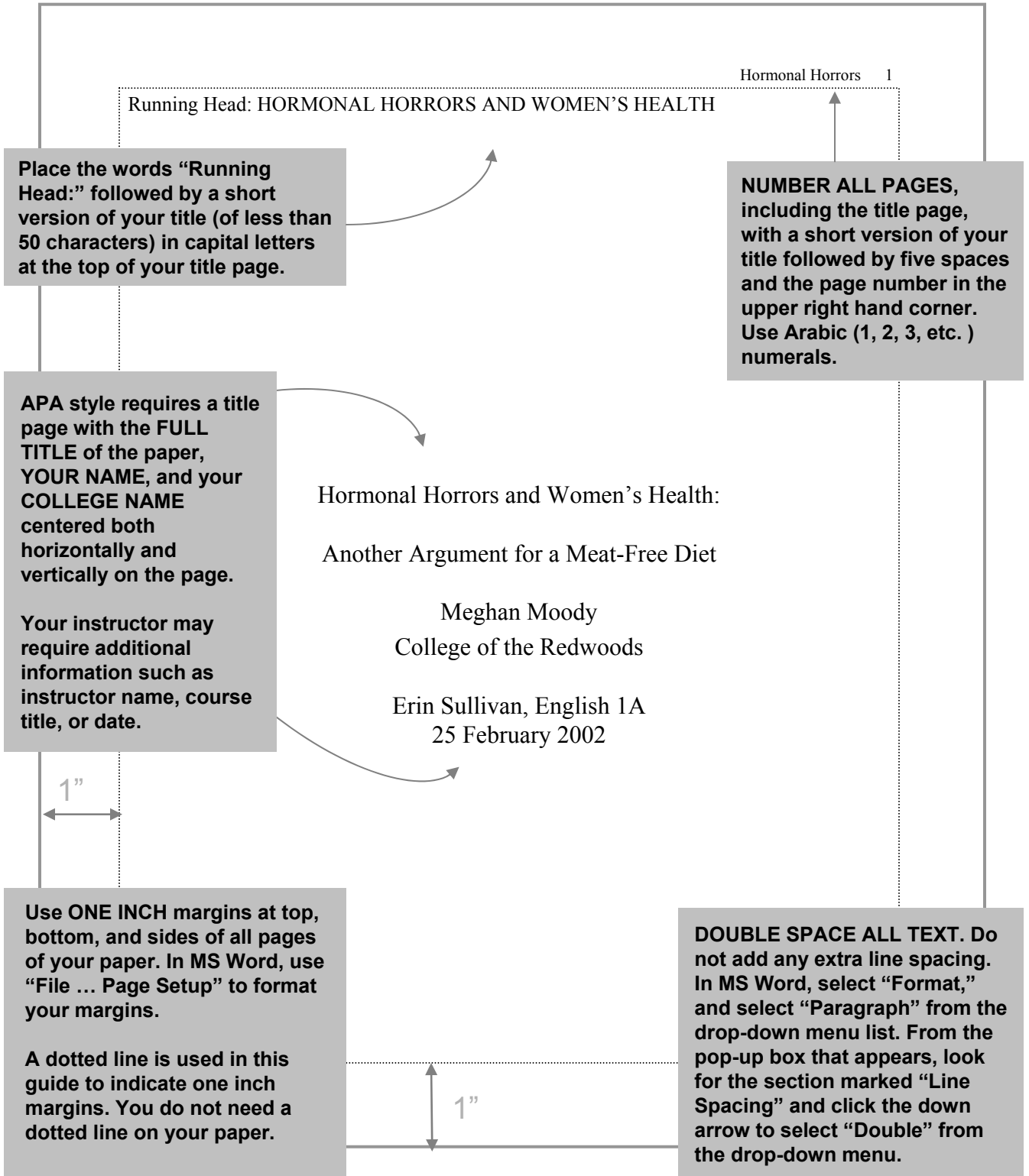


COLLEGE OF THE REDWOODS GUIDE TO APA STYLE

Word processing software is available on most computers in the LRC and labs on campus. This guide will help you to layout your paper with the correct margins, headers and footers, and with citations. However, the *Publication Manual of the American Psychological Association* is the final authority. This guide does not cover outline, organization or structure, grammar, or writing help.



