Red River Community College

Nomination Form for Lieutenant-Governor's Medalists

Nominee's Name _____

Nominee's Course _____

Each year, the Honourable Pearl McGonigal, Lieutenant-Governor of Manitoba, awards medals for proficiency to graduating students in the Manitoba Community Colleges. These medals are awarded to students, who, in the opinion of the Selection Committee, combined to the greatest extent in their graduating year, their academic and technical abilities; participation in College activities and good character and personality.

The four medals available are for:
1) diploma course students in the science-based curricula,
2) diploma course students in the arts-based curricula,
3) certificate course students in the science-based curricula, and
4) certificate course students in the arts-based curricula.

The criteria for selection of the Lieutenant-Governor's medalists are:
a) academic and technical ability
b) participation in College activities
c) good character and personality

Please give information on the nominee in each of the categories if possible. Selection will be based only on information provided on the form or on accompanying attachments. The Committee will make its own arrangements for nominee's transcripts.
The Selection Committee is comprised of one senior administrator, two members of the instructional staff of related subject areas, and two members of the Student Association. The names of the recipients selected are confidential until announced on graduation day.

Nominations must be submitted by June 1 to the Supervisor of Student Services, C710 or Students' Association office, DM-20

a) Academic or technical ability (other than information on RRCC transcript) _____

_____

_____

_____

b) Participation in College activities (please be specific — e.g., if "sports" at what level and to what extent) _____

_____

_____

_____

c) Good Character and personality: _____

_____

_____

_____

Each nomination must be signed by four or more students and/or instructors.

Please print name _____ Signature _____

_____ _____

_____ _____

_____ _____

_____ _____

Red River Community College Student Newspaper Tuesday, June 1, 1982

The Projector

RECEIVED JUN 2 1982 PERIODICALS Learning Resources Centre

New SA Program Co-ordinator Hired

by Michael Grant

The tentative appointment of SA Bookkeeper Melody Fraser to the post of Program Co-ordinator ruffled the feathers of several student council members at the May 18 student council meeting.

Council member Joan Bradley said that she and several other council members were informed of the decision to hire the new programmer less than a week before the meeting.

She pointed out that the appointment was made by the Personnel Committee, which is only a recommending body, and their decision isn't to be final. The debate became quite heated, and it became obvious that proper procedure had not been followed because few members knew the correct procedure to be followed.

Bradley said that she was not opposed to the hiring of Fraser, but that the decision was to have come from the student council members.

Other council members said that they thought the position should have been advertised in the local media so that the opening would be made available to people with new ideas. Some complained that the college was dying, activity-wise, and that new efforts must be made to revitalize the student body. As it stands, Melody will sign on in June for the job, and will work under a six-month probationary period — standard hiring practice.

It should also be mentioned that former SA employee, Jan Fedoruk, who was both bookkeeper and program co-ordinator, had been offered part-time employment in Melody's current role as bookkeeper.

On another note, the SA will purchase a camera reduction unit this year. Business Manager Don Hillman said that the machine is capable of reducing and enlarging photos and other artwork that is used for advertising for the Projector, as well as for the student handbook, yearbook, and other SA publications.

Having the reduction camera will save the cost of sending out artwork to be transfigured for the various media. With the savings in doing the work within the college, the cost of the machine could be written off in two years time. Hillman added that with the addition of the present typesetting facilities, this could lead to the final step of having full printing facilities in the SA offices, resulting in complete in-house production.

SA's new Program Co-ordinator, Melody Fraser

NO TUITION INCREASE AT COMMUNITY COLLEGES

Reprinted from Manitoba Information Services Branch News Service

Enrolment Up Nearly 10• At the Three Institutions

Education Minister Maureen Hemphill has announced there will be no tuition fee increases at Manitoba's three community colleges this year.

"The 33,000 students attending Keewatin, Red River and Assiniboine community colleges have had tuition fee increases every July for the past four years, said Ms. Hemphill. "This year students can plan their finances with the assurance that tuition fees will stay the same."

The fee for full-time day courses at all three community colleges remains at $33 a month during the 1982-83 academic year. Day students also pay monthly student activity and athletic fees. Evening courses, which attract over 16,000 adults who do not receive student aid or bursaries, will also remain at the existing rate of $1.25 per instructional hour.

In announcing her department's spending estimates for the current year, the minister said community college spending had shown a modest rise to $34 million. This rise "reflects the refinement of program offerings to meet critical labor market needs." Programs have been expanded in child care services, computer technology, animal health technology, and fast food services. New apprenticeship levels have been added in tool and die making, power electronics and mold and pattern making. Courses with little student or industry demand have been dropped to free space and resources for other uses.

Community college programs are continuing to remain popular, noted the minister. Total enrolment during the 1981 calendar year increased by close to 10 per cent, from 30,677 in 1980 to 33,561 last year.

Winnipeg's Red River Community College had the highest enrolment in evening courses in its history last year. Assiniboine Community College in Brandon and Keewatin in The Pas found most programs either maintained the same level of enrolment or showed slight increases.

