

before



after

Grad photos started

Link

VOLUME 13, NUMBER 19, JANUARY 31, 1979

BCIT STUDENT PUBLICATIONS

Grad Photos

Win friends-influence people! Make your mother happy! You ask-how? What's the secret?

Get your grad photo taken! Raymond Kao, noted Vancouver photographer, has this week begun the arduous task of photographing all 2nd year students! Yes all 1640 of you. With this many students and the full time schedule everyone has, you'll quickly realize that this requires some extensive planning to get this ordeal over with in a reasonable amount of time, the reason being that these photos go in the yearbook.

What I'm saying is that the time schedules are tight and it is up to you, the responsible 2nd year student, to get your picture taken with your set during the hour allocated to your set.

The cost; For A Set Of Four Different 5 x 5 Colour Photos Is \$10.00.

Other packages can be individually arranged with the photographer. You pay when you pick them up.

So, if you want to have grad photos for your family, friends and personal memorabilia, then you'd better cash in all those beer cases you've been hoarding, ask your folks, etc.

Timetable schedules will be posted in the SAC, and the North and South Foyers. Also, timetables will be circulated in class

by your tech reps. Make sure you get one!

About the timetables-they are very difficult to schedule because of the large number of classroom hours you will have. Also, many 2nd year students spend 2 or 3 days of the week doing field studies, therefore leaving little time to schedule an hour for photos to be taken. I'm sorry, but due to everyone's busy schedules, some of you will have to come in during your lunch break. I know that may seem like a drag,

Exposure 79

Have you started looking for a job? If you are a member of the business society, Exposure 79 can help you. You are member of the business society of you are in Operations Management, Broadcast Communications, Computer Programming and Systems, Finance, Administrative Management, Marketing, or Hospitality and Tourism.

Exposure 79 is happening on Wednesday, February 7th starting at 12:00 noon in the lecture hall, room 198. Members of the business community from industries that could hire you will be on a panel to answer your questions on what really is going on "out there". Invited guests include people such as Mr. Fred Gack-

but really, seeing your friends dressed up in grad gown with their hair combed for the first time you remember in 2 years can really be a fun and exciting thing. So please come. If it's appropriate for you, maybe you should consider getting your hair cut before your picture day, so you look respectable. Well, that's only a suggestion.

See you soon, thanks for your cooperation.

Fiona Fraser
President, SA

ette, Operations Manager for the T. Eaton, Co.; Jane Norkway, Executive Training Director, Block Bros. Realty, Joseph L. Whitehead, President and Publisher of the Journal of Commerce and others.

At about 2:15, following the discussion period, there will be an informal wine and cheese party in the SAC cafeteria.

This will give you a chance to talk with the panelists on a one on one basis, and give them a chance to get a look at you. Get ahead of the rest of the crowd, get your foot in the door before you have to pound the pavement.

Exposure 79--let it work for you.



Could this be the famous 'Teen Angel' due to put in an appearance in the SAC before too long?
photos by rho

Signover doing well

There has been terrific response from the students with the caution account sign-overs. Thank you for the support, and if your tech has not had the chance to sign over their caution accounts someone will be coming to your lecture within the next week. The signover sheets will be located in the SA offices from Feb 5th to 16th for those who still wish to signover their caution accounts over but had not yet done so.

The funds collected from the caution account signovers will be put towards two very worthwhile cause:

1. The purchase of a Sunshine Coach.

2. The building of the Children's Hospital.

The Sunshine Coach is provided by the Variety Club in support of organizations that sponsor handicapped and underprivileged children. The coach that BCIT

students are now raising funds for will be donated to 'The Boys and Girls Club of Greater Vancouver'. The clubs activity centre is being built in the Richmond area and it will open early in September. BCIT students will then have the opportunity to see their donations

in use as the club's coach, with 'BCIT Student Association' printed on the side doors, transports handicapped children all over the lower mainland.

Any money exceeding the cost of the Sunshine Coach will then be contributed to the building of the Children's Hospital. It is now being built in the Shaughnessy area and is due for completion by 1980.

All of the funds we raise this year will be used to help thousands of handicapped and under privileged children. Keep up the support!

COUNCIL BRIEFS

BEER BATTLE A BUST

The great beer battle that was supposed to take place at last week's council meeting was forestalled by the absence of one of the principals. Rob Slavik, the pub manager, was in hospital for an operation. The issue will probably be dealt with at the next council meeting on February 8.

The Activities Standing Committee has acted to make techs that sponsor dances more responsible for their events. The 'performance bond' they have to pay has been raised from \$25 to \$50. The bond is forfeit if the dance is a loser, and will be used towards paying the costs.

Engineering Society Chairperson has resigned for personal reasons. He will be replaced by Robert Keil, an Engineering Society appointment, who was ratified as Chairperson by Council.

Council rejected an application by a Mech Tech class that wanted one course moved into the three hour break. Council, in keeping with earlier policy, unanimously quashed the change, noting that the request did not have the full approval of all class members.

The SA Council has agreed to let the LINK Editors write up a policy on student advertising. Profit making events will now have to pay half the regular rate for space...it is expected charity events will be free.

Richard Smyth, Director of Physical Resources at BCIT, visited Council and gave them a quick rundown on his job, his responsibilities, and what his departments are doing for the students of BCIT.

Richard, a one time instructor at BCIT, is now in charge of providing facilities on campus for instructional purposes. Under his command are such diverse yet inter-related departments as Physical Plant, the development department, and Safety and Security.

Physical Plant looks after the day to day operation of the campus, making sure 'doors fit doorways' and other such tasks. Planning for the year to year renovations and additions is handled by his development department. This includes major changes to laboratories and the like. The Safety and Security section looks after the obvious problems associated with a campus this size.

After describing his capacity as Director, Richard opened the floor to questions from Council.

One of the major concerns of council that appeared to be under Richards control is the Parking situation. He acknowledged that the problem did exist, and that major improvements are to begin soon, but that it wasn't completely under his control. The Government, in the form of the BC Building Corporation, has control over all the land and building in the Willingdon complex. Sometime in the very near future, the government is expected to turn control over to the institutes concerned. 'When we get control, we'll be able to think more positively' was Richards interim reply.

Used locks for sale-SAC Office \$1.00 each. Sale proceeds go to Charity.

Anyone interested in travelling down to Washington to view the TOTAL SOLAR ECLIPSE happening on February 26th...please contact Lynn after 6pm at 299-5472.

Polytech petition endorsed by Council

by Don Wright

Council, upon reviewing the resolutions endorsed by the Board of Governors, has itself chosen to endorse a document which matches if not better the vagueness and ambiguity of documents generated by the Board of Governors.

In Fact, the Council even made the same error as the BoG did. They have endorsed a document which they do not fully understand the meaning of, and did it before the document was in its final draft.

The document in question is a petition to be circulated by the council, (after having it dumped in their laps by the perpetrators) regarding the polytech issue. The council was approached by two Bio-Science students who had a petition they hoped council would endorse. They explained that council endorsement of the petition would add credibility and thus encourage the general student population to sign as well.

The petition is the one that appeared in last week's issue of the LINK. After much debate and deliberation, it was moved that point three be amended to read... 'If or when future changes take place at BCIT, the changes will be made to fill the needs of industry and will be implemented when such needs are foreseen in consultation with industry.' A fourth, as yet unwritten point was added that will ask that the students be kept informed and consulted before any decisions are made, or at least it will read something to that effect when they finally get it written.

