

Rodaro takes over at Lakeshore

Sees more campus enthusiasm

Humber Lakeshore's new Student Affairs Council, elected Oct. 7, is "here to help the student out," said new president Tom Rodaro.

"We're still a fledgling council because the campus is new and this is only our second year," he continued, but he added Lakeshore has a very strong feeling about having an identity separate from the North Campus. "We like to be known as Humber Lakeshore," he insisted.

Lakeshore's new council consists of president Tom Rodaro, who was in charge of public relations for last year's council; vice-president Jim Cryer; treasurer Nelson Potter, former president of Lakeshore II and III (formerly Queensway I and II campuses) and president of last year's Lakeshore council; and secretary Kathy White. The new social convener, and the position of public relations representative still have to be filled.

"Since the majority of us are experienced, Lakeshore should have its most responsible council ever," said Nelson Potter.

The new council has plans for the coming year that will put Lakeshore's existing facilities to good use. "We want to put the auditorium to better use by staging some variety shows, and we hope to use the gym more," said Mr. Rodaro. He pointed out, however, that Lakeshore's council will find it difficult to invite live bands because of its limited budget, which is only \$5,000.

But Lakeshore's pubs promise to be top notch if the council has its way. "We're working on the principle of table cloths and candles at our pubs," said Mr. Rodaro, to which Mr. Potter added: "We want to put a pub atmosphere into the place without any gimmicks."

Lakeshore students are now showing more enthusiasm for their new campus. "There was a problem in the past where students were apathetic. Now they're not. They're more militant now and want to see something for their money. We pretty well demanded of the administration that they get more for their money," said Mr. Potter.

Unlike the North Campus, however, Lakeshore's council doesn't have as much autonomy because of a limited budget and a small student body, which is close to 800 students.

These 800 students promise to be more competitive in sports this year, according to Mr. Potter.

"Last year we won only one trophy," he said, "but this year we want to raid the trophy case of the North Campus and bring some more down here. We'll give 'em a real run for their money because we're going to compete more heavily in sports this year."

The Student Affairs Council has undergone a change of its name. "We talked to students last year and thought that Student Union had a negative connotation to it," said Mr. Rodaro, "so we chose the name Student Affairs Council. But now we changed it to Student Association Council." The reasoning, he said, is that it better reflects its role of "helping the student out."

COVEN

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Humber College of Applied Arts & Technology



... It was girl's versus an unidentified guy in a battle for top spot in the wet T-shirt contest last Wednesday in the Student Union Lounge. It was a tight competition but the girls finally pulled abreast of the situation to win. Top honours went to Heather Bye, fourth on right, a Fashion Model student. She beat out Cheryl Milton, left, also of Fashion, who place second, Karen Crawford, second left, who came third and Belinda Storey, right, who came in fourth. The fifth contestant was disqualified because it was found he had a padded bra. (middle)

by Carl Ferencz

Peter Muller

Eugene Clark



Argos blitzing at Humber this Thursday

Bruce W. Cole

What is 6 foot 2 inches tall weighs 252 pounds, and sings 'O Canada'?

The answer is Eugene Clark of the Toronto Argonauts who, along with teammate Peter Muller, will be at Humber College on Thursday, Oct. 28 to assist the Public Relations Department on their annual Blitz Day.

Second-year PR student John Hooper is Publicity Chairman for the Humber College United Way Campaign, and he is hoping that the appearance of the Argos will help make the drive successful. "If we can coax him," said Mr. Hooper, "we would like to have Clark sing a few songs."

Mr. Clark made his music debut earlier in the season when he sang

the national anthem prior to an Argo home game. He had an outstanding career as an offensive guard with the UCLA Bruins, where he was all-conference all-star on several occasions. He was a ninth-round pick of the Pittsburgh Steelers in the 1975 college draft.

Pete Muller is a Toronto native and one of the best tight-ends in the CFL. He was an excellent high-school quarterback at Lawrence Park C.I., and attended Western Illinois University, where he switched to the offensive end position. In his spare time, Muller is an active member of Athletes in Action.

The two Argos will be in the con-course Thursday, Oct. 28, from 10:30 to 11:30 a.m.

SU business manager quits; not enough to do, he says

by Ylva Van Buuren

The on-again, off-again affair between the Student Union and its business manager is off again.

Bill Gragnoli, the SU's former business manager, has resigned, and the SU has decided not to fill the empty position.

According to Mr. Gragnoli, who was given two weeks severance pay, "It was a question of justifying my salary."

Said SU President Molly Pellechia: "Both parties felt his position was not required."

As business manager, Mr. Gragnoli helped manage pubs, made sure all SU printing details were cleared up, and that books and financing were run properly. He had no links with the political aspects of the union.

"The Student Union is not ready to have a business manager," said Mr. Gragnoli. He felt another secretary on staff would more than compensate for the empty position.

"Certain restrictions imposed upon me caused some differences," he added, but he would not go into detail.

Ms Pellechia said she welcomed the differences of opinion because she did not want a business manager who would see eye-to-eye with her on every issue.

In hiring Mr. Gragnoli, Ms Pellechia said "We ignored our secretary, Carl Marchallek, who knows enough here to handle day-

to-day activities." Ms Marchallek has been working with the Student Union for three years.

The near future is likely to see a shuffle in the SU executive. Another secretary may be hired.

Graphic students want cash, not autographs

by Judi Chambers

Two Graphic Arts students feel they have been taken advantage of by the college for work they've designed.

In one case, no compensation has yet been given and in another only a small amount was awarded.

Tony Soragnese, a second-year student, designed an album cover last spring and this summer was informed it would be used for a record called First Take, an album arranged and produced by Humber music students.

Mr. Soragnese was told he wouldn't receive any compensation for his efforts, just the First Take album with President Gordon Wragg's autograph.

"And they even spelled my name wrong on the album," he said. "I really expected some money for the cover, even if it was only \$10-0."

Mr. Soragnese said he's been trying to see someone about it, including six or seven visits to "Tex" Noble, chairman of the 10th Anniversary Committee, but no one seems to be interested in helping him.

"I've been looking into this since the first of September and I really

feel I'm being taken advantage of," he said.

The album is selling for \$4.67 in the Humber College bookstore.

Last year, Julie Moss, another Graphic Arts student designed the college's 10th Anniversary logo, and received only \$100. And that took months to get. The logo is on all Humber College correspondence, as well as the college buses.

Some of her colleagues feel she was definitely under-paid, and say if she was a professional the fee would have been much higher.



The First Take Album, cover designed by Tony Soragnese.

**Perform a
death-defying
act.**



Give Heart Fund.

Give Heart Fund 



Henry Wisbach, left, chairman and secretary for the Labor Council of Metro Toronto visits Humber with Ed Gently, representative of the Canadian Union of Public Employees, local 43.

Designers compete at CNE

by John Colliston

Interior designers from France, Sweden and Denmark along with Humber's interior design students, are coming to the Automotive Building at the CNE next month to compare their talents in the tenth annual International Interior Design Show.

The show begins Nov. 2 and runs through until Nov. 4 and will feature guest speaker Arnold Friedman, an authority on interior design from the University of Massachusetts.

The show will highlight new designs in bathroom and living room furniture and the interior design of restaurants and offices. Humber's interior design course is holding a competition among its students with the winners having their works displayed at the show.

Humber's booth at the show will feature models and sketches of interior design along with some complete interior design projects.

Humber will not be the only Canadian school participating. Many of the large universities and colleges throughout Canada will be involved including the University of Manitoba, the University of British Columbia and Ryerson.

Humber is involved in more than just the show, however. The College will host a dinner for all the instructors who participated.

"It's always a good dynamic show," said Karen Petrachenko, a second-year design student. "It's the highlight of the year for all interior design students."

Pam Knapton, also a second-year interior design student, shares this view. "This year's show should be just as good or better than last year," she said.

Many students think this year's show will be better because they feel more involved with the show this year and they now know what to expect.

Fun campaign this year for United Way

by Dave Jepp

Raffles, music, special guests and events will be part of this year's United Way Campaign at Humber College, undertaken by the second year Public Relations students as part of their fund raising project, Oct. 26 and 27.

