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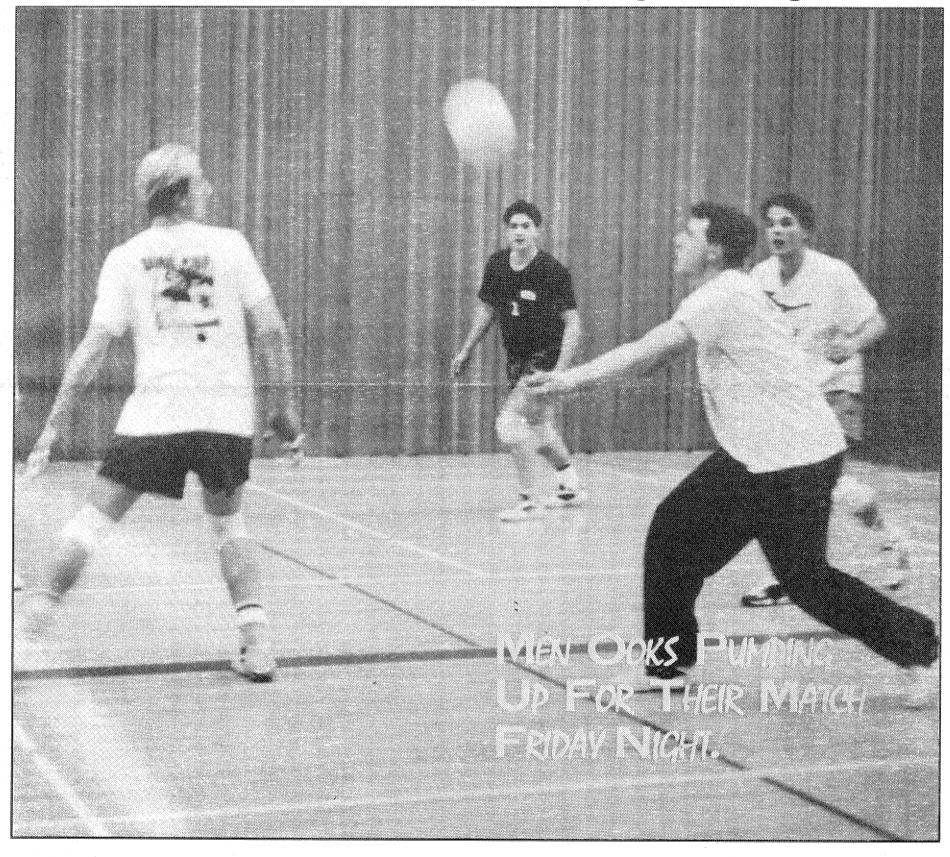
THURSDAY, JANUARY 12, 1995

NAIT'S STUDENT NEWSPAPER

Volume 32, Issue 15

Robbed!

Two bookstore employees held up Monday night. See Page 4...



The Men and Women Volleyball Ooks take on Lakeland College in a televised showdown at home Friday night. The Women play at 6:30 p.m. and the Men at 8 p.m. Shaw Cable televising the game so come out and watch. As always: free with I.D.

News

- · Pro-life? Yeah. Right.
- · SEE PAGE

ENTERTAINMENT

- · STAR TREK REVIEW.
- · See Page 7

SPORTS

- HOCKEY OOKS On The Comeback Trail!
- · SEE PAGE 10

Pro-life Turns Pro-Vigilante

By Neil Feser

s the debate over legalized abortion continues, it seems that the Pro-life contingent of the argument, or at least extremists of this

side of the debate, are tired of talking. They are starting to take action in the form of violence and mayhem. In recent months, there has been an increasing

trend in violence against abortion clinic workers and clientele.

One of these acts of terrorism include Florida state anti-abortionist Paul Hill. Just previous to the holidays Paul Hill was found guilty of murder in the first degree of a Penascola, Florida abortion doctor and one of his assistants. Mr. Hill admitted to firing nine rounds from a shotgun, through a truck window, killing the doctor, his assistant and seriously wounding the doctor's wife. During the trial, Paul Hill refused legal representation, made no arguments,

called no witnesses on his behalf, and offered no defense. His only explanation was that he felt he was right in doing what he did. He is currently awaiting sentencing. As Florida does have the death sentence available, prosecution is strongly pressing for it in this case.

tion for using Canada's National Police computer system to look up pro-choice activist's, clinic workers and clinic patient's home addresses. He would use their vehicle license plate numbers to retrieve the sought after information, and then pass it on to anti-abortion

activists. In his off-hours, Constable Steve Parker was until recently the treasurer for Campaign Life Coalition of B.C. While the ethical

and moral battle over abortions continues to escalate on a regular basis, this recent wave of vigilantism can only be seen as nothing more than another form of terrorism. It is more unnecessary violence in a world that sees too much crime, inequality, and destruction already. One can only hope that before too many more people get hurt, that killing people in the abortion clinics stops and the Pro-Life/Pro-choice debate returns to yelling and campaigning as a medium for its fight.

This recent wave of vigilantism can only be seen as nothing more Than another form of Terrorism

Another example of this blossoming aggression happened on December 30th, when a man entered an abortion clinic in Brooklyn, Mass. and started a shooting spree. When the smoke has settled, two receptionists of the clinic were dead and five other people were wounded. The accused gunman is a 22 year old student hairdresser, name John Salvi. He was due to go on trial January 9th.

