

# SU distributes money reluctantly

by Ylva Van Buuren

On your mark...get set...go!  
Divisional student groups wishing to get their share of the SU financial pot of almost \$17,000 may find themselves part of a race because distribution is on a first-come first-served basis. Stragglers crossing the finish line may end up with nothing.

After a decision of the Board of Governors and the SU last spring, three dollars from each full-time Humber student was set aside for the supplying of organizations at the divisional-program level with money for academic and social activities.

Over the past two months

various groups of students have approached the SU and asked for money for field trips, conferences, and social activities. Alumni groups have also approached the SU.

The allocation of the money to various groups has posed a problem to the SU. Since no guidelines had yet been set, some students came away from meetings satisfied, and some came away bitter.

"Next year we won't have this problem. A lab fee for extra-curricular events will be collected at the beginning of the school year," SU President Molly Pellicchia said.

She added that SU should not fund anything academically-oriented. In allocating funds, she admitted, "We made a mistake. We can't say no now."

In an effort to control the distribution of money, SU vice-president David Edmonds drew up regulations and budgets, and presented them at the October 19 SU meeting.

Student groups within a program must become chartered Division Unions with an elected or appointed president, vice-president and treasurer before doing anything. SU requires an annual

budget outlining approximate spending by February 1, 1977.

Any alumni requiring money must follow the same rules. The budget for alumni is separate from the budget for academic and social activities.

Academic and social activities have been broken down into three categories and each one has been budgeted.

Field trips and conferences has a budget of \$6,000. With maximum allocations of five dollars per student and \$500 per group, the maximum number of students that could be helped this year is 1200.

Another category is activity within a program, which must be

academic in nature—arranging a speaker, renting special films, preparing booklets, or developing specific projects—has a budget of \$8,182.50. The maximum one student can receive is about \$1.50.

The smallest budget is social activities—\$2,719, with a maximum of fifty cents per student. The budget was kept at a minimum because social activities do not always add to the overall education of students.

Only 1,000 Humber alumni can request financial assistance from SU. The budget is \$5,000 which gives each member five dollars or \$500 per alumni group.



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## COVEN

Vol 16, No 22  
Nov. 1, 1976

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COVEN classified  
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CRASH! Graphic Arts students go down. Oh well, they seem to be enjoying it. The students held a roller skating party at Mimico Roller rink last Wednesday.

Left to right: Martin Cie Chomski, Peter Szymanski, Debbie Casimer, and Joelle Mulski  
(Photo by Brian Nolk)

## Student Day set for Nov. 9

by Steven Wilson

Students upset about rising tuition fees, finding a job for the summer or after they graduate, and buying necessities after the big bite of inflation hits their paycheque, will have their own national day of worry.

November 9 is the day set aside by the National Union of Students/Union Nationale des Etudiants for students across Canada to get involved in discussions on inflation, unemployment and cost of education.

Seminars discussing these topics as well as the labor movement and the Ontario Student Assistance Program, will be held at Humber starting November 1.

According to a Student Union survey sent out to various Humber divisions: "The purpose of NSD is a nation-wide day of educational value for students. The seminars should educate students about issues which affect them and promote a greater awareness of those issues among the students and the community."

It was through this survey that the SU determined which topics would interest students the most. The seminars will be held in either the lecture theatre or the SU lounge between 11:00 a.m. and 1:00 p.m.

NSD was adopted at the 4th Annual Conference of the National Union of Students in Winnipeg on May 16, 1976, by a unanimous vote. It was fully endorsed at the Ontario Federation of Students conference in July. Although Humber's SU is neither a member of the NUS/UNE or the OFS, the concept of a national day of student awareness was accepted.

Molly Pellicchia, SU President, feels the seminars and the idea of a national day will, "make students more aware of the things influencing them," be they social, economic or educational.

The motion to form a NSD was proposed by McMaster University at the May 16 meeting of the NUS/UNE. It was decided that, "to achieve a nation-wide day of

study, organization must be pursued at the grassroots level," according to the McMaster motion.

Promotion is being done by each college and university on an individual school basis. They will assess the problems faced by their students school and key on the most important topics.

The motion also points out NSD as "an attempt to realize this opportunity (of a national day of awareness) through focus on the question of universal accessibility

Con't on Page 3

## This week in Coven

Nutrition isn't very expensive, and the Family and Consumer Studies program is showing students how to beat inflation. See page 2

Coven Classifieds. See page 3

Editorial and Letters to the Editor. See page 4

Entertainment: Losing can sometimes be winning. See page 5

Humber's Humdinger See page 5

Folk musician Steve Goodman sells out Massey Hall for his latest concert. See review on Page 5

It's the battle between Ford and Carter this Tuesday for president in the U.S. election. See Bob Lee's story on page 5 for all the details

Sports: Ryerson beats the Hawks. Photo on page 7

## Great celebrities entertain at United Way Amateur Night

by Bruce W. Cole

They couldn't have picked a better name.

United Way Amateur Night at the Pub on October 26 was a show that had the crowd on their feet, boogieing.

But it was good-natured boogieing for a good cause. M.C. Paul Murphy introduced the acts, but due to late cancellations, the organizers, second-year P.R. were forced to go with a make-shift line-up, and spontaneous talent

The early acts were both P.R. students Prof. Larry Simpson, and Darius Marijosius. Simpson was making a speech, but audience interruptions caused him to abandon that and break into a Don Rickles routine. Halfway through that performance, he was escorted off the stage by two ladies from the crowd. Darius sang about his life as a transvestite. In mid-song, he was attacked by a large man from the crowd but appeared to enjoy it.

