

NAIT Nugget

WEDNESDAY, SEPTEMBER 22, 1976

ISSUE 2, VOLUME XIII

EDMONTON, ALBERTA

MISS FRESHETTE TO BE CROWNED FRIDAY

The Candidates



MISS MARLENE HERLE
Earth Resources



MISS PAM MARTIN
Dental Assisting



MISS BETTY CHAMBERLAIN
Medical Dicta-Typist

Miss Freshette

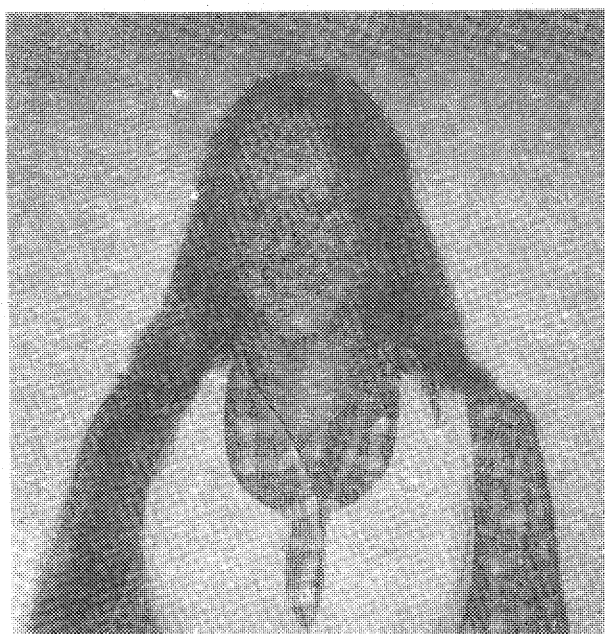
All week you have seen these five lovely ladies at all the frosh week activities. Now you know who they are, Miss Freshette candidates.

Miss Freshette candidates are chosen from one year technologies only, since they are not eligible to run for Miss NAIT. The girls will work with Student Association during Shinerama Week as public relations people, promoting NAIT'S image to the public. Throughout Shinerama Week the freshettes will be visiting such personalities as Premier Lougheed, Mayor Cavanagh, Plice Chief Lunney, and other radio and television people.

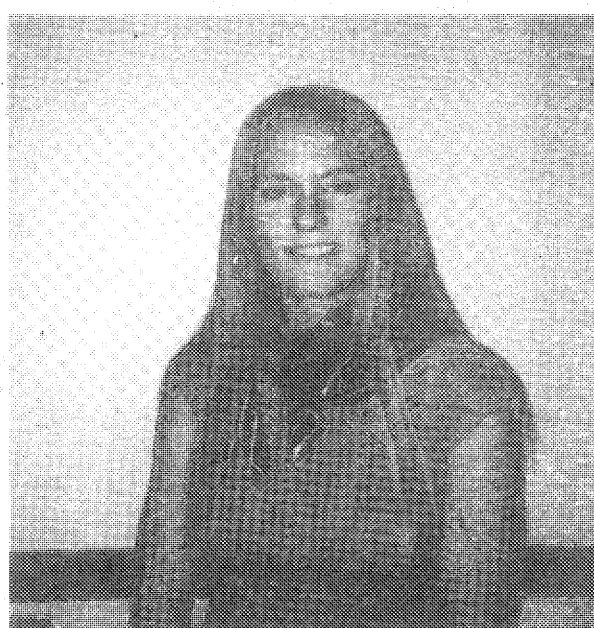
The girl being crowned Miss Freshette becomes NAIT'S candidate for "Miss Edmonton Eskimo."

Miss Freshette will be crowned Friday night at the dance in the arena. Make sure you get your ticket early since the beerfest sold out a day in advance.

Come out and see if you have made the right choice.



MISS BRENDA HOOKE
Tailoring



MISS CATHY MUHL BIER
Medical Laboratory

MISS FRESHETTE DANCE

Friday, Sept. 24, 8:30 p.m.

NAIT ARENA

Featuring

HAMMERSMITH & CROWCUSS

TICKETS

\$1.50

ON SALE IN ROOM E 126

UNCLASSIFIED ADS

ATTENTION SKIERS! Hot wax and base Repair - \$5. 454-3404 after 6.

FOR SALE: 1965 VW Beetle, good condition, low mileage, \$595 or make offer. 474-2897.

FOR SALE: '75 Dodge "Charger" Custom 400 cu. in., headers, 30,000 miles, new paint, outsides, 2 way radio, Craig power play 8 track, buckets, \$4,000 firm. Rock - 939-4814 after 9:00 p.m.

'71 PINTO, auto, new transmission, good condition, asking \$450 or best offer. 476-8934.

'73 GREMLIN X, Levi interior, 32,000 miles, small six, economical small car but still good highway transportation. \$2,000. Phone 435-1216 or Grey 411.

FOR SALE: 1 set 180 cm
Blizzard Total racer skies.
Used 5 times. New \$225.00,
asking \$100.00. Phone Bill 488-
5492 after 6 p.m.

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[illegible]

PUT ONE LETTER OR PUNCTUATION MARK IN EACH SPACE
LEAVE A SPACE BETWEEN WORDS. COMPLETED FORM SHOULD
BE RETURNED TO THE UNCLASSIFIED BOX OUTSIDE E-128,
THE NUGGET OFFICE.

