

OVERPAYING YOUR CAR INSURANCE ?

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APPLICANT INFORMATION

Mr. Mrs. Miss First Name Last Name Address City Province Postal Code

When does your present insurance expire? Name of present insurance company.

Relationship to Applicant Date of Birth Initial Family Name

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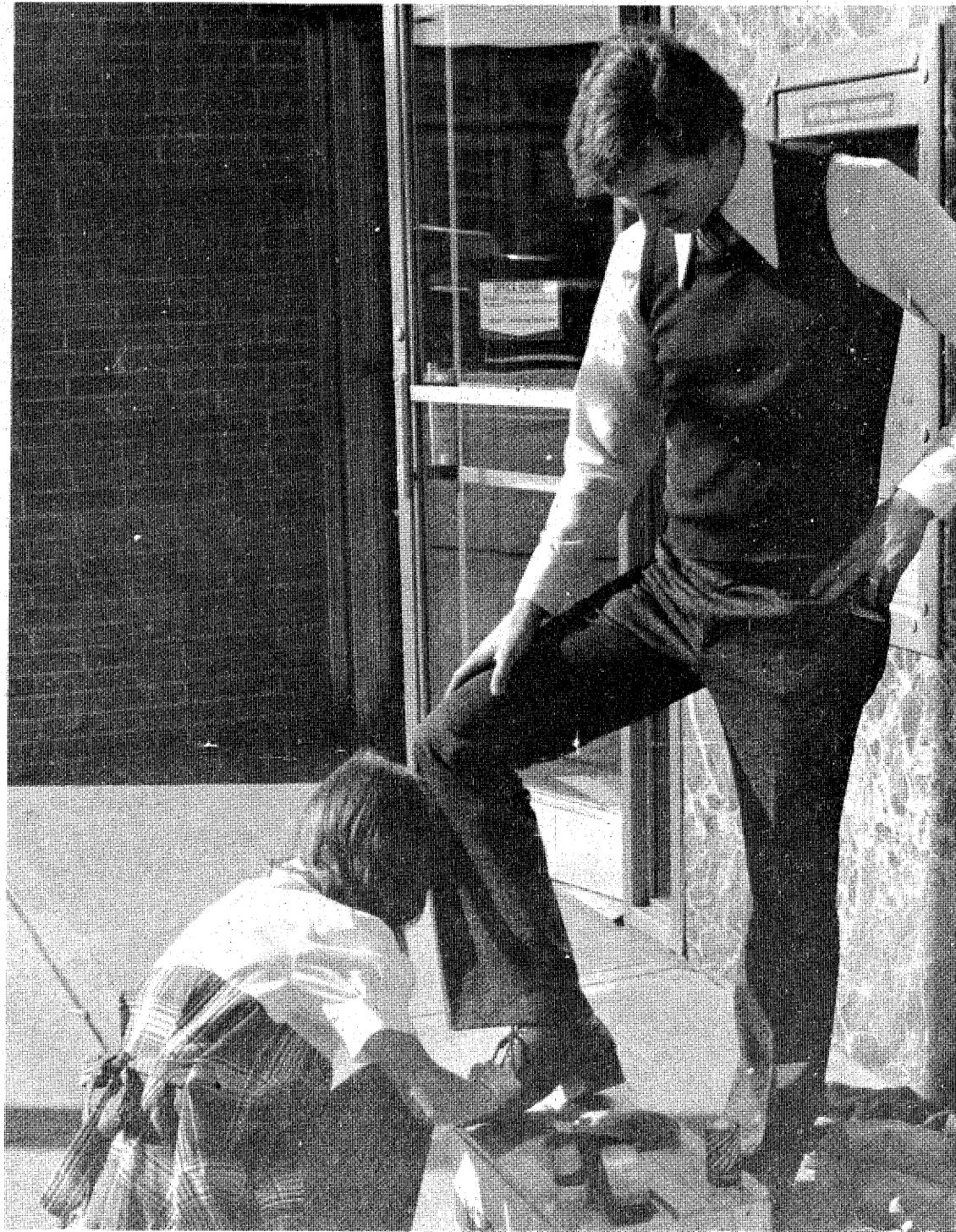
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NUGGET

wed. oct. 3
vol. 9 issue 4

nugget

BIGGEST SHINE IN NAIT'S HISTORY

On behalf of Cystic Fibrosis children everywhere I would like to thank all those (around 600) NAIT students who made our contribution to a better world so large. You may not realize what your open hearts have done, but I am sure that the kids do. They literally must fight to live every day of their lives. They eat pills like corn flakes and spend hours coughing up the fluid that is constantly filling their lungs & finally takes their lives. When life is that hard, the only reason for not giving up must be because you are on their side.

These figures are approximate and are subject to change since proceeds are still arriving. I would also like to point out that even though some of the figures are small they are from small techs. But on the contrary there were small amounts from big Techs. That's okay.

I would like to point out some things, 29 of Respiratory's 30 students shone shoes and look at how much Court Reporting got, not bad for 14 girls. Some of NAITSA's total came from the Phys Ed instructors.

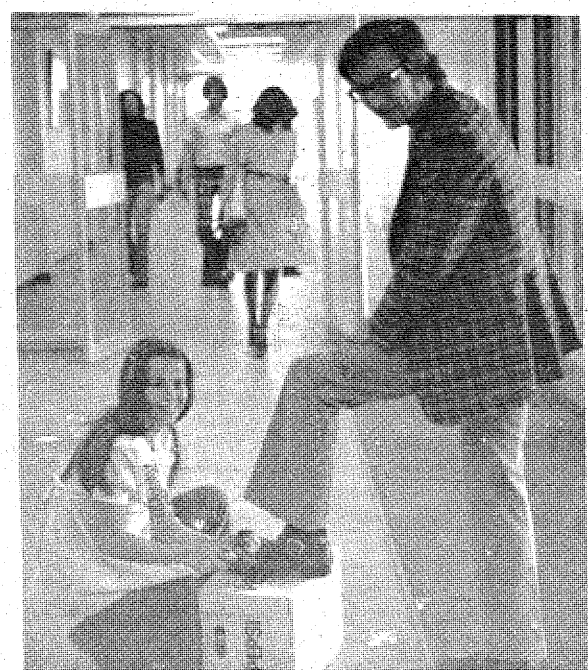
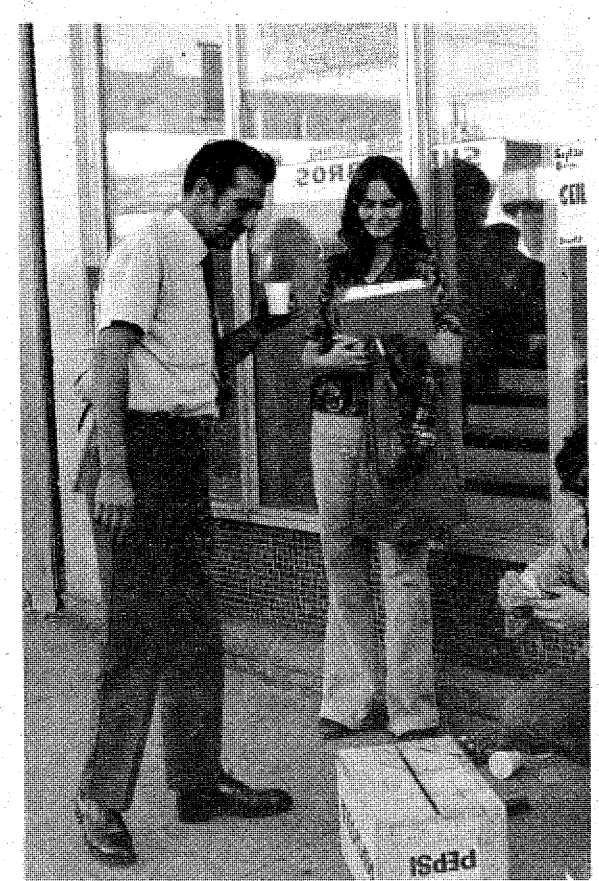
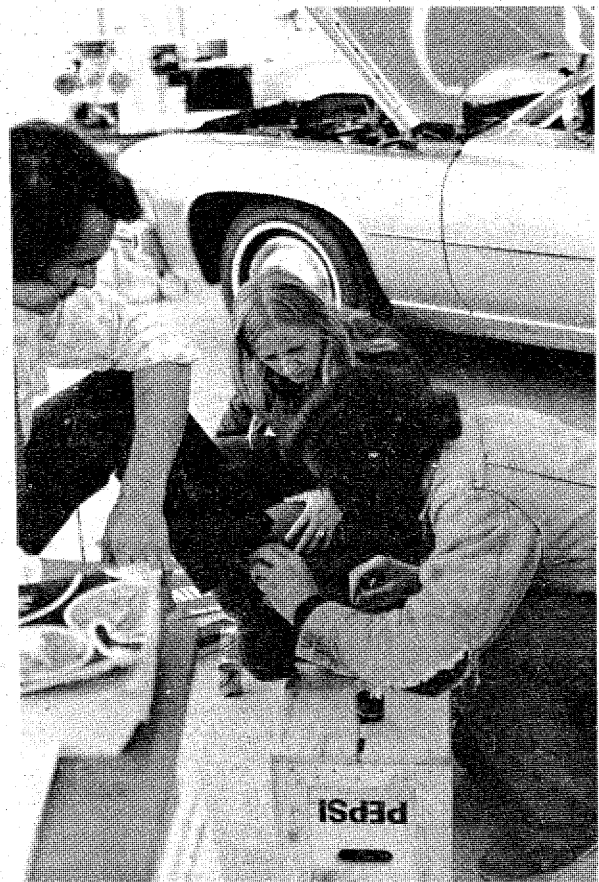
For all those who didn't shine you missed a great party. We drank 60 cases of beer and 2 kegs, danced til 1:00 a.m. and ate 60 lbs. of sliced meat.

Thank you whoever you are for the "I.O.U. one shoe shine" and the slug quarter. Speaking of quarters we (NAITSA) went over to the Edmonton Eskimo office to brighten up their footwear. Ray Jauch paid \$1.00 for his shine, Frankie Morris coughed up \$1.00, each one of the secretaries offered \$2 and \$3 each but the joke had to be Urban Bowman, the defensive coach managing to donate 25¢. I understand, the way the defense is playing and all.