Overall enrolment at Red River Community College during 1981 was 25,268 students, up from 1980 when 23,046 persons studied at the college. Evening course enrolment rose from 12,702 to 14,810 students.

Total enrolment of 5,372 students for the 1981 calendar year was the highest in history at Assiniboine Community College. The previous high was 5,357 students in 1976. During 1980, 4,936 students studied there.

The smallest of the three Manitoba colleges, Keewatin, saw enrolment during 1981 increase to 2,921 from 2,695 the previous year.

Editorial

by Michael Grant

A new Students' Association executive was elected last Thursday, May 6. The voter turn out was poor, as usual; just 338 of some 5,000 full-time students took the time to "X" out their choice.

All the candidates received more than the required fifty per cent plus one vote needed to put them in office. But, if the enthusiasm shown the candidates is any indication of what they will face in student participation next year, look out!

Several of the candidates said in their campaign speeches that they will need the help of the students if new ideas and proposals are to work. Apathy is a big topic among the students here. Whining complaints of "I'm bored," and "there's nothing to do here," are heard often bouncing off the walls of empty halls.

This is your school, kids! You are supposed to get involved. Whether it's through joining the student council, or joining an athletic team, the means is up to you. Yeah, I know the story: "apathy? Who cares?"

Some of you do. Not enough, mind you, but some. Yes, you've heard it said that you only get out of something what you put into it. Tired old cliche? Perhaps. But, people don't save little gems of wisdom for nothing! Sure this place is a quickie crash course in higher learning for two years or less. Doesn't mean that you can't stick your neck out once in a while to make it a good time!

Go for it! How else can you expect to have fond memories of beer bashes, socials, and panty raids on the girls' changing rooms in the gym? Well, fine for me to talk, it's up to the new kids coming in to get the ball rolling.

Of course they won't, but there's always room for a little hope.

May 6 SA Election Results

	Buffalo Place Poll		North Gym Poll		Cave Poll	
	Yes	No	Yes	No	Yes	No
Bill Jost	47	24	19	18	203	76
Donna Faryon	55	17	32	4	246	34
Audrae Peterson	60	10	31	5	220	56
Ingrid Dyck	58	13	30	7	215	62
Dave Kissack	51	19	26	10	191	88

have a great summer

FINAL EDITION

RRCC PIPING TRADES GOES SOLAR

Photo by: Paul Allard

by Paul Allard

The Piping Trades area has a solar electric water heater. The A. O. Smith Solar Electric Water Heater model number 82 and two solar collectors are now in operation at a cost of approximately $2,800.00 for material. The installation was supervised by Plumbing Instructor Roy Mikkelsen and as part of their pre-employment training, installed by Wally Sheward and Dave Christle. The Piping Trades would like to give special thanks to the Department of Government Services for the electrical installation of controls for the solar and electrical circulating pumps.

The efficiency of solar heat verses electric heat will be compared by various plumbing apprentices throughout the year. The system should prove to be an interesting and beneficial teaching aid.

Editorial

by Michael Grant

Yup. Right. June. Graduation for some, the summer work session for others. Perhaps Merle Haggard said it best: "I'm tired of too much work, and not enough play."

The so-called "real world" is waiting, though not with baited breath, for the graduating class to assume new positions in the realm of business. What you have learned here is not just how to do a job. Hopefully you will have caught on to the fact that all of us can contribute something worthwhile to humanity.

Humanity, you scoff! Sorry, but there is such an animal. It's comprised of you, me, the cop on the street, and the drug-infested slob who begs a dime for the cup of coffee a dime won't buy.

According to the Minister of Employment and Immigration, a certain Lloyd Axworthy, some 800,000 jobs will be created in Western Canada by 1990. Many of these jobs will be in areas where training is supplied at Red River. Now, the University leaders will say that their graduates should fill these positions, but I say, no way!

If finding meaningful employment means leaving good ol' Winnipeg, do it. New scenery can be good for the soul and the brain. Opportunity does knock, and you have to be there to open up the, ah, door. My favorite Irishman, a little fellow named Murphy, who pays regular visits to the office, says: "No matter what you want to do, you'll have to do something else first."

Want to be a Bank President? Try being an Accountant first, or a Tour Guide. Heart set on owning your own company? Work for someone who does already. Then you'll see what you are up against. All the book learning in the world won't substitute for practical experience, and that's what I hope you'll go for. Practical experience.

This is called a farewell address. Your Junior and Senior High School Principals have given them. Your Instructors at the college will too. Brian Angood gave one in the yearbook.

And, I am too. That is what I sincerely wish for all departing students and staff. For the friends that I have made here, for my co-workers at the Projector. For the good folks I have been fortunate enough to work with and for, and even the people I didn't necessarily share pleasant exchanges with: I wish for the brightest future, and that you all fare well.

Classified

HELP YOURSELF — HELP OTHERS

Following is a list of opportunities for service in the Winnipeg area compiled by the Volunteer Centre, a United Way Agency. If you can Volunteer in one of these unpaid positions or many others not listed here, please call the Centre, 943-6671.