Here in Canada, this past weekend, a Delta, B.C. police of-ficer was placed under investiga-





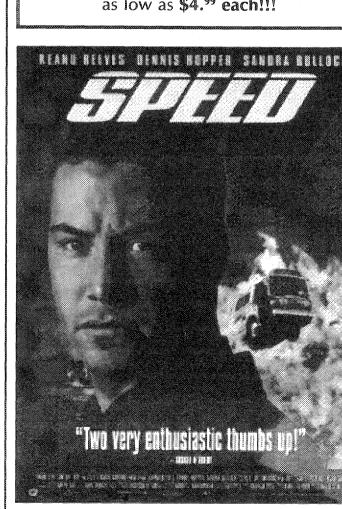
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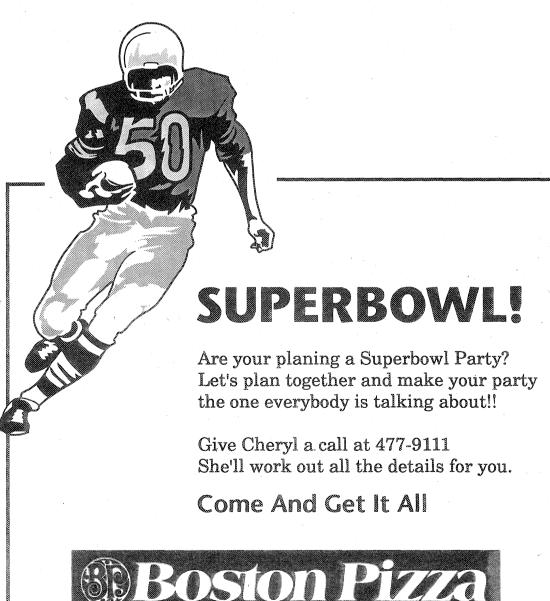
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CHRIS CHELMICK EDITOR-IN-CHIEF

UP RESOLUTIONS

CHRIS'WORLD

1994 YEAR IN REVIEW

First of all I have to welcome y'all back to NAIT for '95, and for those new faces I say howdy. By now you must be thinking what a great school this must be because everybody's walking around so excited to be back after that long break. Feels great, doesn't it? The only crummy part of my holidays was my broken New Year's resolution. It lasted a total of three days before my "inevitable" caving-in.

This is the time of year at NAIT where all of the fall-intake students start feeling totally settled get involved in around NAIT this

in. With one semester down and three to go you may start wondering if classroom material is really the only thing you want from year thinking, "maybe I've got enough time on my hands to get involved in other stuff." Your resume would look a lot more impressive if there's more than a diploma on it. And maybe there are some "I'm going to get more involved" resolutions out there.

There are masses of things to

time of year. Just about every club, organization or team is looking for new recruits or volunteers. Even The Nugget is looking to replace NAIT. You're looking back on last three lost Editors from last semester: Sports, News, and Entertainment. If you want to give it a try drop by E-133 on Thursday or Friday, no experience necessary.

OPINIONS

And if you're up for a real challenge we've got the NAITSA Elections coming up in March. Nominations are from February 27th to March 3rd, with campaigning the week after from the 12th to the 16th. There are eight positions in all and if you start asking questions now you'll be ready for the campaign trail in March.

I can't describe in this little space what I've gotten out of working for the paper. If you're just concentrating on classes, you're missing out on all the extra experiences NAIT has to offer. Extracurricular activities can open up a different world. So remember, it's never too late to make a resolution.



Well all and all I'd have to say

that 1994 sucked. With all the crap

doomed world I'm surprised that a

"superior" life form from a differ-

ent planet hasn't come down, tell

us how much we suck, then oblit-

erate us back to the Bronze Age.

older we sink to another level of

debauchery and disgust. People

day, no-one pays anymore atten-

get murdered and brutalized every

tion that they do commercials. Un-

til that violence happens to some-

one they know, then it's a com-

pletely different story. Then the

because someone crashed into

world should be a better place, all

their little world and gave them a

network. Once it cared only about

the news, but then they realized

news anymore. Up to the minute

and any war that the U.S. starts

gets the best ratings, so they go

forth and conquer those stories,

with an added soundtrack for the

What were some of the really

coverage of the O.J. Simpson trial

that no-one cares about boring

CNN has become an all hype

wake up call in the form of a 12

gauge shotgun.

brainless masses.

As humanity gets another year

and depravity shown in this

CHRISTOPHER M. HAYES Assistant Editor

A small side note to this story: Since her initial crime, three different women from the States have committed the same

As mentioned earlier, and billed as the "Trial of the Century", O.J. Simpson, NFL Hall of Famer, was arrested for the gruesome murders of his ex-wife and her friend. From the first reports that O.J. might be involved people have been glued to the screen watching and waiting. They got to see the spectacular suicide car chase through Los Angeles where O.J. had a gun pointed to his head. The allegations of racism because he is black and the cop who found the bloody glove was white. His tempter tantrums inside of prison, where he is treated unlike any other inmate, with daily showers, unlimited visitors,

and a private cell. Just recently, Jeffrey Dahlmer, the man who drugged, killed, raped, cooked, then made preservatives out of his victims, was murdered in prison. The story for the unfortunate relatives is almost now complete. The two things remaining are: they happen to be selling off the various items from Dahlmer's house that he used to cook and the freezer where he kept the parts, to the highest bidders; and the only other time they will hear the name Dahlmer again is when the inmate who killed Dahlmer is himself killed, or upon the never ending anniversary specials about serial killers. I am disgusted by the relatives who are using the various pots and pans of the man who killed so many to make up some money. Yes it's alright if you kill my child but could you please use the good silver knife, I'd like to make a few bucks

when you go to jail.

Possibly the biggest story of last year was the tragic suicide of troubled Nirvana lead singer Kurt Colbain. His death triggered the troubled youth of our society to follow his example and take their lives to. A student in St. Albert, took his life in ritualistic style after Colbain, down to the two ashtrays and the shotgun. In a society where average life is portrayed as meaningless, where the "stars" of today are worshipped because they make our humdrum lives a little bit more exciting, where the impact of what an icon says or does makes such a difference, that society needs to take a step back and re-examine their roles in the scheme of life.

The sporting world was overdue for an overhaul, and boy have they gotten one. Baseball did not have, for the first time, a World Series. The two good things to come out of this: finally players will get their exuberant salaries cut; the Toronto Blue Jays by default threepeat as World Champions. When this article was written the hockey strike was still on, and hopefully after it is published it was be over one way or the other. I hope that the hockey players get their salaries capped big time. One of the reasons that normal people get some depressed by the news is that they hear that some person has just signed a deal for a three year, 12 million dollar contract. I don't care how good they are, no athlete deserves to make 4 million dollars a year. If someone offered me \$50,000 a year to play hockey, you would never EVER hear one peep out of me again for more money. The athletes have gotten greedy, and greed needs to be abolished in our national game.

