



Help fight Cystic Fibrosis.

NUGGET

wed. sept. 26

vol. 9 issue



nugget

SHINERAMA '73 is underway

This week will be one of the most active weeks that the Frosh at NAIT will participate in. It is NAIT'S annual Shinerama Campaign, where the Frosh will go out to the malls and downtown area and shine shoes. The money that is raised will be turned over to the Cystic Fibrosis Foundation for research into one of the leading causes of death in children.

The money raised is urgently needed as the Cystic Fibrosis Foundation receives no government money for research.

The support of NAIT students has been excellent in the past as they realize the need for research into this disease.

This year with the support of NAIT frosh, we will try and surpass our last years mark of \$5,200. which we raised in 1972. Fellow students from your respective techs. will be talking to you about shinerama.

On Thursday, September 27 there will be a Gung-Fu demonstration in the NAIT gym at 8:00 pm. The cost is \$1.00 for NAIT students and \$1.50 for the general public. The money



What's a little work for a Big Cause?

that is raised will be turned over to the Cystic Fibrosis Foundation.

The next day is Shinerama Day. Registration starts at 12:15 and you will be sent on E.T.S. buses to different parts of the city.

Remember, if you come out and shine shoes on September 28 you will help give CF children "THE BREATH OF LIFE"



Premier Lougheed takes 5 for CF

Mental Hospital inmate denied freedom of speech, goes on HungerStrike.

EDMONTON (CUP)

The administration of the Alberta mental hospital near here had denied one of the hospitals inmates permission to speak to the press.

Chris Kheldsen, who has complaints about the institution's food and treatment procedures, had arranged to talk to Poundmaker, an Edmonton alternate newspaper. But when the newspaper tried to confirm its appointment with Kheldsen, hospital authorities said he could only be visited by members of his family and could only speak to his lawyer by telephone. Kheldsen is being held in the hospital's criminal section.

The newspaper says, "These actions, prohibiting freedom of speech as association, are in violation of civil rights. Yet inmates, upon admittance to the hospital's forenskic unit, are forced to automatically relinquish these rights and all rights to their own brains."

Kjeldsen has involuntarily undergone an operation to control his "agressive tendencies" by freezing two small areas of his brain. Dr. James Earp of the University of Alberta department of psychiatry, who was

consulted before the operation, admitted that the operation is still in the experimental stages, and was being done only if all other measures failed.

But Kjeldsen challenged Dr. Earp "to name any other measures of therapy that were even attempted before surgery was performed on me." Kjeldsen said he was told that the surgery's possible after-affects included epilepsy, paralysis, general weakness and impairment of mental faculties.

Kjeldsen has since been given the choice of undergoing a second operation or being sent back to the Calgary Correctional Institute. He has managed to stall the second operation by submitting to a program of behavioral therapy.

In protest against the food at the Alberta Hospital, Kjeldsen said, in a letter to Edmonton media, that he had gone on a hunger strike and would continue "until such time as I am convinced that a concerned and responsible enquiry is being made into the operations of Versa Foods at this hospital." Versa foods is a food catering company employed by many Canadian Institutions.

the voice of NAIT

As the 1973-74 school year gets underway, the Northern Alberta Institute of Technology has a voice which is being heard in the Edmonton area - a voice which it has never really had in the past.

Through the facilities of Edmonton's cable television operations, NAIT will be making a daily contribution of radio and television programming presented to cable subscribers. NAIT's own radio station will be "broadcasting" from seven in the morning until ten at night, five days a week plus additional special programming, and the NAIT television station will be video-taping material each day for distribution on the cable systems later the same day.

All of this has come about through an attempt to make the teaching situation in the Radio and Television Arts program come as close to actual job conditions as possible.

During the 1972-73 school year, continuous programming was offered by the R.T.A. students through the closed circuit radio facilities within the institute. The second year R.T.A. students were producing a one hour information and general interest show which ran on the closed circuit television system.

Both the radio and television programming were of sufficient interest and of a technical and production quality to attract the interest of the Program Directors of the cable companies.

Prolonged discussions with the telephone systems ended with a land line link to the QCTV system, which enabled a direct feed from the radio operation to the cable system. Negotiations are still under way which will lead to a similar connection to the Capital Cable system. Television programming may in future, be microwaved live from NAIT, but for the present programs are recorded here on tape and the tape delivered to the cable system.

This development will influence the affirs of NAIT in a number of ways. Perhaps the most obvious implication is that the cable subscribers will become aware, on a daily basis, of the activities of one

technology, RTA. But it goes far beyond that. The community will be reminded that NAIT is here and active, and it will promote an awareness of this institute in the minds of the community.

Perhaps the most significant

Perhaps the most significant function of the new line of communication will be to make the activities at NAIT known to the community in a way which has never been tried in the past. The RTA students are working out a daily program log which will include regular contributions from the Student's Association. A regular daily program highlighting the Newsfrom NAIT will give the exec-

story & pic on page 5



Strange doings at the McIntyre Porcupine Alberta Mine

Grande Cache, Alberta (CUP)--Phil Johnson, mine manager for McIntyre Porcupine, said August 2, 'The McIntyre Porcupine coal mine in Grande Cache will not close down in two weeks if the rail strike continues. The mine will continue to stockpile coal, but nobody will be laid off.' Yet, on September 10, 350

men were told the mine would close down that day. The layoffs were blamed on the rail strike even though the nonoperators had already been ordered back to work.

Today, all 350 men are back at work, but the question most of them are asking is: 'How long will it last this time?'

Phil Oakes, president of the United Steelworkers of America, local 7621, said the latest layoff made a lot of people dedetermined to leave as soon as they can. They don't know if the company is going to keep going or if it is going to go under.'

The miners in Grande Cache have good reason to worry about their security while working for McIntyre Porcupine. Its history does not exactly instill one with confidence.

Several years ago, with the help of the Canadian taxpayers who supplied \$3 million for every \$1 million the company invested, McIntyre Porcupine set out to exploit one of the richest coal reserves in the world--the foothills of the Rocky Mountains. Coal estimates run as high as 1.5 billion tons.

To transport the coal out of

the area, the Alberta government built the Alberta Resource Railroad at a cost of \$133 million and spent \$7 million to help finance the building of the town of Grande Cache.

So far the return to the government has only been \$50,000, through royalties on the railroad and because the town has been unable to meet the cost for its share of public and recreational facilities, more provincial funds will have to be

To recruit men for their new project, McIntyre went to the British Isles, the Maritimes, Korea and Japan. They promised people at least fifteen years of work and possibly even thirty. They promised new homes, the highest ones being \$18,000. But when the emigrants arrived they found a shortage of houses and the cheapest was \$21,000.

That was just the beginning of the long list of broken promises.

The promises of security vaporized February 1, 1973 when McIntyre laid off 150 men, closing down one mine because they were losing money. McIntyre Porcupine had been consistently losing money on every ton of coal although they had a 2 million ton per year contract with Japan.

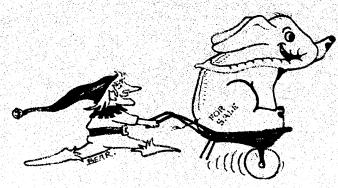
Exactly how it is losing money is not clear. While the

company lost \$15,000,000 over a two year period, McIntyre executives made money on stock options. According to Last Post Magazine, Vice President of exploration William P. Hammond made \$112,000 and Board Chairman Marsh A. Cooper made \$1.2 million, all tax free.

McIntyre is not losing money by paying royalties to Albertans because that is only 10 cents per ton, and it is not losing money on Alberta freight rates which are only 50 cents per ton.

The Alberta Federation of Labour and the USWA have been urging the government to take over the Grande Cache mines because of these constant losses.

cont. on page 5



DEADLINE: Next paper October 3/73. Material for printing required by Friday, September 28th at the

For Sale: 16 foot Frontiersman, fiberglass canoe, paddles, jackets, rope, rack. \$240. Phone Terry at 479-4864 after 6:00pm.

for sale Two Super Chargers G70-14 on PMD mags. Ask for Guy 435-8255

ride to Toronto over X-mas break 454-5012

1959 Consul good condition \$110 Randy 455-6235 Craig 455-2313 after 5:00 pm.

for sale 66 Ford Custom sedan 4-dr. 3 spd. manual. 240-6. Also 66 Pontiac 4-dr. hd.- tp. PS. P.B. Auto. V8 good rubber. 489-3645 or contact Bert Wadman, Survey 1b

NICE handsome guy wants a date (prefer blondes) for next cab-aret. Kelvin 454-7216

Storage room facilities now available for 6th floor Bus. Admin. staff . .

For Sale **Pontiac Station Wagon** -clean -good tires -new transmission

-needs tune-up

For Sale 70 Chev 1/2 ton, 307 cu. in. 3 speed std., custom bumper, steel tool box, good condition. phone 454-7872

\$125, phone 476-1154 after 6 p.m.

Med. Lab. Books for sale. Slide box, slide rule, and encyclopedia and dictionary for med. and

nursing. Medical Microbiology. Organic Chemistry, Introduction to Study of Disease. Serological and Immunological

Methods. Basic Human Anatomy and Physiology (Dienhart). Call Susan at 454-8232

To prevent abuse of the classified ads as a free service to staff and students the Nugget will arbitrarily decide the use or rejection of, as well as the number of issues used, of any ad submitted. Decision will be on the basis of:

value to readei non-commerciality

Audrey will type papers phone 469-8175 after 5:30 pm. weekdays

289 manifold with rebuilt 2-barrel carb. Holley 650 4-barrel carb. rebuilt Ron 476-3280

1st year books in Marketing and Business. Call Ken 425-0965

1956 Chevy 427 c.i.d. Turbo Hydro \$2000 Call Vic 455-0043

for sale cheap- one bed and matress, one cabinet and desk lamp, good condition. must sell before Sept. Al 477-7059

for sale 64 Ford Fairlane 500- 260 V8 Best offer Chris 474-7367

36 days till the Great Pumpkin arrives.

two 13x700 studded snow tires excellent tread. phone 434-5701 after 4 pm.

wanted small bookcase, any condition. Deb 434-5522

for sale 1st and 2nd year Civil books Call Garry 477-7885

for sale wetsuit, jacket & pants fits 5' 8", 160 lbs. \$60 phone 477-5233

WANTED. TWO-FISTED, BEER-DRINKING **ROUGH TALKING, HARD WORK-**ING INDIVIDUALS TO WORK A DAY OR TWO OR MORE NOW AND THEN. CALL PETER AT 424-4166 MANPOWER TEMP-**ORARY SERVICES.**

1969 austin mini cooper new engine & paint job twin carbs tuned exhaust very fast & extremely reliable phone 432-5915 or 465-1076

FOR SALE. Med. Lab. Texts. plus notes(\$20) Diagnostic Lab. Hematology Modern Technical writing. Carleton's Histological Techniques. Theory and Problems of College Chemistry.

