

Rap Room opens its doors for another year

UNB - The Rap Room, the campus peer counselling and referral service in the old infirmary building, has opened for the year. Ted McMullin, one of the officials of the youthful organization that was founded only last year, told the BRUNSWICKAN Tuesday that attempts had been made to get the room open earlier, but their efforts failed.

Until further notice, the hours for the room have been

set from 10:00 am until 12:00 pm. Last year, although the room provided 24 hour counselling, it was noted by McMullin that most of the counselling could be done within a 21 hour period on weekdays and only 24 hours a day on weekends.

McMullin stressed that the room needs a number of volunteers as soon as possible so that adequate service will be provided to the students. No experience is necessary, he added.

just a desire to help people. Last year the room had over 100 volunteers.

Another reason for the early recruitment was that there is to be an "orientation session" for new volunteers.

People from Insight, the local drug aid centre, as well as Alcoholics Anonymous and other counselling organizations are to take part in the first part of the "session" which is scheduled for September 21. The

second session is slated for October 2. At that time the volunteers will break down into groups and discuss methods for handling some of the cases that the room encounters.

Both meetings are five-hours in length, said McMullin, and

will provide each volunteer with some semblance of experience.

Phone numbers for the Rap Room, which is located above the men's residence office, are 475-9983 and 475-9984.

Among ourselves

Frosh week is just about over and our registration and courses are not facing us. So different! So new! And yet...for some...frightening. How to live with it all?

Some of us return from a summer of employment, others... travel, and yet others from high school. Some of us will feel lost for awhile and it will be a time of great adjustment. Others return to familiar territory. There will be challenges, excitement, and - yes - disappointments, too.

I hope this column will present challenges - not only the facing of ourselves, but also the real issues of life - the things that really matter to us as individual persons.

There are some of us who are really living in our day to day routine. We can sense it in the way things are done - from studying through to relaxing. Yet there are others of us who just exist, from one weekend to the next, or from party (drunk) to party (drunk), or from assignment to assignment.

Do we find that when we really think about ourselves, about who we really are, about our own feelings, and about our relationships with other people that we become frightened, or very critical of ourselves, - or even may be that thinking in this fashion is a waste of time? If so, what about it?

These questions face all of us, and we do not waste our time thinking about them. If we do not know, (not think where we fit), but know where we fit, how can we really say that we are happy? Most "average" persons when asked the usually rhetorical question, "How are you?", will reply, "Oh, O.K., I guess."

We may say that we expect this answer, and the person questioned knows this, and therefore answers according to our expectations. But this is not an honest answer. It almost appears as if a sore spot is being avoided.

Does not this say something to us about our need to really search ourselves and find out who we are? If we put ourselves to this test, we may make some startling discoveries. We may even discover ourselves.

Russ Crosby
(Sept. 8, 1971)

Thoughts for this week:

"The unexamined life is not worth living"
- Socrates

"I am the life"
- Jesus

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