SAILING AND PLAYGROUND LEADERS JULY 4 TO AUG. 20, 1982: Volunteers to assist specialist in sailing program for youths and adults. Initiate small games for children waiting for available canoes. Assist in maintenance and care of sailing equipment. Minimum Bronze Medallion in swimming. 14 years plus. E.K. Shifts: Monday to Thursday 9 am - 5 pm

SUMMER PROGRAM ASSISTANT UNTIL AUG. 31, 1982: Many warm hearted people who enjoy working with the elderly are required in a care home. Escort them to picnics, carpet bowling, entertainment, movies, etc. Initiate summer arts and crafts programs. Possible 2-6 hours per day, with continuance of regular program after Aug. if desired. Mature 16 year old plus. W.K. area.

★★★

There will be a meeting of the Easy Breathers on Wednesday, June 2nd, 1982 at the Municipal Hospital. This is a special meeting to help the Municipal Hospital celebrate its 70th Anniversary.

Interested persons will be gathering at the Manitoba Lung Association offices at 1:15 pm and will then be transported to the Municipal Hospital.

A presentation of the past, present, and future of the hospital will be given by Miss Jean Bissett, Director of Education.

Any interested persons able to transport members to the hospital and back again, please contact the Manitoba Lung Association at 775-5501.

The Manitoba Lung Association in co-operation with the Health Sciences Centre, is sponsoring a program for Adults with Asthma.

A meeting is scheduled for Monday, June 14, 1982 at 8:00pm, Manitoba Lung Association, 629 McDermot Avenue, Winnipeg, Manitoba, R3A 1P6, 774-5501. This meeting will be on the topic "Nutrition and Asthma," with Susan Hayes, Dietitian, Respiratory Centre, as guest speaker.

This will be the last meeting until fall. Come out and share the opportunity of educational information.

For further information, please contact the Manitoba Lung Association.

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- Lancer
- Mr. Jeff
- Kiddo
- Caldwell
- Jockey
- Krickets
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- Gaslight Pant
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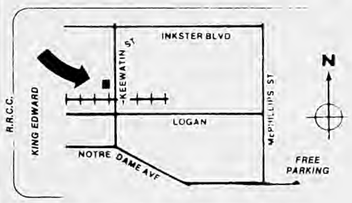
- Road Runner
- Fit-Knit
- Strawberry Shirtcake
- Tiny Tots



338 Keewatin Street, Winnipeg, Manitoba, R2X 2R9 (Keewatin Square) (204)633-7494

★★★

ANOTHER STAGE WEST SMASH!

by Mark Stange

If you like theatre and good food you must go to the Stage West Dinner Theatre on Kennedy Street. The idea came to Winnipeg about two years ago from Edmonton and Calgary. In the last ten performances, Stage West has had over 120,000 admissions! Obviously this means that the place is good.

At the present time the show is called "*My Fat Friend*", by Charles Lawrence and starring Linda Thorson of "*The Avengers*" fame. The show takes place in England during our day and age, and deals with a young lady in her late twenties with a king size weight problem. She owns a book store with three apartments on the top floors of the same building. In one of these apartments lives an elderly homosexual named Henry. In the other, a young Scottish novelist named James Anderson. The girl lives in the other. They share the same family room, bathroom, and kitchen and are all very good friends. The story unfolds as our heroine meets Tom, a young geologist from Canada, who invites her to dinner. One thing leads to another and she becomes smitten by him. He then goes away to Iraq to do some oil exploration, promising that he would be back for Christmas. While he is away, Henry puts Vicky (Linda Thorson) on a diet. By the time Tom gets back to her she has lost almost a hundred pounds and is very beautiful. His reaction to this change is very surprising.

The humor in this play is evident from the moment the actors set foot on stage. I can almost guaranty that you won't stop laughing all the way through.

The dinner that is offered to the patrons of Stage West is one of the finest meals I have had in this city. The food is served smorg style with each customer getting up and filling his or her own plate. You can have as much as you like, with a choice between an extensive salad bar that includes everything from cold lobster to ordinary green salad, and the hot food that covers everything from roast beef to veggies. The meal is exquisite. The service is excellent and unmatched in any of the other restaurants in the city. The drinks are served by well-groomed waiters and waitresses and are very good. The cocktail list includes all the orites plus a collection of specialties of the house. I would recommend the "S.R.O." (Standing Room Only", but too many of these and you definately would not be standing for long!)

The prices — yes I had to get around to those sooner or later — are fairly on the high side. Friday and Saturday nights are the expensive nights, tickets are $27.50 each. Sunday evening is not quite as bad at $25.00 each. Tuesday to Thursday as well are not so bad at $25.00. The time to go for we students is on Wednesday for the matinee — 11:00am to 12:30pm for the lunch with the show starting at 1:00pm. Tickets for this performance are at a special student/senior citizen rate of $12.50, $17.00 for the general public. There is also a Sunday brunch show, also at 11:00am for $17.00 per ticket. Remember the price of your ticket not only gets you in, it also pays for your meal. Drinks are extra. The prices at the bar are about the same as the prices in most lounges. This is definately an excellent place to spend an evening with someone you care about.

