

# NAIT Nugget

Thursday, September 27, 1979

Volume 11 Issue 3



## WHERE DO I GO TO SIGN UP ?

### YOUR YEARBOOK? WHAT'S THAT?

Your yearbook, What is it? What does it mean to you? How does it affect you? Your yearbook is a book of memories. Memories which are brought back to you in the form of pictorials. Once the occasion of your school

life has passed, these memories will also have passed. Amongst these memories are included Fridays at the K-wing, your classmates, pubs and beer-fests, and the numerous amount of friendships made throughout the year, and many, many more. Just imagine, ... everything forgotten. Your yearbook will bring back many of these memories.

What does your yearbook mean to you? Well, it may just be another book to add to

your collection, or it may be extra paper for your fireplace at the moment, but consider the situation twenty years from now. Twenty years down the road, how will you remember the moments which may be the best times of your life? All I'm trying to point out is that your yearbook may not mean anything to you now, but it will grow in value as the years go by.

How does all this affect you? Your yearbook may affect others more or it may not affect you at all. Your

yearbook will affect you more if you were a part of it. And you can! Many staff members are required, especially photographers (refer to the ad on page 2)

In twenty years, you too can look back at your yearbook and be proud of yourself that you helped put it together. For those who are not interested, all I can say is to enjoy the best times of your life here at NAIT and in the future, keep your memories close at hand by cherishing **YOUR YEARBOOK**.

## Stay out of the Job Rut

The price of being so busy at your job that you neglect your career can be quite steep. Your employer has his or her own problems--they can't keep you out of your "job rut".

To keep yourself out of a rut, the following four-point anti-rut prescription may help.

**EVALUATE THE POTENTIAL OF YOUR JOB** (or any job you are considering). Jobs in design, public relations and many other specialties can be dead-ends. Find out if there is a line of promotion. What calibre of experience will you obtain? Are you getting one year's experience ten times over? How would another firm in another industry evaluate your experience?

If the job is specialized, is it dangerous to your career to stay at it too long?

Have you trained a successor? If not, is this holding up your progressions? Is your work environment stimulating you to do your best? Have you discussed any work problems with your supervisor or the personnel manager?

**EVALUATE YOUR COMPANY.** How does your company's progress compare with its competitors' and the economy? What is the trend of its market share? Is it making money? Lack of equipment may hinder your ability to do your job or to diversify your experience. Lack of Profitability may mean layoffs of profession-

als--even people with 30 years' experience.

How important is your department to the company's plans? What is the likely effect on your job with changes in the economy? It is difficult to relocate if you are laid off at the same time as people in competitive firms?

### EVALUATE YOURSELF.

How does your income compare with your peers? If it is lower, is it because you are in a low-profit industry or because you have below-average responsibility? Are you ahead of technical developments or merely up-to-date? Are you being stimulated technically by associates? What education do you need to achieve your job objectives? What is the present and future demand for your skills? What competition do you face?

Why do you really want to change jobs? Are your career objectives realistic?

### MAKE YOURSELF A PLAN.

Set yourself a five-year objective, but make it realistic. Develop a plan to achieve the objective and work with your plan. Look for interim results and review your job strategy once every year or so.

Your personal values may change. You may not wish to make the sacrifices which continued progression may demand. Compromises are more easily made if you have first planned your career.

## TAYLOR CHARGES ALBERTA STUDENT LOANS NEED A REVAMPING

Alberta Liberal Leader, Nick Taylor, charged that the Alberta Conservative Government is "dragging its feet" on bringing student assistance loans in line with today's thinking, both as to amount and eligibility.

He said 18, 19, and 20 year olds, although of legal age for everything else are still asked for statements of net worth on their parents, in some cases where the loan officer feels there has been conflict, he may even "stick his nose into family affairs in order to 'reconcile matters'".

Taylor also charged that the present loan limits were set back in 1975 and are totally inadequate.

"Even the M.L.A.'s have given themselves raises, both through the front door and the back door since that time."

Taylor called again for "education mortgages", a policy his party put forward during the last election when he said "if it makes sense to mortgage some future income to buy a house, does it not also make sense to mortgage some of one's future income to buy an education."

# n.a.i.t. news



## B.J. COMMENTS

Dear Readers:

Student participation is an important and vital part of any educational institution. Your NAIT council works hard to bring you a variety of functions so that you may better enjoy an otherwise humdrum school year. What happened during frosh week?

Apathy seemed to be the key note during frosh week. With the exception of the beerfest, all activities were virtually unattended. There were people at all of the frosh week functions. However, the number of people contributing to these activities were few.

The courtyard barbeque was especially lacking interest. The cooks were expecting, and had prepared enough FREE food for 800 people. However, only about 200 people showed up for the free feast. What Happened? (must be the cafeteria food)

Oh well, I'm sure that nearly all of you that came out to participate during frosh week had an excellent time. But for all of the people that couldn't be bothered, tough luck. You really missed out.

Bruce Jameson  
Editor

**THE NORTHERN TORCH  
WANTS YOU!**  
**Your Yearbook needs Staff  
Members (especially Photo-  
graphers)**  
**Apply now in Room E-127**  
**or**  
**Leave your name in Student  
Services**  
**NO EXPERIENCE  
REQUIRED**

## NAITSA COMMENT



Having finally recovered from the beerfest after-effects, we roll right along into Shinerama week with the big shoe shine blitz this Friday. This year we're determined to set an all time high for money raised but we can't do it without your help.

The instructors are giving you half a day off classes so get your classmates together, pick up some shining kits, and have a good time! It's for a very worthy cause, Cystic Fibrosis, and this is their main source of income every year. Besides getting a free ticket to the cabaret with Falconchase that night, you're also eligible to win a limited edition photograph (valued at \$500) or free beer for the most original costumes to name a couple of prizes. The techs, both small and large, with the most participation will also win a trophy (did I hear BCET is going to take it away from Bio Science this year?) so come on out -grab some friends and shoe polish & keep on shining!

Kees Cusveller  
NAITSA President

## FROSH WEEK

Frosh week drew to a close last Saturday with the beerfest and the crowning of Miss Freshette '79 and Miss Shinerama '79. Throughout the entire week our 5 candidates were judged not only on appearance but on personality as well. When it was all over Cathy Person from Dental Assisting was named Miss Shinerama and Lynn Phillips from Teller Training named Miss Freshette. Lynn will now go on to represent NAIT in the Miss Edmonton Eskimo contest where I'm sure she'll do very well. The other candidates, Teri and Norma from Hairstyling and Cathy from from Med. Lab,

although they didn't win, will hopefully have some good memories about the week. The frosh week activities were also a great time, those who were at the kangaroo court, root beer guzzling or keg rolling would testify to that.

**FLASH-** Just heard that Lynn is one of 15 finalists in the Miss Eskimo Contest.

Go get them Lynn!

Kees Cusveller  
NAITSA President

The main doors on the west side of the cafeteria in the hallway will be locked at 7:00 p.m. this Friday, so get your jackets and books before then or wait until Saturday morning. Thanks for your co-operation in this matter.

Kees Cusveller

## CSLPG - NUS GETS THROUGH THE DOOR

NUS representatives made a presentation to the Canada Student Loans Plenary Group (CSLPG) on September 20 in Quebec City outlining a number of concerns students have with the present federal student aid program.

