

# The Nugget

Thursday, March 18, 1993

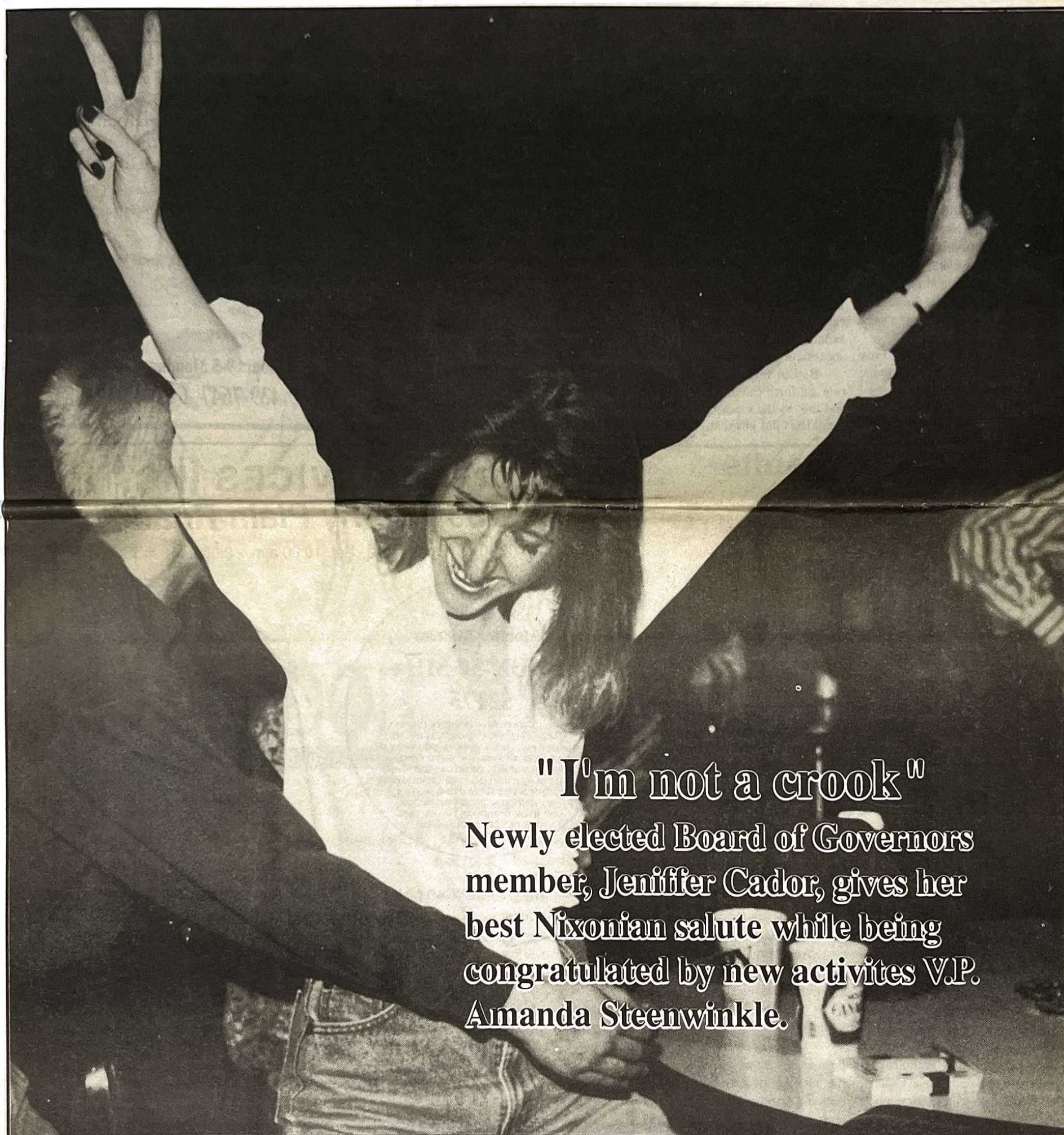
NAIT's Student Newspaper

Volume 30 Issue 23

## Tedder takes NAITSA presidency

Voter turnout increased 60%

See story on page 2



**"I'm not a crook"**

Newly elected Board of Governors member, Jeniffer Cador, gives her best Nixonian salute while being congratulated by new activities V.P. Amanda Steenwinkle.

**INSIDE**

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# "No paper" campaign a success

By Jennifer Cador  
News Editor

Last Friday's NAITSA elections brought a larger voter turnout than in years past. 1096 ballots were cast, an increase of 63 percent from last year. The impressive turnout has the current NAITSA executive smiling, but the question is, did the no-paper policy that was implemented for this campaign have anything to do with that success?

The no-paper policy stipulated that no candidate was allowed to use paper in any form to market themselves during election week. The use of paper posters, brochures, buttons etc. would have resulted in the immediate disqualification of the candidate. Instead, candidates used posters made of substances other than paper, such as cloth or plastic, to sell themselves. A new poster limit was also imposed by the NAITSA executive, bringing the maximum allowable number of posters down to ten each, from the previous limit of one hundred.

Opinions as to the success of the no paper campaign were mixed at NAITSA.

Communications VP Troy Lymburner said he thought that the increase in voter turnout showed that NAIT students are losing their apathy, but he doesn't think the no-

paper campaign did what it was supposed to do. In his opinion the no-paper campaign was implemented to force candidates to get out and have face to face contact with the constituents. Instead, Lymburner said, candidates' use of posters (albeit non-paper) defeated the purpose. He didn't feel that candidates actually campaigned any harder this year, with the exception of one or two.

The reasons for the increased voter turnout, according to Lymburner, could have been the large number of candidates running and the wide variance of technologies that those candidates came from. "That, if anything, would have increased voter turnout just by sparking the number of voters from each technology."

Academic VP Brad Balkan disagreed with Lymburner on the success of the no-paper campaign. "I think the no-paper campaign was a huge success. Considering last year's turnout of just about ten percent, this year's turnout of 16.3 percent of the student body was a very successful campaign."

Balkan felt that the no-paper rule did force candidates to get out and talk to the electorate and that candidates did just that. He points

to the voter turnout as evidence of that fact. As well, Balkan said that candidates this year did put more effort into campaigning, comparing this year's election to last year's when "there was just a select few of us who were going out and talking to the students."

One of the issues to be decided by the new executive, however, will be whether to ban posers altogether.

NAITSA President Dan Lachambre, echoed Balkan's view on the success of the no-paper campaign, however he wondered if the cloth and plastic posters that were hung in the hallways discouraged candidates from getting out and talking to the electorate. He said there would "be some discussion with the new Academic VP as to whether it should be limited to 10 paper posters, or strictly no poster, or 10 cloth poster... There's three different extremes that [we] can go to. So that's something that has to be sat down with and decided for next year's election."

Activities VP Shane Warawa felt that the campaign was successful but that "it should have been specified as a no-paper / no-poster campaign. That was our intentions but we kind of overlooked that a little bit."

On a positive note, however, Lachambre said, "I think that next year NAIT students should be very proud to have this executive voted in. I think they're going to be a very strong team."

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## Election results

### President

Cherri Burdeyny - 421  
Susan Tedder - 582

### Academic

Dean Andres - 564  
Pam Radchenko - 259  
Donna Thompson - 178

### Communications

Kevin Minaker - 823 y /136 n

### Administrative

Jundee Gray - 448  
Aileen Perrault - 517

### Activities

Amanda Steenwinkle - 392  
Alison Cathcart - 325  
Peter Stone - 299

### Athletics

Neal Cantin - 396  
Renata Kolbus - 223  
Dave Miller - 374

### Board of Governors

Troy Brehaut - 280  
Jon Brenda - 223  
Jennifer Cador - 598  
Len Kolmar - 486

## Alberta students ready for election

This weekends, student leaders from Alberta's post-secondary institutions finalized their plans to make post-secondary education an issue in the provincial election that is expected to be called within the next few months.

