

# New life for gay course

by Brenda McCaffery and Chick Parker

Humber's Sociology of Homosexuality program will be launched September 29, according to course co-ordinator Mr. Earl Reidy.

"As of now the course will be offered" said Tex Noble, dean of Continuous Learning.

"It will be treated in the same manner as other CLC courses," he said. "If it doesn't meet a minimum of twelve required enrolment, then it will be cancelled."

Gordon Wragg, President of Humber College, said the number

of students registered in the course is significant because it indicates the amount of interest and helps justify the need.

Public reaction against the course began following an article in the Toronto Star describing the course and its objectives.

Mr. Wragg told reporters that most of the people who wrote or called to protest the course had misconceptions about the nature of the course. He said they thought the college was advocating the homosexual lifestyle. The confusion was due in part to the fact that the course instructor, Mr. Reidy, told the Star that he himself was a homosexual.

Mr. Reidy says the course definitely does not advocate any lifestyle but, rather, it is designed to help people in professions such as social workers, child care workers, ministers and physicians gain a better understanding of the problems of being a homosexual.

Mr. Reidy also said that many of the protests he had received were from people who felt the course was wrong for religious reasons.

Because there was such a strong negative reaction to the course, a

meeting of college officials was held in August to decide whether or not to go ahead with it.

Following the meeting, President Wragg issued a statement saying the college would offer the course.

"The only reason this course was reviewed," he said, "was due to the apparent misconception through publicity of what had previously been accepted as a viable extension course."

Later, Mr. Wragg said that although the initial reaction had been negative, "we recently received a very great deal of positive input commending us for what is happening here."

"We aren't trying to promote homosexuality, but gain a better

understanding of it," said Mr. Wragg.

Humber isn't the first educational institution to introduce this kind of program. The University of Toronto, York University and McMaster University run their own sociology courses which include the subject of homosexuality.

"Humber's program is experimental," said Adrian Adamson, Chairman of Social Sciences and Humanities. "We knew that it would be a controversial course. I think people have been frightened off by the kind of publicity it's been getting."

## Pay parking

# If students don't care, fee will stay

by Jean Topilko

Paid parking is here to stay, and according to Molly Pellacchia, president of the Student Union, students' lack of concern is a contributing factor. Only 25 people attended a meeting Tuesday afternoon in the student union lounge, where Ms Pellacchia and Jim Davison, vice-president of Humber, discussed paid parking.

Ms Pellacchia was disappointed in the students' response and lack of participation in the parking issue.

"The decision for paid parking was made during the summer when students were away," she said. "Students were not informed. They were given the opportunity to do something about it, but only 20 people cared enough to come to the meeting."

Most colleges and universities already have paid parking. Humber was a unique exception because of its inaccessibility the poor TTC service it receives and the large amount of vacant land it occupies.

In the past, college funds were used to maintain the lots. Unfortunately, as a result of the government's battle against inflation, and subsequent cutbacks, operation

and maintenance costs for the lots became too costly for college funds to cover.

As with any new system, this one is not without faults. One problem is the congestion at the gates when classes end and everyone leaves at the same time. Other difficulties arise when students, attending day and night classes on the same day, want to leave the campus for lunch and supper. Since a pass can be used only once each day under the present system, a returning student must pay twice.

A parking committee, established for the implementation of revenues and expenditures, is trying to solve these problems.

Although there are over 1,700 parking spaces, many students are not parking properly and are occupying more than one space. Ms Pellacchia said the Student Union is open for suggestions and recommendations and will help students with individual problems.

"The whole point behind the Student Union is to represent students' views and interests," she said. "If students are not willing to say what they want, then obviously, they are not getting what they should from the union."

## Humber bands hit highest notes at Band Festival

by Denise Packer

Humber's Stage Band once again succeeded in bringing home the first place trophy from the annual Canadian Stage Band Festival.

The festival, held last May 25th at York University, was sponsored by MacDonald's Restaurant Chain.

According to Don Johnson, senior co-ordinator of the Music Department, there were three categories at the competition: junior high, secondary school and an open class in which Humber entered two bands.

The first band, Stage Band A, was led by Al Michalek, a staff member in the music department.

Mr. Michalek, arranged three of the numbers the band performed. Stage Band A tied for first place with a semi-professional band from Ottawa called Solid Brass.

The second, a rock band conducted by Dave Stillwell, also a staff member, placed second in the competition.

Both bands consisted of first, second and third year students.

The bands were judged completely on their musicianship by five judges including Phil Mackellor, a Toronto disc jockey; Bob Harriet, a clinician from Gatzert Music; and Phil Nimmons, from Nimmons 'n' Nine Plus Six jazz band.

# COVEN

Vol. 6, No. 16  
Sept. 20, 1976

Humber College of Applied Arts & Technology



RECESS AT HUMBER COLLEGE...Last Monday, as part of the Student Union's Orientation activities, a crowd of about 300 males, and a few females, spent a relaxing hour watching the art of Belly Dancing.

As a tension reliever, the show wasn't too successful. But then, a little tension at recess never hurt anyone. (photo by Steve Pearlstein)

# Wieners attract students

by Brian Nolk and Ylva van Buren

Humber's Wiener Roast on Toronto Island, held last Monday, lost money but gained friends for the Student Union. Carole Marchaliek, SU secretary, said the loss was expected but the exact amount would not be known until later.

"We wanted to give a cheap, good time for the students," she said, so the loss was acceptable.

The 117 participants came ashore at Hanlan's Point at 4:30

p.m. and most stayed for nearly five hours.

