

WHAT IS SHINERAMA 73

Shinerama is one of the most successful Initiation events that has been held in Canada for the last six years. It has been attributed as a success from the point of view of creation of College and University spirit and the fostering of a University/College - community relationship. It is an event that creates mass participation of initiation organizers, senior students, freshmen students, and also the gift of life for thousands of Cystic Fibrosis Children in Canada.

A Shinerama is a one-day shoe shine blitz, which is usually held across Canada. It has a dual purpose. On the one hand, it provides a community service project for your university or college, also getting great numbers of your students to participate actively, taking pride in the services, and socially mixing to acquire a new realm of friends. Because of the freshmen-senior mixture, new students are acquainted with the general social, academic, and

administrative procedures of campus life. On the other hand, it provides badly needed funds for the research program of the Canadian Cystic Fibrosis Foundation.

The Principle of Shinerama is Simple.

The main participants in Shinerama are the Freshmen, Freshwomen, and the Seniors of your campus. We, NAITSA, provide you with the polish, brushes, sandwich boards, coin cans, tags, tag boxes, publicity, etc. Together, the manpower and equipment will provide us with a most entertaining and beneficial program.

The students then employ themselves over the local area and use their talents to obtain funds for your project. Up to \$20,077.14 has been raised in a single day by one university this far in its six-year history.

cystic fibrosis?

Comparatively, cystic fibrosis is unknown, yet it is the most often occurring serious

disease of infancy and childhood. It affects both the lungs and the digestive system. Thick, gluey mucus clogs the lungs and prevents the flow of digestive juices from the pancreas to the intestines.

The disease is characterized by a number of symptoms. They are:

- Chronic cough
- Large appetite but small weight gain.
- Repeated respiratory infections.
- Abnormally salty sweat.

Cystic fibrosis claims more youngsters than polio did in the prevaccine era. To age fifteen, it rivals cancer as a killer.

Cystic fibrosis often goes unrecognized because it is mistaken for asthma, bronchitis, allergy or some other less serious ailment.

Cystic fibrosis can only occur where both parents of the child carry the recessive cystic fibrosis gene. This "Double Dose" of recessive genes throws

the child's body chemistry into an imbalance, even though the parents themselves show no signs of the condition.

There are more than five-hundred babies born with cystic fibrosis each year in Canada and more than one million Canadians are carriers of the gene. If both parents are carriers, the chance of giving birth to a cystic fibrotic child is one in four.

Investigators are constantly trying to pinpoint the exact reasons for the "built-in" defect of human chemistry which causes cystic fibrosis. Once this defect is isolated, a way of supplying what the body needs to correct this defect could also be researched.

Happily, if the disease is detected early enough, and the strict treatment regimen is followed, most children can be saved from the gravest consequences. A form of physical therapy called "postural drainage", during which the child is placed on a tilted-table towards

the floor, helps them cough up the obstructing mucus. Antibiotics help reduce lung infection. Aerosol sprays and plastic mist tents, in which patients sleep, enable them to breathe more naturally. Special diets including powdered animal pancreatic juices aid digestion. But the treatment is lengthy and expensive and medication and equipment for a fibrotic child can cost the family up to \$2,000 a year, depending on other assistance.

Since cystic fibrosis was first identified as a separate disease in 1938, and as a result of intensive research, methods of treatment have steadily improved so that more and more children are surviving. Cystic fibrosis may no longer be thought of as an irrevocable fatal disease. Although the fibrotic child's future is by no means certain, the constant research associated with the early diagnosis and effective treatment of the disease is quickly brightening that child's chances.

nugget

Wednesday, Sept 5, 1973. Volume 9 Issue 1

nugget welcomes everyone to 73-74

I'd like to take this space and opportunity to give a hearty welcome to all new and used NAIT students. Here is your chance to get involved in your student newspaper, the NUGGET. So far, the Nugget only has the position of Editor taken, and people are needed in the places of photographers, artists, layout people, writers and just plain labourers who have experience or determination to help with the operation of the newspaper.

The Nugget has the responsibility to relay to the students, the efficiency of the Executive and to keep them on their toes.

Also, we hope to give as much information to you about the going-ons throughout the school and keep you up to date on the Entertainment and Social functions as well as Sports, politics, humour, and try to have a ball at the same time.

Last year the Nugget had a hard time keeping an Editor, due to the lack of student support. The Editor was the sole Crusader on many occasions to get the paper on the stands for the waiting readers. That's one of the major problems. Lots of readers, and hardly any one to give the readers anything to

read.

This year we have a determined Editor, who, like all the other Editors, needs a staff to put out a paper of any quality. We have some very sophisticated equipment which helps to keep our paper as internal as a college newspaper can get.

Anyone interested in learning more about the operation of a newspaper or helping in any way, please come in and see the Editor in E-128, or Grey phone # 423 or the Black phone # 477-4329. The door will always be open. Come in and we will have a talk over a coffee or something.



NAIT'S SHINERAMA FLOAT WON 2nd PRIZE IN IT'S CATEGORY IN THE KLONDIKE DAYS PARADE

A black and white cartoon illustration of a smiling person with curly hair, wearing a t-shirt that says "MUGGET". They are holding a large bowl that says "IT'S GOOD FOR YOU" and a spoon. The background has radiating lines like a sun. The signature "ManWoman" is visible.

POLICE: what are your rights?

**Poundmaker, the U of A newspaper is available
Executive Offices E-133 B**

COMMENTS:

[illegible]

Sun. & Holidays 2 pm to 10 pm 479-4911

commissionaires

"AUTO BEHAVIOUR"
by - SGT - Johnston.

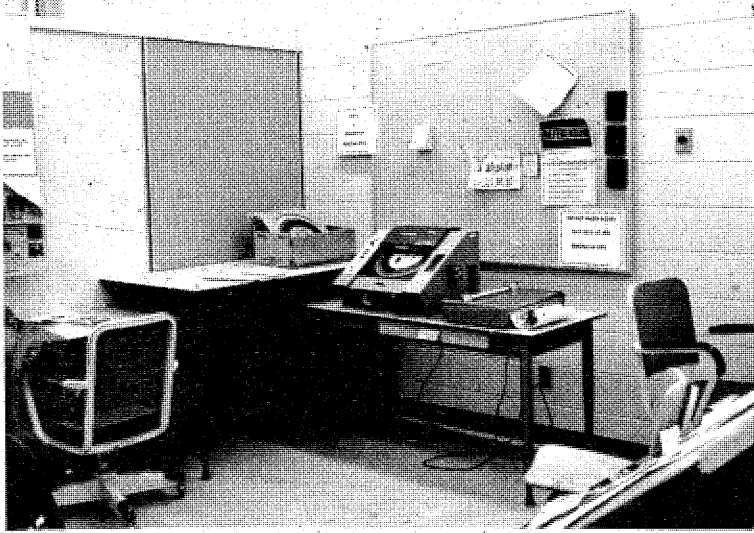
The 1973-74 Term getting underway means ensuring the Students who drive to classes are prepared and familiar with parking areas.

To ensure a HAPPY YEAR of parking, your friendly, smiling Commissionaire will gladly assist in direction and explanation.

The 1972-73 Term was a bit rough as a result of construction of the sports complex gobbling up many parking stalls. We all must suffer to make way for progress.

This Term the North and South lots are in quite good shape. With co-operation and understanding from and with the Commissionaires everyone should be able to park in the areas provided.

Always contact the Commissionaires for advice before parking in an unfamiliar area.



nothing worse than an empty nugget office

—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.

In the past years, students have been keeping the NUGGET on their toes and giving their point of view of the school and ideas is this column.

Please feel free to continue dropping in messages in the News Service Box outside E-128. We will print all letters of criticism, whether they are compliments or complaints (if any).

Dear Editor.

Greetings. SADDLE SORES on page 9, is the first article

I have written for you this year. I wanted to end the story by the comment asking the student if he could trust that? But you may have your hands full of nerotics already.

I shall try to write an article for every edition and have an appropriate Grafix with the writing, however, I can't find my \$%&#(@*)!\$?* artist and this article will have to do without.

Please advise me of some of the NAIT pressing issues and if you have some argument as to the content of the articles, feel free to drop by and get your head blown off.

Vic Witteveen.

Nait News Service

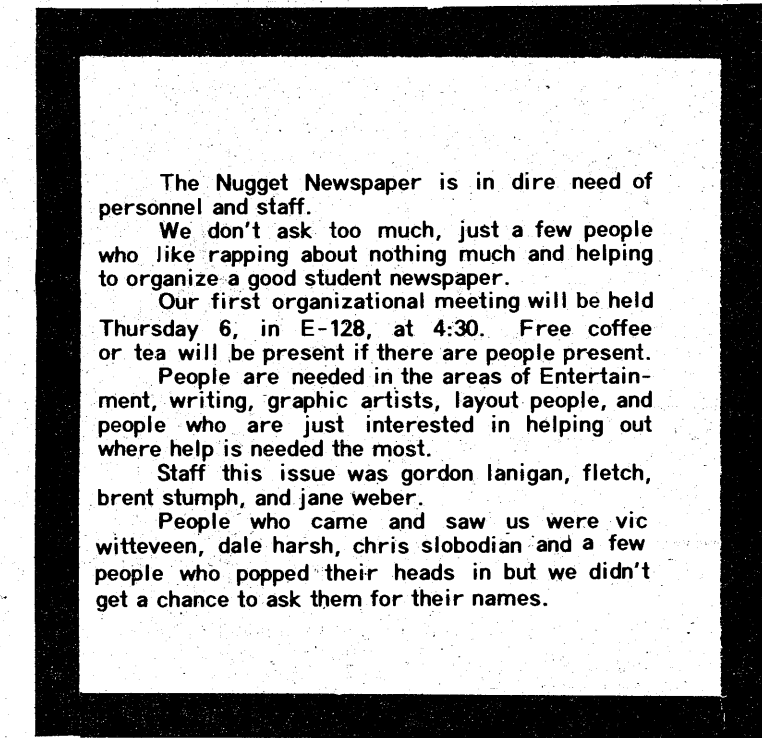
Outside Room E-128, is the Nugget's News Service Box. Actually, it is a suggestion box, which I suspect, will be full of suggestions after people finish reading this paper. It is there for the readers and the critics. Everything placed in the box will be carefully read over, and printed, at our discretion. We expect this box will be used when the office is closed, but, articles can be put in there if the writer wishes to remain anonymous. Departmental clubs are urged to submit all club news as well as articles, beefs and bouquets to the paper if they think it would be interesting and beneficial or informative to the readers. Also, letters to the Editor should be put in this box. These letters will be printed so that the readers have a lot to say in the paper. The paper does not always express the opinion of it's readers, and criticism is expected. The readers opinions will also be printed, but if the readers opinions are not submitted, then it is not the fault of the Editor to express his own ideas. If you think they are wrong, come and see him, and you will get the opportunity to have your say in the paper. If all the readers disagree with the Editor, then it is your duty to do something about it. People who always complain about the way something is done, and never do anything about it, are as much at fault as the person who is causing the disagreement. These are my thoughts as Editor. I will try to make decisions as correctly as possible, but, I'm still entitled to printing my own opinions in the paper, as much as you are entitled to criticise and have your ideas printed in the paper.

