

SANTA'S LITTLE HELPERS

By Taras Kaznisty

As the blanket of fluffy snowflakes creates a soft cushion on the ground and the temperatures dip to the uncomfortable negatives, the air fills with a certain feeling which can be expressed in one word: Christmas.

To students, it is the dreaded time of finals and with time running out this semester, cramming speeds up.

Although most of our exam results are posted on the board, only the students know how they did. The exams are in the teacher's desk and marks are hidden under the student's ID number.

One technology in school is different. Their marks are still hidden somewhere but their work is literally posted in the windows of the most visited places in school. This technology is Commercial Signwriting.

The Commercial Signwriting one year program consisting of one 13 and one 17 week semester is the only program of its kind in Western Canada. The student who is accepted in the program must have basic knowledge in drawing, spray painting and designing commercial signs. (The reincarnated Rembrants, Picassos and any one from the Group of Seven are given first priority.)

Although the economy is in rather slow recovery, the employment for graduates of this program is fairly recession proof. No business can survive without having its name written on their doors and the success of sales often depends on the advertisements on the billboards that are prepared by people like graduates of this program.

While in school, students are subjected to intensive practical training. Some of the training consists of letter construction and drawing in



Gothic and condensed alphabets, brush stroke practice, preparing wood panels, free hand sketching, and completing layouts.

Anyone who had a chance to witness them at work must admit, their drawings required not just steady hands, a good eye and lots of patience but also a talent. Proof of this is on every large window in the school. Their drawings give the school a holiday feeling. Perhaps in the time of preparation for exams we do not notice it, but after the last exam I invite everyone to take a walk through the hallways of main campus and admire their way of saying to all of us "Merry Christmas."



Photos by Linda Campbell

TOP: Allison Lassiter and Perry Spilchen say it all.
LOWER LEFT: "I tot I taw a puddy tat," and Tammy Lohner proves it.
LOWER RIGHT: Whylye Coyote at it again thanks to Angel Keeping.

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WISH LIST

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THIS IS THE LAST
Nugget OF THE
YEAR.

SEASONS
GREETINGS

from the Nugget Staff

Should The Abortion Procedure be Covered Under Medicare?

FROM THE RIGHT



By Tim Pasay
Editor

This week, David Harvey, The Nugget News Editor, and I will explore one of the newest social dilemmas facing Canadian Society. Should the abortion procedure be covered under public healthcare? I believe, except in the case of rape, that abortions should be paid for by the parties responsible for the pregnancy, and not the public purse.

My reasoning originates with the constitution.

All Canadian citizens have the right to freedom of conscience and religion.

Women who want an abortion should have unrestricted access to it because they are able to undergo the procedure

with a clear conscience. The morality of society as a whole should not be allowed to impose its opinion on women seeking abortions simply because the procedure does not sit well.

However, there is a difference between respecting the right to an abortion and actively supporting that right.

Covering abortions under Medicare forces anti-abortionists to pay for the procedure because few of them can afford to withdraw from the program. This clearly violates these person's right to freedom of religion and conscience.

If the fetus is left untouched and unmolested by outside forces, (i.e. the doctor), it will develop into a human being.

Whether abortion is murder or birth control will always remain a matter of conscience, not legislation.

Forcing pro-life minded citizens to pay for abortions removes the only real protest action they have; the only real way they can disagree with abortion.

Publicly funded abortions are a violation of Canadian fundamental rights, because it forces support from the conscientious objector.

FROM THE LEFT



By David Harvey
News Editor

Firstly, I must preface my arguments by admitting that I have a rather pragmatic view of abortion. I believe that abortion blurs the distinction between life and lifelessness. If small fetuses, which would develop to humans, are not considered human life, then life becomes a matter of degree and not principle. Once life becomes a judgment call, the potential for abuse is tremendous.

However, I can see that the world is not a perfect place and practicality must sometimes have priority over idealism. The fact is that societal and economic pressures have made abortion necessary. Whether abortion is legal or not, it will always occur. Therefore, it makes sense not to promote abortion, but simply to make it as safe as possible.

It will no doubt be stated that those that oppose abortion should not be forced to financially support abortion through Medicare. I argue however, that not funding abortion takes away the very significance of legal abortion. Furthermore, it entrenches a blatant hierarchy of women that is based strictly on financial resources.

Legalizing abortion, in my mind, was to among other things, level the playing field for women. When abortion was illegal in Canada, women simply traveled to the United States for safe abortions. Women of limited financial resources who could not afford the trip and the cost of the abortion were relegated to the mercy of a hospital

abortion committee, or an even more horrific option, an unregulated back street abortion.

Now that abortion has been legalized, safe abortions are now much more accessible. However, by forcing women to pay for the abortion procedure, the same hierarchy, although to a limited extent, continues. Women who cannot afford the procedure, much less the time off work during pregnancy, will be reduced to the same back street that they were forced to when abortion was illegal.

Some argue that abortion should not be paid for by Medicare because it is 'elective' surgery. I find this argument absolutely ridiculous. Abortion is nothing like elective cosmetic surgery which is not covered. No one has an abortion to make themselves look or feel any better. Women only have abortions because they have exhausted all other options. They simply need one. Some say that abortion should not be covered because pregnancy isn't life threatening or a health risk. Well, neither is removing warts or countless other procedures that are covered under Medicare.

It's time we were finally honest with ourselves and realize that abortions, safe or otherwise, will always occur even in the face of legal or monetary barriers. Furthermore, by not funding abortion, we are saying to the poor that they may not be able to afford an abortion, yet we expect them to support a child. This is simply not realistic. Without abortion funding women who are poor will have unsafe abortions while the rest of the population receives competent medical care. It may ease our minds to think that public money isn't promoting abortion, but all it really does is expose poor people to unconscionable risks that other people can easily avoid and wasn't Medicare set up to avoid this very scenario?

LETTERS TO THE EDITOR

Dear Editor:

While reading last week's editorial by David Harvey, it became apparent that he lacks the full understanding of the United Nations. However, Mr. Harvey is not the only one; there are several people in his position.

The United Nations exists for the benefit of the world so countries with external problems can seek counsel in hopes of getting their problem resolved. This is evident in last year's Gulf War.

Not only does it provide peacekeeping forces, but

also, supplies and medicine for countries that seek help on an international level. But in order for that country to receive such things it must ask the world to intervene first.

Because of this, the U.N. will not intervene in Yugoslavia, since theirs is an internal problem.

Though I do not understand the full history of Croatia and Serbia, I can say this; their war is a racial one which has lasted centuries.