The Council of Alberta University Students (CAUS) and the Alberta College and Technical Institute Student Executive Council (ACTISEC), together representing over 100,00 post-secondary students, met jointly in Lethbridge on Sunday, March 14, to conclude their election strategy preparations.

The students' campaign will begin with a drive to recruit volunteers from campuses across the province, to help distribute campaign materials and answer inquiries from the public.

The campaign will shift to high gear once the date of the election has been established. ACTISEC and CAUS, through their twenty mem-

ber university, college and technical institute student associations, are planning the following:

- An advertising campaign, featuring television, radio, newspaper and municipal transit ads;
- distribution of thousands of leaflets to the public;
- a series of election forums on post-secondary education to which the Minister of Advanced Education and Career Development and opposition advanced Education critics have been invited;
- a debate to which the leaders of the major political parties have been invited.

The focus of the CAUS and ACTISEC campaign will be the need for quality and accessibility in post-secondary education to ensure Alberta's economic prosperity, as recognized by the Premier's Conference on Alberta's Economic Future.

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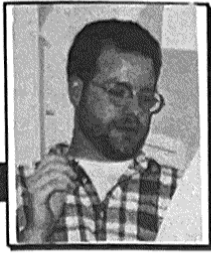
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# Poster restrictions worked



**david HARVEY**  
editor-in-chief

That's all folks!

The NAITSA executive election is over for yet another year. Congratulations to all the successful candidates and kudos to all the candidates for making this year's campaign better than those in years past.

This year, there was a greater awareness of the recent tuition hikes and the general financial crisis facing NAIT students. With the poster restrictions, candidates were forced to use more imaginative campaigning techniques than simple posters. Most notably was Eileen Perrault's "cookie campaign" (see Letters to the Editor).

Clearly, the "No Paper" campaign worked. Ironically, it didn't work because paper posters were not allowed. (How plastic posters and

cellophane are more environmentally friendly than paper posters and masking tape is completely beyond me). But, because candidates were restricted in the number of posters they were allowed to post.

Without the "nice picture on 500 posters" option, candidates were forced to actually talk to students. This year, students had more than a bunch of posters urging them to vote. Almost every candidate, at one time or another during election week, stopped me in the hall to remind me to vote.

While there was significant improvement in this year's election, more can easily be made. Firstly, no posters (plastic or otherwise) should be allowed next year. If candidates are restricted to a "word of mouth" campaign, the campaign will be more active and interesting.

Finally, if candidates are forced to rely completely on a "word of mouth" campaign then it stands to reason that they must actually have something to say. Very few times over the past two years has a candidate run on a platform of anything more than promising to listen to all students or keeping an "open door policy"; not exactly burning political rhetoric. In a no poster campaign, it will be the candidate that can identify the issues and have the innovative ideas that capture the student body's collective imagination that will win and isn't that the way it should be.

# Medical students denied benefits-



**pam RADCHENKO**  
assistant editor

It's the closest satellite campus, yet it's virtually ignored. That's right, the Medical Annex Building, a part of NAIT that holds over 100 students that spend all day over there, and students from at least five other technologies use it regularly to do labs. Obviously it's a pretty important part of NAIT, yet why does it get so little attention?

Some of the problems that they are encountering include: one phone (that doesn't even work) for the whole building, no change machine, no sandwich machine, and the student lounge holds maybe fifteen people. One microwave has to do for all those students who want to bring a lunch,

and have a decent meal, instead of the garbage in the vending machine. Students have complained that by the time you get your lunch, the break is over. All these are legit concerns, but how are they to be dealt with when no one will listen? The NAITSA President, and executive take trips to all the other satellite campuses, why does the Medical Annex get overlooked? Maybe next year's executive should look into this.

Not only are the facilities lacking, but absolutely no information gets over there to include those students on the NAITSA activities. No posters tell what is going on, and in actuality, they don't even have a bulletin board in any high traffic area. Sure they could voice their complaints at general council, but it's kind of tough when they're all out on practicums in Grand Prairie and Lethbridge etc. No one wants to drive three hours to go to general council. Thus the reason why they are all in bad standing. These students have all paid their NAITSA fees, and are entitled to the benefits that NAITSA provides, so why aren't they getting any? A legitimate question that someone should find some answers to. If NAITSA is here to provide for all students, then maybe it should start.

# Apathy may be lifting



**jennifer CADOR**  
news editor

Is it possible that the student apathy problem which has plagued NAIT for so long is lifting?

After last week's NAITSA election, I'm starting to think so.

Look at the evidence: to begin with, there were eighteen candidates vying for the eight available positions. That's practically a record number; in years past there's been nowhere near that number who were willing to get out and get involved. A NAITSA position is a demanding one; the fact that so many tried for the opportunity to make a difference in student life at NAIT certainly gave the impression that student apathy was being replaced with enthusiasm.

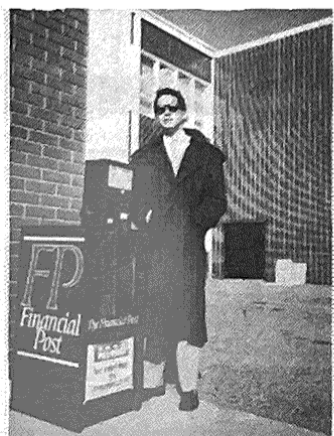
Attendance at the four campaign speeches wasn't half bad either. Since this is my first year at NAIT, I'd never been to a campaign speech here before, but I'd been informed by NAIT "veterans" that no one ever goes. Not so this year. It would seem that at least some students were interested in who their candidates were - that or they were simply trapped while they ate lunch in the Naitrium.

The real proof though, was in the voter turnout on Friday. There were 1,096 ballots cast, up six percent from last year. Although it's true that's still only approximately 16 percent of the eligible voter population at NAIT, it's a significant increase and is therefore a sign of hope.

It's also an indicator of success for Academic VP Brad Balkan's no-paper policy. Balkan stipulated that candidates this year could not, under any circumstances, use paper to sell themselves. He also lowered the poster limit from one hundred per candidate, to ten. There were those that predicted voter turnout to be much lower than in years past because of this policy, but the results proved them wrong.

All year, I've been one of the first to criticize the apathetic student mentality at NAIT but this time, it's great to be wrong. It looks like the tide is turning and if enthusiasm is anywhere near as catching as apathy is, NAIT can look forward to an exceptional year next year.

# President's Corner with Dan Lachambre



How serious an issue is post-secondary education to our Provincial Government? Or how about to the public at large? Well the Alberta College and Technical Institute Students Executive Council (Actisec) in cooperation with the Council of Alberta University Students (CAUS) are trying to ensure that education will be a priority in the upcoming Provincial election.

This campaign is labeled "Election Awareness" and the goal is just that - Awareness. What we are

attempting is simple. We want the candidates to realize that students vote too and we want a government that will recognize the importance of Advanced Education to industry and the economy.

Keep your eyes and ears open over these next few weeks for text cards, posters and media announcements outlining the issues which must be faced and the commitment needed to solve them.

So when the campaign is underway, jump on! Provincial Can-

didates cannot ignore 100,000 plus students (read voters).



## The Nugget

30 years and still going strong.  
The Official Student Newspaper of The Northern Alberta Institute of Technology

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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. Submissions 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.

