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COVEN

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Humber College of Applied Arts & Technology



COVEN classified
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Free to Humber
students & staff

Little reaction on fee hike

by John Colliston

The proposed \$100 increase in tuition fees next year has been met with some mixed reaction at Humber.

The increase is proposed by the colleges and universities throughout Ontario because the Ministry of Colleges and Universities budget increase of 14 per cent this year is not enough to keep pace with the cost of running the post-secondary school institutions. Humber has already tried to fight spiralling costs by introducing paid parking and increasing lab fees but this may not be enough. To make up for the lost revenue the

College may have to raise tuition fees by \$100 next year, which could mean an extra \$500,000 for the College.

Jack Ross, dean of Creative and Communication Arts, feels if the money benefits the College and directly helps the students then the increase is justified.

But he adds, "If the money is going to disappear in the provincial caucus and is not going to reflect directly back to the College, then I would say I can't go along with it."

Larry Simpson, second-year Public Relations, was unaware of any proposed tuition increase next year, but when informed he

wanted to know where the extra money was going.

"I guess I'll pay it," said Mr. Simpson. "I don't really agree with it, but I would like to know where the extra \$100 is going to."

Some students disagreed with Mr. Simpson's assessment that the \$100 increase is not much.

Dianna Moore is a first-year journalism student who feels the increase means she'll have to work harder next summer. She also believes college costs are quite high right now, but she expects to be back next year despite the increase.

Judy Scott, second-year Public

Relations, shared Ms. Moore's view.

"It's tough for a student who has to pay their own way, plus the price of books and supplies for your classes," said Ms. Scott, but she added, "if the increase is justified then it's justified."

Victor Omeljamenko, a second-year Industrial Safety Technology student, is not worried.

"To me the increase means I'll have to cut back and really start saving. I can see it'll be rough on other students, but it won't have a drastic effect on me," said Mr. Omeljamenko. He added, "the fees we pay in proportion to university

are considerably lower and with the type of education we are receiving, I can't really complain. I thought there would have been a fee hike a while back, so it didn't really catch me by surprise."

However, not all students are taking the threat of a tuition increase as calmly as Mr. Omeljamenko.

One student, who wished to remain anonymous, said "the increase is ridiculous. I can't afford it. It'll probably mean I'll have to get a part-time job. But the student added, "I'll come back next year anyway. I have to if I want to finish my course."

Pot, booze, vandalism may force pub closure

by Ylva Van Buuren

Pub-goers are on shaky ground. Next January, there may not be a pub.

The Student Union council discussed the possibility of closing down their pub at the meeting two weeks ago. Vandalism on pub nights — especially Fridays, and the excessive pot-smoking in the washrooms close to the S.U. lounge would be the reasons for closing it down.

In the past, parking gates have been broken; glass in bus shelters smashed, and patrons of the pub

have been blamed. The discovery of pot in the pub could cause the college to lose its license.

The first step in eliminating the vandalism and pot-smoking will be taken by signs throughout the college warning students of the heavy consequences if the problems continue.

Because the S.U. is holding a number of contracts with groups until the end of the year, it decided to wait until January before it makes a decision.

If the vandalism and pot-smoking continue the pub closing will be the S.U.'s last resort.

No Xmas goodies

by Robyn Foley

Take your Christmas job-shopping list and cross off Canada Manpower.

The Manpower office has nothing available for part-time Christmas employment and it seems unlikely that things will change according to Doris Church, spokesman for the Etobicoke Canada Manpower Centre.

"It's not often we get calls from

employers looking for part-time help," said Mrs. Church.

The general outlook for part-time employment depends on the economic situation and the need for extra staff said Mrs. Church, but jobs are available for students who show initiative.

She advises students to fill out applications at the major department stores, warehouses, plazas and post offices. She also suggests that students pin notices in grocery stores offering their services for private and family Christmas parties.

According to the personnel managers at the T. Eaton Company and the Hudson's Bay Company, the stores have done most of their hiring. However, the Robert Simpson Company still has a few vacancies for occasional Christmas help three or four nights a week and Saturday.

Sorry

Coven will be late for the next two weeks because our printer is renovating the presses. We apologize for any inconvenience caused.



INDY 500 HOPEFUL Jeremy Ferris, four, says his new CCM air-cooled trike has improved his speed so much that he thinks he's ready to set a new right, takes his tricycle out for a qualifying lap around Humber's Daycare Centre track. Jeremy Concourse record. (photo by Carl Ferencz)

Students losing patience

by Henry Jarmuszewski

Be patient. The Registrar's office wants students with long overdue loans to exercise more of that virtue. But there was precious little of it

shown around the loan office as students filed past a list containing the names of students whose loans had come in. Most left disappointed, grumbling under their breaths.

One student, fearing her loan would not be granted if she identified herself, said she has waited months for her loan. A dwindling money supply has forced her to scramble for whatever money she can raise on her own. If that loan doesn't come through quickly she may have to quit school.

The problem started during the summer when a computer broke down, causing a pile up in the processing of applications.

"I don't think we are insensitive to the needs of the students. We just have so much paper to push around here that I wish we could throw it all out the window. We

phone Queen's Park and send our feelers to find out where the loans have gone," said Mary McCarthy, who handles the loans.

Ms. McCarthy also feels some students have vented hostilities on the loan department under the false belief that it is the final arbiter of money granted.

"We have nothing to do with the actual amounts given to the students. This is the worst year for loans."

Ms. McCarthy urged students with outstanding loans to contact her. If the student can provide the collateral, emergency can be drawn off the future loan. In the meantime, everything is being done to expedite matters. Couriers are being sent to Queen's Park to pick up loans and hand deliver them to the Registrar's office.

This Week in Coven

Students and staff speak out on the recent Quebec election. See Brenda McCaffery's story on pg. 2

Dirty Ernie and Humdinger, on pg. 5

Rock-climbers are really getting their highs. See pg. 3

Sports: Hawks beat Algonquin 5 to 4. See story on pg. 7

Editorials, pg. 4

Review: Robert Palmer. See pg. 8

See pg. 4 for the winner of Coven's Grey Cup contest

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United States provides nursing jobs for grads

by Don Allison

It's not "go west" anymore, it's go south young woman...if you happen to be a nursing graduate this year looking for a job.

