

the NUGGET

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY STUDENTS' NEWSPAPER

Thursday, January 24, 1980 - Volume 11 Issue 2/6

YES, EVEN YOU ARE ELIGIBLE FOR SCHOLARSHIPS

Jim Horsman, minister of Alberta Advanced Education and Manpower, has announced Cabinet approval of changes to the regulations of The Students Finance Act, 1976. The majority of the changes reflect increases in amounts of existing scholarships and bursaries, and are effective immediately.

The following awards, administered by the Students Finance Board, are affected by the increases:

PROVINCE OF ALBERTA GRADUATE SCHOLARSHIPS AND FELLOWSHIPS

The maximum scholarship amounts go to \$5 400 (from \$4 800), and the maximum fellowship amounts go to \$6 000 (from \$5 400), both for a full calendar year of study. These awards are given on the basis of academic attainment, upon recommendation of the institution, to students enrolled in full-time graduate degree programs at an Alberta university.

SUPPLEMENTAL ASSISTANCE GRANTS

The grants, increased to a maximum of \$6,000 (from \$4,000), are available to students who, because of special circumstances, do not have normal prospects of completing their education without assistance in addition to that provided under other programs. Those students considered for this grant include special needs groups such as single parents, the disabled and the disadvantaged.

VOCATIONAL TEACHER DEVELOPMENT GRANTS

These grants are made available to students willing to provide a service to an educational institution which is under the jurisdiction of Alberta Education. Students, enrolled in studies leading to Vocational Teacher Certification, may receive a grant of \$7,000 (up from \$6,000) per academic year.

GOVERNMENT OF ALBERTA SCHOLARSHIPS

These five scholarships were awarded on the recommendation of the Premier, during his trade missions to Europe in 1975 and the Middle East in 1977, for two years of study at the graduate level at the Universities of Alberta or Calgary. The basic annual grant has been increased to \$7,000 (from \$5,000), plus the cost of tuition fees, books, transportation and house care. As well, one-time research grants of \$1,000 may be issued to each of the students.

UBC WOMEN WORK FOR SAFETY ON CAMPUS

VANCOUVER (CUP)--Several women's groups at the University of British Columbia are trying to find out if women feel safe on the campus and are urging UBC women to report all incidents of sexual assault or harassment.

The Coalition for a Safe Campus intends to conduct a survey of UBC women to pinpoint danger areas on campus, coalition spokesperson Lynda Erickson said Jan 9.

"We feel that areas of the campus are not safe for women and we want to know about them. Based on the data we collect we'll make recommendations to the UBC administration about how safety on campus could be improved. I'm sure they're as concerned about safety on campus as we are."

"Falling Out"

With the Soviet Invasion of Afghanistan, and the major world nations trying to annex allies, the threat of war seems real to some people.

So real that there is an increase in the demand for fall-out shelters. Emergency planning officials in Toronto say the Afghan and Iranian situations have renewed interest in fall-out shelters. The hidey-home built holes seem to be a reappearing fad of the 50's. Many Torontonians have been asking for

advice from architects on how to build a shelter, and some of the people have gone ahead and built them on their own.

The ones showing the most interest in fall-out shelters are the people who have Second World War experiences. Some experts say that deep basements, shopping malls and underground parking garages will protect against nuclear attack. Our future outlook therefore must be "down and under".

UNITED WORLD COLLEGE OF THE ATLANTIC SCHOLARSHIPS AND LESTER B. PEARSON COLLEGE OF THE PACIFIC SCHOLARSHIPS

Each year the Board awards one scholarship to the United World College in Wales, and three to the Lester B. Pearson College on Vancouver Island. The amount that may be granted in one year to each student is equivalent to the cost of room and board, tuition and one round trip between the students' home and the institution to a maximum of \$10,000 (up from \$5,000). The United World Colleges are coeducational, residential institutions which provide two years of education following grades 10 or 11.

BURSARIES FOR PART-TIME STUDENTS

EDMONTON (CUP) -- A major campaign to collect signatures on a petition urging Quebecers to remain in confederation is heating up in at least two western provinces.

The petition, which asks Quebecois members of "our Canadian family to remain Canadian and to continue building with us this magnificent Canada", is circulating throughout English

speaking Canada. The People to People petition for Canadian unity was started by a group of concerned Canadians in Charlottetown about two years ago.

University of Alberta chancellor Jean Forest, honorary campaign chairperson, admits Quebecers have the right to determine their own futures. However, it is important that they understand that "ordinary

"PEER PRESSURE"

There were the days when a woman was thought to be "unlady-like" or even "rough" if she was seen smoking, or if their was tobacco smelt on her breath. Now more women smoke than men.

In case you're interested, the Federal Health Department says half of Canadian children try smoking by the age of 12. Surveys say that 15 per cent of boys and 20

per cent of girls are daily smokers by the age of 14. The study was done in 1978 by the University of Waterloo. In my opinion the percentage has dropped today.

The figures showed youths were less likely to smoke if their parents were non-smokers. But, the survey found peer pressure had a more significant effect on young smokers.

Students who are enrolled in adult further education courses, approved by the Board, may now be eligible for a maximum bursary of \$300 per academic term.

UNDERGRADUATE SCHOLARSHIPS FOR STUDENTS LEAVING ALBERTA

Students who achieve academic excellence in Alberta, but who wish to pursue undergraduate studies outside the province, may now be eligible for scholarships.

Mr. Horsman Stressed that these changes were part of an on-going review of the province's financial aid program. "Other matters are being given full and continuing attention. Additional revisions are under review for implementation in time for the fall academic year," he concluded.

Western Petitions Impede National Unity

people in the rest of Canada" want them to stay in confederation, she said.

To finance the project, organizers are soliciting donations from private individuals. To avoid the impression that this is an official campaign, no government funding will be accepted.

However, in British Columbia, where BC Hydro spent \$2500 to print the mini petitions that they included with their Nov.-Dec. billings, one professor claims public funds have already been spent through Wintario and BC lottery funding.

"I've got no objection to these groups expressing their opinions but I do object to them masquerading as being non-partisan and non-political. It shows how far the federalist forces are prepared to go to promote their cause," Phil Resnick, a University of BC professor said.

Resnick, who said he is not yet ready to personally sue BC Hydro over the matter, deducted \$1 from his last hydro bill as a protest against public funding of the petition. Resnick suggested concerned lawyers or political groups take Hydro to court over the issue.

To date, about 750,000 signatures have been collected nationally, but only about 12,000 of these are from Alberta. Forest said this small number is due to a

later start here than elsewhere. She said this situation will hopefully be rectified during January and February with the bigger provincial push and the slogan "put yourself on the line".

Alberta's three largest utility companies will also be sending out mini-petitions with their monthly bills, thus reaching about half a million households. Other copies will be distributed to places not reached in this manner, including post-secondary institutions.

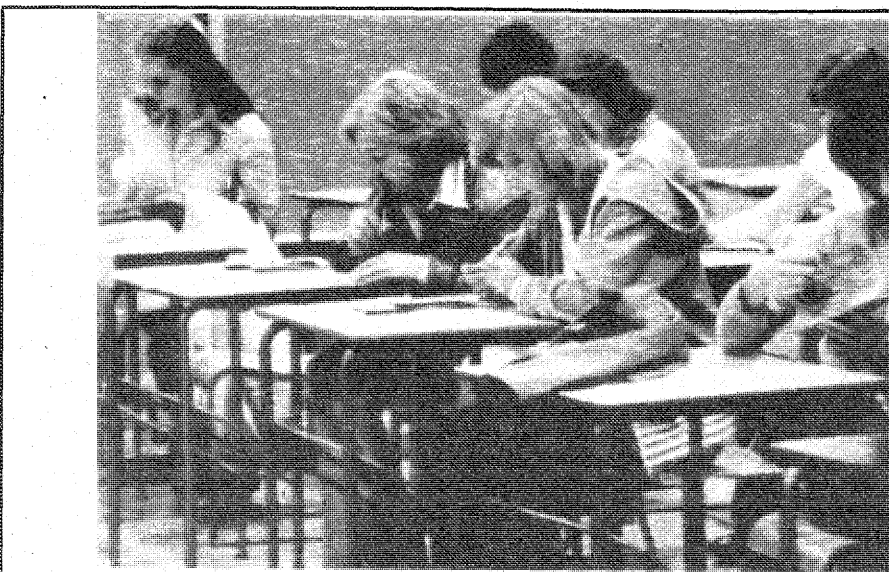
Premier Lougheed has endorsed the petition and declared February 3-9 unity week in Alberta. The week is intended to stimulate debate on national unity and encourage Albertans to show their support for a united Canada.

Forest said she hoped the activity will affect not only Quebecers but other Canadians. "I think it is important for ordinary citizens of Alberta to think about unity even if they do not sign the petition."

The date for the presentation of the petition has not yet been set, but will be sometime during the referendum campaign. In addition to regular media coverage, the petition will be presented in public meetings throughout Quebec by people from all other provinces and territories.

IMPORTANT EXCUSE

Do you have those February Blues? Well, if you don't, you sure have someone convinced. It's called "Chinook Day," and it means that Friday, February 1 will be a holiday for all regular day students. So plan on skiing, skating, reading, or sleeping for your special day, and enjoy it.



Student Newspaper for the Northern Alberta Institute of Technology

The Nugget is published weekly and is a member of the Canadian University Press (CUP).

Excluding editorials, articles published do not necessarily reflect the views and opinions of Nugget staff.

Deadline for all articles is Tuesday at 12 noon.

Room E 128, Phone 477-4329, Grey 423

the NUGGET

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News Editor

Janet Bougie

Entertainment Editor

Carol Ann Retallack

Sports Editor

Gina Nqce

Letters to the Editor

Irony

I was quite surprised last week when friends told me there was a letter concerning me in Nugget. What was written, however, was not a letter but a blatant piece of propaganda written by our NAITSA President in a vain attempt to discredit my December 13, 1979 letter to the editor. His "letter" had no rhyme or reason other than to single me out from the crowd and publicly ridicule me in an obscene attempt to "keep me quiet." All it seemed to tell the NAIT Student body was "don't make waves, or you'll be sorry." It was a very shoddy method of trying to belittle me simply because I don't agree with some aspects of NAITSA.

I guess I could not have expected much else due to the fact that it was the NAITSA President proclaiming the selfrighteousness of NAITSA. If that isn't a bias opinion then nothing is.

When the NAITSA President felt he was through trying to destroy my credibility he turned on the author of the second letter, asking him "Are you afraid to sign your name?" Ha! Since the author didn't sign his name our NAITSA President couldn't single him out with his long, pointing finger. Obviously his thirst for martyrs was not quenched after he had finished with me. Can you really blame the guy NOW for not signing his name? Consider it self-preservation, protecting oneself from the hovering vultures.

Congratulations

After reading the Nugget of January 17th, it is my opinion that this may be the best issue ever published.

The scope and quality of the content are commendable in all respects and appear to contain something of interest to everyone. The amount of thought, effort and time, on the part of the Nugget staff and other contributors, required to compile and produce this issue is readily apparent. Hopefully,

this example of what can be done will serve to gain further active support and participation from students and staff.

May I extend congratulations on this very successful start to 1980, thanks for a job well done and continuing success with future issues of the Nugget.

Bruce C. Cinnamon
Director,
Technology Division

Job Hunting? Free Advice

As you might know, several companies come to NAIT to hire people depending upon your tech (sorry BCET). If you were lucky enough to be in the right tech you have to fill out an application form from the Manpower office. When you fill the form out, remember to use a pen, not a crayon. If you get stuck on some of the questions, such as your name, ask your department head, I'm sure he'll help (if he knows any more than you do). When its filled out, with less than 3 mistakes per page, hand it in to one of the nice ladies at Manpower.

The company will read it over and if they feel you are worthy they will give you an interview time. This is the most important part of getting a job. Here are a few points of what to do at the interview:

-if you go into the interview wearing sweats have a shave first.

-don't laugh in the interviewer's face if he happens to slobber on himself when noticing you fly is undone.

-don't wear a plain grey jacket and a narrow black tie unless the interviewer has a spiked hair cut.

All-in-all I like to think that his letter was written in the heat of the moment and this method of trying to suppress non-conformists will not continue.

The letter was also bad public relations by our NAITSA President, alienating NAITSA even further from the Student body. He has the nerve to ridicule me for speaking out and in the same breath ask NAIT students to come forward with their own opinions and suggestions. Oh, the Irony of it all.

