

CAMPUS

Neville House Residents Organize Charity Bed Push

Each year, residence students at UNB organize and participate in numerous events in support of local community groups. These students recognize that the University is a part of the Fredericton community and that through these charity events, residence students are able to make a positive contribution to the greater community. The first such event of the year is the upcoming Neville House Bed Push.

The Neville House Bed Push is an annual charity event in which a bed equipped with wheels is pushed from the Lancaster Mall in Saint John, NB to the Boyce Farmer's Market in Fredericton, NB by the 100 residents of the all male Neville House. The House members take turns pushing the bed for a total distance of over 100km. According to Bed Push organizers Jeff Arseneault and Jason Reath, the event is designed to serve two purposes. The first is to raise funds for Transition House, a shelter for abused women and their children in Fredericton. The second purpose is to use the Bed Push as a vehicle to raise community awareness of both the issue of violence towards women and also its prevention. The men of Neville House feel strongly about these causes and believe that as responsible citizens they should do their part to prevent violence towards women.

This year marks the fourth year of the Bed Push and early indications are that this year will be an extraordinarily successful one for the event. The organizers have been successful in assembling much public support for their cause, including the Lieutenant-Governor, the Honourable Margaret McCain and Dr. Marilyn Trenholm, the Minister for Family and Community Services. In fact, Dr. Trenholm was able to accept an invitation to accompany the Bed Push on the last 1km into the Boyce Farmer's Market.

On Friday, October 18 at 9:30 p.m., the Bed Push will begin from the Lancaster Mall in Saint John. Following NB Highways 1 and 7, the Bed Push will enter Fredericton City Limits via the Vanier Highway. Upon exiting the Vanier Highway, the Bed Push will turn down Regent Street and continue to the Boyce Farmer's Market. Arrival at the Farmer's Market should be at approximately 10:00am on Saturday, October 19. All are invited to show their support by welcoming the Bed Push at the Farmer's Market. If you would like to know more about the Bed Push and its efforts, please contact Jason Reath at 450-6849.

This column was written by Michael Kidd, Assistant to the Dean of Residence. Future residence columns will be written by a residence correspondent. Anyone interested in that position should contact Mr. Kidd at the Dean of Residence Office.

IN RESIDENCE



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Do you have any career concerns?

Some people enter university with a clear goal in mind and happily pursue it. Most of us, however, change our minds several times as we debate changing faculties, choosing majors or wondering where the jobs will be when we graduate. You are not alone with these career concerns and while the best time to start career planning is yesterday, hey, it's a lifetime process, so start now whether you're in your first or last year of university.

There are some common questions associated with career planning. How do you figure out what to study? Start with what interests you, not what your friends are taking or what everyone else tells you will guarantee a job. If you're not sure what your interests are, you should probably take the time to do a Self Assessment. Look at what activities and subjects you've enjoyed in the past. The Career Resource Centre in the Alumni Building has several different tools to assist you, including a computerized career exploration system (SIGI PLUS), Career Options workshops, one on one sessions with a counsellor to do Skills Analysis or an appointment with Mary Louise Luck, the Career Consultant.

Are you wondering what career options are open to you with your degree? You can focus on your particular major/field of study and look at our Career Files and books such as *Great Jobs for History Majors*. Most career areas don't require a specific major and you don't have to use your major in a directly-related manner. There are many different career paths within each discipline, and each faculty has its own

expertise and skills that you are now developing. Take the time to reflect on what you have studied and how it can relate to the world of work.

All university students share common skills such as researching, communicating, writing, editing, and critical thinking. The Conference Board of Canada has identified these skills as important to employers. Other important skills include having a commitment to continuous learning, demonstrating positive attitudes and behaviours, being responsible and adaptable and working well with others. These are transferable to many occupations. It's up to you to package them and present them in a way that will impress prospective employers.

Another bonus to doing all this self-reflecting is that it increases your confidence. You may not have realized how capable you really are. Interesting books that will aid your study of career options are available in the Career Resource Centre, including *Zen and the Art of Making a Living*, *What Colour is Your Parachute*, *Don't Wait 'Til You Graduate*, and *Career Success: The Canadian Guide*.