Several people got married in the glorious year of 1994. The most

famous, or infamous, wedding was that of pop icon Micheal Jackson and Lisa Marie Presley. People never seemed to understand that when you are famous you aren't allowed to have a real life. Several people got divorced also in 1994. Super models seemed to get tired of their spouses as models Christie Brinkley and Cindy Crawford broke with the men Billy Joel and Richard Gere. Some great people died this year. Most notably was the ever-lovable John Candy, and the wonderful Jessica Tandy. They will be missed.

The United Nations, after the Persian Gulf (in which they got involved immediately because of the fact that everyone needs the oil they produce), has taken a step forward and gotten involved in the Bosnian war. The war over there involves a bunch of different people and religions, and not many people seem to understand who if fighting who and why. I won't get into a debate about right or wrong, but I will say that the U.N. showed a new level of hypocrisy by waiting so long to get involved. Thousands of women were being raped daily, soldiers on both sides were tortured brutally, but unfortunately for all of them they had no oil to pay the U.N. to protect them with. Funny, doesn't the mob operate like that too. You give me money and I'll protect you, but if you have nothing I'll get involved when I feel like it. Besides the war in the gulf made for so much better T.V. rating anyways. We have portrayed people from the Middle East as terrorists anyway, so much better to make a made for TV movie out of.

This world is becoming overcrowded with people made up of a limited gene pool. I feel sorry for this life and the people of this

32 years and still going strong.

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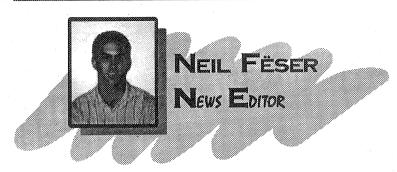
All submissions must be accompanied by **Your Name** and

Student ID Number However, names will not be printed if the submitters request it.

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. The Nugget reserves the right to edit letters and viewpoints for brevity

big stories. The stories that make you stop and go "Man I wish someone would just shoot me so I don't have to listen to another one of these". One of the worst was when a woman from Nowhereville, U.S.A. caught international attention when she cruelly and mercilessly strapped her two children into their car seats, then pushed her car into the river and watched them drown. "It was a car-jacker" she said, "I love my children" she said, "help us bring them back home" she said. Then she broke down and confessed to

murdering her own children.



It's Not **CHRISTMAS** ANYMORE

What can I say? I'm back again and fully prepared to continue in my role as the devil's advocate here at the Nugget office. You might as well start sharpening your pencils now because I didn't go all soft over the holidays. By the way... did you miss me? Just

I hope everyone had a great Christmas season. I did get that right didn't I? It was the CHRIST-MAS holiday season, right? That is, by definition, a Christian-based holiday celebrating the birth of Christ. I have got the right holiday don't I? I'm not a really religious nut or anything but these fundamental beliefs still sort of apply don't they? For some citizens of Ontario, this year I guess they didn't. It seems for them the commercialization of this holiday isn't thorough enough yet.

In case you missed this story, I give you the general view of it. Legislation was passed in Ontario this past year, making it unlawful for public schools to have Christmas concerts, or Christmas carols of a Christian nature. These, for example, would include such favorites as Silent Night, Hark the Herald, O Holy Night, and O Come all ye Faithful. Also it was unlawful to depict the nativity scene of the stable, manger, etc. All of this because someone did enough lobbying and complained enough that these Christian celebrations were ruining their holidays.

So what you are left with instead of Christmas Concerts, etc is leave mine alone. It's been wa-"Winterfests" complete with parti- tered down enough already. san songs such as Jingle Bells, Frosty the Snowman, Santa Claus

is coming to town, and Rudolph the Red-nosed Reindeer.

Doesn't that seem a little extreme? The fact that legislation has to be passed to bar a certain way of celebrating Christmas because a vocalized minority feels like personifying Ebeneezer Scrooge.

I look at it this way. Canada was formed by two fundamentally Christian countries; Great Britain and France. Sine Canada's formation there has been no great outburst against Christmas celebrations and traditions being upheld. So what gives?? Is this tension caused by immigrating non-Christians or are Sears and Eatons just taking over as the real reason Christmas comes ever year? You

I personally don't bash Yom Kippur, or any other Jewish holidays. I don't put down "Chines" New Year, or "Ukrainian" Christmas either. Come to think of it, if there were a few more celebrations maybe the world at large wouldn't be so tense all the time.

Christmas comes but once a year, and to dilute it's meaning just to appease non-Christian lobbyists makes me sad and angry at the same time. Christmas is my favorite holiday and when someone goes out of their way to spoil this fun season for others... well, I guess they missed the "Spirit of Christmas" feeling that is supposed to be in the air at this time of year. I don't pick on your holidays, guys. Therefore, please



Two Bookstore Employees Ripped Off

By Chris Chelmick

t 9 p.m. on Monday night two men held up two female NAIT bookstore employees. Walking down a hallway on their way to cashout, the women were approached by the pair who proceeded to push the workers up against a wall and said, "This is a robbery and we're not kidding."

Staff Sgt. Ken Ogilvie said,

"Each of them was carrying a cash tray, and they were accosted in the hallway by these men, who had neck-warmers pulled up, partially covering the lower portions of their faces."