The initial self-consciousness was broken by a series of 50-yard races and a parody of a limbo contest, but the main activity was intended to get the crowd involved and to have fun. The ploy worked, and by dusk the crowd was infected with the enthusiasm of the organizers, led by Frank Young, an SU official.

A giant bonfire became the evening's centre of attention and the

crowd circled it, clapping and chanting along with the 'Coke Can Band', and enjoying the magnums of wine that were awarded as prizes.

The spirit of the evening was personified by Al Buckley, another organizer, who won the Men's Bikini Contest by strutting nude on a picnic table.

Even the ferry ride back to the city was a party event.

The tickets cost only a dollar and a half, but the good time seemed to be worth much more.



Tom Christopher, counselling co-ordinator, says Humber's counselling services exist to help students in any way possible. (Photo: Steve Pearlstein)

## Counselling aid helps students

by Don Allison

Tom Christopher wants very much to dispel the myth that Counselling Services, room C111, is a place where shrinks and high school guidance teachers hang out.

Mr. Christopher is North Campus Co-ordinator of Counselling Services. He and his fellow counsellors are knee deep in work, helping Humber students with any problems they may be experiencing.

Getting to the individual at Humber is not an easy task, according to Mr. Christopher.

"We have to be visible to reach the students. That means getting rid of our typecasting as high school guidance teachers and shrinks."

Mr. Christopher said he sees the counsellors role at Humber as one providing a service "for students going the college route and making it in the outside world. Basically, our main task is to make the student's first experience at Humber a human one. We try to do this on a personal level."

Mr. Christopher explained that when the new or continuing student comes to C111 looking for assistance, his staff takes every measure to provide the proper in-

formation and proper people to consult.

"In most cases when the student comes seeking help with courses we will usually direct him to his program co-ordinator and division counsellors. These people have a knowledge of the student's area of study."

The counsellor's role is very basic. Said Mr. Christopher: "Primarily, we're here to help the student in anyway we can, be it on a personal, social, financial or academic level."

C111 is planning to expand into the area of learning skills. Mr. Christopher said plans are being formulated to create a four-hour workshop seminar in the technology department. The workshop will aim at helping students cope with anxiety in the classroom, as well as provide a course in proper methods of study.

Counselling services covers four main areas in assisting Humber students. One area includes individual counselling, where the counsellor assists the individual student in whatever personal, social, or academic problems he or she may be experiencing.

A second area has C111 providing necessary aid in the area of career planning, an area that saw the counsellors help 95 per cent of last year's grads find work in their fields of study.

Thirdly, Counselling Services administers Health Services. They see that a full-time nurse and a part-time doctor are available in the college at all times.

As things stand now, Mr. Christopher sees Counselling Services' effectiveness dependent on a good public relations job. "We have to make the students aware that we're here to help them in anyway we can. Word of mouth has to get around."

### CORRECTION

In last week's Coven, the front page story about the tuition surcharge for international students referred to Mr. Arthur King as the co-ordinator of the College Affairs branch of the Ministry of Colleges and Universities. Mr. King is actually the co-ordinator of Student Affairs, which is a part of the College Affairs branch.

Coven apologizes for any inconvenience caused by the error

## ARK Games Club 6 Charles St., E.

The first anniversary of the Ark Games Club occurs in September. In celebration of this event the club is offering one free item of your choice to every new member.

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In addition every member is entitled to a 10 per cent discount at Mr. Gameways. The club offers regular Backgammon tournaments (Sept. 18), weekly chess tournaments (Sept. 11) and a chess school operated by Mr. L. Day (international master), Military games tournaments including big board games, a pin ball tournament with trophy, a new Bridge Section, Go, Kingmaker, Diplomacy and practically anything else.

Present members are offered a free membership for every two new members they bring to the club.

Membership rates are: \$25 for six months  
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## 'Little sisters' meet

## 'Big sisters'

by Donna Black

Humber's Osler Campus held its annual wine and cheese party welcoming first-year nursing students last Monday.

All first-year nursing students were assigned Big Sisters to help them adjust to the program and to residence living. Monday evening's party gave the Little Sisters a chance to meet the Big Sisters.

Osler's student union president, Colleen Gauley, welcomed the new students to the college and introduced the campus's student union executive.

Approximately 80 first and second-year nursing students attended the party given in the Little Sisters' honor.

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# Sugar and Spice and all things nice...

by John Colliston

If the succulent taste of Duckling Grand Marnier swimming in melted butter appeals to you, then now is your chance to learn some of the finer points of international cuisine from one of the world's foremost chefs, Igor Sokur, senior co-ordinator of Humber's Hotel

and Restaurant Management course.

The Masterpiece of International Cuisine program is being offered by Humber in conjunction with the Consumers' Gas Company to "help serve the community's different needs and at the same time let the people have some

fun," said Mr. Sokur, an international award-winner and a former member of Canada's Olympic Team of Chefs.

The program will begin October 5 and costs \$30 for five demonstrations. Proceeds will go towards Humber's Complex Five program.

The five-week program will cover the cuisine from a different nation each week, beginning with Italian cuisine and ending with Belgian cuisine. Participants may learn the secret of preparing duck with wild raspberry sauce or the proper way of broiling a chicken or ham. Canadian cuisine will also be of-

ered in the form of Canadian salmon, prairie beef and Arctic char. Austrian and French cuisine will also be demonstrated.

The program is "worthwhile and interesting," said Mr. Sokur, but he added: "It takes a lot of hard work, time and planning."

