

Have a safe and merry Christmas. Please, don't drink and drive.

A gift for two students

College funds Montreal Xmas

by Betty Resendes

Humber College is coming to the aid of two Osler residents facing the prospect of spending Christmas at the YWCA.

Kamilia and Ghada Zahr, twin sisters from Lebanon, will be spending the holidays with relatives in Montreal thanks to support from the president's office and faculty at Humber.

Osler residence's Christmas closure left the two Travel and Tourism students with the problem of finding a place to go for the holidays.

"We were invited to spend Christmas in Montreal but we just couldn't afford it. But now, thanks to the support from the college, we can go," Kamilia said.

The plight of the twins came to the attention of Doris Tallon, the president's executive assistant, af-

ter the girls discussed their problem with Joe Bengé, the Communications program co-ordinator at Lakeshore campus.

Bengé visited Tallon personally to discuss the problem.

Tallon said she talked it over with Robert Gordon, the college

president, and he authorized any assistance the twins might need.

According to Tallon, arrangements were made through the help of another faculty member, who she declined to mention, to get the twins to Montreal.

"Because it's Christmas and

it's so late in the semester, we were concerned that worrying about the problem might cause the twins work to suffer, so the college is doing everything it can to help," Tallon said.

The twins, who are excited about the trip, said they were very

surprised and grateful when they got the message that the college would be paying for their tickets.

"We want to thank Doris (Tallon) and Joe (Bengé) for their help and support. It means we'll be able to have a merry Christmas after all," Kamilia said.

COVEN

Humber College

Thursday, Dec. 10, 1987 Vol. 16, No. 14

New residence gets green light

by Stewart Brown

The provincial government has approved Humber College's proposal for an \$8.3 million on-campus residence.

The new residence, to be completed by 1989, will have a minimum of 340 rooms and will be constructed on the north campus' athletic field adjacent to the Gordon Wragg Student Centre.

According to Robert Gordon, Humber's president, the residence may be co-ed, but that decision is still up for debate.

"It has been mentioned, but it has not been decided," Gordon explained.

He said the matter will probably be brought up at an upcoming Council of Student Affairs (CSA) meeting.

The College is now accepting bids for the construction. Gordon is hopeful that 15-20 firms will

vye for the job.

The winning bid will receive Osler residence as payment when the new residence is complete.

SAC president Jim Purdie said SAC may get involved in the new residence.

Two injured outside pub

by Jennifer Ellis

Two people were seriously injured after they punched out a wire reinforced window outside Caps early last Friday morning.

One man, a Humber student, tore up his right hand, while the other, a guest at the pub, cut open the vein in his left wrist, according to Jim Purdie, SAC's president.

The two were thrown out of last week's pub at about 1:30 a.m. after they got into a fight with Caps staff, Ken Chirico, one of Caps' assistant managers.

They went outside and then punched the window.

Several bouncers went to investigate and found the two outside, bleeding badly, according to Ken Chirico.

"Caps personnel went out to the parking lot and they noticed they lost so much blood," Chirico said.

Bartender Bill Fordy took them to the Etobicoke General Hospital Emergency Ward.

Purdie was at the pub and visited the two men later.

"They told me they did a silly thing," he said.

Purdie added that if the pub staff hadn't gone out of their way to help them out, one may have died.

The window cost \$75 to replace, however, no charges have been laid.

SAC is withholding names at this time.

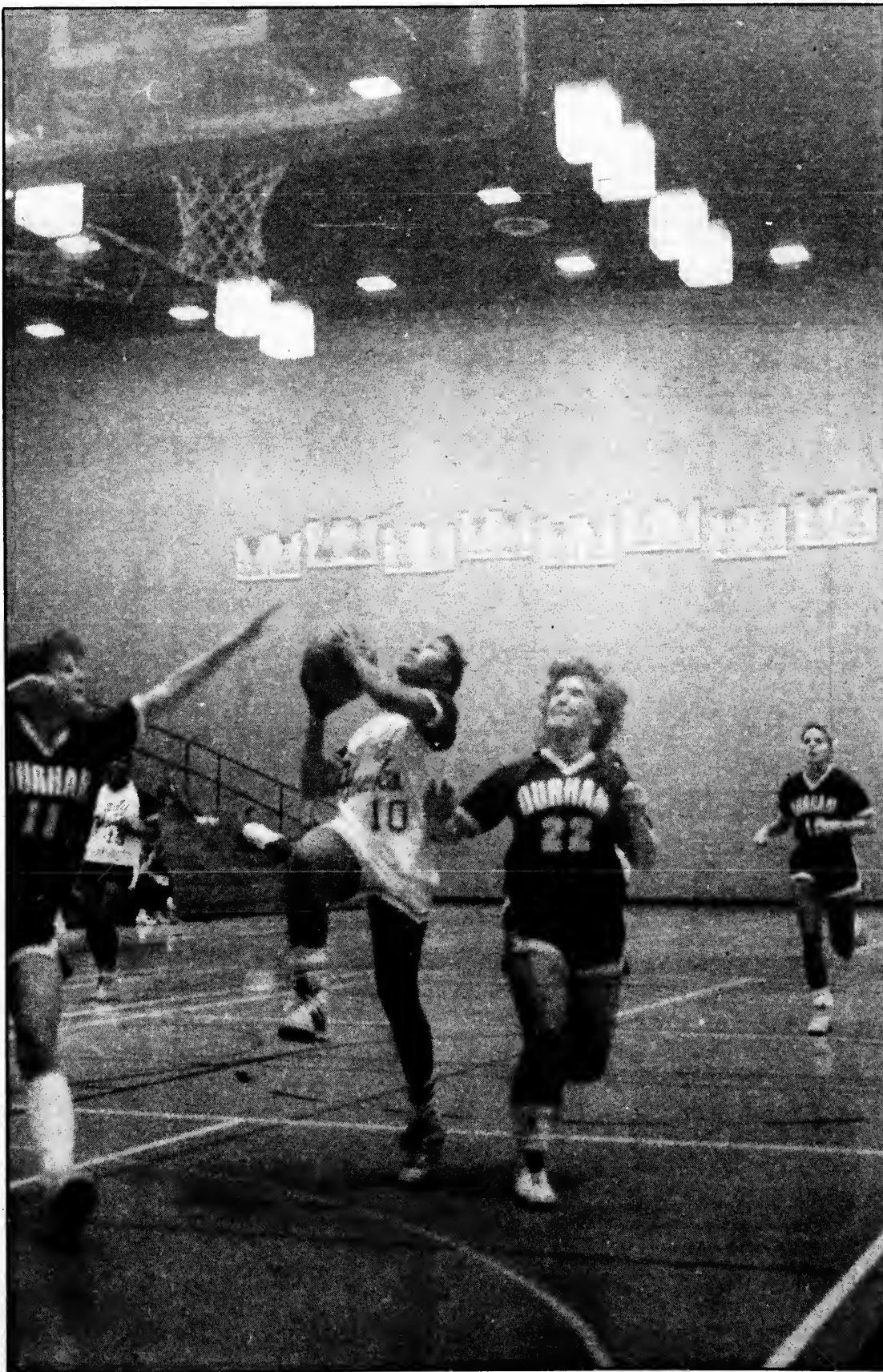


PHOTO BY JACK BROWN

MVP! — Joan Chambers, the Lady Hawks' team leader all season long, goes up for two of her 18 second-half points in the final against Durham College. Humber won the Tier 2 championship game 59-57. See page 14 for details.

Security

The college is testing a new security system hope to reduce thefts. It could save money.

High, page 2

Review

The Entertainment and Feature Editors have compiled a humorous look at 1987.

Flashback, page 12

Beeramids

Coven came in second Friday in Caps' beer can pyramid contest. The Spud Brothers won.

The, page 13

Slaughtered!

Humber's hockey team lost 8-2 last Saturday to Sheridan. The winning streak stopped at 10.

Bruins, page 14

NEWS



PHOTO BY BETTY RESENDES

Happy holidays! — Identical twins Kamilia and Ghada Zahr, who a week ago had planned on spending Christmas at a local YWCA due to the annual holiday closing of Osler residence, will instead be off to Montreal. (See front page story).

Take the bus

Pub crawlers get free ride

by Steve Darling

Thursday's big blues bash at Caps saw the implementation of a new service that not only saves on gas, but could save lives as well.

The Humberbus took to the road for a different cause at last week's pub making sure students who were drinking got home the safer way.

About 30 students used the new Humberbus service in its inaugural run.

SAC Vice President, Michelle Willis, said student council has been trying to get a program going so that students don't have to drive impaired after pub.

"We looked at several services but we decided that it was easier to utilize the Humberbus," she said.

The service was announced to students at the pub through the DJ and by fliers that were placed on tables before Caps opened.

The pub was almost sold out and most of the students that were asked if they were "designated drivers" were having one or two drinks over the course of the evening. But about sixty people were surveyed at the pub and almost all agreed the Humberbus was a good idea and represented a service they would use if needed.

"I think it's a terrific idea,"

said Steve Boru, a Law Enforcement student from Lakeshore. "I think if there was a bus going from Lakeshore to Pubs (at North) it would bring out a lot more people. I think it's definitely a step towards safer driving."

Most people also said that when they did drive to pub they would always sober up before getting behind the wheel.

The Humberbus travels the normal route which it makes on daily runs picking up students for classes. Islington station and Osler residence are just two of its stops.

The cost for running the bus is \$91.

High-tech system may stop thieves

by Alan Liczyk

Humber College is examining a new high-tech security alarm system designed to completely eliminate thefts of equipment in the future.

In an effort to stop the rash of thefts in recent years, Pat Kelly, director of purchasing, said Humber will spend 2 to 3 months testing the new UVIC system developed by the University Of Victoria.

The system has been so successful at the university that thefts of equipment were virtually eliminated.

"They've had it for 14 months now and not one piece of equipment has been stolen, so it must be very effective," Kelly said.

Testing of the system at Humber will be headed by electronics expert Mike Sava. A decision on whether the UVIC system will be employed on a full-time basis will be made following the testing.

The system consists of a monitoring device implanted in each piece of equipment. Any attempt to dismantle the device will trigger a silent alarm alerting an instructor.

If an instructor fails to recognize the silent signal within about 3 minutes, that same signal will go to the main control centre where

an audible alarm will be sounded.

Kelly said Fred Bennett, senior academic assistant at Victoria, guaranteed him the system would provide the same results for Humber.

Currently the college uses the Computer Keeper System, marketed by Ryerson, which protects computers. The costly system consisting of metal brackets, surrounds the VDT and keyboard and is bolted to the desk. This system costs \$125 per unit, but can run much higher depending on the amount of equipment contained in one unit.

"Sometimes a full blown system, the keyboard, disk drive, monitor and other apparatus could go up to \$300 and \$400 per system to tie down," Kelly explained.