Running Head: HORMONAL HORRORS AND WOMEN'S HEALTH

Hormonal Horrors 1

Place the words "Running Head:" followed by a short version of your title (of less than 50 characters) in capital letters at the top of your title page.

NUMBER ALL PAGES, including the title page, with a short version of your title followed by five spaces and the page number in the upper right hand corner. Use Arabic (1, 2, 3, etc.) numerals.

APA style requires a title page with the FULL TITLE of the paper, YOUR NAME, and your COLLEGE NAME centered both horizontally and vertically on the page.

Your instructor may require additional information such as instructor name, course title, or date.

Hormonal Horrors and Women's Health:

Another Argument for a Meat-Free Diet

Meghan Moody

College of the Redwoods

Erin Sullivan, English 1A

25 February 2002

1"

Use ONE INCH margins at top, bottom, and sides of all pages of your paper. In MS Word, use "File ... Page Setup" to format your margins.

A dotted line is used in this guide to indicate one inch margins. You do not need a dotted line on your paper.

1"

DOUBLE SPACE ALL TEXT. Do not add any extra line spacing. In MS Word, select "Format," and select "Paragraph" from the drop-down menu list. From the pop-up box that appears, look for the section marked "Line Spacing" and click the down arrow to select "Double" from the drop-down menu.

PAGE LAYOUT : APA STYLE

Double space all text. Do not add extra blank spaces after the title, between paragraphs, or anywhere else in the paper. Set the font at 12. An 8 point font is used in this example. Indent the first line of each paragraph using the TAB key. Be sure your margins are aligned left.

CENTER the full title of the paper at the top of the first page of text.

Hormonal Horrors 2

Hormonal Horrors and Women's Health:

Another Argument for a Meat-Free Diet

In his book Fast Food Nation: The Dark Side of the All-American Meal, Eric Schlosser (2001) explores the intense focus of advertising directed toward children, with gimmicks, Pokemon and Ronald McDonald, and the marketing of ever-larger quantities of food items to children, i.e., Supersize and Big Gulp. This emphasis on ever increasing quantities of high fat and sugary foods has resulted in juvenile obesity, early on-set diabetes, and premature puberty in young girls (Akers, 1983). Not only is this intense form of advertising and marketing of high fat foods adversely affecting young girls, the effects are also being carried into adulthood and are becoming quite detrimental to women. These detrimental effects have caused vast concern among health professionals due to the huge drop in the age of young women starting menstruation and developing breasts. According to a website created by The People for the Ethical Treatment of Animals (2001), "One reason may be that animals are routinely given growth-hormones, antibiotics, and even pesticides, which remain in their flesh and are passed on to meat-eaters." Eating meat has a negative effect on young girls and women of all ages for a variety of reasons. It is widely recognized that adopting a vegetarian or highly plant-based diet is one of the healthiest and most beneficial choices a woman can make in regards to her health.

In light of the connection between hormones in meat and the negative effects on young women, Gary Null (1987) writes, "Hormones and tranquilizers are often used to fatten livestock and keep them calm, respectively. In people, however, these drugs can be quite harmful" (167). The hormone diethylstilbestrol or DES has been known to cause vaginal cancer and gynecological abnormalities in women, and because of these effects, DES was entirely banned in 1972. Recently one FDA official insisted, "DES has been used for over 20 years as a growth promotant in animals without any indication of danger to humans" (as cited in Null, 1987, p. 161). Currently hormones are still

You do not need to provide PAGE NUMBERS when paraphrasing from the source, or when quoting from WEB SITES that do not use numbered pages.

Provide the PAGE NUMBER from the source when quoting directly.

