

## Keep fit, have fun and don't be a lazy fuck



DUSTIN  
LOOMES

"From high school to university, your body is becoming more adult. As your body changes, so too must you adjust. Are drastic alterations needed? Well, your weight is a balance between calories taken in and calories burned, so in fact, a small daily change can be enough to make a big difference over the long run."

Your mother warned you about it before leaving home. You've heard its name whispered in the hallways at school. It attacks both sexes, but prefers girls. You can't see it, but you know it's out there, and it might be heading for you. Yes, it's the dreaded "Freshman 15."

Where does the "Freshman 15" come from? Slowing metabolism accounts for part of it. It all starts when you hit university for the first time. Fresh out of high school, you've likely not had to worry too much about what goes down the hatch. But before you know it, your pants start to feel a little snug and your breasts are getting a little bigger (you too, guys).

From high school to university, your body is becoming more adult. As your body changes, so too must you adjust. Your weight is a balance between calories taken in and calories burned, so in fact, a small daily change can be enough to make a big difference over the long run.

Researchers at Cornell University have shown that the average amount of weight gained by male students in the first twelve weeks of school is four pounds, not the purported 15. The study also showed that, on average, an extra 174 calories account for this increase. So, one less cookie a day or switching to diet pop could help to balance the scales.

It's also been proven that weight lost on diets invariably returns. Your body's metabolism slows down when you try the newest fad diet. Once the diet is over, your body starts to bank up calories. Despite what you've heard from that girl in your biology class, diets—especially fad diets—don't work.

The same can be said for skipping meals: rather than avoiding the calorie intake, actually taking the time to have breakfast will get your metabolism going for the day.

As a student, you are by definition sitting on your ass for hours on end, and

with academic life you may feel like there are just not enough hours in the day to exercise. However, the evidence suggests that students who exercise balance their time more effectively.

Thankfully, the U of A has tons of options for helping you become active. Campus Recreation, for example, has many fitness and lifestyle classes you can enrol in to get your athletic groove on, from aquasize to acrobatics to ashtanga yoga. There are also intramural activities that feature almost every type of sport imaginable—even inner-tube water polo!

In addition, there are many different athletic clubs you can join, like badminton and curling. You can even get credit in a sport, which sure beats some of the classes I've taken.

At the end of the day, you have to be happy with your body. Dance naked in your room. Go see *Little Miss Sunshine*. And take heed of Hal and Joanne's timeless words of bodybreaking wisdom: keep fit and have fun.

## I've had it with these motherfuckin' stingrays!



CONAL  
PIERSE

gets killed by an aquatic doormat?

According to Australian wildlife filmmaker David Ireland, a stingray's barb is as deadly as a bayonet—a bayonet dipped in poison—that these were dangerous animals, and that what happened was terribly unfortunate. I say that Steve Irwin was assassinated by a rogue stingray and that we shouldn't take this sitting down. Sure, he might have aggravated it by snorkelling too close to its comfort zone, but when a person walks into your personal bubble do you really consider bayoneting them in the chest to be a reasonable solution?

Now I've checked Wikipedia, and according to them there are a variety of different (and apparently tasty) dishes that can be prepared with stingray, so revenge can be a dish served either hot or cold in this case. And as we dine together around a bonfire on the meat of our stingray enemies, we can all sing this dirge in the memory of the best damned crocodile hunter the world has ever seen: "Bye, Bye, Mr Australian Guy / Drove my Harley to the Barbie but the shrimp were all dry / And good ol' boys were drinking fosters and rye / singing this'll be the day that I die."

Now, you may tell me that you saw the Crocodile Hunter's death coming—that it was only a matter of time before he pissed off the wrong animal. And I agree that seeking out poisonous rattlesnakes and proceeding to provoke them—until they're more furious than an alligator that has just been drop-kicked by an Australian—is a dangerous game, and not one to be taken lightly. But none of you can honestly tell me that you thought he would die as a result of a sneak attack from a bloody stingray.

You all expected something far more brutal and visceral, a real *man's* death where Steve Irwin was locked in a deadly embrace with an angry croc, choking it to death as it savagely bit his chest, all the while telling the camera, "Crickey, she's a feisty one!" But a stingray? A fucking stingray? The goddamn pancake of the sea? Who

### By-Election Nominations

We are now accepting nominations for the Students' Union By-Election to be held on September 28 & 29.

The following positions available are listed below by faculty:

#### Agriculture Forestry and Home Economics

- 2 Students' Union Council Seats
- 1 General Faculties Council Seat

#### Arts

- 3 Students' Union Council Seats
- 4 General Faculties Council Seats

#### Business

- 1 General Faculties Council Seat

#### Education

- 3 Students' Union Council Seats
- 4 General Faculties Council Seats

#### Engineering

- 1 Students' Union Council Seat

#### Faculte St. Jean

- 1 General Faculties Council Seat

#### Medicine and Dentistry

- 1 General Faculties Council Seats

#### Native Studies

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

#### Nursing

- 2 Students' Union Council Seats
- 2 General Faculties Council Seats

#### Open Studies

- 1 Students' Union Council Seat

#### Pharmacy

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

#### Rehab Medicine

- 1 Students' Union Council Seat
- 1 General Faculties Council Seat

Nomination Packages are available from 2-900 SUB, 3-02K SUB, or online at [www.su.ualberta.ca/vote](http://www.su.ualberta.ca/vote)

Nominations are due on September 18 @ 17:00

**vote**  
STUDENTS' UNION ELECTIONS 2006

## New!

### U of A Electronic Communications Policy

The University has approved an Electronic Communications Policy for Students and Applicants.

See the full policy: [www.registrar.ualberta.ca/ecommunications](http://www.registrar.ualberta.ca/ecommunications)

When appropriate, the University will send you important information through e-mail. As a result, you will receive this information in a timely way and can follow up promptly.

#### Key Points Regarding Electronic Communications:

- ▶ **Check your e-mail at least once a week.**  
All students and applicants are assigned a University of Alberta Campus Computing ID (CCID) with e-mail privileges. The 'CCID@ualberta.ca' e-mail address originally assigned by the University is the e-mail address to which communications will be sent.
- ▶ See the Academic Information and Communication Technologies (AICT) website at [www.ualberta.ca/AICT](http://www.ualberta.ca/AICT) for detailed information on CCIDs, conditions of use and related privileges.  
**You must advise AICT immediately of any problems** encountered with University e-mail accounts by contacting the Help Desk at [www.ualberta.ca/HELP](http://www.ualberta.ca/HELP) or calling (780) 492-9400.
- ▶ We recommend that you **do not forward** your University directed e-mail to other non-University e-mail addresses such as those provided by Hotmail, Yahoo, Shaw, Telus, etc. You could miss important communications that may affect your University career.

**Failure to receive or read University communications sent to the University e-mail address in a timely manner does not absolve students and applicants from knowing, responding to or complying with the content of that communication.**

**This Policy affects you! Check the details!**  
[www.registrar.ualberta.ca/ecommunications](http://www.registrar.ualberta.ca/ecommunications)



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