The Research Paper. Quality Control in Clinical Labs. Phone Linne 439-1171.

Telecom books for sale 433-9012 Lloyd

for sale **Electronic books** Call Frank 439-7437

Anyone who can play an instrument call Linda Fair 465-1076

1966 Pontiac Laurentian radio, 68,000 miles 283 rebuilt heads phone 649-3133 after 6 pm.

drafting set. 48" T-square plus other instruments. Valerie 425-9022

for sale 1964 Meteor 6 cyl. standard radio, fair condition, reconditioned motor. Ph. 489-7659 between 5-7.

for sale 2-Philips RH493 30 watt sp-Geoff, Bio-sci 2b eaker \$50.

lostone mens watch(Tiscot) with expansion bracelet, blue face. if found, please return to Main Stores - reward offered.

notice: 2nd vear Admin. Man. students Banff Conference fees due now. See R. Gawreluck or secretary.

Come to Respiratory's MASSAGE PARLOR! Backrubs sponsored by respiratory tech students. 50¢/approximately 5 minutes. in G-211, Mon., Oct. 1-Fri., Oct. 5, 12:15-1:15 daily. Sorry, backrubs only!!!

wanted old desk, chesterfield and chair, floor or pole lamp. Call Judy grey phone377 or 425-9337

interested in Christian fellowship, rap sessions over lunch with Lutheran chaplain Bob Jarock Thurs. 11-3.

Boating outfit for sale, nearly new, 14 ft. spring bok aluminum boat - deck, windshield, controls, etc. with 25 hp Viking electric start motor & factory made tilt trailer, cheap for cash 484-3286

Med. Lab. Books for sale. Diagnostic microbiology 3rd ed. Basic Human Anatomy and Physi-

Organic Chemistry, a Brief Course.

Carleton's Histological Techniques 4th. Ed. Serological and Immunological

Methods, 6th, Ed. Diagnostic Lab. Hematology 4th. Ed.

Dortands Pocket Medical Dict. 21st Ed Understanding Med. Terminology 3rd. Ed.

College Chemistry 5th Ed. CALL Linda

9547-100st. 422-7743. Anne 9004-151 Ave. 478-3755. Evelvn 11908-83 Ave. 474-5743

nugget classified ads

free to all students & address staff at nait nugget office E-128 phone. 477-4329 grey phone 423 Put one letter or punctuation mark in each space. Leave an empty space between words.

for sale Poor student must sell his beautiful 1965 Ford Country Squire S/W, power steering and brakes, low mileage, excellent condition. Offers around \$1200 PLEASE. Ph. 479-8048 11908 - 105 st.

for sale 2 complete sets of 1st year Marketing and Business texts

for sale 1971 Swinger 318, auto. P.B. P.S., radial tires, good condition. Phone 489-7659 between

only 75 more shopping days left

Sept 26

movie serial

'Vanishing Shadow'

N.A.I.T.S.A. Council meeting

of.

1) Report on Frosh Week

2) Report on Challenge Cup

4) Cabarets- choosing var-

5) Student Housing- does

6) Activities Committee

expensive groups.

Sept. 26,73

NOTE: All council reps please

Gung Fu exhibition bouts and

demonstration will be held Sept. 27 at 8 pm in the NAIT gym.

Tickets available at the door

All proceeds go towards the Can-

adian Cystic Fibrosis Founda-

tion. This event is sponsored by

N.A.I.T.S.A. and Buck Hawk Pai

Two Lane Blacktop

in little Theatre H-5 7:30 pm

Electronics, Dental Ass't, Med.

members \$1.50 non-members \$2.50. This event is being held at Alberta Avenue Community

Shinerama Registration

HEAT WAVE CABARET

and Typists Joint Club

Hall 93st and 118 ave.

pick up your copy of the

agenda in E-134.

5:15 pm

ALL VISITORS WELCOME.

Sept 27

for \$1.50

Gung Fu School.

Sept 28

Sept 29

Movie:

50¢/person

Sept. 28 at 8pm.

12:15

PLACE: North cafeteria

NEW BUSINESS:

TIME: Wednesday

7) NAITSA-Technology block-booking of bands.

ious tech-clubs to operate

it warrant investigation?

-approval to hire large,

3) Shinerama Activities

-keg challenge

and Sports Rep's meetings

1:15 pm.

5:15 pm

previous

financial and

in the auditorium

small cafeteria

OLD BUSINESS

1) Approval

minutes.

activities-

social.

AGENDA

AGENDA

for sale brand new 1st year books in Drafting, Contact Daryl 484-3154

You bend 'em, I mend 'em.

Your skis professionally serviced; edges sharpened, bases refinished, hot waxing, bindings installed and adjusted, very reasonable. See Herb at Sports Stores E-32

for sale 1971 Yamaha 650, 6,000 miles \$750 must sell. 435-7925

1st year complete set secretarial books, very good condition reasonable. Audrey 476-7320



Sept 29

Computer Cabaret 8 pm. \$1.50 single \$2.50 couple Cloverdale Hall 98 ave 97 st

also eligibles

Women's Volleyball Team practices Monday nites 5 pm. Nait gym. All interested may attend.

Oct. 12 and 13th **ACAC Golf Tournament**

OCTOBER 13 a car rally and party presented by Architectural Tech.

Enter your car and test your wits, you might win a prize but you WILL have a good time!

Speed Kills so don't meth around.

YES! WE HAVE IN OUR LIBR-ARY THE FOLLOWING GOOD STUFF:

" edmonton citizens for better housing bureau" tenant handbook

current methods of contraception

"a.i.d. directory of community services for edmonton and district" and "a.i.d. youth directory 73"

" committee to defend ivan dzyuba and vyacheslav chornovil newsletter" (issue 1 may 73) complete with list of soviet ukranian political prisoners arrested since jan 1972 and committee petition coupon.

73/74 nait calendar (day and nite)

" for women"- literature guide for libbers

" gettin' off"

" the liquor control act, liquor licensing act and liquor plebiscites act'

lots of good old comix and sexist mags

listings of 106 groups needing voluteers

nait frosh booklet (lose yours?)

last year's student directory-(got a face without a name?)

old copies of the journal

oxford dictionary (new, never

transcendental meditation info

canadian university press bulle-

sometimes " rollin' stone"

sears catalogues

poundmaker

" edmonton film society 73-74 calendar'

and old "mad" mags, "nat'l lampoon", stale letters to the editor, outdated classified ads and various random reading.

commissionaires

WARNING

TICKETS

by - SGT - Johnston.

Those yellow slips issued by the Commissionaires are for the express purpose of getting a message to you.

If the message is not clear drop in to the NCO I/C of the Commissionaires - Office E 107.

Recipients of these slips must take the warning seriously as it is a prelude to POLICE FINE TAG ACTION.

When in doubt, always ask one of the Commissionaires on duty or check with the sergeant.

Those who are taking a chance by parking in reserved stalls must realize that the stall owner will not give warning - his action is to call police immediately. He has the perrogative of Tow-Away action which involves further costs to the offender.

Reports on parking availability at NAIT show that the far south lot - south of Princess Elizabeth Avenue - (far southwest corner) has on an average of 50 - 75 stalls open at all times. Students can park right away if they would check this lot.

Students and staff must not park - or attempt to park - in the Visitors stalls - 106 street - the REASON being that these stalls would continually be filled with STAFF and STUDENTS. If one has to be refused - then all must be refused. Visitors are considered to be only those persons doing business with NAIT ADMINISTRATION and Alberta Public Works offices.

The Commissionaires wish to thank those who are considerate and courteous with parking problems - and hope this year more will follow this fine cooperative example.



All students and staff are invited to submit articles or notices promoting activities of interest to the staff & students. Every attempt will be made to include all copy in the Nugget, however, some editing may be necessary as space permits. Nugget staff will write articles from supplied details if requested. Photos are welcome (prefer glossy, high contrast), any size.

Please submit all items to Room E-128 or call Grey 423.



A Proclamation

Be it known to whom all these presents do concern

WHEREAS

Research into Cystic Fibrosis is essential to the development of methods by which Cystic Fibrosis babies may look forward to a normal life expectancy, and

WHEREAS

Students of the Northern Alberta Institute of Technology offer their efforts to assist in raising monies for such research, and

WHEREAS

Such efforts by the Northern Alberta Institute of Technology Students' Association revolve around a Shinerama Campaign, whereby the cost of a shoe-shine aids and abets the funds being raised.

THEREFORE

I do herby declare Friday, September 28, 1973 as SHINERAMA DAY in Edmonton, and encourage all citizens to give support to the Northern Alberta Institute of Technology Students' Association in their exemplary endeavours to assist in Cystic Fibrosis Research.

Letters to the Editor

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

Dear Editor.

I've sat here trying to contemplate a good way to start this paragraph. All I've gotten from all the brain-racking is a throbbing headache, sore eyes, waste basket of crumpled paper, writers cramp and no paragraph! So I decided I'd just lay it out. I am starting a new column here in the Nugget, it's called Debb. C., and I hope to make it a successful advice column. Now quit the snickers and groans!! I hope that you will take the column as serious as it is intended to be. If you do have any problems, please feel free to write and I will answer them in the paper next weekhappy days!

Debb.

Student Counselling Center Will Again

Sponsor:

HOW TO STUDY SESSIONS

PHOTO BUGS!! take pictures at Nait any camera will do (instamatic, brownie, box, 35 mm) we supply film and processing

all candid, sports, cabarets, technology photos, nait functions, anything, everything!

