



By Jonathan Davis

As mentioned last week, newsgroups run second to email in terms of popularity on campus. However, in the real Internet world, the World Wide Web reigns supreme. Perhaps even more popular than email now, the Web is used and abused by almost everyone.

The Web is a collection standardized hypertext documents on independent computers all over the world. In many ways, it is like Gopher. Unlike Gopher, however, the Web can include graphics along with text, making it much more interesting to use. The biggest reason, however, for the Web's popularity is that anyone can get into it. Many of my email friends are putting up their own personal Web page. It is this participation factor, mixed with the graphics capability, that makes the Web so popular.

On UPEI campus, the Web has been pretty much unknown. The simple reason for this is that ours is a DOS based network. Netscape, the most common Web-browser program is a Windows program. We, the poor unfortunates of UPEI, had only DOSLYNX to access the Web. That program can not display graphics, and is rather difficult to use. You also often get weird codes mixed in with the documents that are instruction codes specifically for Netscape.

THE NICER SIDE OF THE NET

This has changed. In the data research labs in the computer centre, Netscape along with a number of other Windows Internet programs are accessible from the windows loaded by option F on your personal account menu. I have heard that there are other labs that allow this internet access from other places on campus, but I believe that this is only for specific students, likely Computer Science students.

Netscape itself is easy to use. If you have an address given you by someone (it should start with `http://`), you just click on "GO" on Netscape's top menu, type in the address, and away you go. If you want to look for a specific subject and don't have an address, click on the menu button labelled "Internet Search" or something like that. Follow the instructions therein. For your first time, however, I would recommend just browsing the UPEI page with is automatically loaded when you start Netscape. You can click on the blue underlined words or phrases with the mouse and more information on the word or phrase will be loaded. From there, you're on your own. It really isn't hard.

Comments, questions, and suggestions can be sent to me by dropping off a note for me in the *Panther Prints* office, or email me at jdavis@bud.peinet.pe.ca

ASK Sally

Dear Sally,

I just recently broke off with my boyfriend of four years, and I am really depressed. My whole life seems upside down and I don't really know what to do. I don't know how to get over him. Just when I think I may be starting to get over him, I see him or I remember something about him and I collapse into a fit of crying. I really thought he was the one, I love him and I know that he loved me, but we couldn't settle a few things in our relationship so we broke up. Please help, I'm dying inside trying to decide what to do about it.

Thanks,

-- Lost and Confused

Dear Lost and Confused,
When an important relationship ends our lives it can be like a death and grief is a normal process. Your boyfriend took up a large part of your life and it will make everything seem different for a while. But you are not doomed to feeling this way for the rest of your life, you will get better, even though it doesn't seem possible at this point. Just remember that it is alright to feel sad and to cry.

Treat yourself with compassion at this point, you've just had a traumatic

event happen to you and it is important to be nice to yourself. Baby yourself!

Find someone to talk to: A friend, councillor or advisor. That's why people have shoulders to -- to cry on. You can always return the favour someday, because everybody has things happen to them.

If possible, try to stay away from places where you know he'll be because then you can distance yourself a little more each day. Make some positive plans and new goals just for you, things you've always wanted to do but never had the time. Get out and meet new people.

We were all raised on the fantasy of Mr. Right, but there is no such person. There are only people who are more compatible than others. And with five billion or so of us in the world (about 48% men), there are lots more possibilities out there. But don't think of yourself as only half a person without a man in your life, know that you are 100% person all on your own.

Remember, if you feel desperate at any time, make sure you talk to someone. Perhaps you could go see the friendly people at the Women's Centre (the little building behind the gymnasium). They have compassion, kindness and lots of tea and Kleenex.

History Society news

Hi! Just a few lines to let you in on what is happening with the history society. On October 11, the executive was elected as follows: Treasurer -- Lori Parriquen, Secretary -- Christina Estey, Vice-President -- Mark Robinson, and President -- Rene Wolfe.

Upcoming events are Wednesday October 25 we present the movie *Geronimo* in AVC Lecture Theatre B. Show starts at 7:00pm and admission is a loonie. If your significant other complains that you don't take him or her out anymore, you know where to go.

These is an upcoming Wally Ball Tournament. Stay tuned for details.

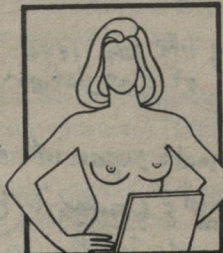
Did you know that there are approximately 641 students that enrolled in History at UPEI? One question -- where are you on Wednesday afternoons at 4:15? Don't be shy! Classics and Canadian Studies are also invited to join -- hey, it is your lounge too!

MONTHLY BREAST SELF-EXAM

IN THE SHOWER. Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.



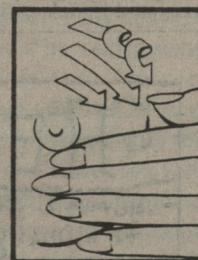
BEFORE A MIRROR. With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture. Gently squeeze both nipples and look for discharge.



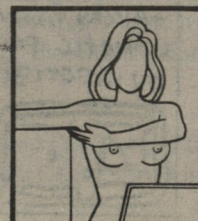
LYING DOWN. Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.



Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.



With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.



Call your physician if you have any concerns.