You must provide a reference within the text of your paper to the original source of the idea or quotation. These references are called IN-TEXT CITATIONS, or parenthetical documentation, and must be given immediately following the idea or information you are using. APA uses an author-date style of citing. Look for the publication dates and page numbers in parentheses in the sample text above for a few examples. More examples are provided on the following page of this guide.

IN-TEXT CITATIONS : APA STYLE

USE IN-TEXT CITATIONS every time you quote from, paraphrase from, or use an idea from any outside source of information. Some examples of in-text citations are provided below. Double-space all text; single spacing is used here to save space.

AUTHOR'S NAME USED IN TEXT:

Follow the author's name with the publication year in parentheses. When quoting directly, include the page number in parentheses at the end of the cited material.

Gary Null (1987) writes, "Hormones and tranquilizers are often used to fatten livestock and keep them calm, respectively. In people however, these drugs can be quite harmful" (p. 161).

AUTHOR'S NAME NOT USED IN

TEXT: Provide the author's last name, date of publication, and the page number(s) in parentheses at the end of the cited material.

In Puerto Rico nearly three thousand cases, which included early menstruation, abnormal breast development in girls (and boys), and ovarian cysts were reported (Null, 1987).

TWO AUTHORS: Name both authors in the phrase (using "and" between names) or in parentheses (using the ampersand "&" between names) each time you cite the work. Include the page number(s) as shown.

McCord and McVeigh (2003) recommend that vegetarians get sufficient Vitamin B12.

OR

Vegetarians need to be sure that they get sufficient Vitamin B12. (McCord & McVeigh, 2003)

THREE to FIVE AUTHORS: List all authors in your text or in parentheses the first time you cite the source. In subsequent citations, use the first author's last name followed by et. al. (*Latin for "and others"*)

Povey, Wellens, and Conner (1998) found that mothers who follow vegan diets are more careful of their diet overall than are those who follow meat or vegetarian diets.

second in-text citation of same authors:

Meat eaters also tend to be more ambivalent about health concerns. (Povey et al., 1998)

SIX OR MORE AUTHORS: Use the first author listed in the source, followed by et al. (*Latin for "and others"*) & the YEAR of publication of the source.

The consumption of animal products is most certainly a factor in breast cancer (Toniolo et al., 1996).

UNKNOWN OR NO AUTHOR: Use the first important word from the TITLE then the publication year of the cited information. *Page numbers are not required for Web pages or other unnumbered sources*

Some studies indicate that "certain hormones found in meat can cause abnormalities such as increased menstrual flow in women" ("Vegetarianism," 2001).

INDIRECT or SECONDARY SOURCE: Name the original source of the quote or information in your text. Use "as cited in" and the name of the source you used in parentheses. List the source in your References, see pages 4 and 5 of this guide.

Barr found "that [. . .] non-vegetarian women actually had more sub-clinical disturbances" and "their cycles were irregular in ways that produced no obvious symptoms but were associated with various health problems" (as cited in Weisenthal, 1995, p. 57).

REFERENCES PAGE LAYOUT : APA STYLE

The last section of your research paper is a list of all the sources used, called "References." Include all sources cited in the paper. Below is a model for how to lay out the page. The next two pages provide additional models for individual citation entries in the References list.

TITLE the page References, and CENTER THE TITLE 1" from the top of the page.

BEGIN ON A NEW PAGE but continue the page numbering sequence and format from previous pages.

Hormonal Horrors 9

References

Akers, K. (1983). *A vegetarian sourcebook: the nutrition, ecology, and ethics of a natural foods diet*. New York: Putnam.

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Does a vegetarian diet benefit women? (1998, March 13). *USA Today*, pp. A7, A21.

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Walker, C. (1995). Meet the new vegetarian. *American Demographics*, 15(1), 9-15.

Weisenthal, D. B. (1995, February 3). Ovulation observation. *Vegetarian Times*
Retrieved November 7, 2001 from <http://www.findarticles.com/>

DOUBLE-SPACE ALL TEXT.

