

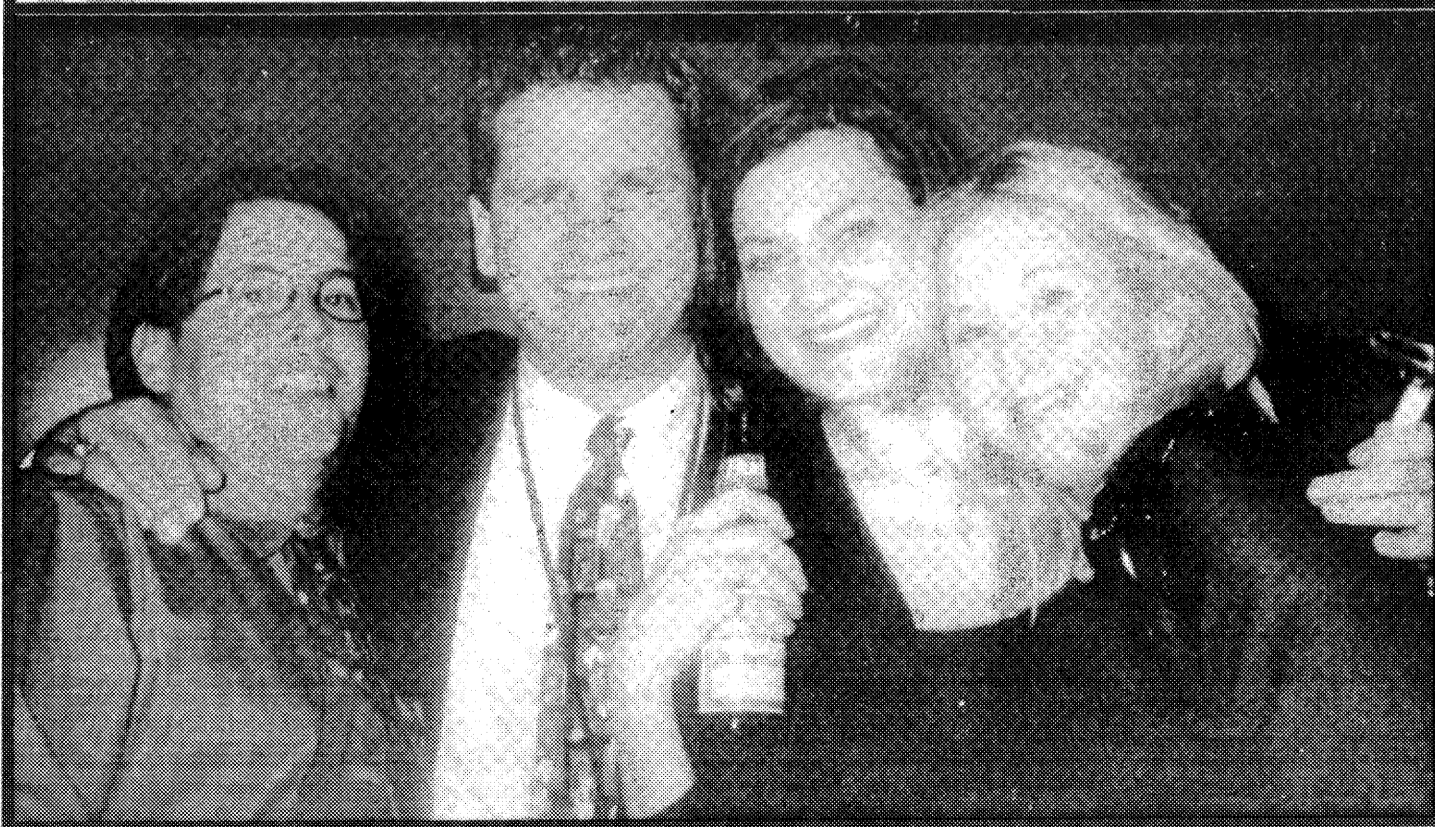
FINDING RECYCLED PAPER TO USE DURING ENVIRO WEEK (JAN 25-29) SINCE 1963.

# THE NUGGET

Thursday, January 14, 1999  
Volume 36, Issue 14

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



## THIS WEEK:

### New Year's Ski Trip Coverage!

*Just how much did it cost? The damaging details may surprise you!*

### Here's Sports Predictions for 1999!



# Memories to be kept forever? **A Time for Reflection**



Jenessa Kirkwood

**W**ell, if you ask me, "Miss Pessimistic", I don't think those memories will stay in my photo album (if you know what I mean). So, how do families manage to get along anyway? Too bad I wasn't one of those families. Siblings (do I have to take this subject any further?). I always think that I miss that brother of mine, but really, after a day we would just call it quits! Well, at least I found one person with the same opinion as me. Nicole added that, "I was really excited for my brother to come, but then I realized I'm glad he moved out!" Any of you have the whole family out? So, how does your family get along with the in-laws? Now that I'm older, I guess my parents don't hold back any anger toward the mother-in-laws. It was so crazy to see that anger, and especially during the festive, "happy" holidays!

I was watching a story on the

news before Christmas and it said that Christmas is the prime time for family violence, and now I can see why! Mothers smoking cigarettes every two minutes just because of stress levels? Well, other people in this school have made me feel a little bit better. One student had to admit fist fights break out all the time over stupid things at the husband's side and another doesn't

***I always think that I miss that brother of mine, but really, after a day we would just call it quits!***

even know about any dysfunctional families. So maybe I've got it pretty good! How was your Christmas? There are good things over Christmas holidays, and other than the siblings having to duke it out things probably go pretty well. If you ever think you can't handle the holidays with the family just call my hotline and I'll cheer you up! But hey, it's all in good fun right?



Tyler "The Lama" Harke

**A**h yes, another holiday gone by. So many memories, so many experiences, so many drunken relatives. This holiday season turned out to be one of the best for yours truly. For this was a holiday not about getting, but giving. It was a season of refreshment for the beliefs I hold so dearly. Beliefs firmly held in my heart such as everyone who bugs me gets a shoe horn. And why go running around when Leroy's Dollar Store has so much to offer. Yes indeed, it was a holiday season full of contemplation.

On that note, I think it's high time for some serious meditation on the weeks past. Let's see, where to begin... Of course! Never allow four college-aged males to be confined in a car for more than five hours at a time. It was not unlike a monastery where monks take vows of silence. We communicated via a series of grunts, facial expressions, and bodily functions. The smell in that car was something that could only be conceived through four guys burping, farting, eating all-natural foods like Doritos and Twinkies, and momentous events like taking off their shoes. An entirely different language was invented before we ever crossed the B.C. border.

Even more remarkable, was the fact that females didn't run away in sheer terror after seeing Neanderthals such as ourselves. Perhaps it was the overpowering scent of testosterone that kept them from running away screaming. There seemed to be a whole other lifestyle in the Kootenay mountains. I'd say that three out of four guys had beards. Not the fashionable goatee kind either — we're talking Grizzly Adams here! The males without beards all

seemed to be sporting dreads. Perhaps our lack of strange hair was a refreshing change for the various snowboarding, lift-operating ladies who, for some strange reason, seemed to enjoy playing air guitar on their legs and licking my buddy's sideburns.

to leave a small chunk of food on the corner of their lip. Is it a snack? Are they saving it for later in case we run out of gas and we can all share in the wealth of food left on my grandmother's mouth? If anyone out there knows the answer, let me know.

My next realization came after about the sixth hour in the van (which just happened to be the same time the batteries died in my discman). Old people are always out of breath. This, coupled with the fact that they have an inordinate amount of nose hair, makes for a tranquil sound that only they can produce. It's interesting how once you notice this, you can't stop noticing it. It only ends when your mother makes useless conversation so that the silence is interrupted.

At the same time, I was amazed to realize how still old people can be. I had to flick my grandfather's ear once every hour to make sure he was still kicking. The guy could win a staring contest with a taco.

My final religious experience came on the plane. It was there that I realized only when I get on an airplane will babies begin to cry. As though on cue, I made my way into the coach section (which is only slightly less crowded than the livestock section) and took my seat when the sweet innocent cries of a newborn wailed out, causing my

***The smell in that car was something that could only be conceived through four guys burping, farting, eating all-natural foods like Doritos and Twinkies, and momentous events like taking off their shoes.***

By the time we had returned, we were contemplating finer points of life such as pissing on SAIT signs and the possible fines/jail time that may occur. Whatever happened, we all returned to Edmonton with a greater understanding of the universe itself.

Then there's the concept of family vacations. This is a very high stage of realization which should not be attempted until you have become one with yourself and



Jamie Haluka had an ear-licking good time on the ski trip.

the universe. I don't care how peaceful and serene a person you are, after driving through the desert with your parents and grandparents for six hours, you seem to reach an all-new level of clarity.

After about the fourth hour of desert, I began to notice things that brought me to an all-new level of consciousness. For instance, when old people eat, they always seem

eardrums to have a small seizure. I believe it was her father that shoved two of those yummy peanuts up its nose, causing it to breathe out of its mouth instead of crying.

These are the true joys of a vacation. This is what makes a holiday a holiday. Well, that and a lot (and I mean a lot) of rum and eggnog.

## Wurcnet Offering Just-in-time Training In Hot Technology Areas

**A** "just-in-time" training program is being launched this month by WurcNet to meet a critical need for people trained in advanced networking, computing and multimedia.

Called the Virtual Training Program, it is designed to keep pace with the regularly and rapidly changing world of advanced technology. By developing and delivering courses in short order, this program focuses on the immediate needs of users in research, industry and education.

The next workshop, Introduction to Advanced Multimedia, will be held January 26 and 27 in the Learning Commons at the University of Calgary. Instructors include

well known Calgary faculty members and professionals working in multimedia.

Workshops in Edmonton and Calgary on advanced networking, parallel computing and distributed memory programming are also scheduled for the spring.

WurcNet is a not-for-profit alliance of education institutions, industry partners and government agencies facilitating the next-generation Internet and advanced computational infrastructure for Alberta.