Anyway it was a lot of fun! You can smile today because tomorrow you will make someone very happy.

THANK YOU
Pat La Forge

Photo	32.97
Medical Records	19.06
Steel Detailing	10.60
Med Lab	21.09
Marketing	436.34
Respiratory	207.92
Secretarial	201.32
Gas	184.90
Food Tech	120.42
Drafting	13.53
Drafting	271.41
Instrumentation	13.53
X-Ray	151.11
Canoe Team	63.96
Building Const	42.51
Computers	90.92
Teller Training	34.54
Admin. Man.	280.26
Chemical	232.00
NAITSA	217.72
BAS	1137.31
Civil	116.89
Court Rep.	287.53
Dental Ass.	220.08
Millwork	42.28
Electronics	198.39
Gung-Fu	1233.00
TOTAL	5868.06



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nugget office E-128
477-4329 grey phone 423

Put one letter or punctuation mark in each space.
Leave an empty space between words.

[illegible]

Announcement

commissionaires

"THE SIGNS ARE IN"

by - Sgt Johnston

We're all signed up and ready to go - the DO NOT ENTER and EXIT ONLY signs are in position at the south end of the main parking lot. (106 Street).

We realize that it will take a couple of weeks before you all can be aware that these signs are in place - but after this we will expect you to know and will be forced to take action should you not pay heed.

Another point, TAXI - drop and pick-up of patron. When you arrive by - TAXI - have him drop you off at the cement island-south end of the flag pole line. At the curb on 106 Street. This will prevent congestion of vehicles in the Main parking lot. This also will assist the Cab driver as he can move right out at the street level.

And again, another point, the quick park area is at the street (106 street) curb in front of (east) the flag line. You can legally park there for five minutes while you dash into the - BANK-BOOKSTORE-OFFICES.

Commissionaires are quite pleased this year ((so far)) with the fine co-operation shown. --WILL THIS BE A GOOD HAPPY YEAR - FOR ALL!-- We hope so. Thanks for the co-operation from those we are happy to serve.

NEWSPRINT SUPPLY DOWN, CORPORATE PROFITS UP

ottawa (CUP) -- During the last few months periodical publishers have been plagued by shortages, and rapidly rising prices of paper.

Newspapers have been forced to limit the number of editions or temporarily cut out non-essentials such as cartoons, crossword puzzles and syndicated columns. Newspaper weekend magazines have, on at least one occasion not published.

And the prices of all types of paper have been increasing. Ordinary bond paper has risen almost a dollar a thousand in the last year. Some newspapers have blamed increased subscription costs on the price of newsprint.

Paper producing companies lament that they've been besieged by strikes and unreasonable wage demands. They say the shortages and the prices are the fault of the unions and the market.

So no-one's winning, right? Wrong! In the second quarter of 1973, the paper and forest companies increased their profits by an astounding 172.6% compared to the same period last year. During this time they made \$86.4 million compared to \$31.7 million.

Statistics included in a Report on Business survey indicate that Canadian corporations have increased their second quarter profits by an

average of 44.9%. The base metals industry showed the largest increase - 300%. The paper and forest industry was second. The food processing industry increased its profits by 46%.



THESE HALLOWED HALLS
As I walk these hallowed halls,
Groping for a light within me,
There's no one here but me,
And I feel so lone and small.
In time I'll turn into a machine
'Cause all day someone pounds
my ear
So's in two years, I'll be well
rounded
A creature of dumb routine.
For me, destiny has no calls
So I think I'll climb
These cold grey stone walls.

Letters to the Editor

All letters must be accompanied with the authors name and telephone number (or address). The Nugget will withhold signatures where requested.

DEAR EDITOR.

Last weeks Nugget was the best student weekly I've seen. It was attractive, virtually error free, informative and generally relevant to Nait students. Everyone who put the paper together (The hard working few) deserves a warm handshake or kiss (your choice) and may collect one in the shadow of the "Tower-building overhead-walkway" at the twelfth stroke of midnight on Oct. 12th, (next full moon).

But please note I said "generally relevant" only. A student must keep abreast of the world around him but it is not the function of a student weekly to bring news of Porcupine Mines or other outside info in. Anyone who is interested in the "outside" has an excellent library at his disposal as well as the "Nugget Reading Room and Rip-off and Recycle Information dispensary", located in the Nugget office. The contributing writers are doing an adequate and occasionally exceptional job, as are the photographers, but I can't believe those few blithe spirits can sum up everyone's views. It is apparent that the Nugget can be a spicy casserole of Nait thought, Nait events and Nait people (and hold the garlic) but whether it will or not depends on the man in the hall - not the brash, verbose, misinformed but outspoken writers, like me.
Dennis Galvon.

DEAR EDITOR

While getting lunch today, (September 26, 12:30 pm), I was standing in the hamburger line-up. As I was waiting for my burger, I noticed one of the kitchen staff look carefully around and pull out a discarded hamburger bun carton from a garbage barrel. Into this carton, she placed toasted hamburger buns and put them out for use of the cooks.

If I happen to notice this during the peak lunch hour, it makes me wonder just how many times before that this has happened or will happen again. I can't imagine what does happen when nobody is around to notice!

Grant Yanay,
Respiratory Tech.

DEAR EDITOR

I say "Congrats to Debb." I think it's a good idea that Debb (?) has a column in the "Nugget". I think it will serve a useful purpose because I consider all the people it will help. Just think of the few (or many) students who get slightly paranoid at that time between exams and when the results come out or some poor chick that gets burned on a date or a guy too, for that matter. Besides another reader may be just the one to help and how are you going to help someone if you don't know he exists? Another point to make, assuming that the "Debb" who wrote "Oh Loneliness" are one and the same, she is just the person to write the column because, having experienced the same sort of thing that her readers will be writing to her about, she will be all the more sincere and judicial on that subject. As for Debb herself, I'd come and cheer you except I don't know where, or if, you are.

Another subject I have to talk about is the "Editor's Choice". You had some good points in the article, but I think you were wrong about the cabaret. I enjoyed the cabaret just as much if not more, as the other Frosh activities. The cabaret was the only Frosh function that did not have even SRO left over and I am sure that is an indication of something. I also have one gripe tho', and that is I missed most of "Alive & Kicking" and Tom Northcott because my lunch is only an hour long and on Wed., the Common Hour is also my lunch hour, and I have to eat sometime. Altogether, Frosh week was pretty good.

DEAR EDITOR

Lost?????

Yes, I think some people are lost. As far as my wallet, it was heisted. I've dropped my wallet twice before, but I've always managed to get it back. At NAIT, it seems a person doesn't stand a chance. That was my experience last Friday afternoon. I happened to set it down on a paper towel dispenser as I cleaned up my clothes which had just gotten soiled during my initiation. I wasn't ten minutes out of the J-Wing wash-room upon discovering that my missing wallet, and everything inside it, was taken from its resting place.

The question WHY arises. Why would a person take some-

thing of little value to him and deprive the owner of all his important and essential documents. Seems to me like another bad case of unconcern. People seem to care about only their own welfare nowadays. I'm only sorry as a student to see this evident at NAIT also.

W.J.H.

DEAR EDITOR

This letter is not meant as a letter of shaming or smearing, but a letter of criticism. I am a former student of NAIT, who has been back to visit several times since the beginning of this school term. On my last visit, I had the occasion to speak with several students from various technologies throughout the institute. They all seemed to be of the same opinion regarding the extra curricular activities at NAIT. "What activities?" I asked them whether or not they would be interested in taking part, organizing and advertising. The reply was the usual, "Oh, sure!" I then asked why they hadn't done anything, the reply again was, well it's still the beginning of the year. I really wonder if these people have ever heard of "mid-terms", or "finals".

Has nobody stole a queen, or had Electronics started antagonizing BAS and MAS? Has anybody other than the Nugget tried to promote, or so the layman term goes (work up the students)?

I give credit for what has been done so far, but want to stress to those who have worked so hard, not to give up the ship.

Shinerama is one of NAIT's longtime, annual projects. Yet here it is Wed., Sept. 26/73, the day before, and I noticed very little advertising, both in the school and outside to amplify the support of students or the public. I have also noticed that the student activities committee have really done their part. The so-called advertising boards (I use the term loosely) that are placed in the hallways carry the name of the flick that will be playing this week, and nothing promoting the active participation such as the preceeding project mentioned, Shinerama.

The word to the students is GET INVOLVED. It can be fun. Use the facilities available to you and if someone says no, be persistent (not militant) and ask why. I await and expect a rebuttle and in the same, welcome it.
A Former Student

EDITOR'S CHOICE

I'm not too sure people know what the Editor's Choice is. From talking to a few people, I found out that they think it is the Editor's choice of letters sent to "Letters to the Editor". Well it's not. This column is a weekly opinion of mine. Throughout the paper I am to give the students, as much as possible, news and information concerning them. I cannot let my opinions be represented throughout the paper, or else it wouldn't be a student newspaper, but just a bias opinion of one guy. This is the only part of the paper I am allowed to say whatever I want.

This column is only my ideas, and not the rest of the Nugget's staff. Any student Instructor on Campus is allowed to have a column, if it benefits the student.

So far we only have a few regular columnists. They are Commissionaires Corner, Hypnosis and You, Editor's Choice (my column) and starting this week, Pat's Hat.

These columns are written by people of some concern. By reading them it will show yourself that you are also a bit concerned.

It's not really the people who are reading this paper that I'm talking about. It's the apathetic ones, who will pick up a paper from the boxes, not even look through it, then throw it on the ground, and say "it's nothing but garbage." If it is nothing but garbage, is it the Nugget's fault, just because we are trying our best with the little experience and staff that we have.

We of the Nugget staff, aren't here because we have nothing better to do. We are the ones who work all weekend long here at school while you tie yourself to a bar stool. Sure, we go out and have our kicks too. We also enjoy the work on the paper, and seriously try to give you something to read.

It is your option to read it or not, but to cast it away, and call it garbage, makes me like to see if these people could put out a paper, even once a year.

Gordon A. Lanigan.
Editor-in-Chief.