Kelly added that the new UVIC system would only cost about \$16 per piece of equipment to protect.

"They (UVIC) designed it with the taxpayer in mind," Kelly said. "They didn't want to make any money on this. In fact, the idea was to save the taxpayers thousands of dollars for our institution."

"I would guess if this system is what they say it is after we do are testing, that as a private sector product, it would sell for a considerable amount of money."

Smokers feel heat

by Alan Liczyk

The hard line Humber has taken against offenders of the no-smoking policy has resulted in about a dozen students being put on report so far.

Roy Giroux, vice-president of education and faculty services, says disciplinary action has been taken against these individuals.

"They've received letters of reprimand and have been called into the office," Giroux said.

He added there have been no reported incidents of students refusing to identify themselves. He believes the biggest problem with the policy is the design-

nated smoking areas.

"We're wondering if we have appropriate designated areas, if they're comfortable enough with our facilities, or if they're designed well enough," he said.

"Anyone who has recommendations to make, they will be considered with modifications to the policy."

Bulletin

Cigaretts are once again on sale in CAPS. The Council of Student Affairs voted Monday night in favor of allowing the pub to sell cigarettes, following last week's favorable smoking referendum vote in Caps.

Red parking lot latest victim of college expansion

by Kevin Hebib

Humber's red parking lot, located on the north side of the North Campus, will soon be reduced from 275 spaces to 35 in order to make way for the new technology wing.

According to John Hooiveld, superintendent of outside services, the 100 people who bought annual permits in the red Lot will have to re-locate starting Jan. 4, 1988.

re-locate

"We don't anticipate problems," said Hooiveld. "Campus Stores will be sending letters to those affected explaining details of the change."

Originally it was believed that a large scale move would not be necessary, however, according to Hooiveld it was discovered last Thursday that more room for con-

struction would be needed.

"Those with long term permits will be assigned another space in other lots," said Hooiveld. "However, it should not be perceived that anyone with a red sticker will be able to pull into another lot without going through the renewal process."

Those who have a single semester permit in the red Lot will have to re-apply for a new permit for the coming year or prepare to use meter or day parking facilities.

According to Hooiveld, there is a chance that spaces will once again be added as soon as the new wing is completed in the summer of 1989.

"When the building is finished, we may be able to squeak a few more in," said Hooiveld, "but the structure should take about 18 months to complete."



PHOTO BY WARD LAFORME

Moving on over! — The majority of students and staff who park in the red lot will be moving out next semester to make room for the new technology wing.

97% find jobs

Humber grads grabbed by workforce

by Laura McCollum

Ninety-seven per cent of Humber graduates last year found jobs within six months of graduation.

According to the 1986-1987 Humber Placement Report, this is the highest percentage gain recorded in the 80's.

In the previous year only 79 per cent of graduating students found jobs in their field. This year, 82 per cent have jobs in their fields.

The technology program had the greatest gains. The overall employment rose from 94 to 98 per cent.

Placement Director Judy Humphries said the increase in jobs for students is due to the economy.

"But even in a good economy, employers are hiring for long term and therefore they are still not sacrificing their standards," she explained.

Humphries said that other than the economy, factors contributing to the employment success of the grads include: a quality education, the enthusiasm and initiative of the student, and the co-operative effort of the college faculty and Career Service Centre in the search for related employment.

The placement report also lists average starting salaries.

Nursing grads can expect to make an average starting salary of \$30,000 a year. Industrial Instrumentation Engineering Technicians started at \$29,000 a year. Arena Management and Audio-Visual Technician grads both had average starting salaries of \$26,000 yearly.

Humphries emphasized the salaries are for the first three to six months of employment. The employers normally give raises after the trial period is over.

Humphries said Humber's main competitors for high placement rates were Sheridan and Seneca College.

Obsolete equipment endangers course

by Kelly Zimmer

A desperate plea was sent out to administration to upgrade Humber College's Film and Television Production program by students who feel their education is being jeopardized.

The students say the equipment is either obsolete, broken down, or just not available.

Film and t.v. SAC representative Maria Franciamore, is getting approximately 150 signatures from the students.

A letter will then be sent to Humber president Dr. Robert Gordon and Applied and Creative Arts dean, Carl Eriksen.

The letter explains the department is lacking a projection room and specialized equipment.

Franciamore said, "If we don't update this program, it will in fact get closed down. It would be the only solution because you go out in the working class and you're not going to know what they're doing because you're outdated."

attempt to talk

SAC president, Jim Purdie attempted to talk to Gordon and Eriksen but Franciamore said he didn't get much feedback from them.

"Bob Bocking (film and t.v. teacher), told me that he gave Eriksen a proposal...and then Jim Purdie talked to him and he said, 'Wow, I didn't know it was that bad down there...'"

Eriksen said, "I'm aware there is a problem, it's not something new."

He also said that it has been pointed out to him several times.

Each year Eriksen is expected to hand the college's budget committee an outline of new renovations needed in ACA.

"I'm a realist and I know that there are all kinds of requests and it is hard to meet all those requests," said Eriksen.

Eriksen also said the budget committee would determine the cost to upgrade the department.

His advice to the students is to continue using the space available for now.

no comment

Gordon was not available for comment.

Franciamore is concerned that her division has been left out in the cold for too many years while other programs have received renovations.

The current need is for a (projection) screening room.

The film and t.v. students aren't able to use Humber's theatre because they say it is being "monopolized" by the theatre students.

Second-year film and t.v. student Rick Martell said, "The fact is, we used to have a screening room but now the theatre department has the only monopoly on it."

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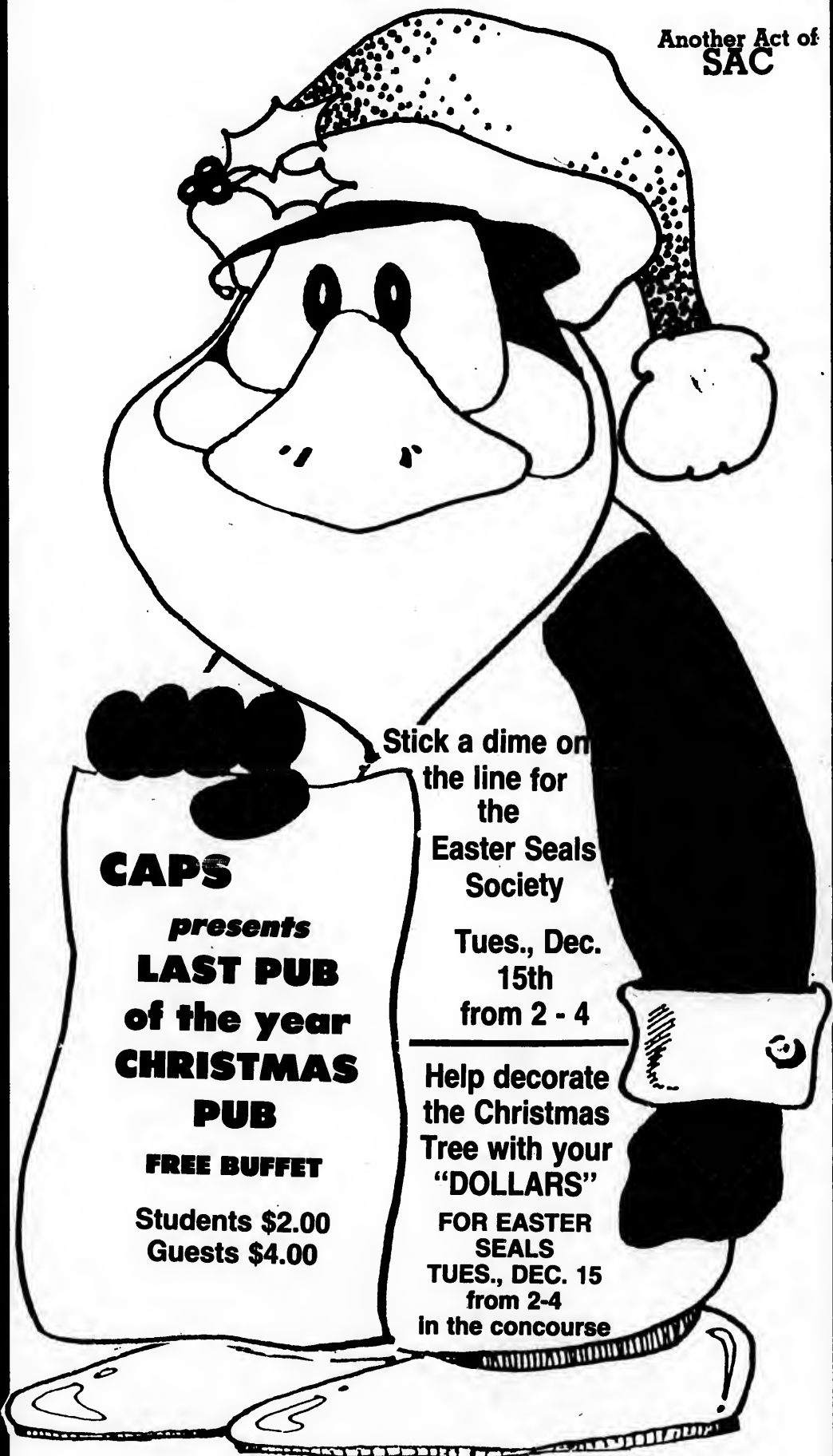
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Ad rate set to increase

by Tom Kjaersgaard

The cost of advertising in Coven will rise as of Jan. 1.

Publisher Jim Bard explained that Coven has absorbed printing cost increases in excess of 20 per cent since the last rate increase in Sept. 1986.

Prices will jump 10 to 15 per cent on average.

This means the price for a

quarter page ad, the most popular, will rise from \$75.60 to \$85.

Coven advertising representative Dwayne (the ad boy) Standfast says he doesn't think the increase will discourage advertisers.

Bard said repeat advertisers and those already committed will continue to enjoy reduced rates until the end of the school year.

United Way campaign closes off for year

by Heather Conroy.

Second-year Public Relation students completed the final step in Humber's United Way Campaign.

Laura Gellatly, chairperson of the campaign, presented the \$18,648 cheque raised by Humber to Liz Lounsbury, representative for the United Way on December 2.

"This time of the year, people like myself can say thank-you," said Lounsbury. "Humber College is a shining light in the dark, we're really proud of you."

Besides the cheque presentation, the student executive presented the faculty involved with a gift.

Tom Browne, P.R. teacher and campaign advisor, presented Carl Eriksen, Dean of A.C.A. with a gift which in turn, he gave to Gellatly for all their help and dedication to the campaign.

"I'm really proud of the P.R. program. They keep reaching higher and higher and it's very impressive," said Eriksen.

The students prepare journals for the next years students to follow which always raises the goal up the ladder.

Lounsbury said there's one way one people can remember the meaning behind the United Way.

