

# Nait Nugget

Thursday, Feb. 15, 1979

Volume 10 Issue 19

Edmonton, Alberta



Janet Walker



### short & sweet

Hey, I live in the slum and don't have a job, or any indication of getting one. How can I get some bread?

Why not rob a store and waste anyone who gets in my way.

That seems to be the general train of thought with all the crazy's around today.

Early this week a young man's life ended, when a juvenile broke into a gun shop and shot it out with the police.

A stray bullet hit an innocent motorist in the chest. His fiancé whom was also in the vehicle watched her future husband die.

What kind of deterrent do we have in this society to STOP these SENSELESS killings? Life imprisonment and out in ten years on parole.

That's the prisoner's right. What about the victims rights? When a nut decides to pull a stunt like the above he forfeits any rights in my eyes.

The only deterrent to murder or rape should be the death penalty. Yes your editor is sadistic. I want to see the maximum penalty brought back.

Only this time the mode of execution should be slow and

painful. The quick painless methods have no effect on a person who feels they have nothing left to live for.

Shoot them to death with a bee gun! Governments spend around \$30,000 a year per prisoner in our jails. Funny thing natives on the reserve are in worse shape than locked up criminals.

What do all of you think? Write me and express your point of view. Remember it could be anyone of us next.

EDITOR

### LETTERS TO THE EDITOR

Dear Editor:

I'm getting quite perturbed reading in your paper about people who complain about the cafeteria in this school.

Not only do I find this criticism unfair but highly defamatory. A wire in the vegetables indeed. I can hardly take these accusations seriously when in the same letter the writer claims to have to pay for vegetables she declines having.

This just isn't true. The price on the menu is for the entree only with the price of the vegetables being added on *only* if they are accepted.

Obviously this person doesn't eat in the cafeteria very often or she simply can't add. As for the *extras* (as you so humorously put it) the students you mention receive, I will believe it when I see it.

Since coming to NAIT in early October I've eaten in the cafeteria everyday. In that time I've had maybe three meals that weren't up to par.

On the whole 'i have nothing but praise for the way the food is prepared and served. As for the price, I dare anybody to find a comparable meal anywhere else for less money.

Of course you can always brown bag it everyday which is cheaper but also very boring or you don't have to eat there at all. Nobody is forcing you to.

Having worked for five years before coming to NAIT, I had more than my share of bag lunches, and believe me I find it a real treat and yes even a privilege to eat a different hot

meal with all the extras (dessert, soup, etc.) everyday.

For some people, me included, who are here from out of town this is sometimes the best meal we have in a day.

The variety more than looks after ones' nutritional needs for the day.

In closing I'd like to say that before people criticize the things they have, they should think about how lucky they are to have them in the first place.

Rick Biederstadt  
Commercial Signwriting

Burp!

Dear Editor:

I woke up early feeling a little depressed because it was my birthday and I thought, "Another year older," but decided to make the best of it. So I showered and shaved, knowing when I went down to breakfast my wife would greet me with a big kiss and say happy birthday, dear.

All smiles, I went into breakfast and there sat my wife reading the newspaper as usual. She didn't say one word. So I got myself a cup of coffee and thought to myself, oh well, she just forgot. The kids will be in in a few minutes all cheery and they will sing Happy Birthday and have a nice gift for me.

There I sat, enjoying my coffee, and I waited. Finally the kids came running in yelling "Give me a slice of toast! I'm late! And

where is my coat? I'm going to miss the bus!" Feeling more depressed than ever I left for the office.

When I walked into the office my secretary greeted me with a nice smile and a "Happy Birthday Boss" and said "I'll get you some coffee." Her remembering made me feel a lot better.

Later in the morning my secretary knocked on my office door and said "Since it's your birthday why don't we have lunch together?" Thinking it would make me feel better I said "That's a good idea."

So we locked up the office and since it was my birthday I said, "Why don't we drive out of town and have lunch in the country instead of going to the usual place?" So we drove out of town and went to a little out of the way place and had a couple of martinis and a nice lunch, and started driving back to town when my secretary said "Why don't we go by my place and I will fix you another martini." It sounded like a good idea since we didn't have anything to do in the office anyway. So we went to her apartment and she fixed us both a martini and after a while she said if you will excuse me I think I will slip into something more comfortable and she left the room. In six minutes she opened her bedroom door and came out carrying a big birthday cake and following her was my wife and all my kids, and there I sat with nothing on but my socks.

In shock

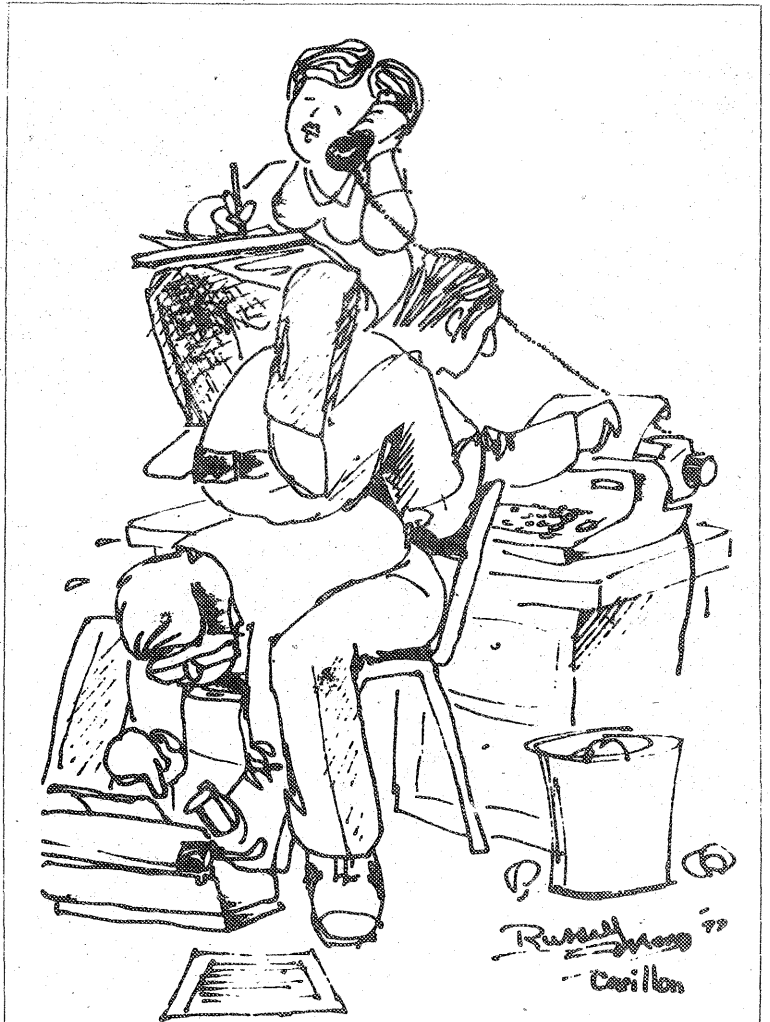
Things could be worse.  
You could work for the Nugget.

### Marijuana to be legalized

OTTAWA (CUP) -- It may only be a few more months until the penalties for possession of marijuana are removed.

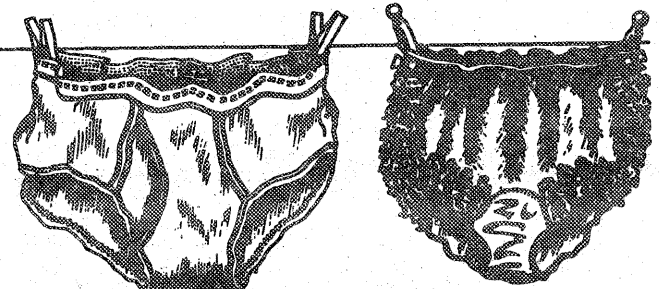
Representatives of all three major parties said Feb. 7 they would be willing to give speedy passage to a bill proposed by Justice Minister Marc Lalonde to decriminalize marijuana.

