

Building onto MacLaggan Hall

The province has provided money for the expansion of MacLaggan Hall to accommodate more nursing students.

by Naomi Osborne

What many students see as a parking inconvenience may actually prove to be a beneficial addition to the Faculty of Nursing.

Katherine MacLaggan Hall is under construction in order to allow an expansion to accommodate an increased enrollment of nursing students.

The Dean of Nursing, Janice Thompson, feels the expansion is necessary for the growing future of the nursing facility and its students.

"I don't feel that it's necessary; I know it's necessary. We are admitting an additional 51 full-time equivalent students every year to the Faculty of Nursing through an agreement with the Province of New Brunswick," said Thompson. "That agreement is designed to address the shortage of nurses in the workforce."

Although this construction has been causing some conflict for students who have trouble finding parking spots on campus, it may just be something that students will have to bear through until this fall.

"It's an inconvenience that in the end I think will be well worth it," said Thompson.

The construction will not be finished until September, so students will need to find alternate parking for the remainder of the school year.

Instead of seeing the construction as a nuisance, Thompson says students should see it as a prime opportunity for the nursing program to expand itself.

The nursing faculty currently has enough room to teach 480 students,



Andrew Meade / The Brunswickian

Construction behind MacLaggan Hall may impede parking, but means room for more nursing students.

and since there has always been a large number of nursing students applying, the province decided to provide the money to allow for additional space, explained Thompson.

The new addition onto the building will allow 51 extra nursing students to be enrolled into the program at once. This increases the capacity of the major program and encourages new students to choose UNB nursing over other schools.

"We have never had any trouble meeting the enrollment. I think it will encourage students to come here," said Thompson. "When we are able to tell 51 more students every year that they in fact can be admitted to the program, that's a good thing."

The faculty receives its students in a number of ways. Most of the students apply before entering into any other form of post-secondary

education, while others are transfer students from other nursing schools.

"Most of our students apply to nursing right from high school. They know that the major they are interested in is nursing so they start here as a nursing major," said Thompson.

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—JANICE THOMPSON

and reach that demand for students in the province," said Thompson. "So we feel like we are doing a really good thing here."

This expansion is not only a

perfect opportunity for students to embrace the chance to be accepted into the nursing program, said Thompson, it is also a great way for both the building and the program to grow.

"The building is 50 years old. It was designed when our enrollments were 12 per year. In the first class that was admitted there were 14 students and a couple of them didn't continue," said Thompson.

Since the building was originally only intended to hold a small amount of people, it is now unable to accommodate both the number of students and the faculty who teach them. This is simply because it was never designed to hold that many, explained Thompson.

However, even though the final outcome of the construction will benefit the whole nursing program, some students are still holding their own reservations about it. As The Brunswickian reported last week, the construction is causing trouble for students who are unable to find adequate parking spaces. Students are encouraged to arrive to campus earlier to search out parking spots until construction is completed.

Fair trade a fair possibility

by Alison Clack

In days where people are becoming more and more aware of the inequalities and the injustices in the world, and want to make a concerted effort to help, it can be more than a little difficult to know where to start.

Some people might go the easy route and add the cause application or join a group on Facebook, but there is an even simpler and effective way to support a good cause these days: sit down and have a cup of delicious, fresh-brewed, fair trade coffee.

Fair trade is a method that benefits farmers, predominantly in developing countries, by cutting out the intermediaries and paying the farmers directly and fairly for their crops. Trading this way helps small farms to stay afloat and able to produce good products for fair prices.

Though it seems easy to buy fair trade coffee and help prevent farmers in developing countries from falling into poverty, there is just one small glitch. On the UNB campus, there is only one location that currently provides fair trade coffee: the Starbucks at the HIL. However, there is a group of students on campus looking to change this.

One group working in a civil engineering project management course have made it their job, both as a class project and as a personal goal, to bring awareness to campus about fair trade coffee and ultimately have it offered in all Sodexo dining locations on campus. They're more affectionately known as the "Coffee Crew".

The group makes their goals clear in their project proposal, which reads "at the moment there is no certified fair trade coffee on campus other than at the Starbucks location at the Harriet Irving Library; our goal is to have at least one cafe of fair trade coffee at every campus dining location where coffee is sold."

It continues, "We feel that this would at least give everyone who goes to these locations the choice of purchasing fair trade coffee. We plan on bringing awareness to the students, staff, and faculty of the University of New Brunswick."

The idea for the project was born from Engineers Without Borders.

"EWB has been pushing fair trade but nobody really did anything to get it.

We are doing it sort of on their behalf; we're doing it with their blessing," says Jeff McLanson, one of the group's seven members.

The group put in a request with Sodexo to see the possibility of getting a fair trade coffee option at dining locations on campus and they received a positive response; the group could have the chance to achieve their vision. There are just a few things to be cleared up first.

"We wouldn't be able to see it at Tim Horton's, but we would be able to implement it at other dining locations on campus," says Martin Bayliss, General Manager of Sodexo at UNB.

Tim Horton's has their own supplier and doesn't provide fair-trade coffee, but other locations are eligible.

This discourse with Bayliss has provided a chance for the group to see their goal, provided they are able to show a demand for fair trade coffee from the students and staff on campus.

