

IF STUDENTS HAVE RIGHTS, THEY ALSO HAVE RESPONSIBILITIES

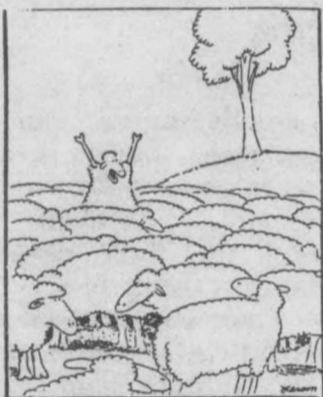
In 1968, the University of New Brunswick was a hot-bed for student activism. It was a period when many students on this campus were speaking out about everything they considered to be unjust. This included such issues as civil rights, the Vietnam War, (and more close to home) academic freedom and the Dr. Norman Strax Affair.

Twenty years later, as we look back in retrospect at the student movement of that generation, we cannot help but draw comparison to student politics on this campus in 1988.

Much can be said about how - at one time - students on this campus had far more freedom and power than they do now. However, largely because of the four year cyclical nature of student turn-over, the pressures of academic life, and the lack of continuity in student affairs from even one year to another, *it would appear that most students do not give a damn.* At least, that is how it seems.

The reality is, a lot of students might very well care about the way things are run around this campus, yet they lack any sense of social responsibility toward the student union as a whole. *There is no universal concept of the U.N.B. STUDENT as being part of an oppressed group whose 'STUDENT RIGHTS' are being trampled.* Indeed, there is no definite conception of what exactly student rights are. There is no Universal Declaration of Student Rights to which we can refer. Therefore, it would seem to be that student rights are only what we make of them, or at least that these rights exist only to the extent that they are exercised.

Perhaps if we changed the term "student rights" to "human rights" or "civil liberties," we would have a better idea of where we stand. Human rights are the rights of humans to be treated as such. We have them just because we are human. They cannot be suspended with impunity except under duress and, even then, only as a consequence of due process. So it is with student rights. They are just an extension of what is called our human rights. *As students we deserve to be trusted, respected and treated equally; as is our right.* Of course the same right is extended to the faculty and administration of this university.



"I wish I were a student..." We don't have to be just sheep!

By

SEAN P. RILEY

So much for principle. What about the state of student rights on this campus today? Without recanting everything that happened on this campus over the last ten years that culminated in things being the way they are, suffice to say, *THE LEGACY LEFT TO U.N.B. students is not one of which we can be proud* (not if we take our rights seriously). The facts speak for themselves.

First of all, for unknown reasons, we find ourselves restricted to patronizing Beaver Foods to the exclusion of all other competition. So tight is their monopoly at this university that *student groups cannot even have a small reception serviced by off-campus caterers, even though it might be cheaper to do so, not to mention more palatable.* Suffice to say, this is not the case at most universities.

Liquor Services is another disaster, as far as the social aspect of university life is concerned. What with the high costs and all the red tape involved with this administration-run enterprise, at least students are being well prepared for when the tax-man cometh; out there in the real world. Then there is the Student Union Building, where if you dig deep enough, your worst Orwellian nightmares will come true.

The icing on the cake is that *the UNB Student Union no longer has to worry about the burden of fiscal responsibility. The administration has kindly accepted to hold the purse strings for us through the auspices of the UNB Foundation For Students Incorporated.* Care to guess exactly who it is who sits on the Foundation board and how they were appointed? Suffice to say, democracy had nothing to do with it.

So much for the way things are. All this can be changed, if we are reasonable. Of more importance is the way things should be. First, *we the student body of the University of New Brunswick, must accept full responsibility for the erosion of student rights that has taken place to date.* Let's be honest, it's our own apathy and lack of direction that allowed it to happen. Therefore, *it is up to the students to improve our own lot.* The only way to do this is to accept more responsibility in every way that we can. After all, is this not our university? Should we not have a greater say in how things are to be run?

At the same time, the administration and faculty must do their part in helping to rectify the mistakes of the past. They might just discover that the amount of respect they receive will rise accordingly with the degree of trust the students are given. At the same time, ours' would be all the more-what a university is meant to be; if only because of its taking rights seriously. There is no reason why UNB cannot seize a leadership role amongst Canadian universities from this point on.

As we gear up to meet the unprecedented challenges before us in the twenty-first century, the university community as a whole (students, faculty, and administration) must bear the brunt of the enormous responsibility entailed. We all know improvements have to be made. We all know we can do better. So, **LET'S DO IT TOGETHER.** If we have rights, we also have responsibilities.

When You're Blue

By ALICE J. PITRE

"I'm depressed."

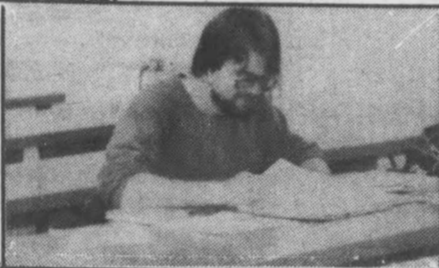
We've all said it at one time or another. It's a common feeling to be down, discouraged, or sad. But real depression is more than that.

If you are sad, or feeling hopeless, if you cry a lot, and if in the last two weeks you have had at least four of the following symptoms, then you can definitely say you are depressed. Here are the clues:

- change in appetite
 - trouble falling asleep or staying awake
 - restlessness or a slow motion feeling
 - loss of interest in daily activities and sex
 - fatigue and loss of energy
 - feelings of worthlessness, guilt or self-blame
 - difficulty concentrating or making decisions
 - thoughts of death or suicide
- Any combination of four of these in yourself or a friend means help is needed.

Depression has different causes for different people. Sometimes it happens when you have an interpersonal problem that doesn't get resolved. Or it may be from unresolved or delayed grief.

NOTE: ALICE PITRE DID NOT WRITE THE STORY ON STRESS WHICH RAN UNDER HER BY-LINE LAST WEEK.



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Remember, grief doesn't have to be just grief over a death. A broken home can cause grief, and so can a broken relationship. A friend of mine once said that he didn't have a problem with grief - he had never lost anything more important than his pen. He was lucky. Not many of us can say that.

Sometimes depression settles in after a role change. We get so used to life with one set of rules, that when we go through a transition, we feel lost. All the old supports are gone. For instance, when we leave home for university, often even our friends are left behind. Or the change from a working role or high school situation to the university atmosphere can get a person down, way down.

Quite often, depression is all in the way we think about things. Last month I got a B+ on a Psych assignment. I thought I should have made an A, or at least A-. Let's say I started thinking: "Oh, I'll never get into the honours program now. Why did I ever think I could come back to university? I'm too old for this. My brains must be all gummed up. I'll never be able to study like I used to, what with the kids always wanting peanut butter sandwiches. I

don't know why I even try. I might as well be an old bag with curlers in my hair. I wish I could die."

Negative thoughts are a habit for many depressed people. In this frame of mind, not being able to concentrate, automatically makes you think you're going to fail. You get discouraged and see only the negative side of each situation.

Once the cause of depression is determined, it is possible to treat it. If the depression is related to interpersonal problems, they can be dealt with. If your thoughts are out of control, you can learn to challenge them and set them in reality. Or if your depression is so bad that you can't even make it to class or out of your room, then medication may be necessary.

If you have been feeling depressed with any of these kinds of real depression, it is important to get help. Just talking about it, and knowing you're not alone, can make a difference. And if a friend of yours is hurting, encourage them to drop in at the Counselling Centre. Remember, the folks there are our friends, and they can be reached during the day at 453-4820 or after hours through Security: 453-4830.



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