"One in three people are helped by the United Way. Look at the person sitting on the right of you, if it's not them, look to the left. If it's not either of them than it must be you that will, or is being helped."



PHOTO BY WARD LaFORME

Pass the cheque please — United Way rep Liz

Lounsbury accepts a \$18,648 cheque from Humber's campaign chairperson Laura Gellatly.

New computer in library

by Lily Grzan

The North Campus library has a new pilot project. They have installed a computer terminal which gives access to an on-line catalogue of all the 22 community colleges in Ontario, and Ryerson Polytechnical Institute.

There are approximately 500,000 unique bibliographic records in the native file.

There are two catalogues accessible through this terminal, the online file, and the source file.

The source file has 1.5 million bibliographic records.

It consists of information from the Library of Congress in Washington and the National Library of Canada.

The records can be accessed by subject, author, or by title.

There has also been a change in the hours of operation at the Osler and Queensway libraries, but the new hours were not listed because there may be additional changes in the winter semester.

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\$3.3 million

New technology wing approved

by Tim Bailey

The technology program will be expanding into a new 3.3 million dollar wing. The new facility will accommodate students from the North and Lakeshore campus.

The cutting of the soil will start sometime in January, with the completion date set for the summer of 1989.

The new wing will house new technological equipment.

The complex was made necessary due to plans by the Board of Governors and the Provincial Government to consolidate the technology program.

The consolidation is expected to save Humber \$2 million a year.

That is the cost to rent the three buildings at the Queensway campus.

John Saso, Vice President of Administration said, "we are working towards a summer of '89 deadline, if for some reason we can't meet that deadline, we would continue to rent space at the Queensway on a month to month basis."

The technology wing would be situated around the proposed new main entrance, with easy access off Humber College Boulevard.

30% off trips

Travel card dispute

by Jennifer Ellis

An International Student Identity Card (ISIC) that can save students money on travel expenses has been accepted by SAC, according to the SAC Vice-President.

Michelle Willis said the discount card would enable students to receive up to 30 per cent off on airfare, rail, attractions, and accommodations.

The money saving card will be implemented sometime in the spring.

Marketing representative Ian Taylor who is from the Ontario Federation of Students organization (OFS), said students who buy the seven dollar card would have

access to thousands of money saving discounts and services worldwide.

However, SAC President Jim Purdie was against the ISIC card because OFS, which represents Ontario's universities and colleges, is university oriented.

According to a SAC report, OFS has not lived up to its promises for the colleges.

SAC has reviewed the situation and feels that OFS is not a worthwhile organization for Humber College.

"OFS wasn't representing college students, so we pulled out," Purdie said.

However, Willis pointed out that, "it's more important to have a card then to hold a grudge."

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And to all...

The Christmas season is upon us, and none too soon. As we rush to submit our final assignments, and carefully plan the trip home for the holidays, many of us forget the origins and meaning of the yuletide season.

The tradition started in Victorian England and was transplanted throughout the world. The 'pagan' and religious origins of Christmas have developed over the years to include local customs and traditions. But the spirit of sharing has never been altered.

Carols were first written and sung by French peasants, and the use of evergreens (magical plants that did not die in the winter) was a Scandinavian twist. Holly came to represent the crown of thorns worn by Christ, and the red berries His blood.

The Nativity scene, while having no practical application to the holiday, was transplanted to tell the story of Jesus' life (a later addition by the Christian church).

The practice of giving to the poor and needy, while a staple in most religions, did not flourish until the late 19th century with the rise of the industrial middle-class.

It was originally feared that exposure to such people would entice the middle-class to "follow them along the path of drunkenness and debauchery".

Fortunately, the custom has persisted.

But it seems every year, without fail, the pious of our communities throw up their hands in disgust over the "commercialism" of today's Christmas.

Most forget, however, that there are more social agencies and organizations existing today than ever before to ensure the needy are not forgotten.

The real traditions of Christmas may be bending to our consumer habits, but the spirit and intent of the holidays have never changed.

As the Santa's of tomorrow we must not allow these doomsayers to deflect from our enjoyment and perpetuation of Christmas and its real meaning.

From the editor and staff of Coven, a very Merry Christmas to all.



Letters to the editor

Radio rebuttal

Dear Editor,
 I can honestly say that my two and a half years at Humber have been truly enjoyable, with the exception of a handful of incidents. Those being the certified che-

que incident, the parking fiasco, and the buffer zone that exists between the Honcho's, SAC, and the students.

The most recent incident that bothers me deals with internships. Last week's headline said "Registrar admits mistake". What mistake? The mistake will be admitted when internship fees are abolished entirely.

Certain programs have complained about paying \$125. The complaint lies in the fact that students only communicate with instructors only once or twice a week.

Radio broadcasting students have absolutely no communication with the campus during internships. So how can the college justify our tuition fee?

Not only do we work for free, pay living expenses in such luxurious places like Drumheller, Alberta, but we must also pay tuition. Where is the justification in all this?

John Maric, a 3rd year broadcaster, said "it stinks and it must be changed". Other students have made harsher comments, yet my journalistic integrity does not permit me to write them down.

I personally can't understand how the program will suffer. The only people suffering are the interns themselves.

John Maric, myself, and many others will comply because we want to graduate.

We will also comply because

we realize the determination and perseverance that our co-ordinator Stan Larke has put forth.

Single-handedly he makes internships a reality without the assistance of the money grabbing brass.

Sincerely,
 Tony G. Monaco,
 Radio Broadcasting

Sexist psyche

Dear Editor,
 Regarding the Features story "We are women here us ROAR!" I found it inappropriate for a paper of your standing. It lacked information, balance, and colorful quotes.

Secondly, the headline is out and out sexist. Who writes these things? The graphic isn't complimentary either. I feel it is slanted to make fun of women who have an honest goal to rid the world of sexism, inequality, among minority and women groups.

Sincerely,
 Pam Northrop

COLLEGE VIEWPOINT

by Alex Molnar

QUESTION: What's your remedy to a New Year's hangover?



David Bolan, 1st year General Arts and Science

Get up, take one drink of homemade wine, a glass of orange juice, and two Alka Seltzer (in that order).

Sheila Walsh, 1st year Radio Broadcast

First thing is to drink a chocolate milk, and then a couple of strong aspirins.

Brian Clancey, 1st year Creative Photography

A cold beer and a warm woman.

Jennifer Young, 1st year Radio Broadcasting

A big tall glass of milk before and drink all you want after that. Find all the orange juice you can in the morning.

Letter writers:

Letters can be dropped off in room L231, way at the back of North campus. Or, letters can be mailed to The Coven Editor, 205 Humber College Blvd., Etobicoke, Ont., M9W 5L7.



COLLEGE LIFE



Instructors you love to hate



Comment

by Sharon Boord

They make you sweat. They make you push "a little harder." They make you moan. They make you groan. No, I'm not talking about sexual aids. I'm talking about Fitness Instructors.

That's right. Those people who lead us like lemmings to the fringes of "the burn", to the cry of "just one more, c'mon, you can DO it."

They don't even have to say "Simon Says", and they have a roomful of people mimicking them, who have actually paid good money, to be shown through the motions. And for what? For some delusive image that they actually look GOOD in a bathing suit. And some of them actually do, don't get me wrong. But those are the ones who have no friends. They spend all their spare time working out. Every other day it's aerobics. Between that it's calisthenics and/or weights. "No, I'm sorry Joey, I can't go to the movies tonight, I'm WORKIN' OUT!" Click. G'Bye.

But these die hards aside, (way aside, please, with their tummies so tight you could bounce a quarter off them), I myself have fallen into the trap of the fitness frenzy.

During my sojourn as a secretary a few years back, I realized if I didn't want my secretary's spread to overlap the next bus seat, I'd better get moving and start increasing my basal metabolic rate, or some such nonsense. I went to a jazzercise class.

The instructor, Audley, was the picture of perfection. Buttocks that would put any NFL'er to shame, taut hamstrings and an even tauter leotard, he showed us through the motions. Week after week. Month after month. Until he left. And with him went all the energy of the class. Somehow, he had made us WANT to be there, WANT to sweat, WANT to make our tummies ACHE until he said STOP.

some scream like a military officer

I have noticed this almost cult-like power in precious few instructors since him. There was Winnie at the next health club I joined. She was cute, blonde, perky and pretty, and her classes were always filled to capacity. With something resembling a cattle call, we regulars would have done jumping jacks for her 'till we fell down from exhaustion. My awe for her Pied Piperishness diminished only slightly when I discovered she smoked a pack of cigarettes a day.

Then there was Brigitte at the next studio I went to. In her broken French-English, and with a face resembling Rachel Welsh, she urged us through our bodyshaping classes, "Une et deux et trois et quatre, encore!" until our muscles refused to do our brain's bidding to lift those crummy mini-barbells one more time. We were putty in her hands. And I've been at the hands of many instructors.

Some screamed like military officers, and would have put off even the most hardened boot camp soldier. Others seemed like they were put out at having US there while THEY worked out. And how could any instructor who never smiled ONCE make us think working out was FUN? And others simply didn't have "IT", that magical, intangible thing that made us WANNA. For them, if not for ourselves.

When I started Humber last year, I was delighted to find many of the instructors had "IT". There was Lisa, and Robin, and Janice. They all made me want to rush from classroom to changeroom, to work up a sweat in my only spare of the day. When Janice suggested that I train to become an instructor, I was anxious. Anxious that I wouldn't have "IT". And I suppose I will never know. Perhaps ignorance is bliss. But I do hope that along the way, I have picked up a little of Brigitte, a little of Winnie, a little of Genevieve, and others I haven't mentioned here. Because if I have, then I know I will have what it takes to give people that euphoric, natural, drugless high that comes after a damn good workout.



PHOTO BY ANITA HEYNA

No more Big Mac's — Debbie Bajoras-Ross, head therapist and fitness co-ordinator, talks about a new diet at the third annual Nutrition Seminar. This one will help you change eating habits for life.

Happy Christmas!



PHOTO BY KARIN NILSSON

May all your wishes come true — and if they don't, like in this young lady's case, remember there's always another year.

New healthy diet

The fight to be thin is over

by Anita Heyna

If the saying is true, "you are what you eat", many of us may be a walking Big Mac. But, according to Debbie Bajoras-Ross, head therapist and fitness co-ordinator at Humber's North campus, a high fast food intake is "out of style".

At the third annual Nutrition Seminar, held at Humber, Bajoras-Ross suggested ways of changing your eating style and joining in the new craze.

No longer is the fight to be thin the "big picture", as fad diets lose their spot on the fridge to Canada's Food Guide.

This diet-guide presents healthy eating habits that are more promising than most diets on the market

today.

For example, the guide shows how to change your eating habits gradually, which will cut down on the stress caused by many other diets.

"If you're a french-fry fan, try cutting down on them slowly. If you have them three times a week, have them once a week. You won't feel deprived because the new habits will stay with you for the rest of your life," said Bajoras-Ross.

wanting to change

She said other diets don't encourage good eating habits. Once the dieter has lost the desired amount of weight, he rewards himself with sweet snacks.