***For workshop information, call 220-6778.***



## News in a Nutshell



Jenny Thornbird

### • Canadians Kicking Ass

The Grammy nominations are in, and Canadians are dominating the list. Among some of the nominees are Sarah McLachlan, who is up for Best Female Pop Vocal Performance for "Adia". Celine Dion, who is nominated for Best Pop Album for "Let's Talk About Love," also scored brownie points with her famous Titanic song, "My Heart Will Go On" for Record Of The Year and Best Female Pop Vocal Performance. Alanis Morissette, fresh from recently releasing a new record, is up for Best Rock Song with "Uninvited," and country sensation Shania Twain is up for six awards, including Best Album, Best Country Album, Best Record, and Song Of The Year. The only Canadian male nominees, contrary to their name, are the Barenaked Ladies. The BNL are up for their first Grammy nomination ever in the category of Best Pop Performance By a Duo Or Group With Vocal (isn't that a mouthful to say) for their much-loved song, "One Week." The Grammy Awards will be aired on February 24 from the Los Angeles Shrine Auditorium.

### • The Transvestite Bandit

An elegantly dressed transvestite stole flowers and a package of mini-sausages from a gas bar last week in Kitchener, Ontario. Police, who say the man covered his face with a pink and green scarf, originally tried to steal money from the gas bar. Not taking him seriously though, the attendant at the gas bar refused. The robber then demanded cigarettes, but again was refused. Eventually, he just took a bundle of flowers and a package of sausage and took off. This is the first time the Waterloo police have ever heard of a transvestite robber, according to Sgt. Doug Dakin. He also commented that the robber had a slim build that fit nicely into the cream-coloured dress that he was arrested in.

### • Hollywood's Hottest Actresses?

The TV show "Entertainment Tonight" recently released their list of Hollywood's hottest actresses in 1998. Judging by this list though, I find myself having to question their taste. Anyway, topping the list was Julia Roberts, followed by Sandra Bullock, and Meg Ryan for second and third place. Taking spots 4 to 6 were Meryl Streep, Jodie Foster, and Oprah Winfrey, who finished ahead of Cameron Diaz, Michelle Pfeiffer, Susan Sarandon, and Sharon Stone — who respectfully took 7th, 8th, 9th, and 10th on the ET podium.

### • It's Never Too Late To Adopt

Over the holidays in Grande Prairie, Alberta, an 87-year-old man successfully adopted a 50-year-old woman as his daughter. The woman's biological father died when she was 11 years of age, but her mother remarried when she turned 18. Both her and her newfound stepfather figured she was too old to be adopted. Acknowledged to be an unusual case, but a case that was quite valid nonetheless, the 50-year-old woman will soon receive her new birth certificate with her stepfather's last name finally as her own as well.

### • Two Freaks And A Phony Annulment

According to a Los Angeles newspaper, ex-Baywatch bunny Carmen Electra and basketball stud Dennis Rodman never annulled their marriage. Though the two live in separate homes, they claim that their marriage is actually quite healthy. Electra, 26, stated, "I think if we were together every day we would get on each other's nerves." Rodman's retort? "She's a very classy woman. The decision I made was my decision and hopefully it stays." I wonder how they plan to have kids... perhaps sperm by Fed Ex?

### • The Case Of The White Undies

Seventy nursing home workers in St. Catharines, Ontario, are protesting their company's dated dress code. The problem? The company, Tufford Nursing Home, states that the workers must wear

nothing but white underwear underneath their uniforms. For that matter, even the color of the uniforms is regulated under these same rules as having to be white. The nursing home workers are not pleased, to say the least. However, they've been trying to fight this since July 1997 with little to no luck. Maybe the nursing home is simply trying to portray the workers as a bunch of innocents in a place filled with "dirty old men."

### • Manson Bares His Beast

By now, you've surely seen the cover of Marilyn Manson's new album "Mechanical Animals." If you haven't, but you've seen the debut video for the CD, "Dope Show," then you're familiar with the supposedly sexless bodycast he dons in it. Well, if you thought that was a new look for him, how about seeing Manson completely naked? Some nude shots that date back to the beginning of the satanic silly-boy's career have recently turned up in a publication called "Hanzo" — a well-known gay porno magazine.

### • Warped Toys R Us

The Top 10 Warped Toy List is now out for the year of 1998. Here are just a few of them... (1) The "Crush Me Phil" doll. It's a doll that foams are the mouth and begs to be kicked. (2) The "Typhoid Mary" doll. It comes with shackles and a straitjacket. (3) The "Macho Man Randy Savage" plush doll. It says, 'Hey, you're bashing my gut!' when you hit it. (4) "Dr. Vic's Electron Chair" doll. It includes aq figure that can be zapped in an electric chair. (5) Spawn's "The Graveyard" scene, which lets kids play with a crypt and toy corpse. (6) "Gwynn," the exotic dancer doll. It's for ages 8 and older, but it comes with a revealing costume and an easy snap-off bra which hides a pair of anatomically correct breasts. (7) The Tootsie Toy pump-action rifle. It looks like a real gun. It even makes a loud noise and smokes when you fire it off.

### • The "Drive-Thru And 69 Me" Window

Adult shops The Love Bug and Just Lingerie, are going to be opening up drive-thru windows, complete with a menu of products. Pretty soon, you can pick up not only a burger on your way home from school, but also some edible massage oil, erotic videos, sexual aids, and leather products. The store will also have an Interac outlet so you can use and abuse that evil bank card.

# Track Championships Progress

Tyler Harke

There is a new figure in the Edmonton Track and Field Championships. Mr. Jack Agrios is the new head of the Local Organizing Committee while Rick Lelacheur is the official President and CEO. Both of these guys were grand pubahs in the whole bid process that landed the 2001 Track Championships in the City of Championships. They were both well received and respected by the IAAF, the committee that selected Ed-

monton over Stanford, California, and other more recognizable cities. They were both born, raised, and educated right here in Edmonton and know pretty much all the important people in the area.

Organizing these games is definitely not small potatoes. The championships will be held from August 3-12 in 2001. There will be over 3,000 athletes from 209 countries and about 4,000 media people chasing them around.

Let's hope it all runs smoothly.

## Earn extra cash on campus!!

NAITSA is sponsoring an exhibition/sale of fine art reproductions, posters and frames by Imagus Canada Ltd. This show will be held in the Naitrium on Thursday, January 21 and Friday, January 22, 1999 between 9 am and 5 pm each day.

Students are needed to help with the set-up, break-down, and advertising for the show. Three students are needed for the morning of January 21 between 7 am and 10 am to help with the set-up. Three students are also needed for the evening of January 22 between 5 pm and 7 pm to help with the break-down. This will pay

**\$10/hr.**

Two students are needed between 11 am and 1 pm each day of the show to distribute publicity material on campus. This will pay

**\$9/hr.**

Please see Rita at the NAITSA office (E131) or call her at 471-8855 to sign up or for more information.

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# Welcome Back Beer Gardens

Presented By: Mechanical Engineering Tech

Thursday, January 14

3:00 pm in the North Cafeteria







## Letters to the Editor

### To any and all people involved,

I was lucky enough to get a ticket to Big Sugar's recent date at The Nest. I would just like to drop a line and thank everyone who worked to make the whole event possible and compliment them on a job well done.

Any time someone is lucky enough to witness a big band in a small venue, they are in for a treat. I've listened to stories of the early shows of Big Sugar, and I thought for sure that those days were gone. Happily, I was wrong — and fortunate enough — to witness the proof.

I've seen Big Sugar three times now, and the show that was organized by NAITSA was, by far, the greatest of the three. As a matter of fact, that show is probably the best show that I've ever seen, and I have ticket stubs from the likes of Eric Clapton and The Rolling Stones.

Seeing an act in such intimate surroundings was honestly incredible — the opportunity to yell out a request and have it played is something I'll more than likely never experience again, and I have you people to thank for it. The evening ended when I actually got to meet the band. The entire time was one that this Big Sugar fanatic will never forget.

Thanking you all for the concert experience of a lifetime,  
Craig Ewert

"Don't try this at home: Any time you get two harmonicas in the same place, it's time to call the cops." — Gordie Johnson at The Nest on December 4, 1998.

*-Thanks for your letter. We forwarded your letter to the management of the band, and they expressed joy in your happiness. Keep your ear to the ground—there's some pretty good rumours going around about other bands that want to do the same type of show right here. I don't want to start and rumours (54 or War!) about bands that wanted to play, but I'll tell you that some pretty big bands have written Crazy Mike. We'll keep you posted if he actually gets anyone.*

### To the Nugget,

My girlfriend and I have been together for eight years now, but recently, it seems that NAIT is f\*cking her more than I am. You see, the program she is attending here may be moving to Grant MacEwan, but that's only a smidgen of it. Ever since November, and especially over the Christmas break, all I've heard from her is how NAIT is royally screwing everyone in the faculty she is in. Due to my fear of her kicking me in the nads, I can't name the faculty, but she is a first-year student with what is looking to now be an unsure future. I thought people came to NAIT to secure a future, but that image has been blown all to hell now. She doesn't even know if next year the program she is in will be at NAIT — and there's even talks of turfing the program altogether. Apparently, the employability is supposed to be orgasmic once she finishes, but I guess no one is graduating in the time allotted.

Instead of rectifying the problem though, NAIT wants to wash its hands of it. At least, that's what the impression the students are getting. I mean, besides NAIT getting more action out of my girlfriend than myself, she's also not the only person to have been probed by NAIT in a very unpleasant way. I, myself, am a past NAIT graduate. I was told that the program I took, CST, had a 95% employability

rate. I finished top of my class, yet it took me 16 months to find a job in my field. One would think that even after that time span, that the job I now have would be a secure one; but, now I'm finding that if I want to advance in my field, I have to return to NAIT to get a few costly certifications.

I guess what I am trying to get at is, I wish NAIT would be a little more supportive for us students who are going here or went here (I'll be returning in February) in helping us get the quality of education we're paying/paid for, instead of whoring around with us and leaving us guessing if they're going to f\*ck us over or not.

