

NAIT Nugget

VOLUME X

Wednesday, April 2, 1975

Edmonton, Alberta

ISSUE 29

Honest, it's worth voting

By LARRY McLEOD

This week is election week for NAIT's Student Executive. On Friday, you'll have your chance to decide who is going to spend the \$100,000 plus NAITSA budget.

The old executive faces are going to be replaced by some new ones. This year, unlike last, we have capable people contesting most of the available positions. Dave Edwards and Darrell Fischer both feel they have something to contribute to NAIT in the Presidents job.

For Vice-President, we also have two candidates, Darcy Levesque and Ted Power. Three is the lucky number of candidates for secretary; Linda Aboughoche Allison Marr and Grace Watson. Ken Kosak and Dale "Tank" Roberts are competing for the position of Athletics Chairman.

The new Activities Chairman Lorie Lupul, does not have much of a fight on his hands - there are no other candidates for the job. The same can be said for the Publications Chairman. Bill Nowrie, this years Publications

Chairman has the "enviable" task of doing it again next year.

Aside from new faces we also have new techniques in NAIT Student elections. There are two slates of candidates as well as the usual independents. Slates are not uncommon in student affairs, merely new to NAIT politics.

This paper could write reams on why you should vote, and how much effect NAITSA has on student affairs, but what's the point. Those of you who care already know what's what. And

for those of you who don't care, well, hopefully we'll get a good student government without you. It's your money and your activities next year.

Find out who's running and what they have to say. You may not realize it, but the Student

Executive represents "NAIT" to persons outside the Institute.

What type of representatives do you want?

Vote on FRIDAY Polls are open all day. The results will be announced at the Cabaret, Friday night.

Dave Edwards Pres. Candidate



The position of President of the Students' Union is one of the utmost importance to the students of NAIT. The person holding this position is responsible to the Students' Association membership in as far as the activities of the Students' Association are concerned. The President must deal with the executives of the institute, the Minister of Advanced Education and other institutes and universities. It calls for someone who is out-going and can communicate well with others.

On Friday when you cast your vote, I would like to be the candidate of your choice. Some of you might be familiar with me as last years Student Athletic chairman and therefore am familiar with what goes on between the Students' Union and Administration.

I cannot make any promises because it just cannot be done, one person does not decide the fate of the students here at NAIT committees are set up to

decide what is to be done. The President plays the important role of the overseer, he must be involved and know what is going on around him at all times. It is a role which I feel that I can fulfill to the best needs of the students.

In a good Students' Union I feel that a good energetic President not only makes a good Students' Union but also makes for better involvement by the students. It is up to the President and the Students' Union to go out and promote activities and therefore getting as many people as possible involved. For example Architecture.

We have heard of apathy here at NAIT, as if it is only here, but it is not, in talking with other Athletic Chairmen I found that apathy is widespread throughout the 4-West. I feel that with strong leadership and executive experience apathy can be cut to a minimum, therefore I seek your support in the forthcoming election.

Darrell Fischer Presidential Candidate



the school, but have been unable to present them because of this lack of communication between the Executive and themselves. This has become an apathetic situation. Many students feel that since there is no one to listen and act on their suggestions, that there is no point in trying.

With a Student/NAITSA/ administration Ombudsman, this problem would be resolved. The students would be given the chance to voice their ideas and to at least know that they were being listened to. Whether the ideas and grievances were acted upon or not would be up to the NAITSA EXECUTIVE that you elected.

I would also like to see the Treasurers position increased to a two-year term of office, for the simple fact that it takes at least four or five months to become adequately acquainted with any accounting books, be it an established business or the NAITSA EXECUTIVE. The Treasurers position is one of very great responsibility in that he or she is handling a great deal of money and should know the position in great detail. I feel that this knowledge comes with experience and a longer term of office increases this knowledge.

In order for a person to succeed in any position on the NAITSA EXECUTIVE, they will need the full support of the students and the other members of the executive in their actions. The choice you the elector must make, should be one that is well thought out and one that will work for you through the person that you elect to the office of President, Vice-President, Treasurer, etc.

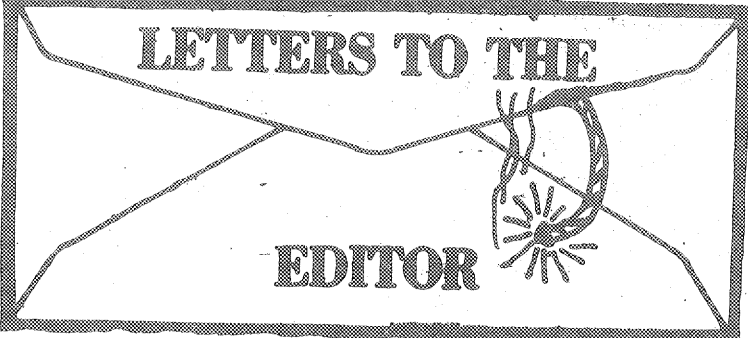
Remember that the person that you elect is your representative, and is there because you put him there. Be sure that the people you elect to the executive are people who are going to use those positions to your advantage, as students.

To me there appears to be two things involved in running for a position on the NAITSA EXECUTIVE. These things are the need and willingness to do a good job for my own personal satisfaction, through knowing that I have done a good job for people dependent on me. Secondly, knowing that those people who are dependent on me feel that I have done a good job for them.

