

CIPS Accredits UNB Computer Science



Dr. Dana Wasson (right) accepts award from Marc Belliveau.

Photo by: Warren Watson

By Doug Swift
For The Brunswickan

On behalf of the Canadian Information Processing Society (CIPS), Marc Belliveau, President of the Fredericton Section, presented Dr. Dana Wasson, Dean of UNB's Faculty of Computer Science, with an accreditation plaque on Tuesday.

This plaque announces that the University of New Brunswick has a number of Computer Science degree programs which adequately prepare students for the demands of the information technology profession. UNB is one of only eight universities and ten colleges across Canada that offers CIPS accredited programs.

Successful completion of one of an accredited degree programs also counts towards obtaining the professional designation ISP (Information Systems Professional).

Bridges House Polar Dip: Freezing for food

Harry Crawford
For The Brunswickan

Members of UNB's Bridges House, otherwise known as the Bridges Bears, will be jumping, hopping, and screaming all the way into the icy St. John River as they attempt to raise

awareness and food for the Fredericton Food Bank.

The Polar Dip, scheduled for February 10, is our annual even for the lucky Bridges House residents. Each year the brave (but stupid) members of the co-ed residence dress up in all kinds of zany costumes so that they can muster up the

courage that is needed to dive into the zero degree water. All that these icicle wanna-bees ask for their selfless sacrifice is a small donation of food, which they will be collecting door to door this coming Saturday, February 3.

Joining the Bears from Bridges will be none other than Mark Shultz of Lunchtime

TV fame. He has given his word that he'll take the plunge even if Hell freezes over (and after Saturday, he might just think that it has). Also on hand will be Fredericton Mayor, Brad Woodside. A former jumper himself, the Mayor said that he would be on site to lend support, although not by jumping. Apparently, there are factors (maybe memories?) that will not allow him to jump this year. His support, none the less, is greatly appreciated.

News of the Bridges House Polar Dip has even reached the likes of ATV weatherman and former UNB graduate Steve Weagle. Weagle, who was originally planning to jump, was feeling a bit under the "weather" and had to opt out of the frigid fun. He has, however, consulted with the powers that be and has given the dip his meteorological blessing.

So if you're disturbed from your slumber this Saturday by a student collecting food, please remember that it is for a worthwhile cause. All donations to the food bank, both from within and outside UNB, will gladly be welcomed. Also, if you happen to be around the Lord Beaverbrook hotel on Saturday, February 10 at 1:00pm, why not take time to lend support to those people out on the ice. Remember, few people, short of Bob Hope that is, would go this far for charity.

Eating Disorder Awareness Week

UNB Press Release

Eating Disorder Awareness Week is February 4 to 10. The idea for establishing this awareness week was developed by a group of activists and health care workers from Canada and the United States concerned about the prevalence of anorexia nervosa, bulimia nervosa, and weight preoccupation, particularly among women. It is hoped that an increased awareness of weight issues will help to decrease their prevalence in the future.

Anorexia nervosa is an obsession for thinness generally sought through self starvation. Bulimia nervosa is described as recurrent episodes of binge eating followed by self-induced vomiting, abuse of laxatives or diuretics (water pills), strict dieting, fasting, or vigorous exercise in order to prevent weight gain. The causes of anorexia and bulimia nervosa include having low self esteem, feeling loss of control in some areas of one's life, and constantly giving in to others. The person who develops an eating disorder can come from any type

of family environment. In North American society thinness is equated with beauty and success, and vulnerable individuals struggle to achieve thinness at any cost. In Canada, 80 to 90% of women experience body image dissatisfaction, 66% have "experimented" with bulimia, and up to 15% have many of the symptoms of an eating disorder (National Eating Disorder Information Centre, Toronto, 1995). It is particularly disturbing to note that more than half of 4th grade girls consider themselves to be overweight, and that 50% of nine year old girls and 80% of ten year old girls are dieting. The prevalence of eating disorders is assumed to be in direct proportion to the incidence of dieting behaviour.

Some of the warning signs of eating disorders may include preoccupation with body size and food (excessive dieting and weighing self); guilt and shame about food and eating; claiming to feel fat when obviously not overweight; trying ways to vomit after eating; uncontrollable binge eating; hiding or hoarding food; mood

changes after eating; lack of self confidence; need for perfection; menstrual irregularities; wearing bulky clothes to hide figure; measuring self worth in terms of weight and shape; misusing laxatives, diuretics, and emetics (drugs that cause vomiting); and excessive exercising.

Health complications associated with disordered eating are dizziness, constipation, abdominal pain, reduced body temperature, dental problems, osteoporosis, pancreatic disorders, infertility, depression, irregular heartbeats, and death due to heart or kidney failure. The Eating Disorder Advisory Committee welcomes your comments and questions. Please contact Kathy Weaver through the UNB Faculty of Nursing at 453-4642 or visit the awareness booth at the front lobby of McLaggan Hall from noon to 1:30 pm, February 5 to 9.



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This Issue Dedicated to:

The Argosy

The Brunswickan, in its 129th year of publication, is Canada's oldest official student publication. The Brunswickan is generally published every Friday during the school year by Brunswickan Publishing Inc. with a circulation of 10,000. Membership is open to all University of New Brunswick Fredericton students, but all members of the university community are encouraged to contribute.

The opinions contained in this newspaper are those of the individual writers, and do not necessarily reflect the views of The Brunswickan.

The Brunswickan, while being an open forum for the viewpoints and opinions of all UNB students, may refuse any submission that is judged to be racist, sexist, libellous, or containing attacks of a strictly personal nature. The Brunswickan reserves the right to edit for brevity. Letters generally shouldn't exceed 300 words in length and must contain your signature, student number and phone number, or it will not be printed.

All copy submitted must be double spaced, on one side of the page only and must be legible. If we can't read it, we won't print it. The Brunswickan now accepts copy on 3.5 inch disk, either Macintosh or MS-Dos format.

Articles printed in The Brunswickan may be freely reprinted provided proper credit is given.

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