

Programs get reprieve

by Susan Brandum and Audrey Green

Champagne flowed on Tuesday afternoon after Vice-President Academic Tom Norton broke the news to Theatre Arts students and faculty that the Board of Governors (BOG) decided to reverse their decision to cancel the program this April. Instead BOG decided to suspend it, giving it a reprieve for at least two years.

In addition, Metal Arts students were also told on Tuesday their program, cancelled two weeks ago, will now be phased out over the next two years.

BOG based the change in decision on input received from theatre

students, said President Gordon Wragg.

In a President's Communique, issued Dec. 1, BOG Chairman Ivy Glover stated "Theatre Arts will be suspended" — indicating that although there will be no freshman intake in 1982-83, opportunity to reconsider the decision will exist for two full years.

The suspension will allow a committee, composed of Theatre Arts students and faculty, Creative and Communication Arts (CCA) administration and possibly college administration, to research alternative ways to run the program.

"This collaborative effort is

what we've wanted for the past week and they've (BOG) given it to us," said third-year theatre student Jamie Grant, chairman of the Theatre Arts negotiating committee.

"I'm happy to a degree — that the programs weren't cancelled — that these students will be able to graduate from Humber and say I learned under the best," said Students Association Council (SAC) President, Joe Gauci.

"Since we took a professional attitude the Board of Governors were willing to listen to us."

According to Grant, BOG has requested the committee present further facts and figures to help

them arrive at future conclusions involving the program.

"We have two years to work out a viable alternative, but we've given ourselves two weeks," he said.

The program faces two major problems: shortage of space and financial problems.

According to Larry Holmes, dean of CCA, alternatives must be decided upon to address these problems.

"We now have a second chance and I hope the outcome will be positive," said Holmes. "If the program is not reinstated by us, I believe the program will be cancelled."

Norton said Theatre Arts students must meet the criteria required by the college and if not, the program will be discontinued. He conceded the students are a "very imaginative group" and could conceivably meet the requirements.

In light of the original program cuts, the Ontario Public Service Employees Union (OPSEU) local 562, which represents faculty, has called an extraordinary general meeting for 3:30 today, for which classes at North and Lakeshore campuses have been cancelled. The meeting will be held in the Staff Lounge K217 (at North campus).

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FEATURE EDITION

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HUMBER COLLEGE OF APPLIED ARTS AND TECHNOLOGY



PHOTO BY SUSAN BRANDUM

THE SHOW WILL GO ON

Theatre Arts students sip champagne in celebration of the news their program will be suspended for two years

rather than cancelled. The decision by the Board of Governors followed a two-week fight by the students to

Inside

Blitz proved
individuality's
key to success

see page 2

Anorexia Nervosa's
dieting people to
death

see page 5

Men's hockey team
moved into
first place

see page 11

Playing original songs

Original tunes delight pub patrons as Blitz proves individuality counts

by Wayne Karl

Picture this. Three very extraordinary guys walk into a crowded room. One of them sports an outstanding Mohican-style scalp and he's wearing black threads. Another is dressed in studded pants and vest, and his hair resembles a mop. The third guy does not appear that unusual...outside of his mascara.

As they take the stage, everyone in the room stares.

"What's with these guys?" people ask. "What's with their get-up?"

Such was the scene in CAPS last week, and the guys attracting so much attention were a band called Blitz. Their music matched their attire—original and individual.

Playing 80 per cent original material, Blitz combined punk and heavy metal to come up with very original, unique, fast-paced music. Sometimes sounding similar to early Iggy Pop, and other times like Judas Priest, Blitz played an energetic two-set night that had people dancing. But, surprisingly, it wasn't enough to earn them an encore.

Blitz had played in Humber's Concourse last year but guitarist Leo Nieberg was the only returning member. Since then he's joined up with bassist Tom Keating and

drummer Ray Baily and in six months the new Blitz is far better than the old band.

This band does not appear to follow any trends in today's music. They dress how they want, and play how they want—admirable because it shows they have guts.

But is there room in Canadian music for another band with guts?

"I think the Canadian music scene is really screwed up," guitarist Keating says. "There are too many bands starving simply because they don't get any support from record companies."

"New music just doesn't work in Canada. Look at Teenage Head and Blue Peter. They've been around for a number of years, and are just now beginning to enjoy success. This country is really just a drop in the bucket in the world of music."

Record companies just aren't willing to gamble. They go with what sells instead of trying to be original and put Canada on the map musically. They wait for new types of music to come along, and simply follow the trend.

"Our biggest goal is to get out of this stinking country," Keating says. "We hope to get an international record deal, which we can get with independent labels. We have a couple of labels looking at us right now, but we haven't been

able to arrange anything yet. We've got an album in the works and plan to work on it in the future. I hope to eventually get richer than hell, but that's not going to happen here."

Keating says the only music people in Canada who know what they're doing are the two Garys—Gary Kormier and Gary Topp, the Toronto promoters who owned The Edge before it closed down. They deal primarily with new wave bands, promoting them through Edge Productions. Remember the Police Picnic?

Commenting on the band's original approach to music, Keating says being different is what it's all about.

"You've got to be different to make it, not only in your stage manner but in your music as well," he says. "I personally am influenced by bands like Joy Division, Psychodelic Furs and Killing Joke. But does our music sound like theirs? No. It's got to be different."

"As far as our clothing and stuff goes, people want to see a band as well as hear them. Look at Alice Cooper, it didn't hurt him. It's always good to look larger than life on stage."

And that's what Blitz did in CAPS last week. It's good to see and hear some really original sounds in the pub for a change.



PHOTO BY WAYNE KARL

ONLY HIS HAIRDRESSER KNOWS—Blitz guitarist Leo Nieberg tries to look larger than life as he bops around the stage in CAPS. Last Thursday's pub brought out his original fashions. Eat your heart out Yves St. Laurent.



PHOTO BY WAYNE KARL

AND THE CROWD DANCED ON—Hoping to take their music outside Canada, bassist Tom Keating and drummer Ray Baily do their thing as Blitz' members. Sprinkled among original material were cover songs like Born to be Wild and Walt 'Til the Midnight Hour—just to add variety.

Movie review

Bo's jiggling doesn't help

by Janice Boyda

In a movie that uses a scale to measure the attractiveness of one of the stars, Bo Derek is seen as the perfect 10.

A coincidental sighting of his dream woman leads Dudley Moore on a wild goose chase to conquer the innocent beauty. Unfortunately for him, Bo Derek's untimely marriage makes the challenge even harder and the movie longer.

Moore is portrayed as a typical middle-aged man obsessed with

growing old. Although he carries on a love affair with Julie Andrews, his mind is elsewhere and he is constantly looking for someone younger.

The focus of the movie rests on the bathing-suit-clad body of Bo Derek, as does the attention of the male audience. With limited lines, Bo must make her acting count. Unfortunately, she just doesn't, with her major scenes involving bedroom antics and runs on the beach. Other than this, Bo lays around and tries to act seductive.

Combining bad acting with no real plot, the movie tends to be very slow-moving. Even Moore's attempts at humor don't quite come off, leaving many scenes flat.

The one redeeming quality to be found in 10 is the rather unexpected ending when true personalities finally come through.