Sincerely,  
A blue-balled student loan contender

*-As an Academic Council student representative, I can assure you that there are many reasons for adding or deleting a program. I know that the employment opportunities are pretty good when you come out of it. The standards that the world requires hold students back from graduating, not necessarily the time. Granted, with more practice a student would be capable of excelling further, but simply blaming a lack of time on failure could be construed as whining. There's lots of time to practise. I agree, you should be getting more tail than NAIT, but you have to*

*understand that perhaps her program belongs with the similar programs that are offered at GMCC. She'd be happier there. She'd be going to a good place with people in common areas that she could become friends with. It's all good. She'll have more tuition, but at least she'll be happy. She won't have the notoriety that is associated with being a NAIT graduate either, but being a less-pristine GMCC graduate may be better for the both of you. You don't seem to like NAIT much anyway, so perhaps I fail to see the problem.*

*With regards to your displeasure with finding a job right away and having to update your skills, face it— you're in a technologically evolving field. Would you want a computer that they made over a year ago working for you, or one that has been upgraded to go above and beyond expectations? I'd rather have the super-duper upgraded model. I suppose that the same goes with hiring someone. If they have a whole whack-o-knowledge, they'd be a wonderful addition to my corporation. Don't ever frown because you've been educated. "Your mind is an asset."*

*I hope that you start getting some, though. If you really don't mind other people taking the log to the old beaver with her, send her by the Nugget office (I'm just kidding— ho ho ho!).*

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The Nugget encourages submissions

**THE DEADLINE IS**

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

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

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

## Contributors

Jordan Richley, Daria Morgan, SecretFormula, Kevin Pedersen, Charlene Morrison, Randy Bachmier, Curtis Wood, Jenny Thornbird, Cory Roy.

# 5 Regular ROAST BEEF SANDWICHES

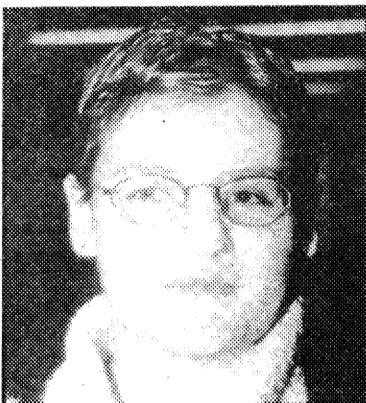
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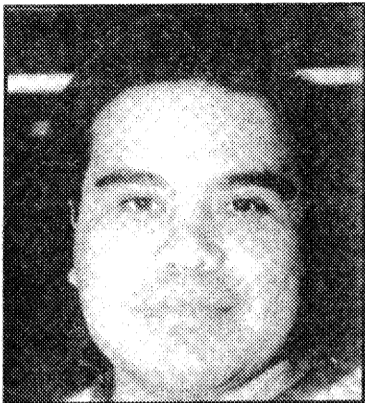
# Question of the Week

What was the best and worst gift you got over the holidays?



**Georgette Schultz**  
Business Administration,  
1st Year

"I didn't have to get off the couch, and I got a VCR; my worst gift was a pair of socks."



**Franklin Acevedo**  
Bachelor of Information  
Systems Technology

"\$100 gift certificate for Eddie Bauer, and I think all gifts are good."



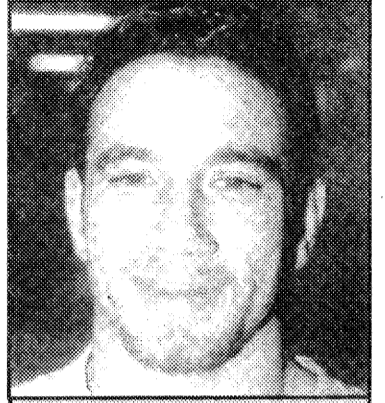
**Nahda Ellander**  
College Prep

"A good Christmas bonus, I'm happy with everything I get because I usually get to pick what I get."



**Sandra Marques**  
Applied Banking and  
Business

"A promise ring from my boyfriend Davey. I never really got any bad gifts."



**Spencer Lemoal**  
College Prep

"I got a Columbia winter jacket. Fold-up mini scissors was my worst gift."

## Money, Goods, and the Powers That Be

Curtis Wood

Have you ever asked yourself where money comes from? Do you know when and where paper money was first circulated? What would happen if one day you woke up and those coloured pieces of paper in your wallet were worthless? Who does control the money system? Is global trade a good thing?

"Give me control of the nation's money system, and I care not who makes its laws!" This is a quote from a banking financier in 1786 by the name of Meye Amshel Rothschild. His descendants are today the most powerful international banking financiers in the world! People speak of Hitler and Mussolini and how they wanted to rule the world. These men, who were born of lower class and really only had control of the economics of their own countries, were considered madmen. What about these men who control the goods and currency of hundreds of countries? Do you think that these men do not hunger for power and control? Does a country such as Canada, with its vast and diverse amount of resources, need to trade with other countries to keep the people of Canada alive? Does it not make sense that we should produce and consume our goods when they are available in abundance? Why then, do men of money control the resources of this great nation? Why

do we need these men to price our commodities? Why should they have this authority? Why doesn't the Bank of Canada issue our own credit? Why is it that we need to borrow money?

Thomas Jefferson, one of the United States' greatest presidents, was against the financial system and wrote several books on the subject; but, try to find one of these books at the library. Lincoln was planning to create a new system of credit and then mysteriously he was assassinated. Look to one of Alberta's most influential and least talked about premiers, William Aberhart. He was trying to get away from the current financial system which saved many farms during the depression. How? Instead of foreclosing on poor farmers like the rest of the banks were at the time, it issued credit. If you want to talk about the supreme conspiracy of all time, then consider the money system — it has taken more lives than you could conceive.

Check out this website that briefly describes how the money system was turned against us 200 years ago: <http://www.myfreeoffice.com/peff/B3rothschild/html> or <http://www.myfreeoffice.com/peff/SHADOW.html>. Please feel free to E-mail me with any comments or questions at [curt4wood@hotmail.com](mailto:curt4wood@hotmail.com).

date

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9-5

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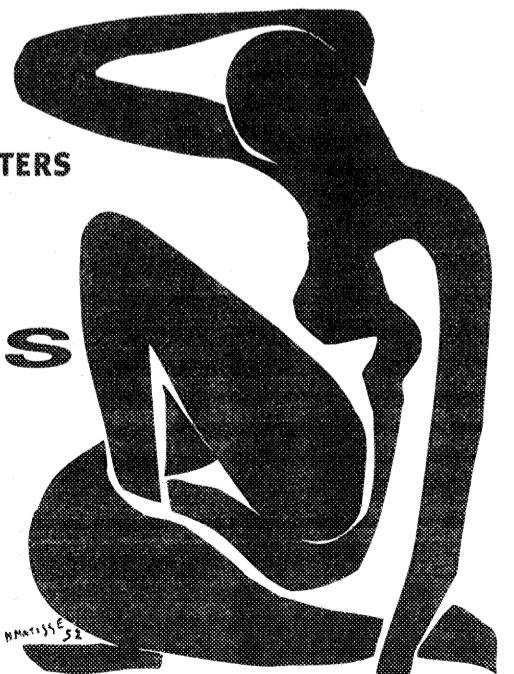
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IMAGINUS  
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From The Editor:

# Nait on the Dawn of a New Millennium (sorta)



Mick Beale

**B**ig title, hey? The reason for the "sorta" is the simple fact that technically, the new millennium doesn't start until 2001. There was no year zero, so 2000 is the last year of the millennium. Sure, watching four digits change on your odometer is fun, but let's not get too excited. Two years may equal the time from dawn until daytime, so I'll go on and get to the good stuff.

There are some major plans for the beginning of the next millennium around your wonderful school. NAITSA's \$8,000,000 building plan is in the works, with the focus group meeting regularly. See Scott Williams if you'd like to join us. Current ideas on the table include a residence, a newer work out center and a burlesque club, but there are only two members on this committee— myself and Scott Williams.

The other Albertan school papers have been writing about lack of government funding. As far as I'm concerned, the other school's just have problems with their budgeting. They cite NAIT as the school with the most money in reserves in the province. We should be proud— some schools are running a deficit each year. There's a model of a building in the annex, which some students claim to be the proposed future NAIT development. There's an old saying along the lines of, "When you're green, you're growing." I may have it

wrong, but one could interpret that it means when you get old and moldy, you should grow. NAIT is certainly not moldy, but building a new, super-building in the middle of that field would certainly rejuvenate and add life to our fair campus.

*The other Albertan school papers have been writing about lack of government funding. As far as I'm concerned, the other school's just have problems with their budgeting.*

To you satellite campuses that receive The Nugget, accept my apologies. No new buildings for you, but perhaps we can send you some microwaves or vending machines. Start petitions or something, along the lines of, "We, the undersigned, feel that vending machines will make our campus more conducive to learning, carrying us into the new millennium." Use the new millennium gag. "Can we please get some microwaves by the end of this millennium?"

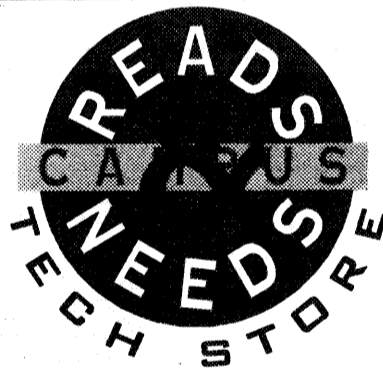
The world track and field championships are coming, so perhaps the city will need to build housing complexes for the thousands of athletes and press that will come. NAITSA has expressed interest in having the complexes built close to main campus, to be purchased by, or given to NAIT at a later date.

There you have it. Heading into the new millennium, we can hope that there will be some new buildings put up to connect the annex to the main campus. Two, maybe three buildings to be exact. Certainly these things take time, and money, but due to impressive fiscal management by NAIT and NAITSA, by the time our kids and grandkids are old enough to be Ooks, there will be a very different, very big, campus for them to attend. Until next week, don't forget to floss.

## Next NAIT Blood Donor Clinic



# Friday, January 22nd



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BRING IN ANY COMPETITOR'S COMPUTER SYSTEM QUOTE AND WE WILL VALIDATE THE QUALITY OF THE ORDER, FREE OF CHARGE!

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**25¢ BILBALS & DRAFT**

Good For ONE Free Entry  
Until 10 pm



9920 - 62 Ave Ph: 433-3663

# OOKS Hockey sweep first weekend back



Andrew "Life Long" Hore

After ending the first half schedule with a loss to the Concordia Thunder, the men's hockey team was left with nearly a month to ponder. A long Christmas break away from the rink left the fellas anxious to get back on the blades. A record of 9-6-1 through the first half was good for 4th place in the eight team ACAC. Still, the team felt that the first half was somewhat of a disappointment. Twelve games until the playoffs... time to turn it up a notch.