Use HANGING INDENT for all entries.

USE p. or pp. before page numbers of newspaper articles or books. Give the complete range if pages are consecutive. If not consecutive, give all page numbers.

DO NOT USE p. and pp. before page numbers of articles from magazines or scholarly journals.

LIST authors by last name and first initial only. List subsequent works by the same author by DATE with most recent works listed first.

ALPHABETIZE entries by the last name of the author or by the title if there is no author. Ignore short initial articles (a, an, the) when alphabetizing.

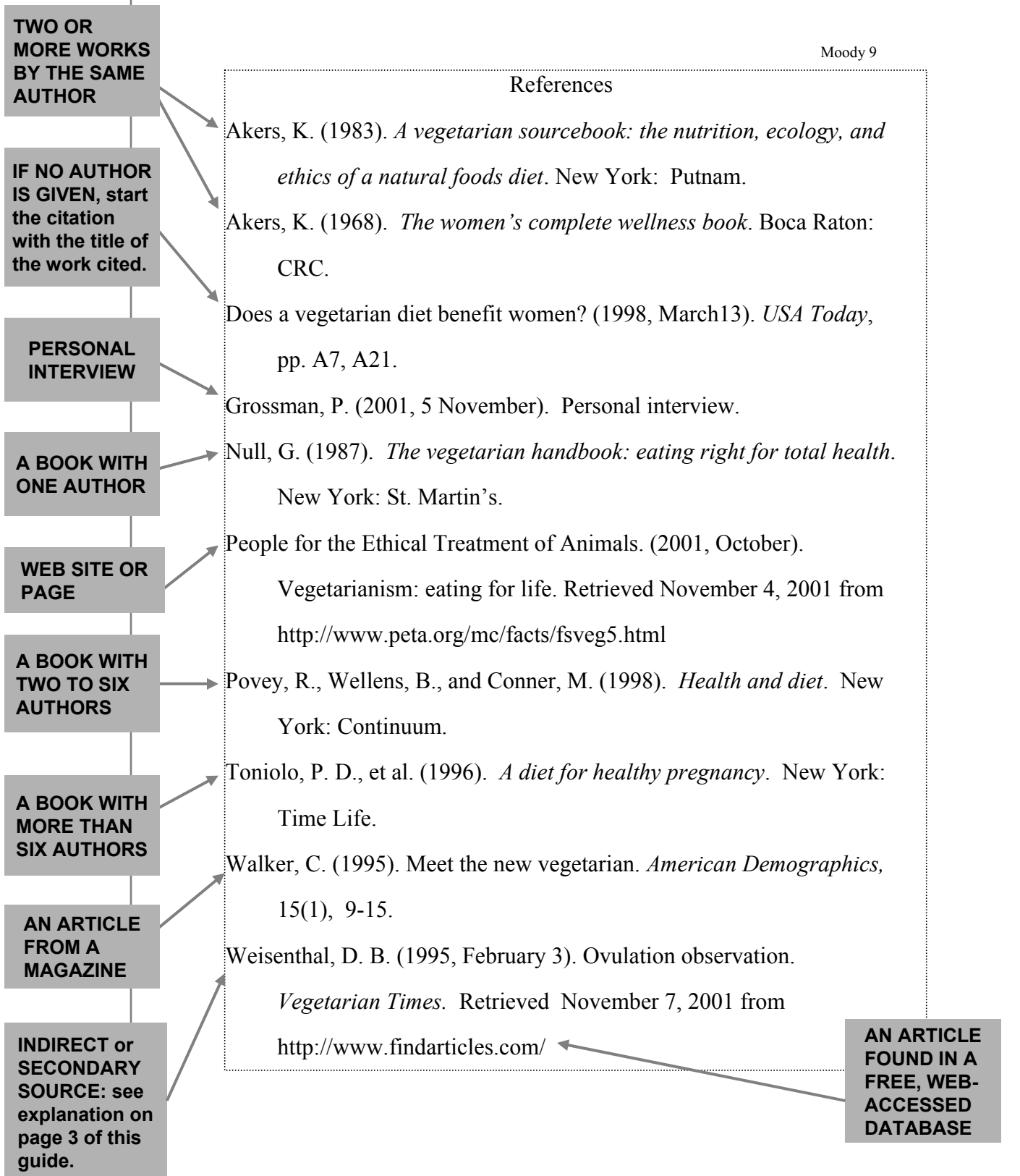
BREAK A URL only after a slash or a period.