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ADDRESS: _____ PHONE: _____

STAFF: STUDENT:



students association

PHONE
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PERSONAL AND HEALTH ITEMS
SCHOOL SUPPLIES
RINGS
JACKETS
TICKETS TO CABARETS

**Come See Us In
Room E 126**

**16 MORE DAYS
TILL SHINERAMA**



BRUCE HOGL
Shinerama's Honorary
Chairman

GUYS

Shine Nurses

Shoes For

Shinerama

WE NEED 15

G U Y S

**WE WILL ONLY
ACCEPT THE FIRST 15**

**Apply To Gary Fortier -
Room E 133**

HOROSCOPES



ARIES

Recreation proves important. Choose a creative activity. You may well have to start alone but you gain much along the way. Help given to another proves invaluable to yourself.



LIBRA

Welcome a chance for seclusion. You can plan, set the stage for later activity. Care taken now improves chance of gaining prestige, moving into a position of more authority.



VIRGO

Expect some changes, fresh developments. Nothing is static. Avoiding social obligations only puts you on a tight-rope later. Make your views known, there are others.



SAGITTARIUS

Keep your approach down-to-earth. Study differences and problems. Ties with people at or from a distance are important. Possible lucky break near end of month.



GEMINI

Accent is on courtesy. Welcome contacts, you will find horizons expanding pleasantly. Heed your hunches. Quick wit and action allow a furtherance of plans.



TAURUS

Your present outlook on life will be seriously challenged. Find out what really is a necessity then fill in only what you definitely want. Welcome an offered change.



SCORPIO

Try to avoid carelessness in money matters. Be a self starter, ask for help where difficulties are concerned but rely on yourself to get any job finished. Don't neglect social life.



AQUARIUS

Curb emotions, keep plans under cover and don't get too many irons in the fire. Take a carefree, relaxed position and stick to it. Social or romance outlook is bright.



LEO

Freedom is curtailed to some extent. Luxury spending is out. Settle important matters where possible and welcome a chance to expand knowledge. Give help to a child.



CANCER

You have a green light for seeking attention, favours. Don't unveil plans until they are more secure. Stay in touch with a good friend, you will be needed.



PISCES

Friends or social interests can present unexpected problems. Disengage if at all possible. Let mate or social partner set the pace. Hobby has interesting side effect.



CAPRICORN

Incoming news should benefit you. You gain recognition for the way you handle duties. Significant ties develop through every day activities. Be wise.

Engineering is one thing. Engineering for us is quite another.

There's nothing dull about engineering your own challenge. And that's where your Engineering career in the Canadian Armed Forces begins. From there, your career possibilities are unlimited. In the Canadian Forces, the different engineering disciplines are divided into 5 major classifications:

- Maritime Engineering
- Military Engineering
- Land Ordnance Engineering
- Aerospace Engineering
- Electronic and Communications Engineering.

You'll work with varied and sophisticated equipment on challenging projects in many parts of the world, face the responsibilities of leadership entrusted to you as an officer in the Canadian Armed Forces, and you'll enjoy the opportunity of working in all fields of engineering without being overly limited to any one.

Accepted qualified applicants will be given officer rank on entry, and an excellent salary along with many benefits. Security, promotions and opportunities for post-graduate training all add up to a worthwhile and personally rewarding career. If that's what you're looking for, it's time we got together.

Write, including your engineering qualifications to date, to the Director of Recruiting and Selection, National Defence Headquarters, Ottawa, Ontario, or visit your nearest Canadian Armed Forces Recruiting Centre, listed under "Recruiting" in the Yellow Pages.

ASK US
ABOUT YOU.



THE CANADIAN
ARMED FORCES.



JOIN THE NAIT SQUASH CLUB

The NAIT Squash Club is open to all NAIT students and staff. The aim of the club is to promote competition among the active squash players at NAIT. Anyone wishing to join the NAIT Squash Club should contact one of the following people:

OFFICE	
B. Glanville	E214G
R. Crowe	T600C
J. Davies	T200D

GREY PHONE NO.
485
6061
175

STUDENTS NEEDED

to run the
NAITSA store
during noon
hours
Mon. to Fri.

11 a.m. to 1 p.m.

Preferably

Apply to
Bruce Watson
Room E 126

REFEREES NEEDED

for Intramurals
in all sports

\$330 Per
Hour

Apply to
Randy Jahrig
Room E133

Alcohol and the Athlete

No matter what you personally think of alcoholic beverages, the fact remains that alcohol has a negative effect on the human body that can seriously impair every type of performance.

The average person tends to dismiss the research reports on alcoholics. After all, he thinks, I am not an alcoholic, so the reports cannot apply to me.

This is wishful thinking. A toxic substance such as alcohol can affect the body functions of alcoholics and social drinkers alike. The effects of just a single drink can last as long as 24 to 36 hours!

The organs and functions which can be disrupted by a single dose of alcohol include:

The Liver — It must detoxify the blood or filter out the alcohol, since the liver treats alcohol as a poison.

The Brain — Its functions are affected first because alcohol acts as a general anesthetic.

The Kidney — The monitoring mechanisms affected in the brain release hormones into the bloodstream which alter the function of the kidneys.

The Heart — Its beat is altered and the blood pressure is affected.

The Lungs — Breathing is affected because of alcohol's effect on the brain.

The effect of a single dose of alcohol on the brain and nervous system may trigger changes in other organs which, in turn, can create new physiological changes.

