



# Coven

Vol. 11, No. 16  
Monday  
November 2, 1981

HUMBER COLLEGE OF APPLIED ARTS AND TECHNOLOGY

## Inside

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# Payroll system delayed

by Susan Brandum

The transfer of the faculty and administrative payroll to a bi-weekly system on Nov. 1 is postponed, at least until next October, and may not go through at all. That means the payroll will continue on the semi-monthly basis.

Fear of not getting the payroll out on time because of technical problems is the main reason for the

delay according to David Guptill, director of personnel.

"Originally we perceived there would be cost savings by merging the faculty and administrative staff payroll," said Guptill.

"But the benefits in cost savings (from the merger) would be more than offset if the (computerized) system went down (became inoperable). The margin of safety wasn't there."

The decision to merge the payrolls was made last spring when it was thought the personnel department could save money by combining the systems.

The final decision to go ahead with the merger will be postponed until next year when the cost savings will again be re-evaluated. "If there's a chance the cost savings won't be realized then we won't go ahead," said Guptill. "But given

what we know today the merger will take place."

Gary Begg, president of OPSEU local 562 which represents the faculty, is pleased by the delay.

"We certainly welcome this extra year so people can adapt," said Begg.

There were some complaints from faculty because a bi-weekly system would mean changing their budgeting processes.

Ruth Cowan, payroll supervisor, doesn't really understand why the decision was made.

"From my standpoint, it doesn't make any difference if there was a merger or not. What it boils down to is a lack of confidence on management's part in the new Royal Bank system," she said.

Both payrolls were put on a new remote system about a year ago she explained.



PHOTO BY NORM WAGENAAR

**Serious business**—Second-year public relations student Julie Gayman sold lollipops for the United Way campaign last Wednesday, as part of a series of fund-raising events.

## BOG opposes gov't cutbacks

by Jackie Steffler

Humber students may not be able to stop the proposed \$2 billion federal cutbacks in social services, but they at least have the written support of the Board of Governors.

Last Monday board members voted 8-1 to oppose the proposed cutbacks.

Students Association Council (SAC) president Joe Gauci attended the meeting to ask the board

to support students on their march of protest on Oct. 29. However, many of the board members, including President Gordon Wragg, would not give such support.

"We can't condone activities that would disrupt classes," Wragg said. "But the government should be aware that there is public opinion."

In addition, board member Kathleen Goodbrand said she "could not approve of the demonstration in a good conscience."

Instead of supporting the protest, Wragg said he would write letters to Dr. Bette Stephenson, Minister of Education, Allan MacEachen, Minister of Finance and Gerald Regan, Secretary of State.

BOG said it will also ask for the support of all other boards of governors in the province to oppose the cutbacks.

"We're not asking students to cut classes," Gauci said. "We're asking them as individuals to speak out."

Gauci said the cutbacks could result in the closure of one out of five campuses in Ontario. The proposed cuts will slash funding for post-secondary education by 30 per cent.

## Television monitors censored

Messages flashed on hallway TV monitors may be unfairly censored, according to the Students Association Council's Director of Academics.

John Marcocchio recently complained that television program co-ordinator Jerry Millan censors messages to the disadvantage of students, because he recently turned down four SAC messages.

"Student messages aren't being played, as the faculty propaganda would then have to be cut back," said Marcocchio.

But Millan dismissed this as nonsense, saying the messages are an information service and have nothing to do with faculty.

Millan said the television system is for the information of all students and faculty, and is not intended as a platform for special interest groups.

"The message channel is college-wide, to serve the school—not to urge militancy," said Millan, referring to a message urging the occupation of the library on the eve of the SAC protest at Queen's Park.

He said the channel could be used by students, faculty, outside groups, or for promotional material, provided the messages are not inflammatory.

"We will not use one College service to try to shut down another College service."

He said he turned down a message which implied criticism of the message channel itself.

## Coven apologizes

Sometimes in an effort to inject humor into an editorial cartoon, it's possible to go too far.

The idea of the cartoon in Coven, Oct. 26, 1981, which arose from a letter to the editor, was to poke fun at the editor, and administer only a good-natured rib to Student Association Council president Joe Gauci.

Gauci is a dedicated SAC president and we did not intend to hold him up to ridicule or derision.

Coven apologizes for any embarrassment as a result of the cartoon.

## BOG to offer scholarships

by Jackie Steffler

Etobicoke and York grade 12 graduates may qualify for entrance scholarships to Humber, next year. The Board of Governors (BOG) voted this week to set up a committee to raise the needed funds for the scholarships.

Board member Edward Jarvis, who proposed the scholarship

committee, said the scholarships would attract future students to the College.

"The mention of entrance scholarships would bring our name (Humber College), into each school at least twice a year, once at awards night and once at commencement," he explained. "Therefore our presence would be felt."

Jarvis said there are approximately 13 secondary schools in Etobicoke and 16 or more in York.

Every division in Humber should have two scholarships for each borough, he said.

For next year, the committee will have to decide who qualifies for scholarships and how much money the recipients shall receive.

# Enjoy your day; buy a slave

by Carolyn Kirch

The peal of the auctioneer's chant echoed through the halls of Humber during scenes reminiscent of slave trading days as Humber's money raising effort, on behalf of the United Way campaign, continued with a "slave auction."

