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Issue #14

# NUGGET

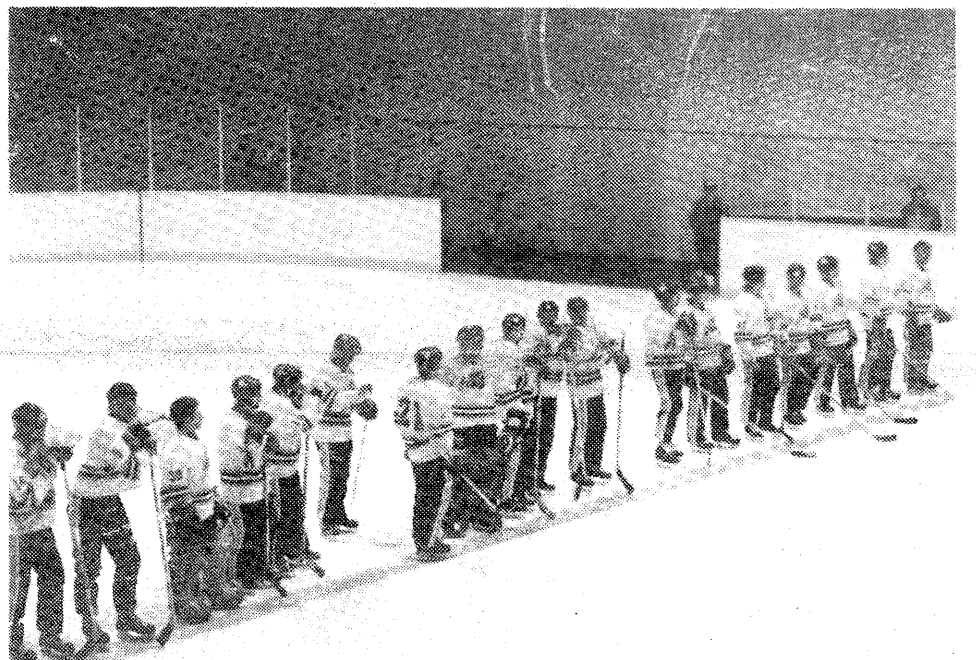
Volume 24

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY STUDENTS' NEWSPAPER

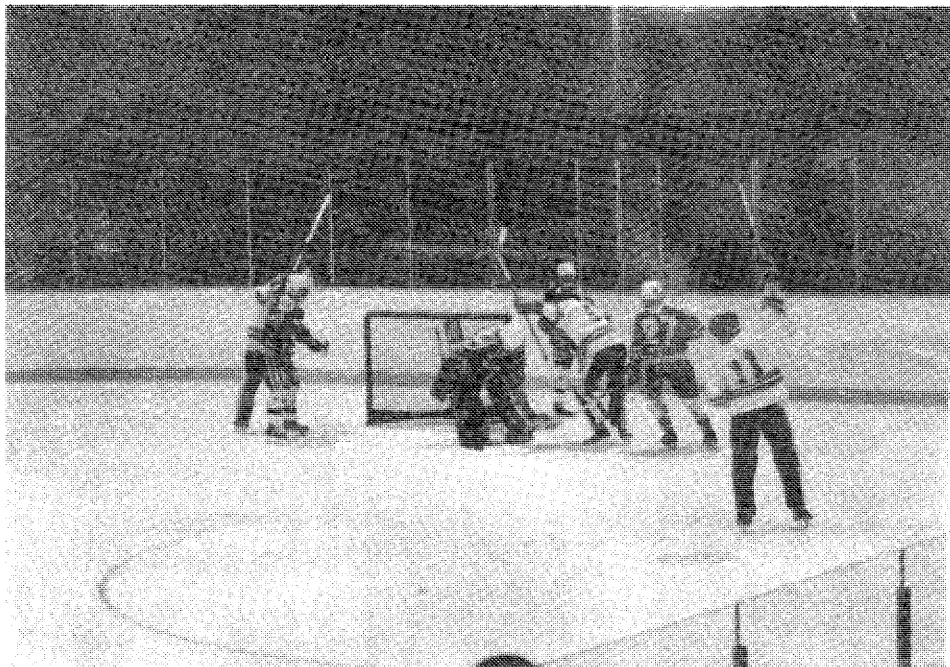
Jan. 9/86



# OOKS



# WIN



# VIKING



# CUP!

## SECRETARIES SPEAK UP

Secretaries from NAIT's Westwood Campus want it known that the days of making coffee and doing the boss's anniversary shopping are over!

Shelly Pilkey, spokesperson for the secretarial related technologies, says, 'What a secretary does best is organization, producing, and making decisions that the boss really doesn't have time for.' Pilkey intends to put an end to any 'archaic beliefs' that a secretary is simply someone stuck with the menial office tasks. She says that in the modern computerized business world, secretaries, 'Fill the role of the Accounting Supervisor, who study effective decision making in Organizational Behavior and Personal Effectiveness. Pilkey adds that, 'As the roll of the secretary assumes greater significance, there will be an increase of male enrollment in the industry. Shelly Pilkey and the secretaries from NAIT's Westwood Campus want it known that they no longer need to be slaves to a typewriter, and just because they can type, it doesn't mean they're always going to.

Tony (Scoop) Tyrkalo

## DICK AND JANE GO TO PRE-TECH!!

There seems to be a misunderstanding within the student body about what Pre-Tech is all about. So Jim and I sat down over the Christmas break to tell you all about it.

