilly affair. We began diving the following day. The ice had refrozen to a depth of three feet. Using an icepick, Helmut chipped a dive hole, accompanying his labour with much shouting and chatter. When that was finished we dove in rotation, trying to locate the grader.

After several unfruitful dives, we decided to use an underwater floodlight. Ice covered with a layer of snow cuts the sunlight out completely. At ninety feet, the water is pitch black. Using the light, I was down a few minutes before the yellow of the grader's paint shone out some distance away. At this point, the worst is over. While you are searching, you are dealing with the unknown. Fumbling across a black, muddy bottom, not knowing when you'll bump into the object of your search, can

continued on page 14

Valium and Cheeze Wiz vs carob and alfalfa

•by Alex Merrill•

The corner health food store is a nice place for thinking. It's warm and quiet and comfortable, and customers browse slowly, unlike the anxious shopping-cart set at Steinberg's. It's alright to pick some bag of herbal twigs off the shelf, smell it, feel it, ask the storekeeper what it is and how it's used. Ten years ago, most of us had never heard of miso paste, tofu, yohimbe bark, comfrey and figwort. Had we been born three hundred years ago, comfrey and figwort might have been our medicine and tea. But now, accustomed as we are to Valium, Cheez Wiz and Twinkies, we are more likely to see these strange foods and herbal remedies as dubious items used only by religious fanatics and descendants of witches.

But figwort is not the mainstay of the health food store. Rather, it is the rows upon rows of gleaming pill bottles that line two shelves, lending the store the appearance of a pharmacy. Past the carob, camomile and unbleached flour, we find the mega-vitamins, protein supplements and other elixirs to restore health and youth. It's a good place to stop and wonder about the anomalies of a culture that professes natural, ecological, eating habits, all the while faddishly popping pills as a shortcut.

Food faddism (from 'faddle', meaning to play with for awhile) and quackery (from 'Quacksalvers' - a Dutch term for pseudo-doctors or professors who sold worthless salves, elixirs and cure-all tonics) are by no means recent phenomena, nor necessarily connected with the health food movement. (The sudden popularity of jellybeans could be interpreted as a right-wing political manifestation; the proliferation of croissanteries in Montreal is just plain old trendiness.)

Proponents of mega-vitamins and food supplements, prey upon people concerned about nutritional habits. Many of us are feeling the atrophying effects of the sedentary life, of white bread and, through bits of information in the media and books on "instant" good health, become convinced that Vitamin E is THE answer, or that we aren't getting enough protein.

The universal appeal of food fads is the quick and easy cure-all: five-day diets to lose ten pounds, grapefruit to melt your cellulite, tonic to rejuvenate your hair and save your marriage. But vitamins and diet supplements are needed only by people with specific illnesses. They are not good for everyone and, in fact, can cause harm.

A dietician at the Montreal Diet Dispensary, Denise Mikolainis, explains for example that Vitamin C, taken in mega-quantities (the normal daily requirement for adults is 45 milligrams) over a long period will be treated by your body as waste, thus much of it is excreted. When you stop taking it, your body has been so conditioned to get rid of it that it continues to eliminate it. It takes your body a long time to recover.

Vitamins A and E, both objects of fads recently, can be toxic if taken in large quantities. As fat-soluble vitamins (as opposed to Vitamins C and B, which are water-soluble vitamins), they are absorbed and stored in your body to the point where they can be poisonous.

Mikolainis says that while vitamins and other dietary supplements are good for some people, "they're not something the general public should be gulping down. If you take a vitamin supplement, it automatically unbalances your system, more or less masking the problem you're taking it for, and can cause other problems."

She recommends vitamins for short-term use for people under short-term stress but emphasizes that a well-balanced diet provides all the nutrients we need. A well-balanced diet, drawn from the Quebec or Canada Food Guide (available at any health services centre), takes time to develop and we should accord nutrition as much place in our day's plans as we do our studies.

Another myth arising out of the current food fads is the idea that 'natural' foods must be good for you. 'Natural' tacked onto any package renders it nearly as marketable as a young woman in a bikini. It may conjure up an image of Grandma's homemade bread or carrot juice just out of the Cuisinart. But if you pause in the cookie aisle long enough to examine the ingredients on a package of 'natural, old-fashioned' chocolate chip cookies, you're likely to find that they contain the same preservatives as the neighboring no-name brand.

What the manufacturers know, but many of us don't, is that the use of the term 'natural' is not strictly regulated under Canada's Food and Drug laws. The same goes for the term 'organic'. It could just as well refer to lollipops (as it does in my corner health food store), as to alfalfa sprouts.

While the difference between natural and synthetic preservatives or dyes is a whole different kettle of fish, there is, nutritionally, no difference between a natural vitamin and a synthetic vitamin. A vitamin, to get into pill



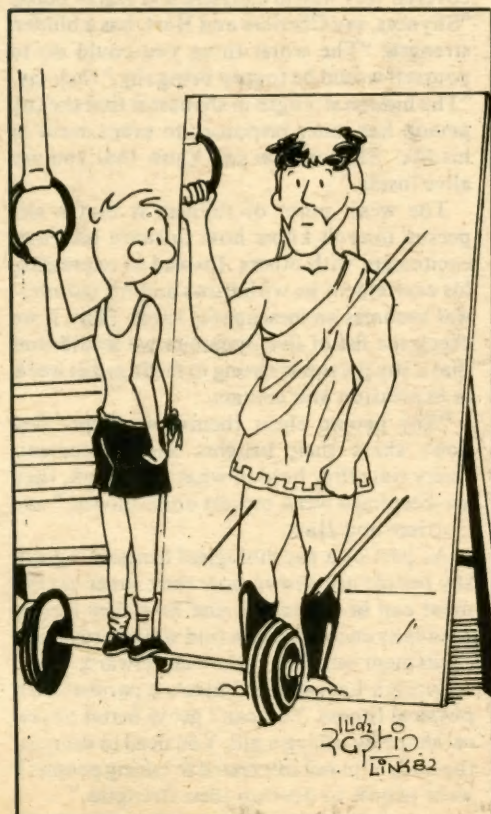
form, has necessarily been processed, with filler added

"The only thing you can call natural," says Mikolainis, "is where you first found it."

Meanwhile, at the back of the health food store, past the natural laxatives, diuretics, fennel mouthwash and deodorant, it's instructive to browse through the books. Right alongside classics, like Recipes for a Better Planet, that advocate good nutrition as a life-long venture, a prominent section is devoted to the fast and easy school of health. The Hip High-Prote Low-Cal Easy Does It Cookbook, Earl Mindell's Quick and Easy Guide to Better Health, The Easy No-Flab Diet. (Tucked in

amongst these is a tiny green book: Prof. Arnold Ehret's Mucousless Diet Healing System and his Definite Cure for Chronic Constipation, in which the colon is identified as the seat of all disease. Not for the squeamish.)

All are equally compelling. While most of us wouldn't let an encyclopaedia salesman cross the threshold much less to tell us whether we need a set of encyclopaedias, we lap up this "information" by so-called nutritionists, exchanging one diet for another in the time it takes to say 'deely-bopper'. And, by the way, 'nutritionist' is another poorly-defined and easily misunderstood term, referring to anyone who chooses to call himself one.



Body, muscles, curves, bikini trunks

•by Dennis Ryan•

Ten or fifteen years ago, one's first encounter with the world of bodybuilding would probably have been one of the Weider advertisements on the back of a comic book.