Ron Sekulich

Not Invited

This is just a little note to our president who graciously sent our technology a little memo. It basically deems us as a bad technology because we have not attended any of the NAITSA meetings. Well, thanks for your concern Mr. President but maybe before sending your memo you should have invited us to your ever popular meetings. And please tell me what good would it do to attend these meetings when some are closed to the student body. You have something to hide! Well we loved your last memo and are waiting impatiently for your next and do with it what we did with the last, stuffed it in the old garbage can.

D. Skibinski
Treasurer
Hydrocarbon Tech.

-always wear your knee pads on the inside of your pants so it won't indicate your attention right away

-don't pick your nose and flick the boogies at him or he might be so overcome with joy and forget your real qualities.

-if he asks for a character reference don't give the name of your parole officer.

-if he asks you to tell him something about yourself don't tell him about all the good acid you have dropped.

'if you follow these 7 points you might get a job (does not apply to BCET).



As you may have noticed by our new Nugget Editor "is Kids" need help!

In fact, we'll recruit almost anyone and everyone that shows an interest in the paper. Where we need the most help is in the writing department. If you know of anything going on at NAIT and would like to report on it, we sure could use your assistance. If you have an interesting story for our new pages, drop it off at the Nugget office at E128.

S.O.S.

As newly appointed News Editor, I could really use the aid of writers. In fact, I would like to talk to a representative of each technology to obtain information on what is going on in your tech. This would include simply a run-down of your meetings and what your technology entails as far as career positioning and your appreciated trades.

Our new format is directed toward, and would like to use more, NAIT news and interesting stories that affect "us" students.

If you want to become a member of the Nugget staff, please come talk to us. This doesn't mean a lot of your time will be taken, but perhaps look at it as an opportunity to meet people and get involved.

Thanks for your time.

Janet Bougie
News Editor

Canadian Politics: Parapsychologists Find Real Reason for Federal Election

OTTAWA (CUP)--The fact that prime minister Joe Clark's biorhythms were in a "double-critical" phase Dec. 31 may have been a contributing factor in the sudden toppling of his government on that day.

This is the conclusion reached by volunteer researchers of the Canadian Institute of Parapsychology. They had been investigating the correlation of biological cycles when events on Parliament Hill aroused their curiosity: where, they wondered, were Joe Clark's biorhythms?

When the PM's name and date of birth were fed into the institute's computer, the printout showed both physical and intellectual cycles at the critical zero-line as they passed from positive to negative. His emotional cycle was already negative, having passed the critical phase 48 hours earlier.

The probability of this phase or its equivalent occurring by pure chance on Clark's biorhythm chart Dec. 13 is calculated as less than 1 in 100.

J. P. Rae, director of the institute, explains that the critical or zero-point for each cycle signifies awkwardness, perplexity, incoherence, subnormal coordination, a certain recklessness or, in the instance of the intellectual cycle, indecision.

This assessment is based, Rae says, on massive studies carried out by a multitude of researchers during the past 88 years.

The sudden collapse of Parliament is not attributed solely to Joe Clark's double-critical phase in the institute's assessment, for the biological cycles of several other principal figures were also at critical or negative junctures.

Opposition leader Pierre Trudeau's chart shows his intellectual and emotional cycles extremely negative while his physical cycle is at a positive peak, indicating a bullish disposition.

NDP leader Ed Broadbent's chart shows Dec. 13 falling on a physically critical day. This is immediately preceded by an intellectually critical day and is immediately followed by an emotional critical day. Altogether, a rare combination, very close to the triple-critical phase which occurs just once in 58.2 years!

"An Era of Civilization"

We have heard tales of family feuds, especially in the world and era of hillbillies. But supposedly the world today is nature, and civilized. Well, take a load of this:

Three children were killed or should we say murdered, and three others were seriously injured in the Phil-

ppine city of Davao when a hand grenade was thrown into their home.

Police say the attack took place as the family prepared to go to bed and appeared to be the result of a feud between two families. The grenade apparently was tossed by a neighbor.

Perhaps this occurred in a different part of the world

which we are not directly involved in, but these sorts of people do exist. Violence has said to be a effect of Capitalism, Communism and Television. We are still partially savage. Not long ago a few of us participated with the Americans in the Viet Nam war, which was a horrid example of today's violent potentials.

\$1.49 A POUND

Nobody, but nobody will be able to say with honesty-- "The NAIT Queen Contest is NOT a beauty pageant. The

contestants are judged on leadership ability and personality." Bullshit, we say! If the fashion show held on Wednesdays Common Hour gave any indication, we think anatomical differences have much more to do with reasons to vote for a contestant than "leadership ability."

We were amazed at the number of men at NAIT who are so interested in the fashion scene. And such an appreciative audience--the largest applause for the contestant with the largest

! Here's some comments from the audience:

"I want you!", "She even moves to the music," "When's the wet T-shirt contest?" "That f--- blonde in the black dress sure looked ace," "Such a great big..."

What motivates females to be part of displays like the fashion (meat?) show?

Surprise, maybe not your friends, but a lot of people are laughing at you! What's the matter with NAIT and it's students? The traditional trappings of a beauty contest are still evident--blue banners for contestants and posters promoting good looks, charm

and poise. How could judging three lumps of wet snow on NAIT's front lawn compete with eleven ladies prancing about on stage?

NAIT seems to be pervaded with high schoolish values and customs. In these times, women are actively seeking equality. Regressive behavior and traditions such as those practised at NAIT seriously impede this progression.

We would rather be remembered as intelligent, concerned, equal persons than as some f--- blonde in a black dress!

Megan O'Hara
Carol Ann Retallack

News

WEAR A MOUSTACHE

Anyone can glance around NAIT at a given moment and spot at least one participant indulging in a traditional ritual. This ritual, limited to the male sex, possesses almost religious significance, and most certainly can be associated with the all-important trait of self-identification.

What ritual is this, you ask? Simply growing a moustache. The importance of a moustache, to a man, occurs as soon as he spots his first downy hair in a place hair has never appeared before. From this point on, fervent daily inspection occurs as one looks for that second birth; the point that proclaims manhood.

But, alas, not all is roses concerning this ritual. It can be a time when the males' tender ego is unduly tested. Therefore, I believe I have help, of sorts, for any men of NAIT presently in this particular situation. Furthermore, all those contemplating the beginning growth may take heed.

it goes like this.....

It's a crime like suicide—you're only punished if you fail.

The crime? Attempted moustache.

Oh sure, you don't get put in jail after your fourth week of lip fuzz, but by that time you've heard enough abuse and smart remarks to make a day in the stocks seem pleasant.

"No, that isn't a caterpillar on my lip...yes, I did wash my face this morning...no, watering it doesn't seem to help..."

There is something about a pitiful attempt at a moustache that brings out pitiful attempts at humour. You finally give up on the day you can't take another joke. When you can no longer smile and say, "I don't know if the price of razor blades went up, I haven't bought any for a while," it's time to quit.

Of course most people aren't that glib. There are two remarks you hear over and over, day after day. People greet you with these so often they sound like a nickname. If you grew another hair everytime someone said one of these remarks you would have to shave with a machete.

The more common is, "Are you growing a moustache?" Note that tinge of disbelief. There is a pattern to answering this one. For the first week you're cool, noncommittal. "I haven't decided yet." By the second week you have to be honest. You say, "Yes," and if you have the courage, add, "do you like it?" When you've answered this question every day for three weeks, however, you're likely to get a bit testy and say, "No, I'm just going to sell the saplings for hair transplants."

The other remark is annoying right from the start. What do you say to someone who is stupid and boorish enough to ask, "Do you call that a moustache?" "Well, obviously not, nobody else has." "A moustache? Heavens, no! I just trimmed my nose hairs and the clippings are a bit sticky." Sure it's vulgar, but if you offend these people they might go away.

A few people might go away, but the ragging never ends.

Attempted moustache, like suicide, involves some sort of death wish, because you know what it is going to be like. I know what it is going to be like. I've done it once a year since I was 16. For one month out of 12 my parents think I'm dirty, my friends think I'm wasting my time (just what constructive activities should my lips participate in?) and strangers think I'm some sort of creep. I look too scruffy to form personal but equal and nondehumanizing relations with women.

At this point I have to question why I do this (most people who know me question it about the third day). I just want a moustache; I've wanted one since I was six. I don't know why. Dad never had one. Mom either. I don't remember having any childhood hero who had a moustache. That was between the death of Clark Gable and the cover of Sgt. Pepper. Moustaches

were very unpopular then. The only famous person with a moustache I knew was Adolph Hitler and that was before he became a cult figure.

Still lemmings rush into the sea, salmon fling themselves against dams and I grow moustaches as sparse as palm trees on the Sahara. And when I'm not busy matching wit (or half-wits) I study other moustaches. Long, scraggly, walrus-tusk moustaches. Moustaches so thin they seem to grow out horizontally. Moustaches waxed into hypnotizing spirals. They all have one thing in common; one thing that makes them different from mine. You can't see the lip behind them.

Even though the moustache is a total failure, the worst part is shaving it off. Your newly bared lip feels different, uncomfortable. The skin looks too pale. At least there won't be any more remarks. You prepare yourself to hear things like "You did the right thing, it didn't really suit you." By now you're willing to accept that as a compliment. But do people say things like that? No way. Do you know what happens when you shave off four weeks of heart break?

Nobody Notices.

Hopefully, this piece of humour will help today pass by easier. Credit goes to the author, Kirk Kirkwood, of "The Gateway."

Bob Peterson

90 % Turn Off

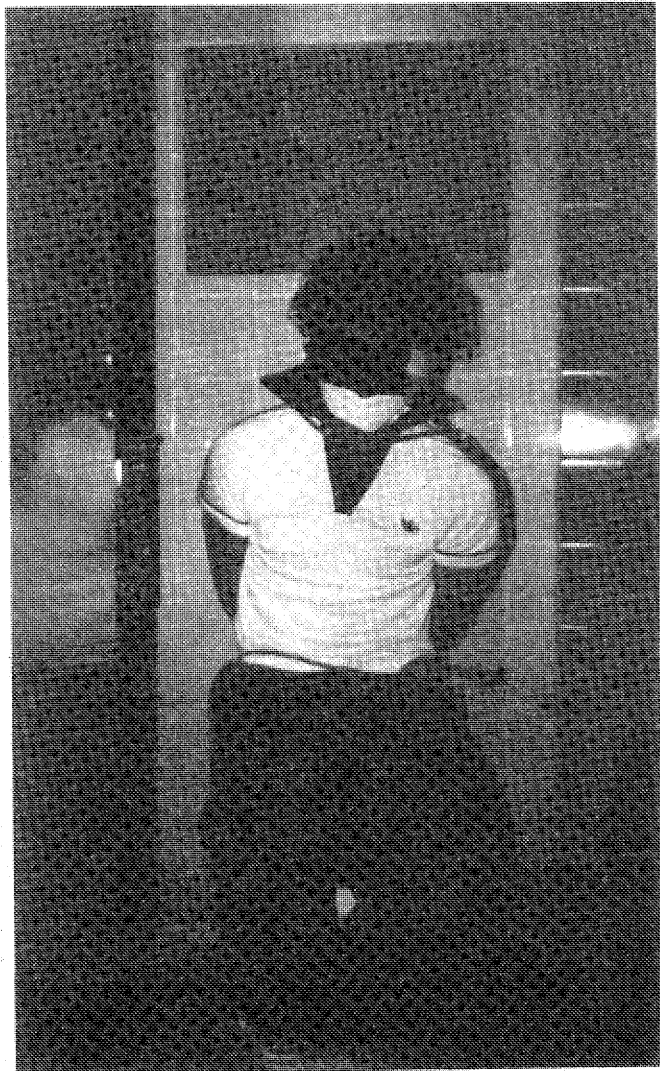
There are some people that are not affected by Hollywood's version of graveyard horrors. In Kingston Ontario, there's a job market with many vacancies. There's a business position where you could probably be a manager very quickly, and your number of clients are endless; -Cemetery work.

It's a wide-open field says John Howard, 45, because the job title turns 90 per-cent of the people off. Howard grew up in a cemetery environment, because his father was the Superintendent of London Graveyard. Howard is now the manager of Cataraqui graveyard in Kingston. He said that he has never had problems finding summer work. "It's not a gruesome job and no two days are ever the same," he says.

"Most of the work is landscaping and subdividing. It's similar to building a subdivision with streets marks and trees—except you don't need any sanitary sewers for obvious reasons."

Howard, his wife and three daughters live in a cottage right on the Cemetery grounds. It doesn't seem to bother them, and Howard says his daughters don't have a problem making friends at school. Although he claims the cemetery stigma doesn't effect the direct social life of his daughters, he also stated that their sleep-overs are not an instant success.

Kidnapped



Student Held Against His Will (Garden)

Will Garden was held captive by BCET for several hours. Instrumentation finally paid the ransom of 4 cases of beer plus the safe return of the BCET sign. Instrumentation dared to steal the sign last Sunday, while all the good people from BCET were in church!

