## The Liu Section of the section of th

Thursday, March 12, 1998

Volume 35, Issue 22



ABOVE: The Honourable Paul Martin with Anne Mclellan requested to drive the NAIT Hummer on the airport tarmac. THUMBS UP!

LEFT: Paul Martin and Anne Mclellan arriving at the airport and BELOW outside the South Learning Centre.

# Minister of Finance Visits NAIT—A model for the budget

Compiled by Fresh and Miranda Jordan

he Honorable Paul Martin, Minister of Finance, visited NAIT on March 4, 1998, to listen and respond to student concerns during a post-budget tour across Canada. Both the Minister of Finance and Anne McLellan, Minister of Justice/MP of Northwest Edmonton, were met by Reg Hodgson, NAIT Foundation CEO, and Scott Williams, NAITSA Athletics VP, at City Center Airport. Mr. Paul Martin had an opportunity to drive the NAIT Foundation's Hummer along the airport tarmac before greeting students in the Shaw Theatre at 2:15 pm.

NAIT came highly recommended as a site to visit during the post-budget tour by Minister of Justice, Anne McLellan. The presentation was focused on students, and NAIT students were given the opportunity to address issues related to post-secondary education. Tara Tanguay, NAITSA President, introduced the members of the head table which included Paul Martin, Anne McLellan, Tony Valeri (Parliamentary Secretary), and President of NAIT, Dr. Sam Shaw. Minister Paul Martin quickly took the podium and addressed his new experience before entering NAIT; "I just rode the Hummer and



## 12 Ways To Manage Procrastination

Margaret Marean NAIT Student Counseling Centre

rocrastination is the avoidance of a task that needs to be accomplished, usually by doing a low-priority task (like socializing, watching television or cleaning a cupboard) instead of a highpriority task (such as working on a major project or studying). Not only does procrastination lead to stress and poor performance; it also increases feelings of guilt, inadequacy, depression and self-doubt. For some students it may interfere with personal and academic success.

So why do students procrastinate? There are a variety of reasons. If you are a procrastinator ask yourself these questions:

- Do I know my goals and priorities? Are they really my goals or someone else's?
- Am I feeling overwhelmed by the task? or the program I am in?
- Do I have negative beliefs such as "I cannot succeed" or "I'm not smart enough to complete this program"?
- Do I have personal problems that are interfering with my concentration (e.g. relationship, finance)?
- Am I a perfectionist? Are my expectations realistic?
- Do I fear failure? ...or success?
- Do I think I need to work under pressure to do my best work? (Students often think they do better

work under pressure; this is not the case - they often do not have time to revise or to add in creative ideas when leaving projects until the last

Procrastination is a habit and, like any habit, it can be changed. Here are some suggestions for managing procrastination:

#### 1. Make a daily To-Do

Evaluate all that you want to accomplish the next day and label each task with an "A" - top priority, or "B" - would like to accomplish, or "C" - can wait if I don't get to it. Never work on a B or C task (or one that wasn't on your list at all) unless your A task is accomplished.

- 2. Break major tasks down into smaller pieces and take one small step at a time.
- 3. Either start with the most difficult or boring task (to get it over with) or with a very easy task (to get motivated). 4. Use the 5 minute

method. Commit to do something on the project for 5 minutes; after the 5 minutes decide if you're going to continue for another 5 minutes.

5. Reward yourself right away when you accomplish a small goal.

(You might want to use one of your procrastination techniques such as watching t.v. or talking on the phone as a reward when you accomplish a goal).

#### 6. Use a time schedule.

Schedule realistic times for tasks and try to stick as closely as possible to your schedule.

#### 7. Get organized.

Optimize your chances of success by modifying your study environment to eliminate or minimize noise and distractions. Have necessary equipment set up.

8. Make procrastination obvious.

Leave your textbook upright on top of the t.v.; put your assignment list on the fridge; paste a list of your priorities for the day on your phone.

#### 9. Imagine what you would do if you were not a procrastinator...

Visualize exactly how you would act and think - then act on your visualization; pretend you are that non-procrastinator.

#### 10. Incorporate positive self-motivating state-

into your thinking (e.g. "There's no time like the present", "The sooner I get done, the sooner I can relax", "It doesn't have to be perfect" "Yes, I can do this", "If I break this down into small tasks it won't be so overwhelming").

11. Think about how much better you feel when you get something done than when you put

#### **12. DO IT NOW!**

Commit yourself to action and get started.

And remember, you can discuss this or any academic, personal or career concern with a counsellor.

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#### Minister of Finance

continued from p. 1

didn't crack it up!". He continued to speak about this year's newly balanced budget and his plans to balance the books for years to come. Martin expressed that the government is spending too much time looking for "quick fixes", rather than

"Education is key to success" and he believes we should lead the world in things that matter.

long-term changes that make an overall effect. In the past four years the deficit has been eliminated and

the Minister of Finance believes "the best ten to twenty years ahead". NAIT gives Canadians the skills to succeed, and "what NAIT has done is serve as a model for what was done in the budget", said Paul Martin. "Education is key to success"

and he believes that we should "lead the world in things that matter." The Minister of Finance discussed the Millennium Fund, a

> grant of \$3000 awarded to qualified students that will be in place within the next few years. Students eligible for the fund will not have to pay it back because it is classified as a grant.

Shaw Theatre.

Student's concerns were raised in a number of areas. Cutbacks and taxes being paid were a major concern, and questions

Finance, addressing student concerns in the posed regarding exemptions from taxes on necessary school supplies such as laptops or mechanic tools were also addressed. Taxing on scholarships was also a concern, as well as, relocating for a post-secondary education, and not getting a student loan amount needed. The French Business program here at NAIT praised Mr. Martin in bal-

The Honourable Paul Martin, Minister of

him with a folder. Once the question/answer period came to a close, Mr. Martin affirmed that the atmosphere at NAIT is very adult, and he said that he was very impressed with the questions he was presented with. The NAITSA President then presented McLellan and Martin with a small token of appreciation.

ancing the budget, and presented

Overall, the Minister's visit was very informative, and it was a great honor for NAIT to host him and his guests. We're also happy that he didn't crack up the Hummer!



Minister of Justice, Anne Mclellan, accompanied Paul Martin to NAIT.



(or download rules & entry form from www.bigrockbeer.com)

#### World in a nutshell

James Olson

LIBERALS WANT PC LEADER- leader of the federal PC party, Jean Charet, has been asked to take on the job of leader of the Quebec provincial Liberal party- advanced polls indicate in Charest did take the job, he would win by a wide margin

WATER ON THE MOON- water in the form of ice has been detected on the lunar polls, this means that humans could exist on the moon for extended periods of time

EL NINO- is still being a gigantic pain in the ass, the forecast indicates temperatures will rise by the end of the week

PENTAGON RAIDERS- a group of hacker's have infiltrated the pentagons computer network, among other high-security systems (see inside for details)

US BLAMED FOR CUBA'S PROBLEMS- Foreign Minister Lloyd Axworthy came out with accusations against the US for the trade embargo set on Cuba-Cuba's economy has been failing for years

TITANIC- was still number one last week at the box office

MONTY PYTHON'S FLYING CIRCUS- released plans for a reunion tour later this year

THE SPICE GIRLS- have been invited for high tea by none other than Prince Charles, so that they may meet his two sons

#### Local

OILERS PROSPECT A FRAUD-Micheal Largue, supposed contender for the purchase of Edmonton's NHL franchise was found out to be a fraud

"ESCOURTS" ON DISCUSSION- Edmonton City Council has decided to review the cities escourt services after evidence was found that they were linked to prostitution and organized crime

**NEW DEVELOPMENTS IN THE STATE OF KAOS**- Edmonton police are currently investigating allegations of sexual assault and unlawful confinement at the Kaos nightclub

STRIKING TEACHERS- Edmonton public schoolteachers may very well go to a strike before the end of April

### Hacker's Crack the Pentagon

Suspected Ringleader "Analyzer" Isreali Citizen



Last week
a series of
highly organized
attacks
rocked
the US
Pentagon's outdated and
outgunned

security protocols.