Those advertisements featured what looked like a hand-drawn picture of a herculean young man, supposedly one of the two Weider brothers involved in the business. A column to the right emphasized the benefits of bodybuilding to both body and mind.

Those advertisements always struck me as actually being desperate pleas because in those days the sport suffered from prejudices and misconceptions. One misconception, was that those who participated in it would become "musclebound", which meant they could hardly move. It was also considered bad for the heart.

The sexual orientation of those men involved was questioned, helped along by stereotyping. If any women were involved, it was not known. And contests, such as they were, were

attended by only a few fans with virtually no prize money involved.

In those 15 years, things have changed tremendously. Mainly through the efforts of those same Weider brothers, the sport of bodybuilding has gone from obscurity to international recognition. Contests are well publicized, offer thousands of dollars in prize money, and attended by huge crowds of fans.

The sport of bodybuilding has to be the most unique sport in the world. Its end accomplishment is not sport although bodybuilders also excel in other sports. Bodybuilding's main objective is art. Anyone who has seen pictures of Rome or other Mediterranean cities with their sculptures of magnificently proportioned gods will begin to understand. It is that ideal human body that bodybuilders are trying to copy.

However, it is not easy to achieve that ideal. After doing some particularly hard chore, can you remember, how your body ached, as muscles reacted to being moved after long dormancy or little use? That is the world of bodybuilding. Mind you, there are several levels. If

you choose weight-training just to keep in good shape, an hour or two a week will suffice. There will be pain, of course, but it will be minimal. Your body is telling you it is improving.

Professionally, it is not an hour - weekly or daily but at least three hours a day. It is so carefully co-ordinated, one could easily call it scientific: building up of muscles in each part of the body until they are sculpture-perfect. An ounce of fat showing anywhere would be disastrous.

As for the "pain of improvement", these individuals could give masochists a run for their agony. They need to have a love of bodybuilding to stay with it, for when the "pain of improvement" begins, when the muscles are gorged with blood, they continue. The members of this physical community must feel a real brotherhood, for it is at the point of utter exhaustion that the line between devotee and fad becomes evident. They promise everything, from money to things illegal, to get their fellow bodybuilders to do that little extra, to

continued on page 14

Polish Emigrants

continued from page 4

erty, freedom and a quiet life are what we expected from Canada," says Marysia.

She was angered by Prime Minister Pierre Trudeau's assertion that martial law was imposed because of Solidarity's "excessive demands."

"All Solidarity is asking for is decent wages for hard work and a freer access to the media. The prime minister showed he does not understand the situation."

Marysia says that although Canadian journalists do their best to cover strife-ridden Poland, they lack insight.

"I compare their reports with Radio Free Europe's and Voice of America's programs on shortwave radio and the difference in tone is amazing. I don't blame the reporters: Canadians cannot even imagine what it's like to live in such a system."

It is Montreal's architecture that struck Marek. "Everything is so new." Resource squandering shocked Marysia. "In Poland, for instance, we value paper because it is scarce. We collect old newspapers and sell them to recycling firms. I can't get myself to throw them away nor the profusion of bags we get from stores."

Marek is presently studying French 35 hours per week. Marysia volunteers her help at the Polish Canadian Congress. They do not intend to return to Poland until they obtain their Canadian citizenship, in a little less than three years now. A family reunion is however planned for 1984 at Marysia's brother's home in France. Then, there will be no need for a detour in Austria.

Along with the United States and Australia, Canada is a chief immigrant-receiving nation in the world today. Last year, the country wel-

comed about 122,000 people, of which 1533 were Poles (from Jan. to Sept.). Pierre Fallu, spokesman for Immigration and Employment Canada, expects 2,000 this year.

But this is not a quota, says Fallu. Last summer, for instance, more than 250 people aboard the Stefan Batory cruiser asked for asylum. More recently, 80 dancers from Slask folklore troupe were expected to defect.

"The political and economic situation in Poland as well as their potential for a successful settlement in Canada will determine their admissibility as permanent residents at the term of their 12-month stay," says Fallu.

According to the immigration regulation, one cannot apply for Canadian citizenship from within the country. The request has to be submitted either from the country of origin or the asylum country's refugee camps. Nevertheless, the federal government's policy is flexible and allows for exceptions. Consequently, there are no illegal Polish immigrants in Canada.

"All the Polish seamen who jump off boats or those who come as tourists and decide not to leave the country seek to regularize their situation and report to immigration offices," says Fallu.

The immigration process for the Poles arriving from Austrian refugee camps (first asylum country) is faster than for the self-exiles. It ranges between two days and two weeks.

After having been submitted to a medical examination and a security test (criminal inquiry), the first step is to house the applicants, says Fallu.

"At our request, the Polish Canadian Congress assists those who don't have any relatives here in finding an apartment. They are also

entitled to public assistance based on the social welfare benefit scale for a year."

The Polish Canadian Congress, along with some social and religious organizations, such as the St-Wojciech Mission in NDG, provide newly-arrived immigrants with information, referral, interpretation, orientation and counselling services. In addition, immigrants are offered full-time French or English immersion courses as well as career oriented courses. The program, Orientation and Formation Centre for Immigrants, known as COFI, is subsidized by the provincial government. The federal government remunerates the students.

The newly-arrived immigrants from Austria's refugee camps and self-exiles alike have access to the labor market. Furthermore, Canada issues a yearly average of 13,000 temporary visas for foreign workers. But they are not taking away Canadians' jobs, says Fallu.

In 1980, for instance, 1546 entrepreneurs and self-employed immigrants coming from around the world brought \$360 million into Canada. They created a minimum of 2,561 jobs.

Fallu explains that immigrants, because of their precarious situation, are more willing to accept any jobs than domestic workers. Canada Employment Centres' services are available to them and protect them against exploitation.

"Our policy is to find work for Canadian citizens first. Nevertheless, the Canadian embassy in Vienna tries to select from the refugee camps skilled workers who will supply the country's demands which cannot be obtained from domestic sources in the short term," says Fallu.

The presence of a relative in Canada also has some influence on admission. Family reunification has been and is one of the traditional foundations of Canadian immigration policy. It is via such a program that Marysia's mother will, one day, join her in Montreal.

Figuro



Agenda

continued from page 2

• **GIRLS, WANNA HAVE FUN?** Then, come join Women's Intramural Basketball. Starting Oct. 14-Nov. 26, Tues. & Thurs. 3-4, Fri. 2-4. Register now at the Sports Complex: See you on the Court! Fri. Oct. 17, Tues. Oct. 21.

• **LOS IS BACK:** we need management and P.R. personnel. Leave us your name and phone number at CUSA (SGW) or at either English Department offices (SGW or Loyola), or call 937-4896. Deadline is December 1st, 1982. All poetry, prose and formal essays on literature will be considered. Entries must be typed and include a SASE and your status at Concordia (i.e. student, staff, faculty). For further information contact either English Department.

Repressive censorship

MONTREAL (CUP)—The South Africa Divestment campaign at McGill University may have hit the skids thanks to its students' society.

At the society's recent council meeting, the executive committee unveiled a proposal to dramatically alter the terms of reference for the South Africa Committee (SAC).

The committee, established by council in the 1979-80 academic year, has been urging the divestment of McGill funds from corporations and banks operating and investing in apartheid South Africa.

Under the new terms, the committee will have eight members, all with voting rights. As council will also determine who will sit on the committee, the majority of present committee members will be prevented from being involved in the decision making process. Representation is expected from student faculty association presidents, students' council and the executive committee.

In explaining the new terms of reference to council Benjie Trister, external affairs vice-president, said "to put it bluntly, we've been having some problems with the South Africa Committee in particular". Trister, however, did not substantiate his claims.

