Congratulations to ...

- 1. Barbara Sawchuk
- 2. Ottilie Sanderson
- 3. Kristine Quan

on winning the "Love the HUB" Poster Competition, Winning posters will be displayed in the Gallery Lounge.

THINK **ABOUT**

by Greg Whiting

Back at the dawn of prehistory, before real men had even heard of quiche, it was necessary for our remote ancestors to stay in top physical condition. The reason for this should be obvious, but in case it isn't, picture a caveman with the build of Orson Welles running after an antelope he had wounded with a spear, wrestling it to the ground, finishing it off, and carrying it home to a cave ten miles away. Now picture a caveman in the same physical condition as Sylvester Stallone doing the same thing. Now ask yourself which of these potential remote ancestors would have had antelope for dinner and survived to produce remote descendants.

Today, of course, we have progressed beyond the need to chase down and kill our own dinner, unless the meal happens to be a particularly old fast-food hamburger. However, modern man still needs to stay in fairly good shape so that he can avoid circulatory collapse, carry big-screen televisions into his den, and attract modern woman.

In order to fulfill its desire for physical fitness,

today's North American society has created many forms of exercise. These include aerobics, weightlifting, and running away from muggers. The latter activity can also be done without muggers, in which case it

For people sensible enough to work out indoors, aerobics videocassettes are available. The basic principle is simple: if you got out of shape watching television, you can get back into shape watching television. All you have to do is keep up with the people on the screen. Advanced exercise buffs can use the same tapes that beginners do by working out while the tape is on fast forward. Several people have made these videocassettes, including physical fitness expert Jack LaLanne, physically-fit actress Jane Fonda, and a retired U.S. Marine Corps sergeant. Some videocassette distributor should get the three of them together for a "greatest hits" tape. LaLanne would exercise; Fonda and the sergeant would argue about Vietnam. People watching would get into shape and learn about world affairs at the same time.

Jogging, which is done outside, is an even more popular contemporary form of physical abuse than aerobics because it awakens in a person's mind the feeling that he's out on the high plains chasing antelopes, even though he's really in the city chasing a BMW. Joggers are usually fanatics when it comes to their favourite form of physical abuse. Some of them, who are totally crazy, actually go out and jog in Hous-

continued on page 7

by Beckers and Stech





With special guests JR, GONE WILD and THE BRUNETTES FRIDAY, APRIL 25 8:00 p.m. **DINWOODIE CABARET**

TICKETS \$8.00 ADVANCE, \$10.00 AT THE DOOR

TICKETS AVAILABLE AT SUB BOX OFFICE AURACLE RECORDS, SOUND CONNECTION, SOUTHSIDE SOUND, RECORDS ON WHEELS (WEST EDMONTON PRODUCED BY MALL)

PRESENTED BY

THE U of A TAE KWON DO CLUB

PHONE 432 — 2048



two cactii and three nines

REAGAN'S LATEST SPEECH.

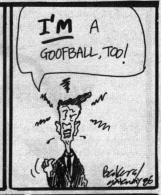
WE INTERRUPT THIS PROGRAM TO

BRING YOU PORTIONS OF RONALD

IF YOU CONSIDER SOMEONE WHO SUPPERS FROM MISSILE ENLY, AND SENILITY, AND WHO IS ALSO A PARANOID PROPAGANDA-MONGER, AND A BIBLE THUMPER, WHO WOULDN'T HESITATE TO BLOW UP EVERY GODDAMN "NEIGHBOUR"

Real men make videos





BUT ON TO MORE PRESSING MATTERS - OUR WAR WITH THE HUNS FROM THE NORTH! I'VE CONSULTED MY DEAR PRIEND JERRY FALWELL AND WE BOTH AGREE THAT IT'S HIGH TIME WE SENT ALL THOSE NORTHERN









JOE CANVCK RUSHES FROM ONE RECORD STORE TO THE NEXT-EVERYWHERE HE GOES, THE END RESULT IS THE SAME.





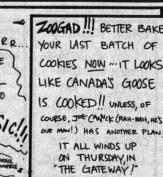


UNTIL EVENTUALLY, WITH AN AMERICAN BATALLION LOOMING NEAR THERE ... THAT'S THE LAST OF THE SPEAKERS ! ... NOW ALL I HAVE TO DO IS PRESS THIS BUTTON AND ... CHARGE

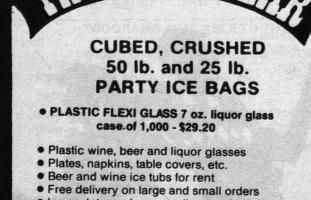








BE THERE



- · Ice sculptures, large, medium, and small
- Liquor Dispensers Rental Liquor and beer tickets
- Plastic 9" white plates, 500/case \$36.95
- Wholesale prices on cases of party supplies

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