Random Acts of Kindness Day comes to friendly Fredericton

By Cheryl McLean
Brunswickan News

Have you ever had the inane urge to be nice to someone for no apparent reason, but were afraid you might come across as a psycho? Well, next Friday, February 17 will be a day to live out your wildest --- or nicest --- fantasies.

Random Acts of Kindness Day comes to UNB next Friday, so put on your best smile and get down and friendly with anyone and everyone!

Elizabeth Seiffert is the Wellness Coordinator for the Recreation and Physical Education Department.

"By just letting people know the day is February 17th, people could take it on their own initiative to do whatever they want to do for random acts of kindness. All you have to do is something to make people feel good," said Seiffert.

This is the third year running that the Random Act of Kindness Day has been organized on a national level in the U.S. but Seiffert doesn't know about Canada's tradition of kindness.

"The lady I had contact with was in California. Congressman Walter Tucker announced it as National Random Acts of Kindness Week," she said.

Seiffert goes on to say that kindness is worth trying out for a day.

"Let's just try telling people about it to see what people feel, to see if it's worthwhile to do. Everytime somebody picks up the paper, it's about this tragedy, or somebody bombed this building... it wears a person down, one wonders what this world is coming to," Seiffert said.

Friday February 17 is Random Act of Kindness Day. Be kind to someone, just for the random heck of it! The kind gal holding the door open for a stranger is Robin Beyea. **Photo by Mike Dean**

She continued, "if everyone did one little thing, things would be much nicer."

If all goes well this year, Seiffert would like to take this to a broader base next year.

"One thing I'd like to see happen is getting a wellness committee established on campus. I've spent a lot of time talking to individuals involved in wellness, such as nurses, Beaver Foods, and personnel," she said.

"I would like to pull these people together for a committee and establish health policies and promote acts of kindness."

What types of things would be considered a friendly gesture? "Instead of leaving tickets on illegally parked cars, leave a nice note instead," suggested Seiffert.

What can students do to honour this day of kindness?

"I would buy my sister dinner, right out of the blue," suggested third year Forestry student Brian Simpson. Now there's a wacky *kinda* guy.

Course to help students learn to use their libraries

Brunswickan News

For anyone who has ever experienced the frustration of wanting information but not knowing where to find it, UNB Libraries in Fredericton has developed a new course to be offered at several locations around the province.

"Our new course, called Using New Brunswick Libraries: Finding What You Need, will show people how to use libraries to locate information," said course co-ordinator Susan Lovenburg.

"It will be of great benefit to students living far from campus and distance education facilitators because we will emphasize what is available to them in their own communities and by using computers."

This course is for everyone who has visited a library and came away without the information they sought.

"Libraries are a network, a gateway to the world of information," Lovenburg explained.

"People need to understand that libraries are more than just the building in their community. We want to teach them to tap into the network—to get obscure data from the National Archives in Ottawa, a research report from Alberta, or whatever information they require almost anywhere in the world."

Participants will acquire basic research skills and an overview of libraries and information resources found in New Brunswick. They will learn about automated library catalogues, on-line databases and CD-ROM products, as well as what is available in more traditional print forms.

An introduction to the Internet will also be offered, to aid participants in learning what information is there and finding how to access it. In an optional session, participants will address how to teach basic research skills to others.

Interested parties have until Feb. 27 to register for the course, which has limited enrolment at each site. The course begins March 30, and registration information may be obtained from the UNB Libraries administration office in Fredericton. The course may be offered a second time if demand warrants.

The course will be teleconferenced to multiple sites around the province over the TeleEducation NB network using audiographic technology. This course was developed with funding from the Canada/New Brunswick Co-operation Agreement on Entrepreneurship and Human Resource Development. New computer software coupled with audio conferencing provides simultaneous delivery of audio and graphics in each location.

"This is an interactive technology which will allow all participants to take an active role in the course," said Lovenburg, adding that no computer experience is necessary.

You *can* take control of genital herpes

...and your life

Coping with recurrent symptoms such as itching or burning pain, tingling, sores, or even localized redness in or near the genital area has never been easy. Add to this the emotional impact of guilt, resentment, depression... a disruption of daily life.

Advances in medical research now enable you to *do* something about genital herpes outbreaks. A greater understanding of genital herpes — plus the availability of affordable treatments, and counselling — can help you get your life essentially back to normal and potentially keep outbreaks out of the picture for years.

To confidentially learn more about reducing the severity and frequency of genital herpes outbreaks, and minimizing the risk of transmission through safe sex guidelines, contact the National Herpes Hotline.

CALL 1-800-HSV-FACS
1-800-478-3227
And consult your physician

CONTACT LENSES
STUDENT SPECIAL
SOFT CONTACT LENSES
159.
GUARANTEED FIT
EXTENSIVE FOLLOW-UP CARE
COMPREHENSIVE SERVICE PROGRAM
CLOSE TO CAMPUS & HIGH SCHOOL
CERTAIN EXCEPTIONS APPLY
Expires Feb 28/95
DAVID G. HARDING
CONTACT LENS SPECIALIST
SUITE 504, 1015 REGENT STREET
FREDERICTON MEDICAL CLINIC
458-0270

NORGE
CLEANERS AND LAUNDROMAT
Attention Students
We offer a full laundromat with:
Maytag Washers
35lb and 50lb oversize washers for your big work loads
And 30 lb oversize dryers
Our facility has:
Color TV
Reading and study area
Air-conditioning
Ample parking
We also offer on-site drycleaning
We are just minutes from campus
Dundonald St. at Beaverbrook Ct.
Next to Greco
Drop by and see our most modern laundromat facility today
York Regent Beaverbrook DunDonald
458-5535
Open 7 days a week