I feel that to do these things, a person must be "people-orientated". The ability to cooperate and communicate with people is an essential prerequisite for the position of PRESIDENT. The PRESIDENT has to know what the students

want. As it stands now, he is not always aware of their ideas or grievances. As most people know, NAIT has a lack of communication between the students and the NAITSA EXECUTIVE. In order to cut down that barrier and learn what the students want, I propose to set up a Student/NAITSA/ Administration OMBUDSMAN, such as already employed at educational institutions like UBC and McGill.

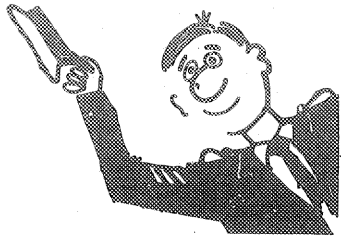
You may ask, why an OMBUDSMAN? Having been here for two years already, I know that a number of people have come up with very good ideas and legitimate grievances about



non-conformity we blow if every time we put on those khaki jeans and shirts declared "originals". How many times have you put on your checkered Levi shirt with hopes of feeling conspicuous only to find another dozen jerks like yourself with a shirt containing that familiar

EDITOR: Brent Stunnen

Commissionaires Corner



**Avonair Curling Club
Bonspiel**

NO MORE STUDENT PARKING

By S/SGT JOHNSTON

Just been informed that Students parking at the Avonair Curling Rink - south of Princess Elizabeth Avenue are now banned from parking there until the Bonspiels are over.

It was quite co-operative of them to allow parking while they were not busy - but now they need this area for their curlers.

Commencing the 2 - 3 - 4 of April, (Wednesday, Thursday, and Friday) this parking lot will be manned by a Commissionaire. The lot will also be barracaded in the hopes it will prevent Students from parking and receiving fines and towing away.

So for those of you that have been parking there, this is a word to advise the danger of future parking. Come earlier and find a spot in the North lot.

The Commissionaire on duty will only warn you not to park. The management of Avonair will call police and tow trucks to have your vehicles removed later.

Show your appreciation of a privilege in the past by helping out these people.

Thank You.

VOTE

DEBATING COMPETITION FINALS

on April 9
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HYPNOSIS and YOU

by: **DON PRICE**

Dear Don:

Is there any connection between Transcendental Meditation (TM) and Hypnosis?

JOSH OWAH

Dear Josh:

Research into both the Zen and Yogic forms of meditation goes back to 1961. These early studies suffered from a lack of sufficient subjects to make any really convincing conclusions. However, it was generally agreed that meditation could substantially reduce heart rate (HR), increase basal skin resistance (GSR), and increase alpha brain waves (waves associated with deep sleep and hypnosis).

These early experiments did not compare TM and hypnosis, and thus, concluded that meditation put people into a unique state different from any other state waking or hypnotic.

A recent study by Walrath and Hamilton, however, was reported in the January, 1975 edition of the American Journal of Clinical Hypnosis. They

compared a control group (no hypnosis and no TM); a group which was taught self hypnosis and practising for two weeks; and a TM group, practising for six months. The three groups were compared on their ability to reduce heart rate, increase skin resistance, reduce respiration rate and reduce the number of large fluctuation in GSR. There were no significant differences among the three groups on any of the four autonomic responses studied. Even though the TM group had been practising for six months, it was not able to reduce HR, GSR, etc., significantly more than the self hypnosis group or the group instructed to try and relax.

An interesting side issue in the experiment showed that while only 44% of the hypnotic and control groups had high scores on a hypnotic susceptibility test, 100 per cent of the TM group had high scores. This would tend to support the theory that TM is a form of self hypnosis rather than a discrete state, different from all other experiences.

Ask me!

What do you dislike most
about the Nugget?



I don't know because I don't read it. Actually the only thing I read are these questions.

LEON LEBEDKIN
Mechanical Industrial I



I hate when people complain to the editor and are very immature about it. They are persistant to a strange extent

BETH OLYNYK
Secretarial II



Its slightly disorganized and our Electronics article never made the Open House Issue.

DALE WLASITZ
Electronics I



Guys running around taking pictures for the Ask Me column. I like Brent Stumph, though, he's a sweetie.

MAUREEN SAGAN
Bio. Science II



Nothing. I like everything about the Nugget. Its a good paper.

GRANT KELLER
Commercial Cooking II



Whats the Nugget?

ROSEMARIE LUKAWITSKI
Accounting & Finance II

**THE NAITSA
CONNECTION**

**Ted Power
for
Vice-President**

**Grace Watson
for
Secretary**

**Lorie Lupul
for
Activities
Chairman**



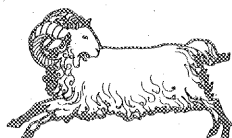
GEMINI

Strong social influence. Opposite sex figures strongly in many of your affairs. Should receive an important message.

Don't attempt to skip out on basic obligations and steer clear of romantic entanglements. Do things which you have had to postpone, especially of a social nature.



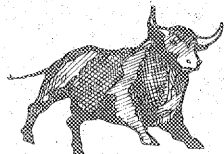
AQUARIUS



ARIES

Slacken pace. Your mind will be working overtime and this will be advantageous unless you rush helter-skelter through other things.

Compliments come your way without effort on your part. You receive a full measure for what you put out. Use your gift of blarney.



TAURIUS



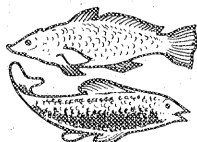
CANCER

An unusually happy and lucky period. You can use your popularity and charm in business matters to attain reasonable desires readily.



LEO

Assistance from another can spur you in to greater accomplishments but be sure to stick to principles. You can adapt easily to the new and different.