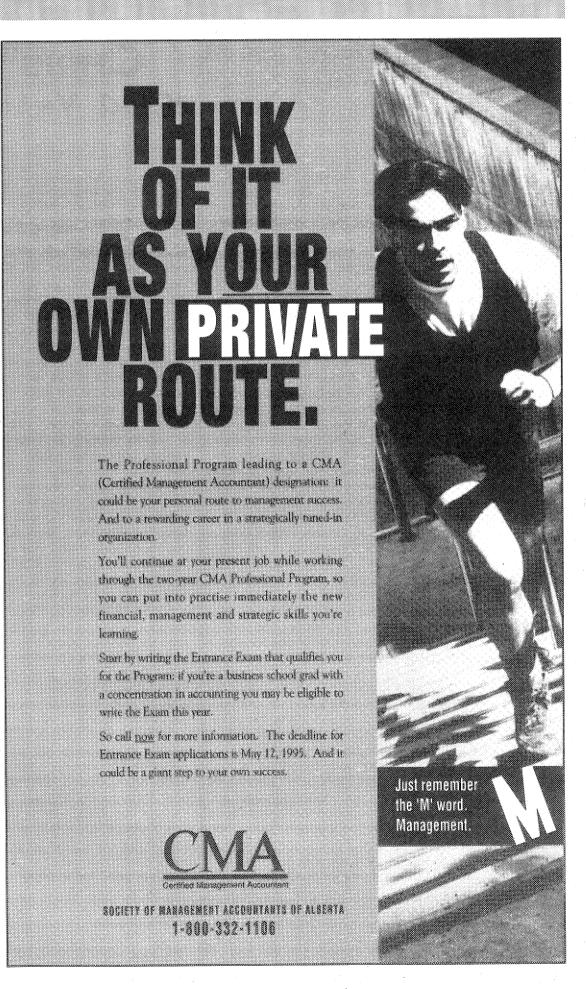
City police Monday night were looking for two white males in their early 20's.

In the past, three added Commissionaires were hired to walk the women to their destination, however recent budget cutbacks

eliminated the extra guards entirely. The women were walking

No weapons were produced, however a source said that one of the women may have seen a gun, but wasn't sure.

With the current volume in the Bookstore, the amount of money at closing is much larger than normal. The two robbers took off with "a significant amount of money," Ogilvie said.





By John Spaapen and John Czlonka

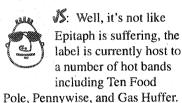


5: The first CD we're checking out is Stranger than Fiction by Bad religion. This is their

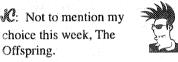
seventh alum, but the first since moving to Atlantic Records from Epitaph (which, oddly enough was formed by Bad Religion's guitarist, Brett Gurewitz).

C: Interesting, John sounds like a little dissension in the ranks.





C: Not to mention my choice this week, The





S: Epitaph pretty much holds the market on the new "Orange County Scene" that seems to

have eclipsed the "Seattle Sound." Stranger than Fiction has all the elements that are common on all Bad Religion albums: addictive pop sounds slathered in distorted guitar and Greg Graffin's poignant lyrics. The best track on the album is 21st Century (Digital Boy).

C: Wasn't that on an earlier album?



5: Good call, grasshopper. The original version appears on their 1990 release Against the

Grain. All in all, it's a great CD; if you like the above mentioned bands, run to Sonix on Whyte and

C: What if you've never HEARD of those



%: Then sell your Billy Ray Randy Clint Black Cyrus collection and get **C**: Nice to see you've gotten even more politically correct over the break...now my choice — The Offspring's latest, Smash. The first introduction to the band came from watching too many snowboarding videos in which they were often prominently featured. What really caught my ear, however, was the first single off of Smash, Come out and Play. After listening to the rest of the disc, I realized that this is an album, much like Nirvana's Nevermind was, where there is not one bad track on it.

ENTERTAINMENT



S: Agreed — it's right up there with The Rollins Band's The End of Silence.

C: To summarize, if you long for a return to the days when you'd



turn on a campus radio station and hear The Ramones or The Dead Kennedy's, and not some moaning, tush pushing cowpoke, grab this disc, shave your head, and turn the stereo to 11!



S: On the Ear Wax scale, I give both Stranger than Fiction and Smash 8 potatoes out

C: I throw 7 potatoes at Stranger than Fiction, and a majestic 9 to The Offspring.





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THIS WEEK'S TWIN OAKS TRIVIA QUESTION: Q.What song has the first line "I rode my bicycle past your window last night"?

Pg.9



by a long haired hippy freak

Cancer (June 21-July 22):

Aries (March 21-April 19): Used dildos on sale in the Nait Cafeteria. Alright!

Taurus (April 20-May 20): Man that three day blow job I got for Xmas was great.

Gemini (May 21-June 20); Don't you wish we could go back to the days when you clubbed a woman, and that was the foreplay.

You will never find love. You should go lie down now.

Leo (July 23-August 22): Did you like the inflatable monkey I sent you?

Virgo (August 23-September 22): I think Business students should have to stay an extraweek at the end of the year.

Libra (September 23-October 22): A train leaving Miami is going 100 miles per day, in three hours what will be in my pocket?

Scorpio (October 23-November 21): Saturday morning cartoons suck donkey.

Sagittarius (November 22-December 21): The voices in my head won't leave me alone. They tell me to comb the hair of stray dogs. Will the horror never

Capricorn (December 22-January 19): I like school. It gets me out of my bed.

Aquarius (January 20-February 18): I bet you're waiting for the Pisces comment.

Pisces (February 19-March 20): Christmas didn't change anything. YOU SUCK. There now you can relax.

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Improve Your Leadership Skills!

The AV Area of the Library, Room U210 has many videos on this topic to assist you. Suggested titles include:

The Blanchard Trilogy:

a Decade of Learning (VCT 1858)

High Impact Leadership:

How to be More Than a Manager (VCT 1866)

Implementing Self-Directed Work Teams

● (VCT 1711)

Managing People for Project Success

TOP TEN

TOP TEN PREDICTIONS FOR 1495. by a long haired hippy freak

10. After her new boob job, Tanya Harding will pose naked for Penthouse.

Neil Feser will NOT write an editorial based on "political correctivity", but will open a country/skater help center for cross-dressers.

8. Madonna will renounce her ways again, and release a new movie where her skin is removed and she has sex with elephants.