The attack has already been noted as "the most organized and systematic attack the Pentagon has seen to date."

The attackers, claiming to be members of an international online organization called "Enforcers", insist that any intrusions were made purely for sport and were not intended to erase or corrupt any files, as was originally thought.

But the story doesn't stop there.

Although the attack did not reach into the military's classified systems, every one of their unclassified systems was hacked. The FBI currently have taken two suspects in custody- two teenagers from Sonoma County, California.

The two teens not only hacked the Pentagon, but also the Massachusetts Institute of Technology's plasma energy lab, NASA and a barrage of other institutions that have yet to be named.

It has also been proven that they did not act alone, but with help from an unidentified master hacker, known only as "Analyzer."

It is suspected that Analyzer is a citizen of Israel and therefore untouchable by American authorities. In an online interview with an Internet magazine, Analyzer claimed he has system administra-

tor-level access to more that 400 unclassified military Web servers.

Supporters of Analyze and members of "Enforcers" also endeavored to explain the mysterious hype that has been created around the recent hacker attacks, "You can't sell the country on paying their taxes for more security unless you convince them of a need for protection from these 'dangerous' people."

The Clinton administration is currently lobbying for a government crackdown on cybercrime which includes increased spending on computer security and encryption.



US Attorney General Janet
Reno is making plans to
create a new high-tech
crime centre that will be
under the jurisdiction of the
FBI.

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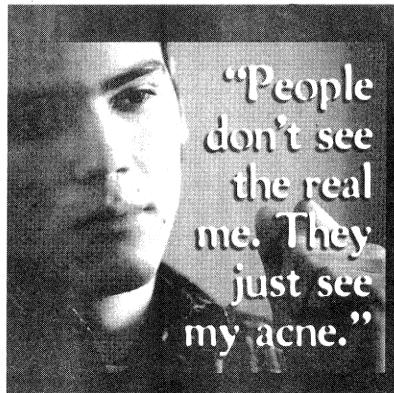
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MYTH #2; You get acne by not keeping your face clean.
FACT: Poor hygiene doesn't cause acne.
MYTH #3: Nothing seems to work.
FACT: Doctors know about the treatments that work and their side effects.

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## NAITSA By-elections

The NAITSA Elections are quickly approaching. Nominations for next year's executive are due by Wednesday, March 18, 1998. Here is a list of all the executives and a description of what each of them do.

#### Financial/ Academic VP

The position of Financial/Academic VP is an interesting position which takes dedication and commitment. Some of the tasks you will be responsible for include performing the duties of the President in his/her absence, acting as Chief Financial Officer, directing the Annual Shinerama Campaign, and heading the student caucus of Academic Council. During this time of year, you will also act as the Chief Returning Officer, in which you will be in charge of running the elections.

Financially, you will have to maintain NAITSA's General Account. This involves tasks such as day to day banking, being responsible for petty cash and the safe, and administering Technology loans in conjunction with the Activities VP. You will also have to handle cash at all NAITSA social events. You will also be the NAITSA signing authority and act as a second signing authority to the Athletics VP for the Athletic Board. At the end of the year, you will be in charge of preparing the budget for the next year's executive. This involves assistance from all of the executives in each of their departments.

Academically, you will sit on Academic Council and hold monthly caucus meetings for the student representatives of this council. You will also assist students with academic concerns or matters such as transferability or grievances.

This position also includes chairing Executive Council and General Council meetings in the absence of the President and taking minutes at the Executive Council meetings.

If you would like to gain experience in this position or would appreciate further information, please contact Angela at the NAITSA office in E131B or by phone at 471-7609.

#### **Board of Governors**

The two members who are elected represent NAITSA and the student body. This includes attending, as a voting member, Board of Governor meetings once a month. Also, each representative will sit on two of the following committees: Board Development or Campus Development, and Grad or Open House. The representatives are expected to attend these meetings and any other special meetings on a regular basis and perform such additional activities as the Board may specify or delegate. As well, they should become informed of institutional and system-wide educational development issues as the year progresses.

With respect to NAITSA, the two members who are elected are required to attend General Council meetings (twice a month), and consult with and inform the NAITSA President on matters at the Board level pertaining to student affairs.

The opportunity of representing your fellow students to the Board of Governors is one that no student should pass up. As an individual, you will learn more about your technical institute, organizations in general, and most importantly, you will learn a lot about yourself. You will walk away with knowledge and experience at a level much higher than anything taught in any classroom or textbook.

If you have any questions about these two positions, leave a message at the NAITSA office for Gordon Bennett or Larry Stockman.



## By-elections

#### **Nominations OPEN**

Thursday, March 12 at 8:30 am

#### **Nominations CLOSE**

Wednesay, March 18 at 4:15 pm

#### **POSITIONS**

Financial/Academic Vice President

1 Board of Governors Representative

Pick up and return your nomination form to NAITSA (E131)

### PLANET NAITSA

"New Heart-Breaking Melodrama Shocks Viewers"



Tirst off I've gotta say that elections are a real pain in the ass. I mean really, voting could make a difference don't you

think they would have made it illegal by now?

Trevor Haddock, the Chief Returning Officer of the NAITSA election committee, gave us some news about the ongoing saga of politics. It seems no one has signed up for Financial/Academic VP and they're one man short for Board of Governor's.

So why aren't the boys and girls lining up for a spot on the executive? I think it's probably due to "Days of Our Naitsa", the new star-studded TV melodrama that has invaded the life of everyone that attends general council.

The stars of the new show are

the board of director's of a large corporate conglomerate known only as (and strangely enough), Naitsa. But the real star of the show is a striking young man that we all know as Blake Williams. Blake is a man of impeccable ethics and good taste, but because his ex-wife is CEO of the Naitsa Corporation he is plagued with end-

less character assaults and mud-

slinging.

The problem is that Blake William's isn't perfect, he sometimes does stuff that doesn't make a lot of sense. But really, who's perfect? Cut the guy some slack. His ex-wife takes advantage of Blake's character flaws and tries to make him look bad and tries to get him fired. But it seems like Blake always prevails, mainly because he's such a great guy (and he's pretty good looking too, I think he just bought a new suit.)

