

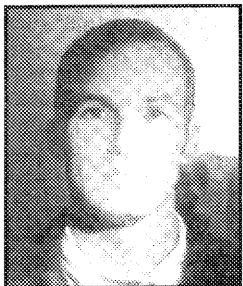
# THE NUGGET

Thursday, February 25, 1999  
Volume 36, Issue 19

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## The First Step In The Right Direction ! Hockey Ooks Roar Back To Advance To Semi-finals



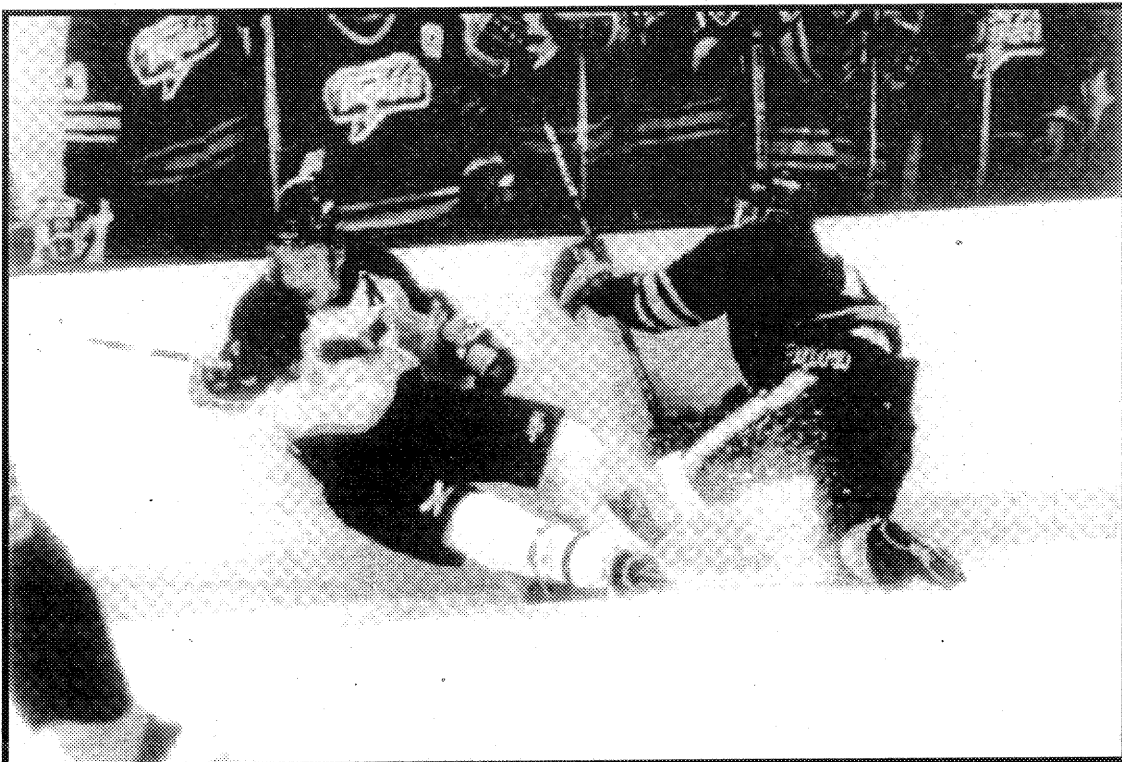
Andrew "Playoff Growth" Hore

**T**he NAIT OOKS Hockey team began their playoff run in the quarterfinals this past weekend against the cross-town Concordia Thunder. Both teams had two wins a piece facing each other during the regular season. Fans and players knew the best of three series was going to be a battle.

Game One went Thursday night at the NAIT barn, and fans filled in to the rink, including the

King of KOOKS Rob "Gong" Ellis and his Posse — a posse which includes the Nugget's own Dave "Inebriated again" Veilleux. The game started with extreme passion and emotion, both teams were well prepared and ready to go to war. Our club managed to maintain a 2-1 lead into the second period. Then, when on a power play of our own, the tables turned. Two short-handed goals by the Thunder that took the wind right out of our sails. Concordia then grabbed another goal late in the period to take the lead into the third frame. We battled hard with a goal by second-year man Brad "No slacks" Wilson, but came up short. To top off the loss, our NAIT Super fan, Robbie, was tossed from the game for cheering too loud! (and the fact that his hairy ass was exposed)

See Semi Finals p. 6



The Ooks defeated Concordia 2 games to 1.

## From Doggy Bones to Solar Powered Cars: The Perplexing Plastic People



Mick Beale

**H**idden away on main campus, there are students producing Plastics. Products vary from plastic dice and bottles to advanced composites used for high-pressure vessels (Aerospace Industry). Come and see items such as cups, lids, dice, and film (plastic bags) freshly baked in front of your eyes during the upcoming open house, March 12th and 13th.

We see their work everyday when we touch the tabs that they made for the locks on our lockers. There are even some people working on larger projects, such as robotic vehicle bodies. Their latest venture is a body for the U of A's entry in the solar car competition,

"SunRayce 99", in Washington DC this summer.

The enormous body plug, measuring over 23 feet in length, is shaped like a stingray. Scott Heath, one of the dynamic duo working on this project, says that the finished car (electrical components and all) will weigh under 400 pounds. Considering that 250 of those pounds will be the batteries, that doesn't leave much weight left for the plastic skin. The skin will be produced out of epoxy and carbon fibre (Advanced Composite), which has high strength and is exceptionally light weight. An estimated 3.5 rolls will be used to cover the solar car, this itself will cost over 10,000 dollars U.S..

Cam McTaggart, the other NAIT student involved, says that twenty people involved in the car plan on going down for the race, taking the \$95,000 vehicle along with them. They have been sponsored by some corporations but are still looking for things

such as a trailer or a towing vehicle, not to mention funds to pay for their lodgings and travel expenses.

The race itself involves 52 teams, eight of them being from Canada. It is a Tour de France of sorts, spanning from Washington, DC to Orlando, Florida. After the North American race, the world championships will be held in Australia. Hopefully we'll have to find a way to send these student's that far.

When the skin is completed and the car put together, they plan on touring Edmonton and area high schools, as well as NAIT. If you have any questions, stop in and visit Cam and Scott in building B. They'd be more than happy to tell you all about the project, plus anything else you need to know about the amazing Plastics Technology Program here at NAIT.

\*Special thanks to Paul Lindemann (Student President of Plastics).



Cam McTaggart and Scott Heath showing off their fine work.

Photo courtesy John Book, L.R.C.

**Yes, It's  
Fan Bus  
Time !!**

**Join The  
Gong  
Show To  
Red Deer  
Thursday**

The playoff excitement continues tonight as your Nait OOKS travel to Red Deer to take on the Kings in the Semi-Finals. You have a chance to hop on the bus for dirt cheap to Red Deer and get crazy in the stands ! Come see Rob "what will he do next" Ellis as he cheers the Hockey OOKS on. Get together, don't miss out!!  
**COME DOWN TO THE NAITSA OFFICE AND CONTACT GAVIN KOPP OR CORY POPIUK TO RESERVE YOUR SEAT. ACT NOW!!**

# What They Never Told You...



Tyler "Calls 'em as I see's 'em" Harke

**D**ue to the fast-approaching mid-term week, this is your last chance for the next two weeks to soak up the endless amounts of education and entertainment your precious Nugget gives you each week.

Seeing as how our annual Open House will go down on the 12th and 13th of March, I thought it would be useful to inform any prospective students of a few things NAIT doesn't put on their welcome posters:

1. Bring a gas mask if you ever intend on using a washroom. Lets face it — I've been in port-a-potties in mid-August that smell better.

2. The parking and "security" attendants are REALLY friendly! Feel free to strike up a conversation with them any time you see them.

3. The temperature in the

classrooms is perfect! Room 405 in the tower is a cozy 32 degrees Celsius while Room 407 is an invigorating minus two.

4. There's a HUGE surplus of computers at all times! They never break down either! In fact, I only had to wait 45 minutes for one today! I think it's a new record! After all, we are an institute of technology — aren't we?

5. Parking in itself is wonderful! There's plenty of room for everyone! I'm not even gonna touch that topic today.

6. The other campuses are REALLY close. Just a stones throw away! (If you're the World Champion discus thrower.)

7. Our workout room is HUGE! You can fit almost TEN PEOPLE in there at once!

Okay, okay, maybe I'm being a bit harsh. There's only a couple of months left and I'm feeling the stress like you wouldn't believe. I must admit that I've learned some valuable things here (like don't eat sandwiches from the vending machines). Also, I can honestly say that I've never had a serious problem with any of my instructors. (One even knows my name!)

All in all, I'm happy to be here. Although it would have been nice to be prepared for those bathrooms. Besides, where else could I get paid to bitch like this?

# Dental and Health plan to fit your needs?



Jenessa Kirkwood

**A** new dental plan has been passed our way by Gallivan and Associates. This plan includes things such as annual cleanings through extended coverage, all for an extra \$191 (for both health and dental plans). If you have family or a significant other, they can also be a part of the plan for additional fees (some restrictions apply).

The health plan includes ambulance services, 80% off prescrip-

tions, equipment and accidental dental. If you miss 15 or more days of school there will be a tutorial plan to help you get caught up so your accident won't keep you from succeeding in your studies.

The extra fees will be charged directly to you when you pay your tuition, so it is compulsory unless you have a different insurance plan

**The extra fees will be charged directly to you when you pay your tuition...**

such as Blue Cross. There will be an opt-out for people who are presently covered. Both the health and dental plans were passed at last week's General Council meeting.

If you don't like the idea of not being able to see your own family

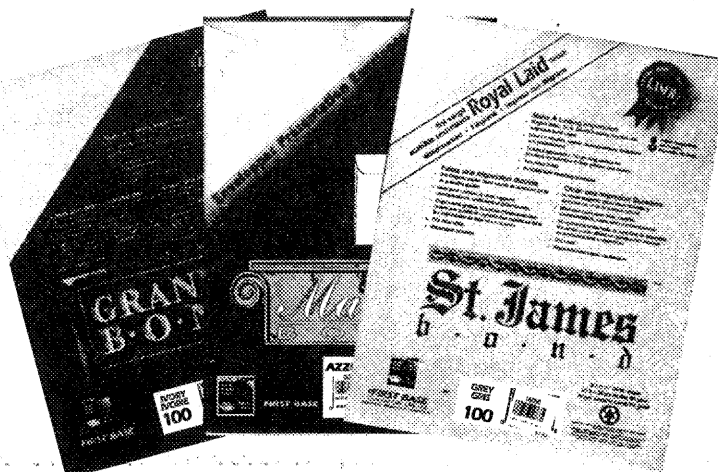
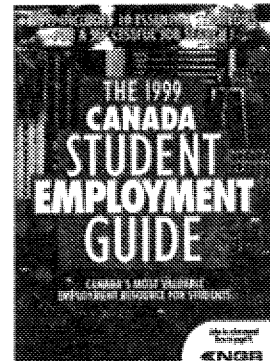
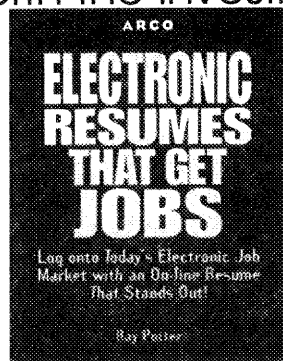
dentist, you will just have to deal with other dentists for the time you're in school (likely only two visits out of your whole life). These plans will start in September of the next term you enroll in, and will continue for one full year from enrollment. Darlene Oulette, student, commented, "It's great, considering the price of just one cleaning?"