## College asks to restore farmhouse

by Bill Scriven

After getting fewer than 40 replies to 1500 inquiries sent out to the faculty and staff of Humber College, Steve Thomas is ready to turn to the student body. The inquiries concern the restoration of the old gray farmhouse located at the east end of the North campus.

Steve Thomas, Development Director of the college, says the response, although small, is positive in its ideas.

"One person suggested that the house be turned into an emergency residence for students who run into difficulties elsewhere," Mr. Thomas said.

Other suggestions are to turn the farmhouse into a faculty and staff Club, a museum, an antique shop and even a pub.

"I'm hoping for much more enthusiastic support from the student body," Mr. Thomas said. "I'm asking students with any imaginative ideas to call me at extension 375."

It is the ambition of the Tenth Anniversary committee to preserve a reflection of the community's past with this unique project.

"The two-story house was built in the 1830's by the Chapman family, one of Etobicoke's first families," Mr. Thomas said. "Two years ago the house was declared an historic site by the Etobicoke Historical Board."

Ken Cohen, Director of Physical Resources, said the house was being used as a carpenter shop several years ago. Today, it is a storage area.

"The foundations are in urgent need of repair," Mr. Thomas said, "but the floors and walls are in relatively good shape."

With the advice of an architect in Willowdale, B. Napier Simpson Jr., the committee set the cost of the restoration in the vicinity of \$60,000. The committee is

reasonably confident it will obtain restoration grants from Wintario, Ontario Heritage and other sources.

"The one demand these organizations make clear is the house be kept in its original state and made useful," explained Mr. Thomas. "Let's do something that not only the college will be proud of, but also the community."

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**Humber College  
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## Campus computer leaves students in chaos

by Debbie Silvea

A breakdown in the Humber College computer left students in a state of chaos as some had a five-month wait for their loans and grants.

Because of programming difficulties, an incorrect split left students with too much on their loans and not enough on their grants. Some were left with more assistance than they were entitled.

Financial Aids Officer, Mary McCarthy, said the computer has now been repaired and a courier is being sent down to the Ministry for applications and all other documents.



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Humber College of Applied Arts & Technology



10th ANNIVERSARY YEAR

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## Close-mouthed

Coven's editorial policy on the pay-parking issue has been to stand back and give reluctant support to the new system. We recognize the position budget cutbacks have forced on the college administration. Few of the frills we have expected from the education system are available.

One of those was free parking. Now, funds to maintain the parking lots must come from the pockets of the students, faculty and staff.

Coven feels its decision to accept in principle pay-parking at Humber is reasonable. We also expected an equal measure of co-operation from the administration on the issue.

Instead, in our attempts to determine for the students and faculty, just how the financial arrangements of the pay-parking scheme operate, we have run into a brick-wall.

The cost of establishing and maintaining parking lots is expressed vaguely. The information we have been given from President Wragg is that the parking booths cost "thousands of dollars to install". Is Mr. Wragg trying to lead us to believe those costs were not determined before construction?

Businesses and educational institutions do not make capital expenditures without obtaining estimates of the cost.

Therefore, Mr. Wragg's vague answer can mean one of two things. The college is not managing its financial affairs with any sort of business acumen, or the cost of construction is a secret that the students and faculty should not know.

This is a dangerous policy for the administration to follow, particularly with respect to as touchy an issue as pay-parking. The students and faculty have a right to know where their parking fees are going.

Until now, little the administration did was sufficient to cause unrest. Relations between all levels in the college were surprisingly good. But as Humber increases in size, the rumblings of discontent are also increasing.

In the pay-parking scheme, those rumblings may have found a focus. A close-mouthed policy will not make them disappear. BL