The only way to stop such racism is through open minds, hearts and most of all understanding, because if we

cannot understand how we got to where we are today we cannot help ourselves for a better future.

Signed,
Richard Beaumont

Dear Editor:

As a student who enjoys reading *The Nugget*, I am very disappointed in the grapevine.

Some of the comments and suggestions that are being printed are crude. I know that some students enjoy the statements but most of us don't.

Maybe the students who enjoy this type of literature could spend the extra \$3.00 and buy the real thing.

Signed,
Unamused Student

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The Nugget is the official student newspaper of the Northern Alberta Institute of Technology. The Nugget is published every Thursday from August to April. 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 or NAITS. Contributions from students are welcome. Submission deadline is Monday at 4:30 p.m. SUBMISSIONS should be brief, direct, and MUST CONTAIN YOUR NAME AND STUDENT ID NUMBER, if it does not, sorry but we cannot print it. The Nugget reserves the right to edit letters and viewpoints for brevity. The Nugget is located at E-128 Main Campus.

Cooking Students Prevail

By David Harvey
News Editor

Four NAIT Cooking Students were the recipients of the prestigious "People's Choice Award" at the Festival of Trees held at the University Hospital last month.

Traci Robbins, Tracy Hilgartner, Joan Yeats and Sheldon Martel's gingerbread house was voted the best out of the twenty-four houses entered in the contest to raise money for the hospital.

Their gingerbread house beat out offerings from bakers at the Westin, the

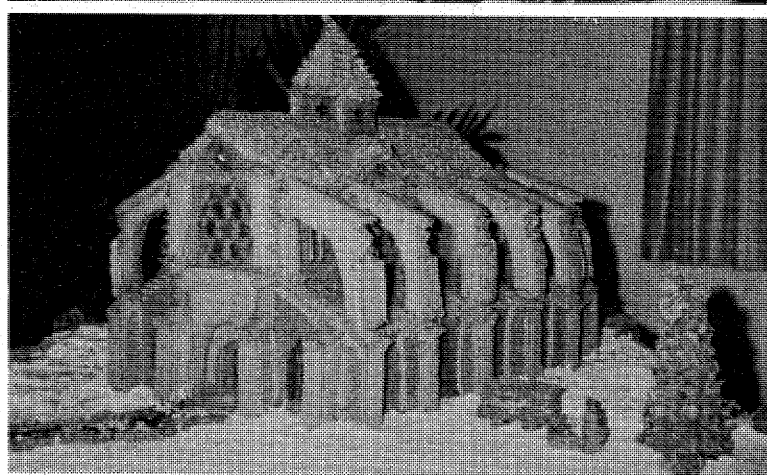
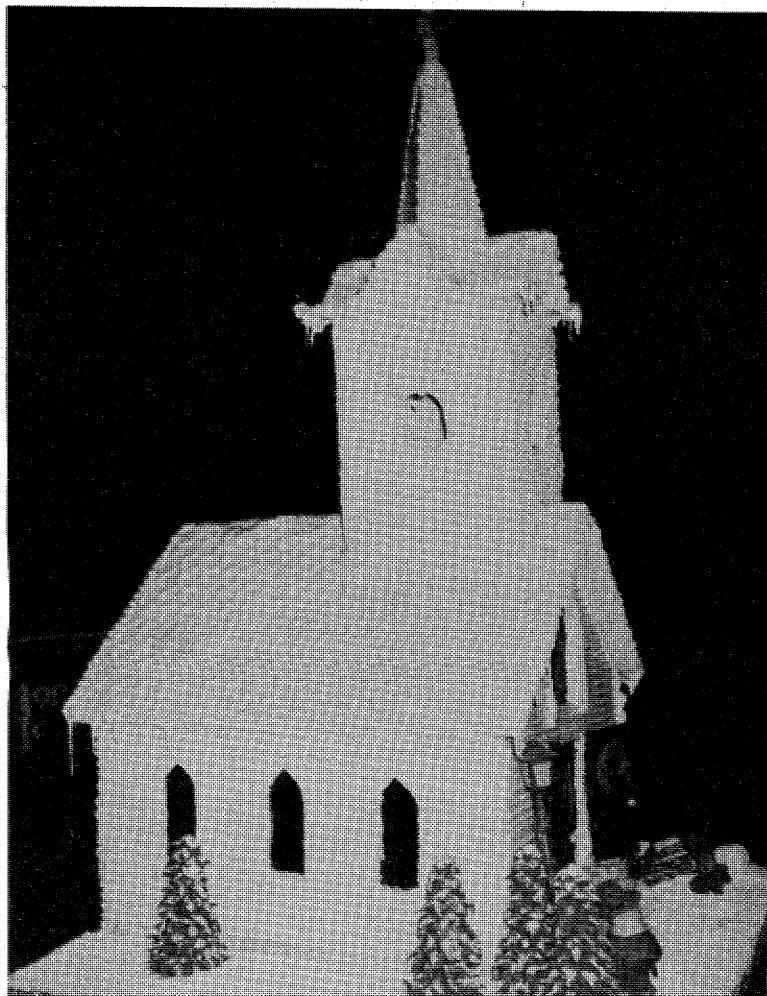
Four Seasons and the Chateau Lacombe.

For their efforts, Robbins, Hilgartner, Yeats and Martel raised \$700 for the hospital in the auction held after the festival.

Yeats said that they were happy to beat out industry professionals, yet the fact that they won "by people's choice" was the icing on the cake.

Their instructor Ian Campbell concurred, saying that the students were the best, "no two ways about it."

Other participants included Wanda Schmidt, Sara Brakhouse, and Jason Jaysonrieser.



TOP: Simply the best, by Traci Robbins, Tracy Hilgartner, Joan Yates, and Sheldon Martel.

BOTTOM: Wanda Schmidt, Sara Brakhouse, and Jason Jaysonrieser's rendition of Notre Dame Cathedral.

The REGISTRAR'S OFFICE

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the following
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Hypothermia Kills

By Ann Melnychuk, R.N.,
O.H.N.C.

In our chilly northern climate it is important to be aware of causes and signs of hypothermia, because it can come on silently and gradually. Hypothermia is a lowering of the core or internal temperature (not skin surface temperature) causing the vital organs to slow down and eventually cease functioning. When a person's normal core temperature of 37 C falls to approximately 35 C, a mild hypothermia has begun which can progress to a moderate or severe case. This can lead to death if aid is not given promptly.

