

Two men rob LS1 Bookstore of \$900

by Lynne Fitzgerald

Two men, one allegedly armed with a gun, robbed the Lakeshore (LS) 1 bookstore, assaulted the cashier and escaped with close to \$900 last week.

Bookstore cashier Norma McCormack, alone in the store at the time of the robbery, told police the

men entered the store at about 3:30 p.m. Jan. 9.

McCormack said the men, both in their early 20s, picked up a bag of potato chips and approached the checkout counter. As she rang up their purchase, they said they were robbing the store.

"They said 'this is a robbery'

and I just laughed," McCormack said, "Then they strangled me and pulled me across the counter."

She then handed over all the cash and receipts in the till. She said the men asked her about cash which the bookstore kept locked up, but she told them the money had been deposited the night before and

showed them the empty drawer.

The two men then fled, according to McCormack, eluding two unidentified Humber students who encountered them in the hall and gave chase.

Because McCormack told police she saw the barrel of a gun protruding from one of the men's jackets, investigating officers are treating the case as an armed robbery.

Police are still investigating and to date no arrests have been made.

Although a police spokesman said he didn't believe the bandits were students at Lakeshore, he said they did have a report that a black man and a white man fitting the descriptions given to police had been seen before the robbery in the college cafeteria.

Bookstore Manager Gordon

Simnett said this was the first robbery in the store and declined comment on whether the incident would cause Humber to step up bookstore security.

"Printing that kind of information would be detrimental to our operation," Simnett said.

Simnett said his staff is already very security minded and suggested that, short of having armed guards posted, no security measures are going to deter an armed robber.

He added that the installation of security cameras would only cause students to complain about an infringement of their rights.

He also said that the money taken represented a larger amount than is usually kept in the store because students always purchase more during the first week of each semester.

LAKESHORE Coven

Vol. 2, No. 17
January 19, 1981

HUMBER COLLEGE OF APPLIED ARTS AND TECHNOLOGY

Themes brighten lunch bag

by Rosemary Schuller

Humber's Education and Student Services has a mixed bag of lunchtime surprises for Keeleesdale campus students.

Pat Stocks, Keeleesdale recreation supervisor said representatives of the Education and Student Services, in conjunction with instructors, have come up with an idea called "Theme-A-Month" to brighten up 1981 lunch hours.

A variety of presentations will be organized using different themes each month. The idea is to give students, mostly immigrants, a basic understanding of current events and issues in Canada.

Each month, speakers will be invited to the campus. Films and slide presentations will also be shown, elaborating on the theme.

Stocks said the theme for January will be safety and February will be health discussion month. March, being income tax time, will zero-in on finances.



Brady Bidner—leads the Brady band through its paces last Wednesday during SAC Attack week. Photo by Steve Cossaboom.

Teacher resigns over admin rules

by Norah Fountain

Part-time music teacher Jerry Johnson has resigned from teaching at Humber's North campus due to what he termed were conflicts between his philosophy of teaching and the college's administrative procedure.

As well, Senior Music Co-ordinator Don Johnson has retired from his position as head of the music department after co-ordinating that program for six years. He said he retired because he wants to get back to his roots as full-time teacher.

Part-time teacher Johnson said a school policy concerning the signing in of part-time teachers was the catalyst causing his resignation.

"If you sign in you get paid," he explained. "If you don't sign in you never get paid. When they told me that I knew it was either sign or resign."

Creative and Communication Arts (CCA) Division Dean Larry Holmes told Coven that Jerry Johnson retired to concentrate on his work and Co-ordinator Johnson refused to comment.

In his letter of resignation dated Jan. 6, Johnson said: "I understand the administrative structure is necessary and appreciate what it can do. I do not appreciate it when it seems more important than the art being studied and shared."

Johnson taught at Humber for two years as both a sessional and part-time teacher.

He enjoyed teaching at Humber despite what he termed as hassles which included working with poor facilities and having his contract changed in mid-semester. Johnson said his fall contract had stipulated he work 12 hours, but those hours were changed in mid-term to 10 or 11 hours.

Governors to study activity fee hike

by Annie Dimopoulos

A \$10 increase in student activity fees (from \$40 to \$50) next year is a step closer now that the college's Programme Committee has approved a request for fee hikes from the Students Association Councils at Humber's North, Lakeshore, and Osler campuses.

The request, which would mean a fee increase of \$5 in September

and again in January, now moves to the full board for approval.

College President Gordon Wragg said the \$10 hike is reasonable, adding it wouldn't be out of line with fees charged by other colleges.

The average activity fee for Ontario's 22 colleges is \$43.80, according to SAC President Harry

• See fee increase, page 3

Workshop a success

by Nancy Pack

Nine students attended a one-hour interview workshop offered by Lakeshore placement last week to aid students who will soon be facing on-campus job interviews for the first time.

Lack of response stalls ski trip

by Doug Devine

The Lakeshore Student Union's (SU) ski trip to Mount St. Louis has been postponed because of lack of student support. The new dates are January 23 to 25.

A minimum of 25 students is needed for the three day trip, which was supposed to take place last weekend. As of last Wednesday, only 16 students had signed up.

"It's a good deal," said Promotional Director Peter Saunders, "but it may be a bit expensive for people this close to Christmas."

The trip costs \$192 per student.

Dennis Stapinski, placement officer for Lakeshore campuses, said that although only nine people came to the workshop, the students who came benefitted from the session.

"The turnout was reasonable,

especially since students involved in the workshop will be interviewed by companies who come to the campus to recruit employees," he said.

The workshop dealt with some situations students face when they are being interviewed by potential employers, Stapinski explained.

