

**First election in years**

# Faculty of Arts student caucus fills seats

By DEBBIE PEKILIS

For the first time in its seven-year history, the Faculty of Arts Student Caucus (FASC), which consists of 55 student councillors on the Faculty of Arts Council, held an electoral convention to fill its forty vacant seats on September 30.

These 55 student councillors are elected for one and two year terms. FASC Chairman Alan Uren told Excalibur that approximately half the seats become vacant at the beginning of every year and FASC advertises for more student nominees to join. If the number of nominees equals or is less than the number of seats, all of the nominees get in by acclamation.

This year, after two weeks of active campaigning in the Central Square, Uren and several other incumbent members managed to sign up the 41 members necessary to hold the election. Of the 40 student councillors to be elected, 28 would serve for two years and 12 would serve for one year. Twenty-five nominees out of the 42 turned out to the convention.

Uren said in a speech at the convention that, although FASC could normally have 55 student councillors, "the actual number depends on how energetic the

Chairman is. In the past, it has been anywhere from 45 to 3. Last year it was 15."

Dean Sidney Eisen of the Faculty of Arts, who was invited to the convention by Uren, said he was pleasantly surprised by the large number of nominees. In his speech, he talked about the history of the student caucus, which was formed as a result of the student movement for participation in decision making that took place in the 1960's.

"The Faculty of Arts Student Caucus," he said, "is a structure which allows for full student participation in the decision making process of the faculty. Students decide on the future careers of faculty members, help in arranging the curriculum, are involved in petitions, and so forth."

There was, he said, a burgeoning feeling among both students and faculty members that students should participate and learn about the policy-making process. "I liked it. Then, all of a sudden it changed. It was a sign of the changing times. Very few students came out for the caucus and the committees."

"Although," he said, "professors are happy that students are going to the library to read instead of to Caucus meetings. I think it is very important that students participate

in these committees."

The election results were released on Friday, October 1. The highest number of votes for one person was 40, and two people tied for the lowest votes of 23. The tie created an awkward situation, Uren said, because the "person with the lowest votes would have been eliminated." The difficulty was solved when a three-year incumbent Tony Varriano resigned, and every nominee got in.

The six fourth year students were elected for one year and the five people with the lowest number of

votes also got a one-year term. The following are the new student councillors on the Faculty of Arts Council: Dini Baker-year IV, Dan Blair-year II, Jean Eng-year I, Lorenzo Fazio-year IV, Joel Goldfarb-year III, Evan Leibovitch-year III, Grace Levia-year III, Despina Prassides-year II, Tom Wilmot-year IV, Walter Graham-year II, Anthony Astaphan-year II, Caleb Espinoza-year IV, Paul Iordanides-year III, Foroz Juma-year III, Maria Kossivas-year III, John Leonard-year II, Brad Meslin-year I, Amiral Nasser-year II, Gael

Silzer-year II, Richard St. Louis-year II, Elliott Sugar-year III, Geroge Tharrenos-year II, Virginia Taylor-year II, Tom Dalls-year III, Ken Johnston-year III, Wilson Lim-year II, Liz Mosynski-year I, Shelley Myron-year I, Richard Onley-year I, Marjorie Palmer-year I, William Daniels-year II, David McKillop-year IV, Benoit Dube-year I, Michelle Katz-year I, Norman Keith-year II, Mary Marrone-year II, Romano Roman-year III, Lillian Allen-year IV, Frank Colozza-year II, Bohdan Kupycz-year III.

## Harbinger's column

### Caffeine adds more than "life"

Caffeine, the familiar, inexpensive, non-prescription pick-up has been known since earliest recorded history. The feelings of increased energy and alertness that the caffeine in a cup of coffee or strong tea brings are certainly well known. But the chemical effects of caffeine on the body are probably as little known among users today, as they were to ancient coffee drinkers.

Caffeine is found in coffee, tea, cola drinks of all sorts (including Coke and Pepsi) and chocolate. Although tea is often thought to have much less caffeine than coffee, one cup of strong tea contains 125-150 gm of caffeine, the same amount as found in a cup of perked coffee. Instant coffee and weak tea contain about 75 mg per cup, while Coke and Pepsi measure in at 46 and 30 gm per 10 ounce can. An average chocolate bar contains about 25 mg of caffeine.

Most of us know the sense of alertness, mental clarity and general "lift" coffee can bring, especially part way through a long day of work or classes. But caffeine has no food value. And the sense of alertness it imparts comes from chemical reactions which mask fatigue rather than relieving it.

Caffeine acts to block cholinesterase (an enzyme secreted by the body to protect the nervous system from over-excitation), and thereby results in the lift we all know.

After one cup of coffee or tea, the temperature of your stomach rises 15 degrees, the secretion of stomach acid increases up to 400 per cent, your heart speeds up, your lungs work harder, the blood vessels in your brain get narrower and your overall metabolic rate rises 15-25 per cent. Long term effects can include irregular heart action, increased risk of heart disease because of higher cholesterol levels, vitamin B deficiency (utilized by the body in times of stress), diarrhea, stomach disorders and disturbed sleep.

Regular coffee and tea drinking (as well as cola drinking or chocolate eating) does result in caffeine habituation (mild addiction). As few as four cups of coffee a day can mean you will have trouble going without it for a day. Many people experience cravings, dizziness, irritability, weakness and headaches, all of which are classic signs of withdrawal. Be wary of taking aspirin to get through this time. Many aspirin

compounds contain caffeine.

There are, however, fairly simple ways to cut down on your caffeine intake, or cut it out entirely. Health food stores carry coffee substitutes, and some stores even carry decaffeinated ground coffee for people who cannot do without the coffee taste. Herbal teas come in limitless flavours and varieties, and many people find them more interesting than caffeine teas. Coke and Pepsi can be replaced by fruit juice, which is available in lots of flavours in cans to carry around with you. Carob is the usual substitute for chocolate flavouring, and makes great ice cream and brownies. Deep breathing exercises which increases the amount of oxygen going to each cell will heighten your energy level and make the absence of coffee less important. A handful of raisins at coffee break time will provide the same feeling of stimulation as a cup of coffee, but without the wear and tear on your body.

Cuttin' down on caffeine can be hard when everywhere you turn there are people taking coffee breaks and munching on chocolate bars.

Try it, maybe you'll like it.

Sue Kaiser



Dean Sidney Eisen

**science INTERNATIONAL**

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