Ed Sullivan, John Wayne, Kirk Douglas, Truman Capote, Richard Nixon, Cookie Monster and Grover from Sesame Street were next, all admirably performed by Humber Hawk Gary Cooper. His act was

### Humber does it again

They did it again.

For the second straight year, the Humber College men's double team of Andy Lameh and Al Ponomarew have captured the All-Ontario College Tennis Championship.

The ladies single event had two Humber students entered, and both fared well with Julie Maggiacomo finishing 4th, and Pat Mitchell ending fifth.

Humber sent six players to the championship at Turtle Creek on October 22 and 23.

enjoyed by all. The rest of the show was made up of guitar players and singers, including Captain Zomar of Arabia, first-year journalism, Steve Vickery, claiming to be a musician and part-time shepherd, and second-year radio students John Harras and Pete Tokar were the winners of the Molson Award.

Many people in the crowd decided to throw money onto the stage during performances, and luckily no one was hurt. The money tossed up, approximately \$29 will go to the United Way.

Most people asked agreed that the show was for a good cause. "I didn't think it was to bad", said first-year landscape student Mike Schreiner, "although I didn't see the whole thing."

Larry Fields of first year Marketing some involvement by the student body, even if it is just throwing money."

# Eat traditional Friday feast for \$1.50

by Phil Sokolowski  
There are not many restaurants in Toronto that serve a full-course meal for \$1.50, yet for the ninth year in a row the Family and Consumer Studies students are holding their \$1.50 lunch at Humber. The Family and Consumer luncheons are prepared and served by students as a break-even operation with a lesson to be learned.

The students act as supervisors, waitresses, hostesses and chefs. Working as a team, the students are assigned jobs which are rotated every week. The supervisor is responsible for the planning of the menu and watching over the entire operation. Waitresses serve the food and drinks to the tables, unless it is a buffet.

All the food is prepared in the

adjoining kitchen by student cooks, hours before they convert classroom H329 into a dining room. They prepare 20 meals to be served on Fridays from 11:45 to 12:30. The lunch provides experience in quantity production and nutrition, along with the general knowledge of running a restaurant. The first semester is devoted to advanced foods while

second semester will feature international foods.

"Every application of their studies are related to the luncheon which includes designing centrepieces, arrangement of cutlery and taking reservations," said program co-ordinator Penny Bell. Mrs. Bell is delighted to see a cross-section of staff and students at the lunches. She says the luncheon is used for small meetings and even celebrations.

"I picked this course because I was interested in nutrition. I couldn't relate to food, but now the mystery is gone, I know what it can do for me. I have also found that it is less expensive to eat nutritiously, and this course has made me budget-conscious," said second-year student Brenda Hotte.

"I was interested in working with people" said another student, Eileen Ferragine. "I knew a lot of friends that had problems with poor eating habits, they couldn't afford the foods advertisers claimed were 'musts'. We worked it out in class, that a TV dinner would cost half as much to make yourself, besides being better for you," she said.


Eileen Ferragine likes talking to people and hopes to get into com-

munity work for Ontario Housing. She enjoys experimenting with food, and even eats it afterwards. "I'll try anything once," she said.

During May and June the second-year students will go on internship to test kitchens, nursing homes and hospitals. Some will become freelance home economists, dietician assistants or social service consultants. Some students have found employment at developing flavouring for large companies, while one Humber grad may be managing a food co-op.

Penny Bell is proud of the placement statistics of her graduates which are better than 86 per cent. Last year, 17 out of 18 grads had found jobs and she feels this is because of the more sophisticated, consumer-oriented approach of the course. The students can, and have done research work for large corporations and have appeared on CBC consumer shows.

A book called Reunion of Recipes, celebrates the tenth anniversary of the program, with recipes from students and graduates. The book, containing different approaches to meal making, is available at the Bookstore.




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## Humber College organizes own alumni association

by Robyn Foley

Alumni associations are alive and well and meeting in other Canadian colleges and universities.

Bill Cooper of the development office has worked full time since February organizing a college-wide alumni association for Humber College. In his research he approached several other colleges and universities to get a good overall idea of what's going on for alumni associations.