Many photographs are needed for the Yearbook, the Nugget and other N.A.I.T.S.A. publications. We will supply all the film you need and have it processed; all you need is a camera. Any camera will do; Instamatic, Brownie, Polaroid, 35mm or Hastleblad. All types of photos from serious to slapstick are desperately needed.

Come to Yearbook, E-127 or phone (grey) 421 between 4 pm and 5 pm mon. to fri.

STAFF THIS ISSUE.

Editor-in-Chief. gord lanigan
Good man to have around. fletch
Sports Editor brent stumph
Classified pat sabiston
Typist jane weber
Thanks to rhea skoczylas
gerb terpstra
pat nolan
ron weir
faye logan
joise kisen
vic witteveen

8:15 General 11:15 Exams and Concentration 3:15 General

Tuesdays; October 9, 16, 23, 30th

Please contact the secretary in E121 to sign up for the time of your choice. This is a good time to assess your study habits before you get snowed under with work.

OH LONELINESS

I am all alone. No one. Emptiness. All I have is a pen, a piece of paper, and a special green elephant. My phone does not ring, my radio is silent. My curtains are dark, my bed is unalive, but my candle is blazing. I have company. A dark room and a candle brings light. A SAD "lonely" and a person brings

If I were to describe the feeling Lonely, I would say this:

It is an experience that leaves you with an empty feeling in your chest. I don't know where specifically, but you feel as though you're missing something. If you are very lonely, you sometimes get a lump in your throat. It hurts. If it makes you feel better to cry, it's best you do.

You wait for signs of anyone to come near. You hope the phone will ring or someone, anyone, will knock on your door. Anything to give you companion

I need someone now because I am lonely. Won't you come and cheer me? I promise I won't make you stay if you don't want to.

Please come!!

Det

EDITOR'S CHOICE

Well, Frosh Week is all over for another year. How many of you enjoyed it? There were many types of entertainment planned for last week and how many of them did you attend? I'm sure there were lots of people who participated in everything, but the idea behind everything was to give the Frosh a get-aquainted atmosphere. There were bands playing for free, such as "Alive and Kicking" for 2 hours on Monday and Tuesday. Tom Northcott entertained on Wednesday for 1 1/2 hours, and Apple Jack played on Thursday night following a Bar-B-Q for \$1.50. And to top everything off, the Stampeders plus Gary and Dave and the Key-3 played on Saturday for only \$1.00

What about the Cabaret? 150 people were turned down to see the Great Canadian River Race. The people turned down were actually the lucky ones. They didn't have to fight for a table or wait 10 minutes to get a beer, or to get stepped on when trying to get it on with a chick on the dance floor. The people at that Cabaret will tell you that you didn't miss much except a little pain

And what about all these free activities that were given to you? People were so thankful, that they broke into a few vending machines, kicked in a couple of glass doors and had a great time breaking windows. Now is that gratitude?

How about the profiteers who were selling tickets to the Stampeder's show outside the door for \$5.00 each to strangers, while NAIT students were still without tickets, and couldn't get in. Was that a good deal?

The Institute put out a lot of money because of this week, and people (children) have the guts to pull off a few stunts to impress someone who probably doesn't even attend NAIT.

I know there are many who appreciated this last week, and they'll feel they got some pretty good entertainment at NAIT. Let's not allow the outsiders to give this Institute a bad name.

MEMORIAL STUDENT UNION CLASHES WITH PAPER

St. John's (CUP).

The Muse, the Memorial University student newspaper, may undergo major organizational changes after a series of clashes with that university's student union.

The union's dealings with the paper over the past year have amounted to little more than an attempt to stop the paper's publishing.

Last January, the student council granted the newspaper an operating budget of only \$1,000 for the winter semester. Acting council president Wayne Hurley assured the Muse staff they could continue to publish at their past rate, and that the council's advetising department would make up the difference.

Last year, however, the

Muses's council subsidy for the same period was \$13,000. This 90% cut would have required the ad department to increase their contribution from \$5,000 to \$17,000.

When, not unsurprisingly the paper went overbudget, the staff found it almost impossible to get new funding from council. In fact, the current president, then vice-president, attempted to block payment of publishing costs of a paper council had previously approved.

Could this happen to us? If it did, would you care? The Nugget staff are interested in your thoughts on the paper and would like to know if our work is in vain. Drop us a letter in the News Service Box outside E-128 if you have an opinion.

NUGGET HERE

The NUGGET is published weekly by concerned members of the NAIT Students Association. The staff does not intend to print all articles submitted by NAIT staff, students and other occasional unreliable sources but it is more than willing to look them over. Opinions expressed in the paper are not necessarily those of the administration or Students' Association. Staff always comes and goes, so new members are always welcome.

Our office is located in Room E-128 and the doors are open more often than not, so please feel free to drop in and get familiar with the operations. We'll gladly show you around. If you are shy, then phone us at 477-4329 on the black phones or 423 on the grey phones. If you are afraid that we'll recognize your voice, then write us a letter. Address it to:

The Nugget, c/o Student Services, NAIT 11762-106 Street, Edmonton, T5G 2R1

Advertising and copy deadline is 4:30 pm Friday previous to publication. Circulation is 5,000 copies and advertising rates are available by contacting the Editor, at 477-4329, or 423(Grey).



Dear Don:

I have heard that only the most weak-willed and sleep-like people can be hypnotized. Is that true?

Administrative Management

Dear A.M.:

The contrary seems to be more accurate. In experiments which have been conducted on graduate students at universities, the percentage of students who reach deep states of hypnosis appears to be higher than those of the general population. This would tend to indicate that the brighter you are the more likely you are to be deeply hypnotized.

Studies have done on the relationship of submissiveness to hypnotic deep, and no relation-ship whatsoever was found.

HYPNOSIS and

by: DON PRICE

Dear Don:

Can older people be hypnotized?

Experienced

Dear Experienced:

Most research has been done on young people. It has been shown that between 8 and 18 years of age responsiveness to hypnotic suggestions tends to increase. It peaks around 8-10 years, and gradually drops from 10-14, where it remains relatively stable from ages 14-22.

The general belief among researchers is that responsiveness decreases gradually from 22 on. However, reports of deeply hypnotized subjects go as high as 75 years of age.

Don Price

CHAPLAINCY SERVICE Group, is on our campus and leading these discus-

Several chaplains representing various denominations are present on the NAIT campus and are desirous to be of service to NAIT students and staff.

The Church of Jesus Christ of Latter Day Saints(Mormon) chaplain, Dr. Phil Redd, holds classes on Wednesdays (1:15) during common hour. The present series of classes pertain to marriage and family life. The classes are held in E-210.

The United Church chaplains expect to commence discussion groups or classes soon. A United

Church chaplain comes to NAIT every Wednesday from 11 am to 1 pm

Bob Jarock, the Lutheran chaplain, comes to NAIT every Thursday(11 am to 1 pm) Reverend Jarock will spend a lot of time mixing informally with students in the cafeteria. Bob will be advertising his services in the Nugget.

Watch the bulletin boards for signs advertising "Investigative Discussions on the Person of Jesus Christ". Jim Shantz, from the Navigators

sions. Jim is here for several hours almost every Monday, Tuesday and Friday. His official office hours (in E-121) are from 11 am to 1 pm every Friday. At other times, Jim is usually in the cafeteria or lib-

The Roman Catholic chaplain and the Baptist chaplains will be announcing their plans

If you wish to consult with a chaplain, please make arrangements through Kathy, the secretary at the Counselling Center (E-121), 416 grey phone.

Hearts need **ACTION**

Alberta youngsters are already trying out for hockey teams, and changing their tennis for badminton racquets. They'll stay in shape this winter. In the meantime - odds for good health in the over eighteen age group is poor. One in four of all adults in Canada has heart disease. Not good? Right! To help lengthen these odds, the Alberta Heart Foundation is stepping up their program throughout the province, encouraging Albertans to stay alive and keep healthy by avoiding our Number One killer - heart disease.

The Alberta Foundation is sixteen years old this year. Dr.

Robert S. Fraser is presently Chairman of the Department of Medicine at the University of Alberta. Since 1957, this partnership of physicians, scientists and the general public has grown enough to grant support, \$197,478 last year, to cardiovascular research projects in Alberta. Even this tremendous growth has not been enough to conquer heart disease. And one reason is our poor physical condition. So the Alberta Heart Foundation is urging Albertans to keep that summer muscle tone right through the winter. It will increase the odds for the most important muscle we have, our

That's their message for arm chair athletes - but what about the go go professional athletes? The Heart Foundation is having a look at them too. "Competitive stress and the health of our athletes as seen by the National Hockey League and Alberta Researchers" is the theme of this year's annual meeting of the Alberta Heart Foundation. This meeting will be of interest to all NHL fans and sports minded parents and coaches concerned about stress and conditioning. The public is being urged to attend this meeting on Friday, Sept. 28 at 8:00 p.m. in the Crystal Ballroom in the Edmonton Inn, Kingsway Avenue at 118 Street. Sandra Bell **Publicity**

News from IEEE

Welcome to the 1973-74 year. We are all planning to do our best to meet the requirements of the respective technology courses that Nait has assigned to us in this course year.

IEEE is your major contact with the industrial community that you will be working in.

The IEEE is a world-wide organization of more than 165, 000 engineers, scientists and technicians. They have 408 student branches scattered throughout 28 countries.

Through the Nait student branch you can get information on what is going on in your technology throughout the world.

Nait student branch of IEEE is planning this season's activities primarily to benefit the students. We intend to capitalize on the vast resources available through IEEE to help you obtain those long term goals you have set for youself. Acting Students Branch Chair-

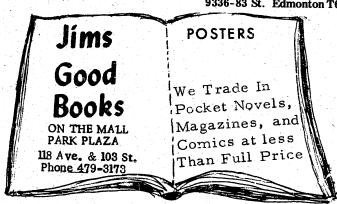
"Andy" Anderson An introductory meeting was

held Monday, Sept. 24. Anyone with information on this meeting please contact the Nugget.