Bajoras-Ross said the idea behind Canada's Food Guide is to change your eating habits because you want to and not because you feel you have to.

kill fallacies

The guide also kills off some of the most common misconceptions regarding good and bad food.

For example, one fallacy is that complex carbohydrates, like pastas and potatoes, are fattening. This is not true. These foods are easily burned off and they give you more energy.

A healthy diet consists of 50 per cent carbohydrates, 15 per cent protein and 35 per cent fat. Protein is found in meat and chicken, and

if you are used to pieces that are bigger than the plate, one way to help cut down is by using a smaller plate. Believe it or not! This illusion that the portion is large really works, according to a pamphlet put out by the Ministry of Health, *Tipping The Scales In Your Favor*.

cut out salt

Other suggestions for cutting calories and eating for the health of it are: drinking less alcohol (which robs your body of its vitamins and minerals); eating foods that are high on fibre (to help out your digestive system); and cutting out salt.

"A trick that I use is that I taste my food first. A lot of people tend to grab the salt before the plate even hits the table. If you're at a good restaurant, you shouldn't need to salt it. Taste it first, it may not even need salt," said Bajoras-Ross.

path to a new future

Changing your eating habits is not difficult. Eating for the health of it is marking a path to a future where the battle to be thin is no longer the key incentive to feeling good.

Remember "you are what you eat" and eating good, means looking and feeling good.

Join the craze, it's no longer just a faze!

Ho! Ho! Ho! Ain't Christmas somethin'

by Sharon Board

Still don't know what to get your dad for Christmas? What will you get your nieces and nephews who don't know the meaning of the word *clean*?

If pondering the plight of those "hard-to-buy-fors" on your Christmas list, perhaps The Last Minute Christmas Show and Sale can provide some suggestions.

Inventors, university and private company think-tank representatives from across North America will display the latest in new products and inventions, just in time for Christmas.

Here are some examples: for the bicycle enthusiast, how about The Waterboy Automatic Canteen. Water is hydraulically pumped to parched lips as the cyclist pedals. It giving new meaning to the phrase, "Look mom, no hands!"

Or, for restless natives on a snowy Saturday night, the EZ Load Super String Gun. This plastic mini-machine-gun shoots a string of harmless colored gel on surprised victims. It's a great idea to catch someone really off guard, yet leaves no hard-to-remove stains.

For dad, there's Electrotrivia, a hand held version of the popular board game. Dad can play trivia by *himself* during those long nights when the cable goes on the blink.

And for the kids who hate *clean*, how about "Scrub-A-Luv" the waterproof poster for the shower. Some posters display Disney characters, while other posters display movie stars. Now bath-time need never be boring again, at least visually.

The weekend baseball athlete can brag about his fastball with a baseball that has a built in speedometer. The speedometer has no set speed limit.

These gift ideas are only a sampling of some of the goodies that can be found on display. Some of these gifts may be next year's hits, as many haven't even hit the stores yet.

The show runs Dec. 11 to Dec. 13 at The International Centre, Airport Road at Derry Road. The preview sale night is Friday Dec. 10.



Humber's catchin' the spirit

by Kevin Hebib

Once a year, the drab halls of Humber are decked with Yuletide trimmings signalling the start of another holiday season.

Though perhaps a little cliché, there's something about the glint of fireproof tinsel and garland on an artificial tree that stirs the senses and jolts the bank account.

However, despite the monetary demands of Christmas, the holiday spirit appears to be alive and well around the college and it can be shared by students, faculty and administration alike.

"It's really picking up as we go," said Laura Reko, a second-year Floriculture student working in the Humber Flower Shop.

"I'm definitely in the holiday spirit and sales are up compared to last year. We've been selling lots of Christmas gifts and arrangements to both students and faculty."

In the Arboretum as well, work is thoroughly under way preparing for the 4th annual Country Christmas program Dec. 13 - 14. It's dedicated to those who veer from the commercialness of the season in search of the traditional touch.

"This is the place to be for Christmas," said Mara Meleski, a Landscape Technician. She's preparing crafts for the celebration.

"Bring all your friends and family. There'll be hayrides, hot cider and Santa Claus."

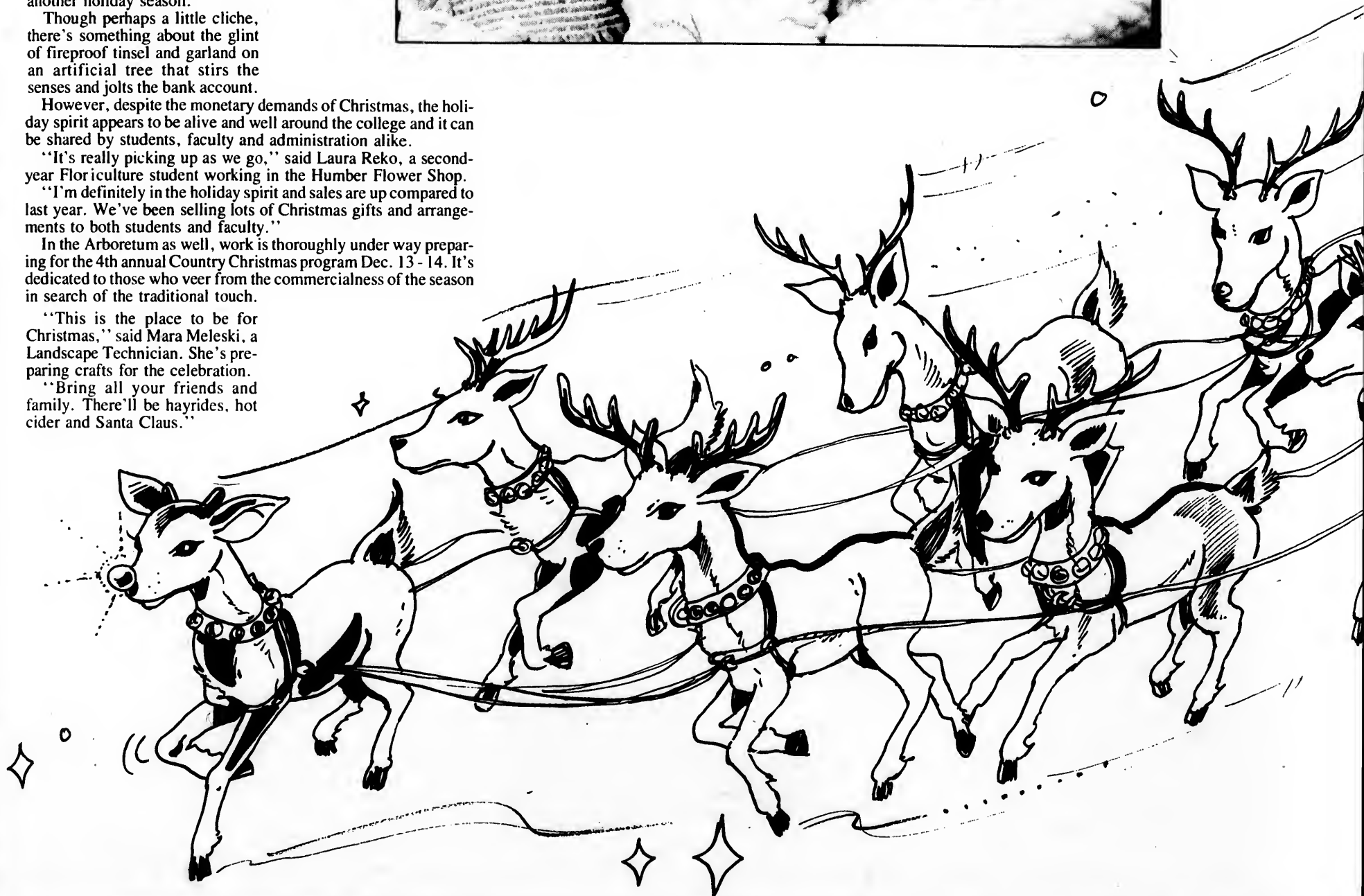
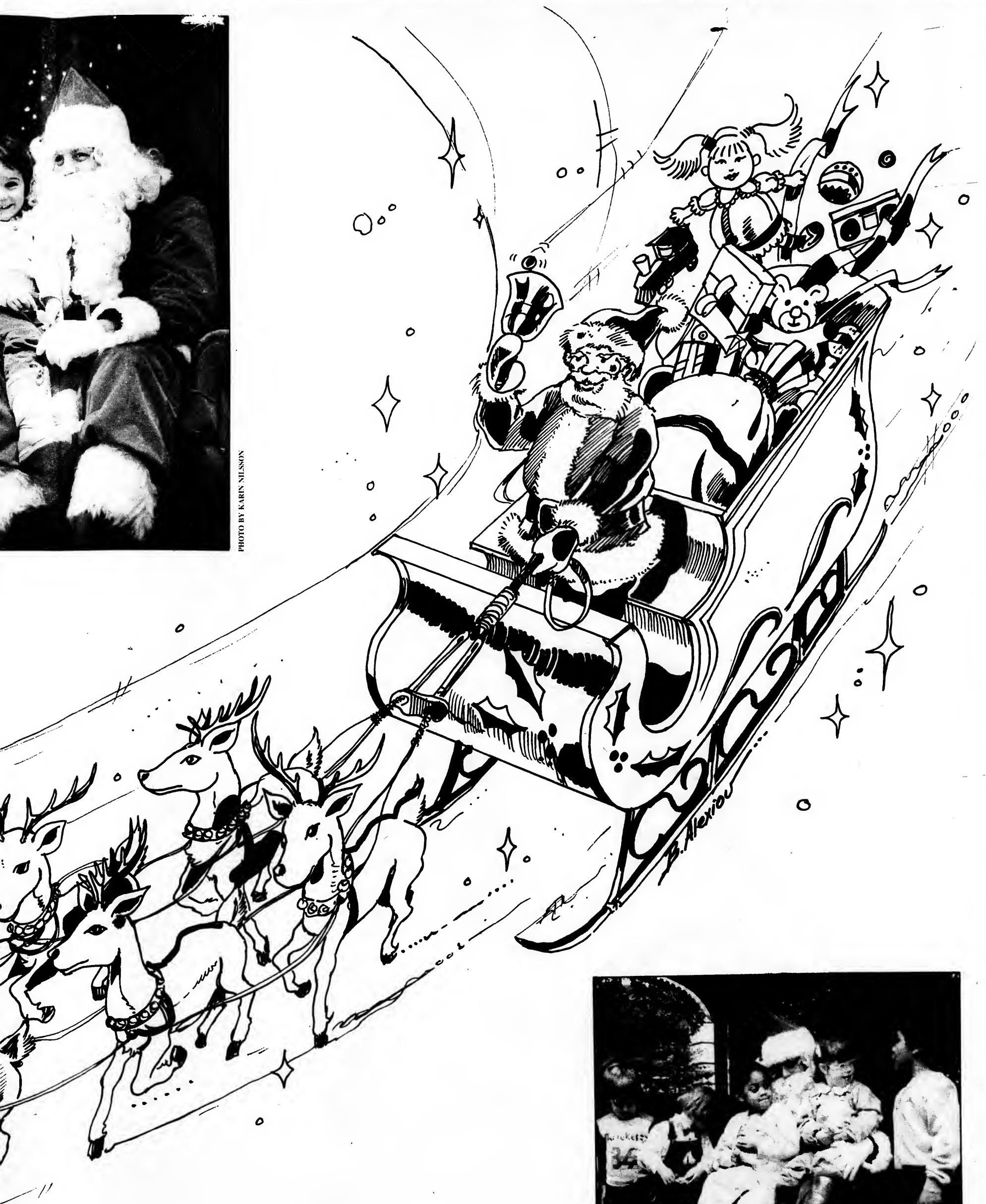




PHOTO BY KARIN NILSSON



Bugaboos and you

by Morgan Adams

Some unidentified flying objects are definitely extra-terrestrial space crafts, and world governments are attempting to cover it up, according to a Canadian nuclear physicist who has studied the phenomena for 29 years.

