

# r o p a y e m t a y

37<sup>e</sup> année

Glendon's Bilingual Newspaper

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meeting our strict deadlines since 1962

Journal bilingue de Glendon

## Creature from the Attacks Glendon!



Not really! Actually, it's the spot. Haha! We fooled you!

Sex scandal rocks pub!

page 3

## À lire:

Alternative healthcare feature

page 6, 7

Movie reviews

page 8

**pro tem**2275 avenue Bayview  
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Toronto, Ontario  
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A bunch of students

**éditorial**

"Hello. Thank you for calling Glendon. We do appreciate your call but unfortunately all of our staff have been laid off due to lack of education and the projected budget cuts. For service in English, press 1 on your touchtone phone. For service in French, please hang up, our bilingual ideology has been assimilated by Harrisian anglophones. Feel free to browse our yearly updated website: [www.censor\\_thought.com](http://www.censor_thought.com).

Thank you for pressing 1. Here at Glendon, we offer several educational combos:

The tex-mex combo provides the aspiring young high-school graduate the formula for making a relatively moderate income through exploitation of human resources. Topics include: how to assimilate

native cultures such as the Chiapas Indians and money doing it, how to make profit through manipulating body image ideals in the media, how to stab your friends in the back and generate income in the process.

The flavour-of-the-month combo entails a rigorous program of self-delusion. Applicants to this program must be qualified to regurgitate a tremendous amount of useless facts while simultaneously eliminating their capacity to apply this knowledge. Focussing on the assembly line dimension, this combo allows students to explore the different aspects involved in simple automated behaviors which they will be conditioned to accept.

Our third and final combo, simply entitled the Big-One, offers the exceptional opportunity to assist in

the ascent of a New World Order/ Utopia. This student will: learn to follow orders without question, and learn to serve & protect a racist, sexist, homophobic world with Glendon as a representative basis for this Utopia. Certificates will be awarded to those individuals who show strong potential for compliance behaviour.

If you wish to enroll in one of the following educational combos, please prepare to unload a ridiculously large lump sum of money. Fortunately, Glendon B.A. diplomas will not be awarded to those individuals who are, undoubtedly, economically unfit for an education and thus unfit to become a productive member of our society.

Dare to dream. Osez rêver

**JR****Letters to the editor****Dear Editor,**

I am writing this letter on Tuesday, March, 24th, 1998. I am writing this today so that no one can say that I am a sore-loser in the event that I lose the G.C.S.U. election for Director of External Affairs.

What I have seen over the course of these elections has totally disgusted me! The immaturity of people on this campus who deface election posters is ridiculous.

If someone has a problem with a candidate, why can't that person bring up constructive comments/questions for the candidate at the all candidates meeting instead of acting like highschool kids and writing incredibly inane comments on people's posters.

I am not writing this out of personal bitterness as none of my posters have been defaced. I am writing this because I can not believe the immaturity of those people responsible!

To those involved, I have this to say: We are no longer in high school people. This is university, a place of higher learning. So grow up!

Michael Ellis

**Dear Editor,**

I am thoroughly displeased with Pro Tem's lack of journalistic integrity. Your tabloid newspaper lacks direction, political substance, and information. No doubt, it is a good looking paper - about as "good looking" as a two dollar whore. It's a wonder why Conrad Black hasn't approached you guys yet; none of you would get fired though because you all seem to be of like minds.

I don't know what goes on there during publication week but constructive editing is definitely last on your list of "things to do." There

are inexcusable spelling errors; maybe your staff should attend Word Processing Seminars (they have things called Spell Checks on most of those things called computers). To top the bad structure and lack of grammatical knowledge, your content is comparable to kindergarten reading time.

Your staff are complete morons. Your co-editors are superfreaks. Joel Ramirez thinks he's Sid Vicious, with that lock and chain around his neck and non-matching shoes (hey Joel, grow up (vertically as well as mentally), it's the nineties). Jane Gorley is delusional. Thinking that the mansion is her home, she goes out on evenings to admire her "garden" (the Don Valley), wondering how much she pays her wonderful gardener (Mother Nature), while everybody enjoys her hospitality in her ballroom (Café de la Terrasse) on Thursday nights.

William Paterson is a political dyslexic, go back to high school frosh-boy, you're not Glendon's saviour. Alison Sammut is a wonderful sports editor, if you like to read plagerized material from the Toronto Sun. Hockey isn't the only sport and if we wanted to read about the NHL, we wouldn't be reading Pro Tem. And who are Emile de Rosnay and Jason Kandankery anyways? Are they phantom contributors? Your Advertising manager, Cameron Couch, is Glendon's one and only Nazi Skinhead, which pretty much says it all. Jennifer Westcott, the "photo-editor" must have a good time editing stolen photos from the net, because that's all she seems to do. Your Poetry & Fiction Editor, Kimberley Wulf, is a recluse, publishing Satanic poetry (ex. the Crow, a self-proclaimed vampire) which is sometimes legible. Your Features Editor, Denise Alevizos, is a flake, your Production Assistant, Husna Ali, is anal (about driving), Luke Webbe has no title (what do you do, put your friends on the Masthead for resume purposes?), and Paul Fabry's vampire boy (hello, vampires aren't real). It's no wonder Stephanie Sleightholm (your Assistant Editor/Advertising Manager last semester) and John Gazzo (your production manager last semester) quit halfway through the term, you freaky idiots must have scared them off.

The reason why I'm writing this is not only to criticize but to entice you incompetent dolts into leaving the paper for more experienced, qualified, and knowledgeable individuals. Please don't come back to Glendon next year. You're one of the major reasons why they want to close Glendon down. Who would want to go to a school represented by you losers?

Crad Kilodney

**Next Pro Tem meeting:****Check us out in September!**

Pro Tem: room 117  
Glendon Hall,  
487-6736

**Prochaine réunion de Pro Tem:****Nous trouvez en septembre!**

**Vous avez des commentaires. Faites-nous les parvenir par courrier électronique (E-Mail). Notre adresse:**  
[protem@delphi.glendon.yorku.ca](mailto:protem@delphi.glendon.yorku.ca)

**Any comments? Send them to us by E-Mail. Our address:**  
[protem@delphi.glendon.yorku.ca](mailto:protem@delphi.glendon.yorku.ca)

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# news in brief

## C.K.R.G. to broadcast again!

After a 4 month hiatus from the campus media scene C.K.R.G. has once again resumed broadcasting. C.K.R.G. was officially off the air for much of the first semester due to an unknown technical problem. Both Physical plant and RG employees were unable to solve the problem until the former manager returned to the station and plugged it in. RG can now be heard in the pub and cafeteria and in your filings if you are holding golf clubs during a storm.

## Sex scandal rocks Cafe de la Terrasse

The lecherous management of Café de la Terrasse has finally been run out of the University. After forcing all of their employees to undergo breast enlargement surgery the staff secretly contacted the labour board and are starting proceedings against their former employers. This reporter was shown graphic photos that clearly show the management ogling their employees and lewdly batting their eyes at patrons. Also revealed was a ten minute video tape of the pub Christmas party that depicted scenes of vulgarity and debauchery hither to unknown at Café de la Terrasse. The two disgraced managers were last seen pushing an old blue car down Bayview.

## Fortin named as ruler of the world

At a quiet ceremony in downtown Toronto Gilles Fortin was named as the official ruler of the free world. On top of his many duties at Glendon as housing manager, license holder, head of student affairs and Chair of the Friends of Glendon Mr. Fortin will assume the leadership of the free world in his spare time. Fortin is confident that his new role will not affect the day to day operation of Glendon and assured this reporter that he was not in fact omniscient but that he did in fact know everything.

## Restauronics gets bookstore contract

In a surprising move Restauronics has successfully taken over the operation of the Glendon Bookstore. Former bookstore employees are baffled by what they call a York-sponsored hostile takeover. The new bookstore manager, in an effort to allay fears over the new corporate ownership has decided to change the bookstore to make it more user friendly and to fit it in to the structure of restauronics. The new bookstore will only be open between the hours of 9:00am and 10:30am on Mondays and Fridays, will feature a two item magazine bar and will sell the same books week in and week out under different names. Although prices will rise 45% across the board Glendonites are assured that this division of Restauronics is cockroach free.