"The workshop was geared toward the on-campus interview process. I try to let the students know what the employers are looking for in terms of knowledge, personality and technical skill," Stapinski added.

He said for many students, the job interview is a new situation.

He pointed out since companies come to Humber to look for students with proper training, it makes sense to have them trained to handle job interviews, as well as the job itself.

While he conducts the workshops on an on-going basis, Stapinski hopes to set up a time when secretarial and accounting students can attend the workshop. A timetable conflict prevented them from attending last week.

Student interest lacking

SAC attack misses target

by Louise Greco and Cathy Walters

Humber College was treated to a big SAC Attack last week by the Students Association Council (SAC).

According to Dermot O'Brien, chairman of SAC Attack, the activities were designed to make SAC more prominent in the eyes of the students.

"SAC should be more accessible

and visible," he said.

SAC Attack began last Monday when pamphlets were distributed informing students about SAC's services. Among the services listed were legal aid, five cent Xerox-copies, the use of jumper cables, and emergency loans.

On Tuesday the Brady Band from Humber entertained students in Caps, the North Campus pub.

Wednesday a forum held in the

concourse allowed students to ask the SAC executive what their jobs entailed and what they provide for students.

On Thursday night the band Zero One played at Caps to wind up the week of activities.

Also as part of SAC Attack week, Humber held the first-ever Book Trading Days, Tuesday thru Thursday.

But students came out in low numbers and SAC representatives, Debby Quinn and Kathy Fisher, blamed the low turnout on lack of media attention.

They said Book Trading Days received no attention in Sac's regular column council submits to Coven and didn't appear in the SAC Attack pamphlets.

The idea for Book Trading Days was originally taken from last year's campaign promise made by SAC President Harry McAvoy, explained Quinn and Fisher. The purpose was to allow students to buy, sell or trade their old books. Quinn said students could sell their books at their own prices and avoid the low return rate offered at the college bookstore.

But only five people signed up to reserve book selling space in Caps as of late Monday afternoon. Tuesday's and Wednesday's trading hours were shortened.

"Some students interested in buying on Tuesday, were turned away because no one showed up to sell books", said Fisher.

Reaction towards the idea of book trading was positive however, said the representatives.

"Everybody thought the idea was a good one", said Fisher.

Humbus ticket prices expected to stay put

by Robin Brown

Good news for people taking the Humbus—the price of ridership is not expected to increase next year.

This will be the second time the cost did not increase.

Co-ordinator of Students Services, Paul McCann said, "As far as I know, they are going to stay where they are."

Tickets are currently selling for 55 cents, while semester passes

cost 50 dollars.

Another thing which will remain unchanged is the schedules for the Brampton, Islington, Keele, Lakeshore, Mill Road and Osler buses. There will, however, be one

less bus on the Brampton line because of the new Mississauga transit route to the college.

Students wishing to purchase a bus pass may still do so. The price of the pass will decrease steadily throughout the semester.



Third-year—Cinematography students prepare for a February production of Shakespeare's "The Taming Of The Shrew". Photo by Trilby Bittle.

OPSEU gives nod to membership

by Chris Ballard

Members of Humber College's support staff union—Ontario Public Service Employees Union (OPSEU) local 563—have voted in favour of joining the Labor Council of Metropolitan Toronto.

The decision was made last Monday at the general membership meeting.

Michael Lyons, Secretary for the Metro Labour Council who spoke at the meeting, said the council is an affiliation of unions within Metropolitan Toronto.

He said the Council works on behalf of Metro's unions by representing them in front of local councils and boards throughout Metro on matters of concern such as TTC fare increases, pollution or co-operative housing.

He said the Council acts to present a strong and unified labor voice in Metro.

By accepting Lyon's invitation to join, local 563 now has the support of the Labor Council's 180,000 members.

Joan Jones, president of Humber's local, said she was quite pleased with the member's decision.

"This will make us more aware of things going on in the labor movement across Metro," she said.

Gary Cwitco, who will be one of the local's representatives on the Council, said he was also happy with the choice.

"This will help to integrate us

into the mainstream of the labor movement in Metro," he said.

Don Stevens, the treasurer for local 563, said he believed the Labor Council is more concerned with social issues than with actual labor negotiations.

"They negotiate for things we can't get from employers such as fighting price hikes on the TTC or problems in the public school system," he said.

Cwitco's fellow delegates to the Council are Pauline Gould-Corney and Joan Jones. Cathy Burgess and Bob Gass are alternate members.

Stevens said it will cost the local less than \$100 to join the Labor Council.

Phase out possible for Metal Arts

by Bev Kurney

If enrolment does not reach the projected forecast for the coming year, the Metal Arts program at Humber College's Lakeshore 1 campus may be phased out.

Figures for the fall of 1980 showed only 11 full-time students in first-year, three part-time in second-year and two full-time in third-year.

In a report to the Board of Governors' Programme Committee last week, Tom Norton, vice-president Academic, suggested phasing out the program if freshman enrolment for Sept. 81 is lower than 20 persons.

A major effort to overcome low enrolment began in May 1980 when the curriculum was examined by an Advisory Committee that was re-established for this purpose.

Norton also said students who do enroll in the program will be advised the phasing-out of the program is a possibility and a transfer to another college offering the same course may be an alternative.