The campaign includes a Blitz Day with an appearance by Toronto Argonaut Eugene Clark and Pete Muller, together with a dunking machine exhibition, a performance by Humber's 'D' band, and canvassing clowns and shoe-shiners, all held in the college's concourse on Oct. 28.

Also on the agenda are two Pub Nights in the Student Union Lounge. 'Amateur Night' is scheduled for Oct. 26 and the Downchild Blues Band will perform two nights later. The group will also draw winners for a pair of hockey and concert tickets.

All proceeds from the two nights will be donated by the Student Union to the Humber Campaign.

The campaign's circus theme has as its slogan this year, "We're not just clowning around, we're making it work".

According to campaign chairwoman Miss Judy Scott, the goal set for this year is \$4,400, almost three times Humber's previous campaign goal.

This will mark the first time students, faculty and support staff will be canvassed in the annual campaign.



Reach out for straight lager.

Entertainment

Dancers struttin' their stuff

by Patti Welsh

Over 70 people are "struttin' their stuff" to the latest disco beat at Montgomery Mills Recreation Centre every Monday night as part of Humber College's latest addition to night school — Discotheque

Dancing.

People of all ages gather each week to learn the basic steps of the complex dancing that has recently become the rage.

The course is offered by the Neighbourhood Learning Centre at

Humber College and taught by Mary Cruickshank and her assistant Connie Featherstone. Miss Cruickshank has been dancing for six years and teaching for four. Aside from Disco dancing she teaches Ballroom, Latin and Social Dance.

The first part of the class is spent doing exercises and learning simple steps and movements. The students learn to move their hips, legs, arms and feet freely to the beat of music. After all the movements have been conquered they can be varied and turned into the hustle or the basic disco strut.

Miss Cruickshank said that the most vital movement is called the Mirangi Action — a movement around the waist area. Waist movement is essential to disco dancing and any other kind of dancing you may want to try.

For those people who like to "get away from themselves" on the dance floor there is the Ripple. The Ripple is a cross between shaking and shimmying. With this dance you half sit down, wiggle your behind and head while you stand up. At the same time throw out your stomach.

Other dance steps being taught in this course are the bump, jive, the disco samba and the slush. Reggae is not offered even though it is quite popular at this time.

Many of the students consider this course as a good social night. Mrs. Paddy Hunt, a worker at the Behaviour Therapy Centre at Lakeshore Psychiatric Hospital thinks it's just a great course.

Catch a piece of the action

at the

Chase

Heritage Inn

385 Rexdale Blvd.

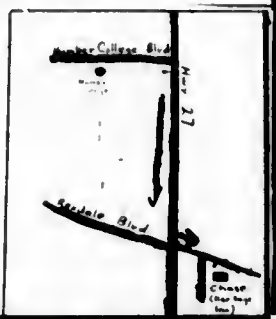
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A couple of DISCO STEPS from Humber

Just east of Hwy. 27

LUNCHEON SPECIAL
\$1.95 a person

- no blue jeans after 7 p.m.
- no cover charge ever



BEWITCHING IDEAS

Halloween at Box 1900

"I have a really good time here," she said. "After I go home I demonstrate what I learned to my children."

"You aren't required to have a partner and it's a good social night," according to Cathy McMillen, Creative Arts secretary at Humber College. She finds the course very casual and relaxing.

Ms. McMillen is also a dance instructor at Humber College. She teaches Ballroom and Latin dancing and feels this course will increase her knowledge in the field of dancing.

There are some people who have different reasons for coming to the Discotheque night school course. Nick Vecchi, Assistant Produce Manager at Food City likes the course because it builds up his self-confidence.

"You're exposed to a lot of people and I like that."

One of the main reasons he joined the course was a result of watching CITY-TV's Boogie on Channel 79. Boogie is Toronto's answer to American Bandstand. Paul Godfrey of radio station CFTR is the host for the show.

"I was watching Boogie and I saw all these people doing all of these fancy steps so I thought I'd learn."

The course is in such demand that starting in January there will be four courses offered by the Neighbourhood Learning Centre instead of just one.

"These courses will be offered at Weston Collegiate, Runnymede Collegiate, Montgomery Mills and a fourth place which has not yet been decided," said Miss Cruickshank. "But first of all we have to find more instructors."

The course costs \$35 a person or \$60 a couple.

115 Cine students attend Festival of Festivals

Classes for Humber's cinematography students were cancelled last week so they could go to the movies.

The Festival of Festivals was in town and some 115 cine students had discount tickets to take in films and workshops.

The Festival of Festivals brought to four Toronto theatres the best film features and short films from the world's top film festivals. All told, from Oct. 18 to Oct. 24 over 150 productions were shown at the New Yorker on Yonge at St. Mary's, Backstages One and Two on Balmuto and the Cinesphere at Ontario Place.

Besides the film productions, top international and local film industry people held workshops on various facets of film art.

Humber's cinematography students attended most of the workshops.

Jim Peddie, Humber cinematography instructor, said he hoped the workshops "broadened the students' awareness of world film and taught them some things they wouldn't pick up at Humber."

Mr. Peddie said he expected the films and workshops gave "the students a much larger world view of the industry they're going into... be the students directors, producers, cameramen or soundmen." Student tickets for the festival sold at \$25, but because of \$5 grants from the student union and cinematography program, cine students purchased them at the discount price of \$15.

DINING • DANCING

Castlemore

SUPPER CLUB

SEAFOOD STEAKS BAR BQ RIBS

OCT 18-30

BARBADOS SANDPEBBLES

- No cover
- No minimum

COVEN

October 25,
1976

Humber College of Applied Arts & Technology

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

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10th ANNIVERSARY YEAR

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Canadians must accept bilingualism

Last week Coven published a story in which John Fisher, a journalist and lawyer, was quoted as saying he supported bilingualism and thought the language dispute was silly and shouldn't divide the nation.

The present issue of "having bilingualism shoved down our throats," which has arisen partly from the air traffic controllers' dispute about the use of French in Canadian aviation and partly as a result of the government's vagueness over the Official Languages Act, is silly. But it reflects a disquieting attitude shared by some Canadians.

Recently, the Toronto Star polled its readers and people on the street with the question: "Would you prefer a bilingual Ontario...or the separation of Quebec?" While 70 per cent of the responses from people on the street supported a bilingual Ontario, those who responded in writing preferred Quebec's separation by a margin of five to two. Some felt bilingualism was an infringement on their liberties and resented French being taught to their children in school.

Coven is sure that those against French are in the minority; and this minority shows little knowledge of Canada's *raison d'être* as a nation.

From the time Confederation was first envisioned, French and English have been recognized as the two official languages, to be spoken freely anywhere in Canada. In fact, for a few decades in the 1800's, Manitoba was a bilingual province.

Confederation, in short, was conceived with the understanding that Quebec would keep her language and cultural autonomy in peaceful co-existence within the national framework. As protection for both cultures, the BNA Act made sure English and French Canadians would be entitled to government services in their own language. This was an unquestioned right. Therefore, hostilities shown by either side, and especially by segments of English Canada towards "having French shoved down our throats," are without grounds.

Before Confederation, Sir John A. Macdonald, Canada's first Prime Minister, said: "Treat them (Quebec) as a nation and they shall act as a free people generally do—generously. Treat them as a faction and they become factious."

The anti-French attitude of some Canadians, were it to proliferate, would create a factious Quebec. To avoid this, English Canadians must accept bilingualism in recognition of 27 per cent of Canada's population. History dictates that they do. BG

THE CLEANUP WOMAN



Onion Peels

by Steven Wilson

Humber's Band—best in the land. Needing to raise \$30,000 for a European tour, they approached the Student Union for financial assistance. The SU, unable to comply in monetary terms, set up a fund-raising committee to serve groups needing large amounts of money. Business representative, Mary Johnson, volunteered to chair the committee. . . .

