

How would you spend \$250,000?

By Bob Lee

The Student Union will ask for a referendum from the students next month to determine how the SU reserve fund and the college contingency fund, a total of \$250,000, will be spent.

SU President Molly Pellacchia is looking at three possibilities. A residence, a student centre, and a combination student centre-athletic complex.

Ms Pellacchia favors the student center-athletics complex, which would house a triple-gymnasium with moveable seating that could be converted into an auditorium. All SU offices would be

included in the complex, along with several pub rooms and a games room.

Projected cost is \$2,000,000, with the balance to be raised in the form of a loan on approval of the Board of Governors.

The philosophy behind the construction of the center is lack of space at Humber.

"This college is not built to handle 5,400 students, said Ms. Pellacchia. "There is not enough classroom space. Extra-curricular and service areas are so small there's no room to move."

Free concerts were held in the concourse until last year, when complaints of noise from the nearby Business Division forced

their cancellation. Cramped space also effects other activities.

"If you want to bring in some good lecturers - an amazing educational program - there is no where to seat spectators, said Ms Pellacchia.

Humber Lecture theatre seats 300, and the SU lounge can accommodate 500, but the going price for a well-known lecturer can reach \$3,000 dollars. At that price, spectators would be required to pay up to \$10 for the college to break even.

"Even convocation is held in the equine center," Ms. Pellacchia continued. "That is

one of the most insane things I've seen happen."

The October referendum will follow a promotional campaign that Ms. Pellacchia hopes will result in a good turnout at the polls.

"I want to go to the Board of Governors and say, "Well, 4,000 students voted on this issue - and they want us to build the centre."

Ms. Pellacchia does not expect a problem in obtaining approval for whatever proposal is accepted in the referendum. If everything goes as planned, work on the project could begin next fall.



SU waits on parking

By Karen Gray

Unless she gets strong support from North Campus students, Student Union President Molly Pellacchia does not intend to fight the pay-parking issue.

A meeting of North Campus students, to be held September 16 at two o'clock in the Student Union Lounge, will determine Ms Pellacchia's course of action. The SU president says if the students come to the meeting with some solid proposals for changes in the parking rate structure, she'll take the proposals to the Board of Governors.

However, Humber College President Gordon Wragg says parking fees will not be reviewed until the fall of 1977, student proposals or not.

"The rates have been set and there will be no changes in the fee structure for at least a year, he said.

Ms Pellacchia supports the concept of pay-parking but objects that the SU was not included in the Board of Governors initial discussions on pay-parking.

"I've more or less sat back on the issue and assured the administration that I will not go out and hold a riot. I will wait for the students to support me before doing anything," she said.

"If I don't get student support,

I'm not going to risk my neck for anything."

The 50 cents-a-day fee went into effect at North Campus August 31. Shortages of construction materials have delayed installation of the pay-parking booths on other Humber campuses, but the booths will be in operation by the end of the first week of classes.

Parking decals are being issued to students at all campuses on a first-come, first-serve basis. The decals sell for \$20 per semester, \$60 per year, and \$100 per year for reserved lots.

The proposals for pay-parking was adopted by the Board last May 31, almost one month after the first meeting of the parking committee of which Ms Pellacchia is a member.

During the first few meetings, the other campuses recommended the 50 cent fee be dropped to 25 cents per day, but the committee decided to standardize the fees for all campuses.

Security Chief Ted Millard, chairman of the parking committee, says the biggest complaint so far is from students who feel they should pay less for parking than the administrative staff.

To cut parking costs for students, the SU has set up a car pool information center in room D235, across from the SU office.



Mmm, finger lickin' good is President Gordon Wragg's opinion, as he enjoys birthday cake prepared by Master Chef Igor Sokur (left). The cake was enjoyed by approximately 650 people attending the kick-off celebration for Humber's 10th anniversary. [Photo by Chick Parker]

HAPPY BIRTHDAY HUMBER

Ad ban proposal may hurt Humber

By Bev Burrow

A proposal by the federal government to ban cigarette and liquor companies from advertising in Canada may have a direct effect on Humber College's Equine Centre.

The proposal, if passed by the House of Commons, will prohibit companies from advertising their products while promoting such sports events as horse shows and tennis matches.

Health Minister Marc Lalonde brought the proposal to the government in June. It won't be known until the House reconvenes this fall whether or not the government will act.

"Rothmans of Pall Mall may lose their whole sport budget because of it," said Mr. E.J. Fowler, Managing Director of the National Equestrian Federation.

"The proposal would put an end to approximately 38 horse shows

in Canada and a number of tennis matches, unless they can find other sponsors."

It was through Rothmans Scholarships that six promising Canadian riders were brought to Humber's Equine Centre this summer for special training. The scholarships will have to be cancelled if the government goes ahead with its plan.

One product of the Rothmans program is Michel Vaillancourt, Canada's silver medalist in the Olympic equestrian event this summer.

Six years ago Rothmans formed a group to sponsor horse shows by providing the prize money. Since 1972 they have been making great contributions.

"Now they do 38 shows a year and offer prize money which amounts to anywhere from \$500 to \$15,000."

Cont. pg. 2

Lounge opens to students

Humber's faculty and staff lounge will open its doors to students after undergoing an estimated \$15,000 facelift.

Dave Davis, head of food services, said students who are accompanied by a faculty or staff member will be allowed into the lounge between 4 and 6 p.m., Monday through Friday.

The new policy will not interfere with the room being available to only faculty and staff members during lunch hours.

The lounge has been brightened by new drapes and furnishings. A honky-tonk piano and thirty-five tiffany lamps, donated by the Pepsi-Cola Company, will help create an attractive atmosphere.

A display cabinet for beer mugs will stand against the back wall. Anyone who wishes to donate a mug to the college can have it placed in the cabinet with the donor's name and the date it was donated engraved on a plate along with it.

Federal proposal

Cont.

There are eight zones in the National Equestrian Federation and only a handful of people from these zones are chosen for a scholarship. Each zone forms a committee and appoints a chairman.

The committee monitors each rider carefully to ensure that he or she has potential. According to Mr. Fowler a rider must be highly qualified before being considered.

Up until this year the scholar-

ship winners were sent to Chingagousy, a country club just north of Brampton.

There was only one instructor at the club, who taught the riders and horses as much as he could in the allotted time.

"He was an excellent person but

it became apparent that the load was too much for one man," said Mr. Fowler.

Mr. Fowler then approached Dick Burgis, former director of the Equine Centre, and they agreed to bring the scholarship winners to Humber for the month of June.

