

Challenge Cup changes hands

On May 12, 1981 Earth Resources challenged BCET to a fastball game at Airways park. Earth Resources took the challenge Cup from BCET in a very close game. Earth Resources needed two runs in the bottom of the seventh inning to take the victory 4 to 3.

BCET jumped into an early lead in the first inning by scoring 2 runs. They increased their lead in the third inning by adding another run to make the score 3 - 0. Earth Resources' comeback

started in the bottom of the fourth when Howie Klette scored on Grey Locke's single. Their second run came in the bottom of the fifth when Randy Maksymowich singled, was sacrificed to third and Al Cheyne singled him in.

BCET was retired three up-three down for the next two innings mainly due to Maksymowich's outstanding pitching. Earth Resources went into the bottom of the seventh down 3 - 2. Neil Froc led off with a single. he then stole second and was sacri-

ficed to third by maksymowich's bunt. He then came home on a wild pitch to tie the game. Al Cheyne then singled and stole second. With two out, Howie Klettl singled to drive Cheyne in from second to win the game.

Earth Resources would like to thank BCET for a very close and exciting game and thank them for supplying the umpire when the umpire we arranged didn't show. Earth Resources is looking forward to challenges from BCET and other technologies.

Legislation for NAIT

By David Schamber

Legislation for a new Technical Colleges Act will be introduced into the Alberta Legislature within the next few weeks. The new Technical Colleges Act is legislation allowing NAIT, SAIT and the new Stony Plain Technical Institute to have boards of governors.\$

The order of introducing legislation is usually done alphabetically and thus the long wait to see what is happening. Technical is a lot closer to zebra than to ardvaark. Legislation will

probably be passed this sitting of the Legislature.

Information gained from the office of Advanced Education noted that the implementation of the changeover should not take more than a year. The changeover will be handled by an interim board until NAIT and SAIT go into their fiscal years. This was thought to be June 1st to May 31st since this not only coincided with the academic year but also with the fiscal year of the other Alberta colleges.

A series of meetings are planned for representatives of NAIT and SAIT to meet with the drafters of the Technical Colleges Act to give input. Representatives will include students and instructors.

Under the new act, instructors and workers employed at NAIT and SAIT will no longer be civil servants under the care of AUPE. The instructors and workers will bargain to a committee responsible to the board of governors.

the NUGGET

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY STUDENTS' NEWSPAPER

VOLUME 12 ISSUE 30

Thursday May 21, 1981

Instructors receive award

By Mitchell C. Fraser
Linda Hause
David Schamber

In all the hoop la la la of the Awards Night Banquet an important presentation was overlooked. Somewhere between worrying over who was winning the hockey game and trying to figure out where the golf team was, the awards to be presented to instructors who have contributed greatly to student activities was filed under someone's dinner.

The NAITSA Award for instructor contribution to student activities is awarded this year to M. Cooney of Business/Marketing and Paul Mrozik of BCET. Both deserve a large thank you for their time and energy towards helping students.

Unfortunately I have not met Mr. Cooney, but I have been fortunate enough to have seen Mr. Mrozik in action. If one is to teach by example, then Mr. Mrozik is one of the leading exponents of such a rule. His drive and enthusiasm is contagious and one reason why BCET is continually entering every event on campus. His desire for the welfare of his students in BCET and at NAIT in general is phenomenal.

Instructors are the most important thing in a student's career. Without them you have correspondence courses. It is from them that one acquires direction, values and above all, desire. There are the few who stand heads and shoulders above the rest. Paul Mrozik and M. Cooney are prime examples of that class of instructors.

Mike Cooney was born in Winnipeg and raised in Calgary.

After a couple of years of university Cooney started working in the business world.

The twelve years of work experience are all related to the business courses he teaches in the Marketing Department at NAIT. His experience consists of being a Stockbroker and Investment dealer, a marketing Representative for Electra-home as well as working in corporate development and Public Relations for Royal Trust.

In the seven years Cooney has spent at NAIT he has found instructing to be a constant learning experience. He feels that with students questioning everything, instructing requires 'a lot of thinking' as well as a lot of effort to keep up to date with the constant changes in the business community.

Mike presently spends 3-4 hours a week as a bouncing

board for students' ideas. He empathizes with students' frustrations in developing new ideas and projects, academic or extracurricular.

Cooney feels it is important for an instructor to be available to students to help them explore different alternatives, in order to make worthwhile decisions. According to Cooney this is a major aspect of a student's learning experience at NAIT.

When he received the NAITSA award at the Business Graduation Banquet, Mike Cooney received a standing ovation from his students and peers.

Paul Mrazik was born and raised in Montreal, Quebec. He graduated from McGill University in 1953 at the tender age of 20. He received his degree in Civil Engineering and graduated with honors.

Two years later, Mrazik formed his own construction company specializing in renovating homes, offices and

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another year put to rest

HIRE-A-STUDENT

By David Schamber

Are you still looking for a summer job? Did you want one? Take heart, Hire-A-Student has set up twelve centres around Edmonton to help students find summer employment.

Suzanne Buifvert of the Edmonton Hire-A-Student said, 'most students think we don't have good jobs but we do'. Many of the jobs may not be in the field the student is studying but a summer job is only temporary not permanent.

For those students looking for a particular technical job such as drafting Buifvert suggests that they check some of the regional offices at ST. Albert, Stony Plain etc.. If you are a secretarial student you are in luck. Buifvert said, 'there are always jobs for secretarial. Employers are looking for summer vacation replacements'.

Hire-A-Student goes out and campaigns to employers to hire students for the summer. A percentage of employers do not have to be sought out but come directly to Hire-A-Student.

Students are requested to go to their local Hire-A-Student office and fill out a registration card. The form lists their interests, skills and schooling. If there is a job available that the student is interested in, he or she is given a referral by the office and heads out for a job interview.

Occasionally there is nothing of interest to the student. In their case the registration card is kept on file for future reference. If a job comes in then that student is given a call.

Hire-A-Student is designed to help students find a job. It is not the only avenue. You the student have to be prepared to find your own job. Check with your technology about potential employers and then go knocking on doors. Find your own potential sources for summer jobs to augment the work done by Hire-A-Student.

St. Alberta H.A.S.

Grandin Park Plaza, Sir Winston Churchill Ave. St. Alberta, Alberta

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Mon-Thurs 10-8 pm Fri 10-7pm Sat 10-2 pm

Vegreville H.A.S.

104-4917 - 50 Avenue (Lake-land College)

Tel: 632-6206
Mon-Fri 9-4:30 pm

Fort Sask. H.A.S.

9911-103 St., Fort Saskatchewan, Alberta

Tel: 998-4355
Mon-Fri 8:30-4:30 pm

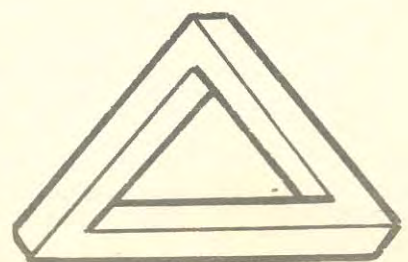
Morinville H.A.S.

Opens June 1, 1981

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Black phone 427-9187
Grey phone 423

the NUGGET

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Editor's Note

The importance of a newspaper to a campus cannot be understated. The newspaper is the only medium open to the students in which they can exchange ideas and concerns with other students. The student paper does not have to cater to commercial interests, to political affiliations, to economic concerns as strictly as other papers; it is an open medium.

The Nugget has to be more than a diary of one or two students. It has to go beyond simple reporting of weekend cabarets and what was on television. The Nugget is about the students of NAIT. It should also be about what they can expect in the world.

A NAIT student does not suddenly stop being a student as soon as he crosses Queen Elizabeth Avenue or 101st Street. Being a student is a life style, not a nine to five from which he walks away from each day. A student does not only study his books, he trains himself in interpersonal communications, in social awareness and an understanding of the world he lives in.

A student at a technical institute is primarily training for a trade or to be a technician. Some view this as secondary to what a university student does. The university student is given a liberal education, he is exposed to stimulating ideas, to culture, to expansion of ones' awareness. There is more prestige in attending a university rather than a technical school. It is as if there were two classes - university and post-secondary institutes. Secondary is emphasized in the technical schools.

At NAIT I have encountered subtle hints that an awareness of the world and studying for a trade are incompatible. Nothing is further from the truth.

The hand is an extension of the mind. It is the hand that allows man to do so many things. To sharpen the mind, to expand it can only increase mans' ability to create and do. To train the hand and the mind at the same time should be the ultimate educational expression. That is something we have to work toward at NAIT and SAIT.

The Nugget is one medium open to the students that has the potential to broaden the students' scope of the world. Students are here to learn, to exchange information and viewpoints. A student newspaper is an important and valuable tool for the student to use while at school.

There is lots of room on the Nugget for students who want to give their ideas breathing room. Unfortunately this year the Nugget suffered because of a lack of this potential exchange. I hope many students will come forward next year to become part of the Nugget.

Letters to the Editor

Dear Editor,

It has now been almost a month since the NAITSA Elections. One of the 'hand on the heart' pledges that Dave Whalen made was that he would surround Plaza 11 with pedestrian lights.

It has now been a month since I placed my vote and yet there is still no hint of lights, not even a measly detour lamp. I know some of the students at the main campus make light of this Whalen pledge.

One ex-candidate logically deducted not to stop with the simple deployment of lights but to go on to create a wild game preserve of Plaza 11 and fence it off completely.

In a letter to you one student who knew the constitution by heart poked fun at this pledge. He even intimated that Plaza 11 students were cowards. Well, when you play with toys anyone can think he is a hero.

They can make fun of the situation because all they have to dodge as they skip down the halls of the main campus are those silly little

electrical carts. Not much sport in that. However what we have to dodge getting to and from Plaza 11 is a bit more lethal.

Some students really do consider Plaza 11 a game preserve. They view anyone caught walking off the 'preserve' out into the open to be fair game. They hide in their cars and trucks until a resident species makes a dash for freedom and suddenly the squial of tires and a blur dominate one's senses.

To cross the street I have to throw out a dummy first. After the flash-flash of the roaring cars darkens and the squealing tires are around some corner I am able to make a dash across the street. This is a bit rough on the dummies. They can't maneuver out of the way too easily and are only reusable one or two times. This is a bit expensive.

To cut down on my expense, all that need be done is put some flashing pedestrian lights in. Hopefully I can survive till the end of the quarter and by the fall the lights will be in.

Patty Pomack

Farewell

By David Schamber

How does one say goodbye on a school year. A simple goodbye is not good enough. It is much more emotional than that for we are leaving part of ourselves behind. Some will return to fit back into the suit for one more year. Theirs' is only a temporary goodbye, a see-you-soon type of parting.

Hopefully most students will leave here with a handful of memories so that one day in a contemplative mood he or she can look back on their time at NAIT in a nostalgic fashion. And even more important that the student does not regret coming to NAIT, that he has fond memories of teachers, friends and of himself for what transpired here.

How does one say goodbye to being a student? There are a number of famous farewell lines. Most do not fit the situation. You judge the one that comes closest to you.

I don't think many students would say this but Rhett Butler can as he looks Scarlet O'Hara in the eye in the sage *Gone With The Wind* and says, 'frankly, my dear, I don't give a damn.'