HAVE GARDEN, WILL TRAVEL!!

AMS NEWS

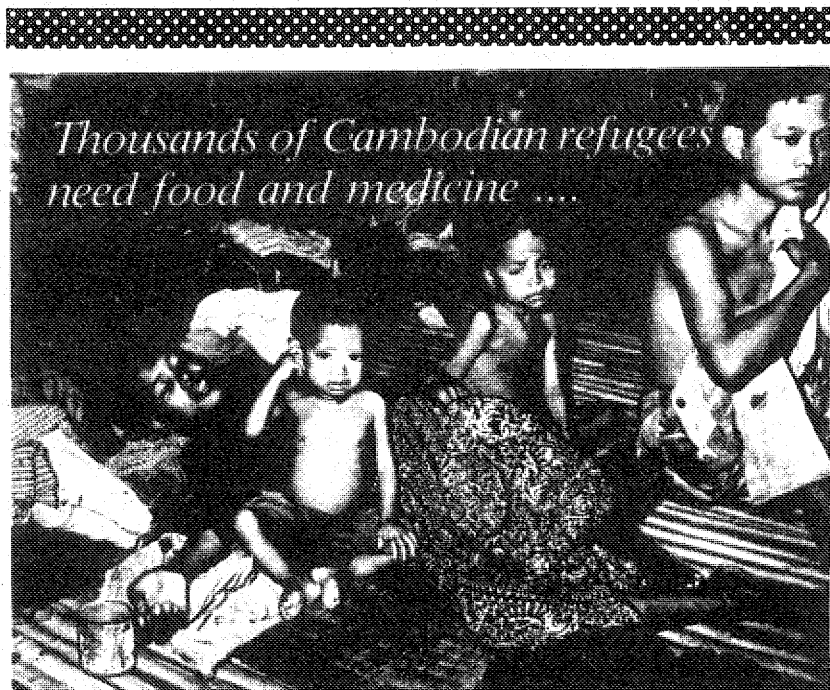
Do you like money? Here's an opportunity to earn some tax free dollars for your typing services. AMS needs people to fill their typing directory. NAIT students will make use of your services at regular rates, which will include the typing of memos, letters, reports, and resumes. Inquiries taken at T603A.

If you are a scrooge, don't read this article, however... Here's a chance to illustrate how conscientious you are towards NAIT clubs. To demonstrate your support for the Administrative Management Society all you have to do is purchase some writing material from AMS. This writing paper is exclusive material, in a limited edition, and an original design. The set price is \$3.60 which includes ten notes and a professional colour scheme being brown on beige.

As a responsible NAIT student are you interested, intrigued, and concerned

about your country's political future? If you are, there is going to be a Federal Political forum held in the auditorium Feb 6, 1980. The names of the participants and scheduled time will be in the following Nugget.

Are you the type of individual who wants to improve your assertiveness? If so, you should be interested in attending an AMS Business Luncheon on assertiveness. The guests are going to be Dr. Jim Beaubien and Betty-Ann Nemish. Dr. Jim Beaubien represents the Beaubien & Associates firm, which is nationally known for its professional consulting services. Mrs. B. Nemish is from Uncles at Large. Both of these speakers will elaborate on positive confidence theories. The Luncheon will be held in the 700 Wing Hurricane Room at 12 - 1:30, Jan 30, 1980 for a minimal charge of 4.50. Sign-up deadline is Jan 25, 1980. See Megan in the AMS office T603A.



Here is my donation to the

CAIRE

**Fund for
Cambodians**

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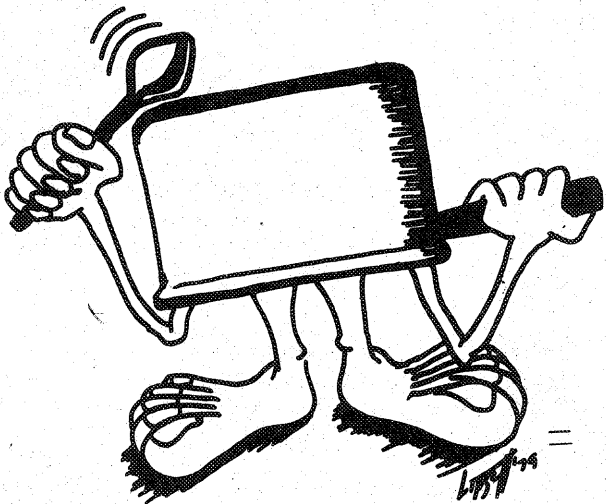
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CARE CANADA, 1312 BANK ST., OTTAWA K1S 5H7

Entertainment

Berry's Crock



PIZZA SAUCE (3 to 4)

- 1 6½ oz. tomato paste
- 1 14 oz. tomato sauce
- 1 bay leaf
- ½ teaspoon oregano
- ½ teaspoon basil
- 1 teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon chili powder
- 1 clove garlic finely chopped (optional)
- Water as needed

Combine all ingredients; simmer for 2 hours; adding water as needed.

PIZZA CRUST

- 1 cup boiling water
- 1 tablespoon shortening or oil
- 1 tablespoon sugar
- 1 teaspoon salt
- ¼ cup warm water (not hot)
- 1 package yeast
- 2¼ cups flour

Place first 4 ingredients in large bowl; stir until dissolved. Let stand until warm. Place yeast in ¼ cup warm water; let stand for 10 minutes; stir into bowl.

Add 1½ cups of flour; mix thoroughly. Add remaining flour; knead on floured board. Divide in two; roll out; place in lightly greased pan. Let rise to desired thickness. Top with sauce and desired toppings.

Place in oven at 425 for twenty minutes or until the bottom of the crust is golden brown. (You can check this by lifting up the pizza with a knife inserted between pan and crust.)

PIZZA TOPPING (For each pizza)

Cheese Pizza
8 oz. grated mozzarella
sprinkling parmesan
cheddar (if desired)

Other toppings

Pepperoni thinly sliced
Onion sliced then broken into rings
green pepper
olives
bacon
sliced mushrooms
ham & pineapple
tomatoes
or whatever you have around the house.

This may look like a lot of work but it tastes so good. Once you have made the effort you can freeze it for another time when you need it.

Big Spoonful

We have heard complaints about the food at the Cafeteria. We have heard complaints of the volume or lack of volume of the C.H.N.R. radio station in the Cafeteria. But this conversation is the first to be "over heard."

1st Person: The students at

NAIT must really have big mouths.

2nd Person: Why?

1st Person: You can tell by the size of their soup spoons.

Now you've heard it all, big ears.

Styx Energize Coliseum

Tuesday night, Styx played to a packed house at the Edmonton Northlands Coliseum. Their tour was billed as the "Grand Styx Decathlon," and several of the band members wore sports-related attire. This band has a devoted following, especially among young teenagers (I felt rather old as I looked around at the crowd!).

But it's not hard to figure out why Styx is so popular; they put on a professional show. All the cues seemed to be perfectly timed (as far as I could tell from my vantage point at the top of the blue section—more about that later). Also, they had an elaborate, well-timed light display. It doesn't hurt, either, that the three lead singers, Dennis and James DeYoung and Tommy Shaw are the stuff that young teenage girls' dreams are made of.

The group played selections from a number of their previous albums, as well as a few from their new release, "Cornerstone." Each song was well executed and a couple of numbers were punched up by a horn

section. Of course, they ended off the show with their current hit "Babe." After a sustained period of cheering, they returned to the stage, muddled through several "false starts" (which seemed to me to be an intentional attempt to tease the crowd), and finally played one encore number.

Unfortunately, I missed the opening act, the Babys. According to my companions, they put on a good show and played a fair amount of material from their new album, "Union Jacks."

Whenever I attend a Coliseum concert nowadays, I like to sit at the top of the blue section. The view may not be as good up there, but I am sick of dodging (and occasionally being hit by) flying firecrackers, frisbees, sparklers, etc., etc. I have heard people say that tossing things around is a way to release pent-up energy—fine, but can't they toss Nerf ball's instead. Someday, someone will be seriously injured by a flying object—it's only a matter of time.

Carol Ann Retallack

EATS

By P. Compassi

BLACK BULL STEAK & PIZZA HOUSE 10048 102 St.

This dinery is a cut above the average steak and pizza house. Service and food is topnotch and the surroundings are cosy and warm.

There's a large selection of pizzas, ranging in price from \$7.40 for medium to \$9.40 for the deluxe.

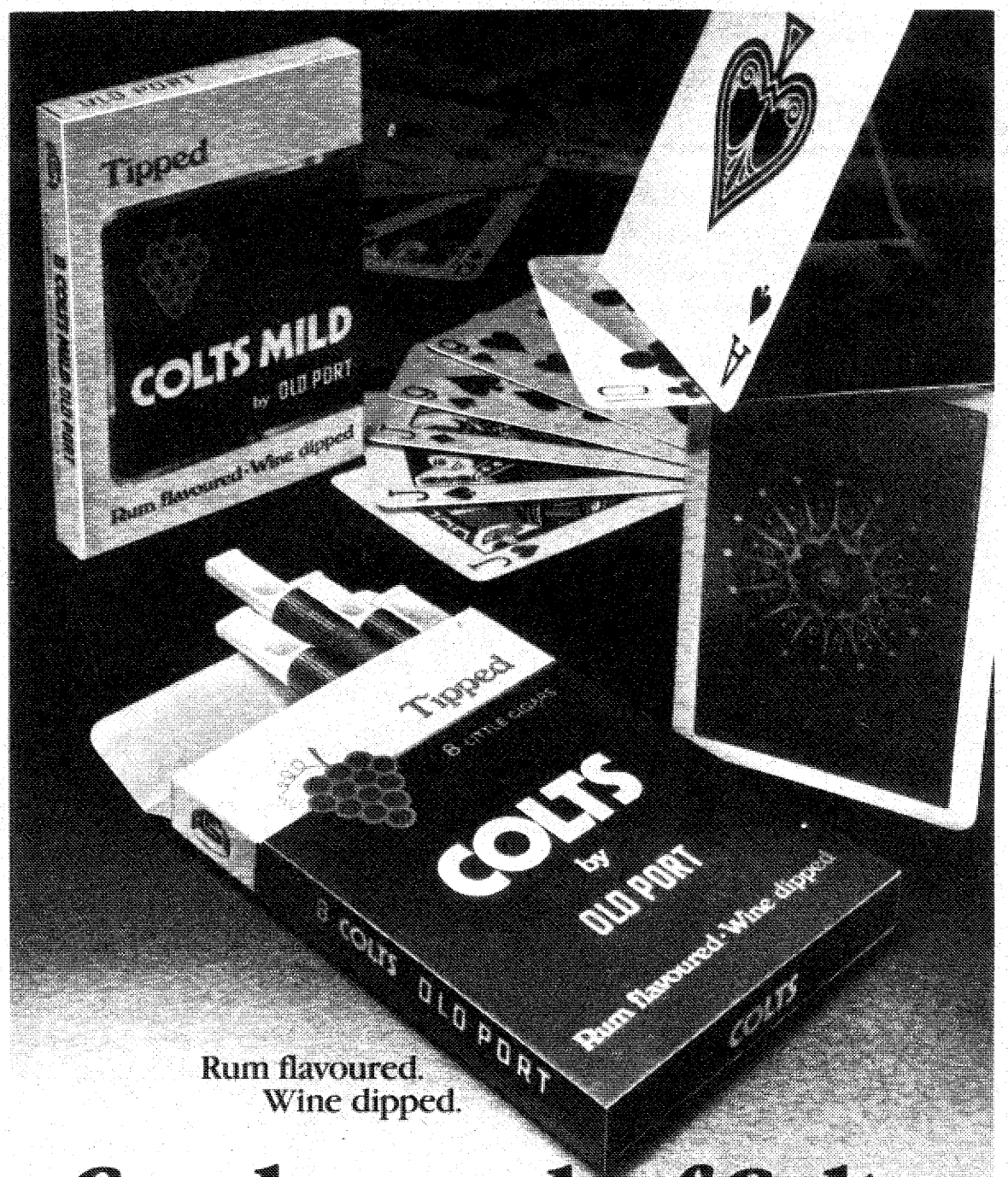
We ordered the *Black Bull special*. In less than 10 minutes after ordering, our waitress glided over and presented us with an appetizing pizza consisting of back bacon, pepperoni, cheese, mushrooms, black olives, onions, green peppers and a generous overlay of shrimps. It tasted as good as it looked and the crust was crispy and tangy.

They have an assortment of lasagnas, steaks and lobsters at standard prices. Also a full wine and liquor list.

