

Cheap grub!

Bruns Staff

The Brunswickan



Any senior university student can tell you that budgeting money isn't always easy. Between rent, tuition, books, liquor and going out to bars, there isn't always much money left to stock your shelves with grub. The staff at *The Brunswickan* has put together a few quick and easy meals which might keep your tummies full during your first year.

Cheese and Macaroni - If you can't afford to buy the stuff in a box, (which is really easy to make and tastes yummy), why not buy a big load of dry elbow macaroni and a bottle of cheez whiz? All you have to do is boil the macaroni to the right consistency (you can check it by throwing it at the ceiling - if it sticks, it's done). Then, take a cup of cheez whiz (or as much as you want) and stir it into the cooked macaroni. Now you have gourmet cheese and macaroni and it's a heck of a lot better than the powder stuff. Need some protein in your diet, and cheese and noodles just don't cut it? Why don't you buy some hot dogs, cut them up and throw them in with the macaroni while it is cooking. Don't like hot dogs? Want some real meat? Try the next recipe...

Hamburger and Tomato Goulash - For this recipe all you need is a can of tomatoes, they could be stewed, crushed, or whole, you just need a big can of tomatoes. Also, get a pack of ground beef, a lot or a little - it's up to you. Grab a couple of cans of tomato soup, a can of tomato paste, some cheddar cheese and take some of your elbow macaroni. You're all set. Boil a sufficient amount of water to cook the amount of pasta you want. At the same time cook your beef - try to cook them at the same time or else your pasta will get starchy. While your beef is cooking and if you have them, you can add some spices to taste. Try dried Chili Peppers, garlic, onion salt or just plain old salt and pepper. (Most of these you can find at the dollar store) When your beef is cook well, add a can of tomato soup and half a can of tomato paste and

Oh my! Sex on campus

Marianne Moore

The Brunswickan

Sex.

Young and away from home, it's ever-present in your mind. But before you go out and have too much fun there's a few things to know, such as the great on and off campus sexual resources at your disposal.

Any questions or concerns about birth control or sexually transmitted infections can be answered by taking a quick walk across campus to the Student Health Centre located in Lady Dunn Hall, or downtown to the Sexual Health Centre on Brunswick Street.

While this is the responsible, adult way to go about it, let's get real for a minute. The issue of birth control will probably arise late some Saturday night after a couple beers and when the health centres are closed.

If you're thinking ahead enough, stop by MacLaggan Hall, Room 120b; there's free condoms for students that need them. If you're in residence at the time, just bang on the door of the nearest proctor - they have emergency condoms! (Don't worry, proctors have seen it all. You're not the first half-naked student to have pounded at their door).

Seriously, at some point you might have a concern and be in need of someone to talk to.

As mentioned above, both the Student Health Centre and the Sexual Health Centre are amazing resources.

Sexual Health Centre
@ Victoria Health Centre
65 Brunswick Street
453-5200

Student Health Centre
Lady Dunn Hall
UNB Campus
453-4837

Sexual Assault Crisis Line
454-0437

let it cook a little more. Once your pasta is finished, drain it and add the beef mixture to it. Then add some more spices (if you think you need them), the rest of your tomato paste, the other can of tomato soup and your big can of tomatoes. Let that stand for a couple of minutes, then shred some cheddar cheese over the top. May sound a bit complicated with a lot of ingredients but it tastes great and will last a couple of nights.

Tuna Surprise - You will be surprised at how quick and easy this recipe is. Again, boil that macaroni. When it sticks to the ceiling, drain it and add a can of your favorite tuna and a can of cream of mushroom soup. It's as easy as that. If you feel a little daring - why not try a different kind of pasta, or mix two different kinds.

Both provide absolute confidentiality; nothing goes through your parents or family doctor without your approval first.

The Student Health Centre recommends appointments but the primary care nurse, who will do an assessment first, will deal with any walk-ins. The centre deals with all student health concerns, not just ones relating to sexual issues.

