committee to make campus more accessible for people with disabilities

GCSU to embark on accessibility campaign

Patrick Kelly

Imagine this: it’s Monday morning, you have a class from 9:30-10 with a 10-minute seminar and only an hour in-between to eat, check out reserve books at Frost, and hustle to that classroom in W-wing. It’s not the most pleasant problem you might say. However, if you are in a wheelchair or suffer a physical disability of some sort, it’s becomes an entirely different story.

This, in order to help resolve the accessibility problem at Glendon, a committee of the GCSU, Action Accessibility has been set up. The committee, composed mostly of students-at-large, met for the first time last Friday, in order to pressure the administration of the University to place policies and devices on campus which will allow physically disabled students to participate equally in the university experience.

Tara Geraghty, chairperson of the new committee, gave a synopsis of the current situation: “This college is not really accessible to the extent that it should be. There have been things put into place, such as automatic door openers and an elevator, but they have either outlived their use or are not appropriate for the targeted users.” On the contrary, these devices have made life more cumbersome to its users.

Another example of the precariousness of the facilities at Glendon is the lack of access ramps, especially to the west-side and rear entrances of York Hall. When using the entrance nearest the reserved parking spots, the person is encountered by a set of stairs. “This school seems so domiant on accessibility (see “Accessibility” page 2)

S.O.S Grève à Rouen

Daniel Paré

A la fac, on a pas d’poignons! Il y a pas d’prof, il manque 12 millions! La meilleure façon de marcher, c’est encore la sôöre! C’est de mettre un pied devant l’autre, et manifester!

C’est maintenant la mi-octobre et personne d’un événement qui a a Rouen, en France, il y a un an. À cette date, j’étais en échange dans cette ville, située à 137 km au nord de Paris et j’ai été témoin d’une drame: une grève qui a eu un impact sur la verdure de notre campus.

Le hic pour la fac.

Dès la rentrée, l’université de Rouen était en période de crise; il y avait un manque de 12 millions de francs (environ $3.6 millions) dans son budget. Les étudiants dénonçaient aussi de nombreux problèmes typiques qui s’amplifiaient d’année en année: les amphithéâtres et les salles surchargés, le déficit de postes du personnel enseignant et autre, et le nombre et le montant des bourses de gouvernement en déclin perpétuel. En plus, la faculté de sciences avait été fermée jusqu’à nouvel ordre, faute de moyens et de matériel. Cette faillite, d’ailleurs, frappée la plus gravement par les coupures, était l’épicentre de la grève.

Éventuellement, un médiateur, Gilles Bertrand, chercheur scientifique et ancien président de l’université de Bourgogne a été envoyé à Rouen par le gouvernement pour le conforter et les étudiants en ont profité pour augmenter la pression. On avait l’impression qu’il y avait des manifestations et des assemblées presque à tous les jours. Les grèvistes voulaient prés des résidences universitaires où j’habitais et invitaient les étudiants, avec un système de sonorisation monté sur le toit d’une voiture, à venir aux rassemblements. Ces jeunes militants ont été jusqu’à détrayer des cours ayant un nombre important d’étudiants pour assurer une forte assistance aux assemblées. Pour d’autres étudiants qui ont voulu assister à leurs cours, soit les bâtiments étaient fermés, soit les professeurs ne sont pas venus par solidarité.

Au sommet de la grève, on avait complètement bloqué la circulation à travers la fac; on avait allumé des feux et il y avait partout des barricades, des barricades et des étudiants en colère. On arrêtait les automobilistes et les étudiants pour leur demander de signer une pétition et pour leur offrir des tract explicatifs la situation. Malgré une résolution à l’université de Rouen et un compromis entre les étudiants et le gouvernement, les grèves étaient toujours autour de nous, atteignant une ampleur nationale: le service des trains, le transport en commun, la poste et d’autres universités à travers la France.

D’après Linda Guilbeau, une étudiante que j’ai rencontré à Rouen et qui est en échange cette année à Glendon: “Pour les Français, manifester est ceci. Que cela soit pour crier son mécontentement suite à un projet gouvernemental ou juste pour attirer l’attention de la nation sur le manque de places cyclables à Paris, les Français n’hésitent pas à descendre dans la rue pour défendre leurs propres intérêts ou ceux de personnes voisin de solidarité. C’est devenu si naturel que l’on peut penser que c’est culturel.”

Mais pour moi, qui était habitué au calme relativement ici au Canada (sauf à cette époque avec le référendum), ces événements étaient, pour les moins étonnants. Cependant, même avec les quelques inconvenants, je suis content d’avoir été sur place au moment de ces crises locales et nationales. Ils ont contribué de manière singulière à ma découverte de la France et de son peuple. Je souhaite aux étudiants de Glendon qui sont à Rouen cette année un séjour aussi rempli d’expériences merveilleuses et variées que le mien a été.
In our last issue, volume 36 no.2, Pro Tem ran a story entitled "Campus Security: Use it or Lose it!" Unfortunately, the information in this article was wrong.