If you're looking for some mindless entertainment, a movie which doesn't require you to think at all, 10 qualifies. It will be shown next Tuesday (Dec. 8) in the lecture theatre as the Flash Flick.

Lecture theatre filled with energy at lunch-time concert

by Janice Boyda

The smooth tones of easy-listening jazz greeted the audience at North Campus' noon-hour concert last week.

Although they may have been late starting, the performance of Bill Meiko and Mall Children Benefit Orchestra more than made up for the delay. From their opening number, Freeabin, right through to the finish of their program, the band put forth energy in the form of light jazz.

Continuing with this format, Bill Rowwat put his trumpet to use and stole the stage in the Orchestra's rendition of Scherzo. The vocals of Harmonious Proleteriat featuring David Blamires, Patti Smith, Dina Falbo and Steve Berndt joined the Orchestra in Twisted and added a touch of humour to the program with their antics.

Conducted by Ron Collier, Lab

Band 3 carried on to entertain the smaller than usual turnout for the rest of the concert.

Following the example of the preceding orchestra, Lab Band 3 brought forth a flowing style of jazz. Pieces like Pine Street Blues and Decoupage gave Mike Lewis and Rob Lucier a chance to perform on their saxophones.

However, the highlight of the program came from the piano of Stacy McGregor in Hog Town Blues. Although showing signs of nervousness, McGregor had no trouble in catching and holding the attention of the audience.

To close the seventh concert of the season, Lab Band 3 marched the audience out with the strains of Milenburg Joys.

For those students unable to experience a musical lunch-hour on Wednesdays, concerts will also be performed on Friday's starting in January.

More than 10,000 Quebecois apply for language program

by Jackie Steffler

Salut Quebec! Osler Campus becomes co-ed in the summer, welcoming an influx of French-Canadian students who are on the road to bilingualism, or just want to get a taste of the Anglophone culture.

For the past five years, Osler campus and 42 other colleges and universities across Canada have participated in the Summer Language Program.

This past summer, 80 French-Canadian students aged 16 and up, came from all areas of Quebec to spend six weeks at the campus.

Most of their days, according to Program Manager and Director Kate Dorbyk, were filled with activity. Highlights of the summer included a Beatlemania concert, a tour of Pickering's nuclear power plant and a three-day trip to Niagara Falls.

At the Nov. 10 Board of Governors meeting, Dorbyk said she was generally concerned not only with internal relationships between staff and students, but also the balance in programming.

"A structure with too tight scheduling is stifling; but too little causes insecurities in a large city," she said. "The students have 20 hours a week of formal classroom work, or just over four hours a day. Then there are two weekly workshops featuring things like field trips, drama and other presentations."

Random choice

Julie Lavoie, an 18-year-old student of the 1981 summer program who is now in her first year of cinematography at Humber, said she was chosen for the program randomly by computer.

"There were 10,000 applicants in Quebec City (her home town), and some of them had been trying to get in for four years," she explained. "I was picked on my first try."

She said she only took high school English, but like many students in Ontario who are learning French, she could not speak English fluently.

"The first week is the hardest. With all the English you hear, you get frustrated and your head feels like it's going to explode," she said.

Lavoie said she really enjoys the cinematography course. However, she adds, "I know if I spent five or six hours on a production in English, I could do it in two and a half hours in French."

She said she decided to stay at Humber because it offered good arts programs. She also enrolled in the French Monitor Program.

In this government-sponsored program, Lavoie teaches French to kindergarten children at Etobicoke's Ridgewood School. In return, she receives \$300 per month for living expenses from the government.

Dorbyk said the students in the summer program had their meals, lessons and socio-cultural activities paid for because these things were compulsory. The students had to have their own spending money.

A federal-government bursary plan allotted \$1,000 per person. However, Dorbyk told BOG this figure may have to increase to \$1,150 next year.

Cutback period

"We're in the education business and the government is granting the provinces \$3 million to mount these programs," said Humber's President Gordon Wragg. "But we're in a cutback period. Now \$10,000 will only accommodate three students if the bursary were to increase."

The only other foreseeable problem BOG discussed concerning the summer program, was one of security. Besides the regular Osler managers, the teaching staff and the five teachers' aides, the residence was supervised by a male security guard on 24-hour duty.

According to BOG member Ivy Glover, "people already living in the residence requested the security. We had complaints from them."

Lavoie told BOG "there's always one person in every group that causes problems. My life at Osler now is no different than it was in the summer."

For second-year Travel and Tourism student Sylvia Giles (an Anglophone), who lived at Osler for the summer, the bilingual environment at Osler was not difficult to deal with.

"I found the atmosphere very relaxed. After the first week both the English and French kids got along," she said. "By the end of the six weeks there was a real improvement in the English spoken by the Quebec students."

Overall, summer life seems to be anything but dull at Osler campus.

Changes in the Summer Language Program will be made at the next BOG meeting.

Student group reappears

by Glenn Hendry

Humber's alternative to the Student Association Council (SAC)—the Student Underground Committee (SUC)—has resurfaced.

The committee was formed last year to change the apathetic views of the student body and offer an "exchange of social talents". According to a SUC spokesman who wished to remain anonymous, they haven't changed.

"We still believe that a social life can be worked into the busy schedule of school," he said.

SUC is made up of present and alumni Humberites who provide social functions for Humber students. Last year's Humbug X-mas formal was the only party that has received their official sanction, but they've been involved with many theme parties in the past, such as the recent Monster Bash II, Hat party, Punk Pajama party, Green Electric party, and several Eviction parties, the spokesman said.

"We're an option students can take if they're tired of the rules, regulations, and red tape involved in functions provided by SAC at CAPS," he said.

SUC's first function of the new year will be the second annual Humbug X-mas Formal held in the staff lounge Dec. 18.

"We're hoping students can put off their Christmas vacations for one night to celebrate the end of semester in style."



Students Association Council
Humber College of Applied Arts and Technology

ON TAP AT CAPS DOC SAVAGE

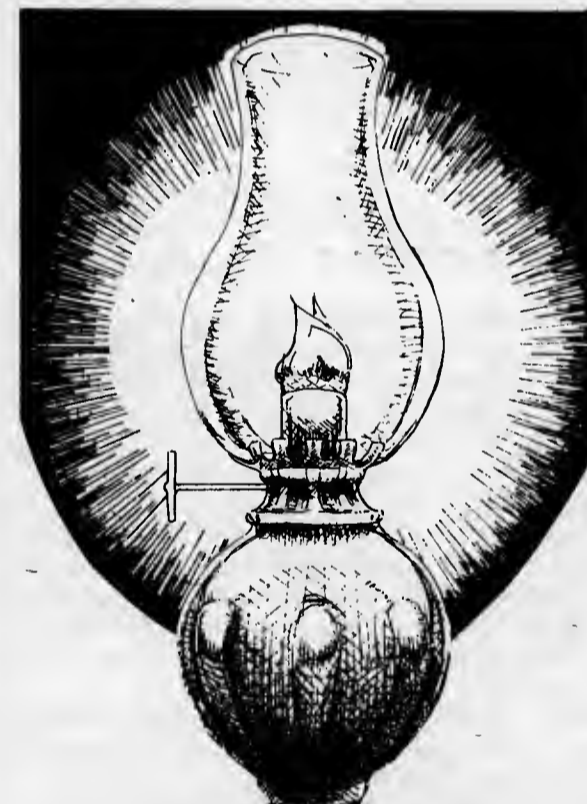
ARE YOU A 10?