This one may be a bit closer. On the foggy airstrip in the movie *Casablanca*, Humphrey Bogart turns to Ingrid Bergman and says, 'here's looking at you kid'.

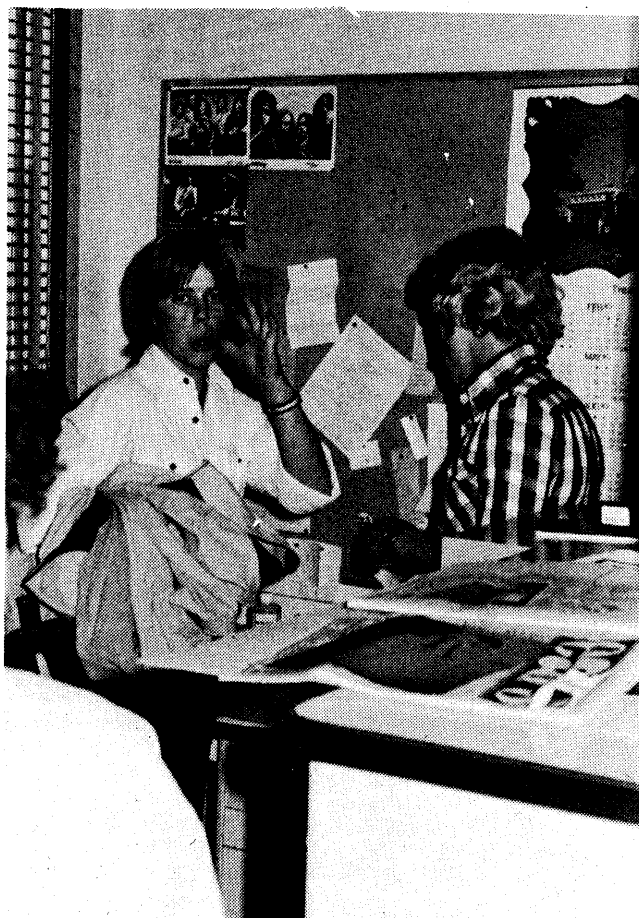
Most of us are going on vacation if you can call working a summer vacation. But most of us are not in the shoes of the late Shah of Iran who said, 'I am going on an extended vacation.'

Once exams are over and the beer has stopped flowing we can all stop and catch our breath unlike Enrico Caruso the famous singer whose parting words were, 'Duro, I can't get my breath.'

To many students here at NAIT, they are leaving one life behind for another. Their days of being a student are numbered unless they have made a commitment to being a professional student. Their leaving is akin to a death that is necessary for life to continue to grow. Charles Dickens wrote in *A Tale Of Two Cities* the following words spoken by the character Sydney Carton, 'it is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to, than I have ever known'.

Some parting shots were not so eloquent. Goethe simply said, 'more light', and Theodore Roosevelt told his aide, 'please put out the light'.

Most of the above farewells are really not applicable to the life of the student. If life is a game then the life of the student is a particularly rough game. It is almost like hockey. There is lots of bodychecks and penalties and intermissions and overtime. The best farewell is thus given in the immortal words of Bobby Orr spoken in the last Canada Cup series. He came to the bench in that last Czechoslovakian game after Canada was being pressed and said, 'look guys, let's play hockey and get the puck out of here.'



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Sign of the Times

By Greg Barrow

Each of us faces death in our own way. Some ignore it, some accept it and don't give it a second thought. Others wonder what will happen after death.

No matter how you slice it, death is a reality. Death is as much a part of this world as birth is. How then, can we overcome the world and never die. There is one way and this way brings light, peace, and hope to all who believe.

Everyone who believes that Jesus is the Christ is born of God. And everyone who loves the Father loves his child as well. This is how we know that we love the children of God. By loving God and obeying his commandments. This is love for God. To obey his commands. And his commands are not burdensome for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the son of God.

This is the one who came by water and blood - Jesus Christ. He did not come by water only, but by water and blood. And it is the spirit who testifies, because the spirit is the truth. For there are 3 that testify - the spirit, the water, and the blood. And the three are in agreement. We accept man's testimony, but God's testimony is greater because it is the testimony of God, which he has given about his son. Anyone who believes in the son of God has this testimony in his heart. Anyone who does not believe God has made him out to be a liar, because he has not believed the testimony God has given about his son. And this is the testimony:

GOD HAS GIVEN US ETERNAL LIFE. AND THIS LIFE IS IN HIS SON. HE WHO HAS THE SON HAS LIFE; HE WHO DOES NOT HAVE THE SON OF GOD DOES NOT HAVE LIFE.

"Do each of you readers have life by faith in Jesus Christ. If not, then what you need to do is to sincerely ask Christ to be your lord. Christ lives, and that's the reality of the matter. He holds the keys to life and death. Whether you ignore this message or not you will meet him. I pray you will meet him as a child meets his father.

"For it is written:

As I live saith the lord. Every knee shall bow to me and every tongue shall confess to God.

So then everyone of us shall account of himself to God." (Romans 14:11-12)



i wanted to do a spoof issue for the last paper but things didn't quite work out. i had lots of spoof articles written but noone to help so it waits on a dusty shelf until the fall. i want to thank two people for keeping me going through the year, one real the other imaginary. i want to thank cheryle for being fun to work with even in a grouchy mood. without mitchell c it is doubtful i would still be here.

Sexual Harassment

Written by
ALAN SOPCZAK

SEXUAL HARASSMENT: A SOCIETAL PROBLEM

Sexual harassment has been with society since the start of organized society. When the term sexual harassment is heard it is most commonly associated with women yet it is a problem present to both sexes. Granted in our male dominated society women are more likely to be affected by sexual harassment. Up until recent years the problem has not been evident at the forefront of our society. This is not to say sexual harassment has drastically increased in the past few years it has just been brought into the attention of the public eye. The laws of our courts has seen the problem and legislation now exists for something to be done about sexual harassment.

The government of the province of Alberta, in the Individual's Rights Protection Act has set certain laws to assist those who are victims of sexual harassment. This act is chapter two of the Statutes of Alberta, 1972. This act states 'that all persons are equal in dignity and rights without regard to race, religious beliefs, colour, sex, physical characteristics, age ancestry or place of origin.' Paragraph 5-1 a,b states 'no employer shall employ a female or male employee for any work at a rate of pay that is less than the rate of pay at which a male or female employee is employed by that employer for similar or substantially similar work in the same establishment.' Also this act provides the complainant with some protection in the event of the filing of a complaint. Paragraph 10 states 'No person shall evict, discharge, suspend, expel, intimidate, coerce, impose any pecuniary or other penalty upon, or otherwise discriminate against any person because that person has made a complaint or given evidence or assisted in any way in respect of the initiation or prosecution of a complaint or other proceeding under this act.'

Sexual harassment takes many varied and different forms. The main tenet of sexual harassment is that it is a physical or mental abuse. Sexual harassment is not dealt directly in job situations, or those situations dealing with boss and secretary. Sexual harassment comes in all forms and types from the different insurance rates accorded by insurance companies, males pay more for auto insurance since statistics say they have more accidents than females, to hiring practices and the leering, pinching, and any unnecessary physical contact and verbal abuse to the great extreme of rape. It is such sexually orientated practices imposed unto a person that causes an undermining of a person's job, self esteem or threatens in any other way that person. The notice and prominence given to sexual harassment has directly risen in accordance with the greater awareness given to women in our society. With the woman's liberation movement it became a lot easier for the problem to be recognized.

Surveys have shown an alarming number of women, involved in a job situation have been the victim of some form of sexual harassment - 70 to 80 percent. This harassment is present at every job level and in every occupation.

The various types of sexual harassment falls into four major categories. The most common is women sexually harassed by men, then men sexually harassed by women, followed by women sexually harassed by women and finally men sexually harassed by men. The persons involved in this harassment cover the entire range from the young to old, the attractive or the plain, married or single, and executives or unskilled workers. For the people who are unfortunate victims of sexual harassment the costs are high. Sexual harassment places these individuals under severe emotional, stress which can cause psychological problems such as depression or physical symptoms such as insomnia, headaches or stomach upsets. Many people who refuse sexual advances on the job pay the price professionally in lost job opportunities or lost promotions. For the many who are forced to leave the job to avoid the harassment the financial losses are heavy. Lost wage, pension benefits and fringe benefits such as medical coverage, life insurance or dental care. The attitude in present society to the victim of sexual harassment is often that of the person asked for it. The person is assumed to have been willing or have encouraged the advances. the victim is made to feel that one could have stopped the advances if one really wanted to. This person is often accused of over-reacting or being vindictive. In a large number of all cases the offender is very often let off due to calling it an isolated incident of sexual harassment.

Sexual harassment is more than just a personal threat. It leads into direct economic blackmail. The harasser is in the position to be able to impose job related reprisals on their victim. If the person refuses or complains about the sexual advances the threat of dismissal, demotion or a poor job rating are held over the head of the individual. The greater part of all sexual harassment incidences never do get reported due to the direct threats that are consciously or unconsciously imposed.

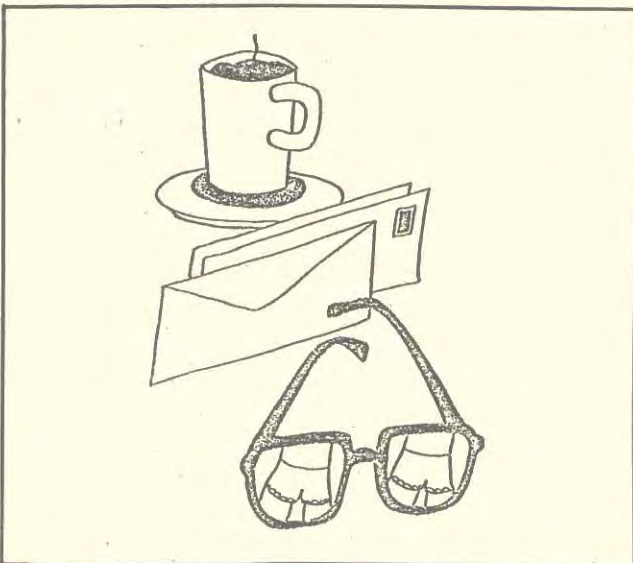
CASE HANDLING IN ALBERTA

The case handling process of complaints of sexual harassment differs somewhat from that of the general procedures. Special procedures are used because of the special nature of the allegation.

The most important differences are:

1. Notices to respondents as well as closing letters in cases of sexual harassment will be hand-delivered by the Human Rights Officer, as opposed to being mailed. When it is difficult to arrange hand delivery or pick up of notification or closing letter, arrangements may be made to send the documents to the place of business, marked as

personal and confidential. The human rights officer will refrain from discussions at the time of delivery, but will make an appointment for discussions at a later time. This is to give the respondent sufficient time to obtain legal advice if he or she so desires.



2. If there are no witnesses to corroborate or deny the allegation the complete investigation will consist of discussions with the respondent and the complainant. Such a discussion may produce a settlement. If not, the case is closed without further investigation.

3. If either or both parties name potential witnesses, the investigating officer may interview the people so named as well. It is well to note that in Alberta that an allegation of sexual harassment would appear on the complaint form as sex discrimination.