National Student Day is coming. In accordance to a motion brought up at the 4th Annual Conference of the National Union of Students on May 16, 1976, the SU will hold seminars at Humber between November 1 and 9 to educate students on the socio-economic conditions which affect them most. The topics will include unemployment, the anti-inflation program, women in the labor movement, and the Ontario Student Assistance Program. Lectures will be held between 11:00 a.m. and 1:00 p.m. in the Lecture Theatre and the SU Lounge to coincide with students' lunch hours. . . .

The smokey poolroom is no more. Portable 3, last year's games room, is now the meeting and file room for the alumni, clubs and division unions. . . .

For the past few weeks now, Molly and the boys have been planning a trip to Ottawa. . . SU President Molly Pellecchia will be travelling to Ottawa to attend the College Canada Conferences taking place on November 13 to 17. The meetings will be attended by administrative and student union members from across Canada. The conference is free of charge. . . .

MARY HARTMAN MARY HARTMAN Department: The SU is planning on purchasing another Xerox copying machine to ease the load the present one is handling. The SU is planning on purchasing another Xerox copying machine to ease the load the present one is handling. . . .

Schmidt splits: Former SU pres., Ted Schmidt, as resigned as editor of the SU paper, . . .

Pandemonium. Claims a "straw that broke the camel's back" situation was responsible. . . .

On the screen this week in the lecture theatre are *Oh Lucky Man!* on Wednesday, and *The Rocky Horror Picture Show* on Friday. . . .

Max Webster is at the pub Thursday and Friday nights. . . .

Letter to the Editor:

Cars don't stop

Dear editor:

On Oct. 20, at 9:30 a.m., it came to my notice that cars were not stopping on the eastbound lane for the scholars disembarking from the bus. I waved my hand to stop the car but the driver continued on. When she had to brake for

those at the rear of the bus, I took her licence number: HWY 305.

Can anything be done to alleviate this hazard, such as installing a crosswalk?

Respectfully submitted and without prejudice,

Z.F.



Athletics and Recreation

TOTAL FITNESS

Life style should include activity calories

What are we talking about when we say you need 300 calories of physical activity a day in order to prevent physical deterioration? Three hundred above what?

We begin with the basal-metabolic rate. That's the energy required to maintain life: about 1,500 calories a day. You use this up, whether you do anything else or not, just to keep the body going: pumping the heart, breathing, digesting, maintaining body temperature.

Suppose you lead a sedentary life at the lowest level of activity. You get up at a late hour, eat a prepared breakfast, read the newspaper and watch television until lunch. Then you make yourself a sandwich and a glass of milk, eat a piece of fruit and take a nap. In midafternoon the mailman comes, and you read your mail. Then you watch the news until supper. You have a TV dinner in front of your set, then watch your favorite shows until bedtime. You sleep for 10 hours.

There are people in their forties who live like this. They get hypokinetic disease from inactivity. They're about 500 calories above the basal-metabolic level. But they still aren't doing any fitness-building activities.

Office workers who ride to their jobs, take an elevator to their floor and sit all day use

500 calories a day above their basal-metabolic level for these habits. They're deteriorating, for sure, because their heart rate doesn't increase, they lift no extra weight, they're not on their feet for two hours, they're not moving their joints through a complete range of motion, and they're not using an extra 300 calories of physical activity. But consider how close they are to good caloric balance: they use 2,300 calories doing next to nothing.

If they were to step up from 2,300 calories to 2,600 calories a day, they would cut the legs out from under creeping obesity—and they would have yet to exercise.

How do you add 300 activity calories a day without exercising? By a very slight modification in your life style. You

simply become a slightly more active person.

Activity calories come from movements that increase your pulse rate above 100 beats a minute. When you've been leading an otherwise sedentary life, any physical movement that increases your pulse beats above resting level steps up your metabolic rate.

Walking, lifting, carrying, climbing, sexual activity—any of these will do. Even making ordinary motions more vigorously than you ordinarily make them will burn activity calories.

The housewife who cares daily for a two-bedroom home burns her 300 activity calories easily; she's walking three to four miles in the process.

The following table will give you an indication of the number of calories per minute you would expend while doing the listed activities.

Activity	Calories Expended per Minute
Walking, 2 mph	2.8
Walking, 3.5 mph	4.8
Bicycling, 5.5 mph	3.2
Bicycling, rapidly	6.9
Running, 5.7 mph	12.0
Running, 7.0 mph	14.5
Running, 11.4 mph	21.7
Swimming (crawl), 2.2 mph	26.7
Swimming (breaststroke), 2.2 mph	30.8
Swimming (backstroke), 2.2 mph	33.3
Golf	5.0
Tennis	7.1
Table tennis	5.8
Dancing (fox trot)	5.2

Three hundred calories of exercise means walking three miles a day. This doesn't mean walking three miles continuously; it means walking them at various times during the day. Whether you jog a mile in eight minutes or walk it in 20 minutes, you consume the same number of calories. Shopping is walking; the person who does the shopping in your household could meet his or her daily requirement in the supermarket.

If you want to use your 300 calories up in one hour or less, you can play tennis, dig in the garden, chop wood and so forth. It's obvious that burning 300 calories in one bout of exercise is more arduous than most people have the patience or stamina for.

The alternative is to work the burning of these calories into the day. If you stretch, stand, lift and move briskly all during the day, you're almost surely burning your 300 calories.

When you awaken in the morning, enjoy the best yawn you've ever had. This is the moment when you have a natural impulse to stretch. Do it.

Think of the way a cat stretches, and take a cue. A cat hasn't been told that it's impolite to yawn and stretch; if we hadn't been put down all our lives, we'd be good yawners and stretchers, too. If you stretch your joints to their extreme length for as long as you feel the urge, you've taken care of your stretching exercises for the day.

When you take a shower or a bath, soap yourself vigorously; instead of wiping yourself dry gently, wipe briskly.

Any kind of polishing activity is good cardiovascular exercise. In addition to its sensuous pleasures, hard towel-drying of your body can get your heart rate up to 120. Polishing the skin, in addition, takes off the scaly layers. That's all dead tissue out there.

Here's the perfect illustration of a natural moment in the day to help yourself to fitness; you've done nothing artificial, yet you've worked your heart rate up for just the length of time you need. When you go to work or shop, take stairs instead of an elevator. If you take an escalator, walk up the moving stairs. The same for coming down. Walking down is a third as good as walking up, but it's still good exercise. It exercises a different set of muscles in the legs.

During the day, whether you're in an office or at home, follow these maxims:

- Don't lie down when you can sit.
- Don't sit when you can stand.
- Don't stand when you can move.

Stand up when you take all telephone calls. If you're in an office and you want to talk to someone in the same firm, walk down the hall to see him instead of calling him extension. Stand at his desk when you talk to him.

If there's a typewriter to be

carried, or a chair to be moved, welcome the opportunity. Women who are knowledgeable about fitness don't wait for men to help them. They use the opportunity themselves. That single task can be your overload for the day, even if it's only five seconds.

An overload—which means, simply, something greater than you're used to doing—should be about half as much as you can lift. There's no need to be precise about it; we don't want you lifting your maximum, and it's not necessary. We know from studies of perception of effort that a person can judge with uncanny accuracy as to his maximum capacities, and portions thereof.

For lunch, pick a restaurant some distance from your office, and walk to it. If you're running errands, park your car a distance from where you're going, or get off the subway or bus one stop early. If you give yourself a four-block walk to get there, the round trip is a mile. Again, it's the distance that counts, not the time you take to get there. If you walk fast or slowly, you get the same calorie burn. If you walk fast, however, you'll get your heart rate up to 120 and meet that requirement for the day. The more briskly you move, the more circulo-respiratory benefit you get.

When you return to work or to your home, treat yourself to some extravagant motions. Yank open the files or the kitchen cabinets. At a conference or a coffee klatch, jump to your feet to make a point, and pace about. Never hold yourself back—move with vigor.

At the end of the day, if you're a working person, walk briskly to your car or train or bus. When you get home, play for a few minutes with your children or your dog. Help with dinner. Set the table. Polish a pan. Fix something that has awaited your attention. Put a section of your library in order. Walk the dog.

