Rock & Talk ONLY \$2 With

The Great Stereo Dance Show Main Cafeteria Friday February 26 4:30 - 7:30

Tickets Available at the Student Stores

Classified Ads and What Not

For Sale - One Bass guitar and amp, with good distortion used by live elevator

To MR. formaldhyde warning the birdman is still at large and may strike anytime in the future!

For sale; One synthesizer used by live elevator music (needs tuning) kicking the

Male looking to share 2 bdrm. apt. with male or female \$205 plus utilities. corner of 120 Ave. & 82 St. ph. 474-1054

To the Beautiful Blonde in locker T2014 Will you marry me Signed Hopefully Guy in locker E0144

Men's Brand New Sywash Sweater for sale, size 44 Tall, Phone 489-6612

KGB Experienced, high energy rock band at a reasonable price, Craig, 453-2966 Evgs.

THOUGHT FOR THE

TAXES ARE NOT LEVIED FOR THE BENEFIT OF THE **TAXED**

WANTED Ride to Ft. McMurray Fri. afternoon or evening call Dave after 6 pm 426-4425

To Everyone: If you want an ad run for more than one paper you have to resubmit the ad each week. We have too much to do without searching through old files to see what should be run. Thank you!

Wanted. One, personnel, The Management of Human Resources Text by Stephan P. Robbins Ph. 452-2544 after 6 pm

Siberian husky pup 2 months old registered. phone 454-

Notice! do you need a ride to Grand Prairie on March 3 or from grand prairie on March 7. I have car, need help with Gas money. Phone 453-3289 after 5:00 ask for Bruce.

The Pink Steel Co., Fastball team's 3rd Annual Beerfest. March 6, 1982 at Kensignton Hall. Tickets \$7, Free Food! Phone Gary 454-3624

Outland sound Music by experienced entertainers. Phone 939-4095. Ask for

Need Papers Typed? \$.50 /pg. Call Carole 471-4717

For Sale: oen guitar, used bylive elevator music. must sell to avoid embarrassment

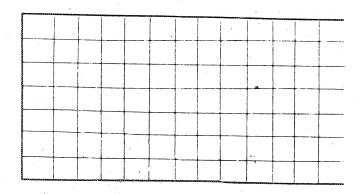
1 calculator on Found: Sunday Feb. 24. Contact Ross in E133D. Must ident-

To the girl in Photography. I like your picture more than mine! From: A model

ATTENTION! IF YOU HAVE A FAVORITE THOUGHT, PHILOSOPH ICAL STATEMENT, OR CYNICAL REMARK SEND IT INTO THE NUGGET. I AM RUNNING OUT OF ORIGINAL THOUGHTS FOR THE THOUGHT OF THE WEEK.

Classified Ads and What Not

ARE PRINTED FREE TO ALL STUDENTS AND STAFF



COMPLETED FORM SHOULD BE RETURNED TO THE UNCLASSIFIED BOX OUTSIDE E128, THE NUGGET

PUT ONE (1) LETTER OR PUNCTUATION MARK IN EACH SPACE, LEAVE A SPACE BETWEEN WORDS.

NAME:			 	
ADDRESS:-	8		 	· · · · · · · · · · · · · · · · · · ·
PHONE:				
PHONE:	ST	AFF:-	-STUDE	NT:

the NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY STUDENTS' NEWSPAPER

Volume 13 Issue 21

Thursday, February 25, 1982



Another Quarter Down and closer to the edge

The Nugget is the student newspaper of the Northern Alberta Institute of Technology. It is published by NAITSA on a weekly basis during the school year, September to May. Excluding editorials, articles do not necessarily reflect the views and opinions of the Nugget Staff. Contributions from students are welcomed. Submission deadline is Monday, 4:30 PM. The Nugget office is located in E128 Black phone 427-9187, Grey phone 423

the second page

NUGGET STAFF:

Editor - David C. Schamber Entertainment Editor - Nick Borrelli Sports Editor - Jennifer Fricke Assistant - Bruce Blacklock

Typesetters - Cheryle Donahue Sandy Turney

Editor's Note

Last week Edmonton City Council rescinded a motion that would have increased fines for snow removal offenses. Maybe they felt trapped in a paradoxical situation. If they can't remove the snow from sidewalks on city owned property then why should city residents.

It was noted that the most frequent abusers of snow removal or lack of snow removal are rental owners. How true. The city of Edmonton owns the land and houses between the main campus and Plaza II. It is the city's responsibility to keep the sidewalks clean for pedestrian

Outside of the city core the sidewalks between Plaza II and the main campus carry the most pedestrians. Programs from both buildings take classes in the opposing building. Hundreds of students walk on those sidewalks.

Yet in all the snowfall of January, the City of Edmonon did not once come out to clean the sidewalks off. The snow was tramped down and packed into dense layers. A couple of weeks ago the City finally sent someone out to clean the sidewalks off.

The sidewalks were cleared of the packed snow which came off in thick hard clumps. Instead of tossing the clumps onto the lawns, they were tossed out into the street for cars to get high-centered on. And the car owners would toss the blocks back onto the sidewalk so that they could park in a decent manner. Unfortunately, the tossed back clumps did not fall into their original place. Much like breaking up a puzzle and tossing it back together in the hope all the pieces would fall in place. Possible, but not highly probable.

The blocks on the sidewalk proved to be a bigger danger to pedestrian safety than the original packed snow. Students were forced to maneuver through an obstacle course while they carried their books. Traffic in places was reduced to a single lane. Somewhere the purpose of keeping sidewalks clean is lost on the city. The City of Edmonton may be a nice place to visit but it certainly makes a lousy neighbour.