The bill, promised for several years, is expected to be similar to one passed by the Senate a few years ago which died on the order paper before the Commons had a chance to study it. That bill would have brought marijuana and hashish under the Food and Drug Act from the Narcotics Control Act, abolishing jail sentences and criminal records for those convicted of simple possession.



Boy, we sure could use help at the Nugget.

### NEWS BRIEFS



### FAS loses referendum at Grant MacEwan

EDMONTON (CUP) -- Grant MacEwan Community College (GMCC) students voted by a razor-thin margin to support withdrawal from the Federation of Alberta Students (FAS) Monday. The final vote was 178 in favor, 173 opposed, with three spoiled ballots.

But the Gateway was told at press time on Wednesday that the GMCC Students' Council may decide not to act upon the result of the referendum. Their decision will not be made until the end of this week.

Because of the narrow margin and the confusing wording of the question of the referendum ballot, there is concern about the validity of the result. Final results were delayed for a day

when the collected ballots from one of the five polling stations temporarily disappeared in transit.

FAS executive member Tom Barrett expressed concern about the events surrounding the referendum but declined comment until the final Council decision is known.

An unidentified member of the GMCC student newspaper said she was optimistic about the future of FAS at Grant MacEwan. "I think the general feeling is that FAS doesn't want to lose GMCC," she said. She added the Council would probably adopt a wait - and - see attitude and refuse to take formal steps to withdraw.

The current maximum penalty for possession is seven years in jail.

Lalonde has emphasized, however, the government believes possession should still remain an offence.

Both the Conservative and the New Democratic Parties said they would be willing to cooperate in passing the bill as quickly as possible after Lalonde told the Commons Feb. 7 he wanted to consult with the Opposition as to whether such a bill could be guaranteed speedy passage.

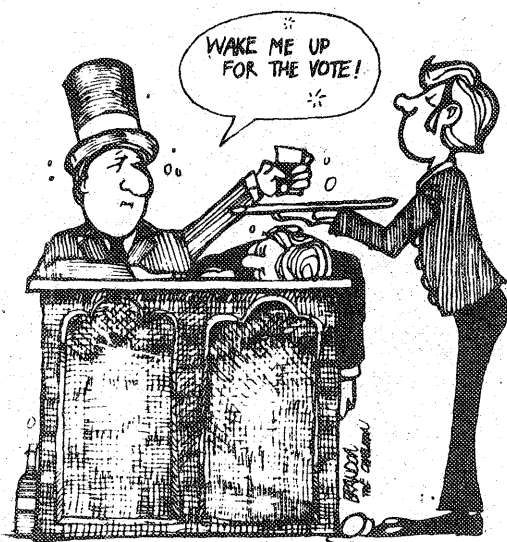
Pressed by Conservative youth critic Paul Dick on why the government had failed to act on the question, Lalonde said that if the opposition parties promised cooperation "we will be very

happy to consult and see how fast we can proceed."

The executive director of the National Organization for the Reform of Marijuana Laws (NORMAL), Andy Rapoch, said he was "overjoyed" at the announcement. "Our reaction is one of a huge sigh of relief."

While he was waiting for the exact form of the bill before giving any final comment, Rapoch said he was fairly satisfied. "Removing simple possession was our main objective. The decriminalization of the individual user is 90% of the solution."

In January, NORMAL launched a campaign for immediate decriminalization. At that time, Rapoch estimated 40,000 people a year were convicted "for what it is clearly not a crime".



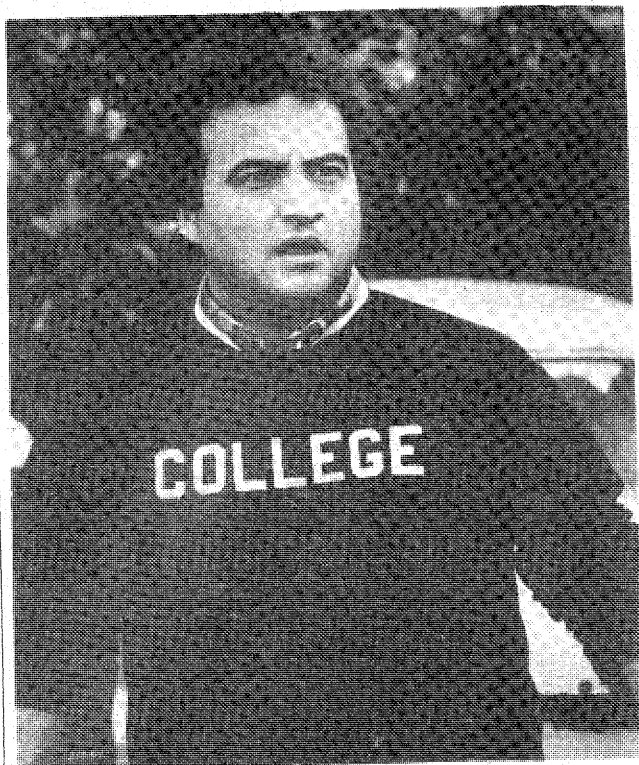
### NAITSA ELECTIONS

The week of March 19 - 23 has been designated Election Week. Anyone interested in running for the positions of:

President  
Vice - President

Secretary  
Athletics Chairperson  
Publications Chairperson  
Activities Chairperson

please drop into the NAITSA offices in E133. Nominations forms will be available on Feb. 1 and must be returned to the NAITSA offices by Mar. 9. For more information drop in the NAITSA offices and ask for Pat or Rick.



## NUGGET CAPTION CONTEST

All you John Beluchi fans here is your chance to do the man justice. Send in a caption and if picked by a number of perverted judges as the best you are the winner to two free tickets to the Feb. 23, 1979 cabaret. Drop off all entries at the Nugget office by Feb. 12, 1979.

As many captions as possible will be published and the winner will be announced in the Feb. 16th issue of the Nugget.

*What the heck is  
this wild and crazy  
guy saying?*

CAPTIONS

I'm willing?

So that's what silicone does.

You want to suck my what?

That guy must have pistons in his gut, it's been half an hour and he's still peein' in the Registrar's window.

## Govt. tries again to raise loan limits

OTTAWA (CUP) -- Another government attempt to raise the Canada Student Loan ceiling will simply mean higher student debts, according to the National Union of Students (NUS).

The loan ceiling increase, part of a bill introduced Feb. 8 revising several aspects of the federal Canada Student Loans program, will mean students will be able to borrow up to \$2,240 per academic year, up from the current \$1,800.

But, according to NUS executive member Bryan Bedford, this means students in most provinces will simply receive more loans and less grants.

"What will happen is that most provinces (not Ontario or Quebec) will cut back the grants and give more loans."

Canada Student Loans are administered through provincial student aid systems in all provinces except Quebec. The provinces may, if they wish, supplement the loan money with provincial grants.

The bill was introduced into the House of Commons Feb. 8 by Secretary of State John Roberts. However, a similar bill was dropped last year after vociferous opposition from NUS.

This year, NUS representatives said NUS was not consulted before the bill was introduced.

According to Ministry spokesperson Joan Potvin, the bill was introduced because the ministry felt the act was no longer current and "to make more money available to students in longer courses."

"It will go somewhat to meeting higher costs."

NUS President John Tuzyk disagreed. "Although student costs have increased, it is hardly rational to increase the burden with greater indebtedness after graduation."

When questioned about the NUS objection, Potvin said it was up to the provinces to decide if they wished to use loan money to displace grants.

"If they need extra money, at least they'll have some extra money from this increase even if the province won't give them any."

The proposed changes include:

--calculating the loan limits on a weekly rather than yearly basis, permitting students in longer courses to receive greater maximum aid to meet higher costs;

--raising the loan limit from \$1,800/yr to \$2,240/yr.

--lowering the eligible course length from 26 to 12 weeks to allow students in shorter courses to also be eligible for loans;

--making landed immigrants who receive permanent status immedi-

ately eligible for loans, instead of forcing them to wait 12 months;

--permitting the establishment of regulations to deny aid or interest free status to students who have abused the program by intentionally defaulting, declaring bankruptcy, or failing to honor their contract for a loan without a just cause.