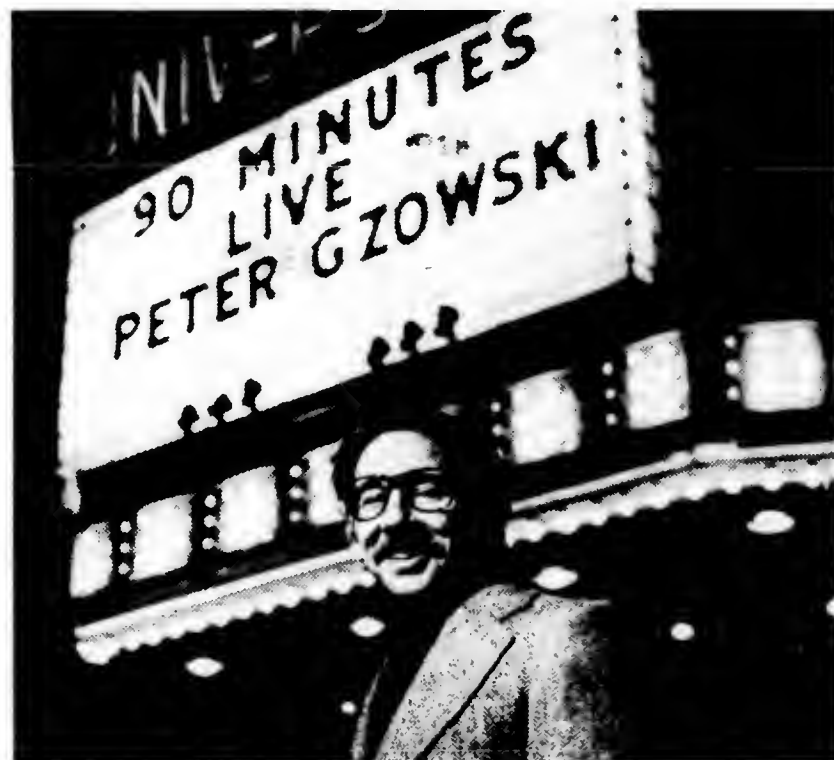
To date, he has received 1,000 favorable responses from a total of 6,000 questionnaires mailed to Humber College graduates. The

favorable responses exceeded his expectations by 50%.

The response was good, Mr. Cooper said, "I'm really pleased with it."

Presently at Humber there are a number of informal alumni associations within the Applied Arts, Business and Health Sciences divisions. Mr. Cooper would like to see a college-wide alumni association for all graduates.

The alumni association would offer members use of the library and athletic facilities and a reduction of tuition fees for non-credit courses, suggested Mr. Cooper.



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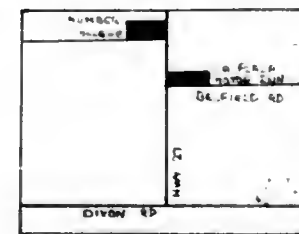
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Pierre who? Our favorite Prime Minister Trudeau was interviewed by members of the press on the Day of Protest, two weeks ago. (Photo courtesy from second-year photography students)

## Controls criticized as 'mockery of labor'

by Brenda McCaffery

Big business persuaded the government to implement more lenient price guidelines for themselves, but organized labor hasn't budged the government's stand on wage controls, according to Paul Forder, public relations director for the Ontario Federation of Labor.

The Labor Council of Metropolitan Toronto held their annual educational seminar at Humber College October 16 and 17.

Mr. Forder, who taught the course, The Anti-Inflation Board and its Effects, said that within the past year, 500 corporations lobbied in Ottawa to protest the AIB's profit restraints and succeeded in having the guidelines changed.

"Labor has prepared and presented brief after brief and there's not even a concession to the working people," he continued.

Jim Brechin, the Canadian Labor Congress's regional education director for Ontario and organizer of the course programs, was at the seminar.

According to Mr. Brechin, Oct. 14 was undoubtedly successful. "More than 1.54 million workers across Canada participated Oct. 14. The day certainly wasn't a disaster."

He said that labor has lost its collective bargaining rights and the way the wage and price con-

trols are applied is a "mockery" of organized labor.

"There's no longer negotiation between labor and management. We now have to deal through a third party," Henry Wisbach, chairman and secretary of the council's educational committee, said.

"The most you can get is 8 per cent. You can receive 6 per cent now and 2 per cent is withheld for AIB ruling. The gross national product must increase the equivalent before the negotiating workers are allotted the 2 per cent," he continued.

According to Mr. Wisbach, labor's negotiable percentage will drop next year to 6 per cent.

"There are no price controls. Prices and profits can increase. The only people under strict control are the wage earners," he said.

Saturday's opening ceremonies began at 9:30 a.m. with a formal welcome from Humber's President Gordon Wragg.

The council moved its annual seminar, held in the early spring at George Brown College, to Humber and suffered a decrease in registered students.

Oct. 14, day of labor protest and the new location are blamed for the enrolment dropping more than 100 to 275 students.

## Cooking fit for Emperor

by Chris Silman

"I just love Igor. He makes the night."

Master Chef Igor Sokur not only made Rosemarie Nielsen's night, he made a meal fit for an emperor on Austrian night, October 19, in his Masterpieces of International Cuisine series.

The recipes he used for weiner schnitzel, poached eggs, caraway soup, green salad, braised vegetables and coffee parfait were all from the court of Austrian Emperor Franz Joseph, and ad-

pealed to the audience of over 150 as much as they must have to the Emperor.

Alison Burns, a home economics teacher, spoke for many when she said she thought the weiner schnitzel was the best dish Mr. Sokur had prepared so far in the series in the Blue Flame Room of Consumer's Gas.

The veal cutlets took less than half an hour to prepare on stage and had several people in the audience planning to make them at

home such as Dianne Elliott of Rexdale, who works during the day and does not always have the time to cook a big supper.

Proof of Mr. Sokur's ability to tempt the audience with his specialties came when Steve Thomas, who organized the series had to ask the audience to refrain from nibbling at the food at the end of the evening.

Mr. Sokur gave the audience several hints to aid cooking, such as adding vinegar or lemon juice to boiling water before poaching eggs. This, and turning the water down after adding the eggs will ensure that they stay together while cooking. Adding one tablespoon of butter to the water will prevent them from sticking to the bottom of the pan.