In addition to creating opportunities for effort for yourself during the day, you should take advantage of moments of inactivity when you can relax. In traffic, for example, whether you're in your

own car or using public transportation, you can utilize the biofeedback principles you used to lower your resting pulse rate. Sink your weight into your seat. Let your feet grow heavy. Let your shoulders fall outward, your face grow slack. A few moments like this during the day will do wonders for your psyche.

I'm often approached by executives who complain that they get spots before their eyes whenever they get into emotional meetings where their budgets or decisions are challenged. I teach them to put their hands on their bellies and make certain the hands rise as they take a breath. Belly breathing is another good way to calm the system.

Exercise can be incorporated into daily life in ways you never suspected, doing the most mundane things. For example, when you wring out your washcloth after your shower or bathe make it an "overload" effort just by squeezing a little harder than you did the last time. An "overload", once again, is an effort just a fraction greater than you're used to exerting. That single action adds new strength to your wrists and arms. To make an exercise out of it, just wring and squeeze the washcloth until the exertion feels moderate; then hold that tension until the exertion feels heavy. That's it. You've exerted about 50 per cent of your maximum effort; you've held it long enough to produce a training effect if your muscles are weak, and to maintain strength if your muscles are strong. If you twist the washcloth to the opposite direction, you will exercise a new set of muscles. Once is enough. For a third exercise, grasp the cloth with both hands, and, holding it near your chest, tug as if pulling it apart until the exertion feels moderate, and hold it until the exertion feels heavy. A fourth exercise: Push the water from the washcloth by pressing your hands together, until the exertion feels moderate. Hold it until the exertion feels heavy.

This whole series takes about a minute. No special equipment, no counting. Your body has told you how much and how long, and you've exercised your hands, wrists,

arms, shoulders and chest exactly as much as you need to in order to become fit and remain so.

The idea that you need a special program to stay fit doesn't hold any more water than that washcloth will when you're done with it. The name of the game is frequent and regular activity that contains the five elements—twisting, standing, lifting, a brief burst of motion to get the heart rate up, and sufficient activity to burn 300 calories a day.

If sexual intercourse caused you to exercise all five elements to a sufficient degree, then sexual intercourse would be all you'd need to stay fit. Unfortunately, it seldom gives you all five, and while it increases the heart rate, the increase is emotionally induced, whereas the kind of heart workout you need should come exclusively from physical activity.

If you have a predisposition to be physically active, then you never need worry about doing a formal exercise.

If you meet all five requirements every day, you're comfortably preventing deterioration.

If you met them every other day, you'd be near the edge.

If you don't meet the requirements at all, you'll get below the irreducible minimum.

You have to evaluate where you are. If you had difficulty completing the pulse test, then you're below the minimum level. You're deteriorating. Your first job is to stop your deterioration, and work up to the minimum level.

You don't need an exercise program to bring this condition about. You need only alter your habits by a slight degree. You become a slightly more active person.

But if you want to move beyond that plateau, if you want a reserve of fitness, so that you don't get tired every day, so that you can meet challenges like changing a tire in the rain, or staying up all night with a sick baby, so that you can enjoy recreational opportunities, such as a long hike, then you'll want to begin your 30-minute-a-week program.

Next: When and how to exercise

SPORTS CALENDAR

SOCCER CHAMPIONSHIPS

FRI., NOV. 5 & SAT., NOV 6

LAMPORT STADIUM

HOCKEY

SAT., OCT. 30

NORTHERN COLLEGE

VS

HUMBER

7:45 P.M.

WESTWOOD ARENA

Igor dazzles again

by Chris Silman

Hot flashes and light-headedness do not always indicate love, according to Master Chef, Igor Sokur. They could indicate an overdose of monosodium glutamate.

Mr. Sokur, on the second evening of Masterpieces of International Cuisine at the Blue Flame Room in Toronto, explained that a little monosodium glutamate used in cooking is harmless and "tickles the taste buds," making the sense of taste more acute. He recommended its use with fiddleheads, a green fern from New Brunswick, to bring out their flavor. They should be cooked with sweet butter, garlic salt, onions and bacon.

October 12 was Canadian night, but most of the audience had never tried the dishes, such as Ontario grape pie, prepared by Mr. Sokur. The pie can be made only with Ontario grapes, because of their high acid content.

Mr. Sokur surprised the audience when he said turkeys, chickens, ducks, and other poultry should be cooked breast-side down. Roasting upside down allows the fat from the bottom of the bird to run through, making it moist. This

was demonstrated when Mr. Sokur prepared Brome Lake Duckling with pear stuffing and cherry sauce.

Mr. Sokur advised the audience to keep trying a recipe until it is perfect. He had to demonstrate carving a duckling twice, on the same bird, as some people missed it the first time. He had his assistant, Fred Locinero, a second-year Hotel and Restaurant Management student, throw out a batch of squash fritters which did not contain enough flour, and begin again. The second set was delicious. Several people from the audience were invited to taste them and agreed on their quality. Phyllis Formost of Toronto thought they were "fantastic."

Nova Scotia smoked salmon, cantalope and blueberry salad, and Winnipeg goldeye in Canadian sherry were the other little-known dishes Mr. Sokur prepared for the audience.

At the end of the evening, Steve

Thomas, director of special funding, explained some changes in the weekly raffles. Each week new ticket stubs will be added to the ones from previous nights and the draw will be held from this combination. Each person has five chances to win the trip to Brussels at the end of the series unless he has won a prize previously. In that case, he would only have three or four chances, depending on how many prizes he had already won.

Each evening the food prepared by Mr. Sokur is raffled, along with other prizes such as dinners for two, wine, cheese, and floral arrangements which are all donated.

Mr. Sokur explained that sometimes mistakes do occur when recipes are printed, as in his grape pie recipe which called for one-half cup of salt, instead of one-half teaspoon. He recalled a recipe which appeared in a cooking manual which called for 48 ounces of sherry when it should have said one-half cup.



Try a little monosodium glutamate! Igor Sokur, master chef, recommends the spice for cooking. "It tickles the taste buds," he says.

Pipe wakes early to feed 12,000

by Dallas Hodder and Denise Packer

It's only seven o'clock in the morning and already Krstyna Brijnak is up to her elbows in batter as she scoops together and mixes a conglomeration of bread crumbs, raisins and dozens of eggs, soon to be transformed into 2,000 delicious bran muffins.

Just around the corner, Doug Bando, head chef, slowly cooks up 400 pounds of succulent meat.

A walk around the kitchen finds staff preparing other treats such as: 30 dozen bagels 27 kaisers, 7,000 sandwiches, 70 salad plates and 30 dozen donuts all done by hand!

Despite the rush to get all the food laid out by 7:30 a.m., cheerful voices can be heard singing throughout the kitchen. The Pipe is now prepared to feed 12,000 students at all Humber campuses. The food is delivered by Bernie Reynolds in a hot and cold storage truck by 8:30 a.m.

Dave Davis, head of Food Services, said supplies are bought directly from wholesalers around Toronto including Canada Packers, Whitefield Packers, E.D. Smith and National Grocers. Mr. Davis said food is bought from companies offering the best prices and is stored in freezers. Buying food directly saves The Pipe 10 to 11 per cent of the cost.

Mr. Davis and Doug Bando make up the weekly menus. Mr. Davis said the only complaint from students is the repetitious menu. Students have come to them before with suggestions for meals but they ended up just being wasted because nobody ate them. The meals served in the Pipe now are chosen because they're best liked by the people who eat there. Mr. Davis said it's hard to feed 12,000 students and please everyone.

Humber College is one of the last schools to offer this type of cafeteria operation. Mr. Davis said one of the reasons this operation is successful is "because everyone works as a family". Mr. Davis and supervisors also work in the kitchen, and staff jobs are rotated every four months to break the monotony. Absenteeism is almost nil. Mr. Davis said it is a rewarding job for the staff as they have a chance to move up. Nobody is hired over staff from outside. If there is an opening and a staff member is qualified, he or she will get the job.

Two people do nothing all day except clean the kitchen, since a health inspector comes in once a

month. The Borough of Etobicoke has the tightest health inspection in Canada.

The Pipe also has 15 students on staff. Jennifer Smid, 1st year Legal Secretary course, has worked here over a year. She doesn't find the combination of school and work tiring. In fact, she said "it wakes me up in the morning." Dave Smith, 1st year Business Administration, earns extra money washing dishes.

