



Connie Harbrink discusses her battle with breast cancer

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Women clinch playoff spot, first time in a long time

See Sports pg 8



Edmonton's Change Methodical played in Fredericton last Friday

See Entertainment pg 12

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Brendan Doyle/The Brunswickan

Surviving breast cancer: one woman's struggle

"I appreciate things a lot more, the simple things"

by Carole Morris

Connie Harbrink was having her morning shower when she discovered an egg-sized lump on her left breast. She contacted the doctor

immediately and within 17 days, the 29-year-old St. Thomas University student and single mother of two was diagnosed with a malignant form of breast cancer.

According to the Canadian Cancer Society (CSS), more than 21,000 Canadian women will be diagnosed with breast cancer this year, and 5,300 will die of it. Harbrink is one of the lucky ones.

After an intense six-month period,

Harbrink underwent three surgeries and four chemotherapy sessions. Because the cancer had spread so far in her breast, she had to have a complete mastectomy.

For Harbrink, the incident was a humbling experience.

"It was very emotionally trying because I had lost a breast, I lost my hair and I gained 15 pounds," said Harbrink.

She said women, regardless of age,

need to start doing self-breast examinations; they need to take control of their health. She found her breast cancer by fluke.

"[Young women] should be doing breast exams, even looking in the mirror for changes. When you're in the shower, take that extra second to get comfortable with yourself. Know your body. [That way], you'll be able to find the changes."

Harbrink says even if you find a

lump, it may not be cancerous but it's better to be safe than sorry. She suggests doing regular self-breast-examinations and getting a yearly mammogram to help detect the onset of breast cancer.

Mammography is a procedure, much like an x-ray, that allows doctors to see changes inside the breasts that are too small to feel.

"I hope people don't have to come face to face with something like this

before they take their life more seriously," said Harbrink, wiping away a tear.

"I don't mean your academic life or your social life. I mean your actual life, the fact that you are alive."

The most common cancers continue to be breast cancer in women and prostate cancer in men. However, women aren't the only

(SEE CANCER, PAGE 2)



Brendan Doyle/The Brunswickan

UNB's annual Coaster Derby zoomed down the hill with big success.

College students back in class

CUPE strike over

by Sean Patrick Sullivan

Mary Clark is back in the classroom, and she says it smells wonderful. The student council president at

the community college in Woodstock says the school is spic and span again after a custodial strike that forced thousands of students out of class for two weeks.

College custodians, who are members of CUPE Local 1251, had been striking for a pay raise since Oct.

3rd, which meant unsanitary conditions and a build-up of garbage in most of the province's community colleges.

The mess caused classes to be cancelled at 10 of the 11 New

(SEE CUPE, PAGE 2)

Flu shot season

Now is the time to build up your body's antibodies

by Kyla Clements

Roll up your sleeve or lower your pants, it's flu shot season time again.

To help combat the germs that so readily float about the classrooms and residences you might want to consider getting a flu shot at the Student Health Centre.

For the brief pinch of a needle you can build up antibodies to ward off the common strain of the flu virus.

The shot itself takes two weeks to take effect. The virus strain injected is determined by samples taken from all over the world. They go to the CDC (Centre for Disease Control and Prevention) to be tested and they pick three strains to put into the regular shot. Usually they change one or two of the three strains each year.

(SEE FLU, PAGE 2)

Cutting heating costs

Give the planet and your wallet a break from high heating costs

by Sarah Nofell

Low temperatures mean high heating costs for students in New Brunswick.

Past winters have meant extremely high electricity, gas, and oil bills for students in Fredericton. Many students are responsible for heating costs for the first time. Even students who don't pay for their own electricity or hot water are undoubtedly picking up the cost of the energy they use in their rent or residence fees.

To help students, and everyone else, budget for winter, New Brunswick Power Customer Service recommends equalized billing. This means "you pay the same, equal amount each month based on yearly consumption divided by 12" and settle the balance once per year.

Natural gas and some oil companies also offer equalized billing plans at no extra charge.

Not all rental apartments and homes are energy-efficient. According to the *Globe and Mail* and CanLearn's recent survey of UNB students, one of the biggest complaints was that many Fredericton landlords "do not do regular maintenance of the buildings" and basement apartments have "mould problems [and] poor insulation."

Poorly maintained buildings waste energy and lose heat continuously in the winter months and are therefore

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QUOTE OF THE WEEK

I HAVE KNOWN MANY MEAT EATERS TO BE MORE NONVIOLENT THAN VEGETARIANS.
-GHANDI

MALL-WEEN Thursday Oct 30

The Ballroom Is Open. Doors Open at 9:00 p.m. Five \$100 Prizes for Best Costumes

Open 7 Days a Week - Nightly at 8pm, Friday at 2



For Members & Guests Only