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Sexual Harassment

Sexual harassment is unwanted attention of a sexual nature, often with an underlying element of threat or coercion. Sexual harassment may occur between employer-employee, between professor-student, or between student-student.

If you need advice about a sexual harassment situation you can seek help from your association or union, or you can reach any member of the President's Advisory Committee on Sexual Harassment (PACSH) for confidential advice by telephoning 432-TALK. The members of PACSH are:

- | | |
|--------------------------|--|
| (academic staff) | Dr. Dianne Kirwan, Chair of PACSH
Faculty of Home Economics
Dr. Paul Nagler
Faculty of Rehabilitation Medicine |
| (non-academic staff) | Mr. Tim Brockelby, Vice-Chair of PACSH
Mrs. Ellen Kull |
| (undergraduate students) | Office of the Comptroller
Ms. Deborah Howes
Faculty of Law |
| (graduate students) | Mr. J. Wiley Thompson
Faculty of Medicine
Ms. Manohar Das
Faculty of Arts
Mr. Michael Marandy
Faculty of Home Economics |

The President's Advisory Committee on Sexual Harassment office is located in 2-1 University Hall. You can drop in anytime from 8:30 to 4:30 to talk with Ellen Schoeck Stolomon, Coordinator of PACSH, or to be put in touch with a member of PACSH.

talk line
(during working hours)

telephone
432-TALK
432-8255

Cross-country adventures

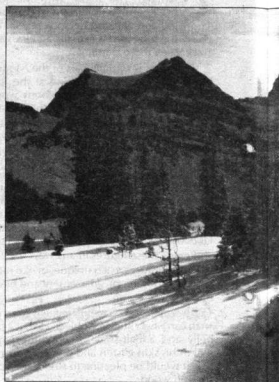
by Kristan McLeod

With the proximity of some of the best ski hills in the world, it is no wonder that, to most Albertans, "skiing" means "downhill skiing". To a steadily increasing minority, however, skiing is a somewhat general term that describes light touring, back-country touring, and telemarking as well as downhill. Alberta's nordic skiers are more numerous each year, an indication of the growing enthusiasm for this underrated sport.

Cross-country skiing originated in Scandinavia as a means of transportation, and has since become a versatile sport, ideal for anyone who likes fresh air, wilderness, and exercise. Cody Wallen, VP of the U of A Nordic Ski Club says he recently took up nordic skiing because "generally it's physically active, it's an extension of hiking... essentially, it's a way of avoiding hibernation." Almost anyone is capable of doing it, and all levels of skiers can enjoy it.

The fundamental difference in the equipment used for nordic skiing is that the heel is not attached to the ski. From there, the equipment varies; from light, elongated, and edgless skis for light touring to heavy, shorter, and edged skis for telemarking. The equipment is considerably less expensive than that for downhill skiing, averaging a third of the cost, not including the savings on lift tickets.

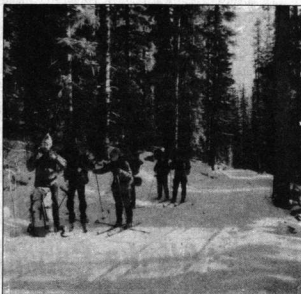
Good nordic skiing is not dependent on ideal snow conditions because most ski wax was that is specific to the conditions. Waxless skis are available, but Doug Bezovec, president of the U of A Nordic Ski Club, points out that with them, "you can't fine tune your skis. You have control over every aspect of skiing (with waxed ones)."



Light touring is the type of nordic skiing most novices are exposed to first. It is readily enjoyed throughout the city, as well as in the mountains. Loppets, the cross-country style races that are held in and around Edmonton from December through March, are popular with light tourers. "You'll find more people there than at a 10 km race in Edmonton," commented Wollen. "They are just a citizen type race, just to have fun. You don't have to be really good." Loppets are put on by various nordic ski clubs with the help of sponsors. There are different categories and lengths (from 1-55 km), but the cost is always minimal.

Besides the informal loppets, there is also what is known as the World Loppet Series. The Sun Life Canadian Berkebeiner, held this past weekend, is a member of this series.

"For people who are prepared for the next step beyond light touring, there are lots of thrills, chills and excitement in back country touring," says Ken Houle, a member of the U of A Nordic Ski Club in charge of public relations. Back touring is the ambitious step beyond light touring, involving breaking new trails in areas deep in the mountains not frequented by the general public. Day trips



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