DEADLINE - Wednesdays, 12 pm

Eating Disorder Week

will bring beauty, happiness and occasional vomiting. Moving success. It may well lead to away from home, growing Anorexia Nervosa and Bulimia independence, and the stresses of instead. This is the message to university life commonly act as be spread on campuses across North America during Eating development of eating disorders Disorder Awareness Week, being in students. An eating disorder recognized by groups and individuals across Canada and the United States as an important relationships and general mental of anorexia nervosa and bulimia observed that many people with nervosa.

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in conjunction with UNB concentrate or cope with the activities during the week of disorder" says Carla Rice, campuses: Displays during the lunch hours (12:00 - 1:00 p.m.) Monday through Friday at the Administration Building, Saint Thomas; Monday and Tuesday at the SUB, UNB. Also, awareness nights featuring a film and discussion will be held on October 24 at the Lady Dunn Residence, UNB at 7:00 p.m. and October 25 at Vanier House, Saint Thomas at 7:00 p.m.

It has been estimated that 2 -4% of college women are to

bulimic, while a larger number psychological treatment, will be exercise. have many of the symptoms, We are led to believe dieting such as binge eating and precipitating factors to the seriously affects academic performance, interpersonal measure towards the prevention and physical health. "We have eating disorders have to drop out The UNB Faculty of Nursing of school, being unable to Counselling Services is demands of school while sponsoring the following struggling with an eating October 23-27, 1989, on the Program Coordinator of the UNB and Saint Thomas National Eating Disorder years with the disorder and finally skills and abilities, but that's CANADA 1989 Information Centre.

Given accurate information, university personnel, friends and family members are in an excellent position to prevent the development of eating disorders through early detection of warning signs or symptoms. "A friend, professor, school nurse, social worker, or doctor who is aware of what to look for, and who can explain the dangers to the individual, and encourage her seek professional

playing a very important role in says Rice. bulimia can be arrested, the bulimia can be at any weight. shorter and less difficult the

psychological well-being. The bulimia is characterized by the social expectations" Rice says. literature also shows the earlier fear of weight gain and desire to

Anorexia nervosa commonly happy and successful and loved in Services (453-4820). begins during adolescence, this world, we have to be thin. however it is not exclusively so, But it is absurd to think the size and there are many individuals of somebody's body has anything who have been struggling for to do with their personality, present for treatment when they how we look at it, particularly are in their twenties, thirties and for women" says Rice. "It has GOAL: The disorder is been shown that this overcharacterized by and intense fear emphasis on a thin figure is why To reduce the incidence of eating of weight gain, and the relentless the slogan of "Thinness isn't the disorders through a public pursuit of thinness through answer...It's what's inside that education program on anorexia restrictive dieting often counts" was chosen for the nervosa and bulimia nervosa, accompanied by obsessive Eating Disorder Awareness Week. emphasizing why they develop.

People are much more than their Individuals with bulimia external selves. There is far too stopping the disordered eating nervosa are caught in a cycle of much emphasis in our society early in its development, or binge eating followed by some placed on appearance, particularly preventing the cycle of anorexia form of purging, or getting rid of thinness. The reality is, in the or bulimia from beginning at all" unwanted food and calories. long run, diets fail 95 per cent of "Without that Many individuals will induce the time. People may lose knowledge, the eating disorder vomiting, but the abuse of weight initially, but will gain the can go undetected for years, or laxatives, fasting, and excessive lost weight back, and often more. until the individual has exercise are also purging Self-esteem and self-acceptance compromised her physical and methods. As with anorexia, need not be tied to unrealistic

the cycle of anorexia and/or be thin, however those with For more information, contact Patricia Davidson, UNB Faculty "We all internalize the larger of Nursing (453-4642) or Larry treatment period" continued Rice. social attitudes that in order to be Finkelman, UNB Couselling

> EATING DISORDER AWARENESS WEEK IN

Sexual Harassment

SMT Increases Fares

rates that was granted, the operation centre in Moncton. of the University community. procedure; (2) it will provide University and the University SMT's Fares. Students have spokesperson for SMT. been talking about the increase in

without the increase in fares, SMT would lose about eight hundred and seventy three thousand dollars on on-line run operations.

The Board's decision to accept SMT's proposal to increase their rates, which amounted to some 18%, was made in June. In addition, SMT wanted to phase out student discounts (20%). Because of opposition presented by a student by the name of David Burgess, and the Board's feeling that it would be too "big a jump" to phase out student discounts all at once it was decided that it would be phased out over a period of three years.

After being transferred to three different people, The Brunswickan finally got hold of

company still projects to lose six Apart from directing The Other students may never hundred and seventeen thousand Brunswickan to the Motor Carrier dollars." That was Mr. Douglas Board of N.B., Morrell could Sanders', Motor Carrier Board of only say that he did not want to N.B., response to the increase in be quoted in the paper as a

fares since university began this Manager of St. John, Gilbert students will soon get the chance Jeffrey, and a ticket salesman of to air their views on this According to Sanders, the same department, the following new rates were obtained:

Fredericton to Newcastle-

\$18.00 one way \$29.00 return* \$36.00 return

Fredericton to Campbellton-

\$38.25 one way \$61.25 return* \$76.50 return

Fredericton to Saint John-

\$11.75 one way \$19.00 return* \$23.50 return

* with student discount

by Wendy McLeod-MacKnight

For many students, sexual data which can be used for harassment is a real problem and future evaluation and "Even with the increase in Aubrey Morrell at SMT's the harasser may be any member monitoring of new policy and University, Carleton experience sexual harassment during their years at UNB. But whether you have or have not been a victim of sexual harassment, or know of someone Through the Divisonal else who has, a number of important topic.

> During the next few weeks, the University of New Brunswick will be conducting a survey of its students, faculty and staff on the topic of sexual harassment. The survey will be conducted on both the Saint John and Fredericton campuses. It will provide members of the University community the opportunity to express their views and experiences of sexual harassment and residence students. First

> on campus. UNB is currently in the process included in the survey. of developing and implementing a new policy and procedure on refer to the data in summary sexual harassment. Part of this form only and no individual's process includes the recognition response will be identifiable. of the importance of research to Reports will be made to the assist in the development and University community and to implementation of policy and other organizations. procedure. The information

serve the following purposes: (1) it will provide baseline information about awareness of the problem of sexual harassment, which can then guide the development of educational programs related to the new policy and procedure. The survey at UNB is designed to collect data on: (1) the incidence of sexual harassment at the University; (2) beliefs about what behaviors constitutes sexual harassment; and (3) knowledge and use of current policy and procedure.

The survey at UNB will be administered to a random sample of faculty, staff and students by regular mail, for off-campus students and graduate students, and by campus mail for faculty, staff year students will not be

Reports on this research will

Similar surveys on sexual

collected in the survey will harassment have been conducted successfully at other universities across Canada, including the University of Lakehead Manitoba; of Calgary. In fact, the survey at UNB is based in part upon the surveys conducted at the University of Manitoba and Lakehead University, and as such will provide a valuable point of comparison.

The opportunity to express your beliefs of the incidence of sexual harassment on campus and knowledge and use of the current sexual harassment policy (as well as its effectiveness) in a confidential manner should not be taken As well, the lightly. importance of participation by students at the University of New Brunswick Community cannot be overstated. The number of students to be surveyed is small. As it is often students who are most often the victims of sexual harassment, your input will be essential. Only by voicing your opinions can the University develop new policy and procedures that will truly represent the attitudes of members of the University community.