

Racism at UNB is a real problem



EDITORIAL
SEAN PATRICK SULLIVAN

This past Sunday, Rayan Malik, a UNBSJ student who is a citizen of Dubai and the news editor of the UNBSJ student newspaper, was attacked by four men outside of the school's library.

The men yelled racial slurs at him, and when he didn't respond grabbed his arms and began shouting things like "you fucking Middle Eastern brown person, go home." The men punched his neck, back, and face before retreating.

Malik called security, who alerted police. Hours later he was attacked again after leaving his residence, and was punched and kicked in the stomach repeatedly for reporting the first incident.

A respectful and responsible student, Malik is not the kind to be inciting an attack. This was a completely unprovoked, unexpected act of violence.

Staff members of *The Brunswick* were in Saint John for a student journalism conference last weekend, and we thought it was ridiculous that we had to go through four groups of police just to get into the campus bar on Friday. Though we had heard of possible gang fights, we couldn't imagine such tight security was necessary. Had we stayed out longer that night we would have realized why over a dozen campus police were on hand: only a half hour after we left the bar, a huge racially-motivated brawl broke out.

This kind of reprehensible violence

is relatively unknown in the UNB community; students at the Saint John university are saying they've never heard of anything like it. The school has an extremely high percentage of international students, which would lead one to believe students would welcome other cultures, not lashing out at them.

The events of last weekend should be taken extremely seriously, and the university must conduct an extremely thorough investigation. I would hope UNB has a zero-tolerance policy on racism, but this isn't the first time this year we've heard about racism at the university.

Earlier this year an international student came into our offices to allege certain professors were discriminating against international students by giving them significantly lower grades and mocking them in class. The student was visibly nervous, and said he had talked to dozens of other students, who decided as a group to approach the campus newspaper.

The student did not wish to print his name or the names of the professors for fear of retribution, and would not give us enough information to conduct an investigation. He suggested students had voiced concerns to administration, but had not received an adequate response.

We suggested the students get together and write an opinion piece which could run without names in the hopes of encouraging other international students to stand up and take a stand. Sadly, the article never came in.

If this sort of thing is actually happening on campus, don't sit back and let it continue. Speak out. Talk to the Student Union, university president, or *The Brunswick*. Racism on campus is never something that should be taken lightly.

Cow milk is for cows and people milk is for people: get over it



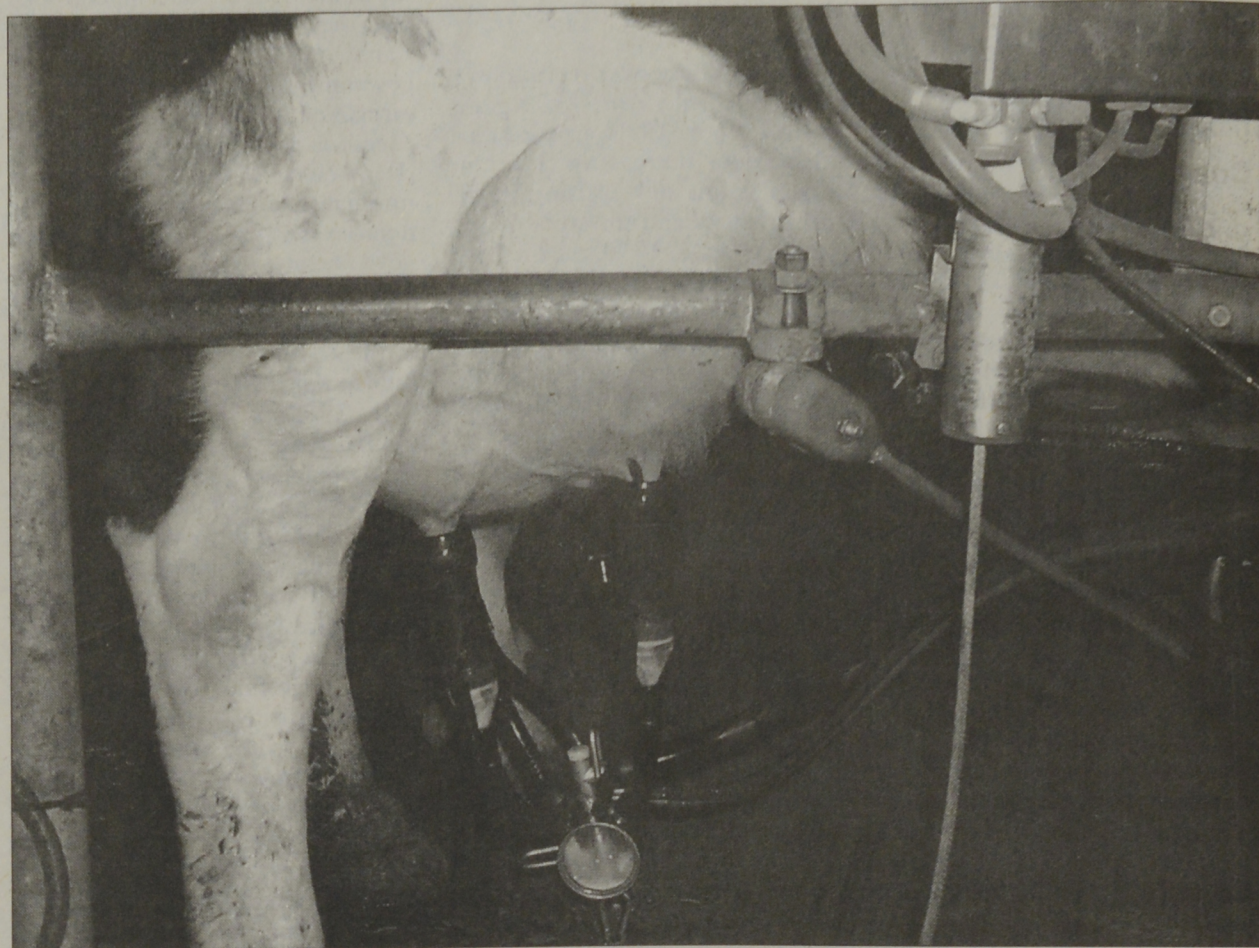
BECAUSE EVERYTHING IS POLITICAL
TAN-NEE NG

