

Mural Unveiled

By David Harvey
News Editor

NAIT was the first stop for two environmentalists going across the continent displaying a mural of the earth connected to a small fetus.

Mario Houle and the mural's creator, Patrice Boyer, are touring with the mural as a part of their project, "Green Light to Rio '92".

Houle and Boyer will be gathering signatures and comments to present to the conference in Rio in support of a "Charter of Rights for the Planet".

The Unveiling also marked the beginning of Environment Action Week. NAIT President Stan Souch

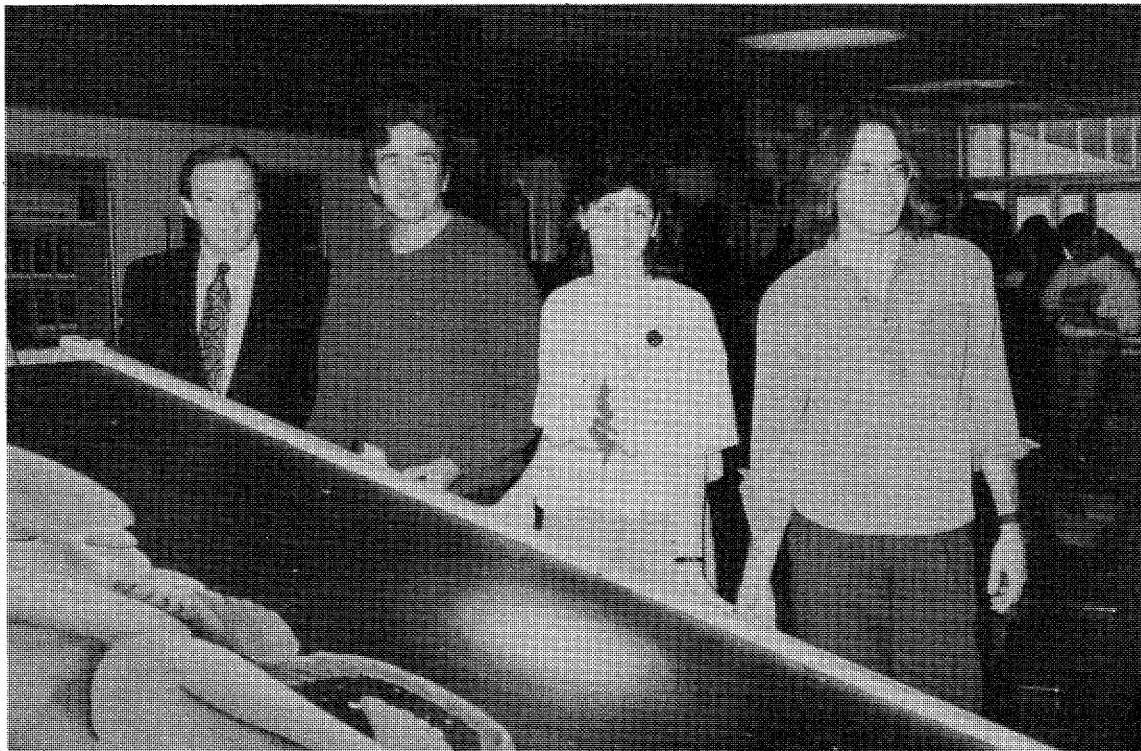
spoke on NAIT's efforts to become more environmentally friendly. Souch said that he hoped to reduce NAIT's paper garbage by one third.

Boyer said that NAIT does a good job environmentally, but there is much more we could do to reduce garbage.

Green Light to Rio '92 is a non-profit organization and relies totally on donations. To contribute to their fund, call Shannon at 492-5244.

On hand were NAIT President Stan Souch, Environmentalist Mario Houle, VP Communications Suzanne Glenn, and Artist Patrice Boyer.

Photo by Bill Christiansen



MOGA And Buddy Day At Westwood

Secretarial and Office Administration students at the Westwood campus held their Westerra "Buddy Day" and Most Outrageous Group Activity on Thursday, October 24, to orient the Westerra students with their sister campus and to kick off their United Way fundraising campaign.

The Westwood students hosted a "buddy day" for their Westerra counterparts to show them what their second-year program is like. Westerra only offers the first year of the Secretarial program and then students may transfer to Westwood for the second year.

The Westerra students arrived at 9 a.m. and were greeted by Ms. Pat Drewry, the Secretarial Program Head; Mrs. Dini Corbett-Laurenco, Assistant Program Head; Tracy Kosinski, Secretarial Society President; and three Public Relations students. For the rest of the morning, the Westerra students attended classes with their assigned buddies from the second-year Westwood students.

At noon, the MOGA event took place in the

gymnasium. It involved all of the first and second year students, including the students from Westerra, dressing up in outrageous costumes and participating in a relay race. The race involved using a potato suspended in a nylon from the participant's waist to knock another potato across the gymnasium without the use of hands or feet. The honorary judges were Dr. Stan Souch, NAIT President; Mrs. Sharon Kashuba, Dean of Business Division; Ms. Pat Drewry, Secretarial and Office Administration Program Head; Ms. Joan Finley, Westwood Campus United Way representative; Ms. Rita Amore, Loaned Representative United Way; Mr. Florin Bergh, NAIT United Way Fundraising Chairman; Chris Horne, NAITSA President; and Darren Stepanik, NAITSA Activities Vice President. The event was held to raise money for the United Way and was covered by local television station CFRN.

When asked for a quote, Ms. Lovie Nimchuk, Secretarial instructor and MOGA Coordinator stated,



And the winner is . . .



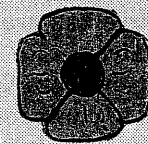
Participants strutting their stuff

Photos by LRC

Student Fee Increase

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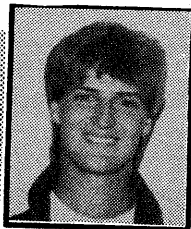
Remember...



The Nugget will not be out until Friday, November 15 because of the Remembrance Day Holiday.

...Lest we forget.

Placenta



By Tim Pasay
Editor

The unveiling of the Patrice Boyer mural in the general lobby was the kickoff of Environment Action Week here at NAIT.

The mural is a very powerful statement concerning life on the planet. All life on Earth is dependant upon the earth, upon the air, water, and land. Just as the fetus is susceptible to any toxins the mother may ingest, our population, and the entire ecosystem, is susceptible to the changing Earth environmental climate.

The mural also raises some interesting parallels between the fetus and the adult person. In this country, the fetus does not possess any right to life. In the environmental movement, the adult person does not possess any right to life.

Industrial waste and pollution are an unfortunate by-product of man's attempt to improve his well-being. There are those who would argue our present lifestyle is not an improvement to our former, but I would like to see these people function without transportation or heated housing.

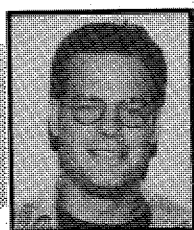
Carbon dioxide is attributed to global warming. The environmentalist insists we use fuel efficient cars or public transportation to lessen this effect. Then, the environmentalist goes back to his natural gas heated home from the heated auditorium feeling a difference has been made. The carbon dioxide produced by a house far outweighs the amount a car produces.

The only solution to our environmental problem is complete ritual suicide. Man cannot be allowed to exist on this planet because every action he performs expends energy and creates pollution. We should leave and let the Earth continue Mother Nature's cycles uninterrupted.

Or should we just realize that the only way to survive is to return to life like the buffalo had?

Until the meteor strikes, anyway.

Democracy Absent



By David Harvey
News Editor

By David Harvey
News Editor

"Our constitution is called democracy because power is in the hands not of the few but of the many."

-Thucydides

In theory, NAITSA is an accountable democratic government. Unfortunately, through no fault of the NAITSA executive, the theory is no where near reality.

Last Wednesday, NAITSA held its annual general meeting. This was every students' opportunity not only to question the executive, but to actually pass motions and make NAITSA policy. It is hard to imagine a more democratic instruction in any government anywhere.

Nevertheless, despite the importance of the meeting, it quickly turned into a farce. Including myself, I counted a grand total of two students that took the time to attend. I asked the only question and the meeting adjourned fifteen minutes later to the great relief of the 50 or so students trying to study in the north lobby.

Clearly, student apathy has made short work of student democracy. Without student interest or pressure, the NAITSA executive has a free hand to do whatever it wants. General Council is hardly an effective check. Every motion the executive has presented to Council this year has passed unanimously.

Does anyone care that the NAITSA President travels each winter to a conference in Florida? Well, considering NAITSA's power is so concentrated by simple default, it's surprising the president doesn't go to Rio for Carnival. An unscrupulous president would realize that NAIT Students would be too lazy or too unenlightened to stop him or her.

NAITSA is not a joke. It has a budget of over \$617,000. It's all our money, and until we start taking the process seriously, we will continue to have very little say in how it's spent.

An Experience?



By Lori Holmes
Assistant Editor

Why is it that it seems like more times than enough I go home with white knuckles from an experience on the bus? Is it just that there are bus drivers out there who are very daring, or are they just awful drivers? That is one question that I am pondering after a very recent experience.

It was on my way to school one morning that really brought this problem to light. The weather was alright, however it had just snowed, so the streets were horrible. Because of this, I felt that the driver would be more careful to distant himself from the curb and stick to the middle of the road. However this wasn't the case. He decided that it was better if he was closer to the curb so that he could avoid hitting anyone on his left side. But he obviously didn't stop to think that maybe, just maybe, with the awful road condition, that the closer he got to the curb, the harder it got to drive.

Anyways, it was very noticeable that he was getting close to the curb and very close to some parked cars in the area. How he didn't hit one of the parked cars is totally beyond me, but I can guarantee you than he came very, VERY close to hitting them.

Last year I had the same experience with the same driver. The road conditions were awful, and he was driving close to the curb. However, he actually left tire tracks on the sidewalk which disturbed me greatly. I phoned Edmonton Transit and complained, however he is still driving the same route. It appears that nothing was done.

As well, are bus drivers not to be courteous to those who are taking the bus? I think indeed that they are, but this bus driver also lacks in this area. If a simple question is asked, he yells and screams and practically calls you stupid to your face. Not a very nice gesture, now is it?

Should you have an awful experience with a bus driver such as I, be sure to call them, pester them, until they are sick of hearing your name. Maybe that will be the only way to make them take notice and do an investigation into the occurrence. I know I'm sure they don't like me much, but I value my life just a little too much to have a bus driver ruin it for me.

LETTERS TO THE EDITOR

Dear Editor:

When I picked up the latest edition of **The Nugget** I expected another "good read". Unfortunately, I was disappointed to find that it was anything but a good read.

In reading the school newspaper I expect to find top quality news that reflects the institution as a whole. I really don't feel its necessary to print everything that comes across the desk of the editor. Surely **The Nugget** isn't that hard up for articles.

I was very infuriated while reading the article/opinion on mental illness. I am sure many of you had a chance to read it. This article blatantly slammed mental illness, weight-watchers and alcohol addiction. It was very offensive to me and I am sure to many others who don't feel that addictions and serious problems should be taken lightly. lightly.

In the future maybe you will take heed when printing articles and opinions like the one outlined and consider the feelings and attitudes of the student population as a whole.

I just hope that you, namely Miller Malone, will be more considerate in the future.

Signed, Lee Auten.

Dear Editor:

Sometimes, for a laugh, I take a walk through the Tower Building and checkout business geeks. Most of these noodle heads are only at NAIT because their parents would cut off their clothing allowance if they didn't get some education. By going to NAIT their parents are satisfied that their little brats are being moulded into cogs of the capitalist machine and the students keep themselves in Brylcreem and Guess jeans.

Continued Page 3

The Nugget

29 years and still going strong.

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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 NAITSA. 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.

SUBMISSIONS WELCOME!

Just don't mention
free beer anywhere in
the submission!

That's all we ask!

It's that simple!

All submissions must
be accompanied by:

YOUR NAME

and

**STUDENT ID
NUMBER,**

however **NAMES
WILL NOT BE
PRINTED** if the
submitters request it.

Council Notes

By David Harvey
News Editor

I watched as a group of environmentally friendly tech-reps gathered to vote on the crucial issues of the day.

I saw how the executive quickly caved into mass pressure and supplied the hoards with the styrofoam cups that they promised to withhold.

I heard how council voted to donate \$5000 to Alberta College and Technical Institute Student Executive

Council. You can read about it on page 4 of **The Nugget**.

I listened as Council allocated \$620 to replace worn out photography equipment.

I felt the growing impatience as the longest meeting of the year drew on. At least not everyone was wasting their attention. Board of Governors member Kevin Stepanick spent his time wisely doing homework. I don't think he was copying.

I looked on as Activities Vice President Darren

Stepanick asked for input on how to get more people to the Rock 'n Talks. He faced some criticism that Rock 'n Talks this year are 'boring'. Stepanick took it in stride. He continues to look for ideas from students. He can't give us what we want if we don't tell him. So if you have an idea go to his office in E133.

I felt sad as I passed the tower of styrofoam on my way out. I could only hope that I could get a refill on my reusable cup.

Letters

Continued From Page 2

I'm not a cynical person, yet I find it hard not to have anything but contempt for these self-centred, one dimensional leeches. They are capable of only seeing themselves through the eyes of their friends. Everyone wears the same clothes and has the same interests; all are part of the unceasing drive for acceptance.

Why don't they get all get a life of their own? They should all be forced to do something that their mommy won't bankroll for them; quit school and hitchhike down to New Orleans or something like that. Only then will we get rid of all these flakes and everyone else here at NAIT will be a lot more happy.

Signed, Carl Marks.

Dear Editor:

Reduce. Reuse. Recycle.

We have all heard, read, and maybe even practiced these words of wisdom. They have been around for many years, but nobody, except for today's youth, recognize their significance.

In the midst of Environment Action Week, it is prime time each student at NAIT SERIOUSLY did something about the environment. But before this can happen a fourth word of the wise must be introduced: RETHINK.