HO HO

Interested persons with ahearing loss, great or small are invited to join the Hard Of Hearing Organization which meets every Tuesday at 7:30 pm at 11024-99 Ave. Further info. may be obtained by writing Mrs. Therese Eckert at 9336-83 St. Edmonton T6C 2Z7.





Southern Comfort: it's the only way to travel.

Join the fun on the S.S. Southern Comfort. The party takes off any night and the only baggage you need is some Southern Comfort, ice, and mix.

See you on the levee.

Arrivals from the South: **Cold Comfort**

Pour 11/2 ounces of Southern Comfort over crushed ice. Add a twist of lemon.

Comfort Screwdriver

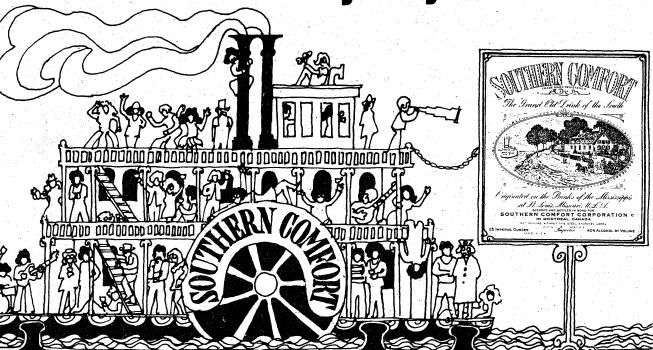
Pour 11/2 ounces of Southern Comfort over ice. Top up with orange juice.

Comfort Collins

Mix 11/2 ounces of Southern Comfort with the juice of a quarter of a lime. Add some ice. Fill the glass with lemon-lime drink

Try these, too:

Comfort 'n' Cola, Comfort and Tonic Comfort Daiquiri, etc., etc.



Voice of NAIT

cont. from pg.1

utive and members of NAITSA a new voice which can only help to increase the awareness of others in the existance of this institute and all that happens here.

The future holds a number of other exciting developments as well. With the installation of some additional equipment at the QCTV head end, the radio signal from NAIT will be carried by the cable system to the FM sets of it's subscribers. Right

Grande Cache

cont. from pg.1

At the time of the February layoffs, advertisements were running in the Vancouver Sun to recruit men. A month later, Labour Minister Bert Hohol announced to the legislature that McIntyre Porcupine had plans to begin an extensive hirring campaign during April. This was denied by mine manager, Phil Johnson the same day. But in mid-April, 177 workers from the Anglo-Rouyn Copper mine in Saskatchewan were hired by McIntyre after they were laid off there.

Another point of contention is safety. During the commission of inquiry, ordered by Premier Lougheed eight miners agreed that the company's safety report was far below anything they had previously experienced and on a vast number of occasions was in contravention of the provincial coal miners safety regulations.

Six men were killed in the first three years of operation yet the company refused to improve safety standards.

In fact, one man, who refused to work in a dangerous area, was fired on the spot. Later, he was rehired.

The men working at Grande Cache don't know what to expect. There seems to be no consistency in the decisions made by the company officials. It seems inexplicable that a company that has control over one of the largest coal reserves in the world, that has its 'own' railroad, that has an experienced work force, cannot operate in any consistent manner.

Perhaps everything will be cleared up by the Crump Commission hearings which reconvene this month. But in the meantime the people of Grande Cache are uncertain of the future There is no security in knowing that any day you go to work your job may not be there. As of April, 1973, McIntyre Porcupine has been unable to meet production quotas.

Ned Farmer, past president of local 7621, and Phil Oakes feel that the mines could meet all production quotas if management and production techniques were straightened out.

McIntyre appears to be suffering from gross mismanagement. When fully operational the mines were to employ 1,100 but in its three years of operation the maximum hired was 800.

Mandala
MENS&WOMENS CLOTHES,
JEWELERY FROM THE EAST
phone 4245714
10114-103 ave.

Dr.J. Lampard

optometrist
TELEPHONE
474-6237

PARK PLAZA MALL #11-11840-103 STREET (WEST OF SAFEWAY)

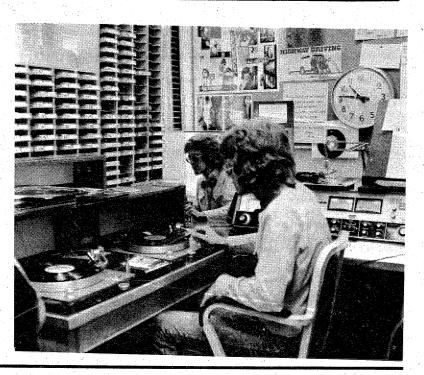
now, the radio signal is carried on channel 6 to QCTV subscribers. With this new arrangement, people will be able to dial CHNR on their FM dial, and CHNR will then join the ranks of the other Edmonton radio stations in the homes of Edmonton.

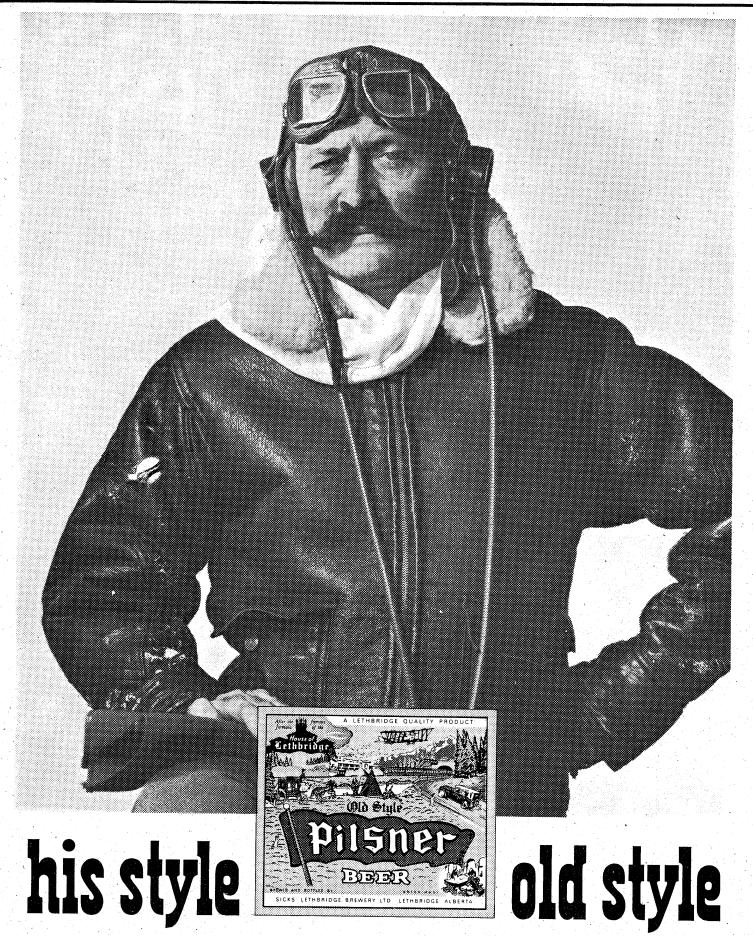
The television contribution will take the form of daily news, weather and sports information, plus half-hour shows with interviews, music, entertainment or public affairs programming of our choosing. Because the cable companies are in the developing stages as far as local programming is concerned, they have indicated their willingness to give us access to their system with programs produced here that meet professional standards of production and content. This helps them to fufill their commitments on local programming, adds variety to their subscribers, and gives

the RTA students an excellent opportunity to work under professional conditions.

Sports content, for example, will involve RTA students to the point where they will cover activities that range from Edmonton Eskimo home games to volleyball games in the NAIT gym. As part of their television production laboratories, some classes have been scheduled into the studios of the cable operators, other students will work on production crews using the mobile video-taping units, all in an attempt to make the learning experience as close to on-the-job conditions possible.

This institute and the things happening here will be more widely recognized in the months ahead through the efforts of the RTA program. The entire staff and student body can help to make good things happen through the voice of NAIT.





He opened up the north with baling wire, canvas and courage—and maybe the thought of Lethbridge Old Style Pilsner waiting when he made it back home. Alberta's original Pilsner has logged a lot of miles and quenched a lot of thirsts in nearly fifty years; and it tastes as good today as it did way-back-when. Slow-brewed and naturally aged for men who appreciate the down-to-earth flavour of an honest, old-time beer. Try it.





discovering people through Sing Out Edmonton

People, that is what Sing Out Edmonton is about. By learning to accept and understand others, many people who have been involved with the group have found a new sense of happiness. Thru an exciting, enthusiastic show, the members give a refreshing message of concern and hope for people. In each of their songs, an overwhelming zeal of living is exhibited. Even in the titles of their songs, a glimpse of how they feel comes forward. Such titles as: Gonna Build a Mountain; Live It Live; and Don't Keep It To Yourself are just

This active spirit of living has been present in the group ever since its beginnings in November of 1968. A group of twenty young people were interested and aroused by a new idea. Watching a musical show presented by 'up With People', they were excited by the ideas and the very enthusiasm generated by the cast. At the end of the show, they were invited to form a similar cast in Edmonton. Caught up in the excitement, they worked towards the goals of S-O. Within three weeks they had done two shows in shopping centres on a make-shift stage.



performing in an old folks home

After a year, they were performing in the UCF annual show in the Jubilee Auditorium. From then on, Sing Out only looked up. In February of 1970, they took a two-hour show to Athabasca. This was the first of many out-of-town shows. In the following months, Sing Out Edmonton performed at the Jubilee Auditorium in their own presentation; was seen on the CFRN stage during Klondike Days; and went on a two-week tour of Northern and Central Alberta. Since then the group has toured Northern and Central Alberta; appeared on the CFRN stage as a major act during Klondike Days '72 , and presented four more programs in the Jubilee Audi-

torium. Over the years, something much more valuable has come from Sing Out Edmonton than an exciting musical show. A friend of mine once wrote: "Sing Out is an experience, a group where the sharing, giving, and loving of the group increases the capacity to share, give, and love in each individual person." In the three years, I have been involved with the group - each meeting, rehearsal, or show has helpme to grow to a better person in some way. Sing Out has taught me thru experience that all people must live outside of their own selves and live for others. In one of our tour programs, Carle Duguid, said that he felt Sing Out was finding a challenge in everything you do; doing the best

you can, not because you have to but because you want to.