The supply of nurses in the United States has not exceeded the demand as of yet.

Ruth Matheson, Director of Career Planning and Placement at Humber, said the states may very well be one of the few places Humber's RN's will find employment on graduation.

She said because of the recent cutbacks in social services in Ontario, especially the phasing out of

hospitals, there is a surplus of registered nurses in the Canadian market.

She added that the supply of nurses in the market is verified by the college's placement record of last year's nursing grads. Of 157 grads available for employment last year, only 110 are directly employed in the nursing field, a percentage far below the college's placement average of 91 per cent.

Mrs. Matheson said she expects an increasing number of American hospitals will recruit nursing grads this year.

"Hospitals in Arkansas hired a

total of 31 Humber grads last year, and they're recruiting again this year. They'll be on campus in the new year, and they're bringing a former Humber grad with them to explain to the grads that Arkansas is as good a place as any to work," she said.

Last year, Arkansas hospitals hired the greatest number of nurses from the three Humber campuses that offer nursing programs — North, Quo Vadis and Osler. Hospitals from Louisiana followed, employing eight grads, while a few grads went to hospitals in Florida, Michigan, Texas and California.

Parti Québécois draws mixed reactions

by Brenda McCaffery

The Parti Québécois under the leadership of Rene Levesque swept the province by a majority vote defeating Premier Robert Bourassa last Monday.

Mr. Bourassa, 43, lost his Mercier riding to 38-year-old journalist

and poet Gerald Godin. Mr. Levesque, 54, won his Talon riding on the South Shore.

The PQ, which now has a total of 69 seats in the National Assembly — 13 more seats than necessary for a majority government, won the election because Mr. Levesque

relieved the immediate threat of separation to hold a democratic referendum within two years on the issue of separatism.

Mr. Levesque was astounded at the magnitude of the party's majority win. He said, "I never thought I could be so proud to be a Quebecer."

Feelings

Humber faculty members and students have mixed feelings about the Quebec election.

Some people felt Mr. Levesque used the referendum to be held in two years on separatism as a vehicle to win the election.

John Adams, co-ordinator of graphics in the Creative Arts Division, said, "Mr. Levesque's referendum is a clever emotional ploy to get into power."

However, Mike Gudz, photography instructor, is more optimistic. "If Mr. Levesque fulfils his promises...that will be a minor miracle."

Adam Sedgwick, another photography instructor said, "The election wasn't so much a positive vote for the PQ, but more a negative vote against Mr. Bourassa."

Mr. Bourassa's defeat was partly blamed on his neglect to discuss the issues at hand with the people of Quebec during his campaign.

Sheila Johnston, second-year journalism student said, "There's been too much corruption in the liberal government. They deserved to be voted out."

Even with the assurance of Mr. Levesque's referendum, the threat of separatism is still on people's minds.

Hansa Patel, second-year travel and tourism student, who lived in Montreal four years said, "When I came to Canada in 1967 I enjoyed Canada's 100 years' celebration. I would like to see the country stay together. How Quebec could survive economically if it did separate, I don't know."

Mr. Sedgwick concluded, "Separatism won't be settled by Quebec alone, but by all the provinces and the federal government."

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AND YOU THOUGHT ONLY SPIDERMAN could do this! Here, a Humber student carefully climbs along the edge of a cliff at Rattlesnake Point near Milton. (photo by Michael Hatton)

Rock climbers get to top

by Tom Kehoe

The rugged images of Daniel Boone and Paul Bunyan travelling through the wilderness have melted away with the era of automation and high-rise apartment complexes.

The majority of people today show little interest in hiking, camping and back-packing according to Michael Hatton, Athletic Co-ordinator for the Centre for Continuous Learning at Humber College.

"People today just aren't interested in climbing Mount Everest or portaging through the wilds of Northern Ontario," said Mr. Hatton. "People are not orientated with the wilderness because modern-day life does not demand it."

Mr. Hatton, who has spent extensive time in the outdoors, said there is a sense of achievement for those people who become involved in the outdoor life. However, he said, only a small percentage become skillful in adapting to the environment.

"There is no education about the outdoors," said Mr. Hatton. "Again, it comes down to people not being interested. Our

ancestors coped with the wilderness as a means for survival.

One of the courses taught at Humber this year, Rock Climbing, provides the student with a feeling of accomplishment as well as improving his skill level.

"Many people climb to prove to themselves they can do it," said Mr. Hatton. "Others do it because they enjoy the scenery once they get to the top. Then there are those who do it to scare the heck out of themselves on the way up."

Mr. Hatton said a hiker should tell someone how long he is going to be when he goes hiking. He should also inform them when to start searching and when to call the police. A hiker should not split up from a group and should carry matches and a supply of food.

Nature provides many edible plants, berries and nuts in the woods, but Mr. Hatton said wild mushrooms should not be eaten.

"I wouldn't feel comfortable eating wild mushrooms," said Mr. Hatton. "Unless someone is a trained botanist, my advice is to stay away from them."

Watercrest grows by the pound in Southern Ontario and tea can be

made from both cedar and spruce trees, according to Mr. Hatton.

Light clothes worn in layers over each other is better than wearing heavy clothing. Between each layer of clothing, dead air is produced which keeps the body warmer than bulky attire.

Small profits expected as few attend Osler dinner

by Donna Black

Osler Campus's graduation committee was let down last Monday night by the poor attendance at its fund-raising spaghetti dinner. Only about a quarter of the profits expected were received from the dinner, according to Colleen Gauley, Student Council president. The committee, composed of about 16 students, is involved in various projects which will help subsidize

the nurses' graduation formal. Currently two raffles are going on: one for a quilt, and the other for a liquor raffle in which one bottle is raffled a month at the residence and at each Osler pub.

The location of Humber's nursing students' formal hasn't yet been decided. Ms. Gauley is considering prices at various Toronto hotels and expects council to make a decision by Christmas.

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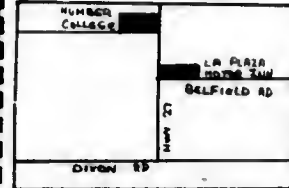
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MISC.

