

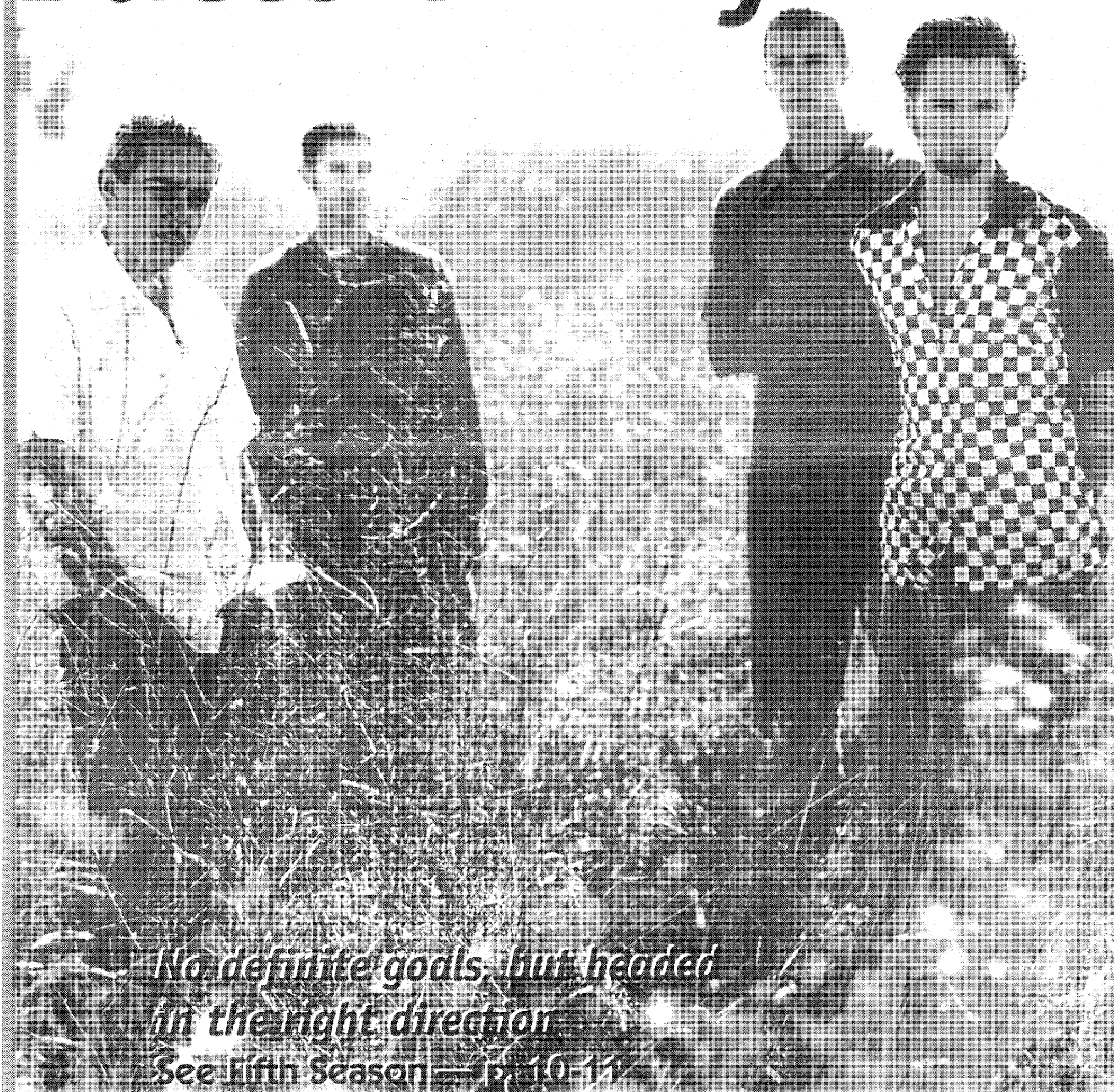
The

Nugget

Thursday, March 5, 1998

Volume 35, Issue 21

Facts on Fifth



*No definite goals, but headed
in the right direction*

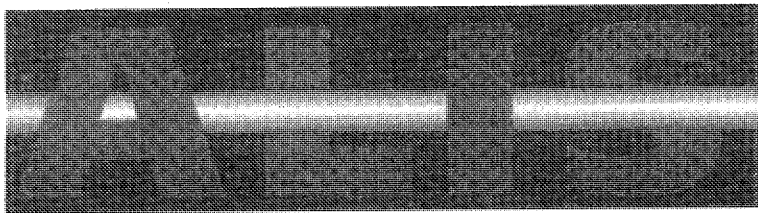
See Fifth Season — p. 10-11

In This Week's Edition:

Horoscopes, Poetry, Noy's Toy of the Week, Vanilla Ice, Hyde and Fresh's second purity test, SS Benefit Nait results, letters to the Editor, guest sports writer Andrew "even my grandmother's a" Hore, Da Worm's mental strategies, and Studying Tips. SEE INSIDE

Info Goes On-Line

ALIS- The Alberta Learning Information Service
<http://www.alberta-learning.ab.ca>



Fresh

It is important to make tools accessible for people to obtain current information about post-secondary education and employment in Alberta.

Recently Clint Dunford, Minister of Advanced Education and Career Development, has officially launched ALIS. ALIS—the Alberta Learning Information Service web-site <http://www.alberta-learning.ab.ca> was introduced just this past November.

ALIS is an internet gateway to a wealth of information about adult learning and career opportunities. There are many benefits to ALIS which is designed to help students access information about education in Alberta.

Hundreds of occupational options can be investigated through ALIS which helps students explore choices based on personal interests and goals. The skills and education required for occupations of interest, expected earnings, and employment outlook for the future are all available on this web-site. Occupational information specific

to Alberta or other Canadian provinces are also available.

Through ALIS, admission to participating post-secondary education can be done by applying on-line. This service is very beneficial to those interested in computers, and is highly accessible to those not too familiar with the internet. There is also useful transfer information on courses and program transfer agreements between many of Alberta's post-secondary institutions.

On ALIS techniques on how to find employment is available. This web site is helpful by linking into several job "bulletin boards" to assist in specific employment options. This is a beneficial option for NAIT students or graduates seeking employment.

Overall ALIS which has only been operating for just over three months is a definite beneficial web site for Albertans interested in learning about information concerning post-secondary education and career opportunities. I encourage students to explore the numerous benefits of ALIS at <http://www.alberta-learning.ab.ca>. If there are any comments or suggestions of this new web site, link-up to Webmaster@alberta-learning.ab.ca.

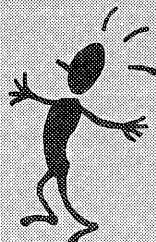
Here is how ALIS can help you:

- explore career choices
- find information on education and training programs
- link to learning institutions
- find information about students finance and scholarships
- learn about transfer credits among Alberta institutions
- apply on-line for admission to participating learning institutions

FIND US ON THE NET!

Visit our site at:
<http://www.nait.ab.ca/careers>

- NAIT job postings
- Canadian Work Links on the Net
- Newspaper Classifieds
- Recruitment Firms
- Discussion Groups
- Federal and provincial sites with information on employment programs, job postings and work search tips



Doors Open

NAIT Students Look For Employment

Fresh

For most students, April brings graduation and the sometimes difficult hunt for employment. Whether the search is on for only a temporary four month job, or a perfect field experience related career, students must be made aware of the information available to help and assist in successful employment. There is a wide range of employment opportunities available to NAIT grads or students currently enrolled in a program.

According to a recent survey found in the Edmonton Journal, an increasing number of Albertans believe that universities are not the best place to find practical instruction or job prospects. Of 900 Albertans polled, 78 percent believe that community colleges or technical schools (NAIT) provide more practical courses than universities. This is an eight percent increase from two years ago. Albertans, almost 60 percent surveyed, now realize that technical schools are more likely to secure jobs for their graduates.

The changing beliefs of Albertans is due to the tremendous evidence and success of technical school graduates. Currently NAIT's average placement rate for graduates of all the programs is 91 percent. If you are a graduate of NAIT you are almost guaranteed a job upon graduation. As students, there is security in knowing that the skills and knowl-

edge learned from NAIT is highly recognized and demanded by potential employers.

NAIT offers a Placement Centre (Career Services Office) located in the South Lobby (Rm 0117), which is available to all students. This is a beneficial service that all students should look into whether they are searching for jobs, getting advice on how to write a resume or prepare for an interview. Job postings are categorized to specific technologies recommended or required for certain employment opportunities. Monthly wage, required job skills and experience, and specific submission deadlines are outlined on all job postings located in the office or on-line at <http://www.nait.ab.ca/careers>. Computers with internet access are available to students in Career Services, Monday to Friday from 8:00 am to 4:30 pm. Currently, resumes can also be submitted to the Placement Office by NAIT graduates. Student only looking for summer employment can submit in a couple of weeks (mid March). These resumes will be kept on file and sent out to related field experience employment opportunities, and students will be updated through the office.

If you are a NAIT student or graduate, there are a tremendous amount of employment opportunities available. Don't be worried, the DOORS ARE OPEN!

Students Win Big From The Nait Foundation

"SS Benefit Nait" raises in excess of \$120 000

James Olson

In it's tenth year, the SS Benefit Nait has now raised almost a million dollars for our beloved school, with support from individuals and businesses in our community.

The ship itself really isn't a ship at all. With the help of volunteers from both inside and outside NAIT, the people involved transform the main campus into the interior of a cruise ship and then they pretend their sailing. I tried to get them to make me captain, but they said that the insurance wouldn't cover it.

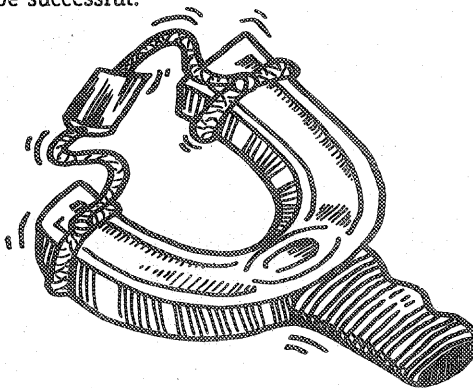
So how do they raise the \$100 000 dollars every year? They don't do it by selling body parts, that's for sure. They raise the money through the dinner and auction that are a part of the cruise night. Prizes from the auction range from an actual cruise (this year it's going to Italy) to a cappuccino machine.

This year the cruise was a big success, as usual. Although no press was allowed in to cover the event, preliminary figures indicate that over \$120 000 dollars was raised.

Make your CAREER Happen!

With ASET - the Alberta Society of Engineering Technologists.

An ASET student membership is the first step towards making your career happen. As Alberta's technology professionals, ASET issues highly-regarded professional credentials and offers valuable services to ensure technicians and technologists have the edge they need to be successful.



