

Junk food bites dust at 23 schools in province

Winners of the Ontario Ministry of Health's "Food for Health" awards were announced here last week by Health Minister Dennis Timbrell.

Twenty \$1,000 prizes and three \$500 special merit awards were given to 23 different Ontario high schools participating in the program.

The \$1,000 winners are: Metropolitan Toronto - Georges Vanier Secondary School, Lester B. Pearson Collegiate Institute, Loretto Abbey, Midland Avenue Collegiate Institute, Pierre Laporte Junior High School, Richview Collegiate Institute, Sir Wilfrid Laurier Collegiate Institute, Wexford Collegiate Institute (Toronto); Courtice Secondary School (Bowmanville); Burford District High School; Grimsby Secondary School; Loyalist Collegiate and Vocational Institute (Kingston); General Wolfe High School (Oakville); Parry Sound High School; Port Hope High School; Ridgeway-Crystal Beach High School; Sudbury Secondary School; Hammarskjold High School (Thunder Bay); Tilbury District High School; and Shawnee Secondary School (Windsor).

High School, Courtice North School for the developmentally Handicapped (Bowmanville) and Waterdown District High School were the recipients of the \$500 special merit awards.

Cheques

Personally presenting a certificate and \$1,000 cheque to each of the eight successful Metropolitan Toronto schools, Timbrell said the 1979/80 Food for Health awards, an International Year of the Child project, were given to those schools that developed the most effective campaigns to promote nutrition awareness during the school year. The awards will be used to develop future health-related activities.

"Because of its outstanding success," said Timbrell, "the program will be repeated next year. The format will be similar to that used for the 1979/80 program." Letters outlining the Food for Health awards program for next year will be distributed to provincial high schools in the next few weeks. Entry forms and guidelines will be mailed in September, with the deadline for submission of programs set at February 1, 1980.

First announced by the Minister in Sudbury last fall, the Food for

Health awards program is designed to increase nutrition awareness and the availability of healthier foods in the schools.

Eighty-nine schools in the province submitted programs, which were judged by a panel of experts consisting of representatives from the ministries of Health and Education.

Consumption

"The effect on the sale and consumption of nutritious foods in the schools and the ability to involve the whole school community were criteria against which the programs were judged," Timbrell said. "The programs were also evaluated on the basis of their potential to continue over the years."

Award-winning programs combined both promotional and educational activities to upgrade nutrition knowledge, establish positive eating habits and increase the availability of nutritious foods at food outlets in the schools.

"Highlights of the successful programs included ongoing promotion of nutritional foods in school cafeterias, establishments of nutrition food 'bars', production of nutrition contests, posters, pamphlets, cookbooks and displays,

and the distribution and evaluation of nutrition questionnaires," said Timbrell.

The minister said the key to establishing healthier lifestyles lies in individuals being more aware of what they eat and drink, then acting to improve their habits in these areas. "The place to alter lifestyles and to increase awareness is at school, where habits can be learned that can last a lifetime."