Tenth Anniversary Contest. Win \$100! Create a new slogan for Humber's own radio station — CHBR. Our present slogan is CHBR — the Radio Voice of Humber College. Anyone is eligible to enter. Send your ideas to Phil Stone, Co-ordinator, Radio Broadcasting, Room D222. An impartial panel of judges will pick the winner. Contest closes Monday, November 29th. Winners will be announced in Coven one week later.

Lost: H-P Calculator. Reward to person who returns it. Call Frank. 653-9341.

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PERSONAL

LARRY: BEETON is closer to HAMILTON than HIAWATHA. I need you to talk to. Please write. Carol T.

COVEN

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Humber College of Applied Arts & Technology

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10th ANNIVERSARY YEAR

Judi Chambers	Editor
Bruce Gates	Managing Editor
Bruce Cole	Sports Editor
Carl Ferencz	Photo Editor
Geoff Spark	Staff Advisor
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Tuition fee abolition unrealistic

As part of National Student Day, the Ontario Federation of Students prepared a brief to present to the Ontario cabinet. Contained in this brief was a proposal that tuition fees eventually be abolished.

To abolish tuition fees, especially during a time when the province is trying to hold the line on spending, would result in higher taxes. And statistics released by the information resources branch of the Ministry of Colleges and Universities indicate that the tax increase would be sizable.

This year Ontario will spend \$888,656,800 on its colleges and universities. Of this amount, university tuitions proportionally cover 16 per cent and community colleges account for 12 per cent. That means students collectively are paying \$118,400,800 towards the total cost of their education. That is also the tab Ontario taxpayers would have to pick up if tuitions were abolished.

While Coven sympathizes with the beleaguered student who, it seems, is always being asked to come up with more money for his education, money he sometimes doesn't have, we cannot support the abolition of tuition fees. What short-term gain the student might obtain while he's in college would really be a long-term loss when he faces the bill as a taxpayer.

This proposal is unrealistic. BG

Student Union more than pubs

The possible decision to close the pubs next year may mean death to the Student Union.

Although their reasons are valid because of vandalism and pot-smoking, without the pubs where will the SU be?

Most Humber students identify SU with those Tuesday, Thursday and Friday nights only. The student council elections, money allotted for student extra-curricular activities, contests, entertainment, international representation for Humber College, and all the other services the SU provides, have received little recognition from students.

Either students are not paying attention or the SU is not making its functions known.

Maybe students are paying attention but only to what's really important, such as who's playing at the next Friday night pub.

If the pubs are closed, it's almost certain that interest in the SU will decrease.

SU will have to find alternative means of getting it back. JC

WE'RE OFF TO THE HUMBER PUB



Students go marketing in January

by Steve Pearlstein

A handful of third-year marketing students will combine all they've been taught about the profession and with their talents will compete in a marketing competition at the Park Plaza Hotel in January.

Humber's marketing program has been part of the competition offered by the Industrial Marketers of Toronto for the last five years. Other colleges who have competed in the past include Sheridan, Seneca, George Brown and Ryerson. For the last two years, York University has also sent a team to compete.

In the competition, each group is asked to analyze a case study and present its solutions and analysis to a panel of experts from the industry. The winner is presented with a challenge trophy.

Gerry Byers, a marketing instructor responsible for organizing last year's team, says interested students have ample opportunity to be on the team because it is

chosen on a voluntary basis. After they understand what is required, Mr. Byers gives the students a practice case study which he evaluates for the methods and approach used.

When the competition first began, students were asked to go down to the Park Plaza at 9 a.m. They were given the case study and then placed in a hotel room where they had three or four hours to produce their analysis. After presenting their solutions to a group of judges, two finalists were chosen to repeat the presentation to about 100 people the same evening.

Last year, the case study was given to the students a week in advance. The judging panel asked the faculty of the colleges not to do any work on the problems, and according to Mr. Byers, the staff at Humber did not offer any assistance to the students in the competition.

Mr. Byers said the method of giving the case study in the morn-

ing and having three or four hours to work on it is the fairest way to evaluate the students' talent.

"Whether this system is the most appropriate is questionable because it is quite a load to dump on five untrained people, especially when they are in a strange and intimidating environment."

"There is a kind of self-selection process because I'm asking them to do a little work in order to qualify", says Mr. Byers. This usually cuts the number of students down to the final five-member team needed for the competition.

In 1973, the team was given the case study two months in advance, and for the competition there was time to "groom" an excellent team, according to Mr. Byers, so they won. They also won in 1974.

In 1975, the team was able to beat York University, but last year George Brown was the overall winner of the competition. However, the team was good enough to top York last January.



COVEN GREY CUP CONTEST WINNER Denise Smider is pleased to receive her tickets from Judi Chambers, Editor of Coven. (photo by Carl Ferencz)

Maintenance men sweep us clean

by Judi Chambers

It's 9 p.m. on a Monday night and the halls of the L section are deserted. Nevertheless, the evidence of students still remains. Ash trays are filled to the brim with cigarette ashes and butts, and the orange carpet is littered with paper and pop cans. From one of the classrooms a humming sound can be heard.

Slowly the humming grows louder and Giuseppe Dicecco appears at the door pushing a vacuum cleaner. Dicecco is one of 50 full-time maintenance men whose job is to clean up the college night after night.

Dicecco waves, enters the Coven office and talks about his life in Canada.

Dicecco started working at Humber in 1975, but previously he constructed kitchen tables at a chair and table manufacturer's in Toronto. After working there for 16 years, an allergy to dust forced him to find employment elsewhere.

"At the factory where I worked there were only Italian men to talk to," he says, "so my English is not very good."

Dicecco works the night shift at the college from 4:30 p.m. to 1 a.m. every night except Friday

when he works from 3:30 p.m. until midnight.

Born 48 years ago in a small Italian city named Ledino, Dicecco and his wife came to Canada with their eldest daughter in 1955.

"I came because I heard there's good money in Canada," he says. "Now my son (aged 17) and daughters (23, 15) can make good money."

Dicecco likes Canada and doesn't want to go back to live in Italy. When he was in Italy he raised sheep and cattle on his father's farm.