On behalf of the Edmonton Chapter of the Cystic Fibrosis Foundation and the N.A.I.T. Students' Association I would like to thank the 500 odd students who shined shoes last Friday and the few who also shined on Saturday.

It is very gratifying to know there are so many concerned people who gave up an afternoon to shine for Cystic Fibrosis.

Through their and the Buck Hawk Pai Gung Fu Schools' efforts N.A.I.T. will turn over \$5,900.00 to the Canadian Cystic Fibrosis Foundation. This is \$700.00 more than last year.

There are many people who I wish to thank for their support of Shinerama '73.

Thanks to the authorities and mall managers for their co-operation in allowing us to shine shoes.

Thanks to CBC Radio and TV, CHED, CJCA, CFRN, Bob Bradburn of CHQT, and CHNR N.A.I.T. Radio and CRTA-TV for their support in promoting Shinerama and allowing us to go on air to explain Cystic Fibrosis and the Shinerama concept.

Thanks to the O'Keefe Caravan which travelled throughout the city spreading Shinerama for us.

Thanks to Stan Kwong (former N.A.I.T.S.A. president) and the Buck Hawk Pai Gung Fu School for their demonstration on September 27.

Thanks to N.A.I.T.S.A. for counting and rolling the money that the students brought in.

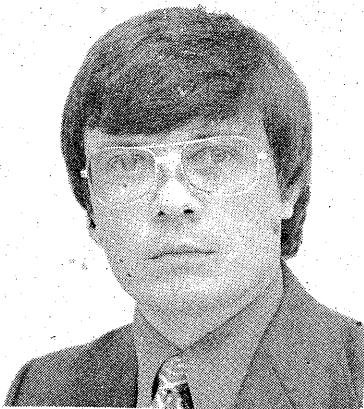
Thanks to the Phys. Ed. staff who raised along with N.A.I.T.S.A. over \$200.00

Special thanks to B.A.S. and its' executive, who raised over \$1,200.00 and also helped out with our Shinerama Party.

Last but not least an extra special thanks to all the students who shined shoes, for without them and their efforts, Shinerama '73 would not have been the success it was.

And finally, thankyou Gord for the NUGGETS help in Shinerama '73.

Don Groves,
Public Relations Director
N.A.I.T.S.A.



HYPNOSIS and YOU

by: **DON PRICE**

Dear Mr. Price:

I read one of your previous articles in which you implied that those cured through Divine Intervention were merely hypnotized, and I resented it very much. You have no way of proving that individuals cured through faith healing are not cured by God.

True Believer

Dear T.B.

Miraculous cures (and deaths) have been reported since time immemorial. The earliest faith healers were probably witch doctors or medicine men who, perhaps by chance, happened to be holding a dog's bone when the spontaneous remission of a problem occurred in one of his followers. The bone immediately became sacred and the faith of his followers reinforced its use in future "cures".

A colleague of mine, who was working as a United Church Missionary in Africa, tells of how the local medicine man had put a curse on a convert to Christianity. The man was in perfect health, but upon hearing of the curse gradually deteriorated until he eventually died, within the time limit specified by the medicine man. The man, according to my missionary friend, literally thought himself to death.

There are thousand of reports that during the last World War,

prisoners died strictly through demoralization, with no apparent physical causes.

That the psychic can have profound effects on the health of an individual is very well established. Whether or not it is God working through a minister, in the case of faith healers, is quite another matter. A renowned clinical psychiatrist, Dr. Louis Rose, studied the claims of world famous faith healers such as Harry Edwards, Dr. Christopher Woodward and the Christian Scientists for over 20 years. He reports, in his book entitled FAITH HEALING, that he failed to find one instance of "healing" which could not have been wrought by psychotherapy without religion.

If one compares the stage (pulpit) routines of hypnotists, of faith healers, of Norman Vincent Peale, of Dale Carnegie, and the myriad of other people helpers, one may conclude that there are many kinds of faith healers.

Whether one uses a minister, a psychologist, or a modern day witch doctor appears to me to be irrelevant. What is really important is "does it work?" If so, then use it and be glad you have it.

Don Price.

(If you have questions regarding hypnosis, please send them to "Hypnosis" c/o Editor, Nugget).

IEEE

The introductory Meeting on the 24th of Sept. went quite well. It developed a lot of interest from the students that were able to come.

The most asked question was, "What is IEEE?"

IEEE stands for "The Institute of Electrical and Electronics Engineers."

It is the worlds largest engineering society with over 165,000 members of which 20,000 are students. It publishes one-tenth of the worlds principal technical papers in the Electrical and Electronics fields.

At the local level Field Trips, outstanding Speakers, Technical meetings and social functions are the fundamental activities.

At the Student Branch level we can utilize this avenue to become acquainted with the Industries that apply to the students technology.

Benefits derived from membership are to numerous to be expanded on in the space allotted.

There will be a meeting held on the 9th of October, 3 to 5 pm. See the NUGGET or bulletin boards for the notices.

The first hour at the meeting will be allotted for introduction to IEEE and excepting memberships. At 4 pm, there will be an election of officers.

First Year Electrical Technology students should take particular attention, the Vice-Chairman will be required from their ranks.

Members; if you can't make the meeting you can assign your vote by proxy. (in writing please).

See you all on the 9th of October.

Acting Students Chairman
Andy Anderson.

Application forms for Slobovian motorcycle club.

SLOBOVIAN Motorcykleway Klubski-Costing price \$15.00/year or \$1.00/month. Founded in Slobovia in 1965, our 35th unniwesary dis year 1973.

Membership Epplication Formes
You be tell if name.....ayski.
Make chack mark for da following:

Name of Bike.....HondowskiTrimpsky
.....FordskiCCMski
.....SkidooskiKawaskowski

Shape of veels.

.....RoundSquareOvalOdderkind.



Does Bike have side car?

.....danyetdon't be know it.

Chack Club Jacket you be like:

Black lader widt Mushrooms on da back....
Black lader widt Stashu Liberty on da back....
Brown lader widt yellow strep on da back....
Red an orange an purple an yellow widt ping for veddings....

Natural Kolbussa color widt 6 pack on da badk....

If you want sleeves23none.

Scatistics-pleese make it chack mark eider yas or no

Bornyasno

Sax

Citisen

Maried or single

Sax of wife if known

Age

Unemployed

Higher education

Degrees (not temperature)

Membership peckage - you be get if yous join dis groups

1 yallow babushka (rewersible)

1 official club trainink veels

1 can left guard widt instructions

1 bowling shirt (could be wear it to church)

1 pair yallow neekers

Toor of Kowalski's Sausage plant

Bonus

First 10 guys joins up before end of dis mont get free garlic sausage.

Heidelberg

Brewed from pure spring water.



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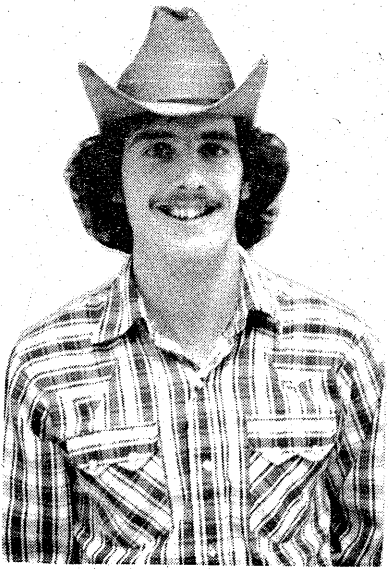
A little Trouble in the morning...



After Shave and Cologne with a distinctive, disturbing fragrance that can give a whole campus Trouble up to 8, 10, or even 12 hours!

and you've got Trouble all day.

pat's hat



if the hat fits , wear it

Frosh Dance:

1973 must mark the largest Frosh Dance in terms of attendance that NAIT has ever had. We sold 1500 tickets in advance. So that plus the bands their helpers, gate crashers, police and Art Hooks girlfriend must equal at least 1507 in attendance.

On the way over I passed the Kingsway Inn as usual there was a big lineup outside. Found out later they were leaving rather than coming. On their way over to the Frosh Dance. Thank you K-Wing for the refreshments.

Cabarets:

This institute needs an Alcoholic's Anonymous Club. Boy, do you guys drink! At the first cabaret 500 people drank as much as 700 normally do, and that record fell at the last cabaret when 700 grovelled down easily what a normal crowd of a thousand would drink at three cabarets. We were talking of filling the pool with booze and issuing buckets to you animals.

Congratulations:

... to Ray Heath up there in marketing (instructor) for having a baby boy. They don't sleep all the time.

... to Carol Bowman on her 18th birthday.

... to B.A.S. (Business Admin. Society) on finally having a successful party.

... to Gary Meadus alias Captain NAIT on having another Birthday & looking like it.

... NAITSA Stores for finally getting a shipment of porno in, so half of the student body can get some exercise.

Goin On's:

Word is around that NAIT has got a good hockey team this year. After having thousands of prospects out to training camp managed to cut the roster to 35 healthy, muscled & talented (except Darwin Sturko) personnel. And hey! Our first big chance to see the "Blue and White" is the annual Oopik intersquad game October 9th at 8:00 p.m., in our brand new big, big, arena. . . . Mr. Carter, or Dr. Carter as some call him has got a new bust--- of himself, done by an X-NAIT student who took a barbering course. Goes to show how good those pre-entrance exams are??? I knew that the drop-out rate was high for students but not instructors. Well, one from the tower hit the road. Nice meeting you Mr. Read. . . .

some say that our executive are not all gentlemen. Some even call them animals. Well, the proof of the may have happened Friday. In the heat of the chase, (Mickey Dunn, (the chasor and Jill Douglas the chassee) the chasor went clean through a pane of glass. The cuts weren't too deep. Oh, by the way he didn't catch her! Better luck next time Mick. . . Gary Everett is coming. . . Well got to go. Got some news, had a good party, don't tell me I just want the real smelly stuff.

WHERE HAVE ALL THE CHILDREN GONE?

In the last few years, Day-Care Centers have been a major topic of discussion on Government levels, on the streets and, yes, even at NAIT. Before a Day-Care Center can be established here on campus, a few facts should be known.

Out of 26 Day-Care Centers, baby sitters (professional) and nurseries, these facts have been found.

1) People are paying on an average of \$75.00 to \$80.00/month for these centers.