I hope to work closely with the students, as I'm also a student. If I can obtain the co-operation of the readers to assist with the paper, through the suggestion box, or in person, then we will have the best Nugget newspaper this institute has ever seen.

NOTICE

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.



The Nugget Newspaper is in dire need of personnel and staff.

We don't ask too much, just a few people who like rapping about nothing much and helping to organize a good student newspaper.

Our first organizational meeting will be held Thursday 6, in E-128, at 4:30. Free coffee or tea will be present if there are people present.

People are needed in the areas of Entertainment, writing, graphic artists, layout people, and people who are just interested in helping out where help is needed the most.

Staff this issue was gordon lanigan, fletch, brent stumph, and jane weber.

People who came and saw us were vic witteveen, dale harsh, chris slobodian and a few people who popped their heads in but we didn't get a chance to ask them for their names.

bet you didn't know that...

On Oct. in '65, Wayne and Shuster were here for 3 hours. Frank Shuster's explanation of his thoughts of Nait were this, "gorgeous institute; Beautiful". Also that same year, Nait had a few cheer leaders to cheer our Oopiks to win or defeat. I wonder what happened to them!

In Nov. in '67, we had a visit by Governor General Rowland Mitchner for 45 min., while he was being showed some Technical displays set up for him. Also that year, Miss Freshette for '67 was also nominated and won the Miss Edmonton Eskimo contest. Sound familiar?

Another big event that year was the visit and concert in October by none other than Gordon Lightfoot, who played for Nait for 2 hours.

In Oct. '68, the Vice-President of Zambia came all the way to Nait accompanied by his wife and seven government officials. They came because Zambia was building an institute much like Nait. That year also, Gordon Lightfoot made another happy Nait audience in that he played for a little over 2 hours.

Sept. '69 saw Rowan and Martin here to kick off Shinerama 69.

Nait's first Cabaret was held in Nov. '71. Twice during the 3 1/2 hour event, runners had to be sent to the liquor store for more beer.

In Jan. '72, Howard Harlton, last year's Editor, had an interview with Tom Northcott. If you would like to read the interview which was published, it is here at the Nugget for your reading pleasure.

On Oct. '73, our Miss Freshette, Judy Law, became Miss Edmonton Eskimo. This is the second Miss Freshette who became a Miss Edmonton Eskimo. Not bad eh? Two of our 9 Miss Freshette hit the Edmonton football fans hearts. Also in Oct., saw Nait sponsoring the first Canadian Open Gun Fu Championship with full contact.

P.S. All of the Nugget's past newspapers from 1963 to the present are kept on record and can be seen by anyone if they desire. Come to E-128 and ask for Gord Lanigan, and he will show you how far the Nugget has gone since the first paper was just a plain sheet of paper mimeographed on one side, with a circulation of about 300, to what it is now, a circulation of 5,000 with an average of 12 to 16 pages.

editor's choice



By now, most people are bumping into each other in the halls, saying, "excuse me, just trying to find out where I am, or going, or have been or etc, etc, etc." The confusion of the first week, and the going-ons are hard to catch up to after such a relaxing summer, if you had one.

Don't worry, it's not like this all year long. It'll only take a matter of days before you begin noticing a pattern throughout the school that there is a sequence to room numbers and building numbers.

After Frosh Week, and the hard work begins, with assignments, you may find you're even more lost. You find out that coming to NAIT to escape the University pressures is like jumping from the frying pan into the fire. There is no such thing as a Mickey Mouse course at NAIT, and the people who graduate, deserve that piece of paper called a diploma.

But NAIT doesn't just stand for academics. We don't have the Hockey Arena because of a rotten team. It's there because we have a good team and want to show it off. We don't have fold out seats in our huge gym because we have lousy basketball and volleyball teams. It's there because our teams are pretty good. If you like a lot of Social activities, and expect to survive your courses, we have Cabarets every second Friday throughout the year, as well as Club Keg Parties, dances, movies every weekend for only 50¢, and some sort of entertainment during common hour on Wednesdays.

If you're a person for helping the needy people, we have Shinerama, Santa's Anonymous, the Cancer Drive, and Blood Donor Day as well as others.

Are you a person who feels you have to belong to some organization? Well, you came to the right place. Two big clubs that need people right now are the Nugget Newspaper and the Northern Torch (the yearbook), both needing interesting, responsible people with an imagination or desire to help in any way possible. Also, there are many other clubs, such as the chess club, ski club, judo club, dancing club, etc. Information will be placed into the paper to let you know how to join these clubs; they are a very interesting way to meet people and have a good time.

To end with, I hope everyone has an interesting year at NAIT; as I know I will, trying to give you the best paper and maintaining my sanity at the same time.

So, the best of luck to all the people who chose NAIT as their path to the future and may it be as pleasant as you want it to be.

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 publication chairman at 477-4328 (430 grey)

lookout everyone

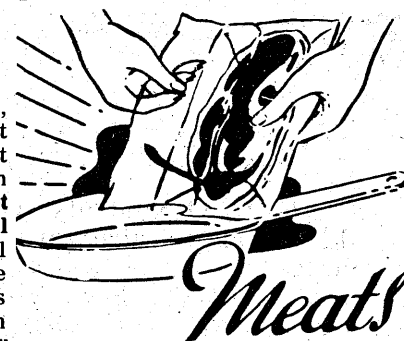
Well, we really blew it now, and what's worse, is nobody really knows it. They say it'll all pass eventually, but with progress the way it is today, all we're doing is progressing closer to our deaths.

The meat prices and the news their making is nothing. We should not worry about the monetary effect it'll have on us, but the effect that if we run out of meat, what'll we do then. Everyone is worried about the pocketbook whereas people forget that we were given teeth for chewing meat. If not for meat, we wouldn't need such strong teeth. So what is the sense of having teeth if we cannot have meat?

People of the world have panicked for smaller excuses than running out of food. A locked door where people are trapped in a building full of food, air, water and everything else to keep them alive for weeks causes a panic. But they panic because they can't get out at that very moment. But here, we're not running out of food, it's just that the expense is so high that, the raising of cattle and other animals for the sake of our stomachs may cease. Then what'll we do? Being a Demo-

cratic and Capitalistic country, it is up to the individual to support the nation. The farmers don't have to be farmers. No law in Canada says a farmer can't let his farm go to waste. All of a sudden, the farmers all over the country go on strike for one summer. It'll take years to get the farms back to operation again. A small populated country like Canada, if it cannot support and feed it's own people, is called over population. The country, not use to such a thing, and only hearing about it on the 6 o'clock news while eating a steak dinner, would explode. Some would begin to take advantage of the confusion, to steal, kill, rape and before you know it there would be no government, or if one, a very unstable one.

They say, when a person kills and steals, with no thought of himself, that he is insane, therefore, the rest of us are sane. People who are insane are a small percentage compared to the sane. Now during all the confusion of food shortage, gas shortages, internal rebellions, and atomic bomb experiments, more and more people are becoming insane. Eventually, over 50% of the



people are fighting and killing. Now, when the majority of people of a country are insane and the minority of sane are left, who is to say that the sane thing to do would be to be insane. Nobody wants to be called a freak. Everyone wants to be like most people are. So now, more and more people are becoming insane, mainly because they chose to.

All I can say is this, what is going on now throughout the country, is only the beginning of devastation. We must look ahead of all these troubles and not just look at the trouble itself. When there is a forest fire, do you follow the fire to put out what has already been burned, or do you go ahead of the fire and prepare to stop it when it comes to you?

Gordon A. Lanigan

contest

Since I know everyone likes a contest, the 2 NUGGET staff members feel that all you people must have had a great summer vacation, and would like to have your good time or whatever, known to others. This contest is known as "How I Spent, or, What I Did During the Summer Holidays." I know this sounds like a grade 3 teacher asking her little students, but I can still remember some of the far-out stories told by these imaginative kids. Now that we are all big kids, we must all have bigger imaginations. Please write down a fictional, or a non-fiction story or a humorous one, a tear-jerker, or any other kind of story you want. The truth of the story must depend on the writer.

We will be picking the best 3 and printing them in our 2nd or 3rd edition. The 3 winners will all be getting \$5.00, plus the knowledge of entertaining the rest of the school if they didn't have a good holiday.

Don't forget, try to have your stories in before Tuesday, Sept. 11, in E-128. Remember, money in your pocket just for telling us your best times this summer.

authors may remain anonymous if they wish

NEWSPAPER-OFFICE



HELP WANTED
ARTICLES NEEDED
FEATURE WRITERS
ETC. ETC.
APPLY AT THE
NUGGET OFFICE.

THE NUGGET ISN'T MUCH FOR A SCHOOL PAPER...BOY! IF I HAD A CHANCE

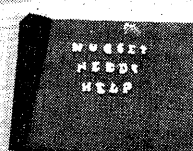
Jims
Good
Books

ON THE MALL
PARK PLAZA
118 Ave. & 103 St.
Phone 479-3173

POSTERS

We Trade In
Pocket Novels,
Magazines, and
Comics at less
Than Full Price

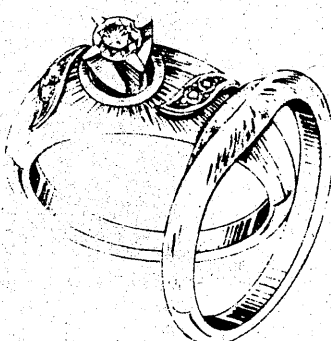
WE NEED
YOU!



would you
help?

New styles
for
Fall '73

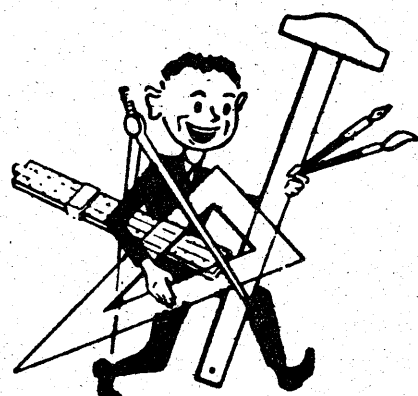
Ben Moss
Jewellers



Student DISCOUNT
available

Sure

I got 'em all at



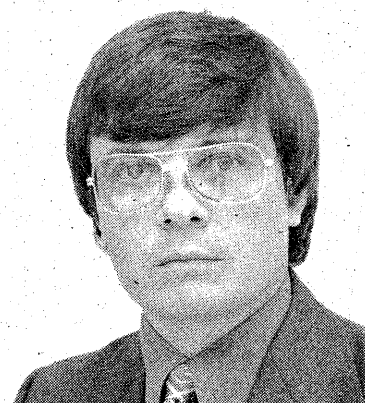
The
HUGHES - OWENS
COMPANY LIMITED

School and College Supplies

PHONE 424-1151

10326 - 101st STREET

(Discount to NAIT students)



HYPNOSIS
and
YOU

by: DON PRICE

Dear Don:

What exactly is hypnosis?
Curious.