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Deadline: **4:30 p.m.**  
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All submissions must be accompanied by **Your Name** and **Student ID Number**  
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# Letters continued... Election thanks

Dear Editor:

I would like to take this opportunity to thank all of the people who helped out with my campaign this past week.

Your support and encouragement definitely helped me win this position. I especially thank Susan, Kerry, Stu, Lorri, Woody, Kim, Cam, Brenda, Chantelle, Heather, Peter, Lisa, Captain Caveman, Lisa H., and all Civil Instructors.

I would also like to thank all of the students who got out and voted this year; that's a step in the right direction. Last of all I would like to extend my sincere congratulations to all of the election winners: Susan, Amanda, Neal, Aileen, Kevin, Jennifer and Len for a job well done. Let's all work together as a team and have one heck of a year.

Signed,  
Dean Andres  
Academic VP 93/94

Dear Editor:

I would like to thank everyone for coming out and getting involved in this year's NAITSA elections.

A thousand hugs and thanks to those whose help was extremely appreciated: Stew, Lori, Don, Lisa, Carol, Patricia, Kerry and Kim. The "I couldn't have done it without you" award goes to: my parents, Shawn and Dean. I love you all!!

This year is going to be amazing. Let's keep the enthusiasm up and have a great year.

Signed,  
Susan Tedder  
President - Elect

Dear Editor:

RE: PETER STONE'S CAMPAIGN

I would like to take this opportunity to say thank you to all the people who made my campaign possible. A special thank you to my parents and close friends for helping me with all the pins and posters. I would like to thank everyone who supported and voted for me, and although I did not win this particular battle, I am currently preparing for my next challenge.

I have now thrown all of my support behind Amanda, and I expect everyone to do the same. Congratulations to all the NAITSA election winners. As for myself, off to brighter and better things.

Signed,  
Peter Stone

Dear Editor:

As a former NAITSA Presidential candidate, I would like to take this opportunity to express my thanks to some very special people. Before I do, I would like to congratulate the newly elected executives; you ran strong campaigns and I wish you the best next year.

First, I would like to thank my campaign committee - you all worked very hard and deserve recognition. Angie, Elaine, and Don you're the greatest!

# Pissed off

Dear Editor:

In response to the disqualification of an individual running for the NAITSA Presidential position, I would like to share my thoughts. If anybody asked me what NAITSA has done for me during my time at NAIT, I would not be able to answer. Why? because your ego trip has not allowed you to get off your lazy asses and talk to the different technologies. It appears that Janice has been disqualified for doing this. Your defence is she violated or did not follow the rules. What a paradigm! I could only imagine what kind of world we would have if people did not challenge the system. The attitude of NAIT is to get involved in whatever activities interest you. To penalize a person for this is not dignified.

Pissed Off  
Pete Comeau  
2nd Yr IET

Second, I thank my friends in Plaza II - I love you all.

Third, Darren, I thank you for your words of wisdom and encouragement. I will repeat them to myself whenever I start to feel discouraged. Keep your head held high!

Next, to the people in the Medical Annex building. Directly I can not respond to your concerns, I'm sorry. I do promise you that your concerns will be brought up to the current and incoming executives. You will NOT be forgotten about next year.

Finally, to all my dear friends and supporters (you know who you are). I never would have made it this far without you, thank you. Now, we may move on to bigger and better adventures.

Sincerely,  
Cherri Burdony

Dear Editor:

Thanks to all for supporting the cookie campaign.

Chocolate chip cookies

2-1/2 cups all purpose flour

1 teaspoon baking soda

1/2 teaspoon salt  
1/2 cup butter or margarine  
1/2 cup shortening  
1 cup packed brown sugar  
1/2 cup granulated sugar  
2 eggs  
1-1/2 teaspoons vanilla  
1-12 ounce package (2 cups) semisweet chocolate pieces  
1 cup chopped walnuts or pecans  
Oven 375

Stir together flour, soda, and salt. In a mixer bowl beat butter and shortening on medium speed of electric mixer for 30 seconds. Add sugars and beat till fluffy. Add eggs and vanilla; beat well. Add dry ingredients to beaten mixture, beating till well combined. Stir in chocolate pieces and nuts. Drop from a teaspoon 2 inches apart onto an ungreased cookie sheet. Bake in a 375 oven for 8 to 10 minutes or till done. Remove, cool. Makes about 72.

Signed,  
Aileen Perreault

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Letters continued...

## Dymeterko dissent

Dear Editor:

The person whom has now claimed the position of NAITSA President. How does it feel to be voted into that position knowing that in a sense you claimed it due to an uncanny ruling from the Election Committee.

Hi, it is me again, Janice Dmyterko. I believe my chances of getting elected into the position of NAITSA president were excellent. I came to this conclusion due to all of the time and effort I spent planning and preparing for it. The amount of time and effort put forth, certainly cannot be put into numbers. It is not strange that now the rules of the constitution will be changed. I am sure you agree that my previous position as a candidate for NAITSA President should not have been penalized for the lack of specifics

in the campaigning rules and policies of the constitution.

I believe that the beer given to the students in this election committee, by the CRO and the NAITSA President, clouded their judgment on the decision to disqualify me as a candidate.

The Election Committee has denied me the position. This not only means that I would have been able to make the decisions of the students and the like, but also for my personal denial of the gain in experience and the meeting of people whom are associated with the position. This should certainly be looked at.

Throughout this whole matter I want to thank friends/ students for their support.

Thanks again,  
Janice Dmyterko

## "I want facts"

Dear Editor:

RE: THE DMYTERKO DEBATE

Congratulations Dan and Brad! Hope your candidate won! I have some questions though.

What really happened? Why was Janice Dmyterko banned from running at the last minute? I want facts. She was accused of unfair campaign practices, but were they unfair? What rules did she break? Name them if you can!

Her pre-campaign survey was noticed by another candidate who believed it to be campaigning. Ever hear of market research?

Janice Dmyterko went to Westerra for nominations. While she was there she spoke to one of the classes - by invitation. How

many other NAITSA candidates have ever been there? At the time, she was not running for office, she was seeking nominations which would allow her to win. If there was an instructor complaint, who made it?

This entire thing reeks of half-truths and conjecture. Lets have an independent review of the entire matter. If indeed she broke some rules lets find out. If instead she did nothing wrong and was railroaded out by NAITSA, at least we will know the truth. Small consolation for Janice and her would be supporters.

Signed,  
Ken Hughes  
Marketing



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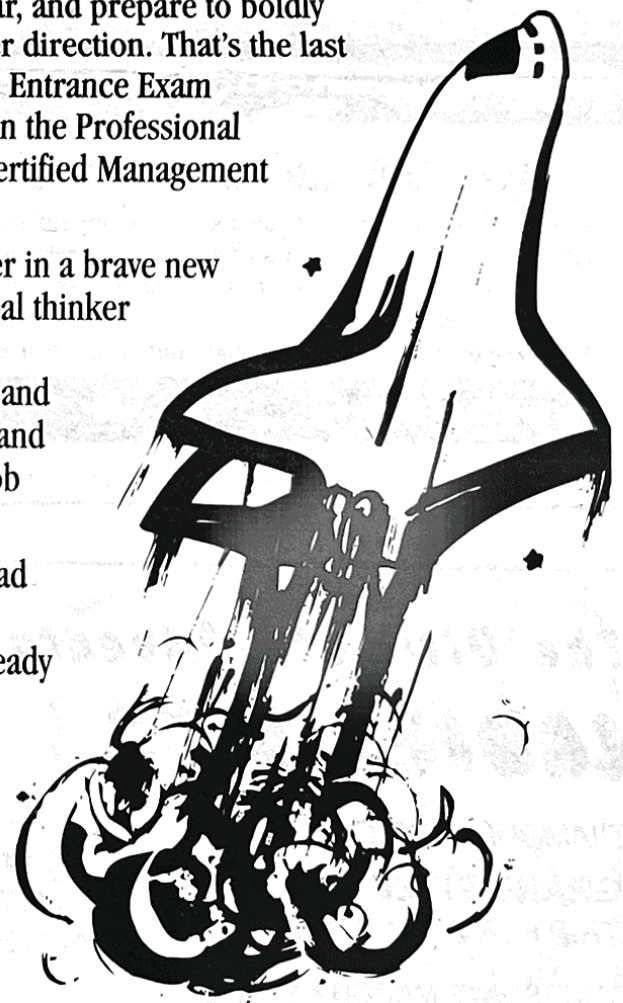
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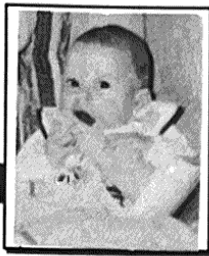
Society of Management Accountants of Alberta

1-800-332-1106

Just remember the 'M' word. Management.