If pizza isn't your bag and you're short on cash, try the hot submarine sandwich at \$3.00 or the Greek salad at \$3.85. Both selections are filling and come highly recommended.

After eating, we tried the *Black Bull Coffee*; ½ oz. Ouzo, 1 oz. Metaxa (Greek brandy), coffee with whipped cream topping. My companion that rarely drinks, found it pleasant and soothing.

Black Bull is a good place for a quick lunch or leisurely evening feed.



Rum flavoured.
Wine dipped.

Crack a pack of Colts along with the cards.

COURT
REPORTING
ELECTRONICS
REVIEW

If you missed it, it's your own fault. The crowd was in a natural high all night, the dance floor never emptied and the good times just rolled along. Congratulations to the lovely ladies in Court Reporting, (especially Brenda, Laurie and the short one in black hair) and bad dudes in Electronics. You both did a great job. A well organized time that everybody enjoyed.

The hall was a bit small, but that was OK because everybody seemed to just squeeze together that much closer. The band was Good Times Review and they played a great variety of rock and roll, waltzes and even a couple of Ukrainian disco's. A Texas mickey of rye whiskey was raffled off. But the guy who won it, didn't even need it, he was jumping so much he probably forgot to claim it.

There seemed to be a feeling of general friendship in the air, which really made you want to have a good time. Apparently they never finished cleaning up until 6:00 in the morning. Hope C.R. and E. has another one real soon.

Garry Gylytiuk



AROUND TOWN

	TAVERN	LOUNGE	CABARET
KINGSWAY	Pat Mallen	Off On A Tangent	Patch
CONTINENTAL INN	Kickane		Millions
CONVENTION INN SOUTH	Lava Trax		
BEVERLY CREST		Allan Raymond Show	Nikki Cruz
CAPILANO	Country Image	Stockton & Earl	Pyramid
RIVIERA	Unison	Peter McDonald Show	Bootleg
HIGHWAY MOTOR INN	Bill Hersh	Gary & Dot	Privilege
LONDONDERRY	Spunk	Skye	Downtown
REX MOTOR INN	Prairie Fire	Ted, Jan & Diana	
RENFORD INN ON WHYTE (PEOPLE'S PUB)	Variations		

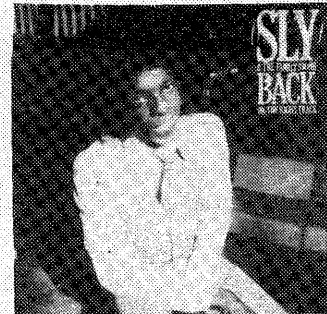
Hold it right there. I know what you're probably thinking: "Oh, yech, a DISCO record!" Well, Sly and his band were around years before the word "disco" was even invented. In the late 1960's they came out with a string of hits including "Everyday People", "You Can Make It If You Try", and "Hot Fun In the Summer-time". These were happy songs with an infectious melody and beat.

But Sly's music lost its innocent undertones with the release of "There's a Riot Goin' On" in the early '70's. This album had a much darker mood, perhaps reflecting the feelings of a society that was discovering the "Woodstock" era wouldn't last forever, after all.

Since that time, Sly has kept a fairly low profile. He has released a few albums

IN THE GROOVES

SLY AND THE FAMILY
STONE.
"BACK ON THE RIGHT
TRACK"



since "Riot", but his main energy seemed to be spent coping with marital, financial and drug-related problems. It is evident from the title of this new record that he is trying to get a fresh start on his career. The prevalent message throughout the

album is that we should all learn to accept and live with ourselves and each other. Musically, the excitement of his earlier hits is somewhat lacking.

The one song where Sly and the band really redeem themselves is "Remember Who You Are". Sensuous vocals are combined with a subtle, yet effective guitar and punchy horns. The overall effect makes the listener sit up and take notice.

Sly hopefully is, as his album's title suggests, "back on the right track"; but it remains to be seen whether he can recapture the "magic touch" his music once had.

Carol Ann Retallack

Record courtesy of Mister Sound, Kingsway Garden Mall.

STUDENT
VOTERS'
GUIDE

ELECTIONS
CANADA

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Chief Electoral Officer
of Canada

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YOUR COPY
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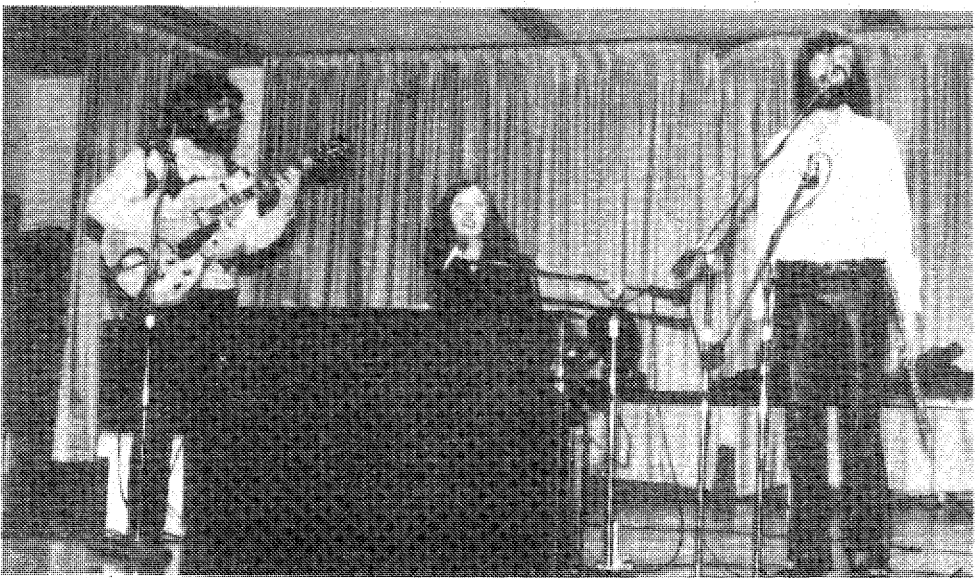
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tells you all you
need to know
to vote in the
Federal General
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Published by the Chief Electoral Officer of Canada.



JAZZ AT NAIT? FAT CHANTS!!!

On Wednesday, January 16, the NAIT auditorium was totally captured by the sounds of Fat Chants. The group consisting of Mairi MacLean on keyboards, Allan Stein on guitar and Ross Campbell on violin, flute and saxophone, describe their offbeat music as "left-wing swing." They have been together for over two years now, doing a mixture of original material and cover versions of everything from old show tunes such as "If I Were a Bell," to tunes by Randy Neuman and the Beatles.

The band's relaxed pattern between songs set everyone at ease and accentuated the warmth and humour which were clearly evident in compositions such as "Another Personal Crisis for Me" and "Chauvinist Pig Boogie."

In places the music suffered from the lack of a "bottom end" (bass is only used in some of the groups performances), and the balance seemed a bit uneven (the keyboards were sometimes drowned out by the saxophone). However, the music itself more than compensated for any minor flaws.

Unfortunately, there was a sparse turnout for this refreshingly different group; those of you who weren't there missed something good. Credit goes to Paul Joly for getting them to perform at NAIT (even though every poster put up around the halls to advertise their appearance had their name misspelled). Any of you who wish to hear more of Fat Chants can see them this weekend (Jan. 24-26) at RATT, Student Union Bldg., U of A campus.

Carol Ann Retallack



AT THE MOVIES

The Rose

Perhaps the biggest question on peoples' minds when this movie was released was, "can Bette Midler really act?" The answer to that is a definite "yes." From the moment Midler stumbles off her tour airplane, down the steps and into a waiting limosine, she becomes "The Rose."

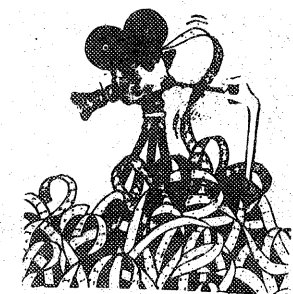
After seeing Hollywood's somewhat distorted view of rock musicians in the movie "A Star is Born," I had a few reservations about the depiction of "The Rose's" life. But this show is fairly realistic in that respect. There are no idyllic love scenes here, either; we are consistently reminded of the character's vulnerability and shortcomings.

Bette has a solid supporting cast to back her up. Alan Bates does a very convincing job as Rudge, her domineering and sometimes cruel manager, whose lack of sympathy contributes to her downfall. Frederick Forrest is excellent as her volatile lover, Houston.

The music in this movie is also surprisingly good. There are a couple of songs included that sound like they were written for the movie,

but other than that, the material used is quite good. Backing members of her band include Steve Hunter and "Whitey" Glan, both of whom have played with Lou Reed. This adds an air of authenticity to the music. Midler wisely doesn't try to be something she's not; she merely incorporates her singing style into that of the character. She really lets go on an old Percy Sledge number, "When a Man Loves a Woman," and all the pain and anguish of her character comes pouring out.

There are two scenes in this movie that really stand out in my mind. The first takes place in a gay club where the Rose has dropped in on some old friends. They totally surprise her by bringing out a female impersonator to mimic her act. "She" breaks into a rousing version of Bob Seger's "Fire Down Below." Other impersonators join in and things really

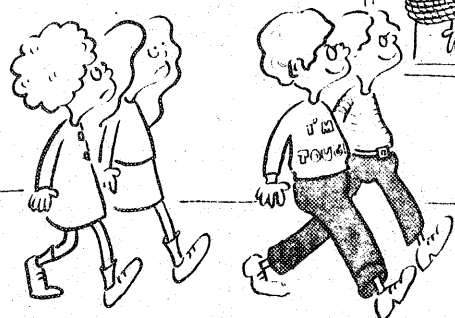
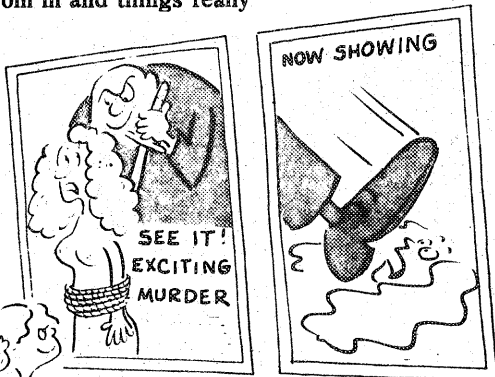


start to cook when the Rose herself takes the stage to finish off the song.

The second outstanding scene takes place in a phone booth behind the football field of the Rose's hometown high school. She has returned there to do a homecoming concert and, in the process, relive some rather unpleasant memories. She is losing her grip on life; in a last desperate attempt to reach out, she makes a poignant phone call to her parents.

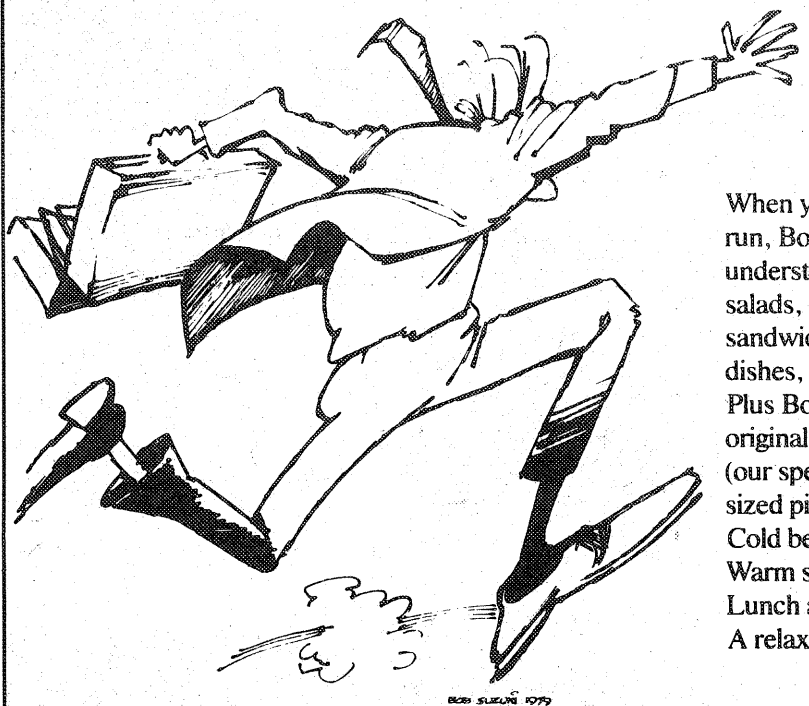
There is talk going around that "The Rose" is based on the life of Janis Joplin. I don't think it was really meant to be anyone's bibliography; it's just the story of another rock star sinking into an abyss of self destruction. It's not a pretty movie, but it is a powerful one.