The Sexual Health Centre (Brunswick Street) is an excellent source for students. The Centre provides information on birth control and sexually transmitted infections (STI), as well as testing for pregnancy, STI's and HIV.

Birth control is also available through the Sexual Health Centre, free of charge.

Sex on campus can't always be safe. Things happen, whether you're partying in at someone's house or out at a bar. If you are ever a victim of sexual assault there is a 24-hour crisis line, call it! Or, find someone that you trust and get them to take you to the hospital. Doctors cannot contact the police or anyone else without your permission so remember to take care of yourself first, not to worry about what others will think.

To avoid being a victim there are several precautions to take. Firstly, trust your gut! If you're uncomfortable in a situation or if you're getting a bad vibe, just leave! Secondly, never leave your drink unattended. Once you set it down, don't pick it up again. Thirdly, be very careful about accepting drinks from someone that you don't know. Be with them when they order it from the bar; don't let them bring it to you.

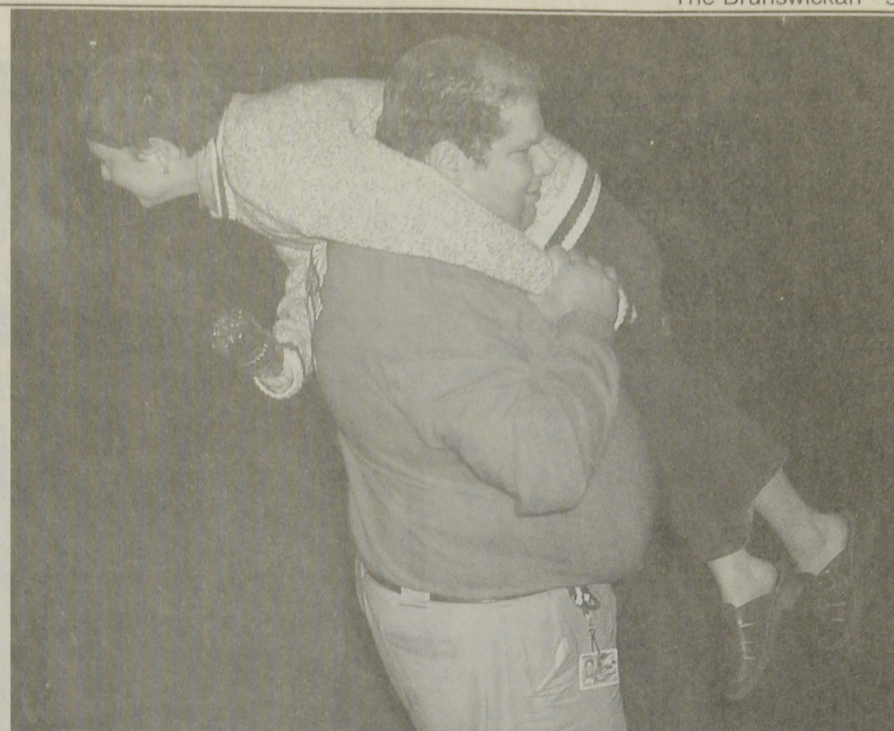
If you notice someone that seems extremely drunk after only a few drinks, make sure that they are ok. They may need medical attention immediately if they have been drugged.

Take advantage of all the resources that campus has to offer, as well as the ones downtown. They are there for you, so make the most of them when needed.

Peanut Butter and Jam Sandwiches - The old standby. Take your favorite kind of bread, slap some peanut butter on one slice, some jam on the other and voila! - the quickest and easiest recipe of them all.

Cucumber Sandwiches - The best way to make a cucumber sandwich is to toast the bread, butter it, slice up your cucumber, add some miracle whip, salt and pepper and you're ready to eat. That's about a \$0.50 sandwich.

So, if you decide that eating is in your budget, why not try some of these recipes? Eating foods such as these listed in this article will help you get the energy you need to make it through first year. Concentration is a lot easier when you have a full tummy.



Mark McGinnis / The Brunswickan

If you're looking to hook up with someone new, this probably isn't the best way to do it.

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