

THE NUGGET

Friday, February 21, 2003
Volume 40, Issue 19

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Out of the Season, Into Their Hearts



MIKE McGuire

A couple of weekends ago, the 2002-03 Women Hockey Oaks played their last game of the season. Win, lose, or tie, there was no way they were going to make it into this year's playoffs. Down 3 to nothing half way through the game against Grant MacEwan, the forecast for those on the ice may have seemed bleak, but you wouldn't know it from the crowd. As has been the trend for Women's Hockey games throughout the season, attendance was limited mostly to friends and family of players from either side. The noticeable addition, a faction of fans dressed in sweaters never seen in the NAIT Arena before.

Scattered around the NAIT arena, waving signs and screaming "Go Oaks Go!", dozens of girls hockey players from the small town of Smokey Lake were invited by our squad for a look ahead to what kind of possibilities await them.

Despite our ladies' less than favorable farewell, the girls from the Smokey Lake Stars remained awestruck by the idea of girls playing college level hockey, and were appreciative of every gesture made by the players.

"The girls seem to be just soaking it up. I think they'll thrive on this type of information, and it gives them something to shoot for as a goal in their own, young careers," that from Stars coach Kelly Dombowsky.

"To see girls play. It's different going to an Oilers game and seeing all men's, but when they see this level of hockey, and this competitive of hockey in women, all women playing, it's very positive."

It's a position that the Oaks players were adjusting to as well. Considering the movement to increase equality in athletics is still

on the rise, some players found the chance to serve as role models far more rewarding than any win.

Christy Ravndahl, who returned to the Oaks late in the season, couldn't hide her delight in the eager eyes of the youngsters. "It's great to see the young girls come out and cheer for us. It gives them something to look forward to when they get older - to play college hockey."

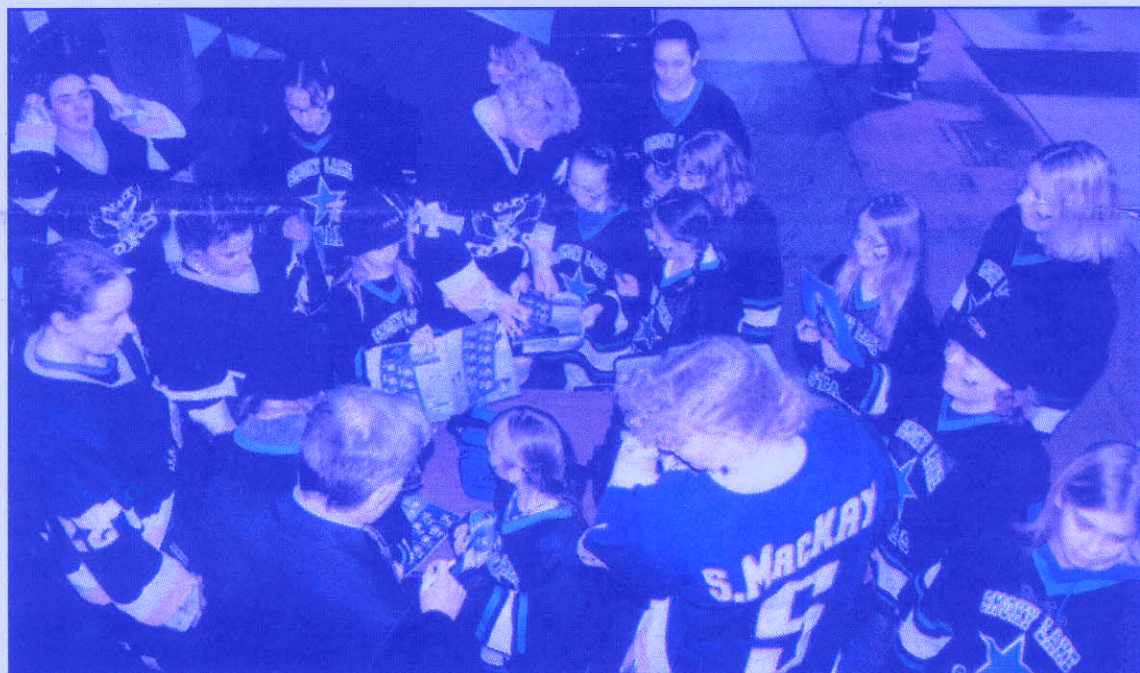
The game ended in a 5-0 shut-out for the Grant Mac Griffins, but that night, there were no losers in the arena.