Become a student member for FREE and get these advantages:

- Networking
- Job referral service upon graduation
- Professional development
- Auto insurance group plan
- Informational publications
- Numerous benefit plans
- Annual scholarship program
- Meetings & tours
- Automatic tech-in-training status upon graduation
- Annual salary survey
- Free sign-up gift

ASET

The technology professionals in Alberta

Don't just study for a job, make a great career happen!

Call ASET at 425-0626, or 1-800-272-5619 for your FREE student membership! Or, ask your instructor for an application, or sign up on-line at: <http://aset.worldgate.com>

World in a nutshell

Fresh

PRINCESS DIANA LEAVES FORTUNE TO PRINCES- Left \$35 million in her will published Monday, with the largest share going to her two sons
VIDEO GAMBLING IN LAS VEGAS- Poker machines, similar to Alberta's VLT's, are luring more locals to play which has led to the first admission since gambling was re-instituted in Nevada (1931) that there is a "significant downside to gambling."

RELIEF AROUND THE GLOBE- Governments around the world reacted with cautious optimism and relief to an agreement made by the United Nations and Baghdad to avert a U.S.-led attack against Iraq

SECRET SERVICE AGENTS SHIELDED- In the Monica Lewinsky investigation, the U.S. Justice Department decided that Secret Service agents should not be forced to testify about what was seen or heard while protecting the president

CHILD HOOKER LAW- A new law to help child prostitutes get off the street is the first in Canada and North America; \$5.2 million has been promised by the province to be used over the next three years to help youngsters to get off the street (\$25,000 fine or two-year prison sentence for johns of child prostitutes; charges pimps receive 14 years; with johns getting up to five years)

EIGHT YEARS FOR HURLING A BARBELL- A Texas jury sentenced a 17-year-old boy to eight years in prison for throwing a barbell at a moving car which seriously injured the driver

FEDS BUST LARGE DRUG RING- Feds broke up a multi-state cocaine and marijuana ring based in Texas which seized 3000 pounds of pot)

LOCAL

SERIOUS ARSON CHARGE- A downtown bagel shop owner has been charged with one count of arson with disregard for human life, an offense carrying a maximum life sentence

EL NINO WINTER LEAVE ASTHMA SUFFERS GASPING- This short and balmy winter has made most Edmontonians smiling, but people with asthma are suffering from mold and dust from lawns that is usually covered by a lid of snow

POLICE HUNT FOR FUGITIVE QUEBEC BIKERS- They are wanted for slaying two prison guards and have been spotted in Edmonton; police believe that they are being hidden by the Hell's Angels

HAVOC IN HOSPITALS- Cancer and cardiac surgeries have been put off, and outlying centres are warned not to send patients to the city unless absolutely necessary because of an unprecedented bed shortage

PICKET LINE ENDED- Maple Leaf strikers are told its over with 103 days on the picket line

OILERS DEADLINE APPROACHES- If the Oilers leave town, layoffs and lost profits will occur

HIT-AND-RUN ON JASPER AVE.- A man driving a pickup truck mowed down a 40 year-old man and sped away Saturday night on Jasper Ave

Alumnait Scholarship Recipients are Introduced

Judy Willows

Scholarship support continues to be a priority at NAIT, and in recognizing this need, the new Alumnait Scholarship was created. This scholarship is awarded to worthy students who are children of NAIT alumni or who are returning NAIT alumni, and is funded entirely by royalty payments received through the NAIT/Bank of Montreal MasterCard affinity program. Every alumni, student, staff member, or friend of NAIT who carry and use the NAIT MasterCard card is supporting this scholarship. In this article are the first two students your support has helped.

"Everything really fell into place when I got to NAIT," says Cristin Reilly when asked about her academic achievements in her two years at NAIT. Since coming to NAIT, Cristin has consistently achieved honors standings and has been named to the Dean's Honor Roll. Cristin's father, Bruce Reilly is a graduate of Management '67 and her uncle, Kenton Reilly, graduated from Accounting & Finance in 1978.

The oldest of three children, Cristin was an average student in high school and graduated from Augustana University in 1996 with a B.A., majoring in Psychology. Wanting a career that would provide ongoing challenges she investigated programs in the Human Resource Management field. NAIT

was one of three schools, in Alberta, that offered training in this area, along with a work experience component. Cristin says the work experience was invaluable not only from the perspective of completing her resume but in immediately translating classroom skills into real job situations.

Choosing the Marketing Program at NAIT was not a difficult decision as her family and relatives are strong advocates of a NAIT education. She appreciates that NAIT's class sizes enables students to get more attention and says the encouragement and support given by the instructors has helped her stay focused. Apart from studies, she is also involved with the NAIT athletic program as a member of the Intercollegiate Badminton team and says, "I've made many friends here."

She is looking forward to graduating with honors in April 1998 and says she'd like to find employment in Calgary as that's where many corporate head offices are located and the potential for finding the right job is excellent.

First year Computer Systems Technology student, Robert Seidl, a native of Edmonton and son of Norbert (Chemical Technology '71) and Shirley Seidl, was selected as our second recipient. He was elated to hear that he was a scholarship winner and says the money will go directly to helping him pay his student loan.

Robert started to excel academically in his last year of high school and maintaining an 85% average in his first year has not been difficult, "when you make the right choice." "I enjoy working with computers," says Robert. "I want a career in software development, and the two year programs at NAIT, along with the hands on training really appealed to me," he adds. His high school counsellors encouraged him to investigate the programs offered at NAIT and after visiting an Open House he knew it was right for him. Robert enjoys a range of extracurricular hobbies participating in the intramural hockey program, playing guitar, and, of course, spending time on his computer.

Congratulations to our \$500 scholarship winners. On behalf of our first two recipients, we sincerely thank you for your support. All NAIT MasterCard cardholders can be proud of the contributions they have made toward enhancing student life and recognizing excellence. As the scholarship fund grows, the number of annual awards as well as the scholarship amount will be reviewed and adjusted accordingly.

If you are interested in learning more about this unique credit card program or for an application form please contact Judy Willows in the Alumni Office (O-117D), phone 403-471-8859, or e-mail jwillows@nait.ab.ca.



COME TO THE

THUNDERDOME

Cabaret

Saturday, March 7

\$5.00/ticket

(Talk to your room rep)

The Dental Sciences

Proudly Present

DRINK A SMALL TOWN DRY

Friday, March 6/98

Buses leave Nest @ 7:30 pm, then on to Morinville & Westlock.

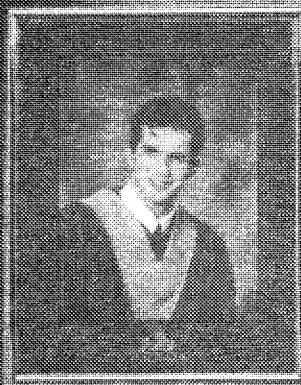
Buses return to NAIT @ 2:30 am

Tickets \$10
Includes 2 FREE Drinks AND Transportation!

Tickets Available @ E205/E215/F213

NAIT GRAD PORTRAITS

'98



Please make appointments in person February 23 to March 6, 1998 in Room U209 8:00 a.m. to 4:00 p.m. Phone 471-8752



NAIT Learning Resources provides an excellent graduation portrait service to NAIT students and staff.

Our photographers will capture that special moment and present you with photographs rich in colour and expression.

Avoid the Rush! Book Early!

NAIT
THE NORTHERN ALBERTA
INSTITUTE OF TECHNOLOGY

Improving Your Memory for Exam Writing

Margaret Marean

NAIT Student Counselling Centre

Joe Student has an exam in his least favorite subject, Economics. Joe has never liked Economics and thinks the material is totally irrelevant to his career. However, the night before his exam he forces himself to lie on his living room couch for 6 hours and to read through all the material twice. He resents this study time because his friends are going to a movie; his mind keeps drifting to the fun they're probably having. To compensate, Joe reads a sports magazine and watches a late-night television program before going to bed.

Before the exam, Joe sits with a group of students who are talking about material that Joe doesn't even remember reading. By the time he gets his exam paper he is feeling extremely nervous. Joe spends a lot of time trying to remember the answer to a short answer question he vaguely remembers reading about. He ends up running out of time for the exam. When Joe gets his mark back his is not surprised that he did poorly. This confirms his dislike for Economics.

So what can you do differently than Joe Student?

-Regular review (daily and weekly if possible) prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed the easier it is to access, and to attach new material to.

-Scheduling shorter study sessions and spreading these out over several days is more effective than a marathon study session. -A positive attitude towards the material improves concentration and enhances ability to remember. While it is unrealistic that you will love every course you take, trying to find something relevant or useful, and thinking about ways in which it can actually apply to your life will enhance ability to learn and remember material.

-Study in an environment that is similar to the exam setting enhances learning and recall. It is best to sit at a desk or table away from as many distractions as possible.

-Make the material more active. Passive reading is not enough for most people to commit something to memory. For example:

-skim chapter and note headings and course objectives, make

them into questions and set a goal of being able to answer these questions at the end of the study session.

- read a section and then close the book and either write out or recite the major points in your own words.
- make the material visual by making diagrams to remember major points
- group major ideas or do something to organize points
- read material out loud or while walking around
- explain the material to someone else.

In order to remember material concentration is essential. Setting a study goal and a time limit can enhance concentration. Scheduling study sessions that are realistic in length, studying at the time of day you are most alert, changing the subject you are studying each hour, taking regular breaks, and choosing a study area away from distractions also improves concentration. -The best thing to do right after studying is sleep (or do something relaxing). This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.

-Getting enough sleep, eating properly, and regular exercise enhance memory functions.

-Learning relaxation techniques can enhance memory. A relaxed state of mind increases the brain's ability both to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However, being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).

-If you can't remember the answer to a question go on to others. Answering questions you know can increase confidence, and sometimes material from other questions give clues or triggers answers to previous questions.

-See a counsellor at the NAIT Student Counselling Centre if you want to learn more about the following memory techniques:

Repetition. The more times you review the stronger memory pathway you'll create. Try to review within 24 hours and again within a week.

Imagery. Most of us can remember visual images better than verbal information. Make up dia-

grams, pictures or cartoons as visual images to cue information. Create a story to remember a list of details, using exaggerated and vivid images.

Make New Material Meaningful. Relate what you learn to something in your every day life.

Use Mnemonic Devices. Some mnemonic tools that enhance memory:

-Acronyms: Make up a word to cue the first letters of words in a list you need to remember. For example: the acronym HOMES is a way to remember the names of the Great Lakes (Huron, Ontario, Michigan, Erie, Superior)

-Creative Sentences: "Every good boy deserved fudge" is a sentence develop for music students to re-

member the notes on the lines of the treble clef (e.g,b,d,f). "My Very Elegant Mother Just Served Us Nine Pies" is a sentence you could use to remember the planets in order (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto)

-Rhymes and songs: Rhymes such as "Thirty days has September..." are often remembered for many years.

-Locis system: To remember a list, visualize a journey through your house. Then attach words or concepts that you need to remember to the journey.

All of the mnemonic devices work better if you visualize colorful, vivid pictures to go with them.



Spend your time building a career not scanning the career section.

With a CMA designation behind your name, you know your career is on the right track.