The campus security phone number at Glendon College is not 736-5454 ext. 55454. This is the security phone number at the Keele campus. The article mentioned that Glendon had practiced periodic security checks and cellular phones to ensure the safety of those working late. Glendon security does not offer these services.

Glendon Student Security (ones patrolling in red jackets) provide walking escorts and well as van escorts around Glendon from 6 p.m. to 2 a.m., seven days a week. Their number is: 487-6799. This is the number you should make a note of.

Pro Tem is sorry for any misunderstanding and/or confusion that related from this article.

The Metro days of action: is it really worth it?

This upcoming weekend, Toronto will be the next in a series of protests that have shut down major Ontario cities like Hamilton, London, and Kitchener-Waterloo. Protesters are mobilizing these vital cities in objection against Premier Mike Harris' debilitating cutbacks that have led to layoffs, unemployment, and the slow disintegration of the Ontario social welfare system.

But, wait, a majority of the people in Ontario did vote for Mike Harris' two years ago! Didn't they? Harris and his Progressive Conservative government made their economic reforms very clear during the '93 election period. So unless the voters didn't do their jobs and dismissed researching the candidate's platforms before voting, how can they blame Harris—shouldn't they be blaming themselves?

Okay, so maybe those voters didn't realize how sweeping and all encompassing Harris' reforms would be. Maybe they picked the lesser of the three evils: vote for the flip-flopping Liberal, Lyn McLeod, the steadily growing unpopular NDP Bob Rae, or Harris—the guy with a platform so radically different than the others that it just couldn't backfire.

Well, unfortunately, it has, and the citizens of Toronto are soon to pay the price. On Friday, October 25, expect the city to be paralyzed by TTC and GO Transit shutdowns, service industries closing, and, of course, students, walking the picket lines and showing their support, all in objection to the cuts made by the Ontario provincial government.

Do the protesters really expect to make an impact? Other than creating a major hassle for Torontonians and those who commute to Toronto everyday, this huge rally really catch Harris' attention and cause him to change his reforms. Difficult though it may be to swallow, representative of the province instead of doing what they should. Maybe Harris will take notice and decide to be a hand in this plan.

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Snobelen silenced by York students

TORONTO (CUP) — John Snobelen is so unpopular among faculty students that he can’t even drop by campus to give away a few dollars without drawing protest. Snobelen, who as Education minister is responsible for the Tories unprecedented cuts to secondary education spending, was ruthlessly heckled while trying to pre-speak during a ceremony at York University.

The minister was on campus to announce cutting $37.9 million in funding for the joint York University-Seneca College. It involves construction of a Seneca large campus at York to house a business college and university programs. After surrounding the minister with protest placards and carrying a giant banner of Mike Schmidt wearing a clown’s nose and the podium from which he is supposed to speak, protesters forced Snobelen to run Snobelen off campus.

Snobelen has been referred in the media as a cause for extreme bitterness and protest. The word was their catchphrase. "You have not unified an hour? Cutbacks. You reduce from two to one. What are the long-term repercussions of this fifty percent cut? Many. Is anything being done to compensate for this loss? Apparently nothing. These are both valid questions and easily require more lengthy evaluation. However, this problem cannot be expressed solely from a fact and a figure. It involves a general world-view. Its true importance can be best assessed by looking at how cuts to education security are seen from an individual perspective.

For myself, the loss of security guards is equally the decline in my feeling safe. As an off-campus student, I frequently travel after dark to the bus stop. I have drilled into my head the Glendon Campus Security number 487-6808, to which I have been referred in the event of an emergency. Now, one less security officer available for shift, one less phone is available as a call. That means I face the increased prospect of getting a busy signal when I call the security office. That’s certainly a frightening possibility to someone who walks alone at night.

Cutbacks to security don’t seem like such a foreign concept when seen from that perspective. Instead of briefly considering how cutbacks might affect everybody, seriously question how they will concern you. Then the C-word will shift its slumber from mystery, and develop a meaning much closer to home.

Snobelen silenced by York students

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Snobelen silenced by York students

The C-word again!? A student’s perspective

Clop Schmidt

Flashing across television screens, screaming out at passersby from posters, the words has become for some an accepted and apparently for others a cause for extreme bitterness and protest. The word: the hour? Cutbacks.

Whether you fall into the category of the generally concerned or the viciously concerned: But, the word is creeping in. Security number 487-6808, to which I have been referred in the event of an emergency. Now, what is my reaction? It involves a general world-view. Its true importance can be best assessed by looking at how cuts to education security are seen from an individual perspective.

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The C-word again!? A student’s perspective

The Clash of the Titans

Salaf Salem

The game was perhaps the most exciting of the day. Both the players and the audience were filled with excitement, not to mention some fun filled rivalry. However, everyone was reminded of the fact that the game was for fun. Both teams displayed an extremely high level of skill but also a high level of professionalism and sportsmanship. In the end, G.F.S.S. had fun and the audience went home happy.