7. I will find God, but lose him somewhere at West Edmonton Mall.

6. Tony Bennett will tour with Pearl Jam.

5. Oprah will gain and lose 500 pounds..again.

4. Aliens will land, but leave due to lack of intelligent life forms.

3. Scientists will prove that short people cause cancer.

2. One of my top ten lists will be funny ...really.

1. A new fad of nasal sex will sweep the

Name That Friggin' Tune II

By Neil Feser

So you think you're a musical expert? Well, we're looking for the songs and artists for these musical quotes. Submissions need to be inby Monday at 4:00 so you had best 14. "I am the chosen. I'm the hurry up. We'll find some fantastic prize for the best overall score.

- 1. "Well I can ease your pain, get you on your feet again."
- 2. "No reason to get excited,' the thief, he kindly spoke."
- 3. "Tonight she's only sipping white wine."
- 4. "I was there and I saw what you did, saw it with my own two
- 5. "Cufflinks, stickpin, when I step out I'm going to clue her in."
- 6. "Feel the rhythm with your hands; steal the rhythm while you
- 7. "Rode in on a greyhound, I'll be walking out if I go."
- 8. "Hit a truck doing seventy in the wrong lane."
- 9. "Everybody must get stoned."
- 10. "The lightening flashes in her eyes, and he knows that she knows."
- 11. "Baby Doncha hear my heart, you got it drowning out the radio.'

- 12. "We haven't had that spirit here since 1969."
- 13. "In his final words, I found an ace that I could keep."
- 15. "He's got a .32 gun in this pocket for fun, he's got a razor in
- 16. "Through the storm we reach the shore. You give it all but I want more."
- 17. "Put ten bucks in just to get the tank topped off."
- 18. "I need some time off from that emotion."

19. "Now Watergate does not bother me, does your conscience bother you?"

20. "All the lonely people, where do they all come from? All the lonely people, where do they belong?"

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Ah! si je n'etais pas roi, je me mettrais en colere. - Ah, if I were not king, I should lose my temper.

> King Louis XIV 1638-1715

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Star Trek VII Generations

by a long haired hippy freak

Yes!! Kirk has finally died! It's about friggin' time that toupee-wearing loser bit the big green banana of death. If you haven't already seen Generations I hope I just blow this movie for you.

The movie is an obvious transition from "old to new" crews as the Next Generation crew has ended their illustrious television show for a new wave of Star Trek movies.

This movie did not showcase everyone greatly. Blurbs about each, except for Picard, Kirk and Data. Data, the android "Pinocchio" inserted his emotion chip and was the center of humor in this movie.

Captains Kirk and Picard team up to tackle the ultra-bad guy in the form of Saron (Malcolm McDowell). They are trying to stop him from launching a missile that will destroy a star, that causes the destruction of 230 million people.

The film was funny and brought out the old crew for a while to see the last days of glory while the special effects were unbelievable.

My problems with this movie. First of all, in the beginning when they had the Enterprise B being sent off by the old guard, the new captain (Alan Rock from Ferris Bueller's Day Off) was completely unprepared for an emergency that emerged. They never would have given control of the flagship to the dork from Ferris Bueller. I don't think so.

Second, when the Enterprise destroys the Klingon Bird of Prey that was commanded by a couple of chicks with bad overbites but nice breasts, their own ship is in it's death spasm. Their engines are going to explode so everyone evacuates to the saucer section and they try to get far enough away so that they don't get caught in the explosion. They don't. A result of this is the loss of several crew members, one of which is the navigator. So Ryker tells Counselor Deanna Troi to go steer the ship. What? Did I miss something? Did she suddenly become useful? Okay she is great to look at, and listen to, but can she drive? The answer to that sadly enough is no. The Enterprise runs right into a planet.

Third, when Picard first finds himself with Saron on the planet's surface and tries to go mano-amano with this guy he gets his teadrinking ass kicked off the mountain. So long story made really short, they enter a time-world, Picard finds Kirk and the two of them go back to battle Saron. (Don't ask how Kirk got there.) So Picard and Kirk go back to the moment before Saron launches his missile and gang up on him. But Picard takes off to try to stop the missile so Kirk goes up against this guy. Let's do a short analysis of this situation: Picard has beaten up Klingon's, is in great shape, and isn't afraid of his hair loss. Kirk is old, overweight, wears a toupee, and is famous for his drop kicks. Saron, 300 years old (however since his race lives forever...or so it seems), has obviously studied martial arts for about 280 years, and is played by a guy who was in Clockwork Orange.

I don't see why Picard didn't go back and get George Foreman to come help him. Anyway

Kirk the boxer goes up against Saron the ninja. Apparently Saron never learned to defend himself against overweight balding Canadian boxers. Kirk gave him a beating. Yah, and I have long hair.

Lastly, Kirk's death scene. Throughout the whole ninety years of his playing James Tiberious Kirk he has earned the title of Hammiest Actor. Constant quoting of Shakespeare, Omega Glory, and the Bible amongst his movies has brought many a tear to my eyes. So Picard finds the dying Kirk at the bottom of the mountain, buried under a metal bridge, Kirk manages to blurt out "It's been fun." and just before his clock gets punched, his last chance to make a big difference in some kids thinking about dropping out of school cause they can't read and get all their book reports from Star Trek movies, Kirk comes up with "Oh my". "Oh my!" that's it. Wow I'm moved. "Oh my" did that suck.

But the special effects combined with Data's poignant "Oh Shit!" comment made this movie a worth see. I give Generations three nipple twists out of four.





NAIT's Mens Volleyball

The Second Season is about to Begin

The Men's volleyball season is starting back up, with a nice rest over the holidays only practicing a couple of times to run the Christmas dinner, the boys are back at with conviction. The men's volleyball team, although be it mostly first year players, are in the drivers seat to make the ACAC playoffs! Still pumped over their upset victory over then nationally ranked 4th Grande prairie wolves (Not anymore!) The team has the upper hand over both Grande Prairie and Grant MacEwan! Even though their record has them in the third, with their continuing improvement and confidence, they have all the opportunities to be successful (they already are in Coach Mahl's eyes!)