On the other hand some, students don't agree "They don't even tell you this when you pay your tuition. I should not have to if I don't want to." Megan Corcelli replied to the fact. Have any comments about the new health and dental plans? See your student tech rep, who was likely there to vote the plans in at the last General Council meeting for more information. Tech reps, see the people at the NAITSA office so you can answer the questions of your peers.

## CAMPUS READS & NEEDS

### Are you serious about getting a JOB?

Campus Reads & Needs has a good selection of books to help you. We also carry resume paper and envelopes designed to impress and software to help you write your resume. Isn't your career worth the investment?



NAITSAs going skiing with Much Music at

## SNOW JOB 99

Marmot Basin in Jasper  
March 12-14

**Only \$220** (Based on Quad occupancy)

- Transportation
- Accommodations for 2 nights
- Lift Tickets
- Concert Tickets
- T-shirt

\$100 non-refundable deposit due immediately, balance due Feb. 22, 1999.

\$50 damage deposit required

Contact "Crazy" Mike

E-131 • 471-7603



## News in a Nutshell



Jenny Thornbird

### • Honesty is the Nicest Policy

A recliner sold at a rummage sale in Fairmont, Minnesota, harboured a secret treasure for 14 years. When the new owner of the recliner tipped the chair in search of a lost toy last month, he found a wallet containing \$500. It belonged to one Milford Tallman, who died 12 years ago. Instead of keeping the money he found, the man returned it a few days later to DeLores Secrist, who is Tallman's sister. Secrist says she remembers her brother visiting her in 1984 and losing his wallet somewhere in the house. "Seeing it made me think of all the memories. I wish I could tell Milford," she said. She then sent the money to Tallman's son in Jacksonville, Florida and told him it was a belated gift from his dad.

### • The Crap Really Did Hit the Fan

A Sri Lankan charged with theft threw a plastic bag filled with human feces at policemen, but it hit a fan and showered the entire courtroom instead. Apparently the Sri Lankan was charged with stealing gas cookers, and when he was asked to take the witness stand, he took this bag out of his pocket and launched it at the policemen. Instead though, the bag struck a fan, got entangled, and the entire court got a taste of his excreta. The accused was immediately remanded by the chief magistrate for insulting the dignity of the court, which, to say the least, had to be cleaned before proceedings could continue.

### • The Eel Came Back

London Fishmonger John Hogg will never feel quite the same about dead fish after he was confronted by a gigantic, enraged conger eel that apparently rose from the dead. Hogg has been sorting through the boxes of catch when the enormous creature reared up, snapping its razor-like teeth only centimetres from Hogg's face. Hogg at first tried to battle the 68 kilogram, 2.5-metre long eel, but when he realized he had no hope in overpowering it, he abandoned his shop for 11 hours until she was sure the beast was quite dead. "By the end of the day, it (eel) will all be cut up and sold, and

I'll definitely be eating this one!" exclaimed Hogg of his near-death experience.

### • Lucky Dog

Fred, the German Shepherd from Sundre, Alberta, won \$100,000 in a raffle recently, but he's none the wiser for it. The owner of the dog says she buys raffle and lottery tickets all the time in the name of herself, her husband, and Fred, but that Fred's ticket was always like a joke between the couple — till now, anyway. The Sundre couple plan to invest the money and continue feeding Fred Dr. Ballard's Dog Food. "I've fed him and looked after him for the past three years. He owes me," joked Fred's owner.

### • Health Food for the Stars

If living off black bean soup, Asian pesto, and seitan tacos sounds good to you, you may have to fly to Mars to get them. NASA has given researchers at Cornell University a grant to come up with cosmic cookies and other edibles for space missions that will last so long that astronauts will have to grow their own ingredients. I don't know if I'd be so eager to live off seitan though, as it is described by researchers as, "chewy, soft brown lumps of gluten extract from wheat." Yummy. Researchers are thinking the black bean soup will be very popular among astronauts though.

### • It's The Small Things That Count

What do a meningitis vaccine, state-of-the-art cement products, and Canadian bills all have in common? They are examples of exemplary research being recognized at this year's NRC (National Research Council) Outstanding Achievements Awards. The purpose of these awards is to recognize and meet the people who have created these ideas and launched them successfully as products in the marketplace. For example, the new meningitis vaccine is a significant breakthrough which will protect children against brain damage and deafness caused by meningitis bacteria; the state-of-the-art cement products refer to heat conductive concrete being developed; and the \$20 bill, every time you take it out of your wallet, now sports a small, shiny square that catches the light and acts as an anti-counterfeiting device. All these reinforce the notion and more, that good things really do come in small packages.

# Safe Streets, Safe Homes



Anne McLellan, M.P.

Canadians deserve to live in safe communities where they can be confident that their families and property are safe from harm. Canadians are understandably concerned about crime. It creates fear for both personal and community safety and undermines our quality of life.

Safe communities are among the hallmarks of our Canadian identity. The Liberal government is working hard to ensure that Canada remains a place where Canadians feel secure in their homes and on their streets.

The Liberal government has always made protection of the public a priority and has made solid gains in enhancing public safety. We are taking a determined but balanced approach which is tough on crime in Canada. Among the many initiatives undertaken to protect Canadians from crime, especially violent crime, the Liberal government has focused on organized crime, youth, high risk offenders, and protecting the most vulnerable

in our communities.

New measures have been introduced to deal more effectively with high risk offenders. Stronger Dangerous Offender provisions, a new Long-Term Offender designation that targets sex offenders, and a new judicial restraint provision for offenders at high risk of committing a serious personal injury offence all contribute to safer communities.

The "Faint-Hope Clause" has been changed to make it more difficult for offenders to obtain the right to apply for early parole. Further restrictions will prohibit persons who commit multiple murders from ever applying.

The Liberal government has passed tough anti-gang measures, including the creation of a new criminal offence of "participation in a criminal organization," tougher sentencing provisions, and additional police powers to seize the proceeds of organized crime and to conduct surveillance of gangs.

The Liberal government has made changes to prohibit the user of drunkenness as a defence for violent crimes like sexual assault. We have also toughened the laws on child prostitution and child sex tourism. Harsher sentences for the criminal use of firearms, measures to deal with the smuggling and illegal importation of firearms, as well as a new registration and licensing system encourage the safe use and storage of firearms and help keeps guns out of the hands

of criminals.

A priority matter for this government is the role of victims in the criminal justice system, and we have made important amendments to the Criminal Code to better address their needs. Also, in its recently tabled response to the report on victims' rights prepared by the Standing Committee on Justice and Human Rights, the government committed to establishing a new Office for Victims' Issues and to bringing forward legislation to further enhance the role of victims in the criminal justice system.

The Liberal government's new Crime Prevention Initiative increases funding for crime prevention to \$32 million a year. We have also launched a strategy to renew the youth justice system which focuses on three key areas: preventing youth crime; ensuring that youth crime is met with meaningful consequences, including targeted measures for violent and repeat offenders; and emphasizing rehabilitation and reintegration.

Preventing crime begins at the community level. The Liberal government has introduced the Safer Communities Initiative to work with Canadians to make our communities among the safest in the world. For more information, please call toll free 1-800-302-NCPC or visit the web site at <http://www.crimeprevention.org> or contact my constituency office at 495-3122 or <http://www.planet.eon.net/~mclellan>.

## The BikeLock Program

NAIT Campus Crimestoppers Committee

Summer is coming! Soon there will be more students and staff riding to NAIT by bicycle. Cyclists riding to NAIT should consider utilizing the BIKELOCK PROGRAM.

What is it? It's a program designed to secure bikes while being parked. Two bicycle lock-up compounds are available here at NAIT for students and staff to utilize in keeping their bicycles secure. They are located:

(1) Outside of the main campus

in the gymnasium parking lot  
(2) Near the Engineering Technologies Annex

These compounds allow cyclists to store their bicycles in a chain link fenced area while attending classes or working.

Here are a few advantages of using the BikeLock program:

- The compound acts as a deterrent to any potential thieves
- It's available all year round

- You can store or take out your bicycle at any time you wish
- Peace of mind

How do you apply? Just phone 471-7539 or stop by the parking office at Room O-112. You must fill out an application and pay a \$20 DEPOSIT FEE for a key. When you are finished using the service, you simply return your key and get back your deposit. This is a fine service, so use it!

## The Safewalk Program

NAIT Campus Crimestoppers Committee

The SafeWalk program is a service available to all people on campus (students, staff, visitors) to help accompany them safely on or around campus.

The purpose of the program is to help ensure the safety of those people on campus who feel unsure or unsafe walking in unpopulated areas at night.

How does it work? Individuals who feel the need to have somebody escort them can call a security officer to walk them to their vehicle or bus stop. The circumstances under which one would need to be accompanied are usually when it is dark out, late at night, or when someone has to walk in unfamiliar and desolate places.

This service is available to all persons, at any time, at the NAIT main campus, Westwood campus, and the area on and around the Engineering Annex.

Just call security at 471-7477 or stop by the security office at Room D-109 to request a security officer for assistance in this regard.



# NAITSA Elections

## President

It's that time of year when the NAITSA elections are just around the corner. You have just spent the last year or two as a student and are considering running for President, but first you want to know what it is like. Being the NAITSA President can be one of the most memorable and valuable learning experiences you have ever had. The degree of success you will achieve in this position depends on the amount of work you put into it.

There are the day to day duties of ensuring that NAITSA remains an effective voice for students to administration, government, and several external organizations.

There will always be plenty of things to keep you busy, as you will automatically sit on several committees such as the Grad Committee, Awards Night, and the Publications Board. In addition to these, you will be asked to represent students other committees throughout the year.

You will see and organize functions and have a chance to view how group dynamics can affect the successes that NAITSA will have.

As the President, you are the leader of this dynamic group and have to work with them as a team so that any events that occur throughout the year are a smashing success. Occasionally, with these successes come setbacks and you may find yourself wondering what you got yourself into.

In the end, it will be by far the best learning experience NAIT may have to offer to complement your formal education.

Expect to put in 40 hours of work per week, along with your school work. This position is very time consuming and if you must be willing to commit these hours to the Students' Association each week.

If you want to experience this and want to know a little more about NAITSA and the responsibilities of President, stop by the office and talk to Scott.

## Financial/Academic Vice President

The position of Financial/Academic Vice President 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 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 Vice President. You will also have to handle cash at all NAITSA social events. You will be the NAITSA signing authority and act as a second signing authority to the Athletics Vice President 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 the executives in each of their departments.

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

This position also includes chairing Executive Council meetings in the absence of the President.

