

Military dicatator opresses Pakistan

by Ken Lenz

The Pakistan Democratic Forum (PDF) has been established on campus to raise public awareness about the military dictatorship in that country.

The president of the PDF, Zahid Makhdoom, recently was interviewed by the Gateway. He elaborated on the present struggle of the Pakistanian people.

In 1977, a group led by General Zia, called *Jamat Islame* rigged the democratic election. Zia declared martial law. Former Prime Minister Ali Bhutto was executed, and today Zia heads a repressive military dictatorship.

"What the government is trying to do is to base Islamic ideals on the people principles of one political party," says Makhdoom.

"Their (Jamat Islamis) brand of Islam is fascist...they are forcing their own laws on the people of Pakistan by any means whatsoever."

Makhdoom indicated in the most highly regarded election results, from 1970, Jamat Islamis won only 4 out of 300 seats.

"Jamat Islami has no tolerance for either women or other religions," says Makhdoom.

In the courts of Pakistan, the testimony of two women is equal to that of one man, women are discouraged from taking government jobs, and at least two women have been stoned to death for adultery.

"The universities are living under the terror of Islami Jamat Tulaba - the student wing of Jamat Islam. Many of the universities are closed and many professors and students have been killed or imprisoned," says Makhdoom.

"One of the students killed was Nasir Abbazi, president to the Sind National Students' Federation."

According to the media, in the most recent struggle, since August 14 of this year, the government has admitted arresting 5000 in a province of 135,000 people. Makhdoom says, "if they say 5000, I would say they have arrested at least 10,000 people."

Anyone wanting more information about this group or Pakistan in general should phone Makhdoom at 463-8341.

The most neglected New Year's Resolution...

Operation Kick-it

by Suzette C. Chan

If Arthur Burgess has his way, 500 on campus smokers would quit by spring.

Burgess, co-ordinator of Staff Fitness and Lifestyle Programs, heads Operation Kick-it (OKI) - an ambitious 8 week campaign to help smokers quit or at least lessen their daily consumption.

OKI will begin on January 25 to coincide with the national "Weedless Wednesday" campaign, and will end on March 15. (Burgess did not indicate the significance of the Ides of March as the final day).

Burgess says the timing of the project is deliberate: "We know that most common New Year's resolution is to quit smoking. We're capitalizing on this idea."

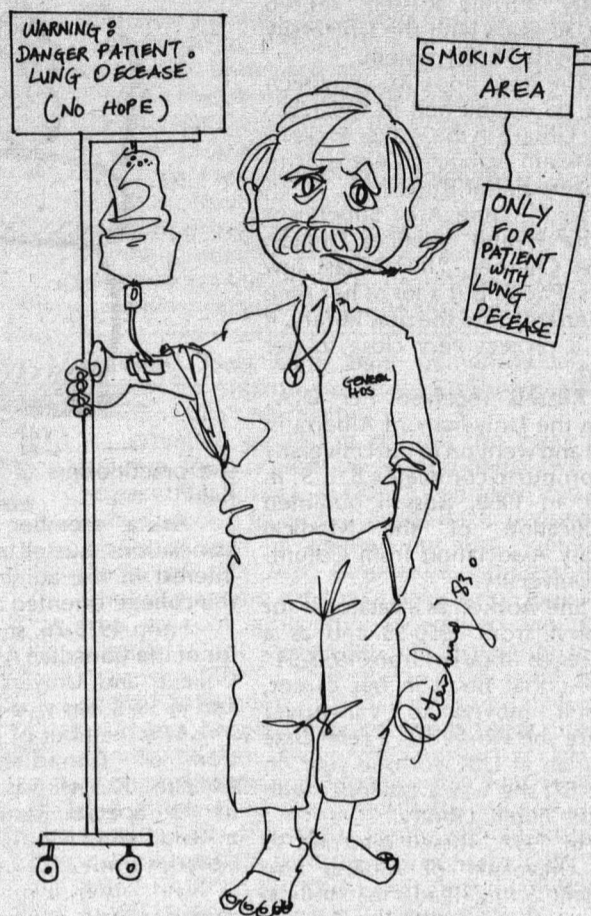
OKI was developed by the Alberta Lung Association after a suggestion by Burgess. 1984 will be the first year of the program.

The aim of the program is to talk people out of smoking. Burgess says he's "not interested in militant anti-smokers" who actually prompt smokers to hang on to their habit in defiance. He says militant anti-smoking laws such as those in Australia "don't do anyone any good."

Burgess believes the best way to quit smoking is to first identify the problem, then understand it, plan ahead and eventually change it. He says "smoking is a collection of habits... people smoke at different times, in different situations," and for different reasons.