...dozens of girls hockey players from the small town of Smokey Lake were invited by our squad for a look ahead to what kind of possibilities await them.



HI-FIVE! Ook Liza Shatula takes a moment to thank some new fans.

photo by: Mike McGuire



ROLE MODELS: Even after a loss, the special guests prove our Oaks are winners.

photo by: Mike McGuire



TOMORROW TODAY: The Smokey Lake Stars joined the Lady Oaks on the ice, perhaps a precursor for many of the youngsters.

photo by: Mike McGuire



NAIT Students' Association '03/04 Election Information



NOMINATIONS OPEN

'Leadership has its privileges.'

FEBRUARY 18 - 28, 2003

NAITSA wants to pass some info on to you in case you're looking for a challenge next year. A challenge that comes with some pretty great perks too.

What kind of perks you ask?

How about...

- A MONTHLY SALARY
- TUITION BURSARY
- WORK EXPERIENCE
- LEADERSHIP DEVELOPMENT
- TRAVEL OPPORTUNITIES
- NETWORKING OPPORTUNITIES
- A CHALLENGE

Never thought about running until now? (Advertising works, doesn't it?) Don't worry, you're not alone and you have until February 28th at 4:00 pm to get your nomination form signed and submit it to Room E131... maybe your new office next year? Did we mention you get your own office too? We'll even help you out with your campaign with a \$25 contribution!

Pick up a nomination form at Room E131 and submit it before February 28, 4 p.m.

CAMPAIGN WEEK

'Elections are more about listening to constituents than talking to them.'

MARCH 6 - 12, 2003

During the five days that students will be campaigning they will be giving speeches, making promises and touring the campus to get your vote. Most of all, they will be asking for your opinion. Give it to them.

During campaign week be sure to take some time to talk to a candidate and tell them what you expect next year.

You can even win some great prizes during this week so watch for candidates in your area.

ELECTION SPEECHES

Most speeches will take place from 12:15 to 1:10 pm.*

Date	Location
March 6	Fresh Express
March 7	The Bistro (Plaza II)
March 10	Common Market
March 11	Tower 8th Floor
March 12* 11:15	Bytes (HP Centre)
12:15	The Naitrium

ELECTION DAY

'The easiest way to speak your mind is to write this... X'

**THURSDAY, MARCH 6 - 12, 2003
9:00 AM - 4:00 PM**

NAITSA has a goal... to have 30% of the student body vote.

Believe it or not, the national average is about 11%. Unacceptable.

There is a new NAITSA coming... We want to be known for our accountability to our members. But first we need your vote. Cast your ballot on March 13th and make your voice heard!

POLLING STATIONS

- NAITSA Office (E131)
- The Tower (1st floor)
- The Bookstore (X-wing)
- South Lobby (Main)
- Fresh Express
- HP Centre (1st floor outside "Bytes")
- The South Stairs (Plaza II)
- South Campus (Office)
- Patricia Campus (Office)
- Distribution Centre

BRING YOUR ID CARD

All you need is your ID card at the polling stations. Full-time, part-time and apprentice students are eligible to vote.

NOW HIRING POLL CLERKS - MAKE SOME \$\$\$

Holding an election is a lot of work. Several jobs are available now. Ask for info in E131.

www.naitsa.ca

NAITSA News



JENNIFER Benoit

On Tuesday, February 11th, the new Director of Recruitment and Student Life, Al Morrison, was introduced to the student representatives at the General Council Meeting. The new position was created due to "the need to pay attention to the creation of a campus environment that contributes to the full development and enhancement of student life and well being." Morrison's responsibilities will include a leadership role for making improvements to the students' experience both outside and inside of the classroom. Outside of the classroom means such services as Career Services, Aboriginal Liaisons, Campus Sports and Wellness, and NAIT Athletics. Inside the classroom, Morrison hopes to ensure that students are enjoying the program they're enrolled in, ensuring "good students" get into NAIT, and that registration is made as easy as possible. Morrison invites students to contact him if they have any suggestions for improvements that could be made in these areas. His office is located at E134.

