

Pancakes are the man's worry

Other than the occasional annoying little libel suit the biggest worry for columnist-satirist Alan Fotheringham these days is pancakes. "I could eat 600 of them," blushes the slightly rotund writer.

Nevertheless, on weekdays, Fotheringham endures a Spartan regime, splurging only on weekends. In the morning the acerbic scribbler consumes two glasses of orange juice with his cream of wheat. At lunchtime Fotheringham squeezes two tablespoons of lemon juice on his tunafish and lettuce salad, refusing to add any oil. After his 45-minute lunch, Fotheringham takes a brisk 20-minute walk around the neighbourhood, while pushing his neighbour's baby in its stroller. "This is my special way of combining healthy exercise and community service," says the closet humanitarian.

Supper is a modest affair at the Fotheringham household: Brown rice or spinach pasta is the norm, while adding a little

meat every third day. Dessert was once homemade yogurt flavored with wheat germ, until Fotheringham discovered that it made his face break out. Instead, he now drinks two cups of black cherry-herb tea (decaffeinated, of course).

Saturday and Sunday Fotheringham lolls in bed until 9:20 a.m., gets up and then shortly proceeds to give in to his craving for pancakes. However, the weight-conscious columnist assures readers that he slathers them with calorie-reduced syrup.

Athletic politician John Turner has no trouble keeping his 5' 11 1/2", 175 lb body in shape. Turner's secret: stairclimbing — 20 minutes per day, five days per week. Sailing in the summer and icefishing in the winter also help whittle away unwanted inches.

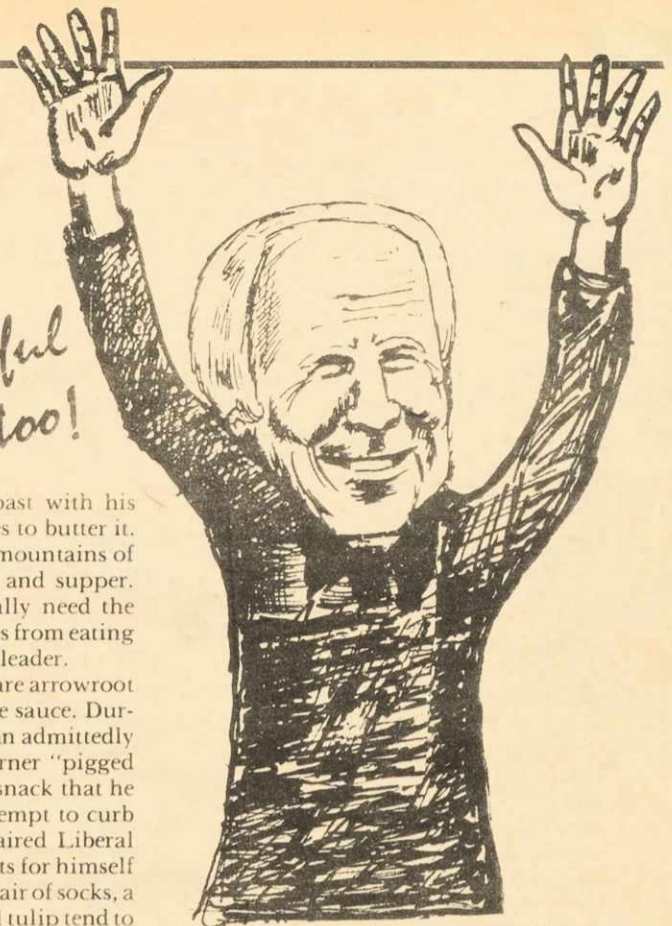
The blue-eyed Opposition leader starts his hectic day with half a grapefruit sprinkled with unrefined sugar. Although

*nice body
And successful
too!*

Turner insists on having toast with his grapefruit, he stoically refuses to butter it.

Turner usually eats small mountains of protein foods for his lunch and supper. "With my type of job I really need the growling edge that only comes from eating meat," confesses the Liberal leader.

Turner's "comfort" foods are arrowroot cookies spread with chocolate sauce. During the last federal election, an admittedly trying period in his life, Turner "pigged out" so much on this sweet snack that he gained six pounds. In an attempt to curb his sweet-tooth, the silver-haired Liberal has turned to buying little gifts for himself when he is feeling down. "A pair of socks, a new tie or belt, even a colorful tulip tend to cheer me up," says Turner.



