

The Nugget

The official Student
Newspaper of

N.A.I.T.

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The Future's So Bright

by Martin Maltby

Believe it or not, you are actually looking at the very first copy of the 1990/91 NAIT Nugget Student Newspaper! Okay, so I'm hying things up a bit, but I wasn't sure how to get this column started. You see, I'm really not supposed to be writing this. That job originally went to Barry Gabruch, the editor of the Nugget this year. Unfortunately, Barry wound up in the hospital a couple days before he was to write this. It wasn't anything serious, but it was enough to keep him away from a typewriter for a while. This gave Linda Campbell and Lynda Hood the brilliant idea to give me a call since I was the news editor last year and am now working for a newspaper in Edson. Anyway, they wanted me to write this column to tell you what you are going to experience from registration until graduation. For any of you returning students, a lot of what I'm going to say is old news, but for you guys and gals who are just starting here I may be able to give you a hint of what you're in for.

To start out with, I was told this paper would be handed out during registration. That means, you are currently standing in a line similar to what the Soviet people used to go through to get a couple of roles of toilet paper. As you go through this line, you'll get a lot of stuff thrown at you. My favorite part is the yearbook photo. It's basically a driver's licence photo, except this one will be published for thousands of people to see.

Once you get out of the line, you'll have a few days to get prepared for classes. Things start off pretty quick, but don't get too alarmed. Once you get into the swing of things it gets easier. That doesn't mean it gets easy, though. NAIT has a reputation as being a good school, and one of the reasons that is, is because it demands alot from the students. There will be times that you will feel the pressure, but that's natural. If you get

discouraged, just look at how many people have made it through before you. If that many people can do it, there must be room for one more.

Actually, this column isn't going where I had wanted it to. I'm making NAIT sound like a dungeon, when there are really alot of good and fun things about it. Doom and gloom isn't what you wanted to hear just now, is it? Okay, so let's look at the good stuff.

We can start with NAITSA, the people who brought you this paper. Every student in NAIT is a member of NAITSA. Your fees are included in your registration, and you will receive a student ID card from NAITSA. Last April there were elections to decide this year's NAITSA executive. The six representatives that were chosen live in the offices in room E-133), and along with being regular students at NAIT, they are also interested in making your time here as enjoyable as possible. They are responsible for most of the activities at NAIT that the students take part in. If you have any suggestions, questions, or are interested in volunteering or getting involved in a special activity, these are the people to see. I don't want to say much more, because I'm sure they'll want to introduce themselves to you on the next page or two.

Aside from the people, NAITSA is a few other things to the students as well. As already mentioned, NAITSA is the reason this paper exists. It is written by students to keep the population of NAIT informed about happenings around NAIT and the city. The Nugget is always looking for input from the students, so it's a great way for you to get involved. Last I heard, there were still positions available on the Nugget staff, so if you want to earn some extra money this is your chance. Just drop by the NAITSA offices for an application. Even if you can't contribute every week, there's other ways to get involved. Any special

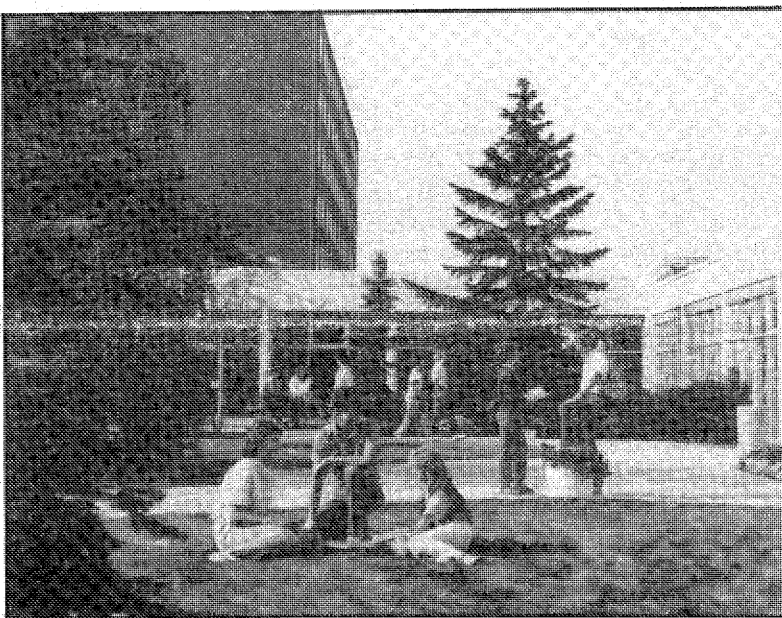
event your technology organizes, any photos you get around NAIT, any letters to the editor you think should be written ... just drop it off at the Nugget office and see your material in print.

Then there is the yearbook, also put out by NAITSA. These guys love getting your photos. It doesn't matter what the picture is of, as long as, it involves NAIT students and it doesn't require a "censored" stamp. The yearbook is also put together by students, so here is another chance to

I think most people can live with it.

The final NAITSA location is by far the most popular... the Nest. It's your local cafe/bar/social meeting place/etc. There are comedians in there regularly, and last year we even had Dan Gallagher of MuchMusic bring his Test Pattern show in. The Nest and games room are other areas to work for a little extra cash also.

Queen Week is one of NAITSA's events. Each year NAIT chooses a Queen and King to represent the school at



get some extra cash.

NAITSA runs the student store as well. Here, you can pick up everything from pens to sporting equipment. It's a really useful place to shop in.

NAITSA understands the importance of relaxation as well, so they came up with three of NAIT's most popular locations. The first is the games room. Actually, there are several games rooms scattered around the various campuses; but all have the same goal, to help you unwind. Drop in for games of pool, pinball, foosball, bowling or whatever you desire.

The second location is the Natrium. It was set up several years ago as a student lounge between NAIT, NAITSA and the Alberta Government. It has comfortable couches and televisions available for your convenience. As an added bonus (or curse, depending on your point of view), the Natrium is now completely non-smoking. That was a controversial decision, but

special events. This week is scheduled for March, I think, and it is always alot of fun. There's everything from pool events to a fashion show, so there's sure to be something for everyone.

I suppose I should talk about some other stuff besides NAITSA too. For all you active people out there NAIT has a wonderful Physical and Leisure Education program. You can sign up for lessons in any of several sports that run during the semester. You can learn new sports including everything from walleyball to hockey. There are also fitness courses like aquacize and body building. Again, it's a great way to relax and you meet a lot of people with similar interests as yourself.