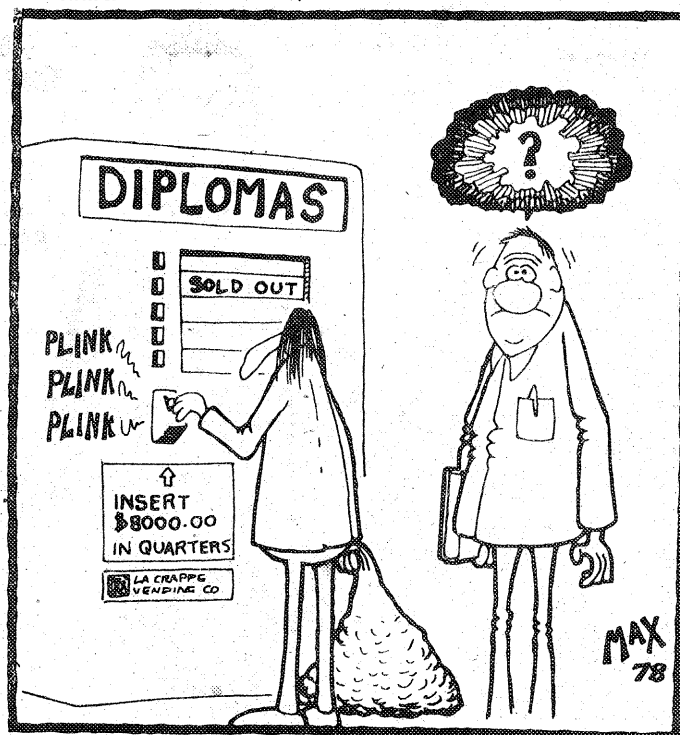
NUS stressed the need for a new national plan which addresses the financial problems of both students and potential students. But in the short term a number of administrative and legislative changes to the present Canada Student Loans Program could be made. NUS also made it clear to the CSLPG that students strongly oppose increasing the loan ceiling of the plan since such a move would do nothing more than increase the already intolerable debt load of students.

Members of the CSLPG did not respond to the points made by NUS in its presentation on the grounds that the meeting was not the place to carry out such a debate. Instead, NUS representatives were simply asked to respond to questions of clarification put forward by the representatives from Manitoba and Ontario.

But though the meeting with the CSLPG was not as productive as it might have been, NUS still considers it a step forward in the work being carried out around student aid. "Being allowed into the CSLPG annual meeting, even for an hour, is a victory for all students," said Alec Daschko, NUS executive member-at-large. "But we still have a lot more work to do before we get full representation on the CSLPG. Only when we become full members of this group will we have full in-put into the decisions being made with regard to student aid."

NUS hopes to meet with the CSLPG chair, F.C. Passey, next week to find out the official response to the student

presentation. NUS is also anxious to learn what, if any, recommendations came out of the annual CSLPG meeting. It is suspected that the major issue discussed by CSLPG representatives is the present loan ceiling of the program. Other items talked about probably included the age of independence under the Canada Student Loans Program; the eligibility of part-time students; and student contributions.



## THANKS TO ALL OF OUR CONTESTANTS



Miss Shinerama

Miss Freshette



(Cathy Person)



(Lynn Phillips)

n.a.i.t. news

## Study Promotes Business-Women

The business community is losing leadership potential by failing to promote women, says Alan Cahoon, a University of Calgary business professor conducting a major study of women in business.

**"Women are a good bet for a company," he says. "They are loyal, they tend to stay with a company longer, they work harder and they tend to be more supportive of their fellow employees."**

Today's women work twice as hard as men in comparable positions, Mr. Cahoon feels.

Mr. Cahoon has also found:  
--women may stay longer  
than their male counterparts;

--they are likely to be more loyal to superiors than male employees;

--and, because they have worked hard to get where they are, they will probably adopt a supportive attitude to the staff working for them.

Mr. Cahoon believes that the idea that women will leave jobs because they get married or have children is exaggerated. Although

exaggerated. Although women take time off for maternity leave, men are more likely to have nervous breakdowns. The time off in both cases tend to even out.

both cases tend to even out. Turnover and absenteeism with the two sexes is also equal, he reports.

"A man makes a career decision when he is 20 or 25 years old, but a woman waits until she is 30 or 35."

"She spends her 20's deciding whether to get married, raise a family, or pursue a career," he said.

"But when she makes up her mind, she sticks to it."

## LOOKING FOR PERMANENT, SUMMER OR PART-TIME EMPLOYMENT?

A job and a pay cheque are personal necessities in today's economic world. Most students are at NAIT to become better equipped to find a job: a job with a fatter pay cheque. But how do you, as a student or recent graduate, make the business community aware of your new skills, your enthusiasm, your availability?

**COME, TRY US  
THE CANADA EMPLOYMENT CENTRE  
ON CAMPUS**

Check the Canada Employment Centre bulletin boards located on the main floor of the J-wing and at the Plaza II cafeteria entrance. They contain postings of available positions and all companies who will be recruiting on campus.

You are advised to register with our office as early as possible. Many employers begin recruiting as early as November to fill summer and permanent vacancies for the following year.

Keep in mind that most large companies recruit only once a year. So whether you intend to start work immediately after you studies or not, apply and attend the interviews. Employers are often willing to wait for the right person but they should always be openly advised of any plans which may effect your starting date with their company.

**We offer:**

- Information on job hunting and resume preparation
- Social insurance forms and document verification services
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**COME, TRY US ...**

In Room E-132  
Phone 477-4369  
From 8:00 am to 4:30 pm  
Monday to Friday

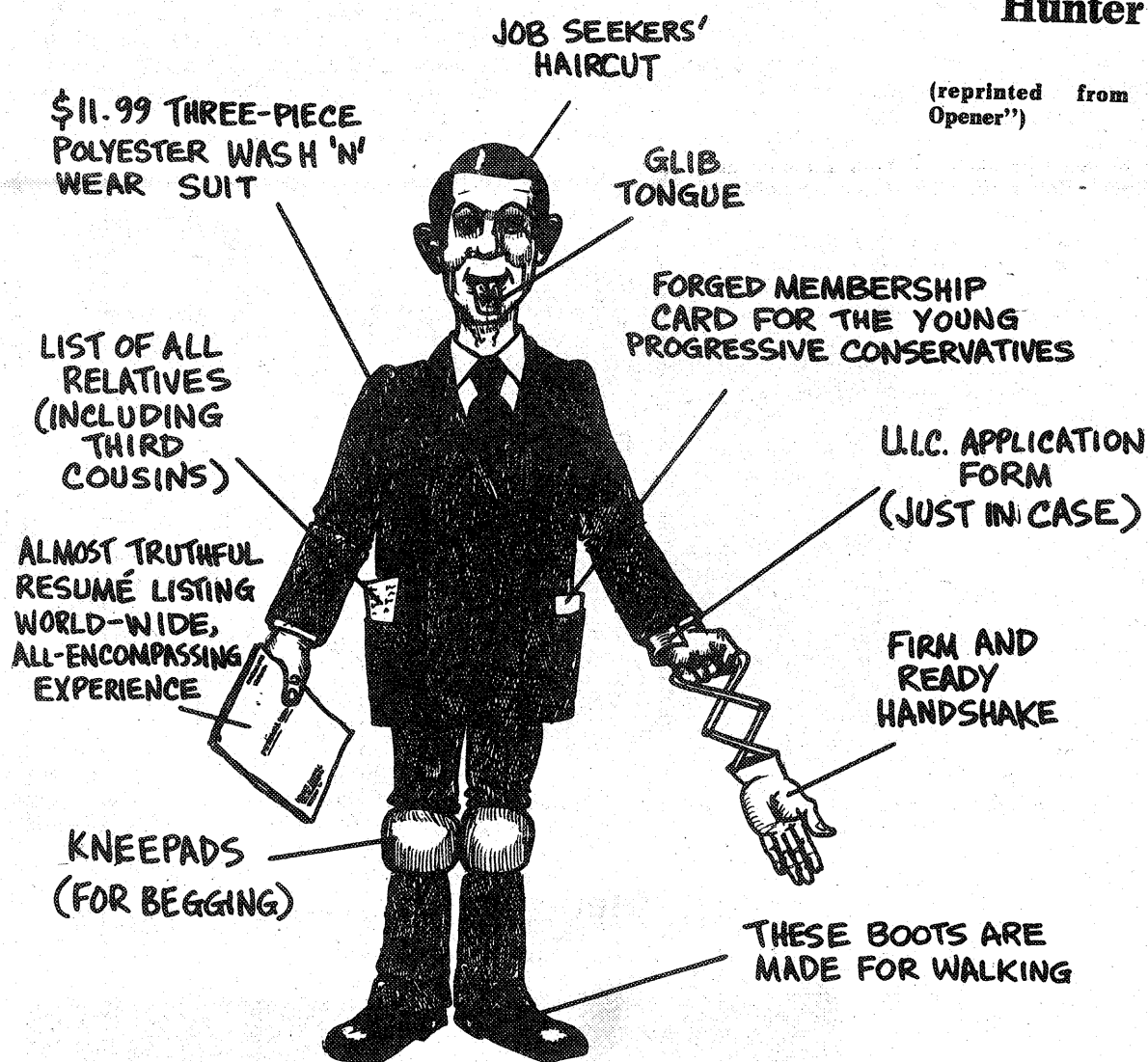
starting October 9th  
in the Plaza II campus  
in Room L-227  
Tuesday and Thursdays  
from 1:00 pm to 4:00 pm