Nathalie Stephens, aubette ancienne de Glendon (photo courtoisie des Editions du GREFF)

Une soirée littéraire du Gref réussie!

Julie Arseneault

Jeudi le 10 octobre avait lieu la première soirée littéraire organisée par le Gref au Manoir Glendon. Une vingtaine de personnes, élèves et professeurs, ont eu le plaisir de rencontrer, lors de cette soirée, les auteurs Nathalie Stephens et Susan Mann.

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Une soirée littéraire du Gref réussie!
Students from all over Ontario to join in Toronto protest

Sarah Schmidt
TORONTO (CUP) - Students from across the province will travel to Toronto to join in a city-wide protest against the provincial government.

Over 200 students from Sudbury, North Bay, and Ottawa will walk the picket lines set up at Toronto universities and join the rest of the education sector at the Oct. 25 rally at the Ministry of Education.

The students are staying for the Metro Days of Action's city-wide rally on Oct. 26. Billet arrangements are being co-ordinated by the Canadian Federation of Students.

Students across the province are mobilizing against this government's assault on education. It hasn't been hard to convince our members outside Toronto to join us in this fight, said Vicky Smallman, chair of the Ontario branch of the federation.

Donna Prie, of the Laurentian University Coalition for Social Justice, says students in the north are anxious to participate in the days of action.

"Students here are really fired up and concerned about the future of education. There is unique programming in northern schools and a lot of fear about the Harris cutting machine," she said.

Len Bush, co-ordinator of the Ontario Public Interest Research Group at Carleton University, adds that it was easy to get Ottawa students to sign up for the trek to Toronto.

"It’s not hard to get buses filled. If we had access to more buses, we could send more. It’s too important to do nothing," he said.

Since Mike Harris was elected in June 1995, he has cut $8.2 billion from social programs, including $1.2 billion from the education sector.

"The only way Harris can continue doing this is to say the people are behind him. We’re going to tell him that Ontario isn’t behind him," added Bush.

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"The only way Harris can continue doing this is to say the people are behind him. We’re going to tell him that Ontario isn’t behind him," added Bush.

Vanita Butrasingkorn
3rd year, Drama Studies

"Well, if the T.T.C. is not operating then I’ll have to drive my mom and my brother to work and to school respectively... And I may be late for class."

Steve Tidy
3rd year, English

"Don’t have a class on Friday so it will not affect school. But I had wanted to pick up an extra shift and now I won’t be able to go to work. I’m pretty well stuck in the general area of my neighbourhood."

Stephanie Taylor
4th year, English

"I support it absolutely, but on a personal level it’s highly inconvenient. I was going to go to England that day, but because the airport is to be closed, I’ve had to change my plans. I don’t have classes on Friday, but if I did, I wouldn’t go."

Houssein Ali
2nd year, Computer Science

"Ceci n’est pas quelque chose qui va vraiment m’affecter négativement mais, plutôt, c’est un bonheur dans le sens qu’on s’exprime et qu’on démontre les problèmes à long terme que ces coupures peuvent causer à une génération comme la nôtre."

Jacqueline Kellow
3rd year, Sociology

"Thankfully, I will not be affected because that’s my last class is already over. However, there are stillables. Derrière students who live far from school. Ontario carpool and public transit is their only means of transportation — not only to school, but for work too. They don’t deserve to have to lose their jobs who do. They’re just trying to get on with life."

Students Speak Out
How will the October 25th day of protest affect you?

Collector by: Stephanie Steigham

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Allegations of unfair competition spell end of carpooling service

OTTAWA (CUP) - Students have lost access to one inexpensive travel option thanks to pressure from a provincial transport board and three major bus companies. On Sept. 25, the Ontario Highway Transport Board ordered Alfredo Ortiz, owner of Easy Ride, to cease operations of Voyageur Coloniale Limited and $5,550 to Greyhound Canada.

As a result, Ortiz had to pay $12,000 to Voyageur Coloniale Limited and $5,550 to Greyhound Canada.

According to Al Labarge, vice president of operations at Voyageur Coloniale Limited, a year-long investigation into Easyride’s operations was launched by Voyageur management after they noticed a significant customer decline.

Labarge said that the carpool service had numerous safety violations, including a lack of driver training, provincial operating licenses and safety inspections in Easyride’s operations on the Toronto Ottawa-Montreal corridor.

Labarge added that while companies like Voyageur also operate on less profitable routes outside the corridor, smaller operations have been taking the "cream of the pie" by only operating on profitable main corridor lines.

He refused to comment on exactly how much business Voyageur is losing to smaller operators, citing their private corporate information.

Branches of Easy Ride outside of Ontario are currently unaffected by the decision, though a similar probe to examine carpooled services in Quebec is underway. In Ontario, other carpool services such as Allo Stop may be in line for scrutiny.

Montage Bertrand, manager of the Ottawa office of Allo Stop carpooling service, describes her service as "an alternative to that. She said her business met with Ontario Transport Board last, but added that she didn’t expect it.