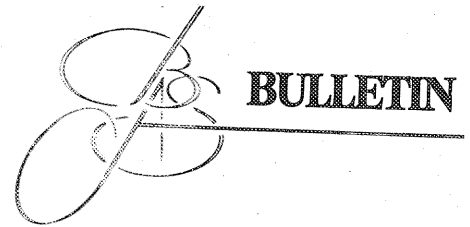
To start with, Pre-Tech was 9 months of preparation for the future technology of our choice. Along with the core subjects [math, physics, comm., etc.] there was a good selection of electives to further help us make our choice. We found the workload to be very challenging and demanding, but it was well worth it now that we look back. It also taught us how to study all over again and how to best use our time. This course is meant for people who have been away from school for a while or who need the upgrading that Pre-Tech has to offer. Jim says that Pre-Tech made it possible for a bum like him to achieve the dream of a highly technical career that he is pursuing.

Why, you may ask, should a person take Pre-Tech? Well, it's simple. Pre-Tech pre-

pares one for his tech in many ways. Firstly, we got a good taste of what was expected of us in the technologies regarding workloads and time management. Secondly, our education had been upgraded to the required level. Finally, Pre-Tech weeded out the under-achievers and prepared the rest of us for the next two years at NAIT.

Have we helped you understand more of what Pre-Tech is? What can we say, other than it was a lot of hard work and an experience that most of us are glad to have had. It is true that Pre-Tech is not for everyone, but for us it was the cat's meow. Looking back, Pre-Tech provided us with more than we had expected. Along with advancing our education, we became familiar with the campus, made many good friends and learned how to party college-style. In the years to come, we will always look back to Pre-Tech as the first step in the right direction.

Successful Pre-Techers  
Jim and Marit.



The BAS party tradition continues with BAS BASH II, The Pack Your Bags Cabaret. The door prize is a weekend for 2 in sunny Vancouver. You gotta pack your bags, and bring them along because the trip leaves 2 hours after it's drawn. It's gonna howl.

There is a BAS class rep meeting in Room t611 on Tue. Jan. 14 at 11:15 or 12:15. All 1st. year reps are asked to attend.

Also there will be a Grad Committee meeting in room t611 on Wed. Jan. 13 at 3:10. Anyone who is interested is urged to attend this meeting. If you are unable to attend please talk to Tamara or Leanne prior to this date in t611 if you are interested. It's your grad, so get involved.

## ADJUSTING TO LOSS

The NAIT Counselling Center is starting a counselling group called 'Adjusting to loss.' The group is intended to help students who have suffered a loss due to divorce, death, unemployment, or the end of an important relationship.

The sessions will begin on January 8 and continue weekly until Feb. 5. Interested students can sign up in Room 117 of the Counselling Center.

## LOST AND FOUND

HEY! Did you lose a calculator, keys, books, pieces of clothing, or any other items that might be of some value to you? Or did you just happen to find something and wish to return it to the owner? Help is here. Just take a walk to the gym, head downstairs and see the attendants at the Equipment center (E32).

Tony (Scoop) Tyrkalo

## NAITSA RECEIVES WAGE INCREASE

On Dec. 17th, General Council passed a motion to increase NAITSA executive wages by thirty percent. The increase, which took effect Dec. 31, 1985, sees the President making \$490/mo. The Treasurer will receive \$390/mo. and all other executives will be making \$290 per month.

Unlike the prior attempt to have the wages increased, there was no challenge from council members.

When asked how he felt about the wage increase, President Glenn Mason stated, "The dollar raise was nice; however, the principle of parity which we were pursuing is still unresolved." Mason also stated that he would like to see the next executive have wage parity with other Alberta Colleges.

L. Chayka

## Make Student Finance and Counselling Work For You

In order to receive financial aid here is some information that students should know about. Plan ahead; know what your goals are and figure out how to put your goals into motion. If you know you're going to school, try to get a job so that you can make some money and save it. This will cut down on the amount you'll have to borrow. Student loans are only a subsistence.

The loans work is important to know.

- If anyone is on welfare you can not obtain a student loan.
- You should be a full-time day student.
- You should know that the government of Alberta has a maximum loan of \$19,800 or five years of borrowing.
- When making out an application form, you must prove that you need the money, by doing a budget of your expenditures.

Additional help is also given

to students by way of grants.

Grants will assist a student for up to \$2500.

## Grants

The P.E.O. Educational Fund also has a grant program providing financial assistance to women who have discontinued their education and find it necessary to resume their studies due to the changing demands of their lives. The maximum amount of grant is \$750. Lesser amounts may be awarded according to individual needs and availability of funds. Financial assistance is intended as a grant-in-aid for expenses such as tuition, books, transportation and babysitting. Deadline dates: March 1, 1985 for summer school, and June 1, 1985 for fall term. For information

con't pg. 3

## MONEY MANAGEMENT

Seminar: January 20, 1986 with a repeat on January 27, 1986

Time: 4:30 p.m.

Place: Counselling Centre - Group Room

Interested? Sign up at the Counseling Centre.

For information, contact: Helene Lagace, Financial Aid and Awards, Counseling Centre, 471-7499

## PARKING-WESTWOOD

The signage for parking at the Westwood Campus has been in place for several months now and NAIT Security has issued a total of 228 warning tickets for improper parking during this time.