SEXUAL HARASSMENT AT NAIT

The large majority of students at NAIT do not realize that there is a definite sexual harassment problem at NAIT. The nature of the problem is mostly men harassing women. This is not done at the instructor level or the administrative level rather it is done between student. The problem of sexual harassment is only clearly evident in certain areas of NAIT. These areas, as identified by those directly affected, is largely the Electronics wing, the automotive and the electrical hallways, and the two main corridors that lead to the cafeteria.

The form of this harassment has taken is various forms of leering, whistles, comments, 'accidental' pushing or pressing into walls, cat calls, and other crude comments. A few of the rare forms have been where the entire class has poured out of a classroom to make comments at some passing female, this has been especially prevalent in the Electronics wing.

Women to which this type of activity has happened say that it lowers their opinion of the person, and therefore shows a person's immaturity. These same men then expect, when they go up to any of these women at a cafeteria and ask to dance they want or expect an answer in the affirmative yet are puzzled when they do not receive it.

This type of action has so bothered some members of the female population at NAIT that they no longer walk down these corridors. NAIT is open to every student regardless of sex yet the actions of a few of the students have imposed boundaries on certain areas and sections.

(All of the above comments were gained from interviews with students who were directly affected by the actions of ~~some~~ crude individuals.)

(All of the information for this article was obtained with the help of the Alberta Human Rights Commission and the Federal Human Rights Commission. Their help is greatly appreciated and acknowledged.)

A M S

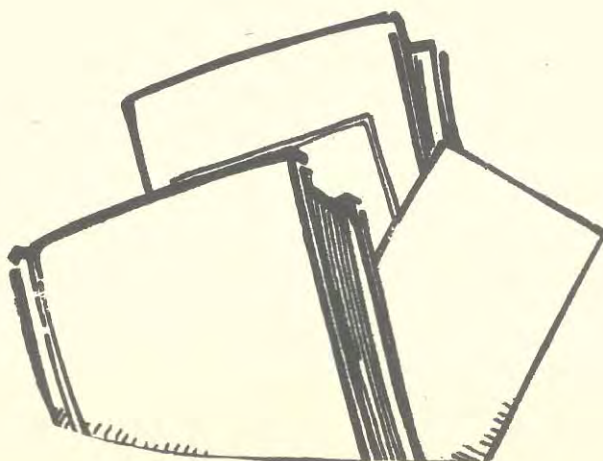
BOOK EXCHANGE

Cash in your old books at the A.M.S. BOOK EXCHANGE

12:15 to 1:00 pm May 19 to 22

between exams May 25 to 27 Cafetorium 2nd Floor - Tower

we accept books from all technologies



HELPING HANDS

Going back I am surprised by the number of people who did put a hand into helping the Nugget. Some helped for only a few weeks, others for a few months and others persevered the whole year. I want to thank those people who did contribute to the Nugget whether in writing or in actual production work.

I encourage returning students to consider helping the Nugget next year. It does not have to be a hard allegiance to the paper. A few articles here and there, a few hours here and there would contribute immensely to producing a student newspaper NAIT can be proud of.

The following list of who worked on the paper is not complete. Some of the people who worked for the paper I did not meet either because they used a pseudonym or I was out to lunch at the time. Then again my mind works like a steel trap,

it takes everything in but it is hard to pry open. If you name does not appear, my apologies. Thank you all the same.

Shelly-Jo Kowalski
Janet Bougie
Cynthia
Greg Barrow
Bobby Lomerse
Gene Thiel
Tim Moore
Bruce Blacklock
Adrian Watzke
Linda Hause
Chris Whitten
Darce McLennan
Bob Amerogen
Donna Hudry
Gina Noce
Laurie Gault
Yvette Beaudry
Cheryle Donahue
Bob Strand
Cathy Kiss
Karen Damgaard
Jim Smyth
Mitchell C. Fraser
Rick Davidson
Alan Sopczak

We live on a planet revolving around a star which is itself revolving within a galaxy containing myriads of other stars. This galaxy, the Milky Way, is just one of thousands of millions of galaxies which are spread out, apparently at random, across the infinite reaches of space-time. It is even possible that all these galaxies themselves form part of another, greater unit, a metagalaxy, and that there are thousands or millions of metagalaxies contained within a still greater unit, a tetragalaxy.

awards

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commercial buildings. As typical of Paul, he did not separate himself from those around him and obtained both his carpenters and painter's trade ticket.

The political atmosphere of early seventies Quebec caused a general decline in construction activity. Paul decided to change careers and return some of the knowledge he acquired in life. 'When work started to decline in Quebec, I wound the company down and felt a desire to share my knowledge with young people'.

He returned to McGill University and obtained a teaching degree in vocational subjects in 1977. He obtained employment at NAIT in Building Construction and Engineering and a year later was made senior instructor.

Paul has maintained a high degree of involvement with student activities at NAIT. Even in Quebec he had a high profile with young people, being a youth counsellor and a Captain of the Christian Service Brigade.

This youth involvement spills over out of BCET. Mrazik can be found wandering the halls of the main campus seeking out and helping students. 'I go to the other campus to find out what is going on, to find out what the student leaders are doing and to encourage them'. Paul is 'interested in all levels of NAIT and helping to increase the student involvement at NAIT'.

There are two distinct approaches to teaching, one is to be authoritarian and

dispense information like justice. The other is to approach teaching as a learning experience. Paul Mrazik fits into the latter category. He approaches teaching as a two way street and relies on students to inform him about new values and trends. He also relies 'on individual students who may have more experience in some areas than I do'.

Hire-A-Student

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Barrhead H.A.S.
c/o Community Services
Tel: 674-3341
Mon-Fri 12-1 pm 3:45-5 pm
Sat. 9-5 pm

Westlock H.A.S.
Municipal Building
Tel: 349-3346
Mon-Fri 3:30-5 pm

Sherwood Park H.A.S. Office
c/o Sherwood Park Motor Inn
2016 Sherwood Drive
Sherwood Park, Alberta
464-3166
464-0801

Stony Plain H.A.S. Office
c/o Stony Plain Town Office
4905 - 51 Avenue
Stony Plain, Alberta
963-2151

Spruce Grove H.A.S. Office
c/o Spruce Grove Town Office
P.O. Box 600
962-6661

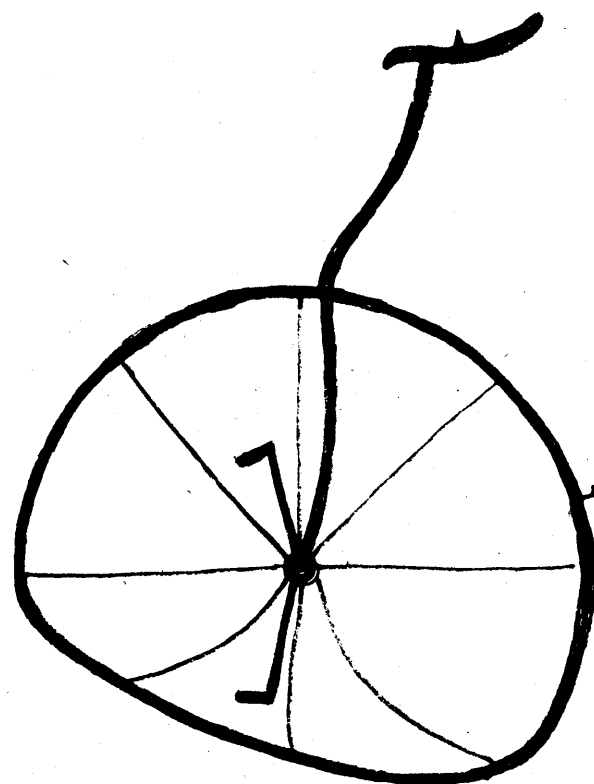
Leduc H.A.S. Office
c/o Preventive Social Services
Heritage House
4613-48 Street
Leduc, Alberta
986-2261 Ext. 47

M.D. Sturgeon H.A.S. Office
(Itinerant Service)
c/o C.F.B. Namao
Recreation Centre
Lancaster Park, Alberta

Drayton Valley H.A.S. Office
Chamber of Commerce
Suite 201
5105-51 Avenue
Drayton Valley, Alberta

The Squeal

by Didip P. Scrambler



One of the most important things about keeping your bicycle in top working condition is to have a good rapport with it. One should discuss the weather or sports or whatever with one's bicycle.

Each bicycle is unique. Each has a character and personality unique to itself just as its rider does. Bicycles like to have their characteristics pampered too.

My bicycle, whom I call Alfie, is a bit of a card. He likes to play practical jokes on me. One day he got loose from the bike stand I had tied him to and ran away. He thought it was great fun. The joke backfired when he got lost and couldn't find his way home. He was cold and hungry and had to spend a night out by himself. I found him the next day. He was very excited to see me and for the next little while didn't venture far from my side.

I had a long discussion with Alfie about the dangers of doing such things. I told him that I tie him up for his own safety and not because I was naturally cruel. He moved a little closer to me when I told him about thieves and muggers and vandals who prey on defenseless bicycles.

Bicycles like to know what is happening. They want to know where they are going and what to expect. Alfie grumbles when I don't tell him where we are going. He has never refused to go but he can make the ride miserable. One day when it was cloudy and cool I just hopped onto Alfie and away we went. Alfie was not too thrilled. He doesn't like cool weather, especially when he doesn't know how long the trip will be.

We were heading down the road, Alfie was being a little sluggish and unresponsive. It was raining a bit and this really made him mad. Finally it all came to a head when I turned him around a corner. Instead of turning he simply lay down spilling me across the road. Needless to say we had it out right there in the street. Cars were going by, their passengers pointing and giggling. I didn't care.

We finally compromised and since then I always tell him where we are going. This compromise has worked beautifully. Even if the ride is long and arduous he gets up for it as long as I tell him where we are going and what to expect.

Although Alfie can be a practical joker and temperamental he is quite intelligent as far as bikes go. I have talked to other bicycles but most are illiterate and uncultured. With Alfie I can talk about theology or punk rock and he can follow. He doesn't get lost too easily in my ramblings. This is a definite asset and has endeared Alfie to my heart.

Out on the open highway, the miles are long and tiring. It helps to have someone to talk too. Alfie fits in nicely. I can talk away the hours and the days fly by.

Bicycles are not simple machines no matter what anyone might say to the contrary. So go out now and get to know your bicycle.

Notetakers record in written form the highlights of a classroom session. Volunteers can share a copy of their notes with a classmate using NCR paper or by machine copy. In some instances a notetaker will will a class with a student to specifically record notes on a professional basis.

Campus aides/attendants assist on a volunteer or professional basis to aid in activities of daily life, orientation, evaluation, and increase accessibility. Again certain tasks would require training.

Tutors provide additional assistance over and above the time made available by instructors. This can occur informally between classmates or on a scheduled basis in a particular location.

Hopefully, by understanding more fully how certain needs can be met to equalize student opportunities at NAIT we will welcome the chance to become involved. Feel free to contact Jacques Plamondon (Rm 117 - Central Core) or telephone 427-9183 for more information. Names for the 1981-82 term are now being solicited.

Disabled students

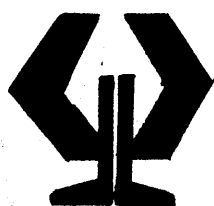
In certain situations students who are physically disable may require some support to overcome specific handicaps. One of the means presently used is specialized equipment and aids.

Certain situations require human support services which include interpreters, readers, note takers, campus aides/attendants, and tutors.