When questioned about the intent of the petition, the two students involved stressed that it was simply an attempt to make the BoG aware that the students want to be involved in such a major change. However the original petition did not even mention anything about involving students. To this end, the council at least had the sense to add the fourth point, even if they didn't

decide on how to word it before endorsing it.

The third point was amended because it gave the erroneous impression that the petition was asking that industry be given complete control of BCIT, which was not exactly the intent of that line.

After rushing the petition through in much the same manner as the BoG did the original resolutions, (ie. effectively quashing all resistance) council decided that they would underwrite all costs of copying the petition and circulate it through the technology reps.

Overall, the petition does not take a stand on anything, does not ask for anything that has not already been promised, and, if nothing else, will make the students of BCIT look even sillier than the Board of Governors.

Tour guides

Are you thinking of getting involved in this years open house?

One of the most rewarding jobs is helping strangers find their way through the institute. Do you remember your first day and how nice it was to have tour guides help you to find your way around. Now is your chance to do the same for someone else

Both male and female tour guides are needed for Open House. As a tour guide you will be involved in escorting groups of students and VIPs to the various displays in the institute.

If you are interested, you can sign up in the Student Association office and I will be in contact with you with all the information.

I need to know by February 14, 1979, how many tour guides I have so please sign up as soon as possible.

Tour Guides Bonnie Nider

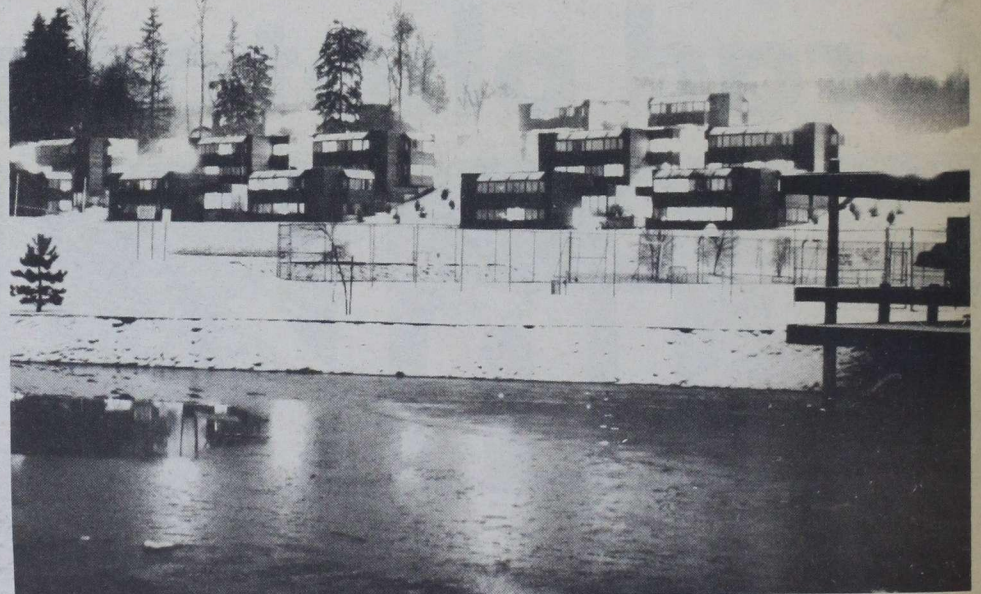
WE THE UNDERSIGNED MEMBERS OF THE B.C. INSTITUTE OF TECHNOLOGY STUDENT BODY PETITION THE B.C.I.T. BOARD OF GOVERNORS TO INFORM THEM OF THE FOLLOWING:

1. Regardless of what future changes take place, the name of the Institute should remain: THE BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY
2. We emphasize that the QUALITY of the two year diploma programs must be retained in future years.
3. If or when future changes take place at B.C.I.T., the changes will be made to fill the needs of B.C. Industry and will only be implemented when such needs arise, as dictated by Industry.

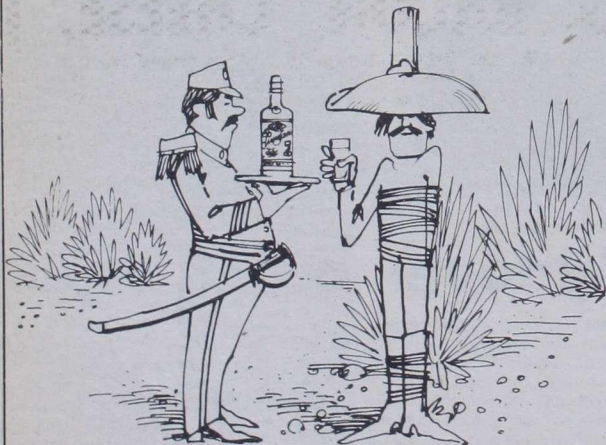
Summer Employment: How to secure summer jobs in Alberta
Labor jobs, clerical, local and Northern Employment, etc. Best to apply early. Send \$2 for student Summer Employment Guide-satisfaction or refund
Labour Market Info Service
Box 7810 Station A (Dept. UA)
Edmonton, Alta T5J 3G6

Used locks for sale-SAC Office \$1.00 each. Sale proceeds go to Charity.

Anyone interested in travelling down to Washington to view the TOTAL SOLAR ECLIPSE happening on February 26th...please contact Lynn after 6pm at 299-5472.



One Last Shot



When you're drinking tequila, Sauza's the shot that counts. That's why more and more people are asking for it by name.

TEQUILA SAUZA
Number one in Mexico.
Number one in Canada.



GET LUCKY



TICKETS ON SALE NOW IN THE SAC FOR THE

VALENTINE RAFFLE DINNER FOR TWO
THE TEAHOUSE RESTAURANT
tickets 3/\$1.00

sponsored by
Broadcast Journalism

HOUSING CORNER

By Sally de la Rue Browne

Tips For Ecology Minded Students

Avoid purchasing products in containers that cannot be recycled. These include plastics and those that are wax coated. Save glass jars or containers with lids and re-use to store leftovers.

If you buy things in returnable bottles, **return them.**

Non-returnable bottles can be dropped off at a Recycling Centre.

Share magazine and newspaper subscriptions with friends.

Economize on your use of electricity.

Check water taps for leaks. A brick placed in your toilet tank will cut down on the amount of water used without decreasing

the efficiency of the toilet.

Become a non-smoker for everyone's sake, including your own.

Don't use coloured tissues, toilet paper or napkins as the dyes pollute.

Eliminate the use of detergents with high phosphate content.

Buy as much organically grown food as possible and avoid highly processed products.

Re-use grocery bags. Stores often pay you to bring them back each time.

Be inventive-concoct new and better recipes to use up leftover foods.

Send clothes you no longer wear to outlets like the Salvation Army. Cut up those past wearing and use as cleaning rags.

EDITORIAL

It's hard to believe that certain technologies, the business technologies in particular, have recently been instructed to actively enforce the attendance regulations. No wonder so many students think of BCIT as just another high school. Some instructors have even gone so far as checking the attendance in lectures.

Although the regulations as outlined in the calendar state quite clearly that regular attendance is required of all students, certainly this is archaic by today's standards. The regulations give the institute the right to prohibit a student from writing a final exam if that student has missed more than ten percent of the time allotted for that subject.