## Tuition

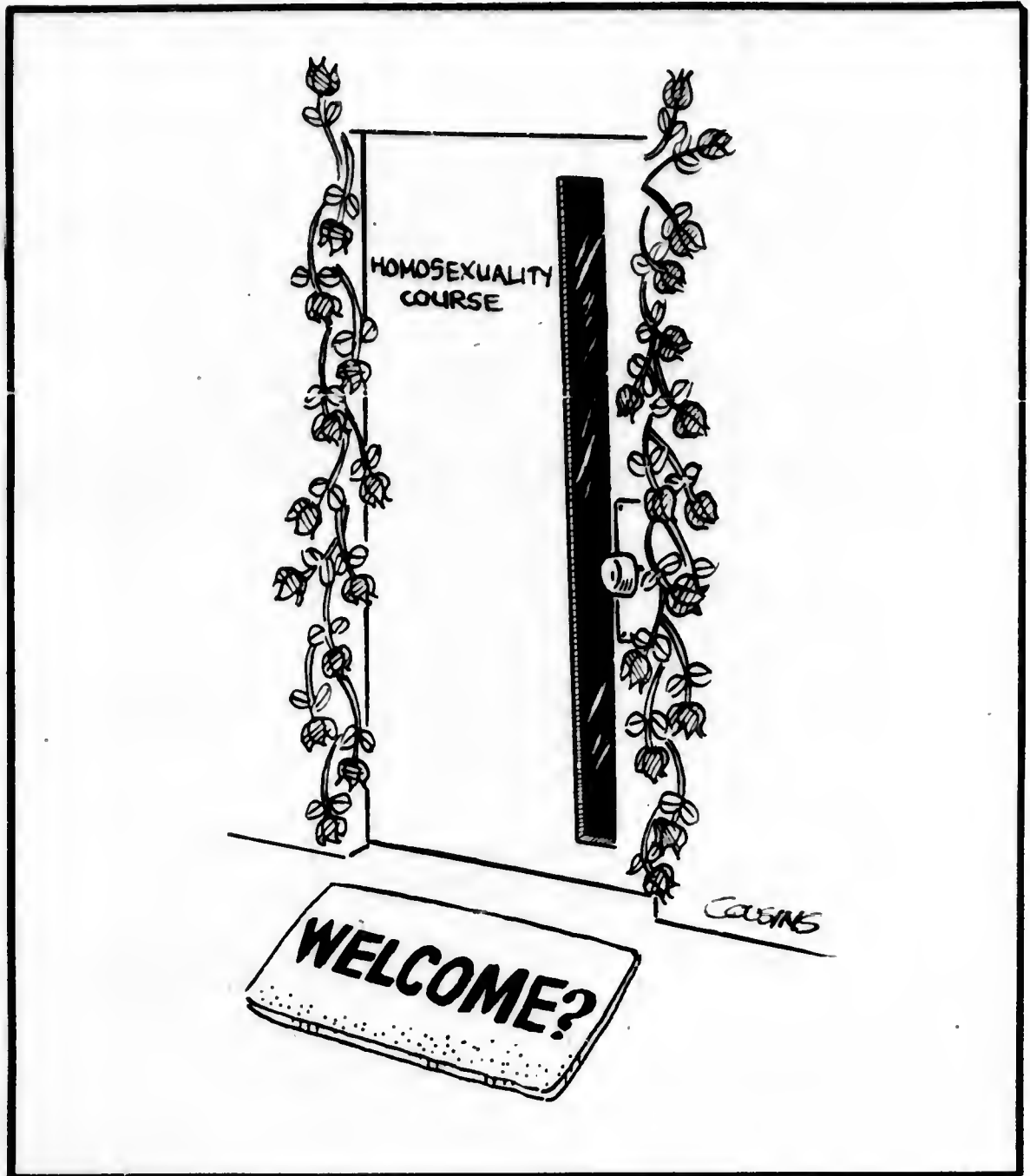
Ontario's decision to add a surcharge of \$250 per semester to the tuition fees of international students (Coven, September 13) will no doubt hurt some of them. And this is unfortunate.

Many students from Third World countries come to Canada for their education with the help of organizations like the Canadian International Development Agency (CIDA) and the United Nations. They are exempt from the new tuition surcharge.

But there are other students not sponsored by these organizations who want to study in Canada. They are the ones who are most affected by the new provincial ruling.

The Ministry of Colleges and Universities should screen the applications of all students coming to study in Canada. Those who really can afford to pay the surcharge (and we're sure there are many) should pay; those who can't shouldn't.

A spokesman for the province said that foreign aid was a federal matter, and while that may sound like someone's passing the buck, he's absolutely right. Instead of spending millions providing these countries with sophisticated technology, Canada should spend more to help them improve their own education systems so they can provide their people with up-to-date education, sparing them the expense of coming to Canada for advanced studies. BG



### 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.

COVEN is an independent student newspaper

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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.

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# Reaching for gold

by Judi Chambers

Humber's Equine Centre was filled with sunshine and the aroma of clean hay last Monday morning. In the arena, an instructor was calling out orders.

"Hips and shoulders should be parallel. Make sure your shoulders are on top of your hips," she shouted. Girls dressed in riding clothes rode stiffly around the ring.

Upstairs, in a quiet office, Liz Ashton, 26, an instructor for Humber's Equestrian program was discussing the Montreal Olympics. It was a disappointing experience for her.

In July, after seven months of hard training for the Games, her horse ruptured a leg tendon. Just days before the Olympics began, her second horse developed an abscess in the foot and went lame. She never got to ride, but despite her misfortune she stayed to watch others compete. What she saw did not impress her.

"I thought the Canadian Equestrian Team didn't perform as well as it should have. With all the training and the way the riding was going, everyone thought they could have done a little better.

"We could improve the team if we had more money and more internationally experienced horses. Our horses are extremely well-trained, but most of them are going into competitions too inexperienced for what they're expected to do. When we competed in the three-day event, we only had one horse with international experience."

Michel Vaillancourt, 22, is the youngest member of Canada's Jumper Team but he didn't let his

age bother him. Vaillancourt won a Silver Medal for Canada this year, the first medal ever won by the country in the individual jumping event.

Last September, Ms Ashton along with Jim Day, Jim Henry, and Peter Howard won the team Silver Medal at the Pan American Games.

In 1969, she became a member of the Canadian Equestrian Team, and specialized in jumping. A year ago, she started training for the three-day event which is a series of difficult jumps and runs. It's a competition she defines as "most demanding for any man and animal."

Ms Ashton believes another reason for Canada's lack of success in this year's Olympics is procrastination.

"People don't start to think about the Olympic Games until a year before they begin, and that's too late. I'm starting to think about 1980 now. If I've got to have a horse ready for 1980, I've got to train him now."

Born in Orangeville, Ont. Ms Ashton started riding at seven years of age, and was competing by the time she was nine.

Before coming to Humber in 1972, she graduated from a four-year Physical Education program at the University of Toronto, then worked as a veterinarian's assistant for half-a-year.