Along with PLE, NAIT has one of the top intercollegiate sports programs around. The best known example is the hockey team, which captured five national titles last decade. There are several other good

teams here too. The men's basketball team took the national title two years ago, and both the men's and women's teams are looking for strong showings this year. The soccer team has been to the nationals a couple of times, winning it all in 1987. The NAIT badminton team, as well as, the golf team have produced several outstanding individual competitors over the years. The volleyball teams are always competitive too. I haven't even mentioned the curlers, runners, skiers, squash players... the list just keeps on going. If you're not into competition so much, you can just use the facilities with your friends for fun.

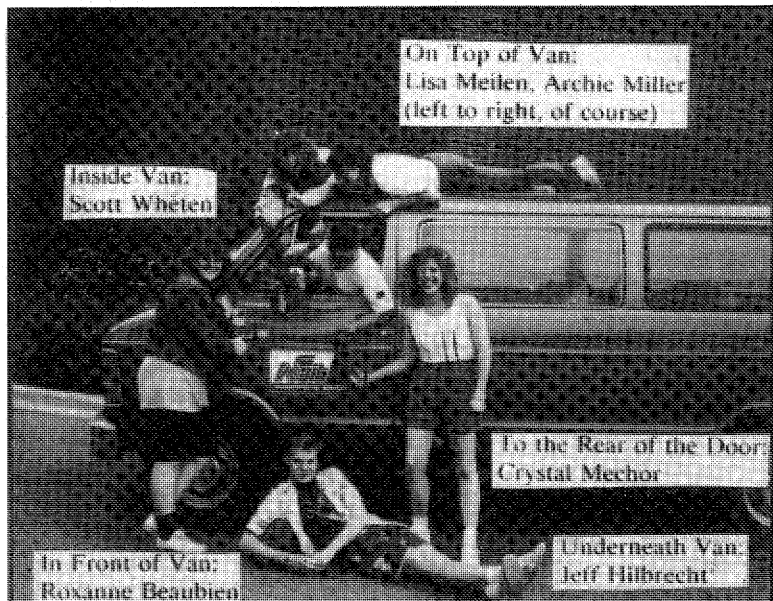
Of course, the reason you came to NAIT is to get an education and move up in the employment world. NAIT wants to help you do that, and it has several departments in place to help you out. There is career counseling, which help you with jobs and can point you in the right direction.

One NAIT service I have to mention is the Library and L.R.C. (okay, two services). The Library has just about all the information you will need for reports or special projects, with everything from textbooks to the latest magazines. If there is something they don't have, they can probably get it for you through their links with the Public and U of A libraries. If you get lost in there, the librarians will help you out. Tours can also be arranged for classes, so if your group wants to know where everything is, mention it to your instructors.

There are also tours of the L.R.C. (short for Learning Resources Centre). This place has everything you need to make a class presentation that much better. There are over 30 typewriters, along with cameras, tape records, and projectors. They also carry a full line of materials for making charts, slides, and everything else you may

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FOCUS ON NAITSA



Focus, is defined by the Oxford English Dictionary as "to concentrate or be concentrated upon".

This is precisely what this article will be doing this year-focusing on events that shape your lives as members of the NAIT Student Association.

We bid you welcome and encourage you to take advantage of our open-door policies in E-133...

Hi everyone! We all hope you had a great summer. Things at NAITSA home base have been buzzing. Everyone has been busy preparing for the influx of students this week.

One huge project has been preparing "In Focus". this is your handbook which you will receive from the NAITSA Booth during registration. (If you didn't get one, sop by our offices, E-133, to pick one up). "In Focus" includes everything you always wanted to know about being a student at NAIT, so please take the time to read it. Congrats to Lisa Meilen and Linda Campbell; they did an incredible job pulling the book together.

If you are a returning student, you will notice that the Naitrium has undergone a major facelift. Thanks to NAIT and to the Foundation for contributing the needed funds. Remodeling is also being done on both the Northern Torch and Nugget offices.

One of my goals at the beginning of the summer was to do a complete review of NAITSA's Bylaws. The proposed changes are almost complete. We are very excited about these changes and hope to present them at the Annual General Meeting in September. Watch the Nugget for announcement of the meeting date. All full-time students should attend.

NAITSA Pulls Out of Shinerama

The NAITSA Executive has decided to pull out of Shinerama for this year. This decision is due to structural problems of the campaign with the Edmonton committee. Special recognition should go to Crystal Mechor, NAITSA Vice President. She put alot of time and effort into the Edmonton campaign to ensure its success, but unfortunately she did not have enough support from the other schools involved.

Archie Miller, Activities Director, has been busy booking excellent entertainment for you. Watch for Nugget Ads and posters for event dates. The activities start September 4th with Orientation Week 1990. There will be activities each day beginning with comedians on Tuesday, September 4th. Wednesday is a Carnival in the Main Courtyard; Thursday is a free chili dinner for first year students with live entertainment in the Main Cafeteria. The week ends off with the first Rock 'n Talk of the year, Friday, September 7th at 4:30 p.m. Rock 'n Talks are every second Friday in the North Cafetorium from 4:30 p.m. to 7:30 p.m. They are the perfect place to meet up with your friends, do a little dancing and get ready for a great Friday night. Tickets are \$2.50 and are sold through the Student Store on Main Campus and the Games Room at Plaza 11 (Engineering Technology Annex).

If you want to get involved in student government at NAIT, be sure to read the NAITSA section of the handbook and stop by the offices to chat. It can truly be the experience of a lifetime.

Talk to you next week!
Bye for now.



The First Class

How I wish I could capture the true essence of this moment. The electric tension of the air as each individual is reminded of the childhood ventures of beginning at a new school.

The eyes wander, looking at the desks, the floor, the blackboard, the digital clocks; but most are looking inward.

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need. It is definitely worth getting a tour of the L.R.C.

If it seems that NAIT is doing alot to help you, that's because they are. But so are the other students. There are many ways in which students from one technology help everyone else. The hairstyling students are one example. They are always looking for people to perfect their technique on, so going to them for a haircut, perm, or whatever, is a great idea. They get practice, and you come out with a good-looking hairstyle for very little. I've seen their work too, and I know they're good.