Elise Moser, co-chairperson of the committee before it was restruct-

ured, considers the restructuring to be a blatantly political move on the part of this year's executive committee. "It is the most repressive means of censorship," she said.

She attributed the restructuring of the committee to an agreement between the executive committee and the administration.

"They're essentially being paid off to work against the divestment. Make no bones about it, they're out to destroy any visible opposition to the administration and the board of governors."

During society elections last year present executive members avoided supporting the mandate of SAC.

Moser said in discussions with Trister and Bruce Hisks, internal vice-president, she learned that the committee's integrity is being sacrificed for the promise of administration co-operation with the society in other areas.

Moser said that the executive's actions were "a corrupt and dishonourable way of going about things," in an attempt to frustrate the mandate SAC received from university students.

Full implementation of the new terms of reference, which will also affect the El Salvador Committee, is expected after council gives its approval at its Sept. 29 meeting.

Fair test shows munchies not only pot after-effect

(RNR-CUP)—In a report praised as even-handed by advocates of legalizing marijuana, the National Academy of Sciences says current evidence of its health effects is cause for "serious national concern."

The report, prepared by a panel of 22 health professionals, cited a number of short-term effects, including impaired coordination, memory loss, brief periods of anxiety and decreased sperm production. The group said it has found no long-term effects on the nervous system or fertility, but cautioned that this may be due to lack of proper research.

Director George Farnham of the National Organization for the Reform of Marijuana Laws says he was impressed by the objectivity of the report, which he described as pointing out that pot is not completely harmless while at the same time debunking the notion of "reefer madness".

MAKE IT A Carlsberg

Last of the Amazing Red-Hot Record Reviews

Da, Da, Da - The Album Trio

"Da, da, da"... No, these are not the lyrics of the latest soviet hit, but those of the German band, Trio's first song to puzzle North American ears.

"The first time I heard 'Aha, aha, aha' on the radio, it sounded so dumb I thought the D.J. was running wild" is an often heard comment. The song is simple, short and bitter-sweet. It's also catchy, rhythmic and does not take itself seriously.

For those of you who wish "Da, da, da, I don't love you, you don't love me" were not quite so dumb they could enjoy it without feeling embarrassed, there is *Da, Da, Da the Album*.

The album, contrary to what one

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might expect after hearing Stephen Remmler, the vocalist, string out his cynical, flegmatic "Ahas," contains many fast paced, punk-style songs. It cannot be classified in any specific category, one of the songs tending more towards reggae, another towards rock, and *Da, Da, Da* being absolutely unclassifiable. The main characteristic of the album, however, is that it offers good quality entertainment.

Guitar, drums, synthesizer and vocals are used very skillfully to render a different mood for each song. The all prevailing mood being black humour and cynicism. All the songs are tinged with different shades ranging from despair (Halt mich fest, ich werd verrückt, hold me tight I'm going crazy) and anger to mockery and "frolic" as Trio coins it.

The bleakest song of the record is "Kummer" which means sorrow. The song starts with the sound of church bells blending in with the slow hollow death-beat of the drums and then with Remmler's dark, hopeless voice stirring feelings which are akin to what one might feel before committing suicide.

The next song is about the same subject "Broken Hearts" and yet it is treated in a totally different bitter-ironic way.

"And the monkey wrapped his tail around the flag-pole
To show his arse-hole
To the one, two, three.
Broken hearts..."

I should add that Remmler is a very convincing actor. He doesn't even need to sing to make a song interesting. "Sabine" is not really a song but a tape of a guy trying to seduce a girl on the telephone against the backdrop of a song on the radio. The whining guitar actually seems to be mocking the guy as he speaks. Remmler is so good it doesn't really matter that the lyrics are in German. I will tell you the gist of it if you care; guy wants to but girl doesn't.

Trio start and finish the album by plugging themselves in such a charming humorous way that you abso-

lutely have to forgive them. The starting plug is definitely punk. In it they call for the audience to give them their money and their sympathy. The ending plug is a spin-off of Harry Belafonte's "Misere" only instead of singing "Eo" the sing "Trio" and break up laughing at the end.

There are three members to the band (surprisingly), Remmler, Peter Behrens at the drums, and Kralle Kravinkel ("Claw" Kravinkel in English). "We are all 33. We have all been 33 for three years and will continue to be as long as Trio exists. We don't talk about anything that happened before Christmas 1980," say Trio. Meditate on that if you will. Christmas 1980 is when the band was formed.

The P.R. sheet we got says that Trio put on a very good show on stage. Judging by the album it seems quite reasonable to assume that they do. You might be able to catch one of their tapes...?

- Carmen Cuiti-Prieto

One Vice At A Time Krokus

On the kiddy-rock scene, a troupe of pseudo-fiends called Krokus would

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like to revile us with *One Vice At A Time*. No thanks, you naughty boys.

This miserable album comes off as a studied tribute to heavy metal drive. It plods along the Van Halen and Loverboy formula lines, but can't even keep up to their lousy demands.

You've heard it all before. Numb, chainsaw guitar and pussycat-snarl vocals laid out over a feeble boom boom boom plan. You can almost see the dry ice mist. The roving mobs of noisy little brats that go in for this sort of junk music will feast on such an anemic L.P.

The album's intended showpiece is *Long Stick Goes Boom*. Despite its haunting romanticism ("It's the time for a ride tonight/to be with you I'd risk a fight") this is flaccid piece with that certain "je ne veux pas savoir quoi" that CHOM slops out 24 hours a day to fulfill its role as Radio of the Clods.

The plywood gates of Hell depicted on the album's front and rear covers are a scary bonus.

- Philip Coristine

Revelations Killing Joke

Ah yes... Killing Joke. The ultimate apocalyptic band. They were so convinced of the message they preached that the band recently disbanded, with three of the four members retreating to Iceland, reputedly a safe place to be when the holocaust arrives.

Which brings us to the third, and probably final Killing Joke album *Revelations*.

The band's approach to music has remained virtually unchanged,

drenching guitar-bass-drums-attack coupled with the most pessimistic lyrics heard this side of Joy Division. The pounding, ruthless beat does become difficult to enjoy, but it provides the appropriate atmosphere for their message.

The album was produced by Conny Plank, which seems ironic, for Plank is better known for his work with Ultravox and Brian Eno. It all seems incidental, for Plank's wizardry is virtually unnoticeable here.

Don't let some of the song titles fool you. "Have a Nice Day" and "Land of Milk and Honey" (an attack on the music industry) are just two examples of the mean, negative and hopeless attitudes brought forth. In my record collection, Killing Joke stands alphabetically beside Joy Division...it figures.

- Dave Klimek

Another Grey Area Graham Parker

If one were to approach this record syllogistically, it really should be a great album. Graham's career has been, up to this point, (a) publicly unaccepted (b) critically drooled over and (c) perennially lost in the promotion shuffle. Usually when these circumstances arise, they tend to give birth to that creature known as "the cult artist"; someone who becomes irrevocably doomed to release overlooked masterpieces for the rest of their lives.

No-one fits that cliché better than Graham Parker, which is why it's so particularly discouraging that *Another Grey Area* is the worst album

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he's ever released.

Parker's soulful blend of maximum R'n'B that permeated his two 1976 albums *Howling Wind* and *Heat Treatment*, was almost a God-send amidst the wasteland that was pop music in pre-punk Britain. His backup band the Rumour, culled from the best of the pub rock scene, was easily the most potent concoction anyone had assembled to flank them in ages. The mix of the Rumour's instinctive precision and Parker's cathartic anger translated into those first two albums and made them the classics they are.