Thus, the worst thing a prospective quitter should do is go cold turkey, because it would ignore all the behavioural things associated with smoking. For instance, smoking is commonly seen as an oral fixation, a kind of psychological "coping" mechanism. Many people who quit without planning to redirect their nervous energies often wind up adopting substitutes for having a cigarette in their mouths, such as eating, which can sometimes lead to serious weight problems.

Currently, Burgess is looking for 50 people to volunteer as "smoking cessation leaders", with the slogan: "Clean Up Your Environment - Help A Smoker Quit." Burgess prefers volunteers who are former smokers, but will take whoever is interested in helping. The "leaders" are to lead eight one hour per week seminars on topics designed to help people progress towards quitting. Individuals who wish to volunteer can call Dr. Burgess at 432-5607, or visit his office at W108 of the Phys. Ed. building. The first "training session" for the leaders is on December 13.



Burgess says what prospective quitters need most is support. He hopes to set up OKI stations all over campus during the 8 week period. He says "our objective is to put one closer than the nearest cigarette outlet."

The program will begin with a "rally" to enlist individuals who wish to quit smoking through the program.

UNIVERSITY OF ALBERTA LIBRARY HOURS EXTENDED HOURS - DECEMBER 5 - 20, 1983

	Monday - Thursday	Friday	Saturday	Sunday
Cameron Library				
Building Open	0745 - 2400	0745 - 2400	1000 - 2400	1000 - 2400
Circulation Services	0745 - 2200	0745 - 1745	1000 - 1645	1200 - 1945
Fines Collection	0830 - 1630	0830 - 1630	Closed	Closed
Interlibrary Loans	0830 - 1630	0830 - 1630	Closed	Closed
Photoduplication	0830 - 1630	0830 - 1630	Closed	Closed
Reserve Reading Room	0745 - 1945	0745 - 1645	1000 - 1645	1200 - 1645
Reference Services				
Government Publications	0830 - 2130	0830 - 1700	1000 - 1700	1300 - 1700
Health Sciences Library	0830 - 2130	0830 - 1800	1000 - 1700	1200 - 1600
Science Library	0830 - 2130	0830 - 1800	1000 - 1700	1200 - 1700
Special Collections	0830 - 1800	0830 - 1700	1200 - 1700	Closed
Undergraduate Library	0830 - 2100	0830 - 1700	1300 - 1700	1300 - 1700
Herbert T. Coultts (Education) Library				
Building Open	0745 - 2300	0745 - 2300	0900 - 1800	1000 - 2300
Curriculum Library Open	0745 - 2145	0745 - 1730	0900 - 1730	1000 - 1730
Circulation Services	0745 - 2200	0745 - 1745	1000 - 1645	1000 - 1745
Reserve Room	0745 - 2130	0745 - 1730	1300 - 1645	1000 - 1730
Reference Services				
Education	0800 - 2130	0800 - 1700	1200 - 1630	1200 - 1730
Curriculum	0800 - 2130	0800 - 1700	1100 - 1630	1100 - 1730
Law Library	0745 - 2400	0745 - 2200	0830 - 2200	1200 - 2400
Mathematics Branch Library	0900 - 1200 1300 - 1700	0900 - 1200 1300 - 1700	Closed	Closed
Physical Sciences Branch Library	0830 - 1630	0830 - 1630	Closed	Closed
Computing Sciences Reading Room	0900 - 1200 1300 - 2100	0900 - 1200 1300 - 1700	1200 - 1700	1200 - 1700
Rutherford Libraries				
Galleria Open	0700 - 0200	0700 - 0100	0700 - 0100	0900 - 0200
Rutherford South Study Hall	0700 - 0200	0700 - 0100	0700 - 0100	0900 - 0200
Rutherford North (Humanities and Social Sciences Library)				
Library Open	0745 - 0100	0745 - 2445	1000 - 2445	1000 - 0100
Circulation Services	0745 - 2200	0745 - 1745	1000 - 1945	1000 - 1945
Reference Services	0830 - 2130	0830 - 1800	1000 - 1700	1000 - 1700
Rutherford South (Periodicals and Microforms Centre)				
Centre Open	0745 - 2400	0745 - 2400	1000 - 2400	1000 - 2400
Circulation Services	0745 - 2345	0745 - 2345	1000 - 2345	1000 - 2345
Micromaterials Room	0745 - 2045	0745 - 1645	1000 - 1645	Closed
Periodicals Reading Room	0745 - 2400	0745 - 2400	1000 - 2400	1000 - 2400
John W. Scott Branch Library	0900 - 2200	0900 - 2200	0900 - 1700	1300 - 1700
Faculte St. Jean	0830 - 2200	0830 - 2200	1300 - 2100	1300 - 2100

NOTE: Underlining indicates changes.

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