This is a key word that all of us are overlooking. One can try to reduce waste, reuse materials, and recycle products, but thought must be put into action: Should I buy a product that wastes materials and keep recycling it, or should I even buy it all and reduce the waste? Do I reduce waste by reusing or

recycling this product? Do I really need this product?

These are simple questions that should be thought about by everyone. Just sitting here in the Naitrium, two great examples come to mind.

The first one is those little juice boxes or tetrapaks. These, of course, are very convenient, but they are also a BIG waste. I'm not suggesting that people should go around being thirsty, or drink water all day, but if you do use those little boxes, recycle them. Recycling depots around the city have big huge garbage bins to recycle these products - store them in your locker, or in a plastic bag, for a week or two, and when it is full, recycle it!! Simple. Or even better, talk to a NAITSA member for possible recycling bins on campus.

A second, and more serious example, is this paper itself. Every Thursday I see fellow students grabbing a Nugget and sitting down and reading it. But what do they do with it when they are done? They leave it on the table, or throw it in the garbage!! Can you believe it? Much better options include passing it on to a friend or placing it back in the box that you took it from.

These are just two simple examples and there are many, many others around campus. I think it is time that NAIT students took more responsibility for our environment and took some time to reduce, reuse, recycle, and most importantly, rethink.

Signed, Darren Maksymetz.

**The winner of
the 2 tickets to
the Dental
Assisting
Fundraiser**

on
November 16, 1991

is
**MARISA
LABONTE**
of **TELECOM**

The cure for cancer is in your genes.

The uncontrolled growth of certain cells in the human body results in a disease called cancer.

Thanks to the generous donations of thousands of Canadians, research has recently discovered the genes that in all probability trigger this uncontrolled growth.

These newly discovered genes are called oncogenes. And it now appears that no matter what the "cause" of cancer (chemical, viral, genetic, diet, lifestyle or some combination thereof) the oncogenes are the probable trigger mechanism.

Once we discover how to control these genes, the real possibility of a cure for cancer will be with us.

However, we need more research. We need more money. Because the cure for cancer is in your genes.



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Tuesday, November 19, 1991

STUDENT VOLUNTEERS NEEDED!!!

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**Take this excellent
opportunity to meet
with potential employers.**

Please contact Chris Horne at the
NAITSA offices E-133 or 471-7608 for
more information.

FIRST MEETING: NOV. 5, 1991

**Write for
The Nugget**

Student Fees May Increase Next Year

By David Harvey
News Editor

NAITSA fees should go up two dollars per person according to the NAITSA executive and General Council.

Last Tuesday, at the NAITSA executive's initiative, General Council passed a motion in support of an expanded budget for the Alberta College and Technical Institute Student Executive Council (ACTISEC), a provincial

student group which NAIT is one of the principal members.

ACTISEC has proposed to its members an increase in its fees from the present thirteen cents to two-dollars per full time student.

ACTISEC plans to use its increased budget to hire a researcher in order to more effectively lobby the government on educational issues that affect its members. It argues that to be an effective group, it must try to influence the government before

educational bills get to the legislature.

In addition to the researcher, ACTISEC plans to rent office space, establish a permanent resource centre and make the ACTISEC chair a full-time position.

Although a motion to officially increase student fees must be read three times, Council's motion in support of the fee increase gave the NAITSA executive the go ahead to vote for the higher rate at the next ACTISEC meeting.

If the increase is passed both by General Council and

ACTISEC, every full time NAIT student will pay \$97 next year instead of this year's \$95.

Council also voted a "gift-in-kind" of \$5000 to help ACTISEC set up its office. This motion was contingent upon the two dollar hike.

Council's motion is on the heels of similar motions from the University of Lethbridge who gave \$2000 and Mount Royal's donation of \$10000.

This "gift-in-kind" will not come out of the present budget or the building fund, but from NAITSA's savings which runs into the hundreds of thousands.

Attention DECEMBER BUSINESS GRADS

Want to make your graduation special? Want to make it memorable? Then come down to T114A and submit a suggestion theme song for your graduation. (If no one is there write it down with your name and phone number and slide it under the door)

Student Feedback On Instruction

1991-92 IMPLEMENTATION GUIDELINES

The purpose of instructor initiated feedback is to provide informative feedback to instructors, to allow them to improve the quality of their instruction, as well as to provide statistical information to the Institute, and to assist in the longitudinal assessment of the quality of instruction.

The Program Head initiated feedback purpose is to provide student feedback when the Program Head receives a formal student complaint about instruction, in which case the Program Head is obliged to solicit student feedback. Alternatively, if the Program Head perceives a problem with the quality of instruction he/she may solicit student feedback. As well, it is to provide the Program Head and the Instructor with feedback on instruction of probationary staff.

Guidelines

1. Feedback on the quality of instruction shall be solicited by each instructor in one course per semester.
2. Feedback must be collected using the standard feedback form, which contains fourteen core questions. A standard feedback form is available for each of the following classroom situations: lecture, lecture-lab, lab, shop.
3. Up to ten additional questions (to the limit of the form) may be added to the standard feedback form. These questions should be chosen from the "Student Feedback Questionbank".
4. Classroom administration/collection of the questionnaire must be done by either a student, a peer, a supervisor, or some other third party. Completed questionnaires should be forwarded to ISD in a sealed envelope.
5. Program Head initiated feedback forms must be signed by the student. Unsigned feedback forms will not be compiled by ISD.

6. ISD will retain a frequency distribution of responses for each of the core questions and will prepare a report on the percentile distribution of responses to the core questions semi-annually (in January and in July) on a Program, Program Cluster and Institute-wide basis. The frequency distribution of responses will be reported only for instructor initiated feedback, and only for programs with five or more staff.

Procedures

1. The Instructor selects the class from which to solicit feedback and informs the Program Head.
2. The Program Head determines the appropriate questionnaire to be used to solicit feedback and orders this from Main Stores, along with the enveloped required to send completed questionnaires to ISD. Standard questionnaires and envelopes will be provided free of charge.
3. The Instructor, in consultation with the Program Head, may decide to modify the questionnaire by adding up to ten non-core questions from the "Student Feedback Questionbank". Modified questionnaires must be ordered from LRC and paid for by the requesting program.
4. Completed questionnaires should be forwarded to ISD for compilation. ISD will report compiled responses directly to the Instructor in the case of instructor initiated feedback and to both the Instructor and the Program Head in the case of Program Head initiated feedback.
5. ISD will report the frequency distribution of responses to each Program Head for his/her program semi-annually (in January and July). The Program Head will make these summaries available to staff. ISD will provide Program, Program Cluster and Institute-wide summaries to Program Heads, Associate Deans, Deans and to the Vice-Presidents.

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 Conditions: Awarded on the basis of high academic achievement and financial need. Students should be residents of Canada or the United States.

STEVE AND MARY CHERWONICK BURSARY

Value: \$1000
 Number: 1
 Eligibility: Available to first year students enrolled in the Surveying Technology program.
 Conditions: Awarded on the basis of financial need to a dependent student from a rural area and who is residing beyond commuting distance of parents' home.

BILL HUNTER SCHOLARSHIP

Value: \$1000
 Number: 1
 Eligibility: Available to second year students.
 Conditions: Awarded on the basis of academic achievement, demonstrated athletics and leadership skills.

Special

Documentation: Include a letter describing the extent of your involvement in volunteer work and in athletics.

NAIT FOUNDATION SCHOLARSHIP FOR DISABLED STUDENTS

Value: \$500
 Number: 2
 Eligibility: Available to disabled students enrolled in their second year.
 Conditions: Awarded on the basis of academic achievement. Candidates must be carrying a course load of fifty percent (50%) or greater.

Special

Documentation: Include a letter from a medical doctor describing the type and extent of disability.

ALBERTA TREASURY BRANCHES

- Norman Donald Scholarship -

Value: \$500
 Number: 2
 Eligibility: Available to second year students enrolled in Finance.
 Conditions: Awarded on the basis of financial need and academic achievement.

ALBERTA WHEAT POOL

- Ben S. Plumer Bursary -

Value: \$500
 Number: 1
 Eligibility: Available to second year students enrolled in any program.
 Conditions: Awarded on the basis of satisfactory academic achievement and financial need. Preference will be given to Alberta and BC Peace River Block rural students whose parents derive the major portion of their income from farming.

A.U.P.E.

- George S. Audley Educational Fund -

Value: \$450
 Number: 2
 Eligibility: Available to second year students enrolled in any program.
 Conditions: Awarded on the basis of academic achievement and financial need. Preference will be given to dependents of members of the AUPE.

TRANS MOUNTAIN PIPE LINE COMPANY LTD.

Value: \$350
 Number: 1
 Eligibility: Available to second year students enrolled in any program.
 Conditions: Awarded on the basis of academic achievement and financial need. Preference will be given to students who reside in areas along the route of the Trans Mountain Pipe Line, e.g. Edmonton, Stony Plain and West of Edson.

Please note that the application deadline has been extended to **November 7th**. Apply on the NAIT APPLICATION FOR STUDENT AWARDS - available in the Office of Student Awards and Financial Aid - Counselling Centre - Room 117.

The Staff Of The Nugget Would To Thank:

Wally Romanko
 Executive Assistant To
 The President's Office
 and
 John Brown
 Ombudsman for
 The Edmonton Journal

For their time and
 insight at The Nugget
 workshop held last
 Saturday.
 Thank You.

*The
Nugget
Staff*

**CA?
CGA?
CMA?**

Just remember the M word.

MANAGEMENT

It's what separates the leaders from the pack.

If you're wondering which way to head with that new business degree or diploma in hand, why not head straight for the executive floor?

Add the CMA designation to the credentials you've already got, and you'll find yourself on the fast track to decision-making power.

CMA. Certified Management Accountant. The key word is 'Management'.

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The CMA program is a win-winner. It enables you to work full time while you develop your skills in advanced management accounting and management studies. Knowledge you can use immediately. And even while you're still in the program, you're more employable. More valuable. More promotable.

So call us. We'll give you all the information you need to make your first management decision.

CMA
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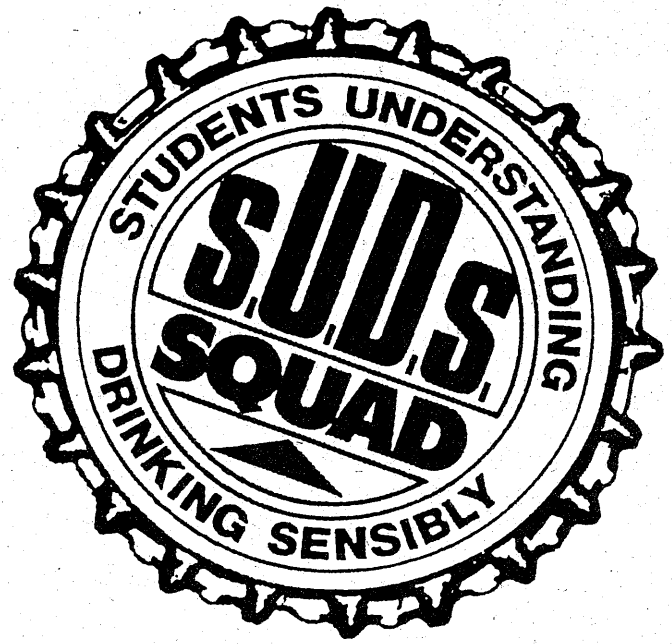
Society of Management Accountants of Alberta
 1-800-332-1106

Write for

The Nugget



AND



**PROUDLY PRESENT
ALCOHOL AWARENESS
WEEK 1991
NOVEMBER 18-22**

MONDAY: CONSTABLE MEADS

MAIN LOBBY 10 AM TO 2 PM

TUESDAY: CONSTABLE MEADS AND AADAC

MAIN LOBBY 10 AM TO 2 PM

WEDNESDAY: MOO MILK CONTEST

MAIN LOBBY 12:15 TO 1:30 PM

THURSDAY: VIDEOS

MAIN LOBBY AND THE NEST

FRIDAY: HOW MUCH IS TOO MUCH?

THE NEST 4:30 TO 7:00 PM



**KNOW WHEN TO
PUT A LID ON IT.**

Designated Drinkers Wanted

No, this is not a typo. We are looking for two designated drinkers, one male and one female, to participate in a "How Much is Too Much" demonstration.

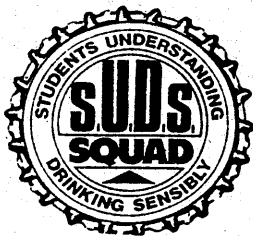
NAITSA and SUDS (Students Understanding Drinking Sensibly) Squad, in conjunction with the Edmonton City Police, are presenting the "how Much is Too Much" demonstration on Friday, November 22 from 4:30 p.m. to 7:00 p.m. in The Nest as part of Alcohol Awareness Week '91. In a controlled situation, monitored by Constable Meads of the Edmonton City Police, the two "designated drinkers" will be asked to perform various visual motor coordination tasks after varying levels of alcohol consumption. The demonstration will show the point of too much alcohol, and will prove that impairment can occur at levels below the standard .08. Please keep in mind that although the demonstration should be fun, the main focus behind the demonstration is to promote awareness of alcohol use and abuse.

Constable Meads will also bring along a breathalyzer

and will be giving demonstrations of how it works.

Sounds like a cheap, easy way to party right? Well, here's the reality. Age identification is required, as no one under the legal drinking age of 18 will be allowed to participate in the event. Also, each "designated drinker" will require a responsible care-giver. This person is to be personally responsible for the "designated drinker" for the 24 hours following the event. Both the "designated drinker" and the care-giver will be required to meet with members of the SUDS Squad and Constable Meads prior to the event to be briefed and to sign waivers.

To enter, simply come to the next Rock 'n Talk, on Friday, November 15 in the Main Cafeteria and fill out an entry form. One male and one female will be drawn at random from all entries received.