Which brings us to this year's *Another Grey Area*, in which we find the Rumour departed and a motley crew of lacklustre studio musicians in their place. The competency of these people is probably well established, but as a cohesive unit they lack even a fraction of the Rumour's potential. Jack Douglas' perfunctory production leaves a lot to be desired, in fact, it's so anonymous, it's hard to find fault (an insult).

Douglas' job is symbolic of what the problem with the album is - the overwhelming blandness of the total effect. Parker's rage has narrowed into a sort of cloy crankiness, the

moves are still there but any bite is gone.

"Temporary Beauty", for instance, the single from the album, is the strongest cut on side one - yet it's as forgettable as the last episode of "The Facts of Life". The lyrics are a major downfall throughout the album. Parker displays a didactic penchant for trying to win a place in the rock'n'roll vernacular by building his songs around their titles and trying to pull them off as truisms - which he's done before but falls flat trying here.

Also missing and presumed dull is Parker's unique wit. Not once on *Another Grey Area* can I find any of the trademark "Parkerisms" that set him apart from the competition on his previous albums.

What seems evident on this album is the fact Parker now feels comfortable within the system, and is apparently content to turn out product rock - like this album. When he sings "I'd rather burn than sing" at the beginning of side two, it's an unintentionally ironic self evaluation.

I can only hope he means it again before the next album, the thought of Graham Parker becoming disposable is most disheartening.

- Stanley Whyte

Promised You a Miracle Simple Minds

The newest release from the Simple Minds, the 12" single *Promised You a Miracle* (Virgin) entices the listener with a funky/dance groove and reflects more life than the band generally showed in the past.

The Simple Minds appear to be straying from the label of "electronic band" and are now venturing into a slightly alternate direction. Jim Kerr's vocals continue to get better - perhaps the experience is finally beginning to pay off, and the band continues to present themselves competently, especially in this somewhat new role they have adopted.

The B side has two tracks - "Theme for Great Cities" (a good repeat from

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Sons and Facination) and an over-extended instrumental re-mix, *Seeing out these Angels* (courtesy "Sister Feelings Call"). But for a cheap price, about 17 minutes of music, and the very catchy A side, it's more than worth it.

Now if only the Simple Minds will test out this formula, instead of only tampering with the odd bopper as they did in the past. This new direction is a refreshing one.

- Dave Klimek

Fabrique Fashion

Fashion's debut album, *Fabrique* (Arista) is an interesting alternative for today's dance floor crowd. Although employing synthesizers and keyboards, they are used richly to give a deep texture to the music instead of an antiseptic one so pre-

dominant in dance bands today.

While this record will probably have the floors gyrating at dance clubs, it also proves as fascinating for sit back listening.

This is again due to the rich flavour - the lush sound that emanates over and around the pulsating beat.

Fashion's approach to music is a refreshing one. Their dance oriented music is appealing to both dancers and non-dancers alike, and *Fabrique* makes for an interesting start.

- Dave Klimek

First Edition

I have a soft spot in my wee heart for compilation albums fringe music and unusual looking records. That is why it turned to mush when I got this review copy of *First Edition*.

First Edition is a sampler of material on the Editions EG label which is being domestically distributed by Polygram. All of the material on this album has been previously released but was hard to find or only available on import.

The songs on this 10" album (purple coloured to boot, it's real cute) are from diverse sources, such as the original Adam and the Ants, Brian Eno, The Lounge Lizards, Robert Fripp, Phil Manzanara, Edifanko, Penguin Café Orchestra and Jon Hassel. With 15 tracks, the unusual size and the wide range of musical styles, this disc is just like those boxes of assorted chocolates. Unless you know the box by heart, you can never be sure what type of candy you are taking. I like the hard crunchy ones like *The Seven Deadly Fins* by Brian Eno.

This does not mean that the ones with soft chewy centres aren't good, which brings us to Penguin Café Orchestra.

Penguin Café Orchestra

This self titled 12 incher is the product of a group of musicians lead by eclectic Simon Jeffes. Taking up two tracks on the Editions Eg *First Edition* sampler, the album is very alternative music, using a selection of instruments which include guitars, cuatro, piano, bass, dulcitone, harmonium, synthesizer, rubber bands, telephone, penny whistle, viola, bongos, ukelele, oboe, violin, cello, and cymbals.

The 15 cuts on this album were recorded between 1977 and 1980 at the Penguin Café, of course.

You probably won't hear this album at your local dance club, or on Montreal's only RAWK. Though recorded live there is no tedious, "We're the Penguin Café Orchestra WON, TOO, THREE, FOOR! ca-chunka-craash-boom shwoosh.

This is a very melodic album with interesting musical textures and concepts that are unhhmm, amusing conceptually.

This is an album with various 'feels' to it; parts of the album feel like chamber music, parts feel like melodic avant gard electronic music, parts feel like folk music from various nations.

The sum of the feelings about this album are that it is an eclectic album for eclectic people by eclectic musicians.

- D. Wish LaCoste.

**Love Over Gold
Dire Straits**

After wallowing in mediocrity for its last two albums Dire Straits has finally come out with a disc worthy of its talents. *Love Over Gold* breaks out of the commercially directed rut that leader Mark Knopfler has led the band into.

While previous albums were filled with formula, playable AM radio type songs, this, their fourth album will definitely not receive a great deal of radio play if for no other reason than song length. The shortest song on *Love Over Gold* is six minutes long.

In foregoing what is economically expedient Knopfler, composer on all tracks, has decided that artistic integrity and what he has to say are more important than the air play which equates into sales. The result is five songs, each a fully developed area, which fits into the album's theme.

Love Over Gold is a depression era album. Knopfler discusses the ills of industrialization, alienation, and man's quest for a warped sense of values.

Knopfler's distinctive guitar style once again leaves its signature on every track. The album, however, is musically noteworthy not just for the guitar work. Drummer Pick Withers joins with keyboardist Alan Clark and Knopfler for a number of evocative passages.

Love Over Gold clearly indicates that Dire Straits and its leader have matured. Knopfler has obviously reached the point where he can take himself and his music seriously.

—rob clément



**The Lexicon of Love
ABC**

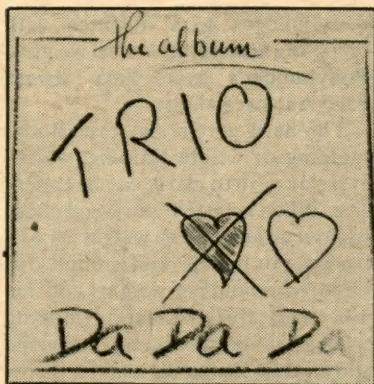
The Lexicon of Love, the first album from the British band ABC comes after three successful singles in England. Headed by Martin Fry, *The Lexicon of Love* runs the gamut of, what else, love songs.

The best song on the album is probably "The Look of Love" a funk love song complete with disco hand claps, synthesizer bass lines, snapped string bass guitar, synthesizer string arrangements and Martin Fry's deep soulful singing.

Some of the other songs on the album are so hooky that after a few listens you find yourself humming them while having a good time in rush-hour Metro or on the way to an exam. Catchy tunes such as "Poison Arrow" and "4 Ever 2 Gether" will do the trick.

One interesting aspect of the production by Trevor Horn is the extensive use of digital synthesizer for the string effects. This sophisticated high-tech approach gives lush rich sounds that make you ask, 'Is it real or is it Fairlight?'