Dear Curious:

No one has been able to pin down the exact nature of hypnosis to date. Hundreds of theories exist, but in the final analysis most of them don't hold up under critical examination. A popular explanation a few years ago was that "hypnosis is an altered state of consciousness similar to that which occurs normally in every person just before going to sleep." Traditionally one was considered to be hypnotized if he behaved in a "hypnotized way". That is if he had heightened responsiveness to suggestions for limb or body rigidity, analgesia, age regression, hallucination, amnesia and the like. The trouble with that definition, as explained by a research psychologist, Theodore Xezinphone Barber in his book on Hypnosis, is that the definition of the "hypnotic state" was the "displaying of hypnotic behaviour." In other words, circular reasoning was used in explaining hypnosis. If a person displayed certain behaviour, he was hypnotized and the definition of hypnosis was displaying that behaviour. Hypnosis, then, appears

the set of behavior that occurs usually following a "hypnotic induction procedure". It's inexact because these same behaviours are displayed in many other circumstances not related to a traditional hypnotic situation. For example: have you ever continued watching T.V., knowing that there are other things that should be done and that you want to do, but you just can't seem to move? Have you ever been driving on the highway, eyes fixed to the road, unaware of the time, then suddenly you are at your destination with apparently little passage of time? Have you ever been to a 'faith healer', and been cured of some great pain almost spontaneously? If you have, you have been displaying behaviors similar to what some people call "hypnotic trances".

We could thus define hypnosis as the term applied to a set of behaviours, usually following a "hypnotic induction procedure" but not limited to that.

If you have any questions about Hypnosis, address your inquiries to

HYPNOSIS
c/o The Nugget Editor
11762-106 St.
Edmonton, Alta.

"For Your School Needs"
MITCHELL DRUGS

Phone

477-5393 or 479-0504

10430 - 118 Ave.

Art Supplies

photocopy machine available

WELCOME TO N.A.I.T. FROM N.A.I.T.S.A. PRESIDENT

It is pleasing to see the many new faces at NAIT. I haven't yet seen everyone but I am told there are some 2,800 of you. Welcome to NAIT--may your time here be both enjoyable and rewarding. You represent the 10th new enrollment to this fine school -- I trust you will be as successful as the previous enrollments.

The NAIT Students' Association was established on May 8, 1964 to a) act as a liaison between students and faculty b) promote academic excellence, c) co-ordinate and promote extracurricular activities and d) to create a feeling of unity among all students and to develop a healthy school spirit. These objectives were adopted nearly ten years ago however, I am convinced they are as legitimate now as they were in 1964. As your elected representatives these objectives are our guidelines -- it is our desire and obligation to achieve them.

Objectives look very idealistic in a constitution - to be successful and realistic they must be functional. It is the duty of NAITSA to try and make them functional but, a word of warning "they won't work without student involvement."

We have many extra-curricular activities to offer you here at NAIT. I do hope you make an effort to take part -- sheer academic excellence does not make a well-rounded successful student.

Most departments and technologies have their own clubs -- take part -- there is much fun to be had. Also there are many clubs such as:

Ski Club
Flying Club
Gung Fu Club
Curling Club
Chess Club
C.H.N.R. and VE6MR Clubs

N.A.I.T.S.A. sponsors two important clubs; the Nugget Newspaper and our Yearbook, the Northern Torch. These two clubs together spend over \$20,000 each year. If you are journalistically inclined in any area (layout, photographs, graphics), do not hesitate to volunteer your talents, as they are always needed.

Along with these varied activities, for the athletically minded we have an extensive program, and a new facility to offer you. Our total budget this year is some \$102,000. Of this total one-third (\$34,000) goes towards athletics. Don't let this money go to waste. ParticipACTION is easy at NAIT. DO IT!

As President of NAITSA I am faced with the responsibility of supervising all the other officers in the discharge of their duties and the budget control of some \$102,000. As well I am a member of at least ten different committees. These committees cover most facets of NAIT's extensive operation. If you have any concerns please let me know, I may have a solution.

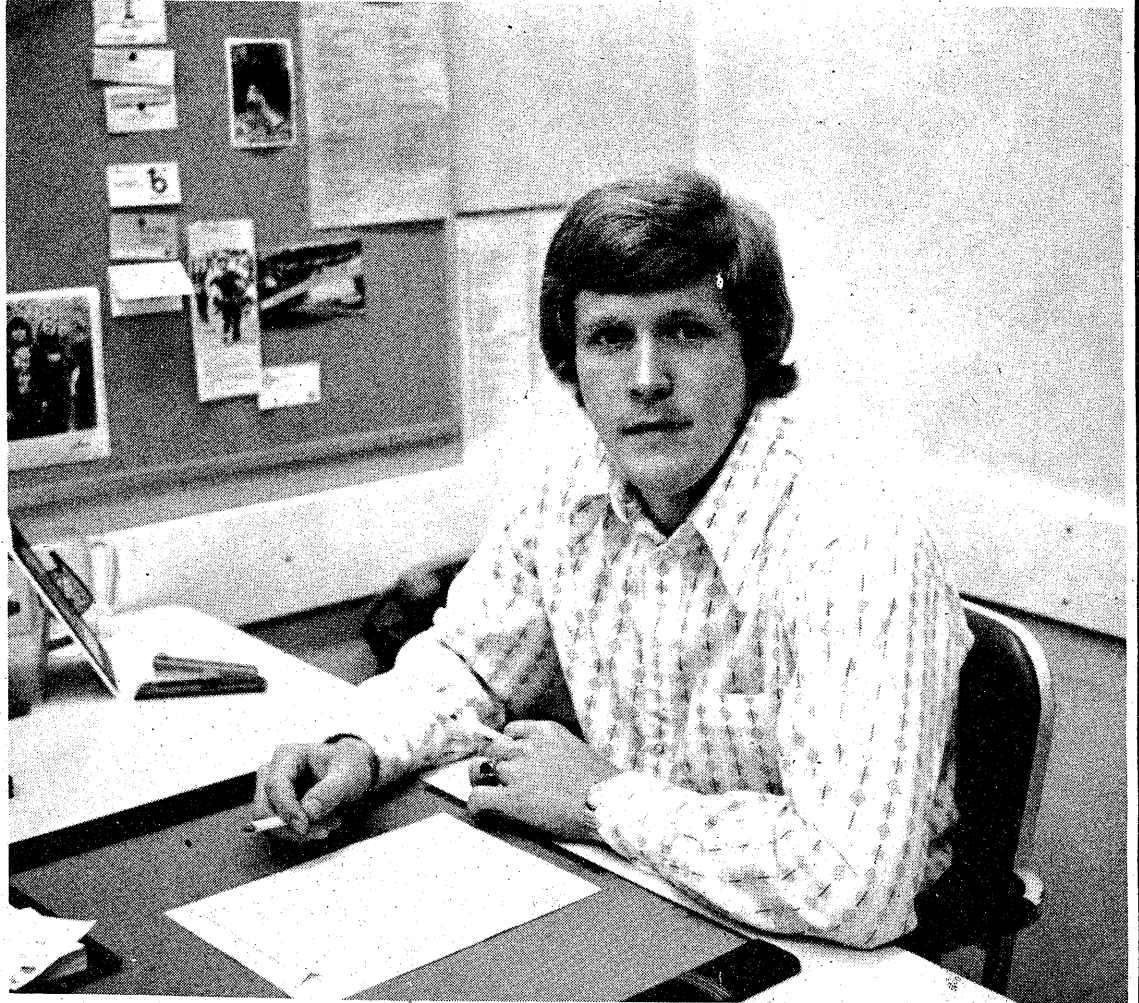
One of the more obscure committees I belong to is the Safety Committee. In actuality it is one of the most important -- especially to those students in the trade and lab areas. If you feel a danger exists, no matter how slight, let your instructor or myself know. NAIT is to be a place of fun and learning, not danger.

For married students attending NAIT a program is currently in the planning stages which will bring together husbands and wives in a mutual setting. Keep a watch for further information to be posted in the NUGGET giving actual dates. Also if you feel you can supply input and ideas to this program please contact me.

For the new students -- Frosh Week begins on Monday, September 17 -- be prepared for a week of fun and excitement.

In closing I again extend a welcome, not only to the new students but also to those of you who are back for another year. Best wishes for a successful year.

Gary E. Everett,
President, N.A.I.T.S.A.



I am delighted to welcome you to the Northern Alberta Institute of Technology and to express the wish that the next one or two years will be among the most useful and enjoyable ones that you have spent in obtaining your education.

N.A.I.T. will be the focal point of your academic and social life during the months ahead, and as you may guess, there have been ample preparations made to keep you busy on both scores by the N.A.I.T. Faculty and by your Students' Association Executive.

The N.A.I.T.S.A. Executive have planned a number of freshman activities to help you become oriented and acquainted with your colleagues. The extent to which you participate in these activities will help to determine your attitude toward the Institute which, we hope, will be as positive and supportive as that of your predecessors. The strong school spirit that exists at N.A.I.T. among students and staff is due, in part, to the fact that we are all working towards common goals - one of the most important being to prepare you for the career of your choice. Please remember that if you experience difficulties with your program, there are scores of people at N.A.I.T. who stand ready to help you, and who are most interested in seeing you complete your program successfully.

I hope that in the months ahead that you will take full advantage of the many opportunities that exist at N.A.I.T. for you to develop as an individual and as a student.

PRESIDENT'S MESSAGE TO FRESHMEN STUDENTS



Best wishes for a
highly successful year.

L. H. Carter



STUDENT SERVICES



STUDENT COUNSELLING CENTER

The staff of the Student Counselling Center would like to welcome all new students to N.A.I.T. and extend a friendly "hi" to those returning for their second or third year. We hope your stay at the Institute will be pleasant, interesting and rewarding.

Now the serious business of attending classes, completing assignments and studying for examinations must be met with determination and courage. Otherwise, one can easily lose sight of his (her) goal at N.A.I.T. basically to increase your knowledge and skills in the program of your choice. This does not mean that one should forsake the social and recreational activities which will be forthcoming. Rather it will be the responsibility of the student to determine a proper balance between studying and outside classroom activities.

To acquaint you with the services provided by the Student Counselling Center, the following information is provided for your perusal:

Services Available

The Student Counselling Center is available to assist students to obtain maximum benefit from their studies at N.A.I.T. and to develop their potentialities to the fullest extent. In order to accomplish this purpose, the following services are provided:

1. Individual Counselling
 - a) Educational Counselling
 - b) Personal Counselling
 - c) Vocational Counselling
 - d) Financial Counselling

2. Group Counselling

3. Testing-both group and individual sessions are held.

4. Occupation-Educational Information

Confidentiality

All communication between student and counsellor is held in the strictest confidence. Only with the written consent of the student will confidential information be released.

Location and Appointments

The main Student Counselling Center is located in E-121. Telephone 416 (grey) or 318 (black) for an appointment. Appointments can also be made in person.

For Students enrolled in the Business Administration Department, Counselling services are located in T-403 A. Telephone 6025 (grey) or 324 (black) for appointments. Appointments can also be made in person.

For Students enrolled in Engineering Sciences and Pre-Technology, Counselling services are available in E-125. Telephone 438 (grey) or 326 (black) for an appointment. Appointment can also be made in person.