After November of last year, many of the older members left to go other ways. Since then Sing Out has been fighting to remain alive. We are on our way up again. Thru a number of problems, we have discovered who we are and where we are going. This summer, we concluded a raffle that we held to raise money. With this money, we expect to be able to do more for the community. Right now, Sing Out Edmonton is recruiting a band and a chorus. For the next few months, we will be building

a show to bring to hospitals, nursing homes, and shopping malls.

Sing Out is discovering people. Discovering people thru working and relaxing with them. Would you be interested in helping? We as a group cannot promise you anything but a new experience. The only way I can think of concluding is with the final words of our theme song. "If more people were for people, all people everywhere, there would be a lot less people to worry about and a lot more people who care.



an informal rehearsal for a happiness show

There is still space available in the Edmonton Art Gallery Art classes for the following groups and classes.

Registration must take place as soon as possible, as classes commence in mid-October: Pre-schoolers- Wed. 10:00 am

Gr. 1-6 - General Art - Sat. 10:00 am, 1:00 pm, 3:00 pm. Wed. 4:30 p.m. Gr. 4-6 - Exploring Art - Sat. 3:00 p.m.

Gr. 7-12 - (Tues. or Thurs., 7:00 - 9:00 p.m.) Experiment with Clay & Sculp-

Painting Film-making Crafts **Drawing** Watercolour Print-making Adults - Wed., 10:00 - 12:00 Noon) Drawing Painting I & II

Experiment with clay and sculp-Watercolour **Oriental Watercolour** Adults - (Wed., 7:00 - 9:30 p.m.) Painting 1 & II Watercolour Crafts **Print-making** Film-making Experiment with Clay & Sculp-

Adults (Thurs. 2:00 - 3:30 p.m.) **Understanding Modern Art** Adults - (Thurs. 7:30-9:00 p.m.) Still More of Everything You Always Wanted to Know About For further information on fees, courses outlines, etc., contact Miss Bernadette Law, 4296781.

When choosing a colour for Heavens, Deep Seas, Ribbons, Grass, Noses, Moons, Mondays, Laws, Skies, Serge, Jays, Jeans, Tailed Flies, Movies, Berries, Blood, Bells, Beards or Beer,

Specify Blue



administrative management society

One of the main purposes

of the Administrative Manage-Society (A.M.S.) is to provide its members with valuable contacts in the business field. The NAIT College Chapter of the A.M.S. has already begun meeting and an active year has been planned with this purpose in mind. The students involved have the opportunity to meet with members of the senior chapter of the A.M.S. at dinner meetings put on by them on the second Wednesday of every month. chapter is made up of business men and women who represent a great number of firms in the area. Their knowledge and experience in the business field has helped many students find career and also has given students a very good idea of what to expect and what managers expect in the business world. The NAIT Chapter meetings are held the first Tuesday of every month and like the Senior Chapter meetings, they will be highlighted with a guest speaker. Also planned for the near future is a seminar with the Senior Chapter. On October 10, there will be an Education Night and in March another College Night is planned similar to the successful one held last year. Some possible social activities planned are to include a sleigh-ride, ski trip, raffle and grad party just to name a few. Membership in the College Chapter of the A.M.S. is for any first or second year business student who is enrolled in day courses at NAIT. The fees are nominal and well worth the wealth of information the A.M.S. members get on the types of careers and job opportunities available. So if you feel you are an ambitious and motivated student, then the A.M.S. is for

Destroy a Parking Lot... Rebuild a Paradise.

the National with Larry Robinson 'Good evening.

Astronomists Mount Palomar Observatory today found an object in space with a recorded distance of five hundred miles from earth, traveling in a stationery orbit over North America. Dr. G. B. Levee, director of the observatory says that the object is no cause for alarm and it is the fragmentory remains of a dead minor star. The greatest possible harm, he added, is the daily eclipse of the sun's light for twelve minutes every day. As to the nature of the star, it is estimated by Dr. Levee to be made of solid rock, having the size of the Grande Canyon.'

Brian Faulkner reports; 'If you're bothered by shadows crossing your path, it is best that you find yourself a lighted place to protect yourself. Physists have done some quick calculations and tell us that the dead star fragments are going to remain around the earth for a

very long time. The chance of

finding an orbit around the Earth

is an Impossible Probability and

it does happen, the when wandering star has found a home. Dr. John Katz, an associate of Dr. Levee admits that the blockage of the sun's light will have some adverse affect on sun bathers. The sun worshipers will have to do without their beloved for twelve minutes around noon every day, providing your clock is set on standard time. Daylight saving time has the solar shadow passing at eleven, and if your clock stopped or you haven't a clock, you can always tell lunch break by the darkening and finally black

For the news in this world; 'The Energy Crisis came to a new head as the price of a gallon of gasoline rose to a new high. Service Station Managers were busy today adjusting their gas pumps to measure a price of 83.9 cents a gallon. The new retail price of gasoline shows a steady depletion of the Nations Oil Reserves and the major gas companies speculate . . . The National

with Larry Robinson. 'Good evening.

The Nations cars today are

missing. Awaking this morning, all registered owners of motor vehicles discovered their transportation not in it's proper place

George Finstadt reports; 'By the early morning reports, it might have seemed that there was a vast organization going out stealing cars. Persons needing their cars in the early hours filed stolen car reports when they found their cars were not in their garages. Police departments throughout Canada were flooded with these reports and when the police tried to investigate, they also found their cars missing. When the sun's rays cut through the mist at Vancouver, every car in Canada was gone.

'Communication links with other centres also disclose a critical lack of transportation. Talking with the Transport Ministers of other countries, it was learned that the car thieves were not limited to Canada. Automobiles throughout the world were taken away and every car owner was walking to work instead of driving.'
'Where did the cars go?

Speculators throughout the world have their own pet theorys but the major countries have sent teams of scientists to investigate every possible angle in the case of the missing vehicles. These scientists are prone to believe that the dead star fragments orbiting the Earth are responsible. Dr. John Katz, an associate at Mount Palomar Observatory, considers that the energy

shortage of the dead star is so acute, that the star deliberately searched out the Earth's energy reserves and has sucked up to it every vehicle capable of producing energy.'

'Dr. John Katz theory met a wave of opposition from his colleagues who demanded to know why the dead star did not take the more useful sources of energy like electricity or nuclear power. Dr. Katz was unwilling to comment but was heard to mutter that the dead star did move in its orbit as an object labouring under excess Mass.'

'But the earth's consequence is more damaging than the verbal abuse being flung at speculators. Transportation is at a standstill and bands of futurists are predicting the end of the world and that the next to go is the oil and coal leaving the world without energy to die a

slow death.'

'The world was at a standstill without the internal combustion engine. The food problem was the worst hit. Farmers were unable to do their harvesting without their machinery; workers in construction trade cannot build the buildings to house the food, and getting the food to the people is now done with horse and buggy. Civilization must return to an age before the Industrial Revolution to survive.'

Conservationists are having a field day as the problems of pollution will diminish and the congestion of our major cities will disappear. Parking Lots will be unnecessary and these spaces are now being torn up and car shops torn down to add space and breathing room in the noise and haste. The world must now prepare to slow down and walking will be the major means of transportation. So now instead of Sunday drivers ... Sunday walkers?'

by Witteveen



Transcendental Meditation is practiced for a few minutes morning and evening as one sits comfortably with eyes closed. During this time the mind experiences subtler states of thought as physiological changes occur which correspond to this refined mental activity. Scientific investigation has found that during the period of Transcendental Meditation, oxygen consumption, carbon dioxide elimination, cardiac output, heart rate and respiratory rate significantly decrease. The metabolic rate is reduced by an average of 20 percent.

The physiological evidence. together with measurements of skin resistance, blood chemistry and brain wave patterns, shows that an individual gains a profoundly deep state of rest while the mind remains awake and able to respond to stimuli. natural effects clearly These distinguish Transcendental Meditation from all other techniques which involve effort, control, hypnosis or autosuggestion. Scientists have described the period of TM as a unique state of restful alertness" indicative of a fourth major state of consciousness as natural to man as the other three physiologically defined states--wakefullness, dreaming and deep

Those practicing Transcen-Meditation report this dental fourth state of restful alertness profoundly refreshing, physically and mentally. cumulated tension and fatigue which hinder efficient functioning of the nervous system are dissolved in a natural way; he result is increased energy and developed creative intelligence, more inner stability and improved clarity of perception at all levels of experience.

Students, housewives, business men, scientists, pilots, physicians, musicians and others have all reported practical benefits in terms of their own needs and aspirations. Through TM an individual makes use of his natural ability to evolve and gain new knowledge of life in heightened awareness. integrated effects of Transcendental Meditation on individual and environmental health are currently being assessed by medical research, particularly with respect to the balanced development of human life amidst contemporary conditions of increasing stress.

YOUR OWN GOOD

Fatigue. It'll get you even-A full day of NAIT classes is no joyride. Add on some homework. Plus a few sports or clubs. If's there's any more time, take some social Maybe the total is rewarding but for an ordinary person it's near the overload limit. And that distracted, pressure-ridden mind simply doesn't grab onto new ideas and remember facts like a bright, clear, active mind can.

But how can one get and keep that well rested alert mind? I had diagnosed my problem as this after just a few full days at NAIT. Fortunately for me I had started writing for the Nugget and decided to "chase" a story on Transcendental Meditation (TM). (See accompanying explanation) It is simply a technique for gaining deep rest and relaxation in two twenty minute periods every day Out of this additional daily rest come long term permanent effects like improved memory, decreased irritability, better concentration and general higher efficiency. That's what the literature about it says. So I went to the introductory lecture with half doubting, scientific skepticism and half hope that it might work. Both of these attitudes I found were irrelevant to the actual mechanics of meditation.

To keep a long song brief, I went through the entire course (4 evenings and an hour or so on a Saturday) and came to a simple conclusion. It works. Properly instructed, I was genuinely amazed with the ease with which my breath rate slowed and my body became relaxed while I was fully conscious and alert.