Deading for Nugget submission, whether article, classifie in letters is Monday, 4:30 for that week's Issue

WRITERS WANTED POSSIBLE TOPICS

Microwaves at the sea shore Sea shores on construction sites

Construction site - is it necessary for profit

Profits in the old testament
Test a mint today
Today, planned obsolescense
by yesterday

Become a Nugget Reporter Our Motto Search and Destroy

Political Changes

A WESTERN CALL FOR CANADIAN LIBERALISM by Kofi Adomako

"Things fall apart; the centre cannot hold,
Mere anarchy is loosed upon the world,
The blood - dimmed tide is loosed and everywhere
The ceremony of innocence is drowned;
The best lack all conviction; while the worst
Are full of passionate intensity."

The sixties was a decade in which radical social policy was openly entertained amongst the youth of North America. The seventies was the decade during which many of those same youth threw in the towel and shed much of their idealism for the cynic's cloak. This is not to say that those who had idealistically sought answers to questions confronting society have forsaken their ideals, for they have not. It is not the ideals they perceive as lacking, but the system and procedures by which they might be implemented.

The hope proffered our society in the sixities has been diminished through a perceived impotency of government to affect lasting and significant social change. The world economic order which saw second string players become the power line has given an added emphasis to the inability, if not unwillingness, of many governments to affect change.

The sixties, rather stable, economic conditions which enabled Western Democracies to turn their attention to the rationable of their nationhood have shifted so radically, and permanently, so as to offer a good excuse for assuming a more realistic posture regarding the affairs of state. These affairs are centered, once again, upon the economic welfare of the state to the exclusion of its social welfare. Social welfare today, is seen as the hobby of leftists, or philanthropists who, having made their fortune, see the need to do 'what little they can, to right some wrongs. 'Who is responsible for the world's wrongs is an ill advised question.)

Much of the excess of sixties radical social theory has quite properly been put to rest and this is largely a result of the conservative turn which came about through the seventies. Participation in the political process and the search for change from with in became a recognized fact.

To be continued.

INTERESTED IN STUDENT GOVERNMENT The following positions are available

NAIT STUDENT ASSOCIATION President Vice-President Activities Chairperson Athletics Chairperson

Treasurer Secretary Please submit letter of application & resume

BOARD OF GOVERNORS
2. Student Representatives required
Please submit letter of application and Resume

WATCH FOR FURTHER INFORMATION IN NUGGET Any inquiries should be made in the Student Association Office E133

DR. LEON W. SINGER

OPTOMETRIST

LINKS ASSOCIATE CLINIC SUITE 24 10951 - 124 ST. EDMONTON, ALBERTA PHONE: 452 0241

letters

Letter to the Editor

In your edotorial of Feb. Il, 1982, you stated that Winter Carnival and "Queen contests and their sexual connotations are outdated and degrading." Further, you felt that Carnival Week was "directed at promoting sexism and that the Nugget was party to this promotion by publishing the pictures of contestants."

After reading the editorial I was left with the impression that the Nugget would stop publishing such material that would promote sexism on campus. \bar{R} ather, I find that the opposite is true. In your publication of Feb. 18, 1982 you published a whole page entitled "Dreams and Visions" that was, for the better part, devoted towards sexual connotations. I refer in particular to the "poem" entitled "Empty Dreams."

The wording of this poem is unlike any I have seen in a newspaper that was intended for public use. Such material would be more commonly read in such magazines as "Playboy" or "Penthouse" and not in a school newspaper.

Mr. Schamber, if you were really concerned about the promotion of sexism that Carnival Week seemed to generate, and if your editorial was truly sincere, how is it that you continue to encourage sexism and degredation by publishing such a "poem"?

Joe Araujo

A Response To Empty Dreams

Smiling eyes Soothing words Caressing hands Making me feel as A woman should.

Time passes
Eyes aren't smiling
I feel cold
You throw back at me
Everything I gave to you,
Used and uncared for.

I realize now You are just Another man.

by Jennifer Fricke

Well, at last. I was beginning to think I was the only one writing letters to the Nugget. Yet I am not suprised to see that this other letter writer, Paul Verdin, is also writing to challenge the "goodness" of our illustrious student council.

This may only be the second letter of the challenging type, yet, with the present state of student participation this other letter writer, Paul Verdin, represents a great deal. Mr. Whalen

has yet to have a letter written by a student hailing his particualar brand of rule. The reference to Mr. Whalen as a monarch is a little off though. I would seek to suggest the term 'dictator' instead.

I am sure you are asking why dictator. Well, Whalen and dictator have a lot in common. A dictator, where elected, makes a whole series of grandious promises which he knows he can fulfill. Whalen also did this except he made his promises before the election yet he has no intention or has it leasts shown no intention of fulfilling his 'Whalen will' promises.

The question now arises as to Whalen's intentions at the time of his election. Before the election he was very big on talk of how he would initiate many things. Yet just take a look at his track record.

I again challenge Whalen to screw up his courage and print a list of his promises. Unless he does not want to face the public humiliation and sees that any defence by himself of himself would be an excercise in humiliation.

Alan D.J. Sopczak Electronics Engineer. Tech.

After reading last week's Nugget Editorial concerning the proposed student's building, one must wonder when the real fireworks will start.

It has been no secret that there are individuals within the NAIT administration who are dead set against any kind of students building. Now with the Interim Board of Governors Chairman reflecting his feelings on the subject, the other dissenters in the woodwork should soon follow suit.

This attitude is not new. Turn back the clock a few years and look across the Alberta's Students Union Building was not built without some grief. Before it's construction many clashes occurred between students and the U of A Board of Governors and administration over the issue. Only persistence and dedicaition by past STUDENTS gave future students a building in which to relax and enjoy activities in.

