



Sean P. Sullivan/The Brunswickan

Hancock: "I hate the idea that some people have bigger challenges than they need when they're already facing so much more."

One small sticker

RAINBOW continued from Page 1

which was worn by gay prisoners in the Nazi concentration camps, and has become a mark of remembrance and pride.

The program will be reworked for faculty this year; though some profs have stickers on their office doors, Hancock says it is difficult to apply the same principle to a classroom.

"We can't put these same stickers on [a classroom] door and say that a huge auditorium is a safe space because you can't guarantee that," she said, adding that signs may be put on classroom

doors saying "This prof encourages [students to be aware of the Safe Spaces initiative]."

This year, Safe Spaces will continue its awareness program.

"Our challenges are residences that don't know enough about us coming in, and people not understanding us," said Hancock. "They'd rather watch TV when our presentation's going on than come down."

For more information, or to schedule a presentation by Safe Spaces, students or faculty can contact Erin Hancock at respectfordiversity@alloymail.com, or visit the website: www.unb.ca/safespaces.

2,700 signatures and counting

Activist Charles Leblanc is determined to raise public awareness of ADHD

by Carole Morris

Thunderstorms, scorching heat waves and nighttime thieves haven't stopped ADHD advocate Charles Leblanc from lobbying in front of the Fredericton Legislature.

Determined to have the Attention-Deficit/Hyperactivity Disorder (ADD/ADHD) issue addressed by politicians, Leblanc set up his tent on the Legislature's front lawn more than two months ago and says he is willing to stay put until his voice is heard.

"Somebody offered me a winter tent - you've got to do what you've got to do," says Leblanc, though he remains hopeful it won't take that long.

"When I have people come to me... telling me sad stories about their kids and telling me that I'm doing wonderful work, that makes me feel good and it gives me the strength to continue," Leblanc adds.

"I have no kids of my own... but I feel I have 5,000 to 7,000 kids I have to fight for."

Opposition House leader Bernard Richard will be presenting Leblanc's petition in the Legislative Assembly in upcoming months.

"I think it's a valid concern, not only in New Brunswick but also in the rest of Canada and likely in the States as well, and as I understand, in other countries... It's a good cause, it's something that needs to be paid more attention to," says Richard.

"[Ritalin] is an easy way to deal with the problem but maybe it only masks the real problem and doesn't provide lasting solutions," suggests Richard.

With more than 2,700 signatures thus far, Leblanc is hopeful his petition will force a committee to travel throughout the Maritimes and Canada to investigate Ritalin use and its effects on children and adults.

"The Human Rights Commission is supposed to speak for the rights of everybody and not just certain groups; they have to educate themselves about what is going on here," says Leblanc.

Leblanc found out he had ADHD after he graduated from Mathieu-Martin High School in 1978.

"I had a hard time graduating from high school, I thought I was stupid... A

Leblanc believes children should be made aware of their condition and believes that with great effort, the children have the power to control their hyperactivity, impulsiveness and lack of attention.

"When [the kids] are old enough, I'd say about eight or nine years old, they should be told, 'you have ADHD. You are a very smart person. You are intelligent. Now what you've got to do is [realize this and]... learn to focus.'"

"Of course, a lot of parents would disagree with [me] and say 'I love to see my kids on Ritalin!'"

Leblanc promotes self-control and has learned how to harness his own energy, in fact, he traveled across Canada and the US on a 10-speed bicycle several years ago - and has the newspaper clippings to prove it. He claims he has always been very hyperactive.

Leblanc thinks we should set an example for other provinces and countries to follow by treating ADHD people with respect and understanding.

"We're the only official bilingual province in Canada, we are showing that English and French can live side by side in peace and we [should] go around and show other provinces and the world how to treat people with ADHD."

"It is through education" that Leblanc feels we can achieve this goal.

Richard is impressed by Leblanc's persistence and dedication to educate people about ADHD. Leblanc even spent his 44th birthday outside the Legislature informing passersby about his petition.

"Obviously he believes in that cause and you can't do otherwise than be impressed with the level of dedication he has to a cause like this. To spend over 40 days now in front of the Legislature, that's quite a testament to his dedication."



Carole Morris/The Brunswickan

child with ADHD is not stupid."

As for Ritalin use, Leblanc says children don't necessarily need it. What they need is to find something they enjoy doing and to be encouraged by family, friends and teachers.

Anything a child with ADHD is involved with, "they are going to go all out - they have the energy. [People] have to find out what these kids are interested in and they will succeed," says Leblanc, adding that they will exceed the expectations of everyone.

When you just don't know where to turn...

Hassle these people

by Skip Thompson

Usually, when I've got a problem, I go to Mom and Dad.

Sure, they're not always fair, but it works. They can fight my fights for me and generally help me out when life keeps kicking me in the ass.

But, for those of you who live on campus (and those who are much more independent than I am), you probably don't rely on parents to look after you.

To help you out, we at *The Brunswickan* have compiled a list of people to contact when life sucks.

First off, if you're living in residence, talk to your House Proctor. They're the ones who are in charge of keeping everything in order around the residence. If you've talked to them and that guy with the speedo is still dangling

outside your window, talk to the House Don. They're the next highest on the food chain.