Amid cheers, jeers, and en-

thusiastic cries of encouragement, students in the public relations course offered themselves on the auction block to the highest bidder in return for a day of "servitude."

The slaves were offered by auctioneer Tom Browne singly and in groups of twos and threes to an eager crowd for bids that went as

high as \$40. Several spirited male "slaves" stripped to the waist displaying their attributes, much to the delight of squealing female buyers.

Browne, a public relations instructor, explained that all "slaves" and "buyers" signed a mutual contract of agreement before the auction stipulating a slave may not be forced to do anything illegal, immoral, or anything against his or her principles or wishes. Slaves may choose the day they will be available, between Oct. 22 and Nov. 4, and may not be bothered during class time but must be available from 9:00 a.m. to 3:30 p.m. on the chosen day.

The popular event was a big success, raising over \$300 on Tuesday.

"I think it's going to be our best... and it really helps draw attention to other things like the car rally and bake sale," said Browne.

Cathy Black, co-chairman, Julie Geyman and Joanne Rider ran the bake sale, raising almost \$60. Kate Wilde and Sheryl Graye on the apple concession, raised approximately \$75. The apples and cider were donated by Humber College President Gordon Wragg.

The other main attraction at the slave auction was the GOLF-O-



PHOTO BY CAROLYN KIRCH

Some enthusiastic young male specimens bared their assets at last week's slave auction, to the oooos and ahhhs of equally enthusiastic female (most of them) bidders. But it was all good, clean fun.

TRON booth, an electronic golf course simulator supplied by GOLF-O-TRON of Mississauga. Barry Jacks, marketing manager for the firm ran the display and reported proceeds close to \$200.

GOLF-O-TRON plans to sponsor a golf tournament in November called the Humber Invitational, pitting the prowess of Humber staff against each other for the benefit of the Kiwanis Club.

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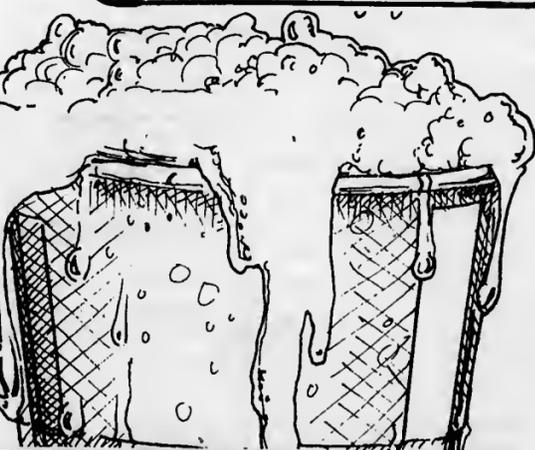
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KEEP AN EYE OUT FOR THE NEW WEEKLY BULLETIN AT LAKESHORE 1



WEDNESDAY PUB  
THIS WEEK  
AT LAKESHORE 1



by Helen Mancuso

Mississauga Transit has decided to reduce service to Humber College because surveys conducted last May and June showed the bus routes were not then being used enough to warrant full-time service, according to Peter Travis, an official with Mississauga Transit.

Starting Oct. 26, the orange and white Mississauga buses will not run Saturdays and the last bus will leave the college at 6:15 p.m.

Even though the change has not

yet been made public, students who must commute from Mississauga are being warned by their bus drivers to be prepared.

For many students who have late or evening classes, it will mean that they either must drive to Humber or find an alternative method to get to school and home.

One way is to take a connecting bus to Westwood Mall. There, passengers can transfer onto the Rexdale bus which runs every hour. Then, they get off either at Martin Grove or Kipling Ave. and

wait for the Wilson 96 (TTC) bus which runs directly to the college.

This route could take anywhere from 45 minutes to an hour compared to the 10 minute ride on the Mississauga bus.

If a student misses any of the connections by even a few minutes, it could mean two hours spent travelling to or from school.

Another even larger inconvenience to students is the two fares they will have to pay each way. This would add up to a costly \$2.60 every day.

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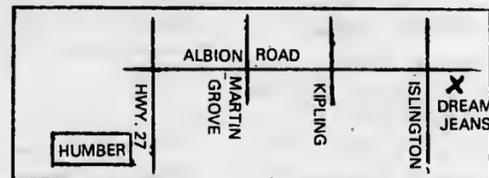
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## Problem solved recently by LDC

by Kim Wheeler

Students having problems in mathematics now have a place to go for help according to Austra Karka, co-ordinator for the Language and Mathematics Development Centre.

The centre, located on the third floor (E344) across from the Language Development Centre, was created by Carl Eriksen, former Human Studies Dean.

The center is oriented towards students who have been out of school for a while and are entering college to "find they have forgotten their fundamental mathematics and need some review," Karka said.

Each first year student in a math-related course must take a diagnostic test in September. The test differs for each course and is designed to pinpoint a student's problem area. The result determines which category a student falls into, Karka said.

The first group is students who have several math problems. They are advised by their teacher to drop their math class until they upgrade their skills.

The second category comprises students whose test results are borderline and they have the choice to spend time at the centre.

