



Guest Editorial

Physical Education at UPEI

by Shelli Wheaton
 In an attempt to achieve some reasonable amount of exercise, I struggled through yet another 20-minute workout. But as I continued to puff and pant long after I had finished, it occurred to me that there must be many more physically unfit souls around campus besides myself.

UPEI does not offer any practical physical education courses, and in my opinion, I think it should. As it is now, students wishing to engage in any physical fitness activity must do so off campus, such as joining an aerobics class or a racquetball club. Rather than going through all this hassle, it would be more convenient if

a student could take a Phys. Ed. elective at the university that could be easily integrated into his schedule. Devotion to physical fitness should be just as important as our devotion to any other subject.

It is true, however, that many intramural sports are offered on campus. But many people don't know when they take place, and more often than not, they just can't take the time from their busy schedules.

If Phys. Ed. electives were offered, students would be better able to work some form of physical fitness activity into their time tables.

It is actually ironic that a sports oriented university such as ours has no practical Phys. Ed. program to speak of. Generating an interest shouldn't be a problem because there are numerous activities that could be offered: tennis, orienteering, softball, skiing, weightlifting, basketball -

there are many more. Our sports teams shouldn't be the only ones concerned about physical fitness because being physically fit is a concern for all of us.

In the meantime, I shall continue to persevere through Barbie Allen's tape-recorded garbles of "all right, you're lookin' good! Now four more, and three more...and take it to the left...!!" etc. etc. etc.

...Letters

Dear Editor,

First I want to say what a fine paper you have. It is great for the university.

My problem this week is the "no food or drink" rule in the library. A lot of people ignore it, myself included. I suggest we get rid of the rule. How can we study without energy? As long as people clean up their mess, what is the big problem? I hate that stupid rule! I want it to be changed.

(Name withheld by request)

To The Editor,

This is in response to the letter from "Snowbody works here".

This person seems to think the the job of maintenance workers is pushing snow and drying pavement. Maybe this person didn't notice, but we did have FOUR major snowstorms in the last two months. This, of course, would cause a large accumulation of snow everywhere. Nobody could be expected to move

all of it. The maintenance workers at UPEI have a lot of work to do, and we students only add to that work (i.e. by throwing garbage on the ground instead of in the garbage tins).

So, if the snow is in your way PICK UP A SHOVEL - it won't kill you.

As for the resulting puddles and slush from all of the warm weather we've been having:

What would you like the maintenance workers to do? Suck it up with straws?

The people who did work on snow removal this winter should be cheerfully thanked for the good work they did. How many of us would be willing to get up EARLY in the morning to plow away snow from a parking lot so that the people still in their warm beds will have a place to park after yet another snowstorm.

Let's try to help our maintenance workers instead of criticizing them.

Sincerely,

Karen Cullen

CHAIRMAN OF THE BOARD FOR A DAY!

The National Bank of Canada is launching its second "Chairman of the Board for a day" contest. The contest is open to all Canadian residents between the ages of 15 and 19. The grand prize winner will have the privilege of becoming Chairman of the Board of the National Bank of Canada for a day.

Also awarded to the contestants ranking second and third in the final. Winners in the regional semi-finals of the oral competitions will receive \$150.

A copy of the contest regulations may be obtained at any National Bank of Canada branch.

Again this year, the contest will be held in three stages and will consist of written and oral competitions. Winners will be chosen by a jury.

CONDITIONS OF ENTRY

In the first stage of the contest, participants send a typed essay of a maximum of three (3) pages to their nearest National Bank of Canada branch, explaining: "How do you envision an ideal society and what can today's youth do to help achieve it?" The essays judged the most interesting will be retained and their authors will be invited to meet with the jury for the second stage of the contest: the regional semi-finals of the oral competitions. The regional semi-final winners will then be invited to the Bank's Head Office on June 24 (all expenses paid) to meet with the jury for the final of the oral competitions.

DESCRIPTION OF PRIZES

In addition to becoming Chairman of the Board of the National Bank of Canada for a day, the grand prize winner of the final in Montreal will receive shares of the National Bank of Canada (worth \$2,000). Prizes of \$1,250 and \$650 will

ENTRY FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ TELEPHONE: _____

AGE (BIRTH CERTIFICATE REQUIRED): _____ LANGUAGE OF ENTRY: _____

ADDRESS OF BRANCH TO WHICH YOU ARE SENDING YOUR ESSAY: _____

NATIONAL BANK OF CANADA