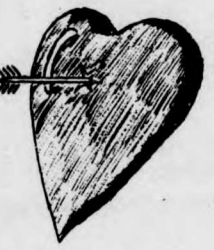


Ms. Lonely Hearts



By HEIDI SILVERMAN

Photos: GREG GAUDET

What will you be doing for Reading Week?



Mike Logue, Political Science III
"For Reading Week I will probably be involved in some political work, school work and going away to London, Ontario."



Christine Coombs, Computer Services at York
"I'm not a student at York, so I will be working here at computer services."



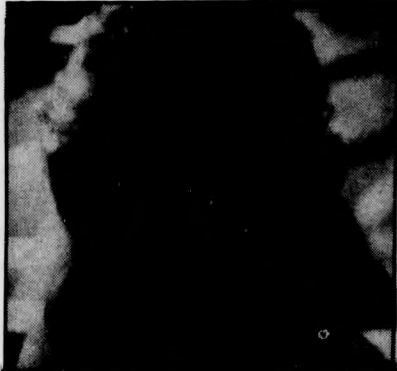
Bernice Osiel, Arts I
"Hopefully I'll be going to Florida with my sister for one week."



Anthony DeGale, Economics II
"I'm going to be working hard both at my job and at school."



Rick Davis, Student Senator
"I was supposed to be going down to L.A., but Senate responsibilities do not permit the excursion. It would not be a fun trip, it would be a guilt trip."



Carol Kobrossi, Arts I
"I'm not sure but I may go to Florida. If not I'm just going to go skiing at a chalet for a weekend."

Weighty problem needs fast solution

Dear Ms. Lonely Hearts

I know this is not going to sound like the biggest problem in the world, but I'm desperate and I need some advice, quick.

Ever since I can remember I've had a weight problem, but it never got that bad until about five years ago (it was a time when I was having a lot of problems at school, home, etc.). I've been to doctors, diet specialists and taken every one of those weight reducing pills, and nothing helps.

Ms. L, I'm desperate! I'm 23 years old and I've never had a date in my life. I'm really a nice person, but most people don't see past the exterior. I'd really like to have guys like me, and there's one in particular in my Biology class I really like, but I feel so fat and disgusting and unlikeable I don't know what to do.

Do you know of any method that would help me get down to the normal weight? (Fast!) I'll take any tips you can give me—

I am,
Five feet, one inch and
450 pounds in Malton

Dear Short, Fat, in Malton;

In this anorexic, ectomorphic oriented age I would imagine it is very hard to be huge.

Obesity has many damaging effects, both physiologically and psychologically. You may ruin your health and you seem to have damaged your self-esteem. But don't run down to the neighborhood stomach-stapling emporium; quick weight-loss plans are dangerous and usually ineffective. If you want to lose a lot of weight you should obtain a sensible diet from a doctor and follow it religiously. It will mean a very serious commitment as you will probably have to eat frugally for the rest of your life.

You must also examine the reasons why you eat enormous amounts of food. If you want to be thin you have to try to understand why you are fat. For instance, you might ask yourself what's going wrong in your life that makes you eat so compulsively. You mentioned some emotional problems you had earlier. Have they been dispelled? If not, try to work them out with someone (an analyst? friend? priest?) and the rest should be easier.

As for your lack of companionship, anyone who can't see you're a nice person in spite of your girth is unworthy of your friendship. Don't think you're unlikeable; heftiness and loneliness are not mutually exclusive. Don't be afraid to make friends, and find solace in your good qualities.

Everyone feels inadequate in some way or another, or is in effect, a spiritual fat person.

Ms. Lonely Hearts

Problems with your love life? Home life? Social life? After life?

For an unlimited time only, Ms. Lonely Hearts will be dishing out free (yes, free!) advice to students in distress. Ms. Hearts, a former crisis centre counsellor and sociology major, knows all the answers because she's already made all the mistakes.

Just mail or drop off your letters to Excalibur at 111 Central Square. All names are confidential and letters will be locked in a very large vault and guarded by our faithful guard dog Cerberus.

METROPOLITAN TORONTO POLICE

POLICE SUMMER YOUTH EMPLOYMENT PROGRAMME



POSITION: PROJECT ASSISTANT

DURATION: MAY 1st, 1985 to SEPTEMBER 17th, 1985.

QUALIFICATIONS: Typing - 40 w.p.m. (electric).

Report writing experience

Some bookkeeping experience

Pleasant telephone manner

Interested in policing as a career.

SALARY: \$7.15 per hour (40 hour week)

Qualified applicants are invited to submit a resume in confidence by March 5th, 1985 to:

Metropolitan Toronto Police Force,
Employment Office,
590 Jarvis Street,
Toronto, Ontario
M4Y 2J4.

The Jewish Community Responding to F E M I N I S M

A 10 DAY SYMPOSIUM AT YORK UNIVERSITY
JANUARY 28 - FEBRUARY 6

MONDAY, FEBRUARY 4 - 2:00 p.m. - Bethune College, Room 222

"Old Texts for New Eyes - Rediscovering Women's Stories"

A discussion and workshop in creating new women's history. No knowledge necessary.

With Sue Elwell.

Sue Elwell is a co-author of *Jewish Women: A Mini Course for Jewish Schools* and Co-Editor of *The Jewish Women's Studies Guide*.

TUESDAY, FEBRUARY 5 - 12:00 p.m. - Bethune College, Room 106

"Feminism from a Male Perspective"

Marty Lockshin, Professor Jewish Studies Department at York University

David Cooper, Student Chairperson of Women's Symposium

David Weisenthal - Professor Psychology, York University

TUESDAY, FEBRUARY 5 - 7:30 p.m. - National Council House, 4700 Bathurst Street

"Without Slander - The Challenge of Feminism and Jewish Tradition"

Norma Joseph - Rabbi Elyse Goldstein will be responding.

This program will be interpreted for the hearing impaired.

WEDNESDAY, FEBRUARY 6 - 8:00 p.m. - B'nai Brith House, 15 Hove Street

"Recovering our Past; Renewing our Future: Are we Creating a Feminist Judaism?"

Drora Setel

Denita Dubinsky, Graduate Student in Political Science - Rayzel Robinson, Executive Director of Jewish Student Federation

WEDNESDAY, FEBRUARY 6 - 1:00 p.m. - JSF Office

"Is There Room Within the Prayerbook for Women?"

Rabbi Barry Blum

TUESDAY, FEBRUARY 5 - 3:00 p.m. - D.I.A.R. Screening Room

'Yentl' starring Barbra Streisand

CO-SPONSORED BY: Founders College, Council of York Student Federation, B'nai Brith District 22,

National Council of Jewish Women, Holy Blossom Feminist Chavura.

Some charges may apply.

FOR MORE INFORMATION CALL 667-3647
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