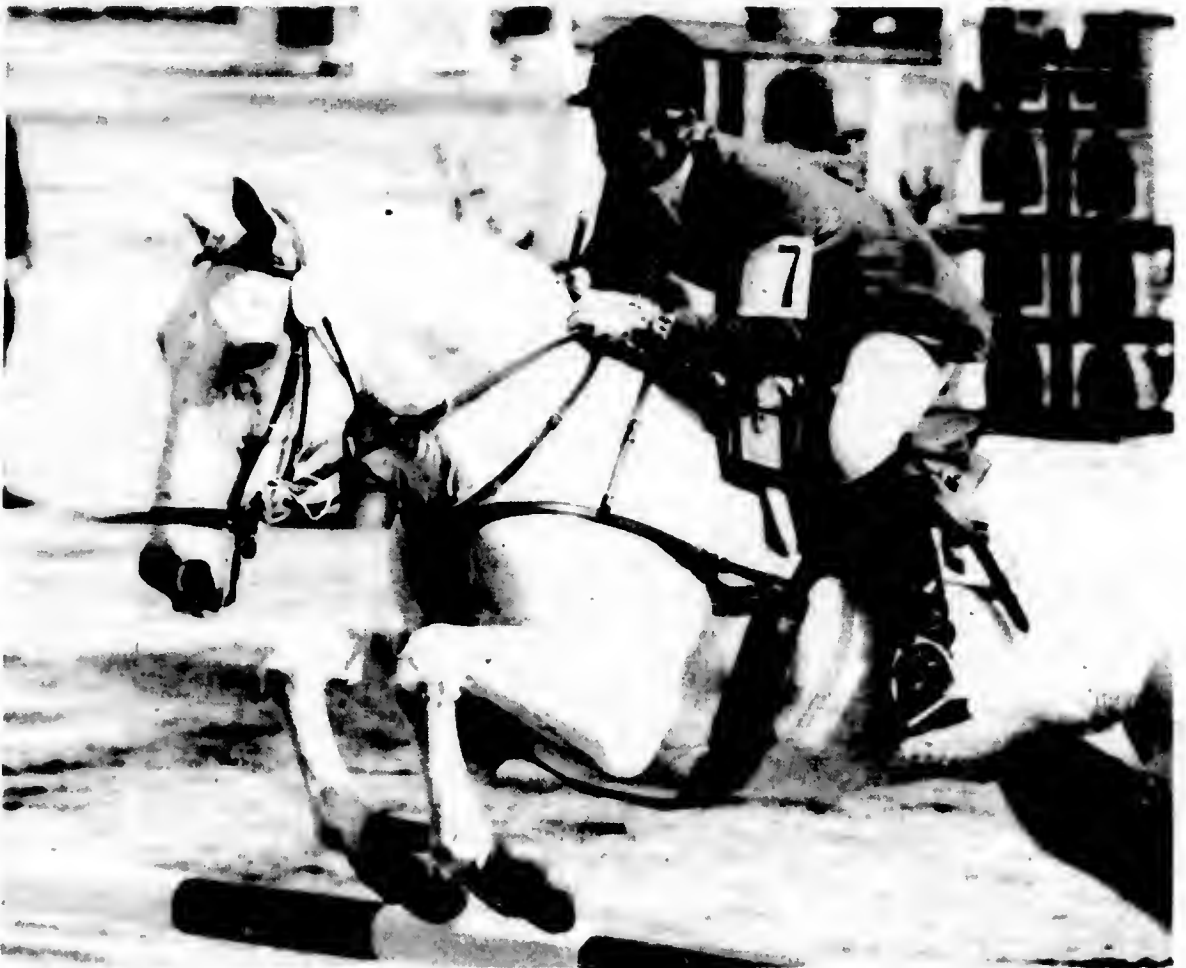
At the moment, Ms. Ashton feels the United States has the best equestrian team in all three disciplines: jumping, three-day event, and dressage (controlled movements performed by the horse)

She plans to stay at Humber and get horses ready for the 1978 World Championships in Kentucky.

Her feeling about women participating in sports is indifference. "To be a woman in sports doesn't make any difference," she says. Besides, women are getting

more and more into the upper regime of the riding world. I think it depends a lot on the administration. It's important the administration doesn't feel that women will break down in competitions or think they have no stamina or courage. If we can have

the administration we had this year, which believed women could equally take part in sports the same as men, that will be a big asset. But I say we competed on a perfectly equal basis this year. There was no prejudice towards us."



Last year Liz won a team Silver Medal. She may have won another this year if her horse hadn't ruptured a tendon. (photo courtesy: Liz Ashton)



Liz Ashton rides more than three hours a day to keep herself in shape. "I try to ride all year," she says. (photo courtesy: Liz Ashton)

## Registry staff catch breath

by Steve Pearlstein

Officers of the Humber College Housing Registry are finally breathing a little easier. The student rush for accommodation has eased.

Most calls and enquiries that are coming in now are from unsatisfied students who wish to change their new-found temporary homes. However, there are a few people still looking for places to stay. This was evidenced by a flurry of telephone calls last week, in response to newspaper advertisements placed by the housing registry in the Toronto Star and Etobicoke Gazette.

There were 1500 students from out-of-town seeking living quarters before the fall semester began.

Prices have remained fairly stable over the 1975-1976 academic year. The going rate for a flat or basement apartment is approximately \$130 per month. Some students are paying \$145 and up per month for larger rooms. Two

rooms with shared kitchen facilities can cost from \$25 to \$40 a week.

Housing Officer June Burch says that one of the major factors students consider in their selection of accommodation is the availability of direct transportation to the college.

"If it means having to choose a place where it takes two buses to get there, as opposed to a place where it takes only one bus to travel, the latter is chosen prac-

tically every time," she said.