Main causes of hypothermia are:

- Exposure to cold temperatures, accompanied with wind and rain.
- Immersion in cold water.
- Taking drugs that depress the activity of heart, brain and lungs while being exposed to cold temperatures.
- Alcohol consumption as it depresses the central nervous system thereby inhibiting the action of our built-in thermostat which regulates and maintains core temperature.

Alcohol gives a false feeling of warmth because it dilates superficial blood vessels, resulting in loss of vital body heat besides loss of judgment and alertness.

Early signs of hypothermia are: skin pallor, shivering, muscle weakness, poor coordination, slurred speech and shallow breathing.

Immediate and prompt aid to prevent hypothermia are:

1. Prevent further loss of body heat. Have the person lie down and rest.
2. Remove wet clothing and replace with dry warm clothing and covers.
3. Apply warmth to body especially neck, armpits and groin.
4. Give warm liquids with some sugar (but never alcohol).
5. Assist with breathing or give artificial respiration if the person stops breathing.
6. Get medical aid.

So take care, bundle up and have a happy, safe and warm winter and New Year at home, at work and at PLAY!

Student Profile: Rose Martin

By James McFadyen
Nugget Staff

Recently, I spoke with Rose Martin, a first year Biological Sciences student here at NAIT. You may have seen her in pictures in the sports section of The Nugget due to her involvement on NAIT's cross-country running team.



Rose Martin

She has lived most of her life in Edmonton, with the exception of a short visit to Europe. After graduating from high school, she spent a little over a year in Spain where she experienced a culture a bit different from our own. After her return, she decided to continue her education in the Bio-Sci program offered here.

Martin enjoys the competition and friendships that cross-country running

provide her with, but says her involvement in athletics limits her time available for other activities, including academics. She says, however, that her involvement on the team is an effective method of stress relief. Without it, she would be really "stressed-out." The competition and training allow her to forget school for a while.

To cope with her course load and athletic involvement requires that she budget her time carefully as does any extra-curricular activity. She is busy; whereas otherwise she would be wasting time watching television. Martin reports that she is passing all of her courses so far, and I imagine she hopes to continue academic success.

Although the season for cross-country running is over, Martin plans to continue her athletic involvement with cross-country skiing. There are plenty of opportunities to get involved here at NAIT. Rose Martin has chosen athletics, but there are many other activities, such as volunteering or serving on General Council. You will meet new people, develop new friendships, and best of all, get your mind off of SCHOOL!

Photo by John Reeves

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Sports Editor: Kathy Spenrath

Fish OOKS Finish First

By Kathy Spenrath
Sports Editor

The NAIT Ooks took first place overall during the ACAC Fall Swim Championship, which was held at the NAIT Pool on November 30th.

NAIT's Barry Saretsky put on a fine performance, winning the 100m Individual Medley, 50m Butterfly, 100m Butterfly, and 200m Butterfly.

Trent Plester also had a successful weekend for the Ooks as he came in first place in the 50 m, 100 m, and

200 m freestyle events.

The Ooks clearly dominated the standings, accumulating 321 points (men's and women's points combined), while Red Deer College came in a distant second with 215 points and Keyano College trailed with only 147 points in total.

This Fall Meet was the first of two ACAC championship tournaments; the second meet will be held in mid-March. In the meantime, the next action for the Ooks Swim Squad will be an exhibition meet which will be held January 25th at the NAIT Pool.

AT POOLSIDE

The point totals for the men's and women's teams in the Fall Championship Meet were as follows:

The NAIT Men's team accumulated 195 points, Red Deer had 99 points and Keyano College men's team accumulated only 8 points.

On the women's side, Keyano College ended up with 139 points, Red Deer had 96 points while the NAIT women's team earned 82 points.



The Ooks Swim Team pose near the pool.

Viking Cup '92

International Competition at its best

By Brian Stein
Staff Writer

Some of the best ideas come to mind on the spur of the moment.

In 1979-1980, the Camrose Lutheran College Vikings hockey team of the Alberta Colleges Athletic Conference (now the Augustana University College Vikings) played in Sweden, Finland, and the Soviet Union. During the overseas sojourn, the Vikings invited two of the teams they met, Sweden's AIK Stockholm and Finland's TPS Turku to come to Camrose, Alberta, and the Viking Cup was born.

In January of 1981, TPS Turku won the inaugural Viking Cup in the city 60 miles southeast of Edmonton. The initial success of the tourney exceeded the expectations of organizers and the second Viking Cup was scheduled for January of 1982. Since Viking Cup '82, the event has become a biannual affair with the Vikings hosting the event in even years and traveling to Europe in odd years.

The talent coming to Camrose every second year has not gone unnoticed by scouts of college hockey, junior hockey, and the NHL. "It has been one of the better tournaments to see over the years for young players," noted New York Rangers scout Lou Jankowski. In fact, the Rangers scouting staff watched James Patrick play with the Prince Albert Raiders in Viking Cup '81 before drafting him in the first round (ninth overall) in 1981. Current NHLers -- including Peter Klima, Robert Holik, Dominic Hasek, and, David Volek -- have played in the Viking Cup. In total, more than 40 players who have participated in the affair have been drafted by NHL clubs.

Organizers of the event are quick to point out that hockey is just one facet of the Viking Cup. "It's much more than just a hockey tournament. It's a whole cultural exchange

Sports Roundup

By Kathy Spenrath
Sports Editor

The championship game for Men's Intramural Volleyball will take place on December 9th. It'll take place in the Main Gym, beginning at 7:50 p.m. Marketing and Independent "B" Team will compete in the final.

In other intramural news, the Inner Tube Water Polo Finals will start up at 5:15 p.m. on December 5th. So make sure you come out and support intramurals.

In Challenge Cup action, Business stole the cup from the point-leading Computer Systems Technology on December 3rd. The two techs took part in co-ed billiards.

If you would like to take part in the Challenge Cup, contact the Business Tech to place an official challenge.