Buchanan usually winds down his busy days with a relaxing hot bath followed by a soothing 20-minute massage. "The massage leaves my skin feeling nice and tingly," says Buchanan. "I used to relax with a martini," he says, "but I found it dried out my skin, especially in winter."

When it comes to high-calorie foods, Buchanan's one weakness is fresh maple syrup. The premier is passionate about the thick, amber-colored liquid. "I could drink it straight from the bottle," he admits.

Next week in **Top Bods of Canada** other accomplished Canadian men spill dietary secrets and divulge fitness tips. Ninety-year-old New Brunswick industrialist K.C. Irving tells senior men how to keep in shape, while Montreal poet Irving Layton reveals how he combatted slack muscle tone. **BY KATHY O'BRIEN**

CKDU - FM 97.5 RADIO CALENDAR

for the week of March 7 - 13

FRIDAY, MARCH 7th

0600 UPWARDLY MOBILE: CKDU-FM's morning Public Affairs program containing current affairs, interviews, reviews, sports and music. British Broadcasting Corporation (BBC) world news starts the program at 8:00 a.m. Today Political Affairs and Women's Issues are featured.

SATURDAY, MAR. 8

0800 SATURDAY MORNING MUSICAL BOX: Walter Kemp takes you through the classical field in all its eras and manifestations. Music in a positive mood is on the agenda today.

1000 TOUCHSTONE: Traditional and contemporary FOLK MUSIC, with an emphasis on hosting local experts in one particular field.

1700 CARRIBEAN JAM: Calypso, Soca, Reggae and other Carribean music. It's imported, exotic and, unquestionably, sweet. We dare you to sample.

SUNDAY, MAR. 9

0800 SUNDAY CLASSICAL: A beginners guide to classical music with Grace Akkerman. The music of Hector Berlioz, who died March 8, 1969, will be today's feature.

1000 LE REVEIL DU DIMANCHE: French music and information with both a local and global perspective.

1430 NO TIME FOR HUMOUR: Original comedy written, directed and produced at CKDU-FM by the SEAL CLUB.

MONDAY, MARCH 10

1600 BACKTRAX: A series looking at artists who have demonstrated a lasting influence in contemporary music.

TUESDAY MAR. 11

1200 MY OTHER LIFE: M.L. Wile presents classical selections, the occasional crooner, and snippets of jazz. For our listening pleasure today is music from the master of atonal — Schoenberg's "Verklarte Nacht", R. Murray Shaffer's "the Crown of Ariadne" and guitar music of Leo Kotke.

1900 THE FEELING OF JAZZ: Jazz from be-bop to the latest releases, with an emphasis on small groups.

WEDNESDAY MAR. 12

1700 THE EVENING AFFAIR: CKDU-FM's evening Public Affairs program begins with the BBC's Radio Newsreel at 5:00 p.m. Featured on today's program are "Women's Time" and "Sportsline".

THURSDAY MAR. 13

1900 NEW WAVES, NEAR WAVES: New releases from around the world, plus information and spotlights from the local music scene.

2230 FIFTH HAND MUSIC: Blues and jazz for the mind and body.

FRIDAY MAR. 7

0030 RADIOPHAGE: Music for vital particles. Fading in and out of (musical) realities, mostly harmless. All this with your hosts James Bain and Dianne Walla.

Nova Scotia's premier John Buchanan has long reigned as the fittest of the provincial politician set. Early nights, regular workouts at a health spa, and healthy eating habits have preserved the premier's boyish good looks.

In the morning Buchanan usually has a bowl of bran flakes topped with canned peach slices, while a tossed salad and whole-grain muffin make up his lunch. For supper Buchanan dines on half a cup of vegetables with a small portion of either chicken or fish - the slightly balding premier scorns red meat.

In case the Legislative Assembly drags on past 6 o'clock, the Nova Scotian conservative always tucks a peanut butter sandwich (made on whole wheat bread) in his briefcase.

GRADUATE STUDIES IN POLITICAL SCIENCE?

Consider an M.A. Program at
Wilfrid Laurier University with a concentration in
Political Administration or Canadian-American Studies

- * Individual attention
- * Small classes
- * Teaching assistantships and scholarships
- * Excellent locations in the heart of Ontario

For more information write:

The Dean, Faculty of
Graduate Studies, Wilfrid
Laurier University,
75 University Ave. W.,
Waterloo, Ont. N2L 3C5.