The NAIT Men's Volleyball Team was also graced with some justice, before Christmas they lodged a protest against the officials which was awarded in favor; therefore they will play an additional match in Grande Prairie. Excellent!

Friday, January 13th marks the return of volleyball to NAIT with some special twists: 1. This is the first Alberta college volleyball match to be televised on channel 10! 2. In conjunction with this, the Nest will be hosting a number of different specials before and after the game, introducing the "OOK PLATTER!" 3. There will be a host of giveaways and door prizes for the fan (A & B sound-CD's, posters/club Malibu-limo rides/United cycle t-shirts/and Whyte Earls-Gift Certificates!!

Doesn't this sound like a great time? Come out and find out what an Ook really is!!! Supporting Ook Volleyball this Friday and win yourself some great prizes and be on on T.V!

Fit For Life

By Manny Fernandez, Jr. Welcome to NAIT.

With the holidays behind us, most of us will want to get active, again. This is an excellent idea. We have the facilities and resources to get and be fit. You may want to visit the Weightroom, or the Department of Active Living and Wellness if you need some assistance.

The Active Living and Wellness Department will perform fitness appraisals and consultations for a fee of \$40.00. Book an appointment at 471-8857.

The Weightroom is free to all NAIT staff, students and alumnait with privilege cards. However, you need to exchange your I.D.'s for a Facilities Wristband. This will identify you as a privileged user of the Weightroom. The public is also welcome for a fee of

\$3.00 per visit, for more information call 471-7729. The Weightroom is open from 7:00 am to 10:00 pm weekdays. On Saturdays, it is open from 10:00 am to 5:00 pm. We are also open 1:00 pm to 5:00 pm on Sundays. At the present, we are closed on holiday weekends. The Weightroom is supervised by certified instructors from 11:15 am to 1:10 pm weekdays and also from 3:15 pm to 5:10 pm Mondays thru Thursdays. If you need some assistance with weight training related activities, please come and visit us. We can also be contacted at 471-7613 for additional information.

I would like to inform everyone that there will be a "weight lifting" competition at Nait in March. Watch out for our ad. Now is the time to get started being fit and have some fun.

Athlete Of The Week

Rick Nichol Hockey

NAIT goaltender Rick Nichol played a key role as the Ooks collected three of four points against the Mount Royal College Cougars this past weekend at the NAIT Arena. The ACAC veteran stopped 31 of 32 shots on Friday night as the Ooks recorded a 3-1 win and blocked 53 of 56 shots on Saturday as the Ooks and the Cougars tied at 3-3. In the weekend series, Nichol posted a save percentage of .955 and a goals against average of 1.85.

Congradulationsi

Everyone here at The Nugget would like to pass on our congradulations to Irwin Shifler. Irwin was recently appointed to the Presidency of the ACAC. We know his experience as vice-president will serve him well in his new position. This also is a great boost for N.A.I.T. Athletics and it is certainly a good way to start off the new year. So once again...

Way to go Irwin!



Universal Hair Design 11745 - 95 Street 474-4311

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The Ultimate Haircut

\$8.50 includes

- · shampoo & conditioner
- · massage

\$20.00 off all designer perms (long hair extra) \$35.00 off all spiral perms (long hair extra)

student I.D. required *Ask for Marilyn when booking appointment



Intramural Officials Needed for:

- Hockey
- Volleyball
- Basketball

Experience Needed. See Mike at E-133.



FITMESS CLASSES:

Active Living and Wellness offers a variety of fitness classes to meet the needs of staff and students alike. Classes will be 12 week courses beginning the week of January 16th. The cost is \$20.00 per course (includes G.S.T.). We need a minimum of 15 people in order for a class to run. Register for 4 classes and you will receive a 4+ BONUS PASS entitling you to drop in to any fitness class of your choice at no extra cost.

TAI CHI:

Monday & Wednesday 5:00 pm - 6:00 pm (10 weeks) Begins January 16th COST: \$27.00 LOCATION: S-108

Tai Chi is a gentle exercise that anyone can learn, regardless of age or physical condition. The slow rhythmic movements work the entire body without subjecting it to harmful forces common to other exercises. Its ability to rejuvenate rather than exhaust makes Tai Chi an ideal exercise.

TAE KWON DO:

Tuesday & Thursday 5:00 pm - 7:00 pm Begins January 24th COST: \$50.00 LOCATION: Westwood Campus, 12140-103rd St. Take this opportunity to learn one of the most popular of the martial arts. Your instructor will be Minh Nguyen from the Champion Tae Kwon Do School.

WEIGHT TRAINING BASICS:

Tuesday & Thursday 5:30 pm - 6:30 pm (6 weeks)
Begins January 17th COST: \$40.00 LOCATION: Weight Room

If you wish to learn how to lift weights safely and effectively, this is the class for you. You will also learn how to set up and manage your own program.

STANDARD FIRST AID:

Tuesdays 5:00 pm - 7:30 pm (8 weeks)
Begins January 24th COST: \$55.00 LOCATION: \$-108

This course is designed to qualify students for a St. John Ambulance Standard First Aid Certificate. The course includes artificial respiration techniques, one rescuer C.P.R., control of bleeding, bandaging, splinting and standard methods of treatment for definite conditions. Recognized principles and practices in the first aid management of casualties are also incorporated.

Register for our programs and activities in room \$105, Active Living and Wellness, Main Campus. For more information, call Terry at 471-8857.

1994-95 League Standings

Alberta Colleges Athletic Conference Men's Hockey 1994-95 League Standings as of January 8, 1995

Team	GP	W	L	T	GF	GA	Pts
SAIT Trojans	14	8	. 3	3	53	40	19
R. D. Col. Kings	13	9	. 4	0	62	45	18
M.R.Cougars	14	8	4	2	99	52	18
NAIT Ooks	14	8	4	2	67	59	18
C. C Thunder	13	4	9	0	47	89	8
A. U. C. Vikings	14	0	13	1	37	82	1

EXCITING



HOCKEY

The NAIT Ooks meet the Mount Royal College Cougars in the first home games of 1995.