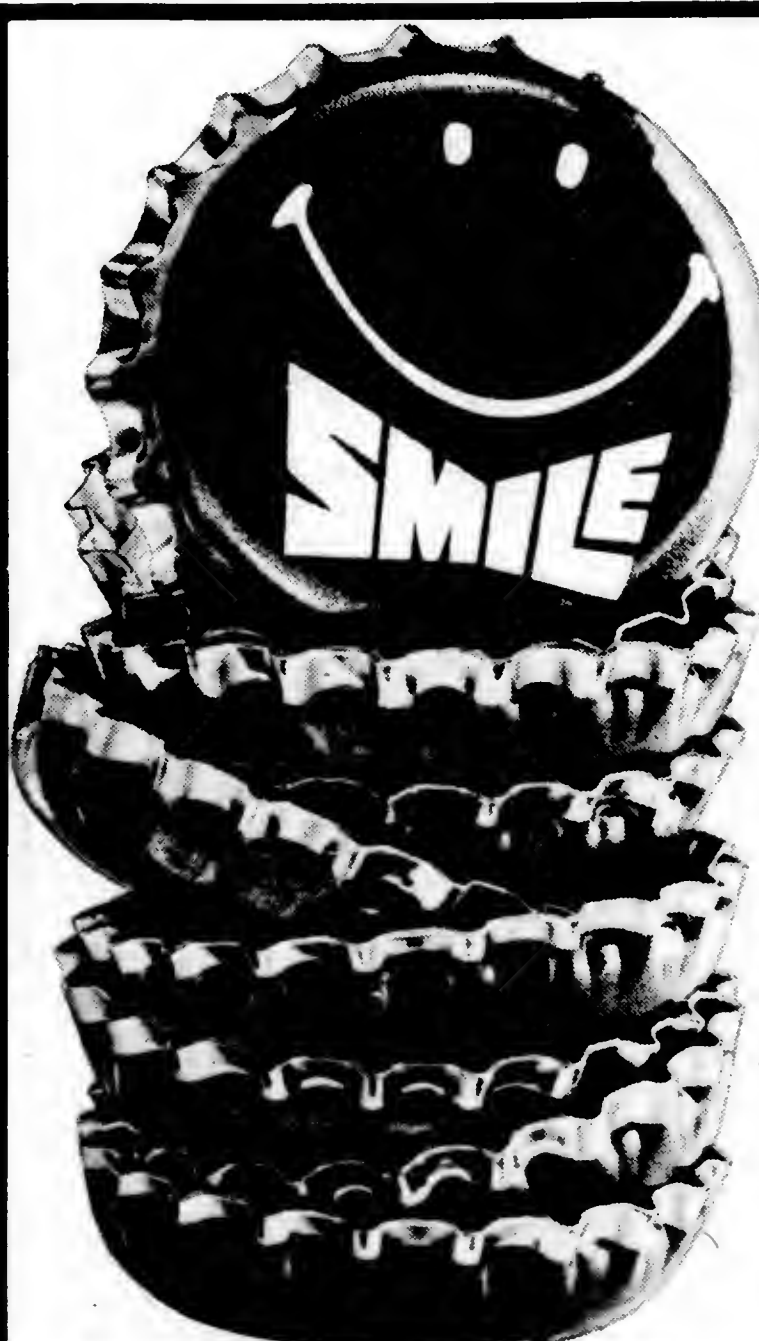
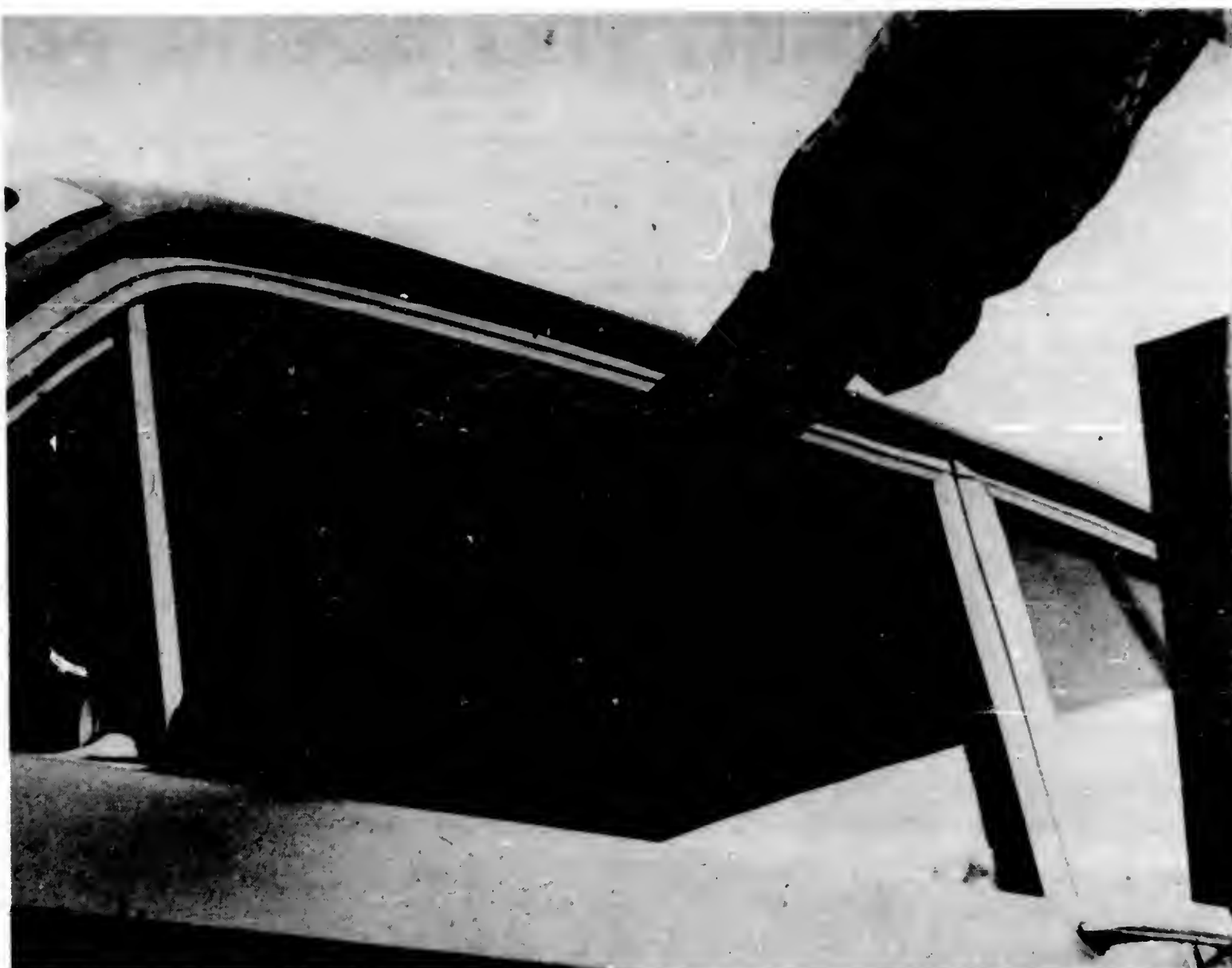
"The space and facilities at

Humber allowed for a much more thorough program," said Mr. Fowler.

"The curriculum gave the students more time in the classroom to learn theory, but also allowed them plenty of time to practice riding."

The students were trained by some of the top riding instructors in the country. They were instructed in dressage by three Canadian Olympic riders, and they were lectured by Neil Mendelson, one of Humber's two staff veterinarians, on horse health, disease and lameness.

YOU GOTTA PAY NOW...as Bev Burrow, 3rd year journalism student, discovered when she returned to school today. Pay-parking at Humber went into effect last week. Rates are 50 cents a day, but students can purchase a semester pass for \$20.



A student researcher named Sue,
While studying on-campus brew,
Says the trend is now clear
To a beer without peer,
Labatt's 'Blue' is now 'in'
with 'Who's who'!



Labatt's Blue smiles along with you

'Tex' Noble new dean at CCL

By Karen Gray

The new dean for the Centre for Continuous Learning at Humber College North Campus is Mr. T. Noble.

Mr. Noble assumed the responsibilities of CCL Dean on July 19, 1976, replacing Ken MacKeracher who is now at Ryerson Polytechnical Institute.

Mr. Noble says he will retain his former duties as Vice President of the Marketing Division at Humber College and looks forward to working in the academic areas of the college.

**Perform a
death-defying
act.**



**Have regular
medical check-ups.**

Give Heart Fund



'Explorations' elective returns

Leyland Gudge

'Explorations in Social Science', now being offered as an elective, places Humber College among the leaders in the field of Liberal Education at the Community College level.

Designed by a group of

instructors from the Humanities Division, the course was initially offered last year. It is geared to expose the student to a great variety of intelligent thought, as well as to give some flexibility to the electives.

Many students have expressed the feeling that some electives are

a compulsory exercise in boredom, and of little or no relevance to their education. It is with such thoughts in mind that this course was set up and put through a number of experimental stages over the past five years.

John Maxwell, senior course co-ordinator, feels there is a need

for a more flexible approach to the teaching of Liberal Education.

The exploration course consists of a series of lectures. The topics have been chosen to familiarise the student with issues central to the humanistic study of Man and his World. Some of the topics chosen for this year include Christianity, Judaism and Eastern Religions, Sexuality, Education, Political Ideologies and Theories of the Nature of Man.

This year a total of twelve lectures will be divided into three sections with each section being led by Instructors Herman Suligoj, Morry MacLeod and John Maxwell. Each instructor will be involved with a student group for a total of four sessions. In addition, the three groups will meet together for four special guest lectures. Guest lectures will be given by experts in a variety of areas to give students the exposure to different orientations in the Social Science and Humanities.

At the end of the four week session students will submit a paper on one of the topics. This affords students the opportunity to exercise their own intellectual abilities in measuring comprehension and critical analysis of the topic.

In evaluating last year's program, Sociology Instructor John Maxwell emphasised that "people are telling us what they have learnt and in my experience you don't find that very often." Mr. Maxwell also mentioned that the attendance and response of students last year was good and that this year's program is re-structured to stimulate greater interest

and awareness. "The need to provide more direct guidance in classroom is one of the effects of the restructured program," said Mr. Maxwell.

Dr. Suligoj, Philosophy Instructor said that the whole course of lectures is only one of the ingenious ways of stimulating awareness and maintaining interest in what is being taught.

