



## "How to eat well - control weight"

Another university year has begun! By now students have settled into university life, and are trying to meet the challenges encountered along the way.

One of the challenges often needing addressed, shortly after

arriving at university is how to eat well, but control body weight. This can be particularly challenging for those students living on campus, eating in the cafeteria, as well as for those off campus, preparing their own meals. For many students, the freedom of preparing one's own meals, or having meals prepared for them, means choosing food inappropriately, ultimately leading to noticeable weight gain. Consider some of these ways to

curb unnecessary weight gain:

- Plan ahead. Know what food you will prepare/eat for the next meal. If on campus, obtain a copy of the cafeteria cycle menu. Decide before you got to the cafeteria, what are possible choices for you. If off campus, take something out to be prepared, for after your arrive home.

- Control high calorie intake by controlling fats in the diet, choosing baked, broiled, or

steamed foods rather than fried foods.

- Control the amount of fat added to food on your plate, i.e. butter on potatoes; mayo on sandwiches.

- Watch your alcohol intake. Alcohol in any form contains empty calories which can contribute unnecessarily to weight gain.

- Make an effort to eat three meals a day. If it is difficult to return home for a meal, plan

ahead and brown bag the meal which might be otherwise missed.

- Exercise plays an important role in controlling weight. Try to decide on some form of exercise which could be adhered to. Plain, simple walking three times weekly, may be the answer when students' work schedules are tight.

**Margaret Langille RD**  
Consultant Dietitian  
Beaver Foods

## Eating disorders awareness

### UNB PRI

Student nurses at the University of New Brunswick in Fredericton will set up awareness booths on the UNB and St. Thomas University campuses during a two-week eating disorders awareness campaign, Oct. 26 to Nov. 6.

Through the booths and a series of special presentations, the nurses will be encouraging people--especially women-- to "take up space in a slender society" and celebrate their natural sizes.

A booth will operate in the STU

cafeteria from 11:30 a.m. to 1 p.m. on the Monday, Wednesday and Friday of both weeks. On the UNB campus, a booth will be open daily in the Student Union Building from 11:30 a.m. to 1 p.m., Oct. 26 to 30 and at the Lady Dunn Hall cafeteria during the same hours from Nov. 2 to 6. Special presentations, which are free and open to the public, will be held at STU's Vanier Hall on Wednesday, Oct. 28 at 7 p.m. and at UNB's Tibbits Hall on Monday, Nov. 2 at 6:15 p.m.

Less than five per cent of women fit western society's so-called ideal physique, and the pressure to meet unattainable standards may cause women to develop harmful feelings towards themselves. The student nurses hope to help women see all body sized as equally beautiful and acceptable.

For further information, call Kathy Weaver of the UNB faculty of nursing at 453-4642 or Larry Finkelman of UNB counselling services at 453-4820.

## International Trade Week "Ensuring Canada's Competitiveness"

### Press Release

"Ensuring Canada's Competitiveness in the 1990s" was the topic for a presentation by Mr. Robert Ferchat former President of Northern Telecom which formally started the International Trade Week for 1992. This week long event that runs from the 22nd to the 29th of October is organized by the Centre for International Marketing and Entrepreneurship of the Faculty of Administration.

During this week, aspects of international business will be discussed during organized lectures. The objective of this week is to increase the awareness of the campus community about international trade and general issues in global business.

The highlight of this week will be the "International Feast Luncheon: A Taste of the World" held in the SUB Blue Lounge on the 28th of October (Wednesday). All are welcome to attend the events. For more information, refer to the Student Union Page or call the Centre for International Marketing and Entrepreneurship at 453-4557.

### Campus daycare

....continued from page 1

an opportunity to learn more the projects. Kilfoil said that while she is disappointed that the first vote will not be respected, the playground construction proposal will be presented in the next vote as a trust fund with the target date set for next fall.

