

# Dig This! At the Barn

by Michael Drake

Lack of sleep is a terrible thing. There are three types of insomnia. The first, in layman's terms, and the most common is the "toss and turn" type, which keeps the afflicted person from falling asleep for up to four hours after hitting the sack. The second is the "early riser" phenomenon, in which the person chronically wakes up hours before he or she would like to and cannot fall asleep.

The third, least common form of insomnia is by far the most harmful. In its mildest shape, it results in broken sleep all night long, resulting in the impression that one has not slept at all. In its strongest form, which I suffer through at the moment, is total lack of sleep for the whole night. One lays in bed and watches the clock. Thinks abstract thoughts. Offers up prayers to the transient gods of narcolepsy for reprieve. In short, suffers. I suffer.

It's scary. Never again will I make the mistake of comparing exhaustion to sleepiness. There is no similarity. I am exhausted. I cannot sleep. But why? Stress, perhaps. Maybe I simply wish my girlfriend was with me (with whom, incidentally, I slumber like a child).

So, my friends, due to my inability to string coherent patterns of thought together for any length of time, this column will be pitifully short. Here is the news, folks:

The next meeting will be held this Wednesday in the lounge at 12:45.

The pub-crawl will take place the Friday before Spring Break; it looks though it will be the party of the year!

Keep on selling those Texas Mickey tickets.

As well, last week our article somehow disappeared. In it I made reference to the fact that my girlfriend and I are very close. So because the article was untimely lost, I will take the opportunity to repeat myself;

Dear Wendy:

I love you piles. Just because I won't be here doesn't mean things will change. Here, there or anywhere, I love you. — Love, Mike

I can't sleep, okay! Cut me some slack!

**Editor's Note:** You know, Mike, we have a personals page for this sort of thing.

Winter Carnival this year at the Panther Lounge was a hit, thanks to all who showed their support. Last week's movie pub which featured *The Ultimate Fighting Championships* was a favourite with the males on campus. Our movie pubs are held every Friday at 2:00 pm, so be sure to check it out. This week's movies will be *Waterworld* and *Desperado*.

Following the movie pubs the weekly Labatt's Pool Tournament is held at the Barn, so be sure to stick around and win some great prizes. Trivia with Jen is now back on Wednesdays, sorry for any confusion last week. Drop down and test your trivia knowledge, and perhaps win some great prizes in the process.

Thanks to all who attended the winter carnival activities at the Barn. Sandbox, Jimmy Flynn, Simon Cotter, and the Rik and Norm show were all great times. Thanks to Moosehead for sponsoring these great events.

On February 1 we will be featuring Gandharvas. Tickets will be on sale at the first of the week at the Student Union office. That is all for this week, see you at the Barn.

## Notice

### Peer Helpers Are Looking for New Members

The Peer Helpers are looking for new members. We are looking for people who are responsible, caring and dedicated. In the past the Peer Helpers have been involved with preregistration and they have also had Respect Day. We have many more great ideas for 1996. If you are interested, then you are invited to the Peer Helping meeting in Robertson Library room 109 on Friday, February 9, 1996 at 1:30 pm. For more information about the Peer Helper programme, contact Mary Johnston-Hunter at Student Services (566-0443).

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### The University of Prince Edward Island invites nominations for the position of CHANCELLOR

The Chancellor is the titular head of the University and confers all certificates, diplomas and degrees. The Chancellor is an ex-officio member of the Board of Governors.

In the performance of these duties, the Chancellor officially represents the University to each of its graduates, and is an important link between the University and the wider community.

No person who is a member of the teaching or administrative staff, or an employee, or a student of the University is eligible for this office. The incumbent Chancellor may be re-nominated for a second term.

The four-year term of office will become effective on 1 July 1996.

Those eligible to submit nominations are: registered students at UPEI, alumni, members of the teaching and non-teaching staff of the University, members of the Board of Governors and members of the Senate.

The closing date for acceptance of nominations is 14 February 1996. Letters of nomination should contain relevant biographical information and be sent to the Registrar of the University of Prince Edward Island at the following address:

Mr. John DeGrace  
Registrar  
University of Prince Edward Island  
Charlottetown, PEI  
C1A 4P3



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