"In the short time which the electives allow, the instructor must be able to provide content to students who have an awareness of the subject and need content. For those who are not interested in content, the instructor must stimulate an awareness through technique," said Mr. Suligoj.

"Explorations in Social Science" is experimental both as a course at the collegiate level and at Humber. It is only at the university level that a distinction is made between the content and the teaching aspects of Liberal Education. "The end result is the same in regards to the total integration of practical, speculative and creative forces in a student who is aware and self-determined," said Dr. Suligoj.

According to Dr. Suligoj the practical job-oriented society is separated from the leisure, creative and aesthetic aspects of life. There is no doubt that the Humanities Division of Humber College is set on forging an integration of these elements. This was evident last spring when the department offered an explorations course to a group of technology students.

LRC(IMC) move to E block

By Avrom Posen

The Learning Resources Centre has expanded to include part of the Instructional Materials Centre, on the third floor of E-block.

When the North Campus was originally built, it was hoped both the library and IMC would be housed in Complex 4B. However, with the budget cuts made by the province in 1971, the project was scrapped.

Ever since, the library has scrambled for more room to use as study space for students. This year about 200 students can be accommodated, with most of the increase coming from expansion of the periodical room.

The LRC will not only house periodicals, but also listening areas for records and cassette tapes. A microfilm reading projector, a viewing room for slide presentations, 8mm film loops and filmstrips will also be available.

The library is still located in E205, and will continue to provide as many new books as the budget will allow.

Some problems are encountered in the charging out of books, however.

Mrs. Audrey MacLellan, head librarian for the college, advises students to make sure they have their student ID card with them,

since that will be the only way books and other materials will be charged out.

The equipment booking is similar in function, but most of the material will be loaned out for

three days, and must be authorized by an instructor.

The television studio has moved to the basement of E-block, and has become a color studio, with a small facility for black-and-white instruction to be used in introductory courses of television. The color studio will be used for more advanced courses, but won't be ready until next semester.

Davis holds line on Pipe prices

The Pipe's prices are still the lowest of any community college despite increases made over the summer.

Dave Davis, head of Food Services, said prices will not rise as steeply as expected. The highest priced dinner at the Pipe will be \$1.20. Mr. Davis also said at least one meal will be available for 95 cents daily.

Hot sandwiches will be served at the Steakhouse, but no steaks

will be served this year. Also, there will be a food service in the Staff Lounge (K217). These changes are hoped to ease lunch-hour lineups.

The Seventh Semester, formerly the staff cafeteria, will be used as a banquet room to be hired out.

Mr. Davis cited wages and price increases on dairy produce as reasons for the increases, but maintains that the price of a cup of coffee will remain at 20 cents.

WELCOME STUDENTS

The Registrar's Office, located in C-109, is responsible for maintaining student records. To ensure your record is up-to-date, you are asked to inform the Registrar's Office of the following:

MAILING ADDRESS: Please inform the Registrar's Office of your mailing address if you have moved to a new permanent address or a temporary place of residence

TEMPORARY ADDRESS: If you come from outside the Metropolitan Toronto area and are living away from home, please inform the Office of your temporary address.

TELEPHONE NUMBER: If you have changed your telephone number since September 1, please inform our Office.

STUDENT LOANS - ONTARIO STUDENT ASSISTANCE PROGRAM

INFORMATION: Information for the Ontario Student Assistance Program, Ontario Student Loan Plan, Canada Student Loan Plan may be obtained at the Registrar's Office from the Financial Aids Officer.

DEADLINE FOR APPLICATIONS: Applications must be submitted by September 30 to our Office.

Office of the Registrar

COVEN

Vol. 6, No. 1
Sept. 7, 1976

Humber College of Applied Arts & Technology



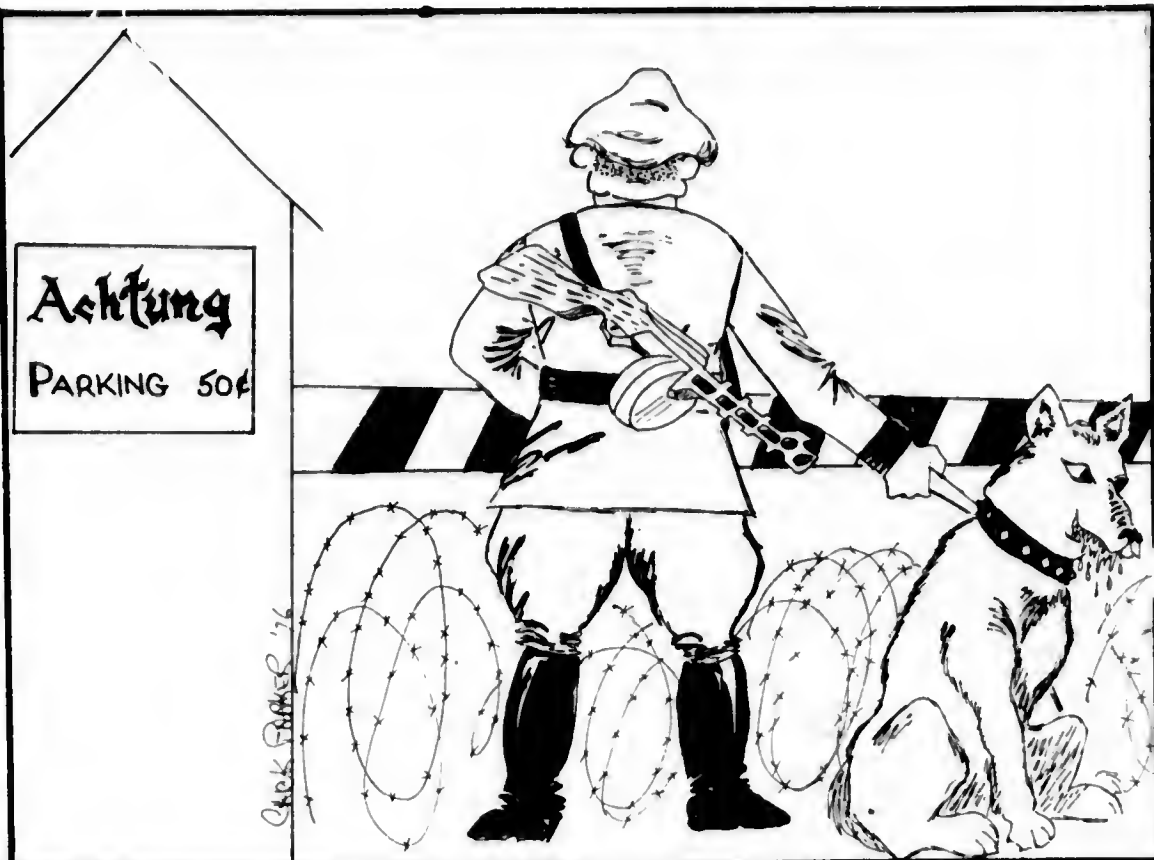
10th ANNIVERSARY YEAR

Coven is an independent student newspaper published weekly by the Journalism Department, Humber College of Applied Arts and Technology, Rexdale, Ontario. Member of the Audit Bureau of Circulation.

Established 1971, circulation 4,000

Publisher: J.I. Smith, Co-ordinator, Journalism Program

Editor Bob Lee
Production Assistants Chick Parker, Bev Burrow
Staff Advisor Geoff Spark
Advertising Steve Mazur, Karen Gray



Pay-Parking Inevitable

It may not be an annoyance to the 3,000 plus freshmen at Humber this year, but for returning students, it's probably a little disquieting: the administration has decided that to park your car, you have to pay.

It was inevitable. Humber, until last week, was the only college in Metro Toronto that did not charge for parking. Even Etobicoke Central, as isolated as Humber, charges for parking. Clearly, the argument that you should park for free in the outskirts does not apply.

You don't get anything for free these days anyway. Gasoline approaches the dollar-a-gallon figure. A long line up and \$3.50 entitles you to see a Grade-B movie. Cigarettes cost over 90 cents a package, and the bookstore may be the only place in town that gives out free matches.

And now, in secluded suburban Humber College, the administration has decided it will cost \$20 for a student to park a car for one semester - four months. That works out to a mere 26 cents a day.

It's bad news. It's certainly no reason to open a Gordon Wragg Fan Club. But there's no reason to start clamouring for reduced rates. The simple fact is, today, no one gets anything for free - except perhaps matches at the bookstore.