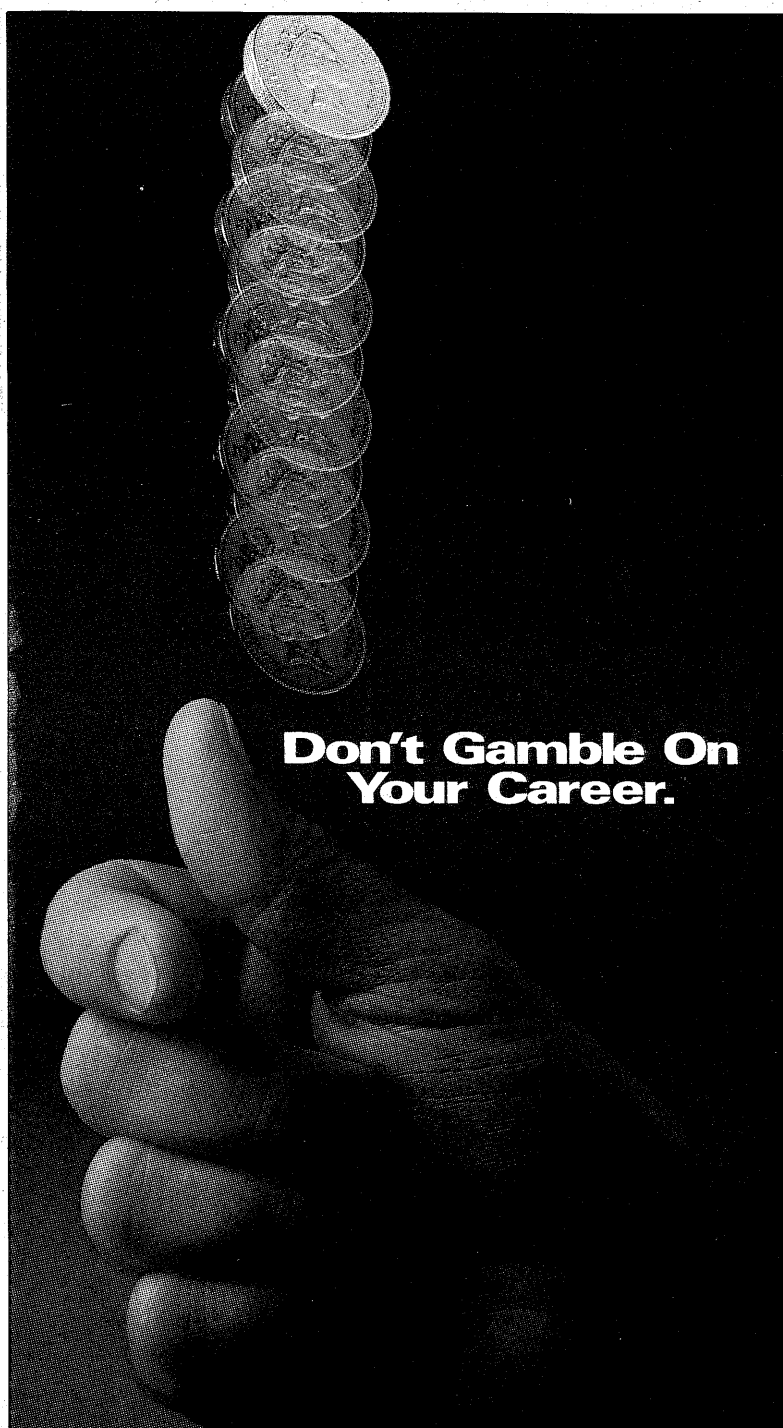
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Continued on page 7

OOKS B-ball Update

By Kevin Patrick
Basketball Publicist

The teams had their first road trip last weekend. The stops were Medicine Hat on Friday and Lethbridge on Saturday. The women's team was plagued by injuries during the weekend. Erica Price, Toni Ostrem, Coreen Chizewski, and Robbie Ross were all out of action. The result was a 39-34 loss to Medicine Hat on Friday night and 67-35 loss to Lethbridge on Saturday. The women's record drops to 1-4. Strong performances were put in by Lisa Schmidt Friday with 14 points, and Jodie Deford playing 78 of 80 minutes of action during the weekend. Jodie managed 14 points against Lethbridge. In men's action, the results were a little more positive. In Medicine Hat, the Oaks ran out of time and lost by 6. The final score was Medicine Hat 82 - NAIT 76. The Oaks were down by 28 points with seven minutes to go but the effort proved too little too late. Leading scorer for the game was Rob Hansuk with 14 points. Saturday in

Lethbridge, the men's team upped their record to 4-1 with a 53-50 win. A fine defensive effort by the Oaks and a last second 3 point shot by Rob Hansuk proved to be the difference.

ON THE BENCH

The Oaks go on their last road trip before Xmas to Grande Prairie tomorrow and Saturday. The women's team expects most of their members to be back this weekend. Trevor Dupras is taking a break from the men's team to concentrate on his studies. Kevin Lockhart has officially left the team.

Sports Quiz

With the Bowl season approaching, I'll give you the name of a bowl, you tell me where it's played.

1. Cotton Bowl
2. Sugar Bowl
3. Peach Bowl
4. Orange Bowl
5. Rose Bowl
6. Holiday Bowl
7. Hula Bowl
8. Pro Bowl
9. Gator Bowl
10. Citrus Bowl

Clippers Can't Cut It

By Brian Stein
Staff Writer

In exhibition action at the NAIT Arena this past weekend, the NAIT Oaks proved that the Briercrest Clippers are not ready for the ACAC outscoring the team from Caronport, Saskatchewan 30 to 3.

On Friday, November 29th, the Oaks thumped the Clippers 13-0.

Wayne MacDonald, Grant Chorney, and Greg Geldart each netted a pair of goals for the Oaks, while Kevin Lovig, Dean Beattie, Jason Yuzda, Tim Murphy, Randy Wong and Jason Krueckl completed the massacre.

NAIT's Don Davidge blocked 16 shots in recording the shutout. Briercrest's Chad Foreman stopped 58 of 71 shots.

The Oaks scored two goals in the first, six in the second and five in the third to record their first shutout of the year.

The Oaks continued the embarrassment on Saturday, November 30th scoring a 17-2 win at the NAIT Arena. Mike Park netted four goals for the Oaks while Dale Dach completed the hat trick. Brad Fallis, Kyle Spencer, and Mark Souch, each pocketed a pair for the Oaks while Kevin Lovig, Jason Yuzda, Vince Boe, and Randy Wong rounded out the NAIT scoring.

Outshooting the Clippers 70 to 19, the Oaks led 8-0 after the first and 14-1 following the second. Alec Sheflo went all the way in the NAIT nets while James Clifford and Chad Foreman shared the Briercrest netminding duties.

The Oaks continue shooting practice with a pair of games against the Briercrest Clippers in Caronport, Saskatchewan on Friday, December 6th at 7:30 p.m. and Saturday, December 7th at 1:30 p.m..

SPORTS UPDATE

By Kathy Spenrath
Sports Editor

The NAIT Oaks' Sports Teams have more or less wrapped up their regular season schedules for the remainder of 1991. The only exception is the basketball team as they play two more games this up-coming weekend in Grande Prairie.