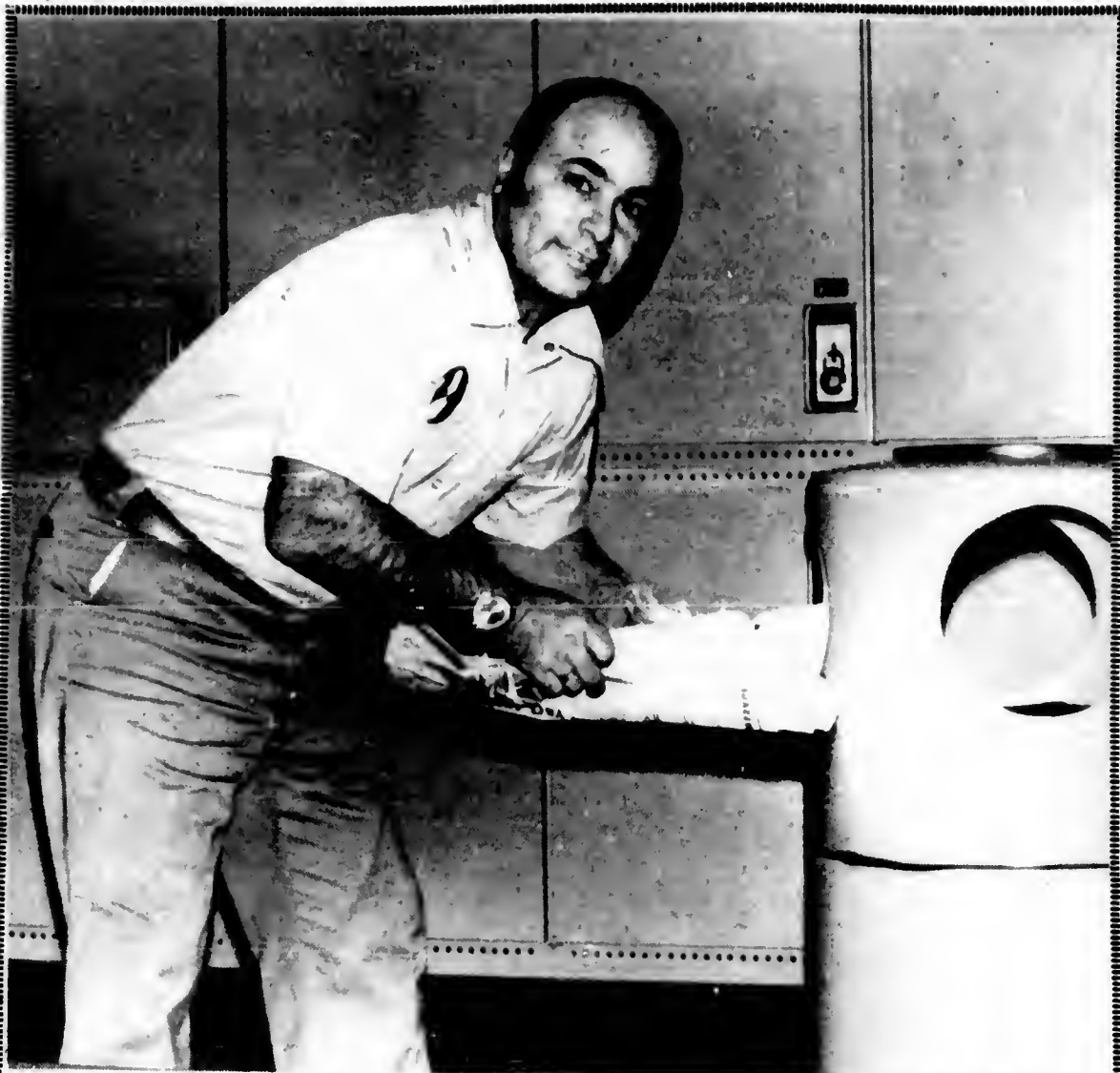
His four brothers and four sisters live in different parts of the world. Three of his brothers and a sister live in Italy, the remainder live in Argentina, except for one sister who lives in Toronto.

Maybe I'll go back and visit my friends and relatives in Italy, he says, but I haven't been there since I've come to Canada.

On his weekends, Dicecco enjoys making wine and tomato sauce. Occasionally, he helps his wife in the kitchen and cooks lasagna and spaghetti.

He quickly glances at the clock on the wall and announces his break time is over.

"It was nice to talk in English with you," he says. "If you want to ask me any more questions I will answer them."



IT'S ALL IN A NIGHT'S WORK for Giuseppe Dicecco. The 48-year-old caretaker cleans up the L section every night. (photo by Carl Ferencz.)

Lakeshore party to be MAD affair

by Bruce Gales

Humber Lakeshore goes MAD Dec. 15 at 1:30 p.m.

No, they won't be cracking up down there, they'll be celebrating.

MAD Day is to be part of Humber's 10th anniversary celebrations—a Christmas party to bring together the students at all Lakeshore campuses, Keele, Queensland, and the Basic Job Retraining (BJRT) students.

The purpose, says Pat Stocks, recreation and athletic coordinator for the south campus and a member of the MAD Day organizing committee, "is to promote enthusiasm, leadership and student/instructor interaction on an inter-campus level."

"It is also to create an awareness of and utilize available facilities and resource personnel."

she adds. "What we're hoping to do is get buses to leave the other campuses by 12:30 or 1:00 Dec. 15 so the students can get down here by 1:30."

MAD Day, in co-operation with the campuses' student councils, will be full of activities, including a special 2-7 p.m. pub. Admission to this pub will be about \$1, which will entitle the visitor to one free drink, sandwiches, Christmas cake and the chance to do some good old fashioned carol singing.

"The pub tickets will be sold ahead of time because the Liquor License Board allows only 250 persons into the pub," explains Mrs. Stocks.

But those who miss out on the pub will plenty of other activities to watch.

Entertainment and a singalong, as well as dancing and

cheerleading, will take place in the cafeteria.

What should be one of the highlights of the day, however, will be a volleyball challenge match between students and teachers. And the referee will be, who else, Santa Claus!

"We hope to get costumes, too," says Mrs. Stocks, who hopes for complete involvement by staff and students.

MAD Day should be a real family party with plenty of revelry and merrymaking. But why is it called "MAD Day"?

