

Only Cullen and Vice President of Activities Shawn Younis were hired as members of the executive staff over the summer, so the new Vice President Executive and VP Finance will have to break in their boots.

Cullen has stressed an open-door policy and strong efforts towards communication over the course of his campaign at the beginning of his term. "We're working on better ways to communicate with students [...]"

Growth, but not expansion," he added cryptically, which I can only take to mean he's committed to the quality of progress over quantity. Of what progress we'll see in the coming months, one can only venture a guess, as the

Union appears to be keeping their specific goals under their hat, but has guaranteed "a better job of being equally representative of all student bodies".

The new President claimed the new school year

will be a very rewarding one and expects it to be fun. So if you have questions or concerns to raise with the new Student Union, get in touch with them, make your voices heard. The door is always open.

Sweet, Sweet Vindication for Late-Risers

This town ain't big enough for the both of us

by Sebastian BAGLOLE
Production Editor

You have to sleep sometime!

But don't get ahead of yourself. The revitalized demands of profs and bosses are nagging you once again to be efficient and reliable and to surpass expectations. This can only be achieved if you can manage to balance your sleeping habits with your daily routine. It's a great relief to schedule your classes around work, or a good professor, and everyone plots their day in a slightly different way.

Stylists plot their days in a proportional arc, so all their responsibilities and chores have a distinct beginning and end, secure in a stable routine. Revisionists plan to stagger their activities to provide some downtime in between classes, for studying, eating, or cooling off. The workaholics bull through the working day so they can get it out of the way and savour a pleasur-

able evening.

Some wake early, and others prefer to sleep in, and once you delegate a particular timeframe for sleep, it's pretty hard to pull out of. But everyone needs sleep, and try as they might to conform themselves to a strict schedule of getting up at 7 or 8 AM, some people's bodies are just more comfortable sticking with a later sleeping schedule, and performing at their peak later in the day, even midnight and beyond. Some even focus particularly well over the night hours. In this case, maybe allotting class time a little later will give you a full night's sleep.

An article printed this Spring in the Science journal explained how recent neuropsychological studies have shown that late owls may actually perform better, more consistently over longer hours, than early birds. The subjects show fewer signs of fatigue, and brain pattern tests displayed a superior level of concen-

tration than the early rising subjects. These people are inclined to perform tasks later in the day, so it's naturally presumed that sticking to a later schedule allows them to be more productive, despite "societal pressures" to adhere to slogging out a daily 9-5. One co-author of the study, Professor Philippe Peigneux of the University of Brussels, can confirm that.

"If you allow them to live on their preferred schedule, then they can outperform the morning types." He added, "Genetics dictate whether someone is a morning person."

So if you're a later riser, it's not a bad thing. At least it's nothing worth losing sleep over.

Sebastian Baglole is a returning writer to the Panther Post and is continuing with his monthly column, This Town Ain't Big Enough for the Both of Us

University of Ottawa Community Reacts to Tragedy

By Emma GOLDMERE
The Fulcrum

OTTAWA (CUP) – Many in the University of Ottawa community are still in shock after an incident at the school's Thompson residence at the end of orientation week took the life of Michel Garipey, 19.

On the morning of Sept. 12, several students outside the residence hall witnessed the young man fall to his death from a window on the 15th floor. Students received a brief email from the university administration later in the day, notifying them of the incident.

"A tragic incident occurred at the Thompson Residence today in which one of our students lost his life," read the email, sent on the evening of Sept. 12. "We are deeply saddened by this turn of events."

The email also indicated that students were invited to call the university counselling service at any time between 9 a.m. and 5 p.m., at 613-562-5200, noting that "this is a busy and challenging time as classes resume."

A memorial of flowers, candles, and cards has been placed near the Thompson residence entrance. The Student Federation of the University of Ottawa (SFUO) posted a short message on Facebook on the morning of Sept. 14, stating: "Our thoughts are with the friends and family of our fellow student who passed away Saturday morning."

Alongside the university's counselling service, several other resources are available to all students on campus, including the SFUO's Peer Help Centre. The Peer Support Phone Line held extended hours over the weekend of Sept. 12-13.