

The Brunswickan



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Watch out for the freshmen fifteen



Jonathan Hudon / The Brunswickan

by Jennifer McKenzie

According to researchers from Brown University Medical School, the "Freshman Fifteen" is nothing but a myth. In fact, they say, it is more likely to be a freshman five to seven, followed by a sophomore two or three.

Doctors say it is good news that the weight gain is not as great as generally publicized, but the bad news is that "Generation XL" kids seem to be developing patterns of gradual weight gain that could continue to spell trouble long after graduation.

"It may be 10 or eight, but it continues. That, to me, is a bigger problem," said Rena Wing, a psychologist and director of the weight control center at Brown.

In addition to gradual, continued weight

gain, the research showed that males piled on significantly more pounds than females. Previous studies were small, looked at weight gain only in the first semester, and involved hardly any male students. The two new studies fill those gaps.

The first study involved 382 students - 40 per cent of them male - at an unidentified private school in the northeastern United States. Weight was measured at the beginning of the school year in September, at the end of the first semester in December, after the holiday break in January, and at the end of the freshman year in May. At the end of the freshman year, more than 17 per cent were overweight or obese, compared to only 14 per cent at the beginning.

The second study involved 907 students, 55 per cent of them male, at an unidentified

public university in the mid west. Students were weighed four times, as in the previous study, and also at the end of their sophomore year. The results were similar to those of the first study, but got worse over the next year. Males were on average 9.4 pounds heavier, and females were 9.2 pounds heavier than when they started college.

It is difficult to pinpoint the exact reasons behind the freshman weight gain, but researchers are continuing their work to find out why. Many individuals credit increased consumption of alcohol, more socializing that involves eating, high-fat foods in cafeterias and meal halls, and decreasing amounts of physical activity for the gain, researchers said. Also, the overwhelming amount of homework that students are assigned in their first year may lead to

increased snacking. Commonly, moving away from home means that students who were not previously responsible for cooking their own meals now have to learn to do so, and the increasing popularity of fast food and prominence of fast food franchises on many campuses means that unhealthy food is more easily available to students.

Many, especially first-year students not used to the hectic schedules, can fall into the weight gain trap. Even worse, finding time to eat healthy and exercise can be nearly impossible. Some universities offer tips to help students combat freshman weight gain, such as planning out meals, watching out for midnight cravings, and being realistic about what foods you should not eat, as labeling foods as off-limits generally makes them more enticing. They also encourage participation

UNB helps practice what you're preached

by Zaineb Survery and Jennifer McKenzie

Last Tuesday, October 24, Student Union President Jessica Stutt and Associate Vice President Academic Dr. Jane Fritz cut the ribbon at the inauguration of UNB's on-campus multi-faith room.

The 24 by 14 foot room is located on the back side of the Lady Beaverbrook Residence at the bottom of campus. The room has its own separate entrance.

Representatives from various campus religious organizations were invited to sit down and discuss the necessary needs of each religion for the room. It also gave the students the opportunity to sit down and discuss larger issues.

"Students shared their own faith stories and learned about the faiths of others," says Zandra Kierstead, the university's cross-cultural program coordinator. "While they discussed guidelines for use of the room, they broke through some barriers and made some new friends."

Through consultation, the students decided on a few guidelines to help show appreciation for each individual faith's practices. The guiding principles included that the room should be available to all for prayer, even when it is in use by others. Shoes must be removed in order to enter the room and no alcohol is permitted, except for religious celebrations, and it must be

removed promptly after use. Also, a sink was installed for the Muslim practice of absolution before prayer.

About 50 students, staff and faculty attended the official opening ceremony, including members of the Varsity Christian Fellowship, Campus Ministry International, the Baha'i Studies, Catholic Student Association, and Muslim Student Association. Each group read a passage from their faith scripture, and briefly spoke of their religion and its space in the room.

In the fall of 2005, the Muslim Student Association approached the Student Union and requested an adequate and dedicated prayer space. The group petitioned the union, explaining that their members struggle to find space on campus to facilitate their five-time-daily prayer regime.