Stanton T. Friedman, 53, spoke to Humber students and staff in Caps last week about *flying saucers*. He says that since 1947, the U.S. government has denied they exist. At that time, according to Friedman, one crashed on a New Mexico ranch and the government said no such thing happened.

Yet, he said, the whole phenomena is the most classified subject in the States, even more so than the atomic bomb.

Friedman said it's all a cover up so the U.S. government can figure out how *flying saucers* work before the Russians do.

He said that whoever discovers the secret would "rule the world."

wings, or the flashing red and white lights associated with airplanes.

Friedman said that as years go by, more people begin to believe UFOs exist; and that the more educated the person are the more likely he or she will believe.

Friedman said a 1978 American study, found that 57 per cent of the population believed in UFOs. Also, he said, that 66 per cent of college graduates and 36 per cent of grade school graduates believe there are UFOs.

Friedman also discussed kidnappings by aliens. He said a Toronto doctor is now working with five people who claim to have been kidnapped.

He also told the story of Barney and Betty Hill, two bird watchers from Concord, New Hampshire, who were abducted on their way home from Montreal.

Under hypnosis, they told of being taken by aliens, examined, and then released.

While under hypnosis, Betty described a 3D star map she saw aboard the craft that showed where the *bugaboos* came from.

Friedman said that the stars turned out to be Zeta 1 and 2, only seen in the southern hemisphere. And these stars, he said, are a billion years older than the sun and are the type likely to have planets with life.

large eyes and head

He said Barney described the creatures as under five feet tall, each with large eyes and head and small nose.

Friedman said more than 500 creature sightings similar to the ones Barney described have been documented.

The probable purpose of abducting humans, he said, is to take *sperm and ovum samples*, possibly to cross-breed with their

own kind.

Friedman said that travel to other planets is a feasible venture using nuclear fusion or fission, though he said aliens don't use this — their way of travel is probably more efficient.

He gave four reasons why journalists and scientists haven't jumped on to what he calls *the UFO bandwagon*.

The first reason is ignorance of the relevant data. Friedman said that "those who are most negative know the least."

Secondly, is the fear of being ridiculed. Friedman said that most people fear that others would think they were "some kind of a nut."

Thirdly, is the matter of ego. He said that since aliens don't speak to world leaders, the leaders decide aliens don't exist.

And lastly, Friedman says there is a complete unwillingness to use technology to understand UFOs.

During his talk, Friedman showed slides of what was sup-

posedly the same UFO: one shot was taken in Oregon, one in France, and shots of other UFOs taken in Romania, Hungary, Peru, Brazil and the U.S.

Friedman also told the story of a U.S. fighter pilot who went up to intercept a UFO in 1952 and disappeared, plane and all.

Friedman asked the 150 people at his seminar in Caps last week if they had seen a UFO. Only 13 had and none had reported it to the authorities.

He showed the audience a copy of an affidavit from the CIA given to a Supreme Court judge stating that such information shouldn't be released on grounds of national security. At least 80 per cent of the document had been blotted out.

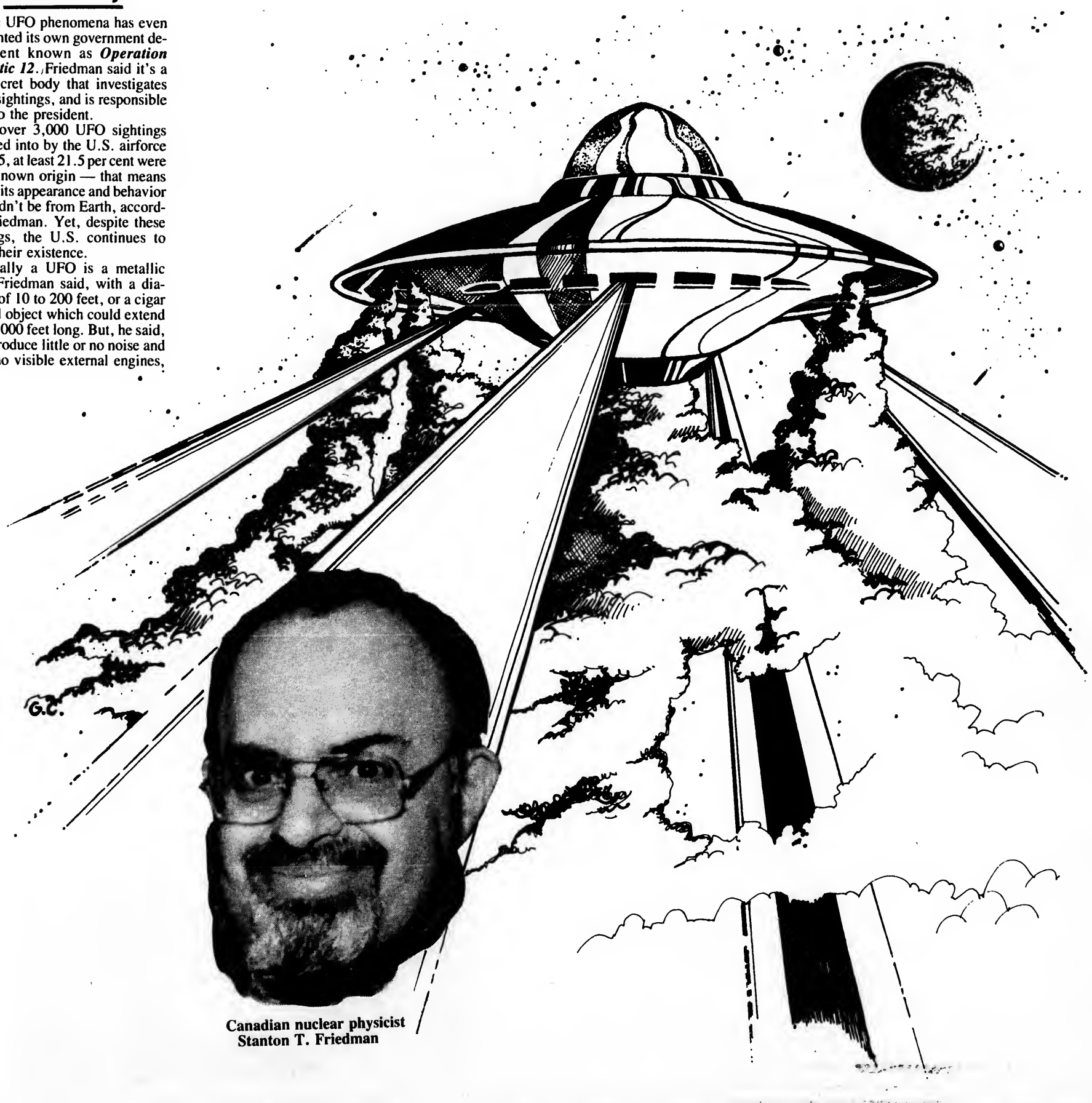
Friedman, who has never seen a UFO, said that once people realize what is out beyond the Earth's atmosphere, they will finally grow up and become part of the galactic community.

secret body

The UFO phenomena has even warranted its own government department known as *Operation Majestic 12*. Friedman said it's a top secret body that investigates UFO sightings, and is responsible only to the president.

Of over 3,000 UFO sightings checked into by the U.S. airforce in 1955, at least 21.5 per cent were of unknown origin — that means due to its appearance and behavior it couldn't be from Earth, according to Friedman. Yet, despite these findings, the U.S. continues to deny their existence.

Usually a UFO is a metallic disk, Friedman said, with a diameter of 10 to 200 feet, or a cigar shaped object which could extend up to 1000 feet long. But, he said, they produce little or no noise and have no visible external engines,



Canadian nuclear physicist Stanton T. Friedman

Broke students have themselves to blame

by Geoff Chambers

With Christmas fast approaching, the financial burden of paying off tuition, buying presents, and in some cases, arranging trips home, is an overwhelming prospect. For many students, the burden is too much to handle.

According to Dennis Bozzer, a Financial Aid officer at Humber College, most students seem to know what it takes to pass courses, but when it comes to organizing their finances they could use some advice.

"Every year the college loses a substantial number of students because of financial problems — problems that, in many cases, can be avoided by planning for their needs a little better," said Bozzer.

One of the most common problems that Bozzer said he sees year after year are students that just aren't living within their means.

"All too often, some students spend too much on their social life and end up running short of funds to pay for important things like tuition, books and living expenses," Bozzer said.

Julie Fenwick, a first-year Computer Information Systems student, is one who finds it difficult to budget between having a good time and meeting her everyday needs.

"This is my first time living away from my home in Thunder Bay," said Fenwick, "and sometimes I have a hard time

resisting all the things that a big city has to offer."

Fenwick estimates that she spends about \$30 a week on entertainment. Considering that she sometimes can't afford bus fare and recently had her refrigerator repossessed, she realizes that she may have to change her spending habits.

"Since I don't have a job and I'm supported almost totally by my parents perhaps I should be more careful as to how I spend my money," said Fenwick. "But I'm still hoping to get \$600 together for a trip to Florida during the winter break."

Bozzer agrees that taking part in the social aspect is a big part of college life, but he feels that students have to make some sacrifices in order to avoid money problems.

mad money

"We encourage students to set up a realistic budget," said Bozzer, "and stick to it."

"By following a budget, students can see how much they can use for 'mad money' without taking away from the essentials like tuition, books and living expenses."

Lisa Whitman, a Halifax native in her first year in the Journalism program, had been accepted to Humber College last year, but because of the lack of affordable housing in Toronto, she was forced to return home.

"I had to sit out a year until I could get a space in the Osler Residence," said Whitman.