The prices range from free to \$120.00/month. Unfortunately you are not paying for full advantages. Your money could bring. For \$70.00 you can have the child taken care of ONLY. But if you browse through the Yellow Pages like I did, you would find that for the same price your child can get warm meals,

education, and professional care, not just a blob of plastercane to play with. For \$120.00 a month your child can receive food, and education, yet for \$100. a month your child can acquire better food (hot meals, not just cookies and milk) and professional teachers, and a thoroughly educational childhood.

Out of 26 established centers, one was found to be free of charge. This was the Bissell Babysitting Service. This center was established with the non-working mothers in mind. If a doctor appointment popped up, the mother drops the child off at the center.

2) Not all Day-Care Centers are in it for the money. This means that quite a few of the lesser charging centers are just making enough for wages of staff, rent, supplies and utilities. The

only ones that seem to be making money are the larger or subsidized centers. The subsidized centers will be explained later on.

3) Most staff members are in the 18-25 age bracket. Reasons for this are:

A) Younger girls have more affection towards children.

B) Don't mind working.

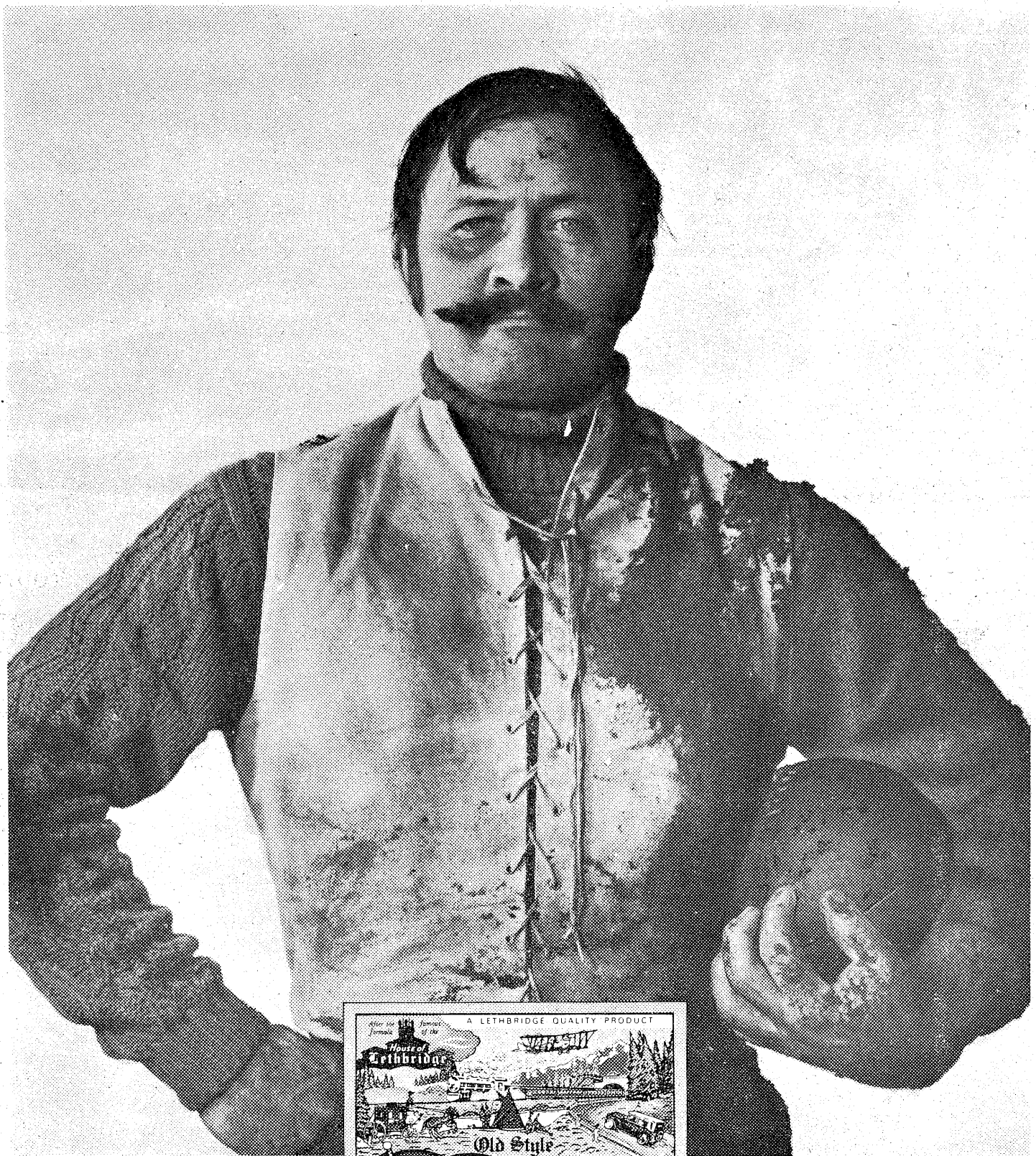
C) Don't have set upbringing of the young rules.

4) The smaller private centers seem to be getting hassled by the larger centers.

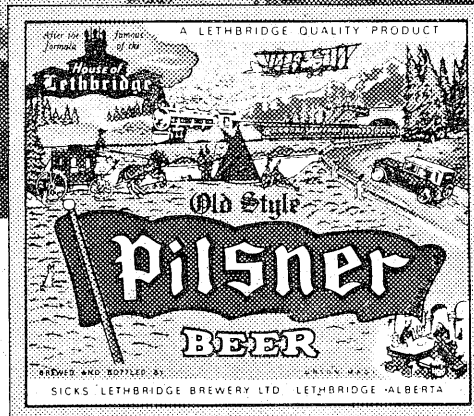
5) Quite a few of our own NAIT students are dropping off children at these centers. MY OWN OPINION as a student is that we should do something for the married, single, divorced,

unwed, and common parents. We have the resources for a competent staff, (a couple of thousand students and teachers with spares at all times of the day) good food (thanks to the students in cooking, baking, meat cutting etc.) and I'm sure the room can be found. The only problem is money. I've heard that \$2,000 was set aside for a center on campus last year but this year not a peep about money, support, nothing!!! I won't expand on this just yet, not until I look into it further. There's going to be more on Day Care centers so if you have any complaints, questions, arguments, comments or any ideas dealing with daycare please submit them to the Nugget office and I'll see what you have to say.

Gene Wujcik



his style



old style

The rules have changed. So has the uniform. But his special brand of raw courage is still the same. And his special brand of beer: Lethbridge Old Style Pilsner. Still slow-brewed and naturally aged. Still full of honest-to-goodness flavour. It's his style. And your style. Tackle one tonight and see.

SCURVY VICTIMS IN NAIT

Masses of NAIT students have been admitted into hospitals throughout the Edmonton area. Doctors diagnosing the problem, say it is "SCURVY".

SCURVY IS DEFINED IN THE WEBSTER'S DICTIONARY AS "CAUSED BY EATING SALTY MEATS, WITHOUT ANY VEGETABLES."

There is actually no scurvy problem in Edmonton, but, vegetables are one of the main foods which all good students need, to keep healthy.

Where in Edmonton, or anywhere for that matter, do you buy a meal in a restaurant, and also pay for the vegetables on top of the meat price? Well, you are all doing just that at the NAIT cafeteria.

We in the Nugget, have put off this article for a couple of weeks, so to see your reaction to the increase in meals.

1) Last year, for \$.70, staff and students received a meal consisting of meat and two types of vegetables, one being potatoes and another vegetable, changing daily. The cafeteria staff are saying that last year, the vegetables were included with the meal, this year, your \$.70 meal does not include vegetables. If you want vegetables, then you will be charged extra. Vegetables are an absolute necessity to our diet, but now we are paying extra for what we have always included in our meal.

Students everyday are filing in line for the meals and being asked if they want vegetables. Now, how can a meal be a meal without vegetables, so the student always says "yes", and why not? Doesn't everyone eat vegetables with their meals? They don't realize that when the time comes up to pay their meal, it's another 20¢ over the cost of the meal.

2) Everyone realizes that prices are going up everywhere. But to increase the food prices here at NAIT by so much, what does this mean, besides extra profit? Is the money leaving NAIT to cover the increases, but is it lost somewhere?

An example is the latest increase in the cost of milk. Retail depicts that we pay 5¢ a quart more for milk. For that 5¢ increase for a quart of milk, how can we justify paying 5¢ more for just a cup of milk?

That 5¢ increase of one cup of milk pays for the total increase of a whole quart of milk. But, there are 4 cups to a quart, so therefore, 20¢ extra is coming in from every 4 people who like milk, and only 5¢ is being paid out to cover the increase in cost.

Who are they fooling when they say that the increase in milk in the cafeteria is paying for the increase of milk brought to the school? Somehow, it doesn't seem right to raise the price of milk by 33% a cup, when the price of a quart of milk went up only about 10%.

You readers may sit back and say "what's 5¢?" But, if the average student buys 1 cup of milk a day for the 5 school days a week while attending NAIT, it will cost the student \$10.00 more this year over last year. Of that, \$1.50 goes towards the increase, and \$8.50 falls into somewhere none of us students know about, but would like to know where. Do you realize that the cafeteria is a non-profit organization? Yet, \$8.50 a year off every student who buys just 1 cup of milk a day is a lot of money. For 5,000 students, that counts up to some \$42,000.00 over a year, just from that 5¢ which nobody cares about, and that's what is going to happen unless people put their heads together and start asking some questions and getting some answers.

NAIT bought milk from N.A.D.P. last year for \$1.29 a gallon. Selling cups of milk for 10¢ each brought in \$1.60 a gallon. Therefore there was 31¢ profit on every gallon. With that profit, cups and other expenses claimed the profit, which it should, being the cafeteria is a non-profit organization.