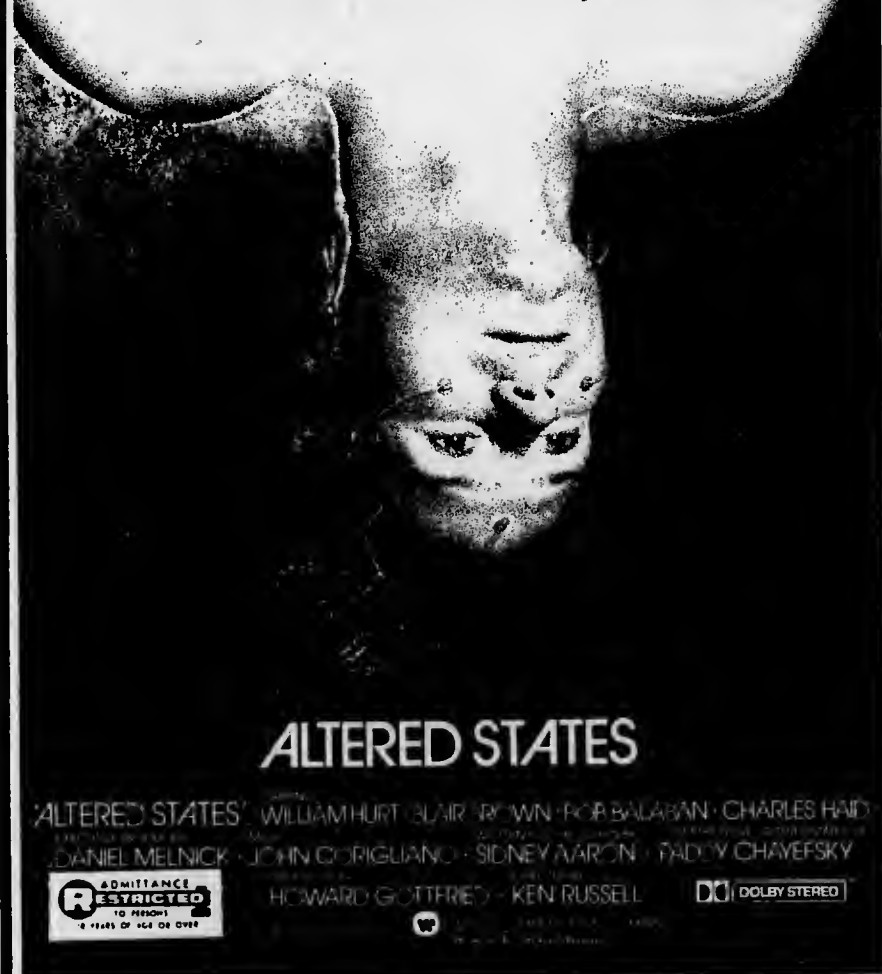
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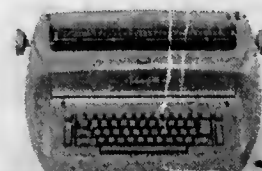
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Bits and Bites

Popular campus question: What is the major cause of hemorrhoids among Humber students? Answer: Industrial strength toilet tissue.

That's right, they're back on the rag again at SAC. The tissue issue was unravelled at last week's rep meeting in C(R)APS. Someone asked SAC President Harry McAvoy why Humber doesn't use rolled toilet tissue.

With flushed face, Big Mc rose from his stool and announced: "I'll look into it."

Isn't it reassuring that Prepared Harry, who was born under the sign of Feeces, wasn't bowled over by the question and plans to per-

sonally lend a hand to resolve the problem.

Computer error?

Memo To: Admin. and Academic Staff

From: Ruth Cowan, Payroll Supervisor

Date: 1981 01 13

Due to a computer error company pension has not been deducted from your payment for January 15, 1981.

A double entry (sounds like a double deduction to the Bite) will be made next pay to correct this error.

Isn't it the computer programmer who makes the mistake?

Fee increase

• Continued from page 1

McAvoy. Humber's fee is now \$40.

Edi Michele, student president at Osler campus, said she supports the \$10 hike because it might improve the number of activities offered at Osler.

"The students have very little at Osler as far as activities go. I find we're very much left behind. An increase in the activity fee would greatly help offer students more," she said.

Enrolment at Osler has increased this year and is expected to increase again next year. Michele said more activities should be offered and increasing the activity fee would be beneficial.

Video display terminals radiating safety concern

by Sue Legue

Students and staff at Humber College who work with Video Display Terminals (VDT) may be exposing themselves to potentially dangerous radiation, Ontario Public Service Employees Union

(OPSEU) Research Officer Bob DeMatteo has warned.

In a recent OPSEU news brief, DeMatteo outlined the health risks associated with prolonged and frequent use of the machines.

Approximately 130 journalism

and package design students currently use the machines located in the newspaper production room at the college. The 30 by 17 foot room houses 13 terminals.

"I would say there may be a dangerous level of radiation in that room," DeMatteo said. "The radiation level of each terminal may be small but the total, especially in a small room, may be quite high."

Electronic Editing instructor Don Stevens has worked with the terminals at the college for the past three years and has suffered no ill effects. However, he doesn't dispute DeMatteo's findings.

"The levels here could be quite questionable," Stevens said. "Either way we should know. It may sound drastic, but it's like signing your death warrant if the levels are bad enough. The (Ontario) Ministry of Labor should be looking into it."

DeMatteo admitted concern is still at the suspicion level but, "there is overwhelming evidence many of the health problems people experience are caused by radiation leakage."

"It's something to be frightened

• See VDT radiation, page 8

SAC exec election delayed two weeks

by Mary-Ellen Sheppard

The election date for the positions of president and vice-president of the Students Association Council (SAC) has been postponed two weeks to Feb 17 from Feb 4.

"There just wouldn't have been enough advertising for the election if we had stuck to the original dates," said SAC President Harry McAvoy. "Coven, which carries the election ads, didn't come out until Jan. 12 and the original date for nominations to close was Jan. 16."