The last group of students have difficulties in a few areas and are urged to "drop-in" for help, Karka said.

Almost 500 students were referred to the centre this term and out of those 350 spend time at the centre on a regular basis.

They work by themselves—at their own pace—on units of a particular subject. At the end of each unit they are tested. Once a student completes the required units they no longer have to attend the centre, Karka said.

Computer Programming student, Millie Dysievick and Electrical Mechanics student, Jerry Raffala, both said the opportunity to work at the centre was good and it gives them a chance to work on a one to one basis.

## Tokers to pay penalty

Fitting the punishment to the crime is the general rule for pot-smokers in CAPS.

First-time offenders are banned from the pub for a week and Margaret Hobbs, pub manager, said the police are called in only if someone is trafficking.

Students who fight are banned from the pub for an entire year. If a student signs in a guest and the guest gets into a fight, the sponsor suffers the same consequences because "he is responsible for his guest's actions," Hobbs said.

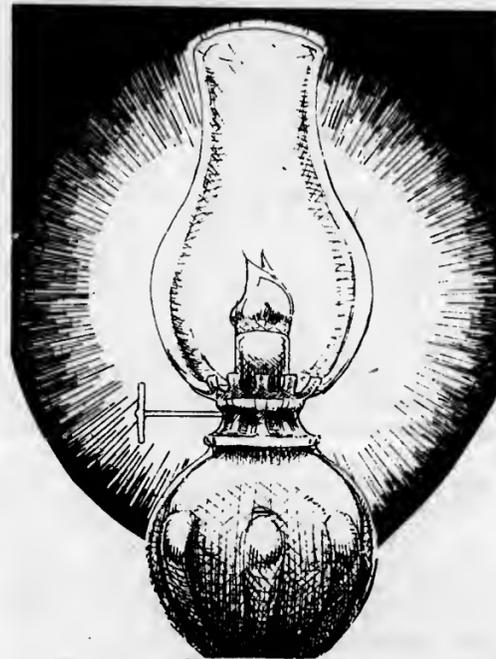
Student Association Council President, Joe Gauci, said adequate measures are taken to ensure students stay within the confines of the law.

"We realize you're there to enjoy yourself," Gauci said, "but if you don't abide by the rules then you're not welcome in the pub."

He added that students who are caught smoking pot not only commit a crime but also an offence against the liquor licensing act which could mean that CAPS would lose its license.



**Students Association Council**  
Humber College  
of Applied Arts  
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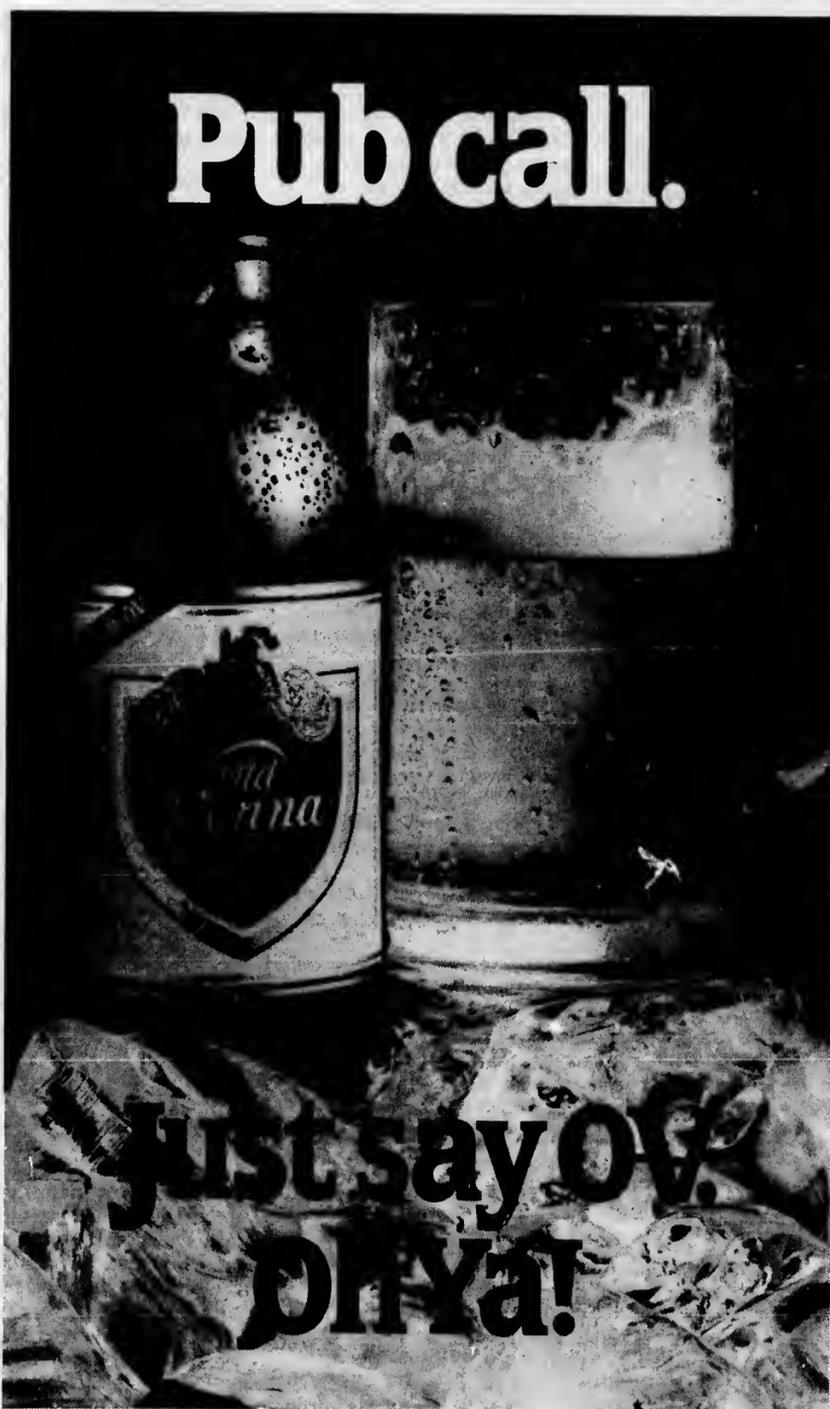
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# Coven

