

Warfare, has been accepted for publication by Harper Collins and renowned author and historian, Carlo D'Este is currently writing the forward to the book.

"Patton was the greatest fighting general of World War II, and the most readable

Rickard was recently accepted into a PhD program in History, where he will

"I love serving in the Forces," said Rickard, "and it's especially significant when

people

John Rickard UNB's soldier-scholar

History graduate student John Rickard is not much interested in sleep. With his first book soon to be published by Harper Collins, three more in the writing stage and a board game in development, Rickard says there are hardly enough hours in the day.

A life-long Fredericton resident, Rickard was born to Carol McQuade and Robert Rickard in 1969 and attended Fredericton High School. At FHS, Rickard was was a quarterback, running-back and wide reciever on the championship football teams; with which he recently concluded his sixth season as a member of the coaching staff, leading "his boys" to the provincial title.

Although recruited for football by several schools, Rickard opted to attend Rickard has much in the works for the future, including a novel, a book on Mount Allison, "It was an academic decision, really. They had a decent team, but they had the reputation for academic excellence," said Rickard.

After an excellent first season, Rickard separated his shoulder on the playing field in his second year and returned to Fredericton to attend UNB. He subsequently attended both UNB and Mt. A., graduating from Mt. A. with a BA in honours History after having played on the Mounties Vanier Cup Finals team. From Mt. A., Rickard returned to UNB where he recently completed his MA

heads, people think "ah! it's good to be back."

which may or may not have ended up with you throwing a pair of very smelly running shoes across the room to settle on a pillow other than your own.

For many, the return to the grind brings a new room. Perhaps it is a new

roommate, a single or maybe you just got tired of having to put up with those unidentifiable (and some not so unidentifiable) sounds that come from the room

nt unseen for three weeks. Thoughts run through

Of course it is. After a few weeks of being home, and

having your family cook for you, let you sleep in, and have your nice private bedroom, it's great to get back to see your room. Upon returning, one sees the roommate, with

whom just a few weeks ago a massive argument erupted

and interesting to book," said Rickard of his decision to focus his thesis on be focusing on the Canadian military in the second world war. At the same time. he is currently a Private in the Canadian Armed Forces Reserve, serving with the First Battalion, First Royal New Brunswick Regiment. On the strength of his performance in his basic infantry training, where he received the Top Candidate Award in the QL3 Phase, Rickard has been selected for officer training beginning you consider that 1RNBR used to be the Carleton and York Regiment, with which family members of mine served during the Second World War."

As for his decision to study at UNB, Rickard said that "UNB's military history program is excellent — lots of universities offer military courses, but UNB is really the top in the select group of three universities which recieve funding from the Department of National Defense," he said, referring to the Military & Strategic Studies program and similar offerings at Wilfrid Laurier and the University of Calgary.

Patton's Battle of the Bulge campaign, a pictorial history of famous battlefields, a board game and continued work as a member of SUB Staff. Beyond that?

the hallway, to a

bedroom and toilet

"Maybe I'll take a day and watch some movies with Rommel. Rommel loves John Wayne," he said, referring to his pet "dawg."

Photo and Story by Pat FitzPatrick

Asked to describe himself, Rickard stated that he is "driven, focused and gene

happy. I'm a tolerant conservative with strong personal views and ethics. Loyalty

when you eat on a regular schedule. For others, who had a more "liquid" Christmas (I think you know what I mean), the return to a steady diet will probably help get rid of those mysterious dark circles that somehow appeared under your eyes over the past holiday.

I guess there are some things that everybody missed. Like having water poured under your door or coming home to find your pillowcase reeking of a mysterious and rather stinky cologne. And how can one not miss the constant clicking of a computer as your roommate pursues the never ending quest of having a perfect "Sim City." Yep, its good to be back.

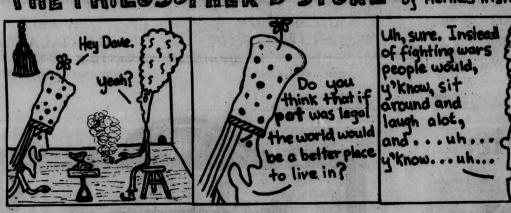
*don't forget to check your marks

*don't forget to register
*after purchasing books, it is helpful to read them *just because it seems like courses are easy now, remember that is what you

*buy a christmas gift for your proctor/don (its not too late)
*if you hang out your window, check for ice first

Anthony Davis is Residence Correspondant, anthony.davis@unb.ca

The other great part about being back is the food. Mmm, mm, menu time. For many this is a treat because experience tells that your body feels better THE PHILOSOPHER'S STONE by Hermes Trismegistus





The Dean of Residence Office

is Sponsoring An Information Session For Applicants interested in becoming

Proctor or Academic Resources Person in the UNB Residence Community

Sunday, January 26th at 7:00 P.M. in the Auditorium of Marshall d'Avary Hall

Application packages will be distributed at the session and are available from the Dean of Residence Office