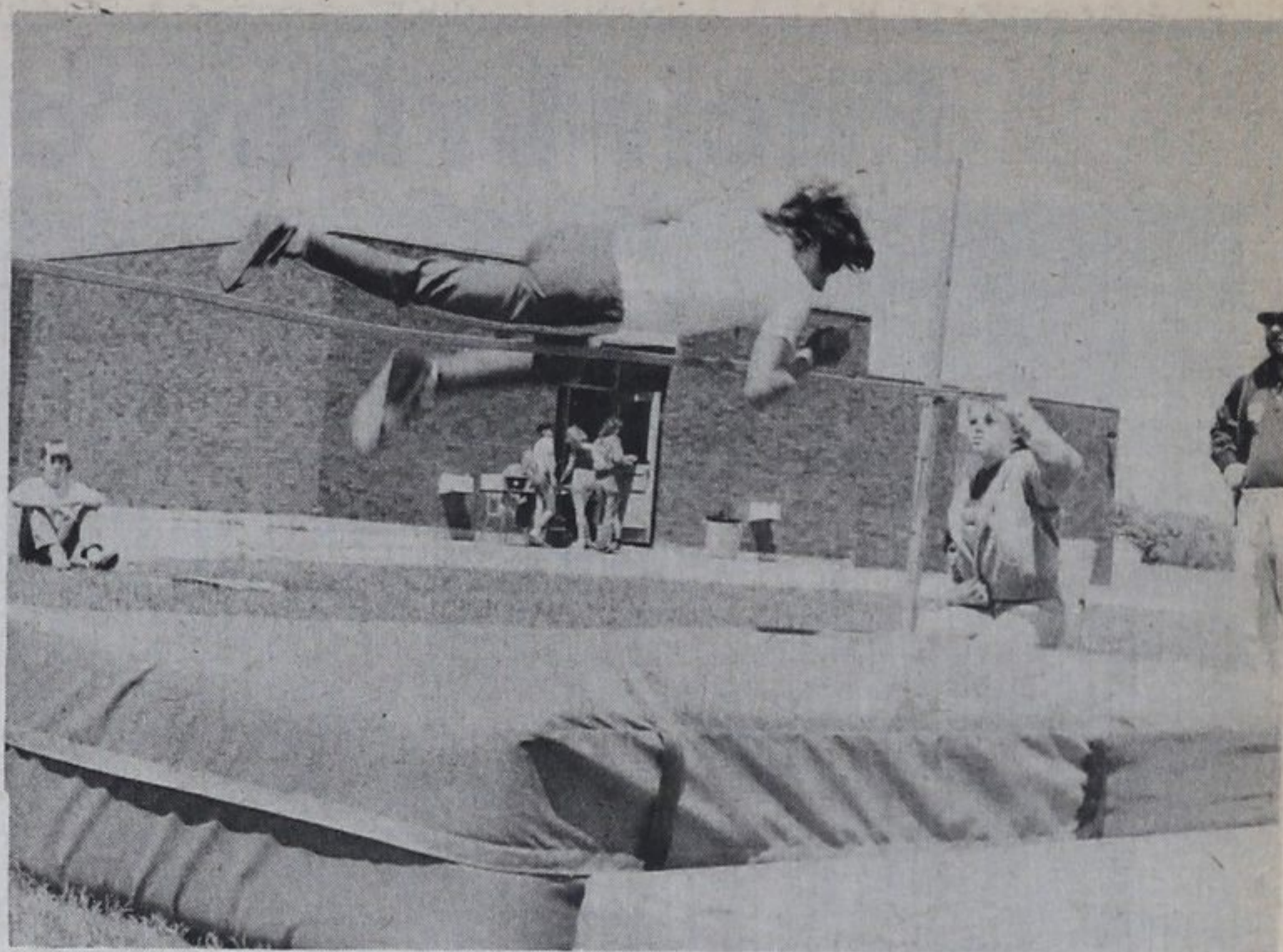
He added that the ministry is moving to meet the challenge of nutrition education on several fronts, including revised public health programs that will focus on nutrition as a major element.

"Already, the number of nutritionists associated with public health units in Ontario has doubled to 27."

Free workshops

Huronian Fitness Project sponsored by the township of Tiny will be conducting free workshops in the surrounding communities throughout the summer.

These workshops will consist of fitness testing, providing assessments of body fat, blood pressure, and heart attack risks, along with individualized activity guidelines.



Almost made it

The Senior Field Day held last Wednesday drew approximately 190 students who took part in over a dozen

events. Fifteen students took part in the high jump event and this one didn't make it.

MSS athletes deserve praise

by Doug Andrews
Phys. Ed. Dept. MSS
Ernie Desroches culminated another successful high school track and field season at last weekend's All-Ontario meet in Toronto.

Competing against the best in Ontario, Ernie placed second in the steeplechase with a personal best time of 5:58. The athlete who won the event set a Canadian interscholastic record of 5:53.

On the Saturday of the meet, Ernie placed fifth in the Senior 3000 metres with a "gutsy" run.

