

# CAMPUS

## people

Cathleen Crudden

Professor, Chemistry

"I don't think of myself as a woman, I think of myself as a scientist."

Dr. Cathleen Crudden is a detective at heart. She was inspired at an early age by the television character Dr. Quincy, M.D.

She is also the newest faculty member in the Chemistry Department in the Science Faculty. She thinks of science as detective work. Someone has an idea, they do an experiment to test the idea, but nobody knows what they might find.

Her interest in science was sparked in high school with the Bohr-Rutherford model of the atom and the gold foil experiment. She found it amazing that if X-rays were shot at the gold foil, they bounced back. That may seem like no big deal, but it is the equivalent to shooting a cannonball into a piece of Kleenex and having it bounce back.

She then started her university career at the University of Toronto. After receiving her Bachelor's degree in Science, she carried on to do her Masters, Ph.D., and Post Doctoral studying everything from transition metals as catalysts to organic synthesis.

She is now still using transition metals for reactions that could be useful to an organic chemist. She is making compounds known as lactones, which are found in natural products, using different metal catalysts. This is a big interest to the chemical industry because only a small amount of metal is used to speed up the reaction and can also be retrieved in the end. Basically, she is looking for an efficient way to build these compounds.

One might wonder what good is a lactone? They are valuable to the perfume industry, and they also found some which have anti-cancer or anti-Hodgkin's Disease properties. But that is not the purpose of her research. She is doing it because she likes it.

As a scientist, she feels that research should be done for research's sake. Since you don't always know what the results are going to be, amazing things may come out of experiments that are not noticeable at the time. Actually, most major discoveries are found when people are looking for something else. It is all in the process of learning.

She feels it is a shame that "researching to learn" is not very popular now. With all the budget cuts, everyone is looking for a direct route to solve the World's problems.



REN LI (GRADUATE STUDENT) AND DR. CATHELEEN CRUDDEN, AT HOME IN THE CHEMISTRY DEPARTMENT. PAT FITZPATRICK PHOTO

You never know, someday, they might find out that a certain lactone could be some kind of wonder drug. Her research now could in the future provide a superior way the make "the cure of all cures".

As well as her research, she will begin teaching in January. It is a fourth year chemistry course called "Principles of Catalysis".

Dr. Crudden is the only female chemistry professor at UNB. She is hoping that her influence as a woman will help her in relating to students.

Up until now, the science profession has been mostly dominated by men. This fact is slowly changing. In the past, some people had the attitude that women could not do science. Dr. Crudden is very lucky to have a mother who brought her up in an environment where men and women were treated as equals.

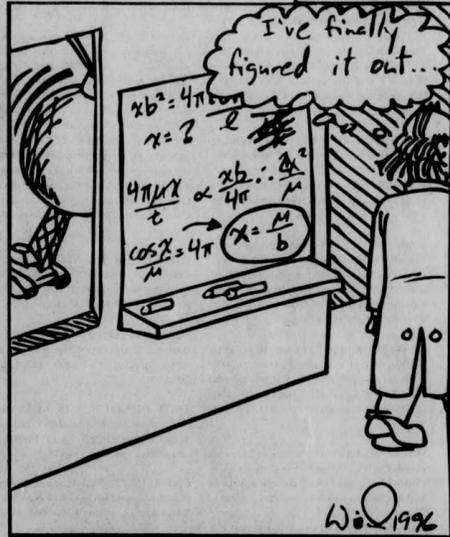
There is now a big push to encourage women to go into science. She believes you must start the encouragement at a young age, since people decide very quickly what they can and cannot do. Her attitude is, "just because I am a woman, why should I not be able to do something?"

As far as Frederickton goes, she likes the city, finds the rest of the chemistry department very supportive, and says "So far so good." Hopefully this detective will enjoy her pursuits in science here at UNB.

Sonya Buoying

## WRONG WAY

by Kent Wierzel



## Try healthy eating - it's easier than you think!

Now that the university year has begun, our schedules tend to change from that of the summer. With more demands on our lives, it can be very easy to handle our intake by just grabbing a bite along the way. With this type of a pattern, it doesn't take long before feelings of tiredness and feeling "run down" become an everyday complaint. If you find it challenging to try to eat well, these tips may help you to focus in on some ways to eating healthier.