If you would like to gain experience in this position or would appreciate further information, please contact Chantal at the NAITSA office 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 Governance 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 B.J. Cross or Layna Mulligan by calling 471-8855.

The NAITSA elections are quickly approaching.  
Nominations for next year's Executive open on **March 1st**.  
All nominations are due by **March 5**.

For nomination forms and more information contact the  
NAITSA office.

## Athletics Vice President

This position deals with the coordination of Intramurals and the promotion of NAIT Intercollegiate Athletics. You are required to sit on the Athletic Board, which has a meeting every two weeks to discuss changes and improvements to the athletic program. You also act as a signing authority for the Athletic Board. The Athletic Board also handles the funds for T-shirts and prizes, and the promotion of Intramural and Intercollegiate Athletics. Promotion of the ACAC games is an additional duty. As well, you will attend coaches meetings and act as the official liaison between the coaches and the Executive Council and General Council.

The Athletics VP chairs the Intramural Committee, which meets monthly to discuss different events and issues with all technology representatives. This committee discusses what is happening in intramurals for the month and if there are any improvements to be made. Outside of the intramural committee, you are responsible for hiring the Ook mascot. The Ook mascot is needed for all games on campus and for some promotional events. The Athletics VP works with an Intramural Coordinator in hiring officials for intramural events. It can be difficult to find reliable people for these jobs.

The distribution and deposit of recycle bins is a responsibility of this position. You will be required to keep track of all recycle bins as well as the maintenance of these bins by the technology who is responsible.

There are numerous responsibilities involving NAITSA, including Welcome Week, Alcohol Awareness Week, Environmental Awareness Week, etc. You will spend a large part of your days in meetings, getting in touch with people, and planning different events. It is a full time job and will take up most of your free time - you can expect forty plus hours a week. It is a great experience. Anyone interested should get in touch with Gavin at 471-8877 or at the NAITSA office.

## Activities Vice President

The Activities Vice President position is a rewarding and exciting one. This position can expect quite a hectic and busy year. The coordination of all social activities on campus can take up quite a bit of time. For example, Ook Fest, NAITSA ski trips, cabarets, entertainment at The Nest, and various other campus activities.

The elected representative becomes a member of COCA (Canadian Organization of Campus Activities). This means a bit of travel and a lot of networking with other post-secondary activity coordinators. Another big part of the job is sorting through the ALCB regulations, liquor laws, and the NAITSA poster policy.

For the upcoming school year, the Activities VP will have to hire NAITSA security, and other staff as required. The Activities VP is the chair person of the Activities Committee which consists of student and staff members of NAITSA. We discuss possible NAITSA events that go on throughout the year.

This is a very time consuming position, on top of the basic duties listed above, you sit on such committees as SUDS, the Athletic Board, Awards Night, and others that require student representation. There are many hours of set-up and take down of events as well as poster making and Technology loan reviews.

The Activities VP is a constant source of information for the technology representatives. This person must be hard working, outgoing, and relatively organized. For more information, see Mike at the NAITSA office or call 471-7603.

## Communications Vice President

Communications Vice President is a very educational position. Anyone who is interested in this job must be interested in people and NAIT.

The Nugget is the main responsibility of the Communications Vice President. This means that you hire responsible staff to work on The Nugget and continually monitor/oversee the content and quality of the paper.

Another big commitment for the Communications VP is the student handbook and activities calendar. These two publications are produced over the summer to give to students during registration. The Communications VP works with our Advertising Manager, Linda Campbell, to come up with ideas for the publications. Most of your time is spent coordinating all the information that goes into the handbook and calendar. You will spend most of June and July working on these projects.

The Communications VP also chairs the Publications Board meetings. This is not very time consuming. Publications Board meetings are only called when there is a need to discuss price increases, complaints, recommendations for change, or problems with staff.

The Communications VP is responsible for the public relations of NAITSA. This means making students aware of what and who NAITSA is. It is also indirectly related to creating school spirit.

As the Communications VP, you will be responsible for maintaining up to date records of each technology's Tech Charity Points.

In addition to these responsibilities, there are numerous committees and boards that each executive must sit on. These committees are essential to meeting the goals and objectives of NAITSA and require a lot of time. The Communications VP is a member of BACCHUS, an alcohol education group. You and the Athletics VP will be required to go to a conference where you will be taught everything you need to know about running an Alcohol Awareness Week and a Spring with SUDS campaign.

This position is not without its share of hard work, but it is entirely rewarding. If you decide to take on this responsibility, your year will be full of learning experiences. If you have any questions, please contact Cory in the NAITSA office or by phone at 471-7607.

# Exam Anxiety — Part Two: What to Do About It

Shirley Kabachia, Counsellor  
NAIT Student Counselling Centre

## Long-term solutions on how to prevent exam anxiety:

1. Practice good study habits. Be well prepared. Make sure you know your stuff.
2. Keep yourself in good physical condition by getting adequate rest, nutrition, and exercise. (Exercise is the single very best anxiety reducer known to the human race).
3. Practice good stress management techniques so you can use them whenever you need them. It is not very helpful to wait to try these techniques for the first time in the middle of an exam. Some techniques to learn include:

- Yoga
- Meditation
- Deep breathing (put one hand on the stomach and take slow, deep breaths that make the hand move. If the hand does not move, your breathing is too shallow to do any good).

- Muscular relaxation
- Mental imagery (develop mental images of a safe, relaxing place and imagine all the details like; where is it? what does it look like? what does it sound like? what does it smell like? what does it feel like?)
- Identification and removal of the causes of the anxiety

4. Practice thought control to counteract overwhelming, negative thoughts. To do this, you can pay attention to the negative script that runs through your mind and plan a positive script and practice using it. (i.e: instead of thinking, "I am so stupid, I can't even remember the stuff I knew so well yesterday," try "Okay now, what do I have to do? Oh, yes, I know what to do. I will use my relaxation techniques and calm down. Then I will carefully read the question. I will approach this one thing at a time. Okay now, here I go.")
5. Practice "thought stopping" to

control negative thoughts. You can think "STOP!!" when the negative thoughts are overwhelming. This can jolt you out of the negative thought for a moment — long enough to get the positive script going.

6. Take care of external sources of stress. (i.e: pay the bills on time, discuss late-night assignments with the instructor before they are a problem; contract with family and friends for their understanding of your needs for study time, etc.)
7. If you are suffering from anxiety and cannot manage using the above suggestions, you need to see your personal physician to seek a medical solution well before exams are scheduled. You do not want to be adjusting to medication just as you begin your exams.

## Emergency intervention/ damage control (What to do in the exam if the panic starts)

1. Deep breathing. Ten slow, deep

breaths to help you relax and plan what to do next.

2. Employ the relaxation techniques you have been practicing.
3. Use the thought control techniques you have been practicing.
4. Use distraction techniques to fool your mind into concentrating on something else. (i.e: say the alphabet backwards, count backwards, recall birthdates of your family members, recall who won the Grey Cup for the past ten years, etc.) It should be something that makes you focus your mind, but also something you are capable of doing.
5. Congratulate yourself as you notice the panic lessening. (i.e: "See, I knew I could do it. I am going to control this anxiety and just keep enough of it to motivate me.")

After the exams are over, you can analyze your progress and come in to see a counsellor at the Student Counselling Centre to announce your success.

Good luck! And remember, exams are only one of the tools used to measure our progress at NAIT.

The Student Counselling Centre is located in Room O-111 in the South Lobby. Phone 471-8921 to make an appointment. Office hours are 8:00 a.m. to 4:30 p.m. Monday to Friday.

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submissions

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All submissions Must be  
accompanied by Your  
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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

Daria Morgan, Kevin Pedersen, Jenny Thornbird, Craig Wourms, Anne McLellan, Noy Vongsamphanh, Jeff Riddle, Greg de Jong, Mark Nobert, Shirley Kabachia, SmallFry

# Bottom of the Barrel

Tyler Harke

Well, it's official: Our government has now reached its lowest point in history. We have now outlined, in an eleven-page report (costing taxpayers who knows how much) all the various words and phrases that our elected officials at the legislature cannot call each other.

Yes, that's right, it took eleven pages and probably months of research to fully detail all the inappropriate terms thrown around by our MLA's. The report's origin is from Speaker Ken Kowalski's office. It was sent to all three parties in the legislature and it reminds them that microphones used to broadcast debates are very sensitive. Sensitive enough to pick up muttered phrases which were not intended to be heard by anyone

else. All of this vital info can only lead to one all-important question: What phrases?

Well, there's the obvious ones like "scuzzball" and "hoodwink" followed by some nature classics like "bovine excrement," (cow shit) "fat wingless ducks," and "puffer fish." We then proceed to some highly thought-out phrases including "He'd probably sell his mother..." and "Why don't you get an operation and have your lips attached to your brain?" Keep in mind, these were all included in the report because they've been shouted by one official or another.

Rounding out the list are some personal favorites ranging from "Run off at the chops" to "He wasn't in his usual comatose stage" to the proverbial winner, "Shut up, you wimp."

Only in a country like ours could you get government funding to research something like this. These words, along with countless others, have now officially been deemed, "unparliamentary." Let's just hope the report went into the recycling bin and not the garbage when the MLA's received it. Otherwise, someone would have to spend a year studying the amount of official reports that end up in Edmonton landfills.

Point #1: Our MLA's are a bunch of nerds.

Point #2: Gimme a break, it was a slow week for local news.

Point #3: Only the government could be so adept at wast-

ing time and money as to come up with a report that bans the use of the word "gerbils" in official business.

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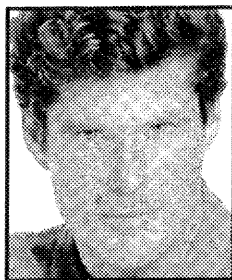
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# Swimmer has Seizure



Kevin Pedersen

**T**his past Monday, a Special Olympic Swimmer was taken to hospital following a seizure in the NAIT pool. The 18-year-old man was struggling in the pool shortly before 8:30 p.m. The man was hospitalized in a non-life-threatening medical condition.

Sgt. Cal Herauf said, "He's going to be fine. He was only in the water as long as it took to drag him out." The man was swimming

with about 27 other Special Olympians at the time, who were cleared out of the pool once the man had been pulled to safety. The coach of the team, Jerry Campbell, noted that another coach dived in once he saw the man having trouble. The lifeguard reacted quickly as well, pulling the man from the water. Thanks to quick lifeguard response and a keen coaching eye, this man's life was saved.

# Semi Finals

cont'd from p. 1

Come on, security, this is a college hockey game, not the ballet!  
**Concordia - 5 / OOKS - 3**

Game Two Friday night at the Thunder's rink was a do or die situation for our team. A loss would mean the end of the season, a win would mean another game back home on Sunday. We played desperate hockey all night with an aggressive forecheck and hard hitting checks. Our own Brad "Smak down" McCorry laid out many clean thunderous hits, injuring two of Concordia's key players. The Thunder retaliated taking costly penalties all game. Our power play was working on all cylinders as the unit of Dale "Breathe right" Donaldson, Josh "Yesterday's V.I.P." Giacobbo, and Simon "I now love Larmer" Amyotte con-

nected for three goals. Kelly "Stir the pot" Ainsworth stood tall in the pipes, leading the OOKS to a commanding win.