If you want to go higher up, contact Michel Ouellette, Director of Residential Life and Conference Services (458-7293 or jdm@unb.ca). He'll be sure to set things straight.

UNB President John McLaughlin (453-4567 or epj@unb.ca) is in charge of running this joint, and we're sure he'd love to hear from you. If your phone calls aren't returned, drop by his office in Room 111 of the Old Arts Building.

The Student Union is charged with representing you, the student. Their job is to help students out with any aspect of their university career. You can reach Milan Chotai, the President, at suprez@unb.ca or 452-6091.

For those living in the College Hill area, Andy Wood is your city councillor. Whether it's raccoons or students digging through your garbage late at

night, he'll be glad to help out. Contact him at his office (444-7775) or at home (455-4729 - but not too late).

When you're convinced the city is falling apart, give Mayor Les Hull a ring (460-2085). He's the head-honcho in town, and again, if he doesn't return your calls, drop by his house at 36 Westwood Drive.

If you've given up on Fredericton completely and want to go provincial, get in touch with the Premier. Being the youngest Premier New Brunswick has ever had, we're quite certain Bernard Lord is in touch with youth issues. When not off saving the world, he can be contacted through his office at 453-2144.

And finally, we at *The Bruns* can help you out too. If you've got a breaking story or just want a shoulder to cry on, stop by Room 35 in the Student Union Building. We can also be reached through bruns@unb.ca and by phone at 453-4983.

Meatless diet linked to disorder

by Danielle Hillix

(U-WIRE) LAWRENCE, Kan. — Vegetarianism may be related to a risk for eating disorders, according to a recent study.

The study, conducted at California State University-Northridge, found that college women who claimed to be vegetarians had a significantly greater risk of developing eating disorders than their meat-eating peers. Despite these findings, health professionals said properly practiced vegetarianism could be a healthy lifestyle.

"This study is not saying that all vegetarians are destined to develop a disorder," said Ann Chapman, dietician at Watkins Memorial Health Center.

"This goes on a case-by-case basis totally."

The study consisted of 143 female college students. Of these 143 participants, 30 were self-reported vegetarians and 113 participants were non-vegetarians.

According to the study, all participants were similar in height, weight, age and body mass index. In addition, there was no difference in supplement use or meal skipping between the two groups.

Participants were asked to take the Eating Attitudes Test, a 40-item questionnaire commonly used to assess eating disorder tendencies. A score of greater than 30 indicates weight preoccupation and an increased risk for eating disorders.

Thirty-seven percent of the

participating vegetarians recorded a score higher than 30. Eight percent of non-vegetarians scored above 30.

The median EAT score of vegetarians was 16.5, compared to a median score of 9.0 for non-vegetarians.

The study results showed vegetarians generally reported feeling extremely guilty after eating, as well as being preoccupied with a desire to be thinner.

Chapman said that many women used vegetarianism as a stepping stone to a dangerous diet.

"When women become restrictive with their diets due to the fear of weight gain, meat is one of the first things to go," Chapman said.

Madeline Baker quit eating meat eight months ago because of ethical and health reasons. But she agrees with Chapman that some women become vegetarians for the wrong reasons.

"Some people use vegetarianism as an excuse," Baker said. "It's an excuse to say 'Oh, I can't eat that, I'm a vegetarian.'"

The study supports Baker's thinking. Because vegetarianism is a socially acceptable lifestyle, the study said admitting to being a vegetarian may be an acceptable method of eliminating entire food groups.

The study also stated that vegetarianism could represent a food ritual, something common among those with eating disorders.

Chapman said, however, that this study does not mean vegetarianism was a dangerous lifestyle. She said that if vegetarians included essential nutrients in their diet, they would be fine.

"As long as the right components and nutrients are there, vegetarianism, and non-vegetarianism, can be healthy," she said.

Used Furniture & Appliances For Sale

If you're looking for used furniture or appliances

Look no further

Come see us at

Best Metals Ltd.

320 Wilsey Road
Fredericton Industrial Park
453-1020

10% discount with Student I.D.



SAVAGE'S
BICYCLE CENTER • EST. 1897

BIKES BELOW COST!!
SUNGLASSES UP TO 60% OFF!!
ACTIVA CLOTHING UP TO 75% OFF!!

Featuring EYEWEAR by:

SPY - SMITH - RUDY PROJECT - BRIKO

SMITH AXL BLUE FADE MSRP \$130 NOW \$49.99	SMITH VOODOO 3 lenses! MSRP \$180 NOW \$99.99	SMITH REMIX MSRP \$120 NOW \$49.99

Featuring BIKES by:

NORCO - BRODIE - JAMIS - HARO

Norco CRR Roadie MSRP \$2189.00 NOW \$1449	2002 Norco 250cc MSRP \$1499.00 NOW \$699.00

In the Heart of Downtown Fredericton
449-451 KING STREET - RIGHT BESIDE DOOLY'S

www.savages.ca
www.sbcoutlet.com

PHONE: 457-7452