You can also get your car fixed by NAIT students. It saves money, and it keeps the mechanical students out of trouble. Those are only two examples, but there are many more, believe me.

Of course, students being what they are, they like to party. To that end, there are many cabarets organized during the year by the various technologies to help raise money for ski trips, grad, etc. NAITSA helps in the organization so everything is kept reasonable and safe, but they are still a great way to let off steam on a Friday night.

That's all I can think of about NAIT itself, but of course you won't be living at NAIT for the next two years. There's alot of other stuff to do in Edmonton, so I'll try to

Searching for a way to make this painful silence more acceptable. I toy with the thought that I might say something but my tongue, frozen numb, renders me speechless.

I wonder of their ages, catch a glance with the dark-haired girl across the room. As I write, I can hear feet shuffling, coats crackling,

their new and fresh; not yet broken in, but I do not look around; I do not make myself the brave soldier and break the thin, cold ice. I know that this will happen naturally within our group. That I am only one player, like all of the others.

I put down my pen, close my book and wait...

tell you a little about the city. If you're from Edmonton, don't bother with this part. If you're not, I'll tell you now, this is a really incomplete list since I'm from Calgary (I had to mention that after the Edmonton guys stopped reading). Anyway, there are alot of things in Edmonton to pass the evenings and weekends. For movie buffs, there is the Princess Theatre on Whyte (82nd) Ave. The Princess shows old, vintage, and foreign films that you can usually only see at home on video. A complete listing of Princess movies along with brief descriptions is available at the NAIT Library.

For the scientific ones out there, there is the Edmonton Space Sciences Centre. It is located at 111 Avenue and 142 Street. They have some great exhibits, as well as, several different shows. There is everything from movies to star shows to laser light shows.

Sports are pretty big in this town. The Oilers (gag!) will be big news in the next few months, so you may want to take in a game or two. You can still catch baseball and football action for a while, and the basketball season should be starting soon.

For those of you who like slightly unusual or exotic things, Whyte Avenue is the place to be. It's the "artsy" section of town, but it's fun to check

out even if you're not really into store called "When Pigs Fly".

Edmonton really prides itself as a Jazz hotspot, and with good reason. There are several cafes and bars that feature good musicians. Check around to see what you like. There are many places to hear good rock and roll. Edmonton has produced several high caliber bands that are looking at record deals, so if you're lucky in a few years, you'll be able to say, "I knew them when they were just starting."

Shopping is big here too. Besides WEM, there are several good locations to find interesting stuff. The downtown core has many fine stores, and there is no shortage of shopping malls in the city.

There are also several museums. Aside from the Provincial Museum and Archives, there is the Edmonton Art Gallery, an excellent facility to see a variety of art forms. For more ideas, check the yellow pages.

Well, now that I've played tour guide, I think it's time for me to quit. I'm sure I've written enough to satisfy Lynda and Linda, and Barry's almost certainly out of the hospital by now, so I guess this is it. You've probably finally made it out of that registration line up by now anyway. So, what can I say? I guess it's like I said in an editorial last year: "Don't think of NAIT as school; think of it as a social club with lots of books."

Alcohol: Everybody is Aware but are you Responsible?

By Roxanne Beaubien
NAITSA President
SUDS Squad Member

Responsible use of alcohol is a hot topic on post-secondary campuses across Canada and the United States. Some of these campuses are unfortunately reacting to the many problems which accompany alcohol misuse. But many like NAIT, are striving to educate students before unfortunate situations occur.

In 1987, staff and the Student Association established the Alcohol & Drug Awareness Committee. The first official event of this committee brought in a sports celebrity who was convicted of impaired driving causing death, along with a representative from AADAC. The incredible success of this presentation encouraged the committee to sponsor an Alcohol Awareness week which comprised of many fun activities, as well as, information on responsible

alcohol use. One of these events which is becoming a tradition at NAIT is the Moo Milk Contest. This contest is based on the drinking game; Boat Races, except instead of beer, we use milk. Students, staff and local media challenge each other to win great prizes for best costume, best song and fastest time.

The committee will be much more visible on campus this year. We have changed our committee name to the SUDS (Students Understanding Drinking, Sensibly) Squad are are expanding to include ongoing projects. NAITSA's lounge and The Nest, will implementing the Party Animals Designated Driver Program this year. The Nest Key Drop Program will also be continued this year. This program allows students to leave their car at NAIT if, they have enjoyed 'one to many'. They are guaranteed that their car will not be towed or ticketed by NAIT, as long as, the car is picked

up by 9 a.m. the next morning.

The SUD Squad will present Alcohol Awareness Week October 1-5. There will be events and displays which promote responsible alcohol use. There will be information from the Edmonton Police Service on Drinking and Driving and information on the health risks associated with excessive drinking. We will also be presenting the 5th Annual Moo Milk Contest and a draw for two Oiler tickets.

If you are interested in helping us during Alcohol Awareness Week you can sign up at the NAITSA booth during registration or talk to Roxanne in the NAITSA offices (E133). Alcohol Awareness Week is a opportunity for you to get involved either as a participant or volunteer. NAITSA events are a great way to meet other students and have lots of fun.

N.A. I.T. is a Bargain Shopping Mall

by Marie Strach

Is a shopping mall hiding at the Northern Alberta Institute of Technology? It would seem so, judging by the many quality consumer services and entertainment values NAIT offers, often at bargain prices.

Many technologies within NAIT make sure students receive "hands-on" training in their field of study. Some of that practical training is available in the form of billable services to other students, instructors and non-NAIT customers. This symbiotic relationship benefits both parties: the student improves his or her craft and gains valuable "customer service" experience, while the customer receives fair to excellent service at minimal costs.

Some programs and their services are:

Hairstyling-offering haircuts from \$3 and other hair care and beauty services.

Radio and Television Arts-producing radio and television commercials for non-profit organizations free of charge.

Dental Assisting-offering teeth cleaning and other dental services.

Animal Health-offering pet vaccinations.

Automotives-offering vehicle repair services on cars less than five years old.

Marketing-offering formal marketing plans for businesses.

Bakery-offering treats for the cafeteria menu and baked specialties for weddings and other events.

Retail Meat Cutting-cutting and selling a variety of choice meats.

Tailoring-referring people to expert sewing and tailoring services.

Secretarial-offering typing services and resume preparation.

Athletics-providing sports entertainment, offering extensive recreational facilities including pool, track, racquet courts and ice arena, at no charge to NAIT students, and for a nominal fee to the public.