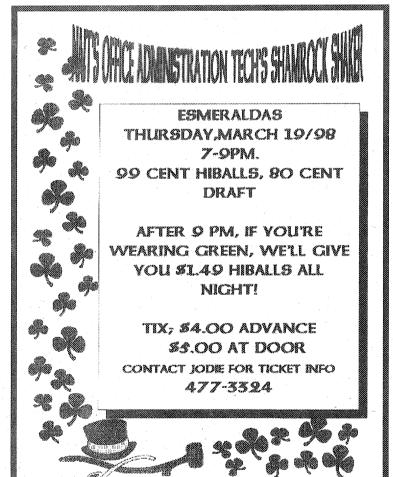
Are you getting bored with the same old teeth? Contact Dental Assisting and they'll jazz you up.

Pissed Off Tech Rep

'm choked! At General Council on Tuesday March 10, 1998 I observed a dis play of what I thought was adolescent behavior. It was announced to General Council that Scott Williams, Athletics VP had spent \$535 on the NAITSA credit card when he only had permission to buy a pair of dress pants for the Finance Ministers visit. The NAITSA executive told Scott five minutes before General Council that they were going to bring this issue to us. The floor was opened up for questions and comments for Scott and the rest of the executive. Scott was the one who informed us that he had just found out that this was being brought to General Council. He was upset and I can totally understand why. The morning after he spent that money, he wrote a letter explaining what he bought and that it would be paid back. From my understanding, there was no executive meeting with Scott present to discuss this issue. I was appalled! I am still pissed off! This is our student executive and when there is a problem with one of the members, they couldn't even talk about it and deal with it before they brought it to us (General Council). I am not defending Scott's careless spending, but I am defending him against an executive with no respect. They shouldn't have dropped this bomb on Scott in front of us. It was immature and very unprofessional. Tara Tanguay, (President of NAITSA) said that if it were up to her, Scott would be out for what

he's done. This is an issue that should have been discussed amongst the NAITSA executive first and then brought to General Council. They handled it that way when Susan Dickson, Activities VP, had a drink with the Head of Security at the beginning of the year. They all had a meeting and then it was brought to General Council. The other things that really bothered me about this whole episode is that they called it an "expenditure" on the agenda but in actual fact it is not. Scott spent the money and is going to pay it back. Isn't that a loan? Also, the way that the executive presented this, it seemed like they wanted us to impeach him. The way that Tara was bickering with Scott and cutting him off, and not letting Pam Dill (Communications VP) make a point was wrong and should not have been done in front of us. All of this just seemed way too personal to me. If it had gone on any longer it could have turned into something that you would see on Jerry Springer. The bottom line is that executive should not have displayed this act of a personal vendetta against Scott in front of us which is what it seemed like to me. I would also like to note that I am not the only one who feels this way about the unprofessionalism displayed at the General Council meeting this week, just ask around. It was outrageous, immature, and quite rude behavior, especially by Ms. President.

And that's My Beef!



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The Nugget encourages submissions

THE DEADLINE IS

4:00 p.m. on the first school day of the week.

All submissions Must be accompanied by Your Name & Student ID Number

The opinions contained in The Nugget are the opinions of the individual writers and do not necessarily reflect the opinions of the Nugget staff or NAITSA. The Nugget reserves the right to edit letters and viewpoints for brevity

#### Contributors

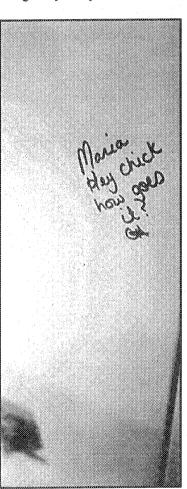
Mike Anderson, The Pest, Margaret Marean, Karen Marual, Erik A. Robinson, Marc Nobert, Coach Jules Owchar

### Lockers for Losers

Miranda and Fresh

o you feel the need to write messages on your locker? If you do, you are apparently not the only one. Just take a walk down the main hallway, E-wing and look at the penmanship displayed on the lockers. Meaningless messages such as "Hi, I'm in the Nest", or "Hey how's it going?" are marking up locker surfaces that were repainted just five years ago. Why are students defacing NAIT's property? Is it sheer laziness that prohibits a student from pulling out paper to write notes? There are many concerns rising due to this adolescent behavior:

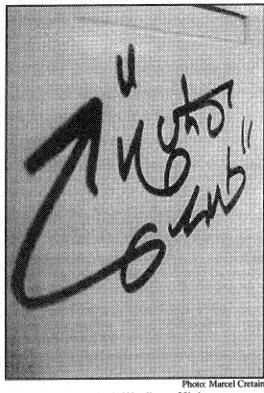
1) Environmental Concern- NAIT is an institution that prides itself on meeting the needs of the economy by providing education on the latest technology to students. NAIT, being thirty-five years old this fall



#### NAIT will be paying for unnecessary repairs.

(full-time programs) has managed to maintain an attractive exterior. The messages written on lockers deteriorate cosmetic appeal NAIT tries to uphold.

2) Maintenance Concern and Cost-How much money do you think NAIT spends on unnecessary repairs such as this? I will tell you that the cost of rectifying this damage is heavily increasing, adding to the overall unnecessary repairs that NAIT makes. How happy do you think an investor in NAIT would be to walk through the hallways, and what impression are we



#### Defacing "symbol-like" graffiti on a locker in the E-wing.

delivering to potential employers?

The defacing of lockers has come about only within the last few years. The messages contain somewhat "innocent" subject matter but appear as graffiti, plain and simple. Another major concern is that graffiti will now start seeping through the cracks, in fact, there are some messages within NAIT that

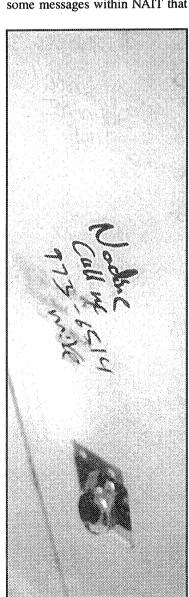


Photo: Marcel Cretain

Call me messages are very common.

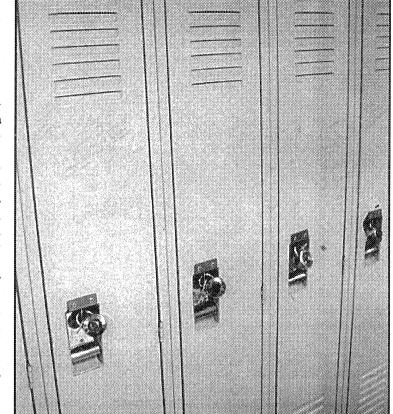
can not be deciphered with a "symbol-like" appearance.

Is NAIT promoting a gang atmosphere? How is the average person going to understand a symbol that may represent a gang, racism, anti-this or pro-that?

The lockers with these messages are a disgrace. What can we collectively do to remedy this mess? Should post-it notes be available for access at Student Services? I think that if students are too lazy to pull out paper with their pen, they won't walk ten steps

down the hallway. (What an inconvenience that would be).

