



Photo Bill Sr. John

Perfect citizens

by Bill Doskoch

One of the legacies of Terry Fox's Marathon of Hope are the many programs set up to fund research or to provide scholarships for young people who are judged to have shown some of the qualities that Terry Fox possessed.

Two U of A students were recognized earlier this year for those qualities and we granted — along with 48 others out of 700 applicants — the Terry Fox Humanitarian Award.

"I was really surprised to receive it, it definitely is an honor," said Loura-Gene Lindsay, 20, a third-year general science student who is actually receiving the award for the second year in a row.

Leah Soroka, 18, is a first-year business student and a first-time recipient of the \$3,000-per year award.

Both have very impressive records of involvement in academic, sports and community service.

There is also a hardship component to the award and Soroka con-

fessed that her hardship was getting accepted by the other kids in her junior high-school years because her high level of involvement was resented by them.

"I get kidded a lot," said Lindsay, "People say, 'Oh, you're such a perfect citizen!'"

But I'm not any better than anyone else. I see a lot of people around me that qualify for the award."

Both described Fox as having a positive effect on their lives and attitudes.

"I always admired him, it (the run) was a great unselfish act," Soroka said.

"He stands for some pretty high ideals," Lindsay said.

Her own father died of cancer and she said: "People grumble about their own little problems, but there's nothing like a fight for life."

Both women will either be helping or running the Terry Fox Run on Sunday.

Black beauties: brain death?

OTTAWA(CUP) — College and university students are risking brain haemorrhages and heart failure during exam time by gobbling a stimulant which is easy to buy on the street or over the counter in drug stores.

Phenylpropanolamine or PPA is one of several chemicals found in Black Beauties, and is also used in Contac C, Coricidin, Sinutab and other decongestants. The drug shrinks blood vessels in the nose and elsewhere, eliminating congestion and raising blood pressure.

Dr. Bryan Young, a neurologist at Victoria Hospital in London, Ont. thinks the drug and another pseudoephedrine, are the cause of serious brain haemorrhages in four of his young patients in the past year. The patients included a high school

student and a university student.

Young, also an assistant professor at the University of Western Ontario, said Black Beauties caused the problem in all four cases. But Young is worried university students taking large doses of cold medicines to stay awake could also have problems. London pharmacists say cold remedy sales skyrocket at exam time.

The drug is especially dangerous in quick release forms of the medicine and tablets, which the blood stream absorbs much more quickly than the capsules, Young said.

In a recent U.S. experiment, 50 healthy medical students each took 50mg of PPA. Two developed dangerously high blood pressure and needed emergency medical medication.

Antihistamines like Ornade, Ornex and Dimatab come in sustained release capsules. Others like Coricidin are tablets containing 25 mg PPA. "The maximum you would be exposed to is about 150 mg a day," said Jean Sattar, with public relations at Health and Welfare Canada.

"That drug is very available," Young said. "We've seen many more problems with this than with harder drugs because it's so available."

Because the drug is not illegal, RCMP are unable to control it. "Kids know it's not illegal," said corporal Douglas Wadstein of the London RCMP. "People walk around with a couple hundred (Black Beauties) in their pocket."

Wadstein said the drug can only be stopped at the border. "It's not scheduled as a control drug — if a shipment comes in with a dosage that is not appropriate, the government will seize it under federal food and drug laws," he said.

Canadian dealers buy Black Beauties by the hundreds from U.S. mail order companies and smuggle them into Canada. They are easy to get on most university and college campuses at exam time.

Robert Armstrong, assistant director on non-prescription drugs at Health and Welfare Canada in Ottawa, is not overly worried about PPA abuse. "It's legally used in cold remedies," he said.

"The instructions are there on the label," Armstrong said. "There's nothing else we can do if people are stupid enough to ignore them."

He insisted, however, that PPA as found in Black Beauties is not legal. "It's a drug and you cannot market a drug unless you have a drug identification number," Armstrong said. "We have not given it a number."

Armstrong admitted the drug was dangerous. "I have seen a person shake for six hours after taking one cold tablet," he said.