# City of champs or of chumps?



**CHRIS NICHOLS**

sports editor - editorial

Have you checked the number of in-patients in the hospitals lately? There's been a rash of broken ankles in the past year or so, due to all the people jumping off the Oiler bandwagon.

In a way, the turncoat attitude is understandable. Players don't stay around long enough for fans to identify with them, so these same fans refuse to lend their support to the team. As a service to the Oiler fans of NAIT, I'll list some player I think will be the cornerstone of the Edmonton franchise in the years to come. I'll also give you the players' strong points.

**BILL RANFORD:** A franchise goalie if every there was one. His mental toughness and quick reflexes are the stuff of legends, so it's safe to say he'll be an Oiler for a long time.

**DAVE MANSON:** Right now his biggest problem is inconstancy, but this d-man is a diamond in the rough. He's tough in front of the net.

He's got a good point shot. Opposing players fear him. What more could you want in a defenceman? (A few less giveaways, I guess).

**IGOR KRAVCHUK:** Glen Sather calls him a world-class talent, and anyone who's seen this Russian play can see why. Kravchuk has phenomenal speed and a potent shot from the blue line, and he also seems to compliment Manson well.

**SHAYNE CORSON:** He has all the ingredients to be a great power forward, but he just hasn't put them all together yet. He's reads plays well and is a good penalty killer because of those smarts. Next season will probably make or break his career.

**KELLY BUCHBERGER:** Bucky is as close to an untouchable as the Oilers have. He's a great skater and a hard worker, as well as a physical force on the ice. Has been apprenticing under the master penalty killer, Craig MacTavish, and has learned his lessons well. He's

also good for 25 goals a year.

**ROMAN OKSIUTA:** Has spent the season in the Cape since being acquired for Kevin Lowe and has scored 20 goals in 30 games. He's been playing great lately, and has had several multiple point games in the past few weeks. If the Oilers find a front-line playmaker Oksiuta could score a bunch of goals in the NHL.

**VLADIMIR VUJTEK:** Vujtek has unbelievable talent. He can skate like the wind and handle the puck at high speeds, just like Pat Lafontaine. If he plays with a physical winger who would give him room to skate, Vujtek could be an offensive force in this league.

The Oilers obviously need someone who can score some goals and if they find such a person, the rest of the team will fall into place. The Oilers have a game saving goalie in Ranford, a rough 'n tough defence with Manson and Richardson and also fairly mobile when you throw in Kravchuk. Their offence is tough, but a goal scorer or three would be nice. The Oilers will be drafting seventh in the Entry Draft this year and should be able to pick up an offensive minded forward. But in the meantime, just be patient and wait for next year.



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**Nightly Drink Specials**

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**FRIDAY HAPPY PARTY**

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**BEAT THE CLOCK**  
FRIDAYS STARTS AT  
9 PM

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# ACTIVE LIVING



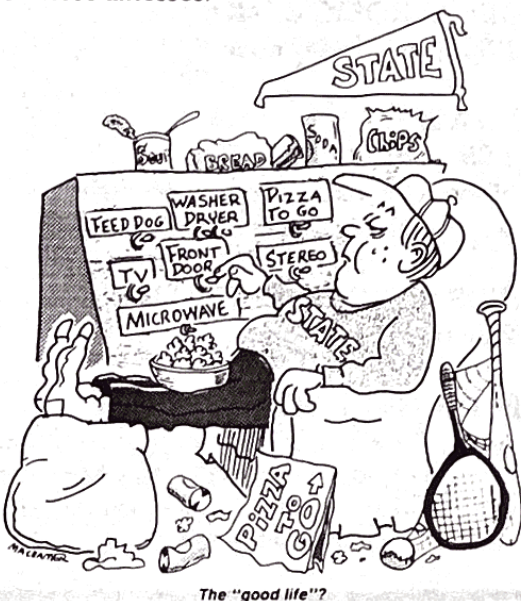
## A Step Toward Wellness

### Health and Lifestyle

Through scientific discovery and technology, we have been introduced to the "good life" of automation and fast foods. As a result, we have created sedentary lifestyles and "fast food" junkies. The consequence of this so-called "good life" is alarming, and illnesses, such as heart disease, which are greatly influenced by our lifestyle, are responsible for the largest percentage of deaths annually in North America. "Over 99% of us are born healthy, and suffer premature death and disability only as a result of misbehavior and environmental conditions."

- John Knowles, M.D.

Unfortunately too many of us do not even begin to worry about health until we have lost it. Our traditional approach to health has revolved around treating illness as it occurs. We have been lulled into a false sense of security, believing that if we exhibit no signs or symptoms of illness, then we must be healthy. However, we know that many disease develop over a period of time and may be present long before any signs or symptoms manifest themselves. Through effective lifestyle management and active living we can greatly reduce the risks of developing many of these illnesses.



### WHAT IS ACTIVE LIVING?

The wellness perspective encompasses more than the traditional concept of health by focusing on a pro-active approach to a quality lifestyle through awareness, education and personal growth.

Active living goes hand in hand with achieving a high level of wellness by representing a way of life which recognizes that regular physical activity is an integral part of a quality lifestyle. It extends beyond exercise and sport to integrate physical activity as part of a daily routine. The concept of active living also promotes lifelong leisure pursuits as a means of enhancing our health and well-being.

### Health and Wellness Fair

During the week of March 29 - April 2nd we invite you to enjoy a variety of activities designed to promote health, well-being and active living. Visit us in the South Lobby between 11:00 a.m. and 1:30 p.m. daily and access a wealth of information surrounding health and wellness issues. Each day of the week will focus on a different theme, so check out the weeklong schedule to make sure you don't miss anything.



### ENTER TO WIN

Besides a great opportunity to access great information, you can see we have lots of different activities planned for you! We also have draw prizes each day. Thanks to the generosity of High Country Sports we have a "specialized Mountain Bike" as a grand draw prize. This draw will be made on Friday, April 2nd at 12:30 p.m.

How do you enter this draw? Well, we're glad you asked! Here are your options for accessing entry forms:

- Drop in and participate in a Physical and Leisure Education class throughout the week.
- Participate in the activities set up in the South Lobby throughout the week.
- Participate in "Sneaker Day" on Wednesday, March 31st. Just visit us in the South Lobby wearing your sneakers.
- Complete the Active Living Word Search.

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MON. TUES. SAT. 9:00 AM TO 6:00 PM  
WED. THURS. FRI. 9:00 AM TO 9:00 PM



# OPERATION WINNERS

## '93 Health and Wellness Fair

Monday, March 29th

### "The Beat Goes On"

11:00 A.M.- 1:30 P.M.