Norm McLeod - Officer-in-Charge  
Donna Rees - Manpower Counsellor

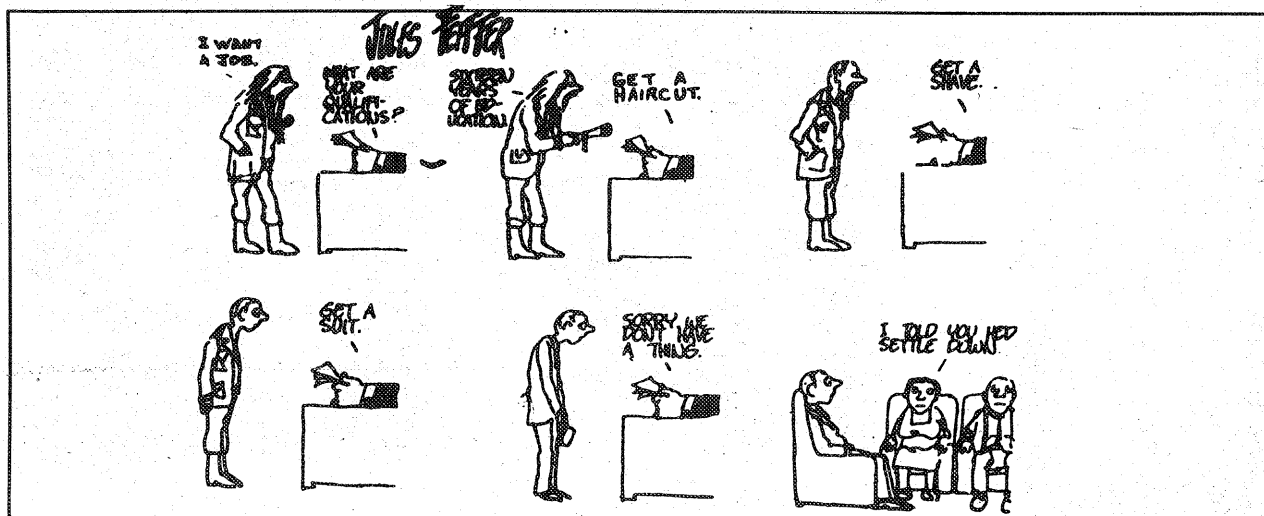


## Typical Job Hunter

(reprinted from "Eye  
Opener")



**DOWNAL eye'79**

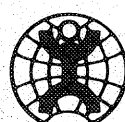


# Short Term OVERSEAS PLACEMENTS

IN  
Asia, Africa, South America,  
or the Caribbean for 4 months

Volunteers, nineteen years of age and over, are required for urban and rural self-help work projects in developing countries. Cultural sensitivity, adaptability and commitment to promoting international awareness are important. Basic knowledge and skill in a trade or vocation is useful. Apply now for placement beginning in May or September 1980.

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# nugget entertainment

Editors: Don Stosky

Carol Ann Retalack

## GOOD TIMES LIVE UP TO THEIR NAME

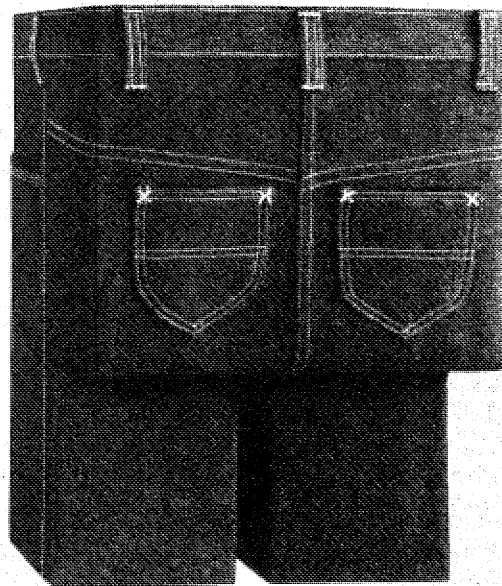
After getting off to a slow start, last Friday night's cabaret at the Villa Vesuvius, put on by Radio and Television Arts technology, gained momentum and grew into an unqualified success by the end of the evening.

The band, Good Times, had trouble getting people up to dance for the first while. The selections played consisted of mainstream rock songs by such groups as the Cars, Dire Straits, Cheap Trick, and Queen. Their only real shortcoming was their weak vocals, but that was made up for by some very good guitar work on such songs as "Sultans of Swing". The band seemed to warm up to the crowd as the evening wore on, and the mutual positive feedback inspired their playing.

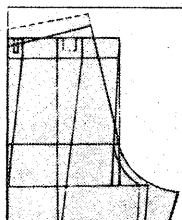
The two best sets Good Times played were a selection of old rock n' roll tunes which got just about everyone up and dancing, and their last set, which consisted of Led Zeppelin songs.

After the lights came on, many people, caught up in a real partying mood, were inspired to start a rather raunchy singsong of their own!

Carol Ann Retalack



## We Cut Corners



When cutting the pieces to make a pair of pants, straight lines are easier than curves. They also use less fabric. Some larger firms cut pants that way. With tens of millions of pairs a year, those savings add up.

But they don't add up to Howick. Our pants fit better because of all the slow, gentle curves in our patterns.

Howick's not a clothing giant, so you won't find our pants on every corner.

But then, you won't find those corners on our pants.

