

COVEN

Vol. 6, No. 17
Sept. 27, 1976

Humber College of Applied Arts & Technology

CLC protest: Humber union votes Oct. 5



NEW FAD?

Sociologists say the students of the 'seventies don't care for pranks perpetrated by their predecessors in the 'fifties — such as gold-fish swallowing and

cramping telephone booths. If so, why are these four Humber students cramming into one locker? See story Lockers, page 2. (Photo by Steve Pearlstein)

Hockey Hawks

Winging their way to Europe

by Carl Ferencz

The only way Humber Hawks will wing their way to Europe in December is if they can find some money to wrap their talons around.

Rick Bendera, co-ordinator of athletics, is organizing a tournament involving a number of professional league teams from Switzerland. The Swiss teams are comparable in national stature to NHL and WHA teams — although they are, of course, not comparable in terms of ability. Many of the players average a salary of between \$30,000 and \$40,000 during their three-month schedule.

The Swiss have agreed to pay all hotel and travelling expenses for the Hawks during their stay in Switzerland; but the cost of flying the Atlantic must be paid by the players and accompanying staff, since no Student Union money has been provided. Humber students can expect some type of fund-raising program to be initiated by the Athletics Department.

Mr. Bendera is organizing this

CORRECTION

It was incorrectly reported in last week's Coven that a breakdown in the Humber College computer was the cause of the delay in student grants and loans. It was, in fact, a malfunction in the Ministry's computer.

Coven apologizes for any inconvenience the error may have caused.

tournament with Alex Hager, a Swissair pilot who doubles as a hockey organizer. They have set up games against teams from Arosa, Zug, Uzwil, Kloten and Davos. Games against teams in Lucerne and Villar are a possibility. Two of these cities are located near St. Moritz, a famous Swiss resort town.

Two years ago, Humber played professional teams in Europe, and they returned with a record of three wins and a tie.

Classroom shortage causes gallery closing

by Judi Chambers

Budget cuts and the shortage of classroom space has forced the college to shut down the Mc-Guire Gallery.

"It was financially impossible to keep it going," said Mollie McMurrich, co-ordinator for Fine Arts. "You can't run a gallery unless you have a full-time director. We had no security, so we couldn't leave it open on the weekends and that's death for any gallery. There was no staff and most of the instructors were too busy to volunteer time to help."

"I think everyone in my course is upset about it," said Hall Train, a second-year Graphic Arts student. "We feel there should be sort of replacement."

According to Jack Ross, dean of

This time it may not be such a holiday because the Swiss are developing a rougher style of hockey. The Czechoslovakians and the Soviets are not the only hockey teams to learn from the Canadian style.

A number of teams from Canadian universities are also going to Europe this year, and a team from Sheridan College is going to Austria. Their tournament is also being organized by Mr. Bendera.

Creative and Communication Arts, the decision to close the gallery was the result of other factors.

"It wasn't a financial problem," he said. "We needed the space for photography students."

Mr. Ross explained the studios belonging to the photography course were being converted into television studios.

"We had to find another two-storey room for the photography students, and the Mc-Guire Gallery was the only room available," he said.

"Unfortunately, the concept of a college art gallery is a dead issue until we have space available. It's too bad we had to close it, because the gallery was just beginning to catch on. We were getting a lot of response to our shows."

by Brenda McCaffery

Whatever happens to the rest of the country on October 14, when the Canadian Labor Congress holds its so-called Day of Protest, there are already indications that there will be at least some life at Humber College.

Both the faculty union and the support staff of the college have the option to honor the protest. Both locals will vote October 5 to decide whether they will take part.

"Whatever Humber's faculty does it will remain responsible to the students. I doubt that doors will be locked with picket lines at the front entrance of the college," Peter Churchill, president of Local 562 of the Ontario Public Service Employees Union, faculty said.

But the support staff, local 563 of OPSEU, are taking a firmer stand on the issue of wage and price controls. Said Ruth Edge, president of the local: "I feel very strongly about October 14. We're not angry at Humber administration. We are protesting against the Anti-Inflation Board — regardless of the fact we do not belong to the CLC."

If the Toronto West district of OPSEU votes to honor the protest, Ms Edge says a picket line will be set up.

"If the vote is yes to the protest, the support staff will not provide any essential services on that day."

In Ottawa, August 12, Canadian Labor Congress executive president Joe Morris named October 14 as a "national day of protest" against the federal government's anti-inflation program. The date was selected because it is the first-year anniversary of the restraints program.

With about 2.3 million union workers connected with the CLC, Mr. Morris called on university students, workers, farmers and pensioners to participate along with union members.

Mr. Churchill will not commit himself "until I've had time to hear the arguments that the union executive wishes to make. Until I've had time to talk about it more with membership, I'm strongly ambivalent."

The faculty union's executive has held Wednesday evening meetings to discuss the question of participation in the action called for by Mr. Morris.

President Gordon Wragg doesn't anticipate problems with the unions on October 14. "We're assuming that Humber's employees are more interested in the welfare of its students than a way of protesting."

On the other hand "if the teachers decide to walk out, we're dead. We can't operate without them," Mr. Wragg said. "We could get along without the support staff for one day however, if they decide to go out."

Affirmatively Mr. Wragg said, "The government's position has always been — no work — no pay."

"This protest seems more labor leaders' cause than rank-and-file's concern," Mr. Wragg continued. "They feel threatened because they are no longer in a position to bargain for higher pay."

Humber's support staff recently rejected by a vote of 74.7 per cent an offer of 60 cents an hour over a 17-month contract. The union is asking for \$1.10 across the board. No progress on the current agreement, which terminated last

March, will be made until the report of a fact-finder.

The AIB has managed to keep wage increases in the neighbourhood of 12.1 per cent.

"Labor is uncomfortable with the way the AIB functions," according to Mr. Churchill. The board's restraints "make it incredibly difficult to bargain. Ultimately, AIB's criterion of productivity has many inequities in the manner of its operation."

"We are being restricted in many ways," Mr. Churchill continued, "yet, TTC fares go up. We have to pay to park at Humber now, and the cost of gasoline has risen. I have to pay these added costs."

This semester, faculty union secretary Dave Jones said that bargaining teams will be trying to "come up with a new master contract which effects community colleges in Ontario." The union's contract expired August 31.

