

HEALTH & FITNESS

DESPITE WHAT THE PREVIOUS SECTION MAY HAVE INDICATED, UNIVERSITY LIFE ISN'T ALL FUN AND GAMES. YOU'VE GOT TO WORK YOUR ASS OFF TO GET OUT OF HERE ALIVE, AND YOU CAN'T EXPECT TO STAY ON TOP OF YOUR STUDIES IF YOU'RE NOT PHYSICALLY AND MENTALLY ALERT.

FIRST OFF, THE SO-CALLED "FRESHMAN 15" IS A VERY REAL THREAT AND SHOULD THEREFORE BE TAKEN SERIOUSLY. BEFORE YOU START FEELING A

LITTLE EXTRA DOUGHY, YOU NEED TO GET OFF YOUR ASS AND PUT MORE THAN YOUR BRAIN TO WORK.

NOW, DON'T START WHINING ABOUT NOT BEING ABLE TO FIND THE TIME TO GET OUT AND GET ACTIVE—ESPECIALLY NOT AFTER WASTING AN HOUR IN THE MESS HALL TACKLING THE HEINOUS WILDCAT DONAIR. LUCKY FOR YOU, THE HIGHER-UPS AT THE UNIVERSITY HAVE SEEN FIT TO PROVIDE YOU WITH THE FACILITIES REQUIRED TO WHIP YOU INTO SHAPE.

CAMPUS RECREATION

Campus Rec offers a diverse selection of programs aimed at new recruits and non-coms alike. From martial arts to ballroom dancing, any soldier worth his or her bootstraps can find something interesting to do, and for very reasonable prices. Classes are scheduled at times that allow most students to work them into their busy days. You can sign up by accessing the Campus Rec website (www.campusrec.ualberta.ca).

FITNESS AND LIFESTYLE CENTRE: If you're too cheap to shell out the cash for rec classes, why not take advantage of the facilities you already have clearance for? If you're an officially enlisted U of A student, you pay recreation fees that allow you to gain entry to the Fitness and Lifestyle Centre. Located in the Van Vliet Centre, the gym has a large amount of cardiovascular and weight-training equipment to keep you in peak physical condition.

You also have access to squash and racketball courts, volleyball and basketball courts, the skating rink, and both swimming pools. Access the main Campus Rec server for drop-in times and to make reservations. One warning: treadmills can be hard to come by, especially after Christmas, when the saps who didn't get the memo about donairs have made losing weight their New Year's resolution.

INTRAMURALS: What better way to get in shape than to band together with the rest of your platoon and take on a group from the next company over? Lots of different sports are offered throughout the year—soccer, volleyball, ice hockey and slo-pitch, among others—so check the Campus Rec website to sign up. Even if you're running a solo mission, you can sign up with a team in need of an extra recruit through the Free Agent feature on the intramurals website (www.campusrec.ualberta.ca/intramurals).

RIVER VALLEY: The Edmonton River Valley's expansive trail system is an excellent location for some quiet, refreshing off-site training. Whether you choose to walk, jog, bike, or some combination of the three, just head north past Saskatchewan Drive and slip in through the heavy forest cover. You can access a map of the trails off of the City of Edmonton's website (www.edmonton.ca)—or just consult your GPS unit for detailed, real-time satellite images.



DR. STALLION KING-GOD, M.D.
GATEWAY BARRACKS INFIRMARY
3-04 SUB, UNIVERSITY OF ALBERTA

R

No matter how many preventative measures you take, you'll likely find that the gruelling life of an undergraduate takes its toll on your physical health, and after a week of late nights working on assignments, your body will be prone to airborne illnesses. For the benefit of friendlies working in the area, deal with your ailments immediately and in private, instead of going to class and spreading your contagious microbes.

In such an event, the University Health Centre, located on the second floor of SUB, should be your first line of defense should you find yourself on the wrong side of a viral infection (or a tranquilizer gun). Make sure you have official medical ID, such as a healthcare card (or insurance if you're an international agent) before you get into the queue which will almost certainly exist come mid-October.

After consulting with the on-duty physician, head downstairs to the Bookstore's pharmacy and fill a prescription, if you have one. If not, stock up on cough drops, tissues, and Nyquil (a draftee's best friend), as well as some prophylactic devices in order to give you some incentive to get better.

This should be followed by a period of self quarantine—one to two days at a minimum. As much as you want to think that your ECON 204 lecture is terribly important, you're wrong if you believe you'll be screwed for the rest of the semester by not showing up. Take some R&R, and use the time to catch up on readings that you're surely behind in.

After a quick recovery, report back for briefing on all the useless information you missed. Repeat as necessary.

(SIGNATURE)

THE MISSION DOUBLE-UP: Taking two courses that deal with similar topics—World War II and cell science, for example—might seem like a bore, but doubling up on certain topics in the same semester can help you get a better grasp of the concepts. Just don't recycle papers or assignments—the last thing you want is a dishonourable discharge from the Dean's office.

BOOK DEPOSITORY DEBAUCHERY: All's fair in love, war, and PSE—remember that the next time you get screwed over by the green keener who reserves a boatload of books before the rest of the class gets a chance. But a word to the wise: just because a book is on the reserve shelf, it isn't automatically locked into your enemies hands. Go check it out, and say you got it off the shelf. Guess what? It's yours. Counter-intelligence pays off.

THE HAND THAT FEEDS: When out of cash for food, the squirrels and rabbits on campus are relatively easy to catch. But, if your skills still aren't developed enough to peg a rodent at 50 feet, there's still help for you. Students' Council (meetings every second Tuesday in University Hall) offer food for all attendees—and you're paying for it through your fees anyway, so why not swing by and get some grub? Lots of clubs also offer the same, so keep your eyes open for tables of free food around campus.

The Campus Food Bank in the basement of SUB is a good place to turn when credit card bills are dwarfing your supplies, but is a service that should be reserved for those cadets that truly need it. And if you've got a few extra bucks or half a case of leftover macaroni, it wouldn't hurt to help them out.

OUTSMARTING THE ENEMY: Professors and instructors read the same papers over and over again, year in, year out. Start thinking critically about the topics as soon as you get assignments, and immediately discard the way you think most people would tackle the question. Even better, try to convince your instructor to let

you write on a topic of your own choosing—this shows initiative, experience, and expertise, and can pay off in dividends.

Even if it doesn't, sometimes being ambitious but wrong is better than following the status quo. You can further set yourself apart by casting away the shackles of your word processor and investing in some decent page layout software (a how-to book is strongly recommended as well). If you can't dazzle them with your ideas, you might as well use a sexy typeface and some respectable kerning. Finally, be warned that few senior officers are impressed by the outdated technology of PowerPoint presentations these days, so don't think you can cover up for a lack of research with clip art and drop-in headlines.

PSYCHOLOGICAL WARFARE: Didn't get into that class you wanted? Show up for the first few and talk to as many people as you can about how hard it is and how it's your second time taking the course. Wait for the draft-dodgers to cut and run, then register away.

ALLIED (MARKET) FORCES: The University of Alberta Bookstore: expensive. Amazon.ca: not so much. But if you have been swindled into paying \$100 extra for a textbook, look into putting it on consignment after your done with it instead of just selling it back to the Bookstore. Consignment will get you significantly more money than buy-back, though it may require you to withhold the urge to deface your text in moments of boredom, frustration, or the heat of battle. Also keep in mind that you can set your own price on consignment, and that most hurried shoppers won't check the price tags on individual books under the assumption they're all the same price. If you're selling, this is a good way to swindle an extra \$10 or so. If you're buying, caveat emptor.

Master these tips, private, then get back out in the field and make us proud!