UNB/STU Varsity Christian Fellowship

This Week Guest Speaker Harry Kitz, the

and Christian responsibility. Where: Alumni Memorial Lounge, Alumni

Memorial Building. When: Thursday Eve. @ 7:30 - 9:00

Check out our web page located at: www.unb.ca/web/ivcf

Important notes from the Registrar

A student wanting to transfer to another degree program must apply in writing to the Registrar for permission to do so, preferably before March 31. Applications received after that date will be considered provided space is available. It is recommended that transfer applications for degree programs requiring special forms, i.e. Nursing and Physical Education (Kinesiology), be submitted Early. Applications to transfer are available at the Registrar's office on both campuses. January 31 is the deadline for BEd applications. Contact the Faculty of Law for their policy.

BEd Deadline January 31. The deadline date for applications to the BEd consecutive and BEd concurrent programs is January 31, not March 31. Students are invited in their final year of the BA, BCS, BSc, BPE, or BBA programs are invited to apply to the BEd consecutive. Students in their first or second year of the BA, BSc, BBA, BPE (BKin), or BCS programs, are eligible to apply to the BEd concurrent program. Please consult the undergraduate calendar or contact Diane Shannon, Faculty of Education (453-3527), for further details. Applications, transfer request forms, and BEd supplementary forms are available at the Registrar's Office.

Asthma: no room to breathe

Asthma affects ten per cent of adults. Although twice as many people have the condition as children, many lose the symptoms during their teenage years. In some, the condition may reappear if they start smoking. symptoms of asthma include wheezing, chest tightness, shortness of breath, cough and poor athletic endurance.

vary from person to person and can bodu change through the course of a day.

Frequent colds and congestion may adicate asthma. Some people have the condition but don't experience the

Asthma is treated mainly with cats) and dust mites. Occupational inhaled medications from puffers. There are two types of medication: preventer medication (such as Ventolin or Bricanyl) is used on a regular basis to reduce inflammation in the airways; the econd type of medication is relievers narrowing of the airways that results from constriction of the airway muscles. The overuse of relievers has led to hypersensitivity of airways and may cause death. If the asthmatic is using reliever medication more than once a

day. Recent research has strongly suggested the use of preventative steroids inhaled medication to reduce the inflammatory changes which occur in asthmatics.

If you have asthma, it is a good idea to have a plan to deal with exacerbations of their symptoms. This usually includes self-testing with a peak flow meter and increasing the preventative medications.

respiratory irritants such as tobacco smoke and pollution or by aero allergens such as furred pets (especially

can also irritate asthma sympton Viral infections may frequently trigger an asthmatic attack due to increased airway irritation, but for the most part, asthmatics do not need antibiotics for (such as Beclovent or Beclofort.) their symptoms. One of the primary goals Relievers are used to control the of therapy is to obtain the best results possible on an individual basis on the with daily living and the least need for

agents such as fumes, dust and latex

Student Health Centre Staff

Changes in Plagiarism regulations

age B.14, 1996-97 Undergraduate Calendar PLAGIARISM

Penalties for Deliberate Plagiarism In a case of deliberate plagiarism, the penalties are: (b) First Offence: If the student does not appeal, or if, on appeal, the Committee

instructor's decision:

(i) The student will receive a grade of F (zero) on the piece of work.

(ii) The student may be required to submit a satisfactory and genuire eplace the one involving plagiarism. If the assignment is not resubmitted on tudent will receive a grade of (zero) in the course.

Note: If this penalty is assessed, the period of time allowed for the submits the determined by the Registrar in consultation with the faculty member manufactorists the Committee.

Students wishing to transfer to programs other than education

A student wanting to transfer to another degree program must apply in writing to the Registrar for permission to do so, preferably before March 31°. Applications received after that date will be considered provided space is available. It is recommended that transfer applications for degree programs requiring special forms, i.e. Bachelor of Nursing and Bachelor of Physical Education, be submitted EARLY. Applications to transfer are available at the Registrar's Office on both campuses. January 31° is the deadline for BEd applications. Contact the Faculty of Law for their policy.

ATTENTION: ARTS GRADUATES

Think you're graduating in May? Better check with us before you invite your folks...

Drop by the Dean of Arts Office (Tilley 22) and fill out a graduate check form to have your requirements assessed - preferably before Jan. 19th (the last day to add courses). If your are planning to graduate next year, you should fill out a graduation check form this semester in order to ensure that you are taking the correct courses for 1997-98. Remember, we cannot help you in May if you do not have the right number of credits So please talk to us as soon as possible if you have any questions about your academic standing.

Dean of Arts Office, Tilley Room 22. Phone: 453-4655.