

What Really Matters

by Faith Hunter

Returning students are now probably saying "Not again!" (welcome back), but for those of you who are new, let me introduce myself. My name is Faith Hunter (not my real name of course, since I'm a student and don't have time to sign autographs), and I write a column for the student newspaper called "What Really Matters". I started this column the year before last because I was not satisfied with the ordinary articles. Writing on political issues, morality, and the (depressing) economy could be found in abundance, but there was a sad lack of writing on more important things: food, romance, having fun, and surviving your years at UPEI. And so, "What Really Matters" was born.

Now a little about myself: I am a junior student at UPEI, and I am as broke and pessimistic as any of you. I write this column, not only to enlighten and entertain, but also to encourage. I don't know if it works, but I hope that over the next 8 months, at least one of my columns will bring to you an alternative perspective, a solution to a practical problem, or -- better yet -- an amused grin.

My topic for this issue is Fitness. I recently realised that although we students don't have time to join gyms or work out at home (because we no longer have lives apart from school), we need not worry. Here at UPEI, at least in the Faculty of Arts, there is a built-in compulsory exercise program. You start out with stretching exercises. You stretch your patience by trying to balance your notes, your textbook, your pen, your liquid paper and possibly a

handout, all on a tiny little hand-desk. Then you stretch to make your budget reach your needs -- you go to the bookstore. This is where muscle-building comes in. I started out easy in my first year, easily lifting novels, handbook and binders. Then, in my second and third years, I built up my arm resistance by carrying books with the name Norton on the cover. Now in my fourth year, I am able to hold the Shakespeare text in just one hand. You may laugh, but there is more.

You exercise your fingers by typing, your ears by listening, your mouth by participating, and your mind by thinking it all over. And when I say this program is compulsory, I mean it. Even if you avoid all else, you can't avoid the lower body workout. You start by being made to park a mile away from your desired building (again exercising your patience by the many rotations around the lot to find that distant spot), and unless you are lucky enough to have all your classes on the ground floors, you go through daily stair-climbing routines in order to strengthen your legs. (Did you really think it was mere coincidence that the Main computer room is on the third floor?!)

Finally, when you finish your degree and graduate, you get to the height of your fitness program -- you exercise your right to declare bankruptcy.

Okay folks, that's all for this time. Join me next time for a reprint of school stresses and what to do about them.

Take care and Dream big -- Faith Hunter

PSS...

By Yvonne MacKean [next meeting Father's, 6 pm on October 5]

Hi again! I am back with a Political Studies Society update.

When nominations closed, there was only one extra person interested in running for executive. The position of secretary/treasurer was divided, and two positions were created. As a result an election was not necessary. And the winners are:

President: Matt MacFarlane. Matt is a third year major.

Vice President: Peter Clarey. Peter is a fourth year major, with a minor in history.

Treasurer: Marianne Murphy. Marianne is a fourth year double major in Political Studies and English.

Secretary: Yvonne MacKean (me!). I am a third year major, with a minor in history.

Department Representative: Egan Henderson. Egan is a fourth year major, also with a minor in history. Egan is the liaison between students and the Society and

the faculty. Students can bring concerns to him, and he will bring them up with the faculty.

[next meeting October 5th at 6 pm at Father's]

The first meeting of the Society was held this past Friday (update next issue). In order to have a successful Society, we need student participation and ideas. We need ideas for fundraising, for activities, anything like that. We are here for Political Studies students, so come on get involved. [next meeting October 5th at 6 pm at Father's] Watch for information in the newspaper.

All majors, minors and prospective majors and minors are invited to the second PSS meeting. In case you haven't picked it up through the subliminal messages it is Thursday October 5, at 6 pm at Father's Lounge (located in the Kirkwood/Pizza Delight premises). Please come and have some fun with the Society. Be sure to tell your political studies friends. So don't forget, Father's Thursday, at 6 pm.

EXPERIENCE JAPAN

About 350 Canadians will experience Japan as Assistant English Teachers beginning August 1, 1996

THE JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME

The JET programme is an international cultural opportunity sponsored by the Government of Japan. Applicants must be Canadian, have a bachelors degree by June 1996 and preferably be under the age of 35.

Do not send resumes. For an application form write:

The JET Desk
Consulate-General of Japan
600 de la Gauchetiere West, Suite 2120
Montreal, Quebec H3B 4L8
(No faxes please!)

URBAN TRANSPORTATION 101 9th @ 10AM (M110) #7 HOLD. → remember to breathe!

IN LAYMAN'S TERMS: HOW TO HAIL A CAB 101

#1 POSITION YOURSELF CLOSE TO THE ROAD (NOT ON IT)

#2 LOOK CASUALLY INTO THE DISTANCE (IT'S GOOD TO BE A LITTLE ALDOOF)

#3 RAISE YOUR FAVOURITE HAND SLIGHTLY ABOVE YOUR HEAD

#4 HOLD. → remember to breathe!

#5 REMAIN CALM WE GUARANTEE A CAB WILL EVENTUALLY COME... (IF YOU'RE STILL THERE WHEN THE SUN COMES UP, HIT A PHONE BOOTH!)

#6 VISUALIZE SUCCESS

KNOW WHEN TO DRAW THE LINE

Labatt