That's because Certified Management Accountants have an employment record of almost 100%. Proof that business appreciates the value of people who've been trained to be leaders: people who've enhanced solid accounting skills with the ability to manage people, effect organizational change, streamline operational performance and contribute to strategic business management.

cma

1300-125 9th Avenue SE, Calgary, AB T2G 0P6 | web site: www.cma-alberta.com | 1-800-332-1106

Deadline for application for the 1998 Entrance Examination is May 20, 1998.

Visit our web site, call or e-mail us today for additional information.

Prep sessions begin in April for the June examination.

Management is the difference.

CMA
Certified Management Accountant

Your move to management starts with the CMA Entrance Examination.

Once accepted into the two-year Professional Program leading to your CMA designation, you can continue working and gaining experience. If you're a business school graduate with a concentration in accounting, you may already have the prerequisites needed to take the qualifying entrance examination.

(Note: a university degree will be an additional prerequisite beginning in the year 2000. A transition policy allows some leeway until 2002.)

Written in Stone



James Olson

The average student learns more from twenty minutes of Much-Music's "FAX" than they

do from an entire semester of post-secondary education.

"Unfortunately, there isn't a better way." That's it. That's what my instructor told me only a few short weeks ago.

We had inadvertently gotten into a discussion about teaching methods and the fact that students just don't respond to them any more. The lecture method just doesn't work, anybody who knows anything knows that.

It's a sign of the times if it's anything. Things change and people change with them- it's a shame that education has slipped through the cracks of the information superhighway.

Our students are movers and shakers, but the way we're taught the things we need to know wasn't designed for our brains. It was designed for our parents' brains, forty years ago.

The problem is not the curriculum, that stuff is all reviewed at least every four years and is perfectly alright. The problem is the

method in which that information is conveyed to the students. Ever hear of that Marshall McLuhan guy? He's the one that said, "The medium is the message." The method is lecture and the lecture is boring.

We've all been brought up on pop music and cracker jacks, we can't pay attention for the obscene amount of time it takes to digest an instructor's lecture. My attention span is roughly the size of a squirrel's.

And yet the power's that be still expect us to sit still for almost an entire hour while buddy at the front of the class drone's on and on about stuff that happened a hundred years ago in a country



KIDS LOVE 'EM BOTH!

we've never seen. It's depressing, it really is. I can usually concentrate for around ten or twenty minutes before I either fall asleep or start daydreaming.

My message? If you want us to learn, make us a movie. Get Tom Cruise to star in it along with Elizabeth Shue. Have lots of blood guts and glory. Get U2 and the Headstone's on the soundtrack. Get Oliver Stone to direct it. Then and only then will I sit back and enjoy.

Rock Gardens? Get a Life!

Marc Nobert

In the last few years, many of you may have noticed a few rock gardens pop up on the Whitemud Freeway. Mostly along the ravine where the ski resort Snow Valley is. They're rocks that are colored and arranged to make an advertisement. ITV, for instance. So, we have some interesting rock gardens adding a little bit of color to an otherwise dull drive and making money for the city because they're paid-for advertisements. Not to mention that I think they're nice. It's cool to see OUR company's logos laid out in rocks instead of Disney or some other major conglomerate. Guess what? There's a group of people who have been fighting for nine months to get rid of these. They claim that they're an "eye sore" and should be immediately removed. All right, I know nothing about these people. But a certain picture pops into my head when I think of people who

complain about something that's unbelievably trivial. I picture over 40's women who have nothing better to do than nag the shit out of their kids (grown-up or not) and bitch about who drives in front of their house as if they built the street from their own sweat and blood or something. Can these people ever see the big picture? Can they really? Can an assault on their eyes really be as bad as UV rays or poisoned drinking water or destroyed ecosystems or even drunk driving for that matter? Each and every one of these people should learn that if they bitch, they should see more than what's out their front window, I mean...like really, no one's gonna really care about some stupid rock gardens if any one of our dozens of problems doesn't get solved and we end up, say with no place to put our garbage. Gee ya think THAT would look nice on the freeway? Hmmm.

NAIT'S DENTAL ASSISTING GRADUATING CLASS OF 1998

50/50 draw was redrawn as NO winner came forward.

The NEW winning number is
Red Ticket #316087

The prize can be picked up on Monday
in E216 between 12:15-12:45

The Student Health Plan is for you.

Presented by

NAITSA

Health Benefits!

70% Prescription Drug Coverage
Paramedical Services
→ Physiotherapy,
→ Massage Therapy,
→ Chiropractor,
→ Speech Pathology,
→ Psychology, and more

Ambulance
Medical Equipment & Appliances
Out of Province/Country
Accidental Dental

This is only a summary, exact terms, benefits and exclusions will be detailed in the contract, for further information on the details you may contact the Students' Association.

What if I have benefits?

1. You can coordinate the benefits of two supplementary plans to increase your overall Health coverage, or
2. You can waive the plan with proof of comparable supplementary health coverage. There will be a opt-out period at the beginning of the school year.

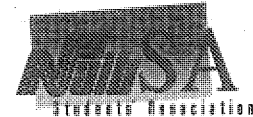
Contact your
Students' Association
for more information.

VOTE TAKES PLACE March 11th 1998
Make your vote count, get educated!

Health Plan Referendum



THE OFFICIAL
STUDENT NEWSPAPER OF



Room E-128
11762-106 Street
Edmonton, Alberta
T5G 2R1

Editor-in-Chief's Office
471-7617

Production Office
471-7615

Fax
471-7614

e-mail
nugget@oanet.com

Editor-in Chief
Miranda Jordan

Entertainment Editor
Mark Taylor
Noy Vongsamphanh

News Editors
Lori Skarsen
James Olson

Sports Editor
Craig Wourms

Photographer
Marcel Cretain

Typesetter
Nadine Smith

Distribution Manager
Trent Rohovich

Production Manager
Darrel Gregory

Communications V.P.
Pam Dill

Advertising Manager
Linda Campbell

For Advertising
Inquiries please call
471-8866

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

Margaret Marean, Colin Check, Marc Nobert, Gypsy Rose, Samurai Sasha, Andrew "even my grandmother's a" Hore, Bryt, Sum Yung Gai, Judy Willows

Psychiatrist's Theory May be Enough Reason To Boycott Starwars

Sum Yung Gai

While digging through piles of crappy magazines in a waiting room, I read an interesting article by some psychiatrist guy. According to buddy, my whole generation (everyone age 15-20) was raised watching way too much T.V in the time of the television revolution. In fact, Mr. Psychiatrist man thinks that we learned all of our morals and values from the attitudes of people on our favorite shows. Now whether he be full of shit or not, I've been thinking.

For years now, we've been watching shows more racier and obscene than our parents ever watched while growing up. When they were raised with Happy Days, or Leave it to Beaver, we were watchingThe A Team! (I just had to mention that one) But more significantly, we were watching stuff like Clockwork Orange, and Melrose Place.

If you think about it, going out and getting skronked by some attractive member of the opposite sex you hardly know may be an above average Saturday night for many

people my age, while most adults I know seem to frown upon that sort of thing. Whether it's because they're married, or because Beaver Cleaver never got laid, I don't know, but it leaves us something to think. As I sit here inhaling carcinogens, I can remember many of my favorite T.V. hero's sucking on a smoke, and I wonder if there's any truth in psychiatrist guy's theory.

The one though that scares me is that sooner or later there's gonna be a couple of really drunk Starwars fans in the men's washroom. Now normally, this wouldn't mean anything, but if this psychiatrist guy is on to something, they may just happen to eyeball a glow in the dark condom dispenser, and remember just how much they loved the light saber fights. Instinct tells me this is not a good situation. In fact, it tells me that this could be very bad situation. Which is why I recommend boycotting the Starwars trilogy today, and saving yourself a lot of regret tomorrow.

The Westwood Post

Colin Check

Are you tired of the same old cafeteria food? Or do you walk in the hallways in main campus and don't know any body's name?

Well, then why not try a change? Try Westwood.

For those of you who live in a shell, Westwood is located 2 blocks east of main campus just north of the Value Village.

We have a quaint cafeteria which serves interesting, affordable meals which range from \$0.35 cent pyrogies to shipwreck surprise specials.

Westwood has its own semi-functional kitchenette attached to its own version of the Naitrium.

Westwood's students are friendly and make you feel like you belong to a real community.

Westwood students get their own e-mail and the access to the best computer software and hardware there is.

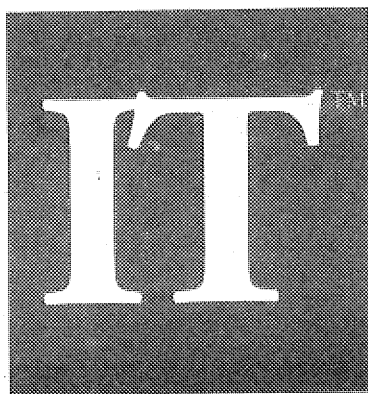
So, if you're interested in Office Admin., Court Reporting, Records and Information Management, or joining the Microcomputer Institute, just pick up a NAIT or Microcomputer calendar and head on down to Westwood and see for yourself.

Shipwreck Surprise

I have identified most of the ingredients that go into the wonderful dish that looks like a shipwreck. The are: Mashed potatoes, sweet corn, cheese, hamburger meat, and vegetables.

There are others, but I couldn't identify all of them. Don't laugh, this dish is pretty darn good. Really....

Westwood students are looking for volunteers and chocolate lovers to help in raising capital for the grad ceremony at The Fantasyland Hotel. Chocolates are \$2 each or \$36 for the BIG BOX. Call Andrea Moen at 449-3092 or e-mail her at amoen@compusmart.ab.ca, for more information in helping out for Grad 1998.



Dear Editor

Way to go Les Dewit!

In response to the article about R.A.T.s - my question/concern to the reps at NAIT is why is it so hard to let your fellow classmates know about upcoming intramurals? We know you have a lot of work to do besides your rep duties, but you guys tend to promote elite groups and create paranoia among those who never get a chance to participate. Fortunately, someone got off their ass and provided, come & go sports - (by Les "Dewit"). Finally, reality has hit! Those of you reps that found the article humorous are obviously doing your job & those who took offense, well, get over it and read between the lines! Just for fun

P.S. Thanx for the volleyball game on Saturday (courtesy of Come & Go Sports)

Anonymous

Dear Editor

I don't know if you read the Grapevine submissions, but perhaps you should. Thursday, February 26, 1998, several blatantly homophobic remarks were printed. I am not impressed. If the Nugget is for all students, then those of us who are gay or lesbian should not feel threatened or hurt by the things you print. We didn't think it was funny.