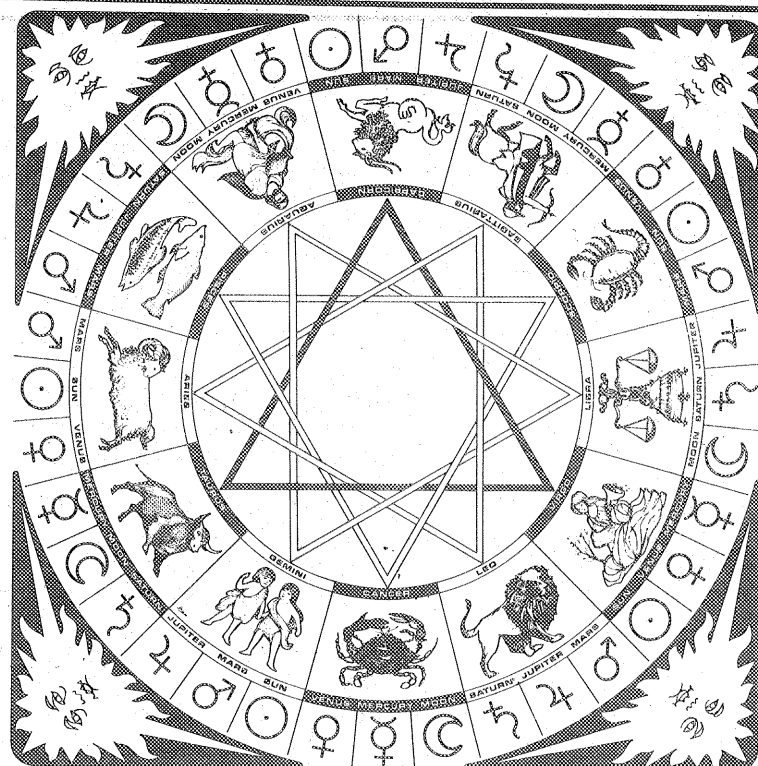


PISCES

Messages to and from tend to be garbled. Patience and effort prove worthwhile as there can be an interesting and exciting fulfillment of cherished wishes.



CAPRICORN



SCORPIO

A time for righting any wrong in your personal life. Despite planning, cost of living is problematical. You may gain from someone's recommendation.

There is a danger of being taken in or fooled by someone who possesses a lot of charm. Truth, law and order allow you to triumph.



SAGITTARIUS



LIBRA

Pay heed to suggestions and guidance given as an extra effort is needed to be practical. Ambitions and friendships expand to your gain.

Health could suffer as a result of combining a gay whirl and hectic homelife. Tendency is for more speed, activity and change for sheer excitement.



VIRGO

The City of Edmonton SUMMER EMPLOYMENT PROGRAM

All students previously employed by the City of Edmonton are required to check the Recall Lists posted on April 7th, in the various Canada Manpower Centres. If your name is on a list, it is your responsibility to report to the City of Edmonton Employment Office, #21 Centennial Building, 10015 — 103 Avenue for documentation PRIOR to the date indicated beside each name.

IF YOU HAVE NOT BEEN DOCUMENTED BY THE DATE INDICATED, YOUR POSITION WILL BE FILLED BY SOMEONE ELSE.

ALL persons whose names do not appear on the recall List must register at the appropriate Canada Manpower Centre office:

University of Alberta Students

Canada Manpower Office
4th Floor, Students' Union Building
U of A Campus

NAIT Students

Student Placement Office
NAIT Campus

High School, Community College, Out of Town Students

Canada Manpower Centre
2nd Floor Centennial Building
10015 — 103 Avenue

AFTER APRIL 1st ALL STUDENTS REGISTER AT

Operation Placement
Credit-Foncier Building
10275 Jasper Avenue

DARCY LEVESQUE FOR VICE-PRESIDENT

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STUDENTS WHO CARE!

Miguel Rubio - Spanish virtuoso

The great guitar master, Andres Segovia, has designated a handful of young virtuosos throughout the world to be among a select group of great concert guitarists. Of this elite collage of Segovian proteges, only one is Spanish. Only one can claim by birthright the centuries - old Iberian heritage of the home of the guitar. MIGUEL RUBIO may well be the greatest young virtuoso of the Spanish Guitar in the world.

Miguel Rubio was born in Spain in 1934. He first studied with Daniel Fortes (who was a student of Tarrega, the first of the great Spanish virtuoso) at the age of 14. Later, he was a prize-winning student of Sainz de la Masa's at the Royal Conservatory of Music, Madrid, where he graduated with honors (Diplome Extraordinaire). Between 1958 and 1963, he studied with Maestro Andres Segovia.

Miguel Rubio now heads the departments of guitar of the Conservatories of Music in Lausanne and Berne, Switzerland. In addition, he is in charge of guitar instruction at the "Escuela de la Guitarre" in Spain.

Although young, Miguel Rubio has recently given concerts with great success in Paris, Geneva, London, Lisbon, Rome and various German cities. Each year he makes a concert tour of the United States and Canada with return engagements from coast to coast (including Cleveland, Boston, Toronto, Los Angeles and other cities).