He stressed the necessity of wooden spoons in the kitchen, saying they had many uses. Besides stirring foods, they are good for hitting husbands and children reaching into the cookie jar and for dialing the phone.

The Austrian Chancellor from the Austrian Consulate in Toronto, Ludwig Kaldchauer, was present to make the weekly draws for the doorprizes. These included flowers; flightbags and food; dinners for two; and a weekend for two at the Ramada Inn.

## National Student Day needs consensus on plan of action

● Con't from Page 1  
to post-secondary education. While there is general agreement, on this necessity, "there is, however, some disagreement as to how best to manifest this agreement to action. There should exist the substantial basis for common action which is required if NUS/UNE is to be seen as effective and legitimate in the eyes of many others in the community."

Many colleges and universities across Canada plan to approach

NSD in a different manner, and Ms. Pellechia feels this diversity is an example of the problems unique to each area across Canada.

Some campuses in Western Canada have asked for classes to be cancelled in support of NSD, but no such action is planned for Ontario as a whole.

The only schools not supporting NSD are Red River College in Manitoba, and Corner Brook campus of Memorial University in Newfoundland.

## Catch a piece of the action

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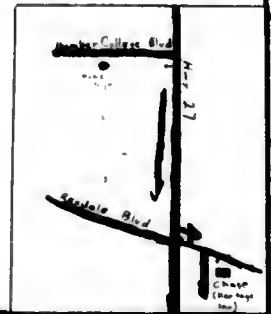
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# Classified

## SERVICES

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Student Loans All students who have received a Canada Student Loan prior to Sept. 1, 1976 with the Royal Bank of Canada, Humber College Branch, are asked to remit a Schedule 2 form to our office if you have not already done so this fall. The schedule will allow you to remain on a non-paying loan status.

Lonely? Want to learn to skydive? I will show you the ups and downs. Phone Hugo Furst or simply drop in.

## MISC.

Tenth Anniversary Contest. Win \$100! Create a new slogan for Humber's own radio station — CHBR. Our present slogan is CHBR — the Radio Voice of Humber College. Anyone is eligible to enter. Send your ideas to Phil Stone, Coordinator, Radio Broadcasting, Room D222. An impartial panel of judges will pick the winner. Contest closes Monday, November 29th. Winners will be announced in Coven one week later.

First Prize, goes to Berry Plant for learning to play the flute.

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## PERSONAL

To C.C. from Alpha C. What will you do for the rest of your life, without me?

Thanks. I wish to thank personally whoever turned in my brown purse to the cafeteria cashier at noon on Monday, Oct. 25. Please contact Wendy Alksnis at 494-5210.

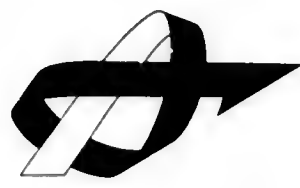
# COVEN

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10th ANNIVERSARY YEAR

Editor ..... Judi Chambers  
Managing Editor ..... Bruce Gates  
Sports Editor ..... Tom Kehoe  
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## Student art worth more than autograph

Comments have been received about last week's Coven story concerning graphic arts students seeking cash for work they have done for the college. Apparently those students are not the only ones doing something for nothing.

Our article was about Tony Soragnese, a second-year graphic arts student, who, with the rest of his classmates last year, designed an album cover as part of a class assignment. In the summer, Mr. Soragnese was informed his cover had been chosen by the music department for its new record, called First Take, produced and arranged by Humber music students as part of 10th anniversary celebrations. Mr. Soragnese didn't receive any compensation, only the album with President Gordon Wragg's autograph. Ron Collier, a music instructor who arranged the album, was upset about our article.

In a recent telephone interview, Mr. Collier explained other music students worked hard all summer on the album and didn't receive any cash, but like Mr. Soragnese, only an autographed album. Mr. Collier said he didn't get any extra money for working overtime. His comment was, "We did it for nothing." Mr. Collier also stressed no-one makes money on the album because it is sold in the Humber College bookstore and at a few of the college band concerts. The small amount of money from sales of the album go back into the college's general budget. Production costs for the album were provided by the 10th anniversary committee, and the Toronto Music Association granted permission for recording only if the album was non-profitable.

The college is restricted in its budget. It can't always afford to spend what little there is for some projects, so students are asked to contribute some work. Obviously, having students participate in college and community projects creates a feeling of well-being.

The 10th anniversary logo was designed by Julie Moss, another second-year graphic arts student. She was awarded \$100. Some of her colleagues feel resentment about the small amount and say they feel the fee would have been much higher had a professional designed the logo.

We realize the financial situation at the college is, indeed, complex. Humber is not the only college or university affected by inflation and shortage of funds. However, the college should also consider whether students should be used for work which otherwise would have to be paid for. JC



### Letter to the Editor:

## Student speaks out feelings

To the Editor:

I am enclosing this poem because we have heard how the heterosexual feels about the gay course offered at Humber, but we did not hear from the gay world.

If more people took such courses to understand homosexuality, there may be a decrease in the hostility against us. Hopefully, this poem will add to the understanding of being gay.