Interpreting for the deaf is a highly technical skill and therefore interpreters must be trained and said for their services.

Readers are required to assist blind students in reading exams and recording exactly the student response to a question. A scribe would write the answers for a student that had limited use of his/her hands. Aother functions performed by readers includes recording certain facts or handout materials on tape for study use later.

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Interview with the Editor

by Mitchell C. Fraser

The Nugget has its fourth editor of the year. Not bad. Must be a record of sorts. David Schamber has been appointed editor of the Nugget effective May 13 and hopefully he will remain editor till this time next year.

Schamber replaces Linda Hause as editor who filled in for Gene Thiel after he was relieved of the duties in late March. Thiel had taken over from Janet Bougie who retired to greener pastures last November.

David Schamber has been news editor for much of this year except for a short vacation in February to regain his sanity. I think he just wanted to check in to classes for a few weeks. Schamber is enrolled in Building Construction and already making enquiries about building a Nugget office in Plaza 11.

Being a confessed introvert and professional student David is at times reclusive and quiet. Occasionally he seems to be inaccessible and withdrawn but he claims that it is one of the hazards of his trade. The interview is an attempt to get behind the reclusiveness and introduce him to the students of NAIT.

What is your Trade?

I'm not sure what to call it. It has to do with integrating myself with what I have done, with what I want to do and what I'll probably end up doing.

Which is?

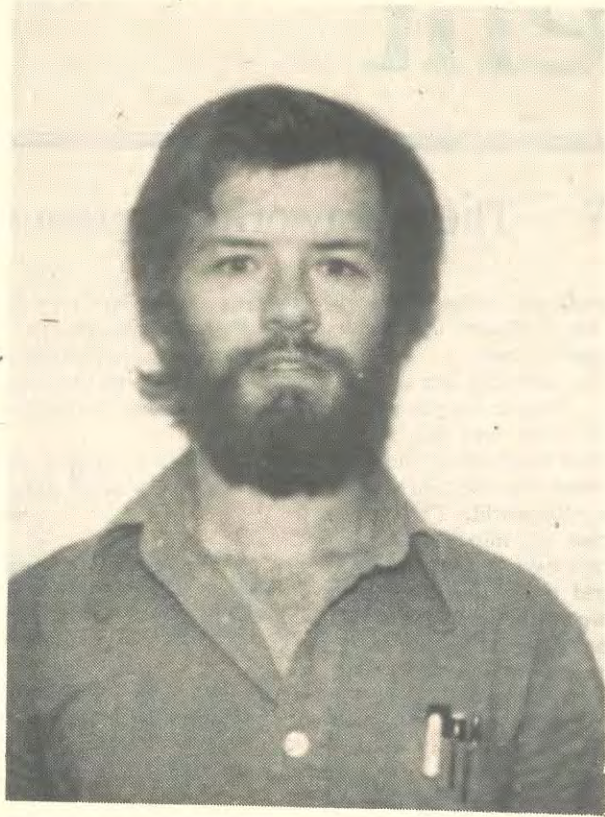
Staying alive and being satisfied with it.

You claim to be an introvert as versus an extrovert, outside of this distinction how do you view yourself?

I look at myself as a cynical optimist. In this way I'm prepared for most outcomes. If the best does come to pass then I can jump up and down with joy. But if as usual for me things get tripped up at the starting line then I don't get too depressed because I knew that it would happen. I can usually cover all the bases this way.

Let's say that life is a sporting event; place yourself in it?

At any one time in North America there are two million automobiles idling at red lights. At the average of 100 horsepower per car, that's the equivalent of 200 million horses jumping up and down all the time, going nowhere. Buckminster Fuller



Well I definitely try not to be a spectator. I try to involve myself with the game but sometimes I feel I'm at the wrong ball game.

That reminds me of an old friend who would sometimes make claims that he was a guy waiting for the train to pull out down at the dock. Do you view yourself as being at the wrong game?

Not at the wrong game but a few steps behind the game. It's as if the pitcher had already thrown a couple strikes while I was still getting my feet set.

Apply this outlook to being involved with other people?

Not being aggressive causes my timing to be off. I'm usually five minutes late with the snappy comeback line, about a week late in preparing for a social event, a month late in going on holidays and about ten years behind the times in social.

Not being aggressive has caused my timing to be off. I'm usually five minutes too late with the snappy comeback line, about a week late in preparing for a social event, a month late in going on holidays.

How do you view yourself in the political sphere, as a reactionary, revolutionary or a maintainer of the status quo?

You would have to ask me something like that. I am not much of a political animal possibly due to some of my philosophical views about how humans should conduct themselves. To that extent I am not for maintaining the status quo. One is never at the end of a road. And neither can you turn back. So although I do react against what I see around me we can only press forward. That leaves revolutionary doesn't it. I am a revolutionary to the extent I do see a different way for humans to interact and work with each other. But we all travel the same road, clearing away rocks and trees together. What do you expect of the Nugget next year?

This is where my cynical optimism comes in handy. I want the paper to do well, to be more than recycled paper. I am hoping to have a lot more student involvement with the paper than occurred this year. This year, there were some mistakes made and continuity could not be maintained. There will be only two people from this paper to begin next year, myself and Cheryle Donahue

How do you propose to bring out more students and keep them?

My wit and charm? I don't know. We will have to take it from day one and hope for the best. I think that if the paper is organized then people will come and stay. They won't find it so confusing. Henry Miller wrote that great things are born out of confusion. I'm not looking for great things. Henry Miller brings to mind the question: do you read a lot?

I am a voracious reader although the Nugget has cut into my reading time. There is no particular type of writing that I read, just whatever interests me. I used to read a lot of science fiction but lately I've turned to the classics and mainstream.

Who are your favorite authors or literary works?

The one literary work that intrigues me because of its complexity, symmetry and overall design is Dante's Divine Comedia. It was written around 1300, just before the Renaissance broke across Europe.

I do like Mark Twain. I think he was also a cynical optimist. Of the modern writers Henry Miller is my favorite. His two books, Tropic of Cancer and Tropic of Capricorn, were banned in the U.S. for almost twenty years. They were labelled as pornographical. Those books are by far the best pieces of modern writing I have come across. His love of life and desire for life rises and flows through all his works.



AMS NEWS

Tired of having a sackful of books as your constant companion?

This week is the AMS Book Exchange. This is where students of any technology can consign their old text books to A.M.S.. The Administrative Management Society then sells the books for you in September.

During this week there will be booths set up so students may deposit their books. All you have to do to get rid of your old text books is bring them to the Cafetorium or second floor, Tower Building from 12:15 to 1:00 PM, May 19 - 22. If you miss these dates there will be a booth on the second floor of the Tower Building on Tuesday May 26 and Wednesday May 27 from 10 AM to 12:30 PM. Don't miss it.

Shinerama

SHINERAMA '81

Every year NAIT has participated in Shinerama to raise funds towards the Cystic Fibrosis Associations efforts.

Our past record has been outstanding and we intend to make next years effort our best ever. In order to accomplish this we need your help and participation.

The success of Shinerama depends not only on the Shiners but the committee's responsible for its organization. For this reason I am requesting your help in organizing the 1981 campaign.

The committee's are responsible for the organizing and successful running of events relating to Shinerama. These events include, the assembling of shining boxes, area supervisors, distribution drivers, clean up crews and a costume committee.

If you or anyone you know have organizational or artistic abilities, or would like to help those who are less fortunate, we need you.

All you need do is spare a few hours per week during July and August. Your efforts would be greatly appreciated.

If you're interested, please leave your name and phone number in the folder in the students' association office, room E 133. Thank you
Sharon Kaley
Vice-President, NAITSA

Bust Lane Only

by Tanya P. Public

I love buses. I have always loved buses. Buses and me are tied together by ropes of fate.

I was born on a bus. My mother was due and my father in his haste took her to the bus stop instead of phoning for a cab. He was poor back then. There we were, the three of us trying to urge the bus to get to the stop. I wasn't saying much at the time.

The bus finally arrived, fifteen minutes late, and away we went. Unfortunately it was Friday afternoon rush hour and traffic was at its usual slow crawl. My mother started to go into labor. My father started to panic. The bus driver started to sweat. And I started out.

So I came into this world in a city bus. The bus driver fainted. My father developed amnesia. Good thing there was a nurse on the bus. I couldn't speak to holler out instructions. I was mad, howling mad when I got out. I forgave them all.

Buses have always remained an integral part of my growing up. Even before I was school age I would wander down to the bus stop and sit. I didn't know why I went to the bus stop. There was something inside me that pulled me down there. One day that urging got too strong and I actually got onto a bus.

It was great fun. I rode that bus all day long. My parents were frantic with worry looking for me. Finally a bus driver told me to go home. I returned home but I felt that I lost something when I stepped off the bus.

The years went down the bus lanes. I enrolled in a school at the other end of the city so that I could ride the bus each day. Those years were excursions into uncharted territories. I would change routes daily. I got to see a lot of the city and its people; I felt secure on the bus. I would travel through ghettos and delapidated area. Glue sniffers and hippies and bicycle riders would get on, but I was never afraid. The bus was my castle and the passen gers were visitors come to entertain me.

Puberty struck me fast and hard. It changed my view of the bus. The bus was no longer a coach to adventure but a bed to sex. I would get tingling sensations in my loins and budding breasts as I was bounced and jiggled on the bus. My virginity came to an end on a bus.

It was late at night and a guy from Saskatchewan sat down beside me. Soon the bus had emptied and he put his hand on my thighs. Until then the sexual connotations of the bus was associated with the bus and not with anyone on it. That changed. Suddenly I wanted it. The Saskatchewanite obliged. From then on the bus was a choosing ground for flings in the night.

I finished high school and decided to become a bus driver. It was something I always wanted to do. It would be heaven. Sadly my fate is not to drive but to be driven.

When I went to fill out my application form I was asked some questions. One of the questions was the reason for applying. I said, 'I want to drive, and drive, and drive some more, I want all the riders lined up and I'll pick them up and give them rides they'll never forget. I want to drive till the brakes fail, till the wheels fall off. I want to drive.' They didn't hire me.

It is just as well. Riding is my forte. I have developed bus riding into an art form; I have exploited its full potential and continue to find ways to expand on riding the bus. When it comes time to face the pearly gates it will be with pride that I can answer, 'what have you done with your life?' I will answer, 'I rode the bus.'



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Entertainment

in the groove



Teenage Head—*Frantic City* & Pointed Sticks—*Perfect Youth*

Rick Davidson

Even though both of these albums were released in 1980 I think that they are both good enough to rate a review now.

An unfortunate fact about people, and especially about Canadians is that they tend to ignore the good things which they have available close at hand. The public acceptance of the two bands TEENAGE HEAD and THE POINTED STICKS is a good illustration of this type of occurrence. Both of these bands have been practically ignored by the record buying public in spite of the fact that both bands have excellent albums and have made themselves easily accessible by touring extensively.

Of these two bands TEENAGE HEAD appears to have been the most successful commercially since it has had two songs which have received some recognition. These are the songs "Something on my Mind" and "Let's Shake" which both appear on side one of "Frantic City."