Mrs. Burch also noted that flats and rooms closer to Humber may cost slightly more than elsewhere. She says the landlords know when they can get a few extra dollars.

Next January, the Housing Registry expects approximately 150 new students. At that time, there generally isn't a rush for vacancies such as the one experienced in August. Students who wish to move between semesters shouldn't have too many problems.

## It may sound corny...

by Jean Topilko

Corn pickin' is for early risers as Humber's President Gordon Wragg and his volunteer helper Dave Davis, head of food services, can tell you. The two have been picking corn, grown on Mr. Wragg's farm, for the past two weeks. The corn is being sold in the concourse.

Proceeds go to the fund for the

late Rudie Jansen, a former Technology instructor at Humber. Donations also go to the St. Vincent Fund, a plan where Humber College assists a school in the Caribbean. Mr. Wragg estimates the corn sale will earn \$500 for the two funds.

At 75 cents a dozen, Humber students enjoyed bargain prices and saved at least 45 cents a dozen.

## Dirty Ernie



advertisement

# Athletics and Recreation



## The heart rate as an index

BY LAURENCE MOREHOUSE  
AND LEONARD GROSS

For years, people tried to keep themselves fit by practising Walter Camp's Daily Dozen, a series of exercises this 1911 All-American used to keep in shape for football. The one great deficiency of the program was that you did the same thing all the time; it got increasingly easier and you wound up not getting a workout. Like the jogger who runs a mile every day in the same amount of time, the person on Walter Camp's program would be in worse shape at the end of the second month.

Then came the isometric "dynamic tension" method of Charles Atlas, who won the title of the world's most developed man in 1921. This program, verified by Drs. Hettlinger and Muller, suggested that you could take care of your exercise needs in six seconds of every day. For skeletal-muscle fibre, that's true. But skeletal-muscle fibre isn't all there is to the body; its fitness doesn't define the fitness of the organism. An exercise that's all through in six seconds does nothing whatever for the cardiovascular system.

Next came the Royal Canadian Air Force Exercises. They were tremendously popular, and still are. They're better than nothing, but they leave much to be desired. Once again, the exercises are based on performance; they're not physiologically adjusted. They require you to increase the amount of work you do, but you never know if the physiological load is enough, or too much.

Then came Aerobics. Kenneth Cooper, who invented the system, recognized that Americans didn't need muscle strength. They needed endurance. But he neglected muscle altogether. He emphasized instead, heart, circulation and oxygen consumption. All three are important considerations, but Cooper didn't provide a means to measure them. He simply made the assumption that the faster

and farther you went the more oxygen you would use. His thought was that if you just did all you could you would be sure to get trained.

Cooper's program came close to making the transition between external and internal control of exercise, but it didn't quite do the job. To equilibrate physical activity with oxygen consumption is full of errors. Why not go to the logical next step and measure physiological response directly?

In 1964, Douglas Aircraft's space division asked me to establish a bio-technology laboratory to develop techniques to preserve the health and fitness of astronauts in prolonged space-flight missions. My specific role was to define the needs for exercise and to develop instruments that could be used in zero gravity to measure the astronauts' response to exercise. The instruments were to have the double purpose of exercisers.

### Two years in space

But what exercisers they would have to be!

We weren't talking about just any ordinary fitness program. We were talking about men who would be spending two years in space. As I wrote out the requirements, I realized that if I gave the astronauts standard exercises to perform, and judged their condition

by their response to this exercise, the program would fail. When you do an exercise repeatedly, you invariably approach it more comfortably and perform it in a more relaxed and skillful manner. This gives you a completely false response pattern. Because you're performing better, you get the impression that your physiological condition has improved. In reality your condition would be deteriorating because you're not getting a sufficient workout. What a disaster for the space program if the astronaut became so deconditioned — due not only to inactivity but to the reduced demands made on his

system because of the lack of gravitational weight — that he couldn't accomplish what he'd been sent to do!

The answer was clear: I needed to approach the problem from inside the body rather than outside. By controlling the task, I would learn what the astronaut needed to put out in order to accomplish that task. The infallible index was his heart rate. If he could perform the task with ease, his heart rate would remain low. If he needed to exert, his heart rate would rise. If his heart rate remained low, he wasn't getting a stimulating workout. We could then elevate the stress in order to increase his heart rate.

It wasn't the outward physical performance we were after. It was the internal state of the astronauts that concerned us. We knew from the flights of Mercury and Gemini that physiological deterioration did occur, even in flights of two weeks' duration or less.

We knew it would be important to detect this deterioration and correct it immediately if man was going to go on to the planets. Otherwise, he might be incapable of performing the necessary task to get there. His internal deterioration would creep up on him; his work — and then it would be dangerously late to do anything about it.

If our circumstances are different from those of the astronauts, the need for exercise is the same. In each case, a certain amount of extra physical activity must be performed in order to remain fit. And the method used by the astronauts to make certain they get just enough exercise — no more, no less —

worked just as well on earth. By exercising at a specific heart-rate level, the astronauts — or anyone — could maintain the body's condition at the desired level. Any change from day to day in physiological status would automatically become part of the consideration in determining how much physical work

you have to do. When you're fatigued or not feeling well, your heart rate responds more swiftly to stress; the weaker you are, the less work required to get your heart rate up.