The new date for nominations for other positions is also Jan. 26. The original date was Jan. 5, but McAvoy said because this was the

first day back to school after the Christmas break, it didn't leave students enough time to submit their nominations.

Although SAC's constitution states three weeks are required between the time that nominations open and close, council voted two weeks would be sufficient for this year.

Nomination applications for the positions can be picked up at the SAC office and must be returned by Feb. 2 with a minimum of 50 student signatures.

Although there is a required minimum of a 70 per cent grade point average at this time, McAvoy said council may vote to lower it to 60 per cent.

New PR campaign sought

by Marlene Hait

To maintain Humber's position as one of Ontario's largest colleges, Jack Ross, dean of Education and Student Services is investigating several methods of bringing Humber's message to the public.

While not yet feeling the effects of declining enrolment, Humber must more "effectively acquaint potential students with Humber and its programs," Ross said.

One of the major thrusts of a Humber public relations campaign will aim at educating parents of potential students by re-orienting their educational goals for their children.

College does more

"They must be made aware that a community college does things that a secondary school or university does not. And it isn't an extension of those," he said.

One outreach to the community may be the revival of an open house at Humber.

Ross said an open house, while expensive, "is a unique opportunity" for students to gain close-hand views of their chosen field, dispel illusions, and perhaps lead to less in-college program shifts.

Since students "only have 2-3 years to hone their talents to saleable levels" clearer insights into professional demands would benefit both students and the college, Ross maintains.

Humber is not about to rest on its laurels, but will continue to explore new ways to market its products, according to Ross.

Plans for an open house are not yet finalized.

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Regular price per person: \$3.75

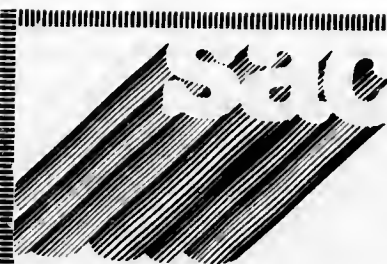
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Jan. 31
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ELECTION NOTICE:

Nominations for President and Vice-president of SAC will be open on Monday, January 26, 1981.

Nominees must be full-time Humber College students with an average of 70 per cent.

Nominations close February 2. Campaigning begins February 3 and ends on the 13th. Polls are February 16 and 17.

If you feel you can help the students of Humber then this is your chance. Show you give a damn!

READ IN THE WARMTH

So you think you are going to be stuck in the icy cold this Reading Week? You didn't think you would be able to fry in the Florida sun because you missed SAC's Florida Trip!

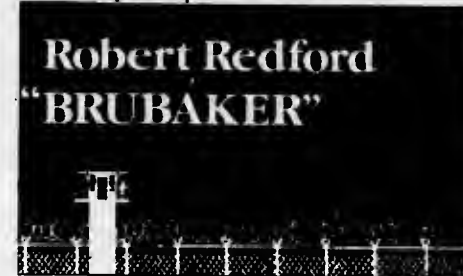
Don't worry, you still have five days to get on one of the best parties in North America, next to CAPS on a Thursday night, when SAC will take you South.

But hurry—we only have a few seats available, and the last day for payment is January 23. Come on over to the SAC office for more details.

FLASH FLICKS

If you think you are cooped up—what about...

Tuesday,
January 20



Showings at 2, 5, and 7
Students: 75¢ Guests: \$1.50

ON TAPS AT CAPS

Nothing matters but Thursday's with a Super double-bill featuring the...

KINGS AND

TRIXIE GOES HOLLYWOOD

Doors open at 6.
Students: \$2 Guests: \$3
Sign in your guests in the SAC office
I.D. required

DID YOU KNOW

Your activity fee is broken down to help athletics, and Humber service as well as SAC?

SAC is open until 4:30 at night to help you with any problems you may have.

You are the only people who can make SAC work, but only if you want it to work. If you have a problem tell SAC about it, we will help you solve it.

ROCKY HORROR CONTEST

All you sweet Rocky fans SAC is running a contest that puts you right where you want to be...on stage.

The contest is Tuesday, Jan. 27. Rock your sting to the SAC office and find out more.

There's \$100. in it for you.



COVEN

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Established 1971

Activity Fee increase needed...

This month the Board of Governors will consider a \$10 Student Activity Fee increase proposed by the Students Association Council (SAC). Although the idea may not sit well with students, it might be a good idea for the board to accept it.

Close examination indicates it is advantageous for students to pay the extra money.

SAC works diligently to serve more than 8,000 students, but the bottom line is, a good job can't be done with the existing small staff.

SAC is stagnating. The shortage of money and manpower prevent it from doing more and this isn't good for one of the largest colleges in Ontario.

"A stagnant organization is not what the students want," says one member of the executive.

With the increase, SAC will be able to strive to do more of what it wants and give the students more of what they need.

The increase will allow council to complete a three-year expansion plan which would bring SAC a new secretary, business manager and activities director.

The addition of another director to assist Sandy DiCresce, SAC's activities director, could provide the students with bigger and better activities. Indeed, the student body could be given more ways to spend its spare time. The addition may also spread out the workload of the SAC executive.

A business manager would bring more organization to SAC, make it more like a finely-tuned business—one of President Harry McAvoy's ambitions.

The heavy workload carried by each member would be reduced with the addition of full-time secretary who could make things easier for the whole SAC executive.

...but

Though the increase is necessary in relation to the future of council, we wonder if the Activity Fee is actually serving its purpose.

No matter what students are paying per semester, the point is that some are not benefiting from the fee. They are just contributing to the coffers of SAC. Such students are those who are on internship programs who do not have the opportunity to use facilities provided or offered. And for others the opportunity does not always present itself. Because gym space is provided to the public and community groups, it is often not available to students. It makes sense for the college to become involved with the community, but not at the expense of the student body.