Alcohol's effect on glycogen, or blood sugar, offers an excellent example. Glycogen, the fuel burned in the muscles, is vital to good performance. Its production by the liver is impaired by alcohol (which is highly caloric).

An extremely low blood sugar level is called hypoglycemia. Everyone is susceptible, but not everyone is affected the same way. Studies show that in extreme cases (more than one drink, obviously), hypoglycemia produces a coma that is often confused with drunkenness. It may strike from a few minutes to up to 36 hours after the alcohol is consumed. It's felt that the alcohol causes the mitochondria of the liver to undergo morphological changes.

The depletion of potassium in the body complicates the problem of low glycogen levels. Potassium, a mineral, is a required catalyst for the release of the energy in the glycogen molecules. Just as wood won't burn without oxygen in the air, glycogen won't release its energy without potassium in the cell fluid.

A single dose of alcohol will inhibit the release of an antidiuretic hormone that controls urination. The result is an increase in urine production and excretion. This changes the osmotic pressure in the cells so that fluid leaves the cells, causing the person to take in more fluid.

The shift in body water from intracellular (within the cells) to extracellular (outside the cells) results in a lowering of potassium levels which, in turn, interferes with the release of energy from glycogen. Potassium also is vital for the transmission of nerve impulses, and a low level may lead to irritability.

Another mineral affected is magnesium. The ingestion of alcohol produces a marked drop in the body's magnesium level.

Magnesium serves two vital functions. One, it helps convert amino acids into protein. Two, it acts as a relaxant by insuring the maintenance of chemical balance inside and outside the muscle and at the nerve endings.

Magnesium guarantees that the muscles will relax when not called upon to contract. A low magnesium level results in an inability to relax and leads to irritability, nervousness, and sometimes increased blood pressure.

Since an athlete who cannot relax has problems, he may drink to relax before a contest. When his magnesium levels drop however, true relaxation becomes impossible.

Research also shows that there is no significant difference between alcoholics and normal subjects in the effect of alcohol on magnesium levels.

Conclusion: The effect of alcohol on just these two minerals, potassium and magnesium, is bound to negatively affect

athletic performance, especially at top levels. Though some athletes drink to relax — and insist that they are, indeed, relaxing — the facts prove otherwise.

One medical researcher notes that alcohol is a central nervous system depressant, which is the chief reason for its use. As a depressant, it works just like a general anesthetic. It first affects the brain's cortical function — judgment, memory, and learning. Then it gradually descends to envelop the entire brain, including the centers of involuntary function such as breathing.

A drink or two may not bring someone to the point where he cannot breathe. But they can affect his judgement of his condition.

Even modest amounts of alcohol affect breathing. Alcohol has a depressive effect on the brain's respiratory center which impairs the lung's elimination of carbon dioxide. The higher carbon dioxide level diminishes the blood's alkaline reserves and increases the lactate (waste product) level.

The effect isn't long lasting, but it does indicate the negative aspect of alcohol to an athlete. Remember, the elimination of waste products from the blood is one of the limiting factors in endurance.

Alcohol begins affecting muscular coordination, mental activity, and judgment at levels of 20 to 50 mg. of alcohol per 100 cc. of blood. That's equivalent to one cocktail on an empty stomach!

At such surprisingly low levels, the vision becomes impaired. A single drink can affect the vision up to 24 hours after all traces of alcohol have left the bloodstream!

This has been demonstrated in several studies on nystagmus — a "bouncing" of the eyeballs when the head is turned quickly and the eyes attempt to catch up and refocus. It's also noticeable in peripheral vision; i.e., when one looks to the side without moving the head.

The so-called positional alcohol nystagmus begins not during drinking, but after the alcohol has left the body. This visual interference is independent of the amount of alcohol ingested and lasts several hours. And it is accompanied by some impairment of objective performance.

Imagine its effect on a hockey goalie, a basketball shooter, or a quarterback looking for a receiver.

A single drink may not noticeably affect a non-athlete. But it can be disastrous to a quarterback who is blindsided because his eyes are a split-second slow in picking up a charging defensive end — perhaps because of a single drink "for relaxation" the night before!

In measuring the effect of alcohol on endurance, a group of researchers had certain subjects ride stationary bicycles 12 hours after drinking. All showed a higher-than-normal resting heart rate just before exercising and a higher-than-normal heart rate after one minute of work.

Only a third of the drinkers could finish a single five-minute bout of exercise. They had a slower recovery (to normal heart rate) than a group of non-drinkers, each of whom completed the exercise.

Conclusion: Athletes who drink before contests or even practices are inviting early fatigue with higher resting heart rates and longer-than-normal recovery rates.

Alcohol also impairs many less obvious skills. In a test of typists, for example a single dose affected judgment and memory. Their lowered efficiency didn't reduce their speed, but did increase their errors.

The evidence of the toxic effects of alcohol on physical and mental performance continues to mount. Much of the impairment isn't serious or noticeable in our ordinary, sedentary life. But for an athlete, striving for perfection, alcohol can detract significantly.

Evidence indicates that even modest social drinking can have a cumulative effect over the course of time. A recent study points out that non-alcoholics aren't less susceptible to the injurious effects of alcohol than are alcoholics and that the amounts consumed by many social drinkers are sufficient to damage the liver. In short, you don't have to be inebriated to begin damaging your liver.