This past weekend, the OOKs went up against the Augustana Vikings — the only team in the league we haven't beat. Game 1 went on Friday in Camrose. In the

dressing room before the game, everybody was focused and determined to seek some revenge on the Vikings, and right from the drop of the puck, the tempo of the game was controlled by the visiting OOKs. Goals came next, first by Shawn "I'm now sponsored by Nike" Hove, Leigh "I skate too fast for my linemates" Arsenault, "Some" Hore, then by Brad "School sucks" Wilson, and Shawn "I almost scored the nicest goal of my career" Villeneuve. The OOKs walked into the intimidating Augustana barn and outshot, outplayed, and out-hustled the home town Vikings. Kelly "Shut-out" Ainsworth made key saves throughout the game to earn the win, as well as an honorable mention to Jeff "Splinter" Seguin. OOKS - 5/Vikings - 0

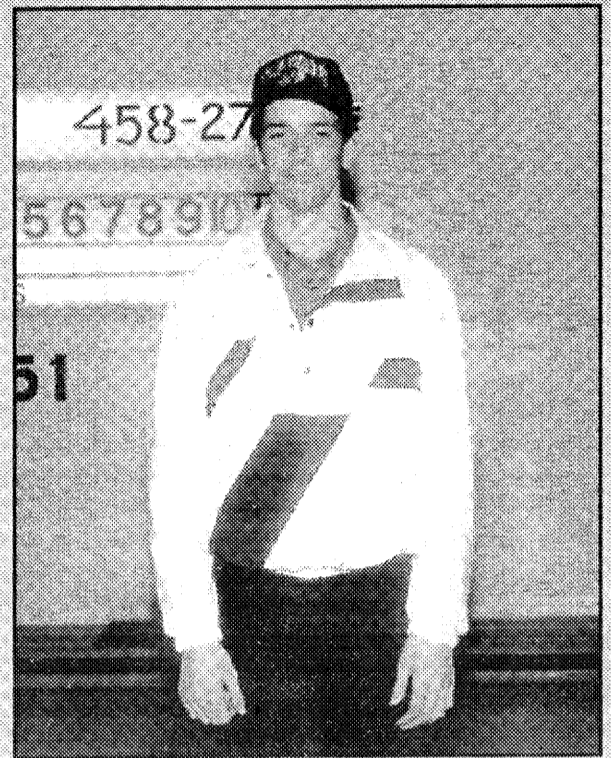
Game 2 went Saturday night here at NAIT. The team started off with the same tempo as Friday; however, the Vikings scored a short-handed goal early to take the wind out of our sails. The club managed to stay positive through some penalty trouble. The hard work paid off though, as we were

next to go on the power play. We took advantage as "A-HORE" scored during the PP to tie the game up. The rest of the game turned out to be a close checking affair with high intensity. The game winner came from 1st star Sheldon "Chico" Gomez, who roofed a backhand while falling. The third year veteran put in one of his best games to date. He was involved everywhere throughout the game, thus leading the OOKs to victory.

OOKS - 2/Vikings - 1

The first weekend back for us was a positive one, to say the least. The fellas played with lots of emotion and intensity through both games. Up next for the OOKs is the 2nd place Red Deer Kings. Game time is this Saturday at 7pm in the NAIT Arena. *Until next time, keep your chin strap done up.*

## LOOK OF THE WEEK



NAME: Ward Johnston  
SPORT: Curling  
FACULTY: Geological Technology  
FAVORITE FOOD: Barley sandwich  
FAVORITE TV SHOW: The Simpsons  
FAVORITE MOVIE: Naked Gun  
FUTURE PLANS/ASPIRATIONS: Work in the Exploration Field

COACH'S COMMENTS: Excellent curler. Understands the game and has a very good grasp of the basic skills. Unlimited potential. Skipped the NAIT Men's Team to a 5-0 record in the ACAC Fall Regional.

The NAIT Student Counselling Staff  
presents

## STUDENT SUCCESS SEMINARS

### How to Study

- Tuesday, January 12
- 11:15 am-12:10 pm OR 12:15 pm-1:10 pm OR 4:30 pm-5:30 pm
- Rm X107, South Learning Centre

### Memory & Time Management

- Wednesday, January 13
- 11:15 am-12:10 pm OR 12:15 pm-1:10 pm OR 4:30 pm-5:30 pm
- Rm X107, South Learning Centre

### Exam Preparation & Writing

- Thursday, January 14
- 11:15 am-12:10 pm OR 12:15 pm-1:10 pm OR 4:30 pm-5:30 pm
- Rm X107, South Learning Centre

## READS & NEEDS

# BELATED BOXING WEEK SALE!

JANUARY 14 TO 20

- 20% to 40% off selected NAIT clothing
- 30% off coupon books
- 30% off hair mascara, nail color and hair and bodyglitter
- 40% off Avalon Christmas CDs and cassettes
- 30% off Calvin Klein Fragrances
- 40% off selected T-shirts
- 50% off selected portfolio folders
- 50% off selected 10 pack diskettes

Got a question for the bookstore? Why not jump the queue and send us email. We try to respond within 24 hours. Want to special order books or software? We can give you prices and delivery dates by return email with no obligation to you. Comments or complaints? We even accept compliments by email. The address is easy: [bookstore@nait.ab.ca](mailto:bookstore@nait.ab.ca).



## From Your Personal Fitness Trainer

Tips for a Fit Millennium

Randy Bachmier

Recently, we received a letter here at the Nugget office from a student requesting tips on how to stick to a fitness program. In order to provide our loyal reader with some sound advice, we sought out the help of Randy Bachmier, who is currently completing the NAIT Personal Fitness Trainer program and is also a Certified Fitness Consultant recognized by the Canadian Society for Exercise Physiology. Below is what he had to say to this letter:

### Dear NAIT Nugget,

I am a first year Business student who would like some tips on how to stick to a fitness program. I enjoy running, but I know I should also be doing some weight training to achieve great results in body composition and health. I want to get into the best shape possible with the new millennium looming just over the horizon. If there is anyone with expertise in this area, I am all ears.

Thank you,  
Amina Sleiman

Dear Amina,

Know specifically what you want to achieve from your program. For example, losing 5 pounds of fat in four weeks or 20 pounds in five months is measurable and can provide meaning to the participant shooting for those goals; however, whether that goal is healthy or realistic, depends solely on the individual. Choose two to three benefits (end goals) you wish to attain from your program, set flexible time frames, and use the best means possible to fulfill your unique vision. (e.g.: Internet fitness sites or speaking one-on-one with a personal trainer)

For those just starting out and wanting specifics, I recommend the following general fitness guidelines:

- Always start a workout with a warmup, such as performing an easy-moderate level on the bike or treadmill for ten to twelve minutes.
- Condition your heart's ability to distribute blood and oxygen throughout the body by performing aerobic workouts three to five times a week for periods of 15 to

30 minutes. The intensity you train at should be 4/10 to 6/10 on your personal scale of difficulty.

- Two to three times a week you should do some weight training. Focus on the large leg, back, chest, and shoulder muscles for a duration of 30 minutes.
- In order to increase and maintain your flexibility, following your workouts you should always stretch at least 8 to 12 minutes, giving priority to the lower back, legs, chest, shoulders, and muscles you commonly use.
- Finish all workouts with a light aerobic activity such as biking or walking for 5 to 10 minutes,

as this will reduce the toxicity in your blood.

Start thinking about what negative impact not exercising can have on your life. For example, the Surgeon General reveals that inactivity is equally detrimental to your health as smoking. Do you smoke and not work out? For your sake, I hope you have some impressive genetics.

### Here are some tips to follow for getting fit for the millennium:

#### Guys

When you are weight training, check your ego at the door. Lifting heavy weights at the expense of form looks silly, and the muscle does not benefit nearly as much as it would if you would use a proper technique and lighter weights. If you are doing barbell bicep curls and bringing the weight down fast to help bring it back up, you are actually taking the workload off the muscle and allowing the speed of momentum to assist you in the lift. This makes it easier and thus takes adaptive stress off the targeted biceps. The bottom line in doing this is it will be less

potential muscle growth for you, as well as a greater risk of injury.

#### Girls

The most frequently asked question I hear from females is, "How do I get rid of this pouch?" (the fat around the stomach area) Well, ladies, doing exercises with solely an abdominal crunch machine is not going to cut it. Getting in your best shape in that area depends on a number of factors: your lifestyle, your eating habits, and making the most of your time when working out. When you maximize all of the factors within your influence, you will most likely see marked improvements throughout your entire body, as well as your life. Also, your unique genetics partly dictate what your body should look like and will look like, so accept your body unconditionally and do not compare it to cover models. (they're all airbrushed, anyhow)

I hope these tips will help you and others like you, Amina. If anyone has any further inquiries that they would like addressed, you can reach me at 916-7714 or e-mail me at randbach@hotmail.com.

# SEMESTER 2

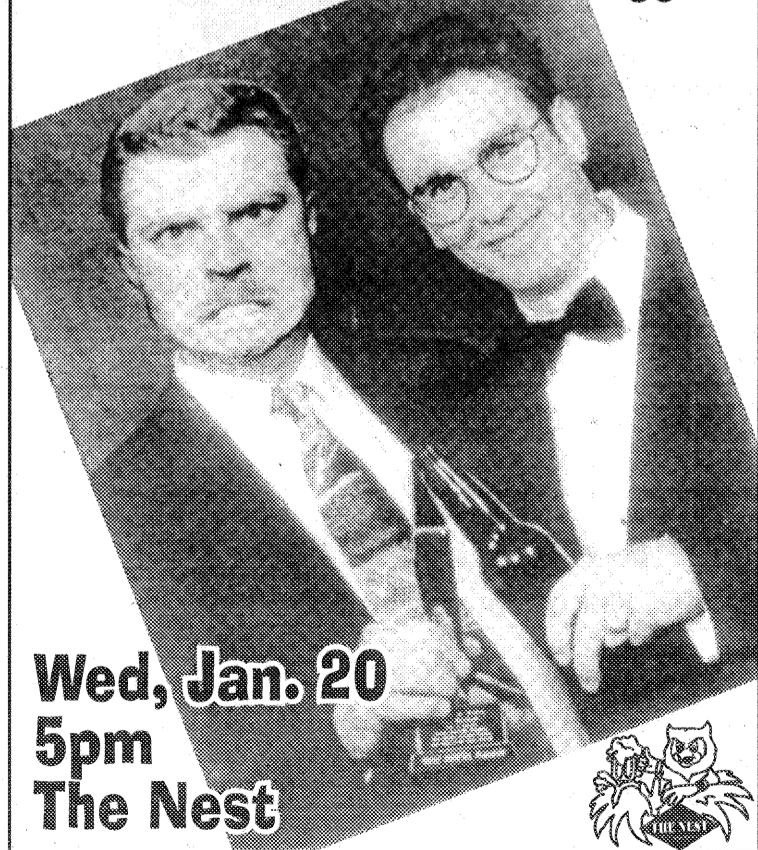
## NAIT INTRAMURALS UPCOMING EVENTS

ACTIVITY	START DATE	ENTRY DEADLINE
Ice Hockey (Open)	Jan.11/99 (Mon.) *Ice times vary	Jan.5/99 (Tues.) (A.S.A.P!!)
5 on 5 Women's Basketball	Jan.12/99 (Mon.) Mondays - 5-8 PM	Jan.18/99 (Tues.) (A.S.A.P!!)
Co-ed Volleyball	Jan.19/99 (Tues.) Tuesdays - 5-8 PM	Jan.12/99 (Tues.)
Ball Hockey	Jan.27/99 (Wed.) @Westwood Gym 5-8 PM	Jan.19/99 (Tues.)
3 on 3 Basketball (Open)	Feb.22/99 (Mon.) Mondays - 5-8 PM	Feb.4/99 (Thurs.)
4 on 4 Beach Volleyball	Mar.22/99 (Mon.) [weather permitting]	Mar.11/99 (Thurs.)