Existing evidence seems to support that the Provincial Conservative government is willing to help NAIT students in sharing the cost of a building. It is time for students to start digging the trenches for a future fight Some of the board of governors and NAIT administration who want to crush the students building concept.

John Mansfield

Varying views on the No Torch

Michael Rapati Editor in Chief No Torch

No Torch in Sept

History dictates that over 2500 registered NAITSA members will not get a 1982 yearbook. In previous years the Northern Torch was distributed in September and only about 2400 students were able to pick one up.

This year provisions were made by the yearbook staff and the publishing company to have a May distribution. This way anyone who wanted a yearbook could get one. However, on Tuesday, February 16, the General Council voted not to distribute the yearbook until next September. This decision has a few advantages that should not be overlooked:

- 1. Convocation Ceremonies can be covered in the yearbook (all 27 subscribers to the Grad supplement will be refunded their money)
- 2. By knowing that fewer students are able to pick up a copy of the No Torch in September, NAITSA can save \$9,000 (approx. \$2.15 per student) by publishing only 2400 copies
- 3. Yearbook staff can take a holiday until May because nearly all the pages are completed.

Now that we have discussed the advantages here are some of the disadvantages:

- 1. Graduating students need to return to NAIT or arrange mailing in order to get a yearbook.
- 2. Autographs will be harder to get for graduating students.
- 3. NAITSA has to dishout more money to add one more section of pages to the yearbook because there are only four available pages.
- 4. Student services has the hassle of mailing out yearbooks and someone has to pick up the tab.

I am certain that you as a member of NAITSA will agree with NAITSA that saving about \$9000 (less the cost of the additional pages and the mailing cost) is worth the offset of the disadvantages.

By Hans Mausolf dying miserably

The chance of NAIT students receiving a yearbook while still in school was crushed by general council last Tuesday.

After realizing that the planned number of published yearbooks (2400 copies) would not be enough to supply the crowds of students expected during a May release, fear of groups of angry students in spring has resulted in the majority of the NAITSA executive and general council voting for a fall release date.

Money as usual, became a prime factor, with a cost of \$9000 needed to boost the number of printed copies to 3900 to have enough for an early release. In previous years, NAITSA has always released the yearbook in fall.

This year's yearbook staff and many studnets were under the assumption that we would have an early yearbook released in May. In principle, a yearbook that comes out during the active school year should be the goal of any institution. This results in more students picking up the yearbook and in a direct effect of students getting their money's worth from their annual students union fees.

The blame for the philosophy, present here at NAIT pushing aside the principle of an early yearbook must lie with the student advisors and administration. Students should be allowed to have a choice whether they want a yearbook or not when paying their tution fees each year.

The present system shortchanges students of their hard-earned money. Of course, everyone could pick up their yearbook in the fall, under the present system NAITSA would have to put up approximately \$10,000 more to print enough yearbooks to supply all the students with a copy.

Sympathies must go to the yearbook editor, Mike Rapati, and his staff for working so hard to meet early deadlines, and then getting a slap in the face.

Joanne Timm
Publications Chairman

An update

In September of last year, Mike Rapati came to NAITSA with a unique goal. His objective was to bring this year's yearbook out in the last week of May. This has never been done in the history of NAIT.

With a May distribution, there would be a greater demand for the yearbooks as opposed to September distribution. The cost of the increase in the amount of yearbooks published would be a maximum of \$9000. Presently, we are contracted to print 2400 yearbooks. We would need to increase that amount by 1500 because there would be approximately 3900 eligible students attending NAIT in May.

On Tuesday, February 16, I explained this chart to General Council, the factors involved with a May distribution and a September distribution. It was General Council's decision to distribute the yearbook in September alternative number 2. Result: 26 voted for September distribution, 3 technologies against.

If you have any questions about the factors or results, ask your technology executive or come to the NAITSA offices El33.

All students who purchased the graduation supplement will be refunded as soon as possible. The details will be printed in the Nugget.

	cost	PRODUCTION FACTORS	AMOUNT PRINTED	PUBLISHERS RESPONSIBLITY
ALTERNATIVE No. 1 MAY DISTRIBUTION	\$24,871 9,000 \$33,871	Graduation Supplements	3900 needed	need a 100 per cent guarantee from publisher
ALTERNATIVE No. 2 SEPTEMBER DISTRIBUTION	\$24,871	No graduation supplements	2400 contracted	if problems arise they have time to correct them

COME TO THE LIBRARY SPECIAL EXTENDED HOURS DURING EXAMS:

Saturday, February 27

9 a.m. to 10 p.m.

Sunday, February 28

9 a.m. to 10 p.m.

Monday, March 1 Tuesday, March 2 7:45 a.m. to 11 p.m.

7:45 a.m. to 11 p.m.

SAFETY PROMOTION DAYS

DATE

MARCH 9 & 10, 1982 9:00 A.M. - 4:00 P.M. Each Day

LOCATION

NORTH LOBBY (Main Campus)

THEME

SAFETY IS EVERYBODY'S RESPONSIBILITY

SPONSOR

NAIT SAFETY COMMITTEE

GRANTS

AVAILABLE FOR ENVIRONMENTAL RESEARCH

Who May Apply?

Any person, institution, corporation or society may request research funds. The Trust endeavours to apportion its funds equally between public institutions such as universities and the private sector such as industries or individuals.

Joint funding with industries or individuals is of considerable interest to the Board of Trustees.

Any logical proposal will receive consideration, such as: • Environmental problems related to human behaviour • Social, Cultural, and Organizational difficulties • Cost/Benefit Analysis of Environmental Impacts • Energy resource development and the environment • Problems of the natural environment • Urban & Rural pollution control and any other related concerns.