"I would be happy to operators don’t offer "carpooling," Allo Stop adheres to the law by transporting fewer than 12 passengers each trip. She said that cars, not vans, are used to transport their passengers.

"It’s so much less expensive for drivers, the company and passengers."

"I may be late for class."
perspectives

Le étudiante nous raconte sur l'échange culturel avec le Mali:

Vivre aux rythmes de l’Afrique

Depuis 1970, plus de 1000 Canadiens ont eu l'opportunité de vivre les rythmes de l'Afrique dans le cadre d'un stage de Carrefour International. Que ce soit par la vie en famille, le partage des traditions et des coutumes, les événements sportifs, les excursions et de sensations fortes, l'expérience est incluse de toutes les facettes de la vie quotidienne.

Mai était l'année, je l'ai taîni de la violence, paisible salut, un peu de sommeil, un peu de plateaux. On sait qu’on avait été levé après cote en après-une avec le pub. Rêveil français, groupe, comme un marchand longuement tiennent-nous pour vous ignorer. J' ai déjà dit un vieux c'est bien 'tit lunières un pont d'amitié qui lie notre pays et n'étions pu protégés après la nuit, étaient les seconds se préparaient pour les heures qui font office de transport urbain et qui accompagner la sacro-sainte pause du thé, en après-midi. Mieux qu'une pause, une gourmandise. Quelques voisines venaient se joindre à la fête. J’ ai donc choisi la nuit. Les deux mois, je suis venue avec le choix d'aller au bout de l'histoire. J'ai donc voulu regarder le thé et faire semblant de travailler dur. Un vent d’Afrique a traversé le temps...

Comme je ne m'ai pas réussi à volver aucun jour, ni à faire de ma deuxième nuit une diréité, j'ai suivi le rythme du jour un mariage. Je posais, pour une dernière fois, un ultime regard sur cette petite maison qui fut mienne et que ce jour-là je refermait sans en emporter la clé, c'est encore dans ma banque africaine quelques traces de ma présence. Les lumières d'habitants de mes frères Musa et Isaa, je souhaite toujours m'en rappeler. Le son de la voix autoritaire de ma mère Dace, le rire de mon frère Sidi et le chant des tan-tans, je veux toujours les entendre encore.

L'année du milieu du temps...
Sesame Street latest victim of 90s downsizing

by Jennifer Zapotony and Tony Rue

(CUP) Budget cuts have changed the face of CBC programming over the last few years, but recently in a bid to ensure all of their programming is made in Canada, the mother corp has taken one step no one expected: They downsized Sesame Street.

As of October 21, the Sesame Street many of us grew up with and loved will be no more. CBC will replace the childhood standard with a new show: Sesame Park.

It will feature the Canadian muppets — Dodi, Basil, and Louis — in a park setting. The new show will be entirely Canadian with a few of the old American muppet segments used as filler.

"To keep with the CBC mandate, we downsized [the show] to be distinguishably Canadian," says Doug Barnes, Executive in Charge of Productions on Sesame Park.

Sesame Park will be a community-themed show, placing the Canadian muppets in a store for main Canadian muppet Dodi. There is no question that it will provide a more accurate portrayal of Canadian culture says Barnes.

"When you look at the American show, the spine of the show is the Brooklyn Street — not a visual that children in Canada can identify with. We wanted to create our own street, and it turned out to be a park."

Executive Producer Greenfield agrees the Park is a positive change. "I think it’ll bring our Canadian culture. I keep it’s subtle, but it’s there. We’re still keeping our French and we are right across this country."

October 21 will mark the first time in nearly thirty years that Sesame Street will not be with us. Our own children will not grow up with the same characters we learned to count with.

Sesame Street was the brainchild of New Jersey television director Joan Ganz Cooney. In 1966 a report showed that preschool children in the United States were watching 27 hours of television a week. Cooney reasoned that if young children were going to spend so much time in front of the television it only made sense to attempt to educate them.

Cooney decided to create the Children’s Television Workshop (CTW) and began researching their idea of an entertaining, fast-paced educational show for pre-schoolers.

The show was to be modeled in their daily lives. A name proved much to nail down.

Suggestions ranged from Sesame Street (which was originally opposed by producer John Stone) to 104th Avenue to Columbus Avenue. A half hour before the national press announcement of the show, a name still had not been decided on and Stone, in desperation, settled for Sesame Street.

Sesame Street officially hit the air on November 9, 1969, receiving SunSim and Latin American stations and Paris as a test market.

Now, Canadians can add Sesame Park to the list of international interpretations, though the CBC began production of Canadian Sesame Street 24 years ago.

Currently, nearly half of the hour-long Sesame Street show seen six times weekly on CBC is composed of Canadian Sesame Street segments.

Last year segments were produced in St. John’s, Charlottetown, Halifax, Montreal, Winnipeg, Regina, Ottawa and Vancouver. Canadian Sesame Street was an attempt to make the show more Canadian rather than Spanish segments, as well as the Canadian muppets Dodi, Katie, Louis and Basil.