Ms Edge said that their union is also struggling with the question of united action with the CLC. "People shouldn't be afraid to be affiliated with a union," she said.

High school teachers have already announced their intention not to leave their classrooms.

A joint meeting of both the faculty and support staff locals will be held on September 30 at 7:30 p.m. in the lecture theatre of North Campus. A vote will be taken October 5.

\$100 for stolen saxophone

A \$100, no questions asked reward is being offered by music student Carlo Iaboni for the return of his saxophone, valued at \$700. The saxophone was stolen last Tuesday night.

Mr. Iaboni, who was practising with his instrument in a second floor module in D-block left the room for a few minutes and when he returned his saxophone was gone.

About 8:10 p.m., Mr. Iaboni reported the missing instrument to Metro police, and two constables came to scene.

According to the police report there are two suspects.

Two males, who left the Student Union pub before 8:00 p.m., were seen lingering in the practice booth area by Gary Chin, a music student. Mr. Chin was rehearsing in a room nearby when they asked if they could play the drums.

Mr. Chin refused them permission to play the instruments, but the two men ignored him and began playing a piano in another practice booth.

Mr. Iaboni claims he saw the two men at the booth playing the piano when he left the room. When he returned at 7:50, the two men and the saxophone were gone.

According to Mr. Iaboni, both men were in their early twenties. One is 5' 8" with long blond hair and an earring in his left ear. He was wearing a long, brown sheepskin coat.

The other is 5' 10" with long black hair parted in the middle. The man wore a moustache and faded blue jeans.

No relief in sight for crowded buses

by Chris Silman

Humber students taking the Wilson bus to school will have to get used to standing on street corners while bus after bus packed to overflowing rushes by without stopping.

Ian Murray, of the Community Relations Branch at the T.T.C., says there are no immediate plans to supply extra buses to the badly over-crowded route.

Each morning, students wishing to board buses west of Islington Avenue must stand and watch as their classmates on board are taken to the college without them. The usual wait is for three buses, but Jane Trimble, a first-year Landscape Technology student says she has waited while as many as six buses passed. This can take as long as three-quarters of an hour.

Waiting this long for buses means students are late for nine o'clock classes. Connie Romasco, a second-year Travel and Tourism student, said she has been late almost every day. So far her teachers have not complained, but she expects they will soon.

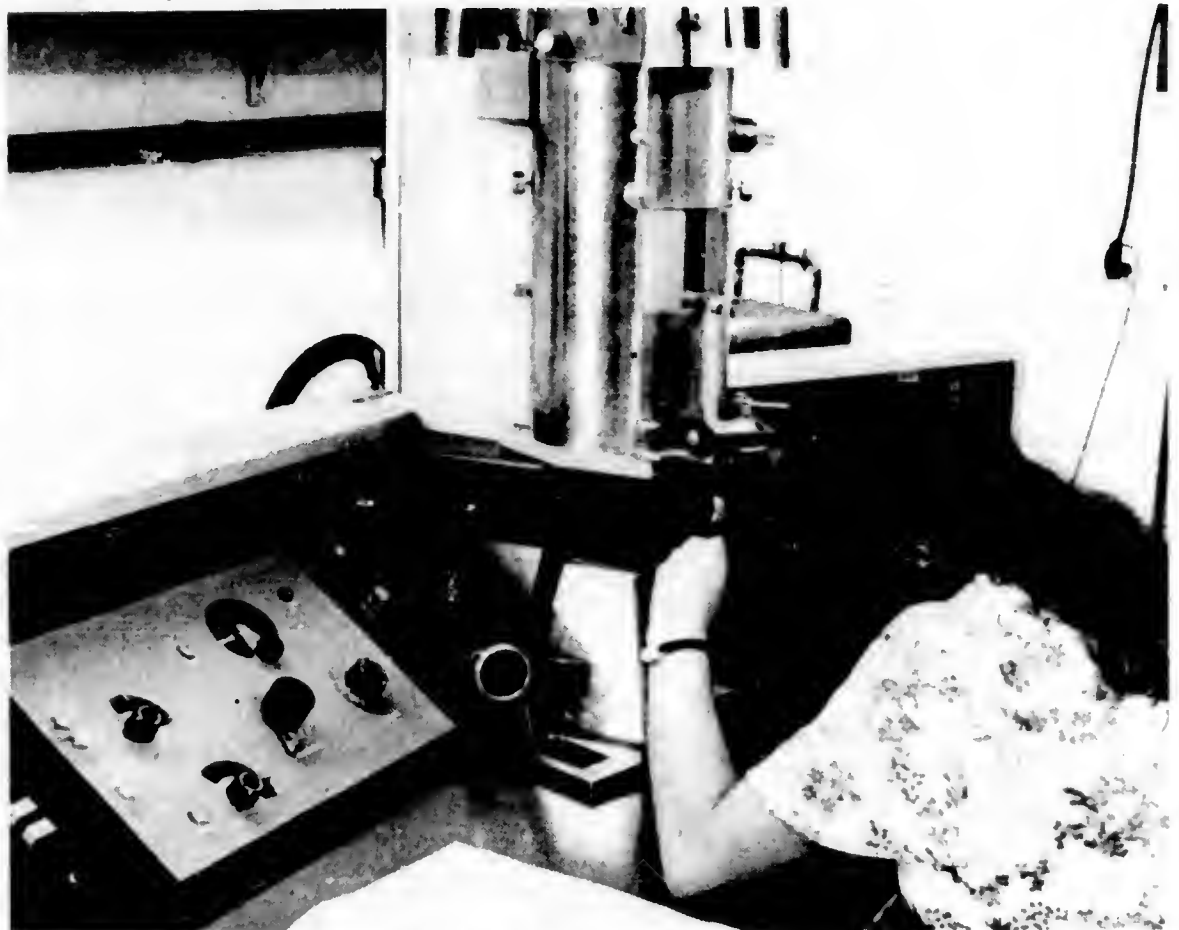
"You just have to be lucky to get on board," she said.

"What really bugs me is that there is room at the back," protested Debbie Silvea, a second-year Journalism student, as she arrived 15 minutes late for class after waiting half an hour for the bus.