Road Warrior: Australian Adventure

by Lorne Hanks

With the raging success of fantasy oriented films such as *Raiders of the Lost Ark* and *Superman II* last summer, film-makers were given a clear mandate as to what the people wanted this year: adventure, adventure, adventure. This has been foreseen not only in Hollywood, but also in Australia, where *The Road Warrior* comes from.

The Road Warrior is the sequel to a film called *Mad Max*, which became the most successful Australian movie ever, a couple of years ago. *Mad Max* told the story of a policeman in a future society, or rather a non-society. Civilization has broken down in Max's world, and gangs roam the highways in search of motorists to terrorize, kill, and steal gasoline from. The policeman (of a sort) named Max (Mel Gibson), spent the first film seeking revenge against a gang that killed his wife and child. Max patrols the highways in a turbo-charged Interceptor car with his faithful dog and a sawed-off shotgun. The first film was very violent, and so is its sequel.

After a rather vague narrated prologue, this film concerns a further adventure of Mad Max. In this outing he encounters another marauding gang, a colony of people manning what is possibly the last oil refinery on the planet, a boomerang wielding "feral kid" (whatever the hell that is, I saw the movie and I'm still not sure), and a strangely endearing nut with a home-made helicopter. The plot concerns how Max becomes caught up in the Cowboys-and-Indians style conflict between the marauding gang (who portray the Indians), and the oil-refiners (who portray the besieged townspeople).

Max arrives as an offbeat sort of cavalry, he aids the refiners not out of care for their plight or hate of their foes, but because he needs gasoline. Complicating this is a Mohawk-topped member of the gang who wants revenge on Max.

This film borrows heavily from many sources. There is of course the Western feel that is heightened by the Fort Apache-like palasade built of tires that the refiners survive in and the fact that the main weaponry is the crossbow on both sides (guns and bullets have become a scarce luxury of a few). More specific sources can also be found in this film: the leader of the gang is something of a cross between Darth Vader and Leatherface (*The Texas Chainsaw Massacre*); the chase scenes are reminiscent of those in *Raiders*; the vehicles seem to be retoolings of *Death Race 2000* cars.

And yet, for all its borrowing, the movie comes together and delivers the goods, an energized hour-and-a-half of action and adventure. It thrills the viewer with its excellent stunts and lightning pace. As well, director George Miller has created a chilling look into "the coming bad years" of anarchy and upheaval that many are predicting.

I would recommend this movie to anyone who's looking for a good piece of escapism. It will probably be better than the countless "quick-cash-in-on-the-craze" adventures that we will doubtlessly be subjected to this summer. Hal Needham (maker of *Smokey and the Bandit I & II* and *Cannonball Run*) is bringing out a similar movie called *Megaforce* soon. If he can do half as well as this film, perhaps we can forgive him for making *Cannonball Dumb* last year.

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OFF THE RECORD

"Rolling Stones, Tattoo You, The Other Side of the Album"

by Gary Okrusko

When one mentions the Rolling Stones we all can picture a band that has always belted out rock and roll for as long as we can remember. They have written musical history with their R & B based tunes and hits that seem to live forever. They have endured, and still they have the ability to put out great albums. *Tattoo You* has become one of those albums. It has put the Stones at the top one more time.

To suprise many there is more than one side to the album. Side two will show any listener that the Stones are more than just wild rockers. Side two is an excellent collection of some of the Stones greatest ballads. Once listened to these songs become immortal in everybody's mind. Listening to such songs as "Worried About You," "Waiting on a Friend" and "No Use in Crying Now" with their slow swinging melodies that have the ability to drift the listener away to a point where dreaming takes over. Side two is an amazing collection of some of the very best rock ballads ever recorded. There is no other band that can get away with such (at times) a whimsical attitude — but their legend stands tall.

Tenor sax jazz great Sonny Rollins shows us what we've been missing. He adds superb sax licks that complement each song he appears in. As for the Stones, well what can be said for another performance well done. The "Glimmer Twins" have done it again!

AND THEN THERE WAS ROCK!

by Mark Stange

This is the column that used to be called "In Winnipeg," until someone pointed out to me that *The Downtowner* had a column in it called that, hence the new name.

The city is pretty dead right at the moment as far as concerts go, but the Red River Exhibition will be hosting one good one as far as I know. *Three Dog Night* is coming for a couple of shows sometime during the Ex. For exact times consult the Manisphere guide book.

In the bars for the next while:

At the Norlander Hotel:
June 6-11: The Pumps

At the Osborne Village Hotel:
June 6-11: Crackers in the beverage room
Les Q in the lounge
June 14-18: Zedanka in the bar
Paul Cerilli Blues Band in the lounge
June 21-25: Harlot in the beverage room

Well Red River, that's it for the final edition of the Projector for this school year. I hope everyone has enjoyed this column this year and I will be back next fall to once again keep you all on top of the rock scene here in Winnipeg. Until September then, Rock On and have a good summer!

