Registered SU clubs continued

continued from page 2

National Chief Athletic Association Navigators of Canada, The **Networks Anonymous** New Democrats, U of A Nigeria Union Of Students Nordic Ski Club, U of A

One Way Agape Organization of Alberta Students in Speech Paddling Society, The U of A Paleontological Society, U of A Panhellenic Council, U of A Nursing Undergraduate Society People in Sport for Peace

Studen

by Graeme Whamond

Hello again hungry students! Midterms are over for the most part so you can put away the Swanson's and Kraft dinners and reconcentrate in eating properly.

Tests come and go but nutrition is an everyday priority. Unfortunately, very few of us (I myself included) really know enough about it and it seems to me that we can never learn too much nutrition.

As I promised before, here are a couple of vegetarian appetizers -BUT before you try them out I urge you to read this word of caution that I have summarized from "Joy of Cooking" and "American Heart Association Cookbook"

Vegetables alone won't give you all the vitamins and minerals that your body needs. One should be aware that there are several different kinds of carbohydrates, fats, and proteins, and vegetables just don't fill the need.

Polyunsaturated fats from vegetables are, however, generally good for keeping cholesterol levels down. Vegetables and fruits supply carbohydrates and are frequently low in calories

Chef's Spinach Salad

Serves 4 Cost: 50¢/serving Calories: 125/serving Time: about 15 minutes Degree of Difficulty: as usual-easy

1/2 lb raw spinach 1/3 C cooked chick peas 1/4 C sliced mushrooms

1/4 C sliced beets 4 oz. farmer/Ricotta cheese 1/4 C sunflower seeds

dressing: 1 T lemon juice

1 T veg. oil.

Wash spinach - break into bite size "Toss" with peas, mushrooms, beets and grated/crumbled chees. Just before serving, sprinkle in

Quick Omelette

seeds and dressing.

1/2 T margarine blend: 2 eggs + couple dashes milk Pick 'N choose ingredients: 1 small grated carrot some finely chopped onion some finely chopped tomato some finely chopped green pepper some finely sliced celery. 2 finely sliced mushrooms shredded spinach sprinkle of sesame seeds grated cheese

on low heat, start frying egg/milk

before mixture has solidified add your ingredients, except cheese.

 when omelette is almost cooked sprinkle your cheese on top. - fold omelette over if you like and take off heat.

Phantasy Gamers, U of A Pharmacy Class of 1986 Political Science Undergraduate Association

Pre-Medicine club P.S. Warren Geological Society Public Affairs Study and **Awareness** Radio-Active

Range Management Club, U of A Rehabilition Medicine **Undergraduate Society** Representative Party of Alberta Youth Association

Role Players Society, U of A Rowing Club, U of A Rugby-Football Club, U of A Scandinavian Club, of A Science Math Education Students' Association

Ski Club, U of A Skydiving Club, U of A Society for Creative Anachronism Special Education Students

Association Student Geographers' Association Student Liberal Association, U of

Squash Club, U of A Student Chapter of the Assoc. for Computing Machinery, U of A Students for Ending Hunger Student Volunteer Campus Community

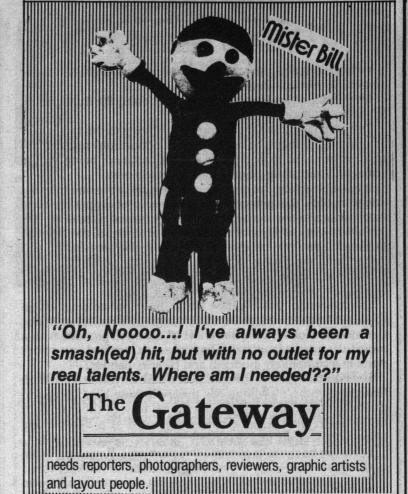
Tae Kwon Do Club, U of A Trinidad and Tobago Students' Association

Ukranian Students' Club **Undergraduate Genetics** Association **Undergraduate Chemistry**

Students' Association **Undergraduate Geophysics** Society, U of A **Undergraduate Psychology**

Association Vietnamese Students Association, U of A

Wado-Ryu Karate Club Women's Center, U of A Wrecking Crew, The Young Executives Club, The Constitutional Law Association Anthropology Club, U of A



Science students wanted

The Faculty of Science is looking for undergraduate students to fill a number of positions that are open

right now. The positions include four on the Academic Appeals Board. The Board handles all academic appeals including WCT appeals. Two positions are open on the Award for **Excellent Teaching Committee that** awards an outstanding professor.

There are six positions available on the Science Student Council and one position available on General Faculties Council.

The position on GFC became available through resignation. The positions on the Appeals board have recently come to term. No one applied for the positions on the Science Student Council.

None of the positions are paid. "These positions are for people who are interested in issues," said Earl Smith, VP Academic, Undergraduate Science Society. The positions also make excellent "resume padders"

GRIND GENERAL MEETING



THE GENERAL MEETING OF THE GRIND IS BEING HELD TO RATIFY, RERATIFY, AFFIRM, REAFFIRM, COMMIT OURSELVES TO, RECOMMIT OURSELVES TO, APPROVE, AND REAPPROVE OUR CONSTITUTION. ONLY THOSE PERSONS POSSESSING **VOTING MEMBERSHIPS MAY VOTE.** THEY ARE AVAILABLE AT A COST OF 10 DOLLARS EACH.



GRIND GENERAL MEETING

TUESDAY NOVEMBER ROOM 618 SUB 1 2:30



HOUSING AND FOOD SERVICES

'We Serve You Better'

Get HOT For



Comingsoo