But this year with the increase cost of milk, N.A.D.P. is charging Nait \$1.49 a gallon. An increase of 20¢ a gallon. Nait then raised the cost of 1 cup of milk to 15¢. Therefore the total increase in money coming in is now \$2.40 a gallon. Now there is a 90¢

PROFIT. An increase of 300% PROFIT. Does that sound fair? There is no way that the expenses are taking up 90¢ where before only 30¢ was necessary. 18 dispensers of milk containing 5 gallons each are used here a day. That is a total of 90 gallons of milk a day. At 90 cents a gallon profit, it comes out to \$81.00 a day profit. That's after paying for the milk. In one week it totals to over \$400.00. Not too many non-profit organizations can bring in that much money from the students every week, just off milk, and still claim themselves as a service to the students. Take a look around you, and everytime you see someone drinking a cup of milk, you'll also see the Cafeteria stuffing money into their hungry cash registers.

3) I'm sure there are many students still waiting for their student loans. Actually, I've only come across a few who have received their loans. With this shortage of money, many people are budgeting their expenditures on food. When a person is hungry, and has little money to spend on the so-called Cafeteria meal, he tends to eat what comes cheapest and regular. Last year, people survived daily on just crackers and butter. I came in contact with many people who can just afford the 10¢ for soup and just fill up on crackers and butter plus a couple cups of free water. Things are changed this year. Extra crackers are 5¢ and butter is 2¢. Now, are you sure you can see the cafeteria seriously doing this, or what is exactly happening to this non-profit organization.

Anyone hungry enough, and that poor that their diet wholly depends on crackers and butter, shouldn't be charged for them. This may seem a senseless subject to some, but to the poor and hungry, it means a lot. I wouldn't bring this subject up unless I thought it needed some attention.

4) Now that I've picked on a few subjects, this next section will be on several incidents which are occurring everyday.

pastries

Do you realize the pasteries that are sold at NAIT are made by students and by machines which are bought or rented by the Provincial Government. And they charge us 10¢ for a donout which is the same price you pay in a bakery, where the profits go to paying for the staff, equipment, rent, utilities, and a little profit for themselves. Here at NAIT, the profits go to none of these due to free rent and utilities, and the students don't get paid for making them. So where does all the profits go to after the actual dough has been bought?

cafeteria service

We all know how bad the service is. If we have to stand in line for 10-15 minutes just to get a meal which you are taking a chance on finishing, is it worth it?

One day while waiting 5 minutes before placing my order for a grilled cheese, I noticed that they weren't serving french fries there. So I had to wait in line to get my grilled cheese then walk over to another line on the other side of the Servery and place my order for french fries. That's not all, there were only a few people in line when I went to get some milk, but when I got to the line-up for the cashier and the line ended somewhere in the middle of the Servery, I almost gave up.

People were coming into the Servery, and all they saw were line-ups. Well, which one were they supposed to be in. There were 20 people in line for hamburgers, 30-40 people on both sides of the center meals section, and 4-5 lines of people in all directions, leaving by the cashiers. It reminded me too much of rush hour traffic downtown, and I was wondering how many people had insurance. (I myself put down my tray and someone not wanting to wait in the meals line-up took a chance

and picked up my tray and saved himself 10-15 minutes, but was lucky, there were only about 15 people in line to pay for their food this time. Many people just look inside and keep walking, too much risk involved.)

Really, what is the use of buying a hot meal, when, by the time you are trying to find a place to eat it, it is already cold

the food itself

If the price of food is raised by the amount it is now, why can't we at least have better food? I have no arguments about food if it was reasonably priced, but, when you pay that much for food, I think you should at least know that you will finish it. Too many times the tables in the cafeteria have been cluttered with trays with food still on them. The campus food is terrible. The only people who are really enjoying the meal everytime (not just once in a while) are the ones who only eat once a day, and cannot compare it to anything else. If you are really hungry, you may find that when eating it, you'll wonder why everyone complains about it. That's only because you're so hungry, you don't realize that you could eat anything and say it is good. It's after you have eaten and got up and gone to class, that you start feeling bad. I mean really bad.

Have you ever considered going to Simpson's Sears for something to eat? It's just a block away, and it's almost as cheap, there is no waiting around for 15 minutes before you get a meal that you haven't got a selection of anyway. The french fries are only 5¢ more and the hamburgers are only 15¢ more. Don't you think it's worth it to get a little fresh air and eat some better food anyway?

Also, here people who are rushed for time and cannot wait 15 minutes for a hamburger, usually grab a coke and a few pasteries. Now, how much nutrition can you get from that? Yet students are doing just that.

**IF ANY STUDENTS OR STAFF FEEL THEY ARE BEING RIPPED-OFF
HERE AT NAIT BY THE CAFETERIA, AND WANT SOME ACTION ABOUT IT,
PLEASE FILL OUT THE QUESTIONNAIRE BELOW.**

BEFORE YOU READ THIS ARTICLE, DID YOU CARE ABOUT THE PRICES, SERVICE, FOOD, ETC? _____

NOW THAT YOU HAVE READ THIS ARTICLE, DO YOU CARE? _____

ARE YOU WILLING TO DO SOMETHING ABOUT THE SITUATION? _____

WHAT ARE YOUR MAJOR COMPLAINTS ABOUT THE CAFETERIA, IF YOU HAVE ANY? _____

DO YOU THINK THIS QUESTIONNAIRE WILL HAVE ANY EFFECT, OR IS IT JUST ANOTHER WASTED SUBJECT? _____

DO YOU HAVE ANY COMMENTS? _____

ARE YOU WILLING TO BOYCOTT THE CAFETERIA? _____

Fill out and return to the Nugget Office — E-128.

FOOD COMPLAINTS ACROSS THE COUNTRY

junk foods from general mills

Miami Beach (CUP-LNS)--Betty Crocker and 'her' parent General Mills were awarded the second annual Bon Vivant Vichy-ssoise Memorial Award in mid-June for the corporation's encouragement of bad eating habits.

The award, a garbage can, was given by the Centre for Science in the Public Interest, as a counter event to the 33rd Annual Meeting of the Institute of Food Technologists at the Miami Beach Convention Hall.

"Bad eating habits start young," said the Center's representative Dr. Michael Jacobson, "and General Mills spends millions of dollars a year to encourage kids to eat foods that contain a high percentage of sugar, a good deal of salt, potentially harmful artificial colorings, and refined flour from which many nutrients have been removed."

More specifically, the company was cited for marketing "breakfast" products, like Kaboom, Sir Grapefellow, Baron Von Redberry, and Frankenberry, that contain between thirty and fifty percent sugar and are conducive to tooth decay, while pushing better foods out of the diet; these products are more candy than cereal."

Like other cereal manufacturers, General Mills boosts its sales by advertising directly to children, zeroing in on Saturday morning TV, as well as using box top hypes and other premiums as lures.

Dr. Jacobson said that the refined flour used by General Mills, "although enriched, lacks many valuable vitamins and minerals, and is virtually devoid of roughage."

Two General Mills cereals, "Total and Wheaties, are identical except for 1/3 cents worth more vitamins in a 12 ounce box of Total. That 1/3 cents mushrooms into 18 cents at the store - a 5400 percent mark-up."

"This adds up to about a \$10 million a year gyp," said Jacobson. "It is cheaper for someone to buy Wheaties and a vitamin pill than Total."

The Center also accused General Mills of secrecy (the food producer recently declined to make public the nutritional analyses of its products) and deceptive labelling. Many General Mills' labels violate American federal regulations which require that preservatives

be identified by chemical name. And Betty Crocker markets a "butter pecan" cake mix which contains no real butter and no pecans.

After the Kellogg Company, General Mills is the second largest cereal producer in the country. But cereal alone did not account for last year's profit of 65.5 million on sales of \$1.6 billion. With Lionel Trains, Play-Doh and Parker Brothers games, General Mills is now the third largest toy manufacturer in the U.S.

Frozen seafood, a frozen meat substitute, Hamburger and Tuna Helper, clothing, jewelry and industrial chemicals (including vitamins) are among the company's other products. There is also a 65 unit restaurant chain (Red Lobster Inns), and the company is currently testing a computerized weight reduction program, travel companies, and adult education centers.

DARE STRIKE AND BOYCOTT STILL ON

Kitchener (CUP)--Workers at the Dare biscuit factory here who have been on strike for more than a year, are still fighting the company and encouraging the public to boycott Dare cookies.

Picket lines were first formed by the striking workers of Local 173 of the International Brewery and Cereal Workers against the Dare factory on May 29, 1973. The strike has been long and bitter and has been marked by periods of physical violence. Pitted against 350 workers have been the Kitchener police, a strike-breaking company, the courts, Kitchener city council and Dare management.

In reply to the company's offer of pay raises over two years of 45 cents to women and 55 cents to men, the union demanded equal pay increases of forty cents for each year of the contract. The workers also demanded that the 8 1/2 hour day shift be replaced by an 8 hour shift.

The picket lines were quiet and orderly for the first few days of the strike. The appearance of Canadian Driver Pool, a strikebreaking outfit Dare hired to move products in and out of the plant, initiated a violent phase of the strike. With the active support of the Kitchener police, the Driver Pool drove tractor-trailer trucks through the picket lines, Because of the violence and

adverse publicity the Driver Pool had caused, the Dare management decided to stop using these strikebreaking services. But, also as a result of the violence, management got support from the Ontario Supreme Court. In June 1972, two injunctions were granted limiting the number of pickets and picket lines. Following the injunctions a number of strikers were arrested for violating the court orders and obstructing police who were assisting scab workers entering the plant.

Confronted with court injunctions, a refusal by Kitchener city council to ban strikebreakers from the city, and the company's attempt to induce strikers to return to work, many Local 173 members fought back by instituting a boycott of Dare products. At first, the boycott was a local phenomenon but with the support of the Ontario Federation of Labour and the Canadian Labour Congress the boycott has become national.

Of the 250 union members who remained on strike, about 50 who have been unable to find other employment, collected strike pay until the end of July, 1973. The local is now having trouble finding funds to continue paying the strikers. According to one union official, the international has agreed to financially support the ten person boycott committee so that employment is provided for some of the older workers who are having difficulty finding jobs.

Presently Dare is using scab labour to produce its boycotted cookies.

BEAT FOOD PRICES INVEST IN FOOD INDUSTRY

Ottawa (CUP) Not everyone loses because of the current escalating food prices.

For the 28 weeks ending August 11, M. Loeb Ltd., owners of IGA stores, and Horne and Pitfield Foods, more than doubled the profit made at the same time last year.