**OOKS - 5 / Thunder - 1**

We were now back in the series with the deciding game at home. Sunday night, Game Three, winner goes to the semi-finals. The first ten minutes of the game was totally controlled by our aggressive forecheck once again which led to the first goal by a guy named HORE. Unfortunately, 42 seconds later the Thunder bounced back to tie the match up at one. The second period turned out to be the difference as we sniped three quick goals, one of which by Leigh "Snaggletooth" Arsenault. Simon "Larmer for President" Amyotte added to the lead in the third and

received the game star as the OOKS went on for the series victory.

**OOKS - 5 / Thunder - 2**

The next challenge goes this weekend in the ACAC Semi-Finals against the 1st place Red Deer Kings — a team who took over the #1 ranking in Canada from SAIT in the last weekend of regular season play. Red Deer is an extremely balanced team with a strong system and a good work ethic. I can guarantee our club will be looking for a huge upset.

## ACAC Semi-Finals

### Game 1

Thursday Feb. 25 / 7 p.m. in Red Deer (FAN BUS)

### Game 2

Friday Feb. 26 / 7p.m. at NAIT

### Game 3

Sunday Feb. 28 / 7p.m. in Red Deer (if necessary)

## VOLUNTEERS NEEDED FOR OPEN HOUSE 1999

WE NEED PEOPLE to help out at the INFORMATION BOOTHS which will be located around campus during Open House, March 12th and 13th, 1999. The booths are intended to be manned by two or three people at all times during the course of Open House.

Helping visitors find their way and giving out plenty of Smiles is the Job Description.

If you and/or your friends are interested in helping out (shifts can be from 1hr to all day) see Rita in the NAITSA office to leave your name, phone #, and time you can help out. You can also call Kim Kennard directly at 471-8563 to find out when help is really needed.

Thanks in advance!

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## Career Launch Lunch

March 2 & 3, 11 am - 1 pm

- If you are about to graduate and pursue a career as a technician or technologist, you can't afford to miss this event!
- The Alberta Society of Engineering Technologists (ASET) and NAITSA are hosting two **FREE** information/lunch sessions to answer your questions and help you get started in your career.
- Working technicians and technologists will be on hand to discuss career possibilities and how membership in ASET can benefit you **NOW and in the FUTURE!**
- If you are in one of the following programs, come out for pizza and a soft drink and do some networking with your future colleagues!

### March 2

LO05, Engineering Technologies Annex

Geomatics Engineering  
Civil Engineering  
Engineering Design and Drafting  
Chemical Engineering  
Geological  
Hydrogeological  
Petroleum Engineering  
Architectural  
Construction Engineering

### March 3

Tower Lounge, Main Campus

Air Conditioning Engineering  
Biological Sciences  
CATV Systems  
Chemical  
Computer Engineering  
Electrical Engineering  
Electrical Maintenance  
Electronics Engineering  
Electronics Service  
Forestry  
Instrumentation Engineering  
Materials Engineering  
Mechanical Engineering  
Network Engineering  
Plastics Engineering  
Power Engineering  
Telecommunications Engineering

Door prizes will be awarded to current ASET student members and those who sign up at this event!!

# Question of the Week

What do you think of NAIT Ook playoff action?



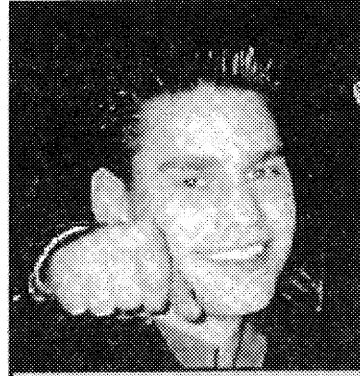
**Mike Kinsella**  
BUS  
"Great entertainment and good value."



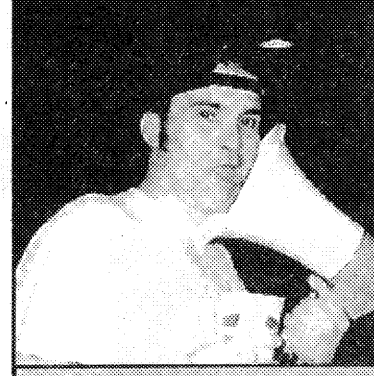
**Shawn B**  
BUS  
"The Ooks are entertainment at its finest."



**Anonymous**  
"We like the Ooks. Came to watch Russell Sharp play."



**Neil Johnson**  
"I love 'em."



**Rob Ellis**  
"Getting ejected sucks."



## Letters to the Editor

### Dear Nugget,

It's awful bad when a person is given a chance but fails to take advantage of it. Well, this person is doing quite well so far. Being disappointed and ashamed of myself is only mild to how I really feel. The teaching is fine; it's only

myself failing to understand and progress further ahead. It's like running a race and being constantly behind. Fellow students, I sure am getting tired of asking for help. My future right now hangs by a very thin thread. I once submitted a poem to the Nugget called, "Please Don't Take It Away." It seems as if I'm just doing that all by myself.

Signed,  
Steven Edward Devas

*-Steven, hang in there. There's people who can help you—talk to your instructors or program head to find out who can help you with your class related problems. Find out from Chantal Young, V.P. Academic, in the NAITSA office if she knows where you can get extra help from people who've been there.*

### Dear Nugget,

In the last couple issues of the Nugget, there's been a lot of talk about "nice guys." Now, I know

you might be sick of reading about it, but I'm not. For the first time, I stumbled upon an article that affect me not as a NAIT student, but as a person. You can screw with my OOK pride all you want, but not with me and countless others.

I'm not saying that nice guys are the bread and butter of society, but we're also not the turd you scrape off your boot. It's not like the only joy that comes from our lives is when we help little old ladies across the street or rescue kittens from trees. We are not blind to how we are viewed by others and we know how we aren't even given a second glance every time some macho bicep-flexer walks by.

Ladies, the nice guys in your class can be identified by the following: We enjoy your company; what guy wouldn't? We enjoy hearing about your weekend; about how your parents drive you crazy and how your puppy enjoys leaving you presents in your new shoes. And yes, we enjoy being your pro-

verbial "shoulder to cry on." Why? Because (I don't know how many guys will admit to this, but I will) we want to be your knight—the chivalrous guy who will hold the door open for you; whom, when asked, will give you his opinion of your current relationship (Even if the guy you're seeing is a total Mr. Wrong) and not expect nor accept any recognition.

It kills us knowing that our behaviour and mannerisms place us in the (quoting Scott Cumming's article here), "love you as a brother" category, but our desire to create an emotional link outweighs our need to create, or try to create, a physical relationship. We believe that there are still women out there that will appreciate our genuineness, or at least

we hope so, because it seems that the nice guy is a dying breed.

Greg Bonikowski

*-Thanks, Greg. Another nice guy writes in. Somebody give this fella a great big hug for being the guy he is. It's good to know that there are still some great guys out there—guys who haven't succumbed to the dark side, like so many of us already have. Keep using the force for good, Greg.*

*There will not be a Nugget next week due to "Midterm Week." If any of you have midterms, good luck. The paper following the week off is our "Open House" issue, which we are still looking for submissions for. If you've got a great technology that you want to tell the world about, let us know and we'll see what we can do for you.*

## What's your technology?

Jenessa Kirkwood

We will be starting a new article each week on the technologies around the school, and one of our technologies will be mine-Graphics Communications. This is a one year certificate program. In this program you learn many different applications, such as Corel Draw, Adobe Illustrator, Quark, Page-maker, and Photoshop. We're different than any other program at any other school because we also learn to print everything manually (photomechanical reproduction). It is a really fun program because while you guys are all stressed out and studying over midterms and finals, we relax because we don't have any. But don't be misled—we have enough practical assignments to make up for it! We actually do have one final in the first semester (Organizational Behavior). What we mostly do is layout documents and design different logos, showing our artistic side to an extent.

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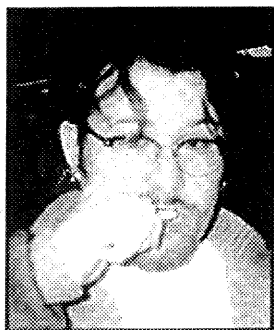
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# Picking out Toothpaste with the Dental Assistant Gang



Mick Beale

I recently had the opportunity to take four different Dental Assistant students on test drives with six different toothpastes. They tried all six toothpastes, trying to give the Nugget readers an idea of what's the best stuff out there. Here are some of the study's results:

**Toothpaste #1: Arm and Hammer**

There were next to no suds, and the taste was, "Too bad for words," according to one guinea pig. On the feeling of cleanliness, answers ranged from "Awesome" to "Horrible." With an aftertaste reminiscent of "rotten black licorice," this contestant finished last place.

## **Toothpaste #2: Crest (with baking soda)**

This toothpaste "looks kinda cosmic" and has "nice sparkles." Right from the full suds, the judges were won over. Overall, this fine toothpaste finished near the top.

## **Toothpaste #3: Colgate**

This "gentle but fresh" paste was at the top of the heap as well, with the judges citing the "very, very foamy" feeling and "nice aftertaste." It's hard to critique something so good.

## **Toothpaste #4: CloseUp**

Want love? Get CloseUp. According to the judges, get CloseUp if you want a "bad coating on the teeth" or if you like the feeling of "lemon slices (dry and acidic)." Short term freshness, but overwhelming taste.

## **Toothpaste #5: Aim**

"Aim at what? The trash?"

## **Toothpaste #6: Aquafresh (whitening)**

This toothpaste caught the Dental Assistant students' attention as it wasn't endorsed by the ADA. "Why not? Will it kill me?" Despite this, it was the overall champion of the toothpaste war, with the "groovy colour", "refreshing taste", and "wintry fresh breath" giving it the accolades it needed to take out the other opponents.

To summarize, Aquafresh was the best all-round toothpaste, followed by the Crest and Colgate in a close tie for second. CloseUp,



Linda, Tara, Rosa and Elaine help us find the right paste.

was the first comment from one of these poor readers who we forced to brush their teeth with this crap. It "tastes like cinnamon hearts" and "leaves a bad aftertaste." The suds were ranked mediocre, but overall this crap is better than the Arm and Hammer.

Aim, and Arm and Hammer should not be used by anyone, anytime. If you think that your technology may have some background information on a subject that you'd like to share with the Nugget readers, drop us a line and we'll get you to test hammers or floppy disks or something.

# How Nice Guys Can Win Over Good Girls

Pamela Chiverton

Yet another segment in the ongoing saga "Why Good Girls Like Bad Boys." Now, don't let me mislead you, I'm not the stereotypical "nice girl" who is just a sweet innocent naive thing, but overall, I'm a nice, good girl (at least that's what I've told myself whenever I've ended up dancing on the speakers in a slightly inebriated state). And I, being a "good girl" for the most part, would like to tell all you nice guys how you can win over a good girl (such as myself).