Also at the meeting, NAIT President Dr. Sam Shaw offered a chance for the student representatives to ask him questions concerning the Tuition Fee Consultation presentation he gave two weeks earlier. One of the issues brought up was whether there would be more funding for campus security. Shaw said NAIT "stepped up community liaison with the Edmonton police" toward a solution to dealing with the locker break-ins and stolen projectors.

Shaw announced his hope that the provincial government will help NAIT with its current financial challenges, such as funding needed to update the aging laboratory equipment at NAIT. He

said that the provincial government is expecting a "large surplus" as of March 31, 2003. Dr. Shaw said that because post-secondary education costs is the third most important concern of Albertans, he is "very hopeful" that there will be financial help.

The students thanked Dr. Shaw for his presence at the meetings, saying that allowing them to ask him questions in person showed his commitment to involving students in decisions made at NAIT by allowing students to share their concerns and suggestions for improvements.

NAIT "stepped up community liaison with the Edmonton police" toward a solution to dealing with the locker break-ins and stolen projectors.

Revisions to the NAITSA Vision, Mission, and Goal statements were passed. General Council also voted on NAITSA Election Bylaw changes as proposed by the Elections Committee. Contact the NAITSA office to see the revisions for either of these documents.

NAITSA President Diana McCall gave a short presentation on renovations that will be made to the NAITSA office and Friendship Centre. NAITSA was given two classrooms adjacent to the existing NAITSA office in exchange for donating \$1 million toward the new HP Centre. McCall hopes the new office arrangements will provide increased social atmosphere and comfort, with extra space for meeting rooms.

Allison Williams and Roy Maitland gave the student representatives the Board of Governors update. They said there have been some student concerns about parking at NAIT. But because there

has been a lack of student feedback from a survey conducted by NAITSA a few weeks earlier, it is assumed that not enough NAIT students are concerned about parking at NAIT. If there is enough interest generated on the issue, NAITSA will take the appropriate action (McCall said possibly prompt action to build a new parkade).

McCall gave a NAITSA Executive Committee election reminder. Nominations opened on February 18th and will close on February 28th when the NAITSA office closes (4:00 PM). Students are able to get the nomination forms at the NAITSA office (E131). Campaigning will begin on March 6th and election day will be on March 13th. Visit the NAIT website (www.nait.ab.ca/naitsa) or the NAITSA office for election details.

An announcement concerning Tech Charity Points was given by Jeremy Coules, VP Communications. Each student that attends an Oaks basketball playoff game will earn 25 points for his or her technology. So attend the games and support your program!

Graphic Communications wants to help you get your weekend started

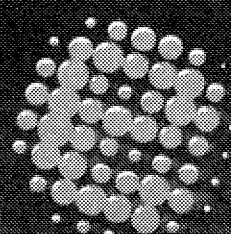
BEER GARDENS

**Friday, Feb. 21
3 - 8 pm
The Naitrium**

**Pizza & Beer
Big Prizes to be WON!**

**Featuring Live Music by
Hyndsyt and more...**

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Freshly made Beef & Chicken Donairs.

Article ran in error!
RM.

3897

Interview Tips



JENNIFER Benoit

It's that time of year. You've sent out your resume to several different companies in hope of finding a full-time job since you'll be graduating from NAIT in April. Perhaps you need a summer job before you return to school in fall. You're waiting for the phone call or e-mail that informs you that you have a job interview.

There are about a thousand Websites on the Internet that can help you prepare for the interview. The best are monster.com, jobsontheweb.com, and joblink-usa.com. This article has, in my opinion, the best interview tips that come from these Websites.

Preparation (monster.com)

1. Know how to keep yourself calm. The best way to do this is to be prepared.
2. Research the company.
3. Know why you want the job.
4. Be able to express specifically, the marketable skills you have to offer the organization.
5. Prepare questions you wish to ask - only ask questions you can't find answers to yourself.
6. Line up your references in advance and verify that they will be good ones.

Top 10 Interview Tips (http://jobs.asiacom.com)

1. Enter into a state of relaxed concentration. You'll need to quiet the negative self-chatter in your head. You'll focus on the present moment and will be less apt to

experience nervousness, self-doubt, self-condemnation, and lapses in concentration.