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THE CANADIAN CROSSWORD #15

ACROSS

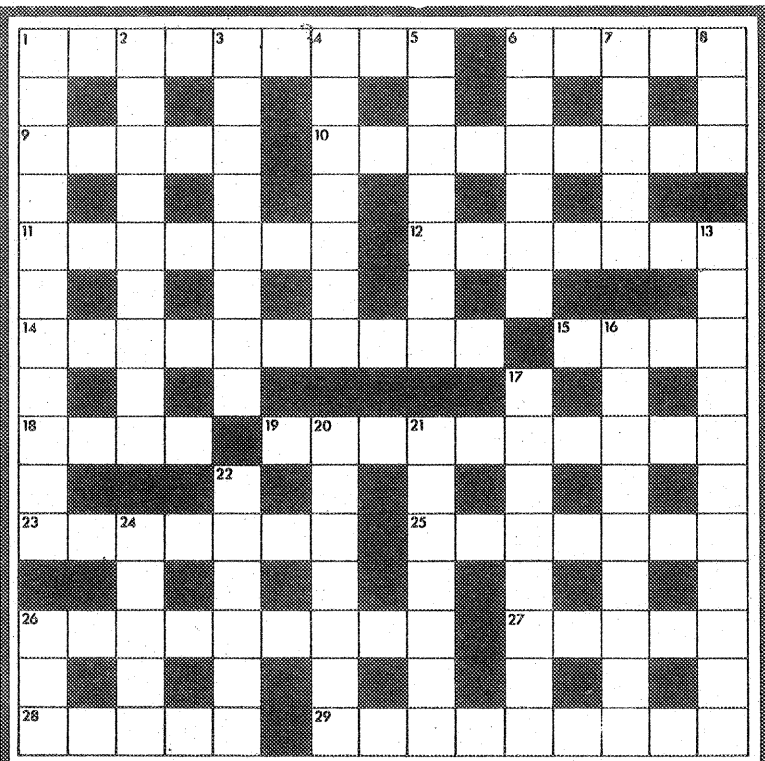
- 1 Prairie Indian group
6 Emits short dry coughs
9 Uncalled for
10 Poisonous spider
11 Cow-buffalo bred by some Can. farmers
12 Zero latitude
14 Points the wrong way
15 Bill of fare
18 Concludes

DOWN

- 1 Winnipeg football team
2 Wrote on an envelope
3 District in N.W.T.
4 Result
5 To cause mental anguish
6 Tribute
7 Enumerate
8 Beaufort is one
13 Ottawa football team
16 Amuse
17 Mopping
20 Campus reformer e.g.
21 Onion-type plant with garlic-type cloves
22 New York island and ferry
24 Taken (by surprise)
26 Snoop

PREVIOUS PUZZLE SOLVED

JOAN OF ARC TRAIL
E T S U A I D Y
ASHES GELIGNITE
N A I M Y E E
DEBACLE PERTURB
R A L N S S
ABSTENTION FALL
P C S F D L
EDAM RUBADUBDUB
A M P I R E S V A T I C A N
L A T A R T N
CHAMPLAIN AGILE
O C E M C D V T
DRESS PRECEDENT



STUDENT LOANS

If you have a Guaranteed Provincial or Canada Student Loan and are continuing full time studies you must reinstate that loan PRIOR TO THE EXPIRATION OF THE SIX MONTH EXEMPTION PERIOD. You do this by (A) obtaining the necessary Reinstatement Forms from your bank, or (B) negotiating a new Certificate of Eligibility. It's your responsibility to maintain close liaison with your bank and maintain your loan in good standing.

Right now check your latest copy of the Certificate of Eligibility or Reinstatement Form for the latest academic year end date. Your exemption period expires six months from that date. Even though you may have applied for further financial assistance, this does not automatically reinstate your loan, and negotiating a Canada Student Loan does not automatically reinstate your Guaranteed Provincial Loan, or vice versa.

If you fail to reinstate your loan within the stipulated exemption period you will be required to pay the interest charges accrued up to the reinstatement date.

How to be sure yours continues:

NOTE: You will not be required to pay interest charges on your Guaranteed Student Loan until the six month exemption period has expired. If you should remit any payments on your loan prior to expiration of the six month exemption period be assured that the payments are being applied only on the principal; no interest charges have been assessed by the bank.

MEDICAL AND LAW STUDENTS — Upon graduation you have a six month exemption period. In addition, upon application to the credit institution (bank), a further 9 month deferment of principal payments only may be granted. This requires you to pay interest charges only for this period of time.

MEDICAL RESIDENT STUDENTS You cannot be reinstated to interest-free, full-time status. A Medical Resident Student is assessed tuition fees paid for by the sponsoring hospital and is in receipt of a salary and therefore considered to be gainfully employed.

For further information or advice contact your bank or SFB in Edmonton or Calgary.