It is the students who are paying for the facilities; it is the students who vote for council; and Humber College is designed specifically for the students.

Obviously, the school can satisfy the community and the students by offering space to outside organizations and at the same time keep space open for the students.

If the students have to pay for the facilities, they should be given more than part-time use.

The logical thing for SAC to do is devote some of the increased revenue from Activity Fees to study a better way of meeting the needs of the students and community. The Board of Governors can help them achieve this.



Till death do us part

by Ann Cavanaugh

Only love or money would make me get up at 5:30 on a dark, wintry Saturday morning and originally the reason was cold hard cash. Earlier in the year I had shelled out \$35 to join the Humber Ski Club, never expecting I would have to board the TTC in sub-zero weather in the pre-dawn hours of those precious weekends.

But there I was and, actually, I was surprised to find the bus half full at such an ungodly hour.

Weary and wary

As I struggled to keep skis, boots and poles from striking other weary and wary passengers, I couldn't help but wish for the comfort of my nice warm bed.

Fortunately I made it to the college without spearing or bashing anyone. Along with other club members we boarded an unheated Humber bus for a frozen ride up to the frozen north.

Never having skied before I was naturally a little apprehensive. Cross-country seemed the safest and for a mere \$2 per day the athletic centre outfitted me with all the equipment I would need.

Trail fees at Medonte were \$2.50 for the day and I'm sure it was the best investment I made this year. At Medonte there are more than 25 kilometers of winding trails on which you can spiritually and physically lose yourself.

For those who like to live

Letters welcome

Beefs, comments, criticisms, praise—we want to hear about it. So why not write us a letter, and send to L225. We can't publish anonymous letters, but we'll withhold your name if you're that embarrassed.

Reporter's

Opinion

dangerously, Alpine ski equipment can be rented for \$8 and you can ride the chair lift or the T-bar for about \$15.

I can't envision myself a downhill skier. The sensation of bumping over all those moguls must be like riding a frenzied camel.

The cross-country trails provided the most breath taking winter scenery. The trails wound through the woods through tall evergreens and over steaming creeks. What a world of difference from Toronto. The snow was

clean, pure and white. It was pretty tasty also. I ought to know. I was face down in it at least six times.

Frozen assets

The day was thoroughly enjoyable and already I miss the cold, clean, invigorating air and, of course, the apres ski fun at the end of the day.

Next week I'll be getting up for the love of fresh powdered snow and the great outdoors. I'm not worried about my frozen assets any more...

Speak Easy

by Nancy Pack

Ah January, month of terminal boredom. Christmas has passed and summer vacation is painfully distant.

In an ever-increasing effort to provide public service announcements to benefit our readers, we offer these tried-and-true methods to beat January blahs.

- Send poison-pen letters to people in power concerning overcrowded campuses. Not only does it keep one busy, it releases stress from a day when an over-crowded college meant lining up for every known activity, including going to the washroom.
- Consider running for SAC. Aim big. Being president of Humber College's Student Association isn't too difficult. Ask Harry about campaign strategy.

- Talking to Harry McAvoy will also relieve boredom.
- Streak through The Pipe. Food Services could provide a new entrée called The Streaker; french fries, no gravy.

- Play waste-basket ball with failed test papers and Communications assignments. Does anyone really keep their mistakes on file?

Any one, or combination of the above should work well to attack the melancholy of January.

My favorite way to beat the blues? I copy edit back issues of Coven. One day they could be priceless examples of college journalism.

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

675-3111 ext. 514

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Monday, January 19, 1981

Food freaks fancy Friday feasts



Dorothy Howard—an employee of the personnel department enjoys the meal provided by Family and Consumer Studies students Jan. 9. photo by Chris Ballard.

by Dave Silburt

Braised chicken in tomato and cinnamon sauce, spinach and cheese pie, orzo and rice pilaf, and baklava and coffee are not exactly standard fare for the deprived palates of Humber students. Nevertheless, such gourmet treats were consumed here at the college Jan. 9, by those who knew where to go.

The Greek luncheon, arranged by second-year Family and Consumer Studies students Brenda Candler and Anne Gagnon is the semester's first in an ongoing series of international lunches.

The lunches take place every Friday at noon in room H329 and tickets must be reserved in advance. Only 36 people can be accommodated, so it's first come first reserved.

International feast

As part of the international foods course in the Family and Consumer Studies program, second-year students select countries of interest, and compile a list of the top choices. Students work in groups of two, supervising any other students they may need to help cook and serve.

Gagnon, whose brother-in-law is Greek, has been to Greece and has a real interest in its culture. Since she and Candler made the same choice, they teamed up for the project.

"We try to do everything in the theme of the country," said Gagnon. Accordingly, the lunch room was laid out with white tablecloths and blue napkins, in the colors of the Greek flag, and assorted Greek art objects and travel posters. Recorded bouzouki music (a bouzouki is a Greek mandolin) completed the Greek ambience.

The students produced the entire luncheon themselves, from scratch. They researched authentic recipes, and did the shopping, cooking and serving. All students in the class pitched in, under the supervision of Candler and Gagnon.

Each luncheon in the series is different, serving up a little of the culture and food of a different country.

"It's only \$3.50 and you get a full course meal," said Gagnon. "You get a lot of food, and it's good food. We usually see the same faces, so it must be good."

Class discussion of the lunch presentation is done in advance by the students in charge. They research the culture, religion and heritage of the country, and how these things relate to the country's food. The creation and serving of the various ethnic foods forms the practical aspect of the research they do.