... A toast to drinking responsibly! Photo by Staff Photographer

Moo Milk Contest

Application Form

Team name: _____

Members 1) _____

2) _____

3) _____

Team phone #: _____

Drop off entry forms at the NAITSA offices - E133 - on or before November 15, 1991.

General Rules:

1. Each team has three members.
2. Each team member must chug a mug of milk as fast as possible.
3. 2 teams will race at the same time. The overall best time wins.
4. Each team must have a name.
5. Wear your best costume.
6. Prizes galore!
7. Each participant will receive a free ticket to the November 29 Rock 'n Talk.
8. Each team must sing the "Moo Milk Song".

Back by popular demand, SUDS (Students Understanding Drinking Sensibly) Squad is again sponsoring the "Moo Milk Contest" as part of NAITSA's Alcohol Awareness Week, November 18-22. This contest is held annually to demonstrate that people do not have to drink to have a good time.

The competition will be held Wednesday, November 20 at 12:15 p.m. in the Main Lobby. So grab your two closest friends and come on out; sing the Moo Milk song, chug-a-lug a mug of milk, and have some fun. Prizes will be awarded for the best costume, best song, fastest time, and overall best group.

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

BIG HINT

WEDNESDAYS
THE EARLIER YOU COME,
THE LESS YOU SPEND!

DOORS OPEN AT 7 P.M. BE HERE EARLY TO AVOID THE LINE-UP!

Esmeralda's

FIND ESMERALDA'S AT THE EDMONTON INN
11830 KINGSWAY AVENUE

PHONE: 454-9521

Volleyball Update

By Kathy Spenrath
Sports Editor

The women's volleyball Oaks are off to a rough start, losing their home opener last weekend to the Grande Prairie Wolves.

The Oaks gave the Wolves some great competition during the matches, but each time the Oaks fell short, losing both matches, three games to two.

During the competition, Corry Bepoyasny made some key blocks and serves while veteran Daina Koska dominated the net play with 44 kills, 8 stuff blocks and 6 serve aces. Sheri Rauflaub also played a very steady defensive game at the net.

"We can't let the disappointment of this weekend overshadow the potential of this team. We are a very young team and this experience will prove to be extremely valuable. I'm optimistic about this team's ability to reach post-seasonal play."

**-Head Coach
Glen Farmer**

Challenge Cup News

As mentioned in last week's Nugget, the Challenge Cup is definitely heating up. Currently, Pre-Technology is holding the infamous cup, since they recently beat Mechanical Engineering in an arm wrestling competition on November 5th.

If you'd like to get involved in the Challenge Cup, make sure your tech places an official challenge to the cup holders today!

To get involved, contact Athletics VP Shane Warawa in E-133H.

Basketball Update

By Kevin Patrick
Basketball Publicist

Both teams took last weekend off in preparation for the Shooter's Tournament that starts Nov. 8th. The Shooter's Tournament was set up two years ago, with the hope of providing the NAIT Basketball Teams with playing experience prior to the regular season. This year, the tournament

features teams from men's and women's leagues as far away as Saskatoon. the tournament will end on Sunday.

ON THE BENCH

The opening regular season game for the teams will be on Saturday, November 16th, at the main gym, when the Oaks take on Red Deer College. Start time for the women's game is 6:30 p.m. and the men's tipoff is at 8:15 p.m.

November Intramural Calendar

November 12

Co-ed Volleyball starts

Entry deadline for:

Men's Wrestling
Women's Broomball
Men's Broomball

November 18

Men's and Women's Broom Ball starts

November 19

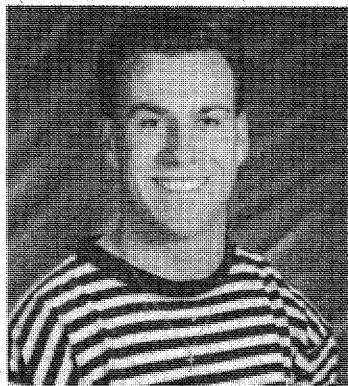
Men's Wrestling Starts

Entry deadline for:

Men's Badminton (singles)
Men's 5-on-5 Basketball

**NOV 13
LIVE
COMEDY
AT
WEST
WOOD
@
2:15 PM
IN
THE
3RD
FLOOR
LOUNGE**

MOLSON CANADIAN Athlete of the Week



**Soccer
Craig Goulet Respiratory**

Craig is in his first year of Respiratory Technology, and a rookie with NAIT's Soccer Oaks. Craig's six goals in the regular season were a strong factor in his team's third place finish.

Craig's ability as a two way player came to the forefront in the Soccer Oaks semi-final game against Lethbridge. Craig's defensive skills helped the team through the first half, and his strong attacking ability helped NAIT in their two goal second half come from behind victory. In that game Craig served as a great inspiration to his team, as he suffered a broken nose, a severely bruised foot, yet still managed to finish the game. Craig's toughness, dedication and commitment typifies the Soccer Oaks this season. Thanks for a great season Craig, and the entire Soccer Oaks Team.

Take Care.
MOLSON (M)

ACAC HOCKEY RESULTS (AS OF NOVEMBER 3RD, 1991)

Results

TUESDAY, OCTOBER 29
Red Deer 8, Mount Royal 4

FRIDAY, NOVEMBER 1
Red Deer 5, Mount Royal 4
SAIT 6, NAIT 2

SATURDAY, NOVEMBER 2
NAIT 6, SAIT 3

Future Games

FRIDAY, NOVEMBER 8
Red Deer at Grande Prairie, 8:30 p.m.
Augustana at NAIT, 7:30 p.m.

SATURDAY, NOVEMBER 9
Red Deer at Grande Prairie, 8:30 p.m.
Augustana at NAIT, 7:30 p.m.

SUNDAY, NOVEMBER 10
Red Deer at Grande Prairie, 1:30 p.m.

What's on this week

HOCKEY - in the NAIT Arena
CLUC @ NAIT
Friday Nov 8 7:30 pm
Saturday Nov 9 7:30 pm

This information is brought to you courtesy of Arby's



Trojans Give Ooks A Halloween Scare

By Brian Stein
Sports Information

The NAIT Ooks hockey team must have misread their calendar thinking Halloween fell later than it did as they masqueraded as the Cowardly Lion from the Wizard of Oz in weekend action against the SAIT Trojans in Calgary.

The Ooks record fell to four wins and one loss following performances lacking heart and desire. On Friday, November 1st, the Ooks suffered a 6-2 defeat at the hands of the Trojans. On Saturday, November 2nd, the Ooks registered a 6-3 victory over the Trojans.

On Friday, the Ooks were beaten by a team that wanted the victory more than they did.

In the first, the Trojans acquired a 1-0 lead on Rylan Ferster's marker at 14:38.

In the second, SAIT widened their advantage to three on goals by Dean Rutledge at 1:04 and Troy McIvor at 6:34. The Ooks then pulled to within one as Tim Murphy pocketed his second of the season at 6:49 and Mark Souch notched his

third of the campaign at 14:05 while the Trojans were killing a pair of penalties.

In the third, the Trojans dominated throughout. Randy Keller's marker at 9:55, Scott Blakeman's tally at 13:53, and Troy McIvor's goal at 18:35 gave the Trojans a 6-2 win.

Ian MacLeod blocked 34 of 36 shots in the SAIT net. Alec Shefflo stopped 20 of 26 in the NAIT crease.

On Saturday, the Ooks managed to hang on for a 6-3 victory over the Trojans.

In the first, the Ooks showed spark as Jason Krueckl netted powerplay goals at the 3:12 mark and the 12:43 mark.

In the second, the Ooks increased their lead threefold. Mark Souch of the Ooks netted his fourth of the season at 9:56 on the powerplay. Kyle Spencer then scored his first of the year at 14:38 while the Ooks were shorthanded. Wayne McDonald then padded NAIT's lead to 5-0 at 16:55 before SAIT's Scott Blakeman broke the shutout bid of Don Davidge at 18:28.

In the third, the Ooks almost let the game slip

away. Scott Blakeman's goal at 1:35 and Kelvin Knibbs' marker at 11:00 brought the Trojans to within a pair of goals. NAIT's Dean Beattie then found the empty net at 18:52 to secure a 6-2 win.

Don Davidge played well in the Ooks net stopping 23 of 26 shots. Ian MacLeod of SAIT turned away 24 of 29 shots.

In other action around the league this past week, the Mount Royal College Cougars dropped to one win and three losses after a home-and-home series with the Red Deer College Kings who sport a mark of three wins and one loss.

ON THE BENCH

The Ooks see their next home action at the NAIT Arena on Friday, November 8th and Saturday, November 9th when they host the Augustana University College Vikings (formerly Camrose Lutheran) in a pair of 7:30 p.m. match-ups.

Join The Tradition in Excellence as the Season Continues



The defending ACAC champions host the Augustana University College Vikings (formerly Camrose Lutheran) in a two game set at the NAIT Arena.

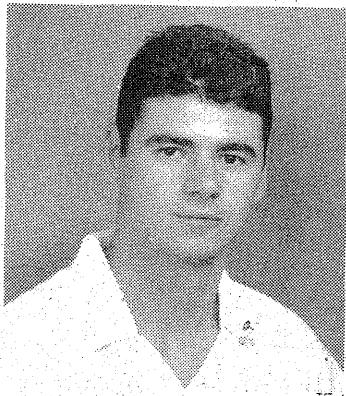
**Friday, November 8th
Augustana vs. NAIT, 7:30 p.m.**

**Saturday, November 9th
Augustana vs. NAIT, 7:30 p.m.**

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

Admission is free with your NAIT ID Card.

MOLSON CANADIAN Athlete of the Week



Men's Volleyball

Chahe Keumbehjdian

Chahe is a rookie player for this year's Ooks and his hard work and enthusiastic attitude make him a valuable asset to the team.

He has been playing strong both at the net and on defense. His continued hard work should help the Ooks become stronger as the season progresses.

Take Care.
MOLSON

MOLSON CANADIAN Athlete of the Week



Women's Volleyball

Daina Koska

Veteran Daina Koska dominated the net in the season opener against Grande Prairie this past weekend accumulating 44 kills and 8 stuff blocks!

She also served 6 aces in the two matches against the Wolves.

Last year Daina was selected to the second All Star Team for the ACAC. This season, if Daina continues such strong play, she will surely be a 1st team All Star and will help the Ooks clinch a play-off position.

Good work Daina!

Take Care.
MOLSON

Badminton Ooks Win Regional

By Kathy Spenrath
Sports Editor

The NAIT Badminton team travelled to Keyano College in Ft. McMurray on October 19th to take place in the first regional competition of the season.

The Ooks clearly demonstrated their winning form during the tournament, and managed to take first place overall.

Their first competition was against Red Deer, and the Ooks' Shirley Mah and Karen Marner easily won their matches in the women's best of three singles' events.

"We demonstrated our girls' team would be the best in the province - Shirley and Karen worked very hard to prove that this weekend."

Coach Mark Bosworth

Although the women are considered to be one of the top teams in Alberta, this season's men's team could be considered a much weaker force. But, this looks like it's about to change, especially

in the new year when Wang Wen will be transferring to NAIT from Grant MacEwan College.

But, in the meantime, the men's teams seems to be doing just fine. In fact, NAIT's Darryl Tippe managed to soundly defeat Red Deer's Jason Gillette in the men's singles' match at the regionals.

In the men's doubles, Anil Nand and David Schmid teamed up for NAIT and played against a very experienced Red Deer duo, beating them soundly.

The Ooks continued their winning ways against the hosting Keyano team, in what Bosworth described as 'a very good team effort'.

The Ooks seemed invincible as they then faced Grande Prairie. This time it was up to Nand and Tippe, who were forced to go up against Mike Gagnon (ranked 35th) and Tan Keong (ranked 51st) in the men's doubles. Again, NAIT came away with the win, beating the favored Grande Prairie team five matches to two.

"The Grande Prairie men are ranked very high, whereas our guys are down near the 200th rank. This was a very nice win for our team."

Coach Bosworth

The big showdown of the tournament came when NAIT and Grant MacEwan went face to face in the final competition. Grant MacEwan has four of the best men's players in the ACAC, while NAIT has the strongest women competitors in the league.

"Grant MacEwan won all their men's events all weekend, and we won all of our women's events - so it really came down to who would win the mixed doubles event in the final."

Coach Bosworth

NAIT's Darryl Tippe and Shirley Mah went up against Brad Alton and Stacey Martinez in the doubles event.

Grant MacEwan won the first game, 15 - 9, but NAIT managed to win the next two games by scores of 15 - 12 and 15 - 8, to take home the gold medal.

"Shirley's play was spectacular - she was very emotionally stable all weekend. But, overall, it's nice to come out and not only win but to have a solid team effort like we did this weekend."

-Coach Bosworth

The Place For Fun & Food

the greenhouse
LONDONDERRY MALL

TUESDAYS
-KARAOKE - Prizes for the best voice

WEDNESDAYS
Wild Weekend Wednesday !!!
A trip will be given away to ...
Well you won't know until you get there

THURSDAYS New Improved !!!
Drum of Fortune - up to \$1000.00 CASH
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Christmas comes Early!
Now you can spend less
FREE cover charge to NAIT students
For Information/Fundraisers call 475-6651

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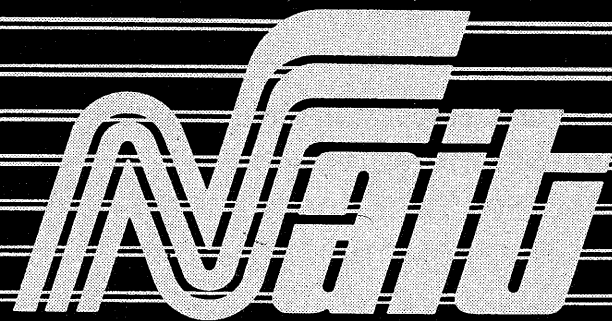
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Physical and Leisure Education

The Physical and Leisure Education (PLE) Program at NAIT provides students with a unique opportunity to become involved in a wide range of leisure activities. The program has been in place since the mid-sixties and aims to provide a positive physical and emotional outlet to complement students' academic development.