Support SU Student Centre

SU President Molly Pellacchia deserves support for her plan to build a gymnasium-auditorium complex for the school. We need it badly. In our rivalry with Seneca College, real or imagined, Seneca's Minkler Auditorium far outpaces any facility at Humber. Convocation in a horse-barn is indeed insane. It's also refreshing to see an SU president has an imagination that reaches past the tired old notion of building a residence. The Ministry of Colleges and Universities won't allow one anyway.

COVEN....your newspaper

All the news at Humber College comes to you each week in the pages of COVEN bringing you the latest in student activities, sports, theatre, programs, courses and other activities affecting students during your stay at Humber.

reflecting the views of students and college administration.

While principally a Journalism Lab, Coven welcomes articles and letters from all students, faculty and staff. Drop into our newsroom Room L225 and say hello.

Watch for Coven in the newstands every Tuesday.

FOOD! FOOD!

GLORIOUS FOOD! •

by Patricia Keeney Smith October 13 - 23

Poets have praised it. Oliver wanted more of it. Chefs celebrate it. We all need it. Humber Theatre recites, sings and dances about it. Borscht, Bisques, Blintzes, and Bicerb, chicken paprika, kiev, marengo, a la King, Alligator Pie—you can get anything you want at Alice's Restaurant. A collage of poetry, prose, song and recipes, a veritable feast of visual and auditory delight. Everything you always wanted to know about * but were afraid to ask.

Gerald Smith, Director



SYLVIA PLATH - A DRAMATIC PORTRAIT

by Barry Kyle November 10 - 20

This program details the intense, prolific and tragically brief life of the American poet, Sylvia Plath, drawing from her exceptional vivid poetry and humorous prose: "The production follows a biographical line... Beginning with early childhood memories, the arrival of a brother and a poem sent to a Boston paper at age 8 1/2, the tranquility is ended with the death, when she was 10, of Plath's German father... on into the student years, breakdowns, suicide attempts." (David McCaughey, The Toronto Star) Finally it depicts her death. She took her life, one dreary London winter, while left in a house with two children. Since then, she has become larger than life. Her precocious talent and youthful suicide have transformed her into a tortured legend of modern times.

James Peddie, Director

COMEDY OF ERRORS

by W. Shakespeare December 8 - 18

Two brothers, identical twins, and their two servants, twins as well, become separated by chance. Coincidentally, years later, all four arrive in the same city, at the same time. As luck would have it, their long-lost mother appears as well. The fickle finger of fate draws their dear father to the same city, at the same time... all of which produces one of Shakespeare's funniest comedies. This adaptation (Shakespeare without tears) traces the problems that arise when Master A gives Servant B a purse of gold and can't understand why Servant B claims never to have seen the gold at all. And that's only the beginning!

Gerald Smith, Director

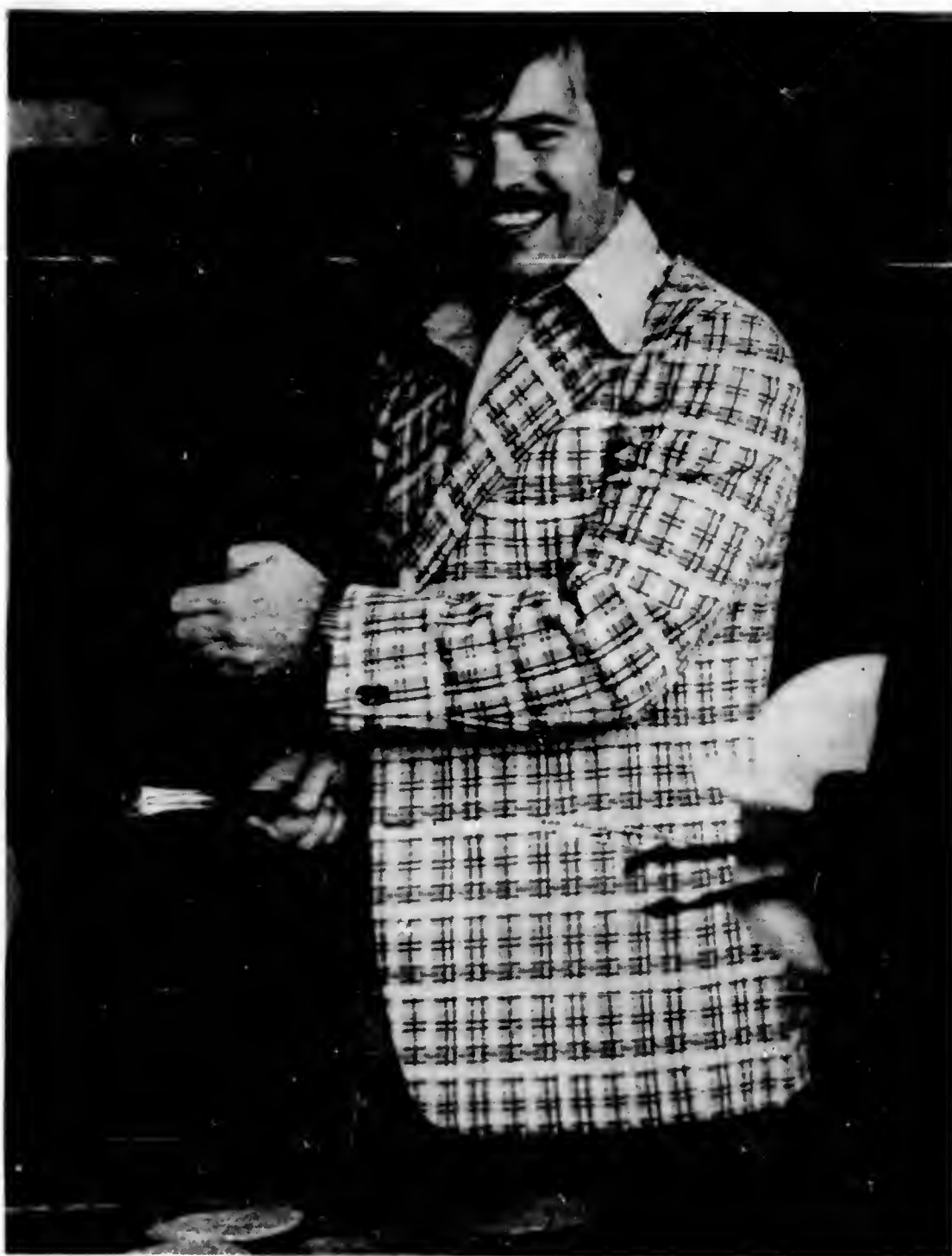


HUMBER THEATRE

HUMBER COLLEGE OF APPLIED ARTS AND TECHNOLOGY
HUMBER COLLEGE BOULEVARD, REXDALE, ONTARIO M7B 1Y6

10th Anniversary.....