In addition to preparation, the students cover many other aspects of food, said program Co-ordinator

Penny Bell. They study food chemistry, microbiology and food sanitation, and a great deal of nutrition and diet. Bell maintains her students do more nutrition studies than the Health Science people.

"They get about six hours in total," she said. "We get four semesters."

Includes Economics

The program also includes courses in consumer economics and consumer communications and the total program includes many of the skills associated with Home Economics.

The next international lunch, featuring German food, will be on Friday, Jan. 23. It will be followed in ensuing weeks by West Indian, Dutch, French, Chinese and many other cuisines. The final luncheon of the year is an international buffet on April 24. It is always immensely popular and is opened to a larger number of people than the usual 36.

In addition to the basic charge of \$3.50, a glass of wine or lunch usually costs 75 cents extra.

Reservations for tickets must be made, ideally on Thursday or Friday mornings, by calling extension 487. Tickets may be picked up on Friday mornings in room H329.

While it may not be fair to compare the Pipe's daily bill of fare with the carefully researched creations of the international lunches, it would not be unfair to say that in a cook-off, the master chefs in the Pipe would by no means be certain winners.

Fit-minded flock to flab-finders

by Petra Scheller

Take a good look in the mirror. Of course you are in shape...but what kind of shape? Chances are you think the mirror is lying to you. But more likely, you are lying to it. One way to find out is to put yourself under the scrutinizing and expert eye of Eugene Galperin, Humber's fitness co-ordinator.

Three years ago Galperin initiated a physical fitness testing program at the college and ever since, it has been a hot item with staff and students alike. It is such hot stuff that a two week wait for an appointment—maximum capacity of 12 one-hour tests per week—has to be taken for granted.

Be prepared to accept the unbiased, cold, hard analysis of your physical condition. Once you have been through the spirometer, the

dynamometer, the bicycle ergometer and various other meters, you not only will have had a lesson in metric concepts, you will also know the truth about your state of physical fitness.

Six areas of physical fitness are analyzed. First, body fat is measured. So you believe you don't have an ounce, I mean a gram, of fat on your body. Well, you do. The question is: does it exceed the maximum allowable percentage?—...13 per cent for men and 20 per cent for women. You will know the answer once the skin folds are measured...like it or not.

The spirometer gives the answers in the second part of the test while measuring the vital capacity. Does it sound latin to you...well, it is, almost. Spirare is the latin word for breathe.

Therefore, the spirometer measures the maximum volume of gas that can be expelled from the lungs by a forceful effort following a maximal inspiration. The more air you inhale, the more oxygen reaches your lungs and the better off you are.

At the third stage, your muscular strength is gauged via a dynamometer, a device you grip tightly with your hand to the maximum of your ability. The upper body strength per kilogram of body weight tells more about your state.

You might have muscular strength, but do you have muscular endurance? The ability of a particular muscle group to perform a given task over an extended period of time is analyzed at stage four of the fitness testing.

Through shoulder extension, backward trunk extension and forward trunk flexion Galperin will measure your flexibility state. Flexibility, step five, decreases with age but can be improved and maintained by stretching exercises.

During the last step you are required to mount the bicycle ergometer. No need to be afraid, it is not as bad as it sounds. The term describes nothing more than an exercise bicycle whose tension can be increased. While pedaling for six minutes, the pulse rate is measured at one-minute intervals as the tension is increased. Thus the physical work capacity is arrived at by converting this information into the maximum oxygen uptake.

For the moment you can relax. Step number six marks the completion of the physical fitness testing. Galperin will then analyze and work with all the results and convert them to understandable amateur terms. A few days later you can pick up the results complete with a personalized exercise program which works on your major weakness. The rest is up to you!

Quality the word for evening students

by Nancy Beasley

Humber's night school courses signed 300 new recruits Jan. 7 at the second "in-person" evening registration for the Creative and Communication Arts (CCA) division's evening classes.

"Most of them were new people," said Bill Bayes, CCA co-ordinator for part-time studies.

Bayes said in certain courses, like photography, people have to know how much equipment will cost and personal registration gives them a chance to find out.

Because most of the CCA night courses are credit courses, students seem to be at a higher academic level, Bayes said.

"We're getting people with university degrees and high school diplomas and people who are very serious about their education and are working toward upgrading," said Bayes.

Mom wants credit

Homemaker and mother, Marie Landoni, has taken six photography courses over the past two years and is working toward a certificate.

"I've just got an interest in photography," Landoni explained. "I would eventually like to get a job in it."

Colin Downs said he hopes to pursue a career in the fine arts field.

Downs, a 32-year-old machine worker said he draws

as a hobby, but has sold some of his work.

Bayes said the in-person registration is letting people know what they're getting into before they begin the course. This is preventing a drop-out rate of 50 per cent that previously existed, he said.

Enrolment drops

He said a comparison between this year's enrolment record in CCA night school and the last, shows a decline in numbers.

"That's because we have gone to all credit courses and have dropped the dance programs from our division," Bayes explained.

These courses are now run by the Community Education branch of CCE.

Mary Sullivan-Harknett, a CCE co-ordinator, said people were impressed with the registration system and the smoothness of the operation. Cashiers were on hand to take all forms of payments.

She said people also took advantage of the career counselling service offered during the registration.

Sullivan-Harknett said she is talking with both the Business and the Human Studies Divisions to arrange evening registration for some of their programs.

This would eliminate a lot of paper work by placing them in the right section," she said.

Equine alumni trots back

by Ingrid Birker

Everyone wants to be a winner, especially students who are training in a highly competitive and performance oriented field.