"We have a commitment to help students become more well-rounded. We provide this service to the students to help them cope with their busy schedules."

Dave Hoy, Program Head for Physical and Leisure Education

The administrators at NAIT realize a heavy course load can be very stressful and can eliminate any extra time for leisure activities. NAIT students tend to be very focused academically, therefore the Physical Leisure and Education Program provides the opportunity for the students to take part in more relaxing, enjoyable activities. "The PLE program is an active partner in the total educational offering at NAIT. PLE plays a supportive role to the academic program by enhancing activities that have immediate, as well as life long results."

Art Hooks, Dean of Student Services

The PLE program allows students to make use of the numerous facilities free of charge at NAIT. It's a good way to burn off some stress but it also gives the student

a chance to try new activities or sports. Whereas other institutions, health clubs, or gyms, require membership fees and other program fees, the PLE programs at NAIT

"Everything is completely free of charge."

are all free of charge. It's only to your benefit as a student to take advantage of this opportunity and to use the facilities at this school for your own leisure.

"We have a lot to offer to the students which is a tremendous plus for them - and everything is completely free of charge."

Dave Hoy
NAIT realizes the importance of such a program and currently 13 technologies require their students to take part in PLE as part of their school curriculum. The PLE program has geared many of its courses and activities directly around the needs of specific technologies.

Emergency Medical Technology, for example, is one of the most highly-stressed technologies at NAIT. The students are required to take part in daily fitness and lifestyle classes to help them cope with the pressures they encounter in their field. Becoming a paramedic also requires a high standard of fitness, since they will be required to

perform in very strenuous situations.

Radio and Television Arts (RTA) students are also required to participate in the PLE program.

"The more activities a student takes part in, the better they feel. Participating in PLE tends to keep students more alert. The stress factor is also very important and students need ways of dealing with

"Fitness shouldn't be something you have to fit into your schedule - it should be a way of life."

this stress. Taking part in activities forces them to forget about school and puts them in a relaxing situation."

Martin Wood, Television Instructor

although RTA students participate in various sports and activities throughout the year, they also take part in initiative task classes to

help promote cohesiveness and teamwork.

"The initiative tasks in the PLE program allow students to work together outside the rigidly structured classes we have ... and it allows us to promote camaraderie and facilitate team-building. Students need to work together in television. After all, two-thirds of the work they do requires them to work as a team. Keeping you job depends on people working together in this market. In television, you cannot do everything by yourself."

Martin Wood
Another technology which takes advantage of

"Combining academic studies with recreational activities has been a healthy outlet"

the diverse PLE program is Biological Science. Since these students must prepare for careers which deal with

very active lifestyles and plenty of outdoor work, they are required to take various outdoor survival courses and are required to participate in outdoor sports activities.

"The PLE program will not only provide an immediate outlet in a busy schedule, but it also aims to teach the student how to get accustomed to living an active lifestyle. Fitness shouldn't be something you have to fit into your schedule - it should be a way of life."

Dave Hoy
Other technologies such as Business Administration, allow a spare period in their schedules, where the student can choose a PLE course of his choice. The list of courses available to the students is extremely lengthy, and ranges from well-known sports such as hockey and basketball to much less known sports such as archery and water karate.

CONTINUED...

USE THIS AS A
FUTURE GUIDE FOR
SELECTING PHYSICAL
AND LEISURE
EDUCATION CLASSES



PHYSICAL AND LEISURE EDUCATION STAFF:

(L TO R) BACK: JULES OWCHAR, IRWIN STRIFLER, JEFF RIDDLE

(L TO R) FRONT: MARK BOSWORTH, BOB BUCHAN, DAVE HOY, GREGG MEROPOULIS

MISSING: DIANA PATON, PERRY PEARN

THE NAIT PLE DEPARTMENT WOULD LIKE TO
ACKNOWLEDGE THE FOLLOWING
INDIVIDUALS FOR THEIR CONTRIBUTION
TOWARDS THE PROMOTIONAL FEATURE:

KATHY SPENRATH
JAMES M^CFADYEN
MICHOU JAROSZ

YOUR TIME AND EXPERTISE WAS
GREATLY APPRECIATED!

NAIT Physical and Leisure Education

OUR SET OF VALUES

- C**ommitment to Excellence and Quality in Service and Instruction
- A**ctive Living Programs are What We Teach
- R**ecreational in Nature, Responsive of Participants' Needs
- E**ducational in Content and Presentation

We CARE about our participants and all those who choose to access our facilities and programs. We CARE about the attitude and image we present to our participants.

CONTINUED
FROM FRONT PAGE

"Our strength is definitely in our flexibility. We can service even the unique needs of our students, as long as the demand is there. If, for example, a group of students has expressed they would like to learn Tai Chi, our budget can accommodate this and we will offer a Tai Chi class in our program."

Dave Hoy

Getting involved is often difficult; many people feel they've never been athletically inclined, so why start now? But, that's what NAIT's PLE program is all about since it will teach you the basics of a wide range of sports - free of charge.

"Activities such as learning to swim, badminton, tennis, golf and curling are activities that can be beneficial throughout one's life."

Art Hooks

One of the biggest advantages of taking part in the PLE program, is that you can join anytime. If you're looking for a way to meet new people or if you're interested in keeping in shape by working out or learning a new sport, visit the PLE office in S-105 in the Activities Centre.

"Physical and Leisure Education opportunities at NAIT enrich the lives of our students in many ways. Lasting friendships are made and useful experiences obtained outside of scheduled classes which have a beneficial effect on life after graduation. Combining academic studies with recreational activities has been a healthy outlet and a stabilizing force for a great many students."

S.G. Souch, President of NAIT.

"THE PATH TO A
HEALTHY LIFESTYLE
IS PAVED WITH
GOOD INTENTIONS
THAT WERE
CARRIED OUT"

PLE COURSE DESCRIPTIONS

POOL ACTIVITIES

AQUAFIT

is an excellent Aerobic Fitness workout in the water medium. The major benefit is that it eliminates the jarring movements and provides a unique form of resistance.

CAN SWIM

A new Canadian skill development program for adults. The four levels in the program take you from the "scared stiff" to advanced skill swimmer.

CANOE & SURVIVAL

An introduction to the skills and enjoyment involved in the operating of a canoe (ie. safety, paddle strokes, etc.).

SCUBA CERTIFICATION COURSE

(30 hours) 15 hours lecture, 10 hours pool, 5 hours open water. This course will teach students to be comfortable with the use of scuba equipment and will ensure the knowledge and skills necessary for safe and enjoyable diving.

SWIM FITNESS

(Stroke Improvement) Provides participants with a workout program and technical input to enhance and develop swimming skills, endurance and overall fitness. **Prerequisite: Basic Swimming Skills.** **NOTE: course can accommodate those interested in a specific aspects of swimming, ie. triathlon training.**

FITNESS ACTIVITIES

AEROBICS

Move to music! Our aerobics classes attempt to combine impact and low impact moves to accommodate a variety of needs and fitness levels

AEROBIC CIRCUIT

And now for something a little different! Exercise to music and learn how to take advantage of circuit training to provide you with a total workout. This circuit involves the use of a variety of exercises which require minimal equipment and can easily be adapted to home use. If you're looking for an activity alternative, this may be the class for you!

AQUAFIT

Enjoy exercising to music in the water! This aerobics class in water uses the benefits of water resistance to provide a total workout. All classes are conducted in the shallow end of the pool and no swimming skills are required. You can even sneak by without getting your hair wet!

SWIMMER 1

Get comfortable with the water. Pool entry/exit. Learn basic breath control, floating, swimming on front and back. *Progress at your own rate.

SWIMMER 2

Develop front and back crawl strokes. Begin elementary backstroke. Introduce deep water swimming. *Progress at your own rate.

SWIMMER 3

Introduce breaststroke and continue development on previously learned strokes. Introduce treading water. Work on increasing swimming endurance. *Progress at your own rate.

SWIMMER 4

Continue development in stroke efficiency and endurance. Introduce sidestroke, butterfly (if desired), and other swimming skills (ie. turns, starts, interval training, etc.).

WATER KARATE

(15 hours) An ideal fitness activity which offers all muscle groups moderate resistance against injury. Reduces tension, relaxing aerobic workout. No music. No cost.

WATER POLO

An introduction to the basic skills of the sport of water polo, through instructional drills and hands on play. **Prerequisite:** Ability to swim minimum of 4 lengths of the pool and tread water.

BODY BUILDING

This course will introduce the concepts behind setting up and maintaining a program to either increase or decrease the body's size and shape, depending on the participant's needs. Accompanying the training program, the participant is also provided with nutritional information, personal feedback and counselling.

FITNESS AND LIFESTYLE MANAGEMENT

This course is designed to provide the participant with the knowledge to make healthier lifestyle choices. The class combines both activity sessions and seminars dealing with lifestyle issues such as weight management, stress, nutrition, and fitness.

POWER WALKING

Walk your way to fitness! Learn how to build your personal fitness program around walking while enjoying the benefits of having a group to walk with.

WALKABOUT AEROBICS

This class combines walking and low impact aerobics to provide you with another workout alternative. Ideal for those looking for a class of low to moderate intensity.

WATER KARATE

This course introduces participants to the basic skills of Karate, while enjoying therapeutic benefits of the water!

WEIGHT TRAINING

This course is designed to introduce to the participants the concepts behind setting up and maintaining a Weight Training Program specific to their individual needs. The areas covered are Muscular Strength, Power, and Endurance

WOMEN'S WEIGHT TRAINING

This class is designed to assist women with establishing a weight training program suitable to their needs. This class attempts to dispel myths and misconceptions associated with weight training for women and can provide you with an added dimension in developing your personal fitness level.

INDIVIDUAL AND DUAL ACTIVITIES

ARCHERY

This 15 week course is offered in the north gymnasium and is designed to introduce the novice to the equipment used and the skills necessary in the sport of Archery. The course includes selection and care of equipment, shooting techniques and gradually increases the shooting range to a distance of 30 yards. All equipment and instruction is provided free of charge. No special dress is required for this course which starts at a quarter past the hour with shooting finishing on the hour.

BADMINTON

An introductory course in the basic skills including grip, serve, smash, overhand and underhand strokes, individual skills plus the game of doubles. There will be plenty of opportunity for game-like participation, getting to know your fellow students and to learn a lifetime sport.

BOWLING

This course is designed to introduce the beginner to the values, etiquette, rules, scoring tradition, and terminology of 5-pin bowling. Instruction will be designed to develop sufficient skills and understandings of the mechanics of the sport to be able to experience success at the recreational level. The class will provide the student with a recreational, social experience through the class bowling league.

CURLING

If you are fascinated by this "Roaring Game", want to promote sociality, and provide your self with a lot of satisfaction regardless of your seriousness and skill level, then learn the game through the beginning curling classes. Instruction will emphasize the basics: the delivery (stance, swing, slide and release), sweeping and correction of faults.

General orientation will include:

- Curling equipment
- The game (playing area, rules and courtesies, scoring, curling jargon and terms, and basic strategy)
- Ice and stones
- The Team

You will see the Ed Lukowich tape, "Curling Tips," be videotaped and analyzed, and end the session with a game. Basically most of the class time will be centred on the delivery and the throwing of rocks. Points, 2 and 4 man games will provide you with the opportunity to experience the challenges involved in shot making.

GOLF

Interested in joining the world's fastest growing sport - then golf classes designed for the beginner is for YOU.

Instruction will concentrate on the basics: grip, stance and address, the swing and correcting of faults. History, values, rules, and etiquette, language of golf, equipment and course design will be reviewed. You will see the Jack Nicholas tape "Golf My Way," be videotaped and analyzed and spend a session at the driving range. Emphasis will be placed on developing a powerful repeating swing, thus most of the class time will be focused on swinging the golf club.

KARATE - BEGINNERS

A martial arts course to introduce the various kicks and punches of Japanese Karate. Techniques of self-defense are taught to the beginner and the partially skilled participant.

NAIT Physical and Leisure Education MISSION STATEMENT

NAIT endeavors to enhance the well being and physical development of the student through the Physical and Leisure Education Program. The program provides comprehensive opportunities to develop lifelong recreational skills and attitudes based on sound educational principles in a safe and positive environment. The Physical and Leisure Education Program is integral to the student's educational experience in that it provides a positive physical and emotional outlet to complement academic development and allows for effective use of leisure time.

To provide effective programming the Physical and Leisure Education program staff strive to:

- Be responsive to student's needs.
- Have a positive impact on NAIT students' quality of life.
- Provide students with the best possible services and facilities.
- Be a positive role model.
- Provide professional instruction.
- Provide specific diploma requirement education (CPR, First Aid, Outdoor Skills and Fitness lifestyle).



RACQUETBALL

This course will include instruction in all basic racquetball skills, including forehand, backhand, kill shot, ceiling shot. As well as how to use these skills to your advantage, students will also be introduced to positional and game strategy.

SOCIAL DANCE

Come and learn with your fellow students how to jive, fox-trot, waltz, polka and some South American dances. You will be ready for graduation!

SQUASH

This course is designed to teach all aspects of squash, including basic skills, positional strategy and match strategy. Designed for intermediate and beginner players.

TAE KWON DO

This course is designed to give an introduction to the sport of Tae Kwon Do. Basic moves will be practiced under a controlled situation.

OUTDOOR EDUCATION ACTIVITIES

CROSS COUNTRY SKIING

This course is designed to introduce the fundamentals of Cross Country Skiing to the novice looking to take up the sport. The course takes the form of 2 mid-week after hour lectures and two day trips on Saturday and Sunday. Lecture material covered included dressings for the sport, prevention and care of cold injuries, selection and care of equipment and waxing techniques. All ski equipment, instruction and transportation are provided free of charge. Students are required to supply their own food and dress appropriately for the sport.