Ernie has led our team at all of our meets, not only in the individual events, but the relays and helping the younger members with

their training and running. Our school and community should be very proud of the effort and discipline that this athlete exemplifies. We wish Ernie all the best this summer at the national championships.

Todd Clarke

Todd Clarke placed tenth in the discus on Friday at the All-Ontario meet. Todd improved his throw from last year by four metres and with added technique training, we look for much improvement next year.

Todd is a four-sport man at the school and participates in four specialties in our track program. With such a heavy workload he has done very well.



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| That the unity of mankind is the next stage in our social evolution? | <input type="checkbox"/> | Yes No |
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| That extremes of wealth and poverty are unjust? | <input type="checkbox"/> | |
| That the planet needs to be reorganized on the basis of cooperation rather than confrontation? | <input type="checkbox"/> | |
| That world peace should be the birthright of our children? | <input type="checkbox"/> | |
| That a second language used by everyone would facilitate communication? | <input type="checkbox"/> | |
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Russian Hide and Seek skilled and depressing

Book review

Literature has always been alive and well in England. The English read books, much more than Canadians and Americans. Literature is taken seriously there.

This state of affairs may explain why science fiction (sf), which has only recently been taken seriously in North America, has been reviewed for a longer time in the English press.

English science fiction since H.G. Wells is recognizably English, and not easily confused with American sf. Writers like John Christopher, John Wyndham and J.G. Ballard have written books whose common link is disaster.

In Christopher's No Blade of Grass a worldwide famine results in the break-down of law and order. In Wyndham's The Day of the Triffids earth's population goes blind and is overrun by intelligent alien plants. The earth dries up in one of Ballard's books, and drowns in another.

Kingsley Amis has a lengthy list of books to his credit, some of which could be labeled sf. New Maps of Hell: a survey of science fiction for example. One of the first serious discussions of the field. Amis has also been co-editor of five numbers of a science fiction anthology. The man has credentials.

The argument that novels like 1984 and Brave New World aren't science fiction because they are too good has always curled the lip of the sf fan.

Science fiction is also a handy label which suggests a certain type of fiction. Most sf is written by Americans. Orwell and Huxley of 1984 and Brave New World respectively, didn't write in that style. Neither does Amis. It's tempting because of the tone of Russian Hide and Seek to turn around and say if it were sf, it would be a better book. It's a dim view of a possible future.

Amis dedicates his book in part to Brian Aldiss, one of the best of the contemporary

Englishmen in the sf field. And the book can be slotted into a distinct sf category on the basis of its plot. It seems to be an alternate history.

Alternate histories change the course of real history at a certain turning point, say the sailing of the Spanish Armada, cut off true history and go on from the premise that the Spanish successfully conquered England.

Recognizable real history ends with the Second World War in Russian Hide and Seek. England early in the 21st century has been a Russian satellite for 50 years. The conquerors have literally stripped the island of its history, books and all records, as well as anything of value. Bureaucrats and soldiers rule and police a population reduced to a level of life equivalent to the Middle Ages. Amis labels the book in a sub-title a melodrama.

What struck me was that it seemed peopled with characters out of a play like Chekhov's The Cherry Orchard. The major characters are Russians. The conflict is between Russians.

The title refers to a game some of the officers play out of boredom. In the dark of night out of doors they take turns shooting at each other.

The thrust of the plot is the enlistment of a young Russian officer into a Russian plot to overthrow the Russian administration and to hand the country back to the English. The ending is a monstrous joke. The power of the state to survive and control remains total.

Russian Hide and Seek reads like a modern Chekhovian novel with political underpinnings. Amis writes of the decadence and corruption of totalitarianism but also its ability to roll on, and over, regardless of interruptions.

He didn't include a sympathetic character in the works. If he had, Russian Hide and Seek might indeed be a melodrama. It is instead a skilled and depressing alternate history. Like 1984, Russian Hide and Seek portrays one possible unhappy future for man.

Russian Hide and Seek by Kingsley Amis, Nelson Foster and Scott distributors, \$13.95, 240 pages.

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