### Your own computer

In the old way of exercising, you had to perform a certain task a certain number of times. It made no allowance for the condition of your system at the moment you performed the exercise. The new way automatically compensates for your condition by using your very own computer. On days when you're not feeling well, it takes less work to obtain the desired heart rate or level of physiological activity. So if your program is to maintain a heart beat of 130 for five minutes, you're always giving the same effort for that exercise. If you're fatigued, then you have to put out less work to reach the same effort level. As training takes place, then you have to do more work to produce the same effort.

If your goal is to have a better-functioning internal organism — better hearts, lungs and blood vessels, firmer bones, strong muscles — then that's what you focus your attention on, not on how much weight these bones and muscles can lift or how far the heart and the muscles can run. Unless you're an athlete, who cares if you can run fast? The important thing is to have a better internal mechanism, a better quality body to help you live life filled with days of feeling good.

Until this moment, all physical conditioning has been based on external performance. It's time to get under the skin.

Next: Lower your pulse rate

## SPORTS CALENDAR

### INTRAMURALS

ACTIVITY	ENTRIES OPEN	ENTRIES CLOSE	ORG. MEETING	PLAY BEGINS WEEK OF
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
Competitive Volleyball	Wed. Sept. 8	Wed. Sept. 15	Fri. Sept. 17	Sept. 20
Recreational Basketball	Mon.	Wed. Oct. 13	Fri. Oct. 15	Oct. 18
Competitive Ice Hockey	Wed. Oct. 13	Fri. Oct. 22	Wed. Oct. 27	Nov. 1
Recreational Ice Hockey				

### VARSITY PROGRAM

SPORT	CONTACT
Golf	Peter Maybury
Soccer	
CLUBS	
Registration:	
Badminton	Monday, September 27
	7 — 11 p.m. Bubble Gym

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# Sports

## Hawks start Oct. 16

by Bruce W. Cole

Can a college hockey team find happiness and victory with only nine players returning from the previous year?

That is the big question facing the bosses of the Humber Hawks — Head Coach John Fulton and his assistant, Peter Maybury. The Hawks opened their training camp September 14.

Last season, the Hawks lost only four games in regular season play, and defeated Sheridan College in the play-offs to win the South Division championship. They advanced to the Ontario final, but lost to a well-rested St. Clair College of Windsor. St. Clair went on to win

the Canadian College championship.

Mr. Maybury said he and coach Fulton would have a tough time selecting the team from the 60 players expected at the try-outs over the next few weeks. "I'm really not sure what to expect from the team," said Mr. Maybury. "It's difficult to tell. But with the returning veteran nucleus, it could be good."

The returnees include left-wingers Bill Morrison, Bob Heisler, and Charlie McCallion, center Ron Smith, right-wingers Paul Roberts and Al Bennett, defencemen Rick Crumpton and Bob Tubby, and goaltender Don

DiFlorio. Rob Hitchcock, a high-scoring winger with the club last year, is expected to return for the second semester.

Mr. Maybury is making it clear to his players that slackers will not be tolerated, and all should be in shape.

"The veterans will have to remake the team. They can't live on past performance. Just because a guy is a second year player doesn't mean he is an automatic selection."

The Hawk's first game is an exhibition match against Fanshawe on October 16. The game is at Westwood Arena at 7:30 p.m.

### No football

## Team victim of apathy, lack of interest

by Tom Kehoe

For the third straight year, Humber will be on the sidelines when the intercollegiate football season begins. Apathy and lack of interest by both students and players struck the final blow to the team in 1973.

Players were not practicing and the team was in such poor physical condition that over half the squad was injured by game time. Head coach Denny McCusker and his coaching staff resigned, claiming they could not receive a total commitment from the players. The team folded after playing half a season.

In the first year, 1972, Humber was coached by ex-Argo Dave Still. That club won three games and lost five in an eight-game

schedule. Other members of the league were Algonquin, Seneca, and Sheridan, with Royal Military College joining the circuit in 1973.

After a year and a half of play, Humber's participation in the league ended abruptly. A project started by students was killed by students. They started the action to get the team, received a grant to get the ball rolling, but what developed was a team in such atrocious condition that only 19 players were physically fit.

Humber was not fined or penalized for dropping out of the league, and there were plans to revive the squad in 1974. But operating costs kept escalating through 1972-1973 and the plans were dropped.

When the team disbanded in

1973, Coven sports editor Larry Maenpoa wrote: "Perhaps they are justified in quitting when no one gives a damn."

He added: "The varsity sports schedule is coming into full swing with hockey, basketball and volleyball starting."

Little did he know that the basketball and volleyball teams would later suffer the same fate as the football team.

The hockey Hawks are still operating, and very effectively, both on the ice and in the front office. The athletic program has added a variety of sports because of the disbanding of the team. And with only two teams remaining from the original football league, Seneca and Sheridan, perhaps Humber does not have the monopoly on apathy.



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### Athletic department happy

At least one Humber department is happy with its budget allotment for 1976-77.

