

Psych Major Defines Issue

To the Editor:



In light of the submission controversy, I felt compelled to respond. We are facing an issue much deeper than sado-masochism (S&M). We are dealing with an issue deeply ingrained in our culture -- the oppression of women. The posters in and of themselves are not what is being confronting here--they are merely symbolic-symbolic of a culture which objectifies women based on their sexuality. This has nothing to do with who put the posters up, whether they were women or men, this has to do with viewing women as objects-objects of male fantasy. What people do in the privacy of their homes is not the issue. What is an issue is the sexualization of women. Women are sexualized every day-whether it be through the latest James Bond movie, the barbie dolls we buy for our children, the videos we see on MTV, or the last issue of Cosmopolitan. The issue is one in the same -- women seen as sexual objects to be possessed, manipulated, and controlled for the pleasure and satisfaction of men. S&M in its essence is a personal and sometimes fulfilling choice made by both partners. This is not the issue. The issue is the prevailing notion that, in some fashion, women are the products of male satisfaction; thus perpetuating male domination.

The controversy that has resulted from the posters should be examined in the greater context. Women are not objects. Women are not here to be the sexual fantasy of men, nor should they be seen as such. The issue at hand surpasses that of S&M or submission. The issue is the extent to which women are viewed as sexual objects. Being a sexual object is indicative of possession. To be possessed is to have no power; and women are powerful people. This is not to be confused with sexual power which is not real, decision making or political power.

The controversy fueled by the posters displayed on campus is representative and symbolic. The controversy symbolizes the fact that women care about their

place in this world -- that women care about their common oppression -- that women understand the societal structures which work to keep them in bondage. This care, understanding, and passion should not be trivialized or represented in a way that puts women in the category of crazy feminists or whiny, de-sexualized women. This has nothing to do with sexuality or with oversensitivity, this has to do with the objectification and dismemberment of a woman's body. Do not see this as a first amendment right to express oneself, see this as a fundamental human right for respect and dignity.

There is nothing wrong with S&M. There is nothing wrong with playful, sexual experimentation, and there is nothing wrong with artistic expression. There is something wrong however, with the continued exploitation of women, the fulfillment of male fantasy at the expense of human dignity, and the inclination that women are objects to be possessed and manipulated. I understand that this was not the intent of the posters, but the message continues to be clear.

I wholeheartedly agree that anyone with objections regarding the posters should have addressed the editors directly. It is disingenuous not to put your face or your name behind what you believe. This anonymity discredits the principles behind the action and I regret that it was handled in this way. By the same token however, I find the issue itself (that being the sexual exploitation of women) very credible and worthy of recognition. Please understand that this is not about whips and chains, nor is it about the posters in and of themselves. This involves a much bigger issue one of women's oppression. Women: Play with whips to your hearts content, but never forget that you are involved in a constant fight to gain and preserve power and dignity within yourself.

Jessica Swanson, *Community Psychology*



**Penn State
Students with ID
can purchase a ticket
for only \$4.00 and
GET \$2.00
TOWARD ANY
SNACK OR BEVERAGE
at the Horizon
concession stand.**

**Upcoming
Harrisburg Horizon
Home Schedule**

All Games in the CUB

**Sunday, March 5 at 3 p.m.
vs. Morris Revolution**

**Saturday, March 11 at 7 pm
vs. Lancaster Storm
(outcome of this game will
determine playoffs position)**

**Pending Playoff Games
at Home:**

**Sunday, March 26
Sunday April 2**



Walk Toward Health and Fitness



North American Precise Syndicate

(NAPS)-Americans' most popular form of exercise is walking, according to the Russell Athletic "For the Long Run" Survey. Even those with the busiest schedules are finding time to walk. A low-risk and time efficient way to get in shape, walking provides the same cardiovascular benefits as running and burns nearly the same number of calories per mile.

Walking can help reduce blood cholesterol, lower blood pressure, increase cardiovascular endurance, boost bone strength and keep weight down. The New England Journal of Medicine reports that Americans can reduce their risk of coronary heart disease, the number one killer in the country, 30 to 40 percent simply by walking briskly for three or more hours each week.

To begin a walking program, Russell Athletic provides the following tips:

•Choose a comfortable, flexible and supportive pair of shoes.

Wear cotton or cotton-blend athletic socks. They're better at absorbing sweat.

•In cold weather, bundle up with layers. A wicking t-shirt should be worn under a windbreaker or fleece pullover. Spandex pants provide support and protection from chilled air. Wear a hat and gloves to insulate your extremities, which release the most body heat.

•In warm weather, loose-fitting clothing is ideal. Mesh shorts and tank tops allow for maximum air flow. In direct sun, wear a hat that protects your face.

•At night, wear reflective clothing to be visible to passing vehicles.

•Warm up - When starting out, always warm up and stretch your muscles. Each stretch should be held for a minimum of 20 seconds.

•Make sure your back is straight, head up, your neck and shoulders are relaxed, and your stomach muscles are slightly con-

Roody Poos Defeat Oopsters in Battle of Unbeatens

By James Gadinski
Capital Times Staff Writer

The long anticipated game between the Oopsters and the Roody Poos, the two most powerful teams in the PSH basketball league, occurred Feb. 16.

These two talent-filled squads have dominated every game they previously played.

However, this night belonged to the Roody Poos. The Poos continued their impressive winning streak defeating the Oopsters 47-26 in a match-up that could be replayed in the league championship.

From the tip-off, the Poos controlled the momentum of the game. Taking the lead throughout the first half of play, Stacy Brown and Chris Early dominated the scorebook, each scoring 8 points in the half.

But, the most impressive part of the Poos domination was their stellar defensive play. They held the Oopsters to a season-low, 18 first-half points and limited the league's two top scorers, Dennis Fernandes and Mike Borden, to 4 and 2 points respectively.

The Poos kept a commanding

27-18 first-half lead and never looked back.

In the second half, the Poos continued to pull away with consistent scoring by Early, Brown, Ryan Walsh and Chris Rugg.

Brown put the game away, hitting consecutive three pointers with under four minutes to play. Early led all scorers with 21 points. Brown was next in line chipping in 17.

Despite the loss, the Oopster twin towers, Amadeau Bailde and Mike Pohronezny, had stellar performances. Bailde scored 13 points along with six rebounds. Pohronezny had 7 points including a whopping twelve boards.

Both teams played an excellent game. If these two powers meet in the championship game it will definitely be a game for every basketball fan to enjoy.

The playoffs began Feb. 23. The Roody Poos and Oopsters, who received a 1st round bye, will begin playoff action after spring break.

tracted.

•Gradually increase your pace and use a full heel-to-toe motion.

•Cool down - Slow down for the last five minutes of your walk. Stretch your hamstrings, heel cords and back.

•Once you have reached a point where you can walk a few miles with relative ease, vary your workout intensity and tone your legs by walking up hills. Also try using one to three pound hand weights to increase your efforts.

•Keep track of your progress. Many experts recommend walking 30 minutes a day, at least three times a week.

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