The vending machines around the college are also run by Food Services. Mr. Davis said thousands of dollars worth of damage is done to these machines and about \$5000 worth of silverware is stolen each year. But he said students are only hurting themselves as Food Services only have to increase the prices to pay for damages.

Mr. Davis said food is still one of the best bargains you can buy, and the only real expense is labor. The cafeteria has no financial difficulties and shows a good profit. "This is one of the best operations of its kind and I hope it lasts," he said. After all you can still buy a good cup of coffee for 20 cents.

Counsellors visit college

by Robyn Foley

Eight hundred secondary school guidance counsellors will home-in on Humber College.

As part of the 10th anniversary celebration, the Ontario Secondary School Counsellors Association has been invited to spend an evening at Humber College on November 11.

"The meeting is a way of marketing Humber College provincially," said David Grossman, director of public relations for the college. "It will bring guidance counsellors to see the college firsthand and provide them with information."

The public relations office has arranged a tour, fashion show and concert by Humber students in an attempt to familiarize the guidance counsellors with the college.

Dennis Starkey, guidance counsellor at Woodland Secondary School who is assisting in the co-ordination of the conference, said it will be both a social and orientation evening.

The conference is an annual workshop seminar for guidance counsellors throughout Ontario

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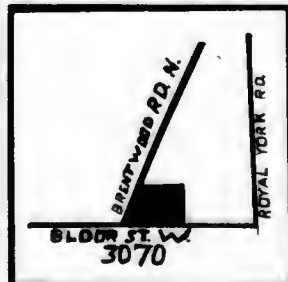
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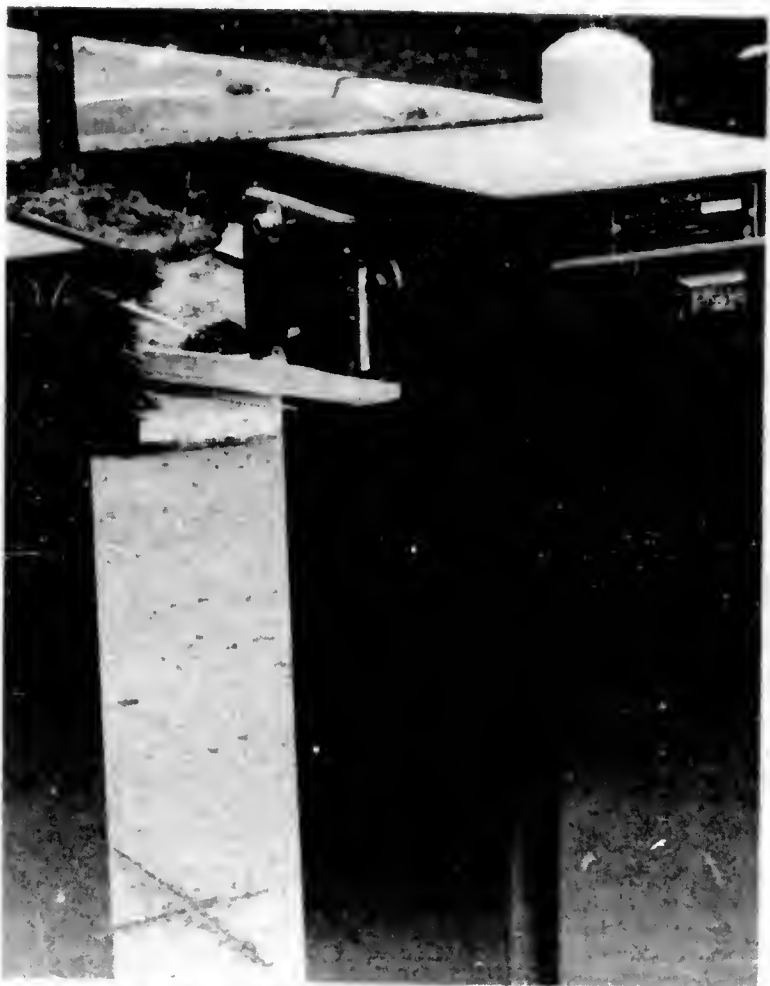
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Damage to Humber's pay-parking gates have cost the college \$500 so far. Are students trying to say something?

Parking gate crashers

Twenty wooden gates in Humber's parking lots have been broken so far this year, costing the college \$500 to replace.

"It's willful damage, done by hand," says Ted Millard, chief of security.

In addition to the gates, one of the pay parking counters at the Lakeshore Two campus has been smashed and a stop sign at the

North Campus has been uprooted.

Snow removal is another problem in the parking lots. A snow plowing and removing contract has been awarded to Jedan Contracting and Excavating Ltd. of Woodbridge. The company will

battle this winter's snow and attempt to have the parking spaces cleared of classes by 7:30 each morning.

Play computer games

by Steve Pearlstein

While most students and faculty at Humber put in 14 or 15 long weeks during a semester, some third-year business students can sit back and play games with a computer.

The students, under the direction of Gary Bannister—co-ordinator of management studies—play a business decision game called Intop. The game is part of the evaluation of the policy course and is spread over two semesters.

Mr. Bannister, who introduced Intop as major part of the third-year business program, borrowed the game from a friend at McMaster University and explains: "Intop realistically simulates the decision-making faced by top management in today's large corporations. It is probably the most advanced simulation currently available."

For example, a group of students has to decide how much money to spend on marketing a product or several products, what the quantity of producing must be or how much money it might re-invest in the business.

The full capabilities of Humber's computer are required to process the program for Intop and 14,000 cards are needed to load it into the system. The game divides students into groups of four which then become companies. It is designed to help students taking policy courses in three major areas, according to Mr. Bannister.

"Firstly, it sets up a framework for effective decision-making, and that is why it is a policy game. Secondly, it allows students the opportunity to develop personnel skills so that their management of people is improved in both co-operative and competitive situations. Thirdly, it provides ex-

perience in the functional areas of business—inventory management, financial planning, marketing and production management."

Although fifth semester business students don't begin to play the game until just before Christmas, the computer program for Intop is undergoing final changes in preparation for its first quarter decisions. Mr. Bannister thinks the students like the game and welcome it as a change from standard lectures. "They have a hell of a time," he says.

As opposed to giving class lectures, Mr. Bannister feels it is nice to delegate responsibility to other people.

"It takes a certain load off you but on the other hand puts another heavy burden on you. When I wasn't a co-ordinator running the game, I used to have to get breaks in my timetable in order to be the administrator. When I played the game as a student, there were four professors running it."

Comparing Intop to other business games such as the Executive Game, which is played at Ryerson, Mr. Bannister thinks our game is superior. He says Intop's computer program ensures that there are enough operating variables and alternatives to make

sure it is impossible for students to take advantage of all the opportunities that arise or to cope with all the problems.

As an example, the teams can change the game at any time by conducting simulated transactions between companies. A team can be just a marketer, just a producer, just a wholesaler or a combination of the three.

"In short, the game can never settle down to a routine."

Whereas there are usually about 300 full-time students in the business administration program, the graduating class ends up having only 20 to 30. Therefore, "only la crème de la crème" get to play the Intop game, according to Mr. Bannister.

"No sense having a sophisticated game for unsophisticated people," he says. Mr. Bannister has allowed people from other business administration programs into Intop because he likes to try and accommodate people. But he has found that those who do not have a strong accounting background, don't know what to do with the numbers in the decision policies: "They try to play the game based on their personalities and that's when they fall flat on their faces."