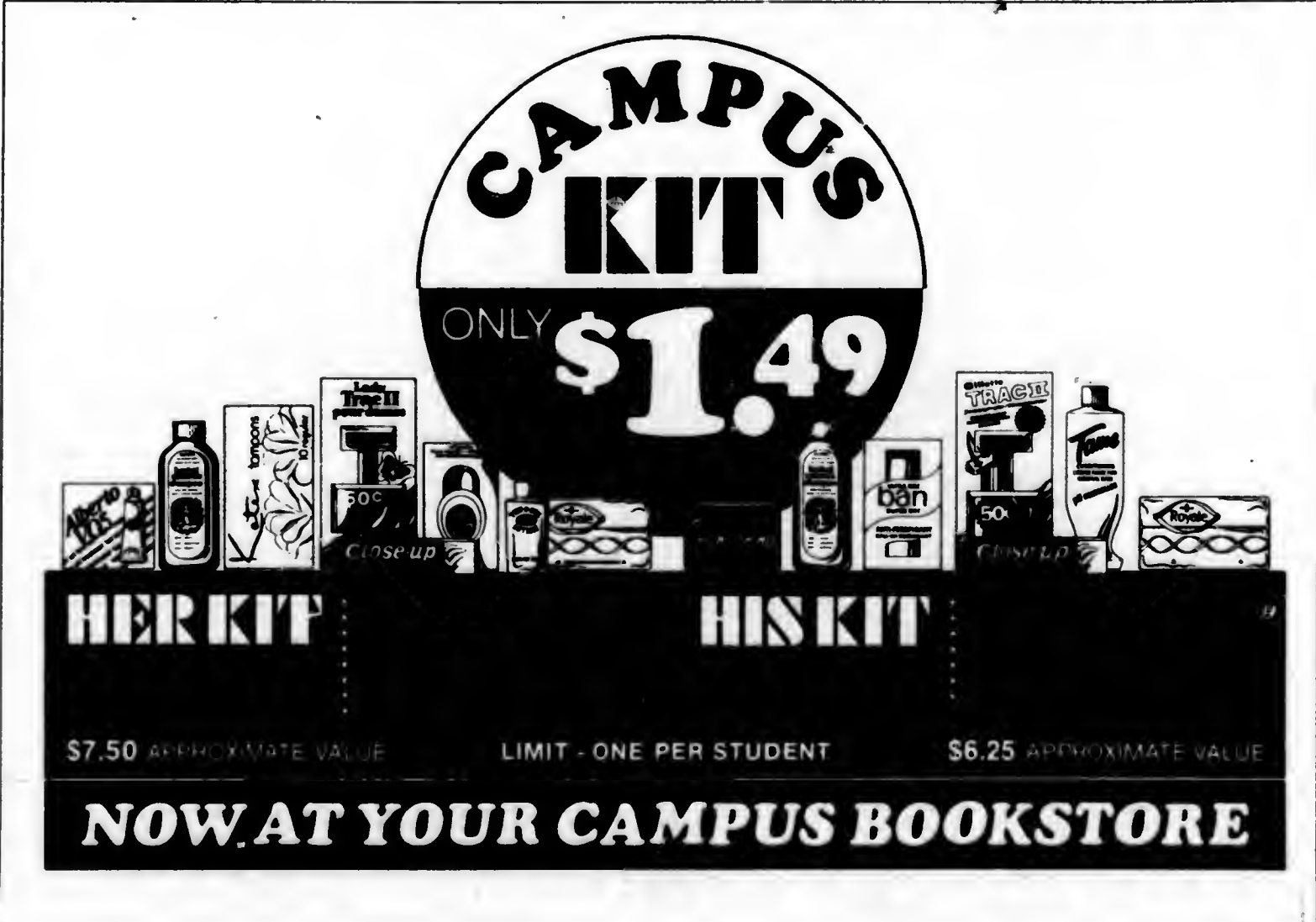
The cost of maintaining Humber's athletic program will reach \$125,000 this year, and Athletic Director Rick Bendera feels this is a fair amount to keep the program running smoothly.

Humber's seven intercollegiate teams plus many intramural sports as well as administration share in the \$123,883 allotted to athletic department. The money comes from the school and a portion of the student activity fee is also directed towards athletics.

Operating the intercollegiate hockey team, the Hawks, is one of the highest expenses. As well as operating costs which hover around \$18,000, the Hawks pay \$55 an hour to rent prime time ice for home games at Westwood arena. However, that is cheaper than the \$100 an hour fee paid to Westwood Arena by Senior 'A' clubs.

About \$7000 is spent on Humber's popular intramural program, which includes 14 activities such as flag football, ice hockey, ball hockey and tennis. The cost of prime time ice for intramural hockey is \$22 an hour.

Paying salaries to game officials, rental costs, buying equipment, plus hotel and travel accommodation are also included in the budget.



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## Course delayed

by Chris Silman

A non-credit elective program, which was to have been offered to students this fall by the athletics department, has been postponed until January. The program was to have provided students with lifetime skills such as tennis, curling and badminton.

In the meantime, Donna Leistner, a physical fitness instructor, has been hired to conduct fitness classes for Law Enforcement students. These classes will serve as a guide for setting up the non-credit classes in January. They will teach an understanding

of physical fitness and when the student is finished the course he will know what he has to do to stay in shape.

Rick Bendera, director of the Athletics Department, would like to see the electives credited since they require use of mind and body, but there is opposition to this since they do not include enough academic components.



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For information phone Steve Mazur

- 676-1200, ext. 514

## Bus fares could rise

Recent increases in the price of gasoline will not affect students who take the Humber College bus - not this semester at least.

"The fares have been set for this semester and will not be changed," according to Terry McCarthy, supervisor of transportation at Humber College.

Mr. McCarthy said there is a possibility of an increase next semester, but that will be determined by the outcome of the bus drivers' new contract.

He said their present contract will expire soon and a new contract could result in an increase in bus fares for next semester.

Nine buses transport an estimated 680 students to and from the college's different campuses and the Islington subway station each day. The bus fare is 35 cents a ride or \$30 a semester.

### Community College Co-ordinator

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Federation des Etudiants de l'Ontario

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# HOW LONG IS 10 YEARS?



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

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