WILDERNESS SKILLS

The wilderness skills course is offered both in the fall and winter semesters. The course is designed to introduce the novice to the skills necessary to survive in the outdoors in an emergency situation. The course takes the form of two lectures offered after school hours during the week and a weekend outing. Lecture material covered includes map reading, wilderness navigation, use of signal mirrors, signal fires, natural edibles, shelter construction, first aid, dressing for the outdoors, and psychology of dealing with the survival situations. The lab portion of the course is a Saturday morning to Sunday evening stay in a wilderness area. Transportation, instruction, and all major group equipment is provided free of charge. Students are responsible for their own food and to dress appropriately for the course.

FIRST AID

CPR BASIC RESCUER

(8 - 12 hours) A course designed to certify students in Cardiopulmonary Resuscitation at the Basic rescuer level of the Canadian Heart Foundation. The course includes one man CPR, two man CPR, infant and child CPR, recognizing and assisting choking victims, recognizing the signals and risk factors of a heart attack.

CPR (HEART SAVER)

(4 Hours) A course designed to certify students in Cardiopulmonary Resuscitation at the Heart Saver level of the Canadian Heart

Foundation. The course includes one man CPR, recognizing and assisting the choking victim, recognizing the signals, and risk factors of a heart attack.

FIRST AID

A course designed to qualify students for St. John Ambulance Standard First Aid Certificate. The course includes artificial respiration techniques, control of bleeding, bandaging, splinting and standard methods of treatment for definite conditions. Recognized principles and practices in the First Aid Management of casualties is also incorporated.

COACHING AND FITNESS LEADERSHIP COURSES

ATHLETIC FIRST AID

A.F.A. is a course offered through the Sports Medicine Council of Alberta. The course content includes care and prevention of common sports injuries such as strains, sprains, blisters, fractures, etc. Also included is injury recognition and prevention as well as emergency procedures. Taping techniques for the ankle and thumb are also covered.

This course is a must for individuals interested in care and prevention of injuries.

Upon completion of the class, students will receive Level I, A.F.A.

A.F.L.C.A FITNESS LEADERSHIP CERTIFICATION COURSE

This 28 hour course is the first step towards becoming certified as a fitness leader, as recognized by the Alberta Fitness Leadership Certification Association. If you have a desire to become a leader of any type of fitness class (i.e. aerobics, aquafit, circuit training), then this course is a must for you.

HEALTH FOODS

How Healthy Are They?

"Health food" has become a catch-all phrase to describe a wide variety of food products that contain no additives, preservatives, or pesticide residues, and are "natural" as opposed to synthetic or processed. But, just because a food is "natural," is it necessarily good for you?


Is Organic Worth It?

Organically grown fruits and vegetables are those that were grown without the use of pesticides, and/or whose soil was free from chemical agents. They generally cost considerably more than the usual supermarket varieties. Unless you request that your food store operator provide you with a scientific analysis of the conditions under which these foods were grown, it's impossible to know whether or not they truly are "organic." Thoroughly washing fruits and vegetables—organic or ordinary—before eating may be the better option for most people.

Naturally Good?

"Natural" does not always mean "good" from a nutritional standpoint. Many consumers have been led to believe that turbinado (raw) sugar is better than the refined variety, sea salt is preferable to common table salt, and granola is superior to most brand-name cereals. Not true. Sugar is sugar, salt is salt, and granola may actually have a higher fat content than your favorite bran flake.

Health Food Shopping

Health food stores can be excellent sources of hard-to-find grains and cereals, herbs, teas, and other products that may not appear on most grocery shelves. But, remember... healthy food is more a product of *what* you choose than *where* you choose it. 

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ICE ARENA ACTIVITIES

HOCKEY

A course to provide students with the opportunity to participate in a controlled hockey scrimmage setting designed specifically for the NAIT environment. The emphasis is hockey team concepts learned in a game situation. The instructor will provide a safe, enjoyable and very active hockey playing situation which should be attractive to hockey players of all skill levels.

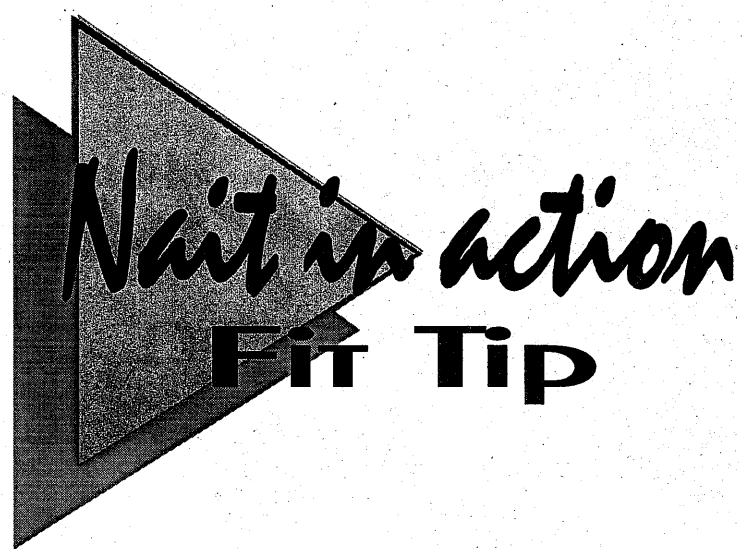
HOCKEY SKILLS

For the player who enjoys playing hockey but feels the need for additional skill development. The course, based on the student's needs, will cover all the basic skills of skating, puckhandling, passing, shooting, and team play concepts. Participants must supply their own skates and stick. Helmet and gloves are mandatory and can be signed out with an I.D. card from the Sports Equipment Centre in the Activities Centre.

SKATING

IMPROVEMENT

A course designed for interested skaters of all skill levels. It is our intent to provide instruction which would allow any skater to take their present skills and improve upon them. We will provide a series of exercises and drills which can be adapted to each individual student's needs and then follow through with individual instructions and attention. Skating Improvement will provide 45 minutes of on-ice activity each class and students can expect both skill development as well as an active workout.



SPOT EXERCISES

Do They Really Work?

You've seen the advertisements—"Thinner Thighs!," "Flatter Stomach!," "Firmer Buttocks!," "Shapelier Breasts!" The question is, do so-called "spot" exercises really work? Well, the answer is yes . . . and no. It all depends on what you expect to achieve.

Yes

Spot exercises—those that condition specific muscle groups—do help tone and strengthen muscles which can result in a firmer, more shapely appearance. For example, if your stomach bulge is a result of deconditioned abdominal muscles and poor posture, exercises that strengthen the muscles that support the spine can help improve your posture and help you achieve a flatter-looking stomach.

No

If, however, your stomach bulge is a result of excess fat, don't expect to trim the fat away with bent-knee sit-ups alone. Most conditioning exercises do not place sufficient oxygen demand on the heart to trigger aerobic metabolism—the process by which your body uses oxygen to burn stored body fat for energy. If you are carrying too much body fat, spot exercises will do little to reduce your overall body fat percentage.

The Better Balance

Spot exercises that strengthen and stretch specific muscle groups can help improve your appearance. But, the better balance—for weight control, cardiovascular fitness, muscular performance, and overall health and well-being—is to combine "spot" exercises with a regular program of aerobic activities. The two are mutually beneficial—you'll feel better, look better, and will enjoy the physical and psychological pleasures of a well-conditioned body.

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PHYSICAL AND LEISURE EDUCATION TIMETABLE

SEMESTER 1 1991-92

PERIODS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30			SWIM FITNESS - POOL (E.L.)		
7:30					
8:15 to 9:10					
9:15 to 10:10	RACQUETBALL/SQUASH - COURTS (B.B.) BADMINTON - S. GYM (M.F.) BOWLING - GAMES ROOM (J.O.)	VOLLEYBALL - S. GYM (D.P.) BOWLING - GAMES ROOM (J.O.)			RACQUETBALL/SQUASH - COURTS (J.R.)
10:15 to 11:10	RACQUETBALL/SQUASH - COURTS (M.B.) ARCHERY - N. GYM (J.R.) VOLLEYBALL - S. GYM (B.B.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (B.B.) ARCHERY - N. GYM (G.M.) BOWLING - GAMES ROOM (J.O.) WEIGHT TRAINING - S-6 (M.B.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (B.B.) VOLLEYBALL - N. GYM (G.M.) BOWLING - GAMES ROOM (J.O.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (J.O.) ARCHERY - N. GYM (J.R.) BADMINTON - S. GYM (B.B.)	RACQUETBALL/SQUASH - COURTS (J.R.) BADMINTON - S. GYM (B.B.) WEIGHT TRAINING - S-6 (D.P.)
11:15 to 12:10	RACQUETBALL/SQUASH - COURTS (B.B.) VOLLEYBALL - N. GYM (G.M.) BADMINTON - S. GYM (J.O.) STRETCH & TONE - S-108 (D.P.) HOCKEY - ARENA (P.P.)	VOLLEYBALL - N. GYM (G.M.) WALKABOUT AEROBICS - S. GYM (D.P.) WALLEYBALL - COURTS (J.R.)		WALLEYBALL - COURTS (G.M.) SOCCER - N. GYM (M.B.) WALKABOUT AEROBICS - S. GYM (L.U.) HOCKEY - ARENA (P.P.)	VOLLEYBALL - N. GYM (G.M.) BADMINTON - S. GYM (P.P.)
12:15 to 1:10	AEROBICS - S. GYM (L.U.) HYDRA GYM WORKOUT - S-8 (M.F.)	MEN'S BASKETBALL TEAM - N. GYM (D.H.) AEROBICS - S. GYM (E.O.L.) AQUA FITNESS - POOL (D.P.) STROKE IMPROVEMENT/SWIM FITNESS - POOL (J.R.) SKATING IMPROVEMENT - ARENA (P.P.)	AEROBICS SUPER CIRCUIT - S. GYM (M.B.) STRETCH & TONE - S-108 (D.P.) WEIGHT ROOM SUPERVISION - S-6 (C.S.) HYDRA GYM WORKOUT - S-8 (J.R.)	WOMEN'S BASKETBALL TEAM - N. GYM (G.M.) AEROBICS - S. GYM (L.U.) TAI-CHI - S-108 (A.W.) AQUA FITNESS - POOL (J.M.) STROKE IMPROVEMENT/SWIM FITNESS - POOL (J.R.) SKATING IMPROVEMENT - ARENA (P.P.)	SOCCER - N. GYM (M.B.) AEROBICS - S. GYM (EOL) HYDRA GYM WORKOUT - S-8 (D.P.)
1:15 to 2:10	VOLLEYBALL - N. GYM (G.M.) BADMINTON - S. GYM (M.B.)	ARCHERY - N. GYM (J.R.) VOLLEYBALL - S. GYM (G.M.)	RACQUETBALL/SQUASH - COURTS (J.R.) ARCHERY - N. GYM (G.M.) BASKETBALL - S. GYM (D.H.)	RACQUETBALL/SQUASH - COURTS (M.B.) VOLLEYBALL - S. GYM (B.B.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (B.B.) VOLLEYBALL - N. GYM (G.M.) BADMINTON - S. GYM (P.P.)
2:15 to 3:10	RACQUETBALL/SQUASH - COURTS (J.O.) VOLLEYBALL - N. GYM (B.B.) SWIMMER 2 & 3 (M.T.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (B.B.) ARCHERY - N. GYM (G.M.) BIO. SCIENCE FITNESS - S-6/S-8/GYM (D.H. & M.B.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (J.R.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (B.B.) BADMINTON - S. GYM (G.M.)	CANOE & SURVIVAL - POOL (E.L.) HOCKEY - ARENA (P.P.) APPRENTICE RECREATION
3:15 to 4:10	WALLEYBALL - COURTS (B.B.) VOLLEYBALL - N. GYM (G.M.) BOWLING - GAMES ROOM (I.S.) WOMEN'S WEIGHT TRAINING - S-6 (T.C.) HYDRA GYM WORKOUT - S-8 (M.F.) AQUA FITNESS - POOL (D.P.) SWIMMER 2 - POOL (M.T.) HOCKEY - ARENA (P.P.)	RACQUETBALL/SQUASH - COURTS (J.O.) BADMINTON - S. GYM (B.B.) SWIM 1 & 3 - POOL (J.H.) HOCKEY - ARENA (P.P.) FLAG FOOTBALL (J.R.)	VOLLEYBALL - S. GYM (J.R.)	VOLLEYBALL - N. GYM (B.B.) AEROBICS - S. GYM (A.M.)	APPRENTICE RECREATION
4:15 to 5:10	RACQUETBALL/SQUASH - COURTS (B.B.) AEROBICS - N. GYM (A.M.) KARATE - S-108 (G.T.) WEIGHT TRAINING - S-6 (T.C.) AQUA FITNESS - POOL (D.P.) SWIMMER 3 & 4 - POOL (J.R.) HOCKEY - ARENA (P.P.) BADMINTON - S. GYM (I.S.)	WALLEYBALL - COURTS (B.B.) VOLLEYBALL - N. GYM (G.M.) BADMINTON TEAM - S. GYM (M.B.) BOWLING - GAMES ROOM (J.O.) WOMEN'S WEIGHT TRAINING S-6 (T.C.) HOCKEY - ARENA (P.P.) HYDRA GYM WORKOUT - S-8 (M.F.)	BRONZE MEDALLION - POOL (E.L.) 4:15 - 6:00 P.M. AQUA FITNESS - POOL (D.P.) BODY BUILDING - S-6 (C.S.)	HYDRA GYM WORKOUT - 4:30 PM (M.F.)	
5:15		SCUBA (5PM - 9PM) (B.M.)		SCUBA (5PM - 9PM) - POOL (B.M.)	

Cross Country Running Championships

John Reeves
Coach

For the third year in a row, the ACAC team won both the women's and the men's event.

Selkirk College in Castlegar B.C. hosted the Interprovincial Championships in cross-country running on Sunday November 3.