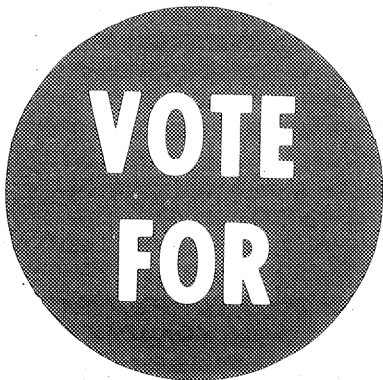
A Miguel Rubio concert is an attraction not only for the younger generation, but for mature and discriminating music enthusiasts as well. Best known for his versatility and great skill in fully exploiting the guitar's orchestral colours, his entertaining repertoire (which



world of Classical guitar into a language that moves and entertains any audience. The magic that surrounds his every note is a product of his remarkable dexterity, lifetime of dedicated training, Spanish heritage and great love for the guitar, for music and for his audiences.

Miguel has appeared on European television extensively and, in 1971, scored his first major record release.

To hear Miguel Rubio is to hear truly great guitar. To experience a Miguel Rubio concert is to know intimately, perhaps for the first time, truly great music.



ranges from Scarlatti and Bach to Giuliani and Albeniz) offers the entire scope and range of the

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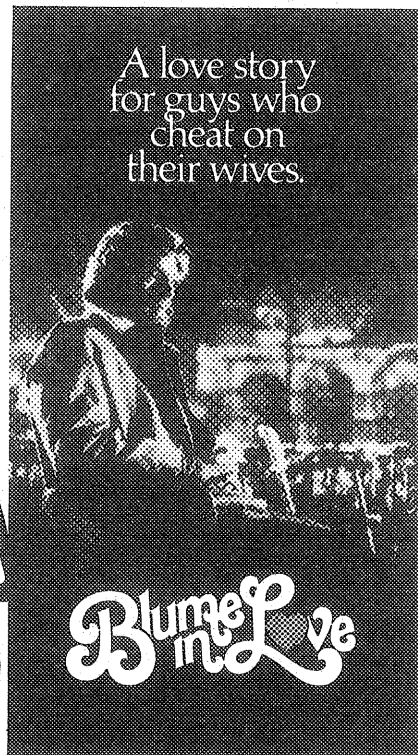
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And sunday 7:30

A love story
for guys who
cheat on
their wives.



Blume in Love

No ma'am, I'm not crazy, I'm a jogger

By DR. DONALD H. PURETZ

On June 24, 1969, at the age of 35, I signed into my dormitory room at the University of Rhode Island where, beginning the next day, I would start attending the two sociology classes I was taking basically for fun. While I was undoubtedly in better physical condition than the vast majority of American males my age -- being regular tennis player and still pitching for local baseball teams (in spite of a constantly sore arm) -- in reality I was in horrendous shape. It was just that most other people of my sex, age and nationality were in still worse physical condition. Unfortunately, I was fully aware of how much better physical

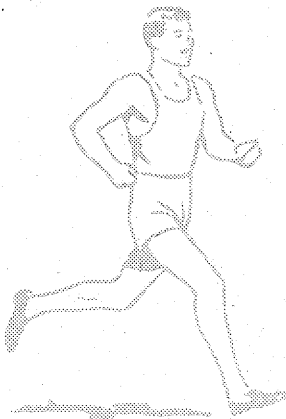
condition I was in than most of my fellow males, so I assumed I was in fine shape.

The reality was that although I had never smoked or drank, and got some exercise, I was at least twenty pounds overweight at 188 and had a blood cholesterol level of 254 mg. per 100 cc.

Good fortune was smiling at me. While reconnoitering the URI campus, I couldn't help but notice that there was a quarter mile track right behind my dormitory room. In fact, about the only way I could miss it would be to keep the shades drawn in my room, for my window overlooked both the track and the football stadium.

So, the next day before class, figuring that here was the ideal

way to "get in shape," but having no idea where it would lead, stripped to my blubbery self in shorts, a tee shirt, and my converse sneakers (which were to



prove an awful choice - more about that later), I sashayed over to the track. Once there, I began to jog very slowly, determined to take it easy for the first week or so, until I was "back in shape." Twenty three minutes, thirty seconds, and two and a quarter slow miles later, I stopped and walked back the hundred or so yards to my room. It had been relatively easy, those two plus ten minutes miles and I was pretty proud of myself. The fact that my pulse was 180 in spite of my not being "winded" didn't bother me - until twelve hours later, when I went to sleep, it was still merrily pounding

away at approximately 105 (my normal resting pulse was about 75).

But, by the next morning, June 26, my pulse was in the mid-seventies once again, and aside from a little stiffness, I was feeling fine. So it was out to the track once again, this time to do two and three-quarter miles in 27:15. I had added one half mile to my workout and simultaneously lowered my average time per mile from 10:26 the previous day to 9:55, and was no more tired than the day before. My pulse, true, was 205, but by the time I went to bed that night, again some twelve hours later, it was once again down to near 100, and by the next morning it was normal.

not real pain and most people do not find it unbearable (although most of us like to complain about it, treating it like a badge of courage).

In spite of the new soreness, there I was, at 9 a.m., out on the track, ready to commence my day's running once again. This time I ran "for time," laughable as that might seem in this era of the sub-four minute mile. I ran two and one-half miles in 24:00, an average of 9:36 per mile, and my pulse was the same as the previous day, 205.

The following day

The following day, June 28, was particularly hot and humid and, not feeling particularly strong, I contented myself with running a slow two and one-half miles. I did, however, notice that prior to my run my resting pulse was 72, a drop of a few beats from my normal rate.