Marty Chisholm, a T.T.C. driver on the Wilson route, advised students to phone the T.T.C. and complain about the service. He says he begins passing people at bus stops around 8:15 a.m. He is able to "pack-in" about 80 people. Mr. Chisholm said he would be happy to see extra buses on the route because it would mean less work for him.

However, the T.T.C. does not have extra buses to put on the Wilson route. Mr. Murray said it is a case of deciding which route needs buses most. Pulling buses from somewhere else would mean the same problem there.

He said the T.T.C. is aware of the problem from both driver and student complaints and is working on a solution, but because of budget cut-backs, it is having trouble financing operating costs now and cannot consider expansion of services.



300,000 TIMES... is the magnifying power of the electron microscope now being used by sixth semester chemical Technology students. The microscope was purchased by Humber through the efforts of the late Rudie Jansen, a former instructor at the college. (Photo by Phil Sokolowski)

Worth \$80,000

Microscope weighs half-ton

by Phil Sokolowski

A half-ton electron microscope, valued at \$80,000, is enabling sixth semester students of Chemical Technology to examine bacteria viruses up to 300,000 times magnification.

The microscope, bought from Queen's University at the cost of \$6,000, was acquired by a former instructor at Humber, the late Rudie Jansen.

Using electron beams instead of conventional light rays, the microscope can detect, and record on film, particles as small as five Angstroms. There are ten million Angstroms in one millimetre.

The negatively charged, invisible electrons are shot down the microscope from cathodes above, and are filtered and focused through magnetic lenses. The electrons then pass through a specimen which has been sliced very thinly. If the sample is too thick, it will block the electrons from passing through it will be destroyed.

After passing through the slide

the electrons strike a fluorescent screen, causing it to excite and give off light energy. This light can then be viewed through the eyepiece on the board, or the built-in camera in the base can take a picture.

The microscope was manufactured by RCA, the company which produced the first electron microscope in North America. In 1939, North America's first

electron microscope was designed and constructed at the University of Toronto.

Students in the Bio-Science option of Chemical Technology will be able to use the electron microscope for pure research and practical experience. As a result, the darkroom procedures of developing and printing the microscope's pictures are included in their studies.

Lockers a luxury says government

by Hersh Mandelker

Lockers are regarded as a frill by the Ontario government, according to Gordon Simnett, Bookstore manager.

A lack of funds from outside Humber has limited the number of new lockers purchased. Although over \$20,000 was spent on new lockers this year, that figure

represents only 1,000 new lockers — leaving 6,000 students to fight over 3,000 lockers.

Bookstore employee Karen Kubliek said a problem list of early applications for locker rentals was created by students filling out forms improperly, failing to pay for locker rental, and forgetting to fill in their social insurance numbers on the forms. Mr. Simnett said many students are without lockers simply because they forgot to fill out or send in the necessary forms.

At present, all available lockers are taken and no additional lockers are being ordered this year.

Lockers are given out on a first-come first-served basis with special priority given to music and photography students who need the extra space for supplies and equipment.

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Humber Lakeshore opens October 13

by Bruce Gates

On October 13, after a year of renovations, Humber Lakeshore will be ready officially; and the public is invited to take a look.

All-day activities are planned for October 13, and the campus will also be open for public viewing on Oct. 14-15.

Included in the three-day celebrations will be static and working models representing courses offered at Lakeshore. A highlight will be a working model of a solar house, part of a display representing Lakeshore's proposed Solar Energy Technology program, expected to start in 1977.

Indoor and outdoor activities are planned, including the planting of two small trees to symbolize the growing spirit of the new campus.

There will be free balloons for the youngsters, demonstrations of gymnastics and judo in the campus gymnasium, and instructional films in the auditorium. On display outdoors will be exhibits of snowmobiles and snowmobile safety,

Students exercise for less

by Chris Silman

Humber students who are counting pennies but who want to participate in a recreational activity can now do so without having to give up eating lunch. Athletics club memberships are being offered to students at reduced rates by the Athletics Department.

The clubs include badminton, judo and tennis, and as well as games, some instructions in game skills will be provided.

The clubs are open to Humber students and staff as well as community members.

Because students have already paid an activity fee at the college, their club fees are reduced by more than half. For instance, the community fee for the badminton club is \$18.00, while the student pays only \$3.50 and a staff member pays \$9.00.

The clubs meet evenings and Saturdays in the Bubble. A coordinator will be on hand to assist and provide instruction.

Anyone interested in joining can go to the athletics office to sign up.

Women to receive six bursaries

by Prudence Sutherland

The Centre for Women at Humber College is intensifying its drive to help women by offering six bursaries this year.

The bursaries, a first-time offer, are for 'women only' and are also a commemoration to Humber's 10th Anniversary.

Women who enter non-traditional programs in technology, academic up-grading, or non-credit courses are eligible but should also show sincerity in their program.

Renate Krakauer, the director, said: "it would be nice if someone can put up that kind of funding for men, but our primary concern is for women who need help."

Funding for the bursaries came from donations collected on 'speaking tours' conducted by the Centre.

Applicants are chosen on the basis of need and should send their applications to the Centre Advisory Committee.

and the latest downhill and cross-country ski equipment. Music will be provided by Humber's music department and by the Etobicoke Oakland Crusaders Drum and Bugle Marching Band.

"We also plan to have the Labatt's hot air balloon on hand for the opening, weather permitting," said Bill Jones, co-ordinator of the activities which are part of Humber's 10th anniversary celebrations. He added: "If all goes well, and it isn't too dark," CHFI traffic reporter will perform a miniature airshow, landing his helicopter on the campus grounds.

At 8 p.m. on Oct. 13, the campus will be declared officially open at a ceremony inside the auditorium, with Etobicoke Mayor Dennis Flynn cutting the ceremonial ribbon. Humber College President Gordon Wragg will also be present, while Lakeshore principal Tom Norton will be master of ceremonies.

In the campus cafeteria afterward, there will be free sandwiches, cake and refreshments for everyone. To top off the day, a fireworks display will light the skies over the new campus.

"We hope we will get a large turnout from the public," said Mr. Jones, who added that circulars

have been printed for distribution to publicize the campus party.

"The idea is to identify ourselves, since we are new," he explained.