The Oaks will be back in action to finish their regular schedule, following the Christmas Break.

A few of the teams will be taking part in some exhibition play in the meantime. The volleyball teams will be competing in the U of A. sponsored North Am Tournament, December 6th and 7th.

The hockey team will be taking part in the Viking Cup in Camrose starting on December 29th, as they'll take on the Farjestad Elite Jrs., from Sweden at the Camrose Recreation Centre at 7:30 p.m.

The Oaks will then play the USSR Jr. Selects on December 31st at 1:00 p.m. The Viking Cup playoffs will take place January 12nd to January 4th.

WRITE FOR

The Nugget

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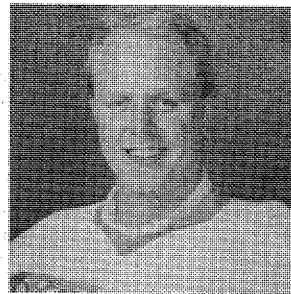
NOTE: ALL MOVIES HAVE BEEN
CANCELLED FOR THE NEW YEAR.



MOLSON

CANADIAN

ATHLETES OF THE WEEK



DON DAVIDGE
HOCKEY

Don posted a 0 50 goals against average this past weekend and recorded a shutout as the Oaks improved their record to 11 wins and no losses in regular season play. In his second season with the Oaks, the Business student has also played with the Sherwood Park Crusaders of the Alberta Junior Hockey League.

SANDRA WILSON - 2ND YEAR - MAR SWIMMING

Sandra demonstrated her swimming prowess at Saturday's competition by placing first in 3 of her 4 individual events, and second in the other. Sandra's 100M Individual Medley swim established a new team record of 1:15.5. Sandra also contributed in two relay victories and once second place finish for the NAIT squad. Congratulations Sandra!



BARRY SARETSKY - 2ND YEAR - CMT SWIMMING

Barry led the men's squad to a solid victory Saturday at the fall ACAC swim meet. In winning his 4 individual events, Barry also managed to set 3 new school records (50 Fr : 25.42, 50 Fly : 27.3, 200 Fly 2:21.0) in the process. In keeping with the leadership demonstrated in the individual events, Barry also played a role in three of four relay wins for the OOKS! Congratulations Barry!

Take Care.

MOLSON

OOKS 11 and 1 in First Half

By Brian Stein
Staff Writer

At the NAIT Arena, the NAIT Ooks (10-1-0) closed out the first half of the regular season with a 5-1 triumph over the winless Grande Prairie Regional College Wolves (0-13-0) on Sunday, December 1st, to stay atop the ACAC standings.

In the first, the Ooks acquired a 1-0 lead on Mark Souch's 12th of the season at 10:30.

In the second, the Ooks increased the advantage to 3-0 on Wayne Manley's second of the year at 3:45 and Mark Souch's 13th of the season at 16:43. Souch's goal was a shorthanded marker.

In the third, Brent Harden scored his third of season for the Ooks at 7:10 while the Ooks had the man advantage. Todd Tews of the Wolves then cut the lead to

4-1 at 10:42. Jason Krueckl then sealed the victory for NAIT with a powerplay marker, his tenth goal of the season, at 17:38.

Don Davidge stopped 16 of 17 shots in the NAIT net while Mike Beck and Steve Glendinning turned away 53 of 58 in the Grande Prairie crease.

The Ooks did not leave the game unscathed as the brutally incompetent refereeing of Mike Rebus caused numerous, needless injuries.

ON THE BENCH

The Ooks will play the 18 year old Czechoslovakian National team in Jasper on Friday, December 27th at 7:30 p.m. before traveling to Camrose to participate in Viking Cup '92 from December 29th through January 4th.

Continued from page 5

project. Not only do hockey games go on here in Camrose during that time, but we billet the visiting players in our homes. There is a great deal of exchange between our people and the people from European countries," stated LeRoy Johnson, Chairman of Viking Cup '92.

The seventh Viking Cup starting on December 29th in the city of 13,000 shows all signs of building on the tradition in the first six. The host Augustana University College Vikings will welcome three overseas teams -- Sweden's Farjestad Elite Jrs., the 18 year old USSR National Team, and the 18 year old Czechoslovakian National Team. The University of New Brunswick Red Devils from Fredericton and the Northern Alberta Institute of Technology (NAIT) Ooks from Edmonton will also be vying for Viking Cup '92.

With a pair of Viking Cup wins in the mid 1980's, the NAIT Ooks are one of the favorites going into the tournament and are anticipating the challenge. "It's a great opportunity for NAIT to be back in the Viking Cup. It's certainly one of the most prestigious tournaments in hockey anywhere and one of the few tournaments in North America that rivals some of the great European tournaments -- Izvestia and the Spengler Cup. For us to be in it is not only a

Challenge Cup

STANDINGS

As of December 3, 1991

TECHNOLOGY	POINTS
CST	37
Dental Assisting	19
Pre-Technology	12
Bio-Science	9
Business	8
MEE Technology	2
Chemistry Technology	2
ACE	2

privilege, it is an honour," commented NAIT coach Perry Pearn, who returned to the Ooks after a year as an assistant with Canada's Olympic Team.

Viking Cup '92 will not be one of the most televised hockey tournaments of the holiday season, but it will be one of the best.

DECEMBER

BUSINESS GRADUATES

Tomorrow, December 6th, is the last day that tickets will be on sale in the Tower lounge, from 11:00 a.m. to 1:00 p.m. Don't miss out on the last chance to get together with your classmates! Get your tickets today!

Banquet Date:

**Saturday,
December
21
1991**

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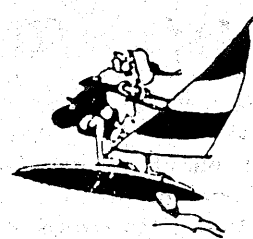
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All We Want for Christmas



By Kathy Spenrath
Sports Editorial



'Tis the season to be jolly, and now that we're in the festive time of year everyone's starting to talk about what they would like for Christmas.

For myself, I wish there'd be a couple of good hockey fights down at the arena every once in awhile. Or, my dream would be that the NBA would lower the height requirements so maybe I could get a bit of court time in. Or, I wish that I could *finally* spend my Christmas vacation away from a hockey arena.

But, for other members of the NAIT athletic staff, here are some of the things I thought they would like under their trees this Christmas.

For the men's soccer team: any type of weather other than the blizzard conditions that they've played in over the last couple of seasons.

For the canoeing team: an outboard motor.