Staff

There are six counsellors on staff, and a reading specialist. The staff includes:

Head Student Counsellors:

S. M. Checkley
H. A. Becking
J. W. Hughes
D. W. Price
Mrs. M. S. Emerson
N. E. Nichol
Reading specialist
W. A. Marsham

If the staff can assist you in any way please feel free to call upon them.

Chaplaincy Services

A team of voluntary chaplains present denominational and interfaith programs and are available to assist students in religious and personal problem areas. This is not a duplication of the efforts of the Student Counselling Services, but rather an important supplement. Appointments with a chaplain may be made through the counselling office. The following denominations will have representatives: Baptist, United Church, Catholic, Lutheran, Anglican and Latter Day Saints.

S.M. Checkley, Head,
Student Counselling Center

REGISTRAR

The Registrar's Department can be called the beginning and the end. Firstly, wise acceptance of applicants! Registration, handling of academic records - good, bad or indifferent - and then the issuing of a Diploma to those who have met all the necessary requirements. During your attendance at N.A.I.T. your academic record will determine whether you continue with us and, of course, it takes effort. A professor of mine had a favorite saying, "A word to the wise is sufficient, the others learn the hard way."

You may require financial assistance and we would, therefore, refer you to our new office in the general administration area - Room 103.

Your Frosh Book, as well as the Calendar, should give you a fair amount of information but if you cannot find the answer, do not hesitate to call in at the Registrar's office. We claim the 'buck passing' stops at this office. If we don't know we will certainly make every attempt to find out.

May we leave you with the following thought, "Happiness is doing well what you do best." May we wish you every success during the 1973-74 term

L.C. Semrau,
Registrar.

LIBRARY?

WHAT'S IN A NAME?

Though traditionally it has been known as "the library", recent changes in concept have added other terms such as information, documentation, referral and resource materials centers. With the merging of audio-visual services to students and staff there were the phrases such as instructional materials center (IMC); educational media center (EMC) and also learning resource center (LRC).

However, the names themselves are really not that important. What is important, is that there has been an enlarging of the functions of the library. Now, a learning center indicates that the library is a place where learning occurs, not just a place where learning materials or knowledge is stored.

So, to another point, why a library? Why, to help each individual grow! Man's capacity and man's length of life are fixed by nature but man's knowledge is man's one unlimited opportunity to grow. The library or the name you wish to apply is your open door to obtain the wisdom and experience of all mankind. It is open to all, regardless of race, religion, wealth or social status.

What's in a library or learning center? Your McNally Library contains much of that wisdom and experience of mankind in various types of material. This material covers about 50,000 books, around 500 periodicals, numerous pamphlets, some newspapers and a few microforms and tapes. This material has been organized to best serve you by cataloging and classifying it, then giving you a key to it in the form of card indexes and guides. It is housed in stacks, shelves, files, plastic tapes. There is a gradual growing of our collection as we gently merge with the audio-visual center for our future complete union.

Who's in a library? why, you the patron: student and staff and the library personnel, professional and nonprofessional, to serve you.

Though we library personnel realize the physical facilities are stretching at the seams, the location is central and we do try to meet your needs. We hope that you will use your McNally Library to help you grow by educating yourself as one feature; another by helping you to use your leisure time for greater satisfaction.

Miss Jean Paul
(Head Librarian)

health services and accident insurance

The Health Services Center is located in the Tower Building room T-110, phone 477-4220, Internal grey phone 220. The hours of operation are from 8:00 a.m. to 10:00 p.m., Monday through Thursday, 8:00 a.m. to 4:30 p.m. Friday, and 8:00 a.m. to 12:00 a.m. Saturday.

The nurses offer primary nursing care and if required will help the student or staff to locate a physician of their choice. It is the aim of the Health Services to promote and maintain the health of the Institute members by preventative measures and early treatment of conditions which arises.

Enrollment in the Alberta Health Care Insurance Plan is strongly advised and your registration number should be known and recorded with Health Services. Application forms may be obtained from Health Services. Further information on premium rates and eligibility may be made by phoning 454-9631.

NAIT accident insurance covers all Day Students (including apprenticeship students) for injuries which occur on NAIT property. These injuries should be reported immediately to Health Services to ensure that efficient treatment is received and that the Insurance Claim can be submitted without delay.

The Health Services at NAIT is able to help with almost every problem presented to it either directly or by referral to other specialized agencies.

Some of these other available Health Services are:

1. A Family Planning (Birth Control) Clinic is held weekly in the Avord Arms Building. Phone 425-6076
2. Aid, Advise, Information and Direction Service. Phone 429-6227. Distress Line 423-3171

3. Division of Social Hygiene Department of Health and Social Development
10012 - 107 St., Phone 424-0395

For diagnosis and treatment of venereal disease
male - phone 422-2627
female - phone 422-5083

4. Alberta Alcoholism and Drug Abuse Commission
9929 - 103 St., Phone 424-1141.

Location: East Lobby
Hours of Operation:

8:00 - 11:45
1:00 - 3:00
3:15 - 4:30

The Institute Book Store, operated by the Department of Education, is set up for the convenience of N.A.I.T. students --the purpose being to supply students with texts and supplies required in their courses at a nominal price and to save them time in that they can purchase their needs at the bookstore rather than having to go downtown.

The books stocked are only required texts--no reference books. Supply items include

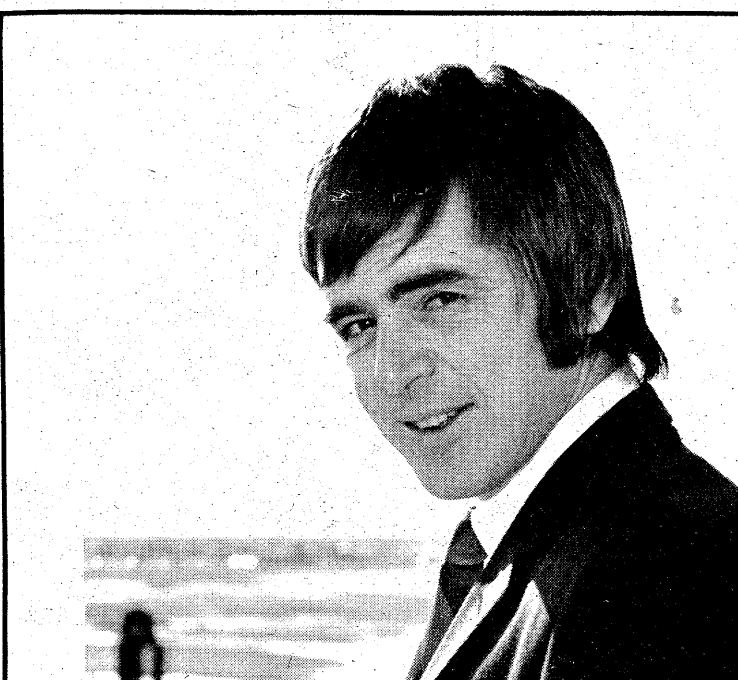
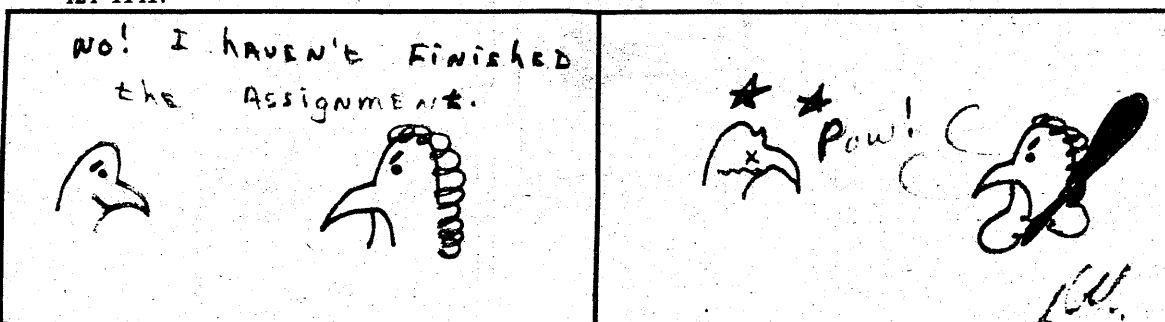
loose-leaf binders and paper as well as pens, pencils, etc. and specialized items such as drafting sets and T-squares. We also have prospects of retailing "good quality electronic computers".

No refunds are made on items which appear on a students book-list. Refunds will be made to students leaving a course or transferring from one course to another. In these instances, the books/items must be in a new-book/supply condition (not used or marked in any way).

We wish you luck in all your scholastic endeavors.

Mr. K. McLennan, Manager.

institute book store

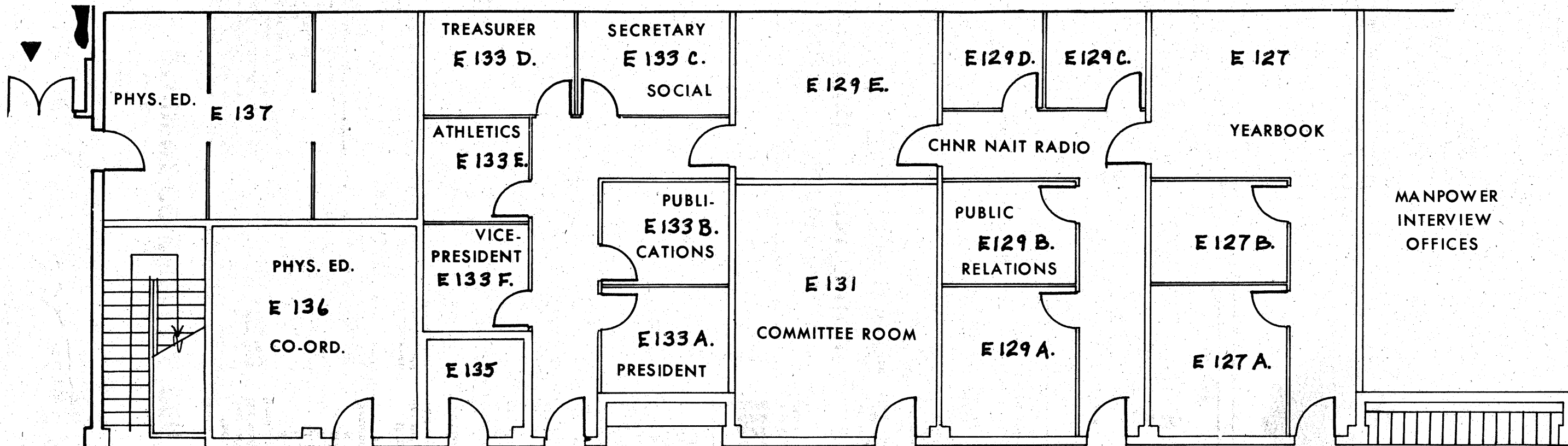


R. G. Meadus,
Director of Student Services.

On behalf of the Student Services Division it gives me great pleasure to welcome the students to the 1973-74 term. This year will not only provide its usual array of academic challenges but with opening of the Activities Center co-curricular opportunities will abound as never before. I believe that this year we will finally approach the level of excellence in our co-curricular program that has always existed in our curricular program. Because of this I urge you to get involved in the co-curricular program as this can certainly enhance your development at NAIT.