On Oct. 14-15, from 9 a.m. to 5 p.m., the public is invited to tour the campus to see what has been going on at the old Lakeshore

Teachers' College since Humber took it over last year.

"October 15 is primarily for high school kids so they can come in and see what Lakeshore has to offer them should they decide to come here," said Mr. Jones.

The turnout at the campus for

the three days will depend on the weather, said Mr. Jones, but if everything goes well "there's no reason why it shouldn't be a success."

The Lakeshore campus is located on Lakeshore Blvd., just west of Kipling Ave.



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COVEN

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Humber College of Applied Arts & Technology



10th ANNIVERSARY YEAR

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

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- Sports Editor Tom Kehoe
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SU decentralizes

The decentralization of the Student Union into distinct divisions (see story opposite) is a timely decision. It should solve the major complaint by students about whether the SU is spending the \$40-a-year fee wisely.

In past years, individual students have had little say about how SU funds are spent, and student apathy wasn't totally responsible. The lines of communication were such that the SU was far too isolated.

Now, with the decision to decentralize following the work of President Wragg, Creative Arts Dean Jack Ross and some Creative Arts students, the students will gain more control over the operation of the Student Union. In other words, the SU will give \$3 per student and hand it directly to the student divisional union. This will take effect after the next SU by-elections on October 18 and 19.

The plan to decentralize the union resembles the revenue sharing system in operation between the federal government in Ottawa and the provinces. Under that system, the federal government allocates money to be spent in any way the province sees fit. Obviously, the province has a better awareness of where the money should be spent because it is in closer contact with the public needs. For example, it would be ludicrous for Ottawa to be responsible for snow removal on Etobicoke streets.

On a smaller scale, the SU's current format is just as ludicrous. It must direct the expenditure of thousands of dollars for a large number of students with an incredible variety of interests.

Perhaps now, the almost 200 courses at Humber will benefit more directly from SU funds than in the past. For example, the business division can bring in a stockbroker to lecture, using funds provided by the SU on application.

In effect, the decentralization returns to the student some of the money he paid with his tuition fee.

Of course, this action will not immediately cause the 6,000 students in this college to take an interest in how their money is spent. But it may light a fire under some of them. It will take organization; it will require interested individuals to step in and take charge. Instead of one president, there will be six; instead of one treasurer there will be six. Perhaps the possibility of tangible results will receive interest. BL

Death of a gallery

The decision to close the Mc-Guire Gallery was unfortunate, but necessary.

As more students come to Humber, classroom space has become a major problem.

This fall photography students were left out in the cold as their own studio was made into a television studio. As a result, a large two-storey studio had to be found to accommodate the 30 second-year photography students. The Mc-Guire Gallery was the only choice left.

After struggling for four years to become noticed, its shows were attracting more people. Last year's Leonardo da Vinci exhibit received favorable attention, including TV news coverage.

Jack Ross, dean of Creative and Communication Arts, is sympathetic and regrets having to close the gallery. He mentions there is a possibility the gallery can still be used for one or two shows this year, but they would have to be designed in a way not to interfere with the photography students.

While two classrooms will serve as a temporary gallery, Coven believes plans for a proper gallery should be considered if the college intends to continue displaying students' work. JC



COVEN...your newspaper

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

COVEN is an independent student newspaper

reflecting the views of students and college administration. While principally a Journalism Lab, Coven welcomes articles and letters from all students, faculty and staff. Drop into our newsroom Room L225 and say hello. Watch for Coven in the newsstands every Monday.

Letters to the Editor:

Socialists beat Liberals

Dear Editor:
Tell me what are the student Liberals trying to prove? Imagine them setting up a table in the foyer without any literature or information in an obscure location only to be outdone less than two days later by the student Socialist faction. They are granted the right of distributing their propaganda as much as the Liberals, but do they have to be so good at it? They out

did our own ruling government party.
If these student Liberals think they're politicians then I only hope they learn what it's all about while they're here at Humber. To be honest with you, I sure wouldn't want a bunch of loathsome students knocking on my door when the next federal election comes rolling around.

I mean at least they could get out their copies of federalism and French Canada and put a Maple Leaf flag on a banner. We have a pipeline to talk about, a bilingual policy to institute and a cultural identity to discover a list as long as your arm of famous Liberal prime ministers and a history to be proud of. Stand up and be counted my dear fellow men, for God's sake.
Vive le Canadien libre.
Michael Krzyzewski

Back to the drawing board

Dear Editor:
Re: Article by Debbie Silvea on Student Loans and Grants, p.3, Sept. 20, 1976
The breakdown on the computer was not a breakdown of the Humber College Computer. The difficulties referred to should have been listed as difficulties at Queen's Park, not at Humber College. The Awards Staff; Miss McCarthy, Financial Aids Officer, and others have submitted all documents to Queen's Park in record time this year. Thank you.
Phil Karpetz
Associate Registrar

Students rude, says staff

Dear Editor:
What can we say about students accepting doors we open...but letting them close on us (with our arms full of coffee)?
What can we say about students complaining parking is too expensive? Do we have so much? Do we work for pure pleasure?
Hey, we care about things also, but remember staff are people, too!
Staff



SU loosens purse strings

by Steven Wilson and Sheila Johnston

The Student Union, now holding approximately \$130,000 in student activity fees, is prepared to spread the cash around a little more and give students in various programs more say on how it should be spent.

The money will be available for group trips, parties or any activities that students must now pay for without any reimbursement from the college.

Students pay \$20 a semester towards the SU, and for many of them it is lost money. It is for this reason SU President Molly Pellecchia is backing a plan to decentralize the monetary decisions of the union.

Under the present set-up, each of the five divisions in the school (Business, Creative Arts, Technology, Applied Arts and Health Sciences) is represented on the SU by a number of students on a proportional basis. Under the new plan each division will hold its own separate meeting with elected representatives from each course in that division taking part. The division representatives will then report to the general weekly SU meeting.