## Pro Tem staff party a "bust"

A pro-tem staff party took a turn for the worse as editors and writers slugged it out in a WWF like brawl that ended in several injuries and major damage to the Glendon Manor. It is rumored that the fisticuffs were started by the Editors Jane and Joel as they duked it out over journalistic integrity. The fight soon escalated as the sports editor and the advice columnists teamed up to beat the tar out of the photographers. While the brawl raged throughout the first floor of the manor, a distraught Gilles Fortin waded in to the melee to try and bring order. Incensed at the illegal liquor that was flagrantly being consumed by the copy boys Mr Fortin leapt in to the fray with reckless abandon wielding a chair leg like a Louisville Slugger. Several charges were laid.

## Pub to sell cockroaches

The innovative management at Café de la Terrasse have come up with a solution to the Restauronics cockroach problem. Pub is joining forces with Restauronics manager Lou Salem to turn an unhygienic liability in to a delicious and healthy food product. Pub will now be selling

chocolate covered roaches in an effort to reduce the caf's overabundance of the insect. Pub Board Chairman Adam Clark called the idea "Roacherific!" but patrons appear to have mixed feelings. Comments like "the texture is a bit hard to get by" and "these filthy insects are certain to make me spew" are often heard. There is great deal of speculation now as to what the Pub will do next as the Glendon Raccoon population is climbing.

## Residence fire kills 12

A four alarm fire in A House Wood residence ended in tragedy as the residents of the floor were trapped in their rooms. Details are sketchy however it has been confirmed that the fire started in the kitchen of the Don of A house Jonathon Burns. It is unfathomable to this reporter that a person in such a responsible position could be accountable for such tragedy. There are however, some disturbing reports that Mr. Burns, upon discovering a keg party, locked all the residents in their rooms as punishment, went to cook his dinner, then left at the drop of a hat for line dancing lessons. Mr. Burns is currently at Sunnybrook Hospital nursing a sore back, a inflamed disc, and a bruised ego.

## G.C.S.U. holds successful Snow Ball in Moosejaw, Saskatchewan

The G.C.S.U.'s annual Snow Ball was a rousing success according to organizers despite being held in a location far from the campus. After dismal advance ticket sales there was some talk of canceling the event but the organizers persevered and in a phone interview from Moosejaw told us they were having "the time of their lives!" Two school buses left Glendon at approximately 3:30 pm on Tuesday full of eager Glendonites in their formal wear and arrived a scant 53 hours later at the MooseJaw Rod And Gun Club Hall. Organizers tell us that they were so pleased with this year's location that are now considering holding Winter Carnival in Tuktoyuktuk.

## G.C.S.U. President found naked on roof!

Cedrick Therrien, the esteemed president of the G.C.S.U., has been caught with his pants down, literally! At approximately 2 a.m. this past Thursday the roving security patrol was alerted by student security officer Edward Beres that there was a disturbance on the roof of York Hall. York Security quickly called the Tactical Force at York Main and at 4:45 a.m. they arrived to assault the roof. President Therrien and his

unnamed followers were discovered frolicking naked in what can only be described as an alcoholic induced haze. One security officer, clearly shaken by the display, was later heard to remark "I'll never look at Quebecers in the same way ever again." We can only speculate as to what Mr. Therrien was doing up there without his clothes but we have been assured by his press agent that a book and mini-series will surely reveal all.

## Glendon Liason reveals new recruitment strategy

Secret plans for the revamping of Glendon's Liason department have been leaked to ProTem. The document contains a number of radical recommendations to change the way Glendon does its recruiting. The document appears to have originated at the Keele campus as it is only available in English. The recommendations are as follows:

1. Glendon actively recruit amongst convicted felons and other potential students that are currently incarcerated. The prison system is an untapped resource that could, parole pending, provide Glendon with a fresh crop of new students.
2. Before all high school visits Glendon should bus all of its students to Keele and temporarily replace them with students from Oxford and Harvard. This will give prospective students the impression that Glendon is a place of serious study and academic pursuit. Glendon students will be bribed on to buses with the offer of more course selection and palatable food.
3. Glendon lower its academic standards to offer enrollment to students with no education. Glendon's English Department budget could better be served by switching from English Literature to English literacy. There is a wealth of potential students out there who never thought they would be able to further their education.
4. Glendon change its name to SEX COLLEGE. Studies have proven that young people are attracted to the word sex and all of its undertones. Liason reps will visit high schools wearing lingerie and Proctor field will marketed as a nudist sports field.

## Dyane Adam revealed as horrible monster who hates everyone and wants to see Glendon destroyed and doesn't like students or their parents

Or so says a press release from the York University Faculty Association. YUFA chair David Clipsham says that this report is entirely factual and that his sources are "unbiased and of the highest integrity." The report reveals that Dyane Adam has a secret agenda to sell Glendon to the Schullich School Of Business and that she plans to fire all the faculty and replace them with robots purchased in the former Soviet Union. While Ms. Adam remains adamant that she has no such intentions the faculty have

already taken to calling her Dyane Stinky-Poopy Jerk Head. The 84 page report details all of Ms. Adams secret activities to undermine Glendon and blames Miss Adam for a variety of provincial woes including Bill 160, the impending tuition hike and El Nino. Faculty are threatening a strike action and are committed to bringing about an end to the "reign of terror" at Glendon. The report is prefaced by a large poster bearing the phrase "our primary concern is the students."



Now that you've graduated, you're probably going to need a lift to all those interviews.

For more information on Chrysler's Grad Program and vehicle line-up, look inside.

# The general certificate in work and study a report on the first year.

Emile De Rosenay

This year was the Work and Study Program's first year and it was successful in what it tried to achieve. Most students managed to find specific areas of interest and focused on long term aspirations, as many of them were very undecided at the beginning.

They are general arts students and yet are confronted with the often unpromising work prospects today. They are finding placements and have a good idea of what's going on in the working world, especially in terms of their chosen areas.

These areas are in: research groups, business establishments, financial institutions, the cultural sector (theatre, cinema, publishing, and museums), the media (radio, TV, the press), the literary and artistic sectors, the tourist and recreational industries, teaching institutions, public service, community associations, and social movements.

The work and study program is for bilingual students and the classes are in French. When you graduate you get a certificate from Glendon along with your degree. What you need in order to get this certificate is 24 credits, which also count as degree

electives. 18 of these credits are a part of the work study syllabus, and 6 (either 1 course or 2 half courses) are chosen by the program director,

**This is a serious program introducing students to the world of work.**

professor Marc Lesage. The latter credits are from an eclectic list which covers most of the departments at Glendon and are chosen to accompany and protract the student's focus.

To get into the program you will

be interviewed and evaluated by professor Lesage. This is a serious program introducing students to the world of work, yet it is a friendly and personal atmosphere in and out of the classroom. The first term of the first year involves sociology studies in a global context. The second term comprises mainly of out of class research of the working world and of two interviews with leading professionals in your chosen field.

You find a placement in your chosen area in second year of the program. Some students have already found placements for May. They are required to complete 30 days of work (or approximately 240 hours, paid or unpaid, depending on the type of placement).

The Glendon problem? The course will probably stay in place no matter what. It is something successful, and it would be a foolish thing to scrap. It is a good idea and makes a constructive addition to any degree. It is a reflection of and an adaptation to the times.

she said,  
he said

BooHoo! It's the last issue of this year's Glendon Pro Tem newspaper and as a small tear jerker, we decided to reveal the identity of She and He. Sorry to all those letters that came in and never got published, but we could only help so many people in every issue.

He is.... Better known as the former World Wrestling Federation Heavyweight and Tag Team Champion: "The Iron Sheikh". In my spare time I like to go for long walks on the beach and have candle light dinners. My purpose in life is to defeat the evil western tyrant and bring the ways of the sheikh to Glendon. To all my loyal followers and fans stay tuned for the next WCW pay per view where I will make make my long awaited tag team comeback when I team up with Mr. Ron Jeremy to take on King Kong Bundy and Skippy Handcock... Power to the Couscous! Oh ya... What the F\*@k does GLABA stand for?



Pro Tem columnist for He Said She Said.