Hey all you guys in Humber College, SAC is looking for Mr. Hunk of Humber. You can strut your stuff on December 10 at noon in the Concourse. Come down to the SAC office now and sign up for your claim to fame.

PINBALL WIZARDS OF HUMBER COLLEGE!!!

On Thursday, December 17, during the last pub in CAPS before the Christmas break, SAC is presenting THE SILVER BALL TOURNAMENT. Elimination rounds will take place December 14, 15 and 16 in the games room at 4:30 p.m.

FIRST PRIZE — SAC and Pinball Louey are giving away a Pinball machine. For more details come on down to the SAC office. Get your fingers ready!!



Help Conserve Someone's Midnight Oil

Your fellow students need your help. SAC is looking for **TUTORS** in the following courses;

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- Communications
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Publisher: J. I. Smith, Co-ordinator, Journalism Program
Humber College of Applied Arts and Technology
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Change system

Although Humber's Metal Arts and Theatre Arts programs have received a reprieve from the administration in the form of being phased out or suspended, it is suspected that many more courses with low enrolment or low job placement rates will continue to be either axed, or phased out over the next few years.

And Humber will not be the only college to victimize students. Other colleges' administrators will have to follow suit. Huge deficits have to be tackled; administrators have to face this new fact of life.

But there is an alternative to individual colleges dumping low-yield programs, the manner which currently appears to be the way administrators are trying to balance the budget—at least here at Humber.

The alternative is this. Rather than each of Ontario's 22 community colleges operating individually from the others, unite them all. Create one college—the College of Ontario—with several campuses. The current Humber College would become one campus of the College of Ontario, Seneca another, Algonquin another.

Then, rather than trying to offer a wide range of programs, from technology to nursing to data processing to theatre arts, each campus could specialize in a few programs. Humber may not be able to financially support the number and variety of programs it now offers, and with money so tight we have to accept that. But, we could specialize, as could all other Ontario community colleges.

To administer the province-wide College, one board of governors would be established, responsible for making policy for all campuses of the College of Ontario. Board members could draw up long-range projections of the number of incoming students interested in specific programs and set up the corresponding number of programs at designated campuses. Were there enough students to warrant six technology campuses, then six would be set up, in different areas throughout the province. If there were enough theatre students to fill only one or two programs, then that's all there would be.

This system would help eliminate overspending because of current duplication of programs throughout the province.

It would also create a unified system with more balanced standards across the board so one campus wouldn't have a better reputation than another.

A system such as this would give every student a chance to get a reasonably priced education in the field of his choice, as opposed to forcing him into a field the government and college administrators have chosen to keep alive with funding. For many students, like those studying theatre arts at Humber, there are few alternatives if colleges shut down their programs, and all of the alternatives in that field, including university and private schools, are extremely expensive.

But lower yield programs, like those recently threatened with the axe at Humber, could be kept going by amalgamating all students in each of those fields.

We think the College of Ontario—Humber Campus, or the College of Ontario—Fanshawe Campus is a viable alternative to the present college system in this province. Further, it can work.

Ever heard of UCLA? That's the University of California—Los Angeles campus. A similar program is in operation in the State of New York.

Government and college administrators in Ontario should consider such a system if they have any hope of salvaging a community college system which is starting to fall apart at its expensive seams.

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675-3111 ext. 513, 514

Doug DevineEditor
Nancy PackFeature Editor
Nancy BeasleyEntertainment Editor
Derek ToddCaricaturist
Tim GallAdvertising Manager
Tina IvanyStaff Supervisor
Don StevensTechnical Advisor

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Letters

Education is a privilege

For the past several years I have seen a change in the students attending both high school and college in Ontario; and, this change upsets me. It seems that students now see higher education as a right rather than the privilege that it has always been.

Students want the Province of Ontario to give them grants to attend various institutions of higher learning rather than the traditional loans. I feel that this attitude presents all of us with a number of real problems. The first of these problems is the fact that these desired grants have to come from somewhere, usually the taxpayer's pocket. If spending is to be cut and taxes to be held stable, give aways will have to be cut. Remember, government doesn't make up the money, it just redistributes it.

The second problem is one that directly affects the students, though some don't seem to realize it. Many students come to Humber and other colleges and universities simply because they have no idea of what they really want to do. They come here because their friends come here. They come here because it is easy to be admitted. They come here because it is cheap. If a student knew that they could attend college on loan money, which would have to be paid back, they would be a little more serious about attending, working, and/or dropping out.

It is important to realize that there are in fact very few rights. What we see now are a lot of privileges that have slowly been institutionalized. No one has a right to a job; there is a market and it must be approached as such or refused. If you want to get paid by a company, you have to do the work that is assigned to you, in the time assigned, in the way specified. To do otherwise is theft. If you do not want to work under those conditions, go to work for yourself, start a company and

watch the circle start again.

Education as a right is a new concept in Western society. A free education as a right, especially a college or university education as the right of every individual is totally new. It is accepted by students because it frees them of responsibility. They can (and some do) use this privilege as a way to escape from the real world where a job is hard to find, where the work is hard, where they can't spend all night drinking and then cut class the next day. It is time to stop

thinking escaping from reality and realize that for every grant, for every loan that isn't repaid, there are people out there that are having their taxes raised.

I realize that this letter will meet with little acceptance from the student body, I only ask that individual students think about what has been said and reach their own conclusions. Maybe it's time to end this selfish, me first and to hell with everyone else, attitude.

Charles P. Arnold
Equine Studies

Speak Easy

by Doug Devine

I love snow!

There, I've said it. It may lead to ridicule and ostracization by my peers, but I've said it and I'm glad it's finally out in the open.

For some reason admitting you like snow in Toronto is about as dangerous as admitting you enjoy riding the TTC. The last time I voiced my opinions on the stuffy substance, I received several pounds of hate mail and started getting threatening telephone calls in the middle of the night.

Ever since then I have managed to conceal my affection for snow from all but my closest friends. When that inevitable first snowfall of the year arrives, I force myself to hide my euphoria, and sometimes I even bitch about the lousy weather along with the rest of the crowd.

But deep down I'm cheering the arrival of the one substance on earth that can make even the most ugly setting a thing of beauty. Even the dirt and grime of the city can be hidden momentarily by a pure, clean, white blanket of snow.

Another reason I like snow is the many winter sports which rely on the stuff. Skiing, skating, hockey, curling, and snow-mobiling are all the result of mankind trying to get a bit of enjoyment out of snow.

Maybe my infatuation with snow is a direct result of the sad but true fact that I was born and raised in London where getting six feet of snow overnight is nothing unusual. Located in the middle of the snow belt, London is perhaps the only city in Canada where mailmen are issued snow-shovels as standard equipment.

But—as beautiful and fun as snow may be—it seems destined to live a life of despair. People curse at the mere mention of its name and cringe at the first flake.

So the next time somebody starts complaining about the weather, I think I will put my life on the line and defend the crazy stuff.