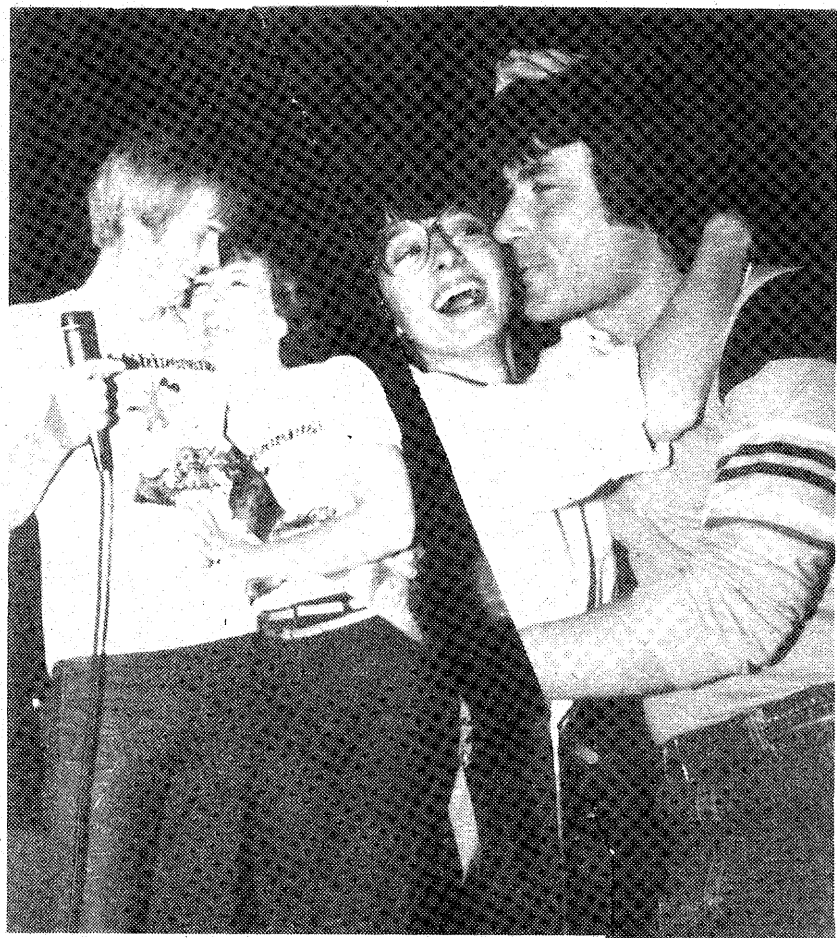


### HOWICK

The fitting choice in jeans and cords

# nugget entertainment

Editors: Don Stosky  
Carol Ann Retz



(not written by D.S.)

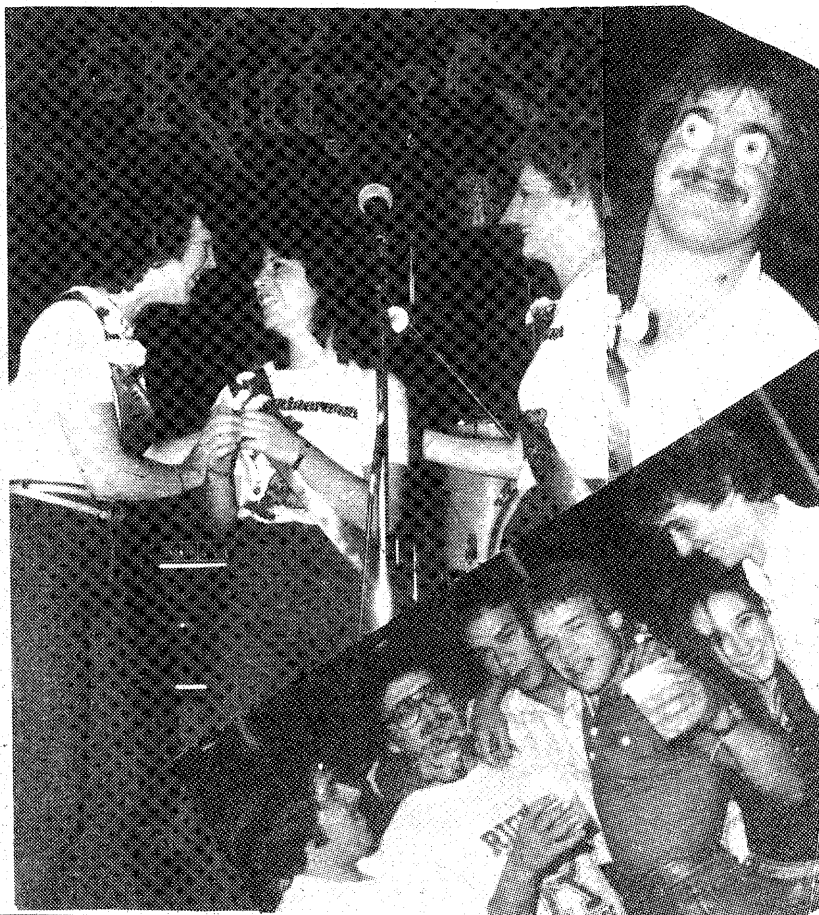
Dear Beerfest:

Wow, what a great time! I haven't had that much fun in a long time. If you weren't at the beerfest you missed a really good time. I particularly liked the warm beer, but I prefer warm beer over cold beer.

The bands were fantastic. Good fast and loud music. People were up dancing all of the time. I don't dance myself, but I liked watching the girls wiggle. There was one blonde with everything in the right places. I just had to dance with her.

We danced a couple of dances and got know each other quite well. One thing is for sure: the beerfest was a great place to have fun and meet people. I can't wait for the next one.

See you at the next Beerfest



## BEERFEST COMMENT

Well that's one down and who knows how many more to go! The first beerfest of the '79-'80 NAIT term was, in so many words, successful.

The majority of first year student got the opportunity to have beer at a dance legally. (Remember those high school dances.)

The returning second years got the chance to let loose with all their acquaintances made last year.

Upon entering the cavernous NAIT arena, the lucky (?) people with tickets were greeted by a not so jolly Paul Joly (remember, he's our "auspicious" activities chairman). After that I thought the evening could be nothing but up hill. However, not everything I think is correct.

Kittyhawk started the musical portion of the evening. They were all right. The music they played was

stage and total lack of enjoyable to listen to. The band showed a lot of enthusiasm in their performance, especially the lead vocalists. The crowd was pretty good. Very few hassles were evident.

The beer on the other hand was the pits. Warm beer is definitely not an enjoyable thing to look forward to. You would think that in all of Paul Joly's austere originality that he'd come up with some way to keep that beer at least

Kittyhawk finished their sets then came that part of the evening everyone had looked forward to. (?) The announcement of Miss Freshette and Miss Shinerama. The five lovelies gathered on stage with our

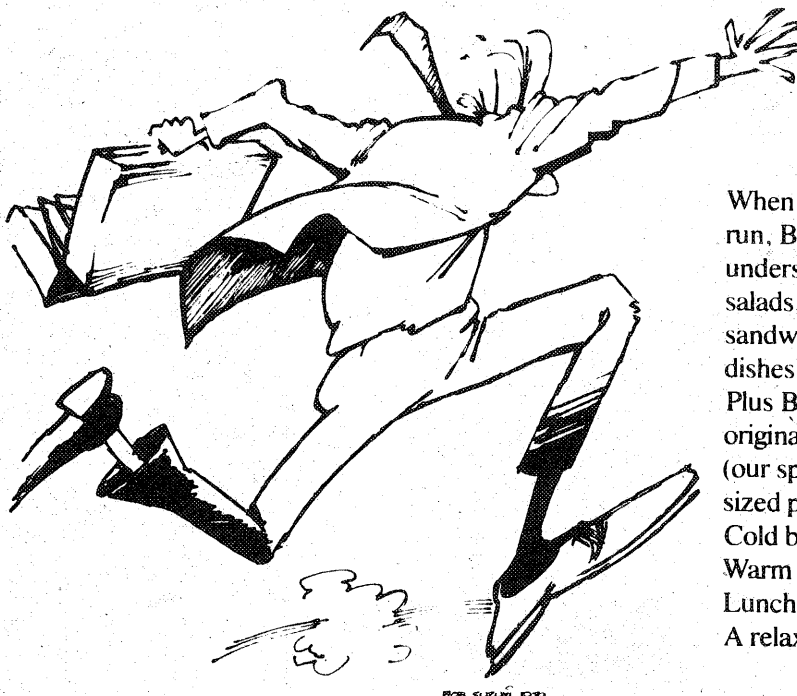
gallant leader. ((. course ) As they say around NAIT mean the NAITSA President all of the time "keep up the Kees Cusveller.) His fair work!!!!"

