

Registered SU clubs continued

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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

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
 Rehabilitation 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
 A
 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

Starvin' Student

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

½ lb raw spinach
 1/3 C cooked chick peas
 ¼ C sliced mushrooms
 ¼ C sliced beets
 4 oz. farmer/Ricotta cheese
 ¼ 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 chee.

Just before serving, sprinkle in seeds and dressing.

Quick Omelette

½ 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 mixture

— 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.

GRIND GENERAL MEETING

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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.

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GRIND GENERAL MEETING

TUESDAY NOVEMBER 12
 ROOM 618 SUB 1 2 : 3 0



Mister Bill

"Oh, Noooo...! I've always been a smash(ed) hit, but with no outlet for my real talents. Where am I needed?"

The Gateway

needs reporters, photographers, reviewers, graphic artists and layout people.

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".



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