

CAMPUS

CULTURES

Taiwan: Chris Barnes

DENNIS GERMAN, CAMPUS EDITOR
THE BRUNSWICKAN

The following is a note from the Campus Editor

Welcome to the first Cultures column. What I hope to accomplish by writing this piece is to show that cultural diversity can and does exist in places other than big cities. UNB's excellent reputation has been able to draw students from all over the world. A total of 67 countries are represented on this campus by students who are here to do their first year all the way up to students who are here to do a Doctorate in Science. UNB can and should be looked at as a Global Village or an Olympics of sorts, where the winners are the international students themselves and the people at UNB whose lives they touch. I also want to show that skin tones may vary but emotions stay the same. The only thing that separates us is our misunderstandings and in the coming weeks I hope you read this column with an open mind. Change and acceptance starts with a word or an action and through this column I hope change and acceptance finds a home at UNB.

The country in focus this time is Taiwan, and the student is Chris Barnes. Chris is a third year Science student majoring in Biology. He arrived in Canada three years ago and prior to his move here he had lived his whole life in Tai Pei, the capital city of Taiwan. As a child growing up he lived in a suburb outside of the city's downtown core. He attended a private American school where he subsequently learned English. Of course he also speaks his native language which is Mandarin, the official language of Taiwan.

The Taiwan education system differs from the Canadian education system in

a number of ways. First of all to enter high school you must pass an entrance exam which you write while your in middle school (junior high). Secondly, to get into college or university you

must write and pass another entrance exam. And third besides going to your normal grade five classes, for example, you must go to an extra-curricular school where you partake in a variety of non-academic courses. Education is a child's top priority in Taiwan.

There is no time to play or watch tv and even if the child was allowed to watch tv /she probably would not. Taiwan has three television stations and to own cable is illegal. The government will not allow "western shows" to be shown in Taiwan. Censorship is not only limited to the small screen; it also affects print. An Asian Calvin Klein ad

would not be as racy as it's American counterpart for example. "Censorship is an issue because the government needs their support and they need to perpetuate themselves on an international stage and they're very afraid of changing thoughts and influence from the outside world. So you'll see a completely different issue for Asia. All of Asia's magazines have different issues," adds Chris.

Taiwan is an island located off the South Coast of China in the Pacific ocean. It's roughly half the size of New Brunswick and it contains twenty-one million people. "During the winter it does not fall below ten degrees Celsius. Mid July, twelve o'clock noon you'll hit easily, forty degrees Celsius. The humidity usually lies around eighty to

one hundred percent during the summer months. So you'll wake up and your clothes, which are laying beside you on a chair will be damp. You sweat like crazy. Your clothes stick to you like crazy. And you smell like crazy," laughs Chris. Speaking of clothes if you wanted to go shopping in Taiwan you won't be going to a mall to do it. "There are no malls. Taiwanese people don't take very well to malls. They don't care for confined spaces with lots of stores," says Chris. "There are markets. There are day markets and there are night markets. Supermarkets are relatively new. The typical Taiwanese person likes to go pick out a live chicken and then watch it be butchered to make sure that it's fresh. During the day you can go buy your food at these markets and during the night you can buy your clothes or be entertained at the same markets."

As for holidays, the Chinese New Year which takes place in the month of February is the biggest holiday of the year. Stores shut down for five days. It's kind of like Christmas and New Years wrapped up in one. There is also the Dragon Boat Festival, Moon Festival, and Ghost Festival. There are also a lot of superstitions and religious holidays pertaining to the Buddhist religion. Ninety-eight percent of Taiwan is Buddhist. "Almost every family that I've ever been in the home of had a Buddhist altar," says Chris. "The Taiwanese are very heavy into their religion. It's very important to them."

As for culture shock, Chris says it wasn't that bad when he first moved here. "I thought malls were great. I loved being able to just walk around in this place and everything I needed was under one roof. It was funny because I had a hard time distinguishing Caucasian faces. If I saw two people with blonde hair and blue eyes I would have a hard time distinguishing the two faces. When I first got here snow fascinated me. It still fascinates me. But no one ever told me that it turned into slush. And no one ever told me that the roads get real dirty and then you get it on your pants. No one ever told me that you could slip and slide on ice. And no one ever told me that minus thirty-five degree weather could give you frost bite," he laughs again.

respond to treatment. The causes are not always known. In some cases, symptoms appear suddenly and for no apparent reason. In others, the symptoms seem to be associated with a life crisis, stress, or other illness. Encourage anyone who is depressed to get help. The very nature of depression, particularly a serious depression, can interfere with a person's ability or wish to get help. Depression makes a person feel tired, worthless, helpless, and hopeless. So, people who are experiencing depression often need encouragement from family and friends to seek help. There are many things people can do to help cope with depression, one of the best steps is to make an appointment with a counsellor to evaluate the nature of the depression and the most appropriate methods and strategies to help deal with it. For students of UNB and STU, information and help for depression are available at Counselling Services (453-4820) and at Health Services (453-4837).

Reg Craft is a counsellor at Counselling Services.

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IN RESIDENCE

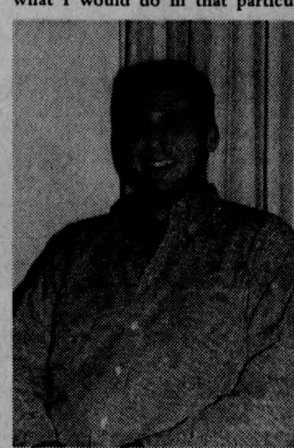
It's 4:30 a.m. and you've just been woken up by heavy metal music so loud that your ears are bleeding. Who ya gonna' call? Well if you live on the second floor of MacKenzie House you're going to call Rob Martin.