Money for each division will be allocated on a per capita basis, with SU executives retaining veto

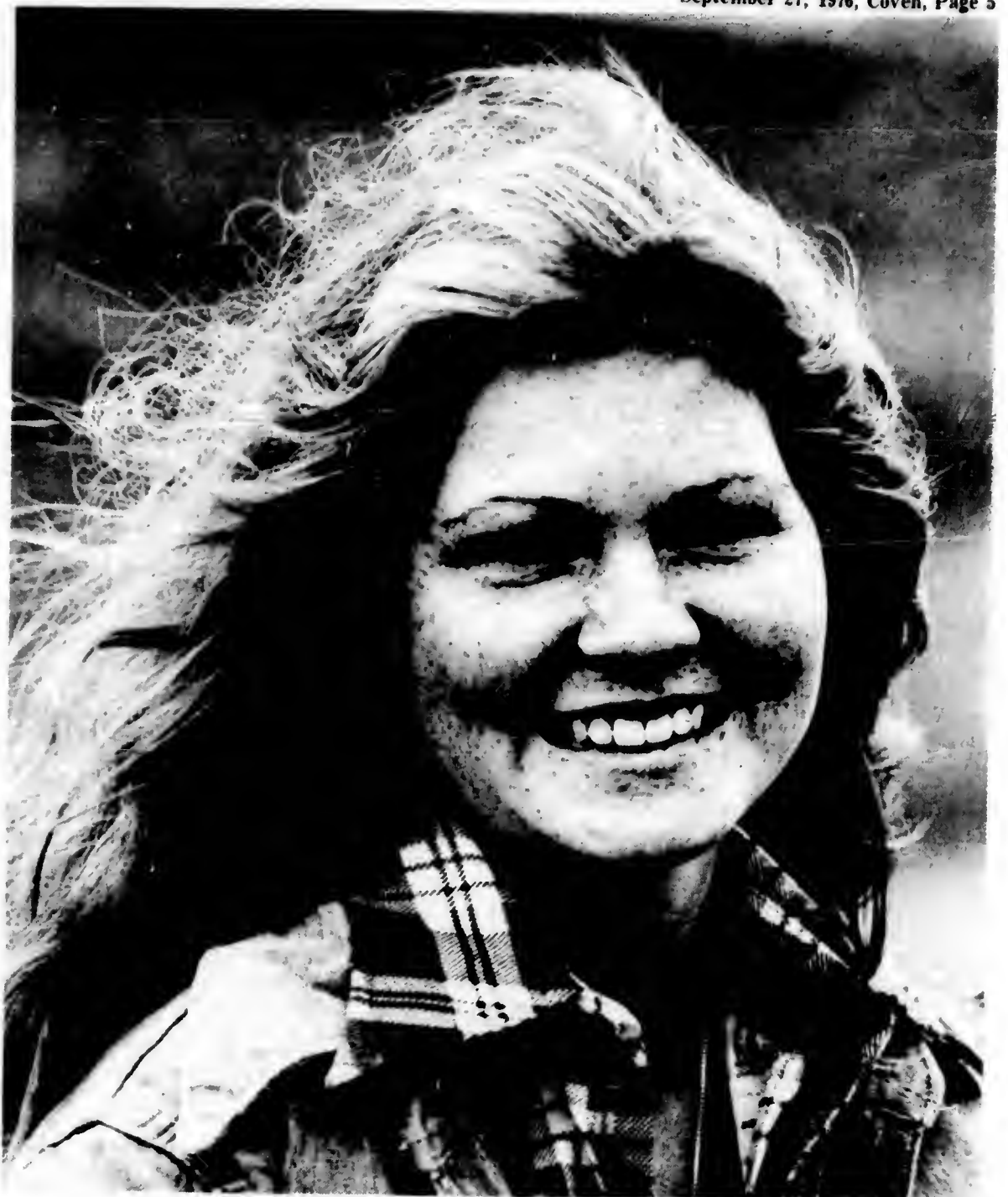
power over any division-approved projects. Ms. Pellecchia said that \$3.00 per person was the figure decided on, therefore a division with 600 students would be allotted a maximum budget of \$1800.

Nearly 200 courses are being offered in the college, but Ms. Pellecchia doesn't expect 200 people to show up for the first council meeting. She does hope the new system will generate enough interest to "clean up the apathetic attitude of the college."

Ms. Pellecchia explained the difficulty of understanding the needs of everyone in the college as a major frustration in performing her duties as SU president.

The idea for a change developed out of a couple of informal meetings between some Creative Arts students; Jack Ross, Dean of Creative Arts; and Gordon Wragg, Humber President. An informal plan was drafted and sent out to the Board of Governors and the Student Union for further consideration. The Student Union welcomed the plan—they also had structural changes in mind.

The plan cannot go into effect until empty SU positions are filled following by-elections in October. But Mr. Ross was emphatic that students start thinking about capable representatives immediately.



Humber's Humdinger . . .

Humber girls are the fairest of all. MaryLynn Morris is a first-year student in the General Arts and Science course. Her hobbies consist of playing piano, camping and enjoying art. Eventually, MaryLynn hopes to become a child care worker. (Photo by Steve Townsend)



THE NINTH WONDER OF THE WORLD . . . Who says Humber students lack ambition? We think a 78-can pyramid is a worthy accomplishment. Yes, this is the Pepsi Generation. (Photo by Steve Pearlstein)

Humber pressed for space

by Don Allison

Humber College is running out of space. More than 6,000 students — a 10 per cent rise in enrolment — are cramming classrooms, packing stairways and jamming the parking lots.

When announcing the record enrolment, associate registrar Phil Karpetz said administration had been aware that space was going to become a problem.

"We anticipated the crowding conditions. We applied to the Ontario Ministry of Colleges and Universities for funds to increase classroom space."

One reason for enrolment increase, said Mr. Karpetz, is the high rate of returning students as well as students coming out of high school placing a different emphasis on education. "They seem to be more vocationally oriented these days," he said.

He added that Humber is offering some unique high level courses — one of the few institutions in the country on the college level to do so.

courses such as cinematography and television and radio broadcasting being offered in the Creative and Communication Arts division at North Campus.

Nursing is the only program in

which enrolment has dropped. This was expected, said Mr. Karpetz, in view of the Ministry of Colleges and Universities' reduction of all nursing programs throughout Ontario.

Special insurance covers student mishaps

by Donna Black

Students can worry less about the cost of accidental injuries this year because of a new Student Union service. All Humber full-time students are now covered by an accident and sickness insurance plan, paid for in part by activity fees.