Student Radio CMOR

Red River's Top 20

For Week Ended May 21, 1982
Compiled by Gary Okrusko

This Week	Title	Artist	Dist	Weeks On
1	Get Lucky	Loverboy	CBS	19
2	Ghost in the Machine	Police	A&M	23
3	Mob Rules	Black Sabbath	WEA	16
4	Tonight I'm Yours	Rod Stewart	WEA	14
5	Shake It Up	The Cars	WEA	16
6	Aldo Nova	Aldo Nova	CBS	7
7	Asia	Asia	WEA	5
8	Diary of a Madman	Ozzy Osbourne	CBS	12
9	Non Stop	Soft Cell	POLY	3
10	Take No Prisoners	Molly Hatchet	CBS	11
11	Success . . .	Rick Springfield	RCA	5
12	Dare	Human League	POLY	8
13	Time & Tide	Split Enz	A&M	4
14	I Love Rock'n'Roll	Joan Jet	CBS	10
15	Innocent Age	Dan Folgeberg	CBS	10
16	Standing Hampton	Sammy Hagar	WEA	10
17	Diver Down	Van Halen	WEA	2
18	Kihntinued	Greg Kihn Band	WEA	2
19	No Stranger	The Payolas	A&M	1
20	English Settlement	XTC	POLY	1

.....Album of the Week .....BLACKOUT .....The Scorpions .....

canada employment centre on campus

Room C-211
Tower Building

by Nancy Prouten

The staff of the Canada Employment Centre on campus extends "Congratulations" to the graduating students. It has been a pleasure working with those students who availed themselves of our service, and we hope they found the exercise beneficial.

For the benefit of future graduates, we would appreciate being informed if you have accepted employment together with the starting salary. This information will, of course, be kept confidential, but will be used to calculate the range of starting salaries obtained this year.

Any students who have not obtained employment prior to graduation should notify us of change of address or phone number so that we may contact them if any opportunities should materialize between June and the end of August.

NOSTALGIA ROCK HITS TOWN

by Mark Stange

On May 13, a nostalgic concert was held at the old Playhouse Theater. For the first time in over ten years, Steppenwolf was heard by a Winnipeg audience. They dazzled all their old fans and made some new ones in two rock packed shows. The original idea was to have one show, but by sheer demand for tickets they were forced to have two shows or face angry crowds of fans.

Winnipeg's Exit opened up the show for their first ever concert appearance. They weren't too bad at all, but they do have a lot to learn about performing in front of a large audience. Oh well, give them some more experience and look out rock fans. We'll be hearing a lot more from those boys!

Then came the show! Fans were treated to two solid hours of rock and roll at its finest. Old hits mingled with new stuff from their up and coming new album — so new that I don't think that it even has a name yet. We were given such old favorites as "*Magic Carpet Ride*", "*Lawdy Mama*", "*The Pusher*", and "*Born to be Wild*". As well, they also played an old **Rare Earth** song that blew everyone's mind, but I'm damned if I can remember the name of it as they didn't tell us what is was. I just know it was done by Rare Earth.

The audience was mostly made up of 25 to 35 year old rock fans. They ate up everything that was thrown at them and loved every minute of it. Each old hit was greeted with deafening applause. Definately one of the best concerts to hit town in a long time. Keep watch for their next album soon to be released. Rock on!

HOW TO SPEND A LONG WEEKEND

by Dave Kissack

How can one spend a long weekend. Let me count the ways. Depending on what time of year and what the weather conditions are like, many options are available. However, for all practical purposes, let us assume that our particular long weekend is taking place during the summer so that I can at least make this article sound half interesting. The standard procedure for most of us who own a lake cottage or tent is to go out to the lake for the long weekends. Just picture all the fun, getting clogged up in traffic jams trying to get away from the city, eating greasy burgers at Joe's Bar and Grill off whatever highway it is (not knowing what diseases you will catch from them). Finally when you get to the cottage you have the option of going recreational or partying, obviously the latter would be the better of the two choices. After all, what's better than sitting around in a cottage with a bunch of friends, downing shots of tequila and seeing who can go the longest without regirgitating. Then you have the fun of watching where this takes place, whether it's over the railing of the cottage onto the ground, in front of the dock, or right in front of you.

If you decide to stay in the city there are also a large set of options available to follow. You can always go to the parks and stare at all the beautiful Manitoban ladies playing frisbee in those tight shorts or (just to prove to all you girls out there that I am not your standard MCP) the girls can go and indiscriminately stare at all the guys playing football. (Even though they will never admit it we all know nobody goes to the parks to seriously participate in any form of sports.) Once the nightime rolls around the fun really begins. For many people fun involves going to the local discos (a fast dying breed of man). There are also the all-night drive ins, how can we forget those. For those of us who actually go to see the movies it can be a great time (also for those who don't go to see the movies). Either by filling up your car with alcohol or some forms of hallucianic agents and by sneaking people in, in the trunk of your car.

I will not dwindle on the subject of going to work on a long weekend because that would only spoil this article. A nice fun loving family type person can always do what I did on the first long weekend of May. Decapatate the grass, turn over all the gardens, attack with the weed eater and let us not forget the dreaded killer dandelion bar (ah, the joys of living at home). The general message of this article (if you have not yet noticed) is that long weekends are made for one thing . . . heavy duty partying. So don't hesitate. They only last for so long.