Adrift in the meadows of time  
No sense of progression, of age or direction  
It always seems that way  
Kingdoms, cupboards, losens and lovers  
The sweet taste of your love on a slow summer's day  
Falling like sand, the memory of your hands  
Kisses, whispers, and sighs  
Love is here, and I'm in love with you  
I've been thinking about you almost every day  
Thinking about the rain  
Thinking about the good times  
I sing now to your spirit  
And the trail night birds are calling  
Singing a wild melody

We are one being now  
You're weary, tired, and you've done a day's minding in me  
So very long and so well  
Now, we're thinking about how bad it feels to be two again.

Apollo taught us to to rhyme  
Apollo taught me how to rise again, to sing for you

A song that's yet unsung  
A rhyme has joined us together  
And so was formed our first celebration, filled with joy and pain, and each other's desires

With evenings of blackberry wine  
Sometimes I'm almost there

All alone in the universe  
Sometimes I'm deep in despair  
Sometimes that's how it seems  
And I'm looking to understand  
It's a sweet sweet dream  
And I'm looking for that space  
Then I look in the centre  
Suddenly everything is clear  
I find myself in the sunshine of my dreams

To find the experience, we both see out  
I stay in your arms for one more rising sun  
Till all my fears and sadness are chased away  
My dreams are filled with your love  
I feel you loving me in all the right places  
We both know that this is heaven  
I hope that it never has to end  
In your eyes I can see the joy and the pain  
Now we're just one being again.

Sincerely yours, J.D.P.  
A student at Humber College

## Onion Peels

Fifteen of a possible 19 members showed up for the Student Union council meeting on October 26, the first since the by-elections of the week earlier. Except for part-time proxies Dori Tremper from Applied Arts and Mark Binstock from Creative Arts, nine of a possible 11 newly-elected representatives were attending their first council meeting. Hopefully, this fuller council will result in good representation.

# Humber rider wins experience

by Steve Pearlstein

Joanne Milton, of Equine Studies, could have used the help of Pegasus—the mythical winged horse—during the running of the Ontario Intercollegiate Harness Driving Championships.

Although Miss Milton, riding seven-year-old True Heritage, didn't win her heat, she enjoyed the provincial event.

"I think the race was good; it gave me a lot of experience. Everybody else in the race had more experience than I did. But I can't complain."

There were 15 horses competing for a chance to get into the final race at Mohawk Raceway at Campbellville. Three heats of five horses each were run with the win and place horses lining up for the big race. Six horses were at the post for the final. A sloppy track made for less than ideal racing conditions.

Liz Ashton, co-ordinator of Equine Studies and Miss Milton's coach, said: "I thought the whole

thing was excellent. Joanne drove a good race but unfortunately she got boxed into a position where she really couldn't make a move. I was so thrilled because so many Humber students turned out. We had 60 of our kids there, more than all the other universities and colleges put together."

President Wragg and his wife also went out to Campbellville to see the race.

Students at the Equine Centre are already looking forward to next year's provincial final. "It's really an excellent motivator for students," Miss Ashton says.

"To be truthful, I really didn't figure we had much of a chance in the race. It would have been more luck than anything else had we managed this year. It came upon us in September and we weren't really that prepared for it. Next year the students who are interested in the race will be able to prepare and train from May on, towards the competition in October."



Joanne Milton feels the race gave her more experience in harness racing. If there were a third year

in the Equine program, she probably have another chance (Photo by Steve Pearlstein)

At other universities and colleges, there are some students who have families which are involved with standardbred racing and have been working with the horses for a number of years according to Miss Ashton. This puts drivers coming out of a school like Humber at a distinct disadvantage because the

other students have much more experience since they get more time with the horses. Because they attend university, however, they are eligible for the competitions.

Four of the other girls in Miss Milton's race were from standardbred families, and had driven in amateur races at fairs. They

had raced several times and that is what made competition stiff, according to Miss Milton.

"If students are at university for four or five years they can race four or five times, whereas Humber's program is only two years long. And then only second-year students can compete. If Joanne was back here for a third or fourth year, it would give her two more tries at the race and of course she's that much more experienced the next year," says Miss Ashton.

"I think it was just good to get out there and get involved. I just about freaked out when I paraded past the post and all those screams and yells came out from the stands," says Miss Milton.

If 60 students showed up to watch one of our girls drive a sulky, think how many spectators we should be getting at varsity ice hockey games or women's basketball, or any of the other sports that need spectator support.

## 2,000 fans crammed hall

# Folk musician raises roof at Massey Hall

by Avrom Pozen

Last Sunday night Steve Goodman played Massey Hall to perfection as 2,000 people raised the roof, something they couldn't do last June at the Mariposa Folk Festival.

While he shared the spotlight with other performers during the three days of Mariposa, he stood alone, apologizing for the rain that walked into Toronto earlier in the day.

Steve then started into his first song *When the Red, Red Robin*

(Comes Bob-Bob-Bobbin' Along), sputtering along like a car in dire need of a tune-up, dredging up songs that some people forgot, and others remembered, if only vaguely.

And there is reluctance by Steve's present record company to release a live album, despite the rapport he has with the audience, which seems to energize his songs, playing *The Dutchman*, *City of New Orleans*, and *Chicken Cordon Bleus* better than the albums they come from.

Steve not only played his own "hits", but those of other artists, including the Beatles, the Temptations, and Wilson Pickett, while his version of Dee Clark's *Raindrops* was the best of the oldies.