- Information on heart health, stress and relaxation
- Cholesterol testing
- Blood pressure checks
- Mini massages
- Daily draw at 1:30 p.m.

A student enjoys a mini-massage at last year's fair



NAIT Sou

Tuesday,

"Eat

Schedule

11:00 A

- Find out more and weight m
- Sample low fa
- Participate in
- Nutrition gam
- Daily draw pr

Thursday, April 1st

### "Healthful Happenings"

11:00 A.M. - 1:30 P.M.

- This is a general focus around health issues and includes information from previous days... plus more.
- Cholesterol testing
- Mini massages
- Skinfold measurements
- Daily draw at 1:30 p.m.



## FEATURE AT

### WEDNESDAY

- "Sneaker Day"  
Visit us with you sneakers on and you can enter the Mountain Bike draw.
- STEP AEROBIC DEMO  
11:30 a.m. - 12:00 noon
- U of AGERS  
12:00 noon - 12:30 p.m.  
This group consists of adults 55+ who exemplify the meaning of "active living."
- HYDRA GYM CIRCUIT DEMO  
12:30 p.m. - 1:00 p.m.
- "IF THE SHOE FITS" CONTEST  
Drop by The Running Room display booth and try on one of the two pairs of shoes they have donated during fair days. If either pair fits, you can enter your name in the draw to win the shoes.



# ACTIVE LIVING LIFESTYLE

Fair - March 29 to April 2

South Lobby

March 30th

"To Win"

of Events

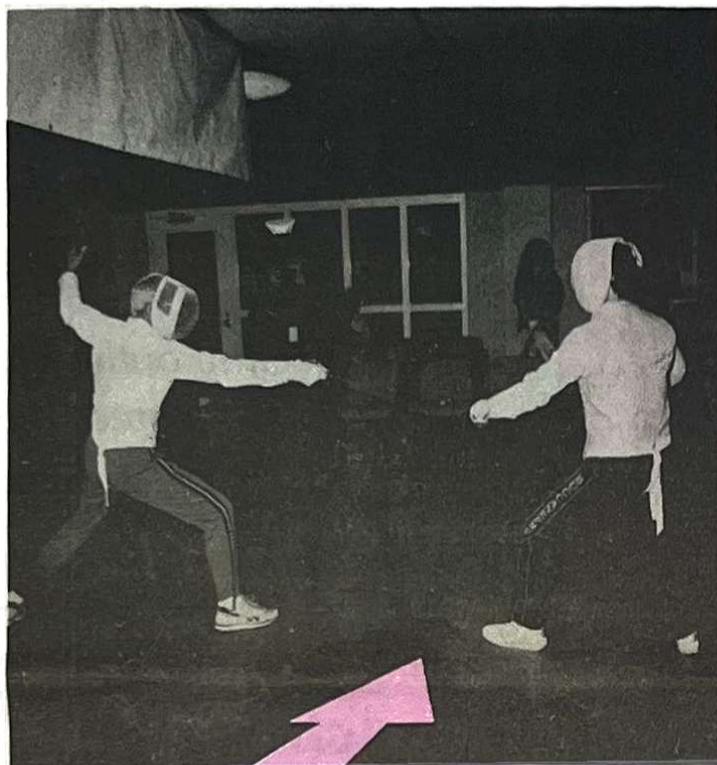
11:00 A.M. - 1:30 P.M.

about nutrition management

products

kinfold tests

at 1:30 p.m.



A fencing demonstration by NAIT staff members, Les Klar and Jack Foster

Wednesday, March 31st

"Active Living"

11:00 A.M. - 1:30 P.M.

- Enter "If The Shoe Fits" contest
- Demonstrations of activities: starting at 11:30 - Step Aerobics, U of Agers, Hydra Gym
- Information on active living and fitness
- Check your cardiovascular endurance, flexibility, body composition and muscular strength
- "Sneaker Day" - Visit us with your sneakers on and you can put an entry in the Mountain Bike draw
- Daily draw at 1:30 p.m.

## TRACTIONS

FRIDAY

- LINE DANCING  
12:00 noon - 12:30  
With E.J. Foley from Dancing Canadian Country:
- FENCING DEMO  
12:30 p.m. - 1:00 p.m.  
With NAIT staff members, Les Klar and Jack Foster.
- GRAND PRIZE DRAW  
12:30 p.m. in the South Lobby



Friday, April 2nd

"Different Strokes For Different Folks"

11:00 A.M. - 1:30 P.M.

- Drop by and take a look at some of the unique hobbies and interests pursued by others within the NAIT community
- Line Dancing with E.J. Foley from Dancing Canadian Country - Demo at 12:00 - 12:30 p.m.
- Fencing demo - 12:35 - 1:00 p.m.
- Major draw for "Specialized Mountain Bike" at 12:30 p.m.

**BROUGHT TO YOU BY:**

- \*Active Living/Wellness Dept.
- \*Physical & Leisure Education
- \*NAITSA
- \*AUPE Local 38
- \*NASA

**A SPECIAL THANKS TO:**

Health Services  
Dietary Technology  
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**FOR THEIR SUPPORT**







# Physical and Leisure Education

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.

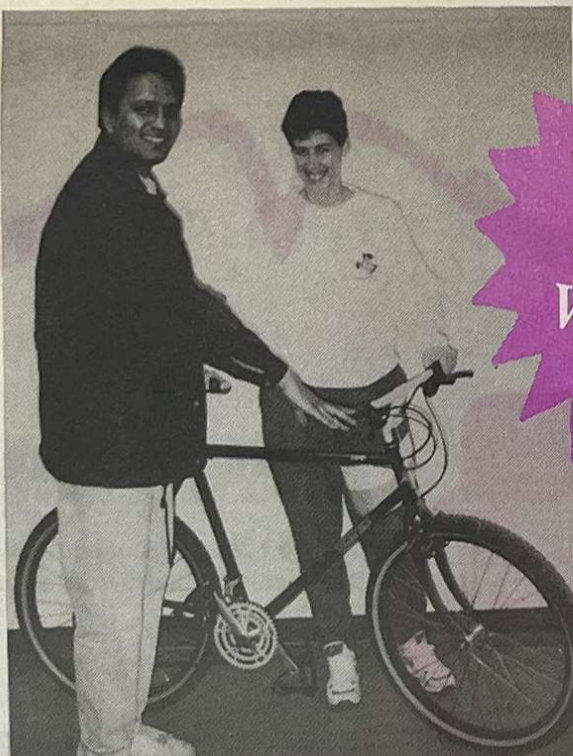


- **WE CARE** about our participants and all those who choose to access our facilities and programs.
- **WE CARE** about the attitude and image we present to our participants.

*"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

1992 HEALTH AND WELLNESS FAIR

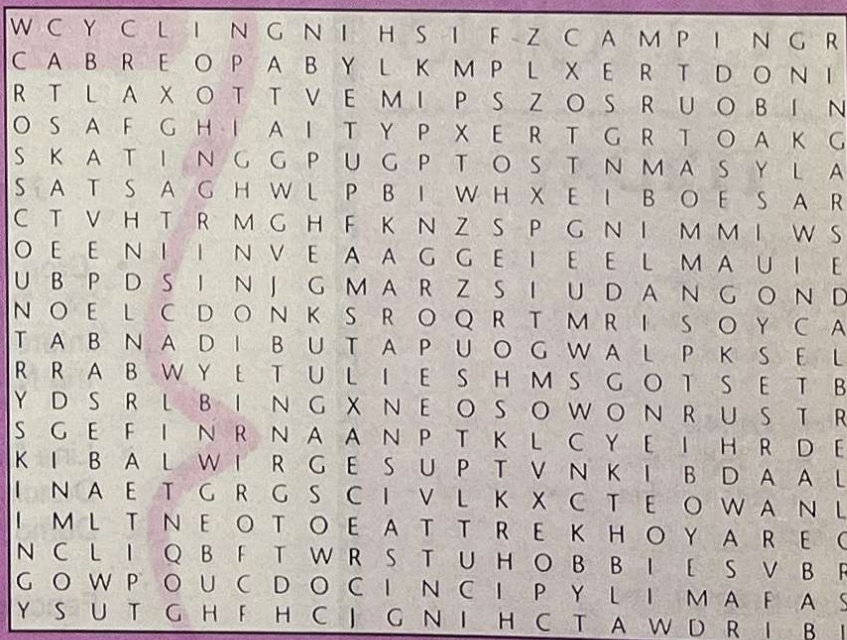


Jerry Bhullar, a student in Pre-Technology, was the lucky winner of last year's mountain bike from High Country.