Anorexia Nervosa

Dying to be thinner

by Jackie Steffler

Carol, a sensitive, artistic 14 year-old, refuses to give up her strict diet and is getting abnormally thin. She hasn't had her menstrual period for over a year and her doctor says if she doesn't get help soon, she is going to die.

Carol has Anorexia Nervosa, a psychological disorder that causes young women to diet extensively and, in some cases, to diet themselves to death. Translated into layman's terms, anorexia means "no appetite".

Victims of this condition follow a masochistic ritual of self-imposed starvation. They often resort to self-induced vomiting and taking doses of laxatives after a food binge.

According to Toronto Psychotherapist Shiela Pennington, this kind of behavior, although more apparent in young adolescents, is still a problem

among college-aged women.

"The change from being a child to a woman is a difficult one. You need friends and family to help you with your new and changing image," she explained. "We're also subject to this kind of Hollywood image where you must be thin to be loved."

Pennington was asked to take two anorexia cases. She said psychotherapy, not hospitalization, can help these patients.

Carol became Pennington's first anorexia case when the girl pleaded to be released from Toronto's Hospital for Sick Children because she was upset with the hospital's atmosphere. At that time a psychologist from the hospital phoned Pennington and said Carol shouldn't have been released because she was going to die.

"But Carol told me she wasn't going to die," said Pennington, "so I said let's work together and see what we can do."

"Carol said she felt she was fading into the background of her family. Her disappearing psychologically then affected her physiologically. She talked about being more assertive and that she did have a place in her family. Today she's back at school and has gained weight."

Barbara Dumanski, a Toronto pediatrician at Etobicoke General Hospital who herself has treated a couple of teenagers for anorexia, said one must deal with the condition not only on a physical level, but a psychological one as well.

"All these women have problem with self image. They have a thwarted self image, not a real one," she said.

She said the first thing the hospital does in the case of an anorexic is to speak to the patient and the parents. Then a complete physical examination is done, followed by a set of laboratory tests.

Only then, she said, will they

start "playing around with the behavioral aspects, the family dynamics, and the social history".

Dumanski said this eating disorder is not simply a diet gone haywire or the result of the media's bombardment of the "thin is in" message.

"Sure many college girls are greatly influenced by what they read and see on television," she said. "Many in fact can develop anorexic hysteria. They may develop the symptoms of strict dieting and compulsive eating or even vomiting after eating, (a condition referred to as bulimia). But these people are not really anorexic."

Dumanski said the psychological problems are more complicated and deep-rooted in a true anorexic patient.

Most doctors will also agree that anorexics fall under certain character types.

Dr. David Lloyd of the Hospital for Sick Children said many

anorexics are girls who are afraid to grow up and accept the sexual responsibilities of a mature woman.

But Dumanski said anorexics are often bright, competitive people.

"They're usually high-strung, obsessive, compulsive, perfectionists," she said. "Not eating is their complicated way of showing their emotion, mostly anger. They're girls whose greatest control in life is their food intake."

Many magazine and newspaper articles explain that anorexia nervosa can be a highly-effective manipulative tool used particularly against parents.

Dumanski said anorexia can be better explained as a cry for help, an expression of emotions.

Pennington agreed with this explanation, adding that this self-imposed starvation is a substitute for a very real need of support and love.

The college in the future

We can't be excellent at everything

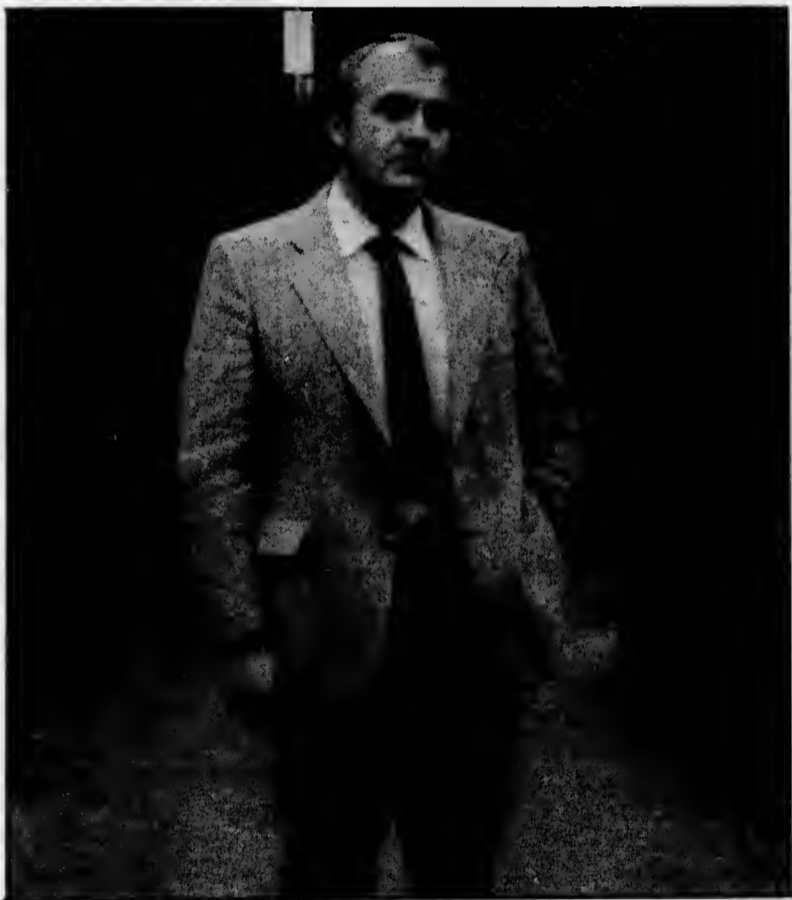


PHOTO NORM WAGENAAR

BAD TIDINGS—Two weeks ago, Tom Norton, vice-president academic, had to tell theatre arts students that their program was going to be cancelled.

by Rose Jansen

Part of the job of any vice-president is to gaze into the crystal ball a little to identify directions for the future and set his company down a path.

Such is the case with Humber Vice-President Academic Tom Norton. Part of his work is to set Humber College in a direction for the next five years or so—even if that direction inflicts some pain.

Norton said that in 1986 the college will be pretty much the same as it is now. Yet he also said Humber will probably adopt a policy of selective excellence in the future.

"We can no longer be excellent at everything," he explained, "so rather than watching the general quality erode in everything, we'll reduce the things we do to maintain or increase the quality of the activities we continue with."

Norton said the college needs to shift focus from an institution that responds to every community need to a facility that responds to specialized needs.

He said there is clearly a need in Ontario for technologically-skilled workers because this province has an export-manufacturing-based economy. Without this base the government could not support provincial needs.

Norton said Humber is relatively light in technology compared to other community colleges. Humber ranks first or second in size in Ontario, but for technology programs it ranks sixth.

"We should be at least third," he said. "There has to be growth, but not at the expense of other programs in the college. There will be a growth in computer and electronics courses, but

this will occur through an improved use of existing space, without corresponding shrinkage of existing programs," he said.

He added there is internal pressure to physically expand the college but said the likelihood of the government providing Humber with the capital to add to these buildings is "just about zero".

"You have to look at the forecast of total potential students," he said. "It wouldn't make sense to expand our facilities now to meet the present crunch. There would just be more under-utilized space by 1998."

Norton said the funding for the college falls by two per cent each year but he claims the word cutback is a little melodramatic.