\*Keep Your Eyes Open for a brand new "Activity Challenge" starting in mid- to late January!! Details to come soon!!\*

## The Big Stupid Improv

with Neil Grahn & Wes Borg from  
Three Dead Trolls in a Baggie



Wed, Jan. 20  
5pm  
The Nest



# It Could Happen

Sports predictions for 1999



Andrew "Good for nothing" Hore

**In Hockey:** After a 15 game losing streak, the Oiler's Glen Sather fires Ron Lowe and hires former KOOK Dave Semenko as head coach. The Oil then trade "Stinky" Shtelenkov and Marty McSorley to the Blues for Grant Fuhr. Needing a scorer, Slat con-

vinces Jari Kurri to strap on the blades for one more post season. Kurri blows out his knee first game back. Edmonton loses 4 straight in the first round of playoffs to Dallas.

**In CFL Football:** The Eskimos make an outrageous pitch for former quarterback Warren Moon from the NFL. After weeks of speculation, Warren finally agrees to his new contract — a whopping \$52,000 a year. Moon takes over the offense and leads the Eskies to the playoffs. Warren then blows out his knee in the Western Semi-Final. The opposing B.C Lions go on to win the Grey Cup.

**In Basketball:** The shortened NBA season is highlighted by Michael Jordan's decision to play for the Toronto Raptors for free in his last season. Jordan blows out his knee at the All-Star game. The Raptors miss the playoffs.

**In Baseball:** Mark McGwire does the unthinkable — 100 homeruns in a season. Sammy Sosa finishes with a mere 99. Both are later found guilty of using a Titanium cork in their bats. Both Sammy and "Big Mac" hire Robert Shapiro as their attorney. Shapiro proves the two sluggers innocent, leaving the new records for the history books.

**In Soccer:** Canada earns a shot to play the powerhouse Brazil club. The game is played in front of a sold out Commonwealth Stadium crowd here in Edmonton. Renaldo is found guilty of shoplifting early in the day at West Edmonton Mall and is shipped back to Brazil before the match. Canada goes on to win the game 3-0.

**In Golf:** Tiger Woods, with his new kryptonite and plutonium driver, hits a ball over the green and into the gallery at the par 5, 17 hole at the U.S. Open. The drive turns out to be a 578-yard blast. Luckily, nobody was hurt — except for the competing players' egos. Tiger goes on to drive the greens of the remaining par 5's in the final round. Unfortunately, Tiger five-putts the par 5's and finishes the tournament in seventh place.

**In Tennis:** The Women's circuit takes a turn for the worse after seeding one of the most competitive tournaments ever. Wimbledon organizers are bamboozled by the upcoming news... Detroit Red Wing superstar Sergei Federov is caught cheating on his teenage girlfriend Anna Kournicova with former lesbian and now Motown slut, Martina Navratilova (back in Anna's dressing room to boot). Kournicova then pulls a vicious "come-apart," leaving Federov with a broken leg and two black eyes. The Paparazzi manage to gain detailed pictures from the or-

deal, which will then be shown in Martina's new book called, "It's Not As Big As I Thought It Would Be." Anna Kournicova goes on to win the Wimbledon crown.

**Finally In Ping-Pong:** Virtually unknown Dale Donaldson from the Nait OOKs hockey circuit, cracks the World Table Tennis Tour in the off-season. After losing his first 12 matches on tour, Dale decides to challenge the #1 seed, Juan Prophylactic from Botswana, to a game of crib for all the marbles. Dale is double skunked, and back to the NAIT circuit he goes.

The chances of these sports situations happening are about as close to reality as myself with hair and our Editor Mickey without. Anyways, I hope all you sports fans had a wonderful holiday, and all the best in the new year.

As for the athletes here at NAIT, I hope the rest of the season is a positive one with a championship in the future!

P.S.: The spelling of the above athletes' names may be incorrect, but I don't care.

# OOKs Badminton Recap

What you may have missed

Jordan Richley  
NAIT Ooks Badminton Coach

The NAIT OOKs Badminton Team continued their successful season on November 28 and 29 at an interlock at Red Deer College. After going 2-1 at the first regional in Grande Prairie, the OOKs went 3-1 in Red Deer to finish the first half at 5-2, good enough for 3rd place in the ACAC conference.

The ACAC badminton year consists of two regionals and two interlocks. A regional is when all four north division teams — NAIT, GMCC, Concordia, and GPRC — play against each other. The interlock is when all of the north teams play against the four teams in the south (SAIT, Mount Royal, Red Deer, and Lethbridge). The top six teams in the conference make the playoffs.

ACAC badminton is a team event. When a college plays another college, it is called a round. Each round is the best of seven matches. A round consists of two men's and two ladies singles, one men's and one ladies doubles, and one mixed doubles. The first college to win four matches, wins the round.

At the first regional in Grande Prairie, the OOK's first round was against the

conference favorite; the powerful GMCC Griffins. NAIT came all-so-close in upsetting the powerhouse, losing the deciding men's doubles match in three games. NAIT then rebounded and defeated both Concordia and Grande Prairie to finish the regional at 2nd place in the north at 2-1. Highlights of the regional were NAIT's Binh Nguyen, who almost defeated the ACAC's best single's player; David Yam, going a perfect 4-0 in matches; and Amber Nero, picking up her first ever ACAC victory.

The OOKs continued their winning ways at the interlock in Red Deer. They dropped the opening round against host Red Deer, but followed that up with a 4-3 victory over rivals SAIT, Mount Royal, and Lethbridge. The entire team played their hearts out and showed great composure in all of the close rounds.

The team consists of Binh Nguyen, Steve Wong, David Yam, Jay Smith, Devin Letourneau, Anacleto Caduhay, Joyce Funk, Christine Fernandes, Amber Nero, and Natasha Van Den Berg.

The badminton season is now resuming, starting with a regional at Concordia College and an interlock at GMCC. The team playoffs will take place at Mount Royal College. Let's hope that these OOKs can continue their winning ways all the way to playoffs.

## ACAC Weekly Ooks Stats

### LAST WEEKEND....

**MEN'S HOCKEY**  
NAIT 2 AUC 1

**WOMEN'S VOLLEYBALL**  
NAIT 1 LLC 3  
NAIT 1 LLC 3

**MEN'S VOLLEYBALL**  
NAIT 3 LLC 1  
NAIT 3 LLC 1

**WOMEN'S BASKETBALL**  
NAIT 50 LANGARA 56  
NAIT 47 CAPILANO 66  
NAIT 47 TRINITY WESTERN 57

**MEN'S BASKETBALL**  
NAIT 71 SAIT 95  
NAIT 86 RDC 97

### UPCOMING GAMES ON CAMPUS...

Friday, January 15

- Women's Volleyball vs TKUC at 6:30 p.m.
- Men's Volleyball vs TKUC at 8:00 p.m.

Saturday, January 16

- Women's Volleyball vs GMCC at 1:00 p.m.
- Men's Volleyball vs GMCC at 2:30 p.m.
- Women's Basketball vs GMCC at 6:30 p.m.
- Men's Basketball vs GMCC at 8:30 p.m.
- Men's Hockey vs RDC at 7:00 p.m.

## Alumni Award of Distinction

Nominations are now being accepted for the 1999 Alumni Award of Distinction. This award formally recognizes and honors the diverse achievements and contributions of NAIT alumni. The award is presented during graduation ceremonies and recipients are permanently recognized on the 'Alumni Wall of Honor' located on Main Campus.

*Guy Turcotte, a 1972 Gas Technology honors graduate was the first recipient of the award presented in 1997.*

*Guy founded Chauvco Resouces Ltd. in 1981. During 1997, Chauvco had a market capitalization of approximately \$750MM, estimated revenues of \$250MM and profits of \$50MM. He has served on a number of boards in the petroleum industry and has been the recipient of several awards, including the 1991 Pinnacle Award honouring Entrepreneurship in Alberta.*



Guy Turcotte

## Do you know a worthy recipient?

Nomination Deadline is February 26, 1999

Any NAIT alumnus, staff member, student or individual may submit a nomination form. Nomination forms are available from the Alumni Relations Office, O-117 or call Judy Willows, Alumni Relations Coordinator at 471-8859.



# NAITSA Great Western Ski Party - Great Big Mess!

Crazy Mike Anderson



**O**n the

morning of December 29th, 1998, 182 party animals gathered together at The Nest for the biggest party of the year, the Great Western Ski Party! Everybody was packed with their essentials— skis, snowboards, beer, flasks of whiskey, and a bottle of Tylenol.

We hit the road at about 10:00 am. The keg was tapped at 10:01 am, and the party was started. On

Baby Canadian Champagne and a mickey of R&R to chase it down, so I was set. The place was packed, with over 600 people, and the bar was over-staffed (there was one guy selling us drink tickets and two bartenders). We stayed out until about 1:00, then returned to the Super 8 for more hall parties (with-



the bus ride to Cranbrook, one bus ended up in the ditch. Two others were stuck at a road close, while my bus was partying it up at the welcome party. Luckily the stranded people had plenty of supplies while they waited. The first night was rather uneventful, but we trashed the hotel the second night after the pub crawl. It was not due to poor planning, just poor behaviour on my part. We had a big hallway party that got out of hand, resulting in over \$6,000 in damage.