You see, I've dated some very nice guys. One guy was so nice we broke up because he was considering entering the priesthood again and that just didn't quite mesh with our plans together. So after that, I started dating some not-so-nice guys. We had fun together and sure, maybe he was a little rough around the edges, but "he had such a good heart and treated me so well." Well, at least until I came home and found out my stereo was stolen by my boyfriend, who I later found out was a drug addict with a police file an inch thick.

So, after dating both the nice boys and the bad boys, I've decided to try to find myself a nice guy. However, much to my dismay, there are three major problems with this strategy because most of the nice guys I meet are either (1) taken, (2) gay, or, horror of horrors, (3) such a good guy, I love him... like a brother.

The third problem is probably the worst because it seems like the one that I am most able to change but also the least likely to try to change. See, I have a lot of nice guy friends who are very cool and I know would make awesome boyfriends. In fact, many of the nice guys I'm friends with I would say I became friends with because I was initially attracted to them. It starts out innocently enough: I develop a crush on a guy and decide I want to get closer to him, so I start hanging out with him, finding out what he likes, asking him questions, and going out with him together. However, because he's such a nice guy, he won't make a move on me unless I give him a

signal because he doesn't want to seem like a bad guy, one of "those" guys who only think with the lower half of their body. And me, not wanting to seem like a bad girl, won't make a move either, as I would if he was a "bad boy". So here we are, two people with, as it turns out, a lot in common who have become great friends in part because we're both too stupid to be anything more.

And after a certain amount of time, there's just this incredible friendship where you can talk about everything with each other, including other guys and girls and it doesn't seem weird at all. By this point though, it's too late. You can't suddenly make a move after becoming such good friends because, after all, you are such good friends and you don't want to ruin it. It would be outside the boundaries of your now well-established friendship code; and, when I think about it, this seems ridiculous because I sincerely hope to some day meet and marry a guy who I also consider to be my best friend.

So, my suggestion and point? Nice guys: if you're attracted to a girl, you've got to let her know. Take her out sometime and lay all your nice guy charm and humour on her over a nice meal and then give her a kiss at the end of the night (or beginning, whatever). She'll then know you're actually attracted to her and not just being a nice guy. As bad as it sounds, part of the reason many girls end up with non-nice guys is just because he happened to be more aggressive at letting her know he was attracted to her. Girls: take a closer look at that guy who you always call at 3 a.m. after a big fight with your boyfriend. Don't assume he'll always be there. By the time you break up with your boyfriend for the fifteenth time and realize how much you really care for the guy you always call AFTER the fight, it could be too late; he could already be taken by someone who realized what she was missing out on. And then you're left alone and bitter with your 25 cats while the rest of your friends have found themselves a nice guy and are busy going skydiving and wall climbing and doing all sorts of things that you never even realized a nice guy would want to do — and then hey, it turns out they weren't so boring after all. Who knew?

# Janitorial Neglect

Marc Nobert

Okay, here's my beef: Everyday we walk a round these hallways, right? The hallways of NAIT are pretty clean most of the time. For those of us who are here late, we see who does the work as the janitors run around mopping the floors and clearing up our garbage off the cafeteria tables. Lately though, I can't help but notice one area that's highly frequented but hasn't been cleaned once this year. There's garbage in most corners — some as old as five months. There are dried goobers and loogies of all colors stuck to the walls. There's

even a rug, except it's brown color has gone a far darker, and scarier brown from months of mud buildup. Is it a third world prison? Nope. In fact, some of you probably know where I'm talking about already — it's the parkade elevators. Everyday, me and many other students come through those elevators. The rancid smell of good-knows-what attacks the senses as we pray for a quick arrival to our selected floor. At the beginning of the year, the elevators were fine. Then, a goober appeared on the wall; and another, and another, and another still. Anyday now I expect

someone to pee in the corner out of disrespect. Is it too much to ask for someone to come in and clean the elevator at least once a month? The rest of NAIT gets a scrubbing every night, as it should; but does that mean that one corner of NAIT should be condemned to look like a \$50/month apartment? No. Forget the parkade itself, it looks all right. Forget the stairwell, it's not too bad — but please, will someone take care of this black mark on an otherwise solid system of janitorial work?? It's only a few hours a month at most. Later.



# Mommy, May I Go Out and Kill Tonight?



Jenny Thornbird

**T**his past weekend, three homicides occurred in our City of Champions, and when acts of murder occur, the so-called "experts" are quick to spend hours debating what the motive was. Dependent on the age of the murderer, one could really attribute a motive to many things. How about violence in the media? Inadequate parenting? Access to guns? Disinterested teachers? Why doesn't anybody ever suggest that maybe, just maybe, some people are just extremely screwed up?

Remember the number of

school shootings that occurred in the States last year? At that time, CNN's website posed a question to the viewers: "Who or what is most responsible for school violence?" Parents came in at number one. Poor parents. We can blame them for producing idiots and crackheads, but can parents really stop their children from growing up and turning into monsters?

Without discipline, a child may resort to becoming the neighbourhood ho or marijuana supplier as they get older, but can a "normal" kid, or now an adult, take their anger as far as knocking off their classmates or, like this past weekend, killing a helpless woman in a U of A parking lot? Barring locking someone in a cage in the basement, a person still needs to be mentally disturbed as is to get up one morning, don't fatigue, and whack their Math class or a pool opponent... or is it as simple as the person just has a propensity toward

violence that no one can harness? Nah, that reason isn't colourful enough.

I would hazard a guess that everyone has thought about killing someone at one point or another. I know I have. What stops me from crossing the line though? What stops you? Is it a respect for life? Is it a fear of being placed in a cell and hearing the words, 'oops, I dropped the soap'? Regardless of your reasoning, you do not just pick up a gun, or knife, or some other weapon of choice, and plan to murder someone today. You think about your actions. Is it so absurd then, to think most of us have enough sense and sanity to

fantasize about, but not act on, our homicidal impulses? Apparently it must be. I guess people who murder are simply either pissed off or nuts. I mean, how do you stop a lunatic swept up in the moment?

In the same CNN poll, access to guns came in a close second. I've shot a gun before; my father's friend used to take me and my brother to the shooting range. I did not, however, turn my last place of work into a bloodbath. Having access to a gun is not an impetus to violence. It is not the means by which someone commits murder. It is the murder itself that is important. Take away guns, and people will use knives or some other means. That was the trend at M.E. Lazerte High School for a while. Guns are rarely, if ever, used in schools though. Knives will lower the body count, but it doesn't diminish homicidal urges: "Oh, Alberta has that new law on guns. That's okay, I'll bring in a machete and chop everyone's heads off instead." For all you know, the person sitting next to you could be thinking that at this very moment — how's that for a comforting thought as you roam the hallways of NAIT today?

Another popular scapegoat for murder is the media. I'm talking films, music, books; the full monty.

I grew up on a steady diet of horror films and Fangora magazines, but I never put on a hockey mask and murdered teens engaging in premarital sex. As for television, the TV event that traumatized me the most wasn't the controversial scene in "Brooklyn South" in which someone's head was blown off, but the scene in which we saw Dennis Franz's ass. By God, that was scary. As for violent music, I have listened to bands like Danzig, Life of Agony, and Cannibal Corpse, for several years now. Their music doesn't encourage me to hack off someone's arms with a chainsaw though.

So where does all this leave us? Still with three dead people — and *everyone* should be making a big deal about it. Obviously there are still some pretty f\*cked up individuals roaming the streets of Edmonton here and no one can even come up with a good reason as to why they exist. Heck, if one of them kills someone before 1999 is over, there won't even be a good reason as for why they did it. Knowing that now, maybe we'd all just feel safer instead if we accepted that some people are born to kill and that nothing can influence or change them; and, on that note, sleep well tonight, eh?

## Nice Guys: Keep To It

Greg de Jong

**W**hen people say "nice guys finish last," we usually picture a typical race. Let's use an analogy of a drag race: the cars line up; set to pounce. The cars are a variety of styles, models, engine sizes, etc. The flag is dropped and the muscle cars smoke up the air, throttle wide-open, hurtling into the future. But also present are the quality vehicles, whose drivers instinctively use a more conservative tactic. Their acceleration is smooth and gradual. Instead of doing things loudly, at full bore, they opt for a seemingly strategic approach. Unfortunately, they blowhards rocket to the finish line.

Perhaps this analogy is accurate for some situations, but I prefer another: picture a demolition derby instead. The entrants tear

around in the mine, bashing into each other in a cloud of exhaust. The over-aggressive make the mistake of colliding head-on, often wrecking their engine and incapacitating the car. Meanwhile, the more calculating and restrained are able to prolong their contention by only colliding rearward, thereby saving the engine. Therein, these contestants do "finish last," but that is the goal.

So, in life, I (a nice guy) have no problem biding my time while the macho men strut their stuff. I can take the hits. I will not sway from my personal style of being "nice," because I am satisfied to wait for my turn in the spotlight. And, when that time comes, I'll have the reward of knowing I had always acted with integrity and intelligence. NICE GUYS: Keep to it. It is not about crossing a finish line, but about finishing.

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# NAIT Curling Regional Recap

Men, Mixed, and Ladies Qualify for Provincials

The NAIT Curling teams continued their winning ways — qualifying all three teams for the Provincials.

The teams posted an overall 15-13 record during the Regional tournaments; hosted by NAIT from November 20-22, and by AVC-

LLB from January 29-31.

A total of 66 games were played in the two Regionals, 35 in the "fall" and 31 in the "winter," as six colleges battled it their respective round robins to determine the Provincial qualifiers. The top four teams from each division (men's, mixed, ladies') will now

expect to see NAIT and LLC fighting for the Gold medal.

#### Mixed Team

The mixed team clenched 4th place by winning their last game against AVC-LLB. They went 2-3 in both Regionals. They were the Dr. Jekyll/Mr. Hyde team all winter. They crushed LLC, the top team, twice and lost 3 out of 4 games to teams that missed the playoffs.

The mixed championship will definitely be a wide-open affair.

#### NAIT Ladies

Graduation forced the Oaks to start an all-rookie team. Unknown and unproven, they surprised everyone by going 3-2 and 1-3 in the Regionals, finishing 3rd overall. They have an excellent shot for a Silver medal, and they might even challenge LCC (9-0) for the Gold.

#### Extra Ends

The Men's Team also represented NAIT and the Avonair Curl-



Mixed Curling Team. From left: Dave Harper, Jolena Scott, Les Eglaver, Jackie Ruffan.



Men's Curling Team. From left: Ward Johnson, Brad Jansen, Kelly Hunka, Cory Caroeski, and Curtis Lorniak.



Ladies' Curling Team. From left: Dawn Gervais, Pam Oleksyn, Shari Granigan. Missing: Rebecca Boyka.

compete in the Provincial championship, which is scheduled for February 26-28 in Camrose.

#### NAIT Men

NAIT established themselves early as one of the teams to beat as they cruised to a 5-0 record in the fall Regional. They went 2-2 in the winter Regional, losing both games in extra ends. Their 7-2 overall record leaves them tied with LLC for 1st place. It will be a very competitive Provincial, but one would

ing Club in the Junior Playdowns. They qualified in the Cities and lost a heartbreaking qualifying game in the Northerns.