She is.... A sunshine girl five times this year, thank you very much. I am remembered by my beauty and sensitivity. I work as a waitress for a living and I make lots of money because I'm so beautiful. My advice columns are all over the world and most famous in countries that don't speak English, I can't figure why???? I like to participate in S&M classes. I have enjoyed writing for Pro Tem, however I do feel sorry for Glendon and its population because I read some crazy things you had to say. However, remember it's not what's inside that counts, it's what's on the outside, that's why I'm so successful.

conspiracy theory  
of the year

Ladies and gentlemen, here it is, the conspiracy theory of the year: Dyanne Adam is not inherently evil! I can hear the jaws dropping and the gasps of surprise from the English department already. "But wait, she is evil and will destroy us all!" The Us and Them mind set which has been the cause of such heartache here at Glendon must stop if Glendon is ever to grow. The APPC review which has rekindled the Faculty vrs Admin battle is a catalyst for Glendon'd development, an opportunity to set us back on course. Unfortunately two of the main components of the University are behaving like jealous children; bickering, name calling and pointing fingers. I think it is safe to say that the students are tired of this. We've already suffered because of this dispute and our confidence in our faculty and administrators is at an all time low. We are calling on YUFA and the admin to swallow their pride and bury the hatchet for the good of the college. Whatever became of "OUR STUDENTS ARE OUR PRIMARY CONCERN?"

Signed: a frustrated student

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## feature

## An Interview with a Chiropractor

*"As the stem is bent, so grows the tree"-*

Saleema Rahemtulla

More and more people are realizing that alternative medicine is not as outrageous as one may have once thought. Chiropractic is the third largest health care, next only to dentistry. More medical doctors are learning that there are non-medicated methods of health care, and many of those same doctors are chiropractic patients themselves. Applied knowledge is power.

Dr. Moona Rahemtulla attended Parker College of Chiropractic in Dallas, Texas. He is the Head Doctor at *Advanced Chiropractic* in Owen Sound and Sauble Beach, and is also a Neurology Resident in Dallas.

**what exactly is chiropractic care?**

Dr. R: Chiropractic care is a specific philosophy, science, and art in the delivery of health care. It's been around for a number of years. It dates back to the time of Hippocrates, the father of medicine. He was the first one to document the manipulation of the spine. Chiropractic care is a noninvasive, a traditionally non-surgical method of care delivery as an alternative to mainstream medicine.

**what is the difference in schooling between medical doctors and doctors of chiropractic medicine?**

Dr. R: A lot of people believe that chiropractic is a quick course, a two year weekend course, I hear that kind of stuff, but right now to become a chiropractor you have to have a four year undergraduate degree and then the education for chiropractic specifically is another four and a half years. If you look at it comparatively to a medical degree, it's actually a little bit more classroom time. It works out to about six hundred more hours in the classroom. When I tell people that they just can't believe it. Our training is up there, as far as medicine goes. We learn then about anatomy and physiology, and we go into obstetrics and gynecology. There's lots of neurology, lots of radiology, lots of pathology. We get the whole thing.

I hear a lot of people say that they feel they have so much more energy after an adjustment.

Dr. R: It's true. The latest studies are showing the improvement of the immune system after being adjusted. Also, you can enhance neurological and physiological pathways to improve your health at all levels, right down to the cellular level. In fact there was a fellow who won a Noble Peace Prize just down the road from where I went to school, down in Dallas, Texas. He was at the medical school, and he won the Peace Prize for showing how you can change neurological impulse and change genetic blueprints. And what changes neurological input better than the chiropractic adjustment?

**do chiropractors have other skills?**

Dr. R: Chiropractors get all the general and basic medical skills, and then we go on and there are options to do other things. Chiropractic today is not what it used to be; we have a wide variety of residency programs after. Just like there are medical pediatricians, there are chiropractic pediatricians. There are chiropractic neurologists and chiropractic orthopods. Chiropractic is considerably different in Canada than in the U. S. Canada has a very limited scope when compared with the U. S. In Canada you can't do surgery, chiropractors don't have hospital rights in most places, whereas in the States you have hospital rights, you can perform minor surgery. The scope is much wider open. And so it should be. We are trained in all those aspects of health care, we're trained in pharmacology, we have a full understanding of what's going on.

I've heard that chiropractic care helps arthritis. Is this true?

Dr. R: Absolutely. I've had people come in all the time who say they have arthritis in their lower back and they're scheduled for surgery. They tell me they're going in for neurosurgery to remove these bone growths that are coming from their arthritis and are growing into their nerve. I find very often that all these people need is the reintroduction of good bio-mechanics and good motion. Sometimes arthritis gets misdiagnosed. A bone growth typically doesn't cause pain. Arthritis has been a buzzword in our society for a long time. I've seen cases of mild and moderate

arthritis turn around. I've seen mild arthritis completely reverse. Chiropractic can be very effective in stopping the progression of moderate to severe arthritis.

**how safe is chiropractic?**

Dr. R: People feel scared to go to chiropractors; sometimes I hear all about people worried about having paralysis or strokes. Let me start by saying that chiropractic is very safe. Lots of government studies and independent studies show that chiropractic is very safe and is definitely a safe alternative to surgery.

so, the problem is lack of information.

Dr. R: Absolutely.

**how does chiropractic encourage the body's own natural healing powers?**

Dr. R: Let's talk about chiropractic and drugs, first of all. Traditionally chiropractors don't administer drugs; your body is the greatest pharmaceutical in existence. The body makes billions of different chemicals better than any lab could ever make. Sometimes you help your body along with certain nutrition, certain minerals. There are several books written today. One's called *The Zone* by Barry Sears. He's a Ph.D. in the field of ortho-molecular drug delivery. That's the field where you figure out the best way to get a drug to a certain part of the body. When we talk about nutrition in that sense, he controls the hormones of the body, by just cutting down on the carbohydrate load. There's all different kinds of books on nutrition for good health. Sometimes I've given patients amino acids, like Lysine for herpes cold sores, which is common in today's society. Lysine is very effective, much more so than any of the anti-virals. There is so much that can be done naturally with isolated food products or just in diet modifications, in general.

who's going to chiropractors? Is there a specific age range?

Dr. R: In the office I see a wide variety of ages. The youngest I see is two-weeks old, The parents bring them in for colic. The oldest person I have treated is in their late nineties. If there's someone out there over a hundred, I'd like to see them!

**what can chiropractic care treat?**

Dr. R: Most people don't realize that chiropractic is not just for the back. I see headaches, arthritis, shoulder problems, difficulties in breathing, children who wet the bed, plantar fasciitis, knee problems, elbow, wrist, hand...

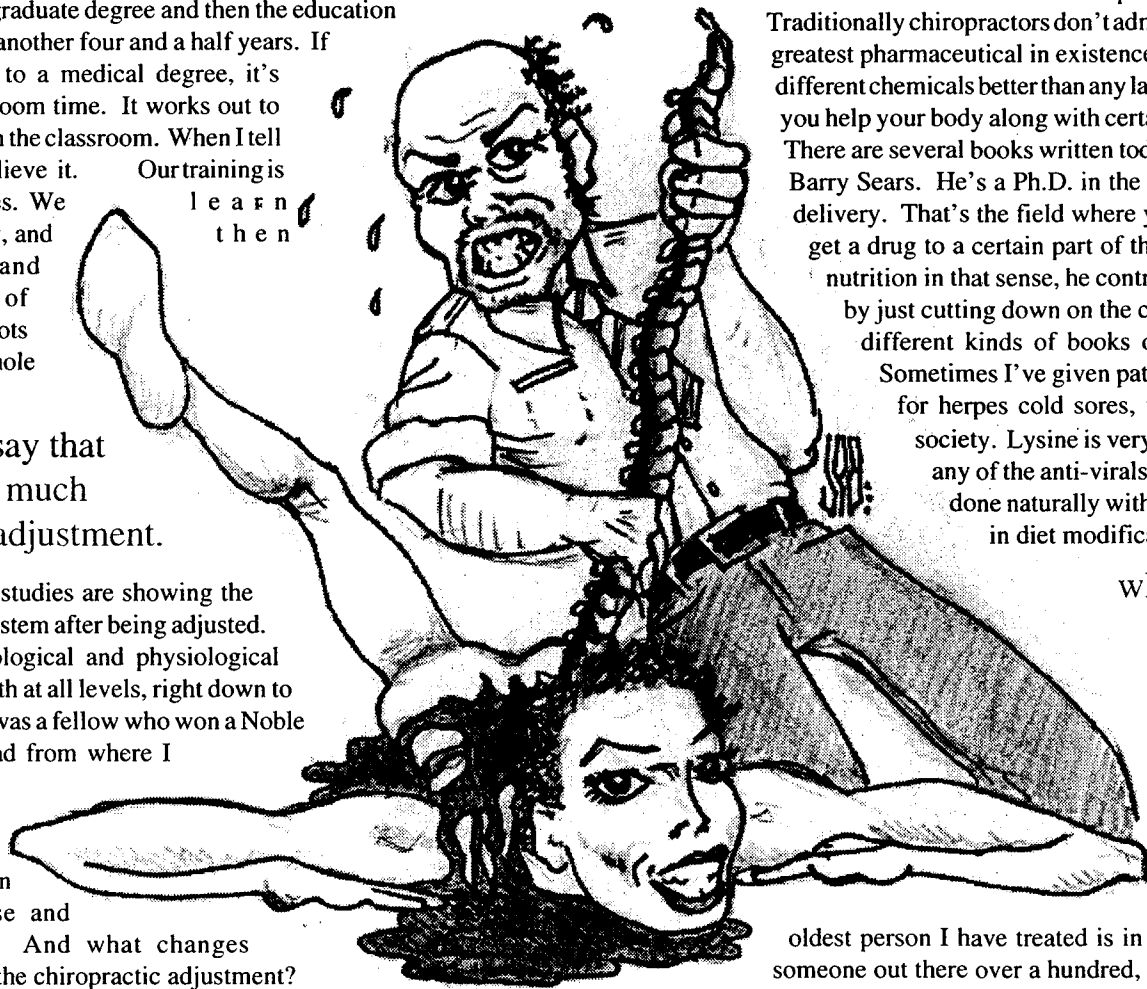
**does OHIP cover the cost of chiropractic care?**