"The rate of increase in our funding is not equal to the rate of increase in our costs," he said. "It really isn't a cutback, it's just that the two aren't advancing equally. If you trace it far enough—if we had all the money we needed—we wouldn't have to cut programs."

According to Norton the North campus was originally designed for about 4,600 students, but Humber is now accommodating 7,500 students.

"We loaded the campus up in hopes that eventually we'd get more money to build onto the facility," he explained. "We have not, and we've just reached the end of our rope."

He said that in order to achieve all of the good things the college needs, there's going to be short-term prices to be paid, "and there's going to be some pain."

"By 1990 we're going to be the biggest and best college around," said Norton, "and that's for sure."

by Gary Hogg

How did you feel a couple of years ago when that commercial on TV said the average 30-year-old North American was not as fit as a 68-year-old Swedish sheep herder with bad eyes and fallen arches?

Well, you don't have to feel that bad anymore. Thanks to changing values, the influence of television, and the work of Participation campaigners, North Americans are taking health a little more seriously.

As college students, we tend to be a bit more fit than the average 30-year-old, but 20-year-olds could still stand to be a bit healthier, according to Doug MacLennon, a spokesman for Toronto health club The Fitness Institute. He says most 20-year-olds are in fair shape, however they do fall below the "good" level when it comes to being fit.

Angie Mandrapilias, an instructor for Humber's fitness classes, said she thinks most 20 year-olds are in good physical condition.

"They care about what they look like so they stay in shape," she said.

Mandrapilias said females tend to worry about their weight more than men. She said a lot of 20-year-old women are overweight, but a lot aren't.

"They all think they are overweight, and they all want to lose 20 pounds," she said.

Mandrapilias added that a lot of the females look good but they are not in good physical shape. She said women try too many fad diets when they really need exercise and healthy food.

The 21 year-old part-time staff member has been Humber's fitness instructor for about one month. She said a lot of the people who

come for the classes are staff members who are older and want to get back into shape.

She said students who come out for the classes tend to be in good shape already and come out to stay fit.

"Fitness is a big thing right now," she said. "Everybody is into it. People care."

If you want, you can get fit right here at Humber. Mandrapilias' fitness classes take place Monday through Thursday from 12:15 to 12:45 p.m.

Finally, MacLennon points out that deaths from heart disease have greatly decreased in the past 10 years due to the public's desire to get fit, improvement in diet, and a cutdown in smoking.

According to MacLennon, doctors say fitness is the most important factor in the reduction of deaths due to heart disease.

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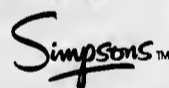
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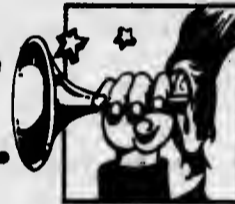
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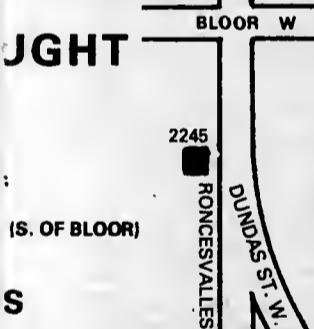
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People who throw themselves from airplanes

They do it to impress friends

by Kevin Paterson

As I struggled out of the jump-school with the parachute strapped tightly to my shoulders and legs, I must have looked a sight in old ragged coveralls too small to cover my arms and legs, a banged up helmet, and a pair of old boots which gaped at the toes. On my back clung the main chute, as smug as a lifeguard perched on his chair. The smaller reserve chute sat on my revolving stomach. Attached to it were an altimeter and CB radio.

But appearance was not what was in my mind. The jump-master checked the equipment and I sat down and closed my eyes. My mind ran wild, paranoid in fact, as I swore I saw someone smoking a cigarette next to the airplane while it was being filled with gas.

"Parachuting is extremely safe," I reminded myself, contradicting my sweaty palms and churning stomach. I remembered the comforting words of my instructor Lloyd Kallio.

"Parachuting is just like crossing the street," he said. "As long as you check things are safe, you'll be all right. You must have a reserve chute and know the emergency procedures. Good equipment and instruction are important too. If you make sure of all these things there is less chance of being killed while jumping than being struck by lightning."

Kallio, who instructs at the Parachute School of Toronto in Aurthur Ontario, explained people do things everyday more dangerous than parachuting. For instance, when another car is 200 feet away and you are both travelling at 60 m.p.h., you have about two seconds to react if the car swerves in front of you.

"You probably won't be able to react in time," said Lloyd. "A beginning parachutist has a minimum of 10 seconds to react and release his reserve chute if something goes wrong. But modern parachutes are so far advanced that malfunctions are very unlikely."

I awoke from my reverie when the jump-master shouted "you three beginners, get up, it's time to go." We walked toward the thundering Cessna 180 standing on the runway, a small and pitiful sight bare of paint. Brian, the jump-master, asked who wanted to jump first. I conceded first place to an equally-nervous John and volunteered to jump second. Kathy, another first timer, agreed to jump last and all four of us crammed into the plane.

Brian had already attached our static lines which would deploy our chutes automatically when we jumped. I was glad of the static lines as I had enough to think about without having to pull the ripcord myself.

The plane's engine gradually increased in volume until the fuselage vibrated feverishly. We moved off down the runway, the engine climaxed, and we were in the air. As we climbed the sky, my tension dissolved momentarily. I gazed out the window at the checkerboard fields, shaded in light and dark greens. A miniature world lay beneath me.

Then...reality. The wind rushed

through the open doorway and pulled at my clothes. As the plane started to bank I stared through the cavernous opening and wondered what I was doing there. "I must be crazy," I thought. But I had paid my \$125 for the course and first jump and I'd completed the training and there was no way I would chicken out now.

I thought of the long hours I had spent practicing my exits onto a foam rubber mattress from a wooden step 10 feet up. I painfully recalled the bruises I had incurred jumping off a four-foot platform and rolling onto the ground as I attempted to perform my landing falls. We had repeated the emergency procedures for partial and total malfunctions so often the words were etched in my mind. "Arch thousand, two thousand, ... five thousand, check thousand, total malfunction, cross legs, left arm out, look at the pin, pull punch."

I went through all the procedures, reminding myself to arch and look at the jump-master when I left the plane. Kallio had stressed the importance of using the spread-eagled arch until our chutes opened. If we didn't hold the arch we would become unstable like a shuttlecock missing a feather. If this happened the parachute suspension lines might get caught between our legs as we sprawled in the air.

"We're approaching the drop zone," shouted Brian above the howling wind. John moved to the door and climbed onto the wing. Brian shouted go, tapped John on the leg, and he was gone, drifting away like a leaf in autumn as the 80 m.p.h. wind caught hold of him. Seconds later, far below, I saw his canopy open.

My turn. When Brian nodded at me to get ready, my legs felt like lead. Everything happened very fast yet very slow at the same time. I tore my boots from the floor and climbed to my position on the step, 2,800 feet above the ground. As the wind threatened to drag me from the ledge, Brian shouted go and without giving it a thought I jumped just as I had done in practice.

I don't know whether it was fear, excitement, or both, but I completely forgot to count and

look up at the jump-master. I must have blanked out while I was falling for I don't remember seeing anything until I was jolted with great force as the parachute broke my fall.

