

HEALTH

UPEI Blood Donor campaign well under way

Craig St. Jean
Reporter

In 2003 when organized blood donating was re-established at UPEI, a one week campaign was held. It was deemed successful with 78 donors. Since then, UPEI has proven itself to be an important contributor to Canadian Blood Services and our commitment is growing.

In September 2006 UPEI kicked off its 2nd Annual UPEI Blood Donor Challenge— students versus faculty and staff. The challenge is to see who can log in the most donations— Faculty and staff or students. Family and friends may also donate and register their names with the side of choice. In the first “challenge” in 2005, the student donors beat the faculty and staff by a slim margin.

The total donation goal was 250 units and the end result was over 270.

For this year’s challenge, the goal is 300 donated units. So far, the faculty and staff have 129 donated units and the Students have 88, amounting in total to 217 units. The donation coordinator Alan Veale has said that this is “an outstanding showing by all concerned. With two and a half months left in this challenge, we can top our 300 unit goal.”

If students want to donate blood, appointments can be made by calling Canadian Blood Services at 1 888 2 DONATE (1 888 236 6283). The Canadian Blood Services Charlottetown Centre will even provide transportation from and back to the UPEI campus for organized groups. Veale encourages students to donate, saying “we need to increase our donor base and we need a new generation of donors stepping forward to take on the responsibility of ensuring Canada has a reliable blood supply. UPEI students are that new generation.”



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Unique massage now available in P.E.I.

Stacey Murray
Advertising Manager

Jaime Constable is making a name for herself in the massage scene on P.E.I. She specializes in a rare form of massage called lomi and she is the only person offering the service on the Island.

She first learned the technique in Ottawa in 2002 from Alani Kuzma who was one of only four or five who knew the technique in the capital.

Now Constable’s a student at UPEI and she is working on expanding her enterprise here.

The lomi originated in Hawaii and is passed down through generations. It can take on many forms and uses heated oils in a full-body massage.

Instead of focusing on one part of the body at a time, the lomi uses sweeping motions across the body.

At times, it feels like water rushing by your body or being cradled in the arms of a mother.

It’s also different from more conventional massages because forearms are used throughout the session.

It’s also more physically demanding

than conventional massages as the masseuse picks up the body to perform part of the massage underneath the table.

On a spiritual level, the lomi is meant to weave the energy of the body and create a connection between both parties.

It is also meant to help people deal with personal issues on a physical level.

“The pain we suffer can become trapped in our tissue,” Constable said.

Some people aren’t receptive to traditional means of letting go, but lomi may be the key for these people, she said.

“With some people, you can’t get through to them through emotions, but you can get them through this.”

The lomi is opened with a Hawaiian prayer and the infinity dance, which connects the masseuse to the subject.

The dance is slow, yet focused. Calculated movement and breathing patterns set the tone of the room.

The dance is what first led Constable to the lomi. She first saw the dance while in New York a few years ago and was instantly drawn to it.

The infinity dance can be performed alone or in a group and is about moving

in harmony with the elements and each other.

This spring, Constable will teach others about the dance in a series of classes put on by Enchanted Isle Mystics in March and April.

Constable said the connection between the dance and the massage makes it a more intimate experience. She found other massage forms too impersonal.

“It was like I could hear her going over her grocery list.”

In Hawaii, the lomi is meant as a rite of passage and is performed on a subject until their troubles have left them.

This can take anywhere from a few hours to a few days, with multiple people massaging a subject if necessary.

She performs the Lomi Ke Ala Hoku, one of several forms of the massage. Translated in English, it means pathway to the stars.

Massages cost \$60 an hour, but she does offer discounts to students, being one herself.

More information can be found at www.mohana.ca or by visiting www.kijiji.ca, go to community and click on classes.