As for those longer term effects?

My course was the second weekend of this month and I'm naturally hesitant to make o optimistic claims about effects in such a short period. I can say that my "bad days" aren't the disastrous total losses as I remember them to be before TM. My good days seem even more effortless and satisfying more frequent) most (and important of all, for me, I have an extra measure of "cool" - of under the ability to work pressure of time (Like for paper deadlines).

I urge all of you reading this to find out more about TM Drop into the Nugget office and read some of the studies made on it. Go to an introductory lecture (Thursday nights 8 p.m. on the 14th floor of the Tory Building at 114 St. and Sask. Dr. or Tuesdays at 8 p.m. Centennial Library 100 Street and 102 Avenue). Take your questions to the lectures. The speakers are instructors and won't dodge you or beat around the bush. They'll talk straight to you.

You owe to yourself all the help you can get. It's for your own good.

WORK OVERSEAS FOR TWO TEARS:

In its 13th year of co-operation with the developing nations of the world CUSO today has over 1,200 personnel working on two-year assignments in some 40 countries of Africa, Asia, Latin America, the Caribbean and the South Pacific. More are needed . . . here are just some of the requests,

TRADE JOBS

Auto mechanics - heavy duty mechanics carpenters and joiners - refrigeration and air conditioning - electrical construction and maintenance - telecommunications and electronics - plumbing and gas fitting block laying - welding - auto body repair land surveyors.

TECHNICAL JOBS

Engineers (civil, electrical, industrial, mechanical, chemical) - technologists technicians - urban planners - architects

TEACHING JOBS

Home economists-industrial arts instructors -commercial teachers-accountants

REQUIREMENTS: Applicants should have a diploma, certificate or journeyman's papers. Some jobs also require two or more years experience - some do not.

Teaching or training experience would be an asset, but training will be provided both in Canada and overseas. Couples can usually be placed if suitable positions can be found for both. Families with school age children can sometimes be accepted too.

CONDITIONS: You are responsible directly to your overseas employers and are paid by them at about the prevailing local - not Canadian - rates. There is no age limit so long as you are in good health. CUSO provides training, return transportation, medical, dental and life insurance. Most jobs start July-August 1974.

FOR FULL DETAILS CALL:

Art Hooks in E-134.

CU56

Robert Dyck from CUSO's Head Office in Ottawa will be at NAIT on October 4th. Anyone wishing more information on CUSO may make an appointment with Robert Dyck by leaving their name with Art Hooks.





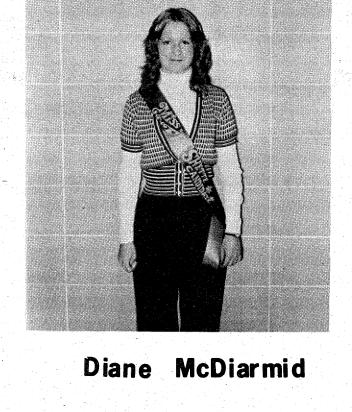
1973 MISS FRESHETTE IS DIANE CARTIER

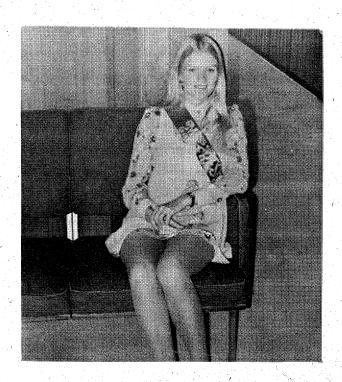




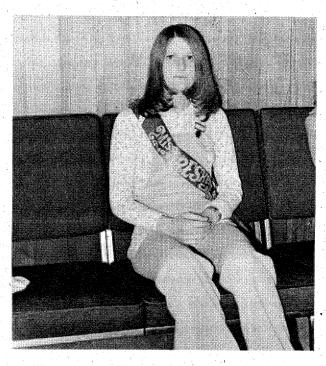


1st runnerup Louise Darbyshire





Kathleen Cavanagh



Roxanne Mastromatteo

FOR YOUR ENTERTAINMENT

VALDY

By Dan Remington

A young man armed with a flute walked on the stage, sat down on one of the two chairs and waited. Shortly after, a pretty young lady appeared with a six-string folk guitar and sat next to him. Together, they played and sang their songs, thanked the audience, then, played some more.

Presently, a long-haired man came out from behind the curtains in the middle of a song and nonchalantly began to play along on his guitar. The crowd applauded. They played another. The long-haired man left.

Then he came back again, and left, and finally came back for good to take the audience along on his hour long rendition on life.

The "long-hair" was Valdy, although not everyone was sure it was he when he first appeared. However, once he began to sing, there was no doubt.

The duo on stage first were Claire Lawrence and Cathy Stack and together and separately, they quietly penetrated the audience and made it cry for more.

It was that kind of concert. It was fresh and alive, it was complicated and simple and it was an experience of love and hate, life and death and a satisfaction with life.

Valdy, with his pure tenor voice and his down-to-earth music, gave his audience (and the audience was completely in his hands) an outlook on life which posed no complication. It was an outlook of the pure satisfaction with the simple things which everyone looks for, but few find.

His songs were simple and yet they dealt with the greatest mysteries to man. They provided no answers, but then again, they did not boggle the mind, with unnecessary trivia.

Valdy plays clean music. It is clean because "what you hear is what you get," and there were no fancy frills or electronic noises to confuse us.

He is a showman par excellence. One aspect of him which is astonishing is his complete ability to control his audience and make them beg for more. Yet he does nothing obvious to accomplish this. He is a magnet to which each listener can be attracted and glean his own interpretation of the music.

In my opinion, he is without a doubt the best lone performer in Canada today and he plays a pretty mean guitar too. Claire Lawrence and Cathy Stack were the perfect complement to the main attraction. They fitted in with the message of the good back-to-the-country

Cathy, with a Joni Mitchelltype voice, showed a deep understanding of the ills of society in her music and a passion for them in her singing.

Claire, complementing his partner on the flute, produced a haunting interpretation of the music. His lead breaks were in tune and in keeping with the atmosphere of each song.

It was a quiet concert and one where people could take a good look at things and assess themselves and the music. It was a good concert and one which will be remembered for a long time.

this

article

was taken

from

vol. 3 #/5

of Gettin' Off

THE EDMONTON ORCHESTRA

The Edmonton Symphony Orchestra is well on its way to becoming one of the continent's major recording orchestras.

Following close upon the unprecedented success of the album 'Procol Harum Live in Concert with the Edmonton Symphony Orchestra' (released in the spring of 1972), comes the news that a second live recording of the orchestra will be released.

The orchestra's second commercial recording is of Rod McKuen's Ballad of Distances, A Suite for Orchestra, op. 40

The composition is recorded on the fourth side of a two-disc album soon to be released by Warner Bros. Records. The other three sides of the album record Rod McKuen's live, 40th birthday performance in Carnegie Hall.

Ballad of Distances was recorded during its premiere performance under the baton of Tommy Banks on Friday, March 16, 1973. The concert was presented in the Northern Alberta Jubilee Audit. as part of the Edm. Symphony Society's Series. Despite the occasional imperfections (such as a cough in a violin section) that are a normal part of a live performance, the end result is a credit to any orchestra.

The work was commissioned in 1972 for the Edmonton Symphony, and orchestrated by Paul Ruhland. Although Ballad of Distances has a subtitle, McKuen refers to it as 'my Canadian symphony'.

The major portion of the \$10,000 cost of the recording will be disbursed to the musicians; the Society has accepted a small fee.

The release of the recording came about as a result of goodwill on the part of the Canadian Broadcasting Corporation, the Edmonton Symphony Society, and Rod McKuen.

The March 16th recording was part of the C.B.C.'s network program 'The Entertainers'. The C.B.C. released the tape for commercial distribution in keeping with its traditional role of aiding Canadian performing artists whenever possible. The Edmonton Symphony Orchestra has now joined the ranks of those Canadian orchestras that have received substantial assistance from the Corporation in becoming part of the international recording market.

One of the goals of the Edmonton Symphony Society is the development of an artistic climate favorable to the growth

lots of girls.

of symphonic music in Edmonton. The Society's active role in the release goes far toward creating such a climate.

That an artist of Rod McKuen's stature should have chosen the Edmonton Symphony Orchestra as the vehicle for the world premiere of the composition testifies to the world-wide reputation for excellence enjoyed by the orchestra.

STILL GOING STRONG

ALICE COOPER *
MILLION DOLLAR BABIES

On this tape A.C. has done an extremely good version of I LOVE THE DEAD from his last concert tour, which took him to Vancouver, Toronto, Ottawa, and Montreal. The total confusion of his music comes together on this record, to bring you one of the finest cuts ever from this group.



It is necessary to understand some facts about present day records, so that such a sorry story need not be repeated with your next exciting purchase. The simple appearance of a record is deceptive in that we are told it is flexible or unbreakable and so it may be thought also difficult even to handle it at all without causing some degradation to the almost invisible recorded groove which covers most of its surface. It is probably true that many more records are discarded because of damage in handling that are worn

out by actually playing them. Records should always be handled without touching the recorded area. Remove a record from its sleeve by inserting the hand until the record can be supported by the fingertips on the underside label. Allow the record edge to rest in the crook between thumb and forefinger, then tilt the sleeve so that the record slides out and balance it in this position until the other hand is free to support the further edge. Should you not be able to acquire this skill immediately, or should the record be tight in its sleeve, use a clean piece of silk or other soft lintless cloth to prevent fingermarks while holding the record.

Where manufacturers' instructions appear on the inner sleeve to the effect that records should be wiped with a damp cloth before playing, it must be borne in mind that the cloth used must be only very slightly damp and free from dust, etc. The working part of the record is its tiny groove (almost invisible to the naked eye) which spiral across most of the surface. Its width is, in fact, smaller than the thickness of a human hair and the tortuous twisting of its path provides an exact copy of the vibrations of the original music. Look into a microscope and see the amazing accuracy

of these vibrations along the half mile or so of continuous groove covering each side of a 12" record.