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SCIENCE

WHAT TIME IS YOUR BODY?

by Audrey D. Sercombe

Chronobiology — a timely science that has arisen out of the observations of daily fluctuations in time perception and other biological rhythms — may offer a whole new concept in medical treatment, sleep, and work schedules.

It has long been accepted that our bodies do have "biological clocks" but now as serious interest in the subject deepens, it becomes evident that these biological clocks just may have more importance than signalling bedtime when the eleven o'clock news is over.

Our ability to perceive time varies throughout the day. At 7:00 am people's sense of time dawdles behind the stopwatch giving them the feeling that time is flying by. In early afternoon, most people can count out a minute to closely correspond to the stopwatch, but by 4:00 pm their sense of time is racing ahead of the stopwatch giving them the feeling that time is barely crawling.

Biologists have discovered that the body temperature of healthy people dips late at night, sometimes to 97 degrees farenheit and rises during the day, sometimes peaking at 99 degrees farenheit. This rhythm has no connection to daily activity or food, but rather time perception seems to follow this body temperature cycle. The hotter our bodies, the more we feel time is dragging.

Blood pressures have also been noted to rise and fall daily, as do hormone concentrations, rates of skin cell division, sensitivity to coffee, feelings of fatigue, ability to add numbers accurately, levels of antibodies and a virtual host of other bodily functions. Other cycles change monthly or yearly, such as a sensitivity to the colours of orange and green.

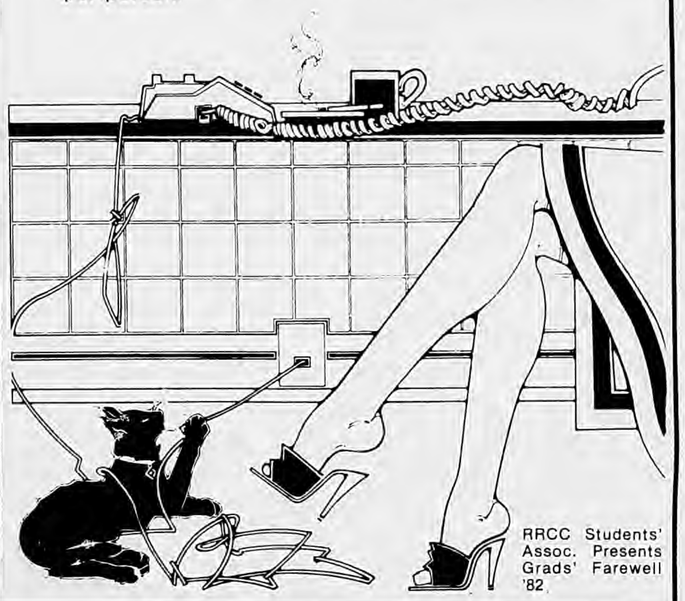
To date, chronobiologists are unable to tell us exactly what this clock is or how it works, but they can tell us that we share it with both primitive and highly evolved creatures. Potato eyes grow more slowly at night but have three peaks of activity during the day and bees, which learn to visit flowers during the same period each day, were still able to feel when it was visiting time after being moved away from daylight, 600 feet down in an old salt mine in the Bavarian Alps. Researchers do know that a particular area of the brain, the suprachiasmatic nucleus, plays some role in the functions of the clock, at least in some of the daily rhythms.

Just how may the study of these biological clocks affect our lives? The army has considered the impact of coffee on the total sleep/wakefulness cycle, so coffee breaks on troop transport planes can be timed to ease jet lag. Allergy sensitivities are least in the early morning, so sufferers should plan their unavoidable exposures to the irritant during this time. Dr. Franz Haberg of the University of Minnesota's Chronobiology Lab monitored the weight of subjects who ate 2,000 calories a day all in one meal. Those who ate the meal as breakfast lost weight, while those who ate the meal at dinner gained weight. Work skills and memory take a sharp dip in efficiency about 1:00 pm. This suggests if you want a higher mark, write your exam in a morning sitting!

Researchers believe it is the phase of the body clock, not how long you've been awake that determines sleep length. In experiments on normal sleepers, those who fell asleep at a temperature peak slept for 14 hours while those who started sleeping when their body temperatures were low slept for only about seven hours.

And, finally, here is good news for all of us who dread those painful trips to the dentist. Yes, even sensitivity to tooth pain is related to the biological clock. Sensitivity to pain increases during the afternoon and peaks about 6:00 pm. The time when people are least sensitive to pain in their teeth is, alas, midnight. Know any dentists who work night shifts?

Yes Dear, I'll be going to the "Grads Farewell" Dinner and Dance, Wednesday, June 23, 1982 at the Marlborough Inn's Skylight Ballroom. Tickets are available at the Students' Association Office at $15 per person.



RRCC Students' Assoc. Presents Grads' Farewell '82

Can Eating Out Be Nourishing?

by Karen Ross

Can eating out be nourishing? Well that's a good question. But the answer is not a simple one.