There is a fair amount of musical variety in this consistently electro-funk-disco-pop material, which is already playing in Montreal dance clubs and creeping onto the radio airwaves.



**Black Theatre Copes
Despite Funding Cut**

•by Annie Simon•

Clarence Bayne says that theatre is an expression and a development of the people. Bayne, president and manager of the Black Theatre Workshop BTW has proved that statement in 15 years work with the BTW.

The Black Theatre Workshop has begun a subscription series this year to allow them to continue as an expression and development of the people.

Funding Difficult

The subscription series could stabilize the often precarious funding of the BTW and "make ourselves independent from the biases and prejudices of the funding agents," said Bayne. The Black Theatre Workshop received only a \$5,000 grant this year from the Canada Council toward the production of three plays.

The three plays in the series will begin September 30 with *The Caretaker* by Harold Pinter. *Pantomime* by Derek Walcott will follow in February and *Damn You Joey* by David Freeman, author of *Creeps* will end the series in June.

The subscription costs will save you between \$6 and \$10 on your season ticket.

Tuesday, Friday and Sunday evening performances are \$15. Saturday evenings are \$18 with previews only \$10. Students with their I.D. can attend student evenings for \$12.

The company is presently secured at the Centaur Theatre where they receive the best fringe benefits such as borrowing Centaur props, box office services, management, publicity and ushers.

Student Audience

Various groups including students, make up the audience of the BTW. Even though students don't make up the majority of an audience, they are a "sympathetic audience that would want to seek out such outlets for cultural entertainment," said Bayne.

If there were more students in the theatre audiences, maybe such cultural groups as the BTW could prove themselves as being part of an artistic form which isn't geared towards one cultural community, but with one and all. Neither race nor colour is of any importance, it's the human contact this particular theatre group are concerned with. To call about information on the subscription series, the numbers are 489-3500, 739-3500, 733-5424, 879-4048 and 482-1206.

**Mao Mao, Chaotic Sound
Orderly Video Visuals**

•by Martin Holley•

Mao Mao didn't want to sound too slick when they played at the Zoo Bar Tuesday. Peter MacMillan, drummer for the band said that they didn't want to sound too professional if it meant working on the same songs over and over until they became perfect and stagnant. They wanted to retain some spontaneity.

Mao Mao have been together for about eight months, this fact and an anti-commercial attitude caused many of the problems the band had on stage.

The Lineup

A new sax player who had been with them a short while and a guy on synth who just sat in, did not help their effort. It must be said in their favour that they have possibilities. They were loose, almost chaotic in their sound — disastrous on some pieces, while very effective at other times.

The lineups of saxophone, a bassists who sang in her shrillest voice, a guitar, drums and synthesizer opened many possibilities for the band, which they sometimes utilized and at

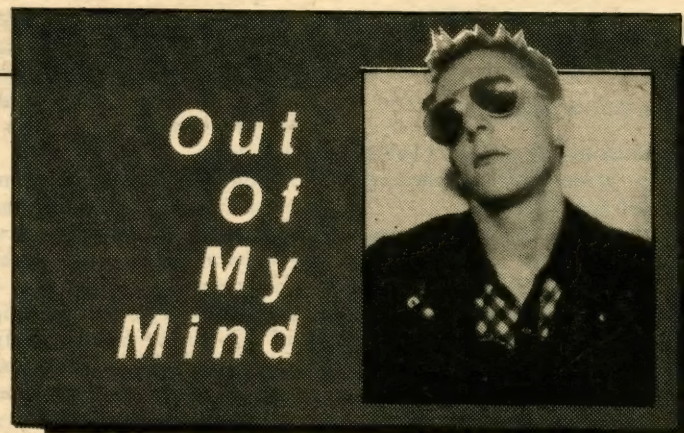
other times put to gross misuse. The sheer cacophony of their fast songs were somehow reminiscent of the Contortions, while their slower songs were of a Roxy Music before they'd got their act together.

Mao Mao was amateurish on stage, lacking in the timing so crucial in selling music to the audience, and because of it they scared a large portion of the crowd away.

Videos Best

One very important aspect of the show was the use of videos the band made. The videos that were shown along with the performance seem to be a good direction for them to pursue. Their surreal and sometimes psychedelic visuals, along with occasional musical highs were the show — the rest just held together.

Mao Mao has no immediate plans for more live shows, but hopes to have a tape of studio material together for commercial consumption in time for the Christmas rush. Before making a decision on the band a listen would be in order. Fleeting moments of interest were the best the show could provide.



•by Jim Carruthers•

If you are a cinéaste, you may be familiar with the scene in *Modern Times* where Charlie Chaplin is caught in those big cogs of a gigantic machine.

That is the sort of feeling I have this week concerning freebies, as they are known in the business.

All of the records that have been reviewed this issue come to us courtesy of Polygram records. We did not pay for them, and so we are expected to say nice things about the records that the very co-operative people at Polygram sent us, otherwise they might not send us any more to review.

As you can see from the review, the writers wrote what they thought of the records they were given to review; some liked the albums, some didn't. All that is expected is that the writer be fair.

I feel like Chaplin caught in the big cogs of the gigantic corporate machine. I am not in the least concerned if *The Link* never receives another "free" record from the big distributors. At least we will be totally free of the gigantic machine and start dealing with normal sized cogs. Normal sized things like local musicians, free or very cheap entertainments, independant records, independant movies, dance, theatre and art.

Everybody likes freebies, but they are not essential or compromising. We appreciate the attention that large corporations give to us, but it is not essential to our existence. There is no such thing as a free lunch, and it is important that all of us recognized how we pay for the freebies.

•••

I have to confess that I am something of pop culture pariah. I will even admit the reason for this belief. I don't watch television; don't even miss it (large corporate cogs, y'know). My feelings for television are akin to liver which I don't even like fried with bacon and onions no matter how many times people tell me how good it is.

This does not mean that I am isolated from the McClu-nesque global village. I listen to radio. Often. Sometimes with a consenting adult. Even early in the morning, at lunch, in the afternoon, perhaps even a quicky before supper.

That does not mean that I avoid television because I'm an intellectual snob; at its best television only ignores the fact you may be intelligent, at its worst radio brutalizes it and stomps on what is left.

When radio is done well, it has been known to enlighten and even make masses huddle. When it is done badly it has been known to drive reasonably stable persons (like myself, contrary to rumours you may have heard) to the brink of frenzied distraction.

Most of the radio in Montreal is done badly. It is pathetic. The corporate dollar rules Montreal radio and if the programming will not sell something to some mindless clod with a few bucks then it rarely makes it on the air. More cogs for us to get caught in, especially if you don't see yourself as a mindless clod.

There is very little quality programming in Montreal and the alternatives only cater to those who have special interests. For example, I enjoy listening to CFMB from midnight until the hell and brimstone hour at 6:00 a.m. but not everybody is into staying up all night or listening to alternate music.

The problem is that most radio is no longer entertaining, it has become a sonic pacifier, a sucker of your ears that is offered by the corporate world government that we haven't voted for, yet.

What can we do? We can scream and yell at the radio stations, but that calls for popular support and it is obvious that most people are contented with their aural opium. We can support all of the alternative stations we can find; how? By listening to your community radio station.

The last solution is the most obvious. We can drop out. Walkmans haven't sold well because they're cute, don't cha know. Maybe I don't like radio that much, now recorded music, there's something...

•••

This is an erratum notice: I am very sorry to all involved that the date for the Main Film showing of independant films was wrong in Tuesday's paper. The correct date is FRIDAY, September 24th, at Cinema V. I will now go smear ashes on my face for my stupidity.