That blooming canopy of orange and white above me is one of the most beautiful sights I have ever seen. It was as if I was suspended under a coloured cloud in Alice's wonderland. The peace and quiet was overwhelming and I felt like screaming "I did it."

I reached up for the toggles which are small wooden handles, one for each hand, used to steer the parachute. I pulled one toggle and the parachute began turning. John was gliding in for landing two hundred feet below so I too steered toward the field.

It seemed as if the ground was slowly coming up to meet me. I was travelling forward at about 15 m.p.h.—the parachute's forward speed of 8 m.p.h. plus the wind speed of 7 m.p.h. My radio was malfunctioning as I could not hear any directions from the ground controller.

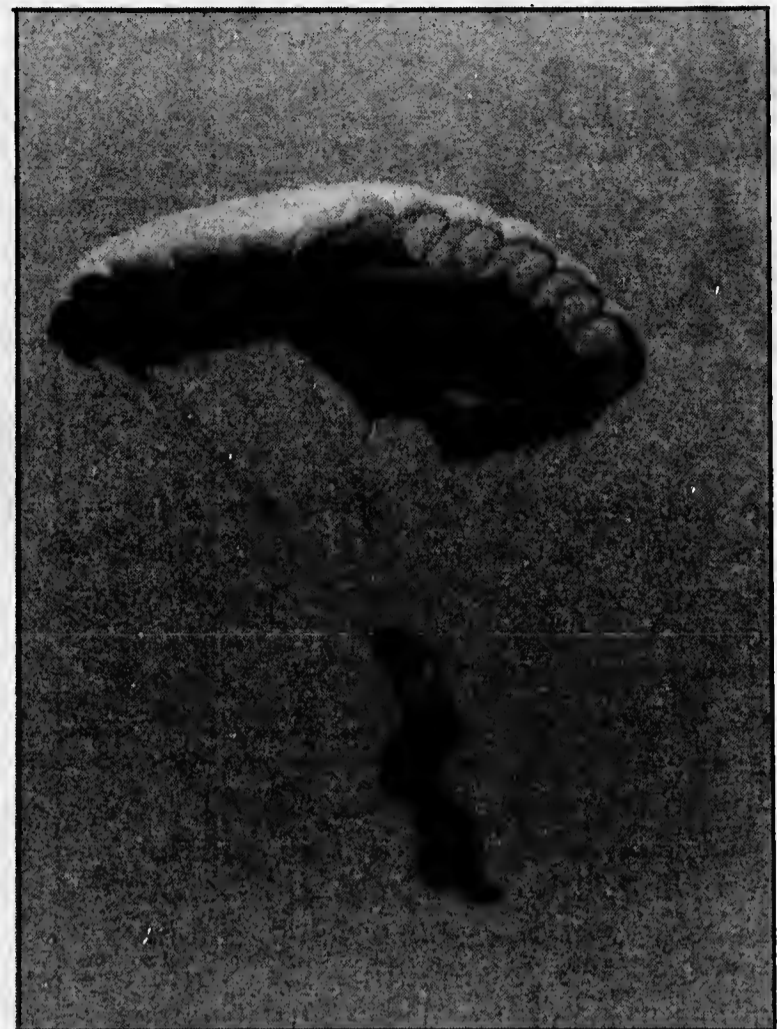
After drifting over some trees and water I turned and faced upwind so I was only moving forward at about one m.p.h..

I chose a point on the horizon to look at and held my feet and knees together. People who look at the ground while landing tend to stretch out one leg like a swimmer testing the water or sometimes they pull up their legs. Both actions can cause broken legs.

The sky released its grip on me and I hit the ground and made my landing roll. Quickly I got up and ran to the other side of the chute so it would collapse and the wind would be unable to catch it. I didn't relish the idea of being dragged on my face along the ground by a run-away parachute seeing I had made it this far.

After gathering up the canopy, I walked over to John to share our experiences like old war heroes. John had had similar problems, also forgetting most of the procedures during his jump. We remembered Kathy and began looking around for her. Eventually we saw her bedraggled figure limping out of a nearby clump of trees.

Kathy had hesitated to jump, left



the plane late, and was unable to clear the trees. She had landed awkwardly and injured her foot slightly when she tried to avoid a tree trunk. Even with her injury she was euphorious that she had taken the leap. Together our jubilant trio made its way back to the jump-school.

I have jumped twice since that occasion and will fulfill my maniac tendencies many more times because it's challenging and just plain fun.

Many Canadians attend jump schools across the country to experience this same thrill. About 30 full and part-time parachute drop-zones operate across the country. Most of these schools are found in Ontario, Alberta, and Quebec. According to the Canadian Sport Parachute Association (CSPA), about 45 private clubs and 10 university clubs teach jumpers too.

The CSPA keeps tabs on the clubs and certifies all jumpers. Parachutists are awarded licences for their degrees of proficiency. Licences start at 25 free-fall jumps and go up to 500. During a free-fall jump the diver must pull his own ripcord. To teach, a parachutist must have the minimum of a B

licence (50 freefall jumps) and pass a written test.

The CSPA estimates that in 1980, 7,500 to 8,000 Canadians made their first jump. About 5,500 jumpers registered with the association last year. This figure would not include beginners who jumped once or twice and stopped. All jumpers pay annual dues of \$35 to the CSPA except beginners who pay for two months and renew the membership if they decide to continue jumping.

Beginners parachute courses in Canada cost from \$80 to \$200. The nearest school to Toronto, about 30 miles north of Guelph in Arthur, charges \$125 for the course and one jump. The school asks \$16 for any other jumps after the course is completed, a price which includes rental of equipment. If a jumper becomes serious in the sport, he may cut down considerably on jump costs by investing in new equipment—but to do so he will have to fork out about \$500. According to the CSPA 10 out of 100 first-timers become interested enough to continue in the sport.