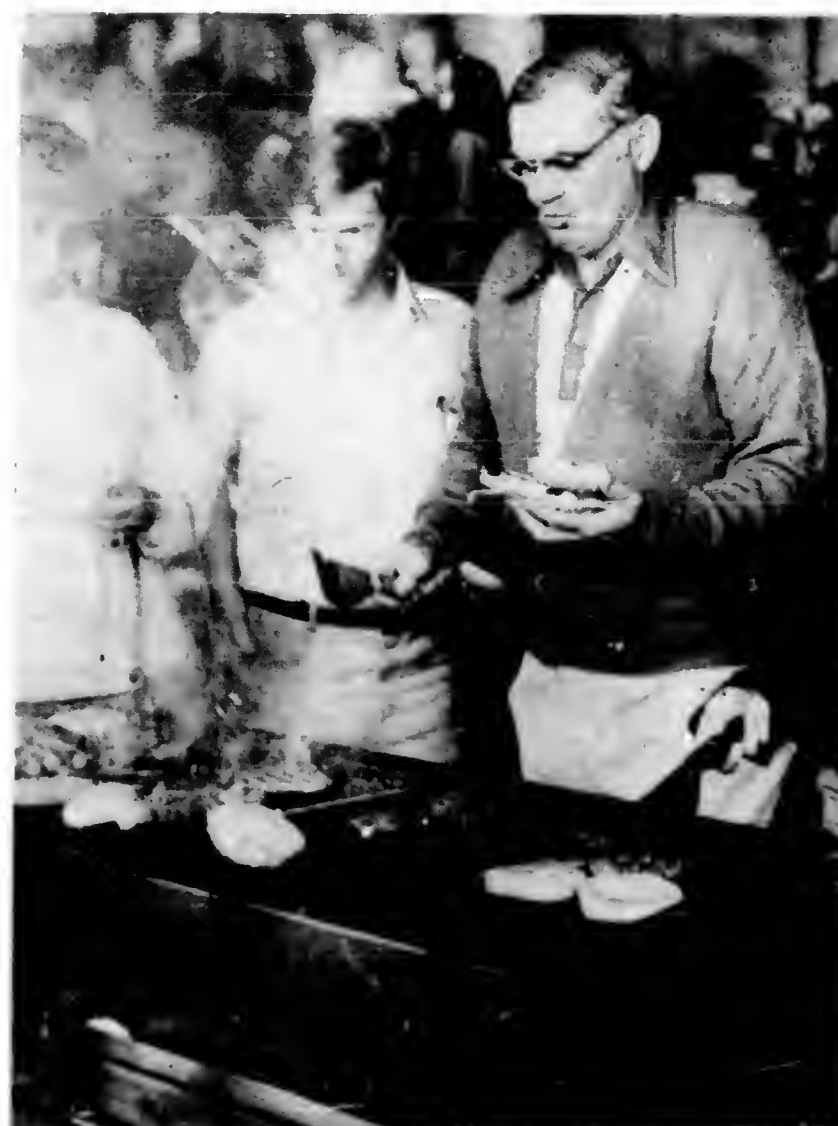
September 7, 1976 - Coven - Page 5



the fun is just beginning



Faculty and staff members and their families began celebrating the college's 10th anniversary at a barbecue and pub in the Amphitheatre last Wednesday. While the Humber College Dixieland Band provided the music, hundreds of people lined up in the rain to grill hot dogs and hamburgers. The dismal weather couldn't hurt the festive mood.
Photos by Chick Parker and Bob Lee





nk

Fall Registration

7-9pm Sept. 20 & 21

First Classes Week of Sept. 27

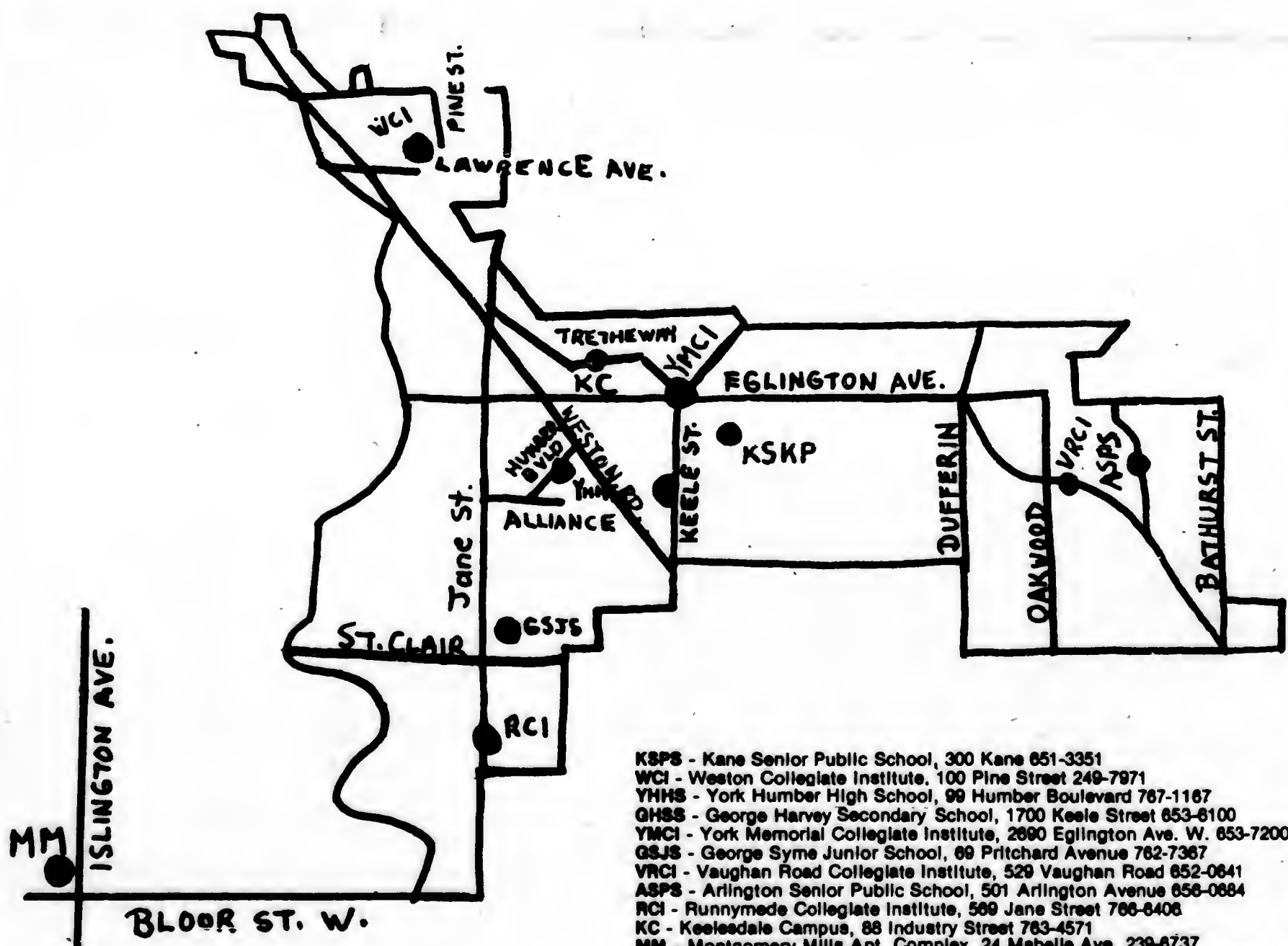
nk

NEIGHBOURHOOD LEARNING CENTRES

Humber College in co-operation with the Borough of York Board of Education and Parks and Recreation Department operate a series of mini-campuses known as Neighbourhood Learning Centres located strategically throughout the Borough.

Each N.L.C. offers a broad range of credit, general interest and recreational activities for adult learners using existing community facilities. Because these mini-campuses are located in your own neighbourhood they are always familiar and friendly places where the emphasis is upon the learning experience in an informal fashion. Their convenient locations also save students considerable travelling time to and from classes.

If you would like to receive a brochure outlining the various courses and activities available at your nearest Neighbourhood Learning Centre please telephone 676-1200, ext. 377.



KSPS - Kane Senior Public School, 300 Kane 651-3351
WCI - Weston Collegiate Institute, 100 Pine Street 249-7971
YHHS - York Humber High School, 99 Humber Boulevard 767-1167
GHSS - George Harvey Secondary School, 1700 Keele Street 653-6100
YMCI - York Memorial Collegiate Institute, 2690 Eglinton Ave. W. 653-7200
GSJS - George Syme Junior School, 69 Pritchard Avenue 762-7367
VRCI - Vaughan Road Collegiate Institute, 529 Vaughan Road 652-0641
ASPS - Arlington Senior Public School, 501 Arlington Avenue 656-0684
RCI - Runnymede Collegiate Institute, 569 Jane Street 766-6408
KC - Keele Campus, 88 Industry Street 763-4571
MM - Montgomery Mills Apt. Complex, 24 Mabelle Ave. 239-6737
AND OTHER LOCATIONS - Within the Boroughs of York and Etobicoke as
Community needs require

Better students in minority, says McDayter

By Tom Kehoe
Better students are a minority in community colleges and are being short changed under the current educational system, according to Walt McDayter, Chair-

man of Literature and Communications at Humber.

Mr. McDayter feels colleges are not demanding or challenging enough. As a result, better students are suffering.

"The best students are the ones who are being short-changed and that's tragic," said Mr. McDayter. "They are the ones who are going to succeed and become leaders, but they are being held back."

Mr. McDayter feels there is a lack of incentive in today's society and there is little mission or goal. People are locked in a "why should I succeed or excel if I go unrewarded" syndrome. He blames the free market system, which operates poorly in a democracy, for creating this feeling of spathy.

Humber, along with other Ontario colleges, will be conducting tests for students who are weak in the basics: reading and writing specifically. Many people are coming into the colleges without these basics which, ideally, should have been learned in grade school. They find out that their lack of knowledge in a certain area catches up to them in college. Certain requirements and expectations are set for the student and he seems alarmed by them.