"How it came to be called MAD Day was we thought it would be really good to do some crazy skits. The initials M-A-D can mean anything you want them to," explains Mrs. Stocks. "There's really no better explanation than that."

Give blood Nov. 25 & 26

Staff and students are invited to lie down and rest on November 25 and 26, and "give the gift of life".

Humber first-year Public Relations students will be conducting a Blood Donor Clinic in the concourse on those days.

Publicity director Elden Sammut said, "we hope to have a good turn-out, and possibly surpass last year's total of 29 units. We have set our goal at 550 units, which I'm sure can be attained."

Mr. Sammut hopes the con-

course won't be over run with donors at lunch hour, and has asked people to try and come between classes, or at least to try and avoid the lunch hour if possible. "It won't take much time to come down," said Mr. Sammut, "only 15 or 20 minutes."

Also appearing in the concourse will be one of Humber's award-winning bands to provide donors with entertainment.

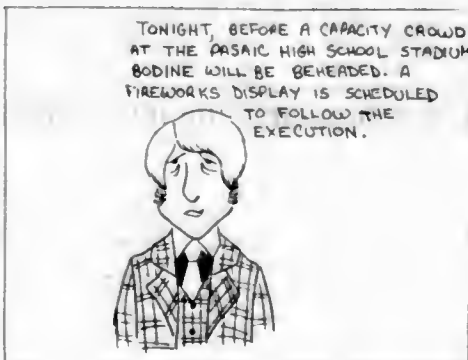
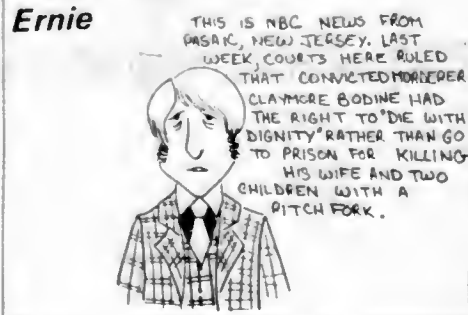
The times will be Thursday from 9 a.m. to 3:30 p.m., and Friday from 9 a.m. to 2 p.m.



Humber's Humdinger

We caught Sheryl Legge reflecting on her future. Sheryl, 20, is in second-year Fashion Careers. She grew up on a farm in Chelsey, Ontario, and hopes to rope herself a career in fashion or just go home on the farm and be a cowboy. (photo by Carl Ferencz)

Dirty Ernie



Athletics and Recreation

Developing a capacity for muscle endurance

BY LAURENCE MOREHOUSE AND LEONARD GROSS



Now you've got some muscles—not to look bulky—you won't—but to hold your frame erect, give you some confidence in yourself and move you where you want to go. Our next job is to give those muscles a capacity for endurance so that any sudden situation requiring extra effort won't throw you off schedule for a week.

We're also going to move up a notch in our circulo-respiratory conditioning. Again, the aim is endurance.

We no longer have to worry about expansion—the building of muscle tissue. By now, you've got all the bulk you need. Nor do we need to worry about range of motion. If you're doing enough stretching in your minimum-maintenance program, that's enough. However, you may want to do the limbering routines as a warmup before your workouts in this phase.

The second eight weeks require a new series of training methods to achieve the new objectives. We'll utilize the first four minutes for muscle endurance training, the last six for circulo-respiratory endurance training.

Your first exercise is to do twice as many pushaways as you were doing in Step One, and feel that the exertion is moderate at the end; not light, not heavy. In order to do that many without a heavy effort, you'll have to lighten the resistance considerably from what it was at the end of that first eight weeks, when you were exercising for muscle bulk. It may be that you had worked your way from the wall through all the stages to the floor. Nonetheless, it

would be a good idea to go back to the wall the first time you try to do about 40 pushaways. If that's too easy, try the next hardest level the next time you exercise.

The objective is to do twice as many, and do them fast.

You'll adjust the intensity by moving your feet away from the wall. Start at just beyond arm's length. Once again, if that's too hard, step in closer. The important thing is to be able to do about 40 pushaways. If you can easily do more than 50, you're standing too close. Once you've found the position that enables you to just barely get 40 without the exercise becoming heavy, maintain that position until you can get a moderate exertion at about 50. Then move to the next position. As you step away from the wall, you automatically increase the load.

Pushaways can be very easy.

Pushaways from the wall can be very easy if you stand next to the wall, but if you get back far enough you'll find them an interesting challenge.

Doing 40 to 50 pushaways isn't a rigid rule. It's just an order of magnitude. In order to gain endurance, you have to do relatively lighter work rapidly for a greater number of times. If you quit before 20,

you're not doing an endurance exercise. If you get 35 and have to stop, or if you get 60 without feeling tired, fine, that's your workout for the day. Make adjustments the next time you exercise. Stand closer or farther away; go faster or slower.

Next, do endurance sitbacks. Assume the same position you did for the regular sitback—on the floor, knees bent, feet hooked under or around a piece of furniture.

Now lean back just a little, about a third of the way to the floor. Hold that position for 10 or 15 seconds. Next, move back a notch, so that you're approximately halfway between your starting position and the floor. Again, hold for 10 to 15 seconds. Finally, move back to the three-quarters position, and try to hold that for 10 to 15 seconds.

While you're leaning backward, probe the abdominal muscles in all areas, low and high, with your hands. This helps to keep the muscle hardened.

When the exertion starts to become heavy, your belly will begin to quiver. That's your signal to straighten up or relax backward onto the floor.

It may take you a few days to establish just how far back you should go. If you're back too far, you'll start to quiver before 30 seconds. If you're too far forward, you won't quiver until after 40 seconds.

As soon as you've finished the sitback, do another set of endurance pushaways.

When you've finished the second set of endurance pushaways, do another set of endurance sitbacks.

Two sets each of two exercises should take you four minutes. If you find that you can't do the four sets in four minutes then do as many as you can. Don't hurry yourself, but try to develop to a point where you can do two sets of each exercise. If you can get only 30 pushaways on the second set, fine. If you can hold the sitback for only 20 seconds the second time, also fine. You'll soon get to a point where you can easily do four complete sets in four minutes.

Reminder: Check your heart rate every two minutes. Keep it within prescribed limits. Your upper limit is now 70 per cent of 220 minus your

age. Example: 220 minus 40 equals 180; 180 times .70 equals 126. The nearest interval of 10 is 130. You can go to 130 beats a minute, or 13 beats in six seconds. No higher, please.

