



**ONE FLIGHT HIGH
46 BLOOR WEST
TORONTO, CANADA
921-6555**

Brand new CKRY bearpit

By Ted Mumford
Starting in November, York will have its own live radio talk show.

The show, planned by veteran CKRY announcer John Thomson, will be a revamped version of the station's "Bearpit" series of past years.

The Bearpit shows, which have always been broadcast live from Central Square, usually stuck to the format of a moderator interviewing a guest, who later fielded questions from the audience.

Thomson's Bearpit will be faster paced and more entertaining than

past shows, with a number of guests spotlighted for 20 or 30 minutes each, and including satirical musical interludes and commentary focussing on the issues of the day.

The Bearpit will also be more locally-oriented, with some of the tentative topics including the Status of Women at York report and the President's Commission on Goals and Objectives.

The show is slated for Wednesdays from 12 to 2, starting November 2, in the "bearpit" between the drugstore and the bookstore.

Although Thomson says running the Bearpit in the middle of Central Square can be like "trying to have a debate at the corner of Yonge and Bloor", it has a ready-made audience that is hard to pass up. He

hopes to move the core of the audience inside the bearpit's concrete walls for a more intimate setting.

Thomson is no novice at running CKRY Bearpits. He was station manager in 75-76 and has produced or hosted Bearpits over the last three years. In 1973 he was an announcer on the "Peace Ship" radio station, which broadcast off the coasts of

Lebanon, Egypt and Israel, with the aim of reconciling Israelis and Arabs from everyday walks of life.

Thomson is looking for community members with "more enthusiasm than skill" for the research, audio, production, scripting and musical aspects of the show. He can be contacted at CKRY, 258 Vanier College (-3919, -3908).

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CKRY-FM

November will bring the debut of *Scenes*, a regular CKRY feature which will kick off with a four-part series on Crosby, Stills, Nash and Young. Also in the offing for next month is a four-part look at the President's Commission on Goals and Objectives. Watch this column for dates and times.

On Friday evenings from 6 to 12, keep your ears peeled for *Night Sounds*, with the finest in jazz and Caribbean musics.

In coming weeks, more broadcast notes for CKRY will appear in this space!

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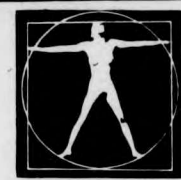


CABARET

In rehearsal, l to r. Paul Harrington-Smith, Suzanne Bennett, Charlotte Moore and director David McCann

Smile When You Say "I Love You", directed by David McCann, musical director Jamie Pearl. Thursday and Friday at Mac Hall, performances at 9 and 10:30.

Harbinger's Column by Sue Kaiser



The pill - it's simple to deceive your body

The one truly modern method of contraception, the pill's efficacy and the ease of using it has endeared it to many women, couples and doctors.

The pill influences a woman's complex hormone system and very few users understand how it really works. Indeed, scientists and doctors are still discovering new facts about the influences the pill has on body systems.

This week's column is a brief discussion of how the pill works. Next week's column will talk about side effects of the pill, and how to decide it is the best method of birth control for you.

Birth Control pills contain synthetic female hormones, estrogen and progestin (progestin is a synthetic form of progesterin).

When you take these hormones, they make it unnecessary for your body to manufacture its own. The pill creates a situation much like natural pregnancy, during which the maturation and release of new ovum is halted.

During a normal menstrual cycle, estrogen causes the uterine lining to grow so it can nourish a fertilized egg, should one happen along. Both estrogen and progesterin are released during the middle part of the cycle, further influencing the nourishing abilities of the endometrium (uterine lining).

About halfway through a regular menstrual cycle, high levels of estrogen trigger the release of a matured egg from the ovary.

If the egg is unfertilized, the levels of both hormones drop rapidly and

drastically, signalling the endometrium to disintegrate.

The drop in estrogen (in a roundabout way) causes the pituitary gland to signal the ovary to start the maturation of another egg.

When taking the pill, the level of estrogen in a woman's blood is kept high enough to prevent the pituitary from signaling the ovaries. Pill users start taking it on the fifth day after the start of a menstrual period.

This introduces more estrogen than is normally present at the time. The levels are similar to those present during pregnancy, and act to inhibit the pituitary's usual signals to the ovary, which in turn does not produce any eggs. When no eggs are being released, no pregnancy occurs.

The progesterin in the pill also has effects which make conception less likely to occur. It increases the thickness of the cervical mucus, which blocks the movement of the sperm, as well as affecting the uterine lining in such a way as to make it unfavourable for implantation of a fertilized egg.

The pill is manufactured in different dosages, theoretically to offer women enough hormones to prevent egg maturation, but not more than is needed for that purpose.

Especially with a low dosage and mini pills (50 or 30 micrograms of estrogen), it is important to take them at the same time every day.

More detailed descriptions of the pill's effects are available at Harbinger, 214 Vanier Residence.