Deadline for submission of application for grants is March 19, 1982. Early submission is advised. All applications are reviewed upon receipt by the Grants Advisory Committee. Applicants will be notified as to the Boards of Trustees' decision by April 15, 1982. Research projects should be planned to start after this date.

Please address all Inquiries and correspondence to:

J.F. Russell Alberta Environmental Research Trust John J. Bowlen Building

620 - 7th Avenue 8th Floor Calgary, Alberta T2P 0Y8



PARTICIPATING ORGANIZATIONS

RED CROSS SOCIETY - WATER SAFETY EDMONTON SAFETY COUNCIL

ALBERTA TRANSPORTATION - VEHICLE
OPERATOR EDUCATION

ARCTIC SAFETY SUPPLY
OCCUPATIONAL HEALTH AND SAFETY

EDMONTON CITY POLICE - TRAFFIC SAFETY EDUCATION UNIT

EDMONTON FIRE DEPARTMENT - FIRE PREVENTIVE BRANCH

CARRYING INDUSTRIES

ST. JOHN'S AMBULANCE

A.A.D.A.C.

Be a part of NAIT 82



PLAYER OF WEEK THE

Rose MacMillan 5' 8" Forward 2nd Year Business Hometown Vermillion

BASKETBALL PLAYER OF THE WEEK



Rose MacMillan has come a long way as a basketball player. Over three years with the chicks she has matured into a team leader both off and on the basketball court. Rose has worked hard at improving her skills and the effort has paid off this season. After getting off to a slow start. This year she turned her game around at Christinas and has been scoring in double figures ever since. With one league game remaining Rose needs only nine points to break the Chicks all-time scoring record held by Denise Young (1978-80). Rose has established herself as an athlete that future chicks will strive to emulate. NAIT athletics would like to thank her for her contribution to the program and wish her good luck in future endeavors.

Volleyball

NAIT volleyball teams concluded thei season in Grande

Our womens team was not at fully strength because three players had to attend classes on Friday or write exams. However those that went worked hard and never gave up although beaten three straight in both matches. Giselle Berube showed a return to good form after her ankle injury and Carol Hagen had one of ehr best matches on Saturday. Manager Darlene Wilson did a good job on Saturday when she was forced to play because a injury to Elain Dubord who until injury was playing better than

We would like to thank those six players and manager tho travelled and made sure that NAIT fulfilled committment. This season NAIT women won six leagure games. Most of these were after Xmas.

The men also lost in Grande Prairie but almost upset Grande Prairie men on Saturday. Losing 15-8, 15-9, 7-15, 16-14. This has been a frustrating season for the men but good team spirit and good attendance at practice ahs meant that they never gave up trying and learning.

Fitness: What it does for your body it does for your mind.

Parncipaction i

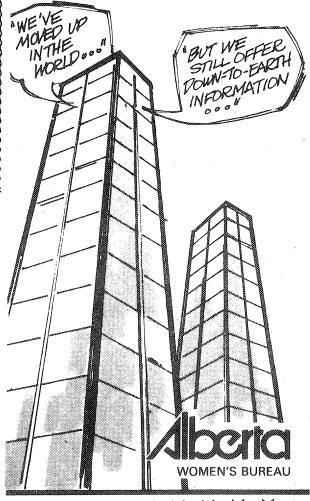
Remember the saying "You don't have anything if you don't have your health". It's true.

participaction l

Our new location on Jasper Avenue in Edmonton makes it even easier for you to visit our offices to learn how the law affects women in Alberta. Come use our new Reference Library - look up the facts on women's legal rights and

You'll also find booklets and pamphlets on a wide variety of topics that concern you - and they're yours for the asking. Looking for information or advice? Telephone or visit us in our new offices:

Alberta Women's Bureau 1910 Capitol Square 10065 Jasper Avenue Edmonton, Alberta T5J 3B1 Telephone 427-2470



* * * * * * NAIT KAYAK CLUB * * * * * * * * NAIT Kayak Club meets every Wednesday 7:00 to 9:00 at the NAIT Pool all NAIT students WELCOME!

Hockey

By Brian Stein



On a weekend which the Ooks could have rested for upcoming playoff action, the Ooks engaged in three contests including two exhibition games. On Friday, February 19, the Ooks capped off the regular season with a 10 - 6 victory over the Camrose Lutheran College Vikings at the NAIT arena. On Saturday, February 20, the Ooks battled the Cariboo College Chiefs from Kamloops, B.C. to a 6 - 6 draw. On Sunday, February 21st the Ooks outscored the Chiefs 12 - 3.

Three Ook goals within a 31 second span of the first period highlighted a 10-6 win by the Ooks over the Camrose Lutheran College vikings at the NAIT Arena on Eriday night.

Darrell Slupek and Dale Kolada led the Ooks notching two goals apiece. Gary Hoekstra, Wayne Perkins, Kent Wilmot, Ron Chorney, Pat Kernaghan, and Ken Ludwig had the other Ooks marks. Replying for the Vikings were Ray Norstrom, Blair Gaume, Dwayne Swanson, Dale Pilon, Mark Wemp, and Dan Linqwister.

Outshooting the Vikings 36-20, NAIT led by scores of 5-1 and 8-4 after the first and second periods respectively.

SATURDAY, FEBRUARY 20th--OOKS 6, CARIBOO COLLEGE CHIEFS 6 AT NAIT ARENA

The favored NAIT Ookpiks ran into a prepared Cariboo College Chiefs squad on Saturday night, and had to come from behind to slvage a 6-6 deadlock.