It is not known if any students have been screwed by these outdated laws, but this current crackdown could mean trouble for a great number of students.

Our question is, why does a supposedly high quality institute like BCIT feel that it has to coerce students to attend classes?

Really, if a course is valid and taught by someone who knows the subject and more importantly, how to share that knowledge, then there should be no problem keeping the classes full.

The problem is, there are so many mickey mouse courses and equally mickey mouse instructors to teach them. Any courses that suffer repeatedly poor attendance should themselves be reviewed. Either the course is of questionable value or the instructor is not worth listening to. The student should not be punished for not wishing to waste time in a class that has no educational value.

Courses that are well taught are well attended, no matter what the subject may be. It's about time someone at the top realized that the students are not to blame, and should not be held responsible for the inadequacies of the system.

Letters to the LINK

LETTER TO THE EDITOR FROM AN EDITOR

Dear Gordon (TP record review):

This is God speaking. Please don't let the following comments discourage you. We do like your stuff but have some queries. Most of the albums that have been reviewed seem to be overly obscure pressings from backwater companies based in Europe. Not that there is anything wrong with looking at such products, I just happen to feel that the products that we do receive from the local companies compare more than favorably with the imports at less than half the cost. You talk about the Beaver Bros. Have you listened to any of the stuff produced by Rick Wakeman or Mike Oldfield? Oldfield did the entire Tubular

Bells album by himself. Something in the range of twenty different instruments were used during the course of its production. I don't think that many people will be able to say that the new Dire Straits album is terrible although it is beginning to get a little too much air play.

Actually, although my taste in records does not match yours, I can't complain. What I do object to is your lack of care with the English language. Just what is "come across further fortification that..." trying to say? Please control your use of fancy and unnecessary modifiers. For example: "a more heavier rock style", "relatively shorter", "more freer" and "very progressive and contains fairly original". All of these quotes are, of course, from your latest column. Please Gordon, spend some more time on the grammar. Otherwise the stuffs not too bad.

Robert Owen

FRANKLY SPEAKING

By Dave Sherwood

What about us?

Is it inevitable that whenever anyone gets involved in the higher levels of policy making at BCIT they turn into an adleptated ninny with a Messiah complex? No, not inevitable, just extremely likely.

Remember the dress code... imagine a forester shredding a tree (or whatever they do) in a Harris tweed sports jacket and a chunky knit tie. Imagine a Che. & Met. student spilling molten lead on a three piece grey flannel suit. Imagine a television student sweating under the hot studio lights in a white linen shirt with French cuffs, a Pierre Cardin tie and a herringbone sports jacket. Not a pretty sight, is it?

And now the Board of Governors has come up with Pacific Polytech. The problems this possible new name raises are monstrous. All the stationary would have to be changed. We'd all have to buy new T-shirts with "Pac Poly" on them and (disaster of disaster) we'd have to change the team names.

Perhaps this isn't so bad, I never liked Cougars much anyway...no alliteration. Now with Pacific Polytechnic, a whole slew of names comes to mind. How about the Pac Poly Potatoes with the motto "an eye for an eye", or the Pac Poly Pacifists, "We'd rather switch than fight!", the Pac Poly Pacemakers "the team with heart". Or how about something in the vien of Portland Storm or Chicago Sting...Pac Poly Pablum! Great for an off year.

Of course, along with the new name would come new positions. Department heads would become Deans, Principals would become presidents. But that's only the start, how about the Grand Vizier in charge of Parking, the Great Almighty Poo-Bah of Continuing Education, and the Imperial Consort in Charge of Emptying Garbage Cans.

Along with this rise in status, all levels of administration would demand more and better privileges. Parking spaces would have to be closer to the building for everybody. Eventually, the cars

would be parked in the classroom and the classes would be held in the parking lot (except in bad weather, when the administration would rent a meeting hall in the Italian section of town).

Pension plans would be upgraded so that people would receive a full pension even if they quit before they got a job here.

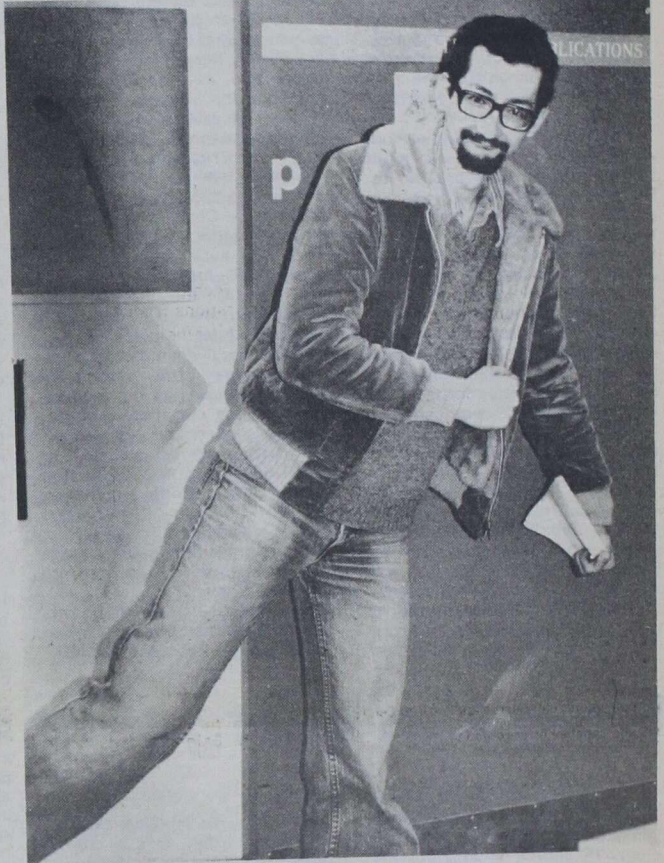
But they wouldn't have to do that because of holiday allotments of 13 months (time and a half on the extra month).

The faculty would begin wearing mortarboard caps and academic gowns such as they do at the classier universities. Department heads would wear purple, Division heads red, and the Principal gold with an optional sceptre.

They would receive a gold watch after 25 minutes of hard work (Sometimes not attained until the fiftieth year of teaching).

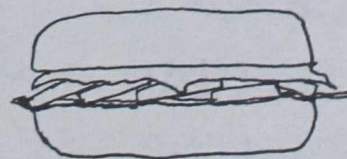
They would get free food from Hotel-Motel, free haircuts from Forestry, and free burial and flowers from Landscaping and Horticulture.

And the Students, what would they get? For heavens' sake... who cares?



Dashing Dave Sherwood has flitted [flut] off to Victoria to learn the fine art of harassing the political types on the pretext of getting valid information for consumption of the masses. The rest of the LINK staff wish him a happy months practicum and hope that all the warm air doesn't cause him to take up permanent residence in city of seagulls. photo by Don Wright

Q: WHAT HAS A SLICED HARD BOILED EGG, BACON, CHEESE, AND COMES IN A WHEATBERRY BUN?



A: YOU NAME IT.

\$50 PRIZE TO THE BEST NAME SUBMITTED BY NOON FEB 2nd. AN ENTRY FORM WITH EACH ONE PURCHASED. AVAILABLE BETWEEN 7:30 AND 10:30 EACH MORNING AT GROWLIES.

Link

'A newspaper's duty is to comfort the afflicted and afflict the comfortable' —John (not Henry) Winkler

THE LINK is published every Wednesday during the months of September, October, November, January, February, March and April by the Student Publications department of the Student Association of the British Columbia Institute of Technology.