Where are the jobs going to be in the future? The million dollar question! This is difficult to answer but we do have some resources to help look at trends and predictions for careers that anticipate growth in the future. The Career Resource Centre also has a good selection of Future Trends publications such as *Canada's Best Careers Guide*, *Where the Jobs Are*, *Boom, Bust and Echo*, and *Accelerate: Growing in the New Economy*. These predictions are not

always accurate because there are many variables — such as the economy and technology — that affect the workforce. If you want to be satisfied and interested in your job, it's important to enter a field that you have a genuine interest in, not one that someone has told you will guarantee a job.

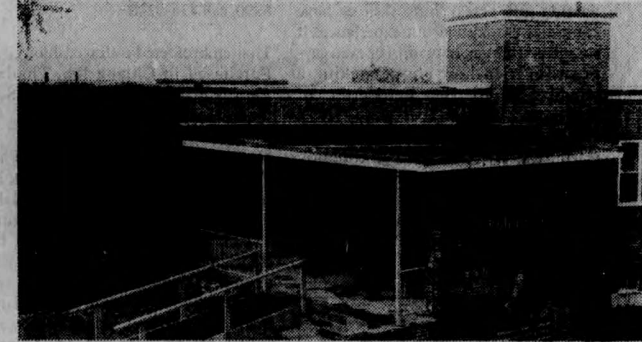
Should you be thinking about further study? The first question to ask yourself is: why? Is it because you realize that further study is a prerequisite for your career goal, all your friends are continuing on, you're scared to enter the work world, you have a large student loan that you don't know how you'll ever pay off, or maybe you just have a thirst for knowledge and personal growth. Whatever the reason, the Career Resource Centre has directories and academic calendars, entrance tests and financial information that you'll need to get started. Many deadlines for applying are surprisingly early (sometimes you have to apply as early as October), so don't wait until second term to send for applications and information. You might want to start with a general guide

such as *Graduate Student Success: The Canadian Guide*.

Do you have a yen for travelling? Many students are going overseas to Japan, Korea and other countries to teach English as a second language. The deadline for the JET (Japan Exchange and Teaching) program is November 15. The Career Resource Centre also has addresses for private companies that recruit employees and many general books that deal with study and work abroad, including: *The Canadian Guide to Working and Living Overseas*, *A World of Difference*, *Every Student's Guide to Off Beat Work*, *Travel and Study Opportunities*, *What in the World is Going On? A Guide for Canadians Wishing to Work, Volunteer or Study in Other Countries*.

The Career Resource Centre is located in the Alumni Memorial Building, Room 19, and is open Monday through Friday 8:15-12:00 and 1:00-4:30.

This column was written by Mary Louise Luck, the Career Consultant at Counselling Services.



HOROSCOPES

ARIES (March 21 - April 19): Romance is in the air, but not for you. Nothing much changes there. Avoid conflict with an employer by calling in sick. Avoid conflict with doctor by not visiting. Lucky skin condition is leprosy.

TAURUS (April 20 - May 20): People are going to try to change your mind over a major decision - listen to them. After all, have you ever been right about anything before in your entire life? Exactly. Lucky vegetable is spinach.

GEMINI (May 21 - June 20): Your bipolar personality is going to come to a double head this week. Ignore those urges to buy a chainsaw, and get some sensible shoes instead. Finding a job will bring those unemployment blues to an end. Lucky form of public transport is taxi.

CANCER (June 21 - July 22): Changes in the position of the moon will make night turn into day, and then back again. Don't take any chances though, and get your "The Sky Is Falling" sign out of storage. Wear something warm. Lucky kitchen utensil is spatula.

LEO (July 23 - Aug. 22): Romantic fears can be laid to rest when you simply stop caring. Curl up with a good book instead, but avoid anything by D.H. Lawrence. If you do, expect chaffing, and lots of it. Lucky fish is herring.

VIRGO (Aug. 23 - Sept. 22): Travel plans could be hazardous if they involve visiting a place beginning with 'V'. Otherwise, they will simply be mildly annoying. Pack an extra pair of socks, but don't take any hats. Lucky hairstyle is mohawk.

LIBRA (Sept. 23 - Oct. 22): Home life becomes interesting as goblins move into your closet. Initially, the noise will keep you awake at night, but then you'll become accustomed. A business investment will either succeed or fail. Lucky subatomic particle is quark.

SCORPIO (Oct. 23 - Nov. 21): That warm feeling inside isn't what you think - lay off the laxatives. A visit to the shops will help to combat those "I haven't been shopping for quite some time" blues. Buy yourself something nice. Lucky chess piece is the horsey.