The next night, New Year's Eve, was spent at the caribou lodge bingo hall. I brought along my

out the damages). The next day, everybody crashed and we were uninvited to the U of A's keg suck at their hotel (because they were afraid the Kooks were going to destroy their hotel). Most people ended up going to Juggies, a hip-hop happening bar with a cage to dance in. No hallway party this night.

In the morning, we packed up our stuff and did room checks for two hours (including the money gathering time to pay for some of the damage). After leaving a couple bodies behind in Cranbrook, we headed on to Fernie to ski the rest of the day on their icy hills. This wasn't the first time we skied, in case you get that impression, but the last. After skiing, we went home to get some rest after a hard week of partying.

I'd like to thank the bus captains for helping me out with the trip. Also, I'd like to apologize to everybody for having to pay an extra \$20. All in all, I think we had a pretty good time and I can't wait until next year to do it again!

**THURSDAY**  
*Ladies*  
**NIGHT**  
 Good For ONE Free Entry  
 Until 10 pm  
  
 9920 - 62 Ave Ph: 433-3663



**CAMPUS SPORT & WELLNESS**  
**CHALLENGES YOU TO ...**  
**WIN A TRIP FOR 2 TO VANCOUVER**  
 All you have to do is ...  
**GET MOVING !!**



Join Anytime

Simply by engaging in any Physical Activity you will earn miles towards an assortment of great prizes - the **GRAND PRIZE** being the trip to Vancouver

**GET MOVING runs Jan. 18-Mar. 12, 1999**  
 Entry Fee: \$10/entry

**EARN MILES TOWARDS THESE PRIZES ...**



WATER BOTTLE  
 T-SHIRT  
**PRIZES**  
 EXERCISE MATS &  
 FREE WEIGHTS



HEART RATE  
 MONITOR

**WAYS TO GET MOVING AT NAIT:**

- Intramurals
- Fitness Classes
- Activity/Phys.Ed Classes
- Work with a Free Personal Fitness Trainer Student

Prizes donated by:  
 Apple Fitness  
 Tech Shop (11427 Jasper Ave)



**Main Registration in the South Lobby on**  
**January 11, 12, 13,**  
**11-2 pm, or anytime**  
**in E-134.**  
**ALSO, don't forget to ask about getting**  
**your own FREE Personal Fitness Trainer!**

**User pay classes offered this year include:**  
 Early Riser, Tai Chi, Yoga, Linedancing, Deep Water Workout, Step Sculpt, Kickboxing, Boxercise, Aquafit, Women's Self Defense and various martial arts classes

**Activity Classes offered at no charge include:**  
 Golf, Hockey, Racquetball, Badminton, Curling, Women's Beginner Hockey, Squash & Walleyball

**For more information call**  
**471-8810 or 471-7713**

# HOROSCOPES



Daria Morgan

## Capricorn

(December 23-January 19)

You will soon realize that you've missed your true calling in life — that of a New Vaudevillian, a theatrical marvel of the Age of Cable. Starring in the production of "Professor Snibble and the Yodeling Pigs" will help you rapidly achieve notoriety and, much, much later on... respectability. (after you do the March '99 Playgirl issue)

## Aquarius

(January 20-February 18)

Today you will notice yet another large, freshly-dug mound of dirt in your neighbour's back yard. It's

probably nothing though. He probably just digs at night for fun if he can't get to sleep. I know that's what I do each time I have fight with my (ex-) boyfriend.

## Pisces

(February 19-March 20)

Remember the song, "The Monster Mash"? Starting today, you will start sounding a lot like the lead singer in that song. This will all be because you joined the Formal Attire Resurgence movement (a.k.a. you shopped at the Gap) over the holidays. Be wary of the Casualist Party (those who bought their undies elsewhere) though, because there is someone out there who is just dying to spit on your spats.

## Aries

(March 21-April 19)

You will be harassed by cats today. Hungry, irritable cats. You will also be able to get out of doing that lab this week by impersonating a chicken.

## Taurus

(April 20-May 20)

Tomorrow when you wake up, many small objects on the carpet will bring you to the alarming conclusion that you have a live rabbit in the house. Search though you may, however, you will be completely unable to find hide nor hare of it.

## Gemini

(May 21-June 20)

Beware of slimy creatures in the cafeteria today. There's one lurking in the cold drink fridge, pretending to be 7up can. Today you will also discover a lot of money under your pillow. It won't be enough to cover the cost of all the sex toys you bought for 50% off on Boxing Day though.

## Cancer

(June 21-July 22)

In an attempt to simplify your life, you will discard all of your footwear. Later you will regret this when you find you start to have the

shakes from being without your bunny slippers during Ally McBeal.

## Leo

(July 23-August 22)

In a daring, intellectual coup, you will translate a collection of Zen koans from Chinese directly into Jive in an attempt to combine the best elements of philosophical thought and emotion. You will title the collection, "Yo Momma By The River."

## Virgo

(August 23-September 22)

You will spend a lot of time this week contemplating 4 dimensional space. Unfortunately, you'll keep getting distracted by things popping into non-existence around you. In the end, it will turn out that you find out that all of your life up until now was just a peculiar dream and that you actually are still only 2 years old. This will turn out to be vaguely irritating when you try to hit the bar scene over the weekend.

## Libra

(September 23-October 22)

You will spend today surrounded by idiots, or maybe even perhaps by well meaning but simple folks instead who will drone on and on

until your smile becomes forced and you begin to look like a deranged rodent. Also, beware of celery.

## Scorpio

(October 23-November 21)

Today is an excellent day to sneak, as you will find that an embarrassing creature from the 7th dimension of hell (a.k.a. a Furby) will become attached to your leg and will be impossible to remove until you take it to Taco Bell to rid of some extra gas.

## Sagittarius

(November 22-December 22)

This weekend would be a good weekend to make sure you are prepared for a freak blizzard. Buy bottled water, a first-aid kit, chocolate, flashlights, a transistor radio, sturdy hiking boots, and a feather boa.

## If today is your birthday:

Dorothy Parker once said, "If you can't say anything nice, come sit next to me." This will be the reason why so many people show up at your party tonight. By the way, today is also National Frog Day, so be sure to blow a candle out for your amphibious friends as well.

## CD Review

### Medieval Babes

*Worldes Blysse*

Venture Records

SecretFormula



I'd like to start off this review by a summation of the last Babes review I did: "Well, it ain't for everybody and it ain't for all occasions. It does give an air of spiritual enlightenment while you're listening to it. The 16 tracks play like Gaelic and Latin lullabies - soothing in tone but difficult to pick up the true meaning of since the words are not English-as-we-know-it. That's a pretty small price to pay though for what you get in return. The dulcet harmonizing that you got from All Saints is multiplied by 10 and magnified by 100 with the kind of lyrics that Hildegard von Bingen would be proud of."

Okay, so now that I'm beginning to gain a higher understanding of MB, I think I'm beginning to query the worldwide sensual force of British songstresses. Am I the only one who has noticed the rise in popularity of the Spice Girls then All Saints and now the Medieval Babes. It's like any group with more than three women who have English accents can dominate the market. Of course, I'm over-generalizing but then again, I'm allowed.

So to recap, what I said previously about the Medieval Babes still stands. This new record is forty minutes of sheer blysse. But I like Latin and Old English. So I may be predisposed.

## CD Review

### FurSlide

*Adventure*

Meanwhile/Virgin Records

www.virginrecords.com

SecretFormula

My first estimation of this disc is that they should have toned

## CD Review

### GrooveRider

*Mysteries of Funk*

Higher Ground/Columbia Records

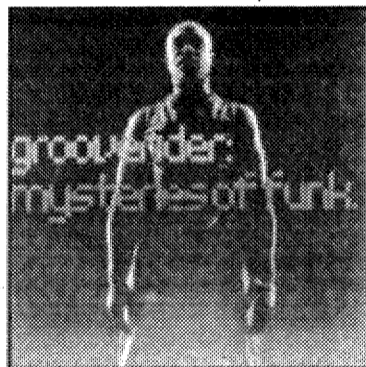
www.grooverider.com

SecretFormula

This stuff is as sweet as sugar, man. I'm telling ya, just one listen is like the first hit that the pusher gives you is totally free and then, BAM! It hits you, you're hooked. You need the stuff, it's a tangible need.

From the first minute of GrooveRider's first track on this disc, you know what's just hap-

pened to you. You just got a free hit, and now you're hooked. All of the sly Star Trek slo-mo mixing aside (actually, they're pretty cool), what you get here is some really wicked trance-a-delic techno with some way-beyond-cool funky beat trip-hop melodies. The verbage is sparse except for the aforementioned Trekness but it doesn't mat-



ter. The holy minstrel sitar players of India are the only musicians who can compare to GR in terms of grace, fluidity, and spine-tinglin' sonic fusion epiphanic joy tunes takin' you to the Altered States of America.

Put down your glockenspiel and get this disc.

P.S. I really liked this album.

## When is the music industry ever going to listen to me?

of the decibels and this would have a total kick-ass piece of power.

Not that I'm saying that it sucked. Not entirely anyway. But my guideline for better appreciation of FurSlide is to try and con-

centrate on the words. Some of the musicality is cool but it isn't sustained.

When is the music industry ever going to listen to me?