The American muppets, such as Big Bird, Grover, and Count Von Count, will all be included, though no footage of the old street will appear. Canadian children will now take most of their lessons from Canadian muppets, though debate rages over how much they can really learn.

Educators have long batted around who whether Sesame Street is educational, regardless of its format. McNaughton, professor of education at the University of Regina, believes that the show is helpful overall, but there are always dangers involved with using television as a learning tool.

"We have to be a little careful introducing young children to academics; things like the alphabet, shapes, numbers, colours. Television provides information," she says.

"Watching any show — kids are watching with no one to help talk about what they’re seeing."

McNaughton is less positive about the pace the content is presented in.

"What that may do for some children is ensure their attention span remains short."

Those who still long for familiar harmonica strains and dingy Brooklyn scene can tune into the American PBS stations. Producers are trying to ensure the Canadian changes “Hi!” she says necessary.

Sesame Street has been one of the most controversial shows in Canadian television’s history. When it first hit the air, there was a lot of opposition by producer John Stone (viewers who want to see American Sesame Street, they’ll wait anyway.)

Production on Sesame Park.

"It’s being done in other counterjustified displays where they have their own independent discom and add the American muppet but wonder what it’s nothing new."

Greenfield says the switch in the middle of Sesame Park is more of a leap group of pr executive producer, as Canadian kids that the United States. hool tunic and "We’re North American, naturally. No ato why it will be comparable with their own culture.”

The current Canadian consensus higher it is a good idea being used to make the show as familiar as possible today and the atmosphere of the CBC; Cooney fii the only reason that Sesame Street has been around for so long and she wants the park will be a half hour show or 2000 s.

"We’re finding that kids can cope with a show a half hour," she says,转折。adding that an hour-long she head婉们 would be too costly to produce glass, her dir of course, one has Park without are concerned that viewers choose American PBS Broadcasting Stations to see the Street. Greenfield says it is likely that viewers will be nostalgic they will cope ignore the new show.

"I think not. I think it’s because right in the past we’ve had letters [saying] that no one tells Americans from Canadian content." Barnes agrees.

In most major Canadian ci [viewers] want to see American Sesame Street, they’ll wait anyway.

Sesame Park will be airing weekly from 9:30 to 10 a.m. CBC will include the show in its lineup of 9:30 to 9:3.

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"Sesame Street has been one of the most controversial shows in Canadian television’s history. When it first hit the air, there was a lot of opposition by producer John Stone (viewers who want to see American Sesame Street, they’ll wait anyway.)

Production on Sesame Park.

"It’s being done in other counterjustified displays where they have their own independent discom and add the American muppet but wonder what it’s nothing new."

Greenfield says the switch in the middle of Sesame Park is more of a leap group of pr executive producer, as Canadian kids that the United States. hool tunic and "We’re North American, naturally. No ato why it will be comparable with their own culture.”

The current Canadian consensus higher it is a good idea being used to make the show as familiar as possible today and the atmosphere of the CBC; Cooney fii the only reason that Sesame Street has been around for so long and she wants the park will be a half hour show or 2000 s.

"We’re finding that kids can cope with a show a half hour," she says,转折。adding that an hour-long she head婉们 would be too costly to produce glass, her dir of course, one has Park without are concerned that viewers choose American PBS Broadcasting Stations to see the Street. Greenfield says it is likely that viewers will be nostalgic they will cope ignore the new show.

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Low-performance professors should face dismissal: report

TORONTO (CUP) — University professors who fail to adequately perform their teaching duties should face the possibility of dismissal, says a report which recommends changes to the current system of tenure at Ontario universities.

The recommendation appears in Tenure, Teaching Quality and Accountability, a report commissioned by the Ontario Undergraduate Student Alliance. Jane Ormrod, the report’s author, says dismissing professors for poor teaching performance does not undermine the purpose of tenure, a form of job security which is meant to protect academic freedom and critical inquiry.

She says there is a difference between dismissing someone because they are engaged in controversial research or hold or teach views that are unpopular, which is an issue of academic freedom, and dismissing someone because they are unable to communicate with students, which is an issue of teaching ability.

"The two [issues] are not divorced, but there are elements in teaching performance that don’t affect academic freedom," she said. "Incompetence should not have to reach the point of flagrancy for it to be addressed."

But Vicky Smallman, chair of the Ontario branch of the Canadian Federation of Students, says facilitating the dismissal of professors on the grounds of their teaching abilities could lead to a back-door assault on academic freedom.

"What's to stop an attack on academic freedom using poor teaching technique as an excuse?" she said.

The report also calls for the implementation of a mandatory review for faculty, to occur every five years, that will take into account both teaching and research efforts. Ormrod says as it stands now, professors are already in place for the dismissal of professors for cause, such as gross misconduct or gross incompetence.

Omlrod says the last thing she wants to see is the evaluation of professors turned into a numbers game, adding that the evaluation of professors should be multi-faceted, including collegial reviews, student letters and comments, and in-class peer evaluations.