For the curling team: More recognition and more participation. For their head coach, Jules Owchar, to come home with a gold medal from the '92 Winter Olympics in Albertville, France.

For the cross country running team: rollerskates

For the badminton team: Wang Wen. (Wen, a student at NAIT, is one of the top badminton players in North America and will hopefully join the team after Christmas).

For the swim team: more than three teams in their division next season

For Dave Hoy, Physical and Leisure Education (PLE) Program Head and Men's Basketball Coach: to have the PLE classes jam-packed with over-zealous students, yearning to get in shape. And to get at least seven more wins on the road this season.

For soccer coach, Bob Buchan: an ACAC women's soccer league.

For Dianna Paton, women's volleyball coach and men's assistant coach: To have a dozen healthy, 6'5" non-injured bodies for both teams- and to have the women's team make playoffs this season.

For the golf team: a snowblower

For Shane Warawa, Athletics Vice President for NAITSA: an unlimited budget so coaches will *finally* get all the funding they've been asking for. And for the Oaks' Mascot to be the Athlete of the Week sometime during the new year.

For hockey coach, Perry Pearn: a chance for his team to compete in another National Championship.

Greetings From Japan

The following article was submitted by Rick Carriere, last year's head coach for the NAIT Oaks Hockey Club. Rick is currently coaching in Japan and these are some of his thoughts about his new coaching position with the Seibu Bears in Tokyo.

Although it has been very fast-paced up until this point, I have enjoyed my time here in Japan. I've been here since September 3rd and I have to thank both Perry Pearn and Dave King for this opportunity.

There is a strong Soviet and Czech influence in the style of play here. This is due to the fact that, for the past five or six years, there are coaches on the staffs of four teams in our league that are either Soviet or Czech imports.

At this point, we've played 20 games and have a record of 10 wins, 9 losses and 1 tie, which is good enough for third place.

The talent is scarce, but the players work hard for me and have grasped a few of the defensive concepts I've presented.

The league is used to the end-to-end give-away, turn-away style, so defensive hockey is a bit of a new frontier. When we play well defensively, we win. But when we get into shoot-outs, we have little success.

It's difficult to communicate with the players but at practice I use a diagram board, along with many demonstrations, and in my limited Japanese vocabulary, I'm able to get my message across. Our trainer, who's not bad with English, comes in at times to help me with any long explanations. Each day is a challenge, but at times, very rewarding.

I hope that everyone back at NAIT is enjoying the cooler weather now (it was 16 degrees Celsius here in Tokyo today) and maintaining the same standard of excellence that has made NAIT so successful both academically and athletically.

I look forward to getting back to those long coffee breaks in the "Nest" with all the regulars. But until then, take care and best wishes for a Merry Christmas and a Happy New Year.



THERE ARE SOME THINGS
YOU CAN'T SAY IN THE NUGGET,
BUT HERE'S A

BIG HINT

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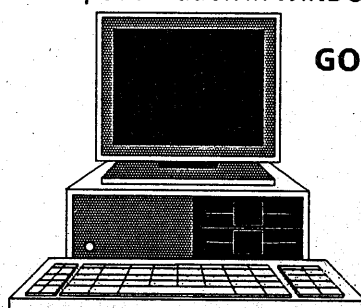
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Entertainment Editor: Troy Brehaut

A Twisted Christmas Tale

By Miller Malone

Every time I go to a department store I get some hammerhead coming up to me and asking if I work there. I don't know why this happens, I guess I'm one of these generic white guys who looks like a sales clerk.

It bothers me when people ask me if I work in the store, not because I hate sales but because I have to say "No, I don't" and they never look like they believe me.

Last year I was doing my Christmas shopping, at the last moment, in a twisted - frantic manner and this lady who looks like she just sucked on a lemon comes over and asks me in a whiny demanding voice if I work there. I don't work there of course, but the thought of sending this kill joy out to torture some hapless sales person is too much to bear during the Christmas season.

I tell her that I do work there and she proceeds to whine and moan about this sweater she bought and doesn't want anymore because it looks ugly in the "natural light."

I was going to tell her that maybe the natural light isn't the best place for her, but since I'm playing a role I get smooth and tell her that store policy is no refunds without a receipt but that she can exchange it for something of equal value.

She's pretty miserable about the whole affair and gives me a piece of her mind (like she's got plenty to spare) and asks me how the exchange works.

I'm pretty mad at her by now so I decide to "teach" her a good lesson about being pleasant to people in stores.

I tell her to give me the sweater and to go pick something of equal value and take it. She asks me if she'll need a slip and I say "no, just take something of equal value and if anyone says anything to you tell them that Harry Butz from sales says it's all right."

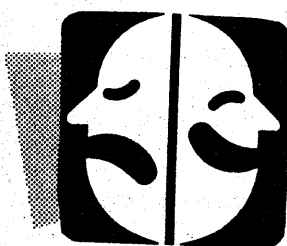
After she leaves I throw the sweater under a display case and I go looking for someone who works there.

When I finally find somebody I tell them that I just saw a lady shoplift something and I point her out to a store detective and tell them that I feel bad about snitching but she doesn't look like she needs to steal. They thank me and as I watch from a secluded place I see them confront her as she makes for the out door.

I went in the other direction as soon as she was nabbed but to this day I can still hear her screaming "Harry Butz from sales says its ok" over and over.

That's what Christmas is all about to me, revenge and chaos with a little random torturing thrown in for posterity.

What Christmas Means To Me



By Miller Malone
Opinion

It's a little early to start getting all mushy about the Christmas season but since this is our last edition till the New Year I think I'll do one of those Andy Rooney things and reflect on the meaning of Christmas to me.

My family isn't religious in the traditional sense of the word. We all believe in God and my dad speaks in tongues when he's been drinking hard alcohol, so we are more interested in staying at home and being a family than going to midnight mass on Christmas Eve.

We have a family ritual we follow each year on Christmas Eve; we gorge ourselves on smoked oysters, beef jerky and Christmas oranges and having stuffed ourselves we park our butts in front of the tube.