NAIT Captain Wayne Perkins and Assistant Captain Brian Hermanutz each tallied twice in the draw. Other Ooks marksmen were Gary Hoekstra and Darrell Slupek.

Danny Para sparked the Chiefs attack with a hat trick. Rob Pedersen, John Logan, and Barry Gifford added singles to the Chiefs cause.

The shots on goal was 32-29 in favor of NAIT. Partial scores were 2-1 for CAriboo following the first and 5-5 after two.

SUNDAY, FEBRUARY 21ST--OOKS 12, CARIBOO COLLEGE CHIEFS 3 AT NAIT ARENA

The NAIT Ookpiks rebounded from Saturday night's tie to down the CAriboo College Chiefs 12-3 on Sunday

Gary Hoekstra played his finest game of the year collecting five goals and one assist. Brian Hermanutz picked up four markers and three helpers. Kent Wilmont, Ken Ludwig, and Dale Kolada notched the other Ook tallies. Danny Para was a one man show for the Chiefs accumulating his second hat trick in the exhibition series and accoutning for all their scoring on Sunday.

Totally dominating the game, the Ooks directed 50 drives at the Cariboo net while the Chiefs could only manage 29 shots on the NAIT Goaltending duo of Brad Breakell and Ken Hodge. The score was $\overline{4} + 0$ for the Ooks after 20 minutes, and 9 - 2 following the middle frame.

ON THE BENCH: The Ooks triumph on Friday clinched second place in the ACAC for the 1981 - 82 season...Two players were outstanding this week, and appear to be peaking for the postseason play. Forward Gary Hoekstra racked up seven goals and two assists in the three weekend matches. Net minder Brad Breakell made some spectatcular saves in each game he played this past weekend...Going into the playoffs, the Ooks re recuperating from injuries. Dave Souch and Terry Bakken are both recovering from knee injuries and are questionable for the seim-final round. Rearguard Warren Sanregret is suffering from a shoulder problem and is listed as probably for the playoffs.

Playoff action in the ACAC starts this week. At 8 pm on Wednesday, the 24 , in the NAIT Arena the Ooks will entertain their third place rivals the Red Deer College Kings in the best-of-three semi-final series. The second game is the series will be played in Red Deer on Thursday, February 25. If a third game is necessary, it will be at the NAIT Arena on Saturday, February 27 at 8 pm.

Thursday, February 25, 1982 PHYSICAL EDUCATION REGISTRATION 3rd QUARTER 1981 - 82 WEDNESDAY, MARCH 10TH 7:30 - 5:00 PM **LOCATION - GYM** Please note classes are for instructional purposes 3rd Quarter 1981 - 82 **ACTIVITIES AND CODE NUMBERS** POOL ACTIVITIES 01 Learn to Swim 02 Stroke improvement 03 Water Aerobic Fitness (dance in the pool) 04 Pool Canoe and Kayak 05 Bar Recertification: Bronze Medallion, Bronzε 🔻 06 Recertification: Instructors 08 Water Games (Water polo, Water basketball) FITNESS ACTIVITIES 09 Jogging 10 Aerobic Dance (Co-ed) ll Men's Fitness 13 Women's Weight Training 14 Men's Weight Training INDIVIDUAL AND DUAL ACTIVITIES 15 Archery 16 Badminton 17 Racquetball, Squash 18 Fencing 19 Bowling 20 Golf (beginners) 21 Social Dance 22 Tennis 23 Beginner Gung Fu 24 Advanced Gung Fu 25 Riflery 26 Karate 27 Fly Fishing **TEAM ACTIVITIES** 28 Co-ed Basketball 29 Co-ed Volleyball 30 Co-ed Rugby 31 Co-ed Ball Hockey (Arena) 32 Co-ed Walleyball (Racquetball courts) **OUTDOOR RECREATION ACTIVITY** 33 Wilderness Skills * * * * * * *

FITNESS NOW . AND HOW

How not to get fit

Once and for all we'd like to clear up a few misconceptions about fitness. None of the following approaches represents a sensible. way to get fit:

- l. The "drive yourself til you drop" approach.
- 2. The "more it hurts the more it works" approach.
- 3. The "make up in an hour for what it took you ten years to lose" approach.

The plain fact is that exercise does not have to hurt before it is doing you some good. Real gains start long before you reach the pain barrier.

If you want to get fit, you have to get active. Do it...but don't overdo it. This is the sensible approach to fitness. And it works.

Can you get fit without struggle, without strain, without pain? AND



Bowling

The NAIT team participated in all three categories, mens, ladies, and mixed. They all came home with the medals which made it a very successful weekend. The

results were as follows:		
MENS	LADIES	MIXED
1. SAIT	1. RDC	1. SAIT
2. NAIT	2. SAIT	2. RDC
3. MHC	3. NAIT	3. NAIT

The mens team fought it out with SAIT the whole tournament but came up just short on the second day of competition. One consolation is that the men had high team single of 1200.

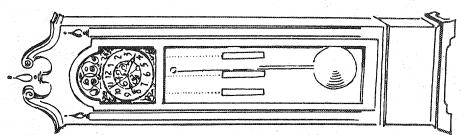
The mixed team gave it there best shot but came up with a third place finish. The ladies team like the mixed did very very well and came up with a third place finish as

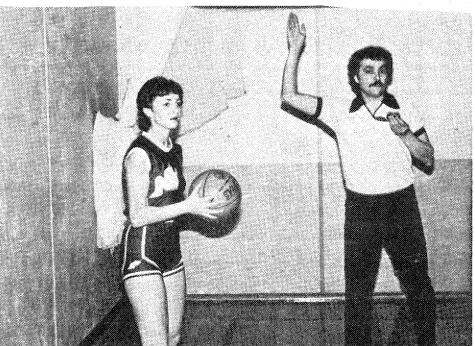
Ther were six colleges participating so the results were good. The weekend was one of competition but also a lot of fun was had by all. The team consisted of the following players and I would like to thank them for the dedication and sportsmanship they showed.