In last week's issue of *The Brunswick*, fellow columnist W. Gifford-Jones, a medical doctor, wrote: "Today, for reasons that are hard to understand, some organizations try to dissuade Canadians from consuming milk products."

However, it is not only "some organizations" out there who are trying to dissuade fellow Canadians from consuming milk products, but common sense, a study of nature and the history of our species, a large part of the scientific community, and of course (how could we forget) the notorious animal-rights activists/environmentalists and vegans out there. Before I really go into tackling this issue, however, one question must be answered: What is milk?

Quite simply put, milk is a maternal lactating secretion from the mother of a mammal that has recently given birth to an infant. After a few weeks, the infant is weaned off of the milk and made to eat solid foods suitable for that mammal. Humans are the only mammals who continue to drink milk after this time, and not even the maternal lactating secretion of our own species! Furthermore, lactase, an essential enzyme needed to metabolize milk is snuffed off by the time we are four or five years old. Clearly when the ability to metabolize lactose shuts off, Mother Nature must be trying to tell us something!

The milk of each species of mammals is unique and specially designed to meet the nutritional requirements of that specific mammal. For instance, cows' milk has three to four times the amount of protein found in human milk. It is also distinctly deficient in essential fatty acids that are needed by the human body in contrast to human milk, which has six to 10 times the amount of essential fatty acids needed. Therefore, cats' milk is meant for cats, cows' milk is meant for cows,



There's a reason why you stopped sucking on your mother's breast. Now leave this cow alone.

and human milk is meant for humans.

In addition, consider this fact: 50 years ago the average cow produced 2000 pounds of milk in a year. Today cows produce over 50 000 pounds due to drugs, antibiotics, hormones, specialized breeding, and forced feeding. These techniques obviously have an effect on the quality and purity of the milk being produced as any lactating animal excretes toxins such as antibiotics, pesticides, chemicals, and hormones (such as Bovine Growth Hormone) through her milk. [As a side note, if you really think about what's in milk, you might realize that all milk contains blood, a.k.a. pus cells. In fact, regulations allow milk to contain anywhere from one to one million white blood cells per millilitre].

According to a study that was published in *The Lancet*, a prestigious English medical journal, drinking milk has been linked to problems of occult gastrointestinal blood loss in infants, lack of iron, recurrent abdominal pain, milk-borne infections and contaminants such as Salmonella, E. coli, and

staphylococcal.