To the new students who may be having a hard time in making the transition to NAIT I recommend that you keep one thing in mind - if you feel you need help ask for it. I recommend this because the NAIT staff is student centered and is always ready and able to assist you with your concerns.

Best wishes for a successful year.

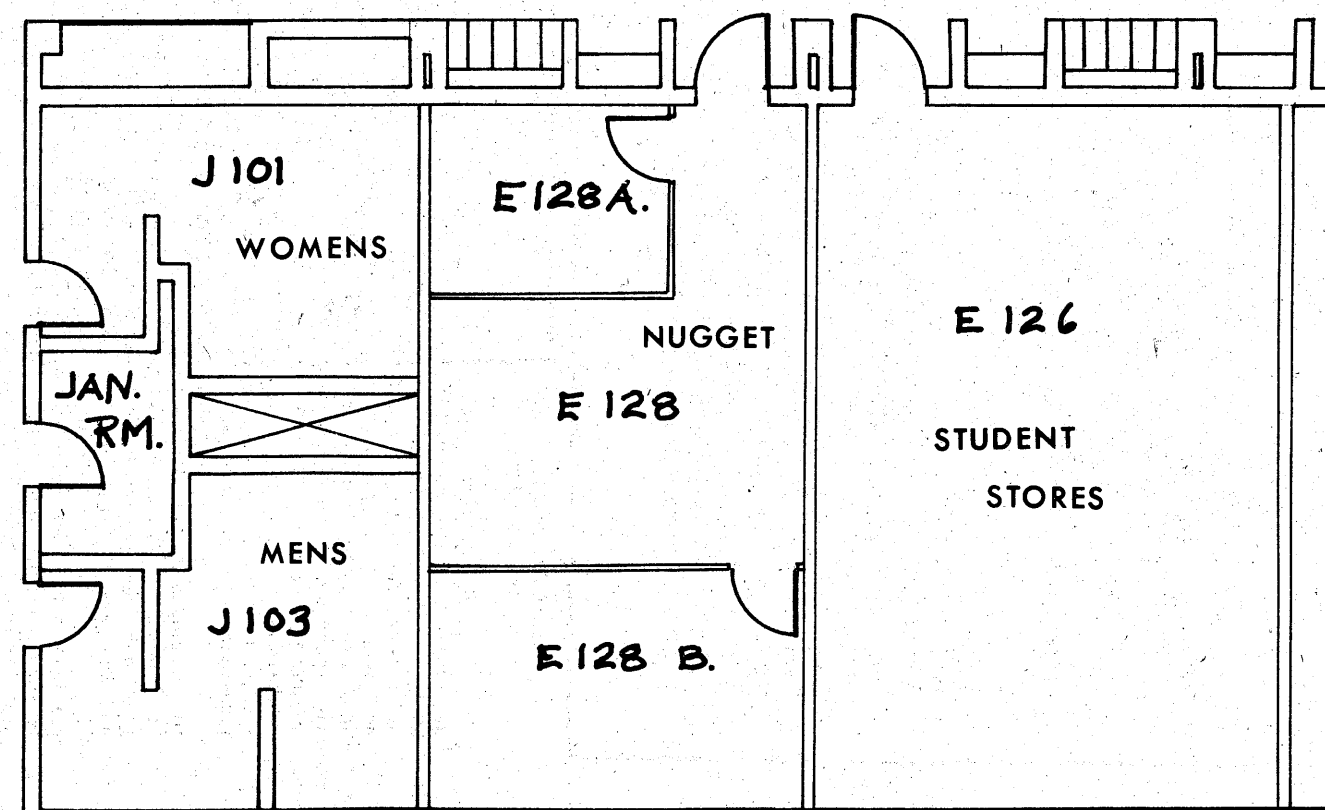
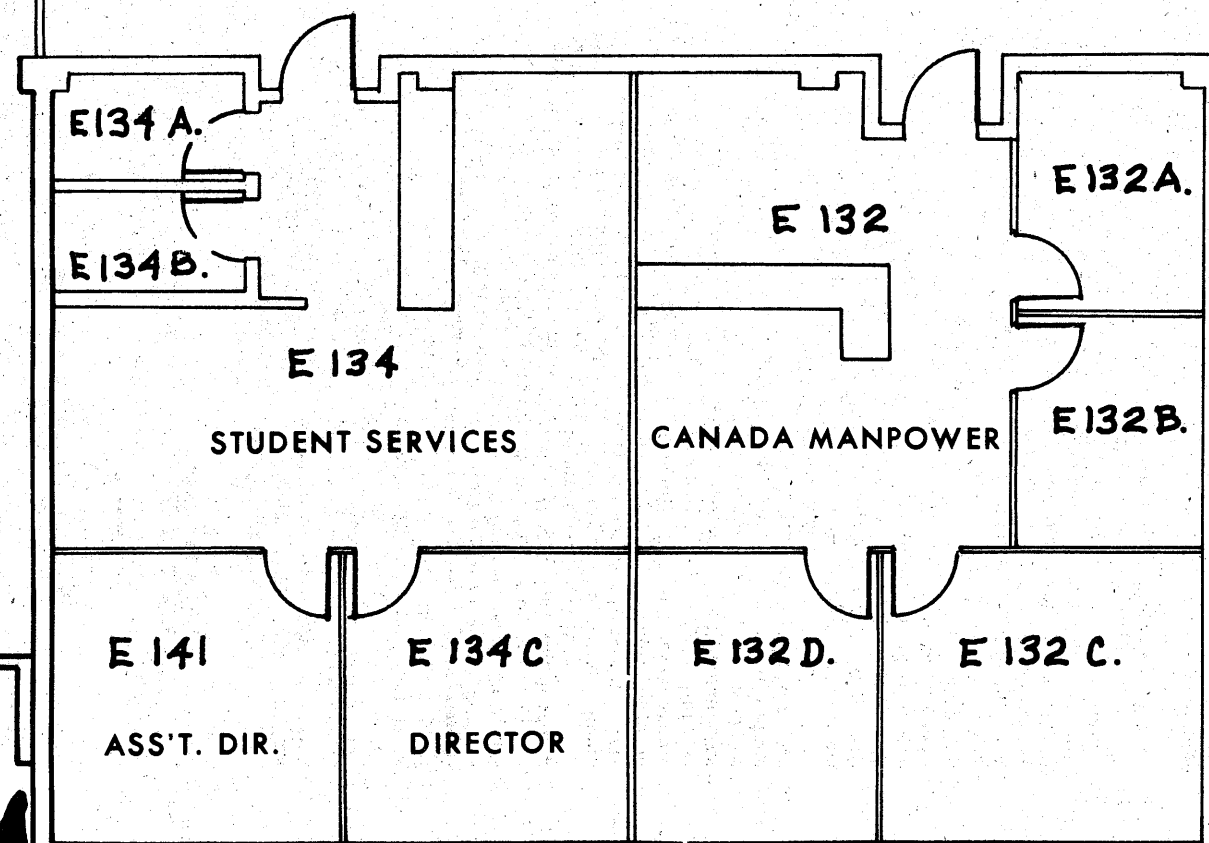


where is everyone



GYM

J WING



crisis & info

a.i.d. service (edm.) 429-6227
(advice, info & direction)
10006 - 107 st. (24 hr. phone)
central info & referral

distress line 423-3171
8:30 am to 12 midnite, mon to
thurs, 8:30 to 2:00 am fri, sat,
sun
listening service for problems

suicide 422-2727
salvation army

help street clinic 425-5976
10907 jasper ave (4 to 6, tues
& thurs) for downtown area
counsel, crisis, drug info, VD,
birth control, child care, nutri-
tion

clearing house 424-4648
10124 - 99 st. (24 hrs.)
coordinate transient youth serv.
referrals to hostels

help 425-5976
cn tower, 6 th flr (8:30 to
4:30) for downtown area
assist. to avoid drugs, alcohol,
prostitution & homosexuality

city of edmonton info desk
425-3131
city hall (8:30 to 4:30) info on
city programs

open door info centre 466-1144
466-1145
6226 fulton rd (mon to fri,
9 to 11:30, 1 to 3:30)
for capilano, fulton place, holy-
rood, terrace heights, forest
heights, info & referral
legal advice weds. 6:30 to 9pm

a.i.d. centre (calgary) 265-3411
227 - 7 ave. s.e. (8:30 - 4:30)

pregnant ?

legal abortions are available in
edmonton, your life isn't worth
settling for less.

edm. birth control & abortion re-
ferral service 11812-95 st
susan 439-3689 (anytime)
lea 489-1793 (after 6 pm)
betsy 433-0744 (after 6 pm)
terry 466-5305

birthright (edm.) 423-2852
488-1285
9947 - 104 st. (9 to 11, 7 to 9)
recorded 24 hr. phone preg.
test, professional lab, info &
referral

family planning & birth control
clinic (board of health) 424-1931
avord arms (wednesdays after
6:30 pm)
info, tests, contraceptives
appointments made mon to fri,
9 to 11, 1 to 4.

move 482-4313
assoc. for assist. to unwed moms
9917 - 116 st (9 to 4)
info & assistance, referral

threshold 488-9198
group home for unwed moms
9918-112 st. (24 hrs)

terra school 482-4313
9917-116 st (9 to 3)
for unwed moms

woodside home 476-1328
dept. of health & soc. dev.
10107-134 ave (8:15 to 4:30)
unwed preg. girls in last 3 mos.
counselling, pre & post-natal
classes, corres. classes

medical

royal alexandra hosp 474-3431
10240 kingsway ave. (24 hrs)
active treatment & emergency
preg. test on Mondays in Gyn.
clinic, also by appt. \$3.00 un-
less alta. resident for 3 mos.

u of a hosp. 439-5911
112 st & 84 ave (24 hrs)
active treatmt. & emergency
preg. tests in outpatient dept.
free prescriptions if broke, see
miss markstead in outpatient
dept. 439-8356

edm general hosp. 482-4421
11111 jasper ave (24 hrs)
active treatmt. & emergency

misericordia hosp. 484-8811
16940-87 ave (24 hrs)
active treatment & emergency
charles camsell hosp. 455-7141
12815 - 115 ave. (24 hrs.)
active treatment, emergency to
native people

health clinics, city of edm.
main, avord arms 425-6076
10005-103a ave (9 to 11:30,
1 to 4pm)
duggan 435-9202
5035-108a st
eastwood 474-8266
11845-81 st (1 to 4)
glengarry 475-6607
9535-135 ave (1 to 4)
idylwyld 465-7976
8314-88 ave (1 to 4)
jasper place 489-8980
15626-100a ave (1 to 4)
south side 439-4676
10335-83 ave (1 to 4)
woodcroft 454-4867
13420-114 ave (1 to 4)
emergency dental, immuniza-
tions, public health nurses

alta. health care insure. comm.
info 453-4110
claim 429-1741
register 453-4211
11759 - groat road (8:15 - 4:30)
health care programs (paid-up)
from other provs. good for 3
months absence

crash

white house 488-7929
9819-110 st (9 pm to 8 am)
mixed youth hostel, 2 meals/day
50¢/nite, 50¢/meals

charisma house 424-8794
10751 - 93 st. Jesus people army
young transients on or off drugs

house of truth 477-3812
Jesus people army
11615-95a st (24 hrs)
for boys

house of praise 429-1294
Jesus people army
10812-93 st (24 hrs)
for girls

women's overnight shelter
424-5768

10218-108 st (24 hrs)
shelter, food, clothing, referral

single men's hostel 423-3402
10014-105 a ave (8:30 to 4:30)
all single men over 18 yrs.