TEENAGE HEAD is a four member band from Toronto whose musical style is both described as simple, basic rock. Their music on the album *Frantic City* features the clear vocals of FRANKIE VENOM along with two guitarists and a drummer. This band does not attempt to push out complex musical arrangements nor does it rely heavily on distorted guitar solos. Some of the material on the album is reminiscent of rockabilly music from the late 50's and is great dancing music.

Teenage Head is impossible to classify as either a "new wave" or a "rock" band. Their type of classification wouldn't be fair to the band because what they really are is a fine group of talented Canadian musicians whose music would appeal to a great many people if they would only take the time to listen.

THE POINTED STICKS are a six member Vancouver based band whose album, "Perfect Youth" rates among the best released in Canada in the past couple of years. This album is from a band formed from some of the best musicians from "new music" scene in Vancouver. Their musical style is neither "punk" nor is it arty and experimental. THE POINTED STICKS play their own brand of music which has an air of protest about it, yet most of the music is far from harsh sounding. Clear vocals work along with the use of keyboards and saxophones give the band a distinctive sound which is very pleasant to listen to.

The songs on "PERFECT YOUTH" are all so consistently good that it is very difficult to pick favorites from among them although the title track and the cut "American Song" do tend to stand out.

Both TEENAGE HEAD and THE POINTED STICKS are excellent bands who have released great albums. Buying their products is one way to "buy Canadian" without having to settle for inferior quality.



BOOK REVIEW The Ringworld Engineers

By David C. Schamber

There are two ways in which science fiction is capable of stimulating the imagination and creating wonder in the reader. One is through the cosmology, the scheme of worlds and their inhabitants, the writer develops in a book or series of books. The second system for creating wonder is the use of ideas that challenge the way we ordinarily view reality. *The Ringworld Engineers* by Larry Niven is of the former group.

The Ringworld Engineers is a further exploration into a world Niven created with his earlier novel, *Ringworld*. There have been a number of books that he wrote dealing with some of the creatures and artifacts introduced in the *Ringworld* but there had not been another expedition to the Ringworld itself.

Once again Louis Wu, the aging and bored human, is brought together with Chmee, first introduced in *Ringworld* as Speaker-to-Animals. Chmee is a member of the feline looking race of creatures called Kzin. The two are brought together by a Pierson's puppeteer who plans to return to the Ringworld to seek out the secrets of the building of that huge alien artifact. Thus is the search for the Ringworld Engineers.

The dimensions of the Ringworld are staggering. The Ringworld is a band encircling a sun. The band is one million miles in width and its radius is close to one Astronomical Unit. On this band, trillions of humanoids, evolving from a common humanoid ancestry into their own ecological forms, live and die.

During their first visit to the Ringworld, Louis Wu and Chmee saw only a fraction of it as they attempted to escape off the world. In *The Ringworld Engineers* much more of the Ringworld is encountered but only in a fly-by position, too fast to note the terrain in any detail. A number of probes help to gather information about the

composition of the Ringworld as the explorers look for its Repair Center.

The ultimate aim of Louis Wu, Chmee and the puppeteer is to find the Repair Center from which they can prevent the destruction of the Ringworld. Through a series of minor salvaging forays by some of the Ringworld inhabitants and meddling by the puppeteers, the Ringworld has lost its ability to remain centered around its sun. In a couple of years the ring will begin brushing against the sun.

The Ringworld Engineers is an engrossing book. The cosmology of Larry Niven is one of the best in science fiction. His aliens are believable. The interaction of the inhabitants of his worlds, the time scale and physical scale are what his stories are about. Unfortunately it is the sheer size of the Ringworld that defeats the reader of *The Ringworld Engineers*.

The scale is too large to comprehend what is going on. The forces are beyond visual imagination. The Ringworld becomes too fantastic to appreciate. Niven has left the human scale and given us parts of a cosmology we cannot handle.

All science fiction is written about humans for we cannot write about others. When gadgets and objects take the fore, as the Ringworld books, there is a certain loss for we are no longer able to empathize with the protagonists.

Larry Niven is one of the best of the science fiction writers in developing intricate extraterrestrial empires. His aliens are numerous and believable. Niven could write many more books about the Ringworld and its wonders. Louis Wu, Chmee and the puppeteer have been stranded there and each set out on their own to love their lives as they wander about on that ribbon.

Niven states in the introduction that he had no intention of returning to the Ringworld but that requests

by fans caused him to write *The Ringworld Engineers*. I do hope he does not return or if he does he keeps the scope of the adventure within human scale.

We are such finite creatures with very short range

ambitions. Most of us are unable to grasp distances greater than a journey to the mountains to go skiing or time longer than to pay for our homes. Let's not shake our petty dreams too violently.

AT THE MOVIES

Atlantic City

by Mitchell C. Fraser

Atlantic City shows the American Dream for what it is, a dream. It is the dream of a small time hood dreaming he is a big name in Los Vegas. It is the dream of young women dreaming of being a casino dealer in Monaco. It is the dream of a city believing in a resurrection. It is nothing but a dream.

Louis Malle, who brought to the screens *Pretty Baby*, has fashioned an intriguing study of the thinly veiled fabric of American society. *Atlantic City* is a study of people passing each other as they try to survive in a new glossed over Atlantic City.

Burt Lancaster does an excellent performance of a small time hood who longs for the good old days when gambling was tough and not so nicker and dime as it is in today's Atlantic City. The longing is a cover for a desperate need to be someone other than Lou, the messenger.

Susan Sarandon plays a young woman, Sally, who desires the cultured world of the high rollers of the Mediterranean. She has come from Moose Jaw, Saskatchewan, 'somewhere near Medicine Hat', to work in an oyster bar as she trains to be a dealer. She is running from her roots, striving to be a dream.

It is around the longings of Lou and Sally that *Atlantic City* unfolds. Into it step a

handful of characters who live in dreamworlds of their own as they look for happiness. An excellent performance is turned in by Robert Joy as Sally's husband. If ever a character deserved to be smacked a good one, he was that person. He got his due.

The dream in all its fantasy is exposed when Sally goes to the hospital to identify the body of her husband. A dedication of a new hospital wing is going on amidst sick patients, dancing girls and a singing Robert Goulet. As Sally tries to phone home from a phone booth at the edge of this dream, Goulet sings directly to her about the joy of Atlantic City.

Atlantic City was partly financed by the Canadian Film Development Corporation. They have a habit of financing questionable ventures such as the thoroughly sickening *My Bloody Valentine*. Spending dollars on low key but entertaining features such as *Atlantic City* may bring some respectability to the company.

The story line, although weak in parts, was strongly written. The characters move with purpose inside their dreams. The ending is quite satisfactory. While Sally pursues her dream, Lou comes to the realization that he is only a small time hood in a dream city. The dream lives on with the realization that it is only a dream.

AROUND TOWN

	TAVERN	LOUNGE	CABARET
BEVERLY CREST	Catcher	Scrunchins	The Plan
CAPILANO	Tracy Kane	Winterhawk	
CONTINENTAL	Brandin Wolf	Bernice Mills	Lennox
CONVENTION INN SOUTH	Anguish		
HIGHWAY MOTOR INN	Coyote	The Pair Extraordinaire	Victory Group
KINGSWAY	Calabash	Model T	Patch
LONDONDERRY	Street Light	Morgan Pete & Repeat	Rockslide
RENFORD INN ON WHYTE	David Frank		
REX MOTOR INN	Millions	Dusty Red	
RIVIERA	Jenson Interceptor	Zimme	The Cry Explore the Floor
SHERWOOD PARK INN	Lawman	Don Johnston	Slash & the Bleeding Hearts

Ma Fletcher

A Concert in the Park

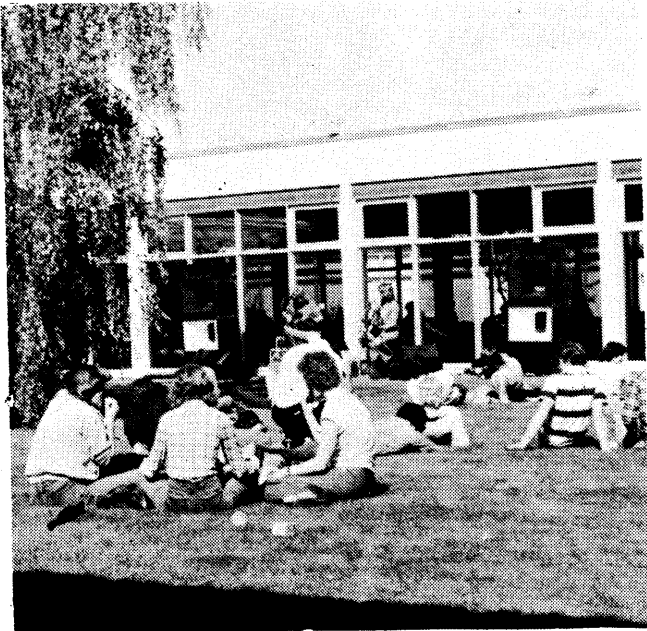
By Rick Davidson

Thanks to our new activities chairman Phil Stack we NAIT students were treated to a very pleasant little concert in the courtyard next to the North Lobby. The weather was perfect and the atmosphere for the outdoor mini-concert was marvelous.

Ma Fletcher put on an enjoyable performance and displayed a considerable amount of talent for playing the guitar. His material included a couple of ragtime style tunes, a few slow folk tunes and a couple of 'humorous' numbers. One of the high points of the show was an instrumental imitation of East Indian music called *Dawn's Raga* which Fletcher wrote himself. This song was played beautifully and held many people spellbound as they watched and listened to Ma Fletcher show how

well he can play a guitar. (The only thing which marred the beauty of *Dawn's Raga* was a rather large, loud mouthed member of the audience who insisted on talking loudly during the song.

Fletcher's performance was good in spite of his lack of great singing ability although I seriously question whether or not he should be classed as a folk singer. His material lacked the usual social significance of many folk songs. His songs tended to avoid any mention of any of the many social ills of our society. Instead Ma chose to sing about things such as having a good time, running around barefoot, drinking wine, smoking up etc. Fine stuff for a sunny afternoon, but not what I expected to hear from a serious folk singer.



SPACED AGE TOOL COMPANY

The Human Punching Bag

Now available from the Spaced Age Tool Company is the *Human Punching Bag*. Designed for sadists or for little guys who want to get back at the big world *The Human Punching Bag* fulfills the wildest psychotic fantasies.

It squeals and screams when struck. The harder it is hit the louder it grunts. It can be beat till the sound of bones cracking can be heard. It can be beat into submission so that only whimpers and gurgles can be heard.

Take out all your pent up frustrations and angers and sick behaviors on *The Human Punching Bag*. Why beat your wife or kids when you can use *The Human Punching Bag*.

Priced to start at \$1200, *The Human Punching Bag* comes in a variety of models and sizes. Have them custom designed to look like your boss or spouse.

The ultimate *Human Punching Bag*, available only to screened applicants actually bleeds. Send self addressed envelope to MC 5 for specifications and action shots of demonstrator models. Write MC 5, c/o Nugget



June 3 is Census Day

Count yourself in

I mean, after all, you have to consider we're only made out of dust. That's admittedly not much to go on and we shouldn't forget that. But even considering, I mean it's a sort of bad beginning, we're not doing too bad. So I personally have faith that even in this lousy situation we're faced with we can make it. You get me?