NAIT Staff and Students should now be familiar with the parking procedures at Westwood, namely:

STAFF: Parking by permit at designated stalls only.

STUDENTS: Parking by permit (south parking lot). Scramble parking only.

CONTINUING EDUCATION (SEMINAR): Parking by permits (north parking lot). Permits issued by Continuing Education. Scramble parking only.

As a result of the above and to ensure consistency in the enforcement of our parking procedures, NAIT Security will be advised to issue parking violations to vehicles improperly parked at the Westwood Campus, effective Monday, January 20, 1986.

R.A. (Dick) Maertens-Poole  
Manager of Security



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## ARE BUS PRICES FAIR?

During the joyous occasion in celebrating the new year, the Edmonton Transit System kept up with tradition by introducing price increases in its fare scheduling.

It now costs students a whopping \$34.00 per month to ride those glorious luxury liners that provide us icy steps, jolting stops and rude bus drivers. With this subtle increase in cost one would imagine that there would be an increase in services provided. For example, I'm sure many NAIT students would like to see route 19 have its hours extended.

ETS provides the minimal service and charges much too much. Perhaps to increase the usage of their transportation methods it would be wise to do a complete evaluation of the routes and schedules. Only then will people be satisfied with the service and more than willing to pay for the service.

Larissa Chayka  
Editor

## KILLER RAIN

It is an issue that will never leave the news limelight until the problem is solved.

The issue is acid rain and this deadly precipitation is progressively killing lakes and forests in various areas of the Northern Hemisphere. The problem with acid rain is the inept 'politicians' sluggishness in bringing in tough legislation to allow strict pollution regulations to be implemented upon sulphur dioxide emitting industries. In North America, the bigger of the two devils is the U.S. Government who are constantly providing 'slack ass' excuses for not taking action now. They have said there is not an efficient way to cut down on sulphur emissions (there is!); they say more research is needed (at the expense of our lakes and forests dying!). Equally incompetent is our government's lack of strength in pushing the U.S. to immediate action. There is a time when weak-kneed diplomacy must give way to tough talking progress. Canada has been too accommodating in waiting for the U.S. to attend to this urgent matter.

How much longer must we procrastinate? The damage caused by acid rain will not go away until we take the initiative to put an end to it. Push the government into action.

Ken Gurr  
Asst. Ed.

Welcome back! How was Hawaii? Or should I say "How was Wetaskiwin?" Regardless of where you spent your holidays, I do hope you had a relaxing, much needed break from school. However, I'm sure you will be relieved to get away from the exhausting holiday grind of going out six nights a week! Indeed, you scholars who did more than vacuum around your textbooks ought to be down right pleased that midterms will be upon us in less than a fortnight! Speaking to the majority, though, I hope that at least one of your New Year's Resolutions related to schoolwork. In all sincerity though, it's good to be back! I wish you all the best in the New Year. I am confident that you will continue to enjoy your time at Nait, and hope you will stay in touch and remain involved with Nait. We need you, and who knows, some interesting things could develop! Remember, WITH YOU WE CAN!

Glenn Mason  
President, Nait

## NUGGET NOSTALGIA

*Our historians in the Nugget Archives have come out of hiding in 1986 to reveal a wealth of material. The following article taken from the January 16, 1970 issue of the Nugget conveys a theme that is hauntingly familiar.*

The peace movement is steadily growing throughout the world. All that is needed is a leader to provide the encouragement and leadership to dissenters who are trying to create a peaceful world by eliminating war. And with the "Second Coming" of Lennon--to Toronto, of course, a new hope has been given to the world--peace supporters.

"War is over--if you want it"--this is the slogan which the peace supporters will be using in the all-out campaign to show that without the support of the people, warring governments cannot function.

Today, campus protest in Canadian and American universities and colleges is far more than just a passing fad. The movement is slow because all over the world society is still not sure that peace is the atomic bomb devastated two Japanese cities. Twenty-five years of not finding any answers.

As each year goes by, the horrors of nuclear war are methodically pushed to the back of our minds as something that might have happened in the past but couldn't possibly happen in the future. However, realists believe that we must get rid of war before war gets rid of humanity.

There will always be a segment of the population who will search for a meaning to life that is based on love and understanding--and there will always be the opposition--the people who believe there has to be war before there can be peace. In July there will be a giant peace rally in Toronto (nearby Mosport) which was devised by John Lennon. The pur-

pose of the rally is to demonstrate that the participants in the quest for peace are gaining support--not only of the youth--but of influential progressive people the world over. The point to remember is that world peace can be achieved within our lifetime.

Our parents talked and dreamed about a peaceful world for us to grow up in. The difference is replacing talk with action--we have to, time is running short.

So, if you want to do your part to help achieve the common goal, save your bread and come down to Toronto in July--you may gain more than you realize. There is no way to peace--peace is the way.

Maurice MaBillard

## CON'T FROM PG. 2

and application forms contact: Mrs. A. A. Covey, 11719 - 83 Avenue, Edmonton, Alberta T6G 0V2 (439-3108).

### Provincial Grants

In addition to student loans, the Province of Alberta has made available various grants and your eligibility for a grant is assessed at the time of application for a student loan.

A. Maintenance--If you are a disadvantaged student, e.g. a single parent or disabled you may be eligible for additional assistance in the form of a maintenance Grant to a maximum of \$6,000.