## The Active Living Word Search

The following word list has been hidden in the puzzle. The words may be formed in straight lines up, down, forward, backward or on the diagonal. Circle each word as you find it and cross it off the word list. The letters in the puzzle are often used more than once. The words are related to Active Living. Can you find them all?

- |                      |               |               |             |
|----------------------|---------------|---------------|-------------|
| Baseball             | Family picnic | Hopscotch     | Sleigh ride |
| Birdwatching         | Fishing       | Horseshoes    | Swimming    |
| Camping              | Flying a kite | Playing catch | Swinging    |
| Checkers             | Games         | Reading       | Tag         |
| Crafts               | Gardening     | Roller blades | Toboggan    |
| Cross-country skiing | Golf          | Skateboard    | Walking     |
| Cycling              | Hobbies       | Skating       |             |
| Dancing              | Hockey        | Skipping rope |             |



Complete the active living word search, then fill out an entry form and bring it to us at the fair.

Name: \_\_\_\_\_

Technology: \_\_\_\_\_

## "IF THE SHOE FITS" CONTEST

In conjunction with Sneaker Day, The Running Room has donated two pairs of shoes, different sizes of course, for draw prizes. Drop by their display booth and try them on - if they fit, you can enter your name in the draw for that pair of shoes. Draw to be made at 1:30 p.m., Wednesday, March 31st. See you there!



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# Really short story

By Miller Malone  
Entertainment Editor

"It won't work!"

"No one will want it!"

"Don't you see? It's not a good idea!"

But Dan refused to listen to them. Using all of his NAIT marketing skills and investing his life savings, he proudly unveiled his product at the trade fair.

And as sure as I'm writing this six years later, Dan still hasn't sold a single extra small sized condom.

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# MOLSON CANADIAN ATHLETE OF THE WEEK

## Swimming



**Linda Marshall**  
*Pre Tech*

Linda had an excellent year with the Oaks which culminated at the March 13 ACAC Championships hosted here. At the meet, Linda won all of her individual events. Congratulations Linda!

## Swimming



**Chris Chetkiewicz**  
*Instrumentation*

Chris is in his third year with the Swim Team. His dedication throughout the season and solid top 3 swims at the March 13 ACAC Finals helped the Men's team to a strong second place ACAC finish. Great Swimming Chris!

## "What Beer's All About"

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Meet the Jostens Representative to Order Your Ring.

DATE: March 30

PLACE: NAITSA Store

TIME: 10 a.m. - 2 p.m.



# Irish Rovers on acid

By Barney "The Cheese" Gumble  
Staff Writer

Two words: Celtic Rap.  
This describes the wide variety of music Black 47 has to offer on their new LP *Fire of Freedom*.

While most people would think that Black 47 is just another "what's up", rap group from the ghettos of New York, these guys are actually Irish. They took their name from the blackest year of the Irish potato famine, 1847. However, this band is actually from New York and they do have a rap song on the album - avec bagpipes.

A little confused? Don't worry, so was I when I first heard this thing. As far as I can determine this band is a cross between the Pogues, Spirit of the West, and the Cure. This is possibly one of the weirdest albums

of ringworm. Musically, this album is very well produced with many melodic and somewhat haunting melodies. However, the lyrics are a bit weak at times and the lead singer (Larry Kirwan) has a voice that pretty much sucks. But after a while, you won't notice these minor flaws, since the music is happy-go-lucky and full o' beer-guzzlin' fun. Kind of an Irish Rovers on acid thing.

If you're a fan of the Pogues or Spirit of the West, chances are you'll like this album. But be warned, Celtic rap may look like a good idea on paper but listening to it is a whole different story.



I've heard in a while and, to tell you the truth, I wasn't sure whether I like it or not. But as time went on, it began to grow on me like a bad case

N.A.I.T. Bookstore

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**Cole On Campus**

Cam Cole Sportswriter for The  
Edmonton Journal will be back at  
The Nest  
Thursday March 25 at 4:30.



by the pool

## Sidekick Affordable Fun for '93

The Suzuki Sidekick two door provides affordable fun for customers in 1993. The "fun" comes with a five-speed manual transmission and choice of hardtop or optional removable hardtop. It's affordable because it has one of the industry's lowest fuel consumption ratings: 7.91/100km (36 mpg) highway and 10.11/100 km (28 mpg) city.

### 3 trim levels

Sidekicks are proven off road vehicles and feature manual free wheeling hubs, a two-speed transfer case with shift on the fly four wheel drive, and a generous 200 mm of ground clearance. The Sidekick features a computer-designed chassis which is lighter and more efficient with minimal flex and maximum body tolerance for off-road rides.

Safety is an important design feature of the Sidekick. Door side impact beams, and a rear wheel anti-lock brake system are standard in all Sidekicks. Sidekicks also feature front and rear passenger shoulder belts with emergency-locking retractors compatible with child seats and have child seat restraint tether anchorages.

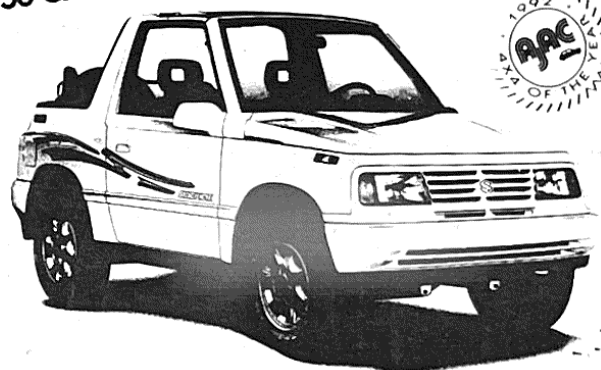
The two-door Sidekick comes in three trim levels: the value-packed JA, the JX, with comforts like split folding rear seats and tinted windows, or the fully loaded JLX, with power windows and mirrors, power door locks, cruise control, AM/FM stereo cassette and many other standard features.

### High satisfaction rating

The high spirited Sidekick remains a hit with the young as well as the young at heart. For the youth market, Suzuki offers university, community college and post graduate study students a \$750 rebate or the same amount applied as a down payment on the lease or purchase of any new Suzuki Sidekick from participating Suzuki dealers.