2. Act spontaneous, but be well prepared. Be your authentic self - professional yet real. Engage in true conversation with your interviewer, resting on the preparation you did prior to coming to the meeting. Conduct several trial runs with another person simulating the interview.

3. Set goals for the interview. It is your job to leave the meeting feeling secure that the interviewer knows as much as he or she possibly can about your skills, abilities, experience, and achievements. If you sense there are misconceptions, clear them up before leaving. If the interviewer doesn't get around to asking important questions, pose them yourself (diplomatically) and answer them.
4. Know the question behind the question. Ultimately, every question boils down to: "Why should we hire you?"
5. Expect to answer the question: "Tell me about yourself." Everything you include should answer the question: "Why should we hire you?". Carefully prepare your answer to include examples of achievements from your work life that closely match the elements of the job before you.

6. Make and keep eye contact. Walk and sit with a confident air. Lean toward an interviewer to show interest and enthusiasm. Speak with a well-modulated voice that supports appropriate excitement for the opportunity before you.

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34 Common Mistakes (jobsontheweb.com)

1. Poor personal appearance.
2. Lack of interest and enthusiasm: Passive and indifferent.
3. Overemphasis on money: interested only in best dollar offer.
4. Condemnation of past employers.

5. Failure to look at the interviewer while conversing.
6. Limp, fishy handshake.
7. Unwillingness to go where sent.
8. Late for the interview.
9. Failure to express appreciation for interviewer's time.
10. Asks not questions about the job.
11. Indefinite response to questions.
12. Overbearing, over-aggressive, conceited with superiority or "know-it-all" complex.
13. Inability to express self clearly - poor voice diction, grammar.
14. Lack of planning for career - no purpose and goals.
15. Lack of confidence and poise - nervous, ill at ease.
16. Failure to participate in activities.
17. Unwilling to start at the bottom - expects too much too soon.
18. Makes excuses, evasive, hedges on unfavorable factors in record.
19. Lack of tact.
20. Lack of courtesy, ill mannered.
21. Lack of maturity.
22. Lack of vitality.
23. Indecision.
24. Sloppy application blank.
25. Merely shopping around.
26. Wants job for short time.
27. No interest in company or industry.
28. Low moral standards.
29. Cynical.
30. Lazy.
31. Intolerant - strong prejudices.
32. Narrow interests.
33. Inability to take criticism.
34. High pressure type.

Questions to Ask the Interviewer (monster.com)

1. What are the main objectives and responsibilities of the position?

2. How does the company expect these objectives to be met?
3. What obstacles are commonly encountered in reaching these objectives?

Some DOs and DON'Ts (joblink-usa.com)

1. Do plan to arrive on time or a few minutes early. Late arrival for a job interview is never excusable.
2. Do wait until you are offered a chair before sitting. Sit upright, and look alert and interested. Be a good listener as well as a good communicator.
3. Don't forget to bring a copy your resume.
4. Don't answer with a simple "yes" or "no". Explain whenever possible. Describe those things about yourself that relate to the situation.
5. Don't lie. Answer questions truthfully, succinctly, and frankly.
6. Don't make unnecessary derogatory remarks about your present or former employers.

Closing the Interview (joblink-usa.com)

1. If you are interested in the position, let the interviewer know. If you feel the position is attractive and you want it, be a good salesperson and say something like: "I'm very impressed with what I've seen here today; your company, its products, and the people I've met. I am confident I could do an excellent job in the position you've described to me." The interviewer will be impressed with your enthusiasm.
2. If you get the impression that the interview is not going well and that you have already been rejected, don't let your discouragement show. Once in a while, an interviewer who is genuinely interested in you may seem to discourage you as a way of testing your reaction.
3. Thank the interviewer for his or her time and consideration. If you have answered the two questions - "Why are you interested in this position?" and "What can you offer?" - you have done all you can.

Elections, Elections, Elections...

Make your mark at NAIT and change your life



KIMBERLY Ashley

The NAITSA 2003/2004 elections are here. This is your chance to have a say in who will represent the student body come the fall semester. If you want to have a say, or maybe even be in those positions, make sure to check out these opportunities in the student government at NAIT.

There are many positions available for students to run for. There are five Executive positions, and two Board of Governors positions available. The five Executive positions include President, Vice President of Academics, Vice President of Activities, Vice President of Communications and Vice President of Operations.

