

CIMN Is Going FM

CIMN is UPEI's radio station. We have been broadcasting on 104.5 cable FM and 700 AM for the past ten years, but this January will be different. CIMN will be broadcasting on the FM band. That means the station will be heard all around Charlottetown -- all you need is a radio! The premiere of a new radio station will be a historic event, not to be missed. CIMN will be a long awaited alternative to FCY and CHIN, Charlottetown's other radio stations.

The difference is that our programming is for students, by students. We focus on alternative music which is ignored on commercial radio. Also, we encourage diversity and creativity for all our on-air shows. But CIMN is in constant need of volunteers, after all, without volunteers there couldn't be a station. Don't worry, training is provided!

If you want to be a part of our volunteer team there is still time to join. Our studio is located on the 3rd floor of the Barn. Office hours are 9 - 5, Monday to Friday. The new management team is Amanda Hill (Station Manager), Melissa Buote (Program Director), Kadre Kass (Music Director), Sean Steele (Spoken Word Director), and David Gagnon (Ad Manager). If you have any questions you can ask us. Drop by for a visit!

CIMN can still be heard on cable FM from September until January. If you are in the Pit or in the Panther Lounge find the "Volume Control" and turn it up, also feel free to call in a request 892-CIMN (2466). And keep your ears and eyes open for news about various CIMN pubs. A tentative pub is planned for October 19 with SNFU and Strawberry. We'll let you know what's up.

Restaurant Retrospective

BY ALDERA CHISHOLM

We retrospectiveurs are back this year to check out dining in Charlottetown. For new readers, Jennifer and I will be reviewing various establishments in the area from a student perspective. Restaurants are graded on "the big three": quality, quantity, and price. If you have ideas for a spot you would like reviewed let us know by email to the X-Press, or by dropping off a note in the office. We are always open to suggestions. Welcome back to another year at UPEI -- and another year of trying to avoid cafeteria food!

The Tradewind Restaurant

Many of you will be familiar with Wing Nite at the Winds. This summer I discovered the Winds as a daytime restaurant. I have always been a fan of bar/restaurants as they tend to have good cheap food, although somewhat cruddy menus and service. The Tradewinds was a pleasant surprise. The menu is huge, and the waitresses are actually very polite.

The menu features daily lunch specials, and in the lower pub there are great evening specials. For \$2.99 (after 4pm Tuesday through Saturday) you can get a steak and fries, wings, or nachos with any beverage purchase. One cannot expect sirloin for \$2.99, but it was quite good, with tons of french fries. A nice bonus was a huge basket of popcorn to munch on while we waited for our meal.

The regular dishes on the menu are reasonably priced even without a special deal. Most things such as burgers and sandwich platters go for under \$5, and come in generous portions. Speaking of generous, if you are really hungry try the Hungry Man Platter. It costs about \$11 and comes in a basket so huge you will need to clear the table. Nachos, mozza sticks, fries, veggies, wings -- this platter has it all. The menu says it will feed two, but three people could easily share the platter. If you just have the

munchies, the platter might even be stretched to feed four.

The food is not only cheap and bountiful, it is positively yummy. This is a great spot to eat out with friends, the restaurant is large and quiet so that you can have a conversation in peace. I highly recommend giving them a try. The Tradewind, daytime version, deserves 4.5 cookies.

Rating system:

- 5 cookies... better than Mom's home cooked
- 4 cookies... this will make your tummy thank you
- 3 cookies... worth a try if the price is right
- 2 cookies... kinda like the cafeteria
- 1 cookies... stay home and eat Kraft Dinner



BIOHAZARD

We would like to welcome everyone back to the new academic year and invite you all to take part in the activities of the Biology Club. The purpose of the club is to provide everyone with a social outlet (i.e. a good time), as well as to promote interest in Biology (and not just human anatomy). The club also allows students to gain some insight into the courses they are taking, this provided by those of us who have already battled (or breezed) through them. Besides, membership looks good on a resume.

This week, we will start accepting memberships in the Duffy Building or you can contact any of us personally. Memberships cost \$10 (less than a pint, but more fun than a two-four) and this gets you in on all Biology Club events and meetings. Now, we can tell by the glum look on people's faces that it is about time for a party!

Jonathan Spears
Arja Martin
Jennifer Morrison

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