B. Supplemental--If you have a demonstrated financial need which exceeds the loan maximum of \$4,300, you may be eligible to receive a Supplemental Assistance Grant to a maximum of \$2,500.

C. Equalization--If you are a dependent student whose program of study is not available within normal

commuting distance of your parents' home, you may be eligible to receive a grant of up to \$2,000.

### P.E.O. Educational Fund Loans

The P.E.O. Educational Fund makes loans available to qualified women who desire a higher education and are in need of financial assistance. The maximum amount of loan to any student is \$2,500. Graduate students who intend to pursue their education may draw the full amount in one academic year. Undergraduate students may borrow up to \$1,250 for one academic year of study. Loans to students for summer school may be considered with amounts approved dependent on the type of course and the number of credit hours to be earned. The rate of interest is 6 percent. As soon as a borrower is out of school through graduation or withdrawal, the loan is to be repaid in regular monthly payments within four years from the date funds were

issued. Loans are processed any time of the year. Further information and applications may be obtained by writing to Mrs. Agnes Fisher, 11732 - 37B Avenue, Edmonton, Alberta T6J 0K4 (434-4080).

### Changes In the Future

The government is considering changing the remission program. They are proposing a flat rate of 30 percent instead of having students of first year pay 50 percent and second-year pay 40 percent, third-year and over 25 percent.

A lot of students have no other choice but to ask for some type of financial aid. Others are reluctant to do so because of the interest rates. Why pay the interest? The interest rate presently charged 13 1/4 percent.

For further information please contact Helene Laglace in Counselling--Room 117.

Tony (Scoop) Trykalo  
News Editor

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Al Greenwood

The NUGGET is the official student newspaper of the Northern Alberta Institute of Technology, published Thursdays through September to May.

The opinions contained in the NUGGET are the opinions of the individual writers and do not necessarily reflect the views and opinions of the NUGGET staff.

Contributions from students are welcomed. The NUGGET reserves the right to edit letters and viewpoints for brevity. Submission deadline is Monday at 4:30pm for the next issue.

The NUGGET is located at E128.  
Phone 471-7615.  
Local 7615.

### ADVERTISING MANAGER

Brian Bahry 471-8866

## Chicks Basketball

While most of you were laying back and enjoying a relaxing Christmas break, Chicks were busy hosting one tournament and participating in another. NAIT's Blue-Gold Classic ran from December 19-22 and featured an eight-team high school and a four-team college tourney at the same time.

The High School Division was very competitive and in the final, a strong performance from Bonny McLean (14 points) led coach Mark Dobko's team, the Paul Kane Blues, to a narrow 50-46 win over the Harry Ainlay Titans. In the College Division, Grant MacEwan was the cream of the crop cruising through round robin play undefeated and edging out Fraser Valley College 57-53 in the final. The Chicks lost a hard-fought 50-42 decision to Fraser Valley in the opener, then fought Camrose to win in overtime 53-52. The last game in round robin play saw the Chicks embarrassed by crosstown rivals GMCC 61-37. Our girls met Camrose in the consolation final and emerged with a 48-43 win on the strength of 16 points from tournament All-Star Sherry Lee.

The Chicks welcomed in the New Year on the coast where Capilano College was hosting the Blues Classic Tourney. The ladies showed the effects of a long trip in their first game, making several mental mistakes. They suffered an eight point loss to Caribou College from Kamloops.

A good night's rest proved to be just the medicine as the Chicks opened a 20 point lead on the University of Victoria Junior Varsity and cruised to an easy victory. In the consolation final, the Chicks once again faced Caribou College and came up with a solid effort leading for most of the game, but a strong finish by Gold Rush proved to be too much and the Chicks lost a game by a margin of two points.

Injuries to point guard Sherry Lee (ankle) and forward Robbie Drake (knee) will hamper the team as they open their 1986 league schedule on the road with games against SAIT (Friday) and Mount Royal (Saturday).

## "NAIT IS INFERIOR TO U OF A"

This is a quote from a Sports department staff member of the Journal.

You know that very special newspaper that presents the views of a certain number of Edmontonians.

I am talking about sports and hockey in particular. I phoned the Sports department of the Journal and asked the 'gentleman' there why there wasn't any coverage of the Viking Cup, an International tournament in which the NAIT Ooks were victorious for the second consecutive time. This person had the audacity to tell me that Nait is low on the list of priorities and the U of A Bears are more important. Can you believe that trash. Well I'm sure he'll be covering the Ooks vs. Bears game on Sunday, February 2 when we kick the Bears' asses. By the way, I cancelled my subscription to the Journal and subscribed to the Sun. I strongly suggest all you true blue Nait fans do the same.

