

P.E.I. Winter Survival Guide

Kimberley Johnston
Reporter



Well, it's that time of year again. There is no Christmas house this year from which to gauge the need for a P.E.I. Winter Survival Guide column, but considering the tree is up at my house and there is a dancing, singing Santa Claus in my kitchen- I would say 'tis the season to embrace the cold and windy days that lie before us.

So first off, I'd like to welcome all the new recruits and international students to the breeziest campus on the face of the earth. It's the home of the 100-km/hr winds and weather shelters that just can't seem to stay functional. I apologize on behalf of any short-sighted people who did not have the courtesy to warn you of the -40 degree weather you will undoubtedly encounter within the next few months. To the rest of you- thanks for staying. I'm sure that we've all learned from last winter that whatever doesn't kill you will only make you stronger- or frost-bitten.

With that in mind, I've assembled a list of things that fellow Maritimers, students and international visitors alike will need to make this winter the coziest ever. This summer-withdrawal program may just inspire you to look forward to when the temperature drops below freezing and forget about all those lazy, hazy days at the beach. No? Okay, I see babysteps are in order to get your feet wet and your nose cold.

Step 1. Release denial. It's winter. Deal with it. After November 1st there should be no sandal-wearing on campus with the exception of toga parties. Even then, sandals are to be worn inside only to be replaced by winter footwear (or your old Airwalks accompanied by three pairs of soccer socks).

Step 2. Check your ego at the door.- before you go outside. So what

if putting on layers makes you look like Bonhomme the Winter Carnival snowman? At least you'll be warm. Here's a helpful hint for men- I've never met a girl who didn't give a guy in a leather jacket a double take. You can be sexy and warm. Take my word for it.

Step 3. Cool winter accessories. Just because our world is covered in white doesn't mean we can't wear colour. Sporting cool hues also make it safer to cross the street; especially if you're one of those morons at Brown's Court who can't seem to make their way to the light before jaywalking across University Avenue. Comfortable scarves, hats and mitts will make your wait at the light a little more fun when the snow is piled high enough at the crosswalk to play King of the Castle between light changes. Value Village or Frenchy's are good places to go if you left your winter attire in your tickle trunk at home.

Step 4. Stock up on hot chocolate. Oh yes, this sugary sweet winter beverage makes a great companion at the fireplace in the student centre or at home. Apple cider is good too. It would be cool if downtown businesses gave it away. It would make this time of year seem more festive and warm than a six-month long sentence of cold sleet, snow, rain and hail- which as far as I can tell are pretty much the same thing.

Step 5. Get a winter partner. Take this howsoever you choose but winter is always more fun when you have someone to share it with. Find someone who possesses the same winter goals as you- whether it be vegging, skiing or throwing snowballs at unsuspecting University Avenue jaywalkers- after they cross the street of course.

For more winter survival tips check out www.upei.ca/irr/weather.html. Have a good winter! Keep your nose warm and your clothes on.

Integrated Dietetic Internship: Proof that UPEI is a Great Small University

Suzanne Hajto
Contributor

Dietitians much like nurses, accountants, radiographers etc. face the reality that attaining a degree will not necessarily get you a job. Dietitians are health care professionals that help groups or individuals attain nutrition-related goals. Following graduation of a science degree with a major in Foods and Nutrition, aspiring dietitians are required to complete 40-45 weeks of training period called a Dietetic Internship. Dietetic Internship is where theory learned in the classroom is applied in hands-on work settings. So, what am I getting at? Well, getting accepted into a post-graduate Dietetic Internship program is not only extremely competitive, it is usually completed in one setting, out of province and let's be honest, 40-45 weeks of unpaid work after graduation is tough! In 2000, UPEI's Family and Nutritional Sciences Department implemented an Integrated Dietetic Internship program. This means that 2nd-year students majoring in Foods and Nutrition can apply to get into the program. Following an evaluation process, a group of interns are selected. These students are selected based on

academic achievement, community involvement and ability to professionally represent UPEI in their placement settings. Once the 2nd-year students are selected, they begin their first placement that same summer and continue doing placements following summers. Hence, the Dietetic Internship is integrated with the academic school year. What is so great about UPEI's Integrated Dietetic program? Firstly, unlike other Dietetic programs, our interns are placed in numerous settings ranging from for example, clinical-based placements at the Queen Elizabeth Hospital to community-based placements at Chances Family Resource Center. Secondly, because we are a small university, interns are involved in the placement process therefore, giving interns the opportunity to do placements that interest them. Thirdly, again because we are a small university, the internship co-coordinator can closely support and provide invaluable feedback on our performance. The take home message is, if you are interested in a career as a dietitian completing a Dietetic Internship is inevitable and there is no better place to do it than at UPEI.

Suzanne Hajto, 3rd-year Foods and Nutrition Major and Dietetic Intern

UPEI STORM WATCH

Information about campus closures or delays in opening

If a decision is made to close or delay opening the UPEI campus, details will be available as follows:

Radio Stations: Radio announcements by 7:00 am if possible, and throughout the day when required: CFCY/CHTN/Magic 93, CBC Radio, and C102 (Summerside).

UPEI Hotline: A recorded message, by 7:00 am if possible, on the UPEI hotline with updates as necessary throughout the day at 894-2882

UPEI Web site: An urgent notice, in red, at the top of the news and events bar of the UPEI website, www.upei.ca