Mens	Ladies	Mixed
Scott Phillips	* * *	
Gerry Nadeau	Wendy Blair	Lynne Page
Dave Dobranski	Shauna Attewell	Tanya Waddell
Rod Jensen	Collette Brown	Bill Weiler
Fab Colli	Shelley Miller	Harvey Flecil
Mike Paush	Naomi Cook	Lyle Petruniak
Paul Wozney	Karen Grueben	Dale Belcourt
		Paul Verdin









Sandy Poole looks for help from another Ookchick.



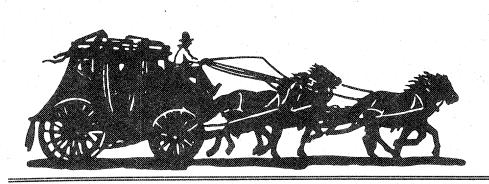
Bert Bertolin goes up against an opposing Red Deer College King

REFEREES WANTED

We need referees for our Intramural Program

\$5.00 per hour

Contact Emanuel Bertolin



Basketball

by Jennifer Fricke

*

X

X

X

×

*

X

*

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The Camrose Lutheran College basketball teams visited NAIT to take on the Ooks and 'Chicks last Wednesday,

Janice Rosenburger broke away on a tip from the jump and scored 2 points three seconds into the game against the Vikettes. From then on, each team played a very tight defence, both scoring 22 pts. at the end of the first twenty

Rosenburger opened the second half as well, scoring 4 pts., followed by another 2 from Sandy Poole. The score was really close throughout the game with very few fouls being called, a sign of good basketball playing. There was three seconds left in the game with the score 50-48 in favour of CLC, when NAIT fouled upon the Vikettes Cathy Prochnau. Prochnau took 3 foul shots and missed them all; the rebound was grabbed by NAIT and thrown towards CLC's basket as the final buzzer rang to end the game. Much to NAIT's dismay, the ball bounced off the rim. Final score was 50-48 with Rosenburger scoring 22 pts. and Rose MacMillan shooting 14 for the 'chicks.

Ooks Pat Gangl scored NAIT's first five points when they

took on the CLC Vikings. The Ooks dominated play, leading by 11 pts. six minutes into the game. They kept up a good pace throughout the first half scoring 34 points to

Once again, NAIT dominated play in the second half, scoring pts. left and right against the Vikings, a relatively short team. CLC applied constant offensive pressure during the last 5 min. of the game, but left their defence wide open, enabling the Ooks numerous scoring opportunities. Emanuel Bertolin lead the Ooks scoring race with 16 pts. Phil Bartlett and Pat Gangl also added 13 and 12 pts respectively as the Ooks defeated the Vikings 78-46.

This past week-end, MRC and SAIT travelled up to NAIT to take on the Ooks and 'chicks in basketball action.

NAIT VS. MRC FRIDAY, FEB. 19

The Mount Royal College Cougars scored 6 points before Marina Blaskovits put the Ookchicks on the board with 2. MRC pressed very well, although they tired near the end of the first half, just leading 34-26.

During the second half, NAIT played sloppily; their rebounding was poor both offensively and defensively. They allowed the Cougars into their key and under the basket for many scoring opportunities. Rosenburger and Rose MacMillan scored 21 and 16 points respectively for the 'chicks in their 61-84 loss against the Cougars.

Emanuel Bertolin scored 16 points in the first half when the Ooks took on MRC, whose ability to make the long shots was awesom. NAIT's offence picked up tremendously at the end of the first half, but the Cougars just led,

Bert added another 10 points to his score, but that didn't quite help the Ooks enough as MRC defeated them 77-67.

NAIT VS SAIT SATURDAY, FEB. 20

Darcy Goodwin started the 'chicks game with 2 points on a fast break. But SAIT pulled ahead, leading 32-23 at halftime with their shooting ability just a bit better than

NAIT played very well in the 2nd half, almost upsetting

With 10 minutes left, SAIT was leading by 18 points, but then the Ookchicks applied tremendous pressure. There was 4 seconds left, with SAIT leading by 2 pts. A violation on NAIT was called, so the Helanas had possession of the ball. They threw it into the hands of Rose MacMillan, who dribbled the ball downcourt and shot, sinking it and tieing up the game, forcing it into overtime.

The Helenas allowed NAIT oly 2 points as they defeated our squad 74-65 during the 5 min of overtime. It was a tremendous effort on the 'chicks part.

OOKS VS TROJANS

SAIT opened scoring with 2 after fouling NAIT's Pat Gangl. The Trojans dominated the game, leading 42-26 at halftime.

The Ooks came within 11 points in the 2nd half, but that's as close as they could get, losing 81-56 to the powerful Trojans. Pat Gangl scored 20 points in the Ooks efforts.

Maybe it's time you jumped into something more demanding than a car pool.



Let's

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> > Categories

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Mens Open,

Womens Open

B, Novice, womens

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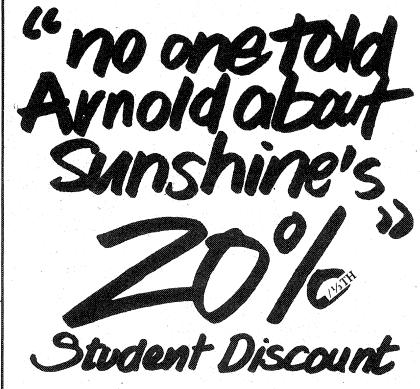
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Entry fee \$12 Entry forms at NAIT Sports Stores

DEADLINE

Wednesday, March 10th.