In the future, I hope students



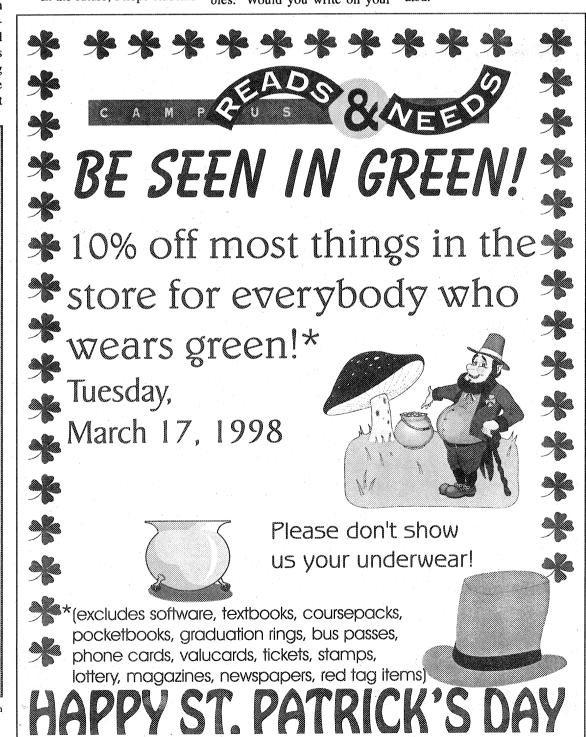
#### Should Post-It Notes be available at Student Services?

will refrain from catering to this problem and start thinking about the effects pertaining to NAIT. NAIT is everyones school and I don't want to see it ruined by babies. Would you write on your

walls at home? Didn't think so.

#### \*\*\*NOTE STUDENTS

Please provide feedback on this matter. It would be much appreci-



## Frailties of Examination

James Olson

o what's the big deal?
You prepare for a test, take a test, get drunk and then find out your mark a couple days later. The problem is the method of examination in relation to the changing times.

Changing times, the phrase sounds hauntingly familiar. With the advent of new information resources in the computer age, such as the Internet and interactive multimedia, we as students and the educators of tomorrow are plagued with the question of how to test ability in an effective way without compromising the curriculum.

Curriculum as it sits is the countless hours spent memorizing facts, figures, formulas and other people's ideas. Why would I spend an hour learning the different aspects of how to calculate nominal and real GDP when I can hop on the nearest computer and have it explained to me in a heartbeat? Changing times. Education must change with it and at a much more

rapid pace than it is currently.

In todays reality, a person's worth isn't measured by what you know or how many concepts you can spout off as you ramble through the financial section of the newspaper. It's the technicalities of how to get what you need in an efficient and effective manner. So what is the reason for memorizing pointless information when it can be at your fingertips in a microsecond?

The reason is that it is too difficult to come up with a creative and contemporary solution

to the problem. Laziness, plain and simple.

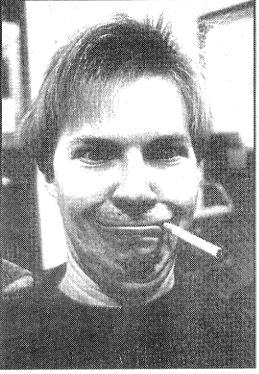


Photo: Sam Leung
Is this what a classroom will do to you?

It's not just what you teach, it's how you teach it.

## Conspiracy Theory

Thursday, March 5, 1998

The Pest

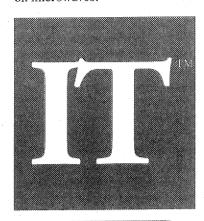
n the January issue of the Nugget, on page two, under the S.O.S. at General Council, the article states...

The "Microwaves are here but the boxes have to be built before the microwaves can be used." Well, when???

Have you been in the North Lobby at lunch time? You have to wait about a half an hour to heat up your lunch and you're not even guaranteed it will be hot. I think the conspiracy lies in the boxes. Come on. How long does it take to build a three sided box with a back on it? I'm sure someone can whip a few up in about an hour...I could.

I think NAITSA wants you to become pissed off, waiting for the "wave" so you will not bring a lunch next time, instead you will buy a lunch and support the Culinary Arts. Paying tuition and books are already sucking enough money out of our pockets. Come on guys— get your act together and build the damn boxes. Get those microwaves out there! Make everyone who brings a lunch, keep the money in their pocket.

There should be at least: 3-4 waves in the North Lobby; 2-3 in the cafeteria; 2 in the Natrium and 1 more wave in the South Lobby. I know where you can get a discount on microwaves!





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- •All Others \$69.00

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## OG COVIII AINAI

Letter to the Editor:

In response to the article written about homophobics or whatever. The Nugget is used for the freedom of speech and to make jokes and to have fun, when we make jokes towards gay people on campus it is all in good fun and not meant to hurt anyone. If it wasn't for all you gay people out there, we wouldn't have a base for all our jokes, lighten up. Being gay for you people is okay, no one is stopping you so don't take it serious, it's all in good fun.

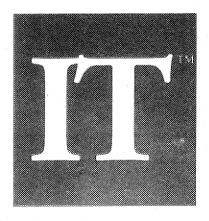
Anonymous

Letter to the Editor: Re: Mark Taylor's Article on Rebar

Who are you? Where are you from? What's your favorite type of music? Do you go to Club Malibu? How about Cowboys? I know that you don't like Rebar. It seems that you consider Rebar patrons "freaks". How Albertan of you, Mark. You see, my friend, when we people from the Rebar come to your beloved Malibu, we are freaks. When your Tommy Hilfiger wearing ass saunters into the Rebar, YOU are the freak. You likely have never listened to anything other than Power 92, so when they don't play "Barbie Girl" you get all sniffly. I suggest that on March 13, go to the Dinwoodie Lounge and sell your ticket to a kid who knows that the Bosstones are more than just a trend-dressed to plaid (they wear suits, a mainstay in ska style), and that the Pietasters, who are opening for them, are even better yet.

It's a shame that you even have a ticket, because countless ska fans who have waited for years for a show like this one can't go. Meanwhile, you'll be in the corner, writing your little review and not recognizing anything other than "The Impression That I Get." Do true ska fans a big favor and cover the next Moist concert.

From Lucifer Mephisapheles



Anonymous

ho is the tired look in g stranger who can be seen on an almost daily basis walking the length of the hall way in the Technical Wing to slowly make his way into the "Z" zone parking lot? The local news media advise all and sundry that NAIT is over subscribed with students for the coming year in such and such courses.

When NAIT first opened its doors in 1964, the Continuing Education Department was known as the Night School Division. In the space of a few years this quickly resorted to the present day title of Continuing Education Division.

The problem of student enrollment at NAIT was seriously addressed several years ago by the NAIT faculty who came up with the ingenious idea of Night School. Various courses were discussed as

to which course would be suitable for Night School. Various teaching techniques were mooted and discussed. Finally, the green light was given and Night School started several years ago.

The gentleman who is seen walking tiredly through the Technical Wing hallway in the early morning is none other than Eric Robinson. He can also be seen coming to work at 5 p.m. How does he account for such long hours?

Eric readily responds with the obvious answer that to utilize some of the NAIT service facilities he has to turn up for work early to catch the office staff as they prepare to depart for the day. Eric also advises that the hardest time teaching Night School is between 3 and 4 a.m. It is not at all unusual for Eric to switch a theory class for a practical or laboratory class should a theory class fall into these dreadful hours.

Eric further adds that he has to resort to a lot of animation in his teaching techniques to maintain in-depth student interest. Arrangements have been made with the cafeteria to provide hot coffee and

Liberal times are maintained during the lunch break at 1 a.m. so that students can get their heads down for a quick catchup nap.

a good meal during the night. Liberal times are maintained during the lunch break at 1 a.m. so that students can get their heads down

for a quick catch up nap. Many times a gentle shake stirs the poor night student into the reality of the present time.