Potvin said provincial student

aid programs would be responsible for disqualifying such students. However, they could appeal directly to the Canada Student Loans Program to have their case reviewed. If they could prove the default had not been intentional, she said, they could be reinstated.

NUS did not object to any other changes beside the loan ceiling increase. However, it questioned the amount of attention the ministry was paying to student input.

"This bill does not address the concerns raised by the National Union of Students last year," said NUS executive member Bev Crossman. She said the only way to increase access to post-secondary education was to increase grants, rather than loans, and to extend the loan repayment period because of record high youth and student unemployment.

Tuzyk said, while NUS would still like to give input on the future direction of the program, "this new bill serves to end that input before it has started".

WILLMORE WILDERNESS PARK was set aside in 1965 by the government as a natural wilderness area. Now, the area north of Jasper National Park is gradually losing its land to the nearby town of Grande Cache.

A proposal has been submitted to develop the area for tourism. As it is now, access into the area is accessible only by foot. Motels, roads, and other services would be built, to turn the natural habitat into another crowded tourist playground.

In Alberta there are already too few isolated areas within a short walking distance, for a quiet relaxing holiday, weekend camp-

ing, etc.

Many groups have been fighting for the park's preservation, but are losing ground to the government. If you have ever encaptured the beauty of the area and are concerned, lend your support. Don't sell out the land for the sake of development.

Protest to:  
Alberta Wilderness Association  
Box 6398  
Station D  
Calgary, Alberta  
T2P 2E1

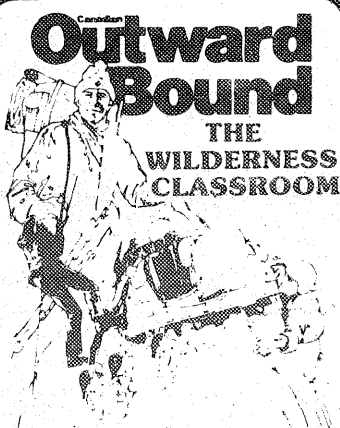
## NAITSA TREASURER WANTED FOR 1979 to 1980

Anyone wishing to apply for this position must satisfy the preliminary qualification of being a first year business student who will be entering any of the business options in their 2nd year.

If you are interested in this prestigious position...CONTACT Mrs. "D" in the Student Services Office in room E134 for more information.

EDMONTON Y.M.C.A.  
CHITO RYU KARATE CLUB  
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STARTING Sept. 18



**What is Outward Bound?**  
Outward Bound is a real life adventure. It is ordinary people doing extraordinary things, things that others only dream about. It's an experience in concentrated living which lasts three or four weeks, but can affect you for the rest of your life.

Outward Bound is the accomplishment you feel relaxing on top of your first mountain after working so hard to get there. It's the wonder of nosing your canoe into a shimmering lake after the longest portage you've ever imagined, or bringing your kayak to rest at the end of the wildest stretch of white water you've ever seen.

Outward Bound is the joy of sharing and helping, and of receiving help yourself. It's experiencing the silence of wild places and sleeping under the stars. It's learning to rely on your own mind and body, muscles and wits, learning to trust and respect others, and accepting responsibility yourself. It is a unique educational experience which leads to a new understanding of yourself, your strengths and limitations. You discover that most of your limits are self-imposed.

Outward Bound is the simplicity of living with the minimum of equipment in wild country. It is the discovery of inner strengths achieved by extending personal limits. It is the joy of finding new levels of communication with others. Outward Bound is the chance to find out who YOU really are.

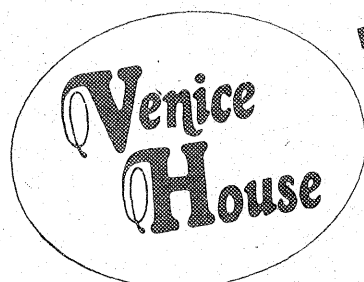
Outward Bound... an international educational movement with over 30 schools on 5 continents. The program includes mountaineering, kayaking, mountain rescue and extended mountain expeditions. 1979 Summer Courses begin April 30th.

OUTWARD BOUND, 1616 West 7th Ave., Vancouver, B.C. V6J 1S5 (604) 733-9104 or 11 Yorkville Ave., 200 Toronto, Ontario M4W 1L3 (416) 922-3321

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PHONE..... AGE.....

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# ENTERTAINMENT



## Pie Eating CONTEST

The tremendous turnout at the pie eating contest last Tuesday helped to turn the contestants' stomachs to the point of nausea, and that was before the pie eating contest began.

Our famous NAITSA President, MC'ed the event as though it were a horse race with intermission, staring himself "Rick Stewart" and his interpretation of the pie eaters gut feeling. This really added atmosphere to the whole event.

Now let's get back on track. The great participation resulted in 2 heats and consequently 2 first prize winners. The pie eating experts are the following:

- 1) Bio Science who used their biological and physical attri-

butes (their beards) for assistance.

- 2) Finance who used good old, old fashion jaw action and strong stomachs to achieve their winnings.

I guess now we all know who the big mouths on campus are. I would like to wish those women who catch those fine gentlemen "Good Luck" in feeding them. They're gonna need it.

A small special attraction was added to this event which included an attempted pie in Rick Stewart's face (appologies to the girl off stage who did receive it) and a successful pie in Perry Hendriks' face. Thanks Radar.

I guess we could say that it was a "Face filling" event for all involved.

pal

## Queen's Ball

The night was frosty, the roads were virtually non-existent. A chilling 30 below was recorded that night, but nothing could stop the few people that decided to attend the Queen's Ball.

In the early hours of the evening, bodies with long stylish gowns could be seen gliding gracefully across the floors. Someone told me they were the Queen candidates.

Their escorts were led with fine, 3 piece suits. You could tell this night was special, just by the dress alone.

As the night progressed, people danced to the good music of "Band of Sound". But until the Queen was announced there was a feeling of tension, a feeling that was experienced by everybody in that small banquet room.

At 11 o'clock, the deciding hour had finally arrived. Who would inherit the jeweled crown?

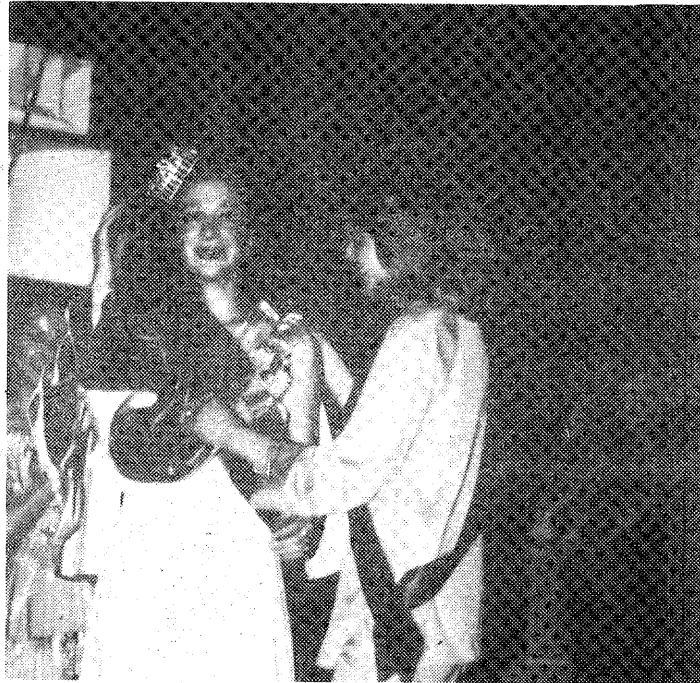
The announcement was heard, the name was called "Janet Walker is the new Queen". At that moment feelings of glamour and pride were felt. She looked so happy, so surprised. *She* was the one.