According to CAA Autopinion Annual '92 owners rated Suzuki second only to Honda in vehicle satisfaction among Japanese and North American manufacturers. The suggested retail price for the base Sidekick JA Soft Top is \$12,495.00

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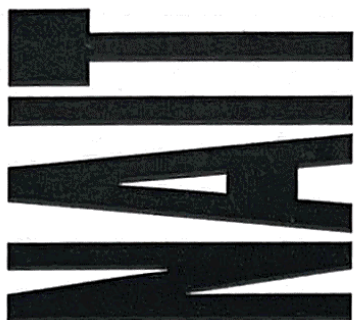
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PH 484-0561



THE WHEELS ARE TURNING



# Page is back



# happenings

Music Review  
By Mr. Brownstone  
*Coverdale / Page - Self titled*  
5 out of 5 stars  
*Nazareth - "No Jive"*  
4 out of 5 stars

produced by Page and company. Full of soulful compositions such as "Pride and Joy", and "Take Me For A Little While" this album transcends most stuff out there today. Definitely a better alternative than the latest Poison album which, in my opinion, sucks big time.

Nazareth, a band who had huge success in the 70's with songs such as "This Flight Tonight" and "Love Hurts" is back. On this release they come across with a huge 90's sound and even went as far to re-record "This Flight Tonight" which by itself was worth the price of the tape. The new songs seem a bit more laid back than you'd expect but it's still Nazareth and still sounds good even after all these years.

Several months of anticipation were finally put to rest by the release of the collaborative effort of Jimmy Page and David Coverdale. For those of you unacquainted with these names (welcome to planet Earth). Page is the founder and ex-guitarist of Led Zeppelin. A true legend, Mr. Coverdale is the vocalist and songwriter for his ex-band Whitesnake. Predictably this album sounds a lot like Zeppelin and a lot like Whitesnake, but that isn't bad. It's not a re-hash of old material or anything. It sounds very fresh and well-

March 25

General Council passes a motion which prohibits Dr. Stan Souch from wearing Ook mascot suit.

Council cites conflict of interest. Souch calls them "big weenies".

March 26

Tired of trading insults and bitter feelings? Business and Electronics students meet in Naitrium for a three hour orgy sponsored by NAITSA.

## Fat Cat studio's



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## THE UNIVERSITY OF LETHBRIDGE: A GOOD INVESTMENT IN YOURSELF!

If you are enrolled in a university transfer program at an Alberta college, you've already made a good decision to invest in yourself. Now it's time to make another one. When you do, be sure to take a close look at the University of Lethbridge.

Here's what you choose when you make an investment in yourself at the University of Lethbridge:

- Smaller classes taught by internationally recognized faculty. Especially in senior courses, your professors will know you as individuals and you will know them.
- A student-centred campus with features like phone registration, on-campus housing and more. Transfer arrangements with Alberta colleges are strong and we are continuing to improve them to benefit students.
- A curriculum which promotes innovative thinking and prepares you for a rapidly changing work place. You learn how to use information and technology to solve problems.
- A personal, friendly environment that allows students to meet others from across the province and the country. Last year, 450 of 982 new students admitted to the U of L were transfer students. Students who presented a full transfer program and a GPA of 2.0 or

higher were given first consideration for admission. Students with fewer transferrable courses required higher GPA's.

Ask your college counsellor for more information on the University of Lethbridge. Or contact:

Student Affairs Information Centre  
University of Lethbridge  
4401 University Drive  
Lethbridge, Alberta T1K 3M4  
Phone: 320-5700 Fax: 329-5159

NOTE: The deadline to apply for admission to the Fall 1993 semester is June 1, 1993.

### CONNECT WITH THE UNIVERSITY OF LETHBRIDGE

If you are thinking about attending the U of L and would like to try us out for a day, just fill out the form below and mail it to:

The Connections Program  
c/o The University of Lethbridge  
Recruitment Office  
4401 University Drive  
Lethbridge, Alberta T1K 3M4  
or call 320-5700

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

We will contact you and arrange for you to spend a day with a U of L student who has similar interests. During your visit you'll experience classes and campus life first hand.

**TUESDAYS**

**2 FOR 1**

ALL NITE LONG

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COCKTAILS  
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*California*  
Club

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COLD  
DRAFT

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A GLASS

**DON'T MISS OUT**

- CHUBBY BUNNY CONTEST
- MUSIC TRIVIA
- SURFBOARD RACE

**At the Edmonton Inn - Kingsway Ave.**



# I just about heaved



Miller **MALONE**  
entertainment editor

I sat in the dark with the only light; a feeble glow from my beaten and battered 12 inch TV. My eyes were red from too much smoke, my senses numbed by a now empty bottle of vodka that is about to be smashed on the wall.

"An act of defiance?" you ask.

- No

"The act of an insane man?"

- No

"The \_\_\_\_\_"

- No.

- No.

- No.

It's Juno Awards night and this is how I celebrate Canada's holiest of holidays.

Only on the Juno Awards do you see mediocrity awarded and genius ignored.

As usual it was a night of blah, blah, blah.

Anne Murray was given a seemingly endless tribute for who knows what reason. I think that whenever more than ten people get together in

eastern Canada they automatically pay homage to Anne Murray.

Remember the crazy farmer from Swift Current, Saskatchewan who thinks Anne Murray is in love with him and stalks her at every opportunity?

I wish he would have shown up on Juno Night. Now that would've been entertaining.

As it was, I just about heaved when The Baenaked Ladies beat out the Tragically Hip, and what's up with Leonard Cohen - can you say pretentious asshole boys and girls?

I knew you could!  
Of course to show how hip they were the Juno people gave awards to k.d.lang who will be shocked to find out it's made from dead house pets.

All in all the Junos made me embarrassed to be a Canadian. So next year I think I'll go hang out in an opium den and listen to my Tragically Hip CD's.



*Celebrations Furry*  
These stars with a difference

Tired of the same old scene?

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# FAST LUNCH

not

# FAST FOOD

Everyday we prepare a special, Fast Lunch;  
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Pizza • Pasta • Sandwich  
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Remember, any Monday to Friday from 11am to 3pm,  
you can come in, sit down and enjoy your lunch.  
Now that's a nice change.

Fast Lunch at Boston Pizza. When you're ready for us,  
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**Boston Pizza**  
Where You Wanna Go For Lunch

101 St. & Princess Elizabeth (118th) Ave.



**Grapevine**

**Grapevine**

**To the Short-haired Brunette in Health Records:**

I see you every morning at about 7:25 am getting out of your white car. Your European looks just fire my furnace up. I get a cramp in my pants and I seem to have a hard time limping to the main campus. My marks have plunged since I noticed you. I can't help admire that mature body of yours. Please respond to the *Grapevine* and take my ache away.  
Signed,  
**Pants on Fire**

**Are You:**

Female, 19 to 24 years of age, 5'0" to 5'6" in height, perhaps slightly overweight, non-smoker, non-drinker, definitely not a party animal, unattached, possibly a little shy but with a pleasing personality, a virgin (but wishing to change that?). We should meet. How about Monday the 29th at 5:00 pm? Wait on the benches between Noble Fashions and Designer Fashions, second floor of the mall near the Bay, and we will get together and talk.  
Signed,  
**Love Partner**

**Dear Major Babe:**

You were in the Naitrium on Tuesday 16 at 9:45. You were sitting on the west side wearing a red shirt, jeans, and black shoes and I was wearing a black and white shirt with dots and stripes and jeans. I think you saw me and I saw you

later that day by the stage area (in the Naitrium) with a black cap on. I've seen you in the Tower before as well. You probably have a girlfriend but please response via the *Grapevine*.  
Signed,  
**Major Babe Watcher**

**To J. In Court Reporting:**

The last few months I have been watching you. I like your eyes and your smile. I would like to get to know you better, but I am to shy to come up and introduce myself to you. Plus you are always with your friend. And it makes it a little harder. Please reply via the *Grapevine*.  
Signed,  
**A Very Curious Cook**

**The Attractive Young Lady from the Business Tower:**

I see you in the mornings around campus and on the bus, you often wear a black coat and have short dark hair, you like Esprite but only in blue. It's hard to catch your eye because you seem so shy, so I'm hoping that this will?  
Signed,  
**A Casual Admirer**