Alberta
STUDENTS FINANCE BOARD

STUDENT EMPLOYMENT OPPORTUNITY

PUBLICATIONS

NAIT NUGGET: editor '76-'77 TERM

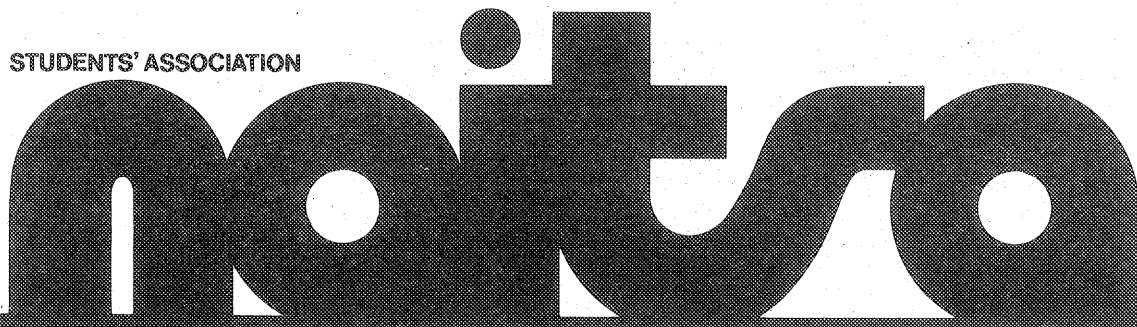
Salary- under review

- responsible for total operation (except adv.)

previous experience an asset

apply to: Publications Chairman at E-133

STUDENTS' ASSOCIATION



THE NAIT NUGGET NEEDS YOUR HELP



**Join the Nugget Staff ... see the
Publication Chairman in
Room E133.**

**Those who wish to join the staff
of the Nugget**

**(as editors, writers, reviewers,
proofreaders, layout, specialists,
or office decorations)**

**Please drop in to the Nugget
office or Room E133.**

THE NAIT CHALLENGE CUP

The Challenge Cup has been part of NAIT's athletics for about the last 10 years. It has proved to be very successful. It has been held by many different technologies over the years. The great thing about it is that it allows any technology to challenge the holder of the cup.

The longest holder of the cup was Telecom in 1975 when they held it for 6 school months. Administrative Management had the dubious honor of holding it for only one week in December, 1975. The last change-over was April 21, 1976 when Telecom won it.

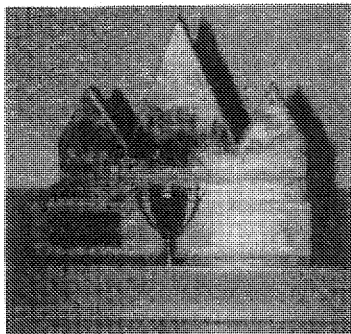
A challenge can be made in almost any activity with the added attraction of female technologies challenging male technologies and vice versa. Some challenges in the past have been Tahitian dancing, pillowfight, tug-o-war, plaque on teeth, buck-buck and regular in-

tramural sports.

Challenges can be held in almost any sport, however, this activity is meant to be for fun as well as for the technology's pride. This should be taken on the lighter side, like some of the past activities would tell you. The rules are as follows:

1. Challenge must be placed with the Technology holding the cup and with the NAITSA Athletic Chairman.
2. Both Technologies (Challenger and Challenged) must agree to rules of contest proposed, with the rules of the challenge made up by the challenging Technology and Athletic Chairman.
3. Challenging Technology must make all arrangements, eg. place, equipment, etc. in co-operation with the Athletic Chairman.
4. No Technology may challenge more than twice a month.
5. The Technology holding the cup

must bring it to the location of the contest, so that the cup may be taken by the winning technology. 6. Athletic Chairman will record results of all contests held. 7. All challenges must take place at NAIT unless an alternate location, decided upon by the representatives of both technologies and the Athletic Chairman can be found.



INTRAMURALS OFFER

INTRAMURALS offers something for everyone. The main objective of the NAIT Intramural Program is to "have a program of activities which are enjoyable, safe and worthwhile experiencing." It is hoped that each student (male or female) while attending NAIT will make many attempts to take advantage of the recreational opportunities available.

Intramurals offer a variety of activities for Technologies to compete against each other. The activities range from Archery and Golf to Racquetsports (Badminton, Squash, Tennis, etc.) to the more gruelling sports of Hockey, Basketball and Floor Hockey.

Wherever your INTEREST be there is an activity for you. The NAIT ACTIVITIES CALENDAR is available free from Irwin Strifler in Office E 136 and has all the information you will require to become active in the Intramural Program.



IRWIN STRIFLER

PASS THE SALT

Starting with this edition the NAIT NUGGET will be offering cost, fast meal recipes with student budget in mind. These meals, we hope, will taste good and serve up fast to save you time, money and still give you the nourishment you need.

If you feel that you have a recipe that will serve this purpose send it into the NAIT Nugget and hopefully we will try to get it into the paper so other students can serve it up to their friends.

EVERYONE IS A WINNER

Our philosophy about what intramurals should be is "Everyone is a Winner." The intramurals are for you — the student body. The program is geared to allow as many people and teams from each tech. to participate. The contests are held after classes so that it will not interfere with what you came here for. Entry forms and rules are outside E136.

Officiating of intramurals is done by students for \$3.30 per hour. If you are interested, please leave your name, phone, technology and sport or sports you are interested in refereeing.

Deadlines for intramurals and also trying out for school teams are in the activities handbook. This handbook is available outside E136 also.

There is also the Challenge Cup under the jurisdiction of the intramural program. The cup is currently held by Telecom. A group of in-

dividuals in a technology can challenge the tech. that has it, to any activity, and they must accept the challenge, or lose the cup. It can change hands as many times as technologies want to compete for it.

When you challenge the tech. that holds it, have a rep. from each tech. come in and see me, and we will set down time, place, and rules of contest. If you have any questions about our program please come in and see me in E133.