ywca 422-8176
10032-103 st. (9 am to 10 pm)
phone 24 hrs. residence

ymca 424-8047
10030-102a ave (24 hrs)
men's residence-over 18.

community unit 433-5080
10816a-82 ave 433-5110
(8:30 to 4:30)

project unit 424-8047
10030-102a ave (8:30 to 4:30)

west unit 455-2139
12840-109 ave (9 am to 10
pm, mon to fri; 9 to 5 sat)

single men's hostel 423-3402
dept of health & social dev.
10014-105a ave (7 am to 11 pm)
bed, 2 meals/day to single men
over 18 (resident in city less
than 12 consec. mos.)

people power

alta. human rights & civil lib-
erties assoc. 429-1608
10006 - 107 st. daytime
complaints of discrim. or in-
fringements on human rights &
civil liberties

alta. human rights comm. (dept.
of manpower & labour 229-3454
229-3320

#500 - 10808 - 99 ave. (8:15 to
12:00, 1 to 4:30) enforcement
against discrim. in employment,
membership, public accomm.
or rental of apt. on basis of race
religion, colour, sex, age, an-
cestry or place of origin.

ombudsman 423-2251
729 centennial bldg. (8:15 to 4:30)
investigates complaints about
actions of prov. gov't officials

humans on welfare 424-7924
424-8307
9676 jasper ave (8:30 to 4:30)
free clothing, some jobs

anyone knowing of any correc-
tions, additions, or deletions to
this page- please notify nugget
room e-128

dope help

in a dope crisis, we recommend
the following: if you must use a
hospital, u of a is safest.

project recovery 488-1018
488-1559

11208-100 ave (24 hrs)
emergency crisis due to drugs
or alcohol.

methadone clinic (& other drugs)
10979-102 st 425-1381
for street people, must start
a treatment program.

edm. drug treatment clinic
423-1817
9911 - 109 street (8:15 - 12,
1 to 4:30)
dispensary 10 to 12 noon
1 to 3:30 p.m.

counsel & rehab, methadone pro-
gram

point 3 project 488-3003
after hours 488-8388
#607-10339-124 st (office)
10029-116 st (unit 1)
in-patient, out-patient treatmt.
for drugs, alcohol. counselling

see also "legal aid"

dental

emerg. dental clinic 424-7693
(5 pm to 9 am only) answer-
ing service for immediate care
\$10:00 plus dentist fee

see also "health clinics"

goods

crocodile 488-1855
10511-121 st (11:00 to 8:00, mon
to fri, 10:00 to 6:00 sat)
low cost clothing, arts & crafts,
for sale & lessons

goodwill stores (edm rehab soc)
10724 jasper ave 422-7241
10321 - 97 st 424-9283
12526-132 ave 455-4818
12744 fort rd. 476-1477
low cost clothing, books &
furniture

salvation army 424-6924
thrift stores 429-4271
suicide 422-2727
#2-9656 jasper ave (9 to 12, 1 to
4:30) free clothing, job ops.
counselling

st. vincent de paul stores
429-2267
9674 jasper ave. low cost

next to new shop
#2-10732-124 st 452-3450
#3-10843-82 ave 433-9190
(10 to 4)
low cost merchandise

council economy shop 424-5665
nat'l council of Jewish women
10363-97 st (9:30 to 5:00, tues
to sat) low cost clothing

junior league thrift shop
424-3360

9239-118 st (9:30 to 5:30)
second-hand merchandise

bissell centre 423-2285
9560 - 103a ave. (8:30 to 4:30,
9 to 12, sat.) emergency or
temporary help with groceries
clothing, jobs, counselling, and
finances
low-cost stores
10259 - 95 st.
6512 - 118 ave.
10044 - 158 st.

legal aid

student legal serv. 424-4106
boyle str. co-op. 10348-96 st
mon. to thurs. 1 to 4, 6:30 to 9
fri 1 to 4

open door info centre 466-1144
6226 fulton drive (7 to 9 wed.)

west 10 482-6902
12225-105 ave (1 to 4, mon, thurs
& fri)
student lawyers offering free
legal advice & info

legal aid soc. of alta. 423-3311
10136-100 st (8 to 12 noon,
1 to 4 pm)
legal rep. in court where unable
to afford lawyer.

a.d.a.p.p. foundation 433-4763
(alternatives to detention & par-
ole or probation for young of-
fenders) 9837 - 86 ave. (8:30 -
4:30) single offenders, drug or
related charges

lost souls

can. red cross soc. 429-2671
9931 - 106 st. (9 to 5)
missing persons, nat'l level

youth section, police 425-6161
425-5380
#405, #4 winston churchill sq.
(7 am. to 1 am.)
investigates & locates juveniles

v.d.

division of social hygiene, dept
of health & social dev.
female 422-5083
male 422-2627
10012-107 st (8:30 to 5:30)
free clinic &/or preg.

ladies only

mcdougall house 424-7782
9936-103 st (24 hrs)
half-way house for women over
18 with problems

freedom home 425-9035
9546-104 ave (24 hrs)
residence for girls 14 to 17,
counselling

house next door 488-2132
10219-123 st (24 hrs)
for girls 18 to 30, counselling

hilltop house 424-6264, 424-5838
9807-107 ave (24 hrs)
residence for women with pro-
blems (drugs, alcohol, domestic,
out of jail, out of work)

acadia house 479-3669
11205 - 66 st. (24 hours)
for adolescent girls referred
from alta. hosp. or similar.

comm. corrections for women
429-3530
#205 - 10135 - 101 st. (9 to
4:30) assist. for women going
into court, coming out of jail,
potential offenders counsel,
transport, jobs, money.

food

feed-in 424-4648
10124-99 st breakfast & supper
in hostels, 50¢/day

marian centre 424-3544
10528-98 st
mornings - clothing
12 noon - 2:30 meals

hope mission 422-2018
9904-106 ave (24 hrs)
free clothing, food, spiritual

jobs

odd job 424-4648
10124-99 st (9 to 5)
temp. & short term jobs for
young people & transients

city centre co-op club 424-1695
10528 - 98 st. (8:30 - 3:30, 8:30
to 3 sat.) job service, casual &
steady.

canada manpower 425-7720
2nd flr. - 10015 - 103 ave.
(8:30 to 5)

canada manpower (students)
425-3570
4th flr. 9912 - 106 st. (8:15 to
5 p.m.)

native

can. native friendship centre
488-4991

10176 - 117 st. (8:30 a.m. to
9:30 p.m., 9 to 9, sat. & sun.)
emergency assistance, social

native outreach project 452-9550
metis assoc. of alta.
#303-10826-124 st (8:30 to 4:30)
permanent & temp. jobs with
counselling

native counselling serv. of alta.
423-2141
#324-10010-105 st (8:30 to 4:30)
court counselling, alcohol educ.

dept of indian affairs & north-
ern development 425-5086
(edm. hobbema district)
10455-80 ave (8:15 to 4:15)
treaty indians on reserves or
going back

if in doubt, all numbers on this
page, and more, are available
through a.i.d. (429-6227)

mental health

can. mental health assoc. 422-6137
#205 - 10711 - 107 ave. (9 to
5 p.m.)

imrie house 474-2297
can. mental health assoc.
3804-114 ave (24 hrs)
for women on active rehab pro-
gram & history of mental illness
Referrals through director at
422-6137

gay

gay alliance toward equality
(gate) 433-8160
p.o. box 1852 (5:30 to 11:00)
social activities, counsel for
gays.

lesbian feminists 424-6525
c/o women's centre 11812-95 st
evenings & weekends

et cetera

dept. of health & social develop-
ment - financial assist. clothing,
bus tickets home, emerg. den-
tal care (less than 12 mos. resi-
dent)

emergency welfare service
10158-103 st (days) 429-3311
police station (nites) 424-3922
emerg. only, when other of-
fices closed, bus tickets home
(in some cases, allow 1 week)

north edm. office 429-3311
10158-103 st (8:30 to 4:30)
persons north of river, east of
109 st

south edm. office 433-4411
10455-80 ave (8:30 to 4:30) per-
sons south of river

west 10 office 482-6511
12225-105 ave (8:30 to 4:30)
persons between 122 st & 149
st, river & 127 ave)

west edm. office 487-3440
centennial mall, 170 st & stony
plain rd. (8:30 to 4:30) persons
north of river, west of 109 st,
except for west 10 area

city of edm. social serv. dept.
425-5270
6th flr. C.N. tower (8:30 to 12,
1:15 to 4:30)
money assistance for 18 yrs. up
(12 month resident)

chimo youth retreat centre
482-5047
11302 - 100 ave. (24 hrs.)
residence for 14-18 yr. olds with
home problems

boyle st. community services
424-4106
10348 - 96 st. (9 to 4:30)
social services info & counsel
public health nurse, home visits
1 to 3 p.m.

project '72 429-5046
#4-9912-109 st (9:30 to 3:30)
group residence rehab for social
problems. Referral only through
project recovery

gov't of nwt 424-2751
302 corona bldg (8:30 - 4:30)
financial assist., counsel for
students from nwt.

can. youth hostels assoc.
439-3089
10918 - 88 ave. (10 to 6, tue.
to sat., 10 to 9, wed. to fri.)
world wide hosteling program

catholic family & child service
429-2731
#4 - 9912 - 109 st. (9 to 12, 1
to 5, 1 to 8 tues.) counsel.

family service assoc. 424-4161
9919-106 st (9 to 6, mon, wed,
thurs; 9 to 9, tues; 9 to 4, fri
counselling

alta. alcoholism & drug abuse
commission 424-1141
9929 - 103 st. (815 - 4:30)
counselling & info

this is by no means intended
as a complete directory for edm.
- this page was compiled cour-
tesy of a.i.d.'s "youth directory
1973" for \$2, a detailed "direc-
tory of community services for
edmonton & district" is available
from a.i.d. OR use the nugget's
desk copy free (please do not
remove from e-128)

FOR YOUR ENTERTAINMENT

little theatre is **BIG** AT NAIT

The Little Theatre is sponsored by the Activities Committee. As you will notice when reviewing some of the coming movies, the Committee has attempted to bring a wide variety of drama to N.A.I.T. for your entertainment.

These films will be shown every Saturday and Sunday night at 7:30 p.m. in our Theatre (H-5). THE COST - ONLY 50¢

Imagine, only 50¢ to see thrillers like Airport, Psycho, Hands of the Ripper, etc.

So, on Saturday or Sunday (or both, if you want) gather up your sweetheart or buddy (both, if you want) and venture to the Little Theatre. The price is right and the entertainment is SUPERB!

DUE TO RENOVATIONS, THE MOVIES USUALLY SHOWN IN THE LITTLE THEATRE WILL BE SHOWN IN THE AUDITORIUM, STARTING WITH THE MOVIE "WINNING" FOR ONLY 50¢, ON SEPT. 15 & 16.

where does sesame street end?

