

Beaver foods holds "Goodlife week"

By KEVIN BACKS

Last week was declared Good Life Week by Beaver Foods. The week was an attempt to make university students aware of the nutritional value of the foods they eat in the cafeterias on campus. The need for such a program became apparent a few years ago, when nutritionists and dieticians across Canada were saying that the food served by companies, such as Beaver, was garbage. This

is due to the popular notion that all they sell is french fries, cola, and chocolate bars.

Beaver Foods, seeing the trend toward nutrition awareness, decided to do their part in letting people know nutritional foods are available in the campus outlets. The choice, however, remains that of the students as to whether they will partake or not. In fact, company policy has become such that all Beaver operations across Canada take one week out of the

year to devote making students aware of the nutritional value of the foods served during that week.

Normally, "Good Life Week" is held in conjunction with Canada's Nutrition Week. This year, Nutrition Week is to be held in March, a time of year which Beaver Foods feels is too late.

Instead, they had regional dietician, Barbara Fraser spend one day in each of the resident dining halls. She also spend one day in the SUB cafeteria with her nutrition booth.

When asked if the program was any sort of success at all, Phil Bonin, Beaver Foods spokesman, told the Brunswickan that 25 per cent of all resident students took part in the dietary analysis Ms. Fraser was preparing. If the figure seems low it should be pointed out that last year, less than 12 per cent of the resident students participated.

Prizes were offered as incentive. The winners of the digital watches (this year's prize) were Justin Manan, who regularly eats at the SUB and Geannie Gormley, a resident of Tibbit's Hall. Last year the prize was a black and white television.

All you had to do to win was fill in a ballot and show some interest in nutrition by stopping to talk with Ms. Fraser.

Beaver also holds a program for the high schools under the name of "Four Plus". At first, the company tried removing all the junk food from its shelves during nutrition week. The students, needless to say, did not go for this. In the second year, it became

apparent that the way to go was some sort of awareness program, rather than dictation of what the student would eat.

In conjunction with the university programs, Beaver Foods will be conducting a similar project in some 52 high schools throughout the province. Another sidelight to the "Good Life" is a dietary program worked out between the student health centre and Ms. Fraser to help students plan what foods they should eat at the dining halls for proper weight control.

Mr. Bonin told the Brunswickan that in the near future, Beaver Foods will be presenting what he termed "daily nutrition specials."

This will be in an effort to make nutritional awareness an ongoing thing. He said that special "package deal" prices will be offered for the items included in the specials. If you have any comments about the program, feel free to contact either the Bruns or Phil Bonin. Mr. Bonin can be reached at the Beaver Foods offices in the Student Union

Polygraph test for candidates?

"The decision to keep Trudeau out of a national debate makes the best political sense to the Liberals" says Arthur Doyle, author of *How To Get Elected* a bible for politicians. Doyle says, "Why should Trudeau give Clark and Broadbent a chance to tear him apart when he's the front runner and they're the losers?"

Doyle then quotes Governor Plumbtree, the politician who inspired *How To Get Elected*.

"The business of having a political debate is crazy. All we could learn from that is to get an inkling of who is going to win. Better and cheaper for the country to give each candidate a lie detector test and then you could really find out who's going to win the election. It's the guy who scores best as

being the biggest liar!"

"But really they're the ones you have to worry about; the ones that can fool you and make you believe them. The most dangerous politician of all is the guy who convinces you that he's sincere."

What this country needs more than political TV debates is legislation making it compulsory for every political candidate to take a lie detector test. That's the way to clean up the system and get the politician."

Governor Plumbtree said: "Everyone candidate should be compelled to discuss his campaign promises while hooked up to a lie detector; and the results should be published. That will do more to force politicians to tell the truth than anything else."

Stuttering an inherited trait?

A Yale University researcher says stuttering may be inherited.

Geneticist Kenneth Kidd studied more than 500 stutterers and 2000 of their relatives-concluding that there's a link between the speech defect and heredity. He bases his conclusions on the fact that the stutterers he tested were far more

likely than others to have relatives who stuttered.

And, he says, his study ruled out other causes long assumed to be associated with stuttering. For example, he says, he's been unable to establish a link between stuttering and anxiety and general nervousness.

Begin Training Now for the 2nd Annual New Brunswick Heart Marathon, scheduled for April 6

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