As my eyes pondered at the winner, I could not help but notice the obvious emotions of defeat and sorrow which were painted on the other contestant's faces. I

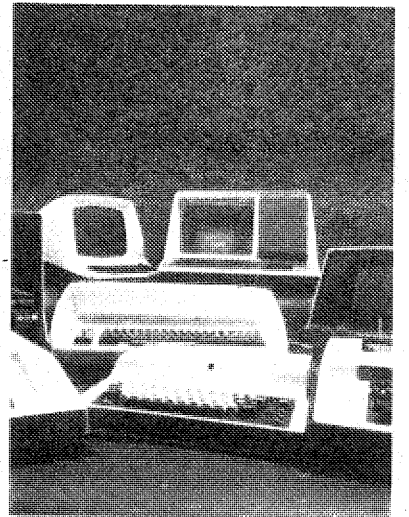
would like to say something to all those Queens. Even though one of you had to be picked, you were all winners in your own ways. Be proud of yourselves, all of you are very special people.

Don Stosky  
Entertainment Editor

**SUMMER EMPLOYMENT:**  
How to secure summer jobs in Alberta. Labour jobs, clerical, local and Northern Employment, etc. Best to apply early! Send \$2 for student Summer Employment Guide — satisfaction or refund. Labour Market Info Service, Box 7810 Sta-A (Dept UA), Edmonton, Alta T5J 3G6.



## Data Terminal Mart



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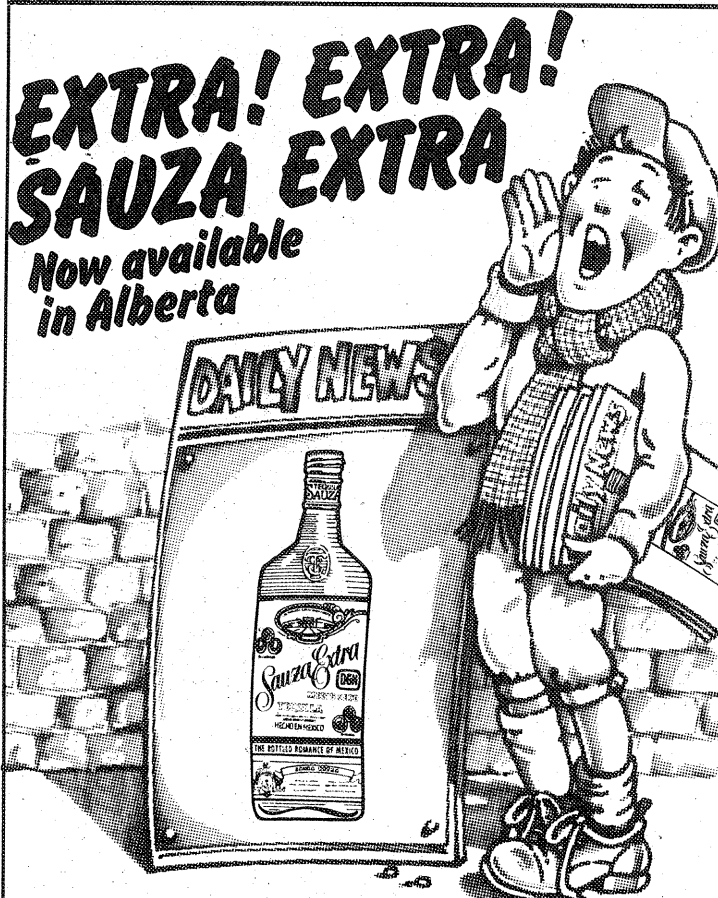
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## TEQUILA SAUZA EXTRA IS NOW AVAILABLE IN ALBERTA!

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# SAUZA

Number 1 in Canada Number 1 in Mexico



## PRESS RELEASE for the LUCKY GOOSE for a NAIT performance

On Feb. 21, the Lucky Goose, two top entertainers and musicians from B. C. will be appearing during the Common Hour at NAIT.

Featuring Brian on multi-keyboards and Marlene on flute, sax, fiddle and percussion with rich vocal harmonies. They'll be playing a wide variety of original music including their hit song "Save the Kootenays" which was No. 1 throughout B. C.

The Lucky Goose is presently on a cross-Canada tour, which will include such highlights as the World Symposium on Humanity in Toronto in April, concert appearances in Montreal and Trends '79 a Trade Fair on alternative technologies held at the PNE grounds in Vancouver in May.

Brian and Marlene Lodmell are excellent musicians and dynamic performers, so remember to be in the Auditorium on Feb. 21 at 12:30 for an exciting show with the Lucky Goose.

Thursday, Feb. 15, 1979

## MAINSTREET burns up Holland House

The outside temperature was low, but inside well let's just say you couldn't cool off.

The hot band Mainstreet was melting the ice faster than the drinks.

Thanks to a great organizational job by the Secretary's and BCET, 350 people boogied their blues away.

It happened somewhere between walking in and seeing all those beautiful people getting down, and my trying to convince a secretary I would dance faster than she could type.

The urge to purge my system with ALCB antifreeze should have been tempered because she out-danced me, and I can't even type.

It's not often the secretaries put on a function but when they do, whatch out.

Keep it comin' up ladies.

Paul

BANK OF B.C. requires part-time tellers for Saturday. Ph. 478-5335

## n.a.i.t. students GO SKITZO

It was a wild and crazy time last Thursday afternoon as NAIT student's from varying technologies went SKITZO. The skits ranged from the immoral streakers, jerks, dirty songs, etc., to the sweet and innocent fairy tales of Snow White and Cinderella, and to say the least, commercials were not forgotten.

BCET and Secrétariat dramatized what NAIT is really like. Ranging from the distinguished president (briefcase and all), down to the instructors climbing walls, to the undergraduates playing in mud puddles, and talking to walls, and of course to the one person who knows it all: GOD (the Secretary).

Versions of Cinderella added to the comedy. Bio - Science presented "Cinderella" starring a young man with a dream to be a great hockey star. To his avail, along came the fairy (?) godfather turning his withered old boot into golden skates.

Business Administration presented Barbarella and her two ugly sisters (figures 46 - 46 - 46 and not in metric). The setting was in metropolis Vegreville (Ukrainian City), featuring John Revolva, and the godfather whose magic did

## Nugget

not work, and left the scene commenting "See you later".

Squealing tires, crashing planes, swaying palms, and romantic music introduced EDDT's satire of Fantasy Island. The cast included such notables as Miss Drafting, Mr. Corked, Twatwho, Perry Hensquire posing the questions, and Rick Stewpot making the moves (as usual!).

Most people don't care for commercials, but Marketing remedied that by featuring six humorous skits. They included a treasure chest full of the evil weed (Wonderbar), Participation featuring a crow walking a block a day, Sexual satire on Shell Oil's method of lubrication, Charman's (only Mr. Wimples can squeeze the Charman's -- needless to say what the Charman's were), Freshen Up Gum -- the gum that goes squirt (any people sitting in the front row know what it's all about), and short shorts featuring five pairs of hairy legs.

Financing presented a singing rendition of the Corner Master Store. There was a clerk who jerked, streakers with only blue sneakers, surgeons chasing virgins, and a queen who not only impressed the streakers, but also the audience.

The influence of TV has made it self known to the audience through Computer's version of "The Newlywed's", and Earth

Resources, "The Mating Game".

The Newlywed Game featured couples Steve and Connie Will, Rita and Ben Gay, the fighting Twerpes, and the very pregnant wife and her husband, Carnine (married 2 months). Host Terry Nette queried the couples on such questions as: What their first date was like. Was it first base, blocked punt, or home run? What their first wedding night was like: Animal House or Rocky Horror Picture Show.

The Mating Game featured the "Flutter Triplets". Number one loved exposing himself. Number two liked masturbating, and number three was not allowed near any wooden doorholes with knot-holes. Number two when asked what he did best with his hands, or about sky rises, his answer was only expected. Then Miss Earth Resources (the poor soul) had to choose between the three. High rised outrose them all.