Should the record be fingermarked, some of the oily moisture from the fingers would inevitabley be pressed into the groove to foul the stylus tip and combine with minute dust particles to be left behind the sharp contours of the groove and it is perhaps surprising that this record is still able to reproduce a musical If the musician took such little care of his instrument, the equivalent amount of obstruction would probably make it impossible to play at all! However, once any initial static charge has been controlled, if oily, greasy or waxy substances are prevented from contaminating the record surface, the removal of dust particles becomes a simple routine operation to be performed just before each playing of a

The tip of the stylus will collect some foreign matter from the groove of even. a new and clean record, caused in part by pollution from the air before the static had been controlled. The stylus tip should also be cleaned frequently as, if any such collection is allowed to harden, it becomes difficult to remove and could prevent the stylus from tracing the groove accurately. When cleaning a pickup stylus, always use a forward movement; NEVER brush or wipe the stylus from side to side or backwards.

this
article
was
taken
trom
vol. 3 #/5

of Gettin' Off

ESPERANTO - a rock orchestra

ESPERANTO: for many years an international language bringing together people of all nations in mutual understanding, now, ESPERANTO, the world's first international rock orchestra bringing a new generation together with their fresh, vibrant music.

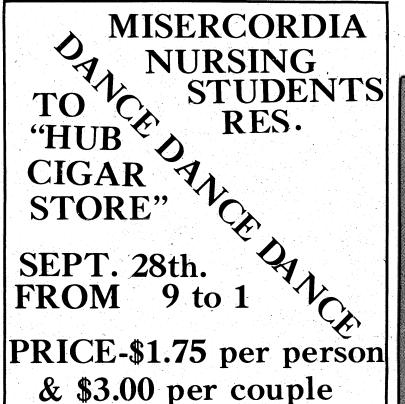
Esperanto is one of the few

really new concepts to appear on the rock scene in recent years. The band includes a four piece string section, not as back-up but as an integral part of the overall sound. They have three girl singers, not ooh-aahing somewhere in the background, but laying it down from the front line. Of the twelve musicians, seven have a background of classical training. What of their music? This their first album is full of exciting, honest and often intricate music. Certainly the classical influence is there, but at base it's solid rock reinforced by the girls' strong harmonies, and a string section slicing into the mainstream of

The driving force behind Esperanto is Raymond Vincent, who at 27 already has a glittering musical career behind him. A child violinist of the Belgian Symphony Orchestra and the leader of the highly reputed Belgian rock group 'The Wallace Collection'. It was he who developed the original concept of a rock 'orchestra', hand-picked the musicians, and is the main arranger for the band.

This is not to say that Esperanto is a one-man operation; each member has an individual contribution to make. Each is an experienced musician with backgrounds ranging from pop session work to symphony orchestras. To take one example, lead vocalist Glenn Shorrock was a solo recording artist with several singles to his name before goining the band.

joining the band.
So, listen and enjoy a unique experience. Esperanto, the world's first international rock orchestra.



Stereo equipment & parts.

New, Surplus & Antiques of electrical parts for any electronic hobbies.

Large supply of Resistors, Diodes, Capacitors, Transistors & Tubes.

CHECK VANGUARD FOR LOWEST PRICES FIRST.

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Chase II is coming

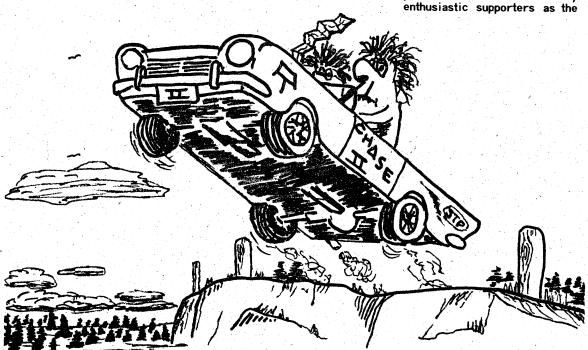
Chase I, last year's successful car rally sponsored by Architecture, is being followed by Chase II, to be held this October 13.

Chase II is a car rally, open to all NAIT students and their crews. Each car requires a driver and a navigator, but is permitted to contain as many enthusiastic supporters as the crew itself can support. The object is to test your driving skills by following a prearranged course which the crew must discover from the directional and speed clues provided by the organizers. If this sounds easy, be informed that last year only eight of thirty cars which began the contest actually finished.

The organizers of Chase II are planning a bigger rally this year. They expect to have five prizes, including some impressive trophies. The rally will be followed by some suitable social event which will give the winners ample opportunity to celebrate and the losers a chance to drown their sorrows.

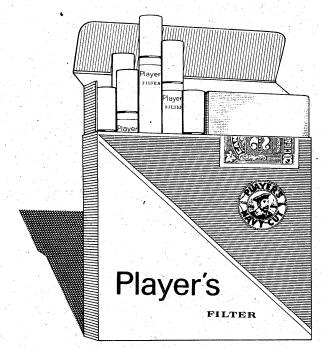
The rally is open to all: a special encouragement is extended to those technologies which have a preponderance of women who might turn out in numbers sufficient to challenge male dominance of such events. So, secretaries, medical lab technicians, and beauty culture now is your chance to prove that men are not necessarily better drivers than women.

Chase II will be a novice rally. So, whether you are male, female, driving enthusiast, back seat driver, bird watcher or bird chaser, you are bound to enjoy the event. Watch for more information about Chase II.



... BUT IT SAYS THERE'S A ROAD HERE!"

In your own way. In your own time. On your own terms. You'll take to the taste of Player's Filter.



A taste you can call your own.

Warning: The Department of National Health and Welfare advises that danger to health increases with amount smoked.

PLAYER'S CHALLENGE SERIES

sanctioned by C.A.S.C.

Montreal - International drivers in Formula Atlantic cars will compete across Canada in 1974 when the Player's Challenge series for the Canadian driving championship moves into its fourth season.

Sweeping changes in the Series formula and driver qualifications were recently announced by Mr. Tom Lamont, vice-president, marketing, for Player's Cigarettes. The changes include opening the previously restricted national championship to drivers from all countries, and changing the formula from formula B to formula Atlantic

Mr. Lamont described the 1974 series as," the most successful sports car series ever held in Canada," and said Player's would also be announcing dates, sites and an increase in the series purse later in the year.

Mr. Lamont said the series will again consist of six races to determine the national championship (won last year by Bill Brack of Toronto), and will conclude with the Players's International, a new race this year won by Sweden's Bertil Roos.

He also announced that that the CTV television network and the TVA network in Quebec have agreed to cover the Player's Challenge Series again in 1974. "The ratings have been good and the response excellent,"CTV ports director Johnny Esaw said. "That's why CTVwill be covering it again in 1974."

Bob Hanna, executive director of the Canadian Automobile
Sport Clubs, explained that in
changing to formula Atlantic, the
Player's Series would be aligning itself with a similar interning itself with a si

Hanna said the championship Drivers' Association, comprising Canadian drivers, had asked that the rule limiting the driving championship solely to Canadians be lifted.

"Our drivers feel that they want the Canadian championship to go to the best driver, not just to the best Canadian," he said.

CAN-AM, past history.

The September 15-16 Molson Cup Can-Am at Edmonton International Speedway had a new look. Instead of the 200 mile race of past years, a new series structure gave Edmonton auto racing enthusiasts not one but two races.

The greats and near greats who chase the Can-Am pot of Gold raced 75 miles on Saturday and 125 miles on Sunday.

The theme "celebrate Can-Am" was continued this year because of the overwhelming success in 1972. With the new Saturday attraction of a race equally important as the Sunday event, the weekend camp-out idea was bigger, better and even more suc-

Can-Am is one of the biggest racing events in sport and draws Edmonton publicity from throughout the world. But it's more than a race in Edmonton, it's a happening.

Sponsored by Otto Mobiles, Camptown is the life of the Can-Am party. In Camptown it's a weekend. Complete with roving entertainment, bonfires, displays and activities, it's where it all happens. All but what happens on the track.

Besides the Can-Am racing, there was Terry Jones the flying kite-man, marching bands, model airplane displays and parachute jumpers.

The shorter races ensured closer racing if for no other reason than it is over sooner and starts all over again.

Edmonton, in the past two seasons, has been fortunate in having two top Can-Am races. But it has known the boring, stretched out, Can-Ams of the past and the memory is shared by other North Americans who suffered through that drought.

Each race in the series' first three events produced a different

winner. Charlie Kemp, Mark Donohue and George Follmer served notice early that the series would be as competitive this season as it was last.

George Follmer won the Can-Am Series and then established a Sportscar Club of America first by sinning the Trans-Am Series the same year:

It didn't start out that way, however, as Follmer went into the Can-Am Series without a "ride" as the sportswriters like to put it.

Mark Donohue, however, was to crash in an early race only a few short weeks after winning the Indianapolis 500 and Follmer was the obvious candidate to replace him.

Since that time, Follmer and Donohue have parted company. Follmer, with his success, has driven in Grand Prix races in Europe this year.

In the 1973 Can-Am Series, they're on opposite sides of the fences, although both will be driving Porsche turbo-charged

Donohue has the new ones. Follmer has the ones from last season.

Both have won races and Donohue has the early series lead. Regardless of what happens on the day when the green flag drops on the Molson Cup Can-Am at EIS, the series championship will still be in doubt. Donohue, who won his first race of the series following his injury by returning to the grid for the Edmonton race, has to be favored

But it's not like the old days when Team McLaren dominated the series. Team McLaren isn't even in the series this year.

Donohue has the master mind of Roger Penske and the entire cont. on page 13

HISTORY

cont. from page 12

Porsche factory behind him.

Follmer and Charlie Kemp have won races in the RC Cola Porsches which don't seem to have lost a great deal since last season.

David Hobbs, the old smooth veteran who has won frequently in Edmonton in the Continental Series, is competitive in the McLaren car after several frustrating Can-Am seasons.