This year, Loeb made \$1,080,300 compared to last year's \$465,000. Loeb's new, highly

lucrative subsidiary, Horne and Pitfield also more than doubled its profits in the same period. Horne and Pitfield profited \$461,599 this year compared to \$221,729 last year.

As well as a controlling interest in IGA, Loeb also owns several drug stores, including the Shoppers City chain, and other food and drug related industries.

beef prices are the result of large corporations controlling the producing and marketing of beef. The beef industry today is a network of connecting links involving the beef industry with the largest and most diversified companies in the world," she said. For instance, "Teneco (a large American beef producing and retailing company) who not only owns ranches and retail stores but owns subsidiaries involved in the manufacture of farm equipment, chemicals, oil production, packaging, etc. This company characterizes the whole beef industry which is largely huge corporations, many of whose main interests are in other fields. The monopoly character of the beef industry can be seen in the fact that less than one per cent of this country's farms

accounted for thirty-nine per cent of all livestock raised and only one per cent of all feedlots feed sixty-two per cent of all cattle."

Fierstein claims there is no reason for the beef shortages other than the controlling companies' desire for increased profit. "This year cattle production was fifteen per cent higher than in 1972, but the huge monopolies are using their control to keep prices high and illegally withhold meat from the market until the beef price freeze is lifted."

Dr. Herrell DeGraff, President of the American Meat Institute, admitted that "cattle that are not so far along in the feeding process can be delayed in their maturity for market and will indeed be so delayed."

WUA sues beef companies

New York (CUP-LNS)--Women United for Action (WUA), an American organization of women fighting for roll-backs in soaring food prices, has filed a civil antitrust suit against 23 major companies in the beef industry for conspiring to "create a false shortage" by withholding beef from the market until federal price ceilings are removed on September 12.

The suit also asks that damages be paid to consumers by the meat companies and that no further price increases be granted even after September 12.

WUA spokeswoman Laura Fierstein said the current high

SAFeway BOYCOTTED IN ALBERTA

Edmonton (CUP) -- Only five days after the Alberta Supreme Court dropped monopoly charges against the largest food-retailing chain in western Canada, some Edmonton consumers decided to confront Safeway stores themselves.

The boycott has been called to protest Safeway's handling of boycotted products as well as to protest Safeway's control of the food retailing industry.

Safeway has refused to cooperate with nation-wide boycotts of table grapes and lettuce from the U.S., Kraft products, Dare products, and all products from South Africa, Angola and Mozambique.

U.S. farmworkers have called for the boycott of table grapes and lettuce from the U.S. where the United Farm Workers, a union of migrant workers in southern California is using the grape and lettuce boycott as a tool in their contract negotiations with farm owners.

The Kraft boycott has been called by Canada's National Farm Union in an effort to pressure Kraft which controls more than 80% of Canada's cheese industry, to agree to

collective bargaining with farmers.

The Dare cookie boycott is designed to help workers who have been on strike for more than a year at Dare's factory in Kitchener, Ontario.

The boycott of all products from South Africa, Angola and Mozambique has been called by numerous groups throughout North America to help bring pressure on the right wing governments controlling those countries.

Safeway is one of the largest purchasers of all these products and refuses to replace them on its shelves with non-boycotted products.

Safeway also has owned a virtual monopoly in Western Canada in the food-retailing industry and has been charged with monopoly practices in Edmonton and Calgary for the period of 1965-1972.

As a compromise between the state-Albertan prosecutors and Safeway, the monopoly charges were dropped and Safeway promised to obey the court orders. The court orders prevented Safeway from continuing its "market-saturation" advertising and prohibited it from making leases that prevent com-

petitors from opening stores in Safeway's vicinity.

Under the terms of the court order, Safeway will not be able to expand any of its grocery stores in Calgary or Edmonton for three and one half years and during that time, can open only one new store in each city.

The boycott committee points out, however, that Safeway still remains without any competition in the two cities--even from all the competitors combined.

Economics prof. Charles Nunn, at the University of Alberta called "naive" any assumption that the court order would lead to any competition in the food industry in Alberta. The court order also applied only to the monopoly practices in Edmonton and Calgary and did not deal with the rest of the province.

The boycott committee plans to picket Safeway on a hit and run basis. So far the impact of the boycott has been considerably greater than the impact of the court. Twenty per cent of the cars entering Safeway parking lots have turned back when informed of the boycott.

SAFeway BUSTED

Calgary (CUP)

The supreme court of Alberta has ordered Canada Safeway to reduce its domination of retail food marketing in Calgary and Edmonton.

The order is a compromise between gov't prosecutors and the company. Safeway had been charged with monopoly practices in the two cities from 1965 to 1972. Counsel for Safeway told the court the company was accepting the order without pleading guilty or being found guilty.

The court order will prevent Safeway from continuing its "market-saturating advertising" and profit it from making leases that prevent competitors from opening stores in Safeway's vicinity.

Safeway will not be allowed to expand any of its grocery stores in either city for 3 1/2 years and, during this time, will be allowed to open only one new store in each city. The following year it will be allowed to open two stores in each city.

For the next six years, Safeway must charge uniform prices in all its stores.

Canada Safeway operates more grocery stores in the two Alberta cities than all of its competitors combined and is a subsidiary of the American Safeway company which is the second largest supermarket chain in the U.S.

It is the largest food store chain in Western Canada, with 91 stores in British Columbia and 154 on the prairies. There are a total of 201 supermarkets in British Columbia and 248 on the prairies. Canada Safeway had a profit of \$18 million in 1972.

When Safeway negotiated a contract for a new store in a shopping centre, it demanded the right to restrict the amount of space other shopping centre tenants could use to sell food. Outside of shopping centres, it negotiated leases that prevented the owner from renting in any other premises, within Safeway's area, to other food retailers.

A 1968 study indicated that Safeway stores in low-income areas of Edmonton charged higher prices than stores in higher income areas.

THESE ARTICLES ARE HERE FOR
YOUR OWN KNOWLEDGE IF IT
BOTHERS YOU AS MUCH AS IT
DOES US, THEN READ PAGE 6,
IF YOU HAVEN'T ALREADY

FOR YOUR ENTERTAINMENT

It has taken almost three years, more than 250 hours of studio time, and a vast amount of sweat and toil, but Miguel Rios' follow-up to the multi-million selling "A SONG OF JOY" is finally completed.

Unquestionably one of the most ambitious and elaborate productions in rock history, "ASONG FOR- THE NEW WORLD" is the first part of an album which it is humbly hoped will unite the rock and classical music forms like never before.

"A Song For-The New World" is based on one of the world's best known and loved classical Symphonies-Dvorak's New World Symphony, which was premiered in New York in 1893.

In "A Song of Joy", Miguel Rios restricted himself to an adaptation of the closing refrain of Beethoven's 9th Symphony, the section known as "Ode to Joy." In the follow-up however,

there were no restrictions on vision or style.

After devoting almost three years of his life to "A Song For - The New World". Miguel noted that it would have been comparatively simple to produce a pop record (and a highly commercial one at that) from one of the various sections of the New World Symphony. But Miguel and his fellow visionaries (including classical conductor Alfredo Carrion and keyboards specialist, Teddy Bautista) felt an obligation to Antonin Dvorak to reproduce faithfully as much of the full symphony as possible. As a result, you will find segments of the Adagio, the Largo, the Scherzo and Allegro all contained in the 6' 17" rock adaptation of the New World Symphony.

The original Spanish version (entitled "Cancion para un nuevo mundo") is already an established hit in Miguel's homeland.

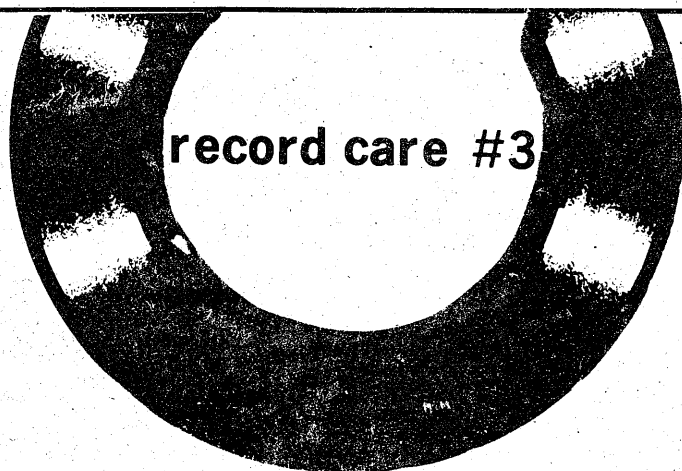
Supervision of the English edition was undertaken by the well-known rock journalist and instigator of several successful rock/classical unions, Ritchie Yorke.

The team of Rios, Alfredo Carrion, Teddy Bautista and Yorke are now deeply involved in the production of an album, the working title of which is "Some Songs (For the New World)."

To be released early in 1974, the album is sure to come as a large surprise to the world music scene.

Miguel Rios says that "A Song For) The New World" is a taste of what's to come.

Radio stations might note that A&M is releasing an edited mono version of "A Song For - The New World" at 4' 14" along with the full stereo 6' 17" version. Either way it's one of the most powerful records to come our way in a long time.



Dust is the principal menace to the continued good performance of a record and also it is the most widespread. It is everywhere in the air we breathe, it settles on every exposed surface and especially collects on the turntable mat.

It is well worthwhile making a thin polythene disc to cover the turntable mat. This can be bought or easily cut from a spare inner record sleeve. It is easy to clean and relatively simple to wipe just before placing the record on it directly upon its removal from the record jacket. This polythene disc serves another important function in acting as an indicator for any electro-static charge which may have been excited in the record.

When a disc carrying a static charge is removed from a turntable covered with a polythene mat, the mat will adhere to a greater or lesser extent to the underside of the disc, depending on the strength of the charge. Sometimes the mat will be completely lifted from the turntable, sticking to the disc like a skin.

It is believed that electrostatic effects in gramophone records are, at least in part, due to the orientation of small electrical forces (dipoles) existing in the molecules of the material of which the record is composed and probably resulting from an electrical asymmetry of the constituent atoms.