But you don't have to miss out on the fun! Til March 19th, (Mon-Fri.) save 20% on the regular price of a day pass of Sunshine Village just by presenting your valid students card (no age restriction) Now 'til March 19th, 1982 only



CROSS COUNTRY **SKIING**

X

CROSS COUNTRY SKI TEAM SHINES IN ACAC CHAMPIONSHIPS

The NAIT Cross-Country Ski Team won two silver medals and one bronze in the ACAC Championships held in Camrose on February 20 and 21, 1982.

The Men's 10 km on Saturday morning ended with the men placing third in the team event. Camrose placed first with SAIT second (by one point) and Red Deer fourth. The Men's team consisted of Kevin Vail, Bio. Sciences - 5th (time 41:44); Brent Harle, Materials-

13 th (time 44:26); Mike Rapati, Building Const. -19th (time 53:33).

The Women's 5 km on Saturday afternoon was completed by 4 of the 5 women's team members with the girls gaining a silver medal. Camrose again placed first in this event. The Women's team was Terry of made up Huntington, Dental Assisting - 3rd (time 25:06); Wendy Rockafellow, Bio Sciences -6th (time 26:21); Marie Tichy, Bio Sciences - 8th (time 28:17); Yvonne Biensch, Architecture - 9th (time 36:20). Noreen Aunger, Accounting was unable to finish the race because of a head injury received when she collided with a railway trestle, after being misdirected by a course marshall.

The coaches also raced in X the Camrose Ski Club class races Saturday. Frank McNamara placed 2nd in the Masters category in 39:09 for the 10 km event. John Reeves placed 3rd in the Veterans 15 km in 61:42. Judy Chichak (staff) placed 8th in the Senior Womens 10 km in 62:33.

> The Relay races occurred on Sunday with NAIT placing second to Camrose and SAIT placing third. The Relay team was made up of Terry Huntington (24:41), Brent Harle (20:21), Wendy Rockafellow (30:58) and Kevin Vail (24:48). Each 1 skier skied 5 km.

> NAIT's Relay team missed out on the gold by 1 minute due to a broken ski for Kevin Vail. Kevin skied the last 1.5 km with no tip on one of his 7 skiis.

X

A Senior Relay team was put together with the two coaches, John Reeves (19:34) Frank McNamara (18:34) and Ski team member Noreen Aunger (29:44). The team members skied 5 km each to a 4th place finish.

To finish off the weekend the complete team, the coaches and Judy Chichak skied in the Camrose Ski Club - Ski Gallop. The women skied the 10 km route \ while the men skied the 20 ?

The Camrose course offered many new challenger and a tough terrain to skill The men and women on the L team are to be congratulated for their tremendous efforts

Where were you in NAIT 82

344441111

FILM

By Nick Borrelli Al Thorsen

Thursday:

Frankenstein'- Silent Movie, 7 pm Avenue 'Caddyshack"- Up the Academy, 7 pm Roxy

Friday

Frankenstein, 7 pm and asilent Movie, 9:05 pm -Frankenstein, 10:55 pm, Avenue

Women in Love Marat Sade, 7 pm - Women, 11:35 pm,

'Caddyshack," 7 pm and up the Academy 8:55 pm -Caddyshack 10:50 pm, Roxy

The Tempest, '79 first film adaptation of Shakespeare's play N.F.T. 9 pm Citadel's Zeidler Hall, \$4

2nd Annual Air Guitar Finals, it's finally here. Unique visual sight of unmerciful attacks on an imaginary guitar. 8 pm Princess Theatre 10337 Whyte Avenue. Avoid the rush, get there by 7

Saturday:

Fritz the Cat, 7 pm - and Nive Lves of Fritz the Cat, 8:40

Fritz the Cat 10:20 pm, Varscona. This animated film has all the obscenity, voilence, and sex that will turn Disney in his grave. Restriced Adult. Fritz is da baddest.

'Woodstock,' Jimi, Daltry, Janice...7 pm Princess theatre, members \$2.50

"Nine to Five" - 7 pm & 9:30 pm S.U.B. U of A \$3.50

Nine to five 7:30 pm NAIT Little Theatre \$1

"Altered States" leave the party a little earlier and get into this film. If this doesn't transmute your mind into another dimension, your dead. Midnight, Princess Theatre

Fritz the Cat 7 pm & Nine Lives 8:40 pm Varscona

Frankenstein 7 pm & Silent Movie, 9:05 pm, Roxy

Women in Love, 7 pm & Marat Sade, 9:25 pm, Avenue

Nine to Five, 7:30 pm NAIT Little Theatre \$1

The Tempest, 7:30 p.m. Citadels Zeidler Hall, N.F.T.

Phantom India, a 6 1/2 hour documentary of this unusual and interesting country. Exposing its many faces, the castle system religion thought, poverty, strange tribes. The impace of western civilization; birth control clinic. Red Light district, first half showing 2:00 - 4:45, second half showing 6:30 - 10:00 separate admission or \$6 for day's pass. Princess

THEATRE

Elephant Man, Citadel, till March 7, 8 pm

Betrayal, Northern Light Theatre, March 4 - 14, a variation of a classic love triangle

ROCK

In the Taverns: Harold Nicks in the Ambassador, Dreams at the Crest, Slash and the Bleeding Hearts in the Capilano, Million at Convention Inn South, Mantoose at convention West, Jeff Hog and the Hogaroos at Highway Motor Inn, Rythmn Arrangers at Kingsway, Lazy Borden at Londoderry, Dick and the Donuts in the Renford Inn on Whyte, Canyon at the Rex Motor Inn, Harlet at the Riv, The times in the Sherwood park Inn.