Signed Looking Forward to The Next Beerfest



## "When I want a light lunch in a hurry, I go straight to Boston."

Ernie "Dasher" Strom, man in a hurry.



When you're on the run, Boston Pizza understands. Crunchy salads, special sandwich, chicken dishes, too. Plus Boston's original "Nooner" (our special luncheon-sized pizza). Cold beverages. Warm smiles. Lunch at Boston Pizza. A relaxing escape.

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Now, that's a slice!

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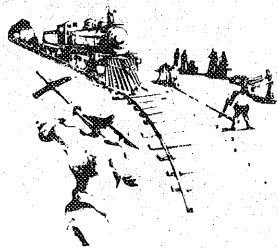
10115 Princess Elizabeth Avenue  
477-9111

# nugget entertainment

Editors: Don Stosky  
Carol Ann Retalack

## IN THE GROOVES

SLOW TRAIN COMING  
BOB DYLAN



### BOB DYLAN- "SLOW TRAIN COMING"

Unless you have been living in the frozen plains of Tibet for the last six months, chances are you've heard or read something about Bob Dylan's newborn conversion to the Christian faith. Well, it's true -- and the evidence is clear on his new album, "Slow Train Coming". It's filled with an assortment of songs concerned with religious themes.

Before dealing with the lyrics, however, I'd like to point out that the music on this record hasn't suffered any from Dylan's new attitude -- each song features fine, tight arrangements. He has recruited Mark Knopfler (guitar) and Pick Withers (drums), of Dire Straits, to back him up, as well as the Muscle Shoals Rhythm Section, well known session musicians, and three competent female backup vocalists. The end result is some music that is very pleasing to the ear. Bob's voice sounds a little older and more tired in places, but he hasn't lost his ability to touch the listener.

As mentioned previously, the entire album has religious connotations. On songs such as "Gotta Serve Somebody" and "When You Gonna Wake Up" he is warning us that no one can stand alone; we must eventually account for all our actions. "Slow Train Coming" reveals Dylan's despair with the state of today's world. But there are also songs of faith, such as "I Believe in You", and "When He Returns," which show a certain optimism.

Many people who have followed Dylan's musical progress through the years may be surprised by this sudden shift in attitude. But he has always been a seeker, and, at least for the time being, he has found something to latch onto. Whether this religious faith is permanent or not remains to be seen, but in the meantime, his followers should at least give this album a chance before denouncing it, no matter what personal beliefs they hold.

Carol Ann Retalack

Record courtesy of Mister Sound, Kingsway Garden Mall

### THE KINKS LOW BUDGET

This album is great. Seldom is an album so timely and topical, and so enjoyable to listen to.

To say "Low Budget" is topical is almost an understatement. There isn't a song on the album that doesn't take some sort of stand on one of today's issues. Ray Davies is definitely not an artist out of touch.

The topics are often as obvious as their titles (Pressure, National Health, Attitude, Misery). Others are a little more tricky. "Catch Me Now I'm Falling" is a rather humorous look at the decline of America as a world power. "In A Space" describes a person who attempts to escape from all reality. "Little Bit Of Emotion" is about the lack of emotion in today's society and "A Gallon of Gas" is about, you guessed it, the gas shortage.

Much talk has surrounded ("Wish I Could Fly Like Superman"). I have heard many a person disclaim it as disco. Well, they can call it what they want. I personally find it irresistible. A close listen to the lyrics reveals it as a song about a guy who is rather depressed and lacking self-esteem. Frustrated by his appearance and the outlook of the world, he wishes he could be like Superman so he could save the world.

It's often hard to tell if Ray Davies is choosing sides or not. His writing usually stays objective and presents more than one side of an issue. Yet he always deals face to face, in a rather unique manner. This is not a new style for Davies. It was he who penned the 1969 Kinks classic "Lola", a song about homosexuality.

The music on "Low Budget", like most Kinks albums, sometimes takes the back seat to the lyrics. This is more of an observation than a criticism, however, as the music never ceases to complement the lyrics. But the real highlights of "Low Budget" come when the music goes beyond just complementing and starts to excel on its own. (National Health, Superman, A Gallon of Gas).

It may sound like one has to "get into the lyrics to appreciate "Low Budget". Not true. The listener could love this record without closely analyzing every word, but it is the combination of Davies lyrics and music that really makes "Low Budget" a great record.

Dave Darby

## MOVIE REVIEW

### THE SEDUCTION OF JOE TYNAN

ODEON 1

The advertisements for "The Seduction of Joe Tynan" acclaim the film as "a brave, intelligent, brilliantly crafted film as contemporary as today's headlines", with similar accolades going to its writer and star, Alan Alda. While it doesn't quite fulfill these adjectives, it is an entertaining movie.

"The Seduction of Joe Tynan" is the story of a high government official who, on the verge of a successful sweep to leadership, finds himself in a mid-life crisis. He work takes him away from his wife and family and into the arms and bed of another woman. While things at home get worse, Joe Tynan learns how tough it is to find a compromise between his work and his family life. Frustrated by his family's rejection, he asks his wife for another chance, and in the end she supports him once again.

Alan Alda is good enough as Joe Tynan, but his performance seems to infiltrate much of his Hawkeye character in MASH. Basically, it's the same warm, lovable person behind a slightly more gritty exterior image. Despite this character, though Alda occasionally lacks some feeling. He sometimes seems to be acting by himself, instead of playing off his fellow actors. However, on the whole, his character works.

Barbara Harris put in a stable performance as Mrs. Tynan. She was perhaps the most consistent of all the actors.

Meryl Streep was good as Tynan's lover, but I found her attempt at a Southern drawl to be rather aggravating. This is a minor criticism, but I can't help imagine how much more satisfying her acting would have been without the accent. I found her past performances, (Manhattan, The Deer Hunter) much more enjoyable.

Surprisingly, one of the best performances came from Blanche Baker, who played Tynan's teenage daughter, Janet. Caught in an adolescent trauma triggered by her father's absence, she gets a tattoo on her bum and comes to the conclusion that "Life sucks". Most of her scenes are very real and touching, in particular the ones where she reacts strongly against her father.

There are many highlights in "Seduction", but there are also weaknesses. Alda's depiction of government life will certainly not have the White House jumping for Joy. Although comical, some scenes seemed unnecessary and out of place. There was no need to show Rip Torn being felled under his desk in his private office. His character had already been very well established. Nor was there any need for the spinach-eating contest scene. It added nothing but comic relief.

"The Seduction of Joe Tynan" has a story line that most people will find thoroughly enjoyable, and may even bring a tear to the eyes of a few. However, I couldn't help but feel that something was missing; that this movie could have been great. At one point in the film, Mrs. Tynan exclaims, "Maybe we're all just growing up". Well, maybe Alan Alda's screen writing talent is still growing up and we can expect something truly great from him in the future.