Carol Ann Retallack



"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.

Boston Pizza
Now, that's a slice!

Visit any of these four locations close to the Campus.

12430 - 118 Avenue
452-8585

12901 - 97 Street
476-8691

10543 - 124 Street
482-4471

10115 Princess Elizabeth Avenue
477-9111

WINTER CARNIVAL Week

N.A.I.T.S.A.
SUPPLEMENT

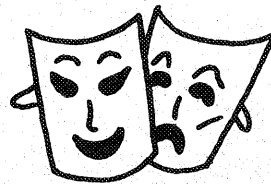
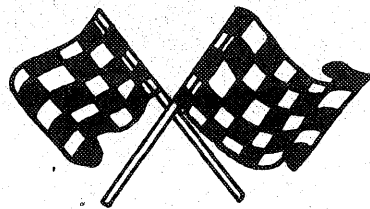
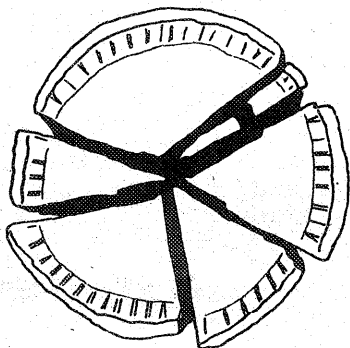
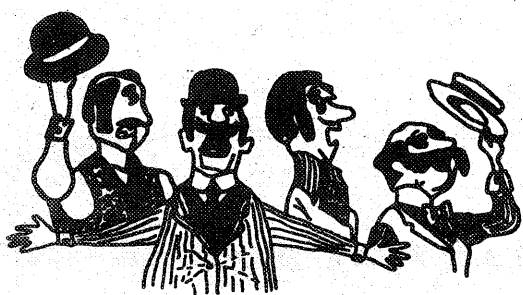
N.A.I.T.S.A.
SUPPLEMENT

JAN. 21-25

It's here again.....that fun packed carnival of events at NAIT.



Begin by filling your appetite with the Pie Eating Contest, Monday, Jan. 21.
Challenge your staff or come along just to watch in the Auditorium at 12 noon.

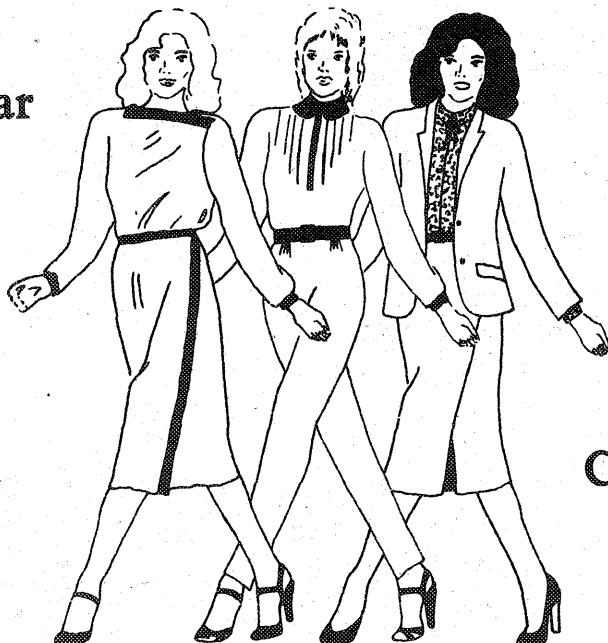


Tuesday is the day of Pyramid Building at 12 noon in the Gym and test your speed with the Chair Races at 12:30 in the E-wing.

There will be no talent spared as everyone is welcome to get their act together for the Thursday Skits at noon. Hurry & come to the Auditorium for this fun hour!!!

The Queen Contestants will star in Wednesday's Fashion Show at 12:30 in the Auditorium. Don't miss this highlighting event.

And the contestants will attend the Queen Tea at 2 pm that afternoon.



""""it's time to view the Ice Sculpture Judging 3 pm on Thursday.

VOTE.....for the Queen Contestants on Friday. Friday is also the evening of the Queen Ball.

A CARNIVAL of FUN



SANDRA ZELENY - MARKETING MANAGEMENT



Sandra has a vivacious personality and a wide variety of interests. Included among these is skiing. At present, Sandy is involved in the planning of the Tod Mountain ski trip scheduled for the end of February. Her choices in music include country rock, new wave, blue grass, and some of the more mellow artists like Billy Joel. In her spare time Sandy likes to play guitar, go jogging, and take part in the more traditional forms of entertainment such as going to bars and cabarets and whooping it up.

Her motto: For every bad time there's twice as many good!

WENDY ROCKAFELLOW - BIOLOGICAL SCIENCES



Wendy Rockafellow has been chosen as Biological Sciences representative in this year's running for Miss NAIT. Wendy creates a pleasant, friendly atmosphere and is a very involved participant in many NAIT activities. Being socially active, has in the past, gained her the honor of Valedictorian for her graduating class of '79 (Calgary).

Wendy has been able to obtain an honor standing in her studies and also finds time to become involved in NAIT athletics. She was a member of the NAIT Canoe Team and has shown her athletic ability in most of the intramural sports.

In the past, Miss Bio-Science has given her time freely to instruct children and adults in the areas of swimming and outdoor recreation. Wendy is an outdoor enthusiast and enjoys backpacking, canoeing, climbing, and skiing. Her other interests include swimming and music (guitar and piano).





NANCY IRWIN - ACCOUNTING & FINANCE



Hi! My name is Nancy Irwin. I am representing Accounting and Finance. In my second year at NAIT I plan on specializing in the field of accounting. Upon graduating I plan to pursue a career in accounting and possibly further my education.

My interests are travel, downhill and water skiing, experiencing new activities, and best of all those experiences of meeting new people.

I wish the best of luck to all my fellow candidates and I hope everyone participates and enjoys themselves during Queen week.

DIANE BOWES - COMPUTER SYSTEMS



Diane is a familiar face around NAIT, as this is the third year she has attended the institute. She has completed a 2 year Finance program and is now enrolled in Computer Systems.

Diane is a very active 20 year old, with many diverse hobbies and interests. She is a keen curler, having made the semi-finals in the Medallion Classic Women's Curling in December. She also curled on a junior team that won the Canadian championship in 1978. She professes a casual interest in most sports, and would like to find time to learn to ski and golf. Her "likes" include dancing (not big on disco at all), music, parties, and good time people.

When asked why she had decided to run for NAIT Queen, Diane replied that although NAIT is a great place to go to school, if you participate in the various student functions, the year seems to go a lot faster. She views the Queen contest as a good opportunity for the technologists to interact with one another and have some fun together.

Diane is a congenial, cheerful person, well-liked by her classmates. Her friendly smile and happy disposition brighten up our days at NAIT. She is always willing to pitch in and lend a helping hand in whatever capacity she is needed.

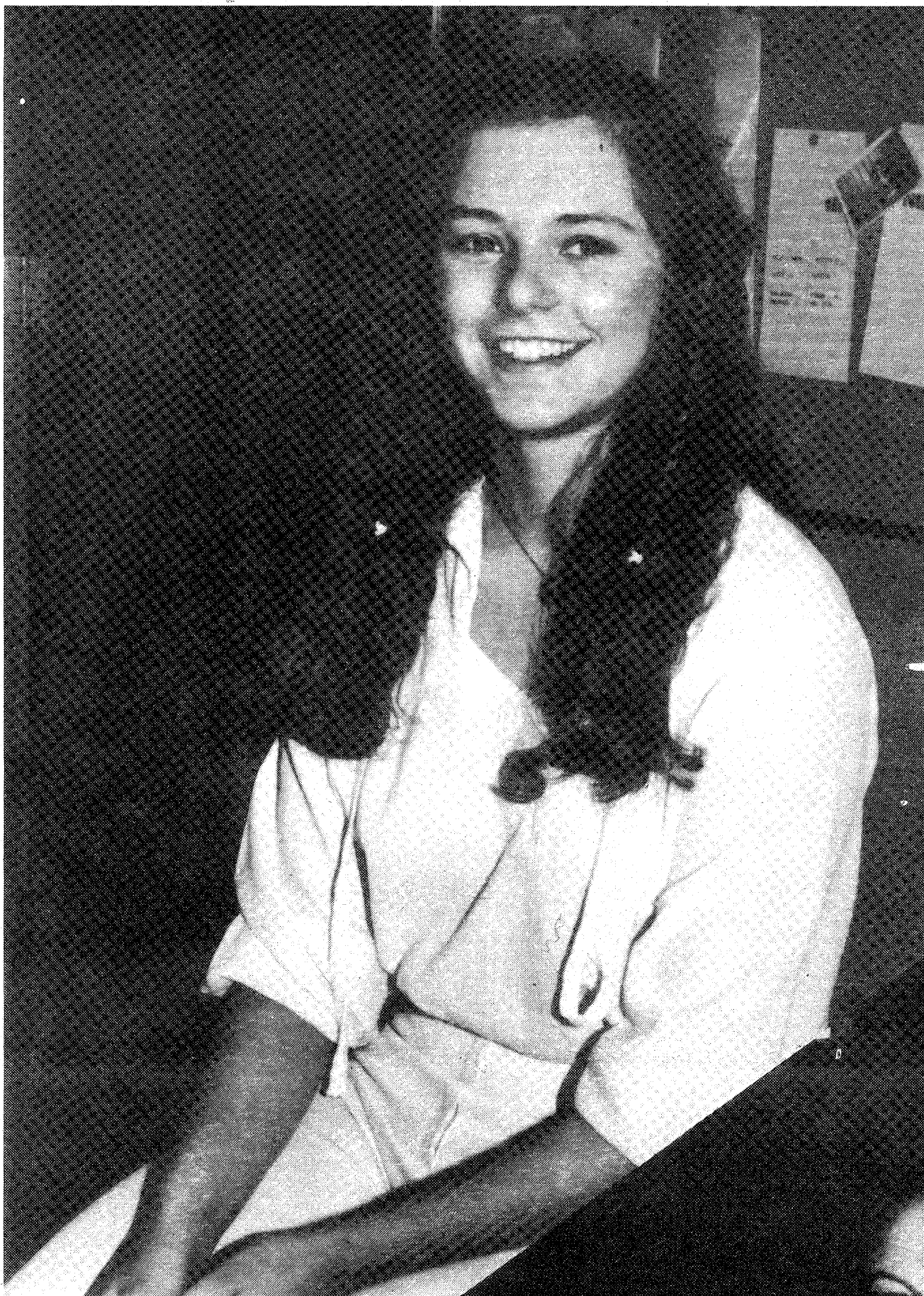
Although it is widely known that Computer

students have a heavy workload, Diane takes the time to work in the I/O Room, which is a distribution centre for computer programs. This job has made her well-known to all Computer students and she amassed an overwhelming majority in the technology vote for Queen candidate.

Diane's plans after graduating from NAIT, include a challenging career, hopefully combining both her Computer and Finance training. She is considering a move to either B.C. or Montana, but her many friends hope she will decide to make her home here in Edmonton.

Whatever the future holds for Diane, we at NAIT all wish her good luck and great happiness.





MARG GUTMANN - SECRETARIAL ARTS & BUILDING CONSTRUCTION



When Marg first moved to Edmonton, she knew very few people in the city, but, within the past few months, and by attending such functions put on by NAIT as Bridge Building, Pub Times, and various Cabarets, she has met many people who have helped to make her time spent here much more pleasant. Marg is looking forward to the coming year, and hopes that there will be just as many activities then as there are now. If she succeeds in becoming *Miss NAIT*, Marg will certainly make good use of her two tickets!!!

Marg enjoys figure skating and has taken six years of lessons, achieving her "Figure 2". She also plays ice hockey, and played Right Wing position for the Hardisty Sweethearts in her grade 11 and 12 years. Marg currently curls on the league team here at NAIT. Other winter sports she enjoys are: skiing, tobogganing, and ski-dooing.

Marg is enjoying her courses here at NAIT. She finds them interesting, informative, and is sure they will be useful when she gets into the working world.

Marcy Selby
Campaign Manager

I hope you will all get a chance to meet all the candidates running, and participate in some, or all, of the scheduled events planned for the coming week, and make this week a memorable one for all of us. I would also like to wish all the other candidates the best of luck next week.

Marg Gutmann

SHELLEY JONES - ADMINISTRATIVE MANAGEMENT



Shelley Jones is the queen candidate for Administrative Management. She is 18 years old and enjoys playing the piano, camping, partying, cross-country skiing and longer holidays. Cold winters, homework everynight and boring classes are among some of her dislikes.