Students can now recover 80 per cent of the cost of prescription drugs, except contraceptives, through the plan. Other benefits of the plan are: dental accident reimbursement which pays up to \$1000, accidental death or dismemberment of up to \$2000, and ambulance

costs up to \$25 during any one period of disability.

Health plans by law are not allowed to offer benefits available through OHIP. Benefits offered by the accident and sickness plan are not covered by the provincial health insurance program. Carole Marchallek, SU secretary, urges students 21 years old and over who haven't got OHIP coverage to do so immediately because no other plan can offer the basics OHIP does.

Brochures outlining the plan are available throughout the college and in the Student Union office.



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Athletics and Recreation

BY LAURENCE MOREHOUSE
AND LEONARD GROSS

You can find your pulse by putting your left hand over your heart, by feeling the pulse in your wrist or by just sitting quietly and listening. You can also feel it in the carotid artery at the side of your neck. If you use this method, be sure not to try to feel the two arteries at either side of the neck at the same time. This is the sole route of blood to the brain. If you press on both sides at once, you're diminishing the blood flow or cutting it off entirely.

Some people can feel their pulse in the temporal arteries next to the ear. Some can even feel it in the thumb—which is the reason you don't use your thumb for counting pulse. If you use your thumb to take someone else's pulse, you might be feeling your own pulse, and miss the other person's entirely.

Your pulse rate changes throughout the day. It is lowest after you have been asleep about six hours. On awakening it will increase five to 10 beats per minute. During the day your resting pulse rate gradually increases, and at bedtime it is probably another five to 10 beats per minute higher than it was when you got up in the morning. Any activity, such as eating, elevates your pulse rate. A bout of hard work, such as heavy gardening, can cause the pulse rate to be elevated for the rest of the day, and most of the night.

There are four things you can feel when sensing your pulse. The first is the force of the pulse against your fingers. As you become fit, this force gets stronger. The second is the volume, or expansion, of the artery. As you become fit the volume increases and the artery feels thicker, yet soft and elastic. The third is the regularity of the force and the rhythm. As you become fit, your pulse becomes stronger and more regular. The fourth is the frequency. As you become fit the frequency of the pulse beats diminishes.

Lower pulse rate is an advantage because it indicates that the heart is taking a longer period of rest between beats, meaning that it fills more slowly and completely. There is twice the filling time at a heart rate of 60 beats a minute than there is at 90 beats a minute. This increase in pumping efficiency results in improved supply of oxygen to the heart and improved coronary blood flow. When you realize that the average coronary volume per heartbeat—the amount going

into circulation that nourishes the heart—is only one teaspoon of blood, the importance of blood flow becomes apparent.

Your resting pulse rate while seated gives you important information about your health and fitness. Men average 72 to 76 beats a minute, boys 80 to 84 beats a minute. Women average 75 to 80 beats a minute, girls 82 to 89 beats a minute. The reason why women and girls have a slightly higher pulse rate than men and boys is it's understood.

Rates as low as 50 and as high as 100 can still be within the normal range according to the American Heart Association. The mortality rate for men and women with pulse rates over 92 is four times greater than those with pulse rates less than 67.

An accelerated pulse rate in itself isn't dangerous. Nor does it indicate that there is anything necessarily wrong with you. All it means is that the body is working under a heavy load. A pulse rate above 120 borders on intensive exertion. The efficiency of the body is measured by how much external work is being accomplished at a moderate rate of about 120. If it takes very little physical work to produce this kind of heart rate that means you're "inefficient". Your system is probably deconditioned due to lack of exercise.

Your exercise pulse rate is quite independent of your resting rate. Once you start exercising, your rate will be elevated in accordance with the intensity of the exercise. Whether your resting rate was 60 or 80, moderate exercise will raise your pulse to about 120.

Your heart is taking the strain

If your pulse is racing at 100 or 110 while you're sitting, your heart is working as it would be if you were walking. But you're at a disadvantage because of the lack of action of your leg muscles to keep the blood flowing. The heart is doing it all—and that's a strain.

If your pulse rate is over 100 beats a minute, this could indicate you've had previous physical activity, or that your body is not in a resting state even though you may be sitting down, or that you may have been stimulated by coffee or cigarettes—both caffeine and nicotine raise heart and pulse rates by as much as 10 beats a minute—or that you have a slight

fever. If it isn't any of these things, then you have an extraordinarily high resting heart rate, a condition known as tachycardia. If your heart rate is at the upper limits of the scale of normal, near 100 beats a minute, it's mandatory that you attempt to lower the rate—with your physician's help—if it is working harder than it should be.

Even if your heart rate is at the lower limits of normal, you'll do well to lower it further. A slow heart beats more efficiently. There's no danger in lowering your heart rate, no matter how low it is to begin with.

The heart too needs its "overload" if it is to be conditioned. To achieve this "overload", you must pursue an activity that pushes your heart rate to a level a little higher than you get in everyday routine activities. Your goal is to eventually get your pulse up to 120 and hold it there for a few minutes—every day, if possible. Milder exercise is better than nothing, but not sufficient to increase your heart's vigor.

The purpose of the heart is to pump blood from the venous system to the arterial system. The total output of that pump is called cardiac output. It's measured in volume of blood per minute. Your heart rate is the main means by which you increase the circulation of blood. From low heart rates to intermediate heart rates, the heart is able to increase the circulation by increasing the stroke volume—the amount of blood ejected by the heart into the arterial system each time the heart beats. Up to 110 beats a minute, you're getting a strong resistance from the stroke-volume increase. After 110, this influence is less and less. After 130, if you're not in good shape, the circulation is increased by heart rate alone. At a heart rate of 130 or higher, the heart is beating so fast that it doesn't have time to fill any greater volume, so the amount of blood the heart puts out varies in direct proportion to the number of beats per minute. It's a lot more efficient for the heart to have both systems, the stroke-volume increases and the pulse rate increases, working to increase its output.

Now the effects of conditioning become apparent. If you're well-conditioned, you can extend this contribution of stroke volume up to 140 beats a minute because of the more efficient co-ordination of the fibres of the heart. If the heart is in poor condition, then stroke-volume contribution may quit at 120 beats a minute

At the outset of your program, you'll exercise at 160 minus your age, at a minimum. Thus, if you are 50 years old and just starting out on a fitness program, you will exercise at 110 beats a minute. If you're 50 and you've been working out for a few months, or are in pretty fair shape to begin with, you can exercise at a rate of 180 minus your age, or 130. If you are in excellent condition at the age of 50 and wish to exercise vigorously, you can work at 200 minus your age, or 150.