Dear Student,

I am happy that you submitted a letter expressing your feelings. I understand your concern with comments printed in the grapevine section regarding gays and lesbians. The comments printed last week mentioning bath houses, etc, were intended to be a "joke" among those who submitted them. Although they were intended as a joke, I share the belief with you that they were not humorous. The problem is that what is written has an implication that those writing it do not favor gays or lesbians, however, none of the grapevines outright slam gay or lesbian acts. In fact, the grapevines, if taken liter-

ally would say that they, in fact, favor them. Because the grapevine column is in the paper for students, it is difficult to screen certain messages or begin to interpret them. I can not assume that I understand the meaning of a certain message, or assume a student's level of sincerity in what they have written. If a grapevine is submitted that contains derogatory terms or is harassing towards a single student, I assure you that it will not be printed, and I encourage the victim to contact security so the matter could be investigated further. I am sorry if the messages in the Nugget made you feel threatened and hurt you; I can understand why. It is unfortunate that I can not reason on behalf of the students who submit that garbage. It is also unfortunate that the students who were given the grapevine section to send messages don't have anything more valid to say. I realize that the Nugget is liable because we allow such comments to print; "freedom of the press" protects the student right to voice opinions. Please contact me at 471-7617 if you would like to discuss this matter further. I would like to gain more of your input.

Sincerely,
Miranda Jordan
Editor-in-Chief

A time to remember...

READS
&
NEEDS

gan Co. Brattleboro, VT

Congratulations graduands!

Nationals Have Arrived

Da Worm

It has been just over a year since the school won the right to host the Canadian Badminton World to the Canadian Colleges Athletic Association Championships. Starting today the best badminton players in Canada begin to battle for the honour of being declared the best. Below is the tournament schedule and Team Alberta is composed of athletes from G.M.C.C., R.D.C., SAIT, G.P.R.C. and M.R.C.. Good Luck to everyone involved in the tournament.



Friday, March 6, 1998

9:00 - 11:00 pm

Round 4: Interprovincial Team Play

Courts	Teams
1 & 2	ACAC vs BCCAA
3 & 4	ACAA vs OCAA
Bye	ACAC(host)

11:00 - 1:00 pm

Round 5: Interprovincial Team Play

Courts	Teams
1 & 2	ACAC vs ACAC(host)
3 & 4	ACAA vs BCCAA
Bye	OCAA

1:00 - 6:00 pm

Individual Championships - Semi-Finals

Courts	Events
1 & 2	Mixed Doubles
3 & 4	Men's Doubles

First Available Courts:

Events: Women's Doubles
Women's Singles
Men's Singles

Saturday, March 7, 1998

9:00 am Bronze Medal Championships

Courts	Events
1 & 2	Mixed Doubles & Men's Doubles
3 & 4	Ladies Doubles & Ladies Singles
1 st Available	Men's Singles

Behind the Bench

What Makes You Tick?



Craig Wourms

Everybody has a different opinion as to what is the best way to mentally prepare, whether it be child-birth, athletics or doing your taxes. As a coach in three different sports over the past 15 years of my life I can say without a doubt "I have no clue what in the hell is the best, worst or most common way of mentally getting someone to perform at their best". You can compare all you want: The quiet scary guy that sits in a corner, The loud walkman bouncing off the wall guy, Some people get so nervous they puke before every game, and then there is someone like myself who usually falls asleep before any big competition.

During the regular season most coaches do not really care what each player

does on their own time to mentally get ready, but for some strange reason every coach I have ever met tries to harness the finest level of emotions and knowledge in each players head to make them one unit. When it does happen it is a beautiful thing, but it is pure luck if the coach has anything to do with it.

If you have ever been inside the dressing room of any professional sports team you would probably think you wandered into an insane asylum. Everybody is on a different page and going in different directions until game time comes around. That is when each member of a successful team seems to become the same person. The most difficult part to understand is that as one member of a team you do not own the patent on the perfect mental preparation technique. Everyone has a different set of screws loose that need to be tightened before competition. Let your teammates tighten their own lids so that you can all become one piece of machinery in action. NUFF SAID.

Hockey Ooks Off To SAIT

"Trojans" not so safe anymore



playoffs. A best of three series that would leave the winner on a bus to Calgary to meet the SAIT Trojans.

Game 1 Thursday night was very important due to the short series. The OOKS jumped on Concordia early with two quick goals. We led by two goals for the majority of the game with Concordia playing a "never say die" type of style. Dave "nik nik" Quashnick had two G-no's in the game. The Thunder managed to tie the game up late in the third period to the dismay of the crowd and the OOKS. We knew as a team that we had let Concordia get a sniff of victory, but we still were confident going into the sudden death overtime. The first overtime period flew by fast without a goal. We had a ton of chances, but we were beginning to feel like this game was just

This past weekend excitement, pressure, nerves, and legs that felt like we were skating in sand. These are all traits of a long night on the ol' blades. Finally, with about half the second overtime period gone, Andrew "I get to write about myself for once" Hore, snuck in on a breakaway and managed to fire one through the five-hole of the Concordia goalie. The biggest goal of my career. There's no better feeling in the world. A small step in the right direction for the OOKS.

We had a ton of chances, but we were beginning to feel like this game was just not meant to be. Double overtime, excitement, pressure, nerves, and legs that felt like we were skating in sand.

Game 2 went Friday night at Clairview, home to the Thunder. Once again we jumped out early with a two goal cushion. Josh "G" Giacobbo scored late in the first

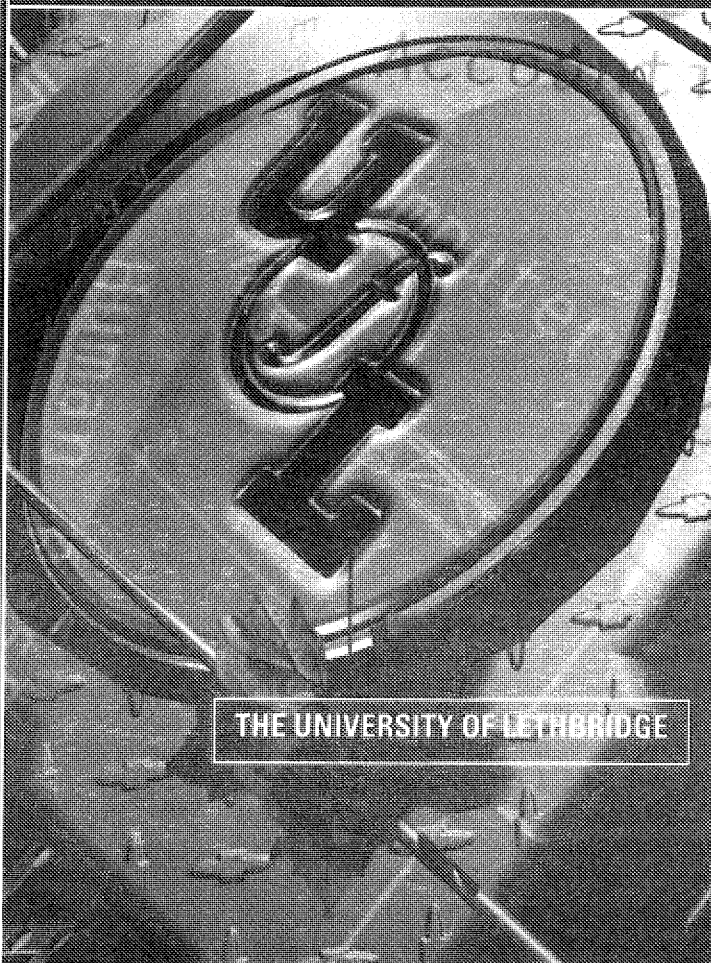
frame to give the OOKS another goal and a 3-0 lead. Concordia scored a couple in the second, but the comeback was short lived due to a tally by Mike "yukon" Mychalyshyn. Keith "chops" Randall iced the victory for the OOKS with an empty netter late in the third. A 2-0 sweep of the Thunder and a rematch with last year's ACAC Champions, the SAIT Trojans.

This years' Semi-Final goes this weekend: Friday, Saturday and Sunday. If necessary all games in SAIT.

YES, the rumors are true! There is a fan bus(es) leaving Friday afternoon down to SAIT for an overnight GONG SHOW. Only \$35 onions! This includes an overnight stay at the Best Western, admission to Friday and Saturday nights games, and a bus ride there and back. If you are wondering if the trip is worth it, please contact Rob Ellis, the Captain of the Booster Club. I'm sure he's got a few stories about the last Fan Bus to SAIT.

Mid Terms are over!! Come down to cow-town and experience a party you will never get!! THE ACAC BATTLE OF ALBERTA STARTS FRIDAY!

AN EDGE...



It's what college students tell us they're looking for when it comes to succeeding in tomorrow's job market. And it's what the University of Lethbridge can provide.

So if you missed us when we visited your campus in February, but would like to know more about why so many transfer and post-diploma students are choosing the U of L, please contact us. We'll be happy to give you all the information you need ... about our programs, services and increasingly popular work-study opportunities!

The University of Lethbridge • 4401 University Drive • Lethbridge • AB • T1K 3M4
Tel: 403.329.2762 Fax: 403.329.5159 <http://home.uleth.ca> Inquiries@uleth.ca

Purity Test Number Two

Fresh and the
Amazing Hyde Cooper

If you thought the first one was all that we had to offer, you were seriously mistaken. We here at the Nugget had such a positive response to our first Purity Test, we decided to treat the rest of you with another one, with all the drug addicts, alcoholics and seriously screwed members of the student body in mind. Enjoy.

1. What drugs have you done?

Choices: Aspirin, Marijuana, Mushrooms, Acid, Crack, Cocaine, Heroin, Extasy, Hash, Crystal Meth, PCP, Elmer's Glue, Speed, Nicotine. (one point for every drug and if you know of any other drugs that are around, tell Cooper because he'll probably want to try it)

2. Have you ever woke up in a puddle of your own vomit?

(one point for every time)

3. Do you think of recreational drugs as a privilege or a right?

(one point for privilege, two for right)

4. Have you ever been so fucked up that:

- a) you can't remember your own name (three points)
- b) you don't remember the name of the person you slept with the night before (two points)
- c) your bank account is a distant memory (three points)
- d) highschool is a depressing blur (two points)
- e) if smoking pot was a sport, you'd be an olympic contender (two points)
- f) Hyde Cooper's articles actually make sense (three points)

5. Do you have to be drunk to have a good time?

(five points)

6. Do you smoke?

(three points)

7. Do you have to drink to find professional sports exciting?

(two points)

8. Have you ever been kicked out of AADAC for excessive substance abuse?

(twenty points)

9. Have you ever cleaned the resin out of a bong?

(five points)

10. Do you enjoy straight alcohol in a glass without ice?

(five points)

11. Have you ever denounced God in a fit of rage?

(ten points)

12. Have you ever burned a bible?

(ten points)

13. Have you ever pledged your allegiance to Satan?

(five points)

14. Have you ever sacrificed a virgin?

(ten points)

15. Do you consider McDonalds one of the major food groups?

(two points)

16. Do you drink tequilla on a regular basis?

(three points)

17. Do you watch Jerry Springer?

(three points and give yourself fifty lashes with a whip)

18. Did you mourn the death of Kurt Cobain?

(five points)

19. If you stay clean for over a week, do you suffer from irregular bowel movements and/or bladder tension?

(five points)

20. How many hours of television do you watch in a day?

(one point for every hour)

Calculate your score and see below for what you rate on the nugget's mess-o-meter!