What's even scarier is that the bovine leukemia virus is found in more than three out of five dairy cows in the United States; this is a worldwide problem faced by many more countries, including Canada, Germany and Switzerland. The virus is, admittedly, killed by pasteurization, however according to Dr. Robert M. Kradjian, "pasteurized, killed viruses are still antigenic and can still cause disease." If this is true, an interesting study done in Norway followed 1422 individuals for 11 years. It was found that those drinking two or more glasses of milk per day had 3.5 times the rate of cancer of the lymphatic organs. In a study reported in the *American Journal of Epidemiology* by Harvard Medical School researchers, a significant positive correlation between ovarian cancer and milk consumption was found. Even people who drank milk three times each day were, in a report published by the *International Journal of Cancer*, found to have doubled the risk of getting lung cancer compared to

those who didn't drink any.

Many people, including Dr. Gifford-Jones, believe that milk is the best source of calcium out there. I would be inclined to disagree. Why is it that the countries with the highest intake of dairy products are coincidentally the countries with the highest rates of osteoporosis? This is because too much milk actually interferes with calcium absorption.

How? Our bodies need calcium in our blood to control muscle contractions, transmission of nerve impulses, and other vital operations. When we consume more protein than we need, a negative calcium balance in the blood occurs and our body is forced to replace it by taking it from our bones (this is how osteoporosis begins). Milk contains much more protein than calcium, so the more protein we consume, the more calcium we end up losing. Thus, milk obviously isn't the best source of calcium.

So then where should we get our calcium? I would say from exactly the same place cows' get theirs: green leafy vegetables!

Saturday's protest ignores reality

It's too late to protest a war that has already happened

by Nathan White

War. It kills millions of people. No one likes it. But as long as we have recorded history it has been a fact of life.

There is what some might call a war going on in Iraq right now. Others might say reconstruction, occupation, or even colonization or international terrorism. Whatever you term it, we have gotten quite used to hearing reports of bombings and deaths from this troubled land over the past year.

Anyone with half a brain could have predicted that the aftermath of main combat in Iraq would not be as simple as running a Swiffer through the kitchen. This is a country that has gone through years of brutal dictatorship, and many of its citizens have experienced democracy only in the form of fire falling from the sky to kill and maim their loved ones.

This is part of the reason why, last winter, millions of people gathered all over the world to protest the United States of America's impending invasion of Iraq. People knew the cleanup would be messy.

But now, one year later, things are different. The war cannot be protested because it has happened; yet inexplicably, people plan to gather on Saturday to protest it anyway.

The Americans have already

painted themselves into a corner by promising to back out of the country by June 30, with no guarantee Iraq will divert from its long tradition of bloodshed. Do some people actually call for them to leave earlier?

As passionate religious and political battles rage over what form a democratic Iraq will take, American soldiers have been dying on an almost daily basis to preserve some semblance of order.

Iraq's infrastructure is in shambles, and while the almost exclusive awarding of reconstruction contracts to U.S. companies is somewhat questionable, they have been awarded and the work is being done.

Whatever your belief about the war as it was one year ago - blood for oil was a popular one - protesting it now shows merely that you have not bothered to follow the events of the past year.

What purpose does Saturday's protest serve except as the latest ideological statement by the protesting posse?

War happens, has always happened, and doesn't look like it's going away any time soon. No one goes to war for fun and, much like drug use, it is much too complicated to be stopped by a "just say no" campaign.

To attend this protest is tantamount to saying, "Let's leave Iraq to its own devices, a tattered nation with no police force and terrorists in the streets. Have fun filling the power vacuum, religious fundamentalists. Oh, and thanks for the reconstruction money!"

It isn't the fork's fault you have a fat ass, even if you are a lazy moron

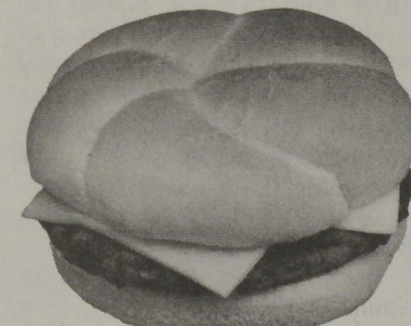
People have got to take responsibility for themselves

by Josh Kjenner
The Gateway

"They said '100 per cent beef.' I thought that meant it was good for you. Those people in the advertisements don't really tell you what's in the food."