The harder you work, the better it will be—to a point. One hundred ten is a great deal better than 100. But 150 is only a tiny bit better than 140. No further health benefits for the heart can be obtained by increasing the rate above 200 minus your age.

As your condition improves, it's important that you work out at around 120. The well-conditioned person will not improve anything if he works below 120.

Good results within a month

You can get good results within a month. If your resting heart rate is 95 at the beginning of training, it should be 90 after a month of training. If your heart rate hasn't lowered, you should increase the quantity of cardio-respiratory endurance exercise.

Your maximum heart rate may be higher initially than that of an athlete. Your minimum may be lower than that of an athlete. These highs and lows are not predictive of your physical performance. Where you are to begin with is not important. It's how you lower your heart rate in training that's important. A primary goal of your training will be to lower your resting heart rate five to 10 beats a minute regardless of what it was at the outset.

This lowered heart rate is the barometer of the relaxed power that you see in highly trained athletes and sleek wild animals. It is the characteristic of a well-trained person—one who has so much power available that he can perform with ease, who feels more alive, less fatigued, with an almost unlimited capacity for activity.

Next: Taking the pulse test

SPORTS CALENDAR

INTRAMURALS

ACTIVITY	ENTRIES OPEN	ENTRIES CLOSE	ORG. MEETING	PLAY BEGINS WEEK OF
Competitive Flag Football	Mon. Sept. 13	Mon. Sept. 20	Wed. Sept. 22	Sept. 27
Competitive Soccer		Mon. Sept. 27	Wed. Sept. 29	Oct. 4
Competitive Volleyball	Wed. Sept. 8	Wed. Sept. 15	Fri. Sept. 17	Sept. 20
Recreational Basketball	Mon.	Wed. Oct. 13	Fri. Oct. 15	Oct. 18
Competitive Ice Hockey	Wed. Oct. 13	Fri. Oct. 22	Wed. Oct. 27	Nov. 1
Recreational Ice Hockey				

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Tennis	

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Golf tourney hits new lows

by Tom Keboe

Amateurs turned in near-professional scores during the Humber College Business Division Golf tournament played at Cedarhurst Golf Club in Beaverton last week. The tournament attracted 125 golfers and duffers from both inside the school and out.

Gordon Ross, of Michael Power High School in Toronto, recorded the lowest score in the six years of the tournament, firing 71 over the long 6,800 yard course.

Humber's Lloyd Walton — a member of the school team — tied with Oakdale Golf Club's Vince Maggiacomo for the second best score of 73.

Administration at Humber produced the best score for teams playing on an intramural basis. Purchasing's John Cameron, Humber Vice-President Jim Davison and IMC's Kelly Jenkins combined for a total score of 265 for 18 holes of play.

The Business division was second, the Lakeshore campus third and the Business Old Boys, grads from the business division, grabbed fourth spot.

In the open team championship, the Oakdale Golf Club edged out Humber's team 225-229. The low scorers for Oakdale were Vince Maggiacomo, Frank Morretin and Dick Tracey, all of whom were on Humber's golf team last year.

Thirty-five players received prizes such as golf clubs, golf balls, and medallions. The medallions, awarded to all team win-

ners, were engraved with the Humber Hawk crest.

For turning in the lowest score, Mr. Ross was awarded a 20-pound butterball turkey, an engraved plaque, and a barometer he can keep for a year. Mr. Walton and Mr. Maggiacomo each won a golf club.

HUMBER SPORTS CAPS

Bill Morrison of the Hawks is starting a fund-raising drive to finance the team's upcoming trip to Switzerland... Peter Duerden, coach of the soccer team, performed a dual role in Humber's 3-1 win over Conestoga. He was asked to officiate when the referee failed to show up for the game... Wayne Burgess of the athletic department rescued Humber's 23-foot, engine-powered boat from Lake Ontario last Tuesday... The athletic department has a new staff member in Michael Hatton. He will be involved in the Continuing Learning Centre as well as an elective package...

Humber has organized a trip to Australia for Sheridan College's hockey team... The hockey Hawks are also playing a couple of exhibition games against Kent State University of Ohio, in that state, in January... While paying tribute to the fine scores recorded in the golf tournament, let's not forget the other participants. President Wragg came in with a score of 119, while Mr. Uba and Mr. King, both of Administration earned scores of 155 and 162 respectively. They are all good sports.



SOCCER ACTION AT HUMBER... The Hawks knocked-off Conestoga College 3-1 last week. Scoring for Humber: Gordon DeSilva, Tony Cuccone and Ivan Kaplan. (Photo by Steve Pearlstein)

Soccer Hawks beat Conestoga 3-1...

by Dave Jepp

Humber Hawks soccer team kicked off the new season in fine style Wednesday, September 15 with a 3-1 victory over Conestoga Condors at Conestoga.

Conestoga opened the scoring with a goal by Andy Quinn in the 15th minute but Humber replied

just before half-time when Gordon DeSilva hit a direct free-kick from 25 yards into the net. The half-time score remained at 1-1.

In the second half Tony Cuccone headed home a throw-in to put the Hawks ahead. Then, late in the game, Ivan Kaplan put the issue beyond doubt with a 35 yard shot.

Hawks' coach Peter Deurden was pleased with the team's performance.

"It was a hard game. Conestoga's team was the same as last year's so they had the advantage of having played together before." Humber has only four players from last season.

Despite small turnouts for practices the Hawks had a squad of 18 for the game.

...and hockey Hawks

plan winning season

by Bill Scriven

After the excitement and hoopla of this month's Canada Cup series, the varsity hockey team is hoping to continue the winning trend in their coming season.

The Humber Hawks began tryouts last week at Westwood



RICK BENDERSA, athletics co-ordinator at Humber.

Arena, and, according to assistant coach Peter Maybury, the sessions were productive.

"Considering this is the first time on skates for many of the boys since last spring, John and I are quite pleased with their effort," explained Mr. Maybury.