Even in residence, Whitman finds living in Ontario to be a costly experience. "The price of food and other essentials is considerably more (expensive) than in Nova Scotia," noted Whitman.

For this reason she makes a conscious effort to buy items that are on sale and to avoid going out on shopping binges for clothes.

"I see my lack of money now as good training for my career," said Whitman. "After all, journalism isn't a career field that pays big money."

While Journalism may pay peanuts, Mike Summers, a third-year Electronics Technology student, said he is banking on his diploma to get him a good job.

"Because I plan on studying engineering when I finish at Humber," said Summers, "I have to live at home to save money for my university tuition."

Summers said he could live on his own if he received an Ontario Students Assistance Plan loan, but doesn't like having to owe money to anyone.

"I pay \$60 room and board to live at home," said Summers, "which allows me to save for school, yet still leaves me enough money to do whatever I want."

ELECT

DON STEVENS TO BOARD OF GOVERNORS SUPPORT STAFF REPRESENTATIVE

I bring to the Board of Governors experience as local union president, treasurer, and member of several committees, (parking, classification, health and safety) as well as experience on the Consultive Pension Committee.

I have been interested in the affairs of the college since I started here back in 1977.

I fully realize that this position does not carry a vote and that some may feel that it has no power, but it is a start, it is an ear to what is really happening and a voice with which to try to represent the view of the support staff employees.

In asking for your vote I am asking not for a handful of employees to cast their choice but the entire support staff group to give me the support of being the choice of a large number of employees.

I pledge to represent all support staff interests on behalf of the union members and on behalf of those who are not union members.

REMEMBER VOTE ON WED., JAN. 13

VOTE FOR DON STEVENS

Season's Greetings



we've got it all!

PIZZA, PASTA

STEAK / SEAFOOD

& MORE...

- RESERVATION ACCEPTED.
- LARGE PARTIES WELCOMED — JOIN OUR V.I.P. CLUB AND RECEIVE COMPLIMENTARY MEALS FOR PARTIES 12 OR MORE.
- PRE-PLANNED MENU AVAILABLE.

FOR MORE INFORMATION...
CALL
ANGIE OR CHRISANNE
244-1711, ext. 3533

Pia Zettis blends the essential ingredients that make a good restaurant a great place to eat. A well balanced menu presents superb Italian food at prices that are a pleasant surprise, and the casual, upbeat decor give Pia Zettis a warm and welcoming feel. The bright green, red and white banners give this fun restaurant a festive air as the bustling waiters quickly and efficiently meet your dining needs.

Whether lunch or dinner, the Pia Zettis offers its patrons quality and variety. For a perfect start, try the brusetta. An Italian specialty, these thinly sliced pieces of lightly garlicked bread are covered in a delectable, gently herbed, diced tomato and cheese topping. If seafood starters intrigue you, don't overlook the Kiwi Mussels. This Australian delicacy, served on the 1/2 shell, never fails to please mussel lovers. Other menu possibilities include a bountiful salad bar, burgers, deli sandwiches, pasta dishes and entrees of steak, lobster, shrimp and baked chicken. But what makes this restaurant really special is its pizza and lasagna.

The pizza is oven baked and served in the old fashioned way—fully loaded. Should the creative urge hit while trying to decide, give the Zettis Deluxe a chance. It's a build your own pizza delight. Choose from a long list of toppings all created to tempt the ole' taste buds. Order your masterpiece and in no time at all your very own Zettis special will be at your table piping hot and ready to eat.

If lasagna is your passion, hold onto your craving because Pia Zettis is the place to be. Zettis lasagna has been chosen to rank in the top four in a recent, 'best lasagna in town contest'—no simple feat when you consider the Italian community in Etobicoke.

Pia Zettis is a restaurant the whole family can enjoy. It offers excellent food at exceptional value and can be booked for group parties, up to 24 people, by just calling a couple of days in advance.

PIA ZETTIS



Located in Skyline Hotel concourse. Open 7 days a week for lunch and dinner. Fully licensed. Ample parking. 244-1711.





ENTERTAINMENT



FLASHBACK 1987!!!

Yol Brothers and Sisters, we are gathered here today to look back upon this past year, 1987, which brought fortune to some, power to others, and strange pungent growths to the rest of us.

It's been a rough year for some... but a great year for others. We put together what we consider the definitive lists of 1987. You may or may not agree, but hey, it's a free country... for now. So, without further ado here are Our Picks of '87!

J.P.

Compiled by John Pires, Dale Nolan, Marty Powell, Sharon Sally, and Dwayne Standfast.

THE YEAR OF SAFE SEX, HEAVY METAL, CRACK, HOUSE MUSIC, CD'S, EARTHQUAKES, U2, CONDOMS, SKYDOME, MUSTANG GTs, NON-LICENSED CLUBS, CHARLIE SHEEN, SMOKE-FREE ENVIRONMENTS, HIGHWAY SHOOTINGS, SUMMER OF LOVE REVISITED, LONELY HEARTS CLUB BAND, FREE TRADE.....

TOP 5 CONCERTS

Pink Floyd... CNE stadium
U2... CNE stadium
The Cult... CNE grandstand
Randy Travis... Massey Hall
The Cure... CNE grandstand

J.P., D.N., D.S.

5 TOP MEALS AT THE PIPE

fish and chips
roast beef sandwich
chicken legs
beefaroni
cole slaw sandwich

5 WORST MEALS AT THE PIPE

fish and chips
roast beef sandwich
chicken legs
beefaroni
cole slaw sandwich

TOP 5 ROCK ALBUMS

U2... The Joshua Tree
John Mellencamp... Lone-some Jubilee
Fleetwood Mac... Tango in the Night
R.E.M... Document
Whitesnake... Whitesnake

S.S., D.N.

5 THINGS WE WANT AROUND HUMBER NEXT YEAR

— Limo service... to and from class
— A medical decal
— Co-ed bathrooms
— A parking spot
— Massive smokeless ashtrays... to be carried on a body-harness, so students can smoke anywhere they wish

TOP 5 COUNTRY ALBUMS

Randy Travis... Always and Forever
Tammy Wynette... Higher Ground
Hank Williams Jr... Born to Boogie
George Strait... Ocean Front Property
Highway 101... Highway 101

5 PEOPLE WE WANT SHIPPED UP TO HUMBER COLLEGE VIA COURIER

Megan Follows
The Fat Boys
Marilyn Chambers
Kathleen Turner
Robert Gordon (where has he been all year?)

TOP 5 MODERN MUSIC ALBUMS

New Order... Substance
The Cure... Kiss me, Kiss me, Kiss me
The Cult... Electric
The Smiths... Louder than Bombs
Depeche Mode... Music for the Masses

J.P.

5 PEOPLE WE WANT SENT TO BAFFIN ISLAND ON A ONE-WAY TICKET

— Gail Smith (Promoted to Baffin Island CFTO news bureau. Get a new hair-do!)
— George Michael (Need we say more?)
— Margaret Atwood (Too much feminist garble)
— Ronald Reagan (Getting too old and cantankerous)
— Sinclair Stevens (Will study conflict of interest laws at Baffin Bay Library)

5 PREDICTIONS FOR 1988

— Tuition fees will increase
— You will fail, not at school, but in life
— Jim Purdie will give birth to twins... both named Jim Jr.
— Harold Ballard will fake a heart attack, then will sit back and laugh as he chokes on a piece of chicken
— Robert Gordon's head will EXPLODE, but things will carry on as if nothing has happened

NOTE: Anyone who is toying with the idea of taking us to court, please see college lawyer Q.C. Martin Greenspan Powell III, and wait in line!



We predict Robert Gordon will leave his post as college president in February and captivate audiences in CAPS for the remainder of the semester.

Crowd blown away!

Blues Band delivers the knockout punch

by Sharon Sally

Diversity is the operative word when referring to the Double Blues Band.

Five of the 11 members are vocalists, the remaining six are musicians who deliver a driving big band sound.

Labatt's Ontario Breweries is responsible for bringing the members together. The band showcases some of the diverse talents found in studio musicians around Toronto.

Guitarist Peter Mueller is with Red Rider, drummer Mike Slotsky works with Bruce Cockburn, and MC and vocalist Dan Gallagher can be seen on CBC's *It's Only Rock and Roll*.

Vocalist Eugene Smith wrote *Rock by Day - Roll by Night*, a song popularized in 1985 on Miami Vice. Vocalist Chuck Jackson played harmonica, and former Double Blues Band saxophonist Rick Morrison produced the track. Bassist Ron Garant, who

won a Juno in 1984 for Best Childrens Album, explained the band was put together as a promotional thing.

"We all do other things. In music these days you can't just do one thing unless you're like Rush or Triumph," he explained. "We commit ourselves to it, but it's not a forever thing."

Last Thursday night in Caps, the band performed their first Humber show; although two members (guitarist Peter Mueller and trumpet player Peter Jefferies) are graduates of Humber's music program.

Garant speculated on how long the Double Blues Band may be together. "If dates keep coming up we'll keep playing."

The pub sold-out, and SAC entertainment director Ron Kitchener said he had people telling him it was the best pub so far this year.

Some memorable and powerful renditions included



Ben E. King's *Stand by Me*, the Beatle's *A Little Help From My Friends*. For the latter song, they didn't just perform the classic Beatle's tune, they recreated it into a driving, almost spiritual rendition, characteristic of their old style rhythm and blues sound.

Most of the band rushed out to a studio after Thursday night's Caps performance. It was 1 a.m. and some of them were going to work on another project.

Compared to live performances, Garant said studio work is still pretty rewarding. "When you're putting it on

Dynamic duo, I do believe!! The Double Blues Band rocked the full house at last week's pub, which will go down as one of the more memorable of the year. These two lovelies can sure sing... but then again, who was really listening?

PHOTO BY SHARON SALLY

tape you don't have any crowd reaction but what you play is recorded forever. It's permanent," he marveled.

Although their Humber show is history, the memory of their hot, driving blues should warm many a pub patron, even after the warmth of the liquor has worn off.

Beer, beer and more beer

The rise and fall of the pyramids



PHOTO BY LISA DREW

Cheers! — These guys brought a little Christmas cheer into Caps during the beer can pyramid contest last Friday. Hey Bud, this one's for you.

Really Rosie opening soon

An entertaining musical

by Tanya Fuller

The musical **Really Rosie**, to be presented Dec. ninth, 10, 11 and 12 in the North campus' Lecture Hall is "a jewel for both children and adults", according to the show's program.

This year's first feature presentation by Humber's Theatre department is the story of Rosie, the sassiest kid on her block of Brooklyn's avenue P, who entertains herself and her friends by acting out show-biz fantasies; notably, directing and starring in an Oscar-winning movie.

Joel Greenberg, **Really Rosie**'s director, said punch-lines are not the key to the show's humor.