Eric usually catches a quick nap after the students have left for home at 5 a.m. Eric advises that he has to hang around until the daytime office staff arrive at NAIT so that various administrative paper work items and other memoranda can be distributed correctly.

If you see Mr. Robinson slowly making his way home in the early morning at 8 a.m. or arriving for work at 5 p.m. stop him and ask him what it feels like to teach Night School year after year. You'll find that he enjoys the experience and does sometimes feel quite lonely during the night when the only people, other than for his students, he can chat with are the security guards and the night janitors.





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he CCAA National Bad minton Championships was a success. NAIT played host to 70 athletes and coaches and 30 VIPS and dignitaries. The tournament began with a breakfast in the tower lounge for all athletes and VIPS and ended with a Championship banquet in the Staff Dining Lounge and a big party at Club Malibu!!

The final results were: Men's Single:

Gold: Eric Yen, B.C. Silver: Tim Rostrup, AB Bronze: Nathan Stickney, AB

Ladies Singles: Gold: Jennifer Wong, BC Silver: Sue Mileva, ON Bronze: Crystal Elliot, AB

Men's Doubles: Gold: Rob Parnell and Mike

Kaytar, ON Silver: Eric Chan and Ryan Legere,

Ladies Doubles:

Gold: Brook Harris and Mika Takayama, AB

Silver: Maureen Buck and Gail Prosser, ON

Mixed Doubles:

Gold: Chantal Jobin and Raymond Tsoi, BC

Silver: Grace Kinney and Chris White, Atlantic Canada

A big thank you goes out to all the volunteers who spent their free time helping us out. Everyone did a terrific job and

we could not have put on an excellent and successful championships without you.

A Special thank you to the Women's volleyball team - you gals did an awesome job!!! Thank you!!!

#### Thank you to our **Event sponsors**

Alberta Sport, Recreation Parks and Wildlife Foundation Alberta Colleges Athletics Association McDonalds Restaurants of Canada Edmonton District Badminton Association Ensilon Chemicals Ron Hodgson Pontiac, Buick, GMC Black Knight Racquets

Thank you to our Championship sponsors Telus PLAnet Internet Services uBu Apparels Coca-Cola Dr. John Birzaalis The NEST The Sweet Spot Tim Hortons Images of Colour Screen Printing Molson Breweries

Campus Reads and Needs

## Championship's Curling Ooks A Success Win Silver-Bronze

Coach Jules Owchar

lthough the curling team won two medals, the mixed a silver and the men a bronze, and finished second in the team championship, they felt disappointed at their accomplishments based on their performance during the regionals. They were shooting for last years' totals, three medals and the team championship.

Regional Recap

At the completion of the two regionals, the fall and winter hosted by GMCC (Nov.) and GPRC (Jan.) respectively, the NAIT teams, who played superbly, all qualified for the Provincials.

The men finished first with a 7-1 record. The ladies duplicated the mens accomplishment with a 7-2 record. The mixed finished second, closing strongly in the winter regional (4-0) to boost their record to 7-2.

A total of 81 games were played in the two regionals, as seven colleges battled in round robin format to determine the Provincial qualifiers. The top four in each division (men, ladies and mixed) were headed to Camrose for the Provincial Championship.

#### The Provincials

Making it look easy in the regionals, the Ooks' teams posted a 19-4 record. They were truly looking forward to the Provincials. In the Provincials round robin, to determine the pairings for the

championship games, the warning lights began flashing as the teams posted a shaky 2-7 record. The warning signs were correct. The men really struggled in the semifinal, losing 9-6 to AUC. They rebounded in the bronze game beating AUC 9-4.

The mixed team, with their third line-up change (injuries) battled hard to win 10-4 over GPRC in the semi-finals. They ran out of steam in the final losing 9-3 to AUC.

The ladies played with only three players after the first game (illness) and never regained their mid-season form. They lost 7-2 to GPRC in the semi-finals and then lost the bronze game to GMCC 9-6.

#### Extra Ends

- Interesting to note that the first place finishers in each division all lost their semi-final games.
- NAIT had two members selected to the ACAC All-Star Men's Team (Dave Harper at lead and Kevin Tym at second).
- Brad Chorostowski, who curled second for the NAIT Men's team in 1995 & 1996 is playing second for the North West Territories in this years' Labatt Brier.
- Heather Godberson
  - •1995 ACAC Gold medal-
  - •1996 World Ladies Junior Champion—skip
  - •1998 Canadian Ladies Championship—third



MEN'S-From left: Miles Aronyk, David Harper, Kevin Tym, Ward Johnston, James Knievel



LADIES—From left: Christine Simmons, Leeann Dunn, Kim Fandrick, Deanne Bergum



MIXED—From left: Dawn Sutton, Rob Fossum, Kim Foulds, **Brad Jensen** 

## Why work for peanuts when you can sell them?



Starting your own business is one way to guarantee yourself a job this summer.

If you're a full-time student returning to school this fall and legally entitled to work in Canada, the Student Business Loans Program, part of the government of Canada's Student Summer Job Action program, is offering loans of up to \$3,000 to help you start a business.

Details are available at any branch of the Business Development Bank of Canada, Human Resource Centres of Canada. Human Resource Centres of Canada for Students, any branch of the Royal Bank of Canada or the National Bank of Canada. lust come to us with your idea, and we'll see what we can do about putting you to work for someone you really like. You.

Call toll-free 1 888 INFO-BDC (463-6232) or visit our Web site (www.bdc.ca).



Business Development Bank of Canada
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BANQUE NATIONALE



Canadä

### World Class at NAIT

Da Warm

Just in case some of you had no idea John Reeves and Frank McNamara were away from the institute last week. These men coach our X-country teams and are instructors at the institute. Sorry, I forgot to mention that they are also World Class X-Country Skiers, they were in Lake Placid for 10 days competing in the Masters World Championships for X-Country Skiing.

## Behind the Bench

I Must Admit I Was Surprised



In the first paper of the year I mentioned t h e C.C.A.A. Badminton Championship Tournament. I

also threw it in the paper as the year progressed but I never seriously thought I would be all that interested in the outcome. I must now admit that badminton at that level was very interesting to watch and very frightening to do lines for in the play-off matches.

Did you know that badminton is the fastest racquet sport in the world? I tend to believe that statement to be true after this weekend. In tennis they serve 100 m.p.h. but they are 30 m. away from each other. In badminton they are about 15 ft. apart and that little shuttle is whipping

whipping back and forth faster then your head c a n turn. I was impressed with the athletes this past weekend and I was impressed with how well the tournament was run. Congratulations to all the new Champions and to NAIT for making each participant in the tournament feel

like they are one of the best in

Canada.