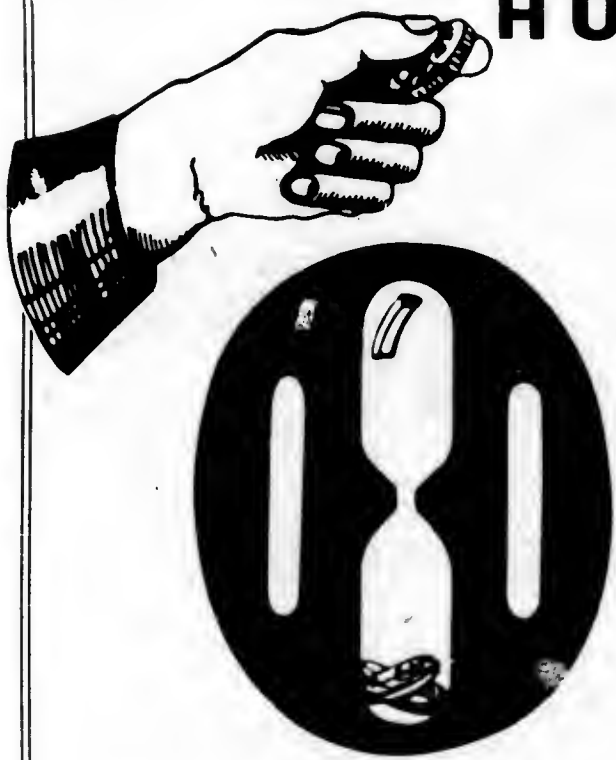
Horses get rub

Horses at the Royal Winter Fair can look forward to a rub down by some competent horsemanship students, again this year.

Second year horsemanship students will have the opportunity to work at the Royal in November. Students will muck out stalls, clean tack, groom and cool out horses, fulfilling a practical part of their program.

Forty-six second-year students will go this year. In the past, first year students could also take advantage of this placement.

This year there are too many second year students compared with past years. "It's getting to the point where we've got a few too many students down there," says Liz Ashton, program co-ordinator.



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Tom Norton, principal of the Lakeshore because it's catering to people who've Campuses, says Lakeshore 1 is different worked before. (Photo by Carl Ferencz)

Different approach at Lakeshore

by Bob Lee

Tom Norton, principal of the Lakeshore campuses of Humber may be isolated from the heart of the college, the North Campus, but the concepts he plans and administers certainly make things happen.

Mr. Norton, aged 33, is "different" because Lakeshore is not a campus that caters to the typical high-school graduate as in the North Campus population.

The people Mr. Norton deals with are people, who after a stint or two in the working world, have decided to come back and add to their education or pick-up the schooling that previous circumstances prevented them from getting.

There's a different approach — a different attitude — at Lakeshore. It's a "let's get down to it" philosophy spoken by students who really don't have a lot of time.

"The adults pose few of the behavioral problems faced by administrators in other campuses. There is a more mature outlook in the school," says Mr. Norton.

But Mr. Norton was quick to point out that those same adults don't lack problems. Their problems are just different.

"We're not faced with attendance worries — it's more of a timetabling hassle. A lot of students at Lakeshore have family and other commitments. For instance, we're faced with mothers who can't attend classes at noon because they have to get home to serve lunch to their children."

Mr. Norton began his career at Humber, as supervisor of night school, and he has steadily moved up the educational ladder.

"The future of Lakeshore is incredible," he says. "The key is that we stress individualized learning."

"I taught at the University of Toronto for three summers. The students had no interest. I thought, it this is teaching and learning, then I want no part of it."

Apparently the individualized approach suits Mr. Norton better.

"This is what I want to do. This is rewarding. There's a feeling of accomplishment connected with the work we do at this campus. The people who come to Lakeshore to learn aren't in a rut."

"Besides, the difference between a rut and a grave is only the depth."

Humber team ready for finals

by Bruce W. Cole

The Humber College tennis team was in championship form at the South Division College finals and came away with the team and overall ladies' team crowns.

Out of the 10 players sent to the regionals by Humber, six qualified for the Ontario College championship at Turtle Creek later in October.

The players representing

Humber at the Ontario championship are Andy Lamch and Al Ponomarew, the winners of the men's doubles; Pat Mitchell and Julie Maggiacomo, who finished one-two in the ladies' singles event; and second place finishers Karen Lacombe and Sue Olson in the ladies' doubles events.

According to assistant athletic director Peter Mayberry, the team stands a good chance at the Ontario finals.

No weight-watchers at this show

by Jean Topilko

Visions of luscious fruits, exotic seafoods and thirst quenching brews were created by prose, poetry and song in this year's first theatre production, Food, Food, Glorious Food.

Over 250 students and faculty members took advantage of five lunch-hour shows, while other theatre buffs attended one of two evening shows.

With eat, drink and be merry a major theme, audience participation was encouraged through sing-a-longs. Induced by the guitar strummings of Frederick Williamson and appeals to sing-a-long

by Benito Caporiccio, both second-year students, all but the most inhibited members of the audience joined in.

Sharon Pummell, a first-year student, aroused more than appetites with seductive dialogue that made anything from a fig-newton to a cantaloupe sexually enticing.

Other aspects of the effect of food on our life-styles were explored. Several scenes were devoted to man's evolution from a hunter to a supermarket stroller. Meal-time was shown as an opportunity used by family and friends to socialize.



Lorraine Dymarski, is an athletic young woman. program. She enjoys skiing, squash, and music. Aged 18, she is a first-year student in the Marketing by Marc Werb

Two graphic students get CFGM commendations

Two second-year Humber graphic students were commended by radio station CFGM in a letter recently sent to Graphic Arts Co-ordinator David Chesterton.

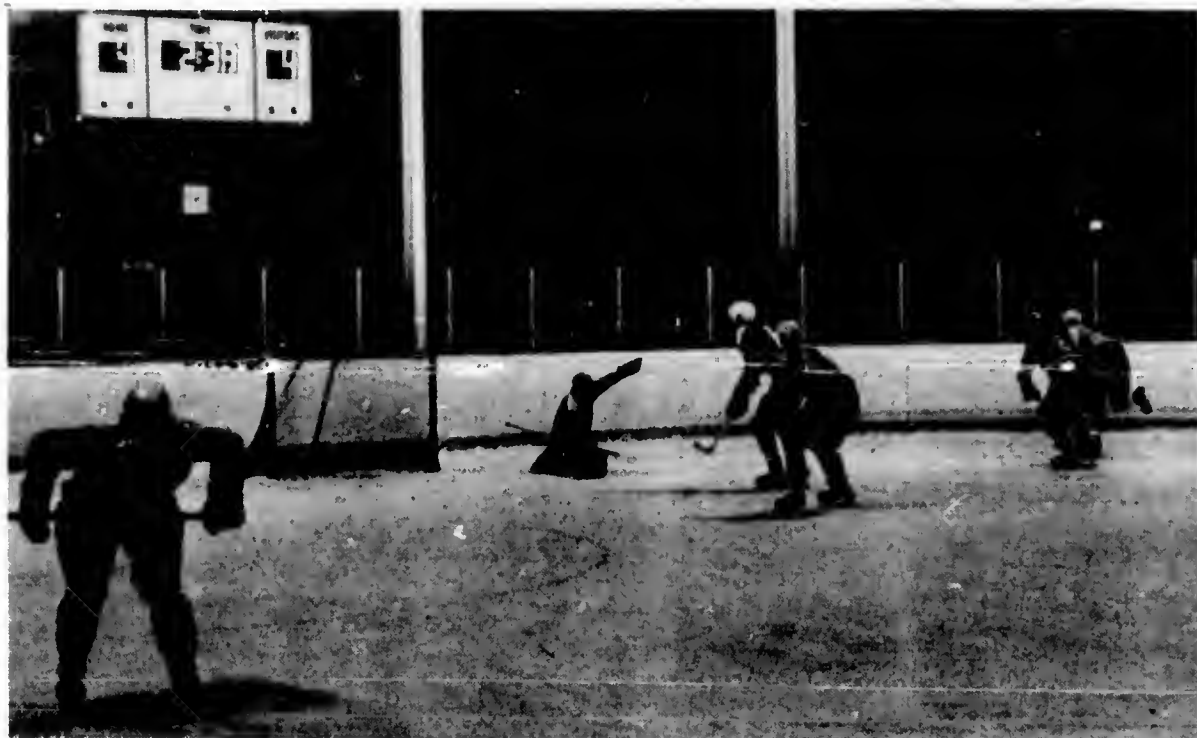
The students, Susan Boudreau and Pam Whitlock, were praised for a job well done on a banner for

CFGM's Opry North Show. In the letter, Joe Lefresne, talent co-ordinator for CFGM Opry North said, "The banner suits our purposes beautifully. It is most professional in its appearance and its our sincere pleasure to have dealt with you with such interesting creative

results." The Opry North Show opened to an audience of 1000 at the Minkler Auditorium at Seneca College Campus, Sunday, Oct. 10. It was heard on CFGM from 7:00 to 9:00 pm. Four Canadian acts were presented, all under the banner made by the two Humber students.