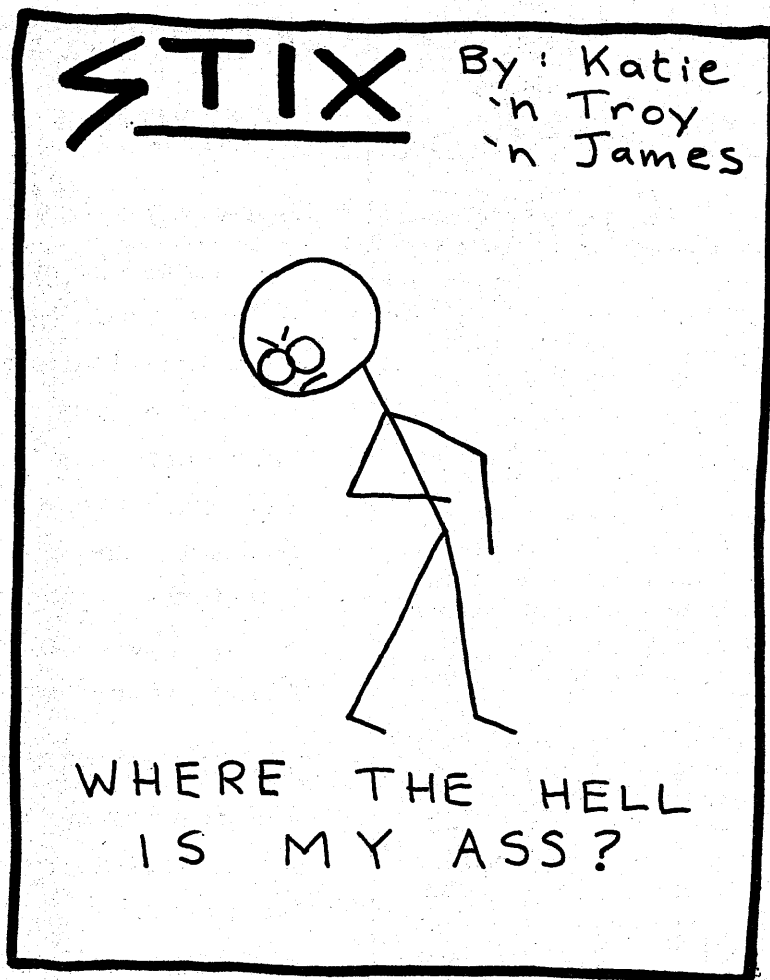
After an eternity of remote control channel changing we find Scrooge (the good one with Allistair Simms) on a station and proceed to watch the metamorphosis of Scrooge the dork into Scrooge the generous.

Every year it's the same thing but every year we watch it. I guess we keep watching it because it's timeless and even though we all change as we grow older it remains the same, some kind of constant in an ever-changing world.

After Scrooge is over, we each open one present and I whine if it's not something interesting. I mean who wants to admire a pair of socks all night when your little brothers have a Nintendo?

Dad has a Christmas bottle of brandy at about 11 o'clock and by 12:15 he's passed out and we shave his head. Some years we put Dad in the car and take him to another town and prop him against a building; other years we put a knife in his hand, cover ourselves with ketchup and lay on the floor in weird postures and when he wakes up he thinks he's killed us all in a drunken rage.

So that's what Christmas is to me - good food - family and twisted humor!



Tickets for Oilers home games are on sale now at the Student Store (E123)!



Upcoming games:

Dec. 1 VS Vancouver
Dec. 3 VS Pittsburgh
Dec. 8 VS San Jose
Dec. 14 VS Winnipeg

All funds from the sale of tickets will go directly to the Building Fund for the new Health Sciences Complex

LIVE AUCTION

Equipment, fixtures and supplies from the Hairstyling Program will be available through a public auction coordinated by Alberta Government Surplus Sales on:

Sunday, December 8, 1991
Room E228

10:00 a.m. - 12:00 noon — pre-registration
12:00 noon - 6:00 p.m. — auction

Items may be previewed in E228 on Friday, December 6 from 1:00 p.m. to 4:00 p.m.

ATTENTION SKIERS

For those of you who have paid your deposits for the BAS KICKS ASS NEW YEARS SKI SPECTACULAR, this is a reminder that your final payment is now overdue. Please get your final payment in TODAY

And for those of you who want to get in on this trip, we've had 5 cancellations. We have 4 buses going, and there is 5 spots open!! . Come see us in T114a or call us at 471-7873 for more details.



The Nest Presents:

The Last Chance for
LAUGHS

Friday at 8:00 pm
December 6

Three Piece Suit

By Jack Doff
Contributor

Three Piece Suit has come full circle to The Nest on their world wide tour-de-force. The band, which was enjoyed by NAIT students only three weeks ago, came back Edmonton, after being promised naked dancing girls and free jelly-tots. NOT!!!

Three Piece Suit is a combination cover band and stand-up comedy show. The music portion of the show touched on such bands as The Eagles and The Who. The comedy portion enlightened the crowd about such things as sheep, rubber boots, and the politically correct nature of some campuses that would see them run off after the first joke.

Unfortunately, this article will appear after the Suit's remaining NAIT appearances this week, however, those who went to see them will probably remain scarred for life.

Thank-you from the SUDS Squad

A very special thank-you to all NAIT students and staff for participating in our "Alcohol Awareness Week." We hope that you all had some fun and met the objective of SUDS - Students (Staff) Understanding Drinking Sensibly!

Also a special thanks to all our donors and outside participants. A thank-you to Jocelyn Brown for the AADAC display and a very special thank-you and honorable mention to Constable Meads for his display and participation throughout the week.

Good luck in your exams and remember: "If you're drinking, who's studying?"

KNOW WHEN TO PUT A LID ON IT.



POETRY CORNER

Non-Rhyming Poems
By Miller Malone

Love and Hobbies

Sometimes I dream of love,
Not unlike a drought waiting for rain.
Other times I turn on all the lights
In my living room at night.
I stand in front of the window naked
And wave at passers by.
Sometimes they run in fright.
Sometimes they stare and laugh.
At least I have a hobby.
Nonny, Nonny Nay

Christmas Poem

I hate Christmas.
It hates me back.
It started when I was young.
A fat guy in a sleigh ran my family down.
He wasn't fat and jolly Saint Nick.
He was a fat drunk guy with a sleigh.
Now, Christmas is a living hell for me.
Just kidding, Merry Christmas.
Ho Nonny,
Ho Nonny,
Ho Nay

STIX By: Katie
in Troy
in James



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South Cafeteria and North Cafetorium
Wednesday
December 11, 1991

MENU

STARTER

Fresh Fruit Cocktail

MAIN COURSE

(All on one plate)

Roast Young Alberta Turkey (½ order)

Sage Dressing

Cranberry Sauce

Gravy

Baked Sugarplum Ham (½ order)

Fresh Brussel Sprouts

Baby Carrots

Whipped Potatoes

DESSERT

Choice of Plum Pudding or Mincemeat Pie

BEVERAGE

Choice of small beverage

All for the fixed price of \$4.00 to NAIT students and staff only. Visitors \$6.00

Please do not ask to exchange food items or substitute for other dishes. The price is conditional on taking the complete menu with no changes.