Not bad for a couple of old guys, (Just kidding John, I need to pass your course), who had to train without much snow for half the winter. For Frank, this was his fifth trip while it was John's third. There were over 1100 competitors in Lake Placid for this event and our NAIT connection competed in 7 different events. With heavy snow and warm temperatures, the trails were very slow and times were not the best. However, John competed in the 30 km Free and finished 26th world (5th Canada), 15 km Free 28th world (7th Canada), and with the

flu in the 50 km Classic and finished 30th in the world (7th in Canada). The senior of the duo competed in one extra

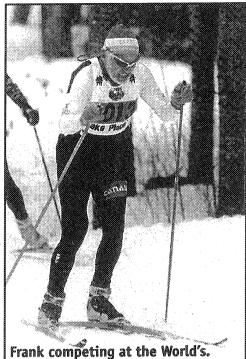
event and finished as follows: 20 km Free 23th world (4th Canada), 30 km Classic 33td world (4th Canada), relay where they finished 8th place in the world and in the 10 km Free Frank had his best day finishing 19th in the world

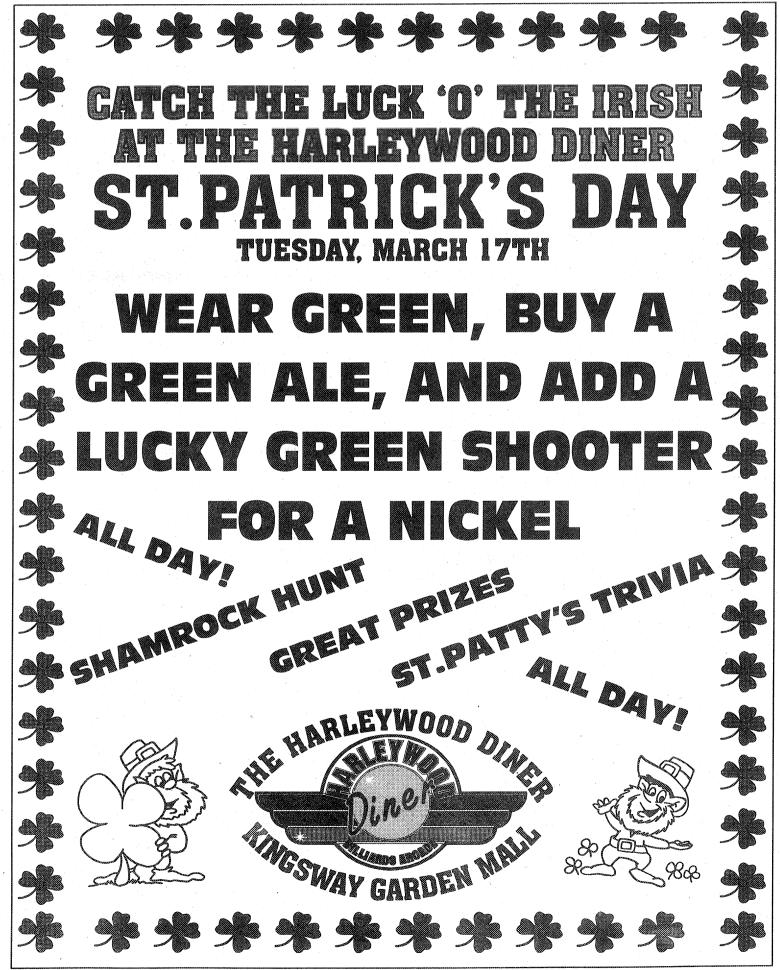


Reeves in action

(2<sup>rd</sup> Canada). To some of you this may not mean much, but these two men did battle against Olympic competition and held their own.

CONGRATULATIONS.





#### Thursday, March 12, 1998

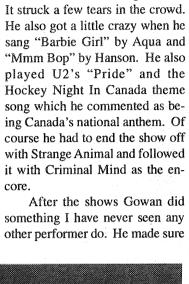
## Getting Crazy with GOLANI

Crazy Mike

Red Deer to see Mr. Lawrence Gowan at The Buckle and then on Wednesday here in Edmonton at The Thunderdome. EXOTIC DANCERS were not part of the explosive show, which most people were looking for. It was amazing to see a performer after 15 years of touring still keeping his performance fresh and exciting for himself and his fans.

When Gowan arrived on stage at 10:30 PM (in Red Deer and Edmonton), the whole bar erupted

ast Monday I went to cess Diana after her tragic death.





"All these good-looking girls around at the concerts want me to sign their ass....

self up front. Gowan started the show off playing "Cosmetics", which is one of the hits off the 1985 album "Strange Animals". Since Gowan was performing Solo, he had a lot of help from the fans with back-up singing. During the evening he played most of the hits off his new greatest hits package "Best Of...", like Moonlight Desires, Guerrilla Soldier, All The Lovers In The World, etc. He also played his new song Healing Waters, which was written for Prin-

with cheers. He went around high- that every person who wanted an fiving all the crazy fans like my- autograph got one and had conversations with everybody. In both of the O.J. Simpson coverage. It Red Deer and Edmonton Gowan had the pleasure of signing two beautiful girl's asses.

Gowan is definitely one of the best performers I have ever seen in concert. He will do almost anything to please the crowd and that is very rare to see performers do these days. He has an energy in his performance that you can not find on his albums. So make sure next time Gowan rolls through town you go see him and GET CRAZY!

#### **GETTING CLOSE AND** PERSONAL WITH GOWAN

In-between concerts on Tuesday, I had a chance to sit down and talk to the man.

What should I call you? Most people know me as Gowan "but you can call me Larry".

#### Why has it taken you 20 months and 26 days to come back to Edmonton?

(Laughing) I can't believe you know exactly how long its been. The reason why its taken so long is because last year I was busy releasing two live albums and the new Best Of... disk.

Do you remember me from last nights show (In Red Deer)? I was the one yelling "I Love You Gowan!"

That was you! Boy you're crazy. I love it when the fans get involved with the show because it makes it more enjoyable for myself.

I have seen you perform live 3 times now and I want to know how you can take songs off your albums and take them to a higher level?

It is very hard to describe. Basically I feed off the energy created by the crowd which I put right back into my performance. The crowd really inspires me to play the best that I can and I can't imagine myself doing anything else but playing music. Basically I have no skills other then playing music so I better be good at it.

#### Who is your favorite Spice Girl?

Definitely Posh (laughing), but I used to have a thing for Baby Spice. When I was down In Europe for a month last year, all you would here about is the Spice Girls. Their media coverage reminded me was unbelievable

Last night in Red Deer I noticed you signing a gorgeous girls ass. So how does it feel to still be a sex symbol to girls these days?

It is pretty unbelievable, all these good looking girls around at the concerts wanting me to sign their ass. It is pretty good for the ego I tell you.



Gowan got a little crazy when he sang "Barbie Girl" and "MmmBop."



Would you have known Gowan chooses to go commando?

Gowan, so all the guys want to know if you ever score on the road?

I have been very tempted to, but none of the girls have ever come close to being as good as my wife. We have been married for about 10 years and it has been great. It has been tough being on the road a lot but some how we have managed to stay together.

Gowan the girls want to know, Boxers or Briefs? Nothing (Laughing)

But I have to go now because I have to check into my hotel and dodge my crazy stalker lady.

#### You

An artificial smile Hosted by a soulless cage So deep in denial enveloped with rage.

Is there anyone to blame for the visions in my mind Everyone's stories are the same You are still unkind

As you walk away Can't remember why I fell in love today But all I do is cry.