#### Wade Johnson — '99 Brier Bound

• NAIT Student 93-95 EET Program

- Skipped the NAIT Men's Team to a Gold in '95
- Represented Alberta in Canadian for Pepsi Curling Championship in '95
- Representing Alberta in the '99 Brier as lead for the Ken Hunka team

## ACTIVITIES

THURSDAY  
March 11

Entry Deadline for  
4 on 4 Beach Volleyball

MONDAY  
March 22

4 on 4 Beach Volleyball  
starts  
(weather permitting)

### ACAC Weekly Ooks Stats

#### LAST WEEKEND....

##### MEN'S HOCKEY

NAIT 3 CUC 5

NAIT 5 CUC 1

NAIT 5 CUC 2

NAIT wins Best-of-3 Quarter Final and now faces Red Deer in Semi-Final.

##### MEN'S VOLLEYBALL

NAIT 3 GPRC 3

NAIT 3 TKUC 2

NAIT men finish 5th in ACAC.

#### UPCOMING GAMES ON CAMPUS...

Men's Hockey Playoff Action

• Game 1  
Thursday, Feb 25 @ RDC

• Game 2  
Friday, Feb 26 @ NAIT

• Game 3 (if necessary)  
Saturday, Feb 27 @ RDC

2, 4, 6, 8  
Who  
do we  
appreciate?  
Coming  
Soon

Instructional  
Excellence  
Award

Stay tuned to  
the Nugget for  
more details...

## OOKS OF THE WEEK

NAME: Joyce Funk

SPORT: Badminton

FACULTY: Chemical Technology

FAVORITE FOOD: Chinese food

FAVORITE TV SHOW: Friends

FAVORITE MOVIE: Life is Beautiful

FAVORITE BAND: The Hip

FUTURE PLANS/ASPIRATIONS: Finish school and WIN THE NATIONALS!!

COACH'S COMMENTS: Joyce has been a key part of our team all year long. Joyce and her partner Binh Nguyen won the ACAC Mixed Doubles Championship this year. She is a pleasure to coach and her easy-going attitude and always present smile always inspire the team.

NAME: Binh Nguyen

SPORT: Badminton

FACULTY: Plastic Engineering Technology

FAVORITE FOOD: Peanut butter and pickle sandwiches

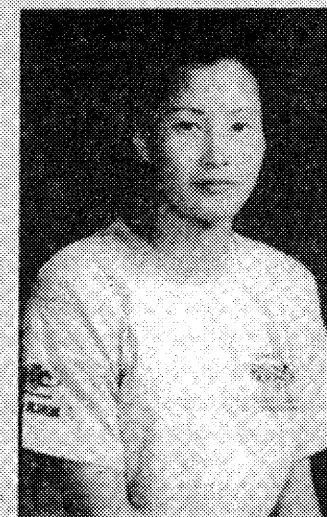
FAVORITE TV SHOW: Baywatch

FAVORITE MOVIE: Porky's

FAVORITE BAND: Faith Hill

FUTURE PLANS/ASPIRATIONS: Win Nationals and find a nice girl and get married.

COACH'S COMMENTS: Binh is one of the most talented badminton players that I have ever coached. He works hard in practice and always leads by example. He doesn't talk a lot, but when he does, everyone listens. Binh and Joyce are ACAC champions, and in a few weeks, they could very well by National Champions.





# One Step Forward

Craig Wourms

The NAIT Men's Volleyball Team went down to Calgary with the goal of making the other teams in the ACAC take note of the Ooks for the 1999 - 2000 season. It turned out to be a couple matches that were nothing to brag about.

Up against the number three seed GPRC in the quarterfinals, the Ooks played some incredible volleyball for about 25 minutes before the wheels fell off. The team did not pull themselves up to the level of the competition and were sent to the Consolation Final with a 0-3 loss.

The final match of the season for our Men's Volleyball Team was against one of the cross-town rivals who did a number on the Ooks during the regular season. The King's University College Eagles had beaten the Ooks on four different occasions before playoffs. The match went five games and the volleyball was not the best to watch, but the point that matters is that the NAIT Ooks won their last game of the season and moved up one spot in the ACAC Rankings.

#### FINAL STANDINGS:

- (1) Mount Royal
- (2) Red Deer
- (3) SAIT
- (4) Grande Prairie
- (5) NAIT
- (6) King's

The National Finals Tournament is in two weeks and I predict

that with the Wild Card entrance of both RDC and GPRC and the ACAC Champions MRC. Alberta will sweep the hardware at the Nationals — Gold, Silver, and Bronze to the top three teams above.

Thank you to all the athletes and fans from both the Women's and Men's Volleyball programs. It was a bumpy year coaching both of you, but I enjoyed it and learned a lot about the new crew of athletes that will return next season.

## SUPPORT YOUR OOKS!

ROUND **2** PLAYOFF ACTION

FAN BUS TO RED DEER

# TONIGHT

Bus leaves at 4:30 Sharp From the Nest



Tickets \$5<sup>00</sup>



**NAIT OOKS**  
vs.  
**RED DEER**

Bus is Licenced  
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# Swim Team Heads to Grande Prairie

Jeff Riddle

The NAIT Ooks Swim Team is in the process of preparing for their last competition of the season. The team will be heading off to Grande Prairie on Friday for the Saturday March 12 ACAC Final. While not in the hunt for medals this year, it is a great opportunity for the team to build on their performances

over the 98/99 season.

ACAC swimming consists of teams from Mount Royal, SAIT, Red Deer, Grant MacEwan, Concordia, NAIT, Grande Prairie and Keyano Colleges.

Cumulative results from three meets over the course of the year determine the conference champions.

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and cold hard cash.

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#### Important changes to prerequisites.

A university degree will be an additional prerequisite beginning in the year 2000. A transition policy allows some leeway until 2002. If you need to know if you meet the interim requirements, or if you require any information, contact us directly.

The deadline for application for the 1999 CMA Entrance Examination is May 19, 1999. Prep sessions begin in April for the June examination.



Shaping the Future

For more information visit our website at [www.cma-alberta.com](http://www.cma-alberta.com), or call us at 1-877-CMA-2000

# Sky: Euphoric Ecstasy

Noy Vongsamphanh

Individuals of all ages and both genders got a "Piece of Paradise" on February 17th. 4,000+ fans gathered at HMV's new location at West Edmonton Mall, Phase 4, to catch a dynamic duo in action. Who was the cause of all this commotion? No other than Montreal's SKY.

The word "sky" used to be referred to as the colourful, open surrounding above one's head; but now, when "Sky" is mentioned, they obviously mean the band. It was only a year ago this month that Sky signed with major record label EMI. Since the signing, things for the band have been a non-stop workfest — travelling to Asia, per-

sonalities comes beautiful lyrics that are real.

Sky performed, with much enthusiasm, several songs off their debut CD, "Pieces of Paradise." A few songs their set included were "Some Kind of Wonderful," "Love Song," and my favorite, "Push." Sky was supported by a full backup band, which complimented James and Antoine perfectly. They are definitely an act to catch next time they are in Edmonton.

Interview

I got the opportunity to hang out with James and Antoine. Having to do many interviews that afternoon probably was beginning to get these guys annoyed and exhausted, but when I interviewed

he did, it was usually something intelligent. It was hard to maintain eye contact with James because he gets nervous when people stare at him. It's even a little difficult for him to perform because everyone's staring; but since they are performing for the fans, it puts James a little at ease. James enjoys Sci-Fi novels and is the one that writes Sky's twisted lyrics like, "the eyes are freaky and the horns are there to stay."

Sky is gaining much attention and is climbing up the music charts rapidly. Surprisingly, this has not affected the guys' egos and personalities. They are really grounded and charming individuals with direction in their lives. Both enjoy performing and meeting the fans, but also really look forward to the 'reality time' after the shows. Maintaining a private life and having quality time for themselves is really hard at the moment, but they can't complain about the wonderful opportunity they were given to do what they were doing.

Not only are James and Antoine talented musicians, they can play various instruments

which include: bass, guitar, and piano. Aside from writing music and playing instruments though, they also have another passion — producing. Actually meeting back 1992 in an engineering school,

James and Antoine decided that even though they are complete opposites personality-wise, they do have great musical chemistry and common goals. The guys even started their own record label called *Phat Royale Records*, and on that label, they released their first 5-song EP and Antoine produced Sky's first video, "America." James and Antoine hope one day that they can take *Phat Royale* to another level by signing, producing, and writing for other inspiring musicians.

them, if this was the case, it sure didn't show. James and Antoine were great company and kept me laughing constantly.

Antoine is the bald, tattooed, tongue-pierced, 26-year-old who has two sides to him. He is a great dancer, has incredible fashion sense, and used to do odd modelling jobs in high school. Even though Antoine's known to be active in the party scene, he does have a very compassionate side as well. He loves to cook and, after talking to him, I could tell he treats his ladies like gold. Antoine is definitely the more talkative and outgoing of the two, but he's also the one responsible for all the sweet, heartfelt lyrics. For example, "all I need is for you to be holding me forever, you're my superstar..." shows that this bright-eyed sweetheart is a pot of gold.

Then there is the other half of Sky — James. He's the bleached blonde, blue-eyed cute boy who used to have his labret (chin) pierced until it got infected! Now he has the innocent, sweet look that puts many girls in awe. James is the shy one of Sky. During the interview he rarely spoke, but when

# Horoscopes



Daria Morgan

## Capricorn

(December 23-January 19)

You will have an intellectual conversation with a potato soon, only to discover it's actually smarter than you. This will later irritate you.

## Aquarius

(January 20-February 18)

What a terrific day to gallop in the hallways.

## Pisces

(February 19-March 20)

You will find out today that the expression "hideously deformed" may not be as neutral as you believed.

## Aries

(March 21-April 19)

Bad hair day today. In fact, it's quite likely that your hair will actually be arrested.

## Taurus

(April 20-May 20)

You will become nervous when you spot your next door neighbors doing a Bantu war dance.

## Gemini

(May 21-June 20)

You finally discover the relevant meaning behind the TV series "Life Goes On."

## Cancer

(June 21-July 22)

You will be tired and cranky for the rest of your life. Try to think of this as an opportunity to grow spiritually.

## Leo

(July 23-August 22)

Good day to defy convention. Buy a fedora and wear it indoors.

## Virgo

(August 23-September 22)

Time to stop beating around the bush — actually beat the bush this time. Give it a good thrashing and say, "bad bush!" in a loud, stern tone.

## Libra

(September 23-October 22)

You will flip a coin four times. Someone will then walk up to you and say, "Hey, watcha doing?" You will then realize how stupid that person is.

## Scorpio

(October 23-November 21)

The pickup line, "I know you're not a gas station, but can I pump you, anyways?" will take you to new places this weekend.