Opinions expressed within are not necessarily those of the BCIT Student Association or (god forbid) the BCIT Administration. Editorial submissions are welcomed. Letters should be typed and signed and may be edited for taste, length and libel.

Deadline for editorial and advertising copy is Friday, 3 p.m. Circulation 2,500. Listed in CARD.

EDITORS: Dave Sherwood, Don Wright

3700 WILLINGDON AVENUE, BURNABY, B.C. 434-5734 loc. 615

PLAYPEN

by Leith Fyfe

Moi Bedny Mara. Translation, The Promise, written by Aleksei Arbuzov and translated into English by Ariadne Nicolaëff.

If you think that is a long production, just wait until you see the play. The Promise is currently being presented by the Vancouver Playhouse Company as part of their new series.

And that's the first problem. As a piece of theatre written in classic Russian style, The Promise would be a better choice for the Playhouse Mainstage Series. The small, intimate Spratts Ark Theatre just doesn't do the trick that a proscenium stage would for this particular play.

The second problem is a more intricate one. On preview night I'm told the play ran three hours. Since then they've knocked half an hour off, but two and a half hours is still a devilishly long time to spend in a theatre seat. In order to compensate somewhat for the length, director Susan Ferley has compromised on set changes. This results in sloppy, distracting scene changes which are performed in half-lighting, a style embarrassingly inconsistent with the rest of the production.

The Promise opens in a bare shabby room in a tenement in Leningrad. The three characters introduced in the first act are to meet again in the same room for the 2nd and 3rd acts, 2 and 17 years later, respectively. As Russian teenagers in the first act, they huddle together in the midst of the 1942 siege of Leningrad. It is in this, the first act, that all three characters give their best

performances, as a seemingly unresolvable triangle of love and friendship develops.

Which brings to mind the third problem. The action throughout would seem to lead to a conclusive ending. Unfortunately, after two and a half hours of tense interplay, the ending leaves an empty feeling of inconclusiveness. True, Arbuzov left the ending open to interpretation, but Ferley has chosen the path of no interpretation whatever, which in this case, I feel did not work.

The blame for this must, of course, also lie with the cast. Heather Brechin plays Lika, the monkey in the middle, with endearing moments, but overall blandness. There are distinct differences between her 16 year old of the first act and her 31 year old of the third, but never am I convinced that this woman has so entrenched herself into the soul of these two men as the story entails. Jon Bryden marches through his role as Marat with an officious manner which comes close to an irritant, but does reach a polished peak in the second act, only to fade back into stiffness for the third. Christopher Benson plays Leonodik, the third wheel, with an easy going manner momentarily illustrating the inner torment for the injured war veteran, but the air of mediocrity hangs as heavily over his performance as it does the others.

Take away the setting of war-time Russia and the production is all too reminiscent of day time soap operas. If I closed my eyes I could almost believe that the situation was the continuing saga of Chuck, Philip and Tara on **All My Children**. The illusion quickly disappears, however, with the realization that TV soaps don't cost three dollars, and are over in an hour.

The Promise plays at Spratts Ark on Richard Street nightly at 8:00 pm until February 10th.

From the best table

by Jennifer Moore

There are few places left in Vancouver where you can have an enjoyable dinner away from the rush of the city. The Teahouse Restaurant in Stanley Park is one of these.

Nestled in the trees at Ferguson Point the Teahouse offers the serenity of the country, coupled with a beautiful view of English Bay. Within the doors of the former Ferguson Point Teahouse, the new Teahouse has the charm of an old cottage without the stuffy confinement. The interior gives the feeling of serene elegance gained through simplicity rather than over indulgence. high ceilings, a beckoning fireplace, a tasteful amount of greenery and french windows create a comfortable, relaxed atmosphere. The service matches the surroundings by being efficient without being hurried or

distracting.

On the menu, an appetizer that will catch your eye is stuffed mushroom caps. An innovative mixture of seafood and cheese, the taste is one of the most delightful I've encountered.

The menu includes selections of meat, poultry and seafood. I tried the rack of lamb, and found it intriguing. A subtle spice served its purpose of enhancement, while the lamb was succulent, and done just as ordered. Served with assorted vegetables, the portions and the meals were very satisfying.

There are varied desserts, fresh pies are available, including the southern favourite, pecan. I ventured into a chocolate mousse and was pleasantly rewarded for doing so. A light touch to finish sn enjoyable evening. Dinner for two with wine, around 30 to 35 dollars.

P. MULLER'S SPACE

by P. Muller

I am not ...

POPULAR MYTHS ABOUT P. MULLER.

All the stuff you wish would die quietly along with the aforementioned bod who never stops being a pain in the ass.

SHE'S PROMISCUOUS.

Myth: She enjoys intimacy with males, the more the better. A male is a male is a male. She's much too forward. A cheap hussy. A tease. A chaser.

Fact: She has been judged and condemned for her apparent freedom with men. Any male friends of Pat's are special to her. Each is unique. Not inferior or superior to the other but unique. She believes humans in general require physical contact. Touch is the most necessary form of communication and if used properly will result in happier individuals all round. Touch can convey care, appreciation and concern for another. Limiting this "reaching out" results in an inhibited, frustrated person. It feels great to be impulsive and make other people feel as good as you do. You can trust Pat. She really does care. Just allow her to be herself; don't worry if she's "proper" or not.

SHE'S AN ALCOHOLIC.

Myth: she lives for her beer. Immediately after class—beer. In a tough moment - "I wish I had a beer." After an exam, "I need a beer." All weekend; beer, beer, beer! AHHHGH!

Fact: All wrong! Drinking isn't any different from eating and sleeping. They are all necessary and can all be overdone. Drinking is good for the digestive system (cleans you right out) and relaxing for the body and soul. Pat can stop and start drinking when she

wishes. She only requires a beer as much as she requires her dinner each night. Besides, beer helps her think.

SHE'S BISEXUAL.

Myth: It's all true! I... she admits it! She watches girls as much as guys. She (manuscript became unreadable here).

Fact: No comment.

SHE HAS IT EASY.

Myth: She's pretty. She should be able to get anything she wants with that face. She doesn't really work; she gets what she wants with a smile or a pout.

Fact: Anyone who's pretty is assumed to have no brains. Pat has body soul and brains. She's had to work for everything she has. Her parents gave her bugger-all through her life and she started out on her own with nothing but her personal things and \$180 pulled out of her savings. She put herself through her last year of highschool, worked a year after that and now she's here, still working part-time. Nothing comes easy. Believe it. You have to work for something you want.

SHE'S A BITCH.

Myth: What a stuck-up snot. Thinks she's just Miss It, eh? Miss I've-got-it-all-and-you're-scum. Parading herself around. Huh!

Fact: Anything but! Pat lives each day as it comes. More accurately, every hour as it comes. Never depending on anyone for favours, thus saving the disappointment when they can't come through. That way there's nothing to bitch about. She's a good listener too. You want to talk, just say so. You might not even have to speak; she's pretty

sensitive towards others' feelings. She ain't proud. She gets a lot of insecurity-inferiority attacks. They're a constant threat to her happiness. So don't be put off. We're all in this together.

Dearest Dave: I am honoured! I took up 80% of your lucid (we'll leave out witty) column.