D. Craig Somers  
Sports Editor

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EDMONTON NAIT NEWS

# Nait

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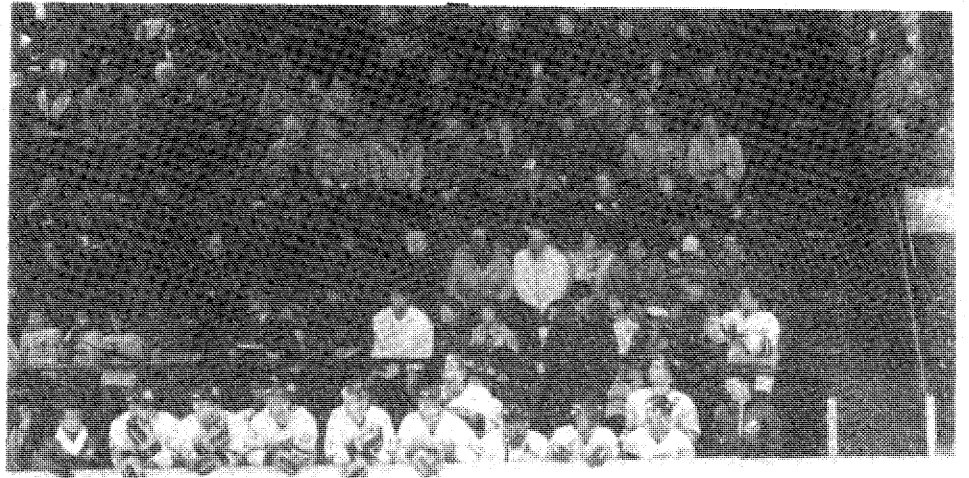
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## NAITOOKS CONQUER THE VIKING CUP



OOKS IN ACTION AGAINST FINLAND



The Viking Cup an International tournament held in Camrose from January 1 - 5. There were three teams from overseas present: Karpas Juniors, Finland; Aik Juniors, Sweden; Czechoslovakia Junior Selects. The other three entries were Camrose College Vikings, Notre Dame Varsity Hounds (Saskatchewan) and of course the Nait Ooks.

I had the pleasure of attending this tourney and was astonished at the style of the European teams. All these teams were much younger than Nait and CLC but they had speed and could outpace most teams. Nait's first game was against Sweden and they had some trouble with the Swedes' style but pulled through with their first win. The next challenge was Czechoslovakia and the Czechs met it with vigor. The first period was scoreless. The second period was just as tight with each team scoring one. The third period was fast and furious. Nait was checking hard but it didn't seem to slow the Czech team down. Then with only a few minutes left Mike Spencer backchecked and stealing the puck from the opposition went through the Czechoslovakian defense and slammed into the net taking the lead in the game for the first time. Hugh McCaskill scored shortly after bringing

the score to 3-1. The Czechs slipped one in at the 19:40 mark but were unable to tie it up. This put the Ooks on top after the round robin part of the tournament.

The rest of the tourney was a pushover for the Ooks. In the semi-finals Nait faced off against Finland. Mike Spencer helped out with four goals and one assist, along with Amyotte (3 goals, 1 assist) and Scott Melnyk (3 assists). The Ooks trounced on the Fins 9-3. The game was a rough one and the Fins scored two of their goals on powerplays.

The final game was against our ACAC arch rivals the Camrose Vikings. After the first period the CLC Vikings were winning 1-0. I wish I could have been in the dressing room when coach Perry Pearn had a talk with his team. The Ooks came out a different team and scored 5 times to win the Viking Cup undefeated.

Mark Schultz, that little digger, won Most Valuable Player of the tourney; Mike Spencer and Jamie Bartman were elected to the All-star team. The Ooks have shown their superiority once again and I expect the rest of the season should be similar.

D. Craig Somers

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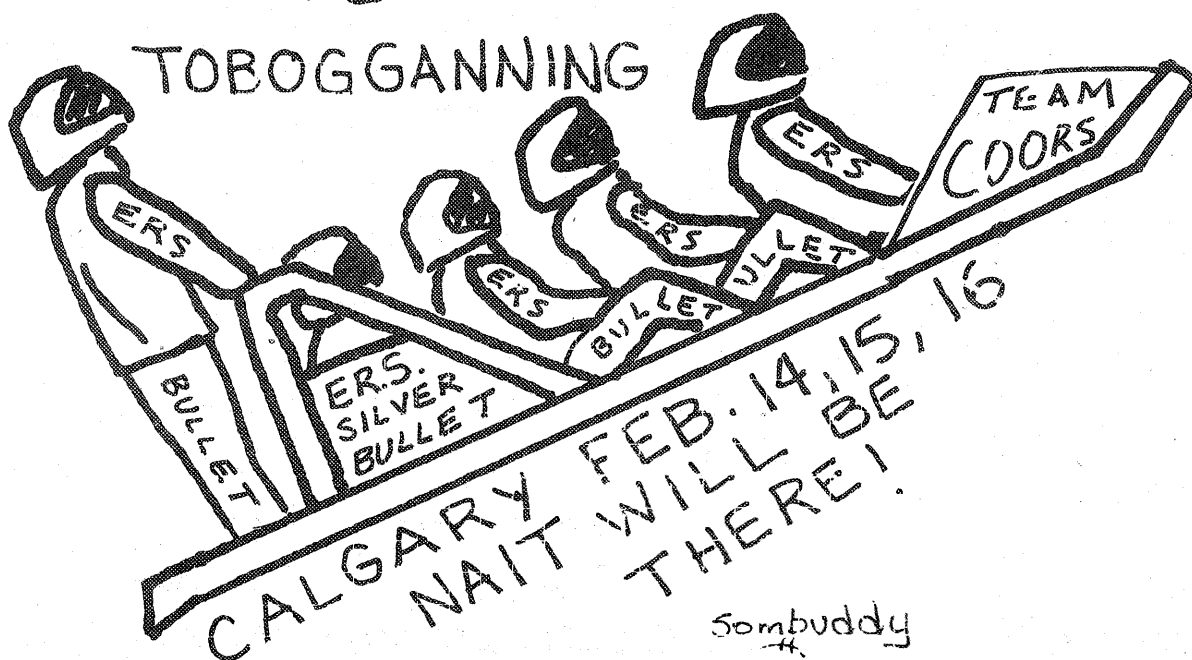
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# ENTERTAINMENT

## Fear and Loathing at the Rock & Talk - with apologies to Hunter S. Thompson

Does anyone remember the Rock & Talk on December 20th? I sure as hell don't. I mean, I have no vivid, concrete recollections of the north cafeteria that night - only blurred, flashback-like images of beer-soaked vegetables who were laughing like hyenas and flopping around on the dance floor like iguanas in a feeding frenzy.