NAITSA- student association holding social events, organizing awareness programs, providing students with games room, holding elections, organizing fund-raising events and acting as a lobby group for political and educational issues.

What's next, an amusement park and hotel? Take advantage of the many services and entertainment values offered by supervised NAIT students, and enjoy the savings!

You Can't Top Our Meat

by Laura Cissell

"You can't buy meat like this anywhere else." These are the words of a satisfied customer, and they are heard often at NAIT's Retail Meat Cutting outlet.

Dave Kulak, the proud program head, says the customer can expect the best quality at lower prices. The store, located at the rear of the cafeteria, is reminiscent of an old-fashioned butcher shop. When you open the door you hear the sound of door chimes, and you receive a warm smile and a friendly hello.

Kulak says, "More care and attention is given to the trim here, because students are not rushing against the clock."

Students are being graded on every piece of meat they cut, so customers can be assured each piece they receive will be good. This is what distinguishes the store from the big meat counters in supermarkets.

Because of the store's small size, the consumer can expect to get more than just meat here. Superior service in a small store is essential to satisfy the customer's needs.

The shop offers a variety of meats. Customers may choose from pork, beef, poultry, fish, lamb and freshly-ground sausages. All of the goods are fresh and come from brand-name packers such as Capital and

Gainers.

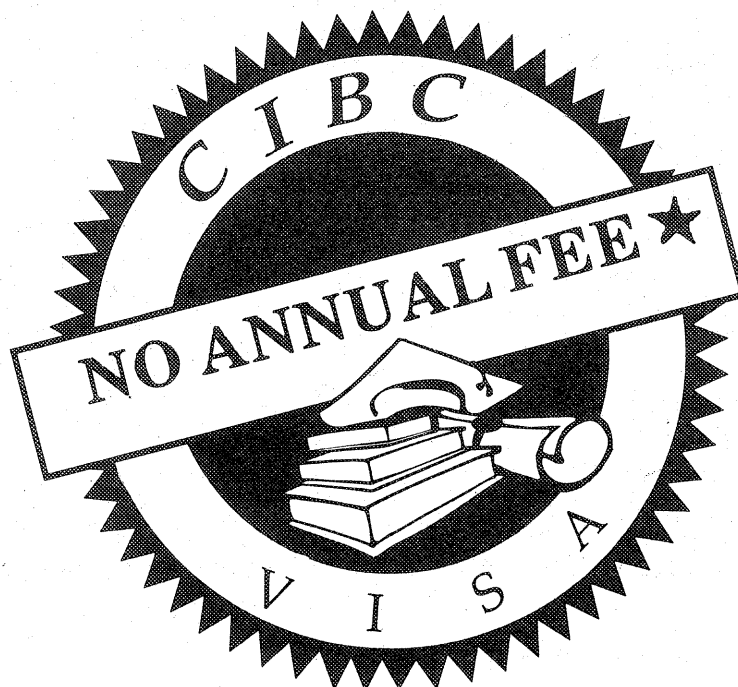
Since the store is not operated for profit, the prices are set on a break-even basis, with the outlet covering the costs of the meat, a cashier and wrapping.

Shop operation is only part of the students' training. Some of their other courses include business knowledge, effective communication, sanitation, business math and meat theory. The theory and the labs go hand in hand to prepare students for the

working world.

Before students even enter the lab, they spend three weeks in the classroom. The course lasts five months, and by the end, students are ready for employment. Some work in supermarkets, while others start their own businesses.

The NAIT butcher shop is open Tuesdays, Wednesdays and Thursdays from 10 a.m. to 2 p.m. The butcher will meet you there.



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Automotive Apprenticeship Program

by Cheryle Chagnon

According to Program Head Blaine Thorsley, the students in the Automotive Apprenticeship program work on customers' cars, under the direct supervision of automotive instructors. Currently, there are 21 automotive instructors.

The automotive department will accept only vehicles which are five years old or newer. The instructor decides which vehicles to accept for repair, based upon his study requirements.

"Students will be working on mostly newer vehicles once they are actually in the field," explains Thorsley.

The time vehicles are required to stay in the NAIT shop varies according to the job or jobs to be performed.

"The longest time, four weeks, is needed for engine overhauls, while a tune-up may need only one week in the shop," says Thorsley.

Typically, there is a two-month wait to get a vehicle into the NAIT shop, with the exception of tune-ups which are booked for the whole year in September.

The first week in September is the best time to call to make an appointment for your vehicle. The program receptionist makes the appointments and keeps track of customers, while the automotive service office makes the allots time for these appointments.

Customers pay for parts plus a maximum of \$25 labour fee. Payment for parts and their service charge can be made by cash, personal cheques, Visa or Mastercard.

All work performed by the NAIT students is guaranteed for 4,000 miles (6,000 kilometres) or ninety days, whichever comes first.

Under this warranty, any automotive problems encountered will be fixed at no charge to the customer.

The automotive apprenticeship program is based on four years of combined classes and on-the-job work time. Apprentices must spend a minimum of 1,800 hours in the trade and

pass the annual apprenticeship examination to pass one term. Successful completion of the previous year is needed as a prerequisite to attend the following year's term.

"In this way, students have hands-on experience in all facets of the trade," explains Thorsley.

First-year students repair and adjust brakes and steering. They also do suspension overhauls, wheel alignments and brake relinings.

Second-year apprentices concentrate on complete engine overhauls, while third-year students spend their in-class time learning to do tune-ups.

Fourth-year students tackle automatic transmission overhauls, air conditioning repair and service.

Because automatic transmissions are repaired and serviced fairly quickly, these repairs are eagerly sought after.

The automotive program has to update computer testing in vehicles on an ongoing basis because of the rapid changes and advances in car-computer technology.

NAIT also offers pre-employment classes which are day courses running once per year, consisting of five weeks of full-day courses. These classes cover lubrications, wheel balancing, minor servicing, with same day service on customers' vehicles. These services are list outside the automotive service office if they are available.

The Apprenticeship Board places the students at NAIT with a maximum of 960 students per year, equally divided into 240 each year. NAIT's automotive program is the largest automotive training program in Canada.

The automotive instructors do the inspection of deregistered vehicles from the auto body department with an average of 12 vehicle inspections per year. These written-off vehicles have been repaired by the third-year auto body students and inspected by the auto body instructors as well as the automotive instructors.