Television North (formerly Meeta) will not be broadcasting SESAME STREET or ELECTRIC COMPANY this year. Word has just been received from the Children's Television Workshop (the producers of the programs) that union contractual agreements prohibit the distribution of these series to non-broadcast or closed circuit television. Thus, since Television North has lost its use of broadcast Channel 11 and has had to switch to Cable 13, it is not able to offer SESAME STREET and ELECTRIC COMPANY to its viewers over the closed circuit cable channel.

Television North officials regret the loss of these excellent series which had been used both by school and home audiences.

Although Television North won't be broadcasting these series they will be available over CBC and Cable 9 from Spokane. (Please consult listings for times.)

Television North will start its school schedule on October 1st. War and Peace, Pride and Prejudice, Kvitka (a Ukrainian language kindergarten series) and Polka Dot Door are some of the 26 new series offered this fall.

departmental clubs

For those of you who are new at NAIT, and for those of you who have not discovered the various clubs up to your second year, here follows an explanation of the departmental clubs. Almost every major section or technology in NAIT has what is known as a departmental club. These clubs send representatives to the Naitsa meetings, that is, your student government,

Dr. J. Lampard

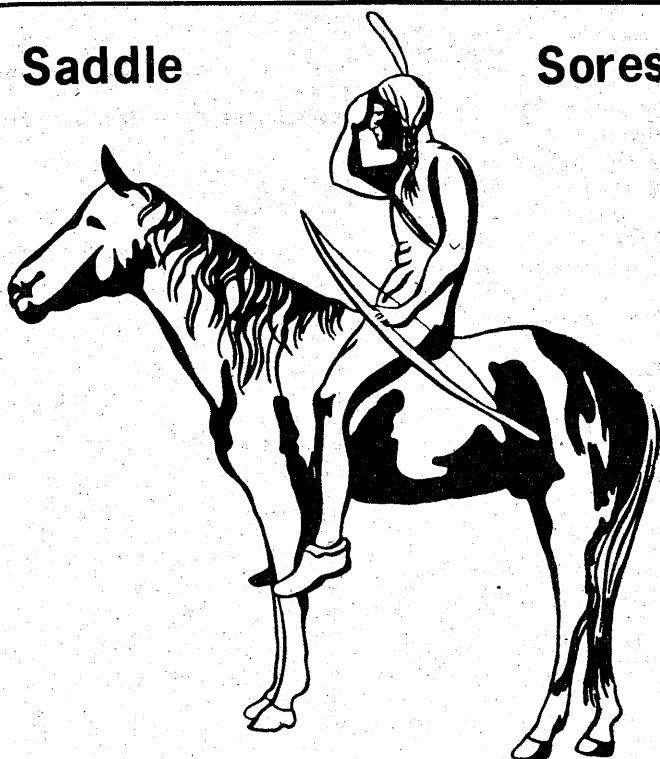
optometrist

TELEPHONE
474-6237

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

Saddle

Sores



There is a syndrome going around. It's called saddle sores and it's caused by riding the back of the galloping inflation.

It's a tough beast to break, being that the animal is so unpredictable and very often it unleashes its spirit in the most embarrassing places.

A Grocery Store was in a fury when fear panicked the store manager when the abominable beast was discovered Galloping through the store's meat department. Hardest hit by the flying steel hooves were the basic cuts (bacon, porkchops and ground beef). The consequence of the animal's monstermashing was an empty question rippling through the crowds of onlookers: "Where will it all end?" At the sight of the disgusting beast, the store manager was heard to scream the same words. Sympathizers quickly scurried to change the price of meats.

When the news leaked that the beast was sighted stomping through grocery meats and doing irreparable damage to food prices, other monsters kicked their heels and arose from their creeping position to rush madly onward destroying low prices everywhere.

Experts (modern day bronco busters) view the beast with pessimism and anyone existing on a fixed income is the first to suffer the pains of saddle

sores. Students not working to supplement their income are amongst the minority on a fixed income. The majority of students are given loans of a fixed sum of money to exist on during the school term and at the present growth of the cost of living, saddle sores will become too great an agony to them.

In an interview with experts, the major subject of conversation was the basic unit of exchange.

"Take it apart," says one expert, "and one can see that the value of energy put out is equal to the value of the energy put in. If the energies are unequal, the animal gets upset" and if one has ever seen a horse with a burr under its saddle, the horse can kill the rider.

"The beast allows us to comfortably ride him when we give it enough energy," commented another expert and he continued by saying, "but make the beast take most of the load, it turns ugly and the painful saddle sores hold us back from doing anything about it."

In response to the question of how one overloads the beast, the experts replied, "Just start relying on doing nothing and let others put the value on the dollar."

by Witteveen.

to let you know what is going on and also to let your club give the school activities some direction.

The Nugget welcomes the opportunity to write up any activities or special club events. We only ask that you let us know plenty of time in advance. This gives us a comprehensive newspaper and it gives your club widespread publicity.

To promote rivalry among the departmental clubs we have a challenge cup. The present holder of the challenge cup is INSTRUMENTATION TECH. Last year, the competition was mainly with the sports of floor-hockey, basketball and handball. The cup can be challenged by any sport your imagination can conceive, so let's see some interesting and exciting games.

WANTED AD MANAGER For NAITSA Publications

Duties include selling advertising for all N.A.I.T.S.A. publications and carrying out the billing procedures necessary, as well as preparation. 20% Commission, for further information, contact Gord Lanigan in the nugget office E-128. Phone 477-4329, grey 423.

DISCOUNT TO STUDENTS WITH PRESENTATION OF THIS AD

\$1.50 off Hairstyle reg. \$6.00
\$6.00 off Bodywave reg. \$18.00
\$3.00 off Hair Straightening reg. \$16.00
\$.50 off Unicare Hair Conditioner reg. \$2.50



playboy
men's hair stylists

for appointment phone 422-0707

10124-101 street edmonton

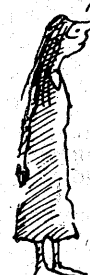
Silverwood's

MILK CREAM BUTTER
SALAD CREAM AND COTTAGE CHEESE
A SPECIALTY

Serving Edmonton and district
for over 60 years.

Phone 422-5151

WHAT ARE
YOU DOING
WITH THE
LANTERN?



I'M
SEARCH-
ING.



FOR
AN
HONEST
MAN?



I GAVE
THAT UP
LONG AGO.



Feiffer

FOR
JUSTICE?



ARE
YOU
KIDDING?



FOR
LOVE?



FORGET
IT!



FOR
HAPPINESS?



FAT
CHANCE.



FOR
TRAN-
QUILLITY?



NO
WAY.



FOR
HOPE?



LOTS
OF
LUCK.



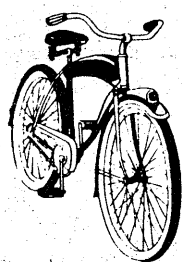
THEN WHAT
ARE YOU
SEARCHING
FOR?



SOMEONE
TO TALK
TO.

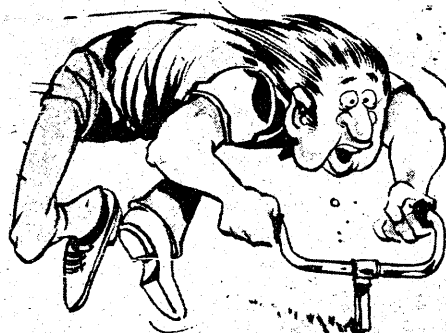


c
y
c
l
e

d
r
a
g
s

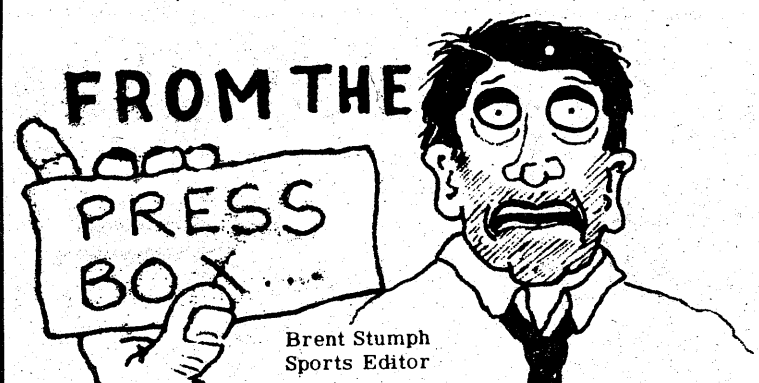
find a bike
find a timer
find a team

SPORTS



bring everything to the big race
on Thursday September 13

information in E134



Brent Stumph
Sports Editor

In keeping with the highly original opening line that sports writers and broadcasters use consistently, I'm opening this column with that same line....

HI, SPORTS FANS!

Now this writer's name will be remembered along with the Wes Montgomerys and Al McCanns and Wayne Overlands and Brian Halls and all the rest that glamorize sports so that they gullible public can read about all their favorite heroes in all their favvrite sports.

And that's good!

Why? Because this column is going to be about NAIT sports and NAIT athletes, so whoever reads it is going to find out a little bit about the sporting scene around here, and maybe take an interest in it, and maybe even support, strongly support one or more teams. And maybe even find a hero!

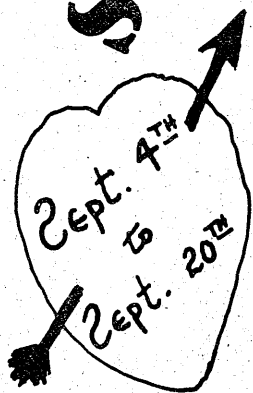
Things get rolling around here almost the first day, with practises for canoeing, cross country, golf and hockey starting pretty quick. On the Intramural scene, the Cycle Drag goes on September 13 (that's a Thursday) with men's flag football starting on the 17th, women's on the 25th, men's soccer on the 18th, women's mini-golf on the 18th and men's and women's golf on the

22nd. That's a lot of Intramurals, especially for this early in the school year, but participation has always been excellent and this year should be no exception.

Just to change the subject a little bit, this rag that you're reading needs help, lots of it, especially the sports department. Last year there was only one person writing sports on a regular basis (that was me) and a staff of at least five for sports seems to be much more realistic, if all of the athletic activities are to be covered, properly. Drop in anytime to the Nugget office E128, or my own office, E133E, if you're interested in writing for the paper. There's lots of fringe benefits too. Last year I went to places like Red Deer, Camrose, Calgary and Vancouver, for free, to cover events for the paper. Another advantage is being able to rub shoulders with all the important people around here, if you like that kind of thing. Give it some thought.

SPORTSMAN OF THE WEEK: Irwin Strifler. Mr. Strifler is the Director of Interscholastic and Intramural Activities here at NAIT and he was chosen because there's no one else around right now.