I think someone put something in my Coors because I also faintly recall sliding my clipboard into the front of some Hairdressing student's blouse for no apparent reason. I didn't even know the girl, it just felt like the right thing to do at the time. She may have plowed me in the forehead with a full can of beer. Maybe.

Of this I'm not sure, but when I woke up in a dimly lit alley near Whyte Ave., I had

this incredibly painful throbbing sensation near the front of my brain. Well and fine, I still had my clipboard and on its pages were scrawled out, like a doctor's prescription, the names of various students and what appeared to be...New Year's Resolutions! I couldn't help but wonder what manner of sexually frustrated souls I had been dealing with the night before because, well, here...see for yourself (I've toned some of the quotes down a bit. This is a family newspaper - one of our typesetters is married):

-Roger, Pre-tech: "I have to start having sex at least once a week, and quit smoking dope; yeah, that's right, I also plan to get circumcised."

-Angie, Architecture: "I'll give up anything that's immoral, illegal, fattening, and wild (descriptive noun).

-Gary, Accounting: "I should stop smoking and slow down drinking to be able to sustain 24 hours of baby oil and Saran Wrap..."

-Lee, Accounting: "Make it with one of my first year instructors."

-Nancy, Admin. Man.: "...wild sex with Rick and every other male associated with NAIT, including (graphic, plural compound-word) with multiple (suggestive medical term - also plural)."

-Daryll, U of A student: "I want to be the first virgin dentist to graduate from the University of Alberta."

-Don, another U of A student: "I'm gonna stop using the (verb-adverb) method of birth-control."

Al Greenwood

## Sting's "Bring On The Night" - A Real Treat!

I'd like to call Sting's movie "Bring on the Night" just another rock documentary, but like anything else the ex-lead singer for the Police does, the movie defies convention. It contains everything from concert footage, to candid conversation from Sting and his Jazz musician friends.

The film takes place primarily in an old French Chateau on the outskirts of Paris where the band gets to know one another and begins rehearsing for their Paris concert. The film is very candid, especially Sting's clarinet-saxophone player who really tells it like it is, with very funny results. Sting also shows a real personal side by briefly showing how this genius actually composes and arranges his music, and then goes one step beyond and shows, well that'll be a surprise.

The film (documentary) is a gem and a must for music and Sting fans: just go in, relax and enjoy.

Frank "Barking Spider" Dottor

## Flying Saucers ARE Real!


Nuclear Physicist Stanton T Friedman will be in the Naitrium lounge next Thursday (Jan. 16) to demonstrate his belief in flying saucers. Friedman has Bachelor's and Master's Degrees in Physics from the University of Chicago and 14 years of industrial experience in the development of a wide variety of advanced nuclear and space systems. His past employers include General Electric, Westinghouse and General Motors.

Since 1970 Mr. Friedman has lectured on controversial scientific subjects at more than 500 colleges and dozens of professional groups in 48 states and 6 Canadian provinces. He has appeared on hundreds of radio and TV programs across North America including 4 times on Canada AM, and on shows

hosted by Merv Griffin, Mike Douglas, Tom Snyder and many others. He is one of the few scientists to have published articles about UFOs in both the scientific and popular press and has appeared in three movies and on 3 records.

Mr. Friedman belongs to numerous professional groups for space scientists, speakers, and u-fol-o-gists and does a weekly science commentary for CBC in Fredericton, New Brunswick, Canada where he now lives with his wife and 2 daughters.

The title of Mr. Friedman's presentation is "Flying Saucers ARE Real". His talk will be followed by a discussion with questions from the floor. Copies of a free book list and of some of his papers will be available.



### STUDENT NIGHT


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## Valdy in Concert at the Arden Theatre

On Saturday, January 18th, VALDY, Canada's master of folk, rock, country and blues will perform at the Arden Theatre. This is a return visit to St. Albert for VALDY, who drew a standing ovation from a sell-out crowd last spring.

Two concerts are scheduled; the first, a one-hour Family Mini Matinee, will be performed solo. The evening performance will feature VALDY in concert with his trio.

Weaving his magic with audiences young and old, VALDY easily transcends age with his music's honesty and fine craftsmanship. With four Gold albums, two Juno awards and a schedule that

puts him on the road 200 days of the year, it is no wonder that VALDY remains one of Canada's most popular and beloved entertainers. From his first major hit in the seventies to his most recent album "Notes from Places" his songs encourage you to sing along with their catchy melodies and relevant lyrics.

The Family Mini Matinee at 2 p.m. will appeal to all ages and is recommended for adults and children four years and older. Tickets are \$3.25. The evening performance at 8 p.m. is \$12.00. Tickets are available at the Arden Theatre Box Office and may be charged to Visa and Mastercard by calling 459-1542.