Dave Darby

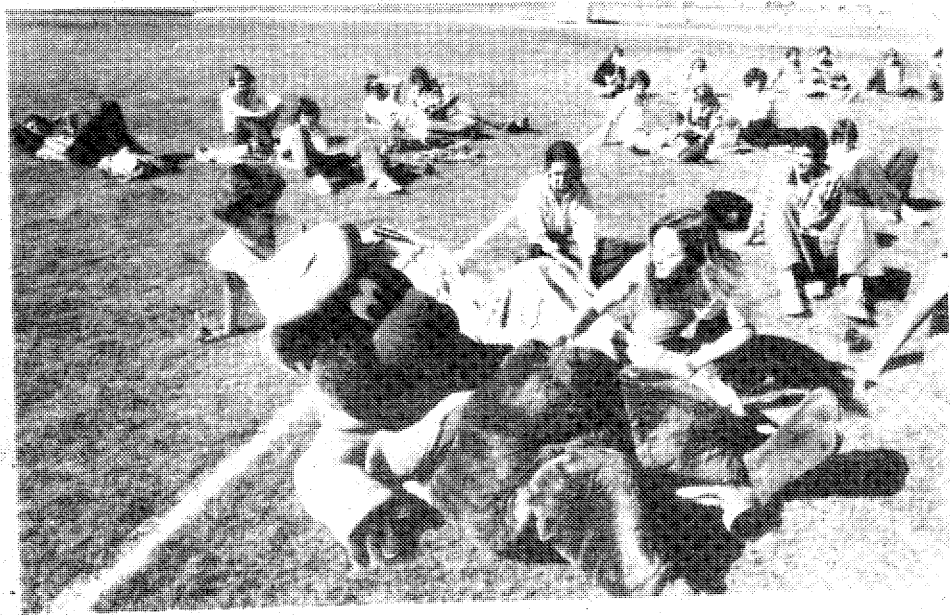


nugget entertainment

Editors: Don Stosky  
Carol Ann Retalack

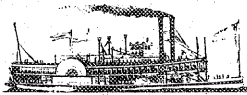
AROUND TOWN

	TAVERN	LOUNGE	CABARET
Kingsway	Rich Leslie	Tyler Twins	Pyramid
Continental Inn	Sargeant		
Convention Inn			
South	Messenger		
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Capilano	Saddletramps	Here's Two	Hot Sauce
Riviera	Tarkus	Larry Renn	The Models
Highway Motor Inn	Country Line	Allan Raymond Show	Gail's Society
Londonderry	Legend	Gary and Dot	Roadshow
Rex Motor Inn	Nosy Parker	Northwind	
Peoples Pub (Renford Inn On Whyte)	Condor		



SHINERAMA  
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IN  
the Cafeteria  
AT  
8:30 pm, Friday, Sept. 28

This is a function solely for  
Shinerama participants  
Bring your ID cards!!!  
Fire door next to cafeteria  
E-wing will be locked at  
7:00 pm sharp, so please  
bring your books & jackets.



The unique taste of Southern Comfort, enjoyed for over 125 years.

# nugget entertainment

Editors: Don Stosky

Carol Ann Retalack

## YOUR HORRORSCOPE

by Inga N.R. Amos

"About the Author"

Dr. Inga N.R. Amos is the first and foremost authority on Horrorscopes. She knows people like the back of her hand, and that means that she knows what she's talking about.

"I've lived the ups, I've lived the downs; I think I like the ups better", was Dr. Amos' reply when the *Nugget* asked her about life. Unfortunately though, she's had more downs in life.

You can find Inga in her run down suburban home in the slums, doing what she likes best: writing Horrorscopes.

She believes that if you don't have a rotten time in life, you're missing all the fun. So if you think your life is bad, read someone else's Horrorscope, and compare it to your own life.

Hope your Horrorscope comes true!

## Your HORRORSCOPE for Friday, Sept. 28, 1979

**ARIES** [Mar 21 - Apr 19] Stay away from drinking hot coffee today. If you don't, your lips will swell and your face will be an awful site. Drink only cold coffee.

**TAURUS** [Apr 20 - May 20] Don't answer your door to any strangers today. All they want to do is use your phone. They will end up calling their mother long distance, and you will be left paying the bill. Disconnect your phone if you plan on answering the door.

**GEMINI** [May 21 - June 20] Even though it is going to be hot outside, wear your thick underwear, winter coat, rubber boots, and toque today. People will laugh at you for the rest of your life, but that's better than getting a running nose for two days.

**CANCER** [June 21 - July 22] Since you don't have any friends, why stay home and feel miserable? Do what you always do; go out and feel rotten. Nobody will pay any attention to you anyway.

**LEO** [July 23 - Aug 22] The lawnmower, toolbox, and camping equipment that your neighbor borrowed will be back in your possession today. You will buy it from his at his annual garage sale.

**VIRGO** [Aug 23 - Sept 22] Don't go on your daily stroll on your hands and knees today. If you do, a paraplegic will run over your fingers with his wheelchair.

**LIBRA** [Sept 23 - Oct 22] Try and control yourself today. Don't do the weird things that you usually do. Two men in white will be following you the whole day, just waiting to put that strait jacket on you.

**SCORPIO** [Oct 23 - Nov 21] Washing, drying, styling, and combing your hair is a complete waste of time today. That blind date isn't worth it. Best thing is to go on the date in your curlers.

**SAGITTARIUS** [Nov 22 - Dec 21] Better walk around today holding your eyes wide open. If anybody sees that you have beady eyes, they will call the police and you will be thrown in jail.

**CAPRICORN** [Dec 22 - Jan 19] Your best friend will want to come over to your house today. Tell him no. Tell him you don't want to be friends anymore; because when he sees that you live in the slums, he won't want to be your friend anyway.

**AQUARIUS** [Jan 20 - Feb 18] If you're going on a holiday, don't stay in a fancy hotel. Sleep on a park bench. You'll need the money to pay for hospital expenses after you get hit by a taxi. Have a nice vacation.

**PISCES** [Feb 19 - Mar 20] Congratulations, you will win the lottery. You will be so happy that you will jump for joy and throw the ticket in the air. A draft will blow the ticket into your garbage incinerator. Don't worry, it could happen to anyone.

## BETTY'S CROCK

If you're a first year student or even new at doing your own cooking, you may face problems of buying the right groceries, and how to make a little meat go a long way. Plus if you're resorting to eating in the cafeteria your health may start dwindling. If you're male and have just left your mom's kitchen to your beans and macaroni suppers, we may be able to help you. The year has just started, so you may not be bored with T.V. dinners or mush, but believe me, it does get disgustingly boring, and your waistline doesn't need it. For my first article, I thought I'd explain a simple recipe such as stew. I intend to keep the recipes simple and economical.

--chop up about half an onion, and fry it in a pot, along with a couple teaspoons of butter, till the onions become clear.

--add your meat. (stew meat or hamburger) and simmer under medium heat until the meat is browned and half cooked.

--add enough water to cover the meat, plus half a cup more.

--add your vegetables. (potatoes, carrot, celery, stewed tomatoes, etc.) Use your imagination. If you want to use fresh tomatoes, or a vegetable that tends to get mushy, add them just before you're going to eat. The smaller the vegetables the faster they cook. While the stew is simmering add the spices of your liking.

If you decide to try the stew, drop us a note to say how you made out.