Christ did definitely start Christmas. Why, my dear, do you think the season is so named? Of course Christmas is a family experience. Christ intended it that way. Gift-giving again started with the giving of himself, Christmas does not have to be a religious experience. That's up to the individual.

By singing (forcefully?) a carol, how can you possibly say a child is accepting "obscure" religion? He is merely singing a song. How does this violate his civil liberties? Be serious, no one forces anyone to sing anything, but the outright prohibition of an integral part of Christmas such as carols, is something I can't fathom.

Before Christ was born, you say there were already Christmas celebrations. I beg to correct you. They were only celebrations, not of the Christmas type. You yourself called them by other names.

December 25th was not actually Christmas day. I'm not sure when Christ was born, but the date was moved to coincide with the Roman celebration. That was when your "generally regarded...earliest celebration" became known as Christmas.

Oh rho: Original! Your article wasn't even original. I've heard all that crack-of-it before. Where in hell did you dredge that stuff up? I will repeat; We don't use textbooks in problem-solving. We learn to question everything and improve anything with logical thinking and techniques. If you haven't experienced the course or the outcome in industry, you have no basis to criticize or condemn.

Don: Boring! Is that your way of telling me that now I am truly a member of this staff?

Where have you been L.S.? Your wife's been calling me.

WE CAN FIX IT!!

TELEPHONE ANSWERING MACHINES
CALCULATORS
DICTATION EQUIPMENT

all makes and models

CAL-Q-TRONICS
4857 Kingsway, Burnaby
438-6496 [upstairs]

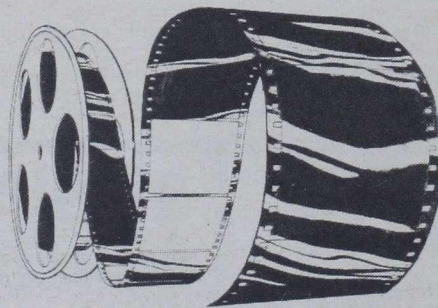
NAME THE SKI AREA CONTEST

Win a two year season pass at the new resort area being built on Blackcomb Mountain at Whistler, bc.

All that is needed is a name for the area. The name must be original and it must apply to all seasons.

Fortress Mountain Resorts Ltd. will judge the entries. Entries can be submitted to either TNT store on campus.

CONTEST CLOSES FEB. 5th.



REVUE

The following films are selected for your viewing pleasure by the BCIT Librarians. Films can be borrowed at Film Bookings and previewed in the Listening and Viewing area of the Library.

Film FC514
Diet for a Small Planet 28 min.
There are advantages to vegetarian meals; cost, nutrition, and taste. This film, based on the best selling cookbook of the same title, shows how to obtain a balanced, protein rich diet by combining non-meat protein sources. Try it, you'll like it!

Film FB478
Somebody Waiting 24 min.
The staff of a California Children's hospital for the severely retarded change the atmosphere from sterility to stimulation and their own attitude from despair to hope. Along the way young volunteers, families and others in the community get involved. No miracles but heartwarming!

Film FA295
How to Lie with Statistics 10 min

An entertaining and informative film on statistics, you say? Never! Watch this guide to the sinful mysteries of zero-chopping, stretching and squeezing...and see for yourself!

Film FA116
The Well Dressed Field Man 8 min.

The pitfalls and pratfalls that result from carelessness when your job or recreation takes you into the wilds are shown in this BC Forest Service "short". Precautions to take for your comfort and safety-clothes, supplies and practices-are demonstrated with a light touch and brisk pace.

Film FC453
Flight of the Snows 27 min.
Escape for half an hour to the beauty of the islands of the high Arctic in summer. Produced for the Canadian Wildlife Service, this film follows the life drama of the Snow Goose. The camera follows the eager-eyed new born chick through family bonding, first steps, first flight, attack by Arctic fox, and triumphant formation flying to the wintering grounds in the south.

TOTAL EMAGE

HENNA SPECIAL
FOR THE WHOLE MONTH OF FEBRUARY
REG \$10 NOW \$5

cut and blow extra
Great prices. Located in the SAC

Name of area: _____ Telephone # _____

Name _____ Address _____ City _____

THE ROCKPILE

by Don Wright



Rock drives on...

Okay, enough making fun of disco. One can only rave on for so long before it starts to get repetitive. Time to move on and take a look at how rock and roll is standing up to this incredible invasion of mindless 'mix four drum beats to a bar, way up front, and you've got disco.'

What sort of alternatives are available? All the old favourites seem to be lying dormant, either too busy to rock or no longer valid. Too many of the recent additions to the rock scene over the last few years are technological creations designed to sell a million records off the AM airwaves. On the other hand, there is punk, which is nothing more than a very accurate description of a great number of talentless groups unable to do better. In the middle we have the so-called 'new wave' groups, a very loose label that seems to apply to any group not fitting into either of the two above categories (ie. tech rock or punk).

Into this wide open field drives the CARS. The Cars? My initial reaction precisely. The Cars is a group whose music everyone recognizes but whose name many forget. Although, fortunately for them, this oversight didn't prevent the group from being chosen New Artist of the Year by both the critics and the readers of Rolling Stone magazine in their recent 1978 poll.

The Cars are from the Boston area, having paid their individual dues playing in various bands in the north eastern quarter of the US. They came together as the Cars sometime in late 1976. It was at this time that the group music and identity was formed in the basement of the group's leader and songwriter, Ric Ocasek. The result of this concentrated effort was a dynamic arrival on the local scene in early 1977 that, by the end of the year, netted them a recording contract with Elektra Records.

Their debut album simply entitled the Cars, was finally released in June of 1978. From it were selected two songs for release, both of which became North American hits - 'Just What I Needed' and 'My Best Friend's Girl.'

For the first time in too long we have a group worthy to be recorded. The album is a great first effort, and if it is any indication of what we can expect from this group, it may have been worth the wait.

The album opens on side one with a neat little rocker appropriately named 'Good Times Roll'. Not to be confused with any other song of a similar title, this piece immediately showcases the bands combined talents.

Next on the first side are their two hits. Both of these songs are fine examples of a well balanced mix of late sixties/early seventies influence with a new wave delivery. 'I'm in Touch with your World' is the only lemon on this album. It just doesn't make the grade. One bad song don't spoil the whole bunch, though (I think I've heard that somewhere before) and the rest of the album is prime rock. Of special note on the second side is the opener, 'You're All I've Got Tonight', a particular hard driving number with some great drum and guitar breaks.

If you're tired of the crap you're hit with on the airwaves these days, you might consider a ride with the Cars.

TP record review

by Gordon Bain

While walking through a popular record store here in Vancouver, we at the TP record review had come across further fortification that taste does not sell. To our surprise we had seen Wallenstein's latest album entitled No More Love with a whole punched through it's corner and on sale for \$1.99. (marked down from \$2.99). We could not believe our eyes. No More Love is Wallenstein's best album to date, and one of the finest albums to come out of Germany in the last couple of years. Wallenstein have been dubbed The Symphonic Rock Orchestra for their heavily layered synthesizer sounds within strongly classical influenced musical boundaries. No More Love is a bit of a departure in that the music leans towards a more heavier rock style than the classical stylings we have come to know and love here at TP.

