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Activist: rights alive in USSR

The human rights movement is a "public force" in the Soviet Union although only a relatively small number of "very active" demonstrators are visible, said Valery Chalidze, Soviet human rights activist, in a Wednesday speech to about 110 people.

Chalidze estimated that only about half a million people write or distribute literature opposing the government, but "practically nobody thinks like the government wants them to think."

Millions not only think differently but also read banned books or listen to unauthorized radio programs, he said.

Chalidze was deprived of Soviet citizenship in 1972 because of his human rights

activity. He published an unofficial Moscow journal, "Social Problems," from 1969 to 1972, and, with Nobel Peace laureate Andrei Sakharov, founded the Human Rights Committee in Moscow in 1970.

Human rights guarantees are written into Soviet law, but freedom of speech, religion, demonstration and emigration are strictly controlled, Chalidze said.

Both foreign and domestic publications are censored, he said. Even copy machines are restricted to official use.

Travel is difficult, but sometimes excursions are organized for the politically active and loyal citizen, he said.

Responding to a question,

Chalidze said the government doesn't have anything against Christians per se, but everything against any set of principles that upsets government.

The government will try whatever it can to stop a young person from going to church, he said. The Bible may be the most profitable black market item.

"It (the Soviet Union) is a country of obedient slaves and obedient slave owners," Chalidze said with the help of his interpreter.

"There is no such thing as Communist Russia," he said. The ideology, the Marxist slogans used to achieve public control, isn't necessarily believed by government officials, Chalidze said.

Groups give winter term solace

Counseling groups that can help students cope with winter term anxiety or post-holiday blues are underway at the University counseling center.

Counselor Greg Alexander says he and his colleagues realize winter term can be an especially low point for students. Poor weather, the feeling that the school year will never end and fewer opportunities to be outside can contribute to seasonal bouts of depression, he says.

One class that may help is the "Here-and-Now Therapy Group," designed to help students become more aware of their feelings.

The "Here-and-Now" group meets Tuesdays from 3:30 to 5 p.m.

Another group that can help control depression, the "Older-than-Average Student Counseling Group," helps students 25 and over deal with difficulties in school and in their personal lives. That group meets Thursdays from 3:15 to 4:45 p.m.

The counseling center is offering four additional counseling groups this term, including:

Weight Control Issues Groups — designed for people who have concerns about their weight and want to gain some adaptive attitudes and behaviors in relation to weight control. Two groups: Monday 3:30-5 p.m. and Wednesday 3:30-5 p.m.

Eating Disorders Groups — for individuals who have a problem with binge eating, vomiting or using laxatives or diuretics for weight loss. Two groups: Tuesday 1:30-3 p.m. and Thursday 1:30-3 p.m.

Interpersonal Anxiety Group — for people who feel socially isolated, shy, withdrawn or highly anxious in social situations. Thursday 3:30-5 p.m.

Personal Growth Group — provides a supportive setting for exploring current concerns and feelings and developing new approaches to problematic areas. Tuesday 12:30-2:30 p.m.

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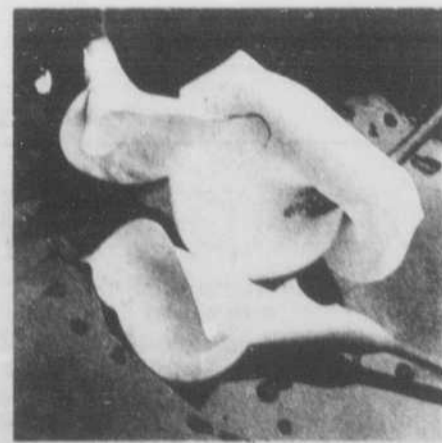
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