Doctor C. Ratrap

Doctor C. Ratrap,

From where I study here at NAIT I can look outside and see this guy sniffing bicycle seats. He does it quite regularly and is doing it as I write this letter. I want to know why he does it and if this guy is dangerous?

Jordache B.

Dear Jordache B.,

Damn. I didn't think anyone was watching.

Doctor C. Ratrap,

I am a professional student but my days are numbered. My brain is no longer as quick as it once was. My fingers are contracting arthritis and my eyes are blind from squinting at books and blackboards. I plan on retiring after my current contract is up. I have dedicated myself to studying in an aggressive, heads up attitude through out my whole career. What chances do I have for making it into the Professional Student's Hall of Fame.

Looking For Fame

Dear Looking For Fame,

You cannot seek fame, fame will seek you out. She searches for those she finds worthy and bestows herself upon them. If you are deserving, fame will come to you. Your attitude is something that is lacking in today's teams. Have you considered staying in the game as a coach or scout?

Doctor C. Ratrap,

Which came first, the chicken or the egg?

A. Farmer

Dear A. Farmer,

The rooster.

Doctor C. Ratrap,

If reincarnation is possible and all creatures when reborn attain a higher status, then what will man come back as?

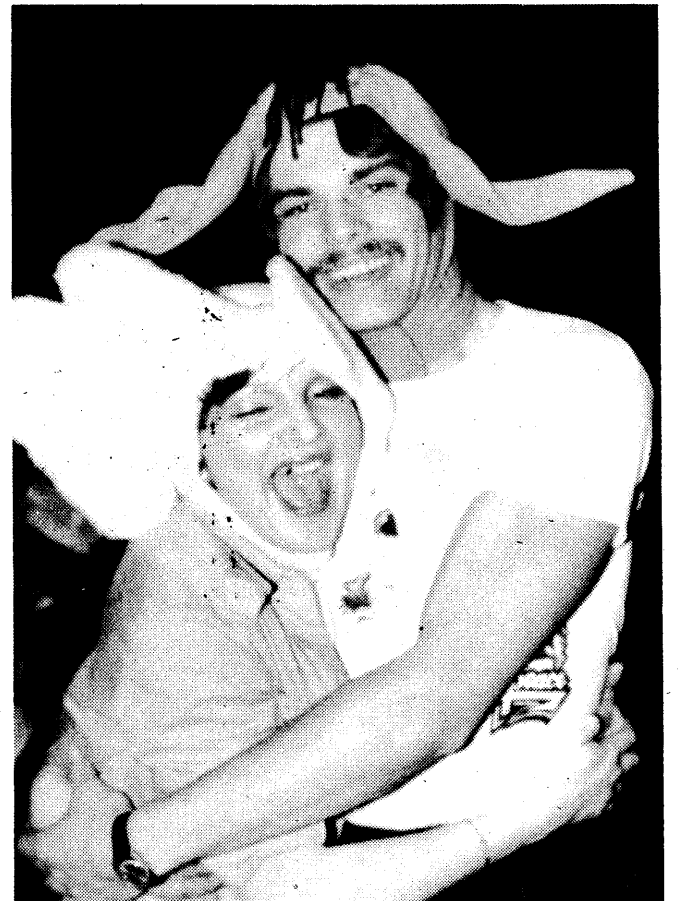
About To Be Reborn

Dear About To Be Reborn,

Money.

It is worth asking why such an apparently simple device as the bicycle should have had such a major effect on the acceleration of technology. The answer surely lies in the sheer humanity of the machine. Its purpose is to make it easier for an individual to move about, and this the bicycle achieves in a way that quite outdoes natural evolution. When one compares the energy consumed in moving a certain distance as a function of body weight for a variety of animals and machines, one finds that an unaided walking man does fairly well (consuming about 0.75 calories per gram per kilometer) but he is not as efficient as a horse, a salmon or jet transport. With the aid of a bicycle however, the man's energy consumption for a given distance is reduced to about a fifth (roughly 0.15 calories per gram per kilometer). Therefore, apart from increasing the unaided speed by a factor of three or four, the cyclist improves his efficiency rating to No. 1 among moving creatures and machines. If one were to give a short prescription for dealing rationally with the world's problems of development, transportation, health and the efficient use of resources, one could do worse than the simple formula; cycle and recycle.

Bicycle Technology
S. S. Wilson



it's over!!!!

BLACKJACK DEALERS

1981 KLONDIKE DAYS CASINO JULY 16-25

TRAINING SESSIONS COMMENCE MAY 25.

ALL DEALERS INCLUDING EXPERIENCED
PERSONNEL MUST REGISTER ON
MAY 25th & 26th 6pm - 8pm

NORTHLANDS SILVER SLIPPER

* All personnel must be bondable.



Notes from NAITSA



Greetings!

At this point in time, we all share a common objective such as getting jobs and getting the most out of the summer. Good luck to all.

I would like to wish good luck and fortune to all the graduates, and those of us left behind hope you are all successful at getting the jobs that you worked and studied for over the past couple of years.

During the past month, I have been busy at both my regular classes and NAITSA activities. I would like to thank my classmates of BCET 1-D for their "Templates." I could not have done it without them. I would also like to thank NAITSA's last President, Ken Davey, for introducing and explaining the many systems that I will need to know.

On June 1, I will officially take over as NAITSA's President. During the summer months, I will be here in NAIT performing my duties and getting ready for the next year's program. During off hours, I plan on being somewhat self-employed in hope of doing private renovations.

In closing, I would again like to congratulate all of you, for succeeding at the various endeavours that you have chosen.

Sincerely,
David Whalen
President Elect



Well, its been 7 weeks now and the confusion is beginning to subside. My major project, at hand, is to successfully organize the '81 Shinerama Campaign. Thanks to the great organization of my predecessor, Kelly Polanski, I did not have to contend with the usual file fight and it looks like this campaign will surpass all (with the indulgence of ALL NAIT Students).

Our council will be working to make next year the best ever with social activities and athletic events. Ideas for common hour activities or school spirit raisers would be appreciated, as would any comments in articles to the Nugget.

For general information regarding the goings on at NAIT we hold general council meetings every second Tuesday on a continuing basis. Each technology has a representative who MUST attend but the meetings are open to any member of the student body (with the exception that only tech reps. may vote on issues discussed.)

These efforts are made to increase communications between students and ourselves (your reps.) so please make the extra effort and become involved, and HAVE A GREAT SUMMER

Sharon Kaley
Vice President, NAITSA.



Social functions play an important part in an educational institution. They are set up and organized so that students can have a fun time, and meet as many new people as possible.

I hope that during the coming school term of 1981-82 that I can organize and put on as many functions as possible. These functions will include such things as Frosh Week, Common Hour, Cabarets, Christmas Parties, and much more. Hopefully, the majority of the students will be able to participate in those activities and enjoy them at the same time.

I would now like to take this opportunity and thank the NAITSA Council of 1980-81 for all they did for the students here at NAIT. They all worked hard to help make our year. Thanks again to the Old Executive, and I wish them the best of Luck in the Future.

I hope to see a lot of participation in next year's activities and that the year as a whole is a success for all of us.

Phil Stack
Activities Chairman



My name is Yvette Beaudry. I am the new Secretary for NAITSA.

I wish to thank Leanne, last year's Secretary, for encouraging me to run and for showing me everything that my position requires.

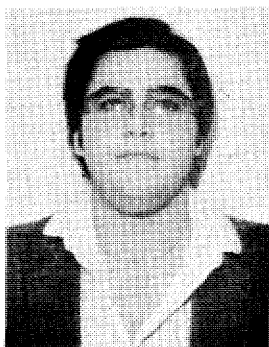
I would like to welcome the rest of the new council into office.

I have worked with them since April, and I find that they are easy to get along with. They contribute their utmost to the smooth running of NAITSA.

During this time, I have learned the following:

1. Sharon makes good coffee.
2. Bert should stick to typing and give up singing.
3. Ross is good at boat racing.
4. David does not spread the word.
5. Phil does not know the difference between normal clothes and bathing suits.
6. Joanne loves the way I type. After all, she is always giving me work to do.

I am looking forward to the upcoming year. With help from you and a lot of hard planning, the events NAITSA are discussing will prove to be very successful.



As Treasurer of NAITSA, it is my responsibility to control the financial transactions of the student's association. Included in this responsibility, is the duty to keep accurate accounting records, and ensure that the expenditures of the association fall within the boundaries of the budget. These boundaries were established by last year's treasurer.

At this time, I would like to give my thanks to Ida Long, the former Treasurer. Without her help during the last two months the transition period would have been difficult.

In closing, I would like to wish good luck to all the graduating students, and a good summer to those returning.

Sincerely,
Ross Salmon
Treasurer

P.S. My new villa in Brazil is fabulous, wish you were here!



As the new Publications Chairman, I am responsible for everything that is published by NAITSA. I am looking forward to September. To say the least, next year is going to be a great experience.

Thanks to all who helped me get started this year. Specifically, Student Services and Linda Hause.

I have worked with the new council since April, and they are terrific. I am glad to be part of next year's executive.

Have a good summer everyone!

Sincerely,
Joanne Timm



The intramural program for the '80-'81 year is over, if you haven't already heard. The program turned out to be a great success and I would like to make several parting thank you's. I would like to thank Roy Stasiuk, the former Athletic Chairman for the job he did. I would also like to thank all the student's who made use of and participated in the intramural program in the past year.

I am looking forward to next year and hope to see the same participation, competitiveness, and leadership by the soon to be second year students, as was shown by the second year students this year.

Farewell to all the students who are completing their courses this year and I hope your stay at NAIT was enjoyable.

Emanuel Bertolin
Athletics



YEARBOOK

Greetings from your new Northern Torch Editor. In the coming year the yearbook staff will cooperate in producing a yearbook that will be cherished for many years to come. Our goals are to produce a yearbook that is entertaining, well organized, artistic, humorous and one that reflects the life at NAIT during the 81-82 year.

I am very proud to be a member of the Yearbook team. The following year will be very challenging and even more gratifying for those involved. Anyone interested in joining the team can contact Alan Sopczak, Theresa Stokowski or Michael Rapati. We would be happy to hear from you.

Michael Rapati
Northern Torch Editor 1981-82

Touring by Bicycle

by David C. Schamber

Bicycle touring in Alberta is still in its infancy. Most Albertans still remain true to the North American first love, the automobile, to get from one place to another. It is to our loss.

Touring by bicycle is an inspiring experience. To be free, dependent only on your self, is a feeling rarely encountered in today's lifestyles.

The land is opened up to the touring cyclist. The sights and sounds are at hand. Once the noise of the city and the car is left behind silence settles in like a thick blanket on a cold winter's night. There is no easy way to describe the feeling of being on the road. Essentially it is a feeling of release and thus an explosive feeling.

As the land slides by and silence wavers on the horizon the mind wants to spring out and capture the world. It is the explosion of touching all. It is a spiritual feeling, not in the religious sense, but of a oneness with the environment.

Touring the Alberta landscape is generally restricted to the mountains, the Jasper Banff run. Alberta is a land of varied terrain, of big scenes and magnificent horizons and sunsets. The southern prairies may be flat and dry but it is the sky that dominates the scene. Towards the foothills the horizon is a sharp feeling of joy. But through it all there is the sounds of life and the smells of life. A person can find no better way to spend a few days than touring by bicycle.