Basically, fast foods tend to be very high in calories, refined sugar, salt, and fat. That doesn't sound too bad but in addition to the fat already present in the meat, fat is also absorbed by other foods during frying. Fast foods in general are low in fibre, vitamin C and A, and some minerals (especially calcium and magnesium). So who cares right! Wrong!!

We need our daily requirements of vitamins and minerals to get energy from the foods we eat, build blood cells, keep our glands functioning, and to perform other vital functions at top efficiency. The protein content in fast foods is usually sufficient, however, its quantity and quality depends on the type of meat filler they contain.

There are two types of fillers normally used; TVP (textured vegetable protein, usually from soya beans) and CBTS (cooked beef fat tissue solids). The TVP is actually a nutritional plus because although it has low protein content it reduces the fat content. On the other hand, CBTS meat fillers only serve to lower the protein content. Just for something to think about, CBTS was previously used only in pet foods! The worst thing about it is the manufacturers love to put these fillers in because they make the hamburgers, hot dogs, and chicken patties look bigger and juicier and they're a lot cheaper too.

Now I really don't want to make you sick or anything, but did you know that little bacteria like salmonella just love to grow in chicken if it's been kept at room temperature for a long time? Think about that the next time you sink your teeth into a juicy piece of the Colonel's chicken.

Now all is not lost folks, Dr. A. V. Rao, professor at the University of Toronto's nutrition and food science department says that fast foods are not "all bad." The key is you must choose your food with care. Some food chains now offer salads, yogurt desserts, and even fruit juices. These all provide sufficient levels of vitamins, minerals and fibre. The main thing is if you indulge in a fast food meal, remember to fulfill you nutritional requirements through the other meals of the day or through a daily all purpose vitamin pill.

Chromium — in your diet?

by Joan Bradley

Chromium is the element which is used to protect your car from rust and is used for an industrial dye. Just imagine eating chromium. It's not only good for you, but essential.

Chromium is an important component of a substance in the body called the Glucose Tolerance Factor. This factor is required along with insulin to get the glucose into the cells where it can be metabolized. Glucose or carbohydrate metabolisium is the main route the body takes for production of energy.

Chromium deficiency can be shown by a lack of energy or by erratic blood sugar levels, as in the case of hypoclycemia or hyperglycemia. In extreme cases, low chromium levels may, in part, affect growth, blood cholesterol levels or atherosclerosis.

Chromium is found mainly in substances which have not been processed or "refined." Some examples of good sources of chromium are molasses, honey, whole wheat, vegetable oil, and some meat products. The best source of chromium is in brewer's yeast which contains the whole glucose tolerance factor.

Persons which may be helped the most by increased chromium in the diet are pregnant mothers, older persons which can develop late onset diabetes, or children with juvenile diabetes. Actually, most of our regular diets do not include enough foods which contain chromium, so a suppliment is usually necessary.

Our body contains less than six grams of chromium in total. The daily requirement is around 500 milligrams per day. This may sound like a lot, but only about 5% of this is actually absorbed.

So the next time you are feeling really run down for no real reason take a took at your diet and see if you are eating any chromium.

SPORTS

Photo by: Al Moore

RRCC's 1981-82 Male and Female Athletes of the Year, Clancy Bridle (left) and Donna Faryon.

FARYON & BRIDLE HONOURED AT BANQUET

by Lorne Stelmach

Clancy Bridle and Donna Faryon, whose efforts this year have earned them national recognition, were honoured at Red River's Annual Athletic Awards Banquet held May 6 at the Marigold Restaurant.

Clancy Bridle, a setter for the Men's Volleyball team, was named Male Athlete of the Year; Donna Faryon, a fast forward for the Women's Basketball team, was named Female Athlete of the year.

Bridle, who also won the Minister's Cup for athletic excellence, was Manitoba's nominee on the All-Canadian team and was MVP at the nationals in Calgary. He was a big reason for Red River's third place at Calgary.

Faryon, who averaged about 15 points per game, was her team's MVP and was nominated for the All-Canadian team. Larry Desjardins, representing the provincial government, was on hand to present these awards.

Jamie Campbell was named MVP of the curling team. In badminton, Pam Brown was named Most Improved and Ron Bilawka was named MVP. Brown competed in the mixed doubles and Bilawka was in the men's singles. In hockey, Randy Still was named Most Improved, and Tom Smith was MVP. Dave Kuzyk won a stereo radio as the player's choice.

In volleyball, Chris Tymchuk was named Most Improved on the women's team, and Judy Baltus shared the MVP award with Deb Klein. Ron Muller was Most Improved on the men's team, and (suprise, surprise) Clancy Bridle was named MVP.

In women's basketball, Brenda Borne was named Most Improved and Donna Faryon (who else) was MVP. On the men's side, Dave Schaefer and Ray Hartung shared the Most Improved award, and Ray Priam was named MVP. Coach Bernard Jones named Gideon Hodge (Dr. G) as his choice. He also saluted Gord Muir, who is leaving after four years of tremendous service.