John Fulton, a part-time staff member at Humber College, is the head coach.

More than 60 players were put through two rigorous practices during the first week of tryouts. An hour-and-a-half scrimmage dominated each practice.

"We find this method to be the best way to judge a player's ability," Mr. Maybury said.

While coach Fulton takes charge of the players on the ice, Mr. Maybury observes from the stands. The two coaches collaborate throughout the practice on the players' performances.

The players are looking eager, and a planned trip to Switzerland in December has become an added incentive to make the team.

Two more practices were scheduled for last week, and final cuts were to be made by then

Co-ed volleyball big attraction at Humber

by Bruce Cole

More than 200 people turned up for Humber College's intramural co-ed volleyball, which should make for a strong and prosperous league this fall.

"I'm amazed at the number of students showing interest in playing," said Peter Maybury, assistant athletic director. "I never expected this turnout."

This turnout means there will be 17 teams competing in the league, compared with only 5 teams last season when the league was forced to fold because of poor attendance. Mr. Maybury gave reasons why

he thinks the turnout was so high.

"I think the success at the summer Olympics may have had something to do with it," he said, "but I think the big thing is the way the high schools have been promoting the game."

He also added student attitude toward extra-curricular activities is changing. He points to the fact that most of the 200 students are first-year and says student interest runs in cycles. "This year we seem to have a good group of kids."

Mr. Maybury hopes all intramural sports get this kind of turnout.



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Students to work with police

by Hersh Mandelker

Chasing stolen cars, pounding a beat, endless ticketing, night court and more—it's all in store for Humber's second-year Law Enforcement students.

Barrie Saxton, Law Enforcement program co-ordinator, said each student will be assigned to a Peel Regional Police officer for approximately 80 hours, work the same shift, and answer the same calls as the officer. In this way the student becomes a first-hand observer of the practical side of police work.

The first group of the 62 students involved in this work will be in the field sometime in October. The other half of the second-year Law Enforcement class will be going on a field trip to Ottawa "to view the criminal justice system in Ottawa.

the Supreme Court, RCMP headquarters, the Ottawa police force, and to combine forces with the Algonquin College Law Enforcement program," said Mr. Saxton.

Phoebe Glinsky, second-year Law Enforcement, said: "I think the field placement will be really good because you get first-hand experience and you get to see how what you learn in class is applied in the actual situation."

"Last year we had a letter of commendation for a student for

saving a person's life using mouth-to-mouth resuscitation. Another student got a letter of commendation for taking down the license number of a hold-up car from a radio call while the officer was making out a traffic ticket. The student then spotted the hold-up car and alerted the officer. They pursued the car, stopped it, and made the arrest," said Mr. Saxton.

Each student is observed in the field by the assigned officer and is then evaluated from the personal

qualities either displayed or lacking on the job.

A large part of Law Enforcement field work is devoted to trips to Penetanguishene Mental Health Centre, the Beaver Creek Correctional Institute, and Detroit. The Detroit field trip gives the students the opportunity to spend a few days visiting the Supreme Court of Michigan and Wayne County Jail and seeing the forensic sciences, ballistics, and polygraph labs in action.

Hectic schedule ahead

by Steve Pearlstein

Seven of Humber's students at the Equine Centre are preparing themselves for a hectic schedule over the next month. Their goal is winning the North American Intercollegiate Harness Driving Championships.

Liz Ashton, Equine Centre co-ordinator, says harness racing has grown not only in importance, but in popularity among students. It has become one of the most competitive athletic activities at colleges and universities across the continent. For example, there will be a total of \$2,000 in scholarships up for grabs in the Canadian Inter-

collegiate Harness Driving Championships.

Last year, students from Canada, Australia, the U.S., Denmark, Sweden, Belgium, Germany, Norway, Finland and Holland competed for \$4,000 in scholarships in the World Intercollegiate Harness Driving Championships.

For the next few weeks, Humber's seven entrants will be training to determine who will represent the college in the Ontario Intercollegiate Finals on October 22. The drivers are Chris Evans, Pierret Brunet, Kim McKenzie, Joselyn Pratley, Dave Kavanagh, Barb Heard and Joanne Milton.

Miss Ashton says the drivers are getting some much-appreciated help from people outside the college who either own stables or have access to "B circuit" tracks. The riders are able to condition their standardbreds with trainers

like Don Joyce, Glen Anderson and Albert Nicols.

The college race-off takes place at Garden City Raceway in St. Catharines on October 8. There will also be six entrants from the University of Guelph to decide who will be racing for that school in the Ontario final.

From there the horses switch to Mohawk Raceway in Campbellville, where Humber will get a chance to represent Ontario in the Ontario final. The Ontario Harness Horsemen's Association will be donating a \$1,000 scholarship to the winner of this provincial event.

The Canadian championship will also take place at Mohawk Raceway on October 29. Competition will be extremely tough and the top three finishers will go on to the North American title in the U.S.-Canada Intercollegiate Harness Driving Championship. The big event again takes place at Mohawk Raceway on November 5.

Music marks anniversary

by Robyn Foley

Humber College music students have reason to toot their own horns.

To mark the school's 10th anniversary the students and music instructor Ron Collier have put together an album called "First Take."

The album, one of four souvenirs available for the 10th anniversary, features pieces by Stage Band A, conducted by Al Michalek, and the All Star Band, conducted by Ron Collier.

Three of the cuts on the album are performed by the 1976 stage band which won the annual Canadian Stage Band Festival.

Don Johnson, senior program co-ordinator, said the bands have come into their own with this "extremely professional" album.

The album which sells for five dollars, will be available in the bookstore in mid-October.

"Humber at Ten", an historical booklet which breaks down the first 10 years of the college, is another of the souvenirs soon to be available.

George Bell of the college relations office who wrote the booklet said it is designed to capture the feeling and background of the school. He has traced the history of the college from the act that made it possible to the present year.

A pictorial history of the college is also available in a calendar designed by John McCormack of office services and the graphic centre.

Nursing shows drop

Nursing enrolment is down 50 students from last year.

The Applied Arts division has increased to 1500 students from 1400; Business has increased to 1600 students from 1315; Creative and Communication Arts has increased to 1100 students from 1000; and Technology has increased to 821 students from 804.




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