NAIT placed two runners on the ACAC team. Rose Martin finished 3rd in the 5km women's race and Ken Riess placing 17th in the 8 km men's event.

The ACAC teams were made up of the top 10 cross-country runners from the Alberta Colleges and Institutes. The top 5 counting women this weekend were 1st Krista

Beddoes (RDC), 2nd Stacy Leavitt (MRC), 3rd Rose Martin (NAIT), 5th Cindy Bruntjen (AVC), and 6th Jayne Erickson (MRC). The Alberta team easily defeated the B.C. team by 17 position points to 38 points (the top 5 finishers from each team were counted).

The men's race this year was very close, with Alberta finishing first with 25 points followed by B.C. with 30 points.

The top 5 counting men were 1st Arty Lancaster (MRC), 2nd Chris Druzda (MRC), 4th Craig Sully (RDC), 8th Martin Curley-Rider (LCC), and 10th Martin Mundel (AVC). NAIT's Ken Riess was 17th and coach John Reeves finished 23rd.

The conditions were very

good with no wind and about -5°C. The trails were very challenging making it a very enjoyable run.

The team ran very well, even after a 13 hour bus ride (from NAIT). This is a great and fun event for our ACAC cross-country runners who meet and compete with athletes from 5 colleges/institutes across Alberta. They had a very successful weekend all around.

The emphasis for many of NAIT's runners now switches from running to cross-country skiing. Watch *The Nugget* for the organizational meeting at the start of the season. The snow is already here, so let's get out there and have fun with it.



Ken Riess and Rose Martin with the spoils.

Photo by John Reeves

Soccer Notes

By Kathy Spenrath
Sports Editor

The soccer season officially wrapped up on November 3rd for the NAIT Oaks as they lost to the Mount Royal College Cougars in the ACAC Final, by a score of 2-0.

The Oaks had a very successful regular season, finishing in third spot overall with a 6-3-1 record.

The Oaks advanced to the ACAC final game after beating the Lethbridge Community College Kodiaks in the semi-final round by a score of 2-1.

In this semi-final matchup, it looked as though the Oaks would walk away with an easy win, since they clearly dominated the play during the first half of the match.

But, Lethbridge managed to score a goal before halftime and the Oaks became frustrated at not being able to crack the good Kodiak defence.

The Kodiaks managed to hang on to their one goal lead until late into the second half when Oaks' rookie, Sheldon Kenneth received a Miles Hunt corner kick and scored the tying goal with less than 20 minutes left to play.

"Before Sheldon scored, we were extremely nervous. We had possession of the ball for most of the game and we had some extremely good chances to score - but we just hadn't been able to score."

Coach Graham Wood

The game was tied and it looked as though the two clubs would be going into overtime. But, with about five minutes left to play, Miles Hunt took the ball, dribbled his way through the Kodiak defence and scored the winning goal.

"Everyone was jumping up and down. It was a real high for us -- but it completely knocked Lethbridge down. But, actually it was good justice for us since we actually dominated throughout the game."

Coach Wood

The win enabled the Oaks to take part in the ACAC championship final on November 3rd as they went up against the hosting Mount Royal College Cougars and lost a heartbreaker by a 2-0 score.

The game was neck and neck in the beginning as each team had their fair share of scoring chances. The Cougars goalkeeper did a fine job on the Oaks, which definitely made it tough on the club.

The score remained 1-0 at the half and the Oaks remained confident in their abilities to stay in this one.

"We talked about maintaining our composure and we were hoping on playing up to our capabilities. But, the Cougars applied pressure in the second half and they got one more on us.

We worked hard all season and we worked hard in the final. It was always important for us to give 100% - and everyone managed to do that against Mount Royal. I definitely have no complaints about the effort we gave."

Coach Wood

The Cougars will now advance to the CCAA National Championships in Granby, Quebec.

ACAC MEN'S VOLLEYBALL RESULTS (AS OF NOVEMBER 3, 1991)

Results

FRIDAY, NOVEMBER 1
Grande Prairie 3, NAIT 0

SATURDAY, NOVEMBER 2
Grande Prairie 3, NAIT 0

Future Games

FRIDAY, NOVEMBER 8
NAIT vs. Keyano @ Fort McMurray, 8:00 p.m.

SATURDAY, NOVEMBER 9
NAIT vs. Keyano @ Fort McMurray, 2:30 p.m.

ACAC WOMEN'S VOLLEYBALL RESULTS (AS OF NOVEMBER 3, 1991)

Results

FRIDAY, NOVEMBER 1
Grande Prairie 3, NAIT 2

SATURDAY, NOVEMBER 2
Grande Prairie 3, NAIT 2

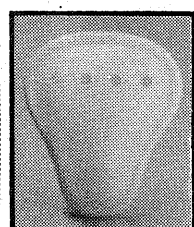
Future Games

FRIDAY, NOVEMBER 8
NAIT vs. Keyano @ Fort McMurray, 6:30 p.m.

SATURDAY, NOVEMBER 9
NAIT vs. Keyano @ Fort McMurray, 1:00 p.m.



Untitled



By Miller Malone
Opinion

One of the most frightening memories of my childhood is that of my mother reading the TV listings and screaming at the top of her lungs that an Elvis movie was on that night.

You see, mom's from the late 50's and she considered Elvis Presley the greatest musician to ever walk the face of the earth and I guess she felt it was her mission in life to force everyone she could to watch his movies with her.

That's when I first began to realize that musicians liked to pretend that they're actors and make really bad movies (the worse a musician is at acting, the more movies they get to make).

Since the eighties, actors have been cutting albums with an alarming frequency and musicians have been making a disproportionate amount of lame movies. I submit the names of Prince, Don Johnson, Sting, Bruce Willis, Madonna, and just about every hammer head who's been on one of the afternoon soaps.

This weekend, Kenny Rogers and Reba MacIntyre star in *The Gambler* (Luck of the Draw). I think it's the third time that Kenny has reprised his Gambler role. (He wrote the tune and when someone made it into a TV miniseries I guess they figured he was a natural.) I don't remember ever seeing Reba in a TV movie before, and I'm glad because she's the worst actress ever thrust upon an unsuspecting audience. What a ham.

So what's the deal? Can't the rich and famous be happy doing what they're good at? Are their lives so tedious that they have to torture us with bad movies and worse music?

Yeah, looks like it to me.

NEST OPEN THIS SATURDAY

CHEER ON OOKS HOCKEY!!

THE NEST IS OPEN:

SATURDAY

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AT

THE NEST

DRAW FRIDAY

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"They'll go broke!"

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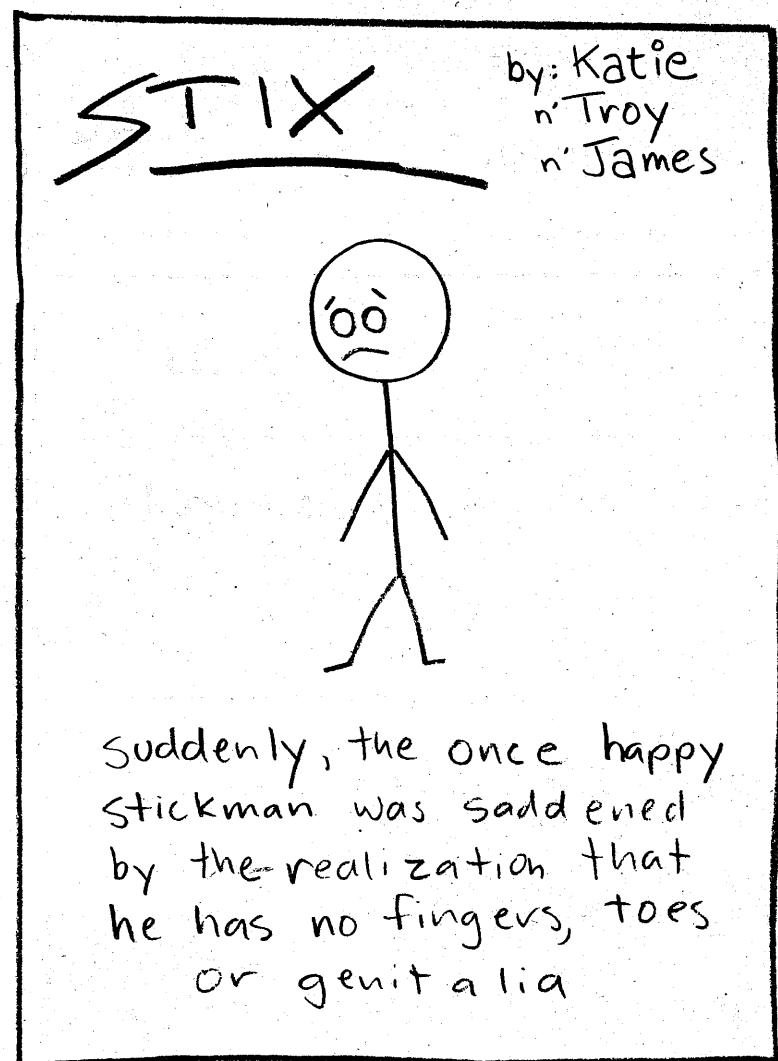
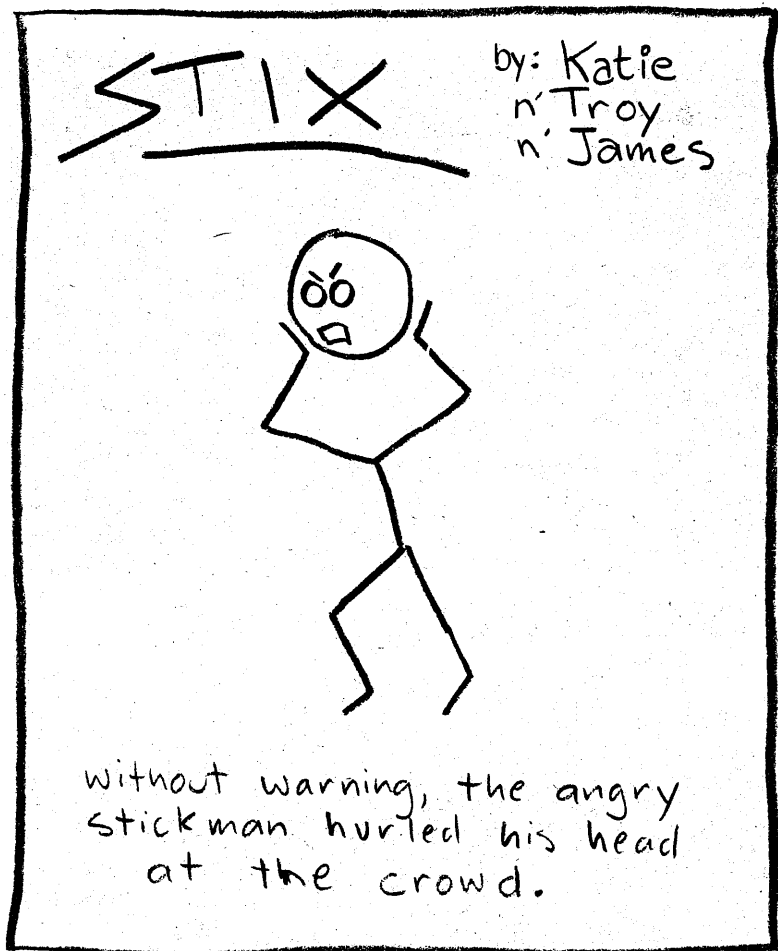
- Pick-up only (add \$2.20 for delivery) still CHEAP! •
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Graduation - December 7

Deadline for ordering gowns - November 8

Orders taken at NAITSA Stores - Room E123

Cost: \$10⁰⁰

Movie Review

Highlander II

The Sickening

By James McFadyen
Staff Writer

This "sequel" opened last Friday at Cineplex Odeon Theatres everywhere. It stars Christopher Lambert and Sean Connery, who also starred on the original **Highlander**, released in the mid-eighties.

Highlander was a good film. It has lots of action and a decent storyline centering on the Connor McCloud, a character played by Christopher Lambert. You see, Connor was immortal, however at the end of the first movie, he was granted mortality.

The beginning of **Highlander II** has Connor as a scientist who saves the world by synthesizing the ozone layer in the year 1999. We then visit him twenty-five years later, society has reverted to its polluting ways as there is no ozone layer to harm. I won't bother going into any more of the details about the story, as it will only confuse you. It just didn't make a whole lot of sense. I'll only mention that Sean Connery shows up playing the same character somehow, and all of the immortals are from the planet Zeist. No kidding.

My biggest criticism of this movie is there are a number of inconsistencies with the original movie.

Looking at the special effects, they had no shortage of money, but you can't solve continuity problems by simply throwing money at them.

As far as the atmosphere of the movie goes, it is a lot like **Temple of Doom** meets **Blade Runner** in **Gotham City**. All of these are good movies, but if you put them in a blender and add a few details from a fairly good story, you just don't get a watchable movie.

I was very disappointed with this movie. It had a lot of potential. Of course it did have some good action scenes and the special effects were very well done. Sean Connery also demonstrated his fine acting skills to us once more. Unfortunately, this movie was simply made to make a buck riding on the reputation of a pretty good movie.

Don't see this movie, especially if you've seen the first. Not only will it ruin an evening, but you'll never watch the original without getting confused again.

Little Man Tate

7 1/2 out of 8 bucks

Lori Holmes
Assistant Editor

Presenting Jodie Foster, producer. This award winning actress has made her directing debut with this wonderful tale, and what a debut it is.

Foster stars as Dede Tate, the mother of Fred Tate (Adam Hann-Bird), a seven year old genius. The movie focuses on the trials and tribulations of Fred, and it genuinely tests Foster's directing ability, as well as Hann-Bird's acting ability.

Fred is a very quiet, serene boy who wants very much to be challenged. But it's very hard to do this when he has the ability to be a concert pianist, do complex math computations, and paint like artists many years his senior. Despite his abilities, he still relies on his mother for love and support.