Radio & Television Arts Believes in Teamwork

by Wendy Dye

What do two people playing floor hockey in a narrow hallway have to do with radio and television arts?--Everything.

The Radio and Television Arts program at NAIT is extremely rewarding, yet at the same time, very demanding and stressful. It is a unique program with many aspects one would probably never find at any university.

By reviewing the school's yearly calendar, one can learn about the types of courses offered in Radio and Television Arts and become aware of the great amount of "hands-on" experience it offers. One of these courses is Physical Education.

In an attempt to relieve stress and to promote and maintain a feeling of team spirit, a physical education course is mandatory. Program head, Jim Herron, says that the reason behind this is to build team spirit. "You learn what you can and can't do together as a team."

This might seem like a wonderful idea in theory. In order to promote team spirit, only team sports are played--sounds easy enough. One of these team activities, however, is water polo.

Picture the entire program: some old, some young; and some wearing life jackets and life saver rings all splashing around in a swimming pool. It isn't easy to do. Playing water polo, however strange it may seem, brings all the students in the program together and pushes them to work as one.

When asked why it was one of the sports chosen, Herron cheerfully replies that one of the instructors likes swimming. Weighting the pros and cons of this team spirit oriented program, one might think the students should be thankful that sky-diving isn't a team sport!

And now here's the news...

Dateline: NAIT applications from all over Canada are pouring into NAIT's mail bins, as students go to great lengths to get into the school's Radio and Television Arts program. Film at 11:00...

NAIT is well known for its attitude of learning through experience, and its Radio and Television Arts program is no exception.

Students in the program feel it is easier to learn through experience and by expressing their creativity as opposed to using strictly theoretical tactics. This approach to learning takes much time, effort and training; yet the students in Radio and T.V. Arts are more than willing to make the extra effort.

This extra work is necessary right from the beginning of the program. Jim Herron, the head of the program, says that this program is one of the few to have field trips. These field trips, however, are much more than a tour of a radio or television station.

Each year the students go on a five-day retreat to the Blue Lake Centre near Hinton, A.B. Each day the students get up at 7:00 a.m. and are out filming by 8:00 a.m. They continue shooting all day with only a lunch break. After supper, the students gather in groups to edit and critique the days work. This usually lasts until 10:30 p.m. After 10:30 p.m., the students have what Herron likes to call "free time." However, by 10:30, all the students want to do is sleep.

This training prepares the students for the long days of hard work ahead of them. The Radio and T.V. Arts program consists of more than small, in-class assignments. By the time the students have completed the third of four semesters in the program, they are working together in true-to-life situations.

Along with the usual assignments, the program has several extracurricular activities. NAIT has its own radio station which is run and operated by students specializing in radio. This calls for team work in order to keep the station running smoothly.

For those specializing in television, group work is even more essential. NAIT produces two television

programs entitled Edmonton NAIT News (ENN) and Hi-Q. Both programs are aired on and work in conjunction with the television station, ITV.

ENN is a news program segment which is produced, filmed and anchored by NAIT students. It consists of news, weather and sports. Students are responsible for going out on assignment to gather news stories for the program which airs Thursday afternoons at 4:30 p.m.

Hi-Q is a quiz show for junior high school students, similar to Reach For the Top. It airs Saturdays on ITV and it totally run by NAIT students. The only professionals working on the program are the director, the technical coordinator and the switcher.

Along with these activities, the Radio and Television Arts program also produces commercials. The program will not compete with companies which produce commercials as it would take profits from the companies. Because of this, students are restricted to producing commercials for non-profit organizations or non-existing products (is: non-smoking) which are aired during the program's ENN segments.

Trying to pull all of these small bit together to form one coherent program takes a lot of work. If someone doesn't pull his or her weight, everyone suffers. Herron explains that if a person is sent out on a shoot and his camera operator doesn't show up, both people suffer because the reporter depends on the camera operator being there in order to get the job done.

Taking all of this into consideration, along with the class assignments and lecture time, the Radio and Television Arts program seems like too much work for one person to handle. However, by working as a team and each person taking the time to do a good job, the final product makes all of the hard work seem more than worthwhile.

Volunteers

NAITSA needs volunteers!!

Throughout the year, NAITSA depends on the people who help out with activities which make the school term exciting, fun, and interesting.

Volunteers are needed for Cabarets, Rock 'n Talks, Movies, The Royal Games, Alcohol Awareness Week, The Nugget, Yearbook, Elections, and so much more!!

So don't be timid, come and have a chat with Crystal in E-133C or call 471-7603, and help make this year an exciting one.

P.S. If you're too shy to chat, just leave a name and phone number in her mailbox.

Hair Today is Gone Tommorrow

by Marie Strach

Where can you get near-professional hair services without the professional price?

Cut costs by putting your head in the hands of NAIT Hairstyling students. As many as 46 hairstyling students at a time, cut, perm and style hair in the sunny, pink-walled hairstyling "labs" found on the second floor E-wing of NAIT's main campus.

The popular Hairstyling program has been operating at NAIT for 25 years and draws many more applicants than the 17 students it accepts each semester. The program is popular because it: provides solid theory and practical experience, teaches students to open their own hairstyling business and is very well received in the industry with a hair-raising 100 per cent graduate placement rate.

"The most important person in my life, is my hairstylist," announced talk show host Oprah Winfrey on a recent show. That sentiment is echoed by many, says Kurt Lang, NAIT's senior hairstyling instructor. "Hairstylists are image-creators," he adds.

The "image-creating" students appreciate the practical experience they receive from the hairstyling labs which are open to customers Monday, Tuesday and Thursday from 9:30 a.m. to noon and 1:00 to 4:30 p.m. The afternoon hours are 2:30 to 4:30 on Wednesday and 1:00 to 3:30 on Friday. Lang says the students find it interesting to meet different

people and enjoy versatile schedules offering many hair and beauty services to other students, instructors and customers outside of NAIT.

The friendly students strive to provide the best hair service for their customers—partly, because their marks depend on it. The professionals-to-be are glad on each customer they attend to, earning necessary credits in order to graduate, and are closely supervised by one of the eight hairstyling instructors.

For this careful service, customers can also take advantage of excellent prices: haircuts and manicures for \$3, perms from \$12, frosting for \$8, makeup applications for \$3, and hair loss treatments for \$2.50. Senior citizens receive a 20 per cent discount for services. Quality hair-care products, such as, KMS, Joico and Focus 21, are offered at comparable or lower prices than in professional salons.