I don't want to repeat any more information than I have to, because all of the election information that you need to get started is right here in The Nugget this week. What I do want to say is to at least read it, think about it and then act on it. If student leadership is your thing then get involved. NAIT is a great place to get your career started, not

only for your education, but for any leadership and management opportunities as well.

I know that you all might be nervous out there, or scared to apply, but don't. I was there too at one point. I read The Nugget on occasion and didn't really like what I saw. I waited until the last possible moment to apply for this job, and look; here I am, writing this for you right now. I decided to make a change in what the students read, and a change in my own life. Everyone can make a change in their own life and maybe someone else's, but you do have to try. I didn't go out to school activities, or play any sports or get involved in ANY way, but I took a chance and it was well worth it to give back to the school. Do it for yourself and your fellow students. Get out of your desk and grab a nomination form and take a chance. You really need no experience to be a part of this, and you will get so much out of it.

I have worked closely with many of the Executives and with the two student Board of Governors. These positions offer so many memories, rewards, friendships and will further your knowledge on so many levels. Make your mark at NAIT and either do your part in student leadership, or VOTE on March 13th.

RESUMES!

Is Your Resume:

- Targeted-towards the position for which you are applying?
- Focused-highlighting your qualifications and work experience related to the job posting?
- Results Oriented-communicating clearly to the employer(s) what you can do for them?

Career Services offers:

- Individual resume assistance
- Access to current job postings
- Resume Databases (your resume on-line)
- Useful job search resources

"Resume Help Tables" will be set up at the following locations and dates.

11:15 am to 1:15 pm	
February 26th	Business Tower Lounge
March 5th	South Lobby
March 12th	North Cafetorium (near entrance)
March 19th	Engineering Annex (elevators)
March 26th	Business Tower Lounge

Bring your resume, questions and concerns! The extra effort could get you an interview.

Valentine's Day



TOM Ace

Valentine's Day has passed us once again. Spring has just about sprung. Couples everywhere are sucking face and showing other public displays of affection. Everyone can feel the love in the air; everyone except all of those hopeless guys and girls out there that get depressed on Valentine's Day.

... instead of complaining about being lonely, get off your fat lazy ass and do something about it! Valentine's Day is the one day of the year when everyone wants to be with someone.

To this day I still do not know why anyone is alone for Valentines. I'm sure that everyone out there has experienced this situation of loneliness. If not, you've had a friend that whines for a week beforehand and another week after about how they get sick every time they see a cute couple. This week's column is dedicated to all you losers out there that turn a romantic occasion into wretched, miserable, sad, dismal, disappointing gripe-fest, just so that you can lay on your bed a try to drown yourself in a pool of your own murky tears. Here's some advice for next year: instead of complaining about being lonely, get off your fat lazy ass and do something about it! Valentine's Day is the one day of the year when everyone wants to be with someone. To put it in more mathematical terms, for every one lonely person in the world there is one other lonely person. For anyone who is not good at math this means that everyone in the entire world should be able to hook up. So how do you do this, you may ask? Well it is quite simple and there are plenty of ways to get a date on V-Day. Why not ask

the girl next door? You talk to her now and then, she seems nice, and you haven't noticed any boy-friends coming or going. Or why not ask one of your best buddies for a night on the town? You know virtually everything about him, his parents like you, and you've always wondered what he'd look like with his shirt off. And for all you couples out there, don't think that you should just sit back and let your loner friends wallow in their own self-pity. Why not set up your single friends on blind dates? Here's how it works: the girlfriend chooses one of her friends, then the boyfriend finds a friend that he thinks matches the girlfriend's pick. And if the date wasn't that great, big deal! At least nobody was alone for the day of love. So next year I want to see the entire world holding hands, is that so much to ask for? Oh, and don't forget to look for love in that spot you never expected.

Reading Break Rip-off



KIMBERLY Ashley

This past reading "break" was a rip-off to so many people at NAIT. Not just the students but the instructors as well. I know that the two days off of school (woop-de-doo) could have helped me catch up on some reading if... three days beforehand NAIT hadn't pumped the ventilation system with a crazy cold virus.

I am not saying that they did, but students and instructors all over campus are feeling under the weather. My two day break was robbed by aches and pains, sore throat, fever, nasal congestion and cough, not to mention those other horrible side affects affecting everyone else like being irritable, sniffly and restless.