Publisher: J. I. Smith, Co-ordinator, Journalism Program  
Humber College of Applied Arts and Technology  
205 Humber College Blvd., Rexdale, Ont. M9W 5L7  
Established 1971

## All for one...

History was made at Humber last week when, for the first time, administration, labor and students banded together for a common cause.

That cause, so momentous that it united forces usually at odds with one another, is the Student Association Council's (SAC) protest against proposed federal government social service cutbacks (at last check totalling \$2 billion).

Gary Begg, president of local 562 of the Ontario Public Service Employees Union (OPSEU) which represents faculty at Humber, lent his local's support to the SAC protest in a letter to the editor of Coven last week. That was followed by the Board of Governors voting 8-1 last Monday to oppose the cutbacks.

The Board, through Humber President Gordon Wragg, plans to send letters of protest to government leaders. They will also seek support for the protest from other boards of governors in the province.

We urge BOG to take stronger action against the chilling prospect of massive post-secondary cutbacks. After all, any reduction in funding will make one of the board's major jobs—that of securing adequate money to run the college—a lot tougher. And while we understand the board's hands are tied, since they can't bite (too hard) the hand that feeds them, we wonder if they comprehend the severity of the situation.

The proposed cuts are unlikely to be a Machiavellian scheme designed to prepare the public for less severe cuts. They could easily become reality, which could mean the demise of Humber as we know it today.

Perhaps stronger action, such as organizing the directors of Ontario's Colleges for a well-planned assault against the cutbacks, is an appropriate one for them to consider.

In any event, it's nice to see all facets of Humber agreeing on a topic. It's just unfortunate that it takes so frightening an act to unite them.

## Marooned

Mississauga Transit, in an apparent effort to prove no-one holds the monopoly on kicking sand in the little guy's face, has decided to severely limit its Humber bus routes, thus leaving many students without efficient transportation.

The Mississauga bus company, seemingly trying to match the infamous TTC arrogance, has in effect decreed, thou shalt leave the college by 6:15 p.m., thou shalt not take the bus to college on Saturday, and if thou doth not like it, thou art free to find another way to transport thyself.

Unfortunately, many students who lacked the foresight to see the bus company's vacillating ways and took up residence in Mississauga are often not permitted the luxury of keeping regular hours on weekdays, and must frequently work on weekends—a condition possibly alien to the bus bureaucrats who scratch out students with the stroke of a pencil.

Adding insult to injury, transit officials seek to justify their actions by citing surveys done last May and June, showing low ridership on the affected routes.

One might just as easily—and fallaciously—"prove" lack of need for daytime buses by skulking into the night in the wee hours, like a guilty cat, and observing few riders.

The company's action of taking surveys during the spring and summer low-ridership periods to bolster a decision affecting bus routes during peak school periods, smacks of a deliberate attempt to collect only data supporting a decision already made.

COVEN, an independent college newspaper, is produced twice-weekly by the students of the Journalism Department.

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## Letters

# Designers are commended.

I wish to clarify the impression left by the article on the special tables developed by the Furniture Design students, John Toppan and Ted Martello.

These students, who designed and built the tables, spent many hours of their own personal time

working on this project as a service to Humber Developmental Centre and our children. The staff at the Centre feel they should be commended for donating their time and talents on this special project.

The tables have already demonstrated their versatility and

adaptability in their usefulness to the children for which they were designed. Some adjustments will, however, be made to complement the versatility of these tables.

The article failed to mention that these students also assisted in designing and building six functional, combination shelving and bulletin board dividers that are very appealing and serviceable.

I hope in the future, articles in Coven will reflect a more accurate interpretation of interviews. It would not then be necessary to write time-consuming letters to clarify a person's position.

Eleanor Simmons  
Assistant Director  
Humber Developmental Centre

## Reporter's skills not developed

It is obvious that Dave Silburt's reporting skills are underdeveloped.

He scratched at the surface of the (wheelchair tables) story without coming close to the bottom of it.

When a good reporter comes to the conclusion that something doesn't work he should at least ask the question why. But Nooooo, Dave had to form his own conclusions.

Too bad he fell short.