But he said the government discourages listing side effects of drugs on the labels, because they buy the drug to get the side effects.

Armstrong said PPA was obviously dangerous to those with high blood pressure, but Young said he could not yet tell what caused certain people to have brain haemorrhages after using the drug.

The RCMP in London has applied to its central office in Toronto for money to print 500 copies of a Black Beauty and PPA warning poster. The force plans to distribute the posters for display in Ontario high schools.

Job club works

by Lutfulkabir Khan

Eight U of A graduates participated in the Job Finding Club this June and all eight have found career-related jobs.

Connie Chapman, a graduate in home economics, is now a program co-ordinator for the Alberta Lung Association. Her salary is in the range of \$19,000 to \$24,000 per year.

Mark Vigrasse, a linguistics graduate, worked full-time for settlement services with Immigration Canada during the summer. He is now working part-time there but feels his chances of getting a full-time job are very bright because of his experience with the Job Finding Club.

The club teaches the graduates techniques of writing an effective resume, contacting prospective employers and coping with interviews.

The members also arrange for video-taped and practice inter-

views and later discuss the shortcomings so that they can prepare well for the real thing.

According to Roland Morin, acting manager of the Canada Employment Centre on Campus (CEC-OC), the sessions are normally scheduled to be three weeks long.

The first week is devoted to intense information gathering about the labor market situation, the second is for interviews and open contact with prospective employers and the last week is reserved for follow-ups.

Although the program is considered to be very helpful by the graduates, CEC-OC does not have definite plans for continuing the program next summer because of personnel shortages, Morin said.

The CEC-OC decision of whether or not to continue the Job Finding Club next year will be made by February 1986, he said.

NEEDED: Managing editor for the Gateway.

Duties include:

- editing letters
- assisting in layout
- co-ordinating graphic department
- mailing

Full description in Gateway constitution. For more information, contact Suzette C. Chan at the Gateway, room 282 SUB.

Term: Oct. 1985 — Apr. 1986

Deadline for applications: 4 p.m., Wednesday, Sept. 25, 1985

U of A Progressive Conservative Association Delection Selection Meeting

Date: September 19, 1985

Time: 7:00 p.m.

Place: Tory Building L-B2

Nominations can be filed with:

Barb Belzerowski (Pres.)
12817 - 89 Street
Edmonton #476-8170

OR

Dave Hancock (Regional Director)
10607 - 10th Avenue
Edmonton #434-0208 or
433-5881

Memberships can be purchased from:

Carol Backstorm
11 Marlboro Road
#435-2635

OR

Nancy Pearson
7407 - 80 Avenue
#469-3182

P.C. LEADERSHIP CONVENTION OFFICE
32, 9912 - 106 Street, Edmonton



VOLUNTEER ACTION CENTRE

Recreation, social service, fine arts and child care are all urgent needs this week at the Volunteer Action Centre (Phone 482-6431), a United Way agency that refers volunteers to 150 Edmonton non-profit organizations.

Volunteers are needed to instruct classes in modern dancing (waltz, jive, polka, rumba etc) to adults; help instructors with classes in a variety of dance, sports, gym, and hobby classes for mentally handicapped adults; and also demonstrate basic physical skills in swimming and gymnastics to children, aged 6 to 11, who have motor co-ordination problems.

Urgent needs for help in social services include volunteers to work one-to-one with individuals with special needs, counsel people who are released from institutions or are still serving sentences, and offer information and support to people who are appearing in court for the first time.

As for fine arts, the centre needs volunteers to help with sets, props and costumes for a local theatre group and serve on the board of directors of a baroque music association. Volunteers are also needed in child care — to teach arts and crafts in west Edmonton, be "study buddies" to students who need help with study habits, and to work one-to-one with a blind teenager now enrolled in an automotive course.

For work experience, a look at career choices, or a chance to help out where you're needed, call the Volunteer Action Centre at 482-6431.

The Gateway news department is having an organizational meeting FRIDAY, SEPT. 13, 2 P.M. in the Gateway office, 282 SUB. Please bring ideas (and lucky rabbits' feet).