The newcomer to watch is charging Jody Scheckter who has put on a few great shows al-ready this season with his" if the fender fits, the car will fit" way of driving. He makes his own holes and has that Parnelli Jones "if it feels like you have it under control, you aren't going approach to the fast enough"

The CAN-AM in Edmonton

The Can-Am races in Edmonton this year was much better than the races previous years. The weather was perfect for racing plus the new format of the races made spectating much better, although it was cold on Saturday. On both days the racing was fast and close.

In Saturday's race there were 22 starters. Mark Donahue qualified for a position in the front row and held the front position throughout the race. On the third lap George Follmer bumped by teammate was Charlie Kemp. The car (Follmer's) hit the wall and was up-ended and then landed on its wheels. Follmer continued to race until his engine blew up a few laps later. This is an indication of the strength

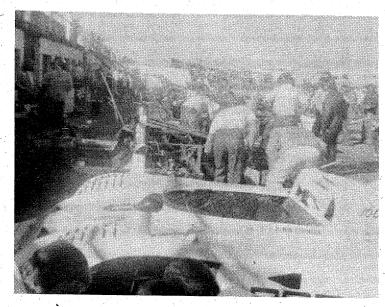
and safety of these cars. Most of the other cars continued to finish the race. There was no stopping Donahue, however since the turbo-charged Porsche had a great deal more power than most other cars.

Sunday was very similar to Saturday except for the fact that fewer cars finished and those that did were closer together. There were no accidents on either day. Sunday's race was the more exciting to see. First place was in the bag for Donahue but the race for second place (and money) between Jackie Oliver in the UOP SHADOW and George Follmer in the RC Cola Porsche. George Follmer took second place with Oliver about a fraction of a second behind. This made for good racing considering the fact that the UOP Shadow runs on non-leaded gas, is not turbo-charged and is quite normally an abnormal race car. That is like a standard Chev running against a Z-28.

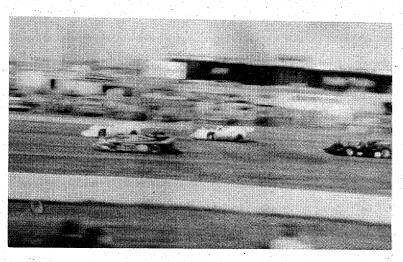
What happened to the others? Charger Jody Schecter blew up his engine so does it really help to charge. Hobbs experienced engine failure, as did Bobby Brown and John Cordts and a few others.

A pleased Mark Donahue re ceived the cup while surrounded by a host of beautiful Molson He was joined at the presentation by George Follmer and Jackie Oliver, the second and third place finishers. The

victory bottle of Molson's Beer which drew the happy words of Jackie Oliver, "It's not champagne but it is good". And so ended a great weekend of racing.



added attractions!!





GUNG FU exhibition bouts & demonstration



DATE: SEPT. 27th., 1973 TIME: 8:00 P.M.

PLACE: N.A.I.T. GYMNASIUM

ADMISSION: \$1.50 (TICKETS at DOOR)

All Proceeds Go Towards THE CANADIAN CYSTIC FIBROSIS FOUNDATION



Sponsored by N.A.I.T. STUDENTS' ASSOCIATION & BUCK HAWK PAI Gung Fu School

Ooks have hoop pro

Ah ha, ladies; or shall I say all females interested in basketball, we have a professional with us who will be coaching the Nait women's team this year.

Born and raised in Pointe Claire, Quebec - a small town close to Montreal, was Barbara Hanson. She received 12 years of education there before moving to Montreal and McGill University. At McGill she took her Bachelor of Education majoring in Physical Education. After graduating she taught high school physical education in Chateau Gauy just outside

Montreal for two years. Then in September 1970, realizing she was in the wrong part of the country, she moved to Edmonton!! Really, why she came, was to continue her education; she completed her Masters in Physical Education at the University of Alberta graduating in April 1973.

While at U of A Barbara found herself teaching some classes, but mainly she was involved in aquatics. She started as a participant in aquatics soon to find herself coaching diving, helping with practices,

working with the team and helping them learn some of the finer styles of diving and swimming.

Really, why she came,
continue her education;
working with the team and helping them learn some of the finer styles of diving and swimming.

Barbara's basketball experience goes back a long way;

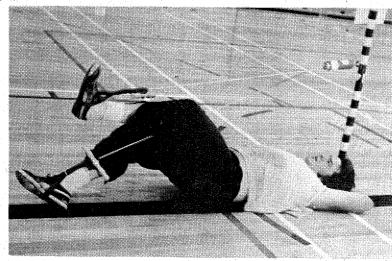
ience goes back a long way; she started in junior high, played all through junior and senior high school, then, upon entering McGill, found that her basketball career had only just After playing 4 years at McGill she started playing on a Quebec provincial team. In 1969 they represented Quebec in the Dominion finals. Due to her speed and great rebounding abilities she found herself playing any position- mainly wherever she fit best in the play they were using. She says she played mostly guard but did a lot of fast breaking and seldom missed lay-ups.

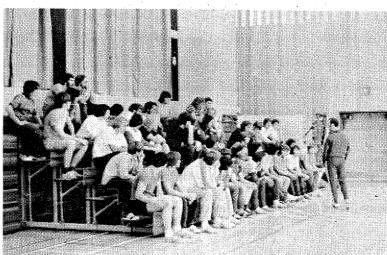
Here at NAIT she will be coaching women's basketball as well as teaching an introductory course in diving, some skating and whichever other courses the computer sticks on her schedule.

So on behalf of the student body I'd like to welcome her to NAIT and wish her the best.



Attitude excellent at hockey camp





The Season is Underway

On Friday, September 14th, the NAIT College Hockey team started to work in earnest on their preseason hockey program. The workouts involved up to fifty men and included calesthenics, strength work, and endurence work. The attitude at the camp is excellent as the prospective players seem to have a real workmanlike attit-

ude. The hockey team will start key workouts on Saturday September 22 at 10:00 am.

If there are any players interested in trying out for the team, they are urged to contact coach Cummings in room E-137 as soon as possible. If there is anybody who wishes to watch the workouts, the schedule of ice times this week is as follows:

Thurs. Sept. 27 5:30-7:30 pm. Fri. Sept. 28 5:30-7:30 pm.

All workouts are at the Grand Trunk Arena- 113A st and 130 avenue.



Do you know what a jock strap is? Well, it's one of the many pieces of equipment used to play flag football. Girls, get out your cleats, shoulder pads and nail clippers and prepare yourself for another rousing year of flag football. This fantastic sport will be starting Tuesday, October 2. Entry forms may be obtained in E-134. The deadline for entries is October 1st. For all you girls that have never played flag football, read on and find out what it's all about.

The game is played with a total of 9 people, less than 7 is a default. Flag football is strictly a passing game(no running plays). Games last approximately 1/2 hour, with a five minute break after fifteen minutes of play. Everyone is eligible to receive a pass, except if it is from one of the spectators. All you girls who like to play rough, forget it, we have mean officials who give you a rough time for clawing, swearing, or killing one or more of your opponents. For more info of this great sport contact the Student Services office or the bulletin board opposite their of-See you on the field.

Donna Letain

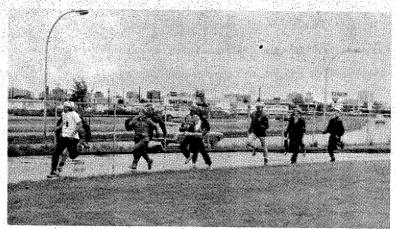
Heidelberg
Brèwed from pure spring water.



And that's the truth!

Brewed by Canadian Breweries Alberta Limited

CYCLE DRAGS



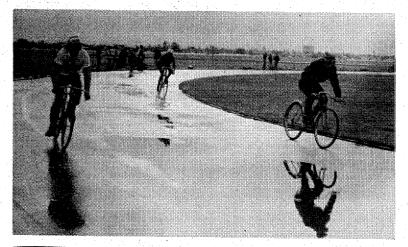
the run



the start



the race



It was wet and it was wild!
No, it wasn't a commercial for
7-Up, just the 1st Intramural
event of the year, the Cycle
Drag.

A dozen men's teams and one womens competed for the distinction of being the best two-wheeler riders at NAIT, in a grueling 15 mile race, 60 times around the track just west of the new Activities Building.

It was a running start, a rep from each team running about 200 yards to his heavy, two-wheeled machine to begin the long, hard journey in the pouring rain and cold, north wind.

There was lots of spills and thrills as many of the devil-may-care riders thought little of life and limb. Some made the mistake of trying to change riders on the run, or bike, as it were, with a resultant crash of spokes, frames and bones. The female team, the only female team (tsk, tsk girls) seemed to have the best procedure for mounting and dismounting, the way girls always get on and off bikes, if you know what I mean.

The finish was as exciting as any I've ever seen in an exciting race of that calibre, with Gas and Drafting colliding continuously for the final 10 yards before Gas managed to pull ahead by a nose, oops, a wheel, and win the race by only one second.

Other riders continued to casually pedal in for the next few minutes, not worrying too much about a respectable finishing time. Some decided not to finish, even after spinning their tires for most of the 15 miles. All the teams that didn't finish were Business entries, which doesn't say much for Dave Ward and all the other execs that are so keen on physical fitness.

Here then, whether you want them or not, are the results of the race -

Men (60 laps)

56 min 26 sec Gas Drafting 56 min 27 sec 57 min 00 sec Telecom Architecture 62 min 16 sec 64 min 37 sec Earth Res **Electronics** 65 min 03 sec 65 min 27 sec Materials **Plastics** 68 plus min 69 plus min Bio Sci Admin Management default Marketing A Marketing B default default

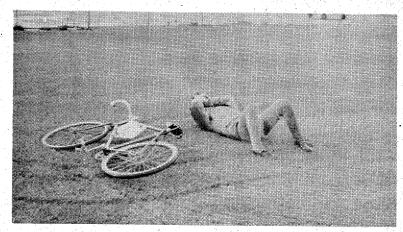
Women (40 laps)

Secretarial

55 plus min



the falls



the finish



the winners



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10%

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SPORTS REP MEETING

representatives from each of the NAIT technologies meet once a month to discuss Intramurals and Intramural activities

the next meeting is Tuesday, October 2nd, at 4:30 pm in room E 119

EVERYONE IS WELCOME