Score	What We Think
0-10	Get a life, you obviously need one
11-20	Have fun sitting on the fence
21-30	Wow, you're a mess
31-40	Congratulations, your life is in shambles
41-50	Call Hyde Cooper for more information
51-60	Ask Satan for an expense account
61-70	You should be dead

Horoscope

Gypsy Rose & Samurai Sasha

AQUARIUS (Jan. 20 - Feb. 18)

Animal rights activists will splash you with fake blood after mistaking your unshaven legs for fur sweat pants.

PISCES (Feb. 19 - March 20)

You feel the urge to guy that comfortable underwear you saw at Wal-Mart. You'll park too close to another car and some smart-aleck will super-glue your bumpers together.

ARIES (March 21 - April 19)

You will be embarking on a camping trip this weekend. However, you'll be careless with a camp stove and singe all the hair off your chest. If you're a woman, this is a good thing.

TAURUS (April 20 - May 20)

You will have a brief, yet intense encounter with a tall, dark, handsome/gorgeous stranger who'll ask, "Would you like fries with that?"

GEMINI (May 21 - June 20)

You will enter a plea of insanity after being arrested for investing your life savings in a scheme to counterfeit pennies.

CANCER (June 21 - July 22)

This week, you will meet the lover of your life. As usual, you will be sound asleep at the time.

LEO (July 23 - Aug. 22)

This week find release from your cares, have a good time, you will be fortunate in everything you put your hands to.

VIRGO (Aug. 23 - Sept. 22)

Moon positions suggest you may be getting too emotionally involved with your computer after you dress your keyboard in a mini-skirt or speedo.

LIBRA (Sept. 23 - Oct 22)

You will drop your Human Sexuality night class after misinterpreting the teacher's statement that the final exam will be given orally.

SCORPIO (Oct. 23 - Nov. 21)

We sense that there is an air of secrecy in your astrological path. We suggest that you keep this number (1-800-44Jerry) within reach. You and your loved one(s) may be due for a vacation to Chicago.

SAGITTARIUS (Nov 22 - Dec. 21)

Throw light on area deliberately kept dark. Rejoice with others who believe that there should be shrines for Michael Bolton. This applies to the Sagittarian men as well.

CAPRICORN (Dec 22 - Jan 19)

Capricorns are paranoid by nature, you feel you are being followed by FBI agents, this isn't the case, you are really being followed by a giant cartoon mouse that only wants to sing you a song.

Due to an unpredictable misfortune, Genie Lucy Goosy has left the psychic world. She wants to leave her followers with this, "Do not dry your silverware in the microwave."

SPORTS

Spoiled Oil Fans

Da Worm

The Edmonton Oilers are the hot topic at every sports bar and new #1 on most of the television, radio & newspaper pages. I never liked the Edmonton Oilers before I moved to this city and it took about 3 years to actually care if they won or lost. The one instance that made me take a real interest in the Edmonton pro hockey team was that everyone that ever strapped the blades on in this city hated each little piece of the franchise and wished the worse upon them.

There was a time in this city when every news article, opinion and survey was directed at how terrible the Oilers organization was and how all their heads should roll. In my opinion it was because the Edmonton hockey fans were spoiled when they first got their NHL team. The Edmonton Oilers had the best group of young talent in the world. The entire world watched the young Oilers develop into world class hockey players while everyone in Edmonton got to experience the development. That is a great gift that no other team will ever experience again, because of free agents and the me first attitude. When all those great athletes left the city and the team

had a very low point in the franchises history, all the fans jumped ship. As quickly as the team earned their way to the top, they as quickly dropped to the bottom. The good news is that there are signs this team will once again be the envy of the other teams in the league.

The same parallel can be said for the Oilers staying in Edmonton. Lots of support, No support. Need the cash, Got the cash. Threaten to leave, Happy to stay. The players have almost no say in the matter, if you want to team to stay BACK THEM UP. In the next couple of weeks Edmonton either will be NHL or WHL and the "Average Joe" has no real say in the matter. So after the big boys step to the table to play some real world Monopoly and the Oilers remain in Edmonton, everyone stick with them. Yes, if they have a bad player, coach, season or year let them know about it. But for Christ sake, just because they are not the best, do not treat the team like they have the plague. One day the team might have to leave Edmonton because the sporting world gets to rich for our blood, but a team should never leave because the fans were spoiled with the best in the world for a short time. **STAY OILERS STAY.**

Healey Heats It Up At The Thunderdome

Mark Taylor

The guy from the "Barq's Has Bite" commercial must be right. When you lose your vision your other senses must become more acute. Only this could explain Jeff Healey's extraordinary musical talents.

The Jeff Healey Band played Wednesday, February 25 at the Thunderdome before a packed crowd. I didn't realize the demograph of the crowd until a friend asked me, "what percent of the people here could hot wire my car (if it were worth hotwiring)." I'm sure a number was relatively high, after all,

how hard can hotwiring be?

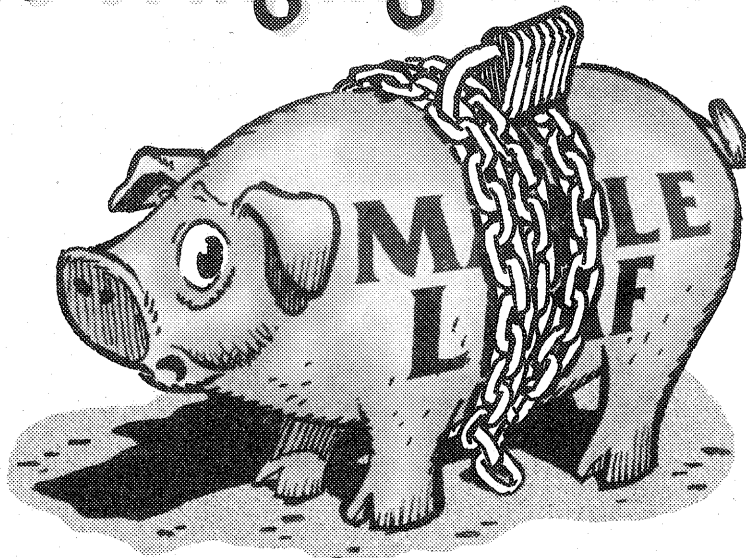
Through the opening shoe, the crowd was somber, sober, and frankly, pretty sorry. Between the performances, the D.J. tried desperately to get the people and the beer flowing. Only when Jeff Healey was led to his guitar mound on a special tri-pod, did the crowd gain "that concert energy"

The band put on an absolutely amazing show; when they finally arrived. It was worth the wait!



Jeff Healey (middle) played the Thunderdome on February 25.

We're not bringing home the bacon!



Or the wieners and franks.

Or the cold cuts, the hams, the sausages, or anything else Maple Leaf makes.

Maple Leaf Foods is a huge Canadian corporate success, with big-time global aspirations. Its meat slaughtering and processing operations have earned it so much money, it has spun off into all kinds of other food production: bakeries, pasta-making, frozen foods, and even coffee and doughnut shops.

But in the quest for ever-higher profits, Maple Leaf President Michael McCain is offering his workforce only the scraps. In August 1997, Maple Leaf locked out workers at its North Battleford, Sask. bacon plant because employees wanted to improve on their industry-low base rate of \$9.88 per hour. The same thing happened in October to Hamilton, Ont. workers, whose base rate was just \$10.90, bringing to nearly 500 the number of workers locked out of their jobs. Then about 900 pork production workers in

Burlington, Ont. — faced with company demands for rollbacks from \$6.00 to \$9.00 per hour — were forced to strike in November. They were followed just days later by another 750 workers in Edmonton, Alta., who are threatened with permanent plant closure and loss of their jobs.

These workers are all members of the United Food and Commercial Workers, or UFCW. We don't think it's right that Canadian workers should have their wages and benefits reduced to rock-bottom levels just because that's someone's idea of a "competitive reality" — especially when the company continues to not only grow and profit, but to try and swallow up the competition. Canadian workers should be paid what's fair and equitable *in Canada* — period. After all, Michael McCain is still "bringing home the bacon".

If you care about what's fair, please join us in boycotting these Maple Leaf products:

MEAT PRODUCTS

Maple Leaf • Burns • Overlander
Swift Premium • Prime Poultry
Campfire • Shopsy's • Coorsh
Clover • Bittners • Devon • Parma
Hygrade • Mary Miles • York

BAKED GOODS

Canada Bread
Dempsters
Karnes • McGavin's
Tenderflake
Venice Bakery

CANNED & FROZEN

KAM • Klik
Maple Leaf Canned
Chicken & Ham
Maple Leaf Frozen
Pizza, Hash Browns

OTHER:

Country Style Doughnuts • Olivieri Pasta & Sauces
Shur-Gain Pet Food & Livestock Feeds



Breaking Some Ground:

A Fifth Season Does Exist



The up-
r o a r
started
with a CD
release
party at
the Westin
Inn on
February
20, 1998.

Fifth Season, comprised of four St. Albert school boys, caused quite a stir among a dominating teen turn-out. Not to say that Fifth Season is for younger audiences—as a matter of fact, their sound can make even the most conservative of elders start to twitch their head and contort themselves into movement. To say the least, Fifth Season has been turning some heads. The CD release alone had fans bodysurfing to the rafters—what the hell else could one ask for?

