



**SKI BANFF**

**SUNSHINE LAKE LOUISE**

**\$49.00**  
Double occupancy

**JANUARY 19 & 20, 1974**  
Bus Leaves Southgate Shopping Centre at 5:45 P.M. Friday January 18, 1974

**POOLCREST PROVIDES**  
Lift Tickets Bus Transportation  
Accommodation at the Aspin Lodge Breakfast - Saturday and Sunday  
Apré's Ski Fun

**RESERVATIONS : Phone Poolcrest at 469 - 8790 (24 hr.)**  
**DEADLINE : January 15**  
\$15 deposit

**Heartsaver**

"Don't Eat Your Heart Out" call HEARTLINE.

Heartline is a series of recorded messages which will go into service in both Calgary and Edmonton on Monday, January 7th.

These "Don't Eat Your Heart Out" messages have been prompted by the growing demand of consumers for knowledge about our food products - and an equal concern on their part that high fat content is one of the risk factors associated with out number one killer - heart disease.

Heartline is a joint project of the Alberta Heart Foundation, the Consumer Market Section of Alberta Agriculture, and Nutritionists of the Local Boards of Health in the Cities of Calgary and Edmonton.

The recorded messages will contain informative tips on ways to protect your heart through diet. They will include facts on cholesterol content, weight control, cooking, entertaining, and eating out.

Interspersed with hard facts on food will be recipes and tips on lowering the saturated fat content of popular recipes.

Heartline will have a 3 month trial period, with messages changed twice a week, each Monday and Thursday. You will be able to dial the Heartline number (458-1218) at any hour of the day or night.

**CAMPUS PARKING - BUS STRIKE**

Due to lack of use prior to the holidays, the shuttle bus service provided between Corbett Hall and the Campus and Emily Murphy Park and the Campus will not be reinstated in January, 1974.

Vehicles parking in front of hydrants and blocking fire lanes will continue to be towed away in order to free up these areas in case of emergency.

Many persons with parking permits for assigned parking areas are taking advantage of the relaxed parking regulations instituted for the benefit of those who do not normally drive to Campus. These persons are parking in areas other than those that their permits allow. This has created unnecessary congestion in the heart of the Campus and the blocking of many fire lane and service vehicle roads. Starting January 10th, these vehicles will be ticketed.

Apart from the above problems, the co-operation given by the increased number of persons bringing vehicles to Campus has permitted most persons to overcome the problems brought on by the lack of public bus service.

In the event the bus strike ends soon, enforcement of parking regulations will be tightened on the day after the bus service resumes.

Dept. of Physical Plant

**NOTICE**

THE UNIVERSITY OF ALBERTA

**Parking Operations**

Commencing January 2, 1974, the Parking Office will be responsible for the issuance of parking tickets and the towing of illegally parked vehicles, in parking zones at the University. Such enforcement in other areas including 24 hour reserved stalls will continue to be the responsibility of the Campus Security Force, however Parking Office personnel will also respond to any apparent violations in these areas during the course of their regular patrols of parking zones.

All enquiries and complaints about parking at the University should be directed to the Parking Office during normal hours of operation, and to the Campus Security Force at any other time.

In addition, the Parking Office will assume complete responsibility for temporary parking required for conferences, seminars, meetings, public functions, and other similar activities at the University. Advance arrangements for such parking should therefore be made with the Parking Office.

The object of these changes is to improve the efficiency of the parking operation at the University through greater consolidation of parking responsibilities which should permit more direct feed-back on all parking needs and problems coupled with the ability to respond accordingly.

L. C. Leitch  
Vice-President  
(Finance and Administration)

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**TORONTO DANCE THEATRE**

THURSDAY JANUARY 10 8:30 p.m.

STUDENTS UNION THEATRE,  
UNIVERSITY OF ALBERTA

Tickets \$4.00, Students and Senior Citizens \$3.00  
Available at SUB Ticket Office,  
432-4764, 432-4271

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Peter Randazzo  
Patricia Beatty  
David Earle

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**SPEED READING**

University of Alberta  
Department of Extension  
Reading Efficiency  
Laboratory

**A SPEEDREADING COURSE  
DESIGNED FOR UNIVERSITY STUDENTS**

Learn to read quickly, to understand what you read, and to remember what you understand.

Fee: \$40.00 (includes all reading materials and tests).

I. Tues. - Thurs. 4:00 - 6:00 p.m. (beginning Jan. 29) Rm. 164 Ed. Bldg.  
II. Tues. - Thurs. 6:00 - 8:00 p.m. (beginning Jan 29) Rm. 164 Ed. Bldg.  
III. Mon. - Wed. 6:00 - 8:00 p.m. (beginning Jan. 29) Rm. 380 Ed. Bldg.

**Reading Method Demonstration**  
Wednesday Jan. 9, 12 noon Rm. 165 Ed. Bldg.

Classes are held twice a week for 4 weeks. (16 hrs. of instruction)  
Students may attend alternate sections if unable to attend regular class.  
Students may bring required reading to class.  
Speed and comprehension improvements tested weekly.

**REGISTRATION FORM**

Name.....  
Address.....Ph. ....

I would like to register in section:

Tues. - Thurs. 4:00 - 6:00 p.m.  
 Tues. - Thurs. 6:00 - 8:00 p.m.  
 Mon. - Wed. 6:00 - 8:00 p.m.

Clip and mail with registration fee to:  
**Reading Extension Lab.**  
The Department of Extension, Rm. 228, Corbett Hall,  
112 St. and 82 Ave. Ph. 432 - 4116