Before the students cut customers' hair, they study many hours of theory, with lectures on skin and hair. Biology and anatomy lessons are also included. After some practice runs with volunteers, the students attend to paying customers. Lang says the practical approach is the only way for students to learn and improve, and gladly welcomes the average 90 customers a day the labs receive: "We need clients. If every head was the same cut, texture and color, it would be boring."

Whether it's the low prices or the friendly attentive service, NAIT's hairstyling program is a cut above the rest.

Eat Your Heart Out!

By Laura Cissell

What is so scrumptious, so tantalizing that it can only be described as totally delectable?

If you guessed anything other than the great variety of baked goods available at NAIT's bakery, you'd better get your head back on track.

The NAIT bakery, located just outside of the cafeteria, is open Monday through Thursday from 1:30 to 3:30 p.m. But don't wait until the last minute to pick up a special treat because the goods are offered on a first-come, first-serve basis. If you wait too long, you'll be out of luck.

The bakery makes everything from bread and rolls to fully decorated cakes and pastries. But there is a catch. The bakery does not offer the same products every day. Available goods depend

upon the day's lesson. What you can count on is that the bakery almost always has fresh bread.

Upon request, the third-year students will decorate a birthday cake and personalize it for someone you love.

The bakery is a non-profit operation. The main purpose for selling the baked goods is to get rid of the surplus.

Most of the breads, muffins, and rolls you see in the cafeteria are from the bakery. What's not sold there is displayed for sale at the retail outlet. Because the NAIT bakery is not trying to make a profit, the prices are lower than other commercial bakeries. So staff and students can get great goods at great prices.

Originally, the bakery

was located in the school cafeteria, but for the past five years it has been located at the bottom of the tiny stairwell outside the cafeteria.

The Baking Program was established in 1964, and Chris Hardy, the present program head, has been with the program since 1967.

The retail outlet is run by the instructors because there is not enough time to train the students to learn the fundamentals of operating a store.

From day one the students are in the bakery sifting and stirring. They work very carefully under close supervision to ensure that everything turns out simply delectable.

So indulge. Come down to the NAIT Bakery and treat yourself to something special.

COME TO OUR HOUSE

FOR

OPEN HOUSE

All NAIT Students and Staff are invited to sample our hospitality on a evening we've set aside just for you. So mark the date down on your calendar and join us for pizza and drinks on the house.

Boston Pizza
We're not just pizza anymore.

When: 4:00 - 8:00 p.m.
Thursday Sept 12

Where: Boston Pizza
101 St. & 118 Ave. by NAIT

Join The Tradition



The NAIT Hockey Ooks have won five national titles in less than a decade and you can become a part of the organization that's going for number six and earn \$\$\$ doing so.

Minor Officials are required for the 1990-91 season.

For more info, call Rick Carriere at 471-7424 or see him in Room S105 H.

**The Team of the 90's
The NAIT Hockey Ooks**

It's Up to You

Bob Prince Speaks Out

by Bob Prince,
Sportswriter Extraordinaire

The NAIT Athletics program is one of the finest in the nation. The facilities that complement these programs are among the best on the continent. As a result, the benefit you derive from the programs and the facilities is up to you.

While at NAIT you should seriously consider becoming a participant in either intercollegiate or intramural activities.

NAIT offers an excellent intercollegiate sports program. Intercollegiate activities that are offered include basketball (men's and women's), volleyball (men's and women's), ice hockey (men's), and soccer (men's). Jimmie Condon scholarships are available to intercollegiate athletes providing a number of criteria are met.

In March of 1990, the NAIT Hockey Oaks won an unprecedented fifth Canadian College Athletic Association National Championship. Although the NAIT Hockey Oaks have positioned the sports Winning a national title is a once in a lifetime experience and you have to opportunity to be the best in the nation if you participate.

If you would like to participate in inter-collegiate sports, you should contact the coach of your desired sport as detailed in the 1990-91 NAIT Student Handbook, for more information.

In addition, there are a number of spots open for athletes of all abilities in the intramural program here at NAIT. Whether you are just a novice or a seasoned veteran, you can participate in a number of different sports. For more information, talk to your technology sports representative.

Editorial

Hockey Oaks Gearing Up for 1990 - 1991

The NAIT Hockey Oaks have scheduled their organizational meeting for Monday, August 27th at 4:30 p.m. in the NAIT Arena.

The rookie camp starts with a 90 minute session on Tuesday, August 28th at 8:00 in the NAIT Arena. Rookie camp continues on Wednesday, the 29th, and Thursday, the 30th, from 8:30 p.m. until 10:00 p.m. at the NAIT Arena.

The main training camp commences on Tuesday, September 4th from 7:30 p.m. until 10:45 p.m. at the NAIT Arena.

The prospects are promising for the 1990-91 Alberta Colleges Athletic Conference hockey campaign. At Toronto in March, the Oaks won an unprecedented fifth Canadian Colleges Athletic Association National Championship with an overtime victory in the

deciding game of the best of three series with the Humber Hawks. The Oaks also captured national titles in the 1981-82, 1984-85, 1985-86, and 1988-89 campaigns.

The Oaks will have a strong nucleus of veterans returning for the upcoming season from last year's national championship team, but a number of positions will be filled by rookies as spots on the roster are open.

The head coach of the NAIT Hockey Oaks is Rick Carriere. Rick Carriere is entering his sixth season with the NAIT Oaks coaching staff and has helped guide the Oaks to three national titles. Rick manned the blueline four years with the University of Alberta Golden Bears and one year with the NAIT Oaks before setting his sights on a coaching career.

The defending national champion Oaks will compete

in a 25 game ACAC hockey schedule this season along with the Red Deer College Kings, the Camrose Lutheran University College Vikings, the SAIT Trojans, the Mount Royal College Cougars, and the Grande Prairie Regional College Wolves.

Prospects who make the NAIT Hockey Oaks are eligible for a Jimmie Condon Athletic Scholarship if certain criteria are met. The scholarship recipient must be an Alberta resident, enrolled for full-time study, and maintain a satisfactory academic standing.

If you're interested in becoming a member of the NAIT Hockey Oaks for the 1990-91 campaign, please contact head coach Rick Carriere by seeing him in S-105H or at the organizational meeting, or by calling him at 471-7424.