"The challenge with fair-trade coffee is, are people going to use it? Are they going to buy it, is there enough demand?" asks Bayliss.

"Like anything else, if nobody buys it, there's no sense in having it."

The Coffee Crew is trying to address the question of demand with surveys that they plan to make available to campus. They have already established a website with their survey and information on their project at www.unbcoffee.com.

The group is simply assessing the demand and wish for honest answers about how much students want fair trade coffee.

"We're trying to provide a service, we just want to bring awareness," says group member Sarah Young.

"We're not forcing our ideas on anyone," adds another group member, Jeremy Clack.

Students pondering the benefits and pitfalls of having fair trade coffee should also keep in mind that the price for fair trade coffee may be different in price from other coffee blends. However, it is too early to tell how much the price might go up if it is provided.

"There probably would be a price difference, but I haven't looked at pricing. If there's demand for the product, once I get that information I can make a better decision," says Bayliss.

Students wishing to share their opinion can go to the group's website, www.unbcoffee.com, and fill out the survey.

Disordered eating drop-in clinic

by Tina Stephenson

The Faculty of Nursing, Student Health Centre, and Counseling Services Collaborative Practice Initiative are helping to meet the needs of students with eating issues. Six fourth-year nursing students have set up a drop-in clinic at Bridges House to address concerns about eating disorders, nutrition, and stress management. The student nurses are very interested in working with the campus population to gain a better understanding of the pressures that students face daily. 91% of women in college attempt to control their weight through dieting, 35% of all dieters progress to pathological dieting, and 25% of women

on university campuses meet diagnostic criteria for an eating disorder.

Disordered eating includes a wide range of abnormal eating patterns such as anorexia, bulimia, chronic restrained eating, binge eating, compulsive eating, habitual dieting, and irregular eating patterns, which often ignore physical hunger and fullness. People who have Anorexia Nervosa are obsessed with controlling their eating because they believe that by controlling their bodies they can control their lives. This obsession is usually

achieved through starvation. Bulimia nervosa is characterized by cycles of bingeing and purging. As with anorexia, this behaviour is driven by a desire to regulate feelings and worries about body

weight and shape. The cycle begins with the person rapidly eating large amounts of food in a single sitting. This may

initially numb uncomfortable feelings, like anger or sadness. Then the person tries to rid the body of the food that was consumed, usually by vomiting, using laxatives, enemas or diuretics, exercising excessively, skipping meals, or dieting. Individuals with binge eating disorders eat excessive amounts of food at one time. They do this for two reasons: they are very hun-

gry because they have been dieting or restricting their eating, and/or they over-eat to comfort themselves, to avoid

uncomfortable situations, or to numb their feelings. Individuals who binge are often ashamed or embarrassed. Generally, they do not try to compensate for their over-eating by vomiting, fasting, over-exercising, or abusing laxatives as people with anorexia or bulimia may do. About one in five obese people engage in binge eating.

Eating disorders have a 5% prevalence rate and it is the third leading chronic condition for adolescents in North America. Among female athletes, the prevalence of eating disorders is reported to be between 15-62%. The mortality rate for those suffering Anorexia Nervosa is 12 times higher than death by all other causes combined for women 15 to 24 years of age. Although Bulimia Nervosa has a lower mortality rate, the relapse rate is between 27-63%.

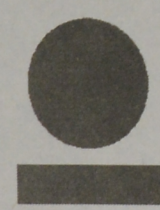
25-50% of the obese population seeking professional help for weight loss reduction meet the criteria for

Binge Eating Disorder. 5-20% of eating disorder patients die as a result of their illness due to heart failure, suicide, undernourishment, self-harm, etc. Eating disorders are hard on the body: it can cause, but is not limited to damage to the heart, shrinkage of internal organs, deterioration of reproductive organs, dehydration, difficulty urinating, muscle aches and cramps, injury to nerves and tendons, affects the ability to concentrate, digestive problems, joint swelling, tooth decay, and brittle bones.

The student nurses are located on the second floor of the Bridges residence, room 206. Drop-in clinic hours are Monday 10 am-1 pm, Tuesday 1-4 pm, and Wednesday 4-7 pm, and will run until February 27. For more information, call 453-4531 for confidential service. We encourage students to come and talk to us about any questions they may have.

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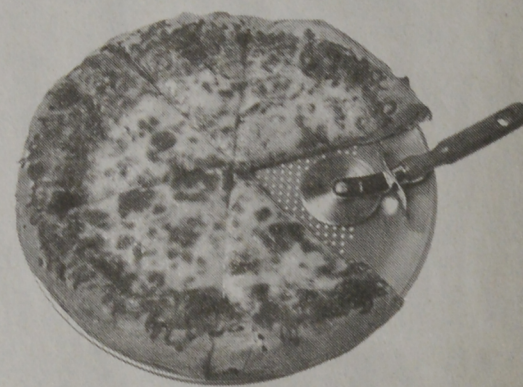
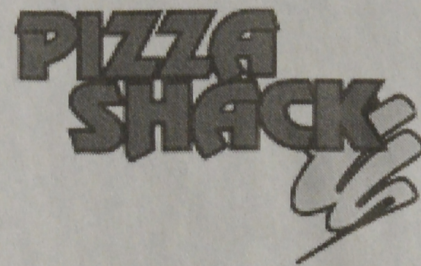
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