ELAINE HEBERT - ARCHITECTURE



My name is Elaine Hebert and I am representing Architecture. I took drafting in high school and plan to finish my two years at NAIT. I hope to further my architectural studies at the University of Manitoba, hoping to achieve a degree in Architecture. I like skiing, both water and downhill, swimming and drafting. I also enjoy dirt biking and drinking ice cold beer. My main goal in life is not to achieve awards or material things, it's just to grow taller.

ANABETH De CASTRO - ENGINEERING DESIGN & DRAFTING



Hi! My name is Anabeth C de Castro. I am representing Engineering Design & Drafting Technology for the Miss NAIT contest.

Engineering Design & Drafting is a study of graphic language combined with related engineering and technical studies. This course teaches the principles of accuracy, exactness, and positiveness on the information needed to produce buildings and structures. Drafting people work helping people to communicate and that involves effective human relations. This Queens' week event offers a chance for the students to get involved in the events with the

other technologies. We are in Plaza II and are quite a distance from the main campus. This has made me aware of the communication problems between the technologies. But this event is a good opportunity for all of the technologies to meet the others. This is not a competition as to who is the best but an opportunity to pick the one who can best represent this institute.

I am proud to represent Engineering Design & Drafting in this event. I look forward to meeting the others who participate and those who have the Institute's spirit, and I want everyone to have a good time.





DEBBIE MESTON - EARTH RESOURCES



I am 18 years of age and came to NAIT and enrolled in a 2 year course of secretarial training. Earth Resources chose me to represent them in the *Miss NAIT* competition, and I will try to do my best to fill their expectations.

I was born and raised in Edmonton. I attended my Elementary and Junior years at St. Brendan and finished my secondary education at Austin O'Brien High School.

I am sure this contest will be a lot of fun and a great chance to meet new people. No matter what the outcome of this contest is, I would like to wish the rest of the contestants good luck and may the best girl win.

KIM SHIMIZU - RADIO AND TELEVISION ARTS



Kim Shimizu is a first year radio and television arts student. At one time Kim was very active in the competitive figure skating world and has now turned professional. She also dances, plays the piano and has done some acting both live and on film.

Kim is a professional model for Peggi Adams Elan and works part-time teaching self improvement and modeling classes to teen-agers. Kim enjoys working with people and loves to be involved in NAIT activities. She is proud to be a NAIT student and wouldn't trade her days spent here for anything!





PAT PAQUETTE.-

INSTRUMENTATION

As their candidate for *Miss NAIT*, Instrumentation would like to introduce Miss Pat Paquette. This native Edmontonian is a graduate of Scona High School and is presently a first year Business Administration student. Pat is the athletic type, being an avid down-hill skier. Indoor sports are not overlooked, as she swims and dances --an important requirement for a quality physique such as Pat's. But, good looks alone do not a Queen make. Pat is also quite ambitious. Some day when we're all rich and famous, you may find Pat selling you the house of your dreams --she plans on entering the lucrative Real Estate profession when she graduates. (That is, if she's not too busy with the modelling career she would also like to consider) Either way, we are sure that Pat will an asset to the community, just as she will be a tremendous asset as *Miss NAIT* of 1980.

LAST YEAR'S "QUEEN"

JANET WALKER



VOTING

For MISS NAIT

Friday, January 25, 1980

10:00 AM till 2:30 PM

LOCATIONS:

- Ticket Kiosk by Cafeteria**
- Second Floor Tower**
- PLAZA II - Manpower**

Building next to the walkway

Room

**L227 - Second Floor close to
the Cafeteria**



QUEEN BALL

JAN. 25

AT THE
SCANDINAVIAN CENTRE

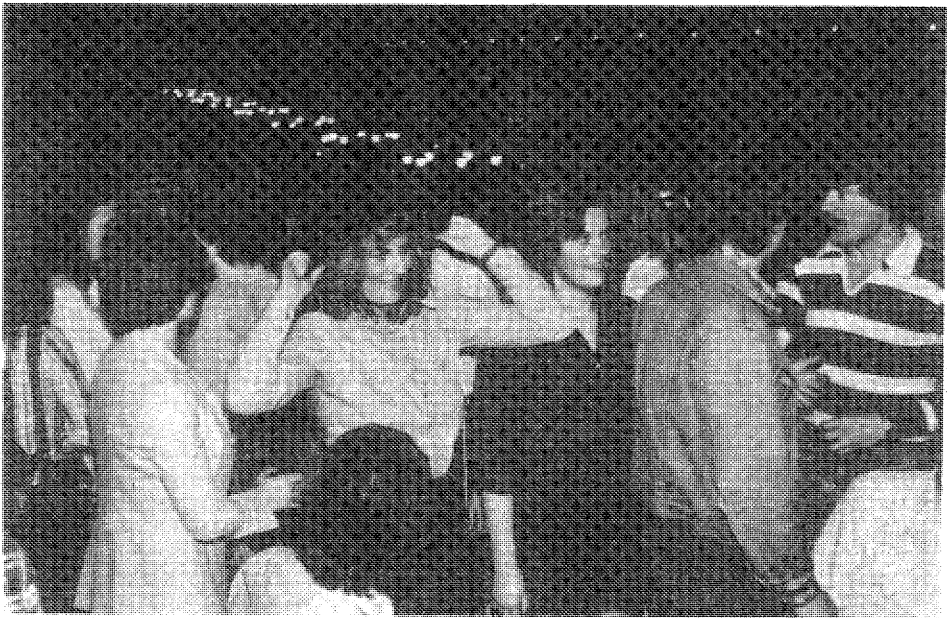
BAND-SKY TRAIN

TICKETS \$ 8 EACH

\$ 15 FOR 2

WINTER CARNIVAL
Week

TURN THEM LOOSE MA THEY'RE GOING TO BON ACCORD!



The Red Barn Social held last Friday night was definitely one of the better events put on so far. For those of you that have never been to the Red Barn, out by Bon Accord, it's the place to go for good, cheap food, friendly service, and most of all, a good time. And everyone there last Friday definitely did have a good time.

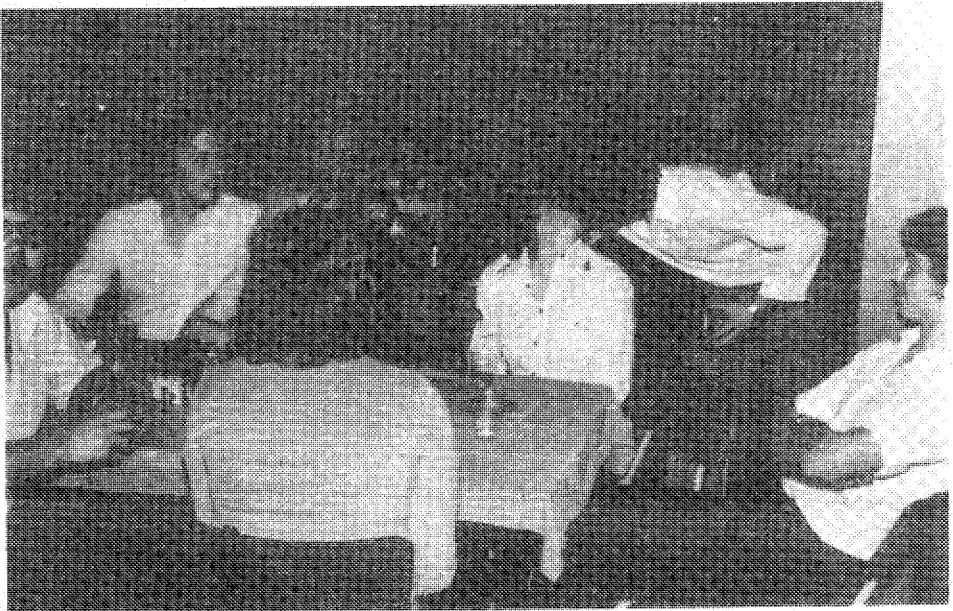
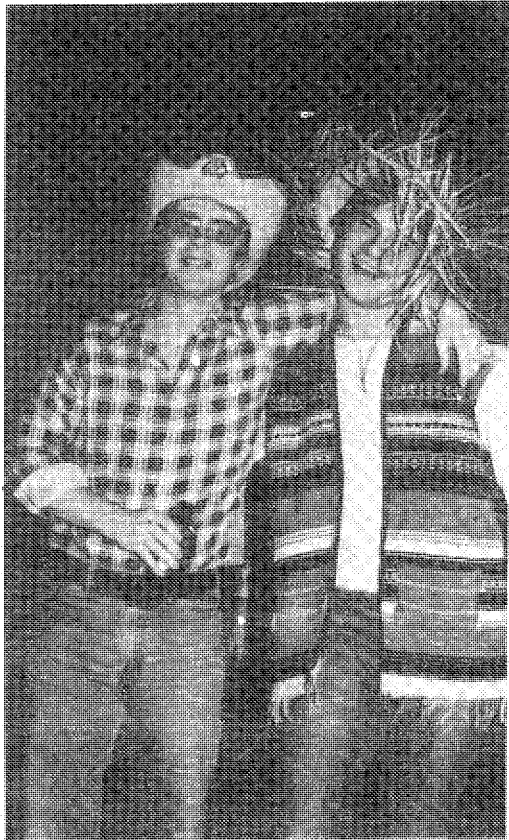
The hall itself is enormous with plenty of seating and a huge wooden dance floor that takes you back to the feeling of the old stompin' barn dances.

It's too bad that the band, Magic Touch, didn't get into the stompin' mood. They played far too much of the '50's rock and roll and not nearly enough country. The too few polkas they did play were the only thing that came close to what everyone seemed to want to hear. All in all, a different band is the only thing that could have made a great night even better.

Also, the idea of chartering buses out and back was good (especially counting the number of comatose bodies on the ride back). It gave

everyone a chance to let loose without the fear of an accident (or a ticket) on the way home. For everyone at the Red Barn last week, it was a totally enjoyable night out, and I for one am going back soon. For those of you that missed it, make sure you're 1st in line for tickets for the next party at the Red Barn, Feb. 22.

D. Woodman



Julius Schmid makes the most popular brands of condoms in Canada.

So why would we want to talk to you about other methods of contraception?

The Diaphragm

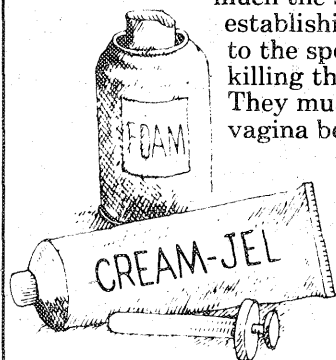
The diaphragm is a soft rubber cup which 'fits' into the vagina to cover the cervix (the opening to the uterus, or womb). It comes in various sizes and requires both a prescription and initial fitting by a doctor or trained nurse. To be effective, the diaphragm must be used in conjunction with a spermicidal jelly or cream applied to all sides of the cup and to its rim. Additional applications of the spermicidal jelly or cream are needed if intercourse is delayed by several hours, or is repeated prior to the removal of the diaphragm. The diaphragm must be left in place for at least six hours after sexual contact. It can be left for as long as twenty-four hours, after which it should be removed, washed and dried. With correct use, the contraception rate for the diaphragm is very good. It is safe to use and produces no unwanted side effects.



Contraceptive Chemicals

Contraceptive foams, jellies, creams, foaming tablets and suppositories work in much the same way. That is, by establishing a mechanical barrier to the sperm and/or by directly killing the sperm on contact. They must be inserted into the vagina before intercourse and reapplied with each subsequent sexual act. Suppositories (the least effective) require about fifteen minutes to dissolve; foaming tablets require five. Spermicidal foams, creams and jellies are effective immediately. In all cases douching should be avoided for at least six hours after intercourse.

Side effects are infrequent, although some women and some men find that chemicals cause an irritating burning sensation during intercourse or discomfort afterwards.



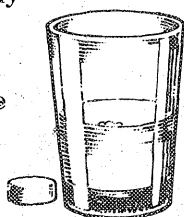
The Pill

The pill, taken by women once a day for twenty-one or twenty-eight consecutive days, is designed to prevent ovulation. If no egg is released, conception cannot occur. Most of the pills available today contain a combination of two female sex hormones in synthetic form—estrogen and progesterone.

The pill's main drawback is the side effects that some women experience. Minor side effects like nausea, spotting or breakthrough bleeding, bloating and breast tenderness are fairly common but usually subside after a few months. The pill is also sometimes associated with weight gain and, to a lesser degree, weight loss; with minor but irritating vaginal infections, headaches, depression, and an increased need for vitamins B₆ and B₁₂.

So far as serious side effects are concerned, it is known that women taking the pill run four to seven times the risk of developing blood clots and nearly eight times the risk of dying as a result of a clot which lodges in a vital organ.