Each song seemed an eternity in coming, as Steve tried to keep lyrics straight in his own head. He eventually transposed lyrics in *It's Only Love*, but it didn't detract from the show at all.

There were a few protest songs, including *You Never Even Call Me by My Name*, a cliché-ridden C&W song, *Banana Republic* and *The Ballad of Penny Evans*, a protest by a Vietnam war widow.

Then came the encores. But time limitations got the better of the promoter's pocketbook and granted him originally three songs. Steve ambled out, did *I'm Old Fashioned*, *Lincoln Park*

*Pirates*, and *I'll Fly away*. He was then guided offstage as a standing ovation roared behind him.

Steve walked out for a second encore with instructions to keep it to two minutes. It took that long for him to decide to do Carl Miller's *Vegetable Song (The Barnyard Dance)*. He was then hustled off. The house lights went on. And I doubt there was any finer concert played there this year.



Jane Marshall comes to us from Mississauga. She's in first-year Travel and Tourism and would eventually like to work at an air-

port. Right now she can't wait for the snow to fall so she can fly down the ski slopes. (Photo by Carl Ferencz)

# U.S. race explained

by Bob Lee

The once-every-four-year race to take on the toughest job in the world ends tomorrow night. At about midnight, or later if the election is close, Walter Cronkite, John Chancellor and Barbara Walters should know, with the aid of their computers, just who will be the next president of the United States.

Millions of people around the world will be watching the returns with keen interest, as Democrats Jimmy Carter and Walter Mondale challenge Republicans Gerald Ford and Robert Dole. The decisions made in the White House affect the citizens of many other countries. Yet the mechanics of the U.S. electoral process will be a mystery to many of those who watch.

And well they should. The electoral system employed south of the border is a maze of confusion.

First, the president is not officially elected by popular vote, but rather by a group known as the Electoral College.

The 538 members, or electors, of the Electoral College are chosen by each state. The number in each

state corresponds to the number of senators and representatives that state sends to the U.S. Congress. For example, Pennsylvania has two senators (like all states), but it also has 25 representatives because of its large population. Pennsylvania therefore has 27 electoral votes. California, with the largest state population, has 47 electoral votes, while sparsely populated Wyoming has only three.

In every state, the Republican and Democratic parties each nominate electors, hand-picked by high party officials in the state. In Pennsylvania, for example, both parties nominate a slate of 27 electors.

On election day, the voters make their contribution to the system. They will be confronted with one of three types of ballots, depending on their home state. Some states print the names of the president and vice-presidential candidates, with the list of Electoral College nominees; others print only the nominees; while yet others print only the candidates.

Members of the winning party's slate now become members of the Electoral College. For example, if

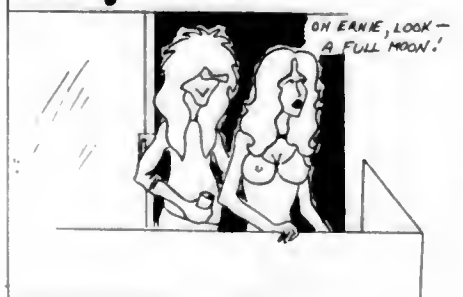
the Democratic slate in Pennsylvania wins, even by one vote, the Democrats take all 27 electoral votes.

Each elector is then expected to vote for the president and vice-presidential candidates of the party which nominated him. Those 27 Democratic electors in Pennsylvania are expected to vote for the Democratic ticket, if they hold plurality of the popular vote in Pennsylvania.

The "time-bomb" in the system is that electors are not legally bound to obey the wishes of the electorate. Theoretically, all 27 electors in Pennsylvania can choose to vote for anyone but the candidate to whom they are committed. However a case in which the elector ignores the voter is rare. In fact, during the past 150 years, only 10 voters have failed to vote for the candidate they pledged to support.

A majority of electoral votes, 270 of the 538, is required to win the presidency. The Electoral College votes Dec. 13, and only then is the election official. The new president begins his four-year term Jan. 20, 1977.

## Dirty Ernie



# Athletics and Recreation

## TOTAL FITNESS

### When and how to exercise

BY LAURENCE MOREHOUSE  
AND LEONARD GROSS

Exercise whenever you can. The hour doesn't matter. Any time that's convenient is okay. You can exercise when you awaken, before or after a meal. If you're on a weight-loss program, it might be a good idea to exercise before lunch in order to kill your appetite. If, after exercising, you don't feel like eating, skip it.

Some people might want to exercise before they go to bed as a means of working off the tensions of the day. That's the time I like to exercise the most. I find that a relaxing bath after exercise prepares me nicely for bed. I feel my muscle tone. I feel languorously alive.

The only recommendation as to schedule is that you work out on alternate days—Monday, Wednesday, and Friday, or Tuesday, Thursday and Saturday. Sunday is makeup day.

One advantage of exercising first thing in the morning or before retiring is that you can do it at home, in your underwear. For men underwear shorts are perfect. Women can wear panties and bra. A bra is particularly important for women with heavy breasts.

At the outset, anything you do will benefit you. Your first week of exercise—just 30 minutes—could put you as much as 20 per cent along the road to your final goal, if you're starting from a low point of fitness. At this low level, it's easy to overdo. Remember, there's no hurry. Be sure to monitor your pulse, and remain within the limits you've set for yourself. At the earliest stages, any pulse rate above your base rate means progress.