Architecture featured Snow White and sick dwarves. A looming dark figure (the evil queen ... that's for all of you who aren't caught up on your fairy tales.) gave Snow White a loaded banana. One bite caused her to lapse into an almost unending death role. Only the handsome prince could save her, instead she got Mr. Nice Guy -- red tights and all.

The skits raised many brows and laughs. Many parts were unexpected, even to the judges -- Alex Mair, Tony Biomonte, Gary Meadus, Peter O'Neil, Irwin Strifler, and President Carter. With Financing's streakers, I happened to glance over at the officials expecting to see frowns and gremices, only to see smiles and chuckles. Apparently they did not mind, as it was done all in good taste.

The whole event, I felt was a good time, displaying the creativity and acting abilities of the various participating technologies.

Kory Malcolm

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## Elvis who??



ELVIS COSTELLO & THE  
ATTRactions  
ARMED FORCES

This is an album which throws Costello's rough voice out of your speakers accompanied by voices and music from his three man backup band.

This group of performers definitely has a small band sound and, if you react to music anything like I do, you should listen to Elvis twice before deciding if you like him or not. You'll probably find you do.

The overall sound is relatively simple without too much background music to clutter it up. The music ranges from soft to semi hard rock.

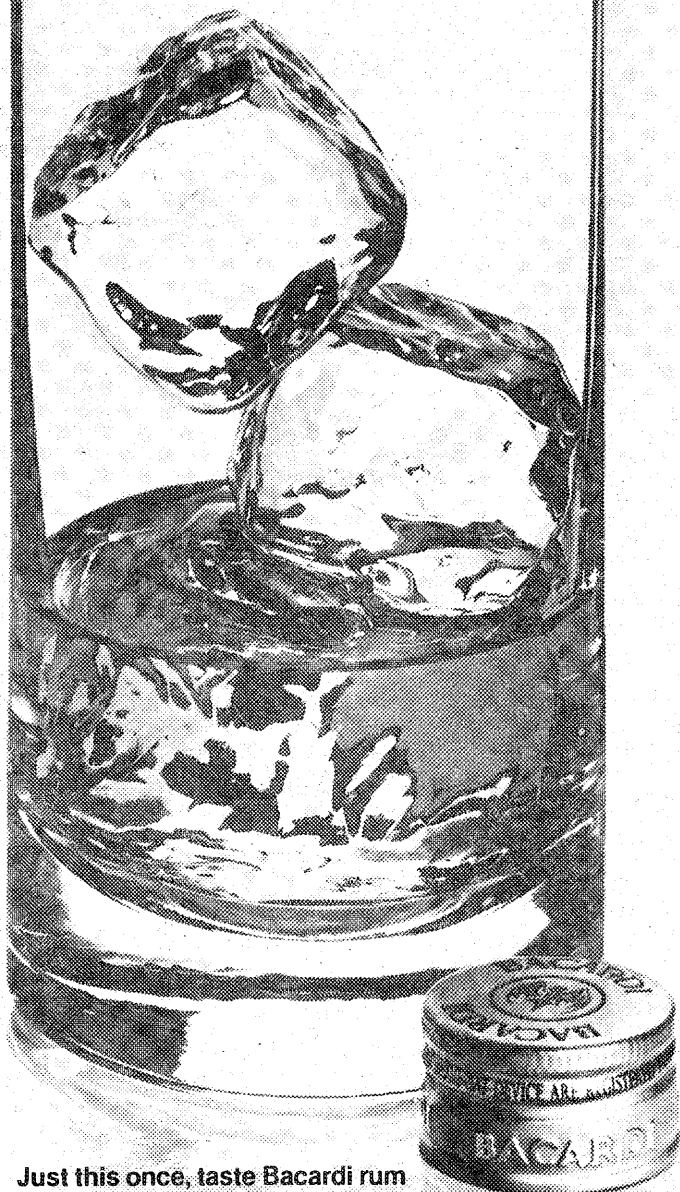
Along with the large LP an added bargain of a "45" size record played at 33 1/3 is enclosed. On that little one is a tune which you may have heard before called "Alison".

Linda Ronstadt sings it on her Back In The USA album. "Alison" was originally done by Elvis which should give some indication of what some of his kind of music is like.

Kerry Croft

Record courtesy of Kelly's Record City, Kingsway Garden Mall.

# Bacardi rum. Sip it before you mix it.



Just this once, taste Bacardi rum before you add anything. It's a beautiful way to see why Bacardi goes so well with soda, water, ginger and almost anything else.

BACARDI rum

## INTERNATIONAL STUDENTS

### Some facts about your stay in Canada

If you plan to visit other countries during your stay in Canada, please note the following:

Students who visit the United States, Greenland, St. Pierre and Miquelon do not require visas to re-enter Canada as long as their student authorization remains valid at the time of re-entry;

Students planning to visit other areas of the world may, depending on their citizenship, need a visa to re-enter Canada in addition to a valid student authorization and should contact a Canada Immigration Centre for advice.

So if you are planning to visit another country, make certain there will be no difficulty re-entering Canada to resume your studies. If there is any doubt, contact your Canada Immigration Centre.

In Edmonton, your Immigration Centre is located at 10506 Jasper Avenue, telephone 425-7865.



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Immigration Centre

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Immigration Canada

Centre d'Immigration  
du Canada



# SPORTS

## NAIT Wrestlers: just short of excellence

It appears that the NAIT wrestlers are showing a definite improvement at every tournament they attend.

On Jan. 20, the NAIT team barely missed taking the team title by a mere 1 point! With MRC taking the overall pt. standing with 48, NAIT placed a very close 2nd with 47 total points.

This reflected an excellent effort since SAIT (this years fall ACAC winners) placed 3rd way down with 36, Camrose 4th with 30, RDC 5th at 11 pts, and Vermillion rounding out the total with 5 pts for 6th place.

NAIT without a doubt would have walked away with the team standing had co - captain Bob Lemmon been able to attend. Bob who won the fall ACAC's and Rocky Mountain takedown tourney at 167 lbs this yr., injured his back at the U of A wrestling classic a wk. previous, and was unable to attend.

Even so, co - captain Keith Lockhart led the team with his 1st place at 142 lbs, despite a shoulder injury which almost caused him to default. An excellent effort on Keith's part.

Also an honourable mention is due to Dean Hallum, new to the team, but who took 2nd place in the 134 lb wt class. Also despite a bad injury.

Due to a mix - up Ron Janzen who weighed in at 187 lbs was placed in the next higher wt class at 220.

Even with a 30 lb disadvantage, Ron won the wt class with a good show of speed and agility over his heavier opponents.

Also notable among the team, ere Gary Thornton and Earryl Harrison who placed 3rd at 158 and 118 lbs respectively.

And to round out the roster was wrestling coach Paul Gibeault and Harold Peacock who finished 1st and 4th respectively in the hotly contested 150 lb wt class.

Although NAIT narrowly missed the team award, it was offset with the tournament's most outstanding wrestler who was voted to be NAIT's Paul Gibeault.

Although NAIT has always been shy on numbers, there is no doubt from the results that some high quality wrestlers are present.

Coach Paul Bibeault figures that most of his wrestlers are just about ready to peak. With most of the season's tournaments under their belts, they should really come on for the ACAC finals. The championships are to be held in Lethbridge on Feb. 16 - 18.

Gibeault states that quite a few injuries have been incurred over the season which really hampers progress. "It shows especially in tournament standings, when you've got to leave a couple guys home on tournaments; and when they start missing practices". He says "Unfortunately, any sport has its risks so there's no getting away from them really, it's just a matter of keeping them to a minimum".

However, with the ACAC finals coming up, coach Gibeault is expecting strong performances from everybody. Especially Lemmon, Lockhart, and Janzen who have excellent chances to take their respective wt divisions.

To end the interview, coach Gibeault was asked to tell us just what it takes to win at wrestling.

"Well, like any other sport it takes many things; hard work and lots of it. It also takes a quality called aggressiveness, inner toughness, grit, whatever you want to call it, but it seems all champions have it in great quantities.

