

# Get your nutrition right

Does the word "nutrition" bring to your mind visions of carrot juice, granola, wheat germ and yogurt? Don't be misled — nutrition is more than these health foods.

The movement towards a more healthful lifestyle has created an increased awareness of nutrition. Nutritionally appropriate food choices can easily be selected by following *Canada's Food Guide*. However, food choices should be appropriate in terms of calories as well as nutrients.

The Calorie and its replace-

ment, the kilojoule, are units of measurement for energy.

To control your weight, balance your food consumption (calories in) with your activity (calories out). To lose weight,

## Bring back our trophies, please

What if they held a banquet, and no trophies came?

That will be the situation on March 12 at the Delta Kappa Epsilon fraternity annual banquet, unless, of course, the individual responsible for the theft of three frat awards returns the goods.

decrease the number of calories consumed, and increase exercise to increase energy expenditure.

For more information, stop by the Nutrition Booth March 2-6 located in south CAB,

The trophies were removed during Reading Week at a social function.

They promise, however, to ask no questions if the culprit either contacts Ray at 439-7453, or leaves a message in Rutherford carrel 1-075.

Canadian University Press

# NOTES

## CIA turned away

PHILADELPHIA (CUP) — A handful of campus activists have forced the Central Intelligence Agency to abandon a scheduled appearance on the Temple University campus to interview students to become CIA agents.

Covert Action Research at Temple (CARAT), a student organization formed last year on this north Philadelphia campus, distributed an anti-CIA leaflet in early December and, as a result, the CIA cancelled all interviews with students on campus.

The leaflet blasted the CIA for its violation of human rights and called for the banning of its recruiters from campus, reports *Overthrow*, an alternative American newspaper.

The leaflet also called for the university administration to open all its books on its ties with the agency.

CARAT noted that a Temple alumnus, Philip Cherry, has been identified as the CIA's station chief in Lagos, Nigeria, after a similar posting in Bangladesh, where he was instrumental in the overthrow of Ali Bhutto, the ex-president of Pakistan who was recently put to death by the military government.

Asked CARAT: "Is this what Temple has to offer the world? Is this the kind of job we want our graduates to have?"

## Home computer sex

(ZNS) — The synton software company of Houston reports it has sold more than 10,000 copies of an x-rated program for small home computers.

The program, called "interlude", asks whatever combination of consenting adults is in the room a series of very personal questions. The replies are punched into the keyboard.

"Interlude" then prints out detailed instructions describing — on the basis of the answers it has received — what the people present should do to each other. These instructions, the company says, range "from basic foreplay to light bondage."

Synton president David Brown notes the computer can be very beneficial when — in his words — "the man and woman are already feeling warmly toward each other, but do not have an exact format in mind for the evening."

## Rape law unchanged

VANCOUVER (CUP) — Proposed amendments to the Criminal Code dealing with sexual offences, while creating a new legal format, may not effect any real changes for rape victims, a Vancouver lawyer charged February 13.

Joanne Ranson said the proposed changes will abolish the offence of rape and create new offences which will be under part six of the Criminal Code.

"Currently within the variety of (sexual) offences there's a great deal of discrimination," Ranson said.

The current law allows only for sexual offences between men and women and the amendments would make the offences applicable to both sexes, she said.

But according to Ranson, "in proving a case (of rape), the law isn't really going to change. It's just a format really."

In rape cases, under the proposed amendments, a woman could still be questioned about her past sexual conduct, she said.

She said the proposed amendments will not change the law.

"The law still seems to have it in mind that rape is a sexual crime." Lawyers will still be allowed to use the same kinds of evidence, she added.

A recent decision by the Canadian Supreme Court in a rape case said even if a woman did not consent to a sexual act, if her attacker honestly believed she did consent, then that could be used as a defence.

In terms of the proposed changes if defence of honest belief is used, the jury must decide if the defence was made on reasonable grounds, Ranson said.

"This becomes very dangerous. If we say honest belief is a defence, even if it's on reasonable grounds, does that protect women? No."

## LITHUANIANS



Did you know there are Lithuanians in Edmonton?

Have we got a party for you.....

The Lithuanian Youth is interested in meeting and getting to know you.

Wine & Cheese ir Geras Laikas.

When: Mar. 11  
Rm. 280, S.U. Bldg.  
7:00 p.m.

More info:  
Al Cepas  
424-9394  
wk. 428-5048

## Unparty presents...

The Unparty announces in a press release that it is pleased to present Michael Emerling's weekend workshop "The Art of Political Persuasion" at the Edmonton Inn March 7 and 8. Michael Emerling is purported to be one of the most exciting and dynamic speakers today, and the Unparty says he is NOT to be missed.

The workshop has allegedly already been enjoyed by thousands of Libertarians and Unparty members across North America, and this will be his first presentation in Western Canada.

The release claims that word has spread fast, and apparently registrations are in from as far away as Montana and British Columbia.

The workshop costs \$10.

**COLTS**  
by OLD PORT  
Rum flavoured Wine dipped

**Crack a pack of Colts along with the beer.**

## EDUCATION STUDENTS' ASSOCIATION ELECTIONS:

Nominations for the following positions will be open on Monday, March 2, 1981 at 8:00 a.m. and will close at 4:00 p.m. Friday, March 13, 1981:

- PRESIDENT
- VICE-PRESIDENT ACADEMIC
- VICE-PRESIDENT FINANCE
- VICE-PRESIDENT INTERNAL
- VICE-PRESIDENT SALES & SERVICE
- VICE-PRESIDENT SOCIAL
- VICE-PRESIDENT PUBLICITY
- 6 GENERAL FACULTIES COUNCIL REPS
- 5 STUDENTS UNION REPS

For more information on any of the above positions as well as nomination forms contact:

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VICE-PRESIDENT ACADEMIC  
Education Students' Association  
ED N1-101