Dr. R: Actually, OHIP covers a large portion of it. There is a motion on the floor that OHIP should cover three-quarters of it, and 100% for seniors. The government is realizing the effectiveness of chiropractic care and is trying to implement that [motion]. Many health care plans cover it from day one, and that's the way it should be. It's cost-effective for everybody.

**what role should chiropractic have in health care?**

Dr. R: I think chiropractic should take the primary care physician role. When you work with people everyday and you see common spinal and skeletal problems, you get very well versed in dealing with those. And if you want to send them out for more invasive treatment, because it's necessary, who better than someone who knows.

Dr. Rahemtulla gives regular seminars on a variety of topics, including arthritis, weight loss, and osteoporosis. Dr. Rahemtulla would be happy to answer any other questions. He may be reached at (519)376-WELL(9355) or by e-mail at: [chiro@btnts.com](mailto:chiro@btnts.com) for more information.



# Acupuncture- how does it work?

## Is it the healing of the energy field or the placebo effect?

Jane Gorley

Imagine the following scenario: An individual has a pain in his arm that has persisted over a week. He decides to go to his family doctor to get a remedy for this pain. When he does, the doctor prescribes some pills and tells the patient that the pain will be gone in approximately two days.

Now imagine the scenario with a slight alteration: The same individual has the same pain. He decides to go to an acupuncturist to remedy his pain. When he does, the acupuncturist sticks very thin needles into his skin at various locations around the painful spot, and tells the patient that the pain will be gone within a matter of hours. Which scenario would you choose if you were in a similar situation?

Most of us, being consumers of modern medicine would put our faith in the doctor and the pills. And statistically speaking, it is more likely that the first scenario would be more effective in reducing pain. But this is assuming that the pills prescribed were actually pain-killers. If the pills were placebos, the success rates of the two methods of dealing with the patients pain would likely be identical.

The placebo effect explains much of the success of alternative medical practices, including acupuncture. Alternative medicine has become increasingly popular in this century even though there is little data to support its effectiveness. Perhaps the ever-advancing technology of modern medicine is intimidating and people feel alienated by scientific jargon and machinery. Also, medical mishaps that cause harm or death are sensationalized by the media, which may cause individuals to over-estimate their incidence. For example about a year ago there was a well-publicized death at a Toronto hospital where a young man came in with a swollen jaw and died later that night after his throat swelled and suffocated him and the hospital staff were not prepared.

This makes alternative medicine, with all its talk about "natural remedies" and "traditional" techniques seem very comforting in comparison. The widespread belief in certain therapies is usually due to personal testimonies of miraculous recoveries or improvements and word-of-mouth referrals. Every one has heard a story from a friend about how a cold was stopped in its early stages by ingesting Vitamin C or some similar anecdote.

Acupuncture therapy is based on the concept of an "energy field" that extends outside the physical body. In Traditional Chinese medicine, it is called Chi and is described as "a life force that flows through everything and keeps us alive." It is said to flow through the

body along 14 main pathways called meridians. When yin and yang are in harmony, chi flows freely within the body and a person is healthy. When a person is sick, diseased, or injured it is believed that there is an obstruction of chi along one of the meridians.

Unfortunately for the proponents of this idea, no such energy has ever been measured. To explain this problem we are given statements like: "Our present technology does not allow the measurement of the energy field, but to a trained sense, the human energy field can be assessed." However, today's technology is extremely sensitive to energy, being able to detect minute electrical impulses in the brain for example. Any energy field surrounding or flowing through people should be detectable.

Acupuncture consists of inserting needles through particular points on the body, allegedly removing unhealthy obstructions of chi and thereby restoring the distribution of yin and yang. Sometimes the needles are twirled, heated, or even stimulated with weak electrical current, ultrasound or certain wavelengths of light. Lasers on fingers are also used.

The practice is thousands of years old, yet unlike other invasive forms of ancient medicine, such as using leeches to bleed patients, it remains very popular and is even increasing in popularity in North America.

Acupuncture's proponents claim that its popularity is due to its effectiveness, however there is a fascinating aspect of its history that has reinforced its popularity yet has nothing to do with whether it works.

In the years after the communist revolution in China, Mao and the revolutionaries were faced with a medical crisis. They couldn't afford Western technology and they had fewer than 30 000 trained doctors for a population of 600 million. Thus began a campaign to convince the people of China of the superiority of traditional Chinese medicine over Western medicine. Meanwhile, Mao kept the best medical treatment available to himself and his family.

This national policy led to government interference in research. Much of the research done in China to explore the

effectiveness of acupuncture up until recently was falsified. Demonstrations to the Western media were directly misleading. For example, in a series of demonstrations of acupuncture as an anesthetic before surgery, patients were actually being given morphine in an IV that was supposed to contain only hydrating fluids.

More recent and sound research attempts to provide scientific explanations for acupuncture. One group of researchers have experimented on rabbits and shown that acupuncture actually causes a reduction in the animals pain responses, which suggests that the pain threshold is elevated by a release of endorphins. However, several other activities can trigger a rise in endorphins in animals, for example restraint, so this rise cannot necessarily be attributed to acupuncture.

If it is the case that a rise in endorphins is the reason that acupuncture works, the idea of the life force or chi being redirected is negated.

The placebo effect is a well-known and well-documented phenomenon that can explain the effectiveness of acupuncture and other alternative healing methods. Data revealing the percent of effectiveness of placebos range from the low 30s to almost 70%. A treatment is given, in this case acupuncture, and recovery follows. It is concluded that the treatment caused the recovery, but this is drawing causation from correlation. It is not necessarily the treatment that causes the recovery. What actually occurs in the placebo effect is that the patients perception of their illness or disease is affected by the treatment and the symptoms are eased, but the illness itself remains untreated.

An individuals suggestibility is an important factor in whether the treatment will be effective. One researcher explains the effect that the mind can have over the body by invoking the chemical component of thought processes in and the brain. Since all mental processes have a biochemical origin, such as synapses firing, they must have an effect, however minute and immeasurable, on the physiology of the body. This becomes more evident in cases such as biofeedback training, where a subject controls his or her heart rate to a degree simply by willing it to change. In sexual arousal thought processes also cause distinct physical changes. Positive thoughts, such as believing that a treatment will work, may cause positive effects and healing.

This is the reason that in the scenarios mentioned earlier, the treatments would be equally effective as long as the patient was confident about them.

There has been no reliable research to show the existence of a human energy field, and it is impossible to test for the traditional explanation for acupuncture. Research on this point may attempt to mimic authentic

testing, but no study, even with a control group, can test for the presence of chi or meridians because they are metaphysical entities. Their existence cannot be proven or disproven.

Much of the evidence given to support the idea that acupuncture works because of the stimulation of nerve endings and the production of natural pain-killers is anecdotal. Also the measurement of pain used in this kind of testing is almost entirely subjective, relying on the patients report and the researchers observation rather than laboratory tests. It is possible that some aspect of the act of acupuncture causes an analgesic effect, but not necessarily the act of sticking needles into the skin. The act of being still for a period of time, getting attention from a therapist, or even simply regulating breathing may all be having an effect on the level of

**researchers have experimented on rabbits and shown that acupuncture actually causes a reduction in the animals pain responses**

pain being experienced by the patient.