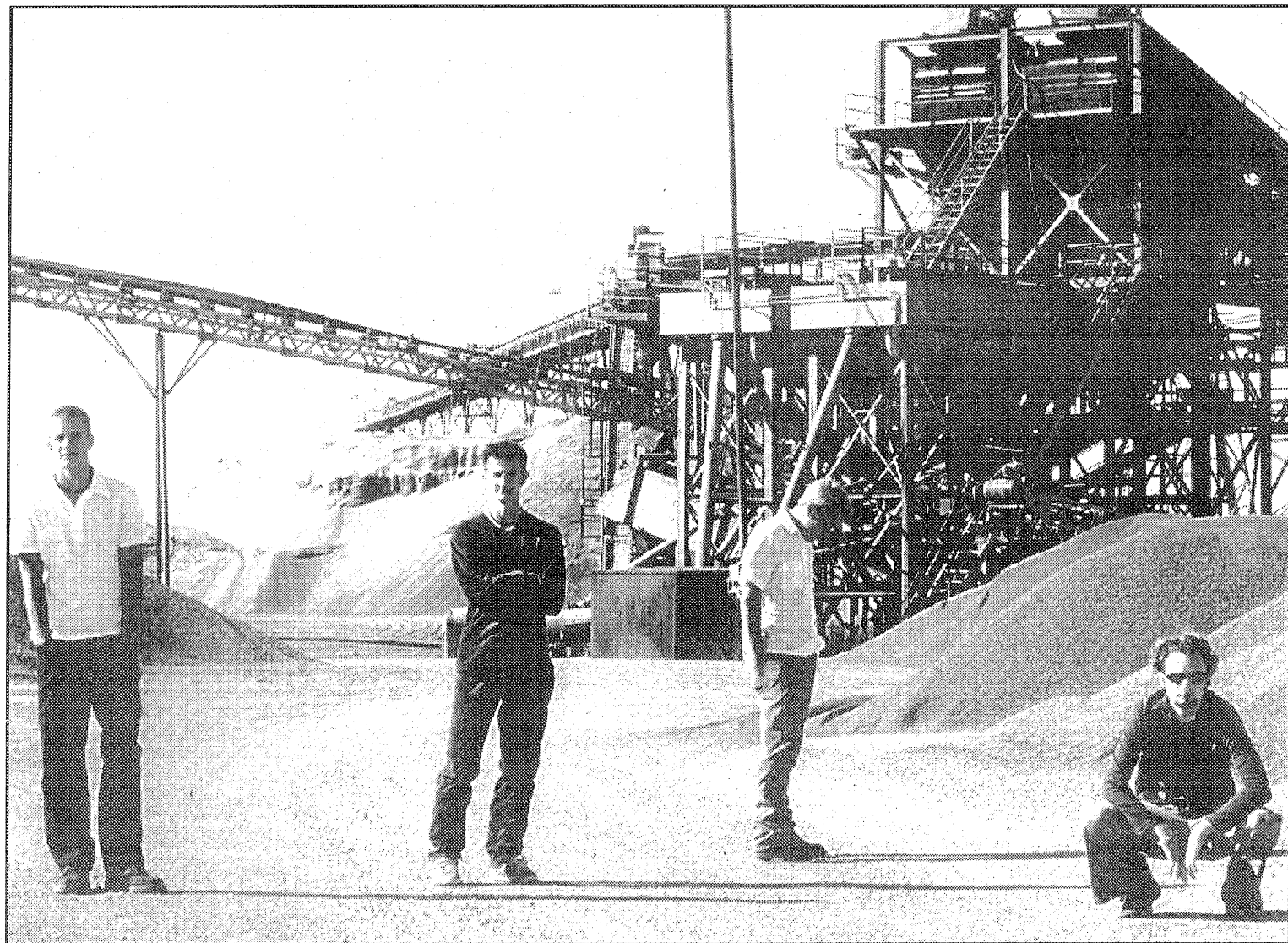
Fifth Season came together two years ago in St. Albert, Alberta. When the guys were in Grade 10 (they are now seniors graduating this spring), they started jamming and developing songs. With the recent release of their debut indie album, *Binbox*, they've already managed to get in the limelight. Last Friday (February 27), Fifth Season opened for The New Meanies at The New City Likwid Lounge.

ABOUT THE GIG...

Fifth Season took the stage at 10:15 p.m. sharp. At first, the audience seemed somewhat confused about receiving them because they are a new act. However, it didn't take long before all eyes in the crowd peered up and stuck like glue to this young, captivating act. The audience, impressed at the sight, could not help but stare. Once the crowd assessed Fifth's obvious skill and absorbed the melodic funky tunes, people emerged and began screaming in praise, and dancing. Fifth Season performed a masterful set, regardless of one technical guitar difficulty. They showed a crowd of approximately 150 people that they are in full gravity-defying effect, that gets on with the simple business of investing every single note and every last gesture with awe-inspiring sense of importance.....fierce magic spun by a restless, fearless band.

ABOUT BINBOX....

A lot can be said to describe Fifth Season's debut independent album release, *Binbox*. For starters, their original tunes are fresh, daring, stylish, and overt. Fifth's sound is



From left: Andrew Patrick (drums), Rob Schellenberg (guitar), Travis Nesbitt (vocals), and Logan Jacobs (bass).

Photo: Stacy Weisgerber

dense, seamless, and full of locomotion containing a righteous confoundment of spiritual and romantic sentiment. Travis's voice is gritty, urgent, yet sweet. He carries a note like a wolf howling at a full moon. Fifth Season dangerously appear brashly self-confident, but then appear youthfully

vulnerable, which is a deadly combination. This seven track CD begins with a riffy, upbeat, in-your-face song titled, *Undone*. *Undone* could probably induce convulsions, so be warned. The tracks of *Binbox* naturally flow with lengthy instrumental intros, piercing bass, strong drum beats, and a strong

guitar base. The album wraps up with a softer highly poetic ballad, *Times Spent*. *"It used to be that way that we shared our dreams, of all of the ways and the times that we spent on days, used to be that way, want to be that way, of all of the ways and the times that we spent on days..."* The album also

features a "beach" theme; the sound of tidal waves hitting the shore introduce and conclude the sequence of tracks, and the front cover photo is of a sign in Europe indicating for children not to crap on the beach. And the beach theme is fitting—with all of the energy given off from these guys, they could melt ice into water.

ABOUT THE GUYS....

Rob, Travis, Logan, and Andrew convey an image of individualism and self-expression. When they are on-stage, they each embrace an internal personality that they allow to surface and shine through. Off of the stage, the guys are more reserved and unbelievably humble considering the exposure they are gaining. Logan jokingly said, "We're not winners, we're losers" because they don't rank high in battle-of-the-band competitions. For losers, they sure can elevate a crowd, and have managed to develop a triumphant testament to the redemptive power of rock'n'roll.



Photo: Stacy Weisgerber

Fifth Season post-performance at the CD release party.

* Please refer to
Facts on Fifth
p. 11

Facts on Fifth

Compiled by Miranda Jordan and
Noy Vongsamphang

Age: 18

Boxers or briefs? "Jockeys, boxers, and little lacey thongs" (that's a joke)

Single or status? Has a girlfriend

Favorite Food: Mom's lasagna (prepackaged donairs sold at gas stations are a close second)

Favorite Movie: Star Trek 1 through 7

If you could be any animal, what would you be (and why)? A fly on the wall, or actually a waterbug, so he could fly AND swim.

Greatest Personal Strength: Confidence. Travis has realized that you can't live to please others or live up to a set standard. Trying to impress other people doesn't work, and you can call him "selfish" in the sense that he makes a point of doing what's right for him (feeling good, with the aid of his parents).

Travis Vocals



Logan Bass

Age: 18

Boxers or briefs? "I'm all over the place.....boxers, briefs, whatever....I'm just hanging out."

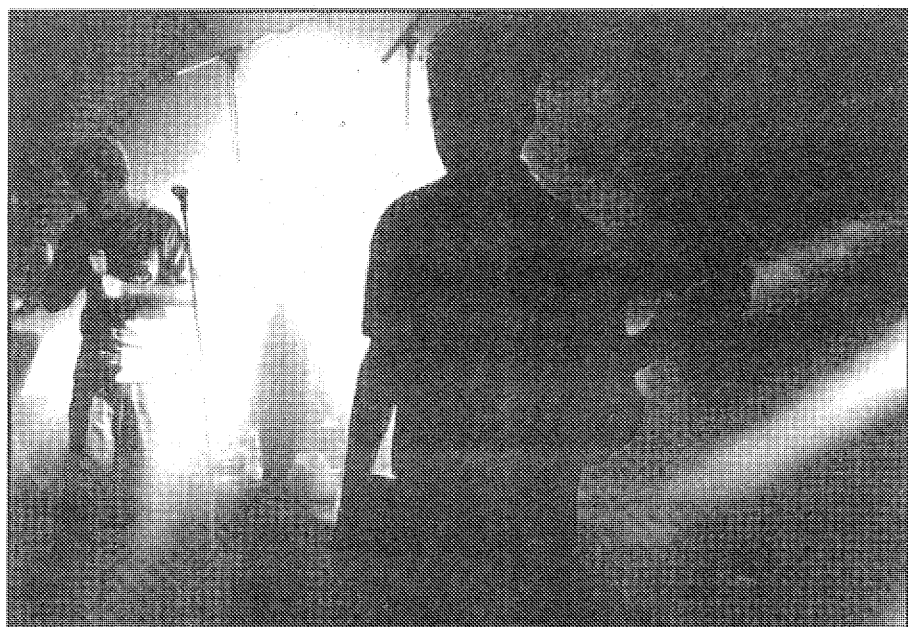
Single or status? Has a girlfriend

Favorite Food: Ukrainian food (he was raised on it!) or the prepackaged pastry pies (shaped like pizza pops)

Favorite Movie: loosely "Apocalypse Now"/hates "Independence Day"

If you could be any animal, what would you be (and why)? "I know it's unoriginal, but I'd be a bird." (Represents freedom, ability to fly)

Greatest personal strength: An ability derived from his parents and his upbringing, Logan is determined and strong-willed. Creating his own reality is his forte.



BAND INFLUENCES:

Our Lady Peace,
Red Hot Chili Peppers,
and I Mother Earth

BAND PET PEEVES:

#1) In an exam situation, when there appears to be a hair on the page and you go to wipe it away, but then realize it's really a pencil mark.

#2) People that have strong opinions, but lack facts to back up their opinions.

****NOTE:** (People who use car washes at a gas station then come in to pay, but enter behind the staff counter because it's a convenient pathway also piss some people off)

Rob Guitar

Age: 18

Boxers or briefs? Boxers.

Single or status? SINGLE

Favorite Food: McDonald's cheeseburgers

Favorite Movie: Name of the Father or Trainspotting.....and Doors, and Backbeat.....

If you could be any animal, what would you be (and why)? "I would be a fish so I could swim around all over the place."

Greatest personal strength: Rob tries not to take things too seriously (not to say that everything is a joke), but has the ability to relax and take things as they come.



Andrew Drums

Andrew was unable to attend our little gathering due to a basketball game that he was STARRING in. Not only is he a great drummer, but apparently he's a hot-shit basketball player.



Vanilla Puts a Little Snap into the Cowboys

Nadine Smith

Wow, can you believe it. Yes, Vanilla Ice is on a come-back. This may be something some of us don't want to hear, but after Monday, February 23's big concert at Cowboys (??) a lot of people changed their minds.

Snap got on stage at 11:45 p.m. and Vanilla Ice didn't step on the stage until 12:45 a.m. A very long night. My friends and I got there around 7:40 p.m. because of the \$5 charge after 8 p.m. Well, Cowboys had this really figured out. The line did not start moving



Photo: Mike Anderson, Vanilla Ice's No. 1 Fan

until 8 p.m. since we got there—easy profit. Inside the bar there were tons of people waiting anxiously for Vanilla Ice. It was so hot in Cowboys that I'm sure they made damn good liquor sales too. (suck it out of us more!) Every twenty minutes the D.J. would get on stage and tell us that in 5 more minutes



Photo: Mike Anderson, Vanilla Ice's No. 1 Fan

Ice would hit the stage—well this lasted a couple hours....

Finally Snap got on stage and sang hits like "The Power." Every one on the dance floor was dancing-wild! But watch out, Vanilla Ice was next. Vanilla Ice got on stage and I swear nobody recognized him at first until he started singing...what a change! No more baggy 80's clothes or the HIGH hair. He's now a real lookin' rapper with tattoos and major muscles. He looked good!