Hawks blow 4 goal lead, tie 4-4



Humber on the attack: Fanshawe goalie Dave Walker makes the save on a shot from Hawk's defenseman Rick Crumpton in the final minutes of the game. The score on the clock indicates the final outcome of the game. (Photo by Bill Scriven)

by Bill Scriven
The Humber College varsity hockey team came out flying in the first period of their exhibition game against the Fanshawe Falcons on October 16th at Westwood Arena.

But they collapsed in the remaining two periods.

The score of the first exhibition game for the Hawks this season was Humber four, Fanshawe four.

"We had the Falcons down 4-0 at the end of the first period," head coach John Fulton explained. "We then ran into a bunch of bad penalties, and the boys mentally stopped playing the game."

The turning point in the game Hawks should have won, came near the end of the first period. Centre Ron Smith, who scored the third Hawks goal, mixed it up with Fanshawe's John Loughlean. Smith was the definite winner of the one-sided bout, but for his victory, referee David Burton sent him to the showers early with an automatic game misconduct. The line of Smith, Charlie McCallion and Bobby Heisler had been playing well up until the ejection of Smith.

Other Hawk tallies went to Rob Thomas, who scored two goals and assisted on another. The rookie defenseman, recently converted from the forward position, played a strong game. He moved the puck well from his own zone, and he also laid out some solid bodychecks. Thomas was tossed out of the game at the beginning of the third period for being the aggressor in a fight with the Falcon's Bill Corbett. The other Hawk tally went to Gary Cooper on a breakaway set up by Doug Morrice. The Hawks were short-handed at the time.

Fanshawe came out with new found strength in the second and third periods. Randy Ross scored early in the second on a power play effort. Midway through the second frame, the Falcons replaced veteran goalie Chris Whiteside with rookie Dave Walker. Walker played a brilliant game, making several key saves.

In the third period, dominated by the Falcons, Pete Jones scored twice, then John Loughlean added the tying goal with less than 12 minutes left in the game. Both

teams were throwing their weight around throughout the entire game, especially in the final period.

"The key to this game was getting to the loose pucks," according to Falcons head coach Kelly Mancari. "I feel we owned the puck in the final two periods. Hawks



Assistant coach Peter Mayberry goalie, Dan DiFlorio, played a helluva game."

According to coach Mancari, his club consisted entirely of rookies. Six of their returning players were in Boston on a field trip at the time of the contest.

"Considering the fact we were missing several veterans, I'm quite pleased with the boys' effort," beamed coach Mancari.

A solemn Hawks coach figured the game was not lost on the ice, but in his players' attitudes.

"Several players out there tonight did not give 100 per cent effort, and this does not win hockey games," coach Fulton explained. "I'm hoping things turn around in the near future."

HAWKS 4, FANSHAWE 4

SUMMARY

FIRST PERIOD

1 Humber, Thomas 1 (unassisted), 2:30
2 Humber, Thomas 2 (Crumpton, Lutka), 8:17
3 Humber, Smith 1 (Thomas), 11:20
4 Humber, Cooper 1 (Morrice), 14:51

Penalties—Degazio, F., 4:18; Tubby, H., 8:18; Morrice, H., 10:08; Hason, H., 13:27; Smith, H. (minor, major, misconduct), Loughlean, F., 16:38; Labelle, H., 19:15

SECOND PERIOD

5 Fanshawe, Ross 1 (Loughlean), 2:35
Penalties—Morrice, H., 2:52; Cescon, F., 13:30; Lutka, H., 17:28; Corbett, F., 19:22

THIRD PERIOD

6 Fanshawe, Jones 1 (Rosenburg, Forslund), 3:24
7 Fanshawe, Loughlean 1 (Shaw), 6:27
8 Fanshawe, Jones 2 (Ross), 8:06
Penalties—Thomas, H. (minor, major, misconduct), Corbett, F. (double minor), 1:43; Degazio, F., 11:25; Sleet, F., 18:26
Goalies—Humber, DiFlorio; Fanshawe, Whiteside, Walker

Golfers shine on 18th hole

by Carl Ferenc

Humber College Hawks were sparked by a pair of two-under-par eagles by Ralph Markiewitz and Lloyd Walton on the final hole to win the team title in the Ontario Colleges Athletic golf championship in Trenton on the Thanksgiving weekend.

Humber's four-man, two-day total of 632 strokes was one better than Mohawk's 633. Niagara College finished in third spot with a score of 634.

Humber coach Eric Munding was ecstatic about the team's victory. He was especially pleased with the dramatic manner in which the foursome captured the title. "We worked out a strategy but we didn't want to press too hard."

But press they did. Both Markiewitz and Walton sank their eagle putts on the 18th hole after reaching the green in two shots. The final hole was a 462-yard par five.

The Hawks have won the tournament three times in the four years that they have fielded a team. The only time they lost was in 1975 when Niagara College took the title at the Whirlpool Golf Club in Niagara Falls.

The individual star of the tournament was Peter Hilbert of Lambton College who shot a 75-72 for a two day total of 147. Humber's Lloyd Walton was second with a 75-74 total of 149. Ralph Markiewitz was tied with

Steve Somerville of Niagara College with a pair of 150's. Mr. Markiewitz put together rounds of 77 and 73 while Mr. Somerville shot 78 and 72.

Centennial College placed sixth with a 649 score. Seneca placed 15th in a field of 21 colleges entered.

Mohawk led after the first day with a total of 315, followed by

Centennial with 318 and Kingston with 320. Humber was in fourth spot with 322, followed closely by Niagara with 324. Humber shot a vastly improved 310 the second day of competition.

Said Team Captain Ralph Markiewitz: "We would like to thank and congratulate our coach on leading his team to three provincial championships."

Basketball returns to Humber Nov. 3

by Tom Kehoe

Lay-ups, tip-ins, foul shots and full court presses will all be back at Humber College this year when play begins in the York Industrial Basketball League on November 3.

Jack Buchanon, who coached Durham College's basketball team in 1967, will coach Humber's team this year. He said he had no indication how the team will fare when the season starts because there have been only three practices to date. However, he said there is abundant enthusiasm. The main attribute of the team is speed, but it lacks height.

There have been 20 players out to practices and Mr. Buchanon will choose 12 starters from this flock of hopefuls.

Humber dropped out of OCAA basketball in 1974 because of poor playing facilities, a shortage of funds and lack of interest. Mr. Thomas and Peter Mayberry, assistant Athletic co-ordinator, said entry in the industrial league will hopefully bring Humber back to OCAA basketball. The season will consist of 16 to 18 games played at York Memorial Arena and George Harvey Arena in the borough of York.

Mr. Buchanon sees no reason why this cannot be a successful venture. He feels there is a large enough core of people at Humber to stock teams over the next few years.

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Humber Bubble bursts

by Steven Wilson

Humber College's Bubble, the athletic building for the North Campus, has been deflated for structural repairs.

Michael Hatton, Athletics Co-ordinator for the Centre for Continuous Learning, explained that nearly 200 tennis players have been affected by the closing of the Bubble, along with numerous other CCL students.

"I would hope it will be up by Tuesday night," Mr. Hatton said, but that will depend on the extent of the damage. The cracked concrete support will have to be reset with concrete and given a chance to dry before it can be inflated again.

The deflation took place on Oct. 21 about 3:00 a.m.

The Bubble had to be deflated once before, about three years ago, also to repair structural damage.



Pop goes the Bubble: Humber's deflatable gymnasium had its air let out Hatton, athletics co-ordinator for the Centre for Continuous Learning last Thursday. Structural repairs will have to be made, and Michael says it should be up by this week. (Photo by Steve Wilson)

Election candidates now require 50 signatures

by Steven Wilson

Fifty signatures are now required to nominate anyone for the candidacy of President or Vice-President of the Student Union.