The National Council Against Health Fraud in the U.S. has stated: "research during the past twenty years has failed to demonstrate that acupuncture is effective against any disease" and "the perceived effects of acupuncture are probably due to a combination of expectation, suggestion, counter-irritation, operant conditioning, and other psychological mechanisms..."

The human body's natural ability to heal itself combined with the powerful effects of placebo are what make acupuncture seem effective. It may be concluded that since the treatment works for some people, what is the harm in using it? Well, there may be no harmful effects for some people, but there is a possibility of infection from unsterilized needles, and allergic reaction. There are also repercussions for the modern medical industry. When alternative medical practices begin to take root in the mainstream, research money that could be spent on more valuable health care studies is relegated in that direction. As in any alternative health care practice, even with data showing that the treatment is not scientifically valid, as long as there are personal testimonies and anecdotes, the treatments will remain popular.

Alternative Health Care

## A really Nice Guy

Luke Webbe

Jackie Chan's latest film *Mr. Nice Guy* is similar to his previous martial arts roles on screen. Filled with flying torsos, pumped up arms and feeble humor, coupled together with skillful stunt action; *Mr. Nice Guy* is no different from any other action pack feature film.

All in all, this film provides good clean fun not requiring the audience to be particularly interested in the plot or quality of the picture.

Following the context of the style of Hollywood-produced films in regards to the stereotyping of characters and scenarios, *Mr. Nice Guy* has a horrible flow which even the best-choreographed scenes cannot save.

Chan plays an Australian Television chef, coincidentally named "Jackie", who ends up coming to the rescue of a reporter named Diana (Gabrielle Fitzpatrick), who is on the run from Hugo Boss-dressed thugs. The thugs are working for a Melbourne drug Czar, Giancarlo (Richard Norton) who resembles a slimmer version of Steven Segal. Giancarlo acts like a buffoon comedy crime lord whose dumb antics are associated with

villanesque features and the trademark cigar in his mouth.

The plot revolves around Giancarlo's missing cocaine supply, stolen by a local biker gang, effectively named the "Demons." Further complicating things is Diana, who has made a videotape of Giancarlo killing a group of people while attempting to recover his property. Through uncontrollable

circumstances, Jackie ends up with the videotape, and the events begin to spin further out of control for the remainder of the picture. As with any action film bystanders get hurt or killed, cars get smashed and the eventual final standoff all have their moment in this film.

The director of this film, Samo Hung has taken a different approach to this film, but you would never have guessed it based on watching it. His style is noted in the film industry as being different than any of Jackie Chan's previous directors. But no matter how much effort Jackie Chan, Samo Hung or any others associated with the film contribute, *Mr. Nice Guy* is far below the standard of a well-made action film. It definitely reminds me of the Commander Tom show on WBKW channel 7 when Gumby had his "out west" adventure with Pokey. And I thought that was in bad taste!



## American Perfekt good and bent

Barry Lawrence

We make choices every day and most of them are so easy, or logical, or usual, that we don't even realize they are choices. We choose what clothes to wear, whether to eat first then go to the store or to go to the store now and eat later. We choose who to wave to and who to ignore. We choose which parking spot to park in. We use our experience, morals, mood, and our common sense to make many of our choices. Say we always flipped a coin to make these choices; heads I park the car, and you can shop later. But what if the choice was of more significance? Could you flip a coin then?

Robert Forster's (Academy Award nominee for *Jackie Brown*) character in *American Perfekt* does just that. He makes every decision by flipping a coin, and then follows through on that choice. The problem is this character, Jake, has lost it. He is a psychiatrist who is on vacation and starts out experimenting with this kind of decision making, but the choices he presents himself with, that he uses the coin for, become more intense and consequential. I don't want to reveal the kinds of things he used the coin-toss decision process for, but just imagine using this method

for an entire day - for everything!

Sandra, played by Amanda Plummer, is excited by this rule-breaking and rule-making coin-toss attitude of Jake's, after Jake picks her up on the highway. Sandra brings her own personal baggage into this trip, and Ms. Plummer does a good job of playing an excitement-starved woman easily influenced by the likes of Jake.

In *American Perfekt* every part is integral to putting Jake's behaviour in perspective. A scam artist/drifter, Santini, played by David Thewlid, a local law officer, played by Paul Sorvino,

and Alice, Sandra's sister, played by Fairuza Balk, round out the main characters. Each character brings a different view of life and we get to compare their ways of thinking against how Jake thinks (if you can call flipping a coin for every decision thinking).

Robert Forster does a particularly good job portraying Jake; a man who has lost his way. This film, together with his nomination for *Jackie Brown*, will take his name further up the ladder.

There are several points in the movie that used the soundtrack and the element of surprise to put me on the edge of my seat. That doesn't happen often. This is not a suspense movie; but it used the element of surprise very well.

One of my friends asked me how I liked *American Perfekt* and to describe it. I told him I liked it, and by way of description I said... "good, bent, and not what I expected."

## Hush Little Baby, Don't Say a Word

**Film and TV soundtracks bring tears to viewers eyes.**

Paul Fabry

Beethoven. Bach. Chopin. At the mere mention of these names, a slew of mental images spring to mind of talented musicians and gifted composers. The world of music was forever changed when it first heard the beautiful and wondrous symphonies and orchestrations these musical geniuses put forth. That, though still appreciated, is however history.

In this day and age there is a new generation of musical talent, one which has created an entirely new repertoire of vibrant sound and melodies. They are the oft overlooked and underappreciated movie and television score composers. Without them, our favorite movies and television shows would have no life or substance to them.

Who can forget the synthesized melodies of Czech-born artist Jan Hammer on the television show *Miami Vice*? We all became enthralled by his different pieces of music for the show, the car and undercover investigations, the drug busts, even the death scenes, all were heightened by his masterful pieces of music. Or how about the eerie melodies of Mark Snow, better known as the musician behind the spine-tingling orchestrations of the cult-hit

popular films, including *The Saint*, *The Craft*, *The Crow: City of Angels*, and my personal favourite, *The Crow*. As soon as I heard the opening bars of music to the film, my hair stood on end. I honestly had goosebumps, that's how compelling, moving, haunting the music was.

Then there are the musicians who play for popular musical groups but who compose music for television and movies as well. Two such examples are Stewart Copeland and Mark Knopfler. Many will remember Copeland as the powerful drummer of the

popular English rock band The Police. Yet once the band disbanded, he turned his talents to other areas, composing the bizarre tunes for the cult-hit television show *The Equalizer*, as well as composing music for a variety of films

**As soon as I heard the opening bars of music to the film, my hair stood on end.**

television show *The X-Files*. What about the wacky music of Danny Elfman, composer of the music behind the nutty television show *The Simpsons*? All viewers, young and old alike, enjoy his nonsensical pieces of music, which adds a touch of silliness and absurdity to the show.

Turning now to movies, one of the most popular, highest-grossing films of all time, *Titanic*, would not have been so captivating without the sweet score of master composer James Horner. Throughout the film we were able to laugh, to cry, fall in love with the characters, and live life in that era, all thanks to his brilliant orchestrations. Nothing was as touching or moving as the score to Disney's animated feature, *The Lion King*, composed by Tim Rice. From beginning to end, Rice's music was so stirring, it almost brought me to tears. Many times during the film, I had to swallow back a lump which was threatening to form in my throat, that's how poignant the music was. What about Graeme Revell? This creative genius from Australia has orchestrated the scores of many

including *Highlander 2*, *Rapa Nui*, and *The First Power*. Mark Knopfler is known to many as the lead guitarist of the American rock band Dire Straits. Graciously taking time off from the band, he wrote and composed the music to one of the best feel-good movies of all time, *The Princess Bride*. With his seamless integration of rock and country music, Knopfler has managed to create a touching, dramatic form of music which serves him well, creating a lighthearted atmosphere, not only for *The Princess Bride*, but for the recent political comedy, *Wag the Dog*, as well.

Music is an integral part of any piece of work, be it television show or major motion film. The music composer for these works must be able to capture the spirit, the drama, the humour, the excitement, and blend it all together into an experience which will leave the viewer or listener captivated, breathless, begging for more. It's an experience which I find fascinating and exciting, leaving me with a sense of awe and wonder, marvelling at the abilities of these, the modern-day composers.



# The Glendon garden

## Glendon at Large

There is something  
in us all; pure and unquenchable,  
that gives lives definition,  
and places meaning.  
And some places make you better  
than you are.