There was body surfing, moshing and every thing going on that night. A big change for Cowboys, who were as paranoid as Hell. Vanilla sang a lot of new songs, but still as good as his old stuff. He'd mix a lot of his popular songs together...making you think like he was going to sing one but then he wouldn't. Ice's second last song was the song EVERYONE

Vanilla Ice, decked out in tattoos appeared more as a punk band frontman rather than a white-boy rapper.

was waiting for: "Ice, Ice, Baby <too cold, too cold>" This concert was so great. It's been one of the best concerts I've been to. I definitely think that Vanilla Ice will have many more fans than he did in his 80's streak. Way to GO White-boy!



Elections

Nominations CLOSE

Friday, March 6 at 4:15 pm

POSITIONS

- ☒ President
- ☒ Financial/Academic Vice President
- ☒ Communications Vice President
- ☒ Activities Vice President
- ☒ Athletics Vice President

- ☒ 2 Board of Governors Representatives

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

Mighty Mighty BossTones

Mark Taylor

Is wearing plaid the best publicity stunt the Mighty Mighty BossTones could think of? They must have something else going for them, otherwise it's hard to explain the selling out of their March 13 performance at the Dinwoodie Lounge. Perhaps it's their music. On that, I really can't comment. I've only ever heard "The Impressions that I get". Are the MM BossTones a one song wonder? That's the impression that I get, but I plan on being at their

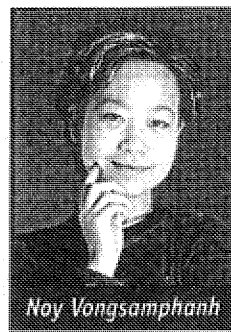
concert to find out.

BossTone Facts include:

- Dicky of the MM BossTones was once in a bar fight where he had a bottle broken over his head and his throat cut.
- When the group was touring in Italy in 1993, Joe Gittleman was stabbed by a man selling bootleg merchandise.
- Nate Albert joined the band at the age of 13.
- The MM BossTones perform "Detroit Rock City" on a KISS tribute album.

A band who describes themselves as FUN

Junkhouse preview



Noy Vongsamphanh

Imagine being in a band for nine years. Seeing the same faces, listening to the same voices

and smelling the same feet over and over again. One would go insane! But for the Canadian rockers; Junkhouse, nine years together and it's only getting better every day. Unlike many bands, Junkhouse has had only three minor lineup changes in the nine years. They had three bass players come and go, but finally they have Grant Marshall, who the band is really happy with.

The band has taken a couple years off to pursue individual

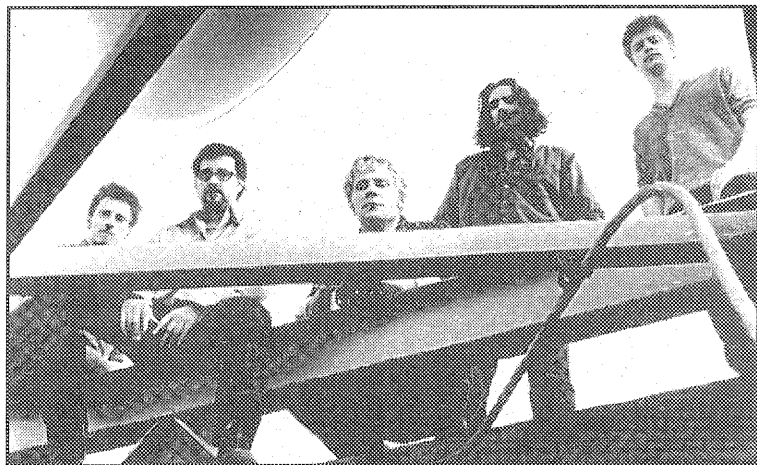
projects and create a new album. Now Junkhouse is full of energy and ready to hit the Canadian roads again in support of their latest released album "Fuzz." Vancouver band, Copyright are out with Junkhouse for the Canadian dates as the guest opening act. I was told by Dan, Junkhouse's guitarist, that the tour is going extremely well. Many shows so far have been sell outs. Junkhouse will be taking the day off in March to attend the Juno Awards held in Vancouver this year. The band is nominated for a couple of awards: Video and engineering.

Junkhouse will be blasting out their old and new rock tunes on Saturday March 14th, 1998 at the U of A's Dinwoodie Lounge. Tickets are still available. Go and get a pair before this Edmonton show sells out too.



Photo: Mike Anderson, Vanilla Ice's No. 1 Fan

SNAP performed classic dance tunes: "I've Got The Power!" and "Rhythm is a Dancer..."



Noy's Toy of the Week:

The Buicks

Noy Vongsamphanh

MEMBERS:

Jordan - drummer, back vocals
JP - lead guitarist
Red - lead vocals, guitar
Nathan - bass

CURRENT ALBUM:

1997 "Passage"

LABEL: simon & simon

FROM: Alberta; brothers Nathan and Red lived in Calgary, Jordan and JP lived in Edmonton

WEB PAGE: www.planet.eon.net/~synch/buickmain.html

THE SOUND:

A blend of 80's rock with a mix of heavier Brit pop. The Buicks are influenced by many bands such as U2, Stone Roses, The Clash and Midnight Oil.

WHY THEY'RE THIS WEEK'S TOY? The Buicks are really nice, fun and down the earth individuals. They have the Age of Electric thing happening - two brothers from the band. Their live performances are energetic and their music is really catchy and different. These guys have played many gigs around Alberta and played in Canadian Music Festivals. They will be performing in Austin, Texas in March at the South By SouthWest Festival. Among others that will be on the bill include Holly McNarland and The InBreds.

PLUG: The Buicks are playing a fundraiser gig at the New City Likuid Lounge, Friday, March 6, 1998 with opening guest Kung Fu Grip.

CD Review

Shania

Mark Taylor

Many thanks to the disgruntled reader who wrote in last week regarding one of my pieces. The reader tactfully commented on how, despite my small town upbringing, my writing only reflects my city life. Actually, the reader just resorted to low name-calling (plus, a few comments regarding the size of my balls). I, however, decided to use this as an excuse to do something different; a country CD review...

Knowing nothing about the latest hot country CD releases, I picked up the Edmonton Journal, looked up Edmonton's Hottest Country album, and went and got it.

Turns out, Edmonton and Canada's top country album is Shania Twain's "Come on Over." Women really do hold the buying power in the 90's. They must, the only reason I can see guys buying this album is for the pictures. Wow, Shania's a knock-out! It's not that the music is no good, it's exceptional, except this album is directly addressed to other beauties in the

Twain

same position as Shania. With lines like "Let's go girls" scattered throughout the album, you get the impression Shania is writing from a very feminine, almost feminist viewpoint. Not that there is anything wrong with that, it is just that many more guys would probably buy the album if Twain would shift her song writing just a tad.

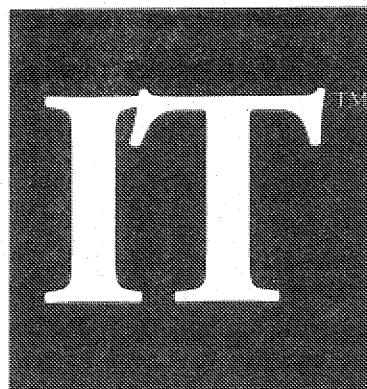
The music - well is Shania trying to rewrite country or break into pop? There's quite a few tracks on this album that would be impossible to two-step to even if I was a competent two-stepper (which I'm unfortunately not).

Shania's music locks most of the traditional country music elements (including the sob story!) which in my opinion makes this a great album. You don't have to be a true country lover to enjoy Shania's country music.

Another great argument for

buying this CD is the Canadian factor; yup, Shania's from Ontario! I hear she had a pretty rough life out there; her parents died in a car accident at a very young age.

If your a very liberated woman of the 90's, tracks like "Man, I feel Like a Woman", "Don't Be Stupid", and "That Don't Impress Me Much" would not fit you nicely. So, go buy the CD if you're craving 90's chicks, go buy it anyway. The music is still excellent, and hey Shania is Canadian!



Entertainment Overload

Noy Vongsamphanh

This is a busy month for the entertainment scene. Edmonton has seen many great acts in the last year. This includes: Edgefest, the Rolling Stones and U2. Here are some confirmed dates and the location for events coming up in March

Thursday, March 5

The Rev * Sold Out* -
Days of the New w/ Divine Right

Friday, March 13

All ages
The Dinwoodie Lounge -
Mighty Mighty BossTones

Saturday, March 14

Myer Horowitz Theater (UofA)-
Feeding Like Butterflies
The Dinwoodie Lounge (UofA) -
Junkhouse w/ Copyright

Thursday, March 19

The Power Plan (UofA) -
Sandbox w/Zuckerbaby

Tuesday, March 24

The Rev - Big Wreck

Friday, March 27

The Shaw Convention Center -
The Headstones w/Las Vegas
Crypt Keepers

Saturday, March 28

The Shaw Convention Center -
Bad Religion w/SNFU
The Arden Theater (St. Albert) -
The Philosopher Kings

Classy and gorgeous MOIST frontman, David Usher, has a new solo album coming out on March 17. Plans for a solo tour has not been confirmed at this point

TOP 10 SINGLES IN CANADA

1. Savage Garden - *Truly, Madly, Deeply*
2. Marcy Playground - *Sex & Candy*
3. Celine Dion - *My Heart Will Go On*
4. Janet Jackson - *Together Again*
5. All Saints - *I know where it's At*
6. Usher - *Nice & Slow*
7. Chantal Kreviazuk - *Surrounded*
8. Spice - *Too Much*
9. Aqua - *Dr. Jones*
10. Backstreet Boys - *All I Have to Give*

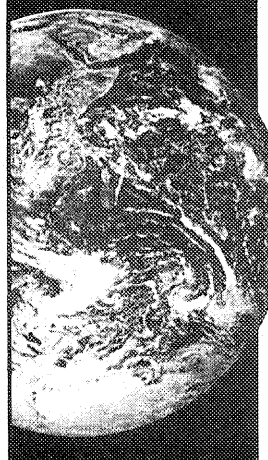
1998 OA/RIM CAREER SEMINAR

Mayfield Inn
16615 - 109 Ave.

Thursday
April 12, 1998
8 am - 4 pm
\$10/person

For more information
contact a Public Relations
Committee Student

Join
the
future
of
office
automation.



Are you motivated by unlimited earning potential?

Interested in managing your own business territory?

Do you have a high energy level?

Do your competitive fires burn bright on challenge?

Then consider joining Danka, a leading provider of office solutions, including equipment from Sharp, Canon, Eastman Kodak and Omniafax. Right now we are expanding our sales force in the Edmonton area.

Qualifications include:

- 3-5 years' proven experience in the copier/fax or related industries
- A customer-focused sales approach with a desire to succeed
- Exceptional communication skills
- Post secondary education

As a respected member of our team, you'll enjoy a competitive salary and bonus package, attractive benefits and opportunities to continue your professional development. If you meet our criteria, please respond to: Branch Manager, Danka Canada, 17320 Stony Plain Road N.W., Edmonton, AB T5S 1K6. Fax: (403) 486-0948.