Randy Jahrig
Athletic Chairman



RANDY JAHRIG

THE LITTLE THEATRE

PRESENTS

THE HINDENBERG

Saturday, Sept. 25

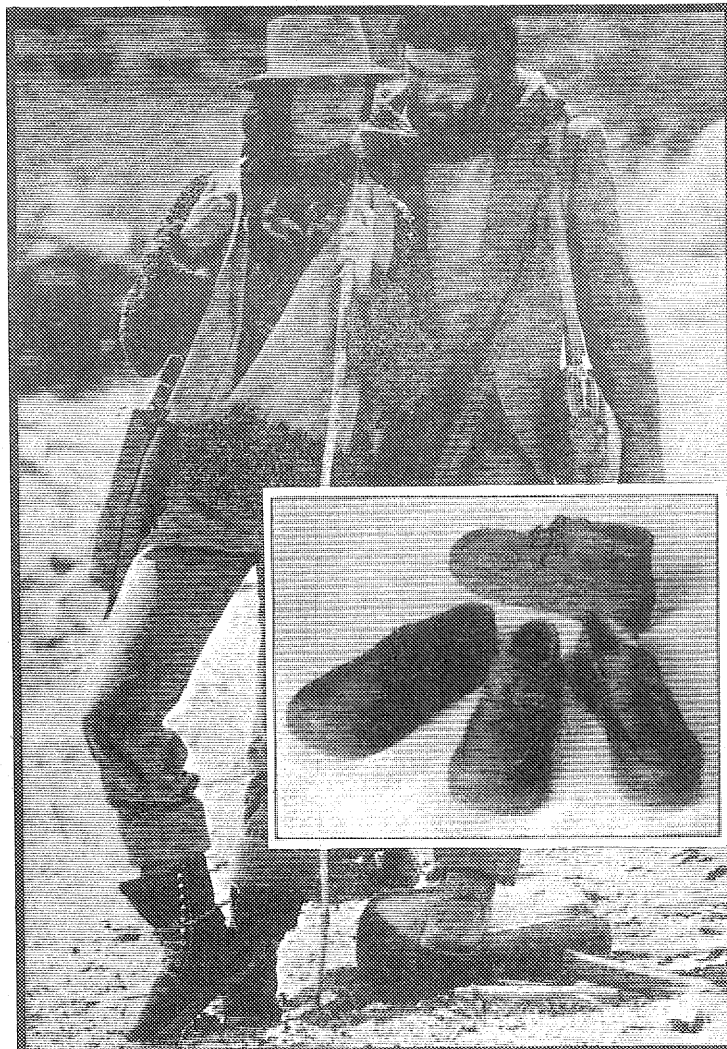
Sunday, Sept. 26

Monday, Sept. 27

\$1.00

7:30 P.M.

LITTLE THEATRE H - 5



Four interesting Roots to take home. The Penny, The Casual, The Moccasin and The Park Root. All made with top grain Canadian leathers and lightweight rubber soles. Wherever you're going you should take one of our Roots.

10219 Jasper Avenue
Edmonton, Alberta

Tel.: (403) 429-2044
T5J 1X8



THE BULLETIN

As we promised - back again with more items for your enjoyment. **SPECIAL EVENTS** - Hope you're all enjoying FROSH WEEK. In case you missed last week's bulletin here's a rundown on what's left for you.

Sept 24 - **STRING BAND** is in the Auditorium (in front of the cafeteria) at noon - a good way to enjoy lunch. At 8:30 in the evening a festive way to enjoy the end of this week with a **CONCERT & DANCE** for \$1.50 featuring **HAMMERSMITH & CROWCUSS** in the Arena - hope to see you all there.

MOVIES - Glad to see the turnout to last week's show but this week you better get there early to get a seat for - "THE HINDENBURG." This week to make sure you don't miss your chance instead of showing only Saturday, 25th and Sunday, 26th at 7:30 p.m. it will also be running Monday, September 27th at 7:30 in the Little Theatre H5 still for only the price of \$1.00

ATHLETICS - The turnout for teams so far this year was terrific so let's look forward to great teams from the pick of the crop. Spectators are always required so here's a rundown on when some teams start playing.

Women's Flag Football - started Tuesday Sept., 21 but don't fret that you missed it because they play every Tues and Thurs. including tonight in the field behind the arena.

Women's Contract Cross Country - Starts Wed., Oct. 6th, 1975 (1 p.m.). Look below as there is still time to sign up.

Men's Contract Cross Country - Also starts same date and time as women's.

DEADLINES - The deadlines for both Men's and Women's Contract Cross Country is Wednesday, October 6th at 1 p.m. Entry forms & rules can be obtained from E-134.

If **SWIMMING** is what you want the **NAIT SWIMMING POOL** is offering many Programs for you at no extra cost. These started Monday, Sept. 13 so don't hesitate to get down there as soon as possible. For information or registration contact the Swimming Office, Joyce Townsend, Pool Manager or Bill Tobey, Assistant Pool Manager.

Nait Fitness Swim Team - Tuesday's & Thursday's from 7 a.m. to 8 a.m. Pace clock & lane ropes will be used.

NAIT Waterpolo Team - Thursday 6 - 7 p.m. A great sport - fitness & fun.

NAIT Diving Club - Monday, 6 - 7 p.m.. Both Springboard & Tower diving offered. Both beginner's & advanced may join.

