

Student Services

One of the major aims of the university experience is helping students to "get it all together". After all, students are the most important people in the university and the educational effort here is aimed at wholistic education.

As a student, you are the center of your education because you are the only person who can take the offerings of the University and make them into opportunities for growth for yourself. Only you, as a student, can take the pieces that you find and build them into the person that is you. The silent, personal process by which you do this building is one of the most important activities of your time spent in university.

While others attend to your social, emotional, intellectual growth, the Campus Ministry is on hand to assist in your spiritual growth. Quietly, members of the Campus Ministry circulate about the university offering friendship, spiritual counsel and facilitating contact with various church groups within the Fredericton area.

Monte Peters, a Catholic priest, lives in Bridges House and can most easily be reached there and/or by calling 454-3525.

Marilyn Rose, a Baptist lay-woman, lives off-campus and can be contacted by phone at 454-1093.

Apart from the regular church services that are provided within the local area, two groups that are active at the university are:

AGAPE - a Christ-centered, Bible-orientated, Spirit-led and Evangelistic organization reaching university students with the gospel of Jesus Christ. The local contact is Henry Poitras at 472-9141.

INTERVARSITY CHRISTIAN FELLOWSHIP (I.V.C.F.) - an interdenominational group of Christian students who meet Friday evenings for fellowship and prayer on campus. Contact on campus is Bruce Dickson at 454-1686.

Barry Holowell, an Anglican priest, also lives off-campus and can be contacted by calling 454-3275 or the Counselling Centre - 454-4820.

Nursing Notes

By STEPHANIE PRESTON

I can't pass up this chance to put my two cents in on the issue of - get ready - STRESS. Hey, calm down. This isn't intended to be an anxiety-inducing article. Instead, I want merely to comment on a pocket book required for first year Nursing students: *Stress Without Distress*. Dr. Hans Selye, the world's leading authority on stress, states: "Complete freedom from stress is death." According to this, from September to June most of us must radiate vitality with a seemingly endless schedule of assignments, labs, midterms, and "finals" we should be alive and well for quite some time. But, Selye does offer an uncomplicated and interesting perspective related to the problem of attempting to complete all this week: "stress on one system helps to relax another. Actually, when completion becomes temporarily impossible, a diversion into a substitute activity only simulates completion, but it does so quite efficiently and usually provides its own satisfaction."

So, give the old intellect a break once in a while and let some other system workout. Your choice of diversion might be anything from catching noon hour episodes of "Texas" to grinding away two mile jogs after classes. Regardless, don't continually overstrain the brain. Voluntary mental diversion can be an effective strategy for coping. Just don't get carried away simply because this is the Remembrance Holiday weekend - Monday is creeping closer!. Hope everyone has a great weekend.

- At last! A winner of the Pin Design Contest. And the envelope please. . . Congratulations to one of our fourth year students, Debra Stover.

- There will be a tea on Monday, Nov. 15 from 3:30-5:30 p.m. in the Pumpkin Room. This will be sponsored by the 2nd and 4th year students and all other Nursing students are welcome to attend.

- Planning is already underway for Nursing Week - Jan. 22-29. If you want to get involved early or have any brilliant ideas to suggest, get in touch with your class rep. Only 70 more days until Nursing Week!

- Seems I fumbled in my last column. The lecture given during the October Regional CUNSA conference by Miss Slay, a member of the Nfld. Nursing Association, was entitled: "Pigging Out on Education - Why Stop?" and not merely "Pigging Out - Why Stop?" as was printed. So, my mind was in the fridge. . .

Library asks for suggestions

By LORETTA DOBELSTEYN
Brunswickan Staff

In the October 15th issue of the *Brunswickan* there was a letter dealing with the injustice in the library system here at UNB. The main concern voiced in the letter, was what protection do students have if they believe they have returned a book yet subsequently must pay the fine?

Deciding to get first hand information I spoke with Sheila Laidlaw the new head librarian. She was well aware of the problem but cannot conceive of a better method to drop off one's books. The idea of a receipt given to the individual upon returning the book was ruled out because it would be very time consuming. Imagine waiting in a long line to return your books, then another line to sign out new ones. Also if this method were used, we would lose the convenience of an after hours drop off which a great many people rely on.

Laidlaw did mention an electronic system which would keep track of what goes in and out of the library. It also acts as a security device. But this of course, would take a great deal of money and in these times that is not something which many institutions have an abundance of.

There is generally a set rate for the loss of a book; here at UNB it is thirty dollars, but this is reviewed every so often to ensure it is in keeping with the processing cost of most books.

If a book is found after one had paid the fine, the library will refund most of the money.

It is the policy of the university to keep a small amount of this money, basically for time spent searching, inconvenience etc.

Human error is an aspect of any job, after all we are all subject to it. In all fairness our library staff does an excellent job at keeping track of the thousands of books. Last year alone 15,000 new books were catalogued, along with the 9000 serials. With such a vast number of books in circulation and a very low percentage of misplaced ones (Laidlaw was not sure of the exact number of misplaced books, but assured me it was very low) the library staff should be commended on doing their jobs well.

It is unfortunate when a loss does occur. If anyone has any suggestions for a more feasible method of returning books, Laidlaw would certainly take them into consideration. There is a suggestion box in the library, or one can talk with one of the librarians themselves. Your input would be greatly appreciated.

B.F.S. being organized

By REMI OGUNKAYE

Two weeks after the resignation of Doreen Kissick, the former International Student Advisor, the foreign students met last Saturday and endorsed the formation of the Board of Foreign Students (BFS). Similar boards exist in many institutions across North America and Europe and act as the megaphone for foreign students. In addition to that, the aim of the board at UNB, according to the foreign students' spokesman Daizal Samad, is

1) To cement the unity which overseas students have achieved in the last five or six months.

2) To represent any individual foreign student who has difficulties with regards to immigration, whether or not that individual belongs to any

formal foreign student organization on campus.

3) The Board will assist in all matters affecting the financial, academic, emotional and general welfare of foreign students.

4) It will serve as the liaison between the foreign students' organization and the administration of UNB, the SRC, the student community, and the community at large.

5) The Board will speak with a united, effective, and powerful voice in any matters which affect the well being of foreign students.

6) Finally, the board will act in an advisory capacity to the International Student Advisor on any matter pertaining to the administration of his or her office, and the form, substance and direction of the international plight.

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