"I think it's charm is in the way (the characters) deal with each other and react to each other. They don't say a lot of funny things. I think part of the appeal is that her friends are just awestruck by the way she believes her own dreams, and can act them out. Rosie is a day-dreamer, and she absolutely believes that someday someone will actually film the story of her

life," said Greenberg.

Really Rosie, by Maurice Sendak, author of "Where the Wild Things Are" and other popular children's books, was first produced as a cartoon, with Carole King as Rosie.

"The animated version was the first and because of its success, they decided to do a stage adaptation," said Greenberg.

A cast of six

Theater Humber's version has a cartoon-like set, said Greenberg, but the actors are not playing exaggerated cartoon characters.

"The design, (set and costumes), is based on Sendak's drawings and looks rather two-dimensional, intentionally, but the actors are playing it fairly straight," said Greenberg.

The cast of six is: Jody Howze as Rosie, Lucie Page as Kathy, Jeff Flieleras Johnny, Tony Sharkey as Alligator, Kevin O'Donovan as Pierre, and Brad Dorrance, the only first year Theatre student, as Chicken Soup.

"The roles for a feature production go to third year students, as much as possible. Brad Durrant is the only first year acting student. He was chosen because of his physical characteristics. He's playing a character that is much younger than the others," explained Greenberg.

You can see **Rosie** for \$5.00 Dec. 9 to 11 at 8 pm. Matinee performances are \$3.00 and start the eighth at 1 p.m. each day. The show is also playing at the Poor Alex Theatre Dec. 15 to 18, at 10 a.m. and 1 p.m., and the following weekend at 2 p.m. and 8 p.m. Tickets are \$4.00 and \$5.00, respectively. For further information call 675-5039. The box office number is 675-5000.

by Lisa Drew

Mountains of beer cans filled the tables in CAPS last Friday afternoon, as teams went head to head in the battle to build the best pyramid.

The event, which ran for four hours, was sponsored by Labbatts and Budweiser with prizes going to the best structure built with empty beer cans. Four teams with ten members each consumed "26 cases of 24 Budweiser in the first two and a half hours," said SAC Business Rep and Pub Programmer, Dave Knott.

Caps ran out Budweiser beer, forcing contestants to change brands in order to complete their pyramids.

"The last hour we had to use Crystal beer instead," said Knott.

The winning team, **The Spud Brothers**, won the contest with their award-winning adaptation of the CN Tower. Third-year Architecture student, Bill Schickler, designed the structure for his team.

"I measured a beer can's exact dimensions...and went home and designed the CN Tower out of beer cans," said Schickler.

Lou's Brew Crew came in second place spelling out **BUD** in cans.

"We didn't have a clue what we were going to make, we just went in there and started drinking," said Coven Editor and Captain of the team, Bruce Corcoran.

Third place went to **The Lean Mean Drinking Machines**.

Judge of the event, Steve Firlotte, rated the pyramids for their size, quantity and design.

"The most impressive pyramid with originality," said Firlotte.

Prizes included posters, hats, mugs and T-shirts, with a Trophy



Pyramid art

going to **The Spud Brothers**.

There were few problems with the event. Only one participant was removed from the contest. Having a good time was the whole idea behind the event but it was also stressed that those too intoxicated would be cut off. Friends of team members were lined up to drive them home after the contest.

"Friends are taking care of them, or cabs will be called," said Firlotte.

Overall the event was a success. Knott has received favorable feedback from many students.

"I've been stopped in the hall by people saying how they met a lot of new people, and what a great time they had," said Knott.

Another contest is in the works for the new year, with Knott planning to invite other colleges to challenge our top two teams.

Humber talent rocks

by Eva Piattelli

Humber students were invited to listen to the strains of the seductive saxophone and bear witness to yet more of the music department's talent during a lunch-time concert in the lecture theater last Friday afternoon.

Headlining Friday's showcase was Dana Lacroix, who belted out some outstanding rock and roll tunes. If Lacroix was looking for respect for her musical talent, she more than merited it for her rendition of Aretha Franklin's classic **Respect**. This lady can sing.

For those who frequent such mini concerts put on by the music

department, many familiar faces were to be found in the rest of the ensemble. Guitarist Dave Dunlop, keyboard player Fraser Troup, and trumpet player Bob Rice, also of **Blue Jackets Required** fame, once again delivered a simply wonderful performance.

Vocalist Marlene O'Neill, who makes it all look so easy and fun, added her expertise to the collaboration.

Humber, if you want to catch some really good music concerts, keep your ears and eyes open for your fellow students in the music department. It's more than worth it.

Wall Street intensity!

by Martin Powell

If you're looking for a great movie to see over the Christmas holidays, **Wall Street**, directed by Oliver Stone, is your best bet.

Charlie Sheen plays Bud Fox, a young stock broker wanting to rise above his position at a small brokerage firms.

His key to success is to gain the confidence of one of Wall Street's most influential wheeler-dealers: Gordon Gekko, played masterly by Michael Douglas.

Gekko is the consummate

amoral corporate raider. He is like a shark on a feeding frenzy. He'll do anything to make a buck, even if it lays ruin to companies and workers lives.

Besides having a sharp business mind he gains his wealth from illegal inside information.

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THE SPORTS REPORT



Title tops off dream season

Basketball women are champs



PHOTO BY JACK BROWN

A little contact — Humber's Donette Carty shoots for two points. The Lady Hawks won the OCAA Tier II championship by that narrow margin, beating Durham College, 59-57.

by Jack Brown

Humber's Cinderella team travelled to Oshawa on the weekend, but when the clock struck midnight, their carriage didn't turn into a pumpkin.

It turned into the Tier II Women's Basketball championship trophy.

The Lady Hawks turned in two strong performances in the OCAA Championship tournament, knocking off Conestoga and Durham, to put the final touch on a fairy tale season.

In their rookie year, the team finished in first place during regular season play, with an impressive 7-1 record. When they got to Oshawa, they picked up right where they left off.

In their first game, Humber took on the Condors of Conestoga. The first half started out slowly, with the Humber squad seeming a little tentative.

"They came out a little nervous," said assistant coach Winston Pryce.

Even with their shaky start, the Lady Hawks still held a 36-19 halftime lead.

In the second half, both teams came out a little slowly. Mary Storey picked up the slack for Humber with some clutch shooting, netting eight points,

all in the second half.

The Lady Hawks finally got rolling just before the midway point of the second half. Led by Joan Chambers and Carolyn Baine, both with 13 points, the Hawks roared to a decisive 72-41 victory.

In the final, the Humber team squared off against the host Durham Lady Lords.

In regular season play, the teams had split two games, with the home team winning on both occasions.

Right from the opening tip, the game was a seesaw battle with neither team able to really pull away. The Humber squad had trouble finding a rhythm in the early going.

"Our regular shooters weren't hitting," Pryce said.

But Davine Burton played strong, potting 12 first half points to keep it close.

"She kept us in the game," Pryce said.

At the half, the Lady Hawks held a slim one-point lead, 29-28, and the second half was no different.

The action went back and forth, with both teams grabbing leads, only to have the opposition erase it with a strong offensive surge.

The Durham squad only had seven players, and Humber coach Linda Versage hoped fatigue would help the Lady Hawks claim victory.

"We thought we could tire them out," she said. "But their seven were absolutely marvelous."

In the second half, Humber got help from a familiar face. Joan Chambers, who only had four first-half points, came alive and took control. Chambers, who was named to the league all-star team, found her shooting touch and pumped in 18 second-half points to lead her team to a slim, 59-57 victory. She also was named the tournament's MVP.

The team's performance is a good 'pat on the back' for the Humber basketball program. The Humber athletic department was happy for the team.

"It was a close game that could have gone either way," athletic director Peter Maybury said. "I'm very pleased for the players and for Linda."

Along with Chambers' MVP award, Humber managed to grab two of the five spots on the tournament all-star team. Davine Burton and Carolyn Baine were both named.

Bruins end Hawks' win streak at 10

by Steve Robins

Oh how the mighty have crumbled.

The Sheridan Bruins scored seven powerplay goals to end the Humber hockey Hawks' winning streak at 10, as they stormed to an 8-2 win last Saturday at Westwood.

The loss also spoiled Humber's chance of getting a number one national ranking, as a perfect 11-0 record would have been the best in Canada.

Hawk coach Dana Shutt said that the loss was a team effort, but he added that he was "discouraged" at the absence of three key players, Vince Molinaro and Ed Ljubicic, who are on vacation, and Mike Roberts, who was absent for personal reasons.

"If they really cared about it (the number one ranking), then they would have shown up to play," said Shutt.

shorthanded

But it was Humber's 22 minutes in penalties in the second period that killed them. Sheridan scored three goals on Hawk captain Bill Fordy's five minute highsticking penalty, and never looked back.

After the smoke had cleared, Sheridan left the second period leading 5-0, and the Hawks left the period very embarrassed. Kent Falby received a double minor in the second that resulted in a Bruin goal, and Paul Jackson got seven minutes for fighting at 18:20.

Shutt admitted that certain players taking needless penalties gave Humber virtually no chance to

come back. But the break in the schedule, and an upcoming tournament in Quebec, gives him the opportunity to decide his next move.

"Certain players let me down tonight," Shutt said. "In Quebec I will take the necessary steps to remedy our penalty problems."

Sheridan Coach Steve Blundy said that he didn't expect his team to win, let alone blow out the defending OCAA champs. He noted that the loss of five key Bruins should have seriously hampered his team.

surprise

"I really didn't think it would happen," noted Blundy. "But when we score first, we play better."

He also added that because of the Hawks' penalty problems this year, they were bound to lose eventually.

"I guess we should be considered fortunate...it's gratifying to be the team to beat them," he said.

Hawk defenceman Gerard Pelletier said that the loss has to have an affect on the team, if they plan to repeat as champions.

"Penalties like that are not going to continue," he said. "We learned a good lesson...we just weren't thinking."

Hawk captain Fordy agreed, saying that the loss will be good for the team in the long run.

"It will deflate our egos," he said. "It would have been good to be 11-0, but I'm sure the guys know they're still number one."

The first period went scoreless with both teams playing good, solid hockey. But in the second, Sheridan scored first at even strength. They scored four more goals on the powerplay and the period ended with the Bruins up 5-0. Forward Bob Landry scored three powerplay goals for Sheridan.

In the third, Sheridan scored a quick powerplay goal only one minute into the period. The Hawks got their first goal from forward Steve Ewing, and gained their second of the period from Mike Kelly. Mike Hillier scored the Bruins' eighth, rounding out a great night for Sheridan.

In other OCAA action, Humber

beat the Sir Sanford Fleming Knights of Peterborough, 7-1, last Friday at Westwood.

Hawk goalie Bill Stewart was a standout, as was the entire Hawk defence. Ken Rumble, Paul Jackson, Mike Roberts, Bill Fordy, and Steve Turner all scored for the Hawks. Forward Mike Kelly scored twice for Humber.