NAIT Synchronized Swim Team - By request of staff and students this is being offered Wednesday 6 - 7 p.m.

SHOW YOUR SUPPORT for all Nait activities both as a participant & a spectator. Without it there may not be a chance next year. See you next week.

THE ART OF SPECTATING

By nethery
To become a spectator, a person does not need to know the basic rules of the game being played. He or she must however be able to distinguish our team from theirs. This is usually done with the aid of coloured uniforms. Each team wears a different colour.

When our team scores or does something that you think is good than you clap your hands or jump up and down or what ever turns you on.

You are now on your way to becoming a top notch spectator.

Don't worry about the few errors you will make during your rookie period, the other team will promptly point out your mistakes to you. Just laugh at him and tell him his fly is open, that should keep him in his place for awhile.

Okay start cheering, for the right side of course.

Problems at home, school or stuck for answers - check with Doctor John. He will try to answer you or tell you exactly who to see about your problem. All questions will be answered if written by responsible students.

COACHING COUNTDOWN



BARB HANSON

GIRLS' BASKETBALL

Barb Hanson, coach

Starts Mon. Oct. 18

5:15 p.m. in gym

BOWLING

Gord Lafferty

Men's, women's, mixed

Apply after Nov. 1

Practice starts in Jan.



GORD LAFFERTY

MEN'S BASKETBALL

Jack Harvey

General meeting Sept. 30

First general practice Oct. 12



JACK HARVEY

VOLLEYBALL (GIRLS')

Bob Buchan

Starts Sept. 30

5 p.m. in gym

First time in league

Bob Buchan

NO PICTURE AVAILABLE

Wanted - Team Manager and Team Trainer for NAIT OOKPIK Hockey Team. Apply to Dale Henwood, Student Services.

SWIM PROGRAMS

NAIT SWIMMING POOL

September 1976 - May 1977

The Swimming Pool Staff wishes to extend their new swim programs to staff and students. We hope to have programs to suit everyone. Please try to make our programs a success.

SCHEDULES FOR PROGRAMS

NAIT Fitness Swim Team
Tuesday and Thursday, 7:00 - 8:00 a.m.

Coaches - Bill Tobey, Joyce Townsend.
Special programs are available for each interested party. Pace clocks and lane ropes will be used.

NAIT Water Polo Team
Thursday, 6:00 - 7:00 p.m.
Coach - Dave Miller (Tex)
Water Polo is a great sport. Please try to help make us a top team.

NAIT Diving Club
Monday, 6:00 - 7:00 p.m.
Coach - Larry Healy
This is springboard and tower diving. You can learn from beginner or advanced.

NAIT Synchronized Swim Team
Wednesday, 6:00 - 7:00 p.m.
Coach - Fran Heath
Synchronized swimming has been requested by Staff and Students, so here it is just for you.

For further information and registration of any of the above courses, contact the Swimming Pool office. Joyce Townsend, Pool Manager or Bill Tobey, Assistant Pool Manager.

Starting date - Monday, September 13, 1976.

NO EXTRA COST to join any of the above named courses.

WOMEN'S VOLLEYBALL

By Bob Buchan

All female students who have played volleyball at high school are welcome to play on the **NAIT OOKCHICKS VOLLEYBALL TEAM**.

This year the volleyball team, which participates in the Alberta Colleges Conference, is switching from tournament play to league play. This will mean regular, exciting competition for the team.

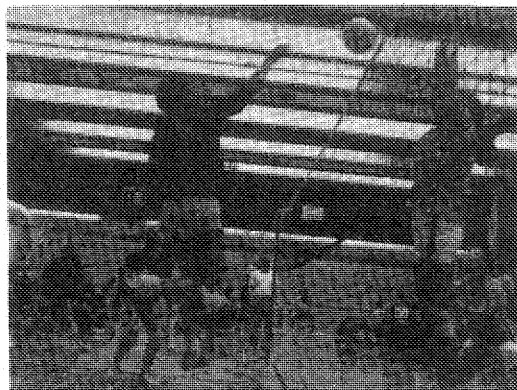
The Coach is Bob Buchan of the Physical Education Department; he is from "down under" which means he puts a little "hop" into the game.

He has coached the team for three years, two of those years the team made the playoffs. Bob is ably assisted by Telecom instructor Ron Davies. Ron has a strong volleyball background and has combined well with Bob in the past to create happy competitive teams. Both Bob and Ron stress that enjoying practices and games as well as being physically fit is just as important as winning.

The women's team combines with the men's team to form the **NAIT Volleyball Club**. This club has its social directors from each team who ensure that the players enjoy themselves off the court as well as on the court.

Training commences Thursday, September 30 at 5 p.m. in the South Gym. If you're interested in playing this year sign up at the Student Service Office. Further information can be obtained from Bob Buchan in S129 of the new Physical Education Building or 6194 on the internal grey phone system.

Anyone who watched the Olympic volleyball coverage will realize that this game, although relatively new to Canada is a very exciting, dynamic participant-spectator sport. The coaching staff and team invite all students to come and watch some of the women's and men's home games this season. Watch this paper for game dates, times and results. The league commences November 19th.