Fred's world changes when Dr. Jane Grierson

(Dianne Weist), psychologist and former gifted child, convinces Dede she can provide the challenge he needs. She enrolls Fred in University and has him participate in The Odyssey of the Mind, a contest between gifted children.

While at university Fred meets Eddie (Harry Connick Jr) and hopes to establish a friendship with him. Soon, however, he realizes that they are very different, and this moment is very touching and realistic.

This movie is going to be a wonderful success and will probably be in the running for an Oscar nomination for Foster and Hann-Bird. Hann-Bird is an excellent young actor and with the aid of Foster's directing, led movie goes through a very heartwarming movie, one most deserving of our hard-earned money. A definite must see!

Borne Losers Finish First

Staff Writer

Last Friday's Rock 'n Talk was chock-full of good clean fun and four Van Halen tickets were given away as first prize in the Air Band Contest.

The Rock 'n Talk started at 4:30 p.m., when all present began drinking alcohol and shedding their inhibitions, especially those taking part in the air band contest.

The first of the four competitors took the stage at 6 p.m. and gave a strange yet enjoyable performance to the tune of "Kill The Rabbit". They were followed by the Born Losers who performed "Ahab the Arab" (while dressed in male and female Arabian clothing), they were followed by Bill and Ted doing a Van Halen medley and Devo finished off the show with "Whip It".

The winners of the air band contest and the recipients of four Van Halen tickets were The Born Losers, whose "Ahab the Arab" was probably one of the funniest airband skits I've ever seen.

The lucky winners will get to see Van Halen this coming Saturday and will be chauffeured to and from the concert in a limo.

Don't miss next Friday's Rock 'n Talk when The Thomas Trio and The Red Albino will be playing live.



Kill the Wabbit . . .



Good times at the Rock 'n' Talk.



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RODEO DAYS WEEKEND

Jim Andrews Entertains
Thursday, Friday, and Saturday

Friday Afternoon Party with
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Happy Hour Party

4 - 6 Friday

Fun Prizes and Giveaways

Great View - Great Time
At Runway 29

Music Reviews

The Odds
"Neopolitan"
2 1/2 stars out of 5

By Mark Sanche
Contributor

The Odds are an experienced club band from Vancouver who play no frills, medium style rock music. They sound quite familiar to the band Squeeze in that they use a good measure of intelligence and wit in their lyrics that are performed in smooth, clear tones. This

band has a talent for molding melodies into rhythmic songs which catch your attention.

Because of this, I would predict that could have some future success on the charts. For now, they sound pretty much mainstream and need to expand on their ability to create distinctive tunes to give themselves an "edge" in the music industry.

This album is an honest first effort from a band that's worth a listen.

"No More Tears"

Ozzy Osbourne
5 out of 5 stars

Clinton Bernes
Contributor

Ozzy's back with his rumored-to-be final album **No More Tears**. Don't let the title fool you - this is hard rock at its very best. Definitely not for the faint of heart. From beginning to end, this album rips along

like a runaway freight train, with the listener hanging on for dear life. Tracks such as "Hellraiser", "I Don't Want to Change The World" and the title track are accentuated by the bone-crushing guitar work of Zakk Wylde. There are also superb ballads such as "Time After Time" and "Mamma I'm Coming Home". Altogether, this is a tremendous effort by Ozzy and his band and highly recommended.

Fine Heads Abound

Actual physical evidence has now been fabricated that Dan Lachambre's head is larger than Chris Hornes', says the Society of Head Improvement Technology. (S.H.I.T.) Based on scientific measurements and calculations, S.H.I.T. has determined that Dan's head is actually 238% larger than Chris', which can lead to far-reaching and serious consequences.

S.H.I.T. believes that this expansive cranial volume is one of the reasons Dan

performs so well in his vice-presidency. Dan, being the academic V.P., is responsible for performing Chris's duties in his absence. He also must assist students in academic related matters.

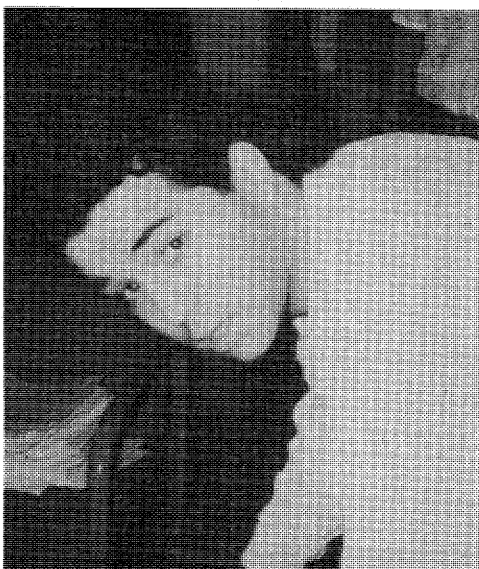
S.H.I.T. also believes that Chris's head size aids in the execution of his duties. Chris is the Naitsa president. He must preside over all of the Executive council meetings, the General Council meetings, and Naitsa.

When asked whether Chris has fallen victim to the Amazon Live Head Shrinkers association,

S.H.I.T. could only reply "nope".

Any concerns about the head size of these individuals, or your own head size, should be directed to the V.P. for Liaison, Interpretation, Study, and Testing, (S.H.I.T.L.I.S.T.), or the president of S.H.I.T., (the S.H.I.T.H.E.A.D.).

S.H.I.T. would like to say that in all of its communiques, the word "head" shall refer to the brain container, cranium, or top-side melon, and nothing else.



Dan Lachambre - VP Academic



Chris Horne - NAITSA President

Naitsa

AND

THE NEST
PRESENTS



A Musical Comedy Show

Wednesday, Nov. 13 @ 7:00 p.m.

*also performing at noon in the Naitrium.

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TYPESETTER

This Nugget position is currently vacant. If you have a minimum typing speed of 55 words per minute, be sure to apply.

Application forms may be found in the NAITSA offices (E-133). Fill it out and drop it off in The Nugget office (E-128), attention Tim Pasay, Editor.

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Offensive Sick Humor

By Miller Malone

Word is that a couple of people are a little offended at the piece I wrote last week about mental illness, and hey, I'm not sorry I wrote it. I'm just sorry you didn't think it was as funny as I did. (I laughed when I wrote it, I laughed when we published it and I laughed when I saw the paper in the halls, and I'm still laughing!)

If last week offended you stop now or you're going to be really offended.

This week my mission is to ridicule and trivialize bestiality (that's a crime in which people have sexual relations with animals).

Now this is a serious topic but I think it's kind of funny, just try to imagine some guy with his pants around his ankles chasing down a cow yelling "come here Bossy you tease!"

You know when they catch people at it (bestiality) they put them on trial and then to add

insult to injury they put them in jail. Yeah, that's a crime murderers and muggers in prison will respect you for.

It's weird, but true bestiality is a crime that keeps rearing its ugly head in public and not just the odd farmer anymore, city folk seem to be making an appearance on the news lately too.

The question we must ask ourselves is this: "How do we know animals don't like to have sex with humans?"

I mean, unless your name is Doctor Dolittle you can't say for sure one way or the other.

I'm no psychologist, but I can't help to think that it's a little crazy to be attracted to an animal (did the Ranger ever feel that way about Yogi? How about the Lone Ranger and Silver? Of course not!).

So what we must ask ourselves is this: Is it icky?

Yup. Would we do it - nope, should we condone it. Of course we should... NOT!

Are you offended? You shouldn't be. I told you not to read this. If you are offended, don't blame me, blame yourself for not being able to leave something alone.

You knew it'd be sick humour and you read this anyway, why would you read this when you knew it'd offend you?

So what have we learned this week?

- 1) I wrote this because I have a really twisted sense of Ha Ha.
- 2) You read this because deep down inside you wanted to be offended.

You see the truth is, I don't find bestiality very funny either, but I used it as an example to prove that I may be twisted, but at least I'm not a hypocrite. If you don't want to read something sick then don't. You choose.

Nest Rocks With Laughter

Staff Writer

Friday night, after the Rock 'n Talk, The Nest filled quickly with slightly inebriated students ready to laugh.

The comics courtesy of the Comedy Factory were Chris Warren and Dan Sinsky; two guys from the states.

Strangely enough the humour generated in the Nest on Friday night was only partly due to the comics, the main event was the crowd itself.

Since most of the crowd had just come from the Rock 'n Talk they were already primed and participated in the show rather than just watched.

As the comedy progressed people got louder and participated a little more than the normally mellow Nest crowds usually do, things stayed well in hand however and everyone had a good time.



Chris Warren keepin' 'em in stitches

Photo by Staff Photographer

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- 5 Nights Deluxe Accommodation
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B!G MOUNTAIN



Photography by Tim Rice

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MOLSON CANADIAN ROCKS
CONTEST!

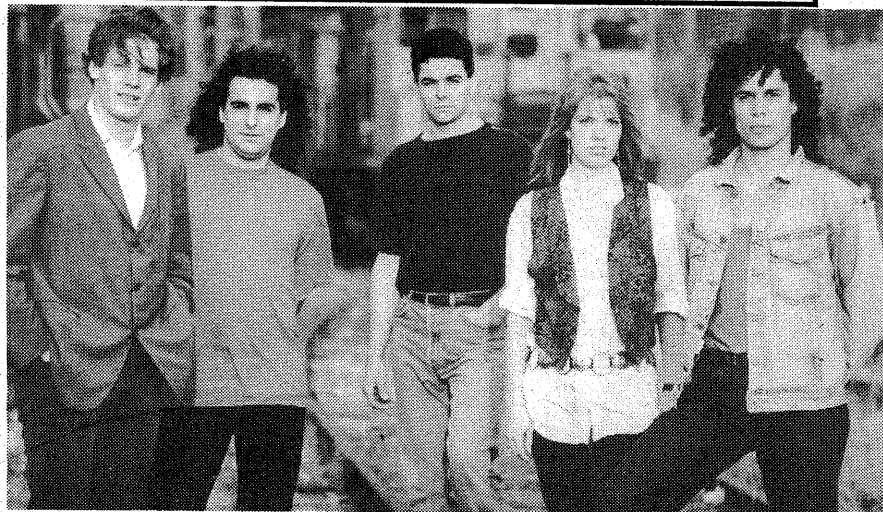
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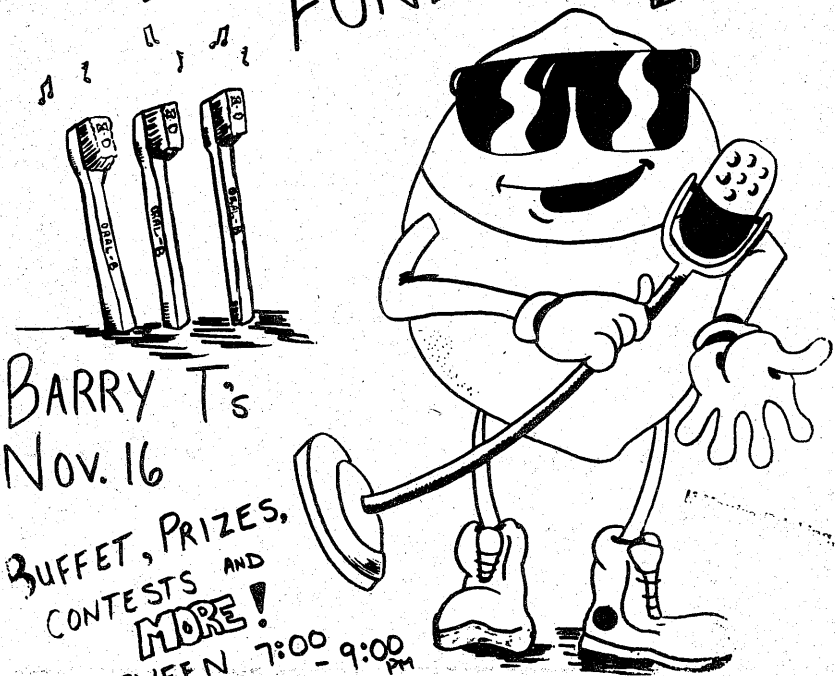
\$6 ADVANCE

\$8 AT THE DOOR

NOV. 8, 1991

TIME: 7:30 PM - 1:00 AM

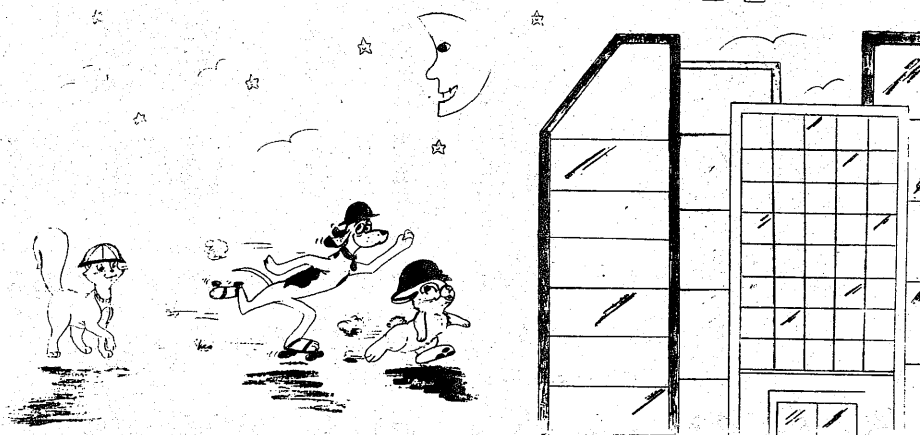
YOU'VE GOT
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DENTAL ASSISTING
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BETWEEN 7:00 - 9:00 PM

TICKETS ON SALE NOW! - MAIN LOBBY

WHO WANTS TO
BE CIVIL?
LET'S BE
ANIMALS!!