Even with the move towards the more conventional rock there is still evidence of Wallenstein's familiar thundering synthesizers. With the acquisition of a new guitarist and drummer the more freer style has been abandoned and in particular more guitar. Comparative to other albums the songs are relatively snorter and a lot tighter. The best cut on the album is a bit of a funky piece (if you can believe that you can get funky with synthesizers) really fasy guitar and bass all mixed in with synthesizer. as usual, the album is very well recorded and produced, with no apparent surprises, just a good straight forward rock album. You can't miss the cover; a man and a woman with no clothes on, standing side by side with no traces of any sexual organs at all.

There is a new group out of

England called the Beaver Bros. There is only two members in the band neither one of them brothers (at least to each other) and neither of them with the last name of Beaver. The album is called ventriliquism and it is a fine one indeed. The album is very progressive and contains fairly original material. All the instruments and singing are handled by the two, except of course where they have hired a symphony orchestra and choral group. Most of the music is conventional in the beginning but then tends towards more obscure, episodic ramblings, say in the same way of Genesis or 10cc used to be. Ventriliquism is on Aura records and again only available on import. Very well recorded and very finely produced. On the cover is a Phantom of the Opera mask within which you can see two very menacing eyes with a background of a green tinged swamp. Very strange indeed. All the instruments are handled very well especially when you consider that it is just two guys playing all of them. These guys definitely know how to use a studio to its fullest extent. An album and a group that will definitely be heard from in the future.

Who would have believed that a Womble would put out one of the best rock and roll albums of the year. Chris Spedding is the Womble in question and Hurt is the album. For those who do not know what a Womble is, it is the British version of the American Banana Splits. But Spedding was just more than a Womble. Look on almost any Harry Nilsson album and you will find his name. He also plays the majority of guitar on the War of the Worlds album and rumour has it that

HELP!
THE LINK
DESPARATELY
NEEDS A
TYPESETTER,
ANYONE THAT
CAN TYPE
WELL CAN
DO IT!
SEE DON
WE ALSO
NEED SOME
WRITERS!
NO EXPERIENCE
REQUIRED...
COME DOWN
AND TALK
TO DON

Spedding played a lot of the guitar on the later Beatle albums but was not credited for it on the record jackets. Spedding is what you might call the session guitarist's session guitarist. Spedding proves his versatility from his first solo album simply entitled "Chris Spedding", with a song called Guitar Jamboree in which he reproduces such greats as Clapton, Hendrix and Page among other such notables all in succession without missing a beat. Hurt sounds very much like a supercharged Mark Bolan and T. Rex in the Electric Warrior year. The album contains one of the best versions of McDaniel's (I'm a) Roadrunner we here at TP have ever come across, plus a Garland Jeffreys tune 'Wild in the Streets'. The rest are Spedding's own compositions. The album is high powered from the first to the last, non stop rock and roll, and contains what should have been one of the singles of the year called Get Outta My Pagoda. The only place where this album may hurt is the pocket book. It is on an independantly owned label called Rak Records, one of the finest labels in Europe, and thus there is no domestic pressing of this album as yet. Great guitar, menacing base lines and tight drumming all combine to make Hurt a definite must to buy even though it will cost a few extra dollars more.

carpet sweepings

by Robert H. Owen Esq.

Miscellaneous

I hear that monsieur Bennet is giving the populous another quasi handout. This time we are to be given the option of buying up the BC reserve of crown land in the form of 3-5 acre plots to be sold on a lottery basis. Not only will this result in a lot of new jobs which will reduce the unemployment in BC but the BCIT surveying technology will be able to use it as a lever when applying for a larger budget to increase the intake of first year students. Why more surveyers? Because some 500,000 square miles are up for grabs and that will require a whole mess of little iron posts and somebody to hammer them in in the right place. Again prospective buyers should be very wary of this move by a government known to operate from under the carpet. The last real give away of land occurred during the forties in the prairies. I will wager that this government will do one of two things and eventually both. First they are claiming to be selling the plots at about ten percent less than the market value. So what? So instant capital gain on invested assets. In steps the Federal government and says, "Thank you very much" as they skim off their cut from the pie. Then two terms down the road, the Provincial government will step in with a small tax on all properties except those held by large corporate entities. "After all", they will say, "the land was just sitting there collecting dust and now it is generating revenue that will help reduce your personal income tax."

Something tells me that the phrase 'caveat emptor' will become synonymous with the equally wonderful phrase 'Social Credit'.

During the course of production, I often find myself referring to a marvelous book published by the Oxford University Press. Fowler's Modern English Usage is, besides being an excellent manual for proper usage of the English language but it is also written by people who really enjoy using the language. The renowned British sense of dry humor permeates the entire book making what would normally be a boring reference manual into an interesting study of words.

Allow me to quote their entry under the title word, 'quotation'; **quotation.** Didactic and polemical writers quote passages from others to support themselves by authority or to provide themselves with something to controvert; critics quote from the books they review in illustration of their estimates. These are matters of business on which no general advice need be offered. But the literary or decorative quotation is another thing. A writer expresses himself in words that have been used before because they give his meaning better than he can give it himself, or because they are beautiful or witty, or because he expects them to touch a chord of association in his reader, or because he wishes to show that he is learned or well read. Quotations due to the last are invariably ill advised. The discerning reader detects it and is contemptuous; the undiscerning is perhaps impressed, but even then is at the same time repelled, pretentious quotations being the surest road to tedium... For the rest I refer you to pp 498, 499 of Fowler, second edition. There are further elucidations under the subheadings: Foreign oil and english water. Manglings and Clumsy adaptation.

This book, combined with the Oxford English Dictionary (the concise version, the full one consists of 13 volumes and 16,570 pages which is a little bit of overkill in my mind) would make a valuable addition to any technologists library along with his collection of dusty journals.

I keep hearing advertisements on the radio for the Insurance Corp of BC. Is this an indication that the private sector may be allowed into the market. Or is this some more of the old 1984 treatment from Victoria trying to convince us that the ICBC blimp is really not sagging. Maybe it's some American marketing techniques brought up along with Robbie Sherril from our illustrious neighbors to the south. Who knows, but what is the real reason for an absolute monopoly to start spending my money on advertising that it doesn't need?

Note to Mary-Anne:Should the old home start to really sink, jump, I will be there. Love Robert.

write a letter to the LINK

BROADCAST COMMUNICATIONS
presents

THE SOCIAL EVENT OF THE SEASON

with

GETAWAY

Friday, February 2nd, 8pm till 2am
Queens Park Arena Arenex, New Westminster

Door Prizes Broadcast Raffle

Tickets - \$3.50 available from
Broadcast students in the SAC and from TNT Shop
ID REQUIRED

RECREATION

Intramurals

By Les Bjola

Another week, another fifty cents. I'll just have to talk to my union about these wages. The turnstiles counted a 1000 bodies this week through the sports programmes-down from last week. I guess the pressures of assignments is back so naturally sex, I mean sports, loses out.

Speaking of sex, I heard a cute joke the other night:

Wife "Honey, what's the postal code for sex?"

HUSBAND "I have no idea dear".

WIFE "I Guess that's why you never get any!"

And if you think that was bad--I've got worse ones.

So, on with what this column is supposed to be about.

Basketball-the pressing problem or concern is the playoffs or lack of playoffs.

Well, the main problem has been lack of time, so here's what has happened: Sherri Clarke has given us her Tuesday time slot in the gym, therefore, the top four teams will play off in the semi-finals on **February 27** at 7:30 and 8:30, **full court**.