The problem with the tables is not that they are underdeveloped, since they were made from a German manufacturer's specifications. The problem with these tables is the simple fact that the Developmental Centre could not afford the casters necessary to raise them to their proper height.

We are grateful that Dave took the time to take an interest in our project; too bad he missed the story.

Ted Martello  
John Toppan

## Speak Easy

by MaryLou Bernardo

*Some heterosexuals develop bad habits, others are plagued by incurable diseases while still other poor fools rest talentless.*

*I, on the other hand, am from Sault Ste. Marie which coincidentally is a talentless, plagued city with a diseased reputation of being characterized by toiletless wood cabins and bears for neighbours.*

*The continuous jokes to which I have been subjected were barely tolerable until one chap inquired of me as to whether we Soo-ites had mastered the wheel yet.*

*What really gets me is that each and every time someone hears about the Sault, they ask me how Phil Esposito is doing. Perhaps the city fathers should rename the city "Phil's place."*

*People who have never been north of Georgetown visualize the Sault as a great northland with running streams, cool forests and herds of moose smoking pot.*

*They are disillusioned when I tell them most of the lakes are polluted with industrial chemicals, teenagers smoke the trees and we actually have telephones.*

*After residing in Sault Ste. Marie for 17 years, in the peace and tranquility of a loving, closely knit city, moving to Trawna was indeed a shock.*

*Watching the psychos on the subway, the sleazes on Yonge St., my punk rock neighbour, and of course the ubiquitous gays have indeed opened my eyes to what a unique city Toronto is.*

*But please—no more jokes about Sault Ste. Marie.*

## Feeble humor

SAC not only accepts, but invites constructive criticism from Humber's media.

We would like to think that the editorial cartoon published in last Monday's Coven was simply a feeble attempt at humor.

Political comment is one thing, but poor taste is another.

Sincerely,  
John Armstrong  
On behalf of your  
Students Association Council

## Nurses future brighter this year

By Judy Hughes

# Accident tests love, courage of a couple

by Monica Heussner

A tragic accident often tests not only courage, but love.

At Humber College's Keele-dale campus, there is a young Yugoslavian-born man who has had his life tested both ways.

Frank Vlasic has been a paraplegic since Sept. 12, 1977. It was on that day, while he was working as a landscaper and lifting some lumber, that the lumber slip-

ped and fell on his back.

Frank, 28, and his wife Anne, 29, says the accident itself was hard enough to accept, but several other factors created even more stress for them.

One was the lack of direction given them by some medical personnel. For example, they were not told what effects the accident would have on their personal lives.

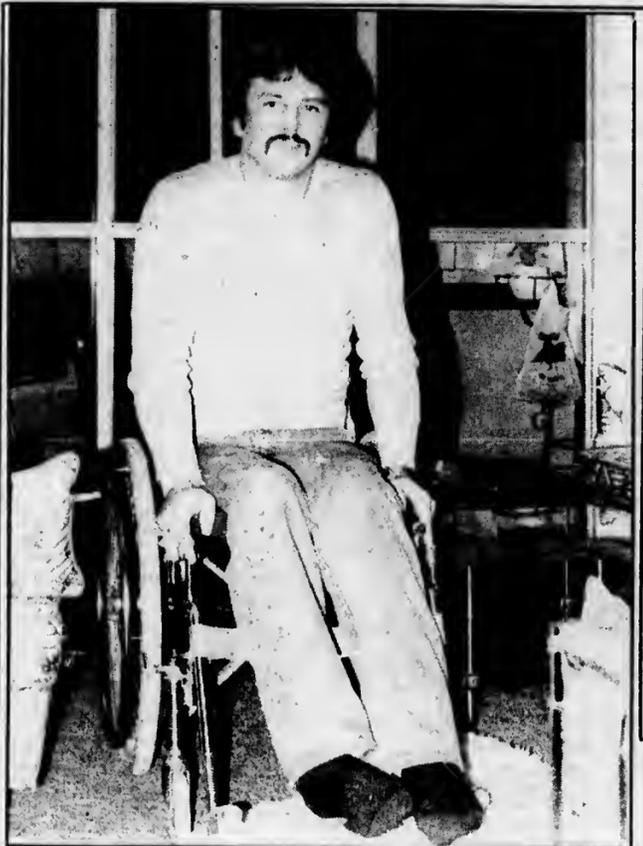


PHOTO BY MONICA HEUSSNER

Frank Vlasic, with the help and support of his wife Anne has learned to face up to the reality of being a paraplegic

The future looks brighter to Humber's nursing grads this year than it did to their predecessors a few years ago.

But now, the surplus of nurses has disappeared, leaving a growing shortage of Registered Nurses and Registered Nursing Assistants in its wake.

The glut of nurses in the job market then forced hundreds of Canadian nurses to head south of the border to look for work.

At Toronto General Hospital alone, there are more than 100 full-time nursing positions vacant.

David Allen, public relations spokesman for the hospital, says there is "most definitely" a need for qualified staff.

The list of patients awaiting admittance to the hospital is growing longer, and in some cases elective surgery is being postponed.

"We won't admit patients if we don't have adequate staff to care for them," says Allen. "As a result, we have a number of beds closed down."

Although the deficit of nurses is bad news for people requiring hospitalization, it is providing fledgling RNs and RNAs with a broad scope of opportunities.