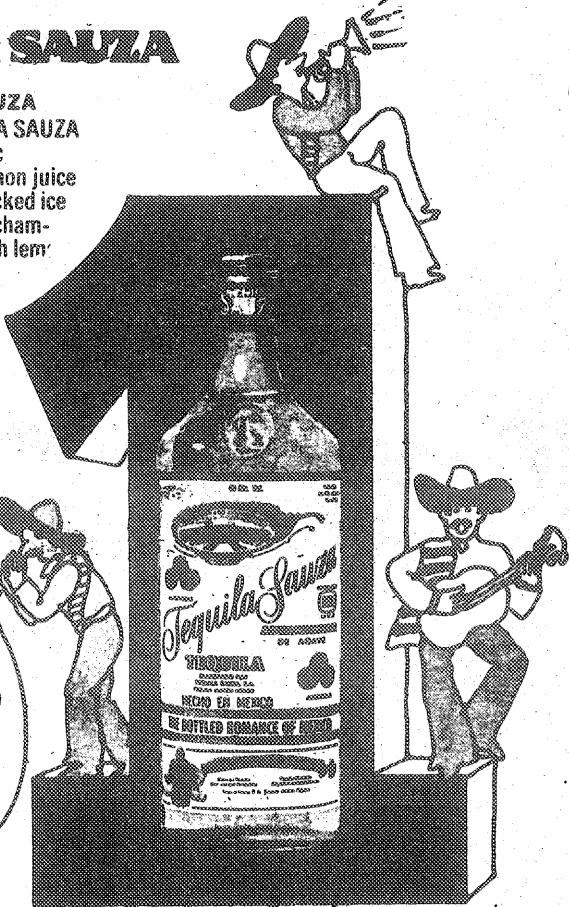
The idea of not really tiring oneself, which I put into practice for the first time after having run only four days in a row, is one which has stood me in good stead over the years. Although many of the reasons--both physiologically and psychologically--for needing a rest (becoming stale) are not well understood, a good part of the cause is probably the depletion of the

The morning after

The next morning, I felt not only stiff but sore as well. It seems that while there is plenty of disagreement and controversy over the whys and whens of the muscle soreness which inevitably follows unusual - and unused to - muscular activity, it generally does not hit the victim until eighteen to twenty-four hours after the exercise, peaks between twenty-four to forty-eight hours, and within about three or four days, is mostly gone. Actually the soreness is

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Moisten rim of champagne glass with lemon rind, then dip moistened rim in salt.
Sip cocktail over salted edge.



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liver of its glycogen stores. If we had to depend on our blood sugar (glucose) for muscular energy, we could jog only about one-half mile before passing out from hypoglycemia (low blood sugar). Fortunately, we have a store of "animal starch" (glycogen) which can readily be converted into the simpler blood sugar; about six percent of the liver is actually glycogen. This is sufficient for about another six miles or so of jogging, but the production of additional liver glycogen is a slower process and may require several days to be completed. Thus, a day's rest after several particularly hard days of workouts is not a bad idea.

Rarin' to go!

The next day, having taken it easy the previous day, I was "rarin to go". Whether this was psychological or physiological I did not know, but I did run two miles in 19:10 and had a pulse of "only" 190. Not bad for a mere five days of cardio-respiratory rehabilitation! After all, it had taken me fifteen years of physical sloth to turn a 165 pound competitive swimmer's body into what I presently owned so, for only five days of work, I was doing all right.

On my ninth day in summer school, and my eighth of running, I did two miles in 17:40, an 8:50 pace, and the next day, July 3, I ran the same two miles in 17:25, an 8:43 pace. Considering that 93 percent of our Air Force recruits (average age 21) cannot run a mile and a half in twelve minutes (an 8 minute per mile pace), I was mighty satisfied with my 35 year-old self.

The next three days were spent visiting friends in Providence and I did not run at all. This led me to discover another rule: if you feel like taking one or even a few days off, do so! Sure, it will hurt you if you are worried about every second per mile - but the jogger isn't - or, at least, shouldn't be. And when you get back to running, you feel great!

Signs of improvement

The weeks went by quickly, both in the classroom and on the track. My resting pulse was now regularly 72, and although it was still around 200 at the finish of a particularly tiring run, it was down to the 80's by late evening, a change which pleased - and relieved - me greatly. On August 12, I ran two miles in 15:35, a 7:47 pace; and the next day I did two and one-half miles in 21:20, for an 8:36 mile pace. The next week I ran the same two and one-half miles in 20:35, an 8:14 pace and, the following day, August 31, back home in Poughkeepsie, New York, ran three miles in 25:45, an 8:35 pace.

My aching feet!

By this time, after little more than two months of almost daily running, my resting pulse was down to about 65, and I had lost about five pounds without even dieting - and my feet hurt terribly. The cause of this pain, which was almost crippling until I would loosen up, was my sneakers. For all my younger

athletic years, I had been told that there were only three "top grade" sneakers one should use: Pro-keds, Double S, or Converse. Using these, I never had encountered any foot problems - but, then, I had never run fifty miles a month, much of it on hard-paved roads (tracks had gotten very boring) before.

After several more months of increasing distance, decreasing time, (in September I ran a mile in 6:30, two miles in 14:23, and four miles in 35:35) decreasing resting pulse (low 60's) and increasingly painful feet, something had to be done. A local podiatrist was of no help when he charged me \$8 for his advice to "quit jogging." Friends were no help. Publications contained no advice. What saved my feet, and, therefore, a jogging way of life of which I was becoming very fond (and quite compulsive) was a visit to a large, New York City sporting goods store in search of some kind of "magic sneaker." And I found it! It was the Adidas, "Robert Hailler" model. Together with Dr. Scholl's Foot Pads and heavy woolen socks my feet gradually cleared up over the next several

months, and, with my new-found absence from pain and ever-increasing mileage, I was happier than a pig in the mud.