The GRE Forum on Graduate Education offers an ideal opportunity for graduate school candidates to ask representatives of over 100 graduate schools about their programs. You can obtain hard copies of GRE test dates and application forms.

In addition, there are workshops on various graduate disciples, obtaining financial aid, and preparing for the GRE tests - plus workshops for minority and returning students.

To get $2 off the $5 admission, bring this ad to the Forum. It'll make your date economical, as well as attractive. Registration begins at 2 a.m.

If you want to go to graduate school, we'd like to line you up with a very attractive date.

(Write for more information, call (609) 683-2018)

The effect of that on the field of view can be significant. It's a way of making certain that the observer is seeing what they are looking for. The observer must be able to adjust their technique to accommodate the changes in field of view.

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Soya don’t eat meat?

It’s Monday at 7:30pm. You just got home from a day of delayed subways, houndish lectures, and the usual parade of unpredictable obstacles to hurdle throughout the day. You are hungry. You peer into a fridge as empty as your stomach and eat whatever is first to dance before your ocular taste buds. Nutrition? Not tonight Mr. Carrot. That’s reasonable, but if you are one of a growing number of students who have left the traditional trail of omnivore, planning your diet is paramount for good health.

While the population of vegetarians in Canada is unknown, the number is growing quickly, according to the Toronto Vegetarian Association. While many people use animal products for religious reasons, others are more political in their motivations. Many believe that it is a better use of the planet’s resources to have a vegetarian population; the North American Vegetarian Society claims that 1.3 billion people could be fed with the grain and soybeans eaten by U.S. livestock alone. This brings us to the cattle question: do vegetarians get enough protein? According to Sarah Brown, author of The Brown’s Vegetarian Cooking, “a vegetarian diet is likely to supply more than adequate amounts of protein, for both adults and children, even if dairy products are not eaten.” Many nutritionists agree that the best sources of protein come from plant proteins; grains, cereals, legumes, and a variety of vegetables. “To be healthful, vegetarian diets require very careful, proper planning,” says nutritionist Marilyn Stephenson. Basic understanding of nutrient and protein sources is necessary for everyone, especially vegetarians. However, many vegetarians, especially students, neglect a well planned diet that covers all of their nutritional needs. According to Stephenson, many young vegetarians stick to the four “p” foods: pizza, potatoes, peanut butter, and pasta. Although “not necessarily a problem,” vegetarians need a variety of food sources to keep nutrient levels balanced and healthy. Stephanie Charron, a vegetarian community economist with Health Canada, claims that “everyone should plan their diet, including vegetarians, who are often lacking in iron, essential amino acids, vitamin B12, vitamin D, and calcium.” Charron recommends the Canada Food Guide, which has a vegetarian section, as the best resource for healthy eating. The guide recommends a high daily intake of grains, vegetables and legumes; the key to ingredients for a healthy vegetarian diet.

The best meal plan for healthy vegetarians is the New Four Food Groups. Devised by the U.S. Physicians Committee for Responsible Medicine, the plant-based strategy assures an adequate quantity of necessary proteins, vitamins and nutrients. The New Four builds its menu from whole grains, vegetables, legumes (beans, peas and lentils) and fruits. The mixture of proteins from grains, vegetables, legumes, seeds and vegetables provides a complement of amino acids so that deficits in one food are made up by another.

This style of combination eating is especially important for vegetarians with an active lifestyle and trying to gain or maintain muscle mass. Dr. Neil Barnard, writing in a 1994 article in Muscle and Fitness magazine, notes that “an increasing number of athletes, body builders, strength trainers and professional athletes maintain endurance and strength regimes with a vegetarian diet.”

The benefits of a vegetarian diet are well documented. According to Dr. Johanna Dwyer in her report from the American Journal of Clinical Nutrition, “vegetarians at a lesser risk for obesity, cancer, and alcoholism, heart disease,”...
It's the quality of living that matters, not the lack of luxury or the lack of material success. I don't think that life is more enjoyable for people with less money or less power. However, I have noticed that people who have less money or less power are generally more content because they are able to enjoy the simple things in life. People who have more money or more power tend to focus on material possessions and status symbols, which often lead to disappointment and unhappiness. In contrast, people who have less money or less power are able to appreciate the beauty of nature and the simple pleasures in life, such as spending time with loved ones or simply enjoying the outdoors. These are the things that really matter in life, and they are available to everyone, regardless of their financial or social status.
There’s a little “Creature” in all of us

Kelli Dilworth

I have a confession: I was sucked in by the image of David Usher in Moist’s first single, “Push.” To this day, it still makes me shudder. That song, with its intense and seemingly pain-filled eyes, drives me a bit wild. Having said that, I must also admit that after that video faded away, I lost interest in the band. But now, new hype has surfaced about their new release, called “Creature,” and I got a chance to hear what it was all about.