These were the words of Caesar Barber, a plaintiff in a suit filed against McDonald's, Burger King, Wendy's, and KFC. You see, Caesar Barber has a problem; actually, he's got a few. He's got kind of a goofy name that makes reference to a haircut and then a hair cutter, and, judging by the quote above, he's really fucking stupid. But Caesar's got one huge, bulging, dimply problem that puts all of the others to shame: he's extremely rotund.

The thing is, Caesar doesn't see this as being his problem; he sees this as being the restaurants' problem. And, as such, he sued them, because, in his dough-filled mind, their food



made him obese.

This isn't terribly recent news; in fact, it's about two years old. Most people have probably heard of several fat messes who have decided to sue various fast food restaurants in an effort to reap some financial benefit from their unhealthy lifestyle choices. This suit, while not very current, is but one more sign that our society is becoming full of people who are increasingly unwilling to take responsibility for themselves.

Barber, and others after him, were apparently not able to deduce that frantically ramming their gaping maws full of fat-fried, salted, mayo-covered shit was bad for them. They

figure there should have been more information provided to them at the restaurant, and some have even suggested a labeling system similar to the one found on cigarettes.

If this is implemented, stupidity will have reached a pinnacle not seen since America picked Ruben over Clay. I can just see it: Big Mac boxes with giant skulls and crossbones on the box instead of the McDonald's logo. Gorditas wrapped in neon hazard vests instead of wax paper. Do people need labels on knives saying "Warning: stabbing yourself in the cock may cause impotence?" What happened to holding yourself accountable?

Another example of this phenomena occurred when a homeless man approached my roommate James on Whyte Avenue. Unlike many street dwellers, this man was actually somewhat coherent, and like many street dwellers he asked my roommate for some money. My roommate replied that he didn't have any money, but he had a phone number that the man could call for a construction job.

The man looked at my roommate like he had a dick drawn on his forehead and then walked away—and in doing so officially changed status from "homeless man" to "fucking bum" in my books. I'm all for welfare and looking after those who can't look after themselves. But when perfectly able workers are lazing around, using our taxes to get rip-roarin' loaded and pass out in alleys, that boils my potato.

The only person who should be using my money to get rip-roarin' loaded and pass out in alleys is me. It just comes down, again, to some people not taking responsibility for themselves.

This is apparent in events as big as massive fast food class-action suits, and as small as people leaving their shit all over the tables in SUB for someone else to clean up. If we could all just look after ourselves a little more, the world might be a bit better.

If you can't see that, then you have a problem that you can justifiably blame on someone else—in this case your parents, you lazy moron.

Pay attention: UNB Student Union to begin bylaw revisions

SU ROUNDUP
CASSANDRA SIMMONDS

As many of you may or may not know, the Student Union began a bylaw revision process at last week's council meeting with a presentation of a draft version of the revisions. Tonight, a discussion of these will take place in anticipation of passing them

at the council meeting on March 31st.

Why should you care? Along with the Act of Incorporation, the bylaws act as the governing principles for the Student Union. They determine how the union, your representing body, will be run. It is therefore extremely important that you get involved in this revision process. A few students have already dropped by or sent emails outlining concerns. The majority of

these concerns are related to semantics, the most prevalent of which I will try to address here.

A few students have been concerned with the use of the word "company" in referring to the Student Union. My reply to this is simple: The Student Union is a company. It was incorporated in 1966 as the UNB Student Union Inc. That being said, when the company was formed, it was

mandated to represent the students of UNB. Neither the guiding principles outlined in the Act of Incorporation or the purpose of the Student Union will change with this semantical change in the bylaws.

The bylaw revisions are not intended to change the way students are represented, but to ensure that the legal documents governing to Student Union are up to date.

Draft copies of the bylaws are available in the Student Union main office (SUB 126) and online at www.unbf.ca/unbsu/bylaws.pdf. Take a look and speak to your representatives to ensure that your voice is heard.

Also, council meetings are open and happen every Wednesday at 6pm in SUB 103.

I hope to see you there!

Student Union Bylaw Revisions:

www.unbf.ca/unbsu/bylaws.pdf



Look kids: it's Alf!

After all, Gordon Shumway knows how to party. Except the eating cats bit, of course. He's such a troublemaker, you know. But his point in this ad: to make you read this far, and maybe consider joining *The Bruns*. Staff meetings: Wednesdays.