Presented by:

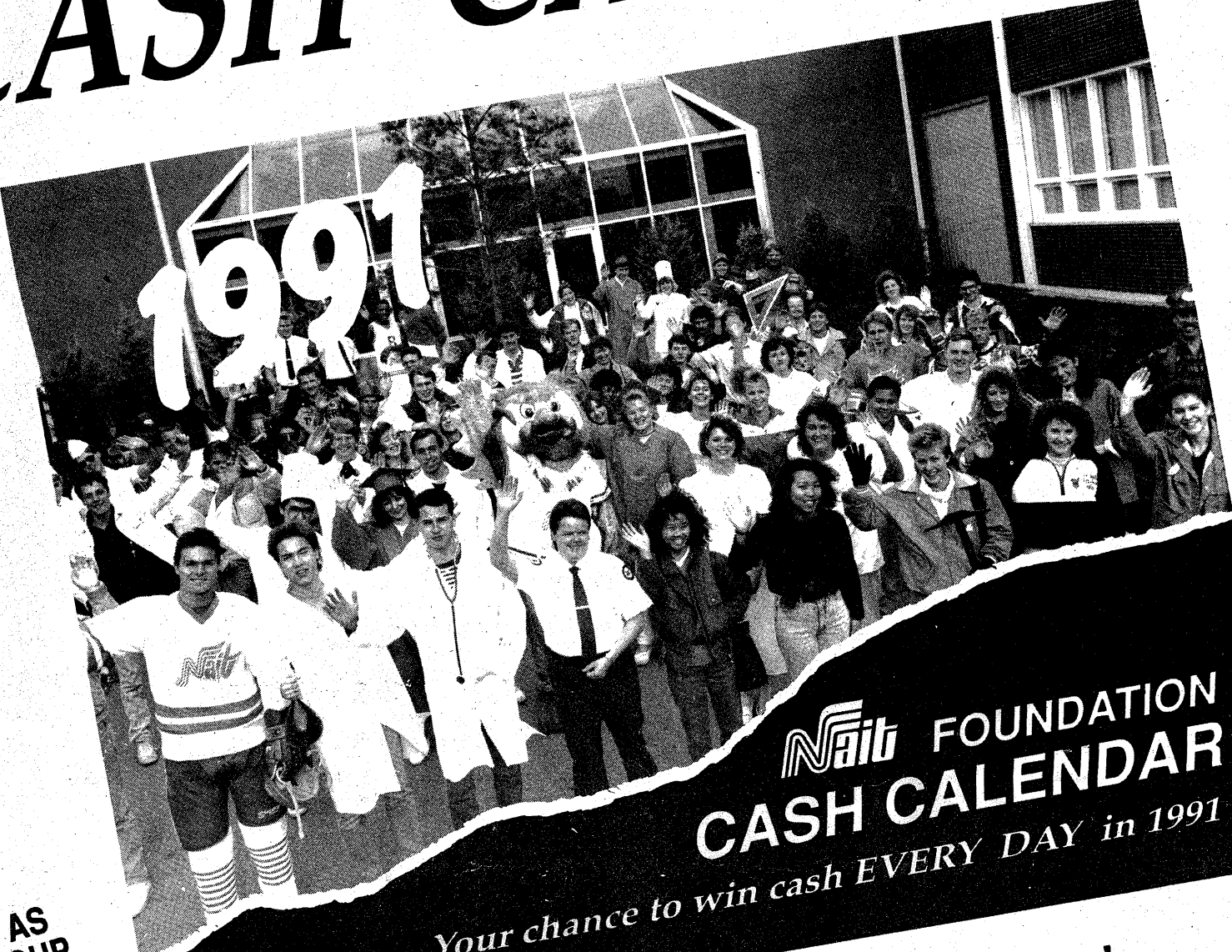
CIVIL ENGINEERING

INVITES

ANIMAL HEALTH YR II

date: Friday Nov 8
time: 8:00 pm - 1:00 am
Bonnie Doan Hall
9240 93 St.
Tickets: 6.00 + 7.00/d
Techs + Main Kiosk
Music by:
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NAIT FOUNDATION CASH CALENDAR



1991

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- NAIT Foundation Office (108)

**ONLY
\$5.00**

GRAPEVINE

M. Me. Fo. B.:

Ski season seems like it's coming quicker than expected. Christmas seems like a good time for surprises. Hope you still have the number. Use the digits anytime. So be it. Peace.

To the Last New Kid:

You know who you are. Thought I'd say "Hi!" You're model still wants to hear your voice after all that's happened. J from TX wants to meet U. Maybe she will answer back. From me.

Robert (2nd year Bus.):

I've noticed you here so I bought you a beer. On Friday at Rock 'n Talk too bad you left, or we could have walked to the airport, hopped the plane, flew to Hawaii, and got leighed. PS: Ya snooze, ya looze, so no more booze! Signed, Your Admirer from Rock 'n Talk.

To the girl wearing the Zulu Airwear shirt who was studying in the cafeteria Friday at 9:30 a.m.:

You're a very pretty girl that caught my eye but I was too shy to come and say Hi. As I watched you study from afar I was wondering about you and wishing on a star. My greatest hope is you read this and realize who I am and respond through the grapevine. If not, you will always be there in my night time stars; a vision of beauty to be admired from afar. From The Shy Admirer.

To Brown Eyes:

You have sexy come-hither eyes
And everyday I strain my eyes
Hoping to catch a glimpse of you
You are in Cooking - Range class
With your spiked brown hair shining
And your handsome face smiling
You look sensuously sexy
In your uniform.
If we ever meet
Please wear your chef's jacket and your cowboy boots (the combo makes me hot)
I await your notice.
Breathlessly waiting.

To my X-Hall Party Lover:

The last Halloween party something strange happened. For the first time I felt really attracted to you, in a non-joking matter. I know that we could never be together because we know each others game. (Because we both play). I wish that we could both quit playing and be honest.

Signed, Love Only you know who!!

Paul in Marketing:

Blonde and brave, we like those silky smooth legs. How do you get them so soft? Is it electric, disposable, or wax? Please, oh please, give us the fax. We noticed there was no stubble. Did you do it on purpose. Or did you get in some trouble? Perhaps it's for the purpose of aerodynamics or maybe for the women on whom you used prophylactics. No worries Paul, don't turn red, we know it is for the water you tread.

Shaun. (We're only kidding bud!)

Whistling Dixi:

Help! My mind and body are prisoners to your beauty. I'm going mad waiting for a kiss from your extremely lovely lips. Please help me. Patiently waiting, The Scary Guy.

Lorin (2nd year Electronics):

What does it take for U 2 understand? You are in great demand. Why do you want the sister? The eldest is much better, mister!

She would give you more than any other girl would, She would treat you the best if she could.

Who is the woman of such grace?

Her name ends in "ace". "Market" this opportunity!

A concerned Pal (2nd C).

To my Chief Soupie:

Just a little thank you for the nice and memorable weekend we had together. I hope your belated birthday celebration was worth the wait. The Roman Suite will NEVER be the same.

Love ya, Lucy.
P.S. Let's never stop painting.

To two studly guys:

Dark as night, and fair as day.

One was there, the other away.

We count on you to see the light,

And ask us out some Friday night.

From Two Luscious Bimbos.

To:

Mr. "Orlando Staff" (stop) Hate to be tacky and forward but (stop stop stop) Evening 10/23/91 (stop) I was in PURPLE (stop) Was their eye contact (question) Just wondering/hoping (stop) Don't be mad at the ad (rhyme) Writing back may be the only way (quit)

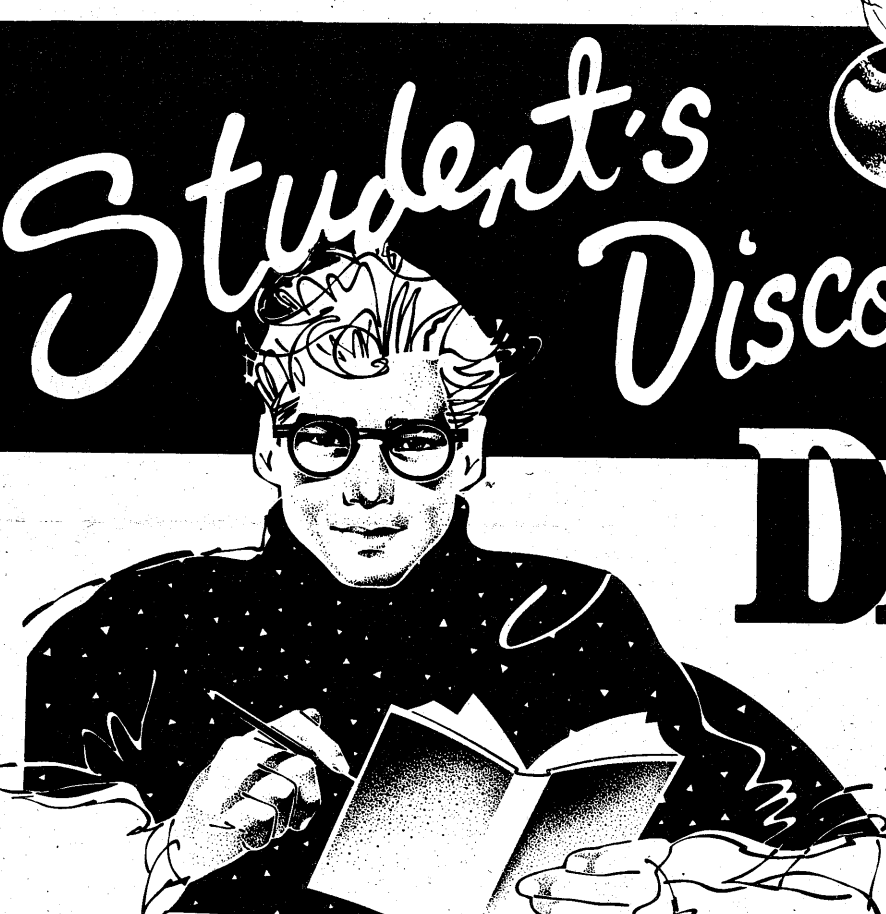
To the 2nd year Bio Sci Sweetie:

I think your name is Lonnie. I see you a lot with a guy from business. I've noticed you in your new black jeans, and you look really hot. You might remember me from The Shark Club. I gave you a penny for your kind services. Your smile still makes you look like a Chip and Dale dancer. I can't wait to get together with you again. It's been four long weeks. I hope to feel your touch once more. Till we meet again.

Love your jar full of pennies.

We would like to congratulate Jeff Park and Norma Camba on their engagement. We wish you the best and we love you both!

Love Jane and Tammy.



Student's Discount

DAY

10% OFF

YOUR TOTAL BILL*

*To a Maximum Purchase of \$100.00

For all U of A and NAIT Students

TUESDAY November 12

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1976 Ford Ltd. 2 door HDTP., 400 V6, auto., one size family car, good condition. 60,800 miles (really!) \$990 o.b.o. Phone 489-5312.

MISCELLANEOUS

ATTENTION GRADS

I was an Apr. 91 grad that found a job that was both fulfilling and lucrative. I can help you do the same. Call 467-4181 anytime

Briquette, a four year old male cat is looking for a warm and happy home. He is fixed and tattooed, had medium length black hair. He loves people and is very affectionate. Anyone interested in giving him a good home please call 447-3383 and leave message.

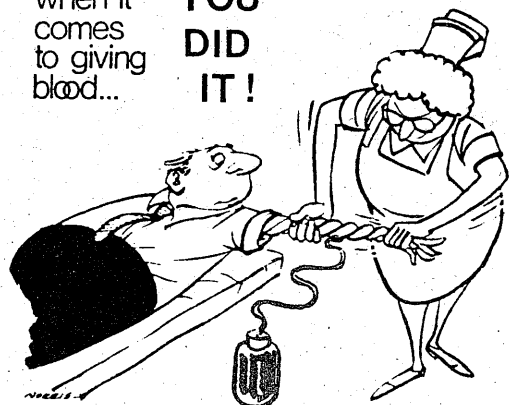
Lost in North Cafetorium: October 24, 1991 at approximately 12:30 p.m. one reddish brown leather jacket, slimline biker's style and collarless. Contained identification. Reward for information leading to return. Bob 444-7094.

Anyone interested in forming Entrepreneur's Club please phone Bob 444-7094 - Support group for formation of sole proprietorships - how to make money and still stay in school!!

Want to trade parking spot in Lot Q for one closer to Plaza II. Call 963-4884.



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Welcome NAIT Students

Mens & Ladies Haircuts
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GRAPE VINE

Mr & Mrs Park to be:

Wedding bells are in the air. Maybe, just maybe that's why Jeff has no hair.

That walk down the Aisle seemed like a mile

For the two dressed in that flashy white style.

Now that you've said you I do's you realize Norma that you must give birth to your own little crew.

When you get pictures taken you must say "cheese". And to help you smile remember Jeff begging "please, please".

No worries, no frets, but boy, oh boy there are debts. Remember the beer and wine after all, your guests want a fine time.

This is your time so raise your glasses high to the two that love each other the most.

As for the rest of the night we are the one's hosting the roast. And after your final dance you can go home and (fill in the blank).

MC Roast Hoasters.

2 Cam in EET:

I haven't seen U around lately and I've been wondering how U're doing, where I could find U, and whether U have a girlfriend. Maybe we could do... coffee some time.

From the girl in front of U in the registration line.

Mr Hollywood:

We'll make this short so you'll understand

So you don't have to wine and ask for your girlfriend's helping hand.

You're blonde as blonde can be

But that's not hard for us to see.

So all the things you say and do

Just look dumb on you

Where or where did you get those jeans

That make you look like you exploded a can of beans?

We heard your favorite is fish

Would you like some parsley to accent your dish

Next time you care to dine

Just remember your seats recline

Keep in mind that your steering wheel is low.

So there won't be enough room for your girlfriend to go

Now that your brain has reached its peak

Try not to let it all leak.

Signed, I'm not dumb.



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13 @ 7:00 p.m.**

*also performing at
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