The Student Union passed the request on to Anne Forrestall, executive director of Student Affairs and Services. Keenly aware of the needs of other faith groups and the lack of available space on campus, Forrestall suggested a shared space. She then approached the campus planning and space committee to ask for help in finding a suitable location.

The room opened unofficially in September, and Forrestall explains the necessity was immediately apparent: "our Muslim students have used the room three times a day ever since it was completed and they are very excited about it."



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Why pay for a babysitter when you can bring your kid to work

by Julianne Philpott

On Wednesday, November 1, some members of the UNB faculty and staff, along with parents all over Canada, will show up to work with a little something extra - their child.

Children grade nine and above are invited to accompany their parents to work this Wednesday. Here they will join their parents for a few hours at their workplace while becoming familiar with the work that their parents do.

Dr. Brown, a professor of history at UNB Fredericton, along with his son and daughter, participated in Bring your Child to Work Day a few years ago, and understands the importance of this day for both the parent and their child.

"I want my kids to know what I do here," Brown explained. "I think it's important for my children to be exposed to the sorts of

things that happen here."

There are many benefits for children when attending work with their parents. In particular, if a parent works in an educational institution, their child may have an advantage over some other children.

"I want my children to take education seriously," Brown explains, "and since this is an educational institution, the more my children get exposed to education, the better."

This, in turn, is also beneficial for parents. "I think anything is beneficial to me," Brown said, "that helps my son and daughter understand me better. This is an opportunity for them to get to know me even better, understanding what their Dad does all day."

Not only can these children observe first-hand what their parents do, they can also become familiar with the environment in which their parents work in on a daily basis. Brown's children experienced it from the front row.

"Two years ago when my children came, they sat in on one of my classes and that was fun," Brown adds jokingly, "although I think they were bored to tears."

This year, Brown and his son, along with many other families all over Canada, will attend Bring your Child to Work Day. Participants at the university will meet in the Sir Howard Douglas Hall lobby (Old Arts Building) at noon, and will go on a tour of the campus. Later, parents and children will have lunch at McConnell Hall.

Many high school students do attend university following graduation, and to be exposed to a post-secondary institution like UNB is somewhat of an advantage to these children. They can familiarize themselves with the university surroundings, which may in turn lead to a smoother transition into the next stage of their lives.

Most importantly, they may determine a connection between what they are doing in the present with what they can become in the future.

The wheels on the bus go round and round

...but no one's inside of it

by Josh O'Kane
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Did you know there's a bus, in the morning and at the end of the day, that takes you from Oromocto to campus and back?

According to the ridership that the bus has actually gotten, probably not.

Douglas Guthrie drives the bus, and says that news hasn't quite picked up yet about the new bus service.

"It started on the fifth of September, he says of the service. "I think we had one or two passengers the first day. Some days it's been better than one, but it's been less than our expectations."

Twice a day, and five days a week, he bus route traverses the majority of Oromocto and makes two stops in Fredericton, at King's Place and the UNB Student Union Building. The bus holds 24 passengers.

Funded by the town of Oromocto, the service is currently just a pilot project until December 22nd - which means that unless ridership picks up, the service could ultimately be cut.

The service is also put forth by CW Guthrie & Son Ltd., of which Douglas Guthrie is actually owner. They offer schoolbus and charter bus services as well.

"The town of Oromocto pays me, and all the revenue from fares goes to the town of Oromocto," says Guthrie. "I supply the vehicle and driver, everything like that."

To keep the project on its feet, he says that "We have to have more ridership, and possibly more sponsorship from other levels of government."

UNB Graduate Louis Morgan is a resident of Oromocto and a member of Transport 2000 Atlantic, and thus concerned about the state of the service. He believes it is a great benefit to the towns of Oromocto and Lincoln.

"I think it's a great idea," he says. "Long overdue. The only astonishing thing is the poor ridership so far."

He blames the recent drop in the price of gasoline is responsible for the low ridership - it's a little less expensive to get into town

because of it.

"There was a spike in gas prices in the wake of hurricane Katrina, at the beginning of last fall - and that's when cries came up for more and better bus service. In particular, there was a demand for bus service from Oromocto and vice versa."