Mr. McDayter is in favor of departmental tests for new students. Colleges don't know what a high school diploma means or what a honorary high school diploma represents.

"We have to take a far more critical look at the system because our standards are sagging," said Mr. McDayter. "The concept of coming in and doing your own thing is fine for night or part-time courses but not for full-time students."

A closed-door policy, which would allow only the best students the opportunity for higher education would be a form of elitism, according to Mr. McDayter. He feels that it is the right of an individual who plans on putting out an effort to be given a chance to prove himself.

J.H. Day, principal of Martin-grove in Etobicoke, said grade schools and high schools are not

doing a good job in providing education. He feels the basics should be taught back in the grade school level.

Mr. Day firmly denied an article in the Toronto Globe and Mail which claimed a teacher can fail only 15 per cent of a high school class. He called the article "totally untrue." Mr. McDayter said he had no knowledge of such a policy.

Mr. Day is in favor of the credit system, though he said it is easy to abuse and a student may take "a nothing program which will soon catch up to him".

Humber's English Department will be conducting tests and offering remedial aid in both reading and writing this year. A credit course, English as a second language, will be offered to those people not speaking English at home. ESL will be an elective credit and will be more beneficial to the student.

"Right now the community colleges are saying: all right, there is a problem. We're going to solve that problem by offering short term or remedial assistance," said Mr. McDayter.

There will be changes in Communications I and II this year as the course will be centred around teaching grammar and spelling.

Two divisions, Business and Technology are going to insist assignments meet certain criteria concerning structure.

Mr. McDayter feels it is inevitable that programs in the future will be conducting entrance tests or require essays from new students.

"That's about as inevitable as income tax," he said.

Flower Shop

Flowers, plants, dried arrangements
for any occasion

Opening:

September 20, 1976



Humber College
of Applied Arts & Technology



HUMBER COLLEGE BOOKSTORE

LABELS LABELS,

File folder or general purpose
label special.
200 self adhesive labels per
box.

19^c

Sugg. retail .69c

PENCILS

3 Dixon Pencils HB lead in a
blister pack.

29^c

Sugg. retail .59c

TAPE

Cello tape special.
1/2" x 1000' in a handy
dispenser.

49^c

Sugg. retail .79c

BIC PEN

Bic Banana black ink pen.

8^c

Sugg. retail .29c

Limited supply only

TYPEWRITER PAPER

Package of Bond finish paper.

Sugg. retail \$1.85

\$1.39

BIC SPECIAL

Two medium Bic pens plus a free
Bic razor.

Sugg. retail .49c

39^c

Graphics student designs new logo

Humber has another logo designed to remind everyone to join in the college's 10th birthday.

Designed by first-year Graphic Arts student Julie Moss, 20, its shape represents Humber College (the light color), the Humber community (the dark color), and the goals and ambitions of every student who attends Humber College (represented by the arrow looking to the future). However, in submitting the winning design, chosen from among 240 entries, she is hardly overflowing with joy. In fact, a slight bitterness crept into her voice when she explained that recognition was the only reward she received for her design.

The logo, chosen by Humber's 10th Anniversary Committee, will be used during the anniversary on letterheads, posters, and pro-

motional material distributed in the community.

Headed by Tex Noble, vice-president of Development, the 10th Anniversary Committee is in charge of approving projects to be carried out during the anniversary. It has been allocated \$50,000 by the school. Up to this point, 15 student and faculty projects have been approved, which John Cameron of Purchasing calls "very encouraging."

Planned events include: a social evening involving guidance councillors coming to Humber from across Ontario, a speakers bureau, a flower week, and a floor covering seminar.

The college will be printing a cookbook and a calendar, pressing a record album produced by the music department, buying college blazers, and building a four-acre arboretum behind the school.

Humber band to hold concerts

The sweet sounds of music will be heard throughout the community as Humber celebrates its 10th birthday this year.

Starting in October, the music department will give more than 40 free concerts in Etobicoke and York.

The 70-member concert band will be performing at primary schools, high schools and shopping centres as well as continuing the twice-monthly lunch hour concerts conducted every Wednesday.

There will be six young people's concerts for grades 4 to 8, with Tony Mergle, head of the band, explaining the music, the functions and effects of the different instruments to the youngsters.

Humber will also send its various rock, jazz and big band ensembles to 18 high schools for concerts.

A series of Saturday concerts are planned for five shopping centres throughout Etobicoke and York.

dirty ernie

ERNIE, WHEN YOU BOUGHT ME THE PECK-A-BOO BRAS AND FANCY GARTER BELTS, I WORE THEM, RIGHT?

KISS KISS
NUZZLE...
PANT PANT

THERE IS NO WAY
I'M GOING TO LET YOU
TOUCH MY BEAVER!

AND WHEN YOU WANTED
TO COVER ME ALL OVER
WITH WHIPPED CREAM
AND LICK IT OFF, I LET
YOU. BUT ERNIE...

SMOOCH,
NUZZLE...
KISS...



Five-night course teaches how to cook sumptuously

Canadian cooking will be included in a special five-night

lecture series on some of the world's greatest dishes this fall.

The Humber College presentation, sponsored by Consumer's Gas Co., will feature the cooking of

France, Austria, Italy, Belgium and Canada.

Master Chef Igor Sokur, senior co-ordinator of Humber's hotel and restaurant management program and an international award winner, will demonstrate some of the secrets of fine cooking and the

wines it goes best with.

Tickets for the series cost \$30. No "one-night" tickets will be sold.

The lectures will be given every Tuesday at 7:30 p.m. starting Oct. 5, at the Toronto Blue Flame Room of the Consumer's Gas Co.

Denim Country



BOX 1900
A Fashion and Accessory
Boutique on Campus



Humber College of Applied Arts and Technology

BACK TO THE BOOKS



Part-time teller required Call : Jim Davison
678-9570
Royal Bank, Westwood Mall

AUTOMOBILE PARKING ON COLLEGE PROPERTY

The Ontario Government has put a freeze on capital spending, and no funds have been made available for the improvement or extension of external college facilities. With the introduction by Government of a new complex system of global financing on April 1, 1976, the college has no alternative but to ask those owners of private automobiles who wish to park on college property to pay for their parking.

A new parking policy will be implemented at all campus sites, effective August 15, 1976.

Principles of Application

(a) Profits from pay parking will offset current operating costs for security and grounds maintenance and provide immediate funds for urgent repairs.

(b) North Campus

College parking regulations will apply to the drivers of all vehicles wishing to park on Humber College property.

(c) Osler, Quo Vadis, Lakeshore Campuses 1, 2 & 3, Queensland, Keelsdale and York-Humber Centre

College parking regulations will apply to all employees working at the above sites, but because of limited parking at Osler campus, staff and students will have to find alternate parking.

Parking Rates

Staff and Faculty	— \$60.00 per annum
Reserved Staff and Faculty	— \$100.00 per annum
Students	— \$20.00 per 4-month semester
Visitors	— 50¢ flat rate, 7 a.m. - 5 p.m.
Nights and Weekends	— 25¢



Conference & Seminar Services

EDUCATION TO MEET YOUR NEEDS:

We can help you arrange meetings, parties, and any other educational event.

INFORMATION:

Call Phyllis Buirds at ext. 201

Conferences Director

Humber College North Campus

UPCOMING EVENTS

PEOPLE IN TRANSITION:

September 14, 15, & 16

EMERGENCY CARE NURSING:

September 21 & 22

TOASTMASTERS

October 16



HUMBER COLLEGE

Athletics and Recreation

BY LAURENCE C. MOREHOUSE
AND LEONARD GROSS

If the penalties are so severe, why do intelligent people, presumably eager to live as long a life as they can, permit themselves to become fat?

It's not entirely their fault.

A newborn baby has all the right reflexes. When he's hungry, he cries for his mother. He gets fed. When he's satisfied, he stops feeding. He won't take any more. You can stuff the nipple into his mouth, and he may hold it, but he won't suck. He thrives. His inner mechanism directs him perfectly in his struggle for survival.

Then something happens to upset the balance. Sometimes there is nothing more dangerous and unhealthy than a loving mother. Father, nurse and teacher are willing accomplices. Between them, they literally pollute the baby. They praise his bowel movements. They destroy his natural program.

We are all polluted babies. We continue to reward ourselves as adults in the same way we were rewarded as babies. "Finish your plate" becomes "You must have some more." Never mind that we're not hungry, or already overweight; if someone has cooked something for us, we feel obliged to eat it. Or, because lunchtime has certain well-established rituals, we adhere to them even though we may not need it, or want to. Thanksgiving celebrates the absence of starvation; we're expected to eat until we burst.