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Friday 4:00 - 6:00

Best of Luck on your Finals!

Merry Christmas & A Happy New Year!

Great View - Great Time At Runway 29.

HELP THE SALVATION ARMY

Please donate non-perishable food items (eg. canned vegetables or fruit, canned meat, peanut butter, macaroni). These items are collected for the Salvation Army's Christmas & Winter Relief Program.

The Food Barrel is located in front of the Counselling Office, Main Lobby.

GRAPEVINE

To Not A Doll:

The doll has lost all its air, so now I'm looking for a new affair.

Expose yourself, now don't be shy, I think you'll find I'm a real nice guy.

But do it quickly, don't be long, 'cause after Christmas I'll be gone.

D.D. of AET

To Chad in Instrumentation:

I see you all the time in the cafeteria. I'd come say hi but you are always surrounded by your friends. I think you are really cute. I like your red hair. I'd like to get together with you sometime. How about the next Rock'n Talk?

An Admirer

Hey Marci!!

You thought we'd forget, how little you remember. Is it the years catching up with you after a 1/4 of a century? Happy birthday you old goat!! In order to celebrate this tragic passing we're sending a case of Sambuca over to your place - ENJOY. (Don't forget to invite Homer over for a good laugh.)

Luv and lots of laughs.

Your MUCH younger friends

To No Tan Lines:

Would you like to go out with a couple of vaguely interesting guys.

Signed,
No Tan Line Either - In Fact
No Tans

The Guy at the End of His Row:

In reply to "your" wanted ad:

We're seriously hot and interested in your ad, but we have a few questions:

1. What do you have in mind by a One Conflict Experience? Please be very specific.

2. Are weekend rendezvous in the sun and snow indoor or outdoor games?

3. Are you preferential to threesomes because we cum as a pair?

Two Personality "Peroxide" Blondes

To the mystery man who dropped a note at my locker:

I can honestly say that you have grabbed my attention. I am replying to your letter, for now I hope you will reveal yourself so I won't "go nuts for the rest of my life!" I will not say what my name is as of yet because I don't know who you are. Better yet, I will tell you when you introduce yourself to me. I would like to say the letter was sweet and flattering. Now that you know which locker to find me at, I hope you will come around and reveal yourself.

From "La Goddess"

On the 4th Floor



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ROCK 'N' TALK

OR NOG 'N' TALK
DECEMBER 6, 1991
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GRAPEVINE

To The Long Blonde Haired Girl With The White Shirt:

I happened to notice you sitting with your friends in the North Cafeteria on Monday. I sat at the table across from you with two friends. I wanted to say hi, but am a bit shy. I think you are very attractive, let's talk sometime.

Signed,
R.

To Nicky (A16):

Have you been to Duo week yet?

Secret Admirer
P.S. Next Week

Brown Eyes:

Each night I dream of your gorgeous body. I fantasize about running my hands over your pulsing flesh. I had thought of giving up when you didn't remember me but the fantasies continue. And I knew I would never be satisfied until we are together as I dreamed we should be.

Breathlessly waiting.

To Crispy Crunch:

Well, your blizzard was the best but I have to try the other flavors that you offer.

Signed, Yo-Yo Man

Sports Answers

1. Dallas, TX
2. New Orleans, LA
3. Atlanta, GA
4. Miami, FL
5. Pasadena, CA
6. San Diego, CA
7. Honolulu, HA
8. Honolulu, HA
9. Jacksonville, FL
10. Orlando, FL

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To Jamie K. in Bio. Sciences:

You're a small town country boy,
That can really be very coy.
I see you almost everyday,
And I've been searching for the right words to say.

As the days go by and the nights grow long
I dream of the day we dance to our song.

I see you at Ezzies every Tuesday night

But staying away from you is becoming quite a fight.

A Bud man is what you seem to present,

But the white baseball cap I've come to resent.

Your features are strong and your eyes so bright,

Put all together that makes quite a sight.

An Emerald green shirt and levi's so tight

Make me squirm in uncontrollable delight.

Your moves are fine and smile divine

I hope you'll respond to my little rhyme.

A Shy 2 Stepper

To Whom it May Concern:

That was really rude of you to cut up our friend the way you did. Next time if you want to put down someone, use your own names.

By the way, our friend is in "superb" operating condition; and the test results were just as negative as your attitudes!

Signed,
The "Real" Literally and Crispy Crunch

P.S. Red is not his favorite color anymore.

To Literally:

One, two, show me what you got! Let's go for ice cream under your stars.

Signed,
Enigma

To Chad in Instrumentation:

I saw you at the cabaret on Friday. You looked like you were having fun. I also see you in the cafeteria a lot. I would come to say hi but you're always surrounded by your friends. I'd like to get together with you sometime. How about the next Rock'n Talk?

An Admirer

To L.K. in Forest Tech.:

You drive me wild! The way you handle those scissors makes me want to explore your tonsils with my tongue, inside and out. I want to knock you out and drag you back to my cave.

Signed,
F.D.

Dear J (Med. Lab. Tech.):

We know about your "stealing" and this type of activity is not proper "etiquette." You must think your pretty "keen" giving the "skip" to a Canadian Champion. Don't be such a "hog!" It will "lead" you into trouble and "rock" your reputation! You can "hack" all you want, but we know your secret, and it will cost you to keep it behind the "teeline" - a few drinks perhaps!?

Have A Great Day
The Front End!

This is to the beautiful blonde who drives shivers up my spine. Every time you walk by me in the walk way over 118th Street, I need someone to pick me up and carry me across to the other side. Just the sight of you makes me melt on the spot; I'm just a puddle of hormones on the carpet! I see you every day and burn with desire for you.

Signed,
"Junior"

To The Erotic Goddesses L and L:

When it comes to playing with balls (Volleyballs) you two are the best! You are so sexy, especially with your shorts around your ankles! The way you wind up to spike a ball is just unbelievable, you can wind up and spank me anytime!

We have been watching, lusting, fantasizing, and wanting you two to bond with us. The thoughts are there so let's move on, you know where our lockers are and we will be ready, willing, and able to satisfy you in anything you want! So lets get together, pull out the twister game and have some fun. We can rendezvous from 6 to 9.

Eagerly awaiting, hard and strong!

Ken and Ger

P.S. Where were you Thursday, we missed you. Thursday night invitation stays open to you.

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Offer expires Dec. 24/91



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