The Students are the Winners

by Patti Meekison

Cont'd on page 7

All students are winners in NAIT's athletics program.

Their hockey team has won five national championships, and when both their men's intercollegiate basketball and hockey teams won gold medals in the Canadian Colleges Athletic Association playoffs last year, everyone was ecstatic. But even more to cheer about is the huge number of students who participate in intramurals or as individuals.

"Our intramurals for men have about 4,500 participations and, for women, about 2,000," says Irwin Strifler, Director of Athletic Services at the institute. Some people were counted more than once if they were involved in different activities, but even so, with a student population of 5,500 full-time students, the participation rate is nothing to sneeze at.

In fact, NAIT students who participate in physical activity don't sneeze much at all. Strifler is a firm believer that involvement in sports makes students healthier and more productive.

That's why NAIT has developed such a strong physical and leisure education program. Students don't have to be experts to get involved. "People can learn to play racquetball, they can learn to swim," says Strifler. "It's mainly an instructional program."

Involvement in sports

isn't compulsory in all NAIT's technology programs, though some, like Biological Sciences, include physical fitness as a necessary part of their instruction.

NAIT's neighbors also use its facilities. When they aren't booked for other purposes, facilities are available for recreational use and the public has access to

them on Sundays for a nominal fee. The 50-metre pool and multi-purpose ice arena echo with the squeals of children on Sunday afternoons.

In the Activity centre, there are racquetball and squash courts, a weight room, a combatives and fitness room and the sport

See "Winners" on Page 7

**Bored of Boredom?
Contact the Coach and
Try Out for an
Intercollegiate Team.**

Coach	Name	Phone
Canoeing	Ken Jones	471-8711
Swimming	Jeff Riddle	471-8711
X-Country Running	John Reeves	471-8702
X-Country Skiing	John Reeves	471-8702
Golf	Jules Owchar	471-8531
Curling	Jules Owchar	471-8531
Badminton	Mark Bosworth James Chen	471-7425
Men's Volleyball	Mike Trent	471-7613
Women's Volleyball	Glen Farmer Dianna Paton	471-7613
Men's Soccer	Stuart Brown	471-7684
Women's Soccer	Bob Buchan	471-7579
Men's Basketball	Dave Hoy	471-7621
Women's Basketball	Greg Meropoulos	471-7601
Hockey	Rick Carriere	471-7424



**NAIT Athletics
Home of the Ook**

Join The Tradition



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**Organizational Meeting
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**The Team of the 90's
The NAIT Hockey Oaks**

"THE NEST" - ANOTHER GREAT YEAR COMING UP!

NEWS FLASH!

NAITSA'S LICENSED LOUNGE "THE NEST"

opens August 27 to its regular hours: Monday - Friday, 9 a.m. - 12 midnight. Liquor service begins at 4:10 p.m.

This is The Nest's third year of serving the NAIT population; great food and drink. This menu has something for everyone; including zesty finger foods, reasonably-priced entrees, hearty soups, gourmet burgers, crisp salads, pita pizzas, and light breakfast items. For those in a hurry for lunch, The Nest offers "The Fast Break"-soup, salad and sandwich bar; all in all, you can count on quick, friendly service and great food at low prices daily from The Nest.

The atmosphere in The Nest is perfect for a little night-time socializing; great music, satellite sports, prize giveaways, dancing, and tasty cocktails-something for everyone! Throughout the year, The Nest offers weekly live comedy as well. This very popular feature comes free of charge, and is guaranteed to lighten your spirits! Throw in occasional live music, special theme nights and the friendliest service staff around, and

you've got an excellent lounge to relax in after a hard day of classes.

The Nest is also available for private functions on Saturdays. They offer an extensive banquet menu to serve your particular event's needs. Contact The Nest early if you wish to book a function for anytime throughout the year!

"The Nest's" extensive catering menu is ideal for meetings, parties... almost anything. There's something for any size or type of event. The Nest has catered everything from NAIT Board of Governors' meetings to office going-away parties to student events. Drop by to pick up a catering menu and be sure to think of The Nest when planning that perfect meeting or social function.

Keep your eye on "The Nest" message boards throughout NAIT for updates on upcoming events or specials. Also continue reading "The Nugget" for information on The Nest and everything else happening at NAIT!

THE NEST - NAITSA'S LICENSED LOUNGE - LOOKING FORWARD TO SEEING YOU SOON! THE NEST IS LOCATED IN THE ACTIVITIES CENTER.

Academic Council

Are you interested in what happens to NAIT, and the students? Are you interested in representing the NAIT student body? If so, you are the person who should fill one of the three vacant student positions of Academic Council.

This council is a division of the Board of Governors, and deals with issues that

affect NAIT. (Some topics that were discussed last year were tuition, transfer requirements, and NAIT's Mission Statement. Although the issues for this year are not set, you can be guaranteed of some stimulating challenges.)

So what do you need to do to fill one of the positions:

1. Come and see Crystal at the NAITSA offices (E-133) for a nomination form.
2. Show up at the General Council meeting on Tuesday, September 11.

So get involved and help represent the students of NAIT.

"Winners"-from Page 6

equipment centre where students can sign out equipment for classes and make court bookings. Five-thousand lockers, locks and towels are made available to students. NAIT also has a gym, a quarter-mile track, and a soccer and football field.

In the fitness centre, staff and students can have their fitness levels assessed and counselors will tell them how they can improve.

Students join teams in their own technologies at the intramural level. There is no limit to the number of teams a technology can have in each sport. "We have ball hockey going on right now in our arena," says Strifler, "and there are 55 teams competing."

And then there are the OOKS. All NAIT's intercollegiate teams are named after the school's mascot, the Ookpik, described in the student

handbook as "a fuzzy little creature of the North, noted for his perseverance in trying to achieve excellence."

Of the 13 sports in the Alberta Colleges Athletic Conference, NAIT excels in several. The men's hockey and basketball teams are particularly strong, but Strifler would like to see more women trying out for the teams. "In hockey you can get anywhere from 50 to 150 to try out on the first day of practice," he says. "In men's basketball we might get 45. But with women's basketball, we're scraping at 15."