#### **You** (Pt. 2)

The Pest

"I would like to be the air that inhabits you for a moment only. I would like to be that unnoticed and that necessary" -Atwood-

The Pest

## We think that every Canadian who wants to learn should have the opportunity to do so

That's what the proposed *Canadian Opportunities Strategy* is all about. It expands access to knowledge and skills for all Canadians by:

#### Helping Manage Student Debt

- Tax relief for 1 million Canadians repaying their student loans that will allow students, like business, to benefit from investing in their future.
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#### **Providing Financial Assistance to Students**

- 100,000 Canada Millennium Scholarships to full and part-time students each year over 10 years worth an average of \$3,000 per year
- Canada Study Grants worth up to \$3,000 a year for 25,000 students with children or other dependants

#### Helping Canadians Upgrade Their Skills

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- Tax relief for about 250,000 part-time students including 50,000 part-time students with children

#### Supporting Advanced Research and Graduate Students

 More funding for Canada's granting councils; more than \$400 million in additional resources

#### **Helping Families Save for Education**

• A new Canada Education Savings Grant that will directly enrich the contributions made to each registered education savings plan

#### **Supporting Youth Employment**

- An Employment Insurance premium holiday for businesses that hire additional young Canadians age 18-24
- Funding doubled for youth employment programs aimed at those who have dropped out of high school

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Canadä

#### **Amazing Live Performers**

The New Meanies



another band Canada is proud to have. A band that recently had to ren a m e

themselves The New Meanies. The name story goes...

Four high school buddies get together and start jamming tunes and then decide to start a band.

They first chose the name The Blue Meanies. As years go by record labels, critics, etc. realized there already is a band called The Blue Meanies. So due to the same music industry crap Bush(X) went through, The Blue Meanies had to convert themselves into The New Meanies. Which I think fits their quickly evolving success perfectly. After the renam-

ing came a new album; "Three Seeds" and a new major record label; Virgin Records.

After listening to "Three Seeds" a few times, I developed a semi interest for it. The New Meanies have a classic rock sound with a twist of blues. Unfortunately I found the album as a whole to be too unified. The songs had similar guitar riffs and rhythm. "Three Seeds" consists of eleven individual tracks but, the album

sounded like it had only one long song. Oddly though, I didn't get bored of it. I guess it's an album that will get many different re-

After seeing The New Meanies performed an amazing triple day bill at the Likuid Lounge February 26-28th my interest in their music became stronger. I believe all three shows were sell outs. I was at one of the many shows and was quite impressed. The New Meanies have a stage presence that would make anyone get up and dance to their creative blues/rock



tunes.

Even though The New Meanies were here for three shows last month, they have decided to come back again in a couple of months. I don't have any confirmation about the date or location yet.

Pick up their "Three Seeds" album if you want. But for sure check out their live performances. This band gets people of all ages rocking to their unique style of music.

## Noy's Toy of the Week:

Thursday, March 12, 1998

Noise Therapy

Noy Vongsamphanh

#### **MEMBERS:**

Oscar - drums Kai Markus - guitar Dave Ottoson - lead vocals Rob Thiessen - bass, back vocals

#### **CURRENT ALBUM:**

1998 "Cyclops" LABEL: A&M Records FROM: Vancouver, BC WEBPAGE: www.nextlevel.com/ noisetherapy

#### THE SOUND:

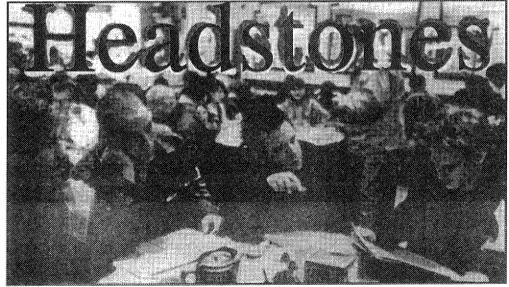
Hard rock and alternative WHY THEY'RE THIS WEEK'S TOY: Last time Noise Therapy were in Edmonton was back in January of this year as the headliner. Back then they were just getting their name and music across to anyone who would listen. A few months later, they are quickly becoming successful. A lot of people are catching onto the noise therapy. Album sales are high and shows are selling out. This band is definitely one I would strongly recommend. They are full of energy and adrenaline. These four guys will pump you up with One great album to splurge on. their loud intense mu-

them interact with each other and the audience on stage makes one want to jump up and do something crazy! One note: as cute as the talented bassist Rob is, don't stand close to him while he is performing. He has a tendency to spit into the air above his head, then catch the same falling spit with his widely opened mouth. Pure talent! PLUG: In the past Noise Therapy have opened for bands like Marilyn Manson and I Mother Earth. Right now Noise Therapy

are not on tour. Pick up their independent album "Cyclops" though.



## The Biggest Campus Party



#### Matthew Good Band and Las Vegas Crypt Keepers

Friday March 27, 1998 • Doors: 8 pm SNAW CONTERENCE CENTIE (Formerly Edmonton Convention Centre)

Tickets: \$15

Available at the GMCC Students' Association Office and the NAIT Students' Association Office or the U of A SUB Info/Ticket Centre

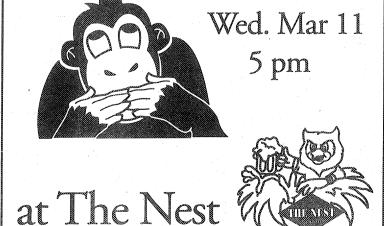
No Minors

A co-production of the GMCC Students' Association, the NAIT Students' Association and the U of A Students' Association









Bob Keele

Comedian

## A Vifferent Kind of Top Ten

Marc Nobert

his is a top ten that, to my knowledge, has never been thought of. I've always wondered who's the full package in Hollywood. Not just who's the best actor/tress. Or who's the smartest at picking movies. Or who's got the biggest connections. Or even who's been around the longest. It's a measure of all these combines. I took 22 of the biggest stars I could of, and recorded their filmographies (all the movies they've been in). Then I took what each movie made in millions of dollars and added them all up. I got interesting results. I had to exercise common sense though or else the research for this would've taken weeks and weeks. For one, I only did stars of our day. So don't get pissed off if George Burns or Elizabeth Taylor aren't there (cause they're not). Secondly, I eliminated all movies that made less than \$25 million. This gets rid of all major flops and B-list movies. Thirdly, I didn't record the movie unless the star had a leading role. For instance, everybody had a cameo in "The Player," but the only one who would get credit would be Tim Robbins and maybe one of the other lead characters if any of them became stars. So here they are:

#### #1 Harrison Ford

Qualifying Movies: 16 Lead Contributors: "Star Wars" and "Indiana Jones" Total (millions) \$4591.9

#### #2 Tom Cruise

Qualifying Movies: 13 Lead Contributors: "Rainman" and "Top Gun" Total (millions) #2766.5

#### #3 Tom Hanks

Qualifying Movies: 15 Lead Contributors: "Forrest Gump" and "Appollo 13" Total (millions) \$2392.8

#### #4 Arnold Schwarznegger

Qualifying Movies: 14 Lead Contributors: "Terminator 2' and "True Lies" Total (millions) \$2338.8

#### #5 Jeff Goldblum

Qualifying Movies: 4 Lead Contributors: "Jurassic Park" and "ID4" Total (millions) \$2307.3

#### #6 Kevin Costner

Qualifying Movies: 13 Lead Contributors: "Dances With Wolves" and "Robin Hood" Total (millions) \$2297.80

#### #7 Sean Connery

Qualifying Movies: 16
Lead Contributors "James Bond" and "The Rock"
Total (millions)\$ 2252.1

#### #8 Sylvestor Stallone

Qualifying Movies: 16 Lead Contributors: "Rocky" and "Rambo" Total (millions) \$2160.7

#### #9 Mel Gibson

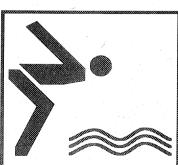
Qualifying Movies: 13 Lead Contributors: "Lethal Weapon" and "Ransom" Total (millions) \$2051.6

#### #10 Eddie Murphy

Qualifying Movies: 12 Lead Contributors: "Beverly Hills Cop" and "Coming to America" Total (millions) \$1920.2

Source: Internet, Chuck Kahn's box office reports.