SCHOOL SALE



	LIST	SALE
CASTELL TG TECHNICAL DRAWING PENS (SET OF 4)	\$ 27.50	\$ 16.50
ALPHA COLLEGE LETTERING SET	35.00	22.75
36" PROFESSIONAL T-SQUARE	6.00	4.20
12" SET SQUARE 30°/60°	2.15	1.50
FABER-CASTELL LEAD POINTERS	6.50	3.30
NWCL DUSTING BRUSHES	1.25	.75
SLIDE RULES (10") NESTLER	9.05	6.35
PADDED TRANSTEX 15 TRACING PAPER (11x17)	5.00	2.50
PADDED TRANSTEX 15 TRACING PAPER (18x24)	10.50	5.25
ARCHITECTS & ENGINEERS 12" SCALES	4.25	2.95

DISCOUNTS UP TO 50% ON PAPER PRODUCTS AND DRAFTING SUPPLIES !!!!

WITH PURCHASES OVER \$15.00 - YOU GET A NWCL LEAD HOLDERFREE
PLUS WITH PURCHASES OVER \$25.00 - YOU GET 500 SH (8 1/2 x 11) PAPER ..FREE
PLUS WITH PURCHASES OVER \$35.00 - YOU GET A CASTELL TG PENFREE

YEAR-ROUND 20% STUDENT DISCOUNTS ON DRAFTING SUPPLIES
10% ON ALL LETRASET PRODUCTS

AN ALL-CANADIAN COMPANY

wade

NORMAN WADE COMPANY LIMITED
10545 - 108 STREET
EDMONTON, ALBERTA
PHONE 426 - 0410

SAVINGS on Engineering, Drafting, & Survey Equip.

Intercollegiate athletics starting already

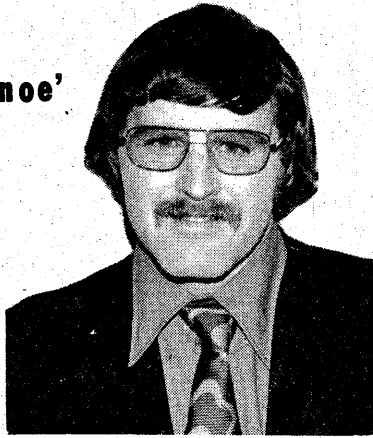
Canoeing

'row, row, row your canoe'

The NAIT Canoe team, coached by Mr. Bill Bresnahan will hold its organizational meeting in the Gym on Sept. 13th, at 4:30 pm. The 1972-73 team captured first place in all events to win the ACAC Championships at Red Deer Alberta. The team consists of a mens, womens, mixed and exhibition war canoe event to be held the last weekend in October. The team practices at Lake Eden, two days a week as well as Sundays initially, with more frequent practices near competition time.

Other events which the canoe team usually are involved in, include Exhibition races, a possible river camping trip, and various social events such as weiner roasts and barbecues.

In the past, the previous experience of the team members has been relatively non-existent. Canoe instruction, water safety and racing techniques are



Coach Bill Bresnahan

emphasized in the program. Only three members from last years team are expected to return, so any students interested in trying out should not be restricted due to lack of experience. Interested students who wish further information should attend the Sept. 13th meeting or contact Mr. Bresnahan in the Physical Education and Leisure Studies Office at E-137.

Cross country

run for fun and fitness too

The NAIT cross country team needs you!

The first organizational meeting will be held on Wednesday Sept. 12th in the Gym at 5:20 p.m.

The NAIT Cross-Country Running Team needs 6 men and 6 women to compete in the ACAC meet in Camrose on October 27th.

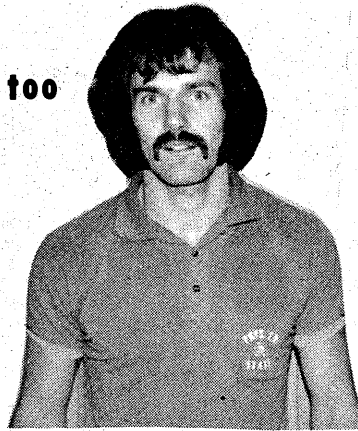
The training sessions will take place on the NAIT track, Kinsmen Park, Mayfair Park, and Lake Eden. Social Functions with the canoe team have been arranged following some of the practices.

Competitions this year include the NAIT Invitational, the Red Deer Invitational, the ACAC final in Camrose and several inter-city club meets.

If you are a jogger and just interested in getting or keeping in shape or are interested in getting in shape for another NAIT team, the Cross-Country running team practices are just the thing for you. Everyone is welcome, instructors too.

Registration for the team is taking place in E-25 from Sept. 4 - 10, or sign up anytime on the Physical Education Door E-137.

For further information see Mr. Reeves, the coach of the Cross-Country team, in E-137.



Coach John Reeves



a four-minute mile?

Golf

the real swingers

With NAIT hosting this year's ACAC Golf Tournament, the golf season should prove to be a good one for the NAIT foursome. The home-town advantage always helps, in any sport, and the representatives from here should do well.

Only one member from last year's squad is returning, which will add experience and depth to the four-man team.

There's lots of time to practise and there are some small tournaments before the big one, so even the not-so-good golfers can become very good.

The ACAC Tournament goes on October 12th and 13th, with at least six colleges from across Alberta entered.



Coach Jules Owchar

"In golf you're always breaking a barrier. When you bust it you set yourself a little higher barrier and try to break that one."
-Jack Nicklaus.

LECTURE # 7
General Offensive Play; Special Situations.
G. Cummings.

LECTURE # 8
Injuries in Hockey; Equipment Purchase.
J. Reeves.

To conclude the course the head instructor will administer a written exam to each participant in order to fulfill certification requirements.

For further information regarding applications for the Hockey Canada Coaches Certification Programme contact: Department of Continuing Education - Phone No. 477-4387. Technology. EDMONTON, Alberta.

Hockey

this team's gonna be good

On walking through the halls of N.A.I.T. during registration, it has come to my attention that there are many young men wearing hockey jackets representing all teams and leagues. Many of you play for or try out for amateur junior teams due to the monetary gains and/or possible future status as a potential professional. However, this trend at N.A.I.T. has changed rapidly in the past three years in two ways.

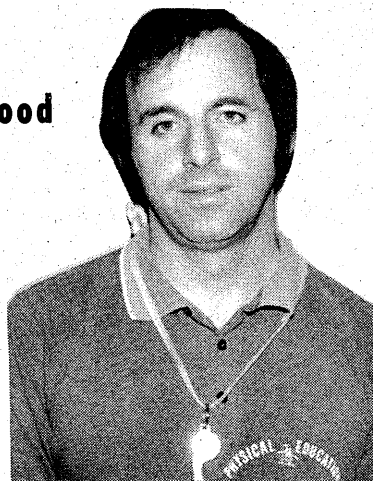
Firstly, this year we will be offering seven tuition hockey scholarships to players of superior ability. On this basis we are and can attract good young hockey players.

Secondly, in this year's NHL draft, thirty (30) players were drafted from American and Canadian colleges. This number has increased 6th fold since 1969.

To sum up, those who are attending NAIT for an education, but still have a strong desire to play good hockey at the college level, we extend an open invitation to try out for our Varsity Hockey Team. With the right personalities, a team will be developed that will rate high in spirit and ability. If you have any questions or wish to register early, come and see me in Room E-137.

COACHES NOTES:

1. First meeting to outline the season and answer questions



Coach Garnet Cummings

- will be on Thursday, Sept. 13 at 5:00 p.m. in Room F6.
2. Wanted: Team Manager, Scorers, Timers and Goal Judges. (\$2.00/hr.)



practise sessions begin with a chalk talk

Hockey coaches clinic

On September the tenth (Sept. 10) thru until October 15, N.A.I.T., in conjunction with Hockey Canada, will be offering a Hockey Canada Coaches Certification Clinic. This clinic will meet twice a week (every Monday and Wednesday evening from 7:30 - 9:30 p.m.) with presentations from guest lecturers on hockey fundamentals. The following is an outline of the clinic and the lecturers.

Date: Sept. 10th to Oct. 15th.
Every Monday and Wednesday evenings.

Time: 7:30 - 9:30 p.m.
Place: N.A.I.T. - Room E-216.
Cost: \$20.00 per person.
Course Content and Lecturers:

LECTURE # 1
Objectives and Goals; Introduction to Coaching Methods; Age Level Considerations.
G. Cummings.

LECTURE # 2
Organization and administration; and General Principles of Practice Organization.
C. Drake.

LECTURE # 3
Skating; Shooting.
G. Cummings.

LECTURE # 4
Passing and Receiving; Puck Control.
G. Cummings.

LECTURE # 5
Checking and Goal Tending.
G. Hall.

LECTURE # 6
Defensemen; Forwards.
R. Danasewich.

SPORTS REP MEETING

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

This month's meeting is on Tuesday, September 11th, at 4:30 pm, in room E119

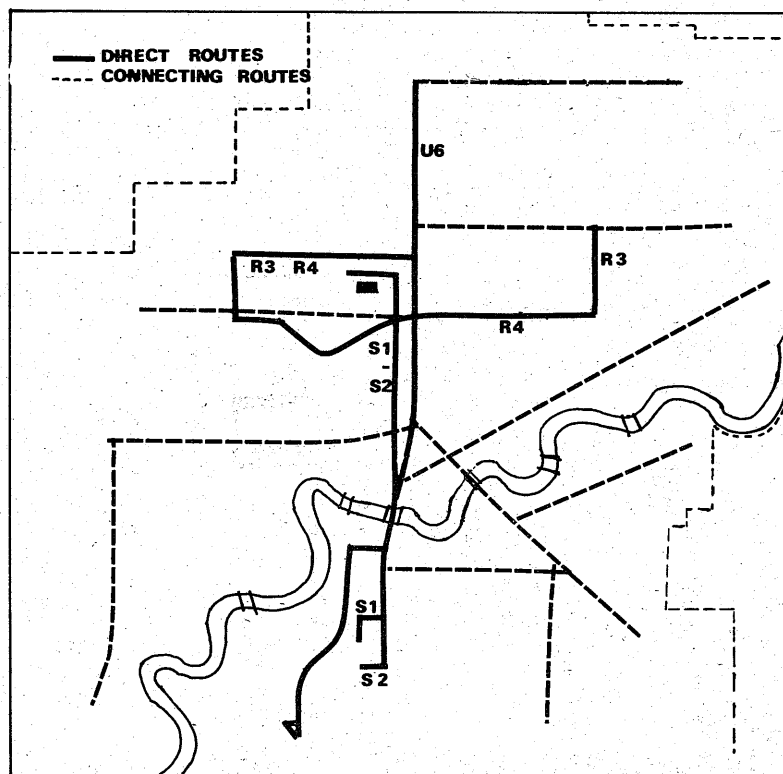
EVERYONE IS WELCOME

GEORGE'S CYCLE LTD
C.C. SKIS BIKES SKATES
NEW USED
EXCHANGES
SHARPENING
HOCKEY EQUIPMENT
TERMS & CHARGES

Corner 94 st. & 118 ave. Ph:474-5911

**We'll take you for
a ride, but we
won't rip you off**

**Edmonton Transit, the easy way
to ride to and from campus, and anywhere
in the city.**



**The
price is
right:
\$30 buys**

**a fall term pass, valid to December 31.
Go anywhere, anytime on the ETS.**

Fall term passes now on sale at the STUDENT STORES.



EDMONTON TRANSIT SYSTEM

**For route information phone
439-6363 day or night**