So much for poetics. The reality of bicycle touring is a demanding adventure. One does not simply hop onto the bicycle and ride off into the sunset. A lot of preparation and ground work has to be covered. Training is important as is setting out with the right equipment. Then there are the realities of the road: the wind, trucks and long miles.

TRAINING

It is not necessary to train rigorously and compulsively like an olympic athlete if the only touring you will do will be a Sunday ride. Day excursions can be recovered from. It is to be able to continue on the second day and succeeding days that training is necessary.

The best way to train for a bicycle tour is to put miles into your legs. Ride each day and increase that over a period of a few months. Go into the river valley and ride the trails each day until you can do a couple circuits easily.

It is not strength that is important in touring but endurance. Spending long hours on the road demands that the cyclist can maintain a constant pace throughout the day. To do this one trains by maintaining a constant cadence.

Cadence is the pedal revolution. An average cadence is between 60 and 80 rpm. When starting training find the gear in which you can keep the cadence up and

then ride. Try not to go below that cadence and strain your legs. Straining the muscles may be good for muscle strength but also damaging to the knee.

As you train, maintain a pedalling motion at all times. To free wheel or coast can be damaging to the knee. Riding in traffic with its stops and starts will develop some anaerobic development but no endurance.

If one is planning to ride in the mountains or foothills then find a hill and keep riding up it. Try to keep the cadence high. Each day tackle a hill by going up and down it until you have to get off and walk. The inclines are long in the mountains. Might as well prepare here rather than there.

There is one basic difference between training and being on the road. It is about thirty pounds. Training is usually done without equipment. On the road entails a loaded bicycle that accelerates poorly and is not so easy to pedal up hills. A loaded bicycle handles much differently and it is therefore necessary to train for upper body strength.

A loaded bicycle has greater wind resistance. This also adds a few pounds to what one has to pedal. One may be able to pare down the weight of equipment by a few pounds. Of course bicycles can be bought that are light and expensive also. The best way to lose weight is off of yourself. Drop five pounds and it might even cut down on wind resistance.

ENERGY CONSUMPTION

The cycling tourist will go through a large number of calories each day. Training helps in the ability of the body to utilize its energy reserves.

Cyclists burn 8-10 cal/min riding at 15 mph or 500 to 600 cal/hr. Tourists have a greater wind resistance than racers and will thus burn more calories. The amount of easily transformed energy in the muscle cells will be burnt within fifteen minutes.

The immediate source of energy for muscle work is ATP (adenosine triphosphate) which is formed in the muscles by the metabolism of carbohydrates, fats and proteins. Muscle cells can only store so much ATP.

Carbohydrates are also stored in the muscle cells and the liver in the form of glycogen. This can be metabolized to glucose to produce ATP in the muscle cells. However lactic acid is generated as a waste product of carbohydrate metabolism. Lactic acid slows muscle contraction and is usually experienced as a burning sensation. Severe buildup can generate pain.

Training and anaerobic workouts, metabolism without oxygen, can facilitate the metabolism of carbohydrates and a recirculation of lactic acid to form glycogen.

After a short period the tourist will start metabolizing carbohydrates. Glycogen stores can be maximized by good conditioning and high carbohydrate diet. Foods

such as fructose and sucrose are simple carbohydrates and are quickly consumed and absorbed into the bloodstream. This is not wanted. A slow steady burn is needed. Complex carbohydrates allow a slow burn to take place.

Such foods as whole grain breads, pastas and vegetable are complex carbohydrates.

FOOD ON THE ROAD

What to eat on the road starts long before one gets there. Carbohydrates (CHO) are the tourists best friend but he has to be able to utilize them. A diet, high in CHO should be undertaken a few weeks before the tour is undertaken.

This allows the body and muscles to adapt to the high CHO intake and actually 'pack' the CHO into reserve pockets. Once on the road, maintain a high CHO intake to replace what is used. An important note is that although one may feel fine the first day on the road and decide to continue on, don't; you may use your reserves and you'll spend the next week trying to replenish them.

Stay away from fatty foods for they are not as efficient as CHO. Large amounts of protein are not necessary and can induce dehydration. Similarly honey and sugars will draw moisture from other parts of the body. This leads to frequent trips into the bushes.

Water is essential in maintaining the ride. On a hot day one can lose a pint of moisture per hour. This has to be replaced. Without water replacement the body temperature goes higher. This is similar to a radiator on a car. Without sufficient water the temperature goes up and up until a seizure occurs. Similarly with a body that has lost its water. Losing four pounds a day through moisture loss is quite easy.

Besides replacing CHO and water, potassium must also be replaced. It is necessary for muscle and nerve response and can be obtained in fruits especially bananas. Sodium is also lost during the day but is recovered by normal food intake so one does not have to worry about salt tablets.

EQUIPMENT

What type of equipment to take on the road depends on what type of touring you are going to do. It is similar to how one is going to eat on the road, whether cooking for oneself or stopping at roadside restaurants.

Carry only spices and a few staples if you are going to cook for yourself. The main dishes and cans can be picked up at stores in the last town one rides through that day. It saves on weight.

Weight is the major preoccupation when it comes to equipment. Of course if one stays in motels then there goes the sleeping bag and tent. The tourist who wants to go it alone is going to need a tent and a good sleeping

bag. There are light weight tents on the market and their weight can be kept to under five pounds.

The sleeping bag is the most important piece of equipment. Without a good sleeping bag it is difficult to get a good rest. Without a good rest the next day is not so enjoyable.

There are a few give and takes with the sleeping bag selection. One is size, the other is temperature range. It is not necessary to have a sleeping bag good to -40 c. if you are travelling in the summer. It only means packing around more weight. Select a bag with a range close to freezing unless one has special ideas about where and when you are going to cycle.

The size of the sleeping bag is important. It will be the largest piece on the bicycle besides yourself and will cause considerable wind resistance. The sleeping bag should be able to compress into a small area. Down bags are good for this but they are also expensive. One can sacrifice a certain amount of fluff and go to a Holoofil 11 type of filling. Its warmth is comparable to down although it is not as compressible. One distinct advantage of Holoofil 11 is that one can sleep in it even if it is wet. Wet down can be kissed goodbye.

What one carries is personal preference. A short list of essentials is given at the end. Keep clothing to a minimum, possibly one change would be enough.

flashlight
toothbrush and paste
shampoo
sunscreen
bandages
safety pins
hatchet
spare tube
patch kit
wire
spoke wrench
lubricant
crescent wrench
spokes
screw driver
cleaning lotion for cuts
waterproof matches
insect repellent
antiseptic cream
freewheel remover
crank tool
chain removal tool

ON THE ROAD

Now comes reality. Before you go on any highway check with someone (AMA?) to see what condition the road is in and if it has shoulders. Quite a few highways in Alberta do not have shoulders and you'll find yourself sharing the road with cars, trucks, tractors and whatever else moves. If you end up using such a road be seen.

Wear reflective or bright clothing. A tall whip flag could be handy. It only takes a few seconds for a car to overtake you. If you are behind a rise the motorist may not see you until it is too late. The flag may be your savior.

Another type of reflective flag is the side mounted flag. It extends out about 18 inches from the side of the bicycle into the traffic lane.

It offers good visual attention because it flaps. Motorists also stay away from it because they don't want their cars scratched.

The important thing is to be seen. Stay on the road and don't be intimidated into the ditch by impatient motorists. That is not easy to do with semi-trucks breathing down your neck. There is a lot of truck activity in Alberta and one has to be prepared for it. When you find out the condition of the road check to see the volume of truck traffic on it.

I inadvertently got onto a highway that had to contain every semi in Alberta. I had thought it would be a nice quiet highway going from the Trans Canada east of Calgary south to Vulcan. The highway had no shoulders on it but plenty of trucks.

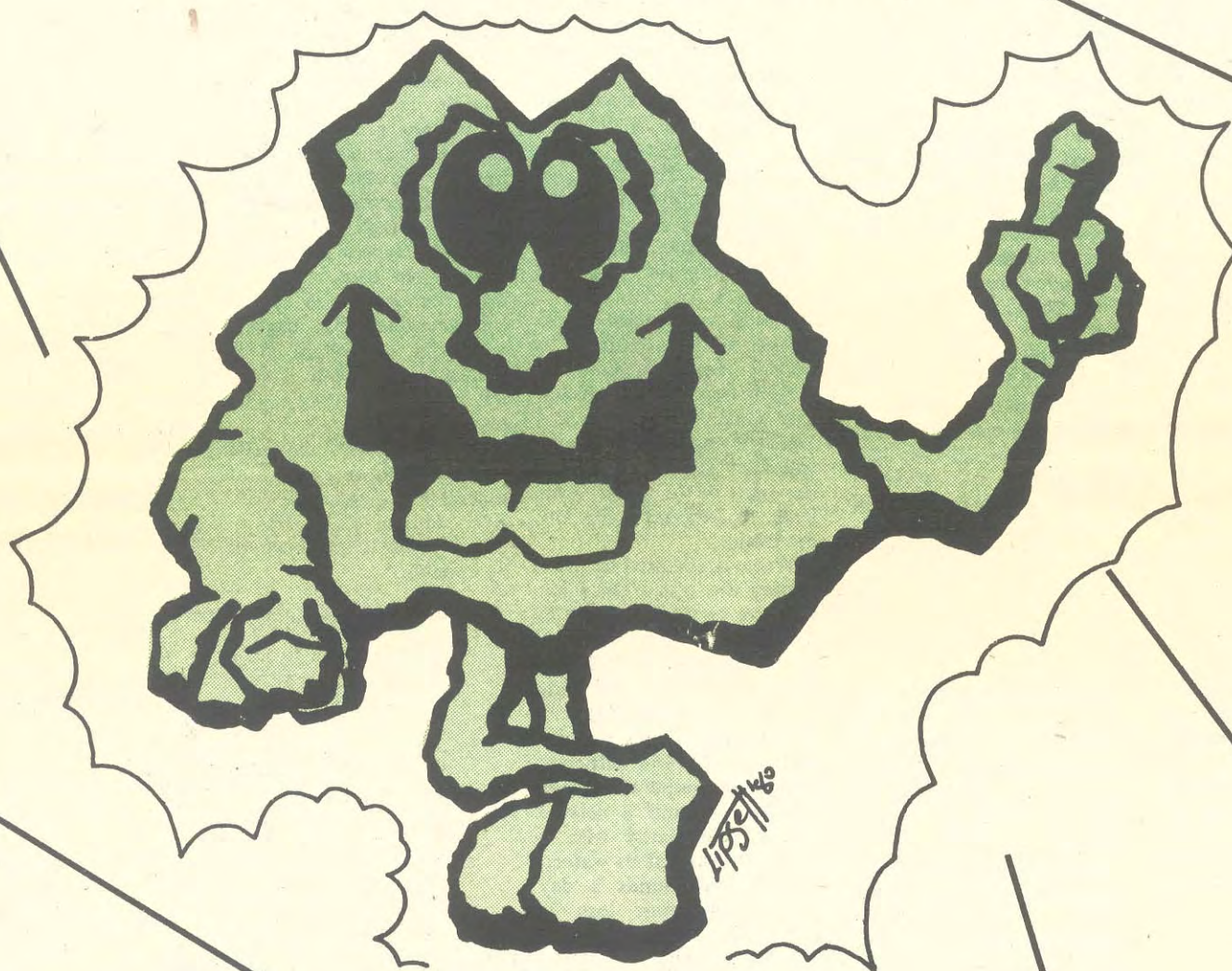
Most truck drivers will pull out to go around a cyclist. One should be aware of the aerodynamics of a passing encounter. The worst situation is if a wind is blowing to your left or in front of you and a large truck overtakes you. The only thing to do is to crouch down, hold on tight and drive straight and hopefully you will not be sent into the ditch by the turbulence.