•••

We want you as a new recruit: Do you want to kick the entertainment world in the ass? You haven't joined *The Link* yet? It's not too late! Be an entertaining agent of social change.

Bodies

continued from page 10

try for those five or ten extra bench presses or sit-ups which are the keys to physical perfection.

In order to get the best out, one must put the best in. All bodybuilders' diets stress whole grain foods, fresh fruits and vegetables and such "superfoods" as wheat germ, milk and blackstrap molasses.

Blackstrap molasses is removed from raw sugar to make it white. It

contains all the vitamins and minerals which qualify it as a "superfood". All bleached, or white foods, colas, coffees, teas and highly sugared foods are considered no-nos for bodybuilders.

In addition to this, companies involved in providing equipment provide protein compounds, iron and mineral supplements such as iron-liver tablets, weight-gain formulas. In fact, a plethora of supplements too numerous to mention. For those engaged in bodybuilding to keep in shape, the supplements are a definite asset. For the hard-

core bodybuilder, they are necessary.

As for the weights, you have two choices: buy a set for yourself or join a gym. Buying a set gives you the luxury of training when you want to, the size of the set limited only by your pocketbook.

On the other hand, a gym will have greater varieties of equipment. If you are really enthusiastic, get the gym director to work out a schedule for you. If he knows his stuff, he should be able to direct all facets of your bodybuilding career.

By the way, in my years of weight-training, I have never heard of a real

bodybuilder's gym outfitted with carpeting and stainless steel weights. Bodybuilder's gyms have always been real sweatshops.

The hard part is the cost. Bodybuilding or weight-training, whichever you wish to call it, can be expensive. When I started training, I chose to do it at home. The weight set of a barbell, dumbbells and about one hundred pounds of weights cost me less than forty dollars. Looking through a bodybuilding magazine shows that the same basic set now costs twice as much.

More weights when you improve

will make it one hundred dollars.

It is a good sport for those who can afford it. For the student on a limited income, it is still not difficult, but you may find yourself spending all your extra money on it as you improve.

What does the bodybuilder get out of it? When you start pumping iron and the adrenalin flows—a great natural high. As you improve—the feeling of being in top shape. Those who pose at contests get a high from the sheer excitement of it.

Arnold Schwarzenegger, one of the world's top bodybuilders and recently famous as Conan the Barbarian, claimed that whether he was training, posing at contests, or just showing off, he was always coming.

Such things as contests, where you go onstage in bikini trunks, body bathed in oil to bring out every line and that accentuated by the poses, are another world. They must be experienced to be believed.

The Weider brothers have done their best too. They started the International Federation of Bodybuilders which is an organization helping bodybuilding be recognized around the world. Bodybuilding has gone from obscurity to a globally known and respected sport and art.

GOT YOUR WIRES CROSSED?

With exams and graduation on your mind, you may be puzzled about career choices and decisions. One thing is clear at Mitel: we're looking for new grads.

Mitel Corporation is a Canadian company engaged in the business of developing, manufacturing and marketing products for the communications industry worldwide. The competitive edge of Mitel PABX switching systems is largely due to the close relationship between hardware, software and semiconductor design engineers together with the Company's capabilities in semiconductor manufacturing processes.

New recruits on the Mitel team are offered the unique opportunity to work with dedicated professionals and to expand their own ideas, using the most advanced equipment available. All in all, Mitel can offer you a very exciting career. Interested? Send us a resume through your career placement office, uncross a few wires and see your way clear to a rewarding future.



Scuba

continued from page 9

be unnerving. On the other hand, once the object is found, you can leave your fears behind and get on with the job.

On reaching the grader, the next problem was to locate the operator. It was possible, that in the grader's fall the man had drifted free. As it turned out, Issac was in the cab. After considerable difficulties, we freed his body, and brought it to the surface. There the RCMP took charge.

It isn't often we are called out to do this type of work. Needless to say, it's an unpleasant affair. Often the RCMP will deal with drowning victims themselves. But when the task involves the greater risks associated with deep water, ice, strong currents, or isolation, a commercial diving outfit is usually contracted. Fortunately, we usually find ourselves at harbour sites, dams, or laying pipelines. But these wouldn't make as interesting a story.

Bikes

continued from page 8

parked cars on the side of the street on which you are travelling. When there are, it is much safer to give them at least three feet of clearance. This extra space will enable you to avoid car doors suddenly opened by careless drivers.

When approaching a vehicle that is blocking your path, don't be afraid to merge with traffic in order to pass this obstacle. Just clearly signal your intended action and try to establish some eye contact with the driver in front of whom you will be turning. It's alright to take a full lane for yourself, but make sure nearby motorists are fully aware of your intentions.

By following an intelligently calculated strategy of assertive and defensive driving, you'll make your city cycling safer, quicker, and much more enjoyable.

Ice training is different now

•by Barry Silverman•

Time was, in the not too distant past (like the 1950s and 60s) when a hockey player from Kirkland Lake, Montreal, Flin Flon or anywhere else in Canada felt secure that there was no other nation which produced better players than his. It was a reasonable assumption. After all was there anybody better than Richard, Howe, Hull and Orr?

Well, as the cliché goes, a funny thing happened to that presumptuous Canadian attitude toward hockey. That funny thing was exposure to the Soviet style of hockey, and more specifically that memorable series in 1972, when Canada was brought to the brink of defeat in a sport which we call our own.

"The impact of that series changed the sport," says Concordia's Athletic Director Ed Enos.

Enos should know, he has visited the Soviet Union more than 20 times in the past 10 years (including this summer) and he is recognized worldwide as a leader in the fields of exercise science and sports medicine.

"When we started to examine what happened after that series we saw that the Soviets weren't anymore skilled than we were, nor did they have some divine light guiding

them. The difference was conditioning and training."

It is not coincidental that the fitness boom in Canada began shortly after the 1972 series. The contact between Soviet hockey players and Canadians ushered in a whole new era in sport.

Enos says that for too long North American sports administrators, coaches and players have not utilized the resources available to them. "In European countries, they develop conditioning programs for youngsters and carry them through to their adult life. Over here, we don't — or we haven't been communicating with people in the laboratories doing scientific research on sport."

Enos says off ice training can flow of information in all areas of sport, from the people working at the grass roots level, to the researchers and to the coaches and players.

Training for any sport, but specifically hockey, Enos stresses that a well-conditioned athlete is a more capable athlete because he is less susceptible to injuries. "Training off the ice is a good psychological factor too. If you're on the ice all the time it's a good break to go out and play soccer or something like that."

"The advantages of dryland train-

ing, as opposed to on ice training is to create a conditioning factor. "On the ice," Enos says, "all the players are so skillful and skate so easily that it's difficult to get their heart rate up, whereas on dry land the effort required raises the heart rate to an acceptable level."

Round the world, over 90 per cent of all junior, university and pro teams use an off ice training program. Enos said only the minor pro teams on this side of the Atlantic don't stress off ice conditioning. The number of teams has changed drastically since 1972, when there were only about five per cent using an off ice program.

Hockey training has entered a whole new phase in this country over the last 10 years and philosophically the idea of conditioning has sifted down to the kids playing in the local arenas. "We have people playing in the National Hockey League, or right here at the university who have had exposure to exercise science and physiology." Enos feels because the professionals has supported the concept of conditioning then the youngsters playing now will view a conditioning program as beneficial and not a waste of time.