When a perfectly new and clean record exhibits no evidence of a static charge, it can be assumed that the dipoles are in a quiescent and mutually balanced state of strain amongst themselves. Any friction produced by wiping the record surface with dry material will cause the dipoles to be oriented and become aligned with their axes parallel (polarized) to form an external attractive field. The record will now behave like a magnet, attracting to itself small solid particles from anywhere in the vicinity, also moisture and any pollution in the air.

It is important, therefore, to control any static charge in a new record or any that is excited during the cleaning or preening process. A new record will generally require a slight surface trace of either moisture or anti-static agent to minimize static effects and a gradual treatment is to be preferred in order to permit observation of the minimum amount required for adequate control. It is far better to treat a new record in this manner than to allow the static to attract its own traces from the atmosphere as this is sure to contain undesirable pollution. Once this initial treatment has been provided, one simple preening routine before each playing is all that is required to provide ideal playing conditions.

screen scrutiny

FRITZ FOREVER

This stuff is nonsense, but... Fritz the Cat is destined to be the next big T-Shirt character, emblematic of us-the survivors of the sixties.

"I've done everything in this whole wide world...fought many a good man...laid many a good woman..." so Fritz teaches.

The sixties had us all running around. We had to be on the Left, the Leftists, the Center Lefts, Inside Left Halfs or Left Outs. We marched for militant revolution and peace, for boycotts and be-ins, for UP and DOWN. We marched on our BIG TRIP: -across the country, to Europe, back to nature, or just inside your own head, man (remember STP?)

And of course, "pot" keep everybody cool and right on and loose and easy.

And of course, the so Seaworthy Sixties somewhere scrunchingly scraped too many submerged us - the stunned stranded shipwrecked Seventies on some desolate sandpile.

Which is ironically where we started from 10 or so years ago. So where to now, Fritz the Cat?

"As long as you've got a spark of life left, might as well play the whole game again - 'cause you know all the rules now!!"

Fritz the Cat, popular adult full length cartoon is playing at the Plaza Cinema, a fast couple blocks from Nait, down 118 ave.

Explore your unknown fantasies in the comfort of a theatre seat through the wonders of ex-Walt Disney animators and the miracle of Fritz the Cat's nine lives. Dennis Galvon.

TOUCH of CLASS

In its fifth week at the Odeon 2, director of some standing and experience, Melvin Frank (he made all the "Road" films), blows the wife game in "A TOUCH OF CLASS". Insurance executive George Segal takes one look at a London divorcee Glenda Jackson and decides he has to find another city. The affair starts disastrously in Malaga. All Miss Jackson wants is some healthy sex with no ties. But when the lavish fights and insults are over they both find they have the latter. All the while Jildegard Neil as the trusting Mrs. Segal is running their chic home. And back in London, George deserts her (once even mid-Beethoven at the Royal Albert Hall) for quickies in Miss Jackson's Soho pad. So confused becomes the script that it takes the old routine - the cancelled telegram that was still sent - to prise the adulterers apart. The tears show through Miss Jackson's flinty exterior (she has a real flair for this kind of tart comedy) but packs her bags and leaves like a good mistress whose time just ran out. Anyway, it's worth a view. Denis Giolet.

Art

The Edmonton Art Gallery is exhibiting paintings by the American artist, S. Tillum until October 15. Mr. Tillum is a figurative artist with an international reputation who proposes a return to narrative history painting. The present exhibition includes two history paintings: Count Zinzendorf Spared by the Indians and The Reception of George Washington by the Women of Trenton. Subjects drawn from American History which reflect upon some of our time.

Gallery hours are: Mon., Tues., Fri., Sat. 10:00 - 5:00 Wed., Thurs. - 10:00-10:00 Sun. and Holidays - 1:00 - 5:00 Mr. Tillum will be present at the belated official opening of his exhibition plus an exhibition of abstract paintings by Dan Christensen at the Edmonton Art Gallery October 4, from 8:00 to 10:00 p.m.

SPEEDER ADDS NEW EXCUSE TO OLD LIST: Richland, Wash. - Nobody can come up with a new excuse for speeding, police often say.

But a Kennewich, Wash. woman, serving a work-release jail sentence, may have found a clincher.

She's in jail from 11pm to 8am, five nights a week. A Richland, Wash. officer stopped her and told her she was going 20 miles an hour over the limit. "I was late for jail," she said.

The book may be submitted by the author, or anyone interested. No book will be returned. Decisions will be made as soon as possible after the deadline: December 28th, 1973. If, in the opinion of the judges, no work of outstanding merit is entered, the prize will be withheld.

ALBERTA'S FIRST REGIONAL HISTORY AWARD.

The Creative Writing Division is offering an outright award of \$650.00 to the best Alberta regional history published in the calendar year 1973.

As distinct from general non-fiction, a regional history is the history of specific area and is often compiled by a group of interested people (a local history society, for example), though it may be done by an individual.

A copy of the published regional history must be submitted to this Division not later than December 28th, 1973. No book will be returned. Decisions will be made as soon as possible after the deadline; but, again, it is in the opinion of the judges, no work of outstanding merit is entered, the prize will be withheld.

Details on both Competitions are available from the Creative Writing Division, 11th Floor CN Tower, Edmonton.

WRITING AWARDS

The Creative Writing Division is offering an outright award of \$1,000.00 to the best work of non-fiction written by a resident Alberta author, published in the calendar year 1973.

The book can be about human

rights, personal drama, biography or autobiography, animal or nature lore, history, humor, etc. Reference or study texts do not qualify. Other than this, there is no restriction as to subject matter. The main criterion is that it must appeal to a general reading audience.

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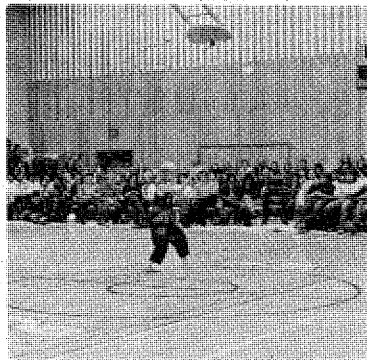
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GUNG FU



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of self defence
(and offence)



Karate, Jui-Jitsu, Tae Kwon-Do, Kempoh, Gung Fu Judo, Pen Jap and Kung-Fu are all getting large amounts of publicity these days. The current craze seems to be self-defence, with studios advertising their own special "art" springing up all over the place.

Gung Fu is by far the most popular of the martial arts here at NAIT, and after the demonstration last Thursday, its popularity will do nothing but increase.

The demonstration, sponsored by the Buck Hawk Pai Studio and NAITSA, and organized by Sifu Frank Lee and Stan Kwong, was in aid of Shinerama, all proceeds going to Cystic Fibrosis.

A very large, enthusiastic crowd, thoroughly enjoyed every minute of the show and what a performance it was. There was demonstrations, first of all by four young kids, two girls and two boys, ranging in age from 10 to 13, and the way they went through their routines I'm sure nobody in attendance would have wanted to tangle with them. Then came older, more experienced members doing various actions and showing techniques involved in Gung Fu to demonstrate the "white crane" style of fighting.

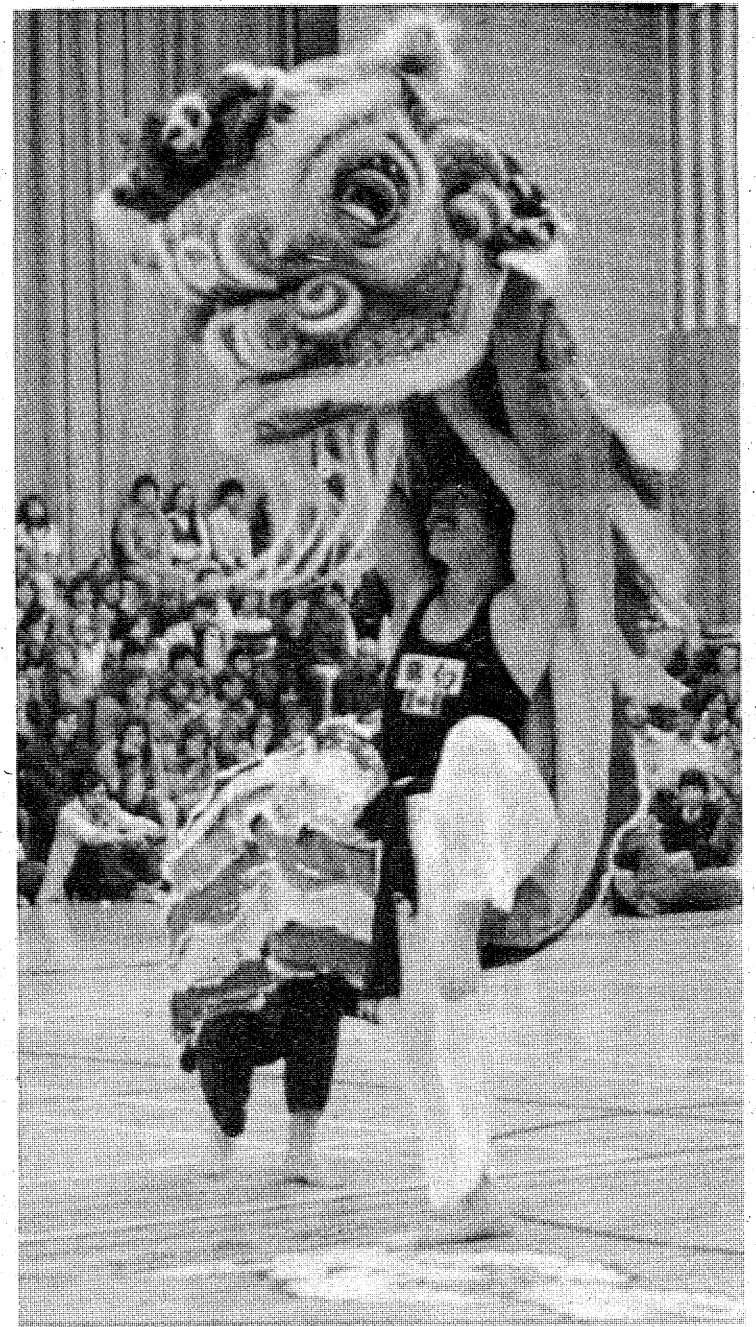
Frank Lee literally stole the show, with what must be the patented Frank Lee brand of humor. Frank has a funny way of doing and saying things. Even when he was attempting to shove his hand through a watermelon, fingertips first or fighting an opponent armed with a pair of knives (real ones as Frank was quick to show) he demonstrated his kind of humor that kept most of those in attendance on the edge of their seats or rolling in the aisles.