And winners they are. The 110 students of the Equine Studies program at the North campus have chalked up an impressive list of prizes. Out of four shows last semester, Humber students consistently placed in the top ten positions of all the classes they entered. At the Humber College Show, which the students organized, they galloped away with the championship.

This success isn't just a recent phenomena. Humber's Equine students have been proving their abilities since the program started in 1970. A full trophy case above the horse arena displays their winners.

In celebration of this record, alumni of the last 10 years from all over the world are trotting back to Etobicoke for a reunion weekend on Feb. 21-23.

Students have a lot to commemorate. Charles Arnold, secretary at the Centre and a former Equine student himself, said horse trainers wait for the program's graduates.

"They consider us God's gift to the horserworld and our facilities and students compare with any other of its sort anywhere in the world," said Arnold.



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Rockers sonic assault

by Steve Cossaboom

New wave is dead, and heavy metal is making its triumphant return, says Gerry McGhee, lead singer for the Hamilton heavy-metal band, The Rockers.

If the reaction from last Thursday's Caps crowd was any indication, he and fellow Rockers Ernie Addezi on guitars, Robin Coville on drums, Greg Boilleau on guitars, and Gerry Buschhausen on bass guitar, may well be the forerunners of the rebirth of this genre in the Toronto rock scene.

Although few danced, overzealous pub patrons eagerly soaked up the band's sonic assault. From the opening song, Led Zeppelin's "Rock and Roll", the crowd whistled, stomped, cheered and screamed for more.

Non-stop rock

More is what they got. Interpreting the works of such groups as Black Sabbath, AC/DC, and Nazareth, the band played tight, well-mixed sets of non-stop rock and roll.

A key member of the band's stage show, who stayed behind the scenes, was sound man John Wotta. He provided excellent echo and reverb on the right spots of the band's music, which served to



Robin Coville of the Rockers hammered out the steady beat on Jan. 8. Photo by Steve Cossaboom.

heighten the band's overall performance.

Gerry McGhee, who terms his position in the group as "lead throat," came down hard on the new wave sound which emerged in Britain in the mid 1970's.

"It's dying. It's dead in England, and it's on its way out here, as far as we're concerned. The next train coming in is heavy metal," McGhee said.

The band hasn't changed its sound since its inception eight months ago, and they don't see any transitions in the future.

"We've always been heavy metal. We've never changed, and

we don't plan on it," McGhee added.

In the last few years, along with the trend on Toronto FM rock stations to turn more of their playlists over to new-wave groups, both foreign and domestic, Toronto rock clubs have been featuring an increased number of new-wave bands as well. This hasn't prevented The Rockers from racking up a successful following wherever they play.

Great reaction

"We get a great reaction (in the Toronto rock clubs)," said McGhee. "People are dying to hear Black Sabbath, AC/DC, Judas Priest, and Zeppelin. There is no Zeppelin any more so they're dying to hear it. We've had great success in the bars. In fact, we're pretty well ahead of anyone else who's been in the business as long as we have."

The band only plays an average of two original tunes a night, which McGhee attributed to the band's lack of writing experience. The original songs were fast-paced, with a strong lead guitar line bouncing the chorus along, but the band doesn't feel confident enough yet to include more self-penned tunes.

Not bragging...but

"We do nothing to brag about, but there are some (original songs) floating around," McGhee said.

The only element missing from the regular pub atmosphere was the throngs of gyrating students on the dance floor. The group considers itself a concert band, not a dance band, and vocalist McGhee claims people don't usually dance until they're well under the influence of alcohol.

"The only time we have people dancing is when they're severely bombed," he said.

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Fighting sends 14 to early showers

by Tony Poland

High scoring Warren Giovannini separated his shoulder during Humber Hawks varsity hockey team's 9-4 win over Ryerson, a penalty-marred exhibition game which saw 14 players ejected for fighting.

Giovannini separated his shoulder after he was wrestled to the ice during a skirmish with a

Ryerson player. "Warren could be out for four weeks," coach Peter Maybury said. "He'll be missed, but we'll let him rest and hopefully he'll be ready for the playoffs".

A mass-exodus of sorts took place in the second period when 14 players were assessed game misconducts for fighting. Giovannini and Mike Salvian were the first to go and seconds later Dana Shutt

retaliated to a cheap shot which erupted into a brawl involving all the players on the ice.

Shutt, Karl Sobotka, Diego Rizzardo, Brad Emerson, Jerry Cantarutti and five members of the opposing team were thrown out for their part in the fisticuff display.

The penalties, however, were the only department Ryerson was able to stay even with Humber.

The Hawks outshot, outskated, outpassed and, except for lapses of mediocrity, outplayed the visiting squad.

Ryerson came within one goal of the Hawks before Dwayne Rosenberg, the games most valuable player, went to work. Rosenberg accounted for three goals and four assists to frustrate the visiting team.

Humber played an aggressive game which had Ryerson continually looking over their shoulders. The minor penalties Humber did receive were of no consequence, however, as Ryerson's power play was limited to only two scoring opportunities in four chances.

The Hawks play their next home game Jan. 23 at Westwood Arena

"They're Canadian champs— what do you expect?" asks Fox

by Anne-Marie Demore

Humber's Basketball Hawks, unsure of how to handle Fanshawe College's defence, lost 68-44, last Wednesday.

The first basket was scored by Humber Hawk Dan Stoberman, who lead the Hawks in scoring. However, the Hawks soon fell behind and it wasn't until mid-way through the first-half that they became aggressive and gained some confidence dealing with Fanshawe's one-on-one offensive tactics to close the gap to 29-13.

Fanshawe, with well-timed passes and precision shooting led 38-19 at the half.