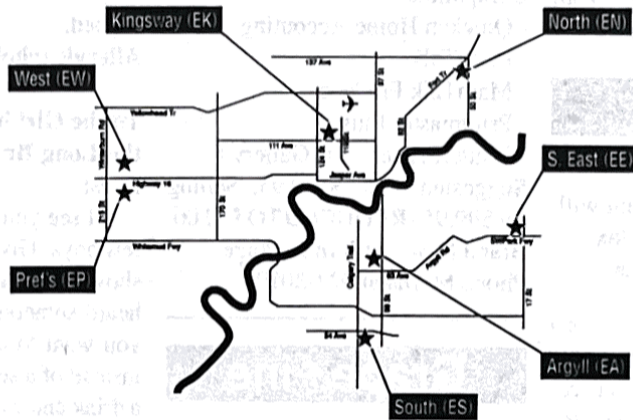
Just a reminder about the I-M Supersports happening April 1. Today is the last day to sign up at E133. So if you had fun playing inramurals, then you'll have a blast at Supersports. Come out and have some fun.  
Candace Visser  
**Athletic VP**

# STORAGE SPECIAL

UNIT SIZE	REGULAR PRICE	SPECIAL NAIT STUDENT RATE
5' x 5'	\$34 - \$54	\$24
5' x 8'*	44 - 54	34
5' x 10'	54 - 64	44

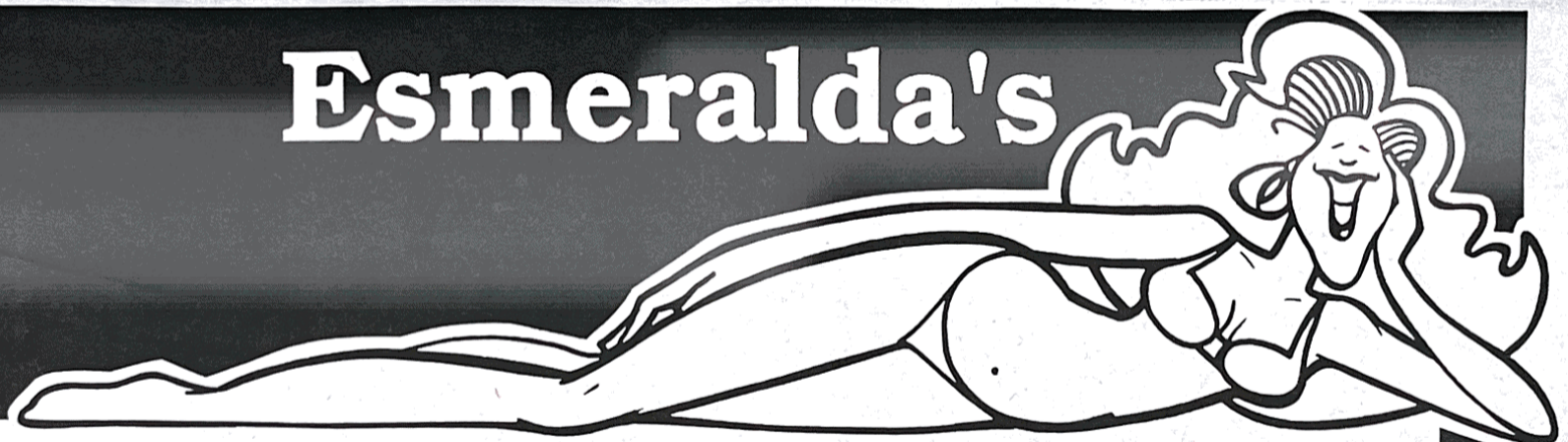
\*Kingsway Only

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## Esmeralda's



# Miss Budweiser 1993 SWIMWEAR PAGEANT MONDAY NIGHTS

**SEMI FINALS MARCH 29 & APRIL 5**  
**FINALS APRIL 12**

**1st. place winnings valued at around \$5,000.00**

PRIZES FOR RUNNER-UP AS WELL!



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0219

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**FOR SALE**  
8 - Vendex Family Pacs  
5 Programs - 5 1/4" disks - IBM Compatible  
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- MathTalk Fractions  
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Suggested retail \$199.95; Selling for \$99.95 - REDUCED TO \$40.00. Brand New - Still In Package. Phone Myrna at 923-3010.

**Grapevine**

**To Kevin (the delicious Dutchman) in Marketing:**  
You hunka-hunka burnin' love, where have you been? Missed you. To class? Or hiding in your dark gloomy locker?  
Need company? I'll bring my

**Grapevine**

cards. Respond. (Or I'll hunt you down like a mad dog, and bite you)

Signed,  
**Cooky Canadian**  
P.S. Like your ears.

**To the Floozy in Heat:**

As we watch you in the Naitrium swinging your overprocessed, oversprayed, and overdyed mane this way and that, we begin to wonder if you have a loose vertebrae in your neck. As you behave much like an owl would.

We pray for your mating season to end, for we are tempted to stick pencils in your stomach and twist them 360 degrees.

Signed,  
**Allergic (choke, choke)**

**To the Girl in the Naitrium with the Long Brown Hair & Brown Eyes:**

I see you playing cards with a few boys. Give me a chance and I'll show up these boys. I believe I heard someone call you Diana. If you want to be treated like a lady instead of a sex object meet me for a drink and we'll talk. Respond via *Grapevine*.

Signed,  
**Your Passion Puppet**

P.S. I would like you to pull my strings.

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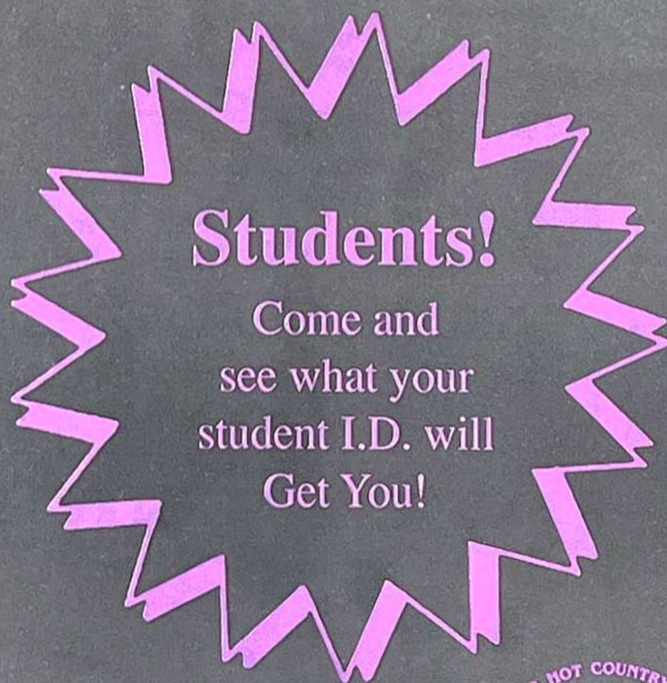
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DRAFT**

**ALL NIGHT,  
EVERY NIGHT!!!**

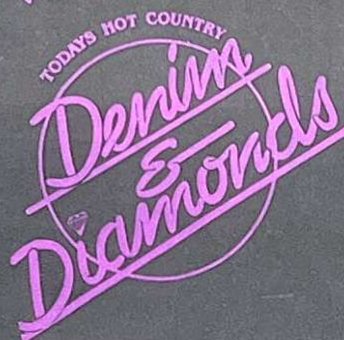
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- Wednesday: Dance Lessons
- The All New "Smash & Dash for Cash Bash"
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