The Jimmie Condon Athletic Scholarships have definitely increased interest in playing on NAIT's intercollegiate teams. Members of the ACAC teams in women's basketball and volleyball, men's basketball, volleyball, soccer and hockey, and co-ed badminton are eligible. They must be Alberta residents, enrolled as full-time students, and

maintain a satisfactory academic average to be eligible for the \$1,000 scholarships.

If Strifler has one wish, it's to see more cheering fans for his teams at their intercollegiate games. "When we play the U of A in hockey in the Face-off Game at the Coliseum we've had as many as 13,000 people. We'll sell 4,000 of those tickets here on campus. But when we play in our own arena, we'll have only 500 people," he says.

If those 55 ball hockey teams got the students organized, there's no telling what could happen. Maybe there should be another athletic competition at NAIT. Which intramural teams can turn out the largest crowds when NAIT competes against other colleges?

One thing's for sure. No matter what size their cheering sections, the success of NAIT's teams is nothing to sneeze at!

The Nugget

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Orientation Week 1990

Tuesday - Sept. 4
Comedians
Wednesday - Sept 5
Carnival in the Main Courtyard
Thursday - Sept 6
Free chili dinner for first-year students with live entertainment in the Main Cafeteria.
Friday - Sept 7 at 4:30
Rock 'n Talk in the North Cafeteria

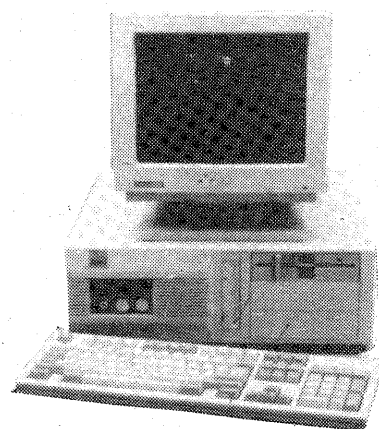
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- 1.2 Meg Floppy
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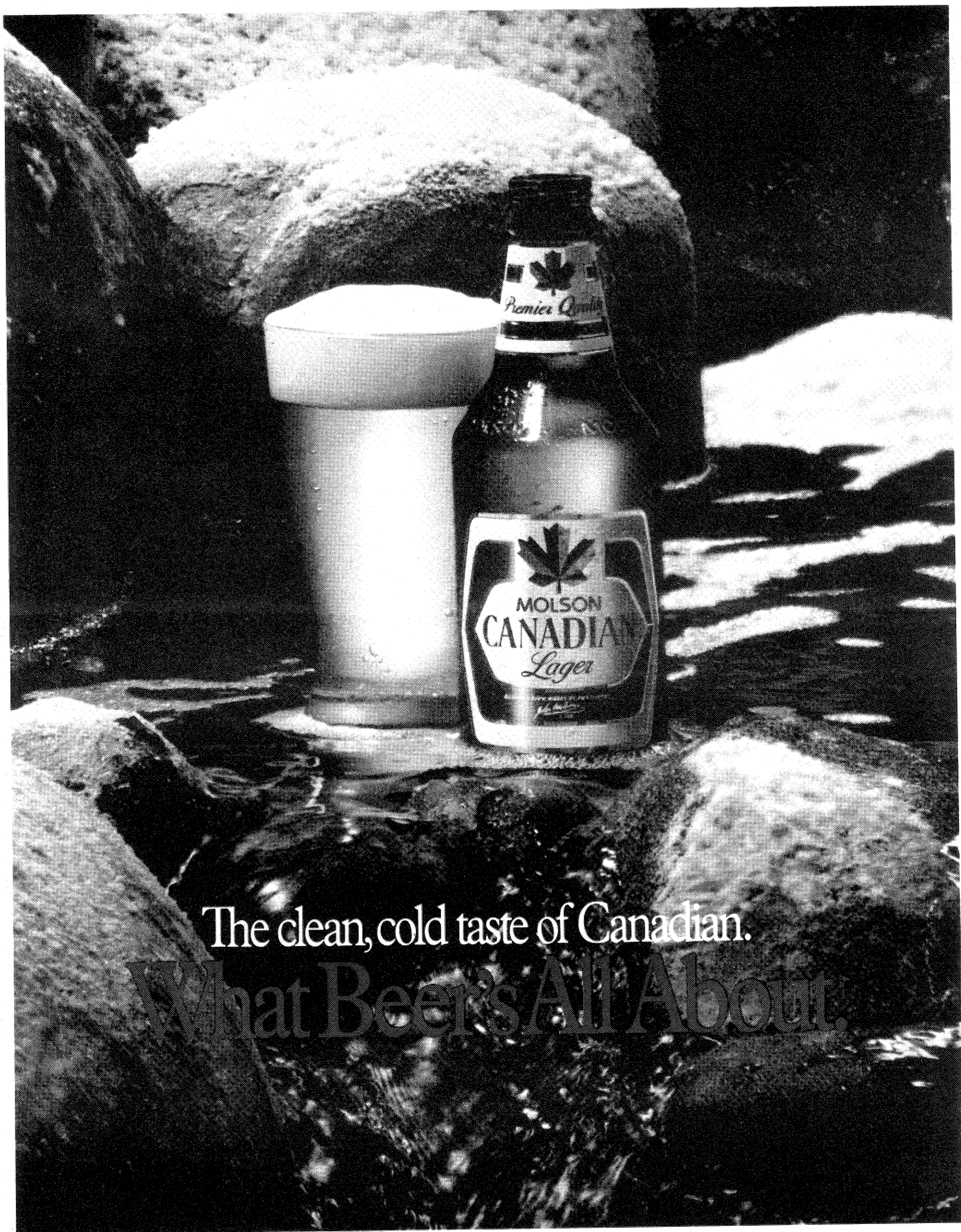
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- 12" Amber Monitor
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Other Specials -Please Call

- 2400 Baud Modem **\$99.00**
(with system purchase)

Compu - Ware Corp
10125 - 82 Ave.
432-0083

A black and white photograph of a Molson Canadian Lager bottle and a glass of beer on a rocky shore. The bottle is positioned in the center, with its label clearly visible, showing a maple leaf logo and the text "MOLSON CANADIAN Lager". To the left of the bottle is a tall, cylindrical glass filled with beer, topped with a thick head of foam. The background shows a rocky shoreline with waves crashing against the rocks, creating a dynamic and textured scene. The lighting is dramatic, highlighting the bottle and glass against the darker background of the water and rocks.

The clean, cold taste of Canadian.

What Beer's All About.