# The Best Places to Kiss in Edmonton



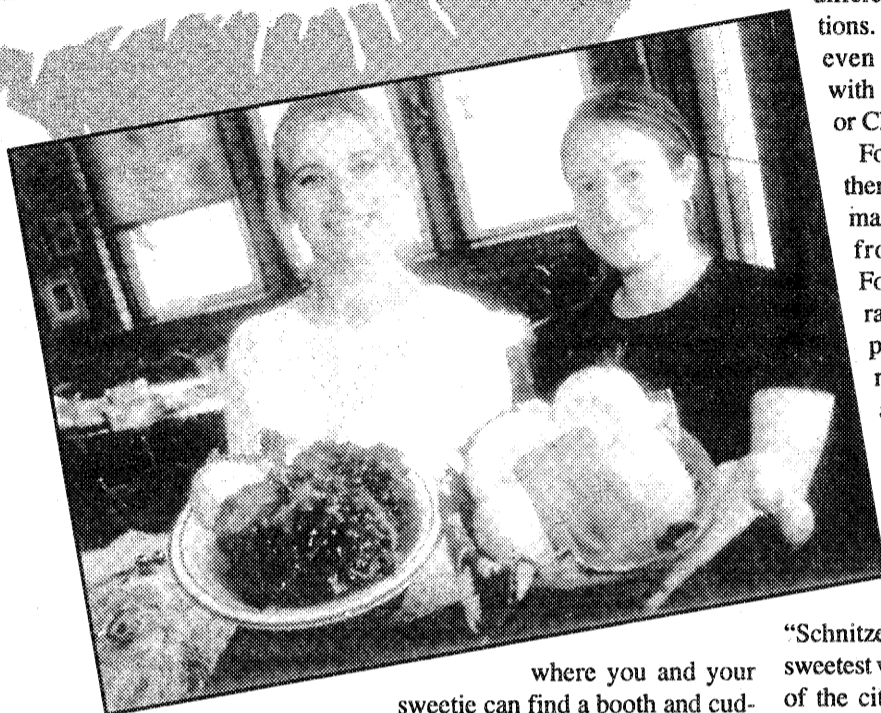
Kevin Pedersen

## The Mill Restaurant

"Your Schnitzel House"  
8109 - 101st Street  
432-1838

Moderate to Expensive

This is a hard review to write. I could rant and rave about the eclectic surroundings, I could write on the excellent service, or I could ramble on about the wealth of variety and quality in the dishes they offer. No matter which way I go, you can be sure that this is a



definite destination for you and your loved one. How can you beat a place

where you and your sweetie can find a booth and cuddle up to the sounds of an accordion-playing yodeler from Munich on a Friday night? They

have an interesting wine list to choose from, but I suggest that you go for an all-out German experience. The traditional German appetizers like the smoked salmon, the marinated herring fillet, or the mushroom caps and herbs will start you off right. If you want soup, you're in luck. The best soup in Edmonton is made in the kitchen of The Mill Restaurant. The Goulash is perfectly prepared, as are the different soup of the day selections. If you have kids, there's even a kids menu for them, with either a Schnitzel Burger or Chicken Drumsticks.

For you and your loved one, there's a number of quality main course dishes to choose from. I recommend the Forelle, which is pan fried rainbow trout with mashed potatoes and a delectable mixed salad. I don't usually like veggies, but these were better than my own mother's. The Weiner Schnitzel, served breaded and crisp, is fun to order because you get to say "Schnitzel". The Kalbsteak is the sweetest veal that you'll find in any of the city's German restaurants. This is definitely the most traditional of the various German establishments in town, offering

**Intelligent Line of the Date:** "See that big copper picture there?" Point to the south wall, at the large oxidized copper plate on the wall. "That looks like an old map of Europe etched in the 15 or 1600s. You just don't see beautiful antique art like that in restaurants anymore. I bet the collectors are making offers on it! Do you like that sort of art?"

**Exposing Your Sensitive Side:** "See that metal cross over there with the plaque on it? It's German tradition that when you climb a mountain, you place a cross on the top of it. Some poor fellas climbed a mountain in the Yukon with that cross from their home town in Germany, and they never made it to the top because of the fog. They were too embarrassed to return to their home city with the unplanted cross, so they gave it to the owner. I can't believe that men can be that proud that they can't admit their weaknesses."

some dishes that you can't even get in Germany anymore.

This is a great place for a date as there's so much stuff to look at while she talks about things you don't really care about. Just remember to smile and nod, when you take her to The Mill Restaurant, which is one of the best places to kiss in Edmonton.

# Big Sugar Rocks the Nest



Mick "Where's Dave Veilleux" Beale

gultural music played by two honed instrumentalists. The people who don't get off on the blues stayed and enjoyed the show, if not for the exposure to something new but for the ability to say to their grandchildren, "I saw Big Sugar play to a room of 200 people once. I met the fellas and gave them tips on how to play better." Ya, and you'll tell them it was 5 miles up-

**They played all the sugar, so to speak. My teeth hurt. My nose almost bled. It was that good.**

hill both ways to the bar, too.

They played all the sugar, so to speak. My teeth hurt. My nose almost bled. It was that good. If you missed it, too bad. The secret is to buy the tickets ahead of time. Make a note to yourself that if there's a band playing The Nest, you should buy a ticket early. Thanks go to Craig and his staff at the Nest for a job well done.



In case you missed it, Crazy Mike and Craig hosted Big Sugar on December 4th, to a sold out crowd (see letters to the Editor, page 5 for a true fan's perspective). The word around the campfire is that Gordie liked doing the show so much that he's been telling his friends about NAIT and the warm reception he got. Perhaps more bands will come do the unplugged thing at The Nest for us.

The blues purists out there, such as Rita Cain from the NAITSA office, must have loved the show. It was raw,

## Poetry

### By The Phone

Charlene Morrison

Hey you, Mister Mystery Man  
Try and catch me — think you can?  
You want a cookie — swallow this  
Give your ass a deep wet kiss  
Anal doesn't begin to describe  
Your gypsy ways don't barely hide  
The stick up your ass is falling out  
Feeling lonely — give your shrink a shout  
Don't call me when your pills run out  
You've lost me now without a doubt

You think you're hiding?  
I'll give you a clue  
The fact that you're hiding  
Let's me know you  
Not inside out  
Cuz what's inside?  
It's not worth finding  
Whatever you hide

Hey you, Mister I'm-in-the-Can  
You finally lost yer biggest fan  
The day you shunned me, my mistrust  
Overcame my animal lust  
Are you the man I'm looking for?  
Well you don't matter anymore  
You keep them guessing? Well I guess  
There's nothing more for you — confess  
The mystery you hid so well?  
You're nothing but an empty shell!

# Quality Child Care

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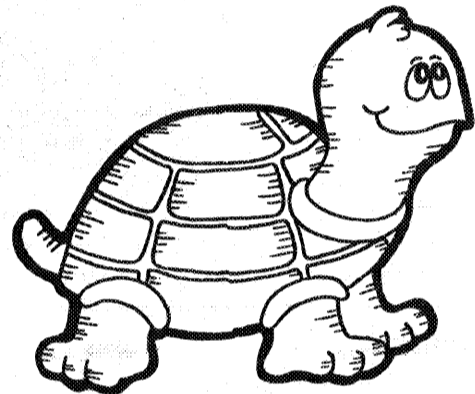
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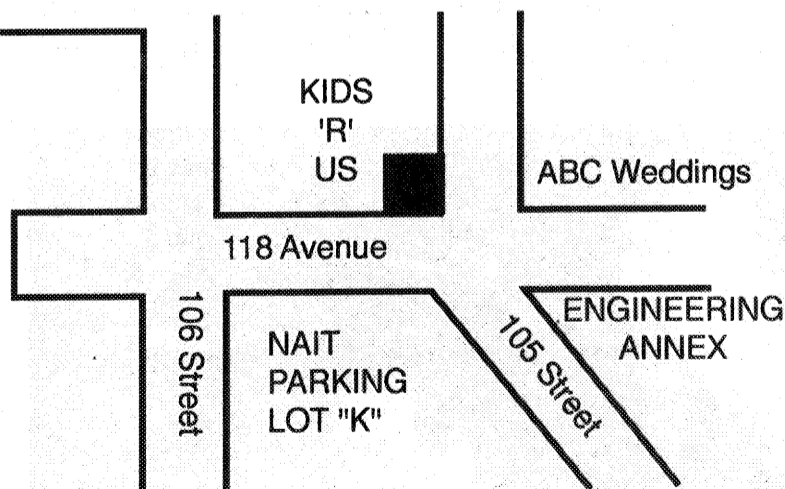
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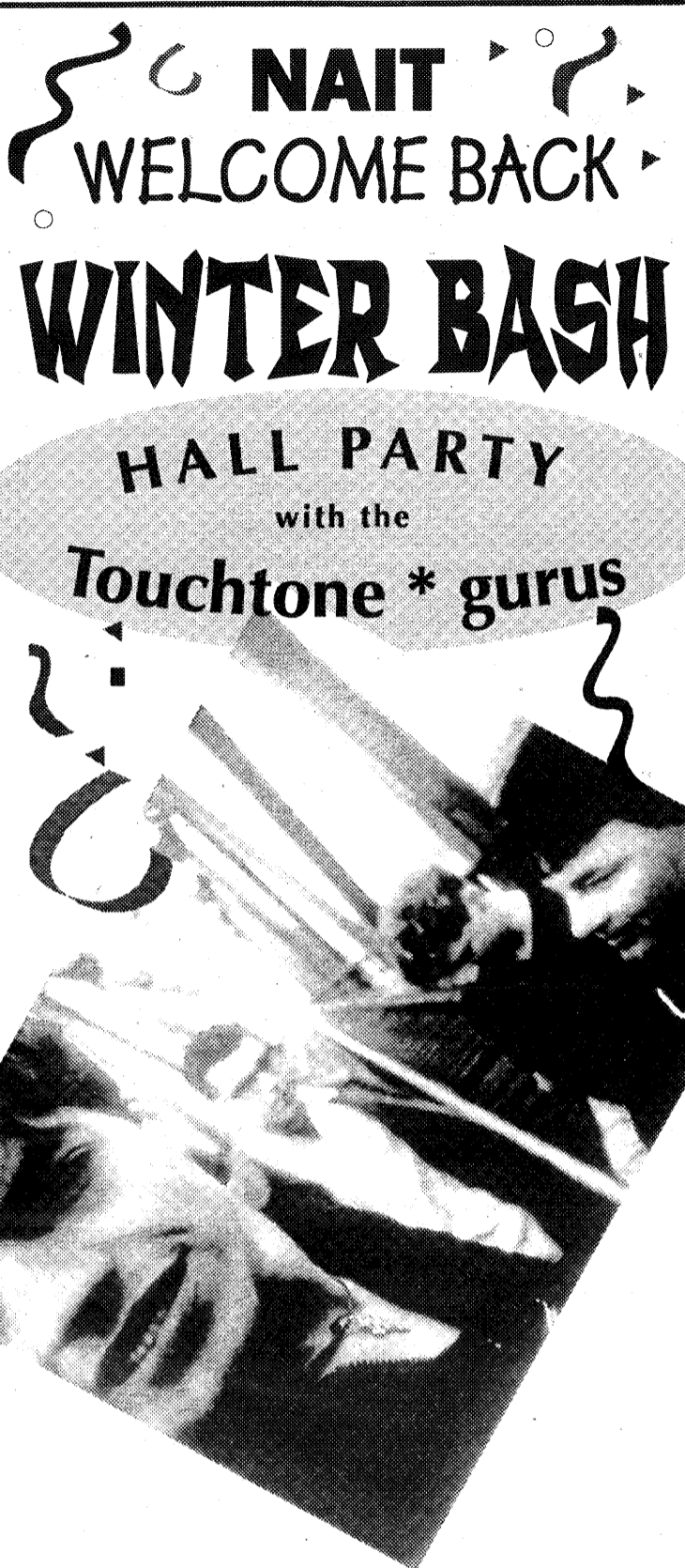


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**8 PM - 2 AM**  
 Edmonton Aviation Museum • 11410 Kingsway Ave.