Dave King, coach of the University of Saskatchewan Huskies, runners up for the Canadian intercollegiate hockey championships for the past two years says that North American hockey players have accepted year-round training as a fact of life. But King's beef with training methods is he believes off ice programs are too often boring for the players.

Enos says off ice training can take many forms, from jogging, cycling, tennis and soccer to just running along a beach or doing stretching exercises.

Little did we know back in the early 1970s that off ice aerobic training and cardio-vascular training could be part of hockey jargon like poke check or from-the-point are. The Soviets showed Canadians what training and conditioning can do for small, relatively mediocre hockey players. Over the past ten years researchers like Enos have been trying to sell conditioning to people involved in all areas of sports. The progress made over this time has been large, but Enos says it won't be until the next generation before we see tangible results from Canada's fitness boom in the 70s

Med student to do internship here

•by Avi Goldstein•

A marathon runner with roots at Concordia will become the University's first-ever intern in sports medicine and exercise science, when he begins his internship on Oct. 1.

Daniel McNamara, a medical student at the University of Montreal, will be serving under the University's physical education and athletic director, Ed Enos. Enos is recognized as one of the world's leading exercise science and sports medicine authorities.

McNamara's internship will be in two Concordia Departments. In the physical education department he will concentrate on injury prevention and emergency treatment procedures.

In the exercise science department he will work for the new Sport, Fitness and Recreation Clinic. He will be using much of their latest equipment, including the cybex unit, which isolates a joint and measures the strengths, weakness and amount of pain caused by an injury.

McNamara is the first medical

student to do his internship at Concordia, and Enos is hoping for a long and successful relationship between the University and McNamara.

"He's going to be here officially a month, but he's already been here, so we're hoping that he'll get caught up in the enthusiasm of this place. And, as much as he is here as a student, we also realize his expertise because of his medical training... He'll be a good fellow to have around and hopefully he'll come back here when he officially gets his M.D.," Enos said.

Enos said that McNamara combines a strong academic record with practical athletic experience, which should serve him well.

"Daniel has achieved an outstanding academic record and with this practical experience as a marathon runner I feel he has the potential to become one of the bright young doctors specializing in Sports Medicine," Enos said.

McNamara is the son of Concordia Philosophy Professor, V.J. McNamara.

Gridders face test with undefeated Ottawa

•by Brian Devost•

The Stingers football team travel to Ottawa this weekend to confront the undefeated Ottawa Gee-Gees, ranked seventh in the CIAU.

As a result of last Saturday's loss to the McGill Redmen, the Stingers slipped from the fifth to the tenth ranked team in the nation.

The Redmen are now ranked number two in Canada behind

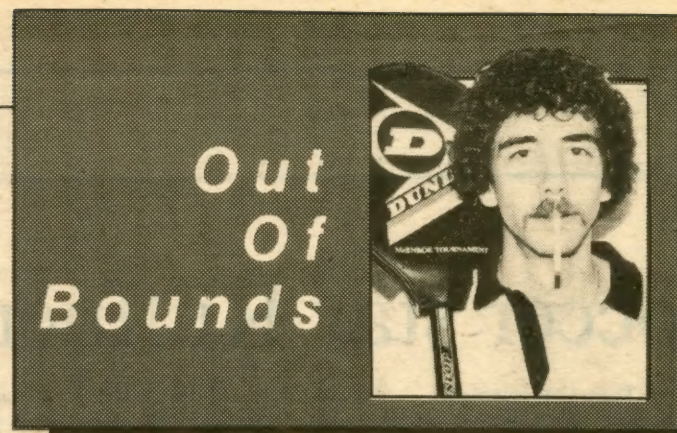
the University of British Columbia.

The Stingers might win on Saturday if they can overcome mental errors. The Shaughnessy cup was a big loss for the Gridders but knowing the spirit of the team they should be able to put all the obstacles aside, go out and play a tough football game.

The Stingers will be without the services of George Kioussis, Neville Geolin, Peter Chrysumalis, and Mike Heathfield. Heath-

field, who was named all-conference last year, will be back next weekend for the game against the Carleton Ravens.

Returning to the lineup will be Mark Simpson who suffered a slightly stretched knee ligament in the game against McGill. Mark is the league's leading rusher so far this year and chances of the team giving the Gee-Gees a run for their money would be very slim without his help.



Technical foul

•by Barry Silverman•

The other day I spoke with a fellow who adds a great deal of character and dedication to this city.

His name is Bob White. And for those of you unfamiliar with Montreal's many faces. The Gazette unofficially calls him the minister of black cultural affairs. From time to time he's seen with some of the city's pro athletes and he's also seen working hard for some of Montreal's poorest youths.

Bob White was born and raised in Montreal, and for the past seven years he has tried to help kids "get out" of an area he grew up in. During that time White has been running the westend sports association in Little Burgundy. The area wasn't always called Little Burgundy, after World War II it was referred to as the west end. A sociology teacher of mine, back in CEGEP simply called the area which is bounded by Wellington, the east-west CPR tracks, Atwater and Peel a grey, working class district which started at the river, but never got north of the mountain.

Over the past seven years White has built a basketball program in the area which turns out athletes capable of playing in major U.S. colleges like Georgetown and Dartmouth. But that's not all White has built. He's turned basketball into a catapult for kids in Little Burgundy, where the average annual income per family hovers at \$5,000. "Basketball is a way out for these kids here, they can get involved in something that's really good for them, and they can meet people," White said.

"The kids here are behind the eight ball to start with, if I take them off the streets — where they're only gonna get in trouble anyways — and give him basketball he can use the sport as a tool to get out."

White is a Canadian, and proud of it, but he's not proud — perhaps ashamed at the way he's been treated by all levels of government. "Sport-Canada has a budget of \$200 million for the Calgary olympics in 1988, I went to them in Ottawa and they told me they've got no money for programs like mine, it's crazy."

White has a stack of letters from large, wellknown American universities. The closest most Montrealers get to these schools is usually by wearing t-shirts with the institution's name splashed across it. The letters are similar, informing White that he's got a definite candidate for their varsity team.

"The Americans are coming here and telling me I've got one of the strongest basketball programs in Canada, then they offer one of the kids a scholarship, what am I supposed to do?" "Their own country, Canada does nothing for the kids, but the Americans are offering them \$40,000 scholarships, now what would you do?" he asks.

What White is doing is encouraging his kids to jump at the scholarship opportunity. This past summer, two of his players were selected to try out for the Canadian national team that went to the world championships in Colombia. White didn't allow them to go.

He doesn't feel he's being unpatriotic by his actions. "I know that playing for your country in any competition is something you remember all your life."

White adds that he thinks it's beneficial for his kids to go to the States just for the educational value. "They haven't got much of a chance of going to university if they stay here, so why not get some education, isn't that what life is all about, getting an education?"

So Bob White carries on, asking the municipal, provincial and federal government's for financial aid, and until he gets some help he says that he's going to continue to boycott provincial and national teams and encourage his kids to go south to "get out."

"I want these kids to get outta here, but it seems to me that the Canadian system is not only designed to waste money but people too."

•••

A word about the weekend. There'll be no varsity action on campus, as the football Stingers are in Ottawa and the women's soccer squad heads to Lennoxville. In town, although we hate to say it, the McGill Redmen will be hosting The Queen's Golden Gaels in football action. This series between the two teams dates back to 1898, so even if McGill is on top as they currently are and Queen's is at the bottom, there is a lot at stake besides two points in the standings.

If sitting in a stadium isn't your speed, then stay home and watch the CFL on American national TV, on Sunday.