Recent evidence suggests that the risk of developing a stroke (an extremely rare condition among women of child-bearing age) is increased nine-fold. Because the risk is greatest with women who smoke cigarettes, it is strongly recommended that women over 30 should either stop smoking or use another method of birth control.



Because we're concerned.

The response to the advertisements we have been running has made us aware that there is still a surprising lack of knowledge among young people about the various methods of contraception.

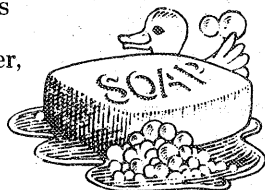
This is supported by a Statistics Canada report on the alarming increase in unwanted pregnancies among young women in the 16 to 24 age bracket.

What we plan to do in this advertisement is give you an honest and objective look at other methods of contraception. We will consider the advantages and disadvantages of each and leave you, the reader, to make up your own mind which method you prefer.

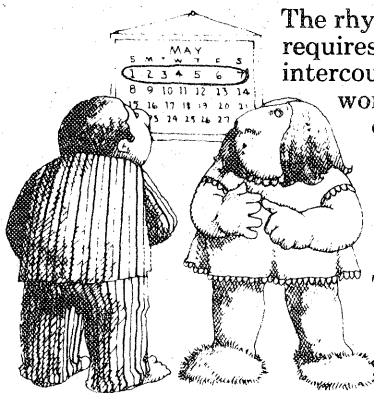
Space limitations make it impossible for us to go into minute detail. So for further information, we strongly recommend that you contact your local physician, pharmacist or family planning clinic.

Douching

Although the method has been in use for centuries, douching with plain water, soap, or chemicals is very ineffective. In fact, it's only slightly better than taking no precautions at all.



Rhythm

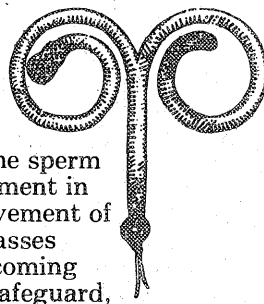


The rhythm method requires abstinence from intercourse during the woman's fertile time of the month. The difficulty even today lies in predicting when the fertile period is likely to begin. The various aids currently used to help determine the fertility cycle include electronic calculators, special rhythm calendars, clocks and chemical tests. The most common and most accurate method is the charting of the woman's basic body temperature which must be taken with a special thermometer each morning before she gets out of bed. Unfortunately, a slight illness (a cold, for example) can affect temperature readings and create the impression that ovulation has already occurred.

The intrauterine device (IUD)

The IUD is a small device usually made of plastic or metal, or a combination of both, which a gynecologist places inside the uterus where it remains for as long as contraception is desired. Aside from checking after menstruation to be sure the device has not been expelled, little more needs to be done.

How the IUD works is still unclear. The current school of thought believes that the device sets up a chemical state which incapacitates the sperm or the egg; or that its placement in the body speeds up the movement of the ovum (egg) so that it passes through the tube before becoming fertilized. As an additional safeguard,

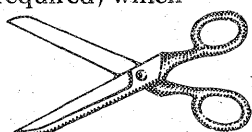


some doctors recommend use of a spermicidal foam or cream in conjunction with the IUD—especially during midcycle when conception is most likely to occur. This approach means that the IUD loses one of its most attractive features: the fact that it requires little effort and is unrelated to the sex act.

Like all other methods, the IUD has its drawbacks. Some users spontaneously expel the device. In other cases, excessive bleeding and cramping or other side effects make its removal necessary. The IUD is not recommended for women who have pelvic inflammatory disease or any abnormality of the uterus or a history of painful or heavy periods or cancer of the cervix or uterus.

Sterilization

Male vasectomy is a simple surgical technique (only a local anesthetic is required) which involves cutting the ducts that carry sperm into the ejaculate. Following vasectomy, a couple should use some other method of contraception until two consecutive tests show that no sperm remain in the ejaculate. Many doctors advise a repeat of the test six to twelve months later to ensure that the ducts have not grown back together.

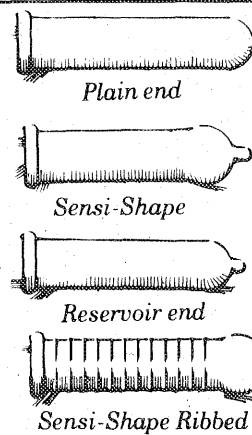


Female sterilization (or tubal ligation) involves cutting the Fallopian tubes that carry eggs from the ovaries to the uterus. It is a somewhat more complicated procedure than vasectomy. Although brief hospitalization is usually required, new and simplified techniques make it possible to carry out the operation in a hospital-based clinic without overnight hospitalization. The rare failures occur when the tubes manage to grow back together.

The condom

The condom is second only in popularity to the pill as a method of birth control. A thin sheath usually made of rubber or animal skin, it is put over the erect penis to catch the ejaculate. For maximum effectiveness, the condom should be used before intercourse to prevent any escape of semen in foreplay. It's also important to withdraw the penis while still erect to prevent spillage of semen.


The effectiveness of the condom, like the diaphragm, varies with the user. The condom's only disadvantage is that it must be used at the time of intercourse, requiring interruption of lovemaking. On the plus side, it is easy to use, perfectly safe and offers protection against the transmission of venereal disease. It can be purchased at the drug store without a doctor's prescription.



Julius Schmid manufactures Canada's most popular brands of condoms. Ramses, Fourerx, Sheik, NuForm, Excita, Fiesta, Fetherlite.

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Sports

Let's Talk Sports

By: Gina Noce
SPORTS EDITOR

WHEN YOU'RE HOT, WHO ARE YOU KIDDING? YOU'RE HOT!

Congratulations to the Womens volleyball team for their great effort in the Red Deer tournament. The women's volleyball team now holds the record for being the only NAIT team this year, to go undefeated in a tournament.

The men's volleyball team fared well also. Losing only once to top-seeded Mount Royal College.

IT ISN'T ALL THEIR FAULT YOU KNOW!

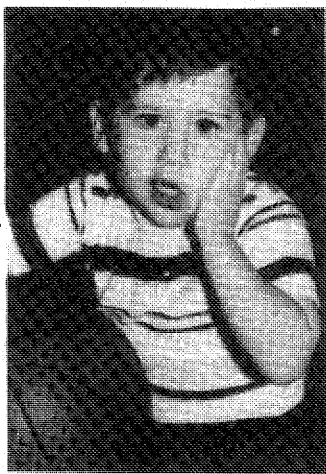
Posters don't talk and posters don't convince. But people do. Lack of fan support is a problem which concerns most of the NAIT athletic teams.

So may I make a suggestion. Prior to a home game, each player should talk to about 20 students and tell them to come and watch. Assuming, an average of 10 people will come, you could fill those stands up pretty quickly. 20 players time 10 equals 200 people!

WHO ARE YOU KIDDING?

The hockey team just isn't what it used to be. Minus six key players who have named themselves the ERASERS, the club isn't scaring too many teams on the ice. The team dropped two of their last three games. One game was played with TWO defencemen.

On the brighter side, the ERASERS are still included in post-hockey game functions. So things aren't that bad.....



NAIT VOLLEYBALL CLUB Fund Raising Cabaret

Eastwood Hall

TICKETS - \$4 including cold plate

On Sale at the Kiosk

Boat Races Anybody?

On Feb 3 at Hazeldean Hall, 97 St. and 68 Ave., Building Construction challenges all Beer Bellied Persons to make up a team of 15 to inhale one pint of ale each to the entertaining music of Wizard Lake. Ladies teams accepted!

**ENTRIES,
BLACK PHONE 585**

Volleyball Chicks Unbeaten In A.C.A.C. Tournament

Yes, the Womens Volleyball team won all their games against the Southern Conference at Red Deer on Friday and Saturday, January 18th and 19th. This is the first time NAIT women volleyball team has ever achieved this feat. Once again the full team contributed to these victories. On Friday the team had to play 3 matches, best of five games. This not only becomes a test of volleyball skill but a test of physical endurance. They played their first game at 12 noon Friday and finished their last at 10 PM Friday night.

On Friday the team started out by defeating SAIT 15-11, 15-5, 16-14. In the next game they really came up against a much improved Medicine Hat. We won after a long struggle 18-16, 15-11, 2-15, 9-15, 15-6.

Going into the last game they were exhausted, however they dug deep into their physical and emotional reserves to win the match.

Luckily the last match was against a weak Lethbridge team; we won 15-4, 15-8, 15-12. The team had won their first three but were exhausted.

On Saturday, NAIT started with a win against Olds College 15-11, 12-15, 15-7, 15-9. The team was in a little trouble in this match because for a while NAIT was trying to hit through Olds big blockers. However once NAIT started tipping behind the front row and whipping off the blocks then they took control and won.

Mount Royal the only team that stood between a perfect record for NAIT. Team captain Kim McLeod of Commercial Signwriting rallied her troupes and they went in and played their best volleyball of the year, and defeated Mount Royal 15-10, 15-0, 16-14. This game was marred by a disgusting display of sportsmanship by the Mount Royal coach who forfeited the second game to NAIT because of a heated argument with the referee. NAIT, at the time was on top of Mount Royal leading 11-7 and serving, we were poised to win this one. This did not upset our players as we won the third 16-14.

All players played well during the tournament. Shelly Listhaeghe of Business played well especially when called upon to play middle block or in the tight Medicine Hat game.

Kim McLeod of Signwriting used experience to keep the players cool on the court when they were in pressure situations.

Melody Craig of business set well in all her games.

Perhaps the most pleasing feature was the play of Della Sawchuk of Business. In the game against Mount Royal, which is the top Southern team, she had an outstanding game as middle blocker, centre hitter. This is one of the most difficult positions to play in volleyball because it demands a tremendous

amount of blocking and quick hitting and selective tipping around the opposition middle blocker. Della, who was a power or outside hitter in high school switched to this difficult spot this year. She has taken some time to settle in to this spot. Her magnificent game against Mount Royal showed that when she concentrates she is an excellent centre player. If Della and team play like they did against Mount Royal they will be strong contenders to win the Alberta Championship in the Nationals at Red Deer.

NAIT also gained a lot of confidence by seeing Grant McEwan being beaten by Medicine Hat. This was Grant McEwan's first defeat of the season. This showed us that if we are up against Grant McEwan we can beat them.

Ookchicks next home game is 7 PM on Friday, January 25th against a much improved Camrose.

VOLLEYBALL - Friday Jan 25th

**NAIT vs Camrose women
Women 7 PM - Men 8:30 PM**

NAIT on Road to Division Championship

by Eldon Galloway

The January 19 weekend was a big one for the NAIT volleyball teams. The men strengthened their hold on the Northern division title by victories over four of the five southern colleges at the interlocking tournament. The first set the Oaks defeated SAIT 15-3, 15-9, and 15-4. This solid performance was highlighted by great blocking by Howie Klettli, and Bob Pushie. The second set the Oaks once again came up big with the powerful hitting of Kevin Chomin and Darren Tomecek to win 15-7, 15-10, and 15-4. Next NAIT battled it out with powerful Lethbridge Community College and came out with narrow victories of 16-14, 16-14, and 15-10. Peter

Skworoda and Perry Pepin provided the defensive spark needed for the edge.

The Oaks won 15-12 before dropping their 1st game of the tournament 15-4 in a set with Olds College. They quickly regained composure however, and won two more games 15-9, and 15-13. Undefeated Mount Royal Cougars took the only set away from the Ookpiks defeating them 15-11, 15-4, and 15-13.

The weekend was viewed by the coaching staff as a big success and a great team effort. The squad is really beginning to play and think like a team, a quality displayed by the best and most successful teams.

STUDENT LOANS

YOU ARE RESPONSIBLE FOR MAINTAINING YOUR LOAN(S) IN GOOD STANDING AND THE CREDIT INSTITUTION (BANK) HAS NO OBLIGATION TO REMIND YOU OF YOUR RESPONSIBILITY.

If you have a Guaranteed Provincial or Canada Student Loan and are continuing full time studies you must reinstate the loan(s) 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 your loan(s) in good standing.

You should check your most recent 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 and/or other types of awards, this does not automatically reinstate your loan. Negotiating a Canada Student Loan does not automatically reinstate your Guaranteed Provincial Loan, or vice versa.

Separate Reinstatement Forms must be submitted - Schedule 2 for Canada Student Loan and/or Form B for Guaranteed Provincial Loan.

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.

If you should resume full time studies and have been paying on the Guaranteed Student Loans, you must also submit forms to have your loans reinstated to Interest-Free, Full-Time Status.