In the Cabarets: The Tickets at the Crest, Rebel at Convention West, Footloose at Highway Motor Inn, Patch in the Kingsway, Voyager in the Londonderry, Lizard Kings (Jim Morrison impersonator) at the Riv, Mississippi at Lucifers, Johnny Crawford at Dancing Shoes, Stew Mitchel Band in the Cook County Saloon.

In the lounge: Fleet at the Crest, Magic at Highway Motor Inn, Scrunchins at Kingsway, Riding High at Londonderry, Ted and Deanna at the Riv, Split level in Rex Motor



NAIT Winter Rock Jam I

by John Huk TALENT SHOW - Last Wednesday NAITSA held another fun filled event, the NAIT Talent Show.

The show presented talented students who has other interests besides attending their classes. Even though the talent show consisted of mostly musicians, there was a comedy act, and also a dance performed for a change of pace. As in the Miss NAIT events, a record number of people turned out to see the show.

Hosts of the show were John Erington and Kelly Scott, both RTA students. Throughout the show they announced the constestants

and kept the audience amused with a number of their own jokes, some of which, however flew over the heads of the student audience.

The show went well; audience participation was encouraged by a few of the student entertainers. Clapping and foot stomping to rousing music delighted the crowd as did the quiet, more relaxing music.

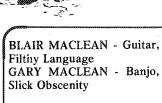
Betty Jandewerth (Miss NAIT 82) performed a Jazz dance number which reflected her 12 years of performing in dancing.

Tim Korpela sang a couple

of ballads which soothed the restless natives. Terry Sembliuk played a mean banjo to the delight of the audience as they joined in the fun with clapping in time.

A comedy routine by Mike Rapati got a few laughs and snickers, but the judges decided to award the honor of 1st palce in the talent show to Tim Korpela, Betty Jandewerth danced to a 2nd place and Larry Glover played the 88's to 3rd place. Congratulations!

The elevator music band didn't have a good day but they went out with style while the students (probably their best friends) yelled for



DH : 10 ... & Finals again

GARAGAMAH !!!

'go west-young man' adage, The O out Of Country'. hopped into their car and headed for the home of the big bucks. However, having minimal sense of direction,

the brothers drove right past Toronto and ended up living in Winnipeg. MacLean & Maclean signed with GRT REcords and released "Toilet Rock", While the four-lettered rib ticklers were Those people who are still very much in evidence, really sharp have probably the brothers were also figured out that MacLean developing a much more & MacLean are related ... satirical style, depending brothers even. Both were more on parody than outborn at an early age in Glace rage. MacLean & MacLean Bay, Nova Scotia and barely continued working on their escaped dead-end jobs in the third album, determined to mines and fishing boats by make it the best album yet. getting dead end jobs as The album will have two fron sales reps and commercial covers and two titles. artists. În true"Going Down MacLean & MacLean Suck the Road" fashion, MacLean Their Way To The Top' and & MacLean followed the old 'MacLean & MacLean Take

> For obvious reasons, MacLean & MacLean have by ElMocambo records, Inc.

never received a lot of airplay. Gary and Blair have quietyl toured the country for the past eight years, building up an incredible 'underground' following. "We'll be respectable,"Says Gary "We'll MacLean, "as long as we can still make as much money as we get for being crude. "Yeah," agrees Blair MacLean "we'd really like people's respect. But with Colombian running about \$70 an ounce, we like their money a whole lot more." Maclean bros. will appear at the Jubilee Auditorium. March 1St. 8pm. tickets at

The information on the MacLean brothers in this colum was taken from a promotinal release supplied

WEEKEND MOVIE Nine to Five

Sat. & Sun. Feb. 27 & 28 7:30 pm Admission: \$1.00

Little Theatre H5



R.T.A. tops

by Nick Borrelli

Last Saturday I had the pleasure of being invited to Radio and Television Arts February Frolic cabaret. Even thoug RTA is a small tech they know exactly how to throw a cabaret. With jus under 200 partiers, and no uniforms in sight, the evening turned into a great Saturday night party. Right from the beginning of the night the atmosphere was loose and laid back. (Ticket prices of \$5 and all drinks \$1 made it a fairly inexpensive evening.) A welcomed change was the absence of long line ups to the bar. This did not necessitate any reason to carry back an arm full of beer to avoid more delay with the next refill.

The music was supplied by a DJ who satisfied everyones different tastes of music. The music not being ear piercing made it easy for anyone not dancing to mingle and get to know more than just the people next to them.

A special treat in the evening was a display of "The New Modes"; semifinalist winners for this years air guitar contest. The suprise of the evening was an abundance of free food, and double shots of rum to those who patiently waited for the supply to be replenished after running dry a little earlier. RTA has again proved that it is not necessary to book one tempo bar bands, use color coded tickets and sell at a high price, and cram people into a hall in attempts to make a profit. The evening for me ended at 1:30, but the DJ and a few energetic partiers were still not ready to call it a night. Try not to miss the next RTA CAbaret, hopefully it will be soon.

Remember the night you went to the show and ended up in Boston!

Some nights have a way of leaving us with delicious memories.

Seems that everyone has at least one, a special night with someone special. You went to a show, or a game or whatever and ended up in a nice restaurant. A great meal. A great time.

The restaurant could have been Boston Pizza. Maybe it was. Maybe it will be.

Tonight.





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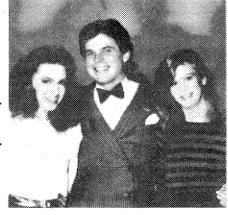


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March 19 & 20, 1982

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