Humber placement co-ordinator Martha Casson says, "there are more jobs than there are nurses these days."

Although it's too early in the year to have any official figures on placement rates—the cut-off date for information on last year's graduates is Nov. 13—Casson says, "all of the graduating nurses (from last year) we've contacted have already found jobs."

Another bright spot for nursing students this year is the arbitration board's ruling on their contract. The new starting rate for Ontario nurses is \$21,840 a year. On April 1, 1982, that figure will rise again to \$22,800 a year.

In an effort to meet the growing demand for nurses, many Ontario hospitals are recruiting nurses through newspaper ads ac-

"There was an awful lot of things Frank and I had to learn on our own, through mistakes, the hard way," says Anne.

She says the best help came from his counsellor from Workman's Compensation, who was also a source of encouragement for Frank.

The second factor was the lack of sensitivity shown to Anne by an intern on staff the day of the accident.

"It was like a slap in the face. The intern said, 'Mrs. Vlasic, your husband has had an accident. He'll never walk again,'" says Anne.

To add to all of this, Anne discovered she was pregnant only two days after her husband's accident.

Frank spent about 18 months in hospital. He was at Sunnybrook for four months, Lyndhurst for eight and he spent three months as an out-patient.

When Frank came home after being released from a hospital, his daughter Niyla was already three months old.

Anne says "seeing him sitting in a wheelchair and seeing all the other people in wheelchairs, made me wonder how did he end up here?"

Frank has also had his share of

snocks. He spent three months in bed after surgery. "When he had the accident everything was still green outside, but when he looked outside for the first time after three months, everything was covered

"Seeing all the other people in wheelchairs made me wonder how did he end up here?"

with snow," Anne says.

Immediately after Frank was released from hospital, he began upgrading his studies at Keele-dale campus. He started at level 2, the equivalent to grades 7 and 8, and is now awaiting his graduation in April 1982, he says.

He does not drive his hand-controlled van to school because Workman's Compensation pays for taxi transportation.

Anne says this is probably because if Frank were to get in an accident while driving to school five days a week, Workman's Compensation would be responsible. But with a taxicab, the taxi company's insurance would have to pay.

"Workman's Compensation already pays for all Frank's medical supplies, education—basically everything," she says.

Right now Frank says he isn't sure what he wants to do after he leaves Humber College. He says he's thinking of either starting a

ross Canada, in the United States, and in England.

Eleanor Fiorino, senior co-ordinator of Humber's nursing program, agrees that there are "pockets of shortages here and there." The program at Humber is trying to fill those pockets.

"As a matter of fact, our enrolment increased this year," says Fiorino. "We accepted 220 students this year." That figure includes students at both Osler and North campus.

If, as David Allen suggests, the nursing situation is a "cyclical thing," then recent graduates and current students should have the best opportunities of the decade.

Humber's placement figures seem to back that statement up. Says Casson: "All in all, the placement is very, very good."



Why is this man smiling? Because the angry gash in Health Science Instructor Paul Peiper's hand is only a make-up job, part of a display of first-aid techniques taught to nursing students shown at last week's open house.

travel agency or learning accounting.

In his spare time, he plays basketball and has done some modelling—Frank can be seen in a commercial with his three-year-old daughter promoting the slogan "call us able."

He says, "If I was single, it would be different, but as I see it life must go on. I look forward to seeing my little girl grow up.

"I can see single guys drinking and sitting in corners feeling sorry for themselves. If I was single I would probably be doing the same thing."

Frank says he was also considering participating in the Olympics for the handicapped, but couldn't because school takes up most of his time.

Anne says Frank's life has changed. "He can't go skiing, can't play tennis, can't pick up his

The couple has proven they have won in their test of love and courage

little girl and take her for a walk or carry her on his shoulders."

But she says in some ways Frank is just like before. "There's very few things Frank needs help with. He's quite independent."

The couple has proven they have won in their test of love and courage.



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# Pub highlight corny

by Janice Boyda

Although Humber's ghosts and goblins didn't appear in force to attend the Halloween Pub, Keith Walker, chairman of the United Way Committee said the turnout was as big as expected.

The fund-raising event, which featured Bob Segarini and The Professionals, managed to attract 350 people and raise \$500 for the United Way campaign.

The highlight of the evening may have been a little corny, but that's what it took to catch the eye

of the judges and win first prize for the best costume. Marketing student Diane Zoladek won for her imitation of a can of Niblets corn. She received a set of Humber licence plates and the four runners-up received hats.

The evening's performance opened with "Comedy Insanity" staged by a group of Humber Theatre students. Walker said it was the first time the group had performed together. They donated their time to help the United Way campaign.

Public Relations students managed to contract Segarini at half-price, Walker said. Segarini followed The Professionals and played the second set.

The United Way Campaign wrapped up its series of fund-raising events with a Carnival on Wednesday. Tickets for a draw for a trip to the Bahamas will be on sale until November.

# The sun shines on news people

by Bernardo Cioppa

The frolicking Argo Sunshine girls weren't enough to distract a team of Toronto media personalities in a challenge volleyball game, held in Humber's gym last Monday, to raise more than \$300 for the United Way.