Music/Music

This is the second release from Moist, a five-member Canadian band. The album starts off slowly and very softly, creating the impression that beautiful ballads would soon ensue. But within three lines of the first track, entitled “hate,” Usher’s soft croons turn to desperate cries. With no teenage angst, no thundering guitar solos, the music can broadly be classified as alternative pop. But who needs to classify? What follows are songs that impart a bit of fear and bitterness that runs through many (if not most) of the songs. Notable is the first single, released a few weeks ago, called “I Left It Alone”, in which Usher’s voice captivates its listeners, with its sadness: “I’d walk the water to get back to you / and where I was complete”.

More singles follow, each with their own tragic twist. From “rip me open, feel it coming” in the song “Shotgun” to “everybody’s got to die from something/nothing ever left to leave when you go…” in “Resurrection;” the tunes do not necessarily emit the happiest of vibes. Absent from the disc are the “pop-ish” numbers that boosted their popularity. Nonetheless, the disc overall is worth checking out.

I knew that I personally liked the deep philosophical discussion I was having. Never once was I distracted by the disc, nor did it get in the way. For some, that would be a negative aspect, but for me - it is pretty impressive. Oh, that and the fact that David Usher’s image in “Push” is stained on my brain any time I hear the water to get back to you / and where I was complete.”

Dick convinces the rest of the band to reunite. Pipe the drummer, Berna Coulson, John the bassist, John Pyper-Ferguson), and Billie Tallent, (Callum Keith Rennie), the only member that found any type of success during the bands ten year hiatus, with playing with a hop L.A., band called Jennifer.

The film starts off with defeat humor as we get to know the four twisted punks and the major character flaws that will eventually cause their demise. Dick is the most ar is and self-hating, which becomes apparent with his tendency to spit in the faces of the other three. He is torn by his dependency on Talle guitar, who has lost most of his left arm in the war. John is just a drummer, who is constantly trying to in his place in the power structure by putting down John, the bassist whose clear-sighted emotions punctuate the narrative, giving harsh in the complex psychological of the band.

It is impossible not to be caught up in the hellish world of the declining tour, and as the enthusiasm wanes and the patterns begin to emerge, it gets darker and nastier. But within three actually parallels Apocalypse, as McDonald admitted in the NLC screening period.

The trip echoes the trip down and there’s even a go on an acid trip. It is evidence by the wicked code that the script was partially inspired by the talented cast. The film was actually added at the last minute of Hugh Dillon, (Dick), and a perfect element of closure.

The question period after screening was full of insightful questions and not as much really drop the acid, which McCaffrey refused to answer. But one ap- moved fan thanked him for such a great Canadian rock road movie, and that’s exactly it. Its rude, crude and sombre frightening, but Hard Core Log rocks.

...
The World of Professional Sports

**THE WORLD OF PROFESSIONAL SPORTS**

After an eventful end to the 1996-97 NHL season, the playoffs began with similar events.

The All-Star season was just another event in the divisional series. Alomar decided to drop his appeal and the casting committee was forced to get a new order to force the umpires to look. For the good of baseball, the field antics were stopped and playoffs were resumed.

The NHL, divisional finals saw the Atlanta Braves face the LA Dodgers. The first time was Brother John, the second time was Brother John, the third time was Brother John, the fourth time was one of the worst of the season.

The Alonzo incident was just another event in the divisional series. The umpires decided to work the games unless the umpire's appeal was heard before 1997 season began. The season ended to hold the appeal during the divisional series. Alomar decided to drop his appeal and the acting committee was forced to get a new order to force the umpires to look. For the good of baseball, the field antics were stopped and playoffs were resumed.

The ALCS divisional finals saw the Atlanta Braves face the LA Dodgers, and the St. Louis Cardinals face the New York series. The Braves swept the Dodgers and the Cardinals face the Dodgers. The series ended with the New York Yankees beating the Texas Rangers. The NLCS finals Atlanta Braves taking on the St. Louis Cardinals. The Braves continued their post-season come-back magic and beat the Cardinals, who blew a three to one series lead. The Braves now face the New York Yankees for the World Series final.

The ALCS final has the Baltimore Orioles taking on the New York Yankees. After taking a three to one series lead over the Orioles, the Yankee bats came alive to shut the door on the Orioles at Camden Yards on Sunday October 13. The Yankees have returned to World Series after fifteen years. The ALCS MVP was Bernie Williams.