I have seen many matches lost, not to lack of skill but lack of desire. Many a bout has been won when the superior desire has shone over the superior skill. It's a case of trying not to get psyched out by your opponents name or reputation. Instead you've got to psych yourself up to win. A match is 6 minutes and you've got to give all you've got, and actually a bit more (105%) for the entire match.

Also, unlike other sports wrestling involves a close watch of one's weight. And if one wants to reach the highest levels of competition, it usually involves "cutting weight" to make a given wt division. It takes a strong individual to be able to trim his calorie intake and still workout hard to make the wt class.

Although sometimes "cutting wt" is difficult, depending on how much the individual has to lose it also has its positive side.

For one, all of us carry a certain amount of extra wt (flab) usually over the entire body. It is especially noticeable around the stomach.

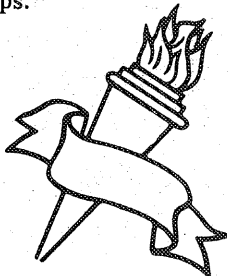
Also most of us eat a lot of "junk food", "empty calorie" foods and stuff that is plain not nutritional. Usually wt loss involves simply cutting out your junk foods and snacks and eating more leafy green vegetables and fruit. Coupled with hard workouts and a supplemental vitamin or two the weight comes off. And in no sport is the term "mean and lean" more applicable.

You also see changes, when your trimming down for a tournament. For example, that fatty waistline drops in size and firms up and usually "cuts" start developing across the midsection and upper chest where fat used to be.

Although you may not particularly notice it, studies have shown that you speed increases and reaction drill time decreases slightly.

Although as much as 10% body wt can be lost with little or no adverse effects, I only have my wrestlers lose wt when absolutely necessary and if they can and want to do it. I like to offer them the choice. They know however, that it may well mean the difference of winning the lower wt class or losing in the higher division.

We wish Paul along with the NAIT wrestling team the best of luck at the upcoming championships.



## NAIT FARES well in ACAC championships



I had mentioned in the previous papers that in the up coming ACAC Championships that the NAIT Badminton would be the team to beat. Well I was right and unfortunately they did lose out to Red Deer in the overall team standings but they were right in the thick of the battle.

### RESULTS

Ladies Singles:  
Won by Lethbridge  
2nd NAIT -- Rita Rusich

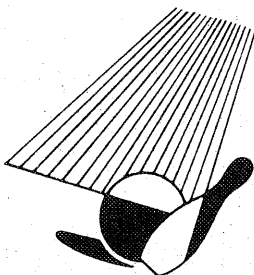
Ladies Doubles:  
Won by NAIT --Chris Brower & Jackie Hailes. This was the bright spot on the team as they ere dominant in the tournament. The most points scored against them was 8 and they blitzed Mount Royal in the finals 15 - 3. They will advance to the 4 - West Championships in Vancouver March 9 - 10. We wish them the best of luck.

Mens Singles:  
Won by Grant McEwen  
4th NAIT -- Valden Palm

Mens Doubles:  
Won by Red Deer  
2nd NAIT -- Perry Pepin and Al Uniat

Mixed Doubles:  
Won by Red Deer  
3rd NAIT -- Betty Lamb and Steve MacMillem

The key event that turned it around to Red Deer was in the Mens Doubles. After playing the round robin event the top three teams NAIT, SAIT, and Red Deer were all tied and entered a play-off. The names were drawn from the hat and SAIT had to play NAIT with the winner advancing to a rested Red Deer team. NAIT defeated SAIT but ran out of steam and fell to Red Deer. There is nothing to be ashamed of as this team gave it all they had. Each team and individual played with class and pride. **You all are champions ... CONGRATULATIONS!!!**



## OOKS HOCKEY NEWS

It was one of those days where you hoped the bus would break down so the game couldn't be played.

NAIT bowed 10 - 1 to the Camrose Vikings last Tuesday and two of NAIT's top defensemen Brad Stiles and Dave Johnson received suspensions.

Brian Goodfellow got the lone tally for NAIT as Camrose leveled a barrage of 48 shots in both Jubinville and Brodeur into the cage honors.

The Ooks weren't beaten at everything however. NAIT dominated and came out undefeated in both fights and penalty minutes. NAIT spent a total of 103 minutes in the box compared to 69 for Camrose. All four fight went to in favor of the Ooks.

On Saturday night the Ooks travelled to Mount Royal and continued the Cougar's losing streak by defeating MRC 5 - 2.

NAIT led 3 - 0 after the first on a pair of goals by Dave Reid and a singleton off the stick of Peter Skrabyk.

Mount Royal scored two goals in the second which set the stage for the third period.

The final frame saw 14 penalties called (10 for roughing) as well as two game misconducts both to Mount Royal. An unassisted goal by Peter Skrabyk and the final tally by Darrell Bakenfalkr put the game out of reach.

After playing Mount Royal Saturday the Ooks moved to SAIT and the arch - rival Trojans. However, SAIT took the lead early and skated to a 7 - 4 victory.

The Trojans jumped to an early 3 - 0 lead before Dave Reid replied for NAIT in the penalty free first period.

The second period saw 5 goals scored, 3 for SAIT and 2 for the Ooks (Goodfellow and Skarbryk) and the Trojans led 6 - 3 after two frames.

The final stanza saw SAIT held to one goal as was NAIT with Peter Skrabyk picking up his second of the night.

In contrast to the previous two games it was relatively harmless with NAIT picking up 5 of the 11 minors called.

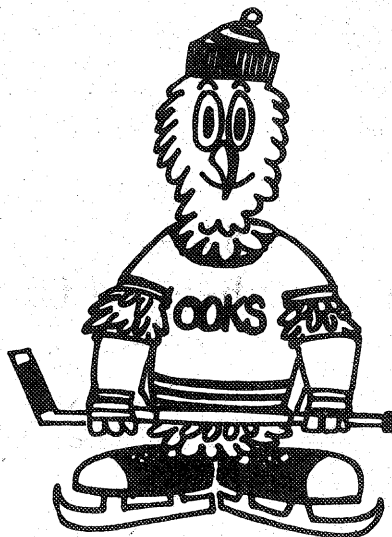
In the Bowling Championships, the main power to be dealt with was NAIT. It showed in the pre ACAC tournaments and the ladies and gentlemen who represented NAIT in this event did not hold back any punches as they took two out of the three events.

Both the mens and womens teams were winners and came out on top, the men by the paint on the pins as they skimmed by with a two point lead. Going into the final frame SAIT had to get 38 points to win ... they got 35. Now if that isn't close, I don't know what is.

In the mixed team competition, NAIT ended up in second place by 100 points (roughly) but the Ladies team came through and captured the Women's ACAC Bowling Crown.

The teams are now preparing for the Western University Championships in two weeks. A hearty congratulations.

The only teams to come away



Then just this past Wednesday, the final league game of the season, the Ooks went out with a bang as they toppled Red Deer 8 - 5.

The first period was a see - saw battle with the Kings scoring first then NAIT on goals by Reid and Captain Joe and then RDCTied it late in the period and they went into the dressing room deadlocked at 2 - 2.

The second period belonged to NAIT as they broke the game open with 4 unanswered goals by Skrabyk, Tessier, MacDonald, and Captain Joe.

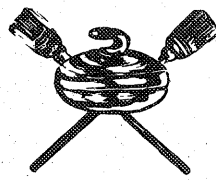
The third stanza saw Red Deer start to play a little better and they scored 2 power plays and 1 short - handed goal. The Ooks replied with goals by Tessier and an empty net goal by Dave Reid to put the game away.

There was one sad note late in the game as Bill Sutherland took a stick in the mouth and may have lost several teeth. At the time of this writing he is being attended to at the U of A hospital. Here's that all goes well.

The game meant nothing in the standings as NAIT clinched the 4th place, and they will face the same Red Deer Kings this weekend in the last of 3 playoffs. Hopefully this win will give a psychological lift. **WE ARE ALL ROOTIN' FOR YOU OOKS!!**

Gina Noce

empty handed were the curling teams and coach Jules Ochwar was sad and disappointed (at least that's the way he has been looking lately anyway). They gave it their best shot and that's the main thing. Congratulations ladies and gentlemen.



