

NOTICES

To individuals who were involved with Peer Helping last year on campus, or students who were Peer Helpers in high school, we are starting our group again. Meetings will be held in Robertson Library every Friday from 1:30-3:00 pm (this semester). The next meeting is October 27, 1995 at 1:30. If you are interested and want to join, please contact Mary Johnston-Hunter, at Student Services at 566-0423.

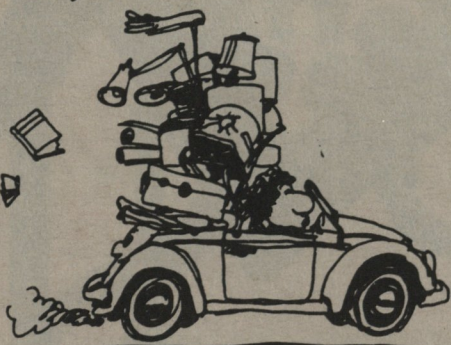
Attention International Students

You are cordially invited to attend the Annual International Students Dinner on Sunday, November 19th, 1995, at 5:00 pm in the auditorium of Park Royal United Church (13 Christie Drive, Parkdale). This supper is put on by the Provincial Chapter of IODE. All students interested are asked to contact Lynette Barrett at student Services by email (mday@upei.ca), telephone (566-0674), or drop by Student Services before Wednesday, November 8th. Transportation can be arranged if necessary.

SelfHelp Crafts of the World, a non-profit, volunteer-staffed charitable agency of the Mennonite Central Committee with a seasonal store in Cornwall, PEI, will hold a sale in the Breezeway from 10:00 am to 5:00 pm on November 8 and 9. Offered for sale will be unique international hand-made crafts -- baskets, jewelry, carvings, brass, stone, leather, woven fabric and Christmas items, all suitable as gifts -- made by craftspeople in Third World countries and paid for and Marketed in North America at fair prices without the intervention of middlemen. A gift purchased through SelfHelp Crafts is not only reasonably priced, but is also a delight to the recipient, and helps someone in the Third World on the road to individual independence and dignity. For more information contact Rosella Friesen at 892-1493 or Linda Bunnett at 628-1523.

The Canadian Red Cross will be offering a Babysitter's Course on November 18 and 25 from 9:00 am - 3:00 pm. This course will take place at the Red Cross office at 62 Prince Street. This is an interactive course that will teach you how to care for infants, toddlers, preschoolers and school aged children. At the end of the course the student will know how to care for children safely and have fun doing it. This will also understand the rights and responsibilities as a babysitter. An important portion of the course is to teach the students to prevent injuries and promote safety for children. Has your favourite babysitter taken the course? Contact Sandra Brehaut, Project Coordinator, Safety Services at the Red Cross at 628-6262 for more details on the course and schedule.

The Red Cross is now accepting registration for the Fall/Winter Learn to Swim session. Lessons will take place at the Dutch Inn pool on Thursday evening and the Kirkwood Pool Saturdays. For more information call the Red Cross at (902) 628-6262. Contact Sandra Brehaut at Safety Services.



Interested in studying abroad for a year? Stop by Student Services and see Lynette Barrett, the Student Exchange Advisor, for all of the details. UPEI offers exchanges to Ohio, Virginia, Pennsylvania, New Mexico, Florida, and Australia. Office hours are as follows:
 Tuesday 8:30-10:00 & 1:30-4:30
 Thursday 8:30-10:00 & 1:00-3:30
 Friday 8:30-10:00

Classified Advertisements

Interested in carpooling between UPEI and Mount Allison on alternate weekends. Will help pay gas and ferry. Email jdavis@upei.ca or drop off a message in Panther Prints office for Jonathan.

Pregnant? Young, fun loving, stable couple unable to have baby wishes to adopt newborn. Legal, confidential, open. For further information call 902-651-3175.

Not ready to parent? We are! Young, fun-loving financially stable, professional couple desire to adopt baby. Legal, confidential, open. For further information call 1-800-916-2277.

MONTHLY BREAST SELF-EXAM

IN THE SHOWER. Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.



BEFORE A MIRROR. With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.

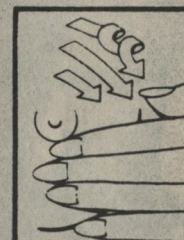


Gently squeeze both nipples and look for discharge.

LYING DOWN. Place a towel or pillow under your right shoulder and your right hand behind your head. Examine your right breast with your left hand.



Fingers flat, press gently in small circles, starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.



With your arm resting on a firm surface, use the same circular motion to examine the underarm area. This is breast tissue, too.



Call your physician if you have any concerns.



Comic Pillaged From THE CARILLON