

Join the Rec.Rat

October 9, 10, 11 10:00-3:00 p.m.
at Central Square for

East
Bearpit



Well Being
Energy
Leisure
Lifestyle
Nutrition
Education
Stress Management
Safety

W
E
E
K

West
Bearpit

"A move towards optimal health"

Recreation York will be hosting "Wellness Week" in order to provide University students with information and demonstrations, on programs and services that deal with the subject of wellness and living well.

Lecture Presentations will include:

RELAXATION TRAINING (PRACTICAL)

Dr. Irv Cooper
Counselling & Development Centre

October 9, 1990, 1:00-2:00 p.m.
Curtis Lecture Hall E

CREATIVE STRESS MANAGEMENT

Dr. Joseph Levy
Physical Education Recreation & Athletics

October 10, 1990, 12:00-1:00 p.m.
South Ross, Room 205

BEYOND WELLNESS: HEALTH & THE ENVIRONMENT

Trevor Hancock, Assistant Professor
Environmental Studies

October 11, 1990, 12:00-1:00 p.m.
Curtis Lecture Hall M

Participants include:

- Recreation York
- Occupational Health & Safety
- Career & Placement Centre
- Drug Awareness
- Student Peer Support Centre
- Counselling & Development Centre
- Heart and Stroke Foundation
- Health Services
- Sexual Harassment Education and Crime Prevention
- Advisor to the University on the Status of Women
- AIDS Prevention by City of North York Public Health Department
- Inter-Faith Council
- Atkinson Counselling Centre
- Student Affairs
- Sport York
- Crime Prevention
- Office for Students with Disabilities
- Skin Wellness-Mary-Kay Cosmetics
- For Your Health Massage Clinics

Get familiar with the different on-campus programs and services that are available to members of the York community.

COLUMNS

La route vers Glendon

by Ed Drass

If you were to visit the city of Waterloo, about an hour southwest of Toronto, you might come back to York feeling a little jealous.

Home of the University of Waterloo and Wilfrid Laurier University, you would notice how a "student quarter" has developed to serve the two schools in Waterloo. All over the community, stores and services exist that owe their economic well-being to students and university staff. What does Glendon have? Not even a hot dog cart on Bayview Avenue.

In Waterloo, University Avenue links both institutions and runs through a substantial student ghetto, an area of mostly single-family dwellings converted to hold four or five students each.

The university community is localized, identifiable as scores of cheap restaurants, supermarkets, clothing and other stores have nestled right up along UW and WLU's property lines.

York's two campuses are surrounded by surprisingly little student infrastructure. Glendon College campus is situated in a very expensive neighbourhood (the Bridle Path) and students either live on campus (expensive) or far enough away that few can

walk to school.

There is not an identifiable "Glendon ghetto" although there are clusters in Leaside and along Sheppard. The nearest non-institutional restaurant, supermarket, convenience store or bank machine is a 20 minute walk (seven minutes by bus).

York Main is a little better off, but then it should be — tens of thousands of students pass through the area. However, since York has an inadequate amount of housing, and since there is such competition for apartments in surrounding areas, students and their supporting infrastructure are spread out.

York has no Annex, no Kensington, no College Street. How many students live in University City? Do students mind hiking all the way to Jane Finch Mall for a good supermarket selection?

Although Glendon students have L'Arcade/The Tuck Shop where they can now be ripped off close to home, York Main students have a brighter future.

Hope comes in the form of a new strip mall at Keele and Finch: a place that 2 am bingo freaks will love. And, as the long awaited on-campus housing opens up, demand will be created for shops and restaurants in the new Student Centre (please be inexpensive) and the administration's York Lanes.

I WRITE WITH AN AXE

by Brett Gellert

German reunification is just around the corner and I can't wait.

Germany is not such a bad place if you forget about two major World Wars. The fact that Germany is getting back together seems to be bothering quite a few people.

I'm going to expel some of the rumours surrounding German reunification in a brief history lesson; I am a history major after all. The first thing I want to say is that not every German guy is named Hans, some of them are also named Otto. A national identity with that kind of sense of humour can't be all that bad.

In the beginning there was a guy, named Otto, who wanted to take all the little countries in Europe with names like Wankenburg and Snitzelstrasse and make one giant country that wouldn't be intimidated by the likes of France.

France played a major part in European history because almost every other country in Europe thought it was full of arrogant snots that wore goofy wigs and pants that looked distinctly feminine, which was no real surprise. Anyone who has ever gone to a tourist area in France knows that I'm not making the arrogant snots part up. People who deal with tourists on a regular basis in France look at you like you were wearing soiled underwear on your head.

So it wasn't much of a surprise that Germany made a major hobby out of beating the hell out of France whenever it got the chance. Otto made Germany a pretty good country with a population of people who ate knockwurst and wore leather pants and generally got along with everyone.

Unfortunately, during one of Germany's little escapades when thousands of Germans were

standing on the French border and staring at the French, (who are generally uptight anyway), a war started in Europe that made Germany pretty unpopular.

After that war an even nastier war, also involving the French, took place. The result was that Germany wasn't as bad as this new group of guys, the communists.

The communists liked Germany's great location, because they didn't like France either, and so they took half the country. Preferring their privacy, the communists decided to put up a wall in order to keep people in and ideologies out. This really ticked off the Americans because they hadn't come close to a war in a couple of weeks and Germany was considered (through no real fault of its own) an extremely dangerous place where world safety was concerned.

Ronald Reagan made it one of his missions in life to convince the communists to tear down the wall. They, like everyone else, thought Reagan was a bumbling fool and ignored him.

It wasn't until the day that George "I was only joking about Quayle" Bush came into office that Americans could take credit for something Gorbachev did: letting the Germans tear down the wall and have a good laugh at the expense of the French.

Germany has become a dominating force in almost every aspect of the world. I mean, who can forget the '76 Olympics when Olga Burgermeister threw a line judge 92.4 metres for a new world's record? In politics, Germany holds the beacon of freedom aloft and so poses an incredible threat to the French.

Soon Germany will be marching to... I don't mean marching, I mean, Germany will be aiming towards... will be pointing directly at France... and laughing.