Friday, January 6 at 7:00 p.m. Saturday, January 7 at 1:30 p.m.



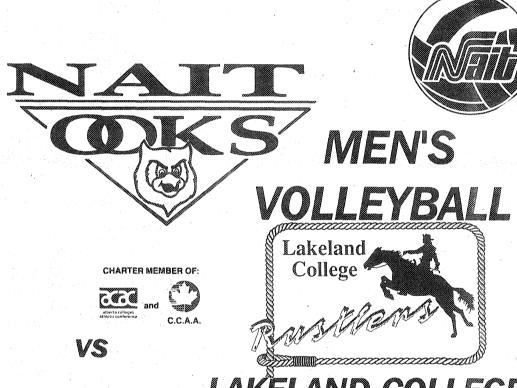
Environment Committee Meeting

Everyone Welcome

January 17 Room E - 129 4:00

Answer to Twin Oaks Trivia A. A Brand New Key by Melanie





AND COLLEGE

(Televised by Shaw Cable, Ch 10)

WOMEN @ 6:30 PM, MEN @ 8:00 PM FRIDAY, JANUARY 13, 1995 (MAIN GYM)

Come on out and find out what an "OOK" REALLY IS !!



Check The Nest for Specials club Malibu

Door & Game Prizes Supplied by:

Whyte Earls A & B Sound United Cycle The Nest



Hockey Ooks Near To First

time draw.

redirected a pass to Peter

countering for the Cougars at

NAIT the lead.

The Nugget

By Brian Stein

The NAIT Ooks earned three of four possible points in a weekend set with the Mount Royal College Cougars at the NAIT Arena to move within one point of first place. The Ooks now prepare for two games against cross-town rival Concordia College Thunder. The Ooks battle the Thunder of Thursday at 7:15 p.m. and on Saturday at 2:00 p.m. at the Agricom.

On Friday night, the Ooks started the second half with a key 3-1 victory over the Mount Royal College Cougars at the NAIT

Following a scoreless first period, the teams exchanged goals in the second. Stacey Rayan found Dean Buchanan sneaking in from the point for NAIT's first goal while Jamie Varnes netted the winner in the third period after some good forechecking pressure.

Dan Pilling sealed the victory for NAIT with an empty net goal after receiving a mart pass from Stacey Rayan with 29 seconds left in regulation time.

The Ooks outshot the Cougars 33-32. MRC's Ted Oloriz and NAIT's Rick Nichol turned in solid netminding performances.

CINEMARK THEATRES



\$1.50 Before 6 pm \$2.00 After 6 pm \$1.00 all Day Tues. All Shows - All Seats

24401/	PG	
MASK		
Sat-Sun 11:55 Daily 2:2		
TRUE LIES	M	
Sat-Sun 11:15 Daily 1:	45 4:20 7:00 9:40	
MARY SHELLEY'S	M	
FRANKENSTEIN		
Sat-Sun 11:30 Daily 2:0	00 4:30 7:05 9:45	
JUNIOR	PG	
Sat-Sun 11:40 Daily 2:2	20 4:40 7:15 9:35	
STARGATE	PG	
Sat-Sun 11:25 Daily 1	:55 4:25 7:10 9:50	
THE SPECIALIST	M	
Sat-Sun 11:30 Daily 2	:05 4:35 7:25 9:55	
A LOW DOWN DIF		
Sat Sun 12:10 Daily 2	2:30 4:55 7:20 9:55	
THE SWAN PRINC	ESS G	
Sat-Sun 12:00 Daily 2	:15 4:50	
THE RIVER WILD	PG	
Sat-Sun 11:40 Daily 2:	10 4:30 7:20 9:45	
TIME COP	M	
Daily 7:30 10:00		
THE PAGEMASTE	R G	
Sat-Sun 12:05 Daily 2:0	00 5:05 7:35 9:25	
IN THE ARMY NO	N PG	
Sat-Sun 11:50 Daily 2	:35 5:00 7:40 10:10	
THE LION KING	G	
Sat-Sun 11:35 Daily 1	:40 4:15 6:50 9:20	

Norwood Liquor Store

> 5% off with NAIT 1.D.

Hours:

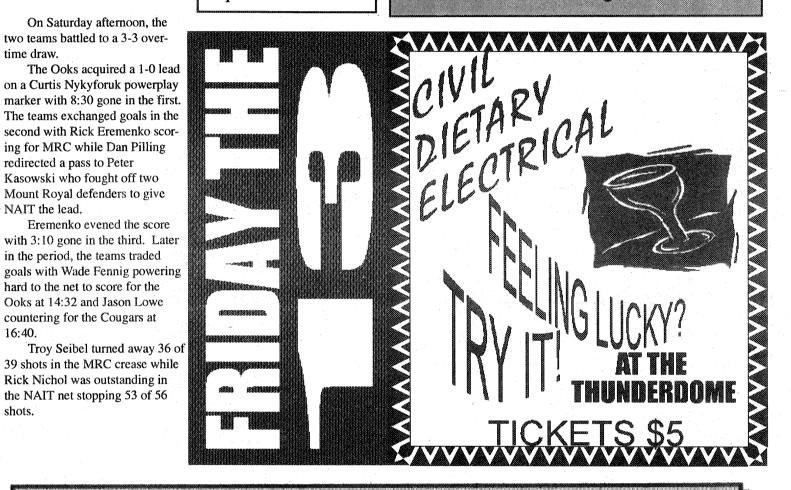
Mon - Thurs, 10am-11pm Fri & Sat, 10am - 12pm Sun 11am - 8pm

9608 - 118 Avenue

for delivery or inquiries phone: 479-2884

Names Note

The draw for the Fleece Pullover at the NAITSA Student Store was won by a Bus. Admin. student, Devon Taylor.



Attention Drafting Students

Staedtler Rechargeable **Electric Eraser**

Complete with Charger and Stand. Reg. \$129.50 Sale \$ 64.95/ea.

> Herculene Mylar **Drafting Film** Size A1 Sale \$ 2.05/ea.