The only thing that I managed to accomplish during my well-

deserved reading "break" was to go through about a box and a half of some sort of generic crap "facial tissue" and spend nearly \$20 on gels and liquids and capsules that didn't really work. In the end, I am still sick, tired, poor and likely to catch this bug again. Oh well, look on the bright side, maybe I will be healthy and back at it again and laugh at all those sick people during midterm week.

Cost of being sick:

- 1 box of crap "facial tissue" about \$1
- 1 box of disgusting cough syrup about \$6
- 1 box of Dayquil about \$7
- 1 box of Nyquil about \$7
- 1 day of missed work about \$60

Missing one day of classes, feeling miserable for my reading "break" and missing a day of work... priceless.



**Come Into NAIT's Bookstore
And Check Out Our New
Spring Clothing Line**

POINT ZERO



**Jackets, Shirts, Pants, Shorts
Attire from Head to Toe
POINT ZERO**

The Official
Student Newspaper of

NAITSA
Students' Association



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

Production Office
471-7615

Fax: 491-3989

E-mail
naitnugget@hotmail.com

Editor-in-Chief
Kimberly Ashley

NAIT News, Events, &
Entertainment Editor
Jennifer Benoit

Arts & Entertainment
Editor
Stacey Laing

Features Editor
Harmen Van Andel

Sports Editor
Mike McGuire

Photographer
Kamell Williams

Typesetter
Jacque Truemner

Production Manager
Darrel Gregory

V.P. Communications
Jeremy Coules

Advertising Manager
Linda Campbell

Distribution Manager
Eva Pletchua

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The Nugget encourages
submissions

THE DEADLINE IS
12:00 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 writ-
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opinions of the Nugget staff or NAITSA.
The Nugget reserves the right to edit
letters and viewpoints for brevity.

Contributing Writers

\$10,000

Recruitment Bonus

If you have a post-secondary diploma in one of the 14 professional trades listed below, you may be eligible for a recruitment allowance of \$10,000, or \$20,000 if you already have experience. Graduates also receive higher seniority than untrained recruits and better pay.

It pays to work with the Canadian Forces.

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- Electronic Service Technician
- Computer Engineering Technician
- Computer Science
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- Vehicle Technician
- Electrician
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- Power Lineman
- Marine Engine Mechanic
- Plumbing and Heating Technician
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KARATE CHOP



**HARMEN
Van Andel**

"HIEEEYAH!" Feet are flying through the air, jaws are clenched and women much tougher than I am are throwing punches. No I'm not talking about a cat scrap at Cowboy's, I'm talking about our Karate classes here at NAIT. I had a chance to briefly check it out other day.

Every Tuesday and Thursday

night, NAIT students gather in the aerobics studio to learn the art of Karate. There are all kinds of Karate students. Some are smaller, some are bigger, some are male, some are female, some are black belts, and some are white. It really doesn't matter. They're all focused on one goal: improving their craft. This enables all students to work together in one room. The less experienced can learn from the more experienced, and the instructor moves from one student to the other teaching them each individually.

In Karate the levels of experience are awarded by belt color.

"Of course it depends on their personal ability, but the average person can achieve a new belt color every semester," says brown belt BAIST student Glen Hamilton. Beginners dawn a white belt, then there's yellow, orange, green, purple (2 levels), brown (3 levels), and finally black (with 10 levels). "Karate is about self discipline and respect," says Hamilton. "If you just want to learn to kick someone's ass, you're in the wrong sport."

So, If you like to try new things and want kill... er, time, this Karate class is too good to pass up. It's open to all students for

\$80.00 per semester or \$4.00 per lesson. Lessons are every Tuesday

and Thursday from 6 - 8 PM in the aerobics studio.



Olann Scott and Greg Johnson get their kicks at karate every Tuesday and Thursday at NAIT.

Do You Want To Play In The NAIT

BATTLE OF THE BANDS?

On Thursday March 27th, The Nest & NAITSA will host the 3rd Annual NAIT Battle of the Bands.

HOW DO YOU GET IN THE COMPETITION?

1. One member of the band has to go to NAIT.
2. You have to hand a copy of your bands Demo CD or Tape to the NAITSA office (Rm E-131)
3. You have to hand in a copy of your stage plot with your demo.
4. We need a photocopy of your student I.D.