"They're Canadian Champions, what do you expect?" said Humber coach Doug Fox of the first half score. "They had one guy (forward John Hayden) who got 13 points in 8 shots. What can you do?"

The second half was full of excitement, with the Hawks on the

defensive and Fanshawe taking too many fouls. Humber, taking advantage of Fanshawe's mistakes, gained momentum and kept Fanshawe at a virtual stand-still for three minutes early in the second half.

**Fanshawe 68
Humber 44**

By the last quarter, however, the advantage was soon lost with Fanshawe taking the lead 55-36.

Two new players, Ken Montieth and Kevin Douma, were put into the game with two minutes to go. Montieth quickly showed his worth by blocking two would-be Fanshawe baskets as well as scoring a free throw.

In explaining Fanshawe's win coach Fox said his team "didn't play up to their best." Especially since the last game against

Fanshawe was lost by 14 points.

Top scorers for the Hawks were Dan Stoberman with 15 points followed by Locksley Turner with 12.

Two weeks ago, the team won the consolation championship at a tournament at George Brown College after losing to Loyalist College 51-45, then bouncing back to defeat Durham College 63-51 and the ABRO (an Armenian senior men's basketball team) 57-55 to win the consolation championship.

Top scorers of the tournament were Dan Stoberman with 45 points followed by Locksley Turner with 28.

FUTURE HOME GAMES MEN'S HOCKEY

Seneca	Jan. 23
Centennial	Feb. 7.
Canadore	Feb. 14

WOMEN'S HOCKEY

Canadore	Feb. 14
Kingston	Feb. 21

MEN'S BASKETBALL

Niagara	Jan. 28
Sheridan	Feb. 4
Canadore	Feb. 6
Cambrian	Feb. 7

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VDT radiation

• Continued from page 3

about," he said. "Experts are concerned and some are viewing it as another asbestos crisis."

However, the Ministry of Labor's Supervisor of non-ionizing radiation Tony Muc disagrees with DeMatteo's charges, calling the radiation concern a "non-problem."

"The tests we have done show there is effectively no radiation being emitted from the terminals," Muc explained. "To flatly deny the

possibility exists wouldn't be correct, but the odds are like winning the million dollar prize in the lottery. People are pushing it beyond reason."

"The radiation emitted from a terminal is probably less than a television," he said.

"A color TV emits about 35,000 volts but a terminal gives off only 15,000," said Muc. "Granted you sit closer to a terminal, but zero times ten is still zero."

But DeMatteo is convinced the terminals pose health risks and lists cataracts (clouding on the lens of the eye that eventually leads to blindness) and birth defects as the most serious effects attributed by a U.S. scientist to terminal use.

"Many cataracts are diagnosed as genetic when it's possible that, depending on exposure time, they're caused by ultra-violet light emitted from the terminals," he said.

He also pointed to last summer's investigation of video terminals at



Don Stevens, CCA technician, spends many hours per day in front of the VDT's and says he has felt no ill effects. He does not dispute however, the fact that there may be high levels of radiation.

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the Toronto Star. Four of seven babies born at that time to women workers at the paper were born with birth defects, he said.

"These women weren't exposed

to anything that would cause these defects except those terminals," DeMatteo said. "We are waiting for confirmation they were caused by a radiation leak."

Muc doubts radiation from the terminals was of any significance to the birth defects.

"The defects that occurred included a heart defect, a club foot and an eye defect," he said. "These are more likely to be genetic rather than associated with exposure."

Theoretically, said DeMatteo, the machines are designed to stop any radiation leakage. However, he said tests have demonstrated they can malfunction.

Andy Prevost, technician instructor for Lino Type Canada, the company that installed the machines at Humber, said the terminals are tested prior to being installed and "can only refer to recent health reports which state no

significant health hazards have resulted from the terminals".

Although testing has been conducted, DeMatteo said it has not been adequate or accurate.

"I'm not blaming anyone, but only a few people in Canada know what the hell they're doing with these machines," he said. "These tests are not reliable."

DeMatteo labeled the biggest problem as "technological backlag." He said not only do investigators not have access to proper testing instruments, they are still unsure of the safe level of radiation.

However, Muc said the federal government has in fact introduced regulations concerning the safe level of emissions. He added, the Ministry's testing found levels ten below the required limit.

DeMatteo also objects to how the testing is being conducted. Not only should the radiation being emitted from the machines be tested, but the level of radiation in the room should also be measured, he said.

"At the (Toronto) Star, we tested the machines themselves, between the machines and around the machines," said Muc, "and the levels were still almost immeasurable."

Prior to the Star investigation, Muc said the Ministry conducted testing wherever it was requested. Since then, however, these investigations have been stopped.



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London Life	Business Administration General Business Marketing	Tuesday, Jan. 20, 1981	Thursday, Feb. 12, 1981
Sun Life Insurance	Computer Programming Accountancy	Wednesday, Jan. 21, 1981	Tuesday, Feb. 10, 1981 Wednesday, Feb. 11, 1981
Bank of Montreal	Business Administration	Wednesday, Jan. 21, 1981	Tuesday, Feb. 10, 1981
George & Asmussen	Architectural Technician & Technologist	Thursday, Jan. 22, 1981	To be arranged
K-Mart	Marketing, Retail Co-op Business Administration General Business	Thursday, Jan. 22, 1981	Tuesday, Feb. 10, 1981
Eso Chemicals	Electrical Controls Electronics Instrumentation Instrumentation Mechanic	Thursday, Jan. 22, 1981	To be arranged
Giffels Association	Solar Technology	Thursday, Jan. 22, 1981	To be arranged
F. W. Woolworth	Electrical Controls Mechanical Design Safety Technology	Friday, Jan. 23, 1981	Not on-campus