I remember  
when I first saw Glendon,  
at the top of the noonday  
hillside, alive with Springtime.  
Roots of Academe, set in  
rolling parkland, where  
through the years I travelled  
paths of quiet understanding.

A picture preserved  
with dedication, white lilacs blooming  
like a homecoming, all framed with pride,  
and clothed in gentleness.  
A sphere of perpetual growth,  
given to us to conserve,  
or so we thought.

It comes to this; the things  
we know change. They diminish  
or they grow. Bilingual Glendon,  
on paths of self destruction, in bitter oceans  
of fiscal restraints. And reasons  
have no place with us

Where are the elegant utopias,  
we've seen outlined in  
glossy brochures, enticing  
us to pass our time in study here?  
The silence seems to slight  
the threat that's in the air.

At the roots of Academia,  
we are alike - uprooted and  
held in high suspense. No matter  
how I add, I'm left with nothing  
now, except to wonder how and  
why was lost the picture  
that we had - receding, diminishing,  
but steadily forsaking us.

Or was I too glib about eternal things?

We gravely deal with fate,  
walk round the campus,

swallow pour regrets.  
We'll have our work to do  
inventing new memories,  
in place of Glendon,  
and keeping verbs in  
the proper bilingual tense.  
Somebody has to.

Carol Adams

Joel Ramirez

When I stepped into the Glendon garden there were rows upon rows of Montreal bagels lined up to be harvested, processed, packaged, and sealed for mass consumption. A horrific monoculture, complete with all the right ingredients: chemical fertilizers, insecticides, fungicides, pesticides, and one single strain of the most marketable Montreal bagel Glendon's cafeteria could afford.

Who could ask for anything more?

The Green Revolution and monocultures in agriculture was science's response to the growing concern of limited food resources in the event of a population explosion.

Sounded like a great idea at the time. Plant a lot of one "highly productive" crop, add all kinds of chemicals, and we've got food forever.

But this notion has recently been challenged by various ecologists and geneticists who now realize that genetic diversity and ecological diversity must be retained in order to maintain a healthy planet.

Furthermore, having crop fields of one single strain reduces your crops adaptability to a constantly changing environment - weather patterns change, insects and other pests become pesticide resistant.

The potato monoculture in Prince Edward Island has led to various problems which they are only now realizing. Various ecological and environmental problems are arising and the potatoes' chemical dependence is leading to several health risks to the people living in rural communities. In addition to these, their single strain of P.E.I. potatoes have become dependent on the farmers' nurturing. They are

less adaptable to the various challenges that Mother Nature may throw at them.

So what am I getting at?

Imagine for a moment that Glendon's bilingual liberal arts students as the wild strains of vegetation, diverse and constantly adapting to a changing society. Assimilate this necessary diversity and you'd have the same problem as you do with monocultures.

Glendon's beautiful and diverse garden of diverse liberal arts students becomes converted into a Montreal bagel monoculture. Rows upon rows of "highly yielding" bagels, unable to adapt to any changes in society, and unable to function without the nurturing assistance commercially available chemical fertilizers and pesticides, provided with the help of our local government farmer.

Dare to dream? Osez rêver?

## Whose world order?

### Noam Chomsky at Massey Hall Sunday March 22, 1998

S. McCullagh  
B. Crowe

Noam Chomsky, MIT linguist and social critic, spoke to an enthusiastic sold out crowd at Massey Hall on the evening of March 22.

In the lecture, entitled "Whose World Order? Conflicting Visions," Chomsky argued that corporatism is abolishing democracy and is a return to pre-democratic absolutism. The support for this

argument came from his economic and historical analysis of western society, from Aristotle to the current MAI (Multilateral Agreement on Investment) debate.

The most incredible aspect of his

talk was not the content but in his delivery. Chomsky was able to explain the complexities of world politics and economics in a simple but

stimulating way that was easily understood. This, and the grace with which he answered the most "banal" questions are a lesson to anyone who is tempted to pledge allegiance to intellectual superiority and keep their

thoughts within the confines of academia.

Chomsky has been called the greatest intellectual of our time. He has devoted most of his life to enlightening the 'rascal multitude' on the truth of late, capitalism. This

main message is one of optimism in that the people are the greatest tool for social, economic and political change. Though he does not state it, one walks away knowing that apathy is the most destructive force within a democracy.

**"...the greatest intellectual of our time."**

## Hardcore Pulp ages well

Adam Gorley

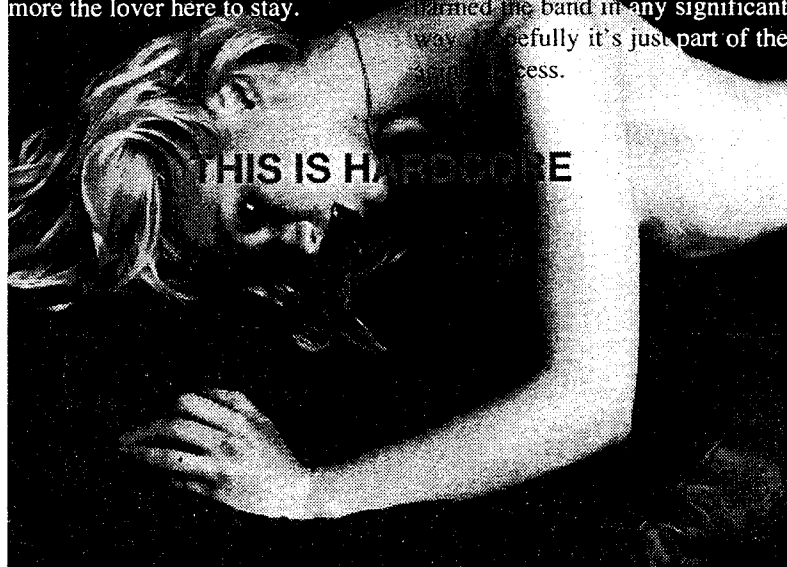
Jarvis Cocker is getting older and he's taking you me and the rest of the world with him. But wait! He's not upset about it, he's taking his newfound maturity by the reigns and calling us all to follow him into a new era where we can grow up, but we don't have to grow older.

Where on 'Different Class' Jarvis lamented for and delighted in the simple life of the middle-lower class (smoking, drinking, screwing), on 'This Is Hardcore', Pulp's new release (their 8th, I think) he has now given up the party life and while the sex remains (it IS Jarvis, after all), it might actually be accompanied by... love!

Jarvis' songs are still semi-autobiographical love stories about semi-fictional characters (i.e. the

names were changed to protect the innocent) as always, but he seems to be less the lover on the prowl and more the lover here to stay.

The loss of violinist/guitarist/songwriter/founding member Russell Senior doesn't appear to have harmed the band in any significant way. Hopefully it's just part of the process.



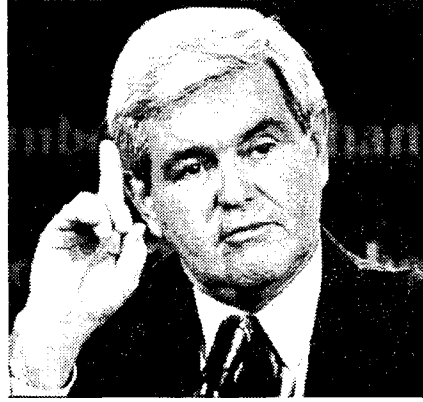
# What is the most important or engaging or interesting book that you've read since you started university?



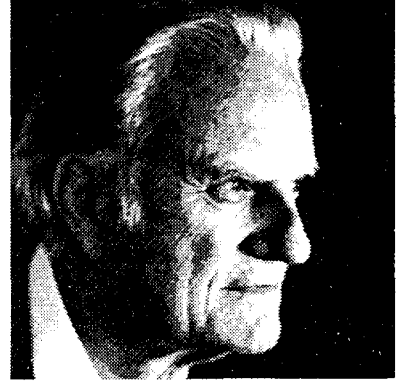
*Uncivil Obedience* by Allan Oboroy  
"It's about how to be a social activist without breaking the law."  
Geoffrey MacDougall, fourth year.



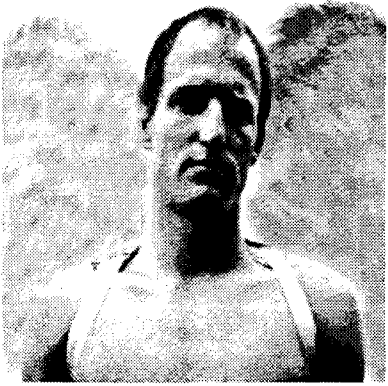
*The Inheritors* by William Golding  
"It's philosophical, deep, and hard to grasp. I've never read anything like it before."  
Vana Kapoor, second year.