The media team won the best of three matches in the event organized by Brian Spain, a public relations certificate student, who said the media personalities and cheerleaders acted very professionally. "They put on a good show for the students," he said.

A crowd of over 300 who paid \$1 admission saw Jeff Fraser, of CHUM radio (a graduate of Humber's radio program), named most valuable player of the game.

The volleyball match kicked off a three-day United Way campaign which included a slave auction, a car rally and a carnival day.

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# Wacky times at CAPS

by Paul Russell

The Students Association Council will soon put some laughs into the middle of the school week, as the Lunchbag Cinema hits the screen in CAPS at noon, and Wacky Wednesdays take over the Pub at night.

Every Wednesday until the Christmas break, comedy films will be shown on the large-screen television in CAPS from noon to 1 p.m.

"The films will be free, light and amusing," said SAC activity co-ordinator Sandra DiCresce.

Classics such as Attack of the Killer Tomatoes and Jailhouse Rock are scheduled.

Every other week from 3 to 6 p.m., Wacky Wednesdays will take over Caps. DiCresce explained these pubs will be "purely nonsense," and comedy will again be the order of the day.

"Groovin' with Groucho" will be the theme of the first Wacky Wednesday pub on Nov. 4, which will feature Marx Brothers films and a Groucho lookalike contest.

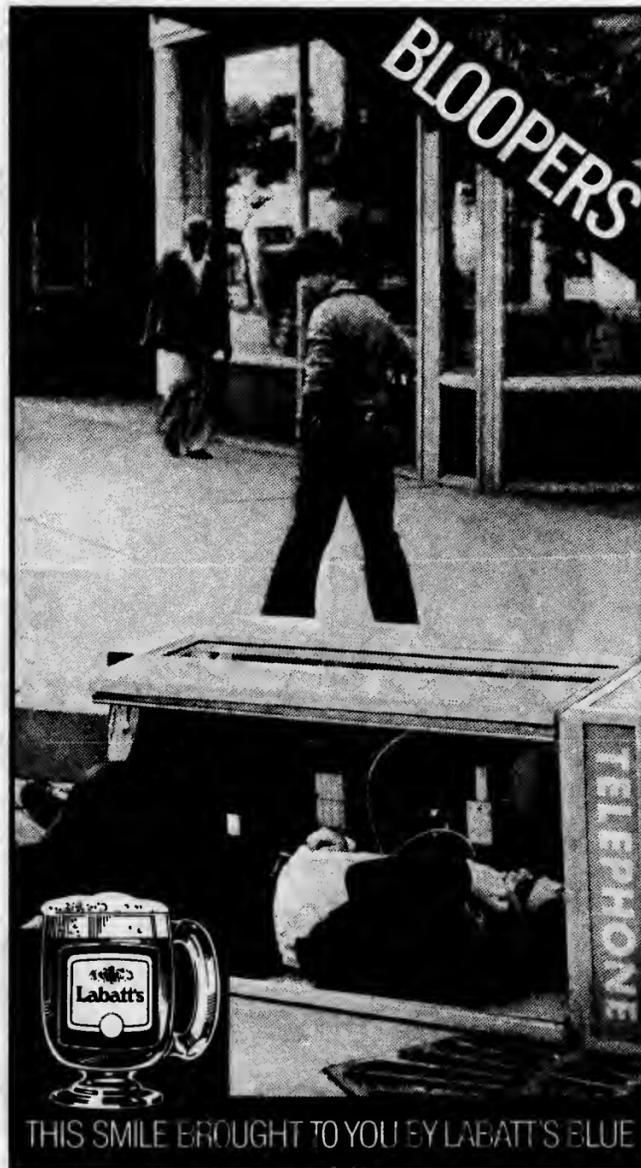
A happy un-birthday party will follow on Nov. 18, for students whose birthday does not fall on that day, and comedian Larry Horowitz will entertain Dec. 2.

Then on Dec. 16, a Pyramid Pub will close the semester of Wacky Wednesdays. DiCresce said students will be served beer in cans, then encouraged to test their construction ability by building pyramids.



PHOTO BY WAYNE KARL

This distinguished guest at last week's celebrity volleyball match showed Humber spectators why she's called a Sunshine girl, by displaying her sunny smile during warmup.



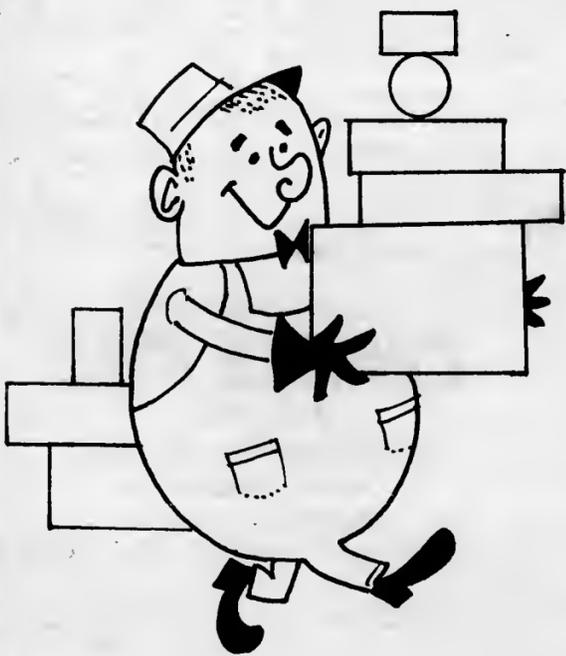
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# Wacky Wednesday

caps



Groovin'  
With  
Groucho



fun, film  
and contest

NOV. 4

3-6pm

another act of SAC

## Sport of running jogs to the top

by Marylou Bernardo

It seems that the Wayne Gretskys and Gary Carters get phenomenal press coverage, while other sports such as cross-country running receive little or no attention at all.