One year later

By the time the next summer of 1970 rolled around, I had been running for a year, and my weight was down to about 175, a loss of thirteen pounds, still without any diet. My resting pulse had stabilized at about 60, but my blood cholesterol had come down to 175 and my blood pressure, which had been about 135/85 a year ago, was now 120/70. I had run a mile in 6:11, two miles in 13:55, three miles in 22:07 (a 7:22 per mile pace!), four miles in 30:55, eight miles in 67:40 and ten miles in 92:30.

Gradually my mileage increased, as did my sophistication. Now I took long runs through the Dutchess County woods which are made-to-order for jogging freaks. When I had trouble with my right achilles tendon - it was always painful and sore - and once again could get no help from the literature or the professionals - I

discovered, after much trial and error, that two one-quarter sponge rubber pads under my right heel worked wonders. It seems that my right leg is shorter than my left, a fairly common thing; and the padding compensates for it and keeps the achilles tendon from being stretched too much.

Marvelous me!

By 1972, I had been running for three years. It was hard to believe! During that year I logged (jogged!) eight hundred miles. My blood pressure was an amazing 100/60, and I now weighed 172, for a loss of sixteen pounds - and still no diet! I had run the mile in 6:05, two miles in 13:43, three miles in 21:42, five miles in 38:35, eight miles in 62:08, and ten miles in 79:20. Think of it, I had done better than an eight minute mile pace for ten miles! When I had begun all this three years and almost two thousand miles ago, I couldn't keep up a ten minute mile pace for two miles. The human body is really a wonderful mechanism insofar as its rehabilitative properties are concerned - if you catch it before

it does you in.

Breaking the barrier

The year 1973 was my first one thousand mile year. It was also the year I first broke - don't laugh! - the six-minute mile barrier, doing a 5:40 mile on a very slow, cinder track. I also did four miles in 28:40, five miles in 37:05 and eight miles in 61:10. Then on Sunday, May 20, came my biggest running day yet: The Yonkers? (New York) Marathon, all twenty-six miles, three hundred eight-five yards of it. Unfortunately, after about fifteen miles that nemesis hypo glycemia got to me. I started feeling light-headed, my

more JOGGER page 10

VOTE
FOR
DARRELL
FISCHER

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Darcy Levesque Vice-President Candidate

I personally believe that good student government only happens when a number of concerned individuals, each with their own ideas, come together, and through constructive discussion and debate, combine their ideas into working legislation.

I don't really believe that the NAIT CONNECTION would provide good student government, primarily because a government cannot function efficiently for the populace as a whole, unless it has representatives from varied technologies and backgrounds. How could a council comprised of one or two technologies and whose base is separated from the rest of NAIT effectively deal with problems which concern the whole institute?

After talking with a large number of students throughout NAIT, I feel that there are four important issues involved in this election.

The question of NAITSA spending was raised numerous times, in the course of my campaign. I feel that we must maintain a tighter control on the spending of your money. Last year's NAITSA budget reveals that they spend 28,000 dollars, which they cannot account for. This sort of thing must stop. NAIT students have a right to know where their money is going.

Another problem which was brought to my attention was what I refer to as STUDENT ALIENATION.



Too often elected representatives have a tendency to work behind closed doors, leaving the students out of policy making. If elected I propose to implement a series of plebiscites, where NAIT students would be given the opportunity to voice their opinions on various issues, throughout the year at all times.

It is important I feel that council members make themselves accessible to members of the student body at all times.

If the students elect me to the office of Vice-President, I will be completely willing to sit down and discuss student problems with anyone, at anytime.

If elected Vice-President, my primary objective would be to improve the channels of

communication between students in the various technologies.

If we can improve student communication, we are sure to bring about a greater deal of cooperation between members the student body. The NAIT Nugget represents a vital link of communication between the members of the student body, and because of this it must be utilized to the fullest extent. It deserves Council's continued support.

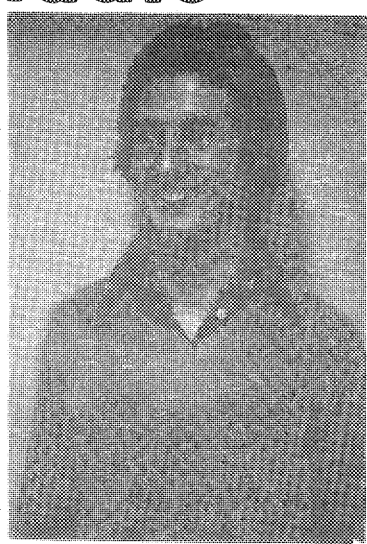
I have briefly touched upon what I feel are four main areas of concern to all students attending NAIT.

If elected I intend to concentrate all my efforts towards overcoming these problems, but in order to do so, I need your support.

Ted Power Vice-Presidential Candidate

Ted Power, 21, is an honors student studying Marketing. He has been active in student affairs since junior high school having been on several student council boards and committees. He wishes to continue this record of service by serving NAIT as Vice-President. He also believes in honest politics and loathes the idea of dirt throwing in campaigns.

Ted and THE NAITSA CONNECTION are a particularly well suited group for positions on student council as they have all had a history of student affairs involvement. Ted, in fact, was chosen by the present NAITSA executive to be on the Student Activities Committee because of



his interest in other students. Through this he was able to learn the manner in which student affairs are run at NAIT, experience which is surely a valuable asset to any candidate.