Morgan goes on to say, "I hate to sound cynical in human nature, but I think it's due to the recent drop in gasoline prices. I think you'd see twice as many people, at least, riding that bus."

Morgan actually sat in on the bus circuit at the beginning of October, and says it was an enjoyable ride.

"It's a nice bus, comfortable. The steps seemed well-chosen, and the times were for rush-hour service."

As a member of the volunteer band at the base in Oromocto, Morgan has used, and plans to continue to use, the bus to get him to practice.

Another holdback for the service is proper signage - at the start of the bus's run, there was nothing on the bus indicating where it was going, and there no marks for stops on the route.

"They went into it without full preparation," says Morgan. "Anyone seeing it would think it was just a charter bus."

This mishap was apparently caused by a miscommunication between Mr. Guthrie and the town of Oromocto, wherein each assumed the other party would supply the signage. However, that has been worked out - partly at least - as the bus is now clearly marked with "Oromocto Bus Service."

However, Morgan says, "Whether we can solve the problems for signs for the stops, that's a question mark."

Though he hopes for better signage, Morgan has, however, done his best to support the service himself by leaving signs around campus and at King's Place listing the schedule and advertising the service.

Guthrie hopes to meet soon to discuss the future of the service.

"We hope to have meetings with the town in the near future to see what can be done to expand and improve it."

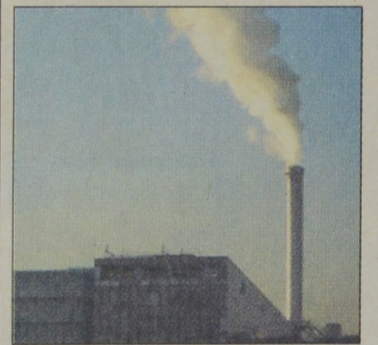
Overall, he believes that maybe it just hasn't caught on yet.

"I think it's a good idea, but it just hasn't worked up to expectations. But these things take time; maybe it needs more time."

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CLEAN AIR ACT



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Trudeau discusses bipolar

by Niki Klukas

Margaret Trudeau, who recently spoke in Fredericton at the "Nurturing Ourselves" conference on Friday, October 27, 2006, has had quite a life in the public eye. She has been through more than most and has been raked over the coals by the media during her most humiliating experiences. Yet, she has come out of it all alive and continues to survive.

Trudeau, who married Prime Minister Pierre Trudeau when she was only 22, and had three children by the time she was 28, has been diagnosed with bipolar disorder and strives daily to continue to be in control of her mental illness.

Bipolar disorder is a medical condition in which certain chemicals, particularly neurotransmitters that are required for daily function, are not present in balanced amounts. This causes vast shifts in mood, from mania, where one is elated to often a disturbing point, to depression. These occur in stages that can last for days or weeks at

a time.

According to the National Institute of Mental Health, the disorder "is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. They can result in damaged relationships, poor job or school performance, and even suicide."

The Canadian Mental Health Association describes the symptoms of mania as "feelings of euphoria, extreme optimism, exaggerated self-esteem, rapid speech, racing thoughts, decreased need for sleep, extreme irritability, impulsive and potentially reckless behavior."

The association goes on to describe symptoms of depression as: "feeling worthless, helpless or hopeless, sleeping more or less than usual, eating more or less than usual, having difficulty concentrating or making decisions, loss of interest in taking part in activities, decreased sex drive, avoiding

other people, overwhelming feelings of sadness or grief, feeling unreasonably guilty, loss of energy, feeling very tired, thoughts of death or suicide."

The point to pay attention to is the importance of knowing your body and what is normal for you. When you start to deviate from your own norm then something may be wrong.

There is often much misdiagnosis that goes along with bipolar disorder.

Trudeau said, "nobody recognized what was happening. I started thinking I was in a very unhappy marriage. I was wrong."

She walked out of her marriage to the prime minister thinking that she would find happiness elsewhere. She remarried and had more children before realizing and admitting that there just may be something physically wrong with her.

She went on to explain, "I thought it was life happening, not something wrong."

The causes of bipolar disorder are not

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South of the Border

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Sauza Tequila Night



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