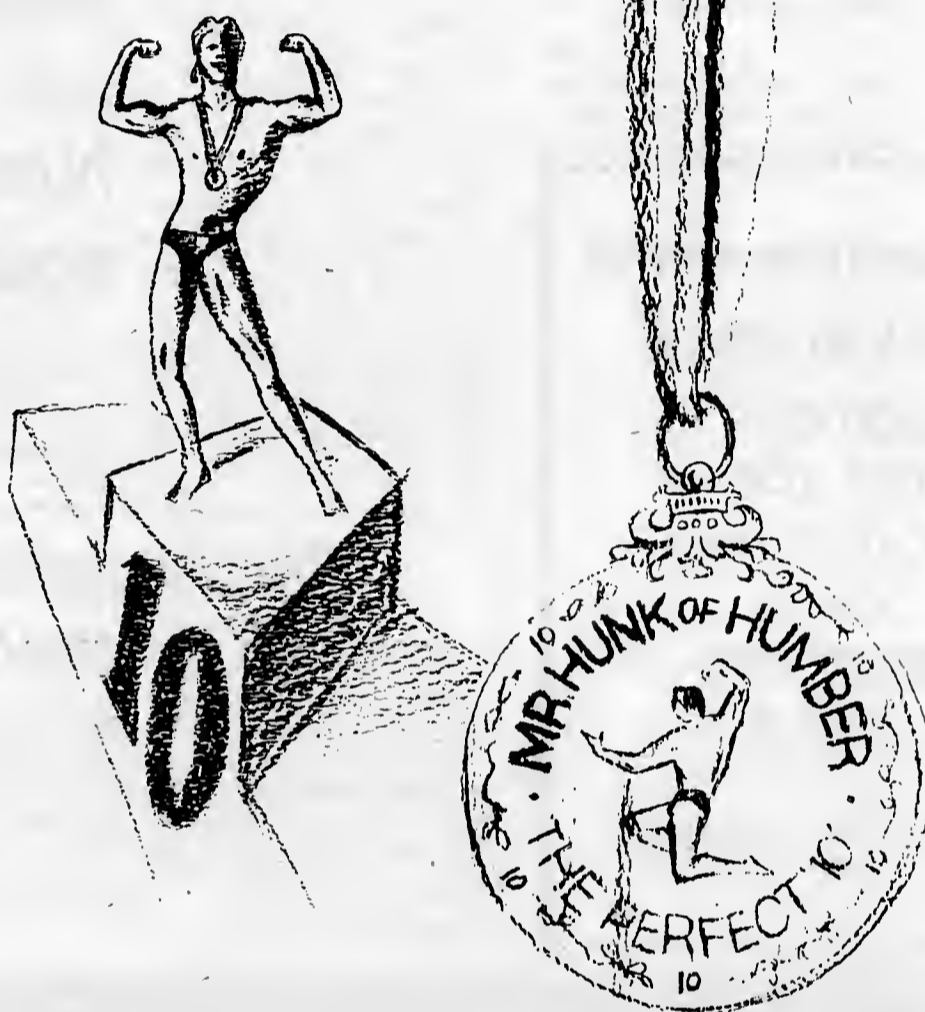
My instructor once explained why he has made parachuting his career by saying: "I get a bigger kick out of parachuting than any other sport." He has made 2,200 jumps in his 14 years of jumping, and is credited with jump-mastering more jumps than any other person in Canada.

"Only about three students in every thousand who get into the air, don't make the jump," he said. "One guy I remember, I tried to shame into jumping but he still wouldn't go and afterwards I was sorry for what I did. Most beginners usually go once they're on the step but many just don't want to get out the door."

"The majority of people just come to try parachuting out for size. It's impressive to their friends and it feels dangerous," he said. "Afterall, there are no woolly mammoths around to hunt anymore and you can't grab your neighbor's wife by the hair and pull her around. Parachuting is the next best thing."



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Basketball round-up**Men lose another close one**

by Kathy Monkman

Humber Hawks men's basketball team lost again last week with yet another 4-point loss, this time to the Sheridan Bruins.

Humber Coach Doug Fox attributes the 70-66 loss to foul-shooting.

"Our foul-shots just weren't up to par and there were too many fouls against both teams," said Fox. "Foul shots break up the momentum in a game."

Fox said the Hawks played well and have always had close games but they were faced with bad breaks. Despite all the downfalls he said Humber can still achieve their goal.

"We're not out of play-off contention by any means," said Fox.

The Hawks knew it would be a close game but hoped they would be on the winning end. According to Fox, Humber is the faster team and they tried to pick up the tempo of the game but the foul-shots deterred them.

Top scorers were Erik Grizzle with 16 points, Dan Stoberman with 13, Locksley Turner with 11, and Clyde Walters with 10.

Fox said the Hawks gave the kind of balanced scoring which they want to have in the offence.

Women lose too but played well

by Caroline Soltys

Humber's women's basketball team defeated Sheridan College Nov. 25 for their first league win of the season with a final score of 59-43.

The Hawk defence was tight and aggressive, making it difficult for Sheridan to take anything but outside shots.

Humber took the lead from the start but Sheridan almost managed to catch up with the Hawks late in the game. However, this surge did

not come soon enough to close the gap. Humber Manager Lori-Lynne Fraser said the girls played their best game to date.

Do all right

"If they continue to play the way they did against Sheridan for the rest of the season, they should do all right," she said.

As it stands, the Hawks are in fifth place out of seven teams, with one win and five losses to their credit.

Although first string players Lori Badder and Jacki Cutler fouled out in the second half, the Hawks held on to their lead to come out on top.

High scorers for the Hawks were Violet Oleka with 28 points and Cutler pocketing 15 points.

The Hawks travel to London Friday to play against Fanshawe College.



LAY-UP—Second-year graphics student Guy Bonhomme heads for the basket in Humber's gym while playing some pick-up basketball last week.

Noseworthy wins squash tourney

by Steve Davey

The winner of this semester's first intercollegiate squash tournament at Humber was Gary Noseworthy, a Human Studies instructor.

In a lengthy competition last Thursday, he managed to defeat 24 year-old Don Debrowski, a Hotel and Restaurant Management student, four games to one.

"Debrowski gave me the best game I've had in years. He's fast. He has good moves, and he hustles on the court," Noseworthy said.

Noseworthy started playing squash four years ago. His first college win was in a similar tournament two years ago. Currently he plays in the Toronto District Squash and Racquetball "D" League.

The tournament was organized by second-year recreation student, Kendra Magnus. She said the competition was run on a single-elimination basis. The players compete with each other in a best-3-out-of-5 series, or the most games won in a 40-minute period. In all there were 16 players competing.

Magnus said she hopes to run one or two more tournaments next semester.

She said she would like to attract more women to participate as there was only one woman in this competition. She attributes the low female participation to the fear many women have that they won't stand a chance competing against men. Magnus said if enough women signed up for the next tournament, she would have them compete against each other in the early stages of the competition.

For people just interested in batting the ball around, the squash courts are open from 7:30 a.m. to 11:50 p.m. during the week. As the squash courts are usually very busy, recreation staff recommend the court be booked the previous day.

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Illegal parkers beware! Effective immediately cars parked on the streets in the new residential subdivisions around the college will be towed away by the Metropolitan Police Department.

According to Staff Sergeant Cam of 23 Division, several residents in the subdivision have been complaining about the large number of students parking there over the past few weeks. As a result of these complaints all cars parked in the subdivision will be towed to a pound at Albion road and Highway 27. Students will have to pay \$24 and \$2 a day to retrieve their vehicle.

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SPORTS

Hockey round-up

Men win—move into first

Humber's men's hockey team moved into sole possession of first place for the first time this season by defeating Seneca Braves 4-3 in what many be the cleanest game for Humber this year.

After the 27 minutes of penalties during the Hawks' recent encounter with Sheridan, the few penalties in the Seneca game were a refreshing change. But Humber coach Peter Maybury said he was not surprised at the cleanliness of the game.

"When you get the best two teams in the league playing, you get hard skating, hard hitting, and a good clean game," he said. "I thought Humber generally played well, except we're not back-checking as well as we could."

Conrad Wiggins led Humber scorers with two goals, while Rick Laing and Dave Selli got one a piece. Dave Jennings played a

strong game between the pipes to clinch the victory.

Maybury said he hopes his players will maintain their clean style of play when they head to

But ladies lose second in a row

Despite the brilliant play of Humber goalie Betty Carter, the Hawks came out on the short end of a 3-1 match against the undefeated Seneca Scouts last week.