## Discrimination revisited ....continued from page 3

immaterial. It was a tough class. As I write in my report, it was at times confrontational."

"Part of the problem here has been that I have no doubt that there were, at times, confrontations in the class, but everyone got it."

Coleman was also concerned that the article implied that the subsequent plagiarism charge against the students involved was in retribution.

Coleman says that the professor in question contends "that he had suspicions about the plagiarism before he submitted the marks. And he told the students this before they charged bias."

Coleman says the "plagiarism was clearly the most complicating issue" in the matter. He also raised the point that the finding of the Student Standings and Promotions Committee, which said the students should each submit papers which could receive a maximum grade of C, does not make it clear that the committee found the students to be guilty of plagiarism.

Coleman also wished it to be clarified that the reports given to another staff member to mark for comparison were clean copies; that is, devoid of names and the professor's comments or marks.

Coleman also contends that allegations that Canadian students were given priority over international students with regard to consultation on reports are unfounded.

He says "the fact that he consulted with the Canadian students does not mean he turned the International students away." He continues by saying there was only one instance cited when a student was denied time to meet with the professor, and that was apparently because the professor was on his way to class.

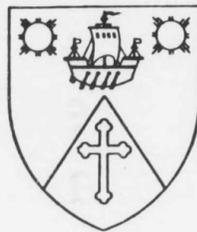
He also says procedures for the treatment of plagiarism outlined in the UNB Calendar were not followed to the letter because there were exceptional circumstances involved. He says he and

another administrator were present at the charging because neither the professor nor the students wished to have individual meetings.

Coleman says he was present because the charges of bias were also to be discussed. In addition, Coleman states that because individual responsibility was impossible to determine, the administrators wished to deal with the issue in a groups setting so that collusion was impossible on the part of the students.

Coleman is also very concerned about the university's

procedures for dealing with cases of this kind. He says that "UNB needs more precise mechanisms for dealing with cases of alleged discrimination. Although my investigation of this case was conducted properly under the existing rules for course-based appeals as set out in the *Undergraduate Calendar*, these rules are imprecise, at best, and were not designed to handle allegations of discrimination. Formal mechanism to investigate and resolve charges of discrimination whether it is racism, sexism, or ageism are needed."



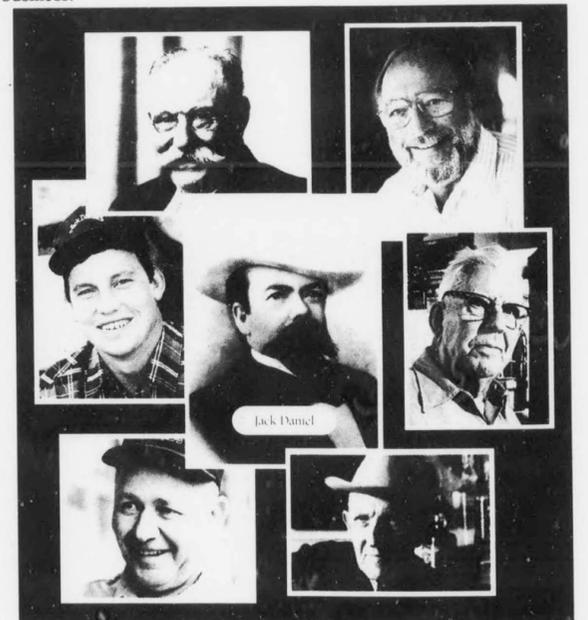
## Information sessions for applicants to St. Thomas University's BEd program

Students who are seeking admission to St. Thomas University's bachelor of education program for the fall of 1993 are encouraged to take part in an information session with members of the department and admissions office staff.

A session for current St. Thomas University students is set for Friday, October 23, beginning at 3:30 p.m. in Room 120, Edmund Casey Hall.

A session for current UNB students is set for the following Friday, October 30, at the same time and location.

For more information contact the Admissions Office, St. Thomas University at 452-0532.



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