Now, interval training.

It consists of six minutes of exertion in which sprints of intensive exercise are alternated with intervals of active rest. The conventional method is to run for a number of seconds, say 30, then slow to a walk for about 30 seconds, then run and walk alternately. There is a cardiovascular training level for each individual below which the system is not stimulated sufficiently to produce a training effect. If you fall below that level, as you would if you sat down to rest, you've wasted a lot of ef-

fort; the time you're below isn't doing you any good, because you're not getting a training stimulus. Nor are you gaining anything from the energy you spend to get back up to the level that does you good. So the trick is to orchestrate your activity in such a way that the slow periods give you enough of a rest to be able to maintain vigorous activity in the fast periods, without being so inactive that you're penalizing yourself.

In interval training, you can work longer without fatigue because these brief periods of active rest allow for the re-conversion of lactic acid and other metabolites, so that they don't limit your performance. You'll be doing more physical work and putting more of a load on your circulo-respiratory system after interval training than you will after continuous distance training. You can stand a heavier load in interval training because you haven't let your metabolic waste products pollute the working mechanisms of your body.

During your endurance lops in the first eight weeks, you worked to 60 per cent of maximum. Now we're going to speed you up so that your Training Pulse Rate goes to 70 per cent of maximum during the fast portions of the six-minute period.

Start out—running in place, jogging, Fitness Hopping, dancing—at your old loping rate for 30 seconds.

Raising heart rate by speeding motion

In the next 30 seconds, speed up your motion to an extent that raises your pulse rate to 70 per cent of maximum training rate. It will take a few tries to find out what effort is required to achieve that result. You know basically that if you go faster, your heart rate will increase. How much faster is something your body will teach you by the second or third session.

Now a minute has passed. In the next 30 seconds, slow your activity, giving yourself a rest, but not to such an extent that your heart rate falls below your loping pulse rate. In other words, if you were doing your loping workout at a pulse rate of 110, let your pulse lower in that rate during this active rest interval.

After 30 seconds of active rest, speed up for 30 seconds of intensive exercise. Then slow down. Then speed up. And so forth, for six minutes.

Reminder: Take your pulse after two minutes. Don't exceed your Training Pulse Rate—70 per cent of the difference between 220 and your age. At the same time, don't be alarmed if you haven't quite made it to your Training Pulse Rate after two minutes. It may take another interval of intensive exercise to do that. After the fourth minute, take your pulse again during your active rest interval. If you're too high, don't move so fast during your next 30-second intensive exercise burst.

If you're too low, move faster.

Even if you miss your Training Pulse Rate by 10 beats a minute or so for several sessions, it's no big deal. Eventually you'll find the target. Toward the end of your second eight-week period, you'll be moving a lot faster to produce your Training Pulse Rate than you were at the beginning. When that begins to happen, you're really getting in shape.

More quality in the program

Now we're going to put more quality into your program. And we're going to perfect the element of relaxation.

We're moving up to 80 per cent of all-out effort. These are energetic, fast workouts. "Energetic" and "fast" imply relaxation. You can't move well with your brakes on. You can't get speed unless you're relaxed. Excess tension acts as a brake on the body's ability to perform work.

Some of the muscles are prime movers. Others are antagonists to the work you're going to perform. You have to let the antagonists relax while you're using the prime movers to get the work done.

You've got muscle mass. You've got muscle endurance. The final ingredient is muscle strength.

We've already seen some increase in strength during the previous periods. Inevitably, the exercises you've done have made once dormant muscles stronger. But to bring muscle strength up to a respectable level, you've got to do exercises designed for that purpose. Remember, you can't work effectively for mass, endurance and strength at once. You can only work for one at a time.

Overload principle in building strength

Basically, training for strength takes less time than building for bulk or endurance. You achieve strength by using heavier loads and fewer repetitions. These exercises take only two minutes out of our 10-minute program, leaving eight minutes to complete our circulo-respiratory endurance training.

Once again, the first exercise for muscle strength is the pushaway. But the exercise takes on decidedly different characteristics. For the endurance pushaway, we went back to the wall to make things easier, so that we could get 40 pushaways. Now we want to make things so difficult that we can get no more than five. So we not only go to the floor, we have to make some adjustments.

There are two basic ways to make the exercise more difficult. The first is to elevate the feet—placing them on a chair, or a stair, or a table, or even against the wall. The second way is to have someone put

his hand on your back while you do your pushaway, just firmly enough so that you can't get more than five. You can guide him to the proper

pressure; he'll find it quickly enough.

Ideally, you would make the exercise so difficult that you could do only one. With the same degree of difficulty, you would then try to train up to five. Then you'd intensify it even further.

The second exercise is the strength sitback. Same position as for earlier sitbacks—on the floor, feet hooked to a piece of furniture, knees drawn up.

Now assume a position you can hold without trembling for only five seconds. After five seconds, let yourself go down to the floor, and rest.

There are two basic ways to create that much difficulty for yourself. The first is to extend your arms over your head. The second is to hold a weight either in your hands or in your arms, folded across your chest. Obviously, a deep sitback may very well be enough at first to give you a

good challenge for five seconds. But if it isn't, try your arms in different positions. If that isn't enough, add weight. A heavy dictionary or encyclopedia or a cast-iron pot from the kitchen (even the lid at first) will do.

When you're finished your strength sitback, do another set of strength pushaways. Then another sitback, another pushaway, another sitback. Three times for each exercise, alternating.

You're going to be falling all over the place at the outset. Don't worry about it. It's only for two minutes. It may seem arduous, but it's also amusing. What's remarkable is that by the third week, you'll be doing harder things than those you were unable to do in the first week.

You'll feel it when you've given a sufficient effort: it's at the onset of trembling of your abdominal muscles. No need to go beyond that. The effort of the first week will be insufficient for the third week to give you a strength workout, because you're getting stronger. Once again, you'll feel it and make the necessary adjustments.

Reminder: Don't exceed your Training Pulse Rate. It's now 80 per cent of 220 minus your age.

In the next eight minutes we'll use a more energetic form of interval training.