## ELECTRICAL ENG. TECH

### PRESENTS "NIGHTSHIFT"



**JAN 31, 1986 KILLARNEY HALL 8720-130A AVE.**

\$5.00 MEMBERS

\$6.00 NON-MEMBERS



EARL & EARL ARE STILL ON VACATION, BUT WILL BE BACK NEXT WEEK TO ANSWER ANY PROBLEMS YOU MIGHT HAVE. The deadline for submissions is Friday 4:30 PM IN ROOM E128.

## Do You Have An Addiction Problem?

Having a beer after work or grabbing a cigarette to soothe frustrations are simple pleasures that ease our way through life. However, they can also retard personal development.

"Action Options: Alcohol, Dugs, And You, a new Access Network coproduction with the Alberta Alcohol and Drug Abuse Commission (AADAC), looks at the context for "substance use" in our society, how and when this use can become a problem, and what options are available to deal with abuse. Eleven programs are scheduled for broadcast, beginning Tuesday, January 14, at 7 p.m.

The first three focus on universal activities, personal power, freedom, and options for action, drawing on socio-

logical research from a previous AADAC series, **Powers and Becoming**. Writer David Campbell explains, "When people don't have to be doing something else, they spend their time with one or more of a 'family' of 11 activities that are pleasant and easy to do—napping, eating, simple conversation, listening to music, intoxication, courtship, watching things, simple movement, grooming, daydreaming, and reading. The value and attractiveness of these universal activities increases whenever life is unpleasant or tedious, and can become a major barrier to personal development."

According to sociologist Ken Low, who wrote **Powers and Becoming**, this is one of the origins of drug or alcohol dependence. The next four programs in the series deal more directly with substance abuse. What are mood-altering drugs? The patterns that lead to dependence? The denial patterns? The different ways that people exhibit a dependency problem? How does drug use affect emotional and physical health, job perfor-

mance, relationships, and the use of leisure time?

There are segments on preventing problems, or preventing a relapse. How to identify high-risk situations and avoid them. How to accentuate personal power, and how to develop healthy coping mechanisms. One program is about family intervention, illustrating ways of intervening and helping a member come to grips with an alcohol or drug problem. Another program informs viewers of the kinds of treatment available in Alberta and of the support viewers of the kinds of treatment available in Alberta and for the support groups that provide additional help. AADAC's Catalyst Theatre is prominently involved throughout the series, providing lively, thought-provoking dramatizations.

**THE LAST FOUR PROGRAMS LOOK AT Native Communities and alcohol, smoking, impaired driving, and the children of alcoholics. These hour-long programs explain how such pro-**

blems are being solved in specific communities. Two of the programs have a phone-in component during which viewers can discuss their views with guest experts.

Keith Walls, and AADAC consultant and one of the originators of the project, hopes that **Action Options** will provide viewers with the understanding that the addiction field is one in which

people can take action. "We want people with problems to be able to make the changes necessary."

Watch for the premiere of **Action Options: Alcohol, Drugs, and You** on Access Network January 14. Albertans receive Access Network in communities throughout the province via cable. Check local listings for channel designation.



## TRAVEL CUTS Going Your Way! Student Work Abroad Program HOW TO MAKE YOUR HOLIDAY WORK!

CFS has a way to help you cut travel costs and earn valuable work experience in Britain, Ireland, Belgium or New Zealand and New for 1986—AUSTRALIA! You owe it to yourself to find out about:

# SWAP

### SWAP TALK

Jan. 16/86  
WHEN: 11-12 noon  
12-1 p.m.

WHERE: Room A121  
SPEAKER: Ms. Pia Sutcliffe  
SWAP Britain  
Coordinator

For further information contact:  
TRAVEL CUTS IN TOWN:  
10424A-118 Ave. • 471-8054

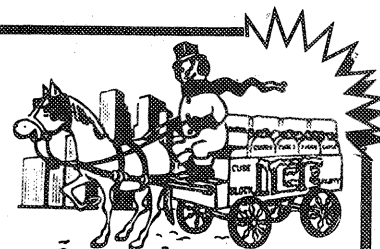
## HAVING A PARTY!

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50 lb. & 25 lb. PARTY ICE BAGS

- 9 inch white plastic plates \$36.95/500  
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Plastic wine, beer & liquor glasses, plates, napkins, table covers, etc. Beer & ice tubes for rent. Free delivery on all orders.

- mix & liquor dispensers for rent  
- coffee cups  
- plastic cutlery  
- ice buckets



12136 - 121 A Street

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# CLASSIFIEDS:

THE NUGGET'S classified section is a free service to all NAIT students and staff. Submissions should be placed in the box outside room E128 before 4:30 pm Monday if they are to appear in the Thursday edition. Ads can be as long as necessary, but, will NOT be printed without a valid ID number and name.

**\*CANADA HOME TUTORING AGENCY LIMITED\***  
High quality tutoring at reasonable rates. All subjects. Grades 1-12, University. No minimum hours. Alberta's most comprehensive tutoring agency. Money back guarantee. 432-1396.

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To the two women that are on a manhunt! Guys look out! Their initials are Lin— and La—! TJ

**TO EVELYN IN ANIMAL HEALTH:**

Your posterior brings new meaning to the words Calvin Klein.  
Signed, Darin and Dan from Telecom

Dear Nail:  
I know who you are! Unless you meet me for a night of wild crazy lust, the rest of the world will know who you are too! You won't be board. "Mr. Plywood"

P.S. How's the Bug?