We are committed to Employment Equity.

DANKA

We thank you for your interest, but must advise that only candidates chosen to be interviewed will be contacted.

FUN FAN BUS '98

The NAIT Ooks Hockey team will be playing in Calgary on
March 6th and 7th at SAIT.

NAITSA is proud to sponsor a fan bus to Calgary which offers an overnight stay at the Best Western in Calgary. The cost is:

\$35

and will include the bus down on Friday, admission to two games, the room with quad person occupancy and your return trip back. The bus will be licensed and the seating is limited so get your tickets now. For information call
Scott C. Williams • Athletics VP at 471-8877

The Biggest Campus Party



with

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

Friday March 27, 1998

Doors: 8 pm

Shaw Conference Centre
 (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

Untitled

Anonymous

Crowded streets of desire
Walking embrace upon the fire
The burning trees of which I hate
The dreary existence, that is my fate

I yearn to live the love
To hide the hate

Of my dreary existence, that is my fate

Peaches n' Angel and Buttercup

The Pest

If I gave you a star,
would you keep it,
if I gave you a beer,
would you drink it?
If I gave you a kick
would you like it? (ha ha!)

Scrap

The Pest

I strain to discover,
your sweeter moments of madness.
I will linger in your shadow,
with a recurring sadness.

It took you to make me realize,
what it is I have found.
Bound by an endless struggle,
you leave me to drowned

I thrive on your essence,
Held in this soulless cage.
Your eyes are welling,
screaming in a somber rage.

Untitled

Horatio

I really find it funny now,
whenever I look back,
and see the child I used to be,
before my pulse went slack.

I do not know how I became,
the stranger I am now,
I just know I'm off the stage,
so I will leave and take a bow.

People frigid everywhere,
warm to all but me,
but that's okay, I do not care,
my heart will cry no plea.

For I have hid my heart away,
I doubt it can be found,
maybe someday, it will be free,
till then it's tightly bound.

So now I feel I have my peace,
yet still, I know the pain,
that will not leave, at least not till,
my heart is whole again.

That Vandelden Girl

James Dox

A girl that likes apple juice and
superman
Lamps are her favorites and I guess
she's mine
She's beautiful
And when her eyes grace mine,
I can see the pixie dust on her
lashes
Like dew drops on a sun lit flower
I'd like to carve her face in the
moon
Just so I could see her every night



To My Hockey Hero (Devon), I love it when you play with your stick. It turns me on! I had a dream that we were on the same team and I was the goalie stopping all the shots from your stick. All the shots were warm and white. Please let my dream come true. I'll make sure you're satisfied.

To Moose, The other day when we were together I noticed a gleam in your eye that I never noticed before (it may have just been the K. Y.) Anyway, please don't shun my feelings for you, I've got to know if you feel the same. Toodles, Levi

To Helene Jones, Lori has your baby picture, you can come and pick it up.

Caution, games players alert!!! Any one wishing to enjoy a great night of getting drunk and playing naked twister please call Levi or Moose, we would also like to know if anybody (preferred males) would like to play role games. (plumber meets carpenter in a barn after a hard day of building) Don't be shy. Contact Moose or Levi.

To Levi, I really hope you get well, I hope I wasn't too rough with you the other night, then when you slipped and fell because I lubed you up with too much baby oil (I know how you like it slippery) Anyway, when you heal up, I hope we can have more backdoor encounters. Don't worry, I'll be gentle. Who knows, maybe we can play Doctor (I will bring the rectal thermometer) and I'll check your temperature. Lusting for you, Moose.

Griff, I will always miss you and drown in your memory. I forgave you and hold you dear to me now. Forgive me and let me go. Luv, Bryt

Hey Kat: You could at least get the story straight. I agree Bus. diplomas serve the same purpose as toilet paper, but they're less environ-

mentally friendly 'cause there's a lot of wasted energy put into them, energy that guys like Big Daddy could be putting to better use in their favorite hangouts; like the bath house, or on top of a mountain where they can blow the Riccola horn. Sincerely, Mike Hunt

To: Disrupters in Class

There is usually only one of you, and you think you are so smart and better than everyone else. That type of action will not get you anywhere in the industry. I think you need an attitude adjustment. Just think of how you treat other people and how you just barely scrape by your courses. One Person Listening to Every one's Complaints about You

Just a reminder, floorhockey. The Sunday tradition continues at Westwood from 2-4 p.m. and 4-6 p.m. Call Trent or just show up. Equipment is supplied if needed

Wanted one obese cockasian male. To be a life long companion. When I'm at home I enjoy cross-dressing and looking at myself in the mirror, I enjoy hanging out at Bath Houses with my close fuse ball companion namely the tall sexy red head with the gut. (In pre-tech Acc.) If anybody is interested in a romantic evening giving full body massages and watching Barbara Streisand movies. Meet at my black 1997 Honda Civic, illegally parked in the front row in the Kingsway parking lot. Anxiously waiting any replies... Cross Dressing Fooooo-Ahhh.

continued on next page



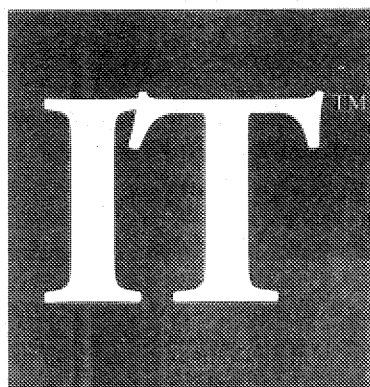
let
yourself
go!

B.A.S. HOCKEY NIGHT

OILERS VS. DALLAS STARS

WHEN: FRIDAY, APRIL 3, 1998
START: 4:00 P.M. AT THE NEST!
DRINK SPECIALS!
GAME TIME: 7:00 P.M. (BUS LEAVES THE NEST AT 6:00 P.M.)
AFTER THE GAME: BUS SHUTTLE TO ESMEERALDAS
VIP DRINK SPECIALS!
PRICE: \$25.00 (REGULAR PRICE \$26.25 FOR GAME ONLY)

GET YOUR TICKETS NOW AT THE B.A.S. OFFICE: T-114A OR CALL: 471-7873



GRAPES
continued from previous page

Dear Kat, aka. Business Barmaid, Don't be so hard on my friend Mike Hunt, he didn't write that stuff about your diplomas, although it sounds about right. Your diplomas are "small fries" compared to ours (those in REAL techs) I feel sorry for your Business G.Q. boys too, because Mike had no problem picking you (Kat) up at Ezzies one night. Believe me, I know. You go for guys with bright futures not those in Business. Sincerely, Betty Fucter

To the Absolute Knockout in 2nd semester Interior, You're still awesome but blonde was much better. Urban Guy

To Candis in Chem Tech. Love, with all my heart and soul. And just think, everything that is mine, is half yours now. Love Timmy always and forever

Dawisiu, Kocham cie. Misiu

Shawn, Well I guess you owe me 200 bucks. You're a hottie from a sober chick

Michael Abott
So, you have a learning disability, do you? Grab a brain!! (literally if need b) This is adult education!! I'd like to see you use that excuse on your future employer and see what he says. Signed, Your worst nightmare.

Casper, You know I'm missing you like crazy. I can't wait to snuggle with you again, Happy 6 monther, honey. I LOVE YOU. Love, Mismiley

Classifieds

NEED A PERSONAL TRAINER?
Specializing in weight training programs, weight gain, weight loss, mass and strength training, nutrition and diet. Phone for a free consultation. Call Shane at 917-2010.

FOR SALE: 87 Mazda Rx7, 130 000 km. Gold, spoiler, tinted windows, exhaust system, CD player. \$3800 obo. 973-5684.

Attn: All Students! Incredible opportunity to earn an extra income working from home. Call 988-4606 for free info.

Word Processing, student papers, spreadsheets, and much more. Reasonable rates. Please call 452-9000.

Men and Women required for The Clansmen Rugby Club's 1998 programs. No previous Rugby experience required. Clubhouse and Fields nearby at Airways Park. Information 476-0268.

Canvassers needed to help save Alberta's Boreal Forest from clearcut logging. 420-1001 after 1 p.m.

Trouble with writing assignments? Need an editor? Call a certificated tutor for help. Negotiable rate. 447-2322.

Need drummers for South Side pipe band. Will train and supply kit to dedicated men or women. Practice Tuesday evenings. Lots of fun! Call Ian @ 437-4431

76 Chev Vega V8283, 500 km on rebuilt TH350, limited slip, Holley street dominator 4bbl, L88 fiberglass hood, dual exhaust, console shift, craqars, \$1700, obo-may consider trades. Call Laurie at 469-4136

FOR SALE: IKEA couch & love seat. Navy blue cushions with pine fram. Asking \$100, obo. Call Nicole @ 479-8348

The Sherwood Park Rangers are currently seeking female soccer players for their major and premier women's teams. For more information call here at NAIT at 471-8754 and ask for Jet.

Wanted-a few players for walleyball Mon-Tues 4:15-5:15 p.m. (court 1 &2) Also needed a few more participants for volleyball on Saturdays 2-4. Call Trent for more information...or just show up!

FOR SALE:
1. Panasonic SC-AK40 CD stereo system, five-disk player, dual cassette, auto reverse. Many more features, 8 months old. Asking \$450 or best offer.
2. Sony SLV-660, 4-head Hi-fi VCR, auto-tracking. On screen menu, many more features. Asking \$400 or best offer
3. Canon Snappy LX Camera, red eye reduction, auto rewind, self-timer, auto load (film) Askin \$65 or best offer.
CALL TRACY AT 424-3763

Lady's Leather Jacket For Sale
Size: Petite (s-m), Color: Black w/ grey quilted lining & gathered sleeves, Price: \$100, Condition: Good. Contact Sandy @ 431-9808.

BIRTHRIGHT CARES
IF YOU OR SOMEONE YOU KNOW IS PREGNANT AND DISTRESSED

- Confidential
- Free
- Unconditional Respect
- Pregnancy Tests

Please Call
488-0681
1-800-550-4900 - 24 Hr. Hotline
BIRTHRIGHT IS A REGISTERED CHARITABLE ORGANIZATION

YOU SHOULD SEE US NOW!!!

Boston Pizza (NAIT)

on Princess Elizabeth has a new look.

CHECK IT OUT!!!

New look but the same great service & specials!

MONDAY
BOSTON BRUTE
WITH FRIES
\$3.99

PASTA
TUESDAY
\$5.75 ALL DAY

WEDNESDAY
TWO TOPPING
NOONER
\$3.99

ALL SPECIALS
Lounge Only
11:30 - 1:30

THURSDAY
FULL-BAKED
LASAGNA
\$4.95

FRIDAY
NON-STOP PIZZA
\$5.99

ITV SPORTS
NIGHT
MARCH 19

(some restrictions apply on specials)

10% DISCOUNT
ON FOOD FOR
NAIT STAFF &
STUDENTS

Come And Get It All!

Boston Pizza

10115 Princess Elizabeth • 477-9111

Open Late
Friday & Saturday till 4 am