We used to think it was the last repetition of an exercise that gave you the most benefit. Today we know it's the initial effort that makes the best contribution to your fitness. The second effort gives you some additional benefit, the third a little less additional benefit, and so on. The farther you go, the less effect each one has. In the case of the champion, these little infinite improvements make

the difference between winning and losing in a close race. But in our case these extensions of effort aren't necessary. The athlete must continue his activity even though he feels fatigue and pain, in order to get these infinite improvements. At the fitness level, fatigue and pain are unessential.

When you're exercising for several minutes, as in circulo-respiratory training, you get infinitely more out of the first minute of exercise than you do out of the last. A little is very good—and more is that much better. It would be great if you could complete the recommended number of minutes, but it's no big deal if you don't. You may stop whenever you want. Hopefully, you'll be able to go a little further the next time.

Target times aren't part of your program.

You're not competing against anyone—least of all yourself.

You're in charge of your program. By taking your pulse, you'll be in better shape, so the same effort will have less effect on you. You'll be able to feel it when you're not getting a sufficient workout. As soon as that happens, increase your effort.

We'll keep them to a minimum, but there are a few precautions to observe in exercising that are important for your health. The simple rule of breathing in all exercise is to keep the glottis open. The glottis is a valve in your throat; you can close it voluntarily and stop the process of exhalation. When do that and at same time continue to try to exhale, your diaphragm and rib cage contract to increase the pressure inside the thorax, or chest. The pressure buildup within the chest becomes greater than the pressure in the veins returning blood to the heart. This clamps off the flow and deprives the heart of blood. The heart soon pumps itself empty. The result is a fall in pressure. The brain is the first organ to sense this fall in pressure. Result: fainting or blackout.

A related precaution, and a vital one, ought to be mentioned here. Many people either die or come close to death on the toilet at night due to heart attacks or strokes. The typical episode is when a person awakens with a pain in his stomach or chest, which he attributes to gas. He figures he should go to the bathroom. Immediately on sitting, he feels better. But then he finds he can neither defecate or pass gas. So he strains at the stool, closing his glottis in an attempt to increase the intra-abdominal pressure and thereby force an excretion. The coronaries depend on the heart for blood. As soon as they empty out, bam. The general rule of life is: Never close your glottis.

AGE	TPR 1	TPR 2	TPR 3	TPR 4
Under 30	170	143	150	150-160
30-44	170	130	140	140-150
45-59	160	120	130	130-140
Over 60	150	110	120	120-130

TPR - Training Pulse Rate  
TPR 1 - TPR for the first 8 weeks—about 60% maximum HR (220 minus your age x .60)  
TPR 2 - TPR for the second 8 weeks—about 70% maximum HR  
TPR 3 - TPR for the third 8 weeks—about 80% maximum HR  
TPR 4 - TPR for the fourth 8 weeks and thereafter—about 90% maximum HR

Keep your water level high. Remember, if you're going to work out first thing in the morning, drink a glass of water first. During your workout, don't even wait until you're thirsty to have some water. On an especially warm, dry day you should have a glass of water every half hour at least.

Take a sufficient warmup. You don't want to embarrass your heart. If you start from a condition of rest and run full tilt up a hill, that might prove embarrassing. Warming up consists of increasing your activity gradually from very light (100 pulse) to moderate intensity (120 pulse). Doing this over a period of one minute is just about as good as taking six or 12 minutes. A prolonged warmup is a way to avoid getting into your exercise; it wastes time and adds nothing to your workout.

One supplementary caution: If you jog, don't jog downhill. Not long ago, a group of members at my country club formed a jogging group. Before long they had to stop exercising entirely, because their knees were giving out. They had difficulty walking and climbing stairs. They came to me for an explanation. I told them that jogging or running downhill puts a terrific strain on the knees. The rule; Run up, walk down. Walk around, or sit down, after exercising. The body doesn't like to be quiet after exercise. It's restless. It wants to move. Gravity tries constantly to force your body fluids into your lower extremities. If that happens, blood drains from the brain, and you faint. You're particularly vulnerable when you exercise. Then the vessels throughout your body open wide to increase circulation to the working muscles. As long as you're working, the skeletal muscles act as pumps to keep the blood flowing back to the heart. If you stop exercising suddenly and stand quietly, then you're relying on the heart muscle alone to pump the blood—and that's not enough. The vessels remain in an open state, they still need blood. The increase in demand means a decrease in supply to some part of the body. Gravity makes the choice. You can actually measure the swelling in the ankles of someone who stands quietly after vigorous exercise.

The accompanying chart will locate your Training Pulse Rate for each eight-week period. Stay at that level, whatever it is. You'll have plenty of challenge getting it up there each week that you improve.

The Training Pulse Rate is figured by multiplying the difference between 220 and your age by 60 per cent the first period, 70 percent the second, and 80 per cent the third and thereafter.

If you're 40 years old, for example, the remainder from 220 is 180.

Multiplying by .60, that's 108. We round it off to 110.

I don't want you to become a compulsive pulse counter. Use your pulse as a checkpoint to gauge the accuracy of your perception of exertion, so that you can find the intensity that is just right for you. Usually the feeling of "mild" or "moderate" exertion, one which is neither light nor heavy, during continuous effort is matched by a pulse rate of 120 per minute. After you have once established your perception of exertion level, you need only to check it against your pulse once in a while. As your condition improves you'll notice you're doing more work (walking faster, pedalling harder) to produce the same "moderate" level—and your pulse stays about the same, 120 per minute. If your condition deteriorates due to a layoff or slight illness, the same exertion will produce less work. You'll walk slower or cycle less hard to reach the "moderate" level.