**ALL ENTRIES MUST BE IN BY
MARCH 7TH, 4:00 PM**

Only five bands will be picked to participate in the NAIT Battle of the Bands.
Only those bands will be contacted.

GRAND PRIZE

TO PLAY AT NAIT OOKFEST ON SEPTEMBER 6TH AND \$500

SPONSORED BY:



This is Bob. Bob's having a great time 'cause he's sitting in a Molson Half Price Single Seat.

Molson Half Price Single Seats

It's unheard of, but now you can purchase a Molson Single Seat for the next Oilers home game at half price! Tickets go on sale every game day at 12 noon until sell out. Cheer about that!

Tickets at Ticketmaster
or call 414-GOAL.



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&

NAITSA
Students' Association

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MARCH 25 & APRIL 8
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THE NAIT IDOL will win a

TRIP TO VANCOUVER
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Trip Includes:

Airfare • Accommodation • Conference Fee

If you think you're a NAIT Idol... sign up at the NAITSA office
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THE TRUTH & RIGHTS REGGAE REVIEW

featuring
"GARRY LOWE"
&
"MOJAH"
FROM
"BIG SUGAR"



Thursday, Feb. 27th
5 pm Start
FREE ADMISSION

Aboriginal Awareness Day

The NAIT Aboriginal Student Club was just one of the groups promoting their culture during NAIT's Multicultural Awareness week, held February 3rd to 7th. Friday the 7th brought many Metis and Aboriginal dancers from those performing the Red River Jig, to the Plains dance and chicken dance to the well-recognized hoop dancing.

If you missed all of the beautiful costumes, dancing and powerful drumming here is just a taste of what you missed.



Epifa-what?



FURIOUS
George

If this week's column helps one student through a tough subject this semester, I'll feel complete again.

I had an epiphany the other day. It all started as I was driving home after a long day at school. As I sat in traffic, it suddenly occurred to me that I needed to take a huge flower*. It was one of those flowers that required immediate attention. I don't get them that often, maybe one or twice a year, but this was it. A sense of urgency was noted by the all drivers that shared the road with me that day. No one got hurt or anything, but I was pretty assertive in getting myself home, and pronto. Once inside the sanctuary of my home, I b-lined it to my throne and relaxed with a great big sigh of relief. There's nothing like arriving at an empty home, and leaving the bathroom door wide open while taking a nice relaxing flower after a long day. I knew from the start that it was going to be a long flower, but I had time to kill. Besides, long flowers are the best flowers. I scanned the bathroom to find something to read, but I had ditched my magazines a week earlier and hadn't restocked them yet. I don't know about you people, but I'll read anything on the throne to kill time. So, I did the usual; I read the back of my shampoo bottle, the instructions on my shaving cream can, the warning labels on the tongue of my shoe, etc. It didn't take long before I was out of things to read. Then I saw my school book bag sitting near the doorway. I had a Biology quiz the next day and figured maybe I could read some of that. It's tricky reaching for things when you're in that position, especially if you're having the 'Greatest Flower of the Year', but I managed to get the textbook over without too much trouble. Biology is a cool course for some, and really shitty for others (no pun intended, ba-hah). Personally, I don't like Biology all that much. I can read pages and pages of the stuff, but nothing really sticks all that well, my flower was going well and I had more time to invest, so I opened to Chapter 6 and just started reading.

I don't know if you've noticed, but the amount of distractions on the throne is nil. Even if you have roommates, no one likes to talk to you through the door when you're taking a flower. Anyways, I was starving for any sort of entertainment, so it was

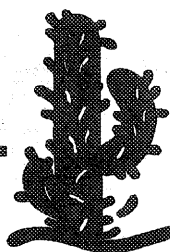
just me and my Biology. Before long, I had read through the entire chapter and my legs were numb. I closed my book and put it back in my bag. Not only did I read an entire chapter of Biology in one sitting, but I seemed to have retained the information it offered. My brain was in such need of stimulation that for one brief moment that day, Biology became very interesting to me.

I suddenly realized that really, we're all just spending our life killing time. We simply look for things to do to get us through our life. Sure, some things are more entertaining than others, but they all do what they're supposed to do: kill time. So it's really about competition. If I were to pit "DNA and RNA" against "Grand Theft Auto: Vice City", GTA would win hands down. But put "Cell Structure" up against "Rinse, lather, repeat", I'm David freaking Suzuki.