The first step in any program of weight therapy is to recognize that we are as we are because of a conditioning process impressed upon us by well-meaning parents, friends and teachers. Because we were taught to eat a certain way doesn't mean we must continue.

The object of weight reduction is to lose excess fat without reducing your lean tissues: your muscles, bones and blood. All of these tissues increase with exercise training. While you're losing fat you're gaining valuable tissue. On the scales, your weight may go up instead of down, because the useful tissue you're gaining weighs more than the fat you're replacing. But take a look in the mirror!

For men particularly, the question is not whether they're overweight, it's whether they're overwaist. Men characteristically distribute their fat around their center of gravity when they start to put on weight.

In the case of men a tape measure isn't really necessary. There's a simpler measure yet - the size underwear that they buy. If you are a man who weighs 176 and you can't comfortably get into a size 35 brief, then you're carrying too much fat. You needn't be more specific than that.

FATNESS GUIDELINE FOR MEN

If your nude weight is (pounds)	Your waistline girth should not exceed (inches)
100	30
110	31
120	32
130	33
140	34
150	35
160	36
170	37
180	38
190	39
200	40
210	41
220	42
230	43
240	44
250	45

OKAY
okay
NOT OKAY

TOTAL FITNESS IN 30 MINUTES A WEEK

For men, we can actually make up a table comparing their weight to their waistline girth. To find out how you measure up, simply draw a line between weight and waist size. If the line slopes down, you're fat. A level line, or one sloping up, means your waist is okay.

Men have a fairly uniform body construction, and a fairly uniform distribution of fat throughout their bodies. As a consequence, when two men whose normal weight should be the same suddenly begin to gain weight, one because he's gaining fat, the other because he's gaining muscle, the first will gain in the waist, and the second won't.

Women are another matter. Their contours differ widely. They have no regularity of fat distribution. It can accumulate around their thighs or buttocks or breasts or arms. Women who become fat in their lower bodies can remain fairly thin on top.

For women the best measure of fat is the inch of pinch test.

An inch of pinch means about 40 pounds of fat in most adults. That doesn't mean you have 40 pounds of excess fat; it means simply that of your total weight, 40 pounds is fat. Each extra quarter inch in a double fold of skin equals ten pounds of extra fat. Here's how you measure:

Find a book that's exactly one inch thick, measured by a ruler. Get acquainted with the feel of the book between the thumb and your index finger. Then grab the flesh at the side of the belly, the waist, the thigh, the buttocks, the back of the arm. At no point on the body should the skinfold thickness exceed one inch. If it's more than that, we've got work to do.

Variety is literally the spice of life in matters of nutrition. It's dangerous to eliminate any type of food from your diet. The danger far outweighs the benefits you might gain from emphasizing one particular type of food. A red warning flag should go up every calorie, not the hour, that make the time you read of a diet that calls for the elimination of any kind of food. You're

inviting deficiencies. "Avoid" diets are for drate, eat carbohydrate, but don't use a patients with allergies or other pathological abnormalities. If you adopt one for yourself, it's just like going to a sick person's medicine cabinet and eating his pills.

It's a general misconception that the tissue in the body is the result of the type of food. If they ate a lot more meat they would put on a pass. You'll not only feel satisfied, you'll feel lot more muscle. Many still think that way, virtuous as well. You won't have wrecked a and eat that way. Others now know better.

Protein can be formed from carbohydrates and fat, fat can be formed from carbohydrates and proteins, and carbohydrates can be formed from protein and fat. One source of our protein is steer beef, which comes from an animal that eats grass. Grass is almost pure carbohydrate. When we eat beef we're deliberately want that weight to be heavy on eating processed grass. This demonstrates the absurdity of the notion that "you are what you eat". Your body magic makes you more than what you eat.

There is only one way to be certain that

you'll get all your vitamins, and that is to eat a wide variety of foods - especially those foods such as milk, eggs, grains and fish that we know to be highly nutritious. The vitamins we don't yet know about are undoubtedly in those and other wholesome foods. The same can be said for minerals.

You can become "addicted" to breakfast at 7 a.m., lunch at noon and dinner at 6 p.m. Miss a meal and you suffer from "withdrawal" symptoms. The same is true with exercise and sleep. If you played handball every day, you would feel terrible if you missed a day. I know. I was a handball "addict". If you sleep soundly from 11 p.m. to 7 a.m., you'll be miserable the day after you've stayed up until 1 a.m., or were awakened at 5 a.m. and couldn't get back to sleep. Regular habit demands adherence. Things go well until the rhythm is broken. Then we suffer.

The antidote is to disrupt the rhythm once in a while, voluntarily. You can avoid compulsion about eating if you intrude on your compulsive schedule. Be casual; don't be a slave to the clock.

Anticipate indulgence. It's so much easier to restrain yourself knowing you'll be rewarded a few hours hence than it is to cut back the morning after in penance for your sins.

If you have a date for lunch at a good restaurant and you know there will be special things you'll want to eat, take your breakfast a little earlier, or eat smaller portions. If you're invited to dinner at Mom's, plan to be hungry when you get there.

On normal days, the best favor you can do yourself is to have a good breakfast. It sets you up for a hunger-free day.

The best distribution is a substantial breakfast, a moderate lunch and a light supper. Snacks before bedtime seem to be the ones that manufacture fat. It's the food. A red warning flag should go up every calorie, not the hour, that make the time you read of a diet that calls for the elimination of any kind of food. You're

fighting fire with fire. Starved for carbohydrate, eat carbohydrate, but don't use a patients with allergies or other pathological abnormalities. If you adopt one for yourself, it's just like going to a sick person's medicine cabinet and eating his pills.

It's a general misconception that the tissue in the body is the result of the type of food. If they ate a lot more meat they would put on a pass. You'll not only feel satisfied, you'll feel lot more muscle. Many still think that way, virtuous as well. You won't have wrecked a and eat that way. Others now know better.

Protein can be formed from carbohydrates and fat, fat can be formed from carbohydrates and proteins, and carbohydrates can be formed from protein and fat. One source of our protein is steer beef, which comes from an animal that eats grass. Grass is almost pure carbohydrate. When we eat beef we're deliberately want that weight to be heavy on eating processed grass. This demonstrates the absurdity of the notion that "you are what you eat". Your body magic makes you more than what you eat.

There is only one way to be certain that

metabolic adjustment easier.

You must have an objective. And it must be a reasonable, moderate, obtainable objective. Pick a weight that you know you can achieve, one that will make you no thinner than when you were in a comfortable state of leanness. Review your body-weight history. Try to remember when you looked and felt your best, and could easily maintain the weight. Your goal is to be fairly lean, not lean.

Say your present weight is 142 pounds and your objective is 127 pounds. Take a piece of graph paper and enter your starting weight, 142, near the upper left-hand corner. Make a dot at that point. Each square on the graph equals half a pound in the left-hand margin. Every second square going down the page, we enter the next lower number: 141, 140, 139, etc.

Along the bottom of the paper, put the date that day, and number each square as one day across the width. Then we return to the upper left-hand corner and count seven squares from left to right, beginning at the initial weight of 142. At the seventh horizontal square, drop down two squares and make a dot and at the fourteenth and twenty-first drop down another two squares at each respective point and make the appropriate dots. Using a ruler connect the upper left-hand corner to the third of the dots with a line that runs through the other dots as well.

That's your weight-control program for the first three weeks. In the first week, and in each week that follows until you reach your desired weight, you lose one pound, no more, no less. So, since you want to lose 15 pounds, it's going to take 15 weeks and a total of five three-week charts like this one to carry it out. Since your first chart runs from 142 to 139, the second will run from 139 to 136, the third from 136 to 133 to 130, and the fifth from 130 to 127.

Each day, before breakfast, you weigh yourself nude. That's your weight for the day. You record the weight on the graph paper, either above or below or on the line. You're not a hero if you're below the line. You're a hero only if you're on the line.

If you're below the line, it means that you can eat as you wish that day in order to raise your weight so that you're on the line the following day. If you're above the line, it means that you're going to have to say no to the food you don't need that day, and that you're going to have to seek a little more physical activity than usual. If that's the day you have a dinner party planned, you can prepare for it by eating half a portion of breakfast and lunch.