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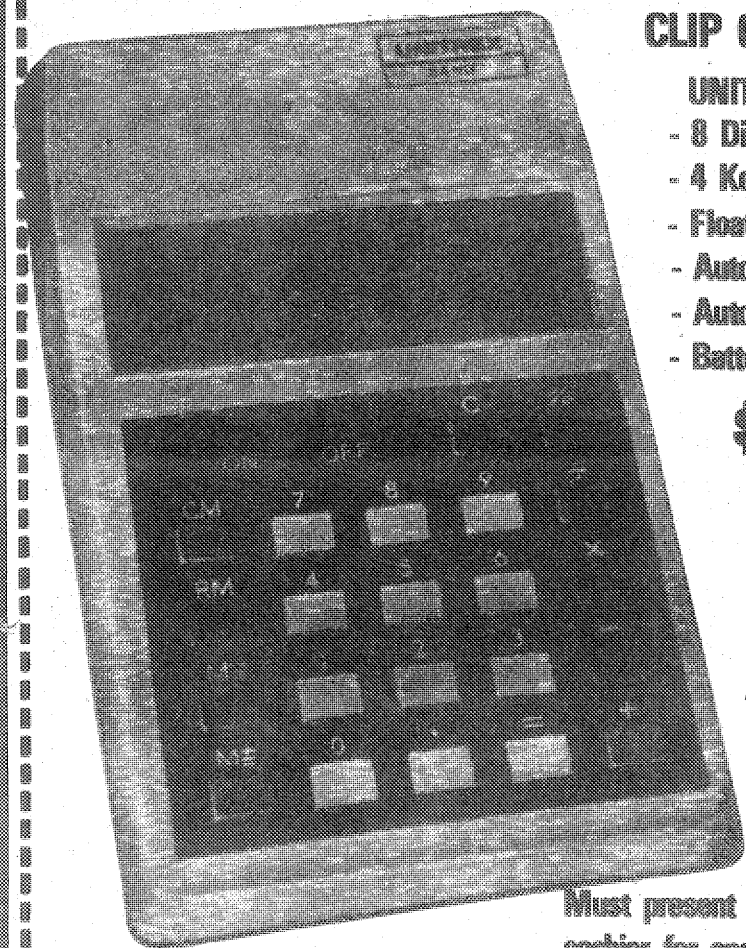
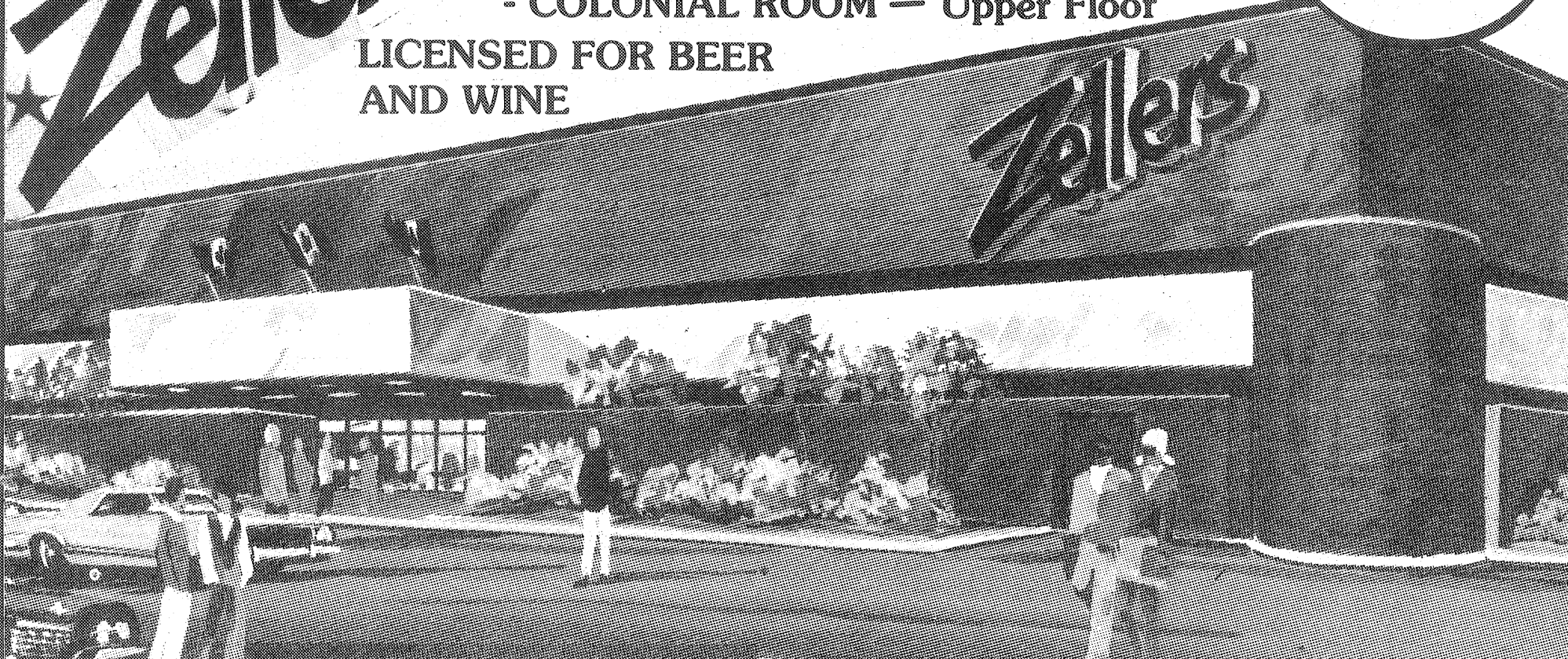
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