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Cantonese and Szechuan cuisine with a touch of class
FEBRUARY 12-13 (after 4:00 pm)



East Moon
CHINESE RESTAURANT

TRY OUR SPECIAL
VALENTINE'S DINNER
and receive one Complimentary Drink of equal value to the first drink purchased

738-1428 2150 STEELES AVENUE WEST
(1 block east of Keele St on north side)

SUMMERS on the beach
FT. LAUDERDALE'S PREMIERE CONCERT AND DANCE CLUB
18 YEARS AND OLDER ADMITTED


CELEBRATE SPRING BREAK '88
in Ft. Lauderdale

10 AM to 6 PM—POOLSIDE PARTIES
Live D.J. Emceeing Poolside Contest • Water Volleyball Tournament
Free Beer Chug Relays • Free T-Shirt Relays • The Belly Flop Contest
and climax the day with...
The Wettest, West T-Shirt Contest featured in Playboy Magazine
Cash Prizes • Free T-Shirts • and other giveaways
Summers Games And Wet Water T's Videos Now On Sale!!

7 PM to 8 PM—COLLEGE HAPPY HOUR
• YORK UNIVERSITY PARTY • MONDAY, FEBRUARY 15, 1988 •
FREE SPRING BREAK '88 T-SHIRT WITH PAID ADMISSION FOR ABOVE COLLEGE STUDENTS BETWEEN 7:00 AND 8:00 PM WITH PROPER COLLEGE I.D.
COMPETE IN CONTESTS FOR PRIZES!
EVENINGS
SUMMERS on the beach presents... "FURY"
Ft. Lauderdale's finest Rock 'n Roll band nightly PLUS 6 Bars to Serve You

SPRING BREAK '88
• YORK UNIVERSITY PARTY • MONDAY, FEBRUARY 15, 1988 •
ONE FREE DRINK—GOOD FROM 7:00 P.M. TO 8:00 PM NIGHTLY
(LIMIT ONE PER CUSTOMER)
SUMMERS on the beach • 219 S. Atlantic Blvd. • Ft. Lauderdale, Florida • (305) 462-8978
(Located half block north of Las Olas Blvd. on A1A)
ADMISSION POLICY: 18 Years Or Older

MUG SHOTS.



Chocolate Mug Shot
Hot chocolate
Shot of Southern Comfort
Top with mini-marshmallows

Coffee Mug Shot
Hot black coffee
Shot of Southern Comfort
Teaspoon of sugar
Top with whipped cream

Toronto host to ICEFH

By "HOWIE" MARR and JAMES HOGGETT

The eyes of the medical fitness world will be focused on Toronto from May 29 to June 3 as the city plays host to the International Conference on Exercise Fitness Health (ICEFH).

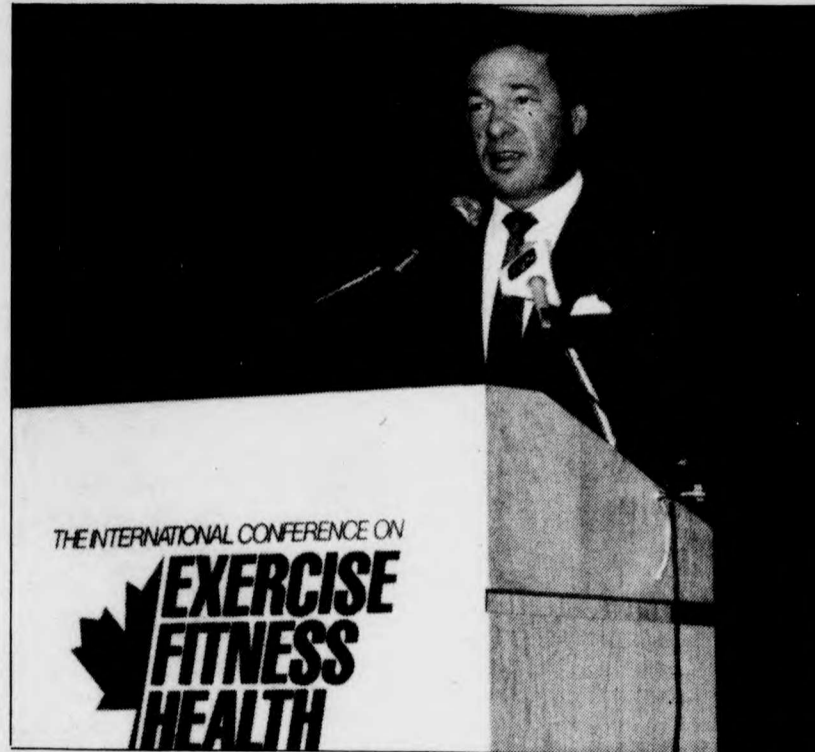
A press conference was held two weeks ago to discuss the upcoming ICEFH conference. Among the notable guests in attendance was Otto Jelinek, Minister of State for Fitness and Amateur Sport.

