

Got the midwinter blues?

By ALICE PITRE

It's something that affects most of us, yet something that none of us understands. It seems to come from nowhere to steal away our vitality and drag us into a temporary fit of apathy. Some say it's the weather, and some blame our midterms. But no matter what we call it, it's here - the Midwinter Blues.

But for some of us, the Blues are not so temporary. Some of us suffer day in and day out with feelings that prevent any semblance of good times and laughter. We sit through our classes (when we manage to get there at all) with a sense of dread and dejection. No one seems to understand.

Hold your hat, though. Don't jump off a bridge or step in front of a freight train. And don't imagine the Social Club to be your only friend. There are people on campus who would love to spend some time with you.

Some of these folk are waiting for you at the Counselling Centre downstairs in the Alumni Memorial Building. Three professional counsellors are more than willing to listen to your stories of woe. Are you lonely, discouraged, or under too much pressure to cope? Give them a call at 453-4820 from 8:30 a.m. to noon, and from 1:15 p.m. until 5 p.m. These people will even help with your emergencies after hours. Just call Security at 453-4830.

But personal counselling is not all that's available at the Counselling Centre. This is also the time of year when some of us wonder what on earth we will do with our lives in the future. What we need then may be a session with the career counsellor, or a browse through the well-supplied Career Library. The librarian is always handy to guide you to the information you need. There are files on just about any career you can think of, and some that may have never entered your mind. The Career Library also houses a vast assortment of university and community college calendars.

On a more casual basis, the three members of the campus ministry team are available as well. They are usually found somewhere, anywhere, in the SUB, just talking. Their office, though, is also in the Alumni Memorial Building. If it's a spiritual problem that is facing you, if you're wondering about the meaning of it all, or even if you are just lonely, these men are there. As Monte Peters says, time is a big commodity these

days, and Campus Ministry has time. Time to spend, and time to give away. They will be your friends when no one else seems to care.

The Campus Ministry team's numbers are as follows: Monte Peters - 454-3525 or 459-5673, Neville Cheeseman - 454-3525

or 454-6507, and John Valk - 459-5962 or 453-5089. Besides friendship, they also provide pre-marriage counselling and other pastoral services as required.

One final facility is waiting to help those of us who may be suffering with severe cases of the

Midwinter Blues. Although there is no longer a psychiatrist associated with the University, the doctors at the Student Health Centre can refer students to psychiatrists in the city.

In these days of self-reliance and self-sufficiency, it is hard to

admit that we need help of any kind. And we often feel we are the only ones who feel so alone. But the Midwinter Blues reach epidemic proportions about this time of year, and it could be affecting you. It won't hurt to turn to the people who can help.

Still out in the cold

By O.D.

Yes Lana, you are allowed back into the Student Union Building. But not until March 27 and on a conditional basis, according to SUB Director, Kim Norris.

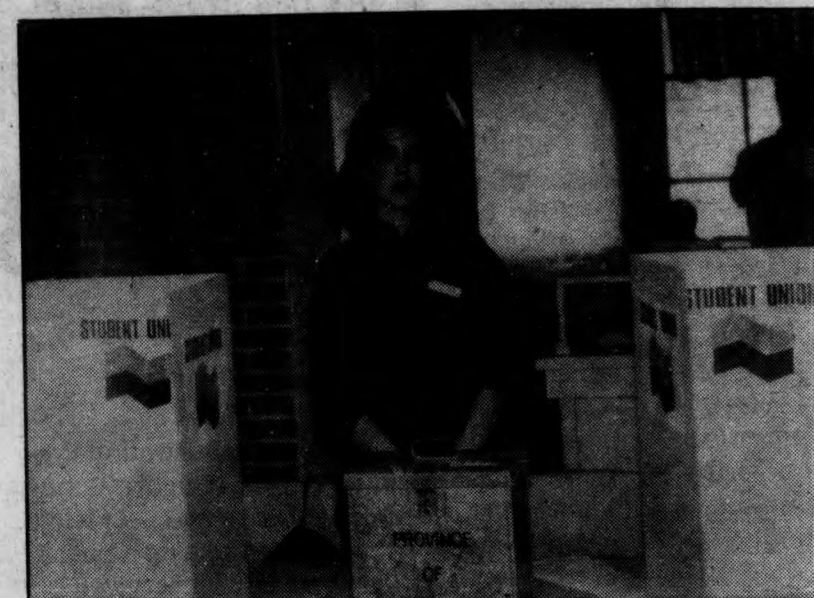
Ms. Grimes' privileges were revoked last March 27 for an indefinite period, as a result of an unauthorized election booth set up by the Student Union Inc. Mr. Norris, who asked six times that the booth be removed, took what he considered to be his final alternative by calling in the city police and invoking the petty trespass act on those involved.

Even though the other people involved in this incident have since had their privileges reinstated, the ban was on Ms.

Grimes, despite her appealing to university officials including President James Downey. Mr. Norris, who made the eventual decision, said "Lana's appeals were not considered until this year because she was not a student last term." He went on to state that he "considered one year appropriate since she was the central figure."

When Lana is allowed in the SUB in March, it will be on a probationary basis. Ms. Grimes said in an interview with *the Brunswickan* that "I would abide by the SUB rules" which is fine with Mr. Norris since he wants no misconduct, especially any which would involve the police.

Ms. Grimes was in the SUB earlier this week after receiving the notice, but to her surprise Norris informed her to read the fine print on the memo, which



Ms. Grimes' privilege to use the SUB was revoked last year following Student Union Inc. elections.

said it did not come into affect until March 27. Norris said she then quietly left the building.

When *the Brunswickan* asked Mr. Grimes whether or not she

would hold another Student Union Inc. election in the SUB, she responded "probably not, since I feel there is little support for Student Union Inc. now."

Condoms in SUB soon?

By MAUREEN BANKS

A number of motions were passed February 4th at the Student Senators Committee.

One of the issues discussed was the Aids Policy Proposal. This proposal first appeared in 1987 in the form of a campaign promise by Susan Forestell. Morag Duncan also included this proposal when she ran for office. The proposal is for the placement of condoms in UNB residences and in the Student Union Building. The motion was recommended to the Student Senate Committee. If this is passed, condoms will be placed in the sub on an experimental basis. The motion will be put forth Tuesday, January 16th.

Another issue brought up at the meeting was the implementation of a sub-committee for Problem Identification. This committee will be set up to deal with all problems brought forth by UNB

students. Susan Forestall explained that the 'Students have not been approaching us, so we are now approaching them'.

This committee will include one student senator and three to twelve students. If any

students are interested they should watch for further details on the Student Union Page of the Brunswickan. This committee will be approaching interest groups and residences. The procedures have not been decided yet.

CFS debated

Tony Macerollo, national chairperson for the Canadian Federation of Students (CFS), was a guest at last Wednesday's Student Union meeting.

The purpose of his visit to the Atlantic region was to work with student associations and get an understanding of their particular issues.

The CFS is a non-profit organization designed to lobby governments on behalf of post-secondary students. Its basic aims and objectives are to provide students with a system of services that will enhance the quality of student life.

Currently, the UNB Student Union is on a trial membership with CFS. A few years ago, the students of UNB voted in a referendum not to join CFS; however, the current Student Union is re-examining the benefits of being a full member of the organization. Lawrence Hansen, Student Union Vice President (Internal) asked the direct question, "What can CFS do for us?"

Macerollo replied that "the yearly \$4.00 per student membership fee guarantees representation for students at the national level."

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