Soccer star Ruffner named player of the week

•by Tony Dobrowski•

Concordia men's soccer player Ron Ruffner was named Quebec University Athletic Association (QUAA) athlete of the week for the week of September 12-19 after scoring three goals in the Stinger's 4-0 rout of Bishop's Sunday in Lennoxville.

Ruffner's hat trick gave him the QUAA early season scoring lead. In second place after the first week of competition is Stinger rookie Paul Johnson who scored twice as the Stingers topped Sherbrooke 5-1 on Saturday.

Ruffner and Johnson's scoring led to relatively easy victories over Bishop's and Sherbrooke.

One thing was apparent in sizing up the Stinger's opposition: what a difference a year makes.

Last year, the Sherbrooke Vert et Or finished 9-1-2, beat the Stingers in Sherbrooke 2-1 (Concordia's only regular season loss) and were undefeated and in the running for the Coupe de Quebec until the final game of the season. They came a cropper in Montreal and the Stingers walloped them 4-0, in a game that was not as close as the final score indicated.

However this year progress has caught up with the Vert et Or. Last year Sherbrooke was ineligible for Canadian Interuniversities Athletic Union (CIAU) play. They only competed for the Coupe de Quebec, which is based on competition between the QUAA schools. As a result, last year Sherbrooke used players that did not go to the university. This year those players are ineligible, and the Vert et Or have to start over from scratch.

"This year we have only students

and they are difficult to find," said Jean LaRoche, assistant coach of the Vert et Or. (LaRoche was the third leading scorer in Coupe de Quebec play last year.) "We have a lot of students at the school but they all want to play in the intramural leagues."

Only two players have returned and they both sat on the bench last year. However, the Vert et Or may improve. They showed some elements of a passing attack at various points throughout the game; scored a goal on a nifty direct kick by Emmanuel Francois; and with a little practice, the Vert et Or who have been together only two weeks, could put on a respectable showing as the season rolls along.

There appears to be a different attitude at Bishop's. Boxscore. Last year the Gaiters fell to a 1-7-0 record in the Coup de Quebec competition (3-9-0 in the QUAA) and did not give the Stingers much of a challenge in dropping 2-0 and 3-1 decisions.

On Sunday, although they lost, the Gaiters hustled after every ball and played well. They were victimized by Stinger Ruffner's hustling play, which was responsible for the four Stinger goals; quick passes up the middle of the field by the Stinger mid-fielders to the forwards which set Concordia's front lineup for numerous scoring chances; and good defense by the Stinger backs, which kept the Gaiters contained outside the penalty area. In short, Concordia was a better team. However, spirit and hustle were apparent on the Bishop's side and that was the important point.

"With all due respect to last year's team, I think we have more heart, spirit and desire this year," Bishop's



Concordia's Ron Ruffner (on the left) in action against McGill in the QUAA playoffs last fall. The Stinger winger was named QUAA athlete of the week for scoring three goals in Concordia's shutout win over Bishop's.

captain Bob Palmer said before the game.

How did this new spirit come about? "That's a good question," Bishop's coach Dave Turner said after the game. "We have a different bunch this year. We lost a couple of very good players but they were bitchy and complained."

"We're still ironing out the kinks," Palmer said. "The problem is a large

turnover (the Gaiters have only six returnees according to Turner). It's hard to build a team back up through the years."

"To be quite honest," Turner noted, "when you compare teams like Concordia and Bishop's the personal skills your players pick up are the skills that our players don't have. I don't know why. Concordia's players are more experienced and the

experience with our players is just lacking."

Turner added that the QUAA's revised schedule, necessitated when Laval and the University of Montreal dropped soccer, will hurt. The Gaiters will have to play Concordia and McGill three times instead of twice. "It hurts morale because our players are not as skilled as McGill's

Stingers unconquered in U.S.

The Concordia women's soccer team finished a weekend road trip to New York and Vermont by tying the tough Plattsburgh State University squad 0-0 and blowing out Trinity College of Burlington 7-0.

The Plattsburgh game, Saturday, was a rough and tumble contest between two evenly matched teams. Despite two 10 minute periods of overtime, neither team could put the ball in the net to win the game.

Stinger coach Gerard McKee described the match as "very good". "They were a very tough team because they were fit and well organized. Also, they were very physical."

Four Stingers walked — or hobbled — off the field injured: Erica Gagnon with a sprained ankle; Belinda Cole; Jackie Fefer and Denise Bienvenue.

Concordia did have scoring opportunities but, as left half Sheila McGovern put it, "we just couldn't capitalize."

Plattsburgh was shut mainly because of the excellent play of goalie Denise Bienvenue and sweeper Erica Gagnon.

The American system of two-man refereeing (two refs and no linesmen), new to most of the players, was not a factor in the game.

"There were a few incidents of roughness that they (the refs) chose to ignore but the Concordia players kept their heads and didn't allow the instances of roughness to intimidate them," said McKee.

The Stingers totally dominated the Trinity College squad Sunday. Erica Gagnon, playing centre forward, put three balls in the net, while Jackie Fefer's fancy footwork con-

verted into two goals. Left wing Karen Ungerson, added two more goals before the debacle was over.

Trinity's team was inexperienced. "They were very, very unfit. The whole team was unorganized," said McKee.

Angie Marszalek, who notched two assists in the scoring spree, said the inexperience of Trinity helped the Stingers.

"Our attitude was more relaxed going into the game. We had more time to work. They didn't rush us so we had the time to look around and set up plays."

With the score 3-0 at half time, McKee decided to juggle the lines so the defence (who had been largely inactive during the first half) could get in on the action around Trinity's net.

"The nice thing was that it allowed me to switch players around. By doing that it enabled me to see the defence's potential as attackers."

McKee pulled regular goaltender Denise Bienvenue and slotted her in on the forward line. Rookie Carolyn Marriott guarded the nets and turned aside the few offensive rushes Trinity managed to put together.

Intramural bits and pieces

Concordia Run is Back!

The annual Concordia Run will take place once again, Saturday, October 2, at noon. Everyone is welcome. All runners must register between 10:45 and 11:45 a.m. (the day of the race) in the lobby of the Hall Building. Prizes will be awarded in the following categories: Men's Open, Women's Open, Men's Team Event (unlimited number of runners per team), Women's Team Event and Master's (runners over 40). Arrangements will be made to have the runners' equipment transported to the Loyola Campus. Participants will receive a free pass to the Stingers' football game which will begin at 2 p.m. at the Athletics Complex. For information call: 879-5840 or 482-0320 ext. 730; ask for Vlad.

Volley ball

Recreational volleyball will

be played at the Loyola Campus on Monday nights from 8 to 11 p.m. and Tuesday, Thursday and Friday from 12 to 1 p.m. (weather permitting) outside the Athletic Campus. No experience is necessary. Please wear "sweat pants and a smile!"

Soccer

- * Six men a side games will be played Fridays from noon to 3 pm at the Hingston Residence Field, Loyola Campus.
- * Friday, Sept. 24, recreational games.
- * Wednesday, Sept. 29, there will be a team representatives meeting at Victoria School, 1822 de Maisonneuve.
- * League play begins on Friday, October 1.

SGW Hockey

Team representatives will meet at 12 noon, Friday Sept. 24 at the School Gym lobby.

erratum

In The Link, Tuesday, Sept. 21 it was inaccurately reported that the Concordia women's soccer team had defeated Plattsburgh State 5-1 and had played against Trinity College of New Hampshire. In this issue we have set the story straight with the women's soccer team. We're sorry for any inconvenience caused by the error.