At 80 per cent of maximum, a 30- to 60-year-old person by this point can exercise at a Training Pulse Rate of 130. A 40-year-old person can go to 140.

To achieve these levels, you're going to shorten your sprint level to 15 seconds.

Start your activity at your Training Pulse Rate during the second eight weeks. Move at that rate for 15 seconds. Then, in the next 15 seconds, move at whatever rate is required to work your Training Pulse Rate up in the appropriate 80 per cent level.

From then on, alternate slow and fast periods each 15-seconds for eight minutes.

Again, it will take two to three minutes to work your heart rate up to your goal. Take your pulse after two minutes, four minutes and six minutes, and make the appropriate adjustments.

Reminder: Again, the key to activity at this level is relaxation. Recall your relaxation exercises when you attempted to lower your resting pulse rate. Before starting your program, try to loosen up in the same manner. Sink your weight into a chair, let your feet grow heavy on the floor, let your shoulders fall naturally to the sides, unclench your teeth, unbarrow your brow, relax your eyes. Practice belly breathing. Let a hand ride on the

belly, making sure that it moves out when a breath is drawn in. The hand and the belly fall when the breath is exhaled. Pause and relax for a moment at the end of each exhalation.

Dynamic relaxation and little bears

While you're exercising, practice this method of dynamic relaxation: Begin with a normal amount of tension. Then deliberately increase the tension, first by imagining that little bears are grabbing hold of your ankles, then by exaggerating your muscular contractions and imagining that a big bear is grabbing you and pulling you back. When you are very tense, shake off the bear, relax your muscles and let the tension go. The objective is to get below the level of tension with which you began.

But if you can't play—or if you want to be certain that you'll maintain the level of fitness you've reached—you should keep up your 10-minute, three-days-a-week workouts. These will maintain a

satisfactory level of muscle tissue development, muscular endurance and strength, and cardio-respiratory endurance. Here are three such maintenance workouts:

Minutes	Exercise
0-1	Limbering warmup
1-1.5	1-5 strength pushaways
1.5-2	1-5 strength sitbacks
2-10	Endurance lops (continuous at 80% pulse)
B	
0-1	Limbering warmup
1-2	15-20 expansion pushaways
2-3	15-20 expansion sitbacks
3-10	Endurance intervals (thirty 30-second intervals at 80% pulse)
C	
0-1	Limbering warmup
1-3	40-50 endurance pushaways
3-5	40-50 endurance sitbacks
5-10	Sprint intervals (fifteen 15-second intervals at 80% pulse)

Hockey Hawks improve game

by Bill Scriven

The Humber College varsity hockey team and the Algonquin College Cats entered the arena to battle each other Nov. 13 at Westwood Arena. The final outcome of the game, Hawks 5, Cats 4.

It was the most entertaining game of the season at Westwood. "We made several fundamental mistakes in our own zone," Cats' head coach Ron Port explained. "These led to four of the five goals scored by the Hawks."

The Humber club improved greatly over their performance the week before against Erindale College. All three lines were skating effectively. The line of Brian Bitcon, Ron Smith and Bill Morrison again performed brilliantly. The players have the natural instinct to put the puck in the net. The scoring began early in the first period when Hawks' defenseman Rick Crumpton scored a power play goal off a shot from the point. It was the first of Crumpton's two goals.

Algonquin then came back with a power play goal by Dan St. Cyr. Hawks' centre Wayne Sooley scored on a hard slap-shot from just inside the Cats' blueline to beat their goalie, Wayne Veary.

Finishing off the scoring for the Hawks in the first period was Ron Lutka. John Jessop and Martin Enright scored for the Cats to make the score 3-3 at the end of the first.

Referee Bill Howes allowed the two clubs to physically hammer each other to the ice throughout the game. Howes said afterward he didn't think the game was out of control.

Hawks exerted tremendous pressure on the Algonquin team in the second period. Bill Morrison scored his fifth goal of the season, and Crumpton scored his second goal of the night, skating around several Cats players before beating Veary. The only goal in the third period went to Cats' player Dan St. Cyr. It was his second of the night.

The Cats had several good scoring chances in the final period, hitting the post twice, but couldn't put the puck behind Hawks' net-

minder Tim Morrison. "We are still working on a system where all the players play at a consistent level," head coach John Fulton of the Hawks explained after the game. "By cutting down on mistakes, the club will reach this level."

Algonquin scored three power play goals in the game. Explained Fulton: "Their players are older and more experienced. They don't get disorganized in the opposition's end when they have the man advantage."

PUCK NOTES: Paul Roberts, who dislocated his shoulder in a game against Canadore College a week before, played for the Hawks against Algonquin. He appeared to be in pain throughout the game, but still played well. Another injured Hawks' player, defenseman Doug Morrice, also played against the Cats. Morrice fractured his ankle on the Hawks' trip north.

Hawks' centre Wayne Sooley leads the team in scoring, with six goals and seven assists in four games. Paul Roberts follows with three goals and eight assists. Ron Smith and Bill Morrison each have ten points.

Hockey race tightens in tramurals

by Sheila Johnston

The battle for position has begun in Humber's intramural hockey league. In recent action, Blazing Typewriters went down in a surprising defeat by the Enforcers by a score of 3-2. Last year's finalists, the Typewriters, are missing 6 players owing to injuries and field trips.

In other action in the Blue league, the Gramblers were dumped 13-4 by the Warriors. Civil Trounced Recreation 5-3, and the Mauraders blanked the Studs 3-0.

In the Red league, the defending champion Scorpions defeated the Grafreaks 3-1. The Grafreaks are the only team in the league with a woman coach.