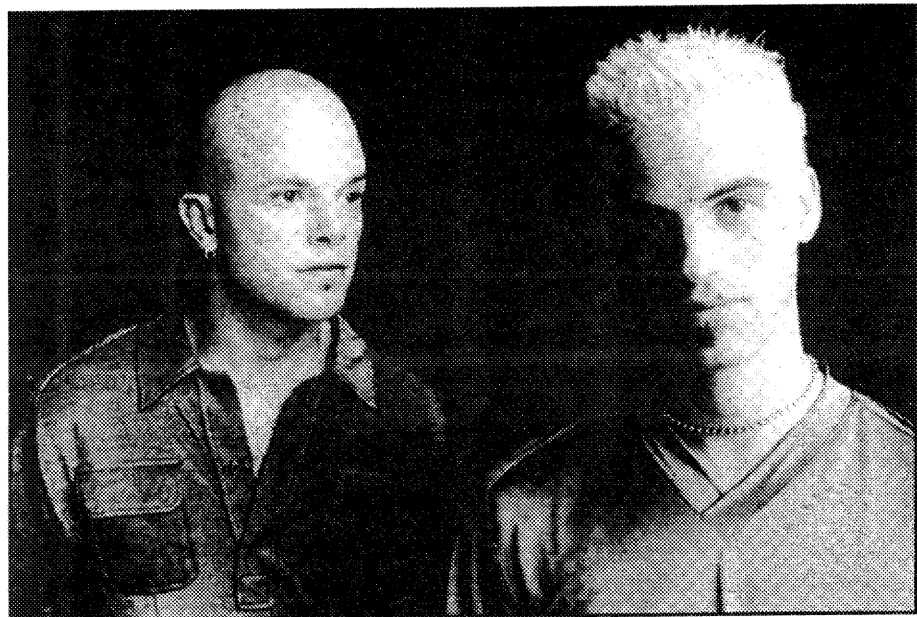
## Sagittarius

(November 22-December 22)

Rhubarb pie is the only antidote for your ailment. Also, someone's been teasing your cat again.

## If today is your birthday:

Remember: You can lead a man by his penis, but it's no way to tame him.



Antoine and James of Sky.

forming for fans, promoting, now signing with Arista records in the US, making videos, and doing interviews daily — have kept James (vocalist) and Antoine (backing vocals) very busy.

After watching Sky's in-store performance, it was evident that entertaining comes naturally for these two very talented and attractive males. When Sky hit the stage, they instantly gave off immense, positive energy which they say they get from the fans. Their funky, R&B-influenced pop groove are danceable, catchy, and soothing. To add to the groove are the amazing lyrics. Antoine's "passionate" while James is "troubled." With this different combination of per-

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# TOP TENS

Source: [www.canoe.ca](http://www.canoe.ca)

## Canadian Box Office

1. Payback
2. Message in a Bottle
3. Shakespeare in Love
4. My Favorite Martian
5. She's All That
6. Blast From the Past
7. Saving Private Ryan
8. Patch Adams
9. Life is Beautiful
10. Rushmore

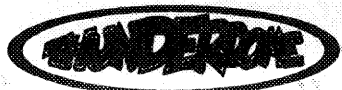
## Edmonton Album Sales

1. Baby One More Time - Britney Spears
2. 1999 Grammy Nominees (Mainstream) - Various Artists
3. Believe - Cher
4. Americana - Offspring
5. Dosage - Collective Soul
6. Big Shiny Tunes 3 - Various Artists
7. Muchdance 1999 - Various Artists
8. Women & Songs 2 - Various Artists
9. 1999 Grammy Nominees (Rap) - Various Artists
10. Piece of Paradise - Sky

## Canadian Singles Sales

1. Goodbye - Spice Girls
2. Believe - Cher
3. Something/Candle in the Wind - Elton John
4. Baby One More Time - Britney Spears
5. Music Sounds Better With You - Stardust
6. Some Kinda Wonderful - Sky
7. Because of You - 98 Degrees
8. Nobody's Supposed to be Here - Deborah Cox
9. We Like to Party - Venga Boys
10. Angel of Mine - Monica

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"Together, we can beat the Bug!"

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### Your computer

When the year 2000 rolls around, your personal computer could get confused. It could start to read the year 2000 as the year 1900. Essentially, that's the Millennium Bug. Lots of other electronic devices could catch it too, but your computer is the most vulnerable. Hardware, software, operating systems, data — all could be affected. So could printers, modems, and scanners. We can show you how to test your computer for possible Year 2000 difficulties. And we can help you to find out which products and suppliers are Bug-free.

### Your finances

Canada's banks, other deposit-taking institutions and related organizations such as VISA, MasterCard, and the Interac Association expect to have their technology fully prepared. They are developing back-up systems and contingency plans to deal with any unforeseen events. If you have questions, you should contact your financial institution.

### Your household appliances

You probably don't have to worry about your appliances. The Bug will hit only those that depend on dates to work properly. If you can unplug an appliance and then turn it back on without having to reset anything, it should be OK. None of your equipment should stop working altogether.

But timing devices could be a problem on some VCRs, fax machines, security alarms, digital thermostats, answering machines, and video and digital cameras. We can help you to get Year 2000 information supplied by appliance retailers and manufacturers.

### Your car

Manufacturers say it is highly unlikely that the Bug will cause car problems. We can show you what several of the major car manufacturers have to say about the Bug and their products.

Don't wait until you have a problem to begin finding out about the Year 2000 Bug. Start now! **Watch for the Millennium Bug Homecheck guide in your mailbox.** For more information call:

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Or visit us at:

**[www.canada.gc.ca](http://www.canada.gc.ca)**

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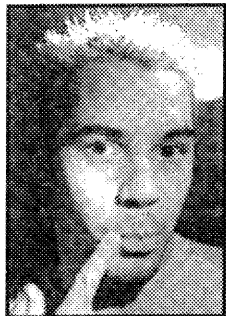
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# Entertainment News



David "Wuzzle" Veilleux

LONDON (AP) — Scary Spice Mel Brown has beaten her bandmate Posh Spice Victoria Adams to the maternity ward, giving birth Friday evening to a 5 1/2 pound daughter. Phoenix Chi was born at 6:42 p.m. (1:42 p.m. EST) at a London hospital three weeks before her due date of March 10. Mother and child were doing well, said her husband, dancer Jimmy Gulzar. Asked how his wife was, he said, "She is wicked." The other Spice Girls — Baby Spice Emma Bunton and Sporty Spice Mel C — were next door during the labor and were calling themselves "auntie spices," he said. Meanwhile, ex-Spice Girl Geri Halliwell said Friday she is writing her autobiography and will publish it later this year. It said she will write about her time with the Spice Girls, but not to expose their secrets or settle any scores.

NEW YORK (AP) — Wednesday's Grammy Awards will give music industry executives some rare moments of peace. The business that decides what music people will hear is going through tumultuous times, with bottom line-enforced consolidation coming just when new technologies are opening up unimagined frontiers. If things could only be as simple as sitting back for a few hours and listening to Lauryn Hill or Celine Dion. Many executives are looking for jobs, instead of Grammy tickets this year, because of massive retrenchment being caused by Seagram Corp.'s purchase of Polygram. And many music companies — Motown, A&M, Geffen, Mercury, MCA, Island, Interscope — are being folded into the larger Universal Music Group. The big-name musical acts under this umbrella, like U2, Sheryl Crow, Nine Inch Nails and Boyz II Men, are expected to survive. But there are reports that as many as 200 artists will be cut adrift, left without a company to manufacture, distribute and promote their music. The result is an almost dizzying parade of interchangeable musicians, and careers that nosedive before age 30. Last year's Weezer is this year's Limp Bizkit. Arrested Development becomes Foxy Brown. The rock band Sugar Ray even named their most re-

cent album "14:59" in a joking reference to the clock ticking on their 15 minutes of fame. "You have more one-hit wonders in the 1990s than you've had since the 1950s," said John Scher, a former Polygram executive who is now president of the Metropolitan Entertainment Group. Scher said that before he left Polygram, the company really didn't care about advancing the careers of any artists unless they were major stars who could quickly pay off an investment. With radio consolidation leading to restricted playlists, fragmented station formats and fewer people deciding what gets played, it's harder to get music noticed. It sounds depressing, but there's a much brighter side. Many experts predict a boom for smaller, independent record labels — ones willing to take a chance on something new or stick with an established artist even when their best sales days are past. Independent labels lack the distribution and marketing muscle of the bigger companies, so it means fans have to look harder for the music. The Internet now serves a musical function that radio or a trusted friend once did, providing a network for fans to talk about what's new. Some in the industry fear it may eventually take over. Through a format known as MP3, it's becoming easier for fans to download music files from the Internet, copy them with CD-quality sound and play them on a Walkman-like device. This freedom terrifies the industry. If people can get music for free over the Internet, why buy CDs and tapes? Only time will tell.

NEW YORK (AP) — Aaron Spelling — the creator of steamy shows like *Melrose Place* — says he's shocked by the sexual content in some soon-to-be-released teen movies. "I think they're going too far," Spelling said in the March 1 edition of *Newsweek*. The article examines the sexual content of several upcoming R-rated teen movies, including *Cruel Intentions*, starring Sarah Michelle Gellar, and *Go*, with Scott Wolf. Spelling, who also produces teen-oriented shows like *Beverly Hills 90210* and *Charmed*, said movies need to be more responsible. "I abhor some of these teenage movies. If they're going to have sexual affairs, I like to see condoms. We do it on TV. I think they should do it," said the producer. But *Cruel Intentions* star Reese Witherspoon said the movie, due out March 5, reflects teen life. "The great thing about this movie is that it blows the lid off any stereotype of kids' being gentle and demure. Kids are horrible to each other. It is a very sexual climate in high school. This movie shows parents that this is where your kids are at," she said.

## CD Review

### Sonichrome *Breathe the Daylight* Capital Records

www.sonichrome.com

SmallFry

One of the great tragedies in life is that Sonichrome somehow missed Edmonton during its tour last November. My hope is that as local radio stations play their songs more and more, it will become apparent that the fan base is healthy enough to do a gig perhaps at the Shaw Conference Centre, or the Jube, or Dinwoodie, or hell, they could use my backyard. Just play here, damnit!

I'm emphasizing their live performances here because listening to their CD is like trying to get the gist of say, Moby Dick, by just reading the executive summary. You understand that it rocks but you need further proof.

And so I wait.

I believe that Sonichrome's full-blown attitude and keen sense of marketing has

given them a rather remarkable balancing act between total "All Ages" Power 92 fare and the more refined "Sonic Boom" hard rock of The Bear. And yet, somehow neither are satisfied just by listening to the album. *Breathe the Daylight* sounds like the title of a bad Bob Dylan wanna-be poetry based rock band, like *Colours of the Wind*, or *See the Music*.

That's all blatant crap.

But do not be fooled by my disparagement. Put the title behind you and what you get is some kind of Pop Pop. It's not hard like Metallica and it's definitely not light like Sky, but it has similarities to both. Very singable, very infectious, very refined. And the amps are turned to 12. And that's exactly why they have to come to Edmonton so that I can hear in person what the people in the studio heard.