Rob Martin is a proctor at MacKenzie House. He's in his first year of an MBA program. This is also his first year at UNB. Although he hails from Saint John he has spent most of his academic career outside of the province. After graduating from high school he went to the University of Ottawa for one year. He then came back to N.B. and attended UNBSJ for a while before heading back to Ontario. During his second stay in Ontario he attended Queens University in Kingston. After that he went to East Sussex, England and studied at Herstmonceux Castle. Herstmonceux is owned by Queens University, and while there he studied the history of art and architecture. After that he returned to N.B. and once again attended UNBSJ. While at UNBSJ he was a proctor at the Sir James Dunn residence. All of this happened before his twenty-third birthday.

What does he think of being a proctor? According to Rob, "It's a lot of fun, most of the time. It's a lot of work but I think the job is what you make it. I think you can make it into something that's a lot of fun. You can do a lot of good things with the students."

How does one become a proctor? "There's a strict interviewing process

that one has to go through. You hand in an application, you then have an interview. I remember my interview, I came up from Saint John and had to sit in front of about nine people. They all took turns giving me a scenario in which I had to tell them what I would do in that particular



DREW GILBERT PHOTO

situation. You also have to attend a first aid course during the summer-which you have to pay for," he says with a slight grimace on his face. "You must have a GPA of at least 2.5 and certain leadership skills. There's also a probation period which lasts for about a month." What are some of the proctorship duties? "Proctorship duties include a

rotating schedule of weekend shifts. While on duty you have to know where the parties are going on. Who's doing what and who's been drinking too much. You just have to be aware of what the students are doing. Besides that there are house meetings every third Sunday. This gives everybody in the house a chance to address issues that need addressing."

What does a proctor get in return for his/her time? "You do get a free room. But that's not why I'm doing this. You have to do this because you want to do this. If you're doing it for the free room, you're doing it for the wrong reason. Wait till you get someone knocking on your door at 4:00 a.m. because their throwing their guts up. Then we'll see if the free room is worth it."

What should one do to become an effective proctor? "I think the key to it is respect. There has to be feeling of mutual respect. Without respect you don't have a good system. If you don't respect the fact that they're seventeen and they have to blow some steam off than you're not going to get anywhere. If they don't respect the fact that you're not seventeen, in my case and you doing a MBA and there's a certain time when it's got to be quiet than they're not going to get anywhere."

So, in the end is it worth it? "I've met more people doing this than I think I would have any other way. And I think it's led me into other jobs that I've had. Even other job offers. I think it's a real plus when my resume says that I'm someone who's looked after seventy-seven students. I have a lot of grey hair (he says while laughing). I don't know if it's from being a proctor or what it's from, but yeah it's worth it."

No Need To Go Hungry

JENN BROWN-FEATURES EDITOR
THE BRUNSWICKAN

A fact of life now is that many students cannot afford to pay tuition, buy books, pay rent and bills and still have money left to buy groceries. Sufficient nourishment is something that is vital to staying healthy and doing well in school, however, with all the other expenses students have to deal with food usually comes last. Locally

there are two organizations set up to help ensure that food is available if needed.

1) **Fredericton Food Bank**-Located at 860 Grandame Street, the Fredericton Food Bank has food available during the hours of 10:00 am to 2:30 pm, closed 11:45 to 12:30 for lunch on Monday and Thursday. There is an application form to be filled out. If you would like more information or if you would like to contribute food call 459-7461.

2) **St. Thomas Student Food Bank**-The food bank at St. Thomas is located on the second floor of Martin Hall, in a room at the back of the chapel. The hours are 8:30am to 6:30pm Monday to Friday. The food bank is run on an honour system so students can go in and help themselves. The only thing that the organizers ask is that if food is taken from the room that the student fill out a form on the wall letting them know what was taken.

body spirit Coping With Depression

All of us have felt "down" or discouraged at times in our lives when perhaps things were not going that well. These are normal variations in our moods over a period of time. However, depression is a disturbance in our mood where we may feel particularly unhappy, discouraged, lonely, or negative towards ourselves.

Depression may range from mild, to moderate, to severe, depending upon the associated symptoms and the extent to which the condition interferes with our everyday functioning. In milder cases of depression, down or depressed moods are usually brief in duration and may have little effect on daily activity. Moderate to severe cases of depression include symptoms that are more intense, last a longer period of time, and tend to interfere more with our usual activities or relationships.

Depression affects the whole person. Serious depressions are "whole body" disorders, which affect the body, feelings, thoughts, and behaviors. They are not the temporary blues or the passing sad moods that everyone occasionally experiences.

Depression can be disabling. Serious depressions involve a set of painful symptoms which can last for quite some time, perhaps months or sometimes even years. Sometimes symptoms are so disabling that they interfere with the ability to function effectively in our day to day living and may affect, for example, our ability to study and concentrate effectively, among other things.

- Symptoms of depression can include:
- Persistent sad or "empty" mood
 - Loss of interest or pleasure in ordinary activities, including sex
 - Decreased energy, fatigue, being "slowed down"
 - Sleep disturbances (insomnia, early-morning waking, or oversleeping)
 - Eating disturbances (loss of appetite and weight, or weight gain)
 - Difficulty concentrating, remembering, making decisions
 - Feelings of hopelessness, pessimism
 - Feelings of helplessness, worthlessness, guilt
 - Thoughts of death or suicide; suicide attempts
 - Irritability
 - Excessive crying
 - Chronic aches and pains that don't

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