

CIMN peers hopefully into the future

BY ERYN FAGAN

The UPEI Student Union decided to grant \$2000 to CIMN radio in order to purchase new equipment at their last meeting on March 8th. Combined with an additional \$500 from the station's own budget, this grant is bringing new confidence to UPEI's radio station.

"It has given the volunteers some hope", said Chris Glencross, CIMN's station manager.

With the funds, the station has been able to purchase two minidisc players (replacing the vintage carts), an amplifier/receiver, two speakers, a double cassette deck, and a DJ mixer board. The equipment was much needed given the poor condition of most of the old machines.

Kelly Mason, a volunteer with the station, is appreciative of the Student Union's assistance with the problematic equipment.

"First it was the turntables, then it was the cart machines, then it was one CD player and then the other. I appreciate that the SU is helping us because, with it, we [the volunteers] can produce better shows."

As Glencross gave a tour of the eye-inspiring station, he mentioned many of the short-term and long-term goals on which management intends to

concentrate.

"As you can see, it is in a state of disorganization and disrepair," he admitted. "For the past few years, the station has mostly been without much direction."

The management, he says, has three top priorities for the very near future. The first involves the transmitter, which sends the signal out to the residences. While it is certain that something is getting through, it is uncertain as to whether the transmitter is working properly. Also, when the solar panels were removed from Blanchard Hall, the antenna located there may have been damaged in the process.

The second goal is to get the radio into the Pit, which is proving to be more difficult than first assumed. There is a direct wire still remaining from days gone by in the Pit, and the station hopes to have someone find that wire and determine if it still works.

"In order to get CIMN into the Pit, we need two things...we need the direct wire...we need a working transmitter. If we don't have either of those, then we will have to look at other avenues."

The third step is to get the station on the FM cable. Mason agrees that an important step is to get the radio

established so that it may be heard by students across campus and not only in the residences.

"It would be nice if CIMN could be heard throughout various buildings."

The Planning Committee is also looking into the potential move to the new Student Union building when it is completed. Currently, there is a need for three students at large across campus to add their voices to the committee.

"It is their [the students'] money after all. Not much of it, but still they are needed to give some input into their radio station."

A volunteer and spokesperson for the Official Tiefighter and Oasis Show, Rob MacIsaac, is enthused with the new technical additions to the broadcast room.

"I can't wait, because then everyone in the world can finally hear what I have to say."

MacIsaac would also like to remind everyone that the request line number is 892-CIMN.

If you are an individual who cares about CIMN and its future, you are greatly encouraged to contact either the management or the Student Union.

Flu runs rampant across UPEI campus

BY SUZANNE WILLIAMS

Flu-like symptoms have been fatiguing students and professors at UPEI for most of this semester. Flu shots galore given to people across the Island have kept most bouts from becoming too severe.

Business has not heightened too much at the university health centre, considering the many immunizations administered to faculty and student bodies. A rough estimate of 30 percent of the patients in the Health Centre have had flu-like symptoms in February and March.

JB Lantz, a Charlottetown family physician involved in one of the polyclinics, explains that many are exhibiting the same symptoms throughout this epidemic.

"Most of the symptoms shared by patients have been fever, a headache, feeling achy all over, a very weak feeling, and a dry cough," he explained.

The prime complaint has been severe muscle aches. The illness usually lasts anywhere between seven to ten days, but "the fatigue can linger for three or four more weeks," Lantz added.

Students are perfect candidates for getting the flu because they are often under stress, they suffer from poor sleep, and can easily be bombarded with the virus since they are in contact with so many people every day. Still, many let the symptoms go neglected, and wind up suffering longer than they should.

According to a chart from the PEI Lung Association handbook, *Secondwind*,

there are very distinct differences between a common cold and the flu:

-There is usually not a fever when one has a cold, while a fever usually accompanies the flu for three to four days.

-Headaches are very prominent with the flu, yet rare with a cold.

-There are slight aches and pains associated with a cold, yet they are very usual with the flu.

-Fatigue and exhaustion can last for up to a month with the flu though it usually is mildly felt with a cold.

-A runny nose is very common with a cold, and sometimes comes with the flu.

-Coughs are usually mild to moderate with a cold, but they can become severe with the flu.

-Complications which may arise from a cold is sinus congestion or an earache, while complications from the flu can be life-threatening pneumonia or bronchitis.

If one thinks he/she has the flu, the best things to do to care for it are to rest as much as possible, drink fluids (one glass of juice or water every waking hour), stay at home at the risk of spreading the illness, take some sort of form of acetaminophen (Tylenol, for example), and to have a flu shot next October.

To decrease chances of getting the flu, individuals should eat right, sleep on a developed schedule, exercise, take a flu shot every October, and wash their hands frequently.

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Have one too many, and you might do something you'll regret later.

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