NOTE:

You will not be required to pay interest charges on your Guaranteed Student Loan(s) until the six month exemption period has expired. If you should remit any payments on your loan(s) 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 (POST-GRAD MEDICAL) - You cannot be reinstated to Interest-Free, Full-Time Status. Although you may be assessed tuition fees which are paid for by the sponsoring hospital, you are in receipt of a salary and therefore considered to be gainfully employed.

FOR FURTHER INFORMATION OR ADVICE, PLEASE CONTACT YOUR BANK OR THE STUDENTS FINANCE BOARD CONTROL SECTION, EDMONTON.

Alberta
STUDENTS FINANCE BOARD

Ooks Split Weekend Series, Winning Streak Ends

When things go bad, they really do. On Saturday afternoon, that was the story as the Ooks played the Mount Royal Cougars, and lost. The loss leaves the Ooks with a 5 and 5 won-lose record, a definite improvement over last year. Previous to Saturday afternoon, the Ooks have won 5 games in a row, including an exciting cliffhanger the night before against SAIT.

The Ooks, like the Chicks, are playing hurt, with two of the forwards being bothered with nagging injuries. Also, the team appears to be tired, having played an incredible amount of games since Christmas with only the few days off in between matches.

The tiredness became evident in the game against Mount Royal, who, incidentally, are picked by THE STARTING LINE UP (a Basketball Canada publication) to repeat as national college champions. The Ooks stuck with the Cougars for the entire first half, and were down by only four points at halftime. However, in the second half, NAIT vs was out scored 54-20. Nothing went right. The Ooks managed to score on 37 percent of their shots. Mount Royal, on the other hand, made 53 percent of their shots count. The final score was NAIT 53, M.R.C. 91. High scorer for the Ooks was Gene Gerwing with 14 points. Doug Zutz contributed 9 points.

In an attempt to forget the semi-disasterous afternoon, the Ooks and Chicks got together for a tobogganning party in the evening. But the hand of fate was not yet finished tormenting the teams. Kim Canary, the teams' excellent trainer, broke her arm when she was run down by another toboggan. Kim, a charming individual, is a Phys. Ed. student at the U of A and is

working as a trainer for the teams as a part of a work experience assignment. Kim is one of the best trainers ever to serve the athletic teams at NAIT and is an important part of the success the Ooks have enjoyed thus far. Let's hope that Kim recovers quickly, for her own sake as well as for the teams. They'll miss her.

If the Ooks were down on Saturday, they weren't on Friday night. In a contest which was televised by CFRN-TV on their Sunday Sports Special, the Ooks defeated their SAIT counterparts in an exciting game. The lead see-sawed back and forth before the Ooks pulled away. At the half, the Ooks were down by 9 points, but battled back to win the game by a score of 82-77.

The win was the result of a total team effort, with everyone contributing either offensively and/or defensively. Leading scorers were Len Parsons and Doug "Zee" Zutz with 13, Doctor Doug Omichinski with 11 and Rick Davidson with 10 points. Terry Everitt, who is making the transition from forward to guard, had one of his best games ever. In team stats, the Ooks scored on an a respectable 49 percent of their shots from the floor. Let's hope they can come up with a repeat performance of last Friday's game this weekend when they travel to Lethbridge and Medicine Hat to take on the southern teams.

The Ooks next home game is on Tuesday, February 12, 1980, against the Grant MacEwan Griffins. The Ooks have defeated their crosstown rivals twice in three encounters. Besides post-season action, this will be the last time the two teams meet in league action.

Thanks to all fans who attended the SAIT game and made the telecast a huge success.

Tired Chicks Faced Tough Opposition in Weekend Series

The Oochicks are desperately trying to pull themselves out of a rather severe tailspin, and the schedule isn't helping things one bit. Last weekend the Chicks had to play the "class of the league" Mount Royal College girls and the team which is most improved over last year, the SAIT Helenas. In addition, the girls are playing injured. Putting these pieces of the puzzle together, it becomes easier to understand the problems that are facing the Chicks.

On Friday night, the SAIT Helenas ran ragged over the tired Chicks in the second half, outscoring the home girls by a 36-17 margin. This overshadowed the first half in which the Chicks played well and were actually leading SAIT by two points at half time. The final score was NAIT 38, SAIT 54. Louise Carignan, again the Chicks highest scorer with 13 points, provided the majority of offense in the first half. Diane Butterfield, who is playing on a badly sprained ankle, managed to pour in an additional 12 points, most of them in the second half.

In the game, Violet Stamp, a good defensive player, sprained her ankle early in the first half and was sidelined for the rest of the weekend. Her help was badly missed not only on Friday night but also in Saturday's game against Mount Royal. In addition to this blow, the Chicks ran into foul trouble, leaving them ridiculously short staffed.

On Saturday, the underfeated Mount Royal "ladies" were the visitors. The Chicks played well, but were unable to come close to the high-flying Cougars. In this game it was more than obvious that the girls were tired. The quick Mount Royal team seemed to be able to fast break at will, and led by 20 points at the half.

When the second half started, I couldn't believe my eyes. Mount Royal, up by 20 points was using a full court press, a defense usually used when the score is close and a forced mistake might result in a break for the pressing team. The tired Chicks seemed to lose heart at that point. Mount Royal went to score 50 points in the second half and finished the game

Accounting & Finance 22 pts
Architecture 19 pts
Marketing 15 pts
Admin. Man. 12 pts
Computers 10 pts
Secretarial 10 pts
BCET 8 pts
Bio-Vet 7 pts
EDDT 7 pts
Electronics 5 pts
Civil 4 pts
Telecomm 4 pts
Air Cond. & Ref. 3 pts
Earth Resources 3 pts
Dental Lab, Assist. 1 pt
Instrumentation 1 pt
Medical Lab, X-ray, Dicta. 1 pt
Mill & Carp 1 pt
Electrical 1 pt

JANUARY Standings

HOLLYWOOD AGENTS INTERESTED

Irwin Strifler is just waiting for the best offer before he accepts any jobs. You see, Strifler made his debut last Friday night, as colour commentator, when CFRN-TV broadcasted the men's basketball game. Coach Dave Hoy is of course taking all of this in good stride. After all, it was HIS team that made Strifler look so good. Understandably, Hoy is asking for 40% of any contract off Strifler accepts.

And let's not forget the cast. Leading man Doug Zutz came on strong midway through the second half and is almost assured of winning an Emmy Award for his performance.

Other characters in this cast include: Wayne "just one punch" Squires, Terry "don't notice me" Everett, Doug "Doc" Omichinski, Len "agent 006 or 007" Parsons, Gene "2 minutes for elbowing" Gerwing, and of course Brent "stay cool" Burr. But team manager Wayne Dumont tells me Mike Hasen has the inside track for future big screen exposure. You see Hansen has his own fan club and Hollywood agents love that!

with 93 points. The Chicks mustered 36. However, a word of caution should be passed on to those who are quick to criticize. As one member of the Ooks team said in the stands, "I wouldn't want to be out there against that team myself."

Louise Carignan was the only player to clutter the shooting charts, scoring 17 points. In team stats the Chicks scored on a respectable 78% of their shots from the foul line.

Next weekend, the Chicks travel to Lethbridge and Medicine Hat. Hopefully they will heal some of their nagging injuries before then, so that they can begin to play full-out basketball again.

NAIT INVITATIONAL

5-a-side Indoor Soccer Tournament

Sunday, 27 Jan 1980



Ladies Five-a-Side Indoor Soccer Tournament a Huge Success

Eight teams entered the first ladies invitational held on Sunday 13 Jan 1980. Champion Sports Nuggets, Sherwood Park, Aqua Jets, Capital City, Knights of Columbus, University of Alberta, the Blue Jays and NAIT were the participants.

Our NAIT girls won their division with two wins and a tie, as did the other finalists, the AQUA JETS. The championship game was tied 1-1 in regular and overtime, and the JETS won the penalty kick contest.

Dr. Mike Andrews, department head of Medical Sciences, presented the trophies and prizes, including the best player award to Tracy Davik from the U of A team. Tournament Co-ordinator Stuart Brown was very pleased about the enthusiasm and sportsmanship demonstrated in all the games, and a good level of skill was also evident. Derek Douglas and Jim Lyons both well qualified officials, refereed the tournament.

Congratulations to the NAIT team for their fine showing against keen competition.



VACANCIES EXIST IN THESE P.E. CLASSES

Womens Fitness-
[weight room]
Monday 3:15 PM

Racquetball-
4:15 Tuesday
Racquetball-
2:15 Wednesday
Volleyball-
9:15 Thursday

If interested go to the venue.

“BELIEVE IN IT OR NOT”

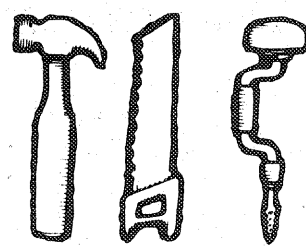
THE TRIBUNE says, incidentally, an added bonus is that you don't have to worry if your cat should ever get loose in the trunk of your car.

The letters appeared on

The five room house was built on a discovered founda-

tion, and during a sacrifice offering ceremony for his new home the firecracker didn't go off because of the dampness. This was taken as a bad omen, and he immediately grabbed three grenades and fired them out the house in succession. The third one went off a little too close. The "witch" who said the house was haunted was arrested, after the death of the man who threw the grenades. Reports state that when the "witch" namely Miss Wang was being held

down by the police she screamed at them to not let her go because the "monkey was going to escape."



Common Hour Concert
featuring **Larry Renn**
time **1:15 - 2:15 Wednesday**
January 30, 1980
in the Auditorium (FREE)

nonsense & commonsense nonsense & commonsense nonsense & commonsense nonsense & commonsense nonsense & commonsense nonsense & commonsense nonsense

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[illegible]

PHONE: _____ STAFF: _____ STUDENT: _____

NAITSA News

WANTED

Students to set up Pubtimes and Cabarets

Must be available 3:00 pm Fridays

WAGE: entry to the functions and 5 beer tickets

CONTACT: Paul Joly, NAITSA E133 or Student Services E134

★ ★ ★ ★

WANTED NAITSA SECURITY

to work Pubtimes, Cabarets, Beerfests

WAGE: \$5.50/hour

Leave Name, Tech, and Phone Number with:

*Paul Joly
Activities Chairman
E133 or
Student Services E134*

★ ★ ★ ★

WANTED

STUDENTS to work at coat check at cabarets and pubtimes.

Wage: \$5.00 per hour

Contact: Paul Joly NAITSA, E133 or Student Services E134

NAITSA COMMENT

Just a note to the students who have been criticizing us lately; we always appreciate constructive criticism-no matter what form it takes. Just a point of clarification though, we NEVER have closed council meetings, they've always been open to any and all students or staff and will continue to be so. Coffee and cake is served, so, if you have something to say-come on out!!

Also, we are trying as much as possible to bring the student body as close to NAITSA as it can go because we are student representatives elected by our fellow students. Our door is always open, if you have anything on your mind, pop in, I'll buy you a coffee and we'll talk about it.

Our student survey went out to you this week. If you don't get one or have concerns or questions about it-feel free to drop in.

Kees Cusveller

P.S. Thanks very much for your enthusiastic participation in Queen Week, may the best technology's candidate win!!

COMING UP THIS WEEK

*Fri, Jan 25
10:00 am-2:00 pm
Voting for Miss NAIT*

*Fri, Jan 25
6:30 pm
Queen Ball, Scandinavian Centre*

*Mon-Tues, Jan 28-29
Grad Photos
Sign up in E134*

*Tues, Jan 29
4:30 pm
Council Meeting, North Cafeteria, all welcome*

*Fri, Feb 1
Chinook Day
Everyone Stay Home*

The NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

*INVITES
ALL THOSE MALES
in a TWO-YEAR
TECHNOLOGY TO ENTER*

The MR. NAIT CONTEST

All candidates must be in the first year of a two-year technology, single, have attained a 60% or better grade average and be a member of good standing in NAITSA.

For more information and entry forms see Paul Joly, E133 or Student Services E134.

Completed forms MUST be returned to E133 or E134 no later than Monday, February 4, 1980.

NAITSA PRESENTS:

*'To My Sweetheart'
Poetry Contest*

2nd Prize-A romantic evening watching a live play at the CITADEL THEATRE.

1st Prize-A candlelight supper and a live play at the STAGE WEST

3rd Prize-A fun-filled evening at a Famous Players Theatre.

To become eligible for the above prizes, release your creative desires and write a Valentines poem to your favourite sweetheart. It can be short or long, happy or sad, the choice is yours. But, it must be romantic and it must be written by you!

To enter, please place your poem in a plain white envelope an address it to, "To My Valentine." Also, be sure to include your name and phone number with your poem.

The envelope can be dropped off at the Nugget office. Deadline is February 11.