The ICEFH conference has been set up to bring together the world's leading exercise and medical scientists to discuss exercise, fitness and health. There will be approximately 1500 delegates from 24 countries attending lectures given by over 60 of the world's most renowned researchers, medical doctors and sports and exercise scientists.

The issues to be discussed are far-ranging and include the benefits and dangers of exercise, the perils of not exercising, the impact of physical activity on heart disease, anorexia, bone and connective tissue, back pain arthritis, osteoporosis, mental health and the immune function as a defence against cancer.

Speakers scheduled for the ICEFH include Dr. Ralph Paffenbarger of Stanford University, Dr. Per-Olof Astrand of the Karolinska Institute of Stockholm, and Dr. Roy Sheppard from the University of Toronto. Paffenbarger has been conducting a 20-year study into the correlation between health and exercise. Astrand is considered a legend in fitness research, while Sheppard is one of Canada's leading researchers in the care of physical activity.

Jelinek spoke briefly at the news conference, affirming the government's commitment to fitness. He commented that "fitness is lagging behind... our 14-21 year olds are



OTTO JELINEK: Minister of State for Fitness and Amateur Sport speaks at a press conference for the ICEFH to be held in Toronto from May 29 to June 3.

lagging behind compared to other ages."

Jelinek stressed the importance of quality daily physical education, which he described as "the key to bringing the level of our youth to a level that is so necessary." He finished by adding "that if we don't have a fit society we don't have a good society."

Jelinek feels that the only way to develop high performance athletics is to have a fit base from which to choose.

Also in attendance for the conference was York's Dr. Norman Gledhill. Gledhill, chairman of the physical education department at York, is on the board of directors for the

ICEFH and will be holding a lecture on the assessment of fitness. Gledhill said the ICEFH was guaranteed to be successful scientifically, because the best people in the world will be coming. "People fell in line when they found out who was coming," Gledhill said.

The ICEFH is being sponsored by the North American Life Assurance Company, the Sport and Fitness Branch of the Ontario Ministry of Tourism and Recreation, and Fitness Canada representing the Government of Canada.

The conference will be held at the Metro Toronto Convention Centre, held at the Metro Toronto Convention Centre.

Top-ranked player Christine Smith on young Yeowoman tennis team

By "HOWIE" MARR

Christine Smith is the top ranked player on Coach Eric Bojesen's young tennis Yeowomen team. The first year student paced the Yeowomen to a 6th place finish this year, and could be a key in the team's future.

Smith is one of many freshman on a team that Bojesen is trying to mould into a winner. Bojesen has had a major impact on Smith and the rest of the team, giving the players some much needed stability and leadership. According to Smith,



Bojesen has the team continually working hard despite the fact the season is over.

Smith, now 18, has been playing tennis for ten years. She credits her parents with introducing her to the game, but says they never pushed her. Smith, a big Yannick Noah fan, considers her serve and forehand to be the best elements of her game, but readily admits, "my weakness is my backhand." As the number one ranked Yeowomen, she practices against the Yeomen to improve her game. In addition to her frequent practices at the "bubble," Smith also does aerobics and works with weights to keep her game in top form.

Smith has stayed healthy throughout her tennis career, with one exception. She was out for six months with a knee problem when she was 17 and had some tendinitis in her shoulder. She says she finds the Bobby Orr Sports Medicine Clinic, at York, very useful for treating her injuries from tennis.

Smith feels that her first year at



CHRISSE: As she's known in the world of tennis. Christine Smith is hoping the Yeowomen can improve on their sixth-place finish.

York has been "OK." She also likes the team tennis concept, which she feels adds to her game.

"It's good because if you go to tournaments by yourself you feel you have no support," said Smith.

Smith generally looks upon her first year at York as an experiencing year. "The team didn't do so hot, but we had a lot of first year players. Next year we will probably do better," she says.