Without incorporating pulse rate, the most sophisticated exercise programs won't work. Standardized regimens promise that if you adhere to a certain schedule, your performance will increase to a certain level without fail. True enough. You'll get a certain performance. But what's the performance doing to you? It may be doing almost nothing. Or it may be killing you. Electronic programs are faulty for the same reason. In these, the load is set up so that each time you can challenge yourself to do a little more. The two embodying ideas are motivation and progressive overload. But if you don't know your physiological parameters and where such exercise puts you within them, you can be hurting yourself—or spinning your wheels. There's just no way you can tell, unless you take your pulse.

Next: Limbering and muscle building.

## SPORTS CALENDAR

ACTIVITY	ENTRIES OPEN	ENTRIES CLOSE	ORG. MEETING	PLAY BEGINS WEEK OF
Recreational Volleyball	Mon. Nov. 1	Wed. Nov. 10	Fri. Nov. 12	Nov. 15
Competitive Basketball	Mon. Nov. 29	Thurs. Dec. 9	Tues. Dec. 14	Jan. 10

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With only moments remaining in the hockey game, Morrison give it all they have. Final score: Ryerson Humber's Hawks Brian Bitcon, Ron Lutka, and Bill 12, Humber 6. (Photo by Bill Scriven)

## OCAA smaller but stronger

**By Tom Kehoe**  
The Ontario Collegiate Athletic Association hockey league will begin the 1976-77 season with four fewer teams than last year, but the league will be stronger according to Peter Maybury, assistant athletic co-ordinator at Humber.

Seneca College in Toronto and the St. Lawrence College campuses in Kingston, Brockville and Cornwall all dropped out of the league this year. The OCAA has shifted from its four-division alignment of past years, to a one-division, 10-team conglomerate.

The most surprising development was Seneca dropping out of the league. Despite having a rink at the Finch Campus the team was unable to obtain ice-time.

"The big disadvantage was that the arena was on the campus," said Ray Lilly, Director of Recreation at Seneca. "Other kids were using the facility rather than go to rinks in other areas."

Mr. Lilly also added the students were being charged for using the facility and because of this, used the rink to its maximum.

"To establish a successful hockey program, like the one at Humber, you need ice time about four days a week," said Mr. Lilly.

"Here, we were faced with the fact Seneca College's hockey team couldn't get ice time."

Mr. Lilly was disappointed with the demise of the team, but feels Seneca will re-enter OCAA hockey in the future. As well as the lack of ice, the hockey team was also biting into the sports budget at Seneca.

Under the new league format the top six teams in the division earn a playoff spot with the first and second place teams receiving first-round byes. The remaining four teams will battle it out in a best-of-three quarter-final series.

The winners of the two quarter-final series then play the top two teams in a best-of-three semi-final. The two teams who survive that series then go on to play in a best-of-three final for the Ontario collegiate championship.

Besides playing OCAA hockey, Humber will also be competing in a league called the Metro Cup. This circuit consists of teams from Sheridan, Centennial and Erindale colleges. The league is being sponsored by the Carling O'Keefe brewery. Each team will play each other twice in a home-and-home series.

"We only play Sheridan and Centennial a couple times during the season, so the Metro Cup gives us the opportunity to play them more," said Mr. Maybury, who doubles as assistant coach for the varsity team.

The league will be stronger because every team will present a challenge, according to Mr. Maybury. In the past, Humber would play a couple games against

weak opponents and then play a strong one.

"This year all the teams are strong" said Mr. Maybury. "In other years it was difficult for our players to get up for games all the time. This year they are going to have to."

Although the team has gotten off to a shaky start, Mr. Maybury feels the Hawks have potential. The team is younger than last year's squad, with nine newcomers on the team.

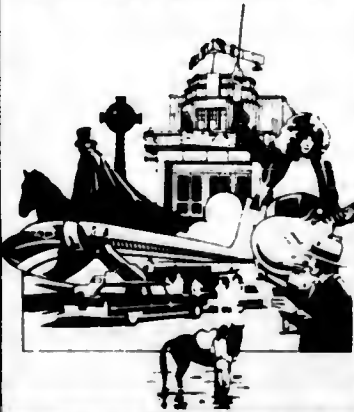
"I have a lot of confidence in this team," he said. "Once the players start playing as a team, we are go-

ing to get better." Humber could play as many as 40 games this year if they go to the finals. Besides 18 regular season games, the team will be playing a series of games in Switzerland in December. In January, the team will head south to play a couple of exhibition games against Kent State University in Ohio.



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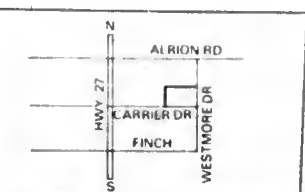
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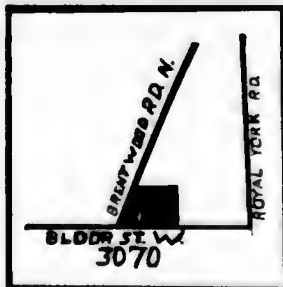
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