SAGITTARIUS (Nov. 22 - Dec. 21): Avoid walking on the cracks in the sidewalk, as everybody knows that's where they hide the landmines. Things will look up when your personality by-pass comes through. Lucky, disfigurement is club foot.

CAPRICORN (Dec. 22 - Jan. 19): Ignore everything that the voices in your head say, unless they recommend a new type of shampoo. Combine with one of those conditioner with added vitamins, and your hair will be shinier than ever. Lucky dance is the flamenco.

AQUARIUS (Jan. 20 - Feb. 18): Warm with scattered showers. Winds developing from the south, gusting up to 40 km/h. Temperatures will be around normal for the time of year, reaching a high of 17. Lucky emotion is fear.

PISCES (Feb. 19 - March 20): All your wishes will come true. And even those that you don't really care about will come true. A good day to try out a breakfast cereal with marshmallows. See a movie at the cinema and take your own popcorn. Lucky newspaper is The Brunswickan, of course.

A recent Canadian survey revealed that 46 per cent of the population suffered from headaches of either the migraine



or tension variety. It is not surprising therefore that work, family, social and academic activities are significantly impacted by this widespread problem.

Headaches are generally classified into different types, based on the patient's description of their pain. Migraine Headaches affect approximately 17 per cent of Canadians. A migraine is generally characterised by unilateral sharp or pulsating pain of moderate to severe intensity. They can last from four to 72 hours and are often associated with nausea and vomiting. In addition, many migraine sufferers complain of increased sensitivity to noise and light.

Tension-type headaches are more common than migraines and regularly affect 30 per cent of Canadians. They are characterised by pressing, tight or band-like pain and may affect both sides of the head. They are often less severe than migraines, and may be aggravated by stress but usually do not allow the sufferer to function more or less as usual.

It is human nature for people with headaches to worry that their headache is resulting from a life-threatening condition such as a brain tumour or a cerebral haemorrhage. In actual fact, a

very small minority of headaches result from such conditions. In addition, it is well-known that headaches can often accompany minor respiratory illnesses such as colds and sore throats. These headaches are generally not serious and usually respond to similar measures used to treat the cold such as rest, fluids and acetaminophen.

Treatment of headaches involves a variety of things and is not based on drugs alone. Many patients are aware that certain foods or conditions will "trigger" a headache. Common triggers include lack of sleep, poor eating habits, emotional stress, various medications, and even changes in barometric pressure. Certain foods such as wine, chocolate, cheese or caffeinated beverages may also trigger a headache. For many headache sufferers, recognising these triggers allows individuals to exercise control and greatly reduce the frequency of their headaches.

Drugs of many varieties are also used to alleviate headache pain. In general terms, patients are advised to begin with low-dose, over-the-counter medications such as aspirin or Tylenol. It is important to take the medication early rather than wait in the hope that the headache will go away on its own. Generally, the longer the headache lasts, the more difficult it is to treat. Many people with a headache prefer to lie in a quiet, darkened room.

Some people do not respond to these measures and require prescription medications to relieve their headaches. In addition, for those frequent or severe

headaches, prophylactic medications are available [Editor's note: Hey, is that like a condom for your head?]. These drugs are taken daily to prevent the headache from occurring in the first place. The disadvantage of this system is the need to take daily rather than episodic medication.

Physicians and patients have both expressed serious concerns about overuse of medication by some headache sufferers. Unfortunately, overuse of these drugs can result in another type of headache called, "medication-induced headache." It is important that this cycle of overuse is stopped and an

appropriate treatment plan is instituted to deal with the original problem.

The vast majority of headaches do not represent serious underlying disease. Living with headaches requires cooperation between the headache sufferer and the health care providers. Extensive medical investigation or lab tests are usually not necessary to diagnose and manage headaches. However, every case is unique and deserves individual attention to assess the type, determine the causes and to plan the appropriate treatment programme.

This column was written by staff at the Student Health Centre.

Headaches: a big pain in the neck

WRONG WAY by Kent Wieral



The short-lived epic of uzigrans

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The CHDC would like to notify the campus community of openings in the preschool & afterschool programs. After October 18th, these slots will be open to the general public.

For further information, please contact:
Wendi Lunney
CHDC@unb.ca
453-3584

It's a Potluck Supper Hosted by THE CARIBBEAN CIRCLE (UNB)

Date: October 26, 1996
Saturday @7:00 P.M.
Venue: Sub Room 26

All members and those interested in becoming members are also invited. Come one!! Come all!!