PHOTO BY STEVE ROBINS

Helpless! — Hawk goalie Bill Stewart could only watch on this play, as Bruin forward Mike Fisher passed to Graham Taylor for an easy goal. The defending OCAA champion Hawks gave up five goals in the second period to lose their first game of the year, 8-2.



PHOTO BY LARRY LACIAK

Tough Mountaineer team upends V-ball Hawks

by Larry Laciak

Humber's men's volleyball team came up on the short end of the stick last Friday, as the Hawks lost a hard fought five-set match to Mohawk by scores of 3-15, 13-15, 15-12, 15-7 and 13-15.

According to Hawk coach Phil Brown, the team might have been too pumped up for the match.

"We were over-prepared for the match. Everybody knew it was important, and they knew Mohawk was a really tough team," he said.

It was evident in the first game that the Hawks were nervous and tense. Key mental mistakes enabled Mohawk to completely dominate the first game, and it looked as though it was going to be a quick night for the men.

However, the Hawks didn't roll over and play dead. Brown made a few adjustments in the way his team was set up for the block.

"I spoke to some of the people and asked them to delay the block a little because they were going up a little too early," he said.

In certain situations, the Hawks also used a three-man block. It started to work, but key serving errors enabled Mohawk to come back and win.

With their backs against the wall, Brown went to his reserves and wasn't disappointed with the results.

"The bench won us the two games. The substitutions came up big for us. There is no doubt we have the strongest bench in Ontario," he said.

One player who stood out particularly was Shondell Brooks.

"He had a great match. This is the first time he's really started this year and he played really solid ball," Brown said.

Humber also made a few adjustments offensively.

"We had the setters set the ball a little further off the net, which gave more of an advantage to our hitters," Brown said.

"We had been setting the ball fairly tight to the net, and when you have great big blockers like they (Mohawk) had, it's very hard to hit around them."

In the fifth and deciding game, Humber was on its way to a victory. But a key injury to Steve Khang, whom the coach said "had been playing well all day," forced Brown into playing people who are not experienced at the middle hitter position. Humber went on to lose the game and the match.

In women's action last week,

the Lady Hawks notched their first victory of the season when they downed Georgian College three games to none.

Using an aggressive front court attack, the Lady Hawks took complete control, winning 15-3, 15-7 and 16-14 in the finale.

According to Hawk coach Don Morton, the win is satisfying.

"It feels great, but then again any win feels great," he said. "We played well, and this should be a confidence-builder for the ladies."

The Lady Hawks also defeated Mohawk College last week in five games, 15-6, 15-4, 9-15, 16-18 and 15-3. The Lady Hawks head into the break with a 2-5 record.

High flyin' Hawk — Humber's John Jones watches as teammate Daryl Cooper's spike is blocked during their five-game loss to Mohawk.

Basketballers solve puzzled Fanshawe

by Larry Laciak

It wasn't pretty, but a win is a win.

Humber's men's basketball team improved its record to 4-1 with a 71-54 win over a rather puzzled Fanshawe squad.

The game turned out to be a case of whatever team turned the ball over the least amount of times would win. In the case of Fanshawe, turning the ball over 39 times was their downfall.

According to Fanshawe coach Glenn Johnston, the turnovers were attributed to more of a mental than physical breakdown.

"We were forcing our passes and this led to Humber scoring the majority of their points on our mistakes," he said. "We have a good, strong team but we get careless, and you can't afford to be careless in this calibre of basketball."

Johnston does give credit to Humber for the way they played.

"Humber played well. They forced us into making mistakes with aggressive defensive play," he said.

George McNeil led the Hawks' attack with 20 points, while Ainsworth Whyte chipped in with 14.



All-star of the week

Joan Chambers

Chambers led the Lady Hawks to the division crown this past weekend. She took tournament MVP honors along with a place on the league all-star team.

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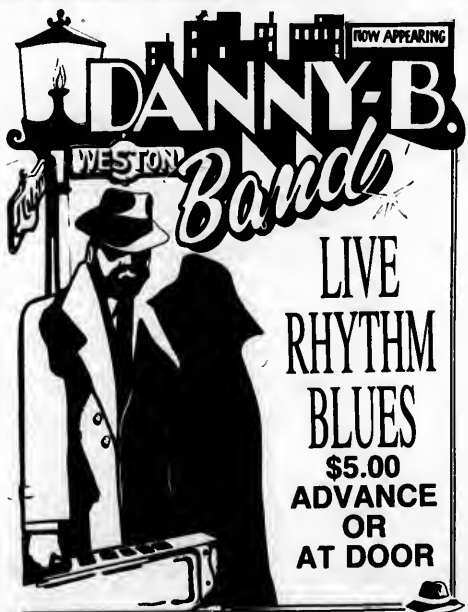
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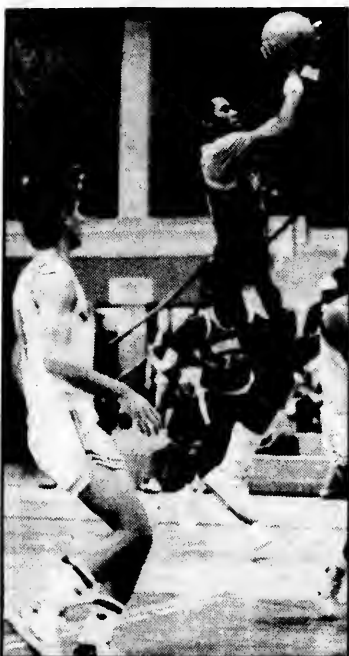


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Humber hosts major tourney



On tap this weekend.

by Anita Heyna

Once again, it's recruiting time for next year's Humber Hawks men's basketball team.

This weekend, Humber hosts the ninth annual High School Basketball Classic, with eight of Toronto's top high school teams participating.

According to one Toronto newspaper, it is the "first major tournament of the season". Bathurst Heights Bears appear to be favored this year, after losing the Ontario AA championship last year.

The Toronto Star has the Bears ranked second on their Top 10 Senior Boys' Basketball list, and consider them the "winningest team around".

Leacock, Bathurst, Oakwood, Runnymede, George Harvey, West Humber, West Hill and Chinguacousy will all be trying to upset the Bears when the tournament hits the hardwood Dec. 11 and 12.

OCAA Standings

Men's Basketball

	Division I				Pet.	GB
	G	W	L	Pct.		
Seneca	6	6	0	1.000	—	
Humber	6	5	1	.833	1	
Mohawk	7	5	2	.714	1½	
Centennial	6	4	2	.667	2	
St. Clair	8	4	4	.500	3	
Sheridan	6	3	3	.500	3	
Conestoga	7	3	4	.429	3½	
George						
Brown	8	3	5	.375	4	
Fanshawe	7	1	6	.143	5½	
Algonquin	7	0	7	.000	6½	

Men's Volleyball

	Division I					
	MP	MW	ML	GW	GL	P
Centennial	4	4	0	12	4	8
Loyalist	4	3	1	10	3	6
Sheridan	2	1	1	3	4	2
Humber	4	1	3	8	10	2
Mohawk	4	1	3	7	11	2
Fanshawe	3	0	3	2	9	0

Women's Volleyball

	Division I					
	MP	MW	ML	GW	GL	P
Seneca	7	7	0	21	3	14
St. Clair	5	5	0	15	6	10
Centennial	7	5	2	17	10	10
Durham	6	4	2	14	8	8
Fanshawe	7	4	3	14	14	8
Humber	7	2	5	12	17	4
Sheridan	5	1	4	6	12	2
Mohawk	5	0	5	5	15	0
Georgian	7	0	7	1	21	0

Men's Hockey

	Division I						
	G	W	L	T	F	A	P
Humber	11	10	1	0	90	44	20
Sheridan	12	8	4	0	84	53	16
Seneca	10	5	5	0	59	57	10
SSFlemingP	6	3	2	1	40	33	7
Algonquin	8	2	5	1	39	58	5
SSFlemingL	8	2	6	0	42	61	4
Georgian	9	1	8	0	38	84	2

Super Sports Quiz

1. What city hosts the Cotton Bowl?
2. Who was Canada's starting goalie in the 1984 Olympic hockey tournament?
3. What Navy player was drafted by the San Antonio Spurs?
4. Is George Bell the first player from a Canadian-based team to win his league's MVP award?
5. Who won this year's Heisman Trophy?
6. What sport has the Hobey Baker Award?
7. Which sport did actor Ed Marinaro formerly play?
8. Is Tom Landry the only head coach in Dallas Cowboy history?
9. Who was the first manager of the Montreal Expos?

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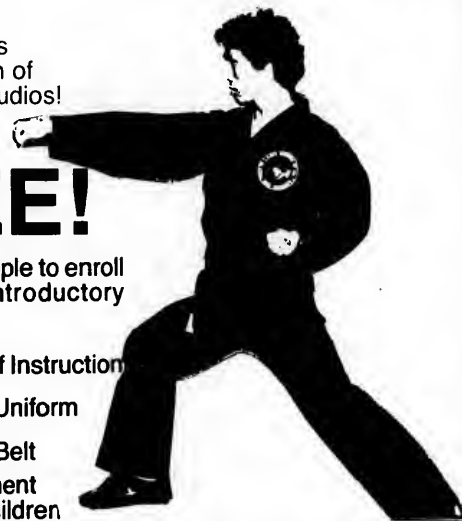
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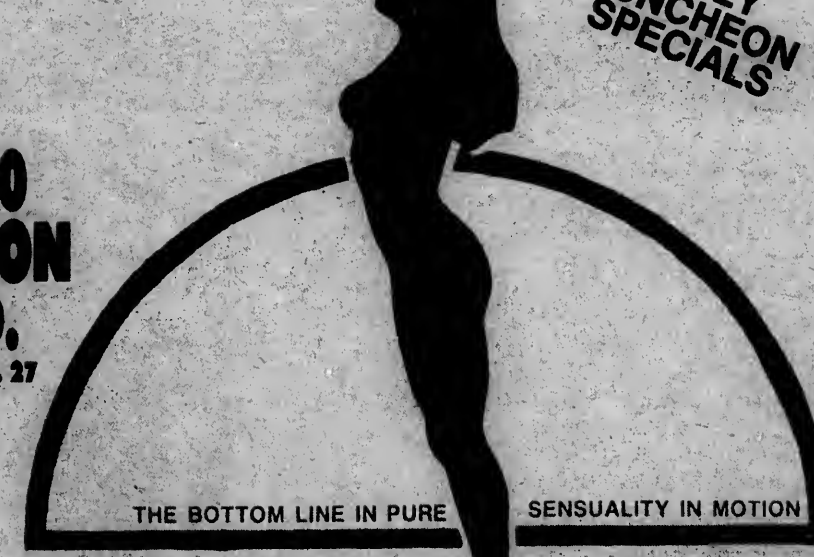
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