Humber drew first blood in the game with a goal from Lisa Maik at the five-minute mark of the first period. They held onto that one-goal lead until late in the second period but were out-played in the third as Seneca dominated the play.

North Bay this weekend for a game with Canadore College.

"It's always tough to win in the Bay because the refereeing tends to be in their favor," said Maybury.

"They had the territorial advantage and the shots-on-goal advantage," said Humber Coach, Don Wheeler. "We wouldn't have held the lead as long as we did if it hadn't been for Betty. She played an outstanding game and we just lost in the third period."

Hawks face Canadore this Saturday at Westwood at 5:30 p.m. and then play Sheridan next Tuesday.

Varsity Hockey Scoreboard

Team	W	L	T	P	GF	GA
Humber	4	0	0	8	25	15
Seneca	4	1	0	8	32	15
Centennial	3	4	0	6	38	38
St. Clair	2	2	0	4	18	19
Canadore	2	3	0	4	27	23
Sheridan	2	3	0	4	23	26
Conestoga	2	3	0	4	18	34
Fanshawe	2	5	0	4	30	41

Men's Home Games

Sat. Dec. 5	Canadore College	7:00 p.m.
Sat. Jan. 16	Fanshawe College	7:00 p.m.
Sat. Jan. 23	Seneca College	7:00 p.m.
Sat. Jan. 30	Conestoga College	7:00 p.m.
Sat. Feb. 6	Centennial College	7:00 p.m.

NOTE: All games played at Westwood Arena

Friday Games: Warm-Up 7:30 p.m.

Game Time 8:00 p.m.

Saturday Games: Warm-Up 6:30 p.m.

Game Time 7:00 p.m.

PLAYOFFS TO BE ANNOUNCED

CLASSIFIEDS

A SPECIAL CONTEST to all the readers of Gore and the Gang! For a limited time only you can win tickets to Gore Bash 2. The date is Thursday, Dec. 10...The place is the Staff Lounge. Here's the catch...Match the Gang with their favorite beer. Gore, Bo, Stale East, Dear Departed Douger, Chachi, No way Too Tall eh! Blue, Draft, Export, Northern, Golden, Budweiser.

Bring your list to the Radio Station (in room D222 or D223). Address it to Gore and the Gang Contest eh!!!

FOR SALE: Beautiful full-length leather coat. Like new. Special tailored cut, zip in lining. Only worn a few times. Must be seen. \$250. Call Sue at 275-5432

LOST: Large silver ring with yellow stone. Sentimental value. Please call Helen, 249-9007.

S.U.C. IS BACK: The Student Underground Committee will be holding the 2nd Annual Humbug X-mas Formal in the Staff Lounge on Friday, December 18. Watch this spot for details.

FREE CLASSIFIED ADS for students. Bring copy to Coven, room L225. Monday deadline for Thursday publication, Wednesday deadline for Monday publication.

14 inch Onyx chess sets, hand carved. New from Mexico. Would make beautiful Christmas gift. \$35. Also 15 inch Onyx horse head book ends. \$15 a pair. Call Sue at 275-5432

DORNHOEFER DISCOUNT
ACT NOW and you can join the "I Hate Gary Dornhoefer Fan Club" for the all-time low price of only 10¢. That's right folks! Now you too can belong to the prestigious organization of hockey fans fed up with Gary Dornhoefer's color commentary. Just send one thin dime and a short paragraph describing why you wouldn't let Gary Dornhoefer date your best friend's dog, to the:
"I Hate Gary Dornhoefer Fan Club"
c/o Room L225
CCA Division

MOTORHOME FOR RENT:

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Off season rates only \$275 per week plus .05¢ per kilo. Call Jerry Mon-Sun. at 335-6582, or Tim (Tues.-Wed. only) 675-3111, ext. 514

RECONDITIONED HAND CALCULATORS. 6 month guarantee. \$4.00 to \$15.00. Adaptors \$4.00. Repairs \$5.00. Wed. and Thurs. only, J109.

FOR SALE: AM-FM 8-track stereo, BSR 5500 turntable and four speakers. \$135 or best offer. Call Brian at 745-3194 after 4 p.m.

RIMS FOR CHRYSLER product. 14 inch brand new, never used. Call Tim in Coven.

FOR SALE: Two motorcycle face guards for helmets. Bubble type, snap on; one clear; one tinted for sun. Call 675-3111, ext. 514, ask for the Ad Manager.

ICLANDIC WOOL SWEATERS for sale, hand made. Light, warm, and fashionable. Great for any outdoor activity. Reasonable prices. For information call 960-8598.

GOING SOUTH: Going to Florida during winter break. Two males looking for two females to share expenses. Call Richard, 233-7559, Sundays 11 a.m. to 3:30 p.m.

**SUPPORT
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FOR SALE: Grey tweed coat, size 9-10. Worn once. \$80 or best offer. Call Bev at 622-4916 or reply to Coven, L225.

ART SUPPLIES FOR SALE: Cardboard, nibs, paints, etc. Call 463-8503 for details.

TV FOR SALE: Philips black and white console, 23 inch screen, good condition. \$75 or best offer. Call Tim, 675-3111, ext. 514, or see me in the Coven office.

COVEN: Norah is getting angry. She thinks we are picking on her. How right she is. How about Norah and two cases of Buckeye beer for a starry-eyed first-year.

Gore and the Gang
(Pyramid Power, Eh!)

THE GANG and I are back together. It took a little bit of beer and a pyramid. Humber's Pyramid Champs
Gore and the New Gang

Like now it's back to Bud, eh! The Ex was an excuse to win.
Gore and the New Gang

FOR SALE: Black winter coat. Worn only once. \$85 or best offer. Call Gina, ext. 514 or 513.

FOR SALE: Topcon RM manual 35 mm camera, \$200 or best offer. Jacqueline, 746-2046 or room L210.

LITERARY SERVICES

PROFESSIONAL LITERARY SERVICES: writers, researchers, academic, commercial, technical. C.E.S. Writing Services, 86 Bloor Street West, Suite 580, Toronto, Ontario M5S 1M5, (416) 960-9042.

Notice to Advertisers RE: CHRISTMAS DEADLINES

THE LAST ISSUE OF COVEN
BEFORE THE CHRISTMAS BREAK
WILL BE PUBLISHED MONDAY, DEC. 14

ADVERTISING COPY MUST BE RECEIVED NO LATER
THAN MONDAY, DEC. 7, 1981

THE FIRST ISSUE IN THE NEW YEAR WILL BE
PUBLISHED MONDAY, JAN. 11, 1982

FOR MORE INFORMATION CONTACT ADVERTISING MANAGER

TIM GALL AT 675-3111, EXT. 513 OR 514

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Christmas Dinner

MENU

Apple Juice

Cole Slaw

**Roast Tom Turkey
Dressing**

Cranberry Sauce

Whipped Potatoes

Gravy

Carrots and Peas

Roll and Butter

Deep Apple Pudding

Tea, Coffee, or Milk

\$2.75

LAKESHORE 2 and NORTH CAMPUS

WEDNESDAY, DEC. 9

KEELESDALE and OSLER

TUESDAY, DEC. 8

LAKESHORE 1 CAMPUS

WEDNESDAY, DEC. 10

Merry Christmas

**from the Management
and Staff of
Humber Food Services**