Source of Barr quotation described on previous page

DO NOT USE QUOTATION MARKS around titles. ITALICIZE titles of books and periodicals. CAPITALIZE only the first word of an article title and all proper nouns. DO NOT ABBREVIATE MONTHS. Use only the FIRST CITY LISTED if several cities are given for the place of publication. Place a PERIOD AT THE END of each entry, except URLs.

LIST OF REFERENCES : APA STYLE

Shown below are some of the most frequently used types of Works Cited entries. Use the examples below as models when formatting the list of references used in your paper. Remember that you must have an entry for all sources cited in the text of your paper.



ADDITIONAL TYPES OF REFERENCES : APA STYLE

Listed below are some additional models for works cited entries. Please note that the entries in this example are NOT listed in alphabetical order as required for a Works Cited page. Consult the “Layout” page for instructions on how to layout the works cited page.

BOOK WITH AN EDITOR

→ Wolinsky, I. (Ed.). (1996). *Nutritional concerns of women*. Boca Raton: CRC.

ARTICLE OR CHAPTER IN AN EDITED BOOK OR ANTHOLOGY

→ Adams, C. (2000). The sexual politics of meat: a feminist-vegetarian critical theory. In C. Wheeler (Ed.), *Politics of Health*. (pp. 161-67). Boston: Holt.

NEWSPAPER ARTICLE with no author given

→ Taste -- de gustibus: o, how I remember when mere humans ruled the world. (1999, August 27). *Wall Street Journal*, pp. W13, W17 .

NEWSPAPER ARTICLE from the Internet

→ Aslam, S. (2001, December 7). Vegetarian diet on solid ground, experts say. *USA Today*. Retrieved November 28 2001 from <http://www.usatoday.com/>

ARTICLE FROM A WEEKLY MAGAZINE

→ Ryback, T. W. (2001, December 30). Lean and green. *Newsweek*, 32-35.

ARTICLE FROM A MONTHLY MAGAZINE

→ O'Connor, A. (1997, July). 8 Nutritional Myths. *Vegetarian Times*, 20-25.

ARTICLE FROM A FREE DATABASE ON THE WEB

→ Cerrato, P. (2000, September). A vegetarian approach to menstrual disorders. *Contemporary OB/GYN*. Retrieved February 26, 2002 from <http://www.findarticles.com>

ARTICLE FROM A SUBSCRIPTION DATABASE ON THE WEB

→ Sadovsky, R. (2000, October). Vegetarian diet lowers lipids in premenopausal women. *American Family Physician*, 55, 166. Retrieved February 26, 2002 from Health Reference Center-Academic.

ARTICLE FROM A SCHOLARLY JOURNAL with continuous annual pagination

→ Johansson, G. (1998). Assessment of three different dietary preferences. *Public Health Digest*, 9, 199-206.

ARTICLE FROM A SCHOLARLY JOURNAL that paginates each issue separately

→ Hoffmann, I. (2001). Folate status during pregnancy improved by long-term high vegetable intake. *Journal of Nutrition*, 131(3), 30-35.

ARTICLE FROM A SCHOLARLY JOURNAL ON THE WEB (E-Journal article)

→ Habito, R. C. et al. (2000). Effects of replacing meat with soyabean in the diet on sex hormone concentrations in healthy adult males. [Electronic version]. *British Journal of Nutrition*, 84(4), 557-63.