The final will be played on the following Tuesday, **February 28** at **8:00, full court**. This was the best solution we could come up with so I hope everyone is happy.

By the looks of things, it is going to be a very tough battle for those top four positions.

Volleyball-a few defaults-oh, well, here we go again. I promised myself I wouldn't nag about defaults this term-so I won't. But **God Damn It**, if you can't budget your time for one small hour of absolute enjoyment, I really feel sorry for you. **Tis Said And Done!**

By the way, did you see the **Burt Reynolds** Protegee refereeing volleyball last week-a little older maybe, but the girls swear there is a resemblance somewhere?

We still need 1 referee for the 1:15 series. Anyone interested, come and see us!

Hockey-12-4 Survey over Forestry...????? Looks like Forestry is lacking something-maybe somebody should tell them they are supposed to have a goalie.

Free Skate-yes, it is still going strong and the problem with hockey sticks has been eliminated. **So, come on down!!**

The exercise is great-and besides, it is a lot of fun to boot.

That's at Burnaby 4 Rinks on the **Green Rink** from **12:30-1:30** every Wednesday.

NO STICKS* NO STICKS* NO STICKS.....

Running-We have some incredible runners in this school and here's what some of them have done:

In the 1,000 Milers Club-
 Marc Bonner 1,400 miles
 Started September 1st, 1978
 Tony Barren 1,300 miles
 Started September 1st, 1978
 Paula Pick 1,800 miles
 Started May 16, 1978

There are lots and lots more (good English, hey?) with smaller but comparable feats of accomplishment. Keep up the good work-Beep Beep - road Runner!!

Turkey Trot-on **February 14**, there will be another 'fun run'--guess your time, and if you are closest to the guesstimate, you can win a turkey--and it will be a turkey this time!!

Tournament

Badminton at BCIT - Sat. & Sun., Feb. 10-11, 10:00 am-4:00 pm, in the SAC Gym. Events are: mens "A" Singles & Doubles

good players

Mens "B" Singles

Fun players **NO COUGARS**

Womens-Singles

Fun players **NO COUGARS**

Registration: 75 cents per person per event. Deadline 1:00 pm

Friday, February 2nd, 1979 to enter.

Rules:

a. BCIT student/staff

b. guaranteed 2 matches

c. 10 minutes late for a match is default

d. CBA rules

e. schedule on sports notice board in SACon Monday, February 5th f. "B" flight events scheduled Saturday, February 10th "A" flight events scheduled Sunday, February 11th g. a player can enter more than one event

CRC-next meeting will be Tuesday, February 6th at 7:30 am-everyone please attend-agenda item: banquet.

Clubs

By SUSAN SNYDER

Aerobic Fitness - morning and afternoon fitness classes are now still available and at a reduced rate. The classes are Monday, Wednesday, and Friday mornings from 7:15 - 8:00am for \$12 and Monday and Wednesday afternoons, 4:40 - 5:25pm, for \$10. If you are already registered and haven't paid your fees, see Karen in the Campus Life Trailer.

Stained Glass Cutting - would you like to learn to make a tiffany lamp? Gerry Berkenpas instructs this course every Wednesday from 11:30 - 1:30 in room 376. Register at the class and if you're a beginner Gerry will arrange for any equipment you need.

Jazz Big Band - regular rehearsals are Monday nites, 7 - 10:30 pm and Saturday mornings at 10:30 am.

Jazz Pop Choir - interested singers? see Greg Marquette at the rehearsals Tuesday evenings in the SAC Boardroom.

Outdoors Club - the Outdoors Club will meet today at D207 at 11:30. There's a slide show on New Zealand. They'll also be planning a cross-country ski trip to Diamond head for this Weekend (Saturday or Sunday) so everyone who is interested please come to the meeting. Everyone welcome

I.V.C.F. - Have you ever asked 'Who am I' or 'WHAT IS THE PURPOSE TO LIFE'. If you haven't, you will. And know now

that the answers are closer to us than you may think. Next week, a guest speaker. We meet in room 220 at 12:30 every Wednesday. Won't you join us? ICVF rep is Perry Daciuk (936-3670).

Artistic Gymnastics - this club has about 20 members and it is available for beginners and intermediates. Sherri Clarke is the instructor on Tuesday nights from 7:30 - 9:30 in the SAC gym. If you would like to register, see Sherri in the athletic Dept. (at the equipment dispenser)

Contemporary Dance - jazz, modern ballet, and interpretive dancing instructed by Alice Lam is Thursday nights from 7:15 - 8:45 in the SAC Activity room. Sound interesting? registration is in the Campus Life Trailer.

Curling - interested? Contact Kerry Brawal at 936-4310. Intramural Curling is Fridays from 4:45 - 6:45 pm.

Super hockey

Business squeaks by Forestry 4-3. A hotly disputed goal in the dying minute brought Business form a 3-1 deficit. The goal was apparently kicked, but the referees stated that it touched the goal tender and this was why it was counted.

Again, we comment that the officials are as good as the league. There is an official way to protest a game or incident, but protests cannot be upheld on a referees decision. I appreciate the fevour and spirit of Forestry and know that on a given night their opponents will be appealing similar incidents.

Dow, Bell and Glen hill scored for Forestry while Friesen, Claggett, Brisson set up the winner by R.Welham.

Health /Staff couldn't control the heavy shooting of the Engineering team and went down 11 to 5. The game ended with two minutes left on the clock when Lofuendahl, H/Sgoalie suffered a

badly twisted knee. Till then he had been sensational on many stops.

Meanwhile Kozak of Engineers was also tested with some hot drives while Rathy, Jensen and White scored two each. Myagishima, Derr, Kielback, Webb and Gibson all rang the bell once.

Health/Staff got their highest goal count for a game with Gilmoore putting in two while Lambley, Kajua and Lazaar lit the lamp once each.

Notice

Due to exam week the playoff format has been amended to - top two teams playoff Friday 2 March 8:05pm. Consolation Game 9:45 pm 3rd vs 4th.

Fans are urged to see this Final - should be better than NHL with scoring and hitting galore.

Sp'ORR'ts

The team of NHL stars to face the Russians, February 8-10 has been announced. The full team has finally been picked and should represent Canada well when both teams hit the Madison Square Gardens ice.

In all, Montreal placed seven players on the squad, the islanders and the Bruins four each, Toronto three and Philadelphia two. The Rangers, Rockies, Kings and Blackhawks all put one on the team.

Not too many surprise picks, but there were a few. One is Boston's Don Marcotte, a veteran, and next to Bob Gainey the best defensive forward in the league. I was surprised the Gilbert Perrault and Rick Martin of the Sabres were both overlooked. Even though they're having off years Perrault is still one of the best hockey players in the N-H-L and Martin can fire rubber bullets from anywhere inside the blue line.

I was a little disappointed that Glen Hanlon didn't get the nod. The Canuck rookie goalie has played great and has kept the Canucks in a lot of games in which they should have been blown out of the rink. But he's young and the three goaltenders picked are experienced. Their combined ages add up to 106, that's an average of 35 years old.

Dryden, the youngest of the three, is only 32, Esposito is 35 and the old man of the trio is Boston's great Gerry Cheevers at 39. The Russians are going to have to be pretty accurate shooters because goalies with that kind of calibre and experience are hard to beat. In fact I watched Esposito and the Hawks shut out the Canucks the other night, and Tony O was nothing short of brilliant.