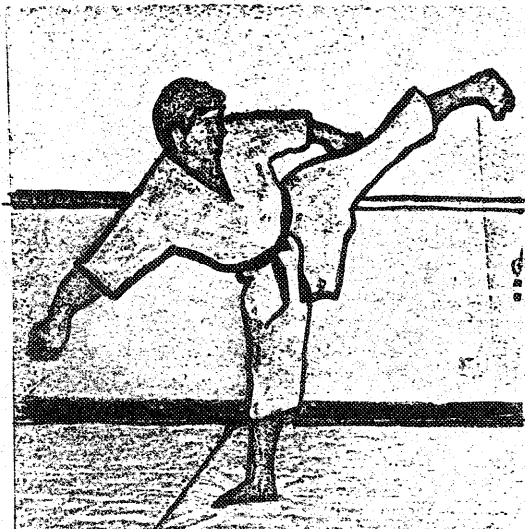
## BEGINNERS AND ADVANCED

### WELCOME

For anyone interested, there will be an  
organizational meeting  
Wed., Oct. 3, 1:15 p.m.,  
Rm. H211. Call Richard  
at grey 430 or Wayne  
at grey 413 for info.

# NAIT KARATE CLUB

BEGINNERS  
AND  
ADVANCED  
WELCOME



## Don't just switch to another bank. ...join your friends.

People ... that's what Edmonton Savings and Credit Union is all about. People investing together in tomorrow.

And to make it easier for you to take care of all your financial needs, Edmonton Savings offers a complete financial service. Savings, chequing, loans, bill payments and much, much more.

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**ES** Edmonton Savings  
& Credit Union Ltd.

156 Kingsway Garden Mall  
Phone 479-8475

The entrance to the ESCU Kingsway Branch is located outside of the mall, on the west side.

Gina Noce  
Sports Editor

nugget sports



BASKETBALL

ATTENTION!!  
MEN'S  
BASKETBALL  
TRY OUT CAMP  
Begins Wednesday, Oct 3  
7:00 p.m. in the Gym

Every year, there is a certain tendency among the general populace of students to **COMPLAIN**. This is as true for sports as for other aspects of student life at NAIT. But a fact that disturbs me more than just the complaining is **WHO** does the complaining.

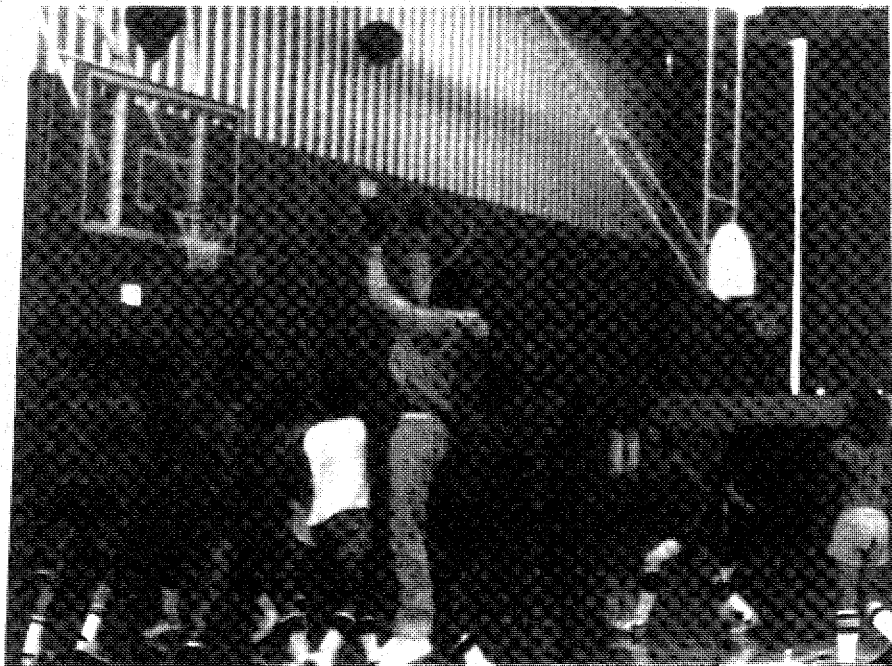
80% of the time it's those people that could **DO SOMETHING** about the situation, but don't! Now, NAIT is at that stage where **team sugnups** are taking place. There are posters up advertising for Volleyball, Basket-

ball, Hockey, and other sports.

I also know that there will be those "athletes" that have ability galore but who are just going to sit back, criticize and complain.

"Well, here's to you, Superstar: you forfeit your right to complain the minute you decide not to do anything about the situation. If you don't want to attempt to give your support, don't attempt to complain either. Stay out of the situation completely!!"

R.K. Snebs



PUT IT UP


FENCING CLUB  
ORGANIZATIONAL  
MEETING  
FOR ANYONE WITH OR  
WITHOUT EXPERIENCE  
Will be held Oct. 4 in S8  
at 5:00 pm.

N.A.I.T. POOL SCHEDULE							
SCHEDULE MAY CHANGE HOURS DURING THE DAY DUE TO PHYSICAL EDUCATION CLASSES							
FROM SEPT. 1979 TO MAY 1980							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 - 7 a.m.							
7 - 8 a.m.			MAINTENANCE				
8 - 9 a.m.							RENTAL
9 - 10 a.m.			PHYSICAL EDUCATION CLASSES				CONT. ED
10 - 11 a.m.	RENTALS		AND				SWIMMING
11 - 12 noon		STAFF STUDENTS -	APPRENTICE STUDENTS				CLASSES
12 - 1 p.m.	PUBLIC		RECREATION	SWIMMING			REC SKIM
1 - 2 p.m.	FAMILY	PRIVILEGE	CARD HOLDERS	CONT. ED NIGHT STAFF & STUDENTS			STAFF
2 - 3 p.m.	SWIM	MON. 4 - 6		MON. 4 - 6			STUDENTS
3 - 4 p.m.		TUES. 4 - 7		TUES. 4 - 7			AND PRIVILEGE
4 - 5 p.m.		WED. 4 - 7		WED. 4 - 7			CARD HOLDERS
5 - 6 p.m.	PUBLIC ADULT	THURS. 4 - 7		THURS. 4 - 7			
6 - 7 p.m.	SWIMMING	FRI. 4 - 6		FRI. 4 - 6			
7 - 8 p.m.	A.V.C.	SAT. 12 - 5					
8 - 9 p.m.		ADULT STAFF					
9 - 10 p.m.		STUDENT &	CONT. ED.	CONT. ED.	CONT. ED.		RENTALS
10 - 11 p.m.		APPRENTICE	SWIMMING	SWIMMING	SWIMMING	RENTALS	
11 - 12 midnight		SWIMMING	LESSONS	LESSONS	LESSONS		
		RENTALS	RENTALS	RENTALS			

LS 1/31/74

NOTE: STAFF & STUDENTS & PRIVILEGE CARD HOLDERS PLEASE OBTAIN SWIM TAGS FROM BLUE SPORTS DESK.

L.D. CARDS & PRIVILEGE CARD CAN BE USED ON SUNDAYS ALSO.



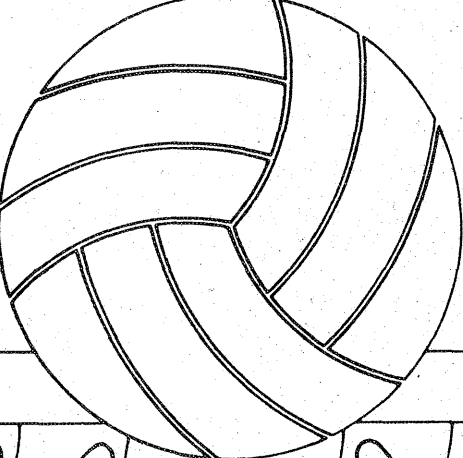
VOLLEYBALL

MEN & WOMEN'S


1st Gym Practice

Mon. Oct 1st, 5 p.m.