Making headlines in the NHL:

*In the world of hockey a block buster deal occurred between the Hartford Whalers and the Detroit Red Wings. The Red Wings gave up Keith Primeau and Paul Coffey in exchange for Brendan Shanahan and Brian Glynn. Shanahan gladly reported to Red Wings as the organization sent their plane for him. Glynn on the other hand was not so lucky. He heard about the trade on the radio and it does not appear that he is in the Wing's future, as Glynn was packaged up by the Whalers and sent to Adirondack, the Red Wing's farm team. Paul Coffey refused to report to the Whalers. However, after having a successful lunch with the team's owner, Coffey has agreed to play while he awaits a trade.*

*Restricted free agent Jeremy Roenick has reached a contract with the Phoenix Coyotes. The former Blackhawk signed a deal with the Coyotes worth 20 million over five years, Roenick played his first game as a Coyote on October 14, in his first game Roenick set-up a third period Mike Gartner goal in a Coyote loss.*

*In other NHL news, the Leafs re-acquired Darby Hendrickson who they sent to Long Island last March in the blockbuster deal that made Mathieu Schneider and Wendel Clark Leafs. Hendrickson will report to John's on Monday October 14. It is likely that he will re-join the team in the near future. The team also hold their annual Meet The Leafs Luncheon on Friday October 11 at the Metro Toronto Convention Center. The proceeds raised $20000 for the Ontario Special Olympics. A great time was had by all who attended. Some hi-lights include: Wendel Clark announced that his wife, Denise, is pregnant with their second child, the debut of the new headcoach Mike Murphy, who made his first appearance to the fans, Daryl Sittler, Cliff Fletcher, Bill Waters, Red and George Armstrong's appearance and of course, the traditional meet and greet session each person in attendance receives.*

*New York Rangers captain Mark Messier was given a two game suspension after a vicious hit from behind he delivered on Florida's Mike Hough. The newest Red Wing Brendan Shanahan was given one game suspension and a thousand dollar fine for high sticking.*

*The Chicago Blackhawks have had a horrible time trying to score goals in their new arena. The team did not score a goal in 126.26 of play.*

In CFL news:

*After clinching the Eastern division, Argo's savior, Doug Flutie returned to Calgary on Thanksgiving weekend with one thing on his mind: winning the Grey Cup as an Argo. It was an emotional game for Flutie and the Argos even though they failed to receive a victory.*

*The Winnipeg Blue bombers clinch a playoff spot on Sunday October 13.*

In NFL news:

*The Miami Dolphins faced the Buffalo Bills in a heated battle. The big question for Bills head coach Marv Levy, was which quarterback to use in the game: Todd Collins who won two games; or Jim Kelly who took you to the Superbowl four times? Levy went Jim Kelly. The Dolphins have been without their star Dan Marino, which led critics to believe that the game would be an easy win for the Bills. However, Kelly was sacked seven times by the Dolphin defense and the final score was 21-7 in favor of the Dolphins.*

*The long awaited return for Cowboy Michael Irvin happened on Sunday October 13. Irvin returned to the line up after serving a five game drug suspension. The Cowboys faced Arizona and won. The final score was 73-1.*

In basketball news:

*The Raptors have begun their training camp and exhibition schedule. On October 13 they played The New York Knicks in Ottawa at the Corel Center. The final score was Raptos 78, Knicks 75.*

The Leafs practice

They Do More Than Just Look Good

After a solid effort in the game played Tuesday October 15 against the Blackhaws, the Leafs had a lot to be positive about. Even though the Leafs lost against the Hawks, they proved that they can in fact play as a team. They also proved that they have a lot more heart than many people give them credit for.

**LES MUSES ORPHELINES**

**du 22 au 27 octobre**

**au Factory Theatre**

**125, rue Bathurst**

**Billetterie: 504-9971**

Mise-en-scène de Claude Guilmain
(professeur d'art dramatique ici-même à Glendon)

**THE WORLD OF PROFESSIONAL SPORTS**

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I'm so lonely I had to lie about my life today
 wasn't such a great escape from the past
 that I never told you because you
 never listen to my emptiness or half-full
 glass I saw the world through your
 eyes so beautiful and black like my
 heart is so sad because I lost my friend
 I thought I had done such a good job but I
 was wrong incorrect, false, sorry, sorry
 when you sat in the tub detoxifying
 your body like we were in the Caribbean
 islands where you grew up but never
 been to ever and I took care of your
 sobering soul which I forbade to dance
 the new year's eve you overdosed again.

New Year
by Joel Ramirez

the gold paint drips
onto my feet
and I stare down
and see your face
in the pool of shine
Delusional kisses,
so sweet and sexy,
yet empty and empty,
and they mean nothing
not now, not ever.
but you,
with the horrid glare
of I hate you's,
you are the one
that chain-smoked
your way into my soul.
for I see nothing
but you,
in my pool of gold paint.

Who are you and why are you in my mind?
by S.T.

And he makes me sad
When he tells me his tales
of an unsatisfied life.
The stale and stagnant taste
in his mouth that seem
to have spread through
his body.

And I wonder why and how
it feels - I mean sometimes
I think I've had it too
The vile and ugly growth
along my skin that felt too tight
- but not uncomfortable

And I try to make him whole
complete
to fill his empty soul
To give him what he longed for
... I wonder
And then I figured what it was
it always came down to that
I wanted to be
... to be
... to be
... to be
the stale and stagnant
Taste in his mouth.

Untitled
by S. Lisa Boordram

If you're interested in submitting
poetry and fiction pieces, drop
it in our box at the PT office, 117
Glendon Hall. You pouvez
également appeler Joel au
487-6736