

# CYSF

## A student service

A column submitted by members of CYSF (Council of the York Student Federation). Views expressed are those of CYSF and/or individual members.

Last week we printed half of CYSF's comments on their recent budget. Here is the other half.

### Salaries

Current salaries approximate \$22,650 reflecting an increase of \$2,890 over 1976-77. Individual increases as follows: President \$1,400, Secretary \$850 and Business Manager \$640. Provision must also be made for temporary office assistance and adjustments of \$550.

Current salaries including perquisites are President \$7,270, Secretary \$8,780 and Business Manager \$6,600.

### Office Expense

Actual expense in 1976-77 was \$7,101, \$7,100 having been budgeted. The 1977-78 allocation for the comparable items reflects an increase of \$550 or 7.7%. However, we have been advised

that the typewriter used by the secretary and which is over 12 years old, could break down anytime and it would not be practical to repair it as it is no longer manufactured. Therefore an amount of \$600 has been included for equipment.

### Professional Fees

The amount budgeted for legal and audit is below actual expenditures for 1976-77 and provides \$1,000 for audit services and \$500 for legal consultations etc.

Election expenses in 1976-77 at \$2,364 were too high, partly because of the honorarium (\$995 paid to the chief returning officer).

Repairs and maintenance at \$500 is \$16 less than 1976-77 actual.

### Academic Affairs

The amount allocated to Course Unions in 1976-77 under the formula was \$5,115, a rather substantial portion of this remained unexpended. During the current year the allocation was reduced by \$242, reflecting the drop in enrolment.

### External Affairs

Provision for conferences is up considerably from 1976-77. By voting to remain in OFS and NUS the student body authorized participation in these two bodies. Participation requires attendance at conferences and meetings.

This item, representing approximately 20% of the CYSF budget is based upon enrolment, the

membership fee in the two organizations totalling \$2.50 per member.

### Excalibur

The allocation is \$2,000 less than last year. It was necessary for Excalibur to use a portion of the accumulated surplus last year but the balance is in excess of \$15,000. This \$2,000 reflects the drop in enrolment.

### Radio York

The allocation remains the same as of last year but the disposition is now directed by CYSF with the view of paying of the indebtedness and ensuring that Radio York is sound financially, and in a

position to expand or improve its operations.

### Handbook

The provision for this item approximates the deficit when advertising revenue is applied to the actual costs.

### Tom Silverhart

This portion of the CYSF column is to clarify some of the statements that appeared in the last issue of the *Excalibur*.

The executive of last year's council invested \$10,000 in a short term deposit on May 3, 1977. The rationale of that action was as follows:

1) to replace a \$10,000 bond that was taken out by Anne Scotton's

council in 1974-75. This \$10,000 bond was cashed by the CYSF council in 1975-76 under President Dale Ritch and his ULS-dominated council.

2) to place funds in a high interest short term investment, so that these funds could be used as reserve for a revenue generating service, or a health accident and dental plan.

The executive felt that a certain amount of money should be set aside for future student services and or debts incurred by a previous administration.

**Paul Hayden**  
President CYSF 1977-78  
Vice-Pres. 1976-77

## Harbinger's Column by Sue Kaiser



## The perils of caffeine

Caffeine, the familiar, inexpensive, non-prescription pick-up has been known since earliest recorded history. The feelings of increased energy and alertness that the caffeine in a cup of coffee or strong tea brings are certainly well known.

But the chemical effects of caffeine on the body are not so well understood by our "coffee break" society.

Caffeine is found in tea, cola drinks of all sorts (Pepsi, Coke), chocolate and, of course, coffee. Although tea is often thought to have much less caffeine than coffee, one cup of strong tea contains 125-150 milligrams of caffeine, about the same amount as found in a cup of perked coffee. Instant coffee and weak tea contain about 75 milligrams per cup, while Coke and Pepsi measure in at 46 and 30 milligrams per 10 oz can. An average chocolate bar contains about 25 milligrams of caffeine.

Most of us know the sense of alertness, mental clarity and general "life" coffee can bring, especially part way through a long day of work or classes. But caffeine has no food value. And the sense of alertness it imparts comes from chemical reactions which mask fatigue, rather than relieving it.

Caffeine acts to block cholinesterase, (an enzyme secreted by the body to protect the nervous system from over-excitation), and therefore results in the lift we all know.

After one cup of coffee or tea, the temperature of your stomach rises 15 degrees, the secretion of stomach acid increases up to 400 per cent, your heart speeds up, your lungs work harder, the blood vessels in your brain get narrower and your overall metabolic rate rises 10-15%. Long term effects can include

irregular heart action, increased risk of heart disease through raised cholesterol levels, vitamin B deficiency (B vitamins are used in times of stress), diarrhea, stomach disorders, migraines and disturbed sleep.

Regular coffee and tea drinking (as well as cola drinking and chocolate eating) does result in caffeine habituation (mild addiction). As few as four cups of coffee a day can mean you will have trouble going without it for a day. In trying to cut out coffee, many people experience cravings, dizziness, irritability, weakness and headaches, all of which are classic signs of withdrawal. Be wary of taking aspirin to help you through this time, since many aspirin compounds contain caffeine.

There are some fairly simple ways to cut down on your caffeine intake, or cut it out entirely. Health food stores carry coffee substitutes, and some stores even carry decaffeinated coffee beans for people who cannot do without the coffee taste. (Decaffeinated coffee contains about 3-8 milligrams of caffeine per cup.)

Herbal teas come in limitless flavours and varieties, and many people find them more interesting than caffeine teas. Coke and Pepsi can be replaced by fruit juice, which is available in lots of flavours in cans to carry around with you. Carob is the usual substitute for chocolate flavouring and makes great ice cream and brownies.

Deep breathing exercises, which increase the amount of oxygen going to each cell, will heighten your energy level and make the absence of coffee less important. A handful of raisins at coffee break time will provide the same feeling of stimulation as a cup of coffee, but without the wear and tear on your body.

Cutting down on caffeine can be difficult when everywhere you turn there are people taking coffee breaks and munching on chocolate bars. But seeing as the lift from caffeine is of dubious short term value, and a long term health hazard, it's worth a try.



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