The increase from last year's 40 signatures is the direct result of Humber College's expanding student population, according to SU President Molly Pellecchia.

Also required are 30 signatures from any candidate running for a division representative, an increase of 10 over last year.

"Hell, I got 50 signatures easily when I ran for President last year," Ms. Pellecchia said. She feels anyone running for a position on council probably has at least 50 friends in their division.

The amendments to the by-laws of the SU's Constitution were approved at the SU's October 4 meeting. The old constitution was drafted in 1969 and she feels it is slightly outdated.

After last April's SU election, all eight of the division representatives now on council were elected by acclamation. They include Rick Aikins, Ian Hypolite, Mary Johnson, and Sam Iannaci from Business; Dale Swears and Gwendolyn Bourdon from Health Sciences; Lesley Rodenhiser from Creative Arts; and Ivan Steele from Technology.

No students ran for office from the Applied Arts and Human Studies divisions.

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THE GLORIOUS BEER OF COPENHAGEN

Rock'n Roll albums

by Paul Malon
In these troubled times of the "Disco Duck" and Kiss, the new album from Ry Cooder, *Chicken Skin Music* (Warner Brothers), is like a flask of brandy on a cold winter's night... heady and welcome.

Spring fever catches

"Epic Records cashes in on Springsteen fever: releases Southside Johnny LP"

I guess the trade papers could run a headline like that about this album, but I don't think they would be completely justified.

This Ashbury Park bar band is too good to be slammed as just a rock group riding from Bruce Springsteen's home town and being old friends of the rock 'n' roller. While Springsteen writes and performs songs based on the rock and soul of the early 60s, this band plays the rhythm-and-blues numbers from that era. Ray Charles, Solomon Burke, Junior Walker, Sam & Dave, Booker T, and the MGs all are represented by a track on the record. Producer Miami Steve Van Zandt, guitarist in Springsteen's Street Band, contributes a few of his R&B-flavored originals, as does Springsteen. It adds up for a good, solid album, one with only two throwaways — "It Ain't the Meat (It's the Motion)", which can't touch Maria Muldaur's version, and Springsteen's "You Mean So Much to Me", which features Ronnie Spector's warbling vocals.

The other eight tracks capture the rowdy spirit and energy of first-class R&B and vintage rock 'n' roll — something that can't be said of most of today's rock.

School Days

I never really liked jazz-rock until I was exposed in the last while to some Herbie Hancock, Billy Cobham, and this LP. So, while no expert in the hybrid style, I can report that Stanley Clarke's *School Days* is my favorite album to arrive in the mailbox since the summer. This is Clarke's third solo album since leaving Chick Corea's group Return to Forever, and it's a joy. His involving bass and piano improvisations mesh perfectly with explorations on David Scaios' keyboards and Raymond Gomez's guitar. John McLaughlin and Billy Cobham put in an appearance. And under all that jazz, Milt Holland and Steve Gadd provide a hot, funky beat. All rather nice.

Serious acts were kept to a minimum, but those included were effective. A spine-chilling monologue on the power of hunger illustrated our dependence on food for survival.

A highlight of the performance was a monologue delivered by Peggy Coffey, a first-year student. With tremendous emotional impact, she relayed an eye-witness account of the slaughter of a calf.

In January, the show will tour Toronto through neighbourhood learning centres before moving to Ottawa, Kingston and possibly Montreal.

Cooder, who's mandolin and bottleneck slide guitar work on albums ranging from the Stones to the Doobies popularized the instruments, has assembled a veritable menagerie of musical styles on this, his fifth solo LP. Hawaiian gospel, Bolero, dance blues, "Tex-Mex", Louisiana French accordion music, and pop from the minstrel and medicine shows of the turn of the century have all found their way onto the LP.

Cooder picked up his technique by paying old bluesmen to show him their secrets. On this album, he is ably assisted by artists of the calibre of Jim Keltner, Milt Holland and Red Callender.

Lawrence Welk's munged up imitations of Hawaiian music have given me a violent prejudice against the island's music, so I can't really appreciate the two pieces of Hawaiian gospel on the record. But the other seven tunes are outstanding. *Chicken Skin Music* is one of the most eclectic and musically rich albums of the recent crop. If you've never bought any of his LP's, this is as good an introduction as any of the other albums.

Pub goes bluegrass

by Avrom Pozen

The Horseshoe Tavern, suffering from a lack of new patrons with their age-old policy of country-and-western music, changed their stand over the summer to include more bluegrass, and provide some competition for the El Mocambo Tavern.

Last week was split between two groups of musicians. For the week end there was Prairie Oyster, who play bluegrass, while the Original Sloth Band entertained for the first half of the week with songs from the Twenties, Thirties and Forties.

The Original Sloth Band is usually a trio: Ken Whitely on dobro, guitar, kazoo, five-string banjo, tenor banjo, mandolin, and plastic jug; Chris Whitely on guitar, trumpet, harmonica and washboard; Dr. Tom Evans on violin, clarinet, ukelele, and mandolin. Dr. Evans is an optometrist when he isn't playing with the Sloth Band.

Added for the three-day stand, were Bill Usher on drums and Mike Gardner on double bass.

One Sloth Band follower explained about the plastic jug: "It's cumbersome if you have to use a ceramic jug, since you have to keep it under your coat to play it. Besides, a plastic jug is easier to get."

The songs ranged from Duke Ellington's *Buy Yourself a New Broom* and *Sweep Those Blues Away* to Fats Waller's *Honeysuckle Rose*, including songs from the Jimmy Dorsey Band and Harry Warren.

The band held mini-conferences after each song to determine the next number on the program.

Sound problems seem to abound at the Horseshoe, and it was no surprise to find it crop up again. Microphone balances were off during the first set, and were rectified after another set of woe.

The quintet played their own arrangements, catering to the 70 people in attendance using chatter, song, and at the same time, transmitting a sense of well-being after the sound problems were solved.



Just jive'n away! - These students are really swinging it, barefoot and all.

Ronstadt going strong

After Linda Ronstadt's commercially and artistically successful *Heart Like a Wheel* album, and the two singles pulled from it — "When Will I Be Loved" and "You're No Good" — some predicted she would go into a slump. The reasoning was that followup lps are rarely as good as their predecessors. But *Prisoner in Disguise* surprised the pundits. *Hasten Down the Wind* makes it a hat trick.

Songs for the most part are in the "lost love" vein by Willie Nelson, Tracy Nelson, Ry Cooder, Buddy Holly (the current single "That'll Be the Day"), John & Joanna Hall (the writers for Orleans), Ronstadt and Andrew Gold, plus others, in styles ranging from rock 'n' roll to Mexican Ballad to C&W swing to a cappella reggae gospel that make this LP a neat trip through the spectrum of pop.

Ronstadt's voice has never been better, and her band performs superbly. Deftly recorded and produced, *Hasten Down the Wind* is mostly slow, sad and beautiful.

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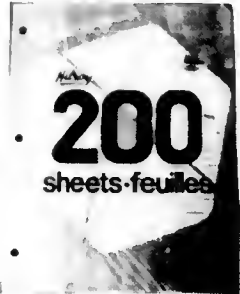
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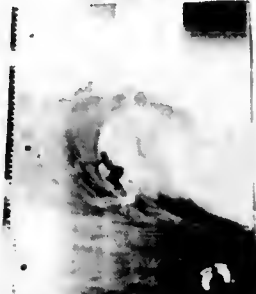
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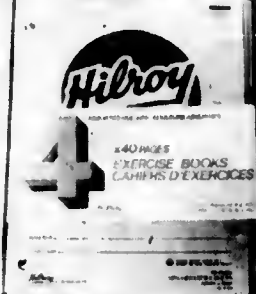
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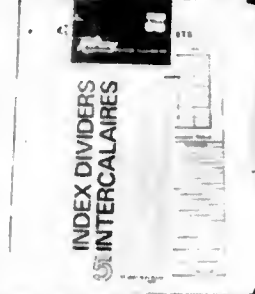
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