Ted believes that his group can provide strength for the student government by eliminating the indecision and incessant arguing that blocks the way for a constructive executive. When a group of people with differing viewpoints are thrown together the confusion that results can often be destructive. For this reason all responsible governments are ruled by a majority with respect, of course, for minority rights.

Although THE NAITSA CONNECTION is a group together, it does not mean they are bound to think totally alike. Its members are from varied backgrounds and they joined forces with the idea that because of their similar interests they could build a strong center to support the work of the future president.

Ted feels that by creating a variety of channels through which the executive can speak to and assist the students, he can build a stronger sense of comradeship at NAIT in the coming year.

Ted has also discovered the fact that the student funds are put into a chequeing account gathering no interest. This has cost the school thousands of dollars in uncollected revenue over the years and he guarantees, if elected, that this waste of money will end.

He realizes that mistakes are likely to be made in the coming year but living is learning and with your support he and THE NAITSA CONNECTION will succeed in their desires to help you.

Linda Aboughoche Secretarial Candidate

Hello, my name is Linda Aboughoche, and I am really interested in becoming a member of the NAITSA council, holding a position as secretary. I am enrolled in my first year of Court Reporting, which is a two-year course. Court Reporting encompasses a wide range of areas, from medical and legal terminology to the basic aspects of English and typing skills.

At the beginning of the school year, I was elected secretary of the Court Reporting Club, gaining secretarial experience,



and got involved with the NAITSA Council as a tech rep by taking part in almost every meeting. These meetings take place in the small north cafeteria every other Tuesday evening at 5:30 p.m.

The people who attend these meetings are pretty regular and more LINDA page 10

GOOD GOVERNMENT Vote THE NAITSA CONNECTION

TED POWER
for
VICE-PRESIDENT

A history of
involvement,
experience
and leadership

GRACE WATSON
for
SECRETARY

Determined to
provide efficiency,
capability
and experience

LORIE LUPUL
for
ACTIVITIES CHAIRMAN

Elected
through
acclamation

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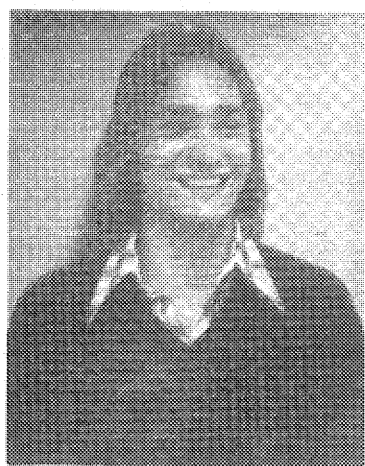
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Lorie Lupul Activities



To ensure that these plans are carried out, when the Beer-fest is held this spring in the Activities Center, all those attending must try to set an example for the Administration. If the function comes off with no incidents we can almost be assured of getting the use of the facilities next year.

Support Lorie and have fun next year.

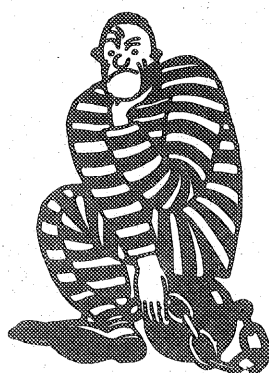
Lorie Lupul, 21, is an active Marketing student who formerly attended Strathcona Composite High School. He, at that time, became very interested in student activities and participated to the fullest extent. Lorie has always desired to lead an activities council whereby he could put his creative talents to work. He has devised plans whereby a large "name" group could be brought to NAIT for little or no expense to the students. Wouldn't you like to see a top band for only a dollar or two?

Along with bringing in big bands he is also intent on discovering some new Canadian talent. There are a lot of undiscovered local and national groups who would give anything to play at a large function at NAIT.

Bill Nowrie - Publications Chairman by acclamation

Over the past year there have been some changes in your publications. I hope most of these have been a further step forward in providing a better service to you.

In the coming year we are looking to a Student Telephone Directory in September, this past year the publication came out in October, 4 months sooner than in '73. More student involvement in the Nugget. This year we ran successfully on schedule every week from September with an issue per week, of the Nugget. We are also looking to an earlier publication date for the Northern Torch



(year book), it is now published in September - we had hoped for a May publication in the next year.

Hello! My name is Dale Roberts, alias TANK. It is a name that was given to me in football back in High School and it has stuck ever since. I am running for the position of Athletic Chairman this year. I realized that I wanted to run for this position last November because I became very involved with sports in this Institute and felt that it was very important to us, the students.

Ken Kosak

Athletics Chairman Candidate



There is one main reason which an Athletic Chairman is for, and that is to benefit athletic students. The Athletic Chairman must be capable and experienced in order to handle any athletic issues which might arise.

The main track behind any issue is experience. I have participated in many athletic activities in and outside of NAIT. The knowledge gained by these experiences would be a great asset to me if I was elected Athletic Chairman.

The main format in intramural activities is in desperate need of changing. There have been various complaints about ways intramural activities have been organized and about officiating. It's time something was done to improve the intramural

program.

There is one and only one person capable of handling the position of Athletic Chairman, and that's me, KEN KOSAK.

Dale 'Tank' Roberts Athletics Chairman Candidate

I have spend many hours working for and with sports such as Intramural Hockey, Intramural Basketball and also the NAIT Basketball team as trainer.