**WE ARE THE  
CHAMPIONS!!!**

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CABARET**

*featuring: FALCON CHASE*  
**SAT. FEB. 17**

**In the Beverly Rec. Centre**  
**8:00 PM -- 1:00 AM**

**members \$3.00**      **tickets at**  
**non - members \$4.00**      **the kiosk**



**BASKETBALL**



*volleyball team*

RESULTS NEXT ISSUE.

**CHALLENGE  
CUP  
NEWS**

who's No. 1 in sports at NAIT  
B. C. E. T.

On Feb. 14, 1979, the men from BCET defeated EDDT in a game of "Over the Line" baseball to retain the famed Challenge Cup. The game was played on the south snow banks of Plaza II in -30 degree weather. The final score was 2 - 1. BCET is now accepting any new and exciting challenges. Challenge Cup forms can be picked up from the NAITSA Athletic Chairman.

Sheidon Sveinson

*Marketing takes  
basketball title*

Last Thursday evening, the men from Marketing defeated the lads from Surveying in two straight games to take the 3 on 3 Division I Basketball title.

The competition was a double knockout tournament in which if you lose twice then you are out. Surveying had gone to the finals undefeated while Marketing recovered from its initial loss and went to the finals having to win both games to become champions.

The first contest was a hard fought aggressive battle with Surveying out hustling Marketing took the first 22 - 16 (by the way, first team to 22 wins).

The second battle was played after only ten minutes rest and it seemed to tell a bit on the Surveying team but Marketing was also playing a vicious defense. It also got a bit rough as there were a few times and tempers flared but they were quickly cooled and the game went on. Marketing got the hoops when they needed them and stifled Surveying to take the second game by 22 - 8 and with it the championship.

Congratulations are in order for the team from Surveying who played as they know how to. They are a fine competitive team.

The men who earned the laurels for the Marketing team were Dave Martin, Trevor Kennerd, Henry Loziuk, and Rick Stewart. They finally got it all together to win it and a hearty congratulations are in store for them as well.

Kareem Abdul Jabbar

*SMILE*

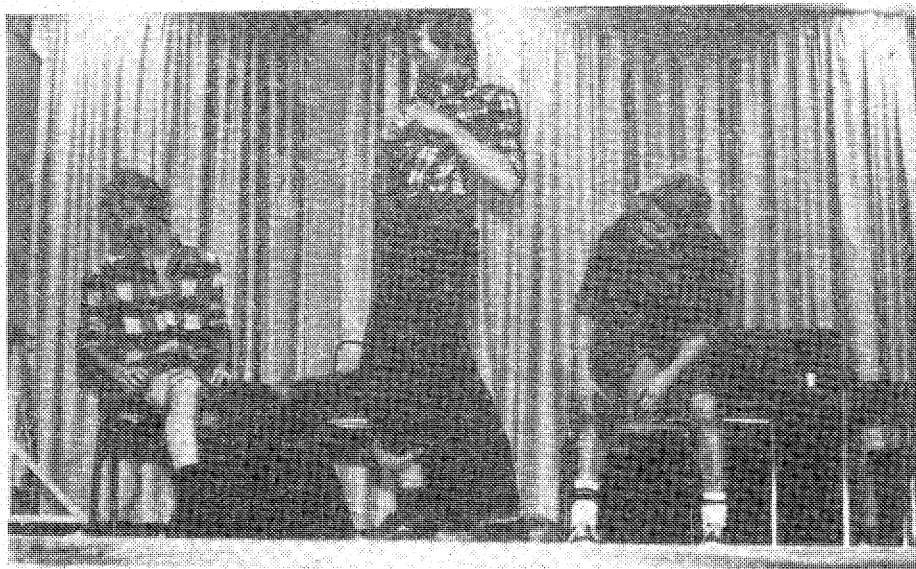
**Colts. Great moments in college life.**

On September 8, Graham Gauntlett lit up a Colts. Paused. And reflected on the computer room-mate-match-up-slip that informed him he would be rooming with a C.J. Bright.

**Colts. A great break.**  
Enjoy them anytime.



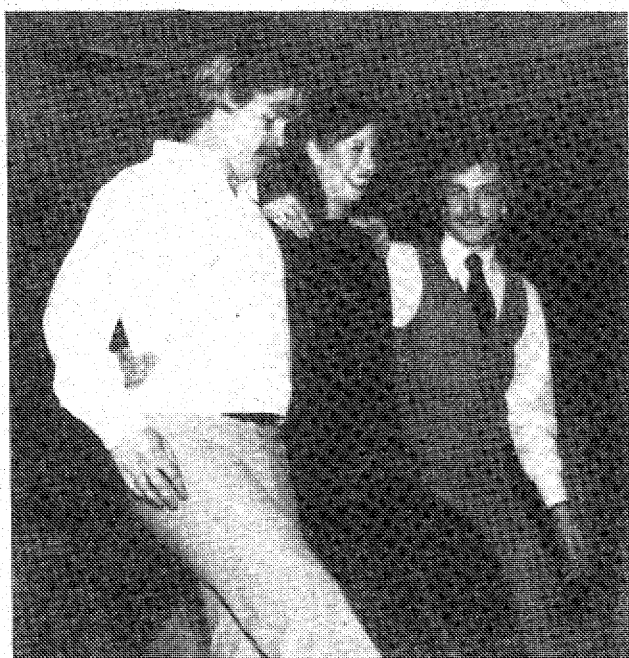
Memories of Mardi Gras Week ...



Let me entertain you...



Are you sure there's a rip in my pants?



Is that a cockroach? Step on it.



Only in the Blue Room you say? -- What a bloomin' pity!



Whaddya mean best 2 out of 3?!!



Oh George!





I swear, I had nothing to do with it.



Who Cut one?



What do you mean I'm 37 cents an hour overpaid?!



Not all the skits were garbage...



There's a mouse down there!



I'm supposed to go where?





Dance with Perry -- uuugggh!



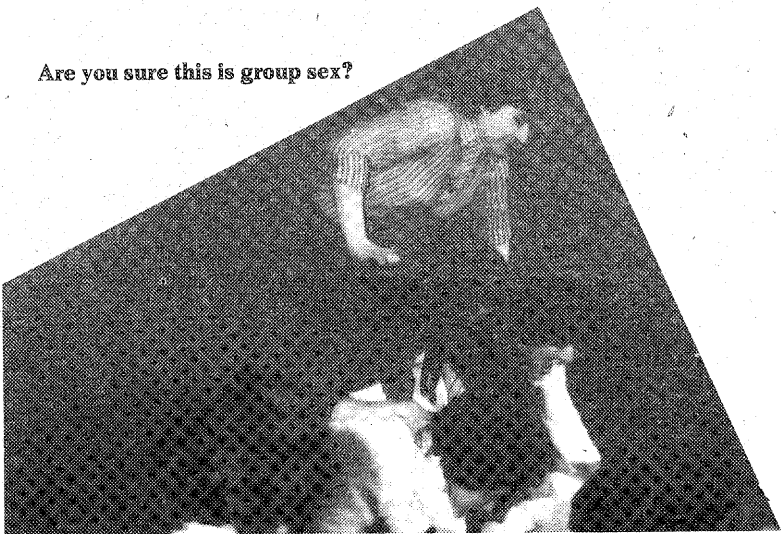
I'll dance with Perry!!!



Miss NAIT 1962



And they're off!



Are you sure this is group sex?