Of the thirteen tracks on this disc, I counted seven solid singles-in-waiting. Only time can prove me wrong.

## Attention Songwriter's and Recording Artists:

SOCAN Seminar this Sunday

Kevin Pedersen

If you are a songwriter or a recording artist or you are involved in the business of music, you want to be part of this information session this Sunday, at the Westin Edmonton Hotel, 10135-100th Street.

The Society of Composers, Authors and Music Publishers of Canada (SOCAN) in partnership with the Foundation to Assist Canadian Talent on Records (FACTOR), is presenting FREE information sessions that are open to SOCAN members and non-members.

The role of SOCAN and the benefits associated with being a SOCAN member will be discussed by Dorothy Allen, Wayne Saunders, Kent Sturgeon and Bruce Wilde of SOCAN, along with performer Bill Henderson. Bill will

also discuss the Songwriter's Association of Canada (SAC) and its various programs. Heather Ostertag of FACTOR will elaborate on the various programs which provide financial assistance to the Canadian independent record industry.

The publishing segment features song critiquing of attendees' works. If you would like your work critiqued by the former General Manager of BMG Music Publishing Canada (Terry O'Brien) or Bill, bring along a tape with your song cued and two lyric sheets to the seminar.

For more information, contact Dorothy Allen or Sue Irving at SOCAN's West Coast Office (1-800-937-6226).

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## GRAPEVINES

To the Real Man: Gay bashing isn't allowed in the Grapevines. Please take the biased stick out of your ass before submitting anything else.

To Brandy in Chemical cuteness, Happy 18th Birthday!  
Signed, The guys from retail meat

Hey you,  
Happy 20th Birthday  
Love, "T"

To the Mr. and Mrs. Joe McIntyre on the 8th floor,  
I see half of the Business faculty didn't get through to you in our last Nugget comment. We still see you groping and laying on the couches all over each other. There's a place to go — it's called the Rosslyn Hotel. They have cheap rates, \$50/night, so take it there and go hard, or do it in the car in a secluded spot; but quit bringing it to school! Watching you guys do your thing is like watching my parents get busy.  
Signed, Still Sick of Watching

To A.J. Greening,  
An open invitation to the dance, happenstance set the VIBE that we are in. No apology because my urge is genuine and the mystery of your rhythm is so masculine. Here I am, and I want to take a hit of your scent and it bit deep into my soul. Do you want to know how deeply my soul goes? ... It goes deeper than bones. I WANT YOU! By the way, you've known me since last year, and did you get the V-Day gift? I left it at the T700 staff office for you.  
Signed, Watching and Admiring

To Sick of Watching,  
Kudos on your efforts to STOP THE MOLESTATION! Believe me when I say you DO speak for the entire tower! Obviously their cravings for each other are uncontrollable, which is funny to me 'cause I didn't know people could "lust" each other; but as the saying goes, "Birds of a feather..." You two know who you are, and yet somehow, you're proud of flaunting your disgusting antics. I'm afraid of the couches

on the 8th now! Know it off, or it'll be more than just harsh comments!  
Signed, Every time you walk by I gag

To Chump (Swinger),  
I'm LLH, I've got ladies galore. You may have a lot of ladies, but I've got much more. With my ladies in a group, Swinger's thumb in (put a word here that rhymes- we can't print the real word- The Editor), it's LLH's turn to knock on the boot. I'm a hip-hop lover — Swinger's dates are with a mag called HUSTLER. Last week he had to settle for his brother. (ouch!!)  
Signed, LLH

To the couple who can't control themselves,  
For the life of me, I can't understand why you grope yourselves in front of everyone. Does it just make it more kinky, or does it turn you on? I know most of the people on the 8th floor are disgusted with your actions. On behalf of the BUS students, I would just like to say: Take it somewhere else. I've seen many people run to the bathroom and puke because of you, and it's hurting my stomach. Show some respect.  
Signed, Constantly Puking

Mark? (Aircraft Skin Repair, Newfie)  
Remember me? Jasper — Pete's Place. I had a great time. Too many Boomerang's kept me in bed. Missed you on the slopes. Write back.  
Signed, Green eye girl

To the homeschooled, self-absorbed in HG: PRT,  
Your mouth doesn't give you the right to interrupt the class or me. If you keep your boastful lips flapping, our grades will go south. Someone may stand up and put your own foot in your own mouth.  
Signed, Foot

**THURSDAY**  
*Ladies*  
**NIGHT**

Good For ONE Free Entry Until 10 pm



9920 - 62 Ave Ph: 433-3663

## Classifieds

**THE GIRLS OF WESTWOOD** are coming to Main Campus to sell 50/50 tickets. Each ticket costs \$1, with half of the proceeds going to the OA/RIM Graduation. Since just under 4,000 tickets have been printed, that means you could win close to \$2,000! We will be at the South Lobby from 10 a.m. to 11 a.m. and from 12 p.m. to 1 p.m. on Friday, February 26. Hope to see you there!

**Wanted: Someone to RideShare with to NAIT.**  
I leave Leduc at 7:00 AM, and must

leave NAIT before 4:20 PM as I work at Five o'clock on the south side of Edmonton. If interested in saving some money and you live on the south/center side of Edmonton (or Leduc!) give me a call at 986-7174 (leave message.) Or e-mail me at hippydog@yahoo.com

**LOOKING FOR SINGERS FOR LOCAL BAND!** Need a male that can hit some pretty low notes and a female that can sing either high or low. Also looking for someone who can beat-box (sounds like drums, only using the voice). Phone Michael at 456-6625 and leave a message.

**INK REFILLS**  
80% savings, refill your own cartridges. Call 414-6147 or visit: #1 10327 - 61 Ave.

Men and women required for The Clansmen Rugby Club's ongoing programs. No previous rugby experience required. The Clan Clubhouse and Fields are nearby at Airways Park (behind the RCMP building). For information call 476-0268.

**Resume Relay Services** takes the stress out of finding work! We will use our extensive database to fax your resume to hundred of companies within hours/overnight anywhere in Canada.  
1-(800)-545-5069  
www.resumelay.com

**Grapevines are due by 4:30 pm on the first day of the school week. If they're not in our Submission Box, they're not in our paper.**

### NAIT Grad Portraits

## Spring '99

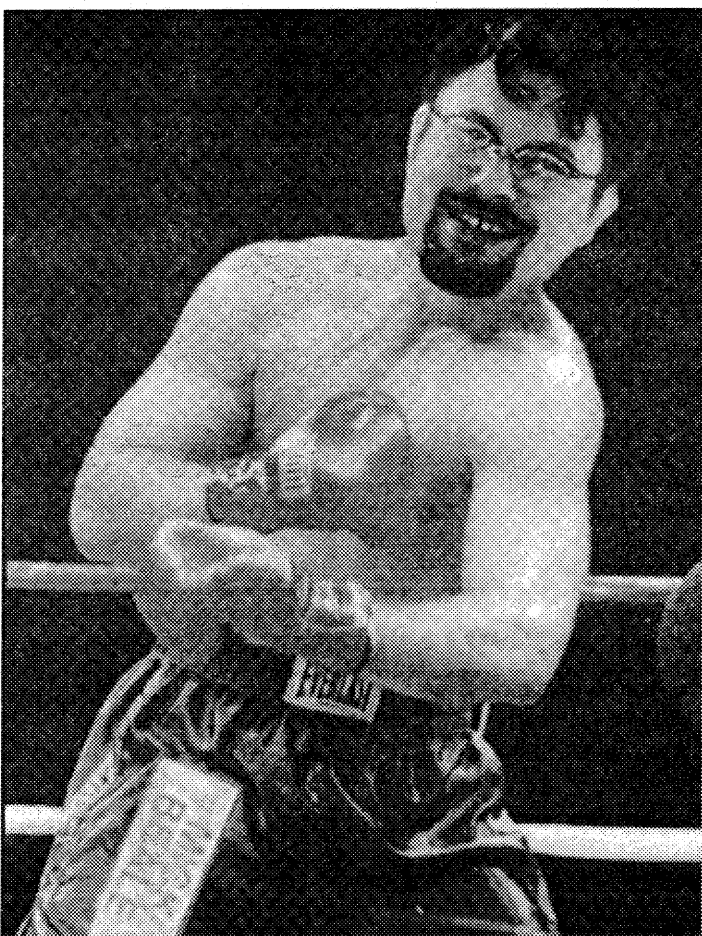
Please make appointments in person from February 18, 1999 to March 5, 1999 in Room U209 8:00 am to 4:00 pm  
Phone 471-8732

**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!**

THE NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY



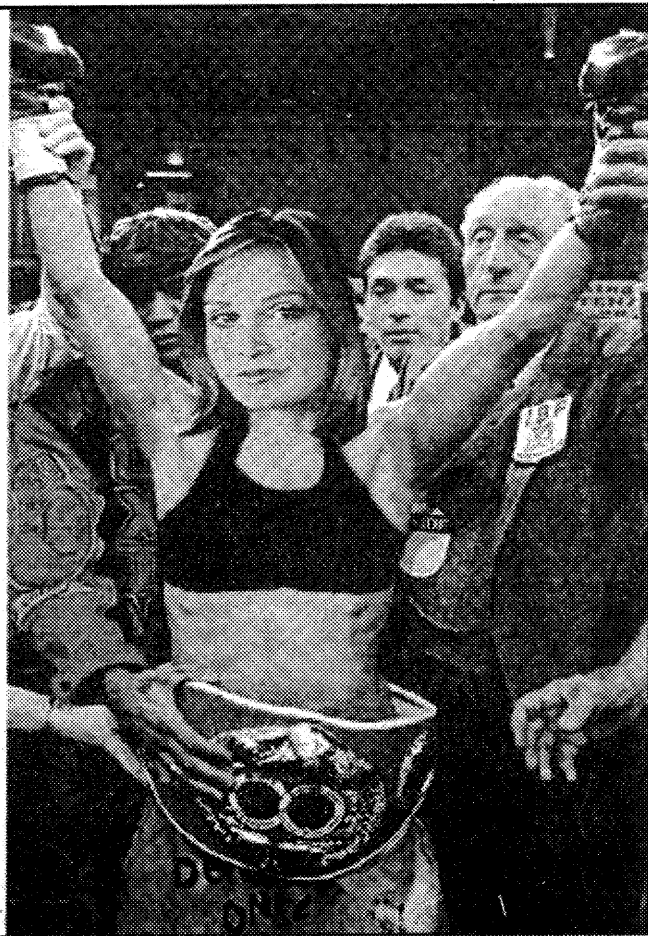
**MICK BEALE**  
**VS.**  
**MCBEAL**

**THIS TIME,**  
**IT'S FOR A NAME!**

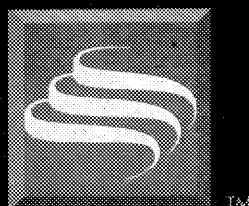
**Friday, March 12th**  
**NAIT OPEN HOUSE**  
**SOUTH LOBBY**

**Tickets available at the**  
**NAITSA office.**

*We're looking to cover your Open House events, too. Stop by The Nugget or put a note in our box.*







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