The hilite of the evening was

the traditional Chinese "Monk meets Lion in Jungle" drama. Its so good it has to be seen because the entire act relies on actions only to get the message across and it was done very well by Black Belt Ken Dickson as the monk and Frank Lee as the Dragon.

For the 900 spectators on hand, there were no disappointments. It was well worth the small admission fee to see Sifu Frank Lee and his students perform the grand art of Gung Fu.

by Brent Stumph
Sports Editor

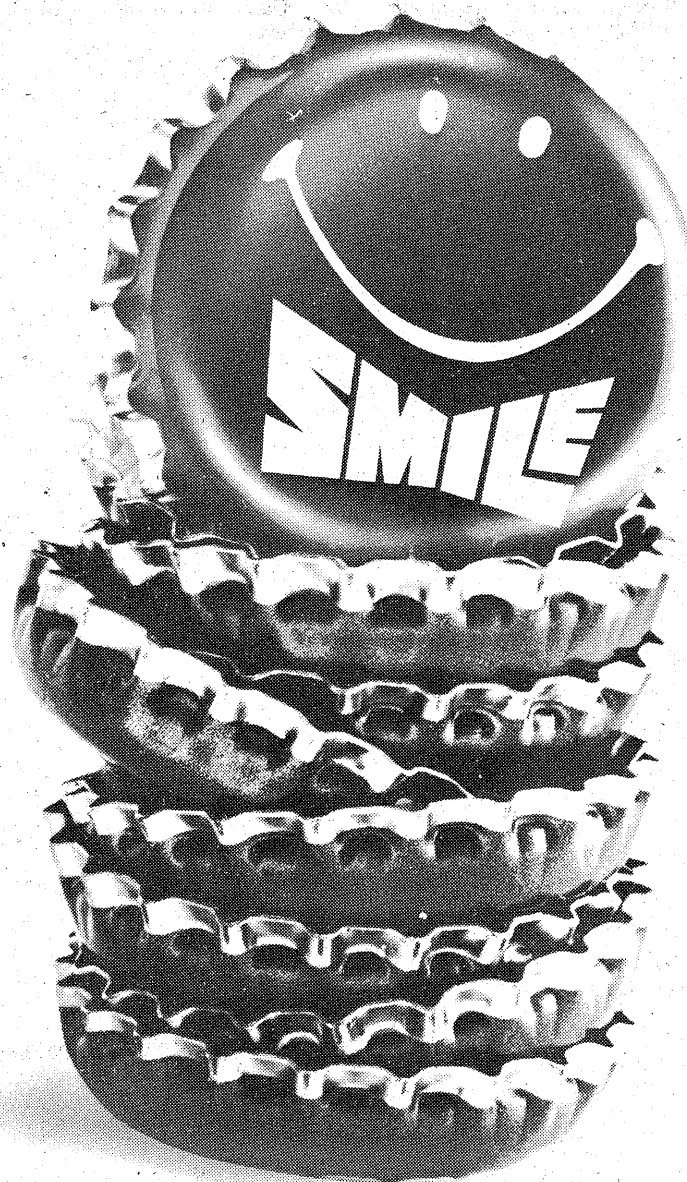


Intramural flag football

Competitions between different Techs have been going on since the first week of the year. Flag football has been in progress and presently the prospective finalists have already proven themselves in their respective leagues.

The leaders are, so far, as follows:

League I
Building Construction
League II
Gas
League III
Earth "B"
League IV
Telecom & Instrumentation



Labatt's Blue smiles along with you.



Scholarship donors have big hearts

Seven of NAIT's best hockey players will be recipients this year of scholarships worth \$200 each.

Three well-known Edmonton firms have generously donated a total of \$1400 to help those awarded, in the payment of tuition and books while here at NAIT.

Aqua Pool Equipment Ltd. dealing in private and commercial swimming pools and pool equipment, has promised two \$200 scholarships to a pair of deserving young Ookpiks. Mr. Bob Sekeda has expressed a great amount of interest in collegiate hockey, and, as owner of Aqua Pool, was very happy to help Coach Cummings' squad this year.

O'Keefe Breweries Ltd. is offering three \$200 scholarships this season. Messrs. Bob Baisley and Roy McCormick representing O'Keefe, also can see the tremendous potential of NAIT's brand of hockey and, in the true O'Keefe tradition,

have come through again in helping NAIT and NAIT students.

Pacemaker Automotive Ltd., represented by Mr. Ron Hodgson and Mr. Harvey Mills showed a keen interest in the Ookpiks. It seemed Ron and Harvey couldn't say enough about the team, and they both expressed a desire to meet the recipients of the two \$200 Pacemaker Automotive scholarships and get to know them.

Each of the representatives of Aqua Pool, O'Keefe and Pacemaker were sincerely interested in our NAIT Ookpik hockey team and they offered their services readily to help make college hockey deserving of the recognition it should have.

Thank you, gentlemen, for helping to make the 1973-74 NAIT hockey team, a group to be reckoned with.

by Brent Stumph
Sports Editor

TAE KWON-DO the art of using the feet

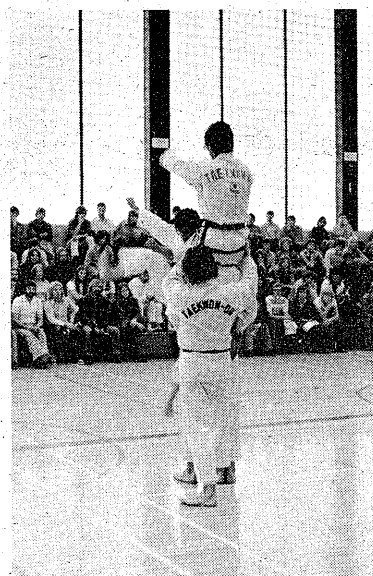
Chun Duk Ki, 6th Dan Taekwondo, and his demonstration team gave a small demonstration of Tae Kwon-Do last week with the hopes of starting a program here at NAIT.

Tae Kwon-Do is the modernized way of an old oriental art of self-defence or unarmed combat. It was first heard of 1300 years ago in Korea when it was called Tae Kwon. Tae Kwon is a form of foot fighting. Through the centuries hand techniques were introduced and the combination is now called Tae Kwon-Do, but in the more advanced techniques the use of the legs is still more

important. This makes Tae Kwon-Do more effective and spectacular than other oriental self-defence arts, because the legs can develop more power and reach farther than the hands. The Korean word "Tae" means kicking, jumping, flying with the feet; "Kwon" means punching, striking with fists, and "Do" means art, technique or way.

The demonstration was very well done and possibly Tae Kwon-Do could become as competitive here as is Gung Fu.

by Brent Stumph
Sports Editor



kangaroo koach
'Boomerang Bob' Buchan and his
hippity-hoppin manageress Robin Shewchuk,
along with assistant coach spiken' Connie
Cissel, are looking for female volleyball
players to fill out (ha ha) the NAIT squad .
experience is not necessary, but a little
enthusiasm is - see Bob in E137, if he's not
there, look for him hopping down the hall

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we need you -girls-

"We need women, Boy, do we need women." Cross country coach John Reeves walks the halls of NAIT, constantly muttering this to himself over and over again, he probably does it in his sleep, too.

The cross-country team is in desperate need of a few female-type runners to round off and compliment what looks like a very strong team thus far. There are lots of guys but only two gals have shown up so far.

Running isn't a hard sport, it's almost enjoyable, especially at this time of year when all the leaves are different colors and the smell of winter lingers over the rain-soaked ground. You don't have to be great or

even good, to run. It sort of comes to people after crawling and walking. And the social aspect is just about as much fun as the running.

Training sessions take place at Kinsmen Park, Mayfair Park and Lake Eden where courses have already been taken care of, all you have to do is the running, which is the most fun anyway.

It has been said and probably proven, that Canadians are the most unfit of all people in the world. We don't want our female students here at NAIT to be placed in that category do we. It's OK to admit being Canadian but not that great admitting you're an unfit Canadian.

by Brent Stumph
Sports Editor



FROM THE
PRESS
BOX...

Brent Stumph
Athletic Chairman

Now that Frosh Week and Shinerama are finished we can start concentrating on more important things, like athletics. Sure, froshing unsuspecting first year students or shining Joe Citizen's shoes have their place, but sports is such a fascinating, exiting & diversified area that nothing really compares to it.

This week I have a beef. A big one. Where are all NAIT's female athletes? Where are all the girls that are interested, even a little bit, in playing some kind of sport, be it intramural or inter-scholastic? Participation in intercollegiate basketball, volleyball and cross-country has been less than adequate, while female involvement in intramurals, that is, the cycle drags, flag football, cross-country, and mini-golf has been downright atrocious.

Only one team of four girls entered the cycle drags, only one team of nine girls has entered flag football, only three girls entered the cross-country run and NONE, that's right zero, zilch, nobody entered mini-golf. What kind of participation is that? Do you call that involvement? It sounds more like apathy to me, pure and simple. NAIT's female population could care less about athletics and physical fitness and generally having a good time. No, that's not true, most of them have a good time, almost every night at the K-Wing.

Nobody can force the girls to participate, its been tried by instructors coaches and classmates, but it just doesn't work. The only person who can convince you to get involved is you. Unfortunately though, some people can't even talk themselves into doing something.

SPORTSMEN OF THE WEEK
This week, not just one but eleven people qualify as sportsmen of the week. The eleven guys from Electronics who entered the Intramural Cross-country race last week at Kinsmen Park. Of the sixteen people entered, eleven came from Electronics and without them the race would unfortunately have been a dismal failure. You all know who you are and you can pat yourself on the back for making the race the exciting event that it was.

CANADA. THAT'S THE LIFE

A black and white illustration of a group of people sitting around a campfire. There are two men and two women. One man is sitting on the left, looking towards the fire. A woman is sitting next to him, also looking towards the fire. Another woman is standing in the background, looking towards the fire. A man is sitting on the right, looking towards the fire. There is a tent in the background. The scene is set outdoors at night.

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