

U of A rowers pulling their weight in training

by Laurel Tokuda

The University of Alberta Physical Education department is doing research to determine which winter training methods are the best for rowers.

Stu Petersen, one of the researchers, said that a number of questions about training are being looked at. These include "the effectiveness of the type of training and the transfer of dry-land training to rowing performance."

"Various combinations of resistance and endurance training are being examined. Resistance training programs utilize hydrgym equipment which permits control of the velocity at which athletes perform 'rowing specific' exercises. Endurance training is performed on ERGometers, a type of rowing machine which simulates actions used in rowing," according to Peterson.

He also says, "All these training

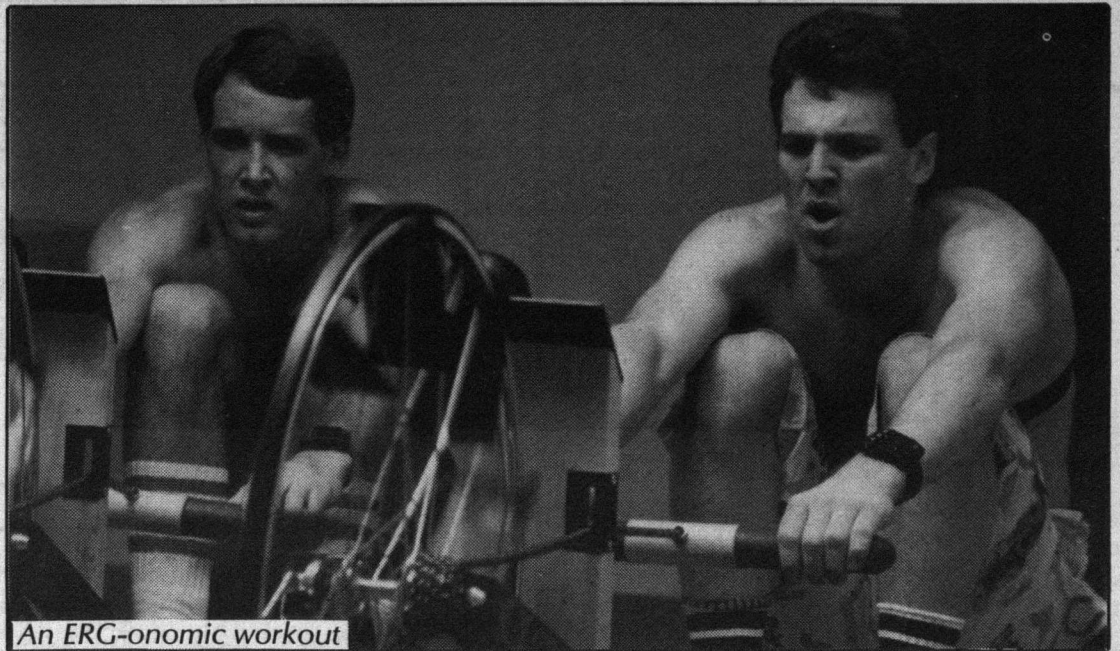
programs are good, it is a question of which is the best."

Muscle biopsies and CT scanning are used to determine how muscles adapt to various training stimuli. The biopsies are surgical procedures which consist of taking muscle (a small portion) out of the thigh and determining the activity of an enzyme which promotes "contractility". The CT scans are used to determine the size of muscles.

Participants in the experiment are enthusiastic about it.

Arthur Sombrowski and Gernar Lohstraeter, both in their third season with the rowing club, say, "Rowing gives you a good overall workout. The experiment is physically demanding and by the end of the week, your muscles are very fatigued."

Another member of the club, Martin Wray, adds, "Having a schedule for discipline is good."



An ERG-onomic workout

photo Ron Checora

Mariposa prompts seminar

by Phyllis Van Campenhout

The firing of 28 women from the Mariposa clothing store in West Edmonton Mall last August was a reminder of the difficulties still facing employees in the low-paying retail and service industries.

The women were fired after they attempted to join the United Food and Commercial Workers' Union (UFCW). At the time of the firings, they were earning between \$3.85 and \$4.75 an hour — which works out to well under \$10 thousand per year for full-time work.

Last month, the Alberta Labour Relations Board (ALRB) awarded the union automatic certification, after finding Mariposa guilty of "flagrant unfair labour practice", and warning it that Alberta law forbids employers from trying to prevent workers from joining a union. It also ordered reinstatement of the fired workers. This was only the second time that the board has

ever granted automatic certification.

Cathy Ellesmere, a regional supervisor with Mariposa, refused comment last week on the ALRB ruling.

Tom Hesse, a union organizer with the UFCW, and Sheila Greckol, an Edmonton labour lawyer, will discuss this significant victory for Alberta workers Thursday, March 5, in a seminar sponsored by Legal Issues Affecting Women. They will also look at the many difficulties that still remain for both organized and unorganized workers. Additionally, they will examine the sociological and legal problems associated with organizing this sector of the work force, which for the most part is poorly educated and politically unaware.

While the Mariposa workers have undoubtedly won a victory, the majority of retail and service workers are still unorganized, according to Greckol.

Attempts to organize have been rebuffed time and time again by anti-union employers who have been somewhat more subtle in their methods than Mariposa was.

Under the Labour Relations Act, the ALRB has the authority "notwithstanding anything in this Act, to grant certification" to an applicant union. However, the board has decided that it will only use this remedy of automatic certification when it is satisfied that if it were not for an employer's unfair labour practice, the union would have succeeded in obtaining majority support for its application.

This puts the onus on the union to prove that the employer was guilty of intimidation or threats, and that this prevented it from obtaining a majority.

The seminar will be held Thursday, March 5, in Room 237 of the Law Centre, at 12 p.m.

Lister Hall open to summer travellers

by Greg Halinda

Lister Hall will be opening its doors to travellers this summer, and will be one of more than 25 Canadian student residences to offer short-term accommodation to students and non-students, hostel-style, May through August.

Most single rooms cost about \$10-15 a night, and many residences offer towel and linen service, free parking, maid service, laundry facilities, and access to campus athletic facilities.

Students (as well as non-students and families) can get a 20 per cent discount on these rates with a Travel Canada card. The card costs \$15 per student and is accepted by 29 universities and colleges across Canada.

Heather von Bloedau, from Housing and Food Services at the U of A, said this is the first year Lister Hall has offered rooms to travellers.

"People don't think of staying on a university campus... some universities have had space for casual accommodation for years," she said.

Von Bloedau expects about 150 students to use Lister as a stopover this summer.

"I expect a lot of U of A people travel to the east and west, and I believe the Travel Canada card would be very attractive to them," she said.

The card, along with a directory of residences that honour it, is available from Travel Cuts.

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