I feel that sport activities this year at NAIT were not bad but there remains plenty room for improvement. There was only a small portion of the student body that participated this year in sports. As Athletic Chairman I would do my utmost to try and involve as many students as possible in the various athletic activities.



**DARRELL
FISCHER
FOR
NAITSA
PRESIDENT**

Nugget Editor

Applications are being accepted for the position of NAIT Nugget Editor for 1975-76

Candidates should have some journalistic knowledge, and must be a part-time student at NAIT.

Salary, being negotiable every year, will be decided by the Naitsa executive.

Apply at the Nugget, E-128, before April 15, 1975.



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Allison Marr

Secretarial Candidate

I enjoy NAIT and I'm enthusiastic about next year. The people, ideas, and atmosphere here have made it already worthwhile.

Having been active in student activities during the past two quarters, I've seen what NAIT students can do. It makes me proud to be a member of this Institute. Because I plan to be involved as much as possible

again next year, I feel I can be most effective by doing something I've been trained for.

The secretary is an important part of any office. She/he must be responsible, well-informed, and capable. With the skills I have attained in secre-



tarial Technology and my knowledge of general activities at NAIT, I feel confident of doing a good job both for the executive and for the student body.

Being involved in NAIT events has made all the class hassles bearable. Being a

Grace Watson, 17, is a beautiful, honors, Secretarial student. She has a history of being active in student affairs having been the Social Convenor at McNally Composite High School in her grade 12 year. Prior to this she was initiated into Student Affairs by being a room representative numerous times. To further her knowledge of Student Affairs she became a member of the Edmonton Public Inter-School Council, which is a board comprising Student Council Members from various Public schools in Edmonton.

After her entrance to NAIT her good looks and varied talents were immediately made apparent and she was chosen to be a NAIT Queen contestant. She demonstrated during the contest her abilities and unfailing enthusiasm.

Then Grace was asked to council representatives has shown me how much more fun it is to know what is happening before it actually happens.

I would like the opportunity to prove my competence in the area of student government and the secretarial field.



become part of THE NAITSA CONNECTION because of her honors standing in Secretarial Technology along with her experience in student affairs. It was felt that she could provide valuable assistance in directing the spending of student funds and could help make rational decisions through her past experience.

Remember: Support Grace and with her comes a capable and beautiful student that is unafraid of working hard for you next year.

Linda

everyone who does attend regularly develops an up-to-date awareness of what is going on at NAIT. Once you do get involved, you really start to care. And even if you can not get involved yourself, I hope you will show you do care about the kind of representation of the NAIT student body by helping me to get involved more than I am.

Show you care by voting me, Linda Aboughoche, as NAITSA Secretary on April 4. Thank you.

Jogger

muscles began trembling, and I wisely, but sadly, quit. Perhaps it was the one-quarter mile swimming race at the local YMCA the previous night that did me in by depleting my liver glycogen. In any event, hypoglycemia is not something a runner can overcome by "toughing it out." Once blood sugar drops to about 70 mg. per 100 cc., your race is about to end. Since the runner who ignores this fact will soon pass out, I took the sensible albeit most discouraging-way out and quit.

Thanksgiving day, November 23, 1973 was my next big chance. On that day every year the La Grange Long Distance Running Club puts on a twenty-five kilometer (fifteen and one-half mile) race. Here, finally, after more than four years and three thousand miles of running, I did for me - very well. Not only did I finish the race, but I came in forty-eighth out of sixty-five starters, and in two hours, one minute, and thirty-eight seconds; a 7:50 mile pace for over fifteen miles! Who cares that the winning time was 1:28 hours, or that the winning senior (over forty) time was 1:32 hours. Here I was, at age thirty-nine, able

to run over fifteen miles easily!

Hooked

Now what about the future? To the non-runner this may be a question mark, but the dedicated (hooked might be a better word) runner knows better. He knows what my goals are: more miles, (I'm aiming for 1,500 in 1974) and faster miles (I've recently run ten miles in 76:25, a 7:38 per mile pace), and, finally, the completion of a marathon, hopefully in under four hours.

It's a crazy compulsion, this long-distance running. But at least it is physically healthy, and its better than psychotherapy, tranquilizers of alcohol for minimizing the stress that our hyper-civilization imposes on us. It's something that often makes one the butt of jokes, but one senses that the jokers are really a little bit jealous and admiring, for long distance running is, as Eric Segal, an excellent marathoner in his own right, has described, a "reaffirmation of one's life." Although really defying description, running is certainly such a reaffirmation, and much more too.

Dave Edwards for President

Attributes: - Student Association Athletics Chairman
- Student President 4-West Athletic Council

Goals: - Stronger student government involvement
- review of editors salary (cut salary)
- More use of arena for social events

Linda Aboughoche for Secretary

Attributes: - Secretary of Court Reporting Club
- Technology representative on NAITSA Council
- I care

Goals: - Clerical organization
- Fast, efficient servicing

Ken Kosak for Athletic Chairman

Attributes: - 4-West Badminton Champ
- Member of NAIT Hockey Team
- Coach of Marketing Intramural Hockey Team
- Active participant of Intramurals

Goals: - More Intramural involvement from technologies
- More Intramural involvement from Women
- Meeting well organized and maximum participation from technologies
- Improvement in Officiating

DARCY LEVESQUE FOR VICE-PRESIDENT

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**Darcy Levesque
Ted Power**

ATHLETICS CHAIRMAN

**Ken Kosak
Dale "Tank" Roberts**

SECRETARY

**Linda Aboughoche
Allison Marr
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