

Students must develop a healthy regimen - now!

by Bojan Fuerst

As a twenty-something with a full load of classes, two part-time jobs, living on macaroni and cheese and accumulating debt you're still not sure you will ever be able to pay back, who can blame you if heart disease is the least of your worries?

Unfortunately, your twenty-something lifestyle habits do count later in life.

Cardiovascular and cerebrovascular diseases remain the most prevalent diseases among Canadians and, despite the enormous medical advances in the last four decades, remain the most common cause of death in the country.

The risk factor pattern for

developing heart disease starts forming at very young age. By the time you start paying off that student loan, you may be well on your way to a serious cardiovascular crisis. The sooner you start developing healthy lifestyle habits the better off you will be. This is the message that often gets lost - healthy living is not about how long you will live, but how well.

February is Heart Month and the Heart and Stroke Foundation of New Brunswick encourages everyone to take this opportunity to reflect on their health and lifestyle habits. Many of the risk factors are preventable, if you know what to look for.

Smoking remains the number one risk factor for cardiovascular diseases. Most people will associate smoking as

a cancer and lung disease risk factor, but it is also true of heart disease and stroke.

High blood pressure is another major risk factor. High blood pressure has no symptoms; you cannot tell when your blood pressure is high. Having your blood pressure checked is painless and should be measured regularly - regardless of your age.

A high blood cholesterol level is also considered a major risk factor. For the majority of people this simply means we need to reduce the amount of fat in our diets. This does not take a great deal of effort. Reducing the number of eggs you eat to four or less per week, choosing lower fat dairy products, and eating smaller and leaner portions of meat, fish and poultry, all count as a healthy diet.

Using methods other than frying when preparing your meals and increasing the amount of vegetables and fruits in your diet will go a long way in improving your quality of life.

A good way to shop for healthy groceries is to pick up products with a Heart and Stroke Foundation developed Health Check label. A white checkmark in a red circle with the words Health Check around is easy to spot on a variety of products - from cereals to juices, to frozen food products.

Regular physical activity will have a major impact on your wellness. Physical activity keeps your heart muscle and cardiovascular system in good shape, significantly improving your chances against heart disease and stroke. A good workout or a brisk walk are excellent ways to reduce stress too.

There are other ways you can help fight cardiovascular diseases. Last year, through the generosity of New Brunswickers, the Heart and Stroke Foundation was able to provide over \$500,000 for medical research and over a quarter of a million dollars was used in various health promotion projects.

The Heart and Stroke Foundation receives no funding from government but relies solely on the generosity of our citizens. The Foundation has a firm commitment to return this generosity with advances in medical research and education programs that benefit our citizens.

Look for Heart and Stroke Foundation posters around your campus. Every dollar counts, so please be generous when a canvasser knocks on your door. If you would like to volunteer with the Foundation please call 1-800-663-3600. Your generosity and help is much appreciated. For more information on heart disease and stroke please visit www.heartandstroke.ca

Mission to Mars

by Bruns Staff

Are we alone in this universe?

When astronauts make the first trip to Mars, a UNB research project will contribute largely to answering this age-old question.

The work UNB researchers are doing as part of NASA's preparations for the voyage, which is estimated to be ten to twenty years off, will be covered today in a film debuting on The Discovery Channel.

The documentary, titled *A Bridge to Mars*, will premiere at 11 pm local time on Friday, February 8th, and air three additional times on Saturday, February 9th.

Produced by Green Lion Productions of Montreal, the documentary looks at the research of an interdisciplinary team of Canadian scientists at a crater in the Canadian Arctic.

The Houghton Crater on Devon Island is the most Mars-like place on Earth. Its dry, rocky, high-latitude terrain is ideal for testing robots, rovers, fixed-wing aircraft, space-suits and telecommunications.

The astronauts who travel to Mars will benefit largely from the research conducted in the NASA-sponsored Houghton-Mars Project.

The UNB scientists involved in the project include geology professor John Spray, director of UNB's planetary and Space Science Centre, and doctoral student Gordon Osinski.

Osinski's discovery of underground pipe structures located around the rim of the crater will provide invaluable clues for explorers as to where to look for signs of past life on Mars. His work at the NASA research camp in the High Arctic involved mapping the geology of the Houghton Crater and testing equipment. His discoveries will be a focus in the film today.

A Bridge to Mars documents the constant endeavor to link earthly research with actual evidence of life elsewhere in the universe.

The film was shot largely in the Canadian Arctic, with additional sequences filmed at the University of New Brunswick in Fredericton.

UNBSRI

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classrooms and all this stuff would improve UNB's image," Sakalauskas said. She realizes this is only a small step towards achieving the goals of UNBSRI.

"We are trying to say that this won't solve everything and patriarchy and misogyny are a part of every campus - UNB is no exception. There's more precautions they [the administration] can take to combat it."

Students who want to contact UNBSRI or would like to become involved with them can e-mail unbsri@yahoo.com.

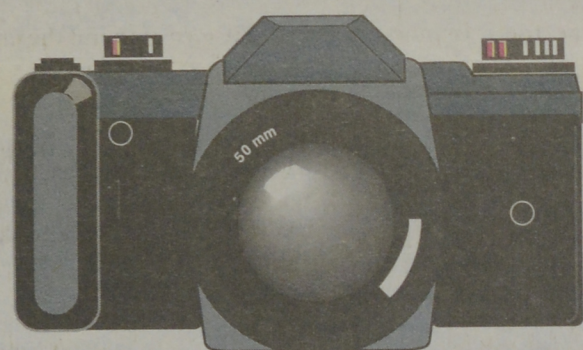


Mark McGinnis/The Brunswickan

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All interested persons should contact Cindy Brown
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Save some for the fish

NB experiences record low
in water-levels

by T.J. Essensa

Environment and local government minister, Kim Jardine, has issued a winter water conservation advisory.

The Science and Reporting Branch of the Department of the Environment and Local Government has indicated the total monthly precipitation in New Brunswick was 30 per cent below for December, making it one of the driest on record.

Since April 2000, New Brunswick has been experiencing low levels of ground and surface water. These levels have been compressed even further by this record dryness.

"Due to the persistent drier-than-usual weather conditions in New Brunswick, groundwater and surface water levels are significantly below normal," Jardine said.

"In order to prevent water

shortages, I urge all New Brunswick to be cautious of water consumption and practice water conservation."

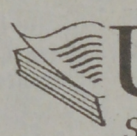
The Dept. of Environment and Local Government has suggested methods of water consumption to help solve the problem, including taking quicker showers, saving water in a refrigerator, checking for leaks in plumbing systems and, if possible, making repairs if necessary.

"With the arrival of winter we have missed the traditional recharge that occurs during the fall rains," the minister said.

"As a result, it is anticipated that the groundwater levels will drop even further below current levels. This could potentially cause shortages of water for both municipal supplies and private well owners."

"Typically groundwater and surface water levels do not recharge markedly through the winter months," Jardine said. "Hopefully, the effects of the spring snow melt will improve the situation."

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