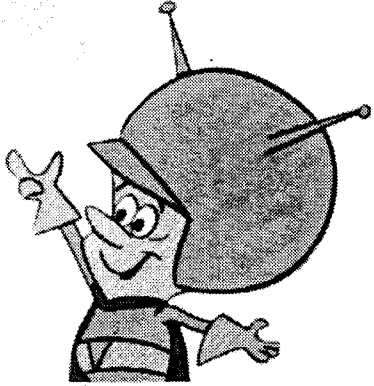
*The Erotic Adventures of S. Author* unknown  
"It was my first wet dream."  
Glen Rigby, third year



*The Wealthy Barber* by Ben Chilton  
"It taught me a lot about finances, made me more aware, and was a good enjoyable read."  
Cedric Meade, fourth year.



*The Sacred and the Profane* by Mircea Eliade  
"It made me mindful of all the things that we've forgotten in our modern secular age."  
Lindsay Renwick, fourth year.



*Frankenstein* by Mary Shelley  
"I'm into beat writers, yet, because it was so different and intriguing and 150 years old, I still really liked it."  
Mike Shering, third year.



*The Feminine Mystique* by Betty Friedan  
"Addresses a lot of issues about women in the sixties and helps us to understand the transitional phase between the post-war era and our times."  
Anita Dalfonso, third year.



*The Peaceful Warrior* by Dan Millman  
"It opened my eyes and gave me another grasp on things. I think people should read it."  
Cédric Therrien, third year.

To Jr. Mafmia:

Thank you so much for an adventurous and memorable March, 30, 1998. Good Times Luvey.

Love, Kunx.

To the rumour mill groupies (that means you): Instead of dancing around the daisies, why not just ask the horse? Or do you find more comfort hearing distortions through others?  
-K.A.S.

Dear Bubba,  
Thank you for all that you've done for me and all that you've put up with from me this year. I couldn't have got through it all without you, and you really are my Bubba because you give me everything I need.  
Love forever and ever,  
your Sugarmama.

Koukalagoomba is proud to announce her newly arrived youngin. His name is BeyBey Remedios. Weighing in at a tonne or so, he was delivered on March 24, 1998, from that Great Gig in the Sky.

Dear Buddha,  
I hope I see you in Europe, because you deserve a vacation, girl. Keep telling yourself that, and make it a reality.  
Love, Jane

Dear Kyle L. Tolle,  
You have now earned 200 stars and therefore it is with great excitement that I present to you this, your 200 point bonus gift. May the sun always shine upon you, my sweetheart.  
Love, Your Pretty Baby

Hey Bertha?  
How did you get in here?  
Is this some kind of wierd virus?

To Griffin:

If I were you, I'd seriously consider this Sabine chick cuz she sounds like she knows what she's talking about (or at least what she's seeing).

To Guckmin:  
I was in my yard smoking a butt when all of a sudden a hawk flew into a tree, grabbed a baby bird and started eating it. Wuddafuk!!!

PUB LOST AND FOUND: 2 sets of house keys/ black nylon jacket/ 6 pairs sunglasses/ 4 pairs mittens/ 1 black lace garter

To Dohbeans:  
Efxaristo for all that you did for me. Next time no bugs and we'll finish that bottle. Keep climbing but remember, only amateurs scratch themselves.

From a postcard follower.

Love your Yeeneka.

three lines free  
trois lignes gratuit

# Trade for what it takes

Alison Sammut

After the majority of the season has been played, General Managers and coaches tend to know exactly what their teams have-or don't. As the Stanley Cup Playoffs near us once again, players are set for the stretch drive or the golf course, coaches are set to take the fall in the off season if everything goes wrong and GMs are making final adjustments to their teams in hopes that the right ingredient might come along.

The NHL trading deadline recently passed on March 24th and here are the final deals that were made. All trade reports courtesy of The Toronto Sun.

\*Anaheim sent Dimitri Mironov to Detroit for Jamie Pushor and a fourth round draft choice.

\*Jason Dawe was sent to the New York Islanders. In return the Buffalo Sabres receive Paul Kruse and Jason Holland.

\*Chicago sent Ryan Risidore to the New York Rangers for Ryan Vandenbussche.

\*Colorado sent Mark Parrish and Anaheim's fourth round pick to the Florida Panthers for Tom

Fitzgerald; they also sent Josef Marha to Anaheim for Warren Rychel and a conditional draft pick in 1999.

\*Dallas sent Todd Harvey, Bob Errey and a fourth round pick to the Rangers for Mike Keane, Brian Skrudland and a conditional draft pick in either 1998 or 1999.

\*The Panthers sent Ray Sheppard to Carolina for Kirk McLean.

\*Mark Janssens was sent to Phoenix, in exchange the Islanders will get a ninth round draft pick.

\*The Flyers sent Janne Niinimaa to the Oilers for Dan McGillis and a second round pick.

\*Pittsburgh sent Patrick Lalime

to Anaheim for Sean Pronger.

\*Rich Brennan was sent to the Rangers. In exchange the Sharks will receive Jason Muzzatti.

\*The Blues sent Joe Murphy to San Jose for Todd Gill; and Harry York to the Rangers for Mike Eastwood.

\*Tampa sent Jason Wiemer to Calgary for Sandy McCarthy and two draft picks-a third and fifth; Bryan Marchment and David Shaw were sent to San Jose for Andrei Nazarov, future considerations and a conditional exchange of first round picks.

\*The Toronto Maple Leafs sent Jeff Brown to Washington for Sylvain Cote; Mike Kennedy to Dallas for an eighth round pick; and Jamie Macoun to Detroit for Tampa's fourth round pick.

\*Finally the Vancouver Canucks sent Dave Babych and a sixth round draft choice to Philadelphia for a third round pick.

# World of sports

Joel Ramir

The Boston Bruins recently made a breakthrough-trade in Canada's world team. Time out! The White Sox clubbed the Raptors 8-4 when the ravishing Rick Rude made a startling guest appearance in the front lines.

Left fielder Curtis Blow took this one home for the Red Socks with a one nothing St. Patrick's day Hattrick. What a shut out!

What a beautiful day this is in the Gardens Stadium. No whamy, no whamys! The dome is open for the fly ball out to right wing short stop Mayfield Cocoloco Grandmaster Flash. He was recently traded. Inters, called it!

Reuters took it to the hole in one

grand slam swing batter batter swwiiiiing batter. Salade! Good eye VIP goes out to Toronto's none other Michael Jordan who filled the court with slap shots in the power play. Goalie Smothers!

It was a 10-love game. The crowd wanted the fighting Irish to put up a fight but the 49 flyers had their prayers answered. Circle, circle, dot, dot, now I got my cooty shot. We'll just have to see what happens next season when Yzerman gets married to Yakerzemental, it's going to be a great game. You're it!

Unfortunately, Mos Eisley was injured yesterday while practice shooting heroin. Marco!. Eisley claims that "it was merely a practice

shot", and that "practicing using heroin is different from really shooting heroin". The judge sentenced him to two days of community service and fined him two hundred thousand dollars "just because". Polo!

Here's the startling line up for the Starters in the Nike Stadium for the Reebok Pumps co-sponsored by Du Maurier and Labatt Ice, bringing you the best in sports teams: Magic Jordan, Todd Gilman, Pope John Paul II, Bill Gates and Yazer Yzerkerman. Scheduled to be the winners of this year's Rose Cup, let's make this one count.

One potato, two potato, three potatoes....

# Sports updates

Alison Sammut

...Olympic champion Tara Lipinski has been replaced by Tonia Kwiatkowski for the World Championships. Lipinski had two abscessed teeth removed and has been suffering from swollen glands.

...Mike Tyson has been slapped with another law suit. Two women are suing Tyson for a reported \$22.5 million dollars. The women say they were verbally and physically abused after his sexual advances were refused.

...Roger Neilson has taken over as head coach of the Philadelphia Flyers.

...Alan Eagleson who has just recently lost a legal battle has now resigned his position in the Hockey Hall of Fame. Many members of the Hockey Hall of Fame are pleased to hear that their names will no longer be placed next to his for a future generations to see.