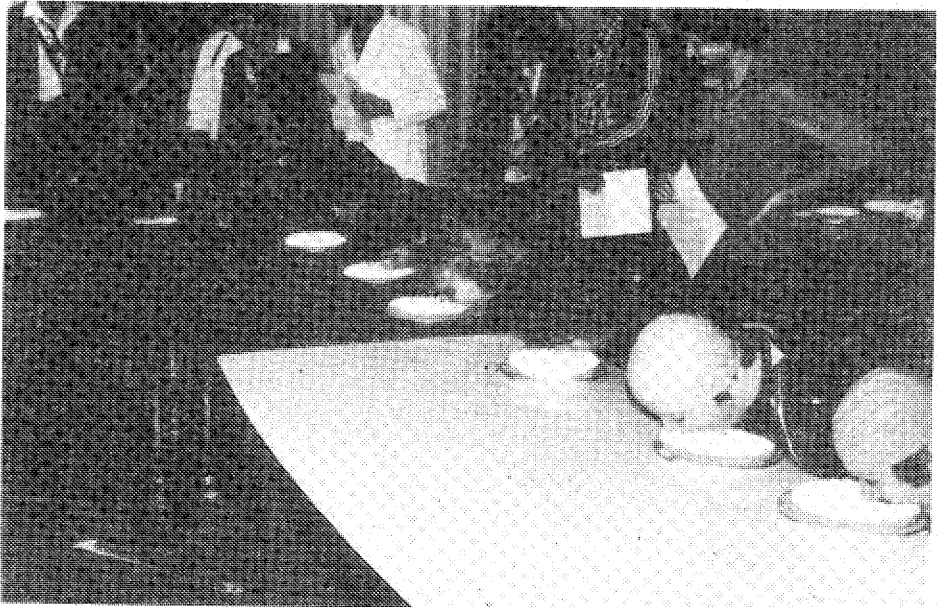
Come up and see me sometime...







Whaddya mean I should shave?



Should we tell them it's Gillette Foamy?



Plunger Power!



OOOHHH!

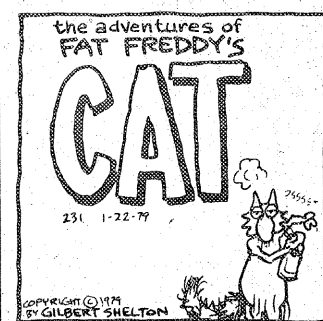
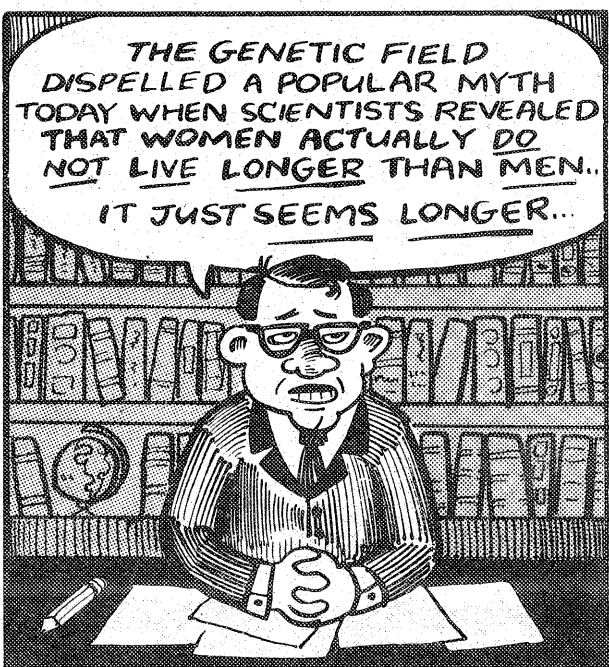
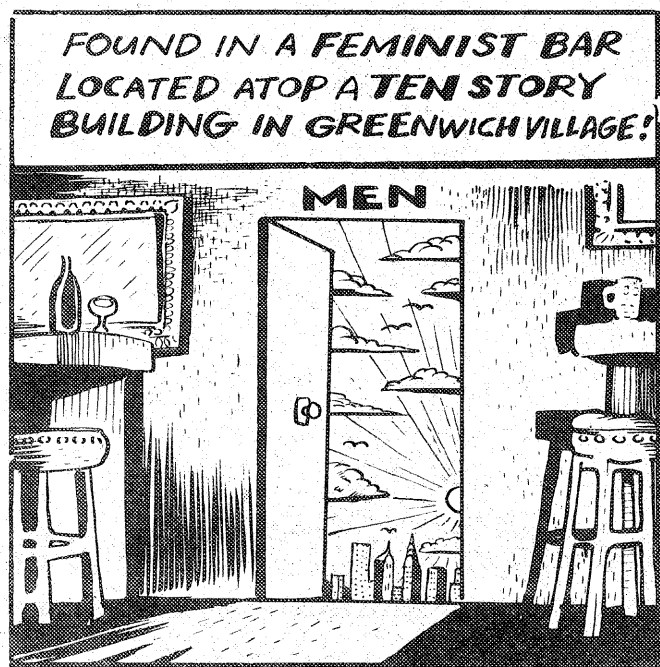
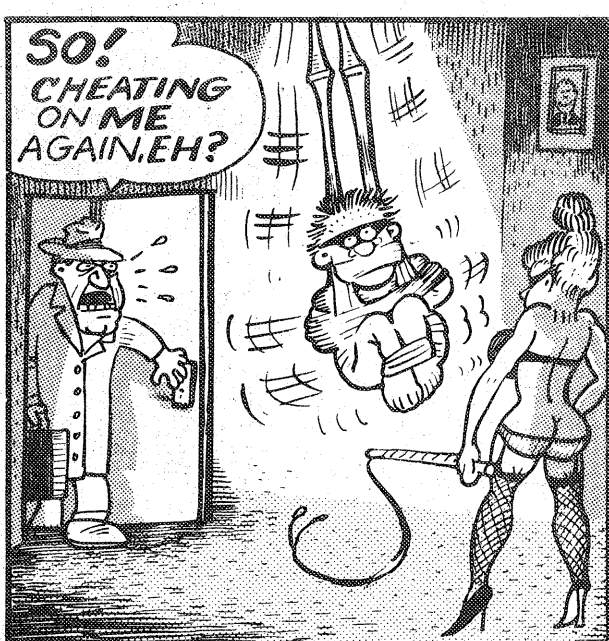
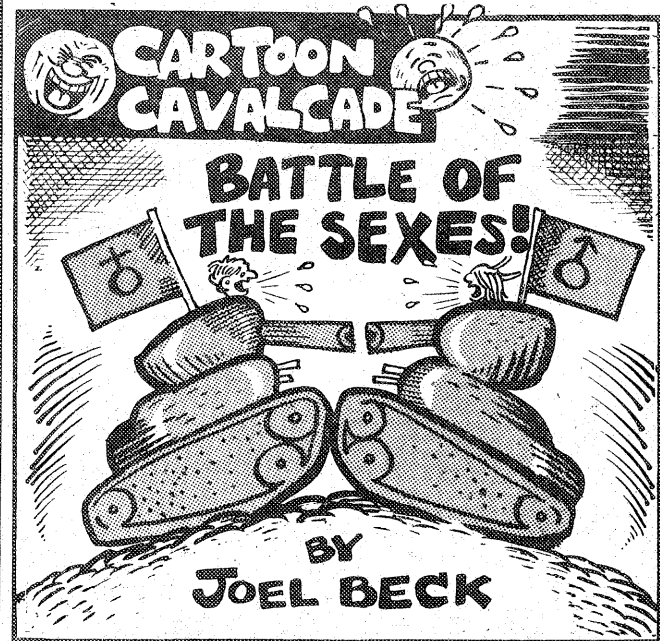
Hey! This stuff is real! Wunderbar?



OOOOHHH! Who's got cold hands?



# COMIX



## WANTED

1<sup>st</sup> year students  
to work on the

## NUGGET

POSITIONS AVAILABLE:

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SPORTS EDITOR ENTERTAINMENT EDITOR  
PHOTOGRAPHERS many fringe benefits

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funny, fabulous love story? YOU DO!

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Co-starring HARRISON FORD Written by JAMES CARABATSOS  
Music by JACK NITZSCHE and RICHARD HAZARD  
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and LAWRENCE TURMAN. A UNIVERSAL PICTURE. TECHNICOLOR®

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## MOVIE OF THE WEEK