Dear Momma Giblet and Auntie Giblet:

Huey, Louis, and Duey Giblet are very disappointed you did not show up at the New Year's party, but we got gibboned without you.  
P.S. We found our Dad and we degibboned him. Now he does not gibbon.

Love, your gibblents.

**TO ALL THE BAS SKI TRIP PEOPLE,** especially the members of the prestigious hall club: "Cheers" and let's do it again real soon, but let's leave our inhibitions at home next time.

To Whom It May Concern;

I am a lonely, desperate and extremely \*?#!\* business student looking for casual sex. If you are interested please come up to the Tower Lounge between 12:15 and 1:15 p.m. on weekdays.

P.S. Age, looks, experience and species of origin do not matter!

Rob "The Vette"  
Bus. Admin.

Dennis,  
You blew your chance at the last R 'n T...I'll know not to ask you next time.  
Signed: You-know-who

P.S.: No need to act so guilty...

To: Frank, Mark, Ken, Bruce, Gord, Bennett, Don, Dave, and Harry; Too bad you didn't have Yogi. She was great!! You guys are just jealous!!  
Tim!

Dear Angela:

Friday night was great! You're really not as shy as C.L. said you were. Hopefully we can meet again for some more 'Sex on the beach'. See you Soon; G.P.

## SUPPLY SERGEANT INC.

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Ruin your neighborhood! Put 'em on your lawn, your porch, your deck...hundreds to choose from!

Call Jim at  
"The Dead Kitten Warehouse"

CSS Whitefish ski trip  
HEY! You guys who partied too much on the bus ride home can get the ski boots you forgot by getting in touch with Gina at 451-2240 or  
Don at 475-5387

Dear Tom  
Heard you have been getting lucky with some nurses not to mention waitresses, doctors, salesclerks, coat check girls, fellow students, accountants, the girls at safeway, the girls at club soda, teachers, models, and just about anyone else. Perhaps you should give that gorgeous body of yours a break. Why not join your local monastery for some down to earth celibacy.

### ALL CYCLE PARTS

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Indoor Heated Storage  
\$25/month.

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Bas Class Rep Meeting. Tuesday Jan. 14 Room t611, at 11:15, or 12:15. Please Attend.

BAS Grad Committee meeting, Wed. Jan 15 in room t611 at 3:10. VERY IMPORTANT.

LET'S  
SEE YOU  
DO IT...  
OUTDOORS!



# Sears Kingsway AUTO CENTRE

HOURS: Monday thru Friday  
7 am - 9 pm Saturday  
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## RoadHandler®

### COMPLETE BRAKE SERVICE

2-wheel rear drum overhaul

99<sup>99</sup>

Complete rear drum overhaul. We supply and install brake shoes, machine brake drums, overhaul wheel cylinders (where applicable), replace brake hardware (where applicable), lubricate and adjust parking brake cables (if possible), bleed and refill hydraulic brake system, check brake lines.

2-wheel front disc overhaul

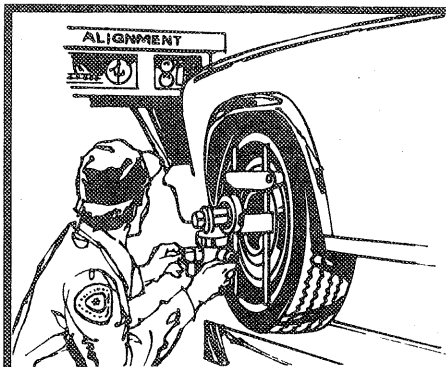
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Complete front disc overhaul. We supply and install disc pads, (where applicable), overhaul calipers, replace grease seals and repack wheel bearings (where applicable), bleed and refill hydraulic brake system, check brake lines. Metallic disc pads \$10 extra.

Free inspection.  
18 month/28,800 km warranty on parts and labor.



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We install confidence!

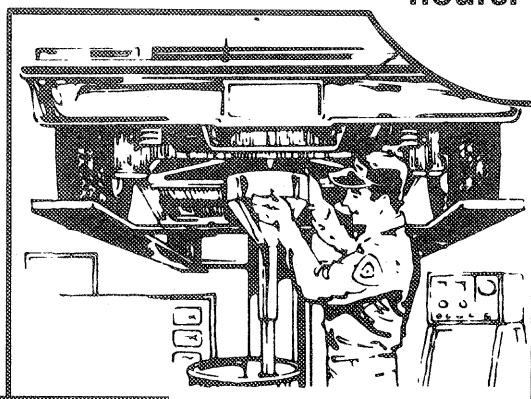


1999

### Wheel alignment

We set caster/camber and toe to specs. and check front end. Includes torsion bar adjustment when required.

This service for most cars



### Oil, lube, filter change

Includes up to 5 litres of 10W30 Spectrum Plus oil, chassis lube, oil filter. We also perform a courtesy 20 point inspection at no extra charge. Cars requiring grease fittings extra.  
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Save \$20 ..... BRAKE JOB  
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Coupon must be presented. 1 (one) coupon per customer. Offer available until Fri., Jan. 31st, 1986. Coupon must be applied on above listed items. Coupon is not redeemable for cash value. Sears Canada Inc.

Applies to all NAIT Staff and Students

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