...Recent reports suggest that many people tend to think that the winners in Nagano were predetermined prior to the competition. This would certainly explain the reasoning behind Shae-Lynn Bourne and Victor Kraatz's fourth place finish in the ice dance competition.

## Rocket Richard battles cancer

Alison Sammut

**Former Montreal Canadiens and Hockey Hall of Famer Maurice Richard is battling abdomen cancer.**

Richard 76, was diagnosed with the rare form of cancer about one month ago. He has now begun intense chemotherapy to control the disease. doctors have said that there are only five reported cases of this cancer and that is difficult to treat.

Jean Roy, Richard's agent recently stated that Richard is

not a happy man, but is determined to fight this disease, he is also doing well considering the chemotherapy he has been facing.

During the 1940's and 1950's Richard was the games most prolific scorer and today is still regarded as one of hockey's finest players.

## PUB

WEDNESDAY APRIL 8th  
PUB's Year Ender Barbeque  
Noon till Nine On The Terrace

THURSDAY THE 9th IS THE

**LAST PUB NIGHT OF THE YEAR!**

Shake your booty one last time as we relive Frosh Week! That's right, it's TOGA PUB PART DEUX!

close out the year in style at Cafe De La Terrasse

*Café de la Terrasse*



**UPCOMING EVENTS**

*drop by!*

- 30 mars - 3 avril •  
PHOTO EXHIBIT  
ART CLUB EVENT • @ THÉÂTRE GLENDON
- 26 mars - 9 avril •  
THROUGH A GARDEN GATE AND BEYOND  
PHOTOS OF GLENDON HALL BY BEV McMULLEN
- 16 avril - 24 avril •  
MFA THESIS EXHIBITION BY MARC AUDETTE  
OPENS APRIL 16, 7 - 9 PM
- 30 avril - 8 mai •  
MFA THESIS EXHIBITION BY KINGA ARAYA  
OPENS MAY 1, 7 - 9 PM

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### The Last Hurrah

I step out onto a frozen lake.  
I am an array of vicious blades,  
And minuscule, sexist skirts.

Surrounded I am, on all sides,  
By a cruel, cheering throng...  
I am a modern gladiator:  
A figure skater made to perform.

The twinkling, star-like notes  
Prompt me to life; the throng disappears...  
Only the wind remains,  
And she beratingly slaps my face.

It's a welcome slap.  
I swell with the Arias and Alleluias.  
I mentally sing along with  
Ave Maria.

I am a bird as I jump and twirl,  
And as I twitter and swirl  
I am Joy.

My blades are predators,  
And the ice is my prey.  
I carve and gash,  
And I land in the blood of the ice  
With a splash.

The concerto slows,  
And the glittering clarion notes  
Of my seraphim are low in tone.  
My soul weeps for the music:  
My tears are breathing, frozen drops  
That so throbbingly hang within  
The loom of ice and blood.

I am an outstretched, living spiral.  
My heart beats intricately  
As the slowness becomes a staccato.  
My legs itch to the concept  
Of faster movement:  
And as I race with harmony,  
My mind sprouts wonders.

I glance into the melee of eyes above,  
And I catch the eye of my beaming father...  
In his trembling fists he holds a proliferation  
Of quivering dreams in the form of flowers.

I send him a double axle  
Peppered with a billion kisses.  
Half of them I bestow on my mother...  
(She's the woman with the dark hair,  
Sporting charcoal sunglasses)

I sail by the stern row of sentinels.  
I hear the "scratch, scratch, scratch!",  
Of pencil on paper... I play the coquette...  
The scratches stop, and the judges melt.

I am near the end...  
And although my oxygen-starved lungs  
Scream for some air,  
My mind and soul scream louder;  
Imploring the music to play forever!

For you see, when I skate,  
I don't exist as a physical form:  
I am an open nerve, a spirit without a body;  
I reside within a pearly string of piano notes.

As the crescendo becomes  
A dwindling cyclone,  
Idesperately snatch at filaments of my flesh,  
In order to cover my soul's nakedness.

I paste myself back together,  
And the music stops.  
I bow, and release an indulgent smile  
That belies the deep ache I feel...  
I am human again.

But it's all over now,  
And my father's trembling bouquet has gone to  
rot...

It's a bleeding shame the my knees are shot.

by: Noemi Kramm

### The Cruelty of Love

She wounds him with words of hate,  
He turns to cover his eyes;  
She must say something before it's too late,  
Before they say their god-byes.

He also utters words of pure hatred.  
To make her see his side;  
She trembles with sorrow and dread,  
Her anguish she tries to hide.

She claims to understand, wishing he would too,  
But knows that he is blinded by anger;  
He takes a breath to start anew,  
Thinking about his love for her.

He returns her damage with more words of pain,  
She sheds a tear for love;  
They both realise the quarrel is an evil game,  
Where agony is the only thing won.

It began with a simple misunderstanding,  
That grew into a horrid nightmare;  
The couple wishes that it never happened,  
For at their loving does pain tear.

'Tis the cruelty of love that kills soul mates,  
and so murders their deep passion;  
It shows lovers the harshness of fate,  
And forbids them from becoming one.

—Bridget van Voorden

### Word Up, Guy!!!

Check it all I need's a second to wreck it,  
"It" being the dull, illegit, too slick to quik  
Bull-s\*it rap that gets me constipated  
Verbally deflated, no sense making rated-R  
Type soliloquies likened to a Taco Bell burrito.  
The same look, the same smell, the same turd-ito  
flowing like mud, sounding like crumbs  
in the Hip Hop cake. We need a new batch of  
Krumb Snatcha's, Cannabis and Cocoa Brovas  
to roll up new joints,  
the hype get-your-momma-off-da-crack joints.  
The joints that be sparked in the dark while kiddies sleep  
true it's hazardous to your health but it'll keep  
being a part of life just as sure as the B-boys be  
eliminating all the toys: the Jack-in-the-Lox's  
the E-40's, the Master P's, even the Bad Boy's  
make 'em goo, bring Biggy back,  
if heaven got a ghetto let it keep Tupac  
ending the selling out, let's take it back to the parks  
Bring out your sound and if it's booty you get shot  
not to sound on the violent tip  
but a lot of these n\*\*\* as be talking too much s\*\*t.  
So next time you hear beats over the radio  
Remember the station is paid to play it 24-  
7 because it's played commercially and not  
because the quality is hot or superb  
Its just annoying and it really gets on these nerves.

LOKE

### BLACK

Black  
Black sky, Black night, Black hair,  
Black pen, Black ink, Black light,  
Black cat, Blackeyes, Black ice,  
Black road, Black paint, Black belt,  
Black tie, Black label, Black coat,  
Black shirt, Black pants, Black shoes,  
White socks.

Black bird

### Lyric-To-Be

People don't like you, honey, that's  
a good sign

Most people don't know nothing but  
opinions

Very few find the facts

You keep trying to make them all  
side with you

You're gonna waste all your time

Because you can't get 'em, shouldn't  
want 'em, don't need 'em, so  
move on, be righteous and relax.

-F.A.

### I shed a tear

I shed a tear for the past,  
for the times of long ago.

I shed a tear for the present,  
for the times of today..

I shed a tear for those I loved,  
for those who were dear to me.

I shed a tear for my friends,  
for those who have hurt me.

I shed a tear for my friends,  
for those who have helped me.

I shed a tear for the one I need,  
for the one that is you.

I shed a tear for the one I hate,  
for the one that is me.

Bridget van Voorden

### Do You Think I'm Biggy?

El picante sabor is back did you miss me  
Callate la boca, son, I ain't jiggy  
And neither do my flows be imitating Biggy's  
Call me cabro malo used to sport a wiggy  
Afro- now all I sport is sickly flows  
check the collabo-ration represent  
like Kweli, Hi-Tech and Mos Def  
Da up in Can Ahh speck he nation  
From the T-dot blazing spots  
You be moving fast, I bust yo ass  
In the Café De La Terrace, hops.  
I'm Iceberg Slim, the godfather of the disco  
I rocksteady flow remarkable  
Back spinning on backs or on wax  
Understand there are no cuts only treacherous tracks  
Mixing Hungry with 10 Crack Commandments  
Skip 1 to 3 to numba 4  
cuz I need to hear this some more.  
Never get high on your own supply  
Unless your high like a bee in a bee-hive  
given high fives for talkin dat bee-jive  
Or slip you the shank,  
then I say I say thanks I take it back  
and hit you akniulously  
cause I use it to jig you  
Now do you think I'm Jiggy?!

LOKE