But do you remember the goalie who shone so bright during the '76 Canada Cup Series, think hard now, he still plays. You give up? It's Rogie Vachon. Here's a man that should be in his prime at nhl goaltending and he's on his way over the hill for tea with Gump Worsley and Ceasare Maniago. The biggest mistake the Red Wings made this year was obtaining Rogie from the Kings. The Wings almost had to

cont'd on page six

Tasting is believing.



You won't find a better B.C. beer

Isn't it the best beer you've ever tasted?

Super Miner

This Person Is Resistant To:

Heat Acids
 Grease Fats
 Oil Sunlight
 Alcohol Water

Avoid Extreme HEat

To Remove Dirt:
 Wipe off with soapand warm water.
 Rinse thoroughly.

Store In A Dark damp Place

cont'd from page 5

give up sophomore product Dale McCourt for compensation in the transaction. One memorable quote from the lips of head coach Kromm on Vachon's performance so far this year, "my grandmother could have stopped some of the pucks he's let in." Lets hope our Canadian goalkeepers inspire Vachon to recover that long lost art of his, keeping the pucks out of his net.

A former Simon Frazer soccer star might be on the move from Seattle to California. Tony Chursky, the goalie for the Seattle Sounders in the North American Soccer League might go in exchange for California's American midfielder Al Trost.

Chursky really doesn't want to

leave Seattle but he feel there's no choice. He's pissed off at the Sounder management because they have ceased in their attempts to help four players, including himself, to obtain green card permits, which provide permanent residence status in the United States.

The four year Sounder veteran is Seattle's player representative in the NASL Players Association and he thinks its a bush move by the club all around. Chursky is in the second year of a two year contract with the Sounders and his salary should jump up to 27 grand this year compared to 24 grand last year.

So by the start of workouts, Chursky could be wearing the blue and yellow of the California Surf.

RELIEF REQUIRED FOR SA OFFICES DURING LUNCH HOUR.

Girl required to relieve secretary during lunch hour break - must be able to type and answer telephone.

time: 12:30 - 1:30 apply: Mr. P. Henderson, Business Manager, Student Association Offices.

for sale
Heathkit oscilloscope model 10-4540. Excellent condition. \$250. ph 596-9345 ask for Rod

GOOD HOMES WANTED FOR THREE BEAUTIFUL KITTENS [8 WEEKS OLD] HOUSE TRAINED SIAMESE MOTHER
CONTACT PHIL HENDERSON AT LOC 601

Running Commentaries

By Wah Wong

Meet Debbie, 19, attractive, interesting, and dynamic; she confesses her love for jogging. She runs three to four miles five times a week since she began jogging, a year and a half ago.

Debbie manages to juggle her hectic schedule despite a heavy course load and a part-time job. "I have at least one spare period each day, and that's lunch hour--so I frequently run during lunch," says Debbie.

She's really hooked on jogging. Her eyes light up when she talks about running and what it does for her. "I started jogging because I wanted to get into shape and to lose weight. I have more energy and concentration. I am more relaxed; I feel better; and when things get me down, jogging clears my head."

"Improvements in muscle tone and weight distribution is what jogging really does for you."

Debbie advises women to avoid

jogging in secluded areas. "Don't run alone if you can help it," she says, "you should run with a friend. I know of several women joggers getting raped at UBC, so why take the chance?"

And how does she handle the cat calls, the honking horns, the rude stares, and the rude comments and gestures-she shrugs, "I just ignore them."

About BCIT being an appealing place to jog; "There is variety," she enthused. "The quarter mile track, the three quarter mile chip trail, and the two and half mile cross-country route offers variety."

Debbie would like to see more women take up jogging, especially at BCIT. "The locker rooms are never crowded and the towel and locker services are a good deal. If you hurry, you can run and have a shower in less than an hour."

Has jogging improved her sex life? She refused to comment.

Food for thought

What's For Lunch?

Lunch is a welcome meal because the time between breakfast and dinner is a long, long stretch. A well chosen lunch satisfies both your appetite and your body's needs. You need adequate amounts of protein, fats, carbohydrates, vitamins and minerals. A good lunch can meet these needs and give you energy and vitality for work, study and sports.

Does your lunch include a choice from each of the four food groups?

1. Milk and milk products
2. Bread and cereals
3. Fruits and vegetables
4. Meat and alternates

Choose tasty and interesting foods varied to fit your lifestyle.

For example:

At Home: A hearty home made soup, crackers, a glass of milk, and fresh fruit are convenient and economical choices.

For a carried lunch: Variety is the key. How about cold milk, a salami sandwich, raw broccoli and cauliflower, oatmeal cookies, and an apple? For a special treat add a crisp pickle or an unusual kind of bread.

When you are short of time for lunch: Try some hard boiled egg, cheese and crisp rye crackers,

some fruit juice or an apple and a carton of milk.

When you are on an all day outdoor; Try a thermos of hot baked beans, brown rolls, an orange and some mixed nuts and raisins.

If watching your weight: Include low calorie choices for example: Salmon and cottage cheese on lettuce, a glass of tomato juice and a fresh peach.

Remember--An older individual doesn't require as many calories as a more active younger person so the kind of food chosen becomes even more important.

Check your lunches against this list of Safety tips:

1. Hot foods should be kept hot-above 60 C
2. Cold foods should be kept cold-below 4 C.
3. Foods with mayonnaise or cream filling should not be included unless they can be refrigerated.
4. Lunches prepared the night before need to be refrigerated over night.
5. Proper containers (thermos, plastic wrap, etc.) protect your lunch and keep it fresh.

Shirley Tempest R.N. Medical Services

what's happening

FEBRUARY

**wed 1 ladies nite 7 to 10
ladies in with two tokens for free**
**thurs 2 Doc Fingers
in the SAC from 4 - 7**

fri 3 Marketing is proud to present,

**for your listening and dancing pleasure,
the incomparable**

MR NATURAL

8 - 1 tickets are \$3.00

10 - Med Rad hosts the return of GETAWAY
16 and 17 - the SA presents the special Telethon
Greasers Suiteheart Valentines Day Dance featuring TEEN ANGEL
21 - The End starring Burt Reynolds room 129
...and much more...

THEATRE
129
presents

FEBRUARY 7

- Looking for Mr Goodbar



DOORS OPEN 11:45 a.m. ★ THEATRE 129 ★ FREE

Be an OPEN HOUSE TOUR GUIDE!!!



sign up in the SA office

Inventory Clearance Sale!!

at This 'n' That Shop

20% off all SHARP calculators in stock

SHARPSHARPSHARPSHARPSHARP

SHARP ELECTRONICS OF CANADA LTD.

	Regular price	Discount price
EL-5804	\$ 39.95	\$ 31.96
EL-5805	49.95	39.96
EL-5808	59.95	47.96
EL-8039	41.95	33.56
EL-8131	17.95	14.36
EL-8133	22.95	18.36
EL-8140	49.95	39.96

And many others!

Shop early while quantities last!

Smokes, shorts, shirts, stationery, sneakers, candy, calculators, coffee, cards, jewellery, film, posters, playboys, pens, prestype, purses and a smart friendly staff!

this 'n' that

Calculators available at 1976 Building location only.

Store hours 8:00 am—7:30 pm Monday to Thursday
8—4 pm Friday