Every member of the curling, badminton, hockey, volleyball, and basketball teams received their Participant and Provincial Certificates along with the coaches.

Jack Birch gave his Jack Birch Award to Donna Faryon for always helping out when needed.

Some special awards were also given out. Clancy Bridle was named Hog of the Year for taking all the awards. Brenda Borne was named Bullrider of the Year for showing Ray Hartung how to ride the mechanical bull. Ray Newman was honoured for the effort he put into the program. Al Moore and Jack Birch were also honoured, and Lori Glowa of the Women's Basketball team presented a six-pack of Club beer to coach June Graham. The Men's Hockey team presented coach Gary Paterson with a napkin, which took the place of his real gift which he got the following Saturday night at the team's social. Chris Tymchuk of the Women's Volleyball team honoured coach Barb Francis and Rhonda Powell.

Overall, it was a fantastic evening, and the hockey team also surprised everyone by acting reasonably sane.

REBELS RUN INTO ROADBLOCK AT BADMINTON NATIONALS

by Lorne Stelmach

Manitoba's entries at the Canadian Community College Athletic Association Badminton championships held March 26 and 27 ran into an unexpected high calibre of play, leaving them fifth overall in terms of total points.

Claude Pellerin of Assiniboine Community College, representing us in the men's singles, finished with three wins and four losses; and Geoff Hayhurst and Pat Nakonechny also finished with three wins and four losses in the men's doubles. Considering the tough competition, which included a couple of National Junior champs, it was a fine performance.

Hayhurst and Nakonechny were only two of the seven Red River representatives. Linda Lister, Manitoba's ladies champ, finished with one win and six losses, again running into some tough competition. The fact that she had no competition at the Provincials was a disadvantage.

Verna Bartlett and Sharyn Amirault (hey, I spelled it right again!) representing the ladies doubles, and Pam Brown and Kurt Proctor in the mixed doubles, both finished with zero wins in seven tries. However, they did play some incredibly close games.

Overall, despite the final results, it was a job well done by everyone involved. May they have better luck next year.

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This is the final edition of the year. Many thanks go out to the people who contributed in one form or another in making this publishing year a success.

To all the graduating students, good luck in your future endeavors, and to all the staff and students returning this fall, happy holidays and we'll see you in September.

The Projector welcomes all submissions from students, which should by typed, triple-spaced, and are subject to editing. Submissions may be dropped off at The Projector office, located in Room AB70, Building A, under the South Gym, OR mailed to: The Projector, Red River Community College, 2055 Notre Dame Avenue, Winnipeg, Manitoba R3H 0J9.

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Sports Comment

by Cole Cahoutec

So, the New York Islanders win a third straight Stanley Cup. Surprise, surprise, surprise!

Actually, the big news was their opponent. How many faithful hockey fans would have picked the Vancouver Canucks to make it to the final? Raise your hands. I suppose Roger Neilson and company are to be congratulated for their performance during the playoffs. You certainly can't pat them on the collective back for a below .500 regular season.

Don't you wonder why a team that can't win more games than they lose during the regulation 80 can make the final? Maybe we should ask the NHL board of governors to abolish those first 80 qualifying rounds, and just treat us to 20 playoff games.

The top two teams in each division would battle it out for the main event; a round-robin final. Of course the Islanders would be in contention, but teams like the Jets and the Oilers wouldn't face elimination by Los Angeles or St. Louis.

It must be really embarassing for Gretzky and company. Likewise for Luke and the Duck. Well, it's not so bad. The NBA playoffs are pretty exciting this year, baseball should be over in July or August, and football will take over.

Back to hockey for a moment. Tom Watt, the Jet's coach, was named coach of the year by the other NHL coaches this past week (May). Does this mean that the Jets will flounder next season, and Watt will lose his job? One thinks not, but the honor (coach of the year) is becoming quite a dubious one. Remember Red Berenson? Pat Quinn? You can bet their bosses don't!

Writing a sports comment isn't usually this reporter's main thing, but it is fun to speculate on the odd tid bit or two.

Is this the year of the Big Blue? Maybe not, but the Blue Brigade looks promising! Will the Jets improve on last season's performance? Likely not, standings wise, but they have acquired a little playoff savvy. Look for them to do better.

Wouldn't a Stanley Cup look good in Winnipeg? That would silence critics like Harold Ballard and that owner of the Bruins . . . what's his name? Imagine the nerve of those folks saying that Winnipeg isn't good enough for an NHL team? What did the Leafs do this year?

★★★

GRADUATION EXERCISES

NORTH GYM
TUESDAY, JUNE 29, 1982

DIPLOMA COURSE GRADUATES
(Two-year courses)

GOWNS — Pick up at Green Lecture Theatre from 11:30am to 12:45pm
ASSEMBLE — 1:00pm, Mall Level
MARCH IN — 1:30 pm

CERTIFICATE COURSE GRADUATES

(NO GOWNS)
ASSEMBLE — 7:00pm, Mall Level
MARCH IN — 7:30pm

Each Grad to carry a name card
PLEASE — LIMIT YOUR GUESTS TO TWO

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