There's no need to count calories. The scales will count them for you. Ignore the possibility that fluctuations in body weight may be because of the weather or unusual activities. Keep trying to bring the weight to the control line every morning by adjusting food intake and physical activity. After the first week, you'll know almost exactly what the weight cost will be of a dessert or an extra helping.

Once your proper weight level is reached, continue your morning weighing and adjusting food intake to stay on the control line for at least one week. After that, twice-weekly weight checks before breakfast will monitor the balance between food intake and energy output.

Next: How joggers stay fat

Reprinted from the Globe and Mail 1975.

SPORTS CALENDAR

INTRAMURALS

ACTIVITY	ENTRIES OPEN	ENTRIES CLOSE	ORG. MEETING	PLAY BEGINS WEEK OF
Competitive Volleyball	Wed. Sept. 8	Wed. Sept. 15	Fri. Sept. 17	Sept. 20
Competitive Flag Football	Mon. Sept. 13	Mon. Sept. 20	Wed. Sept. 22	Sept. 27
Competitive Soccer	Thurs. Sept. 16	Mon. Sept. 27	Wed. Sept. 29	Oct. 4

Register at the "Bubble" Gym Office
Phone 676-1200 Ext 217, 270

VARSITY PROGRAM

SPORT	TRAINING STARTS	LOCATION	TIME	CONTACT PERSON
Golf	T.B.A.	Bubble	T.B.A.	Peter Maybury
Soccer	Wed. Sept. 8	North Campus Field	5:00 p.m.	"
Tennis	Week of Sept. 13-17	Bubble	T.B.A.	"
Hockey	Tues. Sept. 14	Westwood Arena	4:15 p.m.	"



Gordon Wragg

Prize-winning president

The president of any institution administering more than 5,000 people should be intimidating -- but not so Gordon Wragg.

Mr. Wragg, president of Humber College will surprise even the



shiest freshman as a warm, friendly man genuinely interested in the welfare of every student and employee of Humber College.

The first president of Humber was born in Oshawa in 1916. After entering the Ontario Agricultural College in Guelph he received his Bachelor of Science Degree in 1943. During the war in 1944, he attended OCE in Toronto to become a teacher in Chesterville, a town near Ottawa.

Two years later he became principal of Shelburne High School until 1952 and then moved to Bancroft where he was the high school principal until 1959. He then was made principal of the Institute of Trades, George Brown

College, until his appointment as president of Humber College in 1967.

In spite of his teaching career, Mr. Wragg has not wasted his early education in agriculture. He now owns 50 acres of property in Kleinberg and takes great pride in growing prize-winning gladiolas. He enters three shows every summer, in Bowmanville, St. Catharines, and Toronto and has been winning prizes for over ten years.

Mr. Wragg expects to stay at Humber to see Complex 5 become a reality and as the college continues to grow, his biggest concern is to keep a good rapport between himself and the staff and students. So the next time you see a man licking birthday cake from his fingers, smile and say hello to your president.

Freshmen

enrolment

record

Humber continues to grow as it accepts the largest number of freshman students in its history.

Approximately 3,700 new students have registered and the waiting list continues to climb for a large number of the controlled programs including nursing.

A new Ontario Government ruling that states foreign students must pay a higher tuition has not deterred any applicants.

About 95 foreign students applied to Humber and 75 have been accepted. In addition to the regular tuition fee of \$290 a surcharge of \$500 is also expected.

Foreign student applications have come from the Caribbean, South America, Iran and Hong Kong.

Two Humber administrators have been presented with the Roby Kidd Medal in recognition of their contributions to adult education.

Margaret Mackenzie was honored for her role in the development of the 12-year old Quo Vadis campus nursing program for training people ages 30 to 50 in nursing.

Ken Mackerscher, currently at Ryerson Polytechnical Institute, was Dean of the Centre of Learning since 1974 and has been involved in adult education at Humber since 1969.

Programs, such as the Centre for Women, Neighborhood Learning Centres and the Third Age College for senior citizens were established under his direction.

More than 50,000 adults attend Humber part-time making it the largest adult learning centre in Ontario.

GEORGE M.

BURGER

REAL ESTATE LTD.

2141 Kipling Avenue
Etobicoke, Ont.
24 - Hour Paging
249-7761 No. 4217

INTEGRITY HONESTY PERSONAL SERVICE

Privacy, space and serenity. \$81,900 to \$144,000. Choose your price range and location - 3 & 4 bedrooms. Up to 3,000 sq. ft. of spacious living.

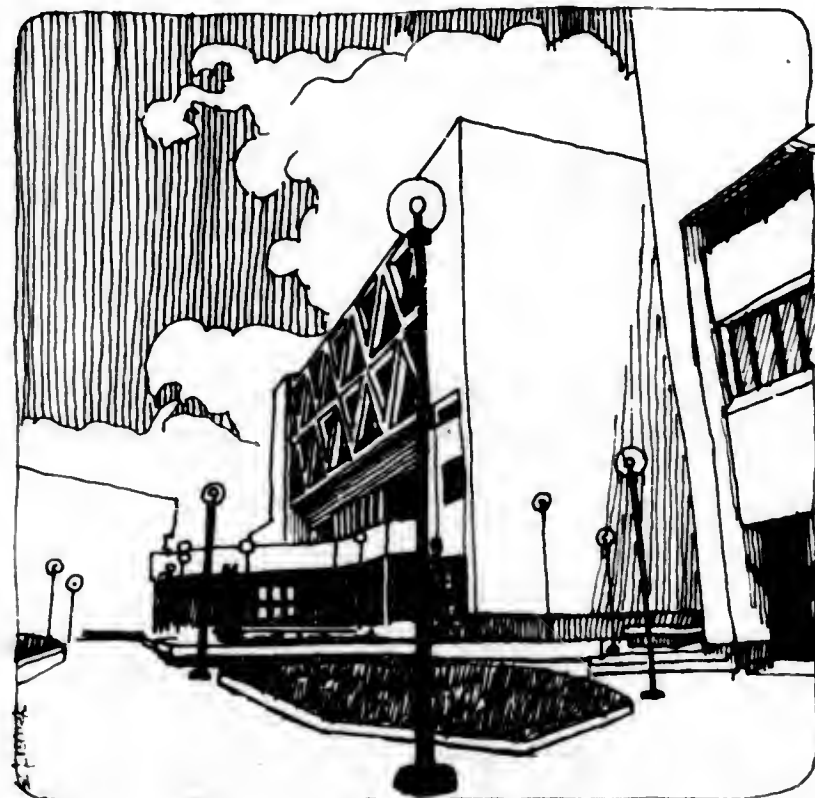
Color photographs of all properties at our office.

Vacant Land and Summer Properties available as well.

MARILYN LANSING **745-1003**

Member of Million \$ Sales Club

HOW LONG IS 10 YEARS?



The concept of time measured in years is becoming an irrelevant yardstick with which to measure accomplishments and projected anticipations.

Our achievements at Humber College during our 10 year history surpass anything experienced in post-secondary education in Ontario's history. We are normally modest about these achievements because the pace of life we are currently experiencing makes things possible that have never been possible before. Community involvement that monitors the pulse beat of a growing and changing population means that we have been in a position to adapt quickly to meet changing community needs.

To be part of our next ten years call, write or visit:

Humber College of Applied Arts & Technology,
P.O. Box 1900, Rexdale, Ontario, M9W 5L7.
Telephone 676-1200.



HUMBER FOOD SERVICES — OPEN NOW —

THE PIPE:

(Main Cafeteria K Block) To see why we call it that, just look up. Open 7 a.m. - 9 p.m. Hot meals served from 10 a.m. - 7 p.m. There will also be a booth for ice cream, coffee, milk and sandwiches — open from 10 a.m. - 2 p.m.

SANDWICH SHOP:

(K Block) Appetizing sandwiches of all kinds:

Hot Beef

Hot Ham

Hot Turkey

Corn Beef on Rye

Barbaqued Beef on a Bun

STAFF LOUNGE:

Meals for staff and faculty only (10 a.m. to 2 p.m.) For faculty, staff and guests (1 p.m. to 7 p.m.) Excellent meals (limited menu) in a quiet location Renovated, hanging lamps and better atmosphere.

THE HUMBERGER:

(Located right at the main entrance) The menu may be limited, but we're convenient. Hamburgers, hot dogs, sandwiches and fish and chips. Open 7 a.m. - 4.30 p.m.

Any complaints?

We'd like to be the first to hear if you have any complaints about the quality of the food or services. Direct all enquiries to Head Chef Doug Bando or to Dave Davis. We'll accept compliments as well.