So, there you have it. Harrison Ford is the most desired, profitable man in Hollywood. Basically, if the movie isn't good, you can bet it's not his fault. Honorable mentions go to top female: Demi Moore, 10, \$1855.0 and top Canadian: Jim Carrey, 7, \$1571.8. Ok, I'm satisfied. I know who are the full packages in Hollywood. Cool. Till next week.



A.C.A.C. SPRING SWIMMING CHAMPIONSHIP at the NAIT Pool.

Saturday March, 14, 1998 Warm Up 12:00 - 1:00 pm

#### Kaos Forever!

Mark Taylor

aos was pretty unkaotic on Friday (March 6). It seems all the bad publicity they've received is hurting business. But really, I can't compare before and after, since this was my first time there.

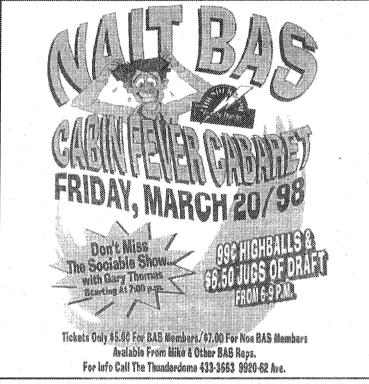
Somehow, I just expected more people. If you have never been to Kaos, the place is HUGE! There are two dance floors - actually I've heard there's three- did I miss one or was it closed on Friday? The dance floors were pretty crowded, but I found there was too much walking and sitting room in Kaos; at least for the number of people there. Then again, perhaps

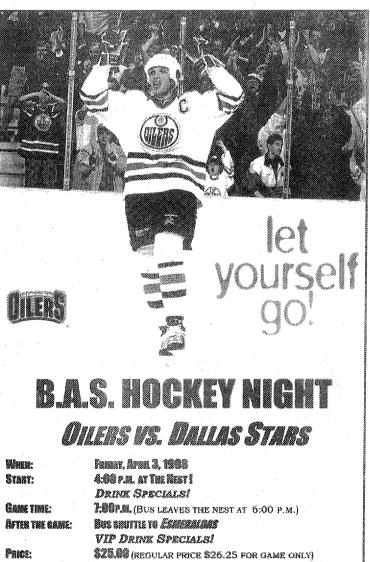
you like clubs that way, I prefer them absolutely packed!

The music and lighting in Kaos is absolutely amazing. They have crystal clear sound with the best chest-throbbing bass in the city! The lighting system is centered around laser beams that criss-cross the ceiling. My only complaint would be the sound-light coordination. It seemed, on slower songs, the lights were just blazing, but lacking on the fast, high-energy songs.

crowded, but I found there was too much walking and sitting room in Kaos; at least for the number of people there. Then again, perhaps

All said, the Kaos experience is amazing! The place is huge, loud, and exciting. Well worth the cover.





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Warm Up 12:00 - 1:00 pm Competition: 1:00 - 6:00 pm



Attention graduating Management & Finance students. Anyone interested in being a class historian for grad, please contact the BAS Executive if you are interested.

To the old guy in Telecom with glasses that comes to General Council:

Please stop being so negative and annoying! Thanks!

From the annoyed tech reps at the meetings.NAIT Office Administration Shamrock Shaker at Esmeraldas. Thursday, March 19, 1998. DRINK SPECIALS. Wear green and get extra drink specials. Tickets are \$4 or \$5 at the door. Call Jodie for tickets or info at 477-3324.

To Da GłoWourm, you may be a lot older than me but your not wiser...you obviously havn't figured out that I want you. My friends that I work with and I think you are so cuuuute. We heard you're a personal trainer.......can you train us? DaFans

French Vanilla, Being with you was titanic. Don't ever let go. If you jump I jump. I know your heart will go on. Just trust me. Irish Cream

Cuddle Bunny, I finally shirt fixed since you ripped off all the buttons with your teeth last weekend at the RAVE. Here's a hint: sleep with one eye open to prevent waking up with marker on your body. Trailer Trash Barbie & Skipper

To the small town boy with the guilty conscience...Great to see you're off the injured list and back in action. Speaking of action, any worthy competitors or can I have a shot at the title? From a big city girl

Dear Missmiley, right back at you babe!! Love, Casper

To the guy with shoulder-length (curly) brown hair and a gotee and drives a little redish color truck. I see you around once in a while and I saw you at the Thunderdome on Saturday (March 7). I think you're pretty hot. What's your name? Respond via Grapevine. Happy Mart Cashier

To my lil' raver, I see you everybody in the Naitrium and I can never help myself from noticing your cute face. By the way you dress, I can tell you've got some serious style. I especially love your funky bleached hair and your big jeans. I go to raves myself, so when you find out who I am (and if you're single), we should get together some time. Loving You. P.S. You are Groove-E, right?

To Bill Seaver in Group 1J, I am so shy to ask you out, because I am shy I use the Nugget to express my feelings. I don't want a one nighter, or a fling, all I want is someone to talk to and someone to snuggle with on FRIDAY NIGHTS, we are friends now, but do you want more? Luv, Antonio Guillen

To Bonnie in CST, you are absolutely gorgeous!!! Luv Hockey Hero

Bryt, When I was with you my heart sang and now I can think of nothing else. I think of fond memories and feel sorry that there will be no more for a long time. The only thing that keeps me going is the hope that someday will be better. Griff

With reference to Noy Vongsamphanh's Feb. 26 article: "How Many men could get away with writing an article about how much they want Gwen Stefani and Ginger Spice, etc? Hey Noy Toy, nobody cares who you want to fuck! From: Casper

To Mr. Photographer (that would be you Marcel), How come you didn't respond last time I wrote...I was the one who commented on your sexy frames. Do you have a girlfriend? Please Respond next issue......I really want to get to know you......Signed, girl of your dreams.

To Leah in Pre-Tech, I see you drive your new probe sometimes and I just wait to see you step out. I love the way you move that ass in your tight black jeans. Work it baby!

In response to the person who wrote the heart-warming letter to the editor last week about how his or should I say her feelings were hurt when they read some of the gay jokes in the previous Nugget. I have only one response - BOO HOO.

#### Classifieds

Peavy TNT 115 Bass amp with Equilizer 160watts. \$450, obo. Phone 432-6519 or 918-8915, ask for Steve.

#### REBUILT COMPUTERS.

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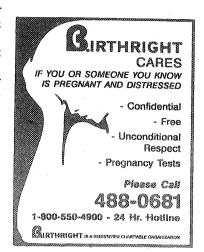
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## St. Patrick's Day

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