Size A2 Sale \$ 1.05/ea.

Lettering Sets

Complete with scriber, Lead 2mm Clutch, and template. Reg. 89.00 Sale \$ 39.95/ea.

Koh-i-noor Set of 7 Stainless Steel Pen Set

Complete with 7 pen sizes and ink. Reg. \$ 160.0 Sale \$ 59.95/set

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To the Wanting Women of To the sexy man wearing a purple shirt and tight wranglers Westwood, December 15, 1994 South Cafete-

You always order your nobly coming to liberate you from steaks rare and had pie that day. I think you're groovy... let's go for

> Signed, The Blonde Behind the Grill

1 m/f roommate to share house 1/2 block from NAIT \$200 plus 1/4 utilities call Sim at 474-7882 pls. Leave name and number.

Experienced male/female to coach newly started hockey team. Only one night/week. See Angie -Room E133 - A.

3 bedroom home with washer and dryer close to NAIT and transit station. \$500 per month plus utilities. Preferably non-smoker and no pets. Great for couples and children. Damage deposit negotiable. Please call 455-7766 or 892-2497 and leave message.

Submissions?

You wanna know how to submit to us eh? "On your knees soupbreath!!..." Oops! Got carried away there. Grapevines and Classifieds, Wanteds and For Rents and Personals (cheques), can all be dropped in Submission Boxes around campus (and/or made out to your favorite Nugget employee). HOWEVER, we ain't gonna print 'em without your full name and student LD, number. We won't print them if you say so. Hey, this is your paper so use

TALL TALES by PERER RESCH



- Intel 486 SX-25
- · 8MB RAM
- ·120 MB Hard Drive
- 1 TypeIII PCMCIA slot.
- · Monochrome Screen



Work part-time while you earn your degree

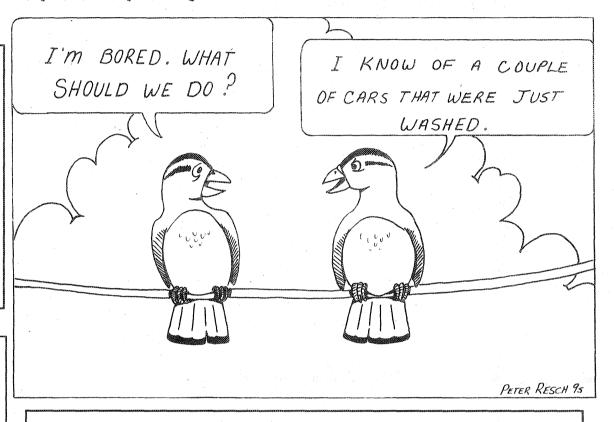
The ASET Technical-Education (TEC-ED) program was developed through an interest in obtaining evening courses to lead to a P. Eng. designation through APEGGA examinations or a Bachelor of Science degree from a university. The TEC-ED program is very flexible in many aspects. Members may enrol in the program only to take one or two courses, or they may choose to participate in all the courses to achieve a B. Sc. and/or a P. Eng. designation.

Phase 1 of the TEC-ED program encompasses the courses that are required for all engineering disciplines. These courses will be the primary courses considered by the TEC-ED committee. Phase 2 (specificto-discipline courses) may be completed in three different ways: a) evening courses at the university (if available); b) APEGGA examination route to receive a P. Eng. without a B. Sc.; or c) full-time attendance in the faculty of engineering at the university.

Most employers are supportive of this initiative, since it allows their employees the opportunity to upgrade themselves and improve their knowledge and skills on a part-time continuing education basis.

The TEC-ED program lends itself well to the need for ASET members to continue their education on an on-going basis while allowing individuals to meet their commitment to this type of education as set out in the ASET Code of Ethics

If you would like additional information on the TEC-ED program, please call: Carol Reimer at the ASET office at 425-0626.



STUDY SKILLS SEMINARS

Presented by NAIT Counselling Services

HOW TO STUDY & NOTETAKING

DATE	TIME	ROOM NO.
Monday, Jan 16	11:15 AM - 12:00 Noon	Counselling Centre, Rm. O117
Monday Jan. 16	12:10 Noon - 1:10 PM	Counselling Centre, Rm. O117
Monday Jan. 16	4:30 PM - 5:30 PM	Rm. H5 (Little Theatre)
Monday Jan. 23	4:30 PM - 5:30 PM	Rm. H5 (Little Theatre)

PREPARING FOR AND WRITING EXAMS

DATE	TIME	ROOM NO.
Tuesday, Jan. 17	11:15 AM - 12:10 Noon	Counselling Centre, Rm. O117
Tuesday, Jan. 17	12:10 Noon - 1:10 PM	Counselling Centre, Rm. O117
Tuesday, Jan. 17 or	4:30 PM - 5:30 PM	Room H5 (Little Theatre)
Wednesday, Jan. 25	4:30 PM - 5:30 PM	Room H5 (Little Theatre)

TIME MANAGEMENT

DATE	TIME	ROOM NO.
Thursday, Jan. 19 or	11:15 AM - 12:10 Noon	Counselling Centre, Rm. O117
Thursday, Jan. 19	12:10 Noon - 1:10 PM	Counselling Centre, Rm. O117
Wednesday, Jan. 18	4:30 PM - 5:30 PM	Room H5 (Little Theatre)
Thursday, Jan. 26	4:30 PM - 5:30 PM	Room H5 (Little Theatre)

Sessions are filled on a first come, first served basis.

DAYCARE





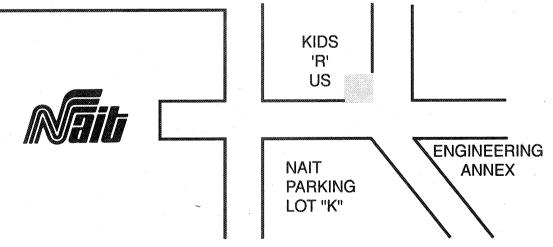


Child Care Centres

is opening it's new location in the

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- 13 mos. 6 years
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ph: 471-KIDS

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