**BEER \$1**  
**HI-BALLS \$2**

**TICKETS: \$10**  
 Available at the NAITSA Office and Tech Reps.



The Grapevines entitled "To Nick the Greek," "Imad Imad," "To Chachi," "To the business guy with the nipple ring and purple eyes," "Dancin' Queen," and "To the blonde butch" will not be printed because they are either lacking a FULL NAME and/or a STUDENT ID NUMBER by the submitter. Maybe your New Year's resolution should have been to follow instructions more closely.

Note: When submitting Grapevines in the future, can you please use paper? That is.. PAPER, like scrap paper, paper torn from a book, the back of a poster — whatever. Any submissions handed in on toilet paper or paper towel from now on, will not be typed.

**WELCOME BACK BEER GARDENS**  
 Presented by Mechanical Engineering Technology on Thursday, January 19, in the North Cafeteria at 3 p.m. Come one, come all — just be old enough to drink, eh?

To a full-time student,  
 I am a full-time student like you with seven courses to work through. I was fortunate to have ended class early so that I could attend the Rusty concert; however, I was disappointed that not more people showed up after 4:10. What gives?

To all the students buying or selling used books,  
 When the price is agreed upon and the deal made, ethically, you should follow through. If you agree on \$60 with one and someone else later offers you \$75, that's too bad. I'm sure every program teaches business ethics — don't forget to take good notes!  
 Heather

Hello Miss Respiratory,  
 I've seen and spoken to you a couple of times in the past. One memorable time was in the computer lab. I asked you a question about E-mail, but because of your extreme beauty, I went blank and couldn't think of anything else to chat about. If I get another chance, I'll try to be imperturbable and say something better than, "ah!" If interested, write back.  
 Sincerely, The 2th Guy

To the single parent,  
 Peace and love.  
 From, the son of a single mom

To yet another girl who likes girls,  
 By the way things are looking in the Grapevine, you are one of many who walk the halls here at NAIT. If you would like to play on both teams, come to the Nest on Wednesday for some hot wings and a steamy good time.  
 The guy who likes girls who likes girls

Ziebinski,  
 I've tried not to be attracted to you... but man, are you sexy!!!  
 From the pooppy girl

To the loser who "accidentally" took the laptop from the tower,  
 I can't believe anyone who attends

NAIT could be so ignorant in order to steal something that is ESSENTIAL for that girl's program (not to mention that it cost \$3,000). Could you afford to replace that if you were in her shoes? We're all hoping you feel good about yourself. Let's hope someone takes your car or breaks into your house. Then you'd understand...  
 From, all students who require laptops for their program

To "A Trainer,"  
 I thought it was a cute gesture, but why don't you show your face to her? You seem so interested, yet you don't come forward! Be mature and come out.  
 A Friend

DiscoDaddyRene,  
 You wanted a clue, I could be right beside you. And here's another: drink from me and live forever. I am a creature of the night who's about to take flight.  
 HungryLikeaWolf

Blue-eyed Angel,  
 I saw you in the North Lobby at lunch on Friday and was too shy to talk to you, but when you left, I realized I would never forgive myself if I didn't make an effort. Just so you know who you are (there's no way I'll forget), you have beautiful blue eyes, freckles, and shoulder-length dirty blond hair. The first thing I noticed though, was that you have an amazing number of wonderful freckles. Anyway, if you're interested (and I hope you are!), come to the Naitrium on Friday between 12:15-12:30 or 1:15-1:30 and I'll introduce myself.  
 Signed, Blown Away

**Continued on back page**

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Continued from p. 15

To Concerned Fellow IET Person,  
Thank you for your support.  
D. from IET

To all the gorgeous girls who NAIT!  
I walk through the hallways and am  
amazed at all the eye candy I see! I  
love this place! Oh yeah, classes are  
good, too! PS: Go Oil!!!!  
To shy to try!

To Jeff,  
You are such a whiny little bitch. The  
way you're always trying to pick up  
the girls in our class, it's pathetic. Have  
you ever kissed a girl before? No, your  
mom doesn't count. Maybe if you got  
your nose far enough out of our teach-  
ers' asses, you would see we are laugh-  
ing at you, not with you. Keep work-  
ing on that blonde you like, she might  
come around if all the guys in the world  
get hit with the ugly stick.  
Pissing myself laughing

To Valley Girl #1,  
When you finds they cannot hide be-  
hind lies and attitude anymore, the only  
gracious thing they can do is to bow  
out gracefully. Thanks for being the  
quitter I always knew you were.  
Signed, Enjoying the semester without you

To Matt,  
Hey buddy, where have you been the  
last couple of weeks? Did you drop out,  
or what? I need my MS Office disk and  
my football video back, please. You  
know where to find me.  
From, Gus (A guy who likes girls who  
likes girls)

Jenny,  
We'd love some autographed books.  
Let us know about your next tour, so  
we can come and cheer you on all the  
way, maybe we'll even bring our  
Furbies!  
The Club

To B.J.,  
I know you didn't mean to make a mess  
of me (even though it was your fault),  
and we all had a good laugh. One thing  
that is no laughing matter, is how you  
led my friend on all the way down to  
the T-Dome. Is this something they  
teach you at the "U," or is it something  
that comes naturally? If you are going  
to play the game, you had better be  
ready to go into "overtime." I just call  
the game as I see it, and you deserve a  
penalty for illegal procedure. You  
sacked Dave's quarterback and he  
didn't even get a chance to kick a field  
goal. No hard feelings. See you soon.  
PS: Next time we visit, I will bring a  
change of clothes and you can dress me.  
From, the guy who likes girls who likes  
girls who has a friend

Shannon Doherty,  
Well, obviously you really did not take  
a good look at yourself the last time!  
You're eyes are ugly! You're not so  
perfect after all! I may be fat, at least I  
know for sure! You're homely, even with a  
good body. Obviously you were of-  
fended, well may be you do know that  
you have problems with your eyes! As  
for turning sideways through a door,  
I'm surprised you can see properly to  
get through a door! PS: You like, you  
think, you are like, so not like Shan-  
non? You look like and talk like, like  
her! Oh, my, god! Like, whatever!  
Fatter Bitch!!! (P.P.S: At least I know  
now!)

To the sport and wellness redhead,  
I've always thought you were cute and  
attractive, and I'd like to get to know  
you. I'm approx. 6ft, brown eyes, and  
brown hair (bleached blonde on the  
top). We both ride the #9 to and from  
NAIT and occasionally see each other  
on the bus, in the halls, and in the  
weight room.  
Interested since day one, Bus Boy

To the petite blonde with glasses in the  
E-wing,  
I've noticed you the last couple of  
weeks and I think you are the sweetest  
thing I've ever seen. I saw you at the  
3-deep concert last weekend and you  
were looking fly in your gold dress. I  
was going to come talk to you, but Nick  
from 3-deep was all over you. Meet me  
in Naitrium (pinball machine) Monday.  
From the Redhead in P

To Jessica,  
I don't make promises I know I won't  
keep, so all I can say is, "I can be the  
words you been waiting to hear and I  
can be the guy who will be there when  
everyone else walks away." I'm not  
asking for one chance to break your  
heart, but I'm asking for one chance  
to show you who I really am. Please  
let me be what no one else has been,  
let me be the shoulder you can cry on  
and let me be the hand that wipes all  
your tears away!!  
From, MC (PS: I know how much you  
like wine.)

"Shut up, C and A!"  
The Auto Class

To Kitty,  
Hey, kid, five dollars a feel, eh? Well,  
here's a twenty. I'll go good with your  
Christmas present (tee hee). About  
your new friend, no grrrr! Maybe just  
a little. Don't worry, you don't have  
big hips. If you wanna hang out, call  
me, okay. I ache to hear my cell phone  
ring again.  
From, Snuffy

Hey Big Daddy,  
Guess who's back! The guy who has  
laid more pipe than a construction  
worker. That's right — it's the  
Swinger! Did you miss me? I thought  
you might. Tell your mom that I'm  
sorry about her eye.  
The Swinger

## Classifieds

Room for rent in house, 7619-112 Ave.  
\$350 all-inclusive. Ph: 471-3339. Ask  
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Roommate wanted NOW!! Non-smok-  
ing male to share a 2-bedroom house  
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las at 434-0357.

Roommate wanted for townhouse  
across from annex. Smoke or don't  
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at 471-7617, or stop by the Nugget  
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mation call 476-0268.

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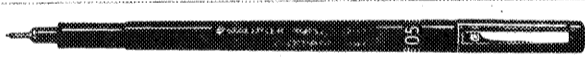
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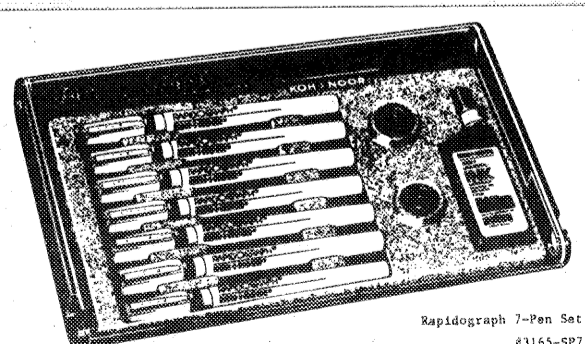
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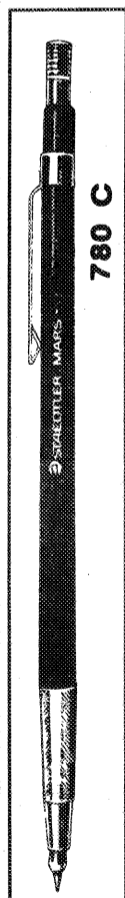
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