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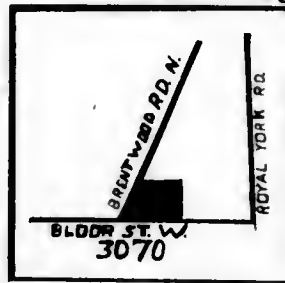
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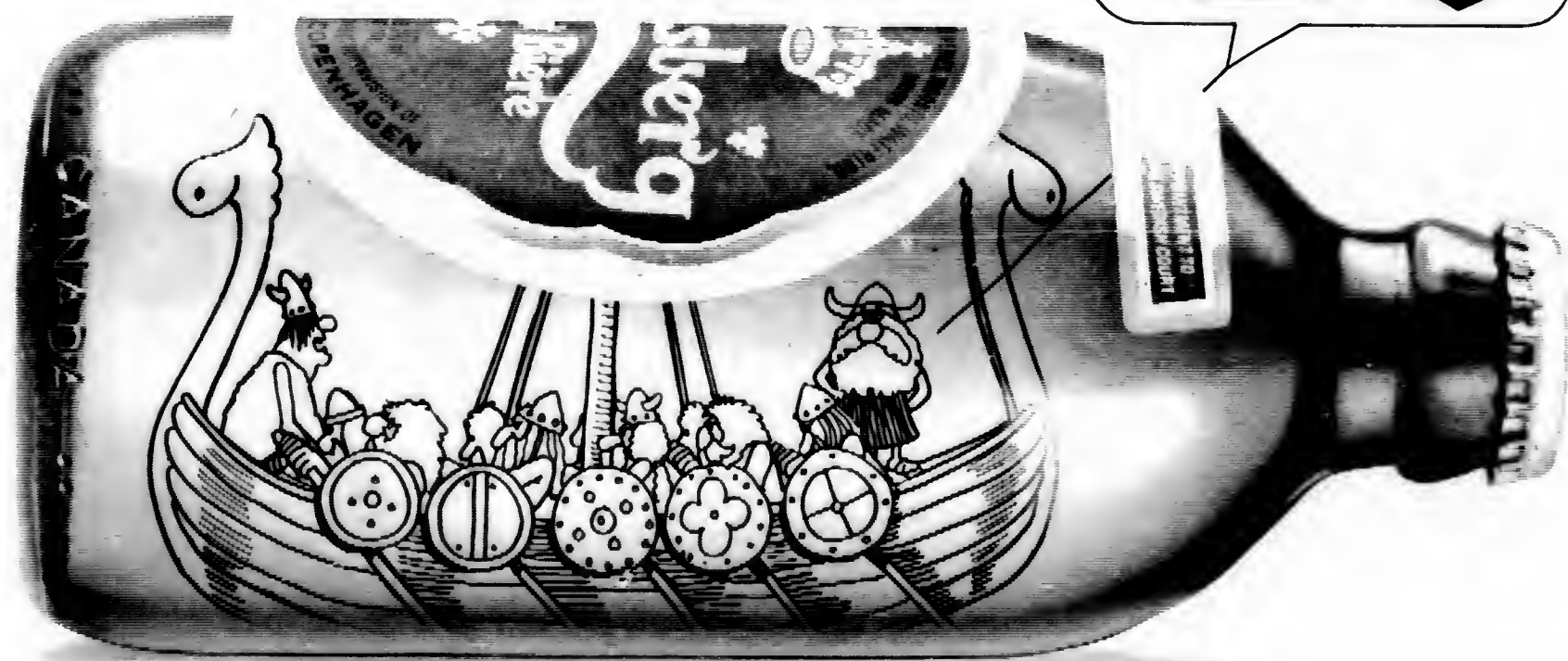


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Cheers!



THE GLORIOUS BEER OF COPENHAGEN



ALL EYES ARE ON Sharon Pummel as she portrays one of the Sylvia in Humber's production of Sylvia Plath. (photo by Carl Ferencz)

Palmer music dazzles girls

by Avrom Pozner

Robert Palmer, a suave, neat-looking Englishman recording for a reggae oriented label took over the stage, assaulte his music and appeared to tantalize many of the girls in the crowd that filled about half the Queen Elizabeth Theatre at the CNE on November 1.

It was his first appearance in several years, and the audience got what they asked for.

Most of the songs came from his last album, Pressure Drop, and his newest effort, Some People Can Do What They Want. The greatest reaction rose dor Give Me an Inch, Pressure Drop, and Back in My Arms. An interpretation of an old calypso song Man Smart Woman Smarter was interesting and perhaps the best song Palmer did all night.

His band, comprising of three vocalists and seven instrumentalists, had been together for a few days and had put together a show that couldn't be assessed. Half the band was familiar with some of the material, but it couldn't be ascertained without looking at an album cover. The best of the band were Greg Carroll, who played harmonica and sang and guitarist Freddie Wall, who seemed oblivious to the fact that there was an audience before him.

The only complaint heard from some members of the audience centered about the fact that the concert started 25 minutes late, and even then Palmer performed for only 75 minutes. It was later learned the time limit was written into the contract, and could not be altered without the promoters losing money.

Palmer worked on the audience

like a boxer with an introductory phrase. He then attacked the microphone and the words trying to direct the audience into thinking one song coming when it actually was another.

At the end of the show, most of the audience rose for a standing ovation, but for those who didn't, it was because they felt the wait was too long and the set too short.

Big beat Humber

by Bruce W. Cole

The Humber Hawks basketball team is rapidly improving, but they still lack one ingredient: size.

The Hawks battled the Lithuanians right to the end in their York Industrial League game, but were finally subdued and out-rebounded by the taller, more experienced players, losing, 86-80.

According to Coach Jack Buchanan, his team just needs a couple of tall players to round out the club and make it more competitive. "We've got three good games out of the kids, but we're losing on the backboards. Our average height is about 5'9", and the taller teams are getting us there. We scored 80 points, which should be enough to win, but we didn't play defensively enough."


The game was a marked con-

trast to the game before, when the Hawks sank only 50 points. The attack was much more balanced, with 11 of the 12 players getting on the scoresheet, led by Bob Arbutnot with 21 points. Lino DiSanto fired 17, Erroll Grant hooped 12 and Joe Hardy shot 1x.

Hawks led in the foul department, taking 38n compared with 23 by the Lithuanians. And the Hawk's shooting from the foul-line was not up to par.

Coach Buchanan is still looking for two tall players to help accent his talented, young team "The club is talented," said Mr. Buchanan, "but we need two tall players to make us more competitive.

If anyone is about 6'4" to 6'8" and wants to play, they should just come down to the Bubble for a practise."



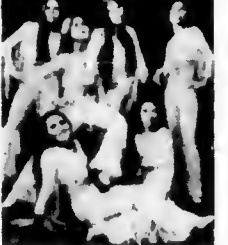
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