The turbulence is not so bad if the wind is coming from your right or behind you. When it is behind you, you can get a free boost from the pull of the vehicle.

The highways outside of the mountains do not yet sport a large number of cycling tourists. If you go by yourself it can be quite lonely.



"NATE"
Knows The Story...



Join The
NUGGET!

Will the following people please pick up their Josten, NAIT, rings:

Bacon Bob
Blanchard Varnie
Borgel Jennifer
Ermineskin Elizabeth
Ermineskin Mary
Jenkins Peggy Jo
MacKowetzky Loran
Ramgoolam Neil
Watkins Stuart
Wowk Steven

Any one else expecting a ring, please check periodically.

NAITSA Student Stores E126

Canada's National Student Travel Bureau

Christmas student charters - student ski weeks - Eurocentre language learning - Eurail passes - treks through South America - around the world in 80 days - Hawaii student charters - South East Asian and Oriental student fares - London one way - Trans-Pacific discounts - Amsterdam student flights - African safaris - hostel cards - IntraEuropean student flights - student work abroad programmes - Britrail passes - Paris cultural programme - international student I.D. cards - South Pacific budget fares and much much more.

WE'LL DROP THEIR NAMES, THEY'LL DROP THEIR PRICES

Who? Hundreds of stores and services across Canada have agreed to give reductions of between 10 and 50 percent of any full time student who holds a valid International Student Identity Card (I.S.I.C.). The AOSC is currently publishing the third annual National Student Discount Handbook, a province by province guide to every discount available to International Student Identity Card holders in Canada. This book will be ready in September and is given to every student who purchases an I.S.I.C. The I.S.I.C. costs only \$3.50 and is sold by Student Councils and at CUTS offices. Throughout the year you can save money on clothes, records, pizzas, books, car rentals, shoes, jewellery - even voodoo supplies. And if you want to travel either to the next province or to another country, the I.S.I.C. may help you get there cheaper.

FOR SALE: *Drumset, Double bass and hi-hats, 5 tomes, 1 snare, 3 pairs hi-hat cymbals, 2 crash and 1 crash ride. \$1700.00 phone 484-1925, 6 p.m.*

*Flo: since I saw you last I
can't take my mind off you
and your pink nightie
Please meet me tonight be-
hind the parkade.
Butch*

**Lost
TI 55 calculator. Reward
offered. Will identify.
Phone Mike at 439-7548**

**More "Words of Wisdom"
"Life is a nose, but you
better not pick it"
Billy the Philosopher**

Wanted
1968 to '70 Oldsmobile.
Body must be in good shape.
Contact Jack at 471-2589

For Sale
Traynor 120 watt tube type
head, Fender 200 watt max
cabinet with JBL speakers.
\$600 phone 454-3169 after
five pm. Ask for Marcel

*Where are all my 95s??
signed The Red Rooster*

"Words of Wisdom"
Life is a sinking ship
Billy the Philosopher

*Found
Men's Timex electric watch
found at Sports Stores. Can
be picked up at Student
Services.*

Men are only good for one thing...and they're not even good at it.

For Sale
145 watts of stereo sound. Comes complete with equalizer, turntable, speakers, meters, amp. Offers near \$900. Phone Grey at 475-8386.

LOST: A gold ladies watch at Villa Vesuvius on Friday May 1st at "Explore the Floor cabaret. Please call Cathy at 469-0291.

**Virginity is like a balloon.
One prick and it's all over.**

Wanted
1973 to '75 Dodge Colt or
Cricket, moter not needed
but should have good body.
Phone 487-4971 after 5 pm.

**Lost
May 8th weekend, if found
please contact BCET
students.**

WHERE ARE ALL MY 95'S
Signed The Red Rooster

FOR SALE: New 1981 Yamaha YZ125 Watercooled motocross. Need money for tuition. Replacement cost about \$2000. But will sell for \$1500 FIRM. Phone 986-6894 (local call)

Dear Elroy and clem: Being able to get the 'knob' and being able to handle it are two different things.
26'er

Wanted Art student to help in designing of sports car hodies. Mush have experieence in auto drawing, Payment upon completion of 3 sets of lay out drawings.

For Sale
4 Shelby rims
4 Road hugger tires
4 Bolt 13 in.
phone Tom at 433-3584

ARE PRINTED FREE TO ALL STUDENTS AND STAFF

[illegible]

COMPLETED FORM SHOULD BE RETURNED TO THE
UNCLASSIFIED BOX OUTSIDE E128, THE NUGGET
OFFICE.
PUT ONE (1) LETTER OR PUNCTUATION MARK IN
EACH SPACE, LEAVE A SPACE BETWEEN WORDS.

NAME: _____

ADDRESS: _____

PHONE: _____

PHONE: _____ STAFF: _____ STUDENT: _____

SURVEY

The following survey covers areas of concern to the Nugget. Your response in filling out the survey as accurately as you can will facilitate in shaping a Nugget to reflect your concerns as a student. There has been lots of talk in the halls about the quality of the Nugget. This is your chance to help improve the student newspaper. Please return the finished survey to the Nugget office or to any Nugget staff member, if you can find one. Thank you.

This is a survey?

- a) yes
- b) no
- c) maybe
- d) ask someone who cares

If you answered yes to the above question continue on to #3. What type of survey is this?

- a) topographical
- b) demographical
- c) sillygraphical
- d) pornographical
- e) none of the above

If you did not answer yes to question 1, why is this not a survey?

- a) it has no benchmarks
- b) this is really an intelligence test
- c) you have to be able to see first before you can walk
- d) only qualified people can do important surveys

What is the next numeral in the sequence?

1 2 3 4 5 6 7 8 9

What is a Nugget?

- a) a student newspaper
- b) a piece of gold
- c) a piece of shit
- d) somewhere over the rainbow

Can you Read?

- a) a bit
- b) I fall asleep after a paragraph
- c) only words less than six letters long
- d) I usually wait for the movie to come out

How ofter do you read the Nugget?

- a) once was enough
- b) once a night is enough
- c) whenever I go to the bathroom
- d) never too often

What is the biggest word you can think of?

- a) I use hand signals
- b) _____

What word do you use most often?

- a) see b above
- b) _____

Complete the following phrase:

Rene Descartes was a drunken fart,
I drink therefore I _____.

The purpose of a student newspaper is to provide:

- a) entertainment and titilation
- b) information and views about student concerns
- c) propaganda for the student's council
- d) an outlet for a few psychotic students

Sketch the editor.



How many students work on the Nugget?

- a) one
- b) less than five
- c) five to ten
- d) more than ten

How many RCMP work on the Nugget?

- a) one
- b) less than five
- c) five to ten
- d) more than ten

What does NAITSA stand for?

- a) No Asshole Intends To Say Anything
- b) Northern Arizona Institute of Technology Squatters' Association
- c) North Atlantic Treaty Organization
- d) they can't stand, they have no backbone

A brick is?

- a) a common building material
- b) found floating in a toilet
- c) a quantity of marijuana
- d) handy to have during student protests

What does CUP stand for?

- a) another name for mug
- b) Canadian University Press
- c) Communists Undermining the Press
- d) b and c

Do you think the Nugget should belong to CUP?

- a) yes
- b) no
- c) maybe

If you answered yes to question why?

- a) to find out what is happening at other campuses in Canada
- b) get more advertising and more revenue for the paper
- c) it will help the Nugget
- d) all of the above

If you answered no to question why?

- a) we aren't a university
- b) I don't want to get involved
- c) control of the paper would be outside of NAIT
- d) all of the above

What parts of the Nugget do you read?

- a) news
- b) sports
- c) entertainment
- d) financial
- e) commonsense and nonsense
- f) none of the above

Do you have any ideas on how to improve the Nugget?

- a) yes
- b) no
- c) I have no ideas about anything
- d) fire the editor

Why did you not contribute to the Nugget this year?

- a) rats always abandon a sinking ship
- b) I am a reader not a doer
- c) I was conserving my energy to drink beer
- d) there was no reason to

Since we have 'athlete of the week' which of the following would you also like to see in the Nugget?

- a) drug of the week
- b) NAIT cutie of the week
- c) airplane of the week
- d) failure of the week
- e) _____ of the week

What would you like to see more of in the Nugget?

- a) decadence and violence
- b) social concerns
- c) tits and penises
- d) problems to be encountered in the eighties
- e) _____

The Nugget can be:

- a) recycled for building insulation
- b) an excellent medium for exchange of student ideas
- c) valuable as a collector's item
- d) used as a boot mat

What do you like best about NAIT?

- a) going home
- b) pubs
- c) airplanes
- d) don't go to NAIT
- e) am I supposed to like something

What type of spirit pervades at NAIT?

- a) spooky
- b) isn't one
- c) an enjoyable one
- d) ghosts of failures past

Why are you attending NAIT?

- a) to waste time
- b) to train for a job
- c) to get laid
- d) I do not attend

Are students allowed to have ideas?

- a) yes
- b) no
- c) Voyager

If you answered yes to question why?

- a) the purpose of a student is to think
- b) ideas are free and students can't afford much more
- c) but they have to return them at the end of the year

If you answered no to question why?

- a) you can go to jail for possession of ideas
- b) it would put teachers out of work
- c) ideas are intangible, thus cannot be possessed
- d) because it will lead to heavier things

If you answered Voyager to question why?

- a) I am a bit spaced out today
- b) I saw it on 'That's Incredibly Stupid'
- c) because I read it in the bible
- d) it had no relevance just like this survey

The following are a number of True or False questions. Answer as precisely as you can. Wrong will be subtracted from right to give your final total.

T F Truth is relative.

T F Reality is whatever you want it to be.

T F NAIT Ook Piks won the championship this year.

T F The Nugget needs your support.

T F NAITSA does not need your support.

T F God made the little green apples and it don't rain in Indianapolis in the summertime.

T F Building Construction is the best technology at NAIT

T F Architecture is the worst technology at NAIT

T F The Business Technologies donot belong at NAIT

T F Plaza 11 should be turned into a game preserve.

T F A student consumes 47 times his own weight in books each year.

T F All bachelors are male, therefore Socrates is mortal.

T F naitsa should have more control over their own concerns.

T F NAITSA should be independent from Nugget control.

Check any of the following concerns you think the Nugget should cover if it is to serve the students in a responsible manner.

- the drug culture
- environmental issues
- international terrorism
- gossip picked up in the halls of NAIT
- issues about Canadian development in the north
- the planning of the City of Edmonton
- etiquette
- cars and trucks and boats and trains and planes
- who's who
- Nait
- University of Lethbridge
- boycotts of Kraft and California grapes
- Canadian constitutional problems
- exploring the outdoors
- the corporate control of the newspaper industry
- Harry's need for an apology
- intramurals
- how NAITSA wastes your money
- theological debates
- the philosophical implications of particle physics
- self improvement techniques
- the pot of gold at the end of the rainbow