Men  
North Gym



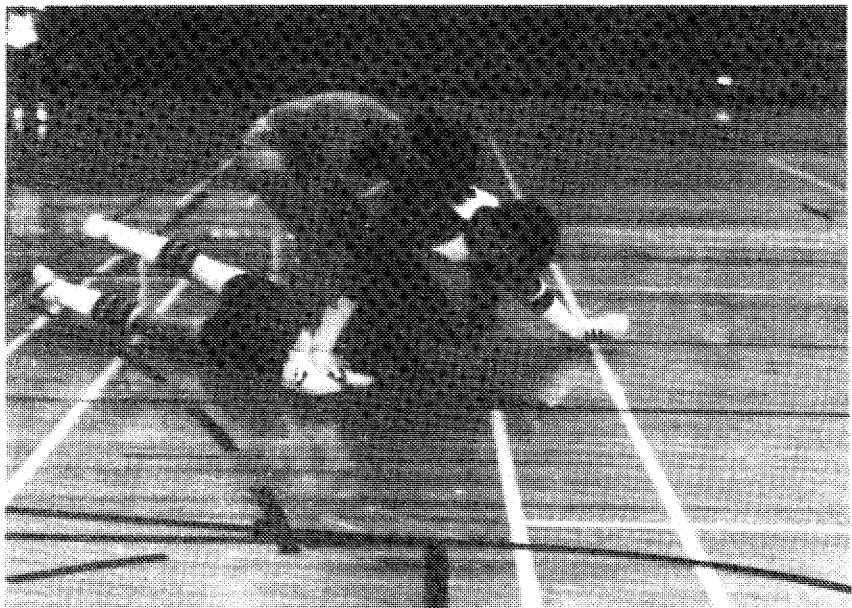
Women  
South Gym



SEE YOU THERE

Gina Noce  
Sports Editor

# nugget sports



## PLAY FAIR!

For those students interested in keeping active in a sport this Winter, then, why not give Tennis a try? Coronation Park Indoor Tennis Club, just by Westmount Shopping Centre, is offering N.A.I.T. students the lowest cost indoor Tennis in Edmonton. Right now, the student membership rate is \$70.00 before their "Bubble" goes up, which will probably be on Oct. 1st '79. After opening, however, the new rate takes effect at \$80.00/person. The

main advantages of being members are:

1) It entitles you to **reduced** hourly court fees of \$5.00 per hour per court at regular times; i.e. 8 am - 5 pm Mon - Fri. and 5 pm - 11 pm at Weekends. And, \$7.00/hr per court at prime times; i.e. 5 pm - 11 pm Mon - Fri and 8 am - 5 pm Week-ends.

And,

2) It entitles you to **PRE BOOK 6 DAYS IN ADVANCE**.

So, if you intend to play

on a regular basis then membership is recommended. However, being non-members you can pay \$8.00 & \$10.00/hour per court depending whether it's regular or prime time.

Incidentally, lessons are given so if anyone wants to learn during the Winter you can and you don't have to be a member to take them.

For further information, you can call the club direct at

454-3281.

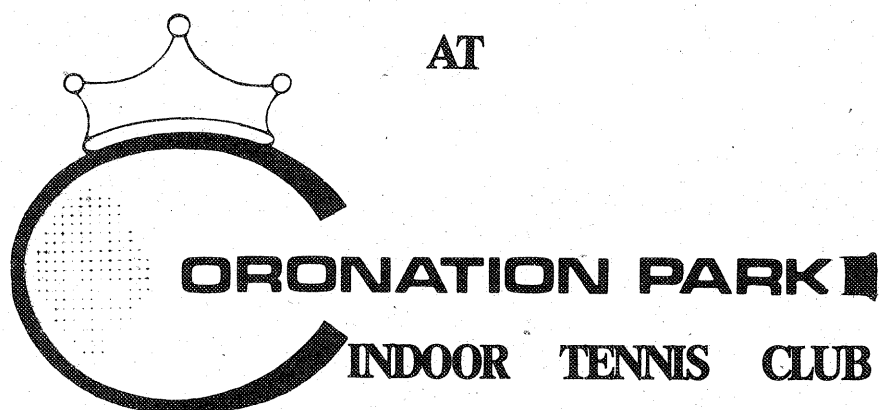
**ALL COLLEGE FACULTY**

**STAFF & STUDENTS**

**PLAY "INDOOR TENNIS" THIS WINTER**

(fall - spring)

**AT**

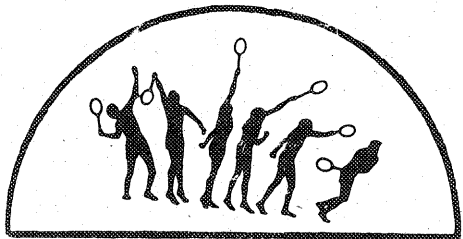


-- REDUCED MEMBERSHIP PRICES FOR NAIT.

-- NEW COURT SURFACE

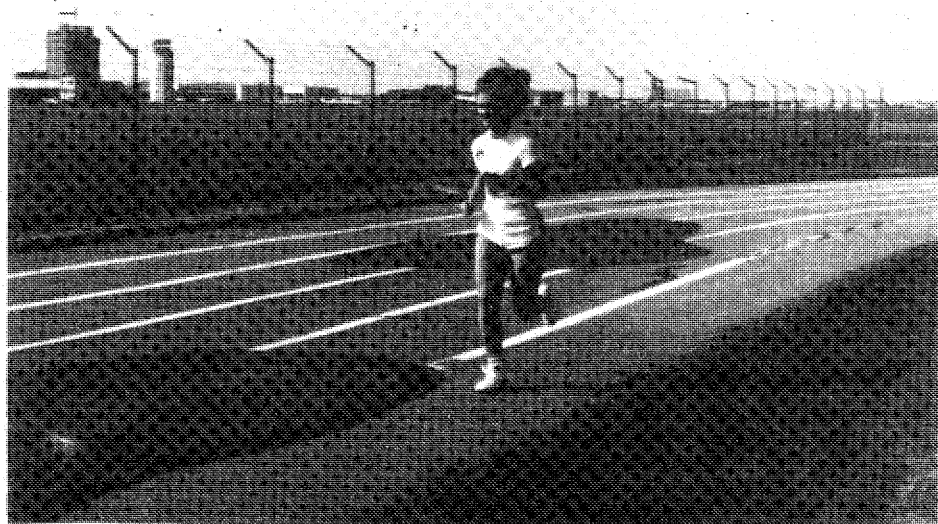
-- U.S.T.A. PROFESSIONAL

-- LESSONS (Private & Group)



"Don't let the weather get you down  
Play under the bubble"

**FOR INFORMATION  
PHONE 454-3281**



## IT'S LONELY TRYING TO STAY FIT



## HEY! TIME OUT.



## WOMEN'S CYCLE DRAG WINNERS

On Tuesday, Sept. 18, 1979 the Bio-Sci women's cycle drag team were off to a good start and finish, winning the race in 42 minutes 23 seconds, breaking last years record by 17 minutes. Way to go girls! Keep it up!!

With the team consisting of Jacinta Liston, Janice Tomlin, Wendy Power, Jeannette Byrtus, Denise Dombrowski, Diane Weleschul, Diana Kuzyk and Diane Brochu. A good and exhausting time was had by all. Thanks to the opposition for a good race and a fight to the finish.

TI 58C calculator in the basement of the Science wing. Please return to Paul Joly, NAITSA office. Reward offered.

PHONE: \_\_\_\_\_ STAFF: \_\_\_\_\_ STUDENT: \_\_\_\_\_

THE TASTE  
KEEPS COMING THROUGH.