But cross-country running may be the only sport as old as mankind itself. It dates back to the days when cavewomen ran after their cavemates to catch a dinosaur for supper. ("YOU caught it. You clean it.") We've also come a long way from the days of Paavo Nurmi ("the flying Fin") who was possibly the greatest runner of the twentieth century.

Cross-country running began receiving worldwide recognition just before the turn of the century, when modern games and leagues were conceived.

People often confuse running with the term jogging. There is, however, a major difference. Cross-country running involves aggressively paced running on both smooth and rough terrains. The runner must, of course, acquire a love of nature—not only for the fresh air and sunsets, but for the mucky forest paths and rendezvous with the odd bear.

Bears may be a main factor in the high speed acquired by the runner, along with the trained strength and discipline, that contributes to the runner's performance.

On the 'other side of the mountain' is the avid jogger.

(Often, a jogger can be defined as an overweight person in a dingy sweatsuit, dripping with sweat, and wearing Converse basketball sneakers. The slob usually keels over after the first mile, and goes home to refuel with pasta and Figurines.)

International skiers, swimmers and gymnasts often participate in cross-country running programs to tune up their muscles.

Runners, like most other athletes, are often victims of severe injuries, including battered knees and feet, and pulled muscles.

These injuries, which can result from tackling tough terrain are also

acquired from over-training and sometimes from using improper footwear.

Be a smart runner, don't run in your baseball cleats. Invest in a genuine pair of running shoes with solid sole grips and heel support. Your feet will love you forever. In any case, injuries should be given immediate attention. A doctor's treatment or a relaxation break may be in store.

If the flab is getting flabbier, cross-country running will strengthen your quadriceps and frontal thigh muscles and firm your buttocks.

If you intend to conquer the running world, do so after your warm-up exercises. It is important to start out slowly by walking, then running short distances. Exercises can include anything from belly breathing to enchanting little numbers called backovers.

Professional runners may run at an average pace of 6 to 8 minutes per mile and 100 miles per week; perhaps more.

You say that you have tried cross-country running and you have chosen to leave the sport to all barbarians who pursue it, because you're plagued with aching muscles? Even your fingernails are sore, you say? Dedication and patience not only become a reward, but a necessity at this time. It is very important to train yourself mentally, telling yourself to keep running.

## Basketball to begin

By MaryLou Bernardo

Intramural basketball will begin on Nov. 16 according to intramural director Frank Godfrey.

"It is important to register early since there will be a maximum of sixteen teams allowed in the league. The league is open to both staff and students. Teams will be co-ed.

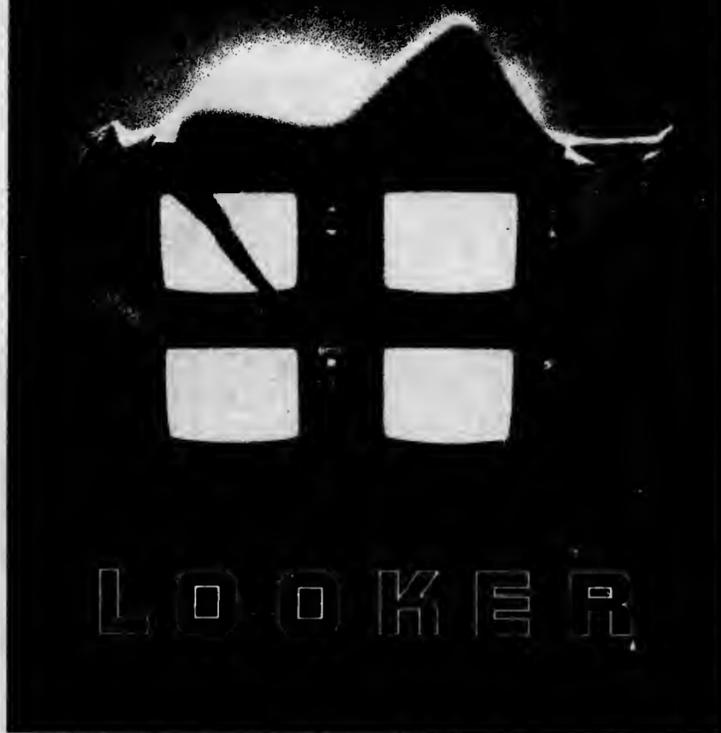
"The Intramural basketball leagues have been very successful in the past and next to flag football and ball hockey, it is the most popular," said Godfrey.

For those interested in participating, pick up entry forms at the Athletics office by Nov. 8.

Coven thought

*Friends come and go, but enemies accumulate.*

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