### Try to find an exercise

This may mean getting back to swimming, walking, or enrolling in a group activity. Regular exercise won't necessarily cure all ailments but it will improve your mental outlook, enhance your body image, and make life more enjoyable.

Be realistic about the number of times you will commit to exercising. Generally, people starting exercise tend to set their

goals too high. If the goals aren't met, a feeling of failure sets in, and exercise eventually stops. A goal of 2-3 times a week may be more attainable.

Last but not least, remember that healthy eating can be one of life's greatest pleasures. Eating "good" foods doesn't mean giving up those extra treats we all enjoy!

Healthy eating is simply a matter of balance. It's not one food alone

that counts, it's the total in a day, a week, a month that counts. Put the fun back into eating! Try new foods! Take time to experience the joy of eating!

Margaret Langille, RD is the Dietitian at the Health Center employed by Beaver Foods. For appointments, call 458-4837.

### Eat breakfast

The old saying that "breakfast is the most important meal of the day" is really true, yet breakfast is the meal which is the most missed. Start the day off right by eating a breakfast which includes at least three of the four food groups. An example of a good breakfast may be - an english muffin with peanut butter and jam, a banana, and a glass of milk.

Breakfast foods do not need to be "traditional" breakfast foods. Even leftover pizza and milk is acceptable. Students with only a 14 meal plan would be wise to go to the dining hall for a substantial breakfast. Treat yourself to lunch in your room to fill the gap between breakfast and supper.

### Pack a snack

If you get hungry you can rely on this snack. This takes the temptation out of buying a donut and coffee, or of traveling to the vending machine for a chocolate bar and pop.

### Three meals a day

If you have classes over lunch, be sure to ask for a bagged lunch or bring along food of your own. Going a good part of the day without eating could lead to a tendency to overeat later at night.

### Control your drinking

A weekend habit of drinking can negatively affect what has been accomplished throughout the week. Remember alcohol contains empty calories and can take away from your overall well-being.

# PIZZA PIZZA TWICE TWICE

## Super Student Saver

2 - 12" Pizzas  
3 toppings

ONLY \$13.99 +TAX

Try our Gourmet Spicy BBQ Chicken

1 - 12" only \$9.95 +TAX

All You Can Eat Mon Tues, 5-9pm

1111 Regent Street  
Village Centre Mall  
457-9292

New Maryland Place  
457-1787

## Alcohol Awareness Week

Monday	Tuesday	Wednesday	Thursday	Friday
11:30 - 1:30 Info-booths Smart Pace Survey Giveaways Pamphlets Etc	11:30 - 1:30 Alcoholics Anonymous  7:30 Casino Night Win Prizes Free play money	11:30 - 1:30 Info booth Teens Against Drunk Driving  10:00 Auction: Bachelor & Bachelorette Watch for place Buy dinner with these Bachelor/Bachelorettes Free certificates to local restaurants.	11:30 - 1:30 Info-booths Smart Pace  Evening Designated Driver Night Free giveaways to designated drivers for the night. CD's, gift certificates Sub lobby	Evening Drunk Tank Put your friend in the tank Sub lobby
10:00 Battle of the Bands - Watch for place				

# WANTED

## POLL WORKERS

November 4, 5 & 6th, 1996

Please drop your timetables of times you can work off in Rm. 126, SUB to the Chief Returning Officer by Oct. 30th 1996.

## BI-ELECTION & REFERENDUM

**Council Representatives:**  
Science (3), Education (3), Engineering, Kinesiology, Nursing, Computer Science, Arts

**Grad Class '97:**  
President, Vice-President, Project Coordinator, Secretary/Treasurer

**Referendum:**  
"Do you wish to see a varsity football program supported and maintained at UNB through a \$10 annual student levy in addition to the student activity fee to be collected starting September 1997 until September 2007?"

**Advanced Poll: Mon, Nov 4**  
**Voting Days: Tue, Nov 5 and Wed, Nov 6**

**Nominations:**  
**Monday Oct 14 - Friday Oct 25**  
Details, nomination forms, Room 126, SUB