I bring my Biology textbook to the throne with me all the time now. My girly mags stay on my night stand.

Oh, I scored 100 on that quiz.

*For obvious reasons, I have replaced the word 'dump' with the word 'flower' for this week's column.



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From rINGSIDE

Remembering Curt Hennig



MIKE
McGuire

Not a whole lot really mattered last week...

It took a while, but I think I've figured out what it is I want to say. I never met Curt Hennig. I had the chance to see him wrestle live just once. Regardless, he remained one of my favorites for many years.

The report lies fresh in my mind. "Curt Hennig, AKA Mr. Perfect - dead at 44". At first, I thought it was some clever rib by a friend. After checking the wire in our newsroom, as well as hitting the usual wrestling news sites, I quickly discovered it was indeed true.

It was kind of like the night I found out Owen died. As a fan at that time, the feeling was already pretty negative. The fed was becoming a softcore porn broadcast, and WCW was wasting valuable time and talent on 3-hour promo-fests. It was a lousy time to be a wrestling fan. Then I get a phone call in the middle of the night. It's my friend Gary telling me that Owen died. I thought, "What?!? Owen didn't die... they're just pulling a quick work to try and get the ratings."

I turn on the Calgary 7 news (living in Red Deer, you get feeds from both cities), and sure enough, there it was, larger than life. Owen Hart: dead. This is the same guy who told me to go to school for a fallback before ever becoming a wrestler, and the same guy who warned me about all the potential evils in the business... gone.

When it was announced Hennig had passed, it hit me the same way. This feeling of emptiness over someone I had almost forgotten. Like I said, unlike Owen, I never met Curt Hennig. Still, the effect he had on my memory as a fan is something that will never be shaken.

On our February 11th episode of rINGSIDE Radio, we had

some great callers and feedback regarding Hennig's career. One caller mentioned a quick 2-second promo that he cut on her, and how she never forgot it. That

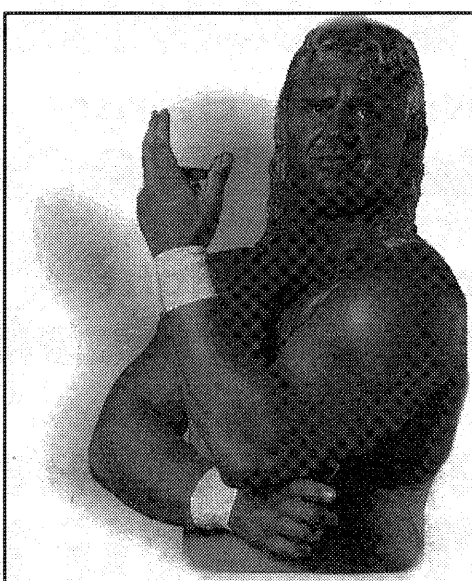


photo by: Mike McGuire

ABSOLUTELY PERFECT - CURT HENNIG: 1958-2003

is the magic that has been lost with his death. Hennig probably forgot about that encounter the next night, but the effect it had on our listener was so monumental, that she remembers it as though it were yesterday.

Think about it... there has to be something that is making you watch. Think of the hundreds of great moments you have seen. Imagine what it was like for the people performing. Whether it's an extreme bump, or something as simple as a patented gum-spit-swat combo, there is always something that will make you reflect back.

Curt Hennig, thanks.

In other quick news around the market, the Prairie Wrestling Alliance has another show hitting the NAIT gym, and on rINGSIDE Radio, we recently had a sit-down with Eric "Ice Man" Freeze. Here is a guy who has tagged and feuded with the likes of Chris Jericho and Lance Storm, just to name a couple. Keep listening, as we're working on some BIG plans...

For all the latest on the indie scene, and for things you may have never expected, be sure to check out our show, "nr92 rINGSIDE Radio", by visiting www.ringsideradio.rocks.it. Your comments are welcome at mikenait@shaw.ca.

Til next week, take care.

How To Get the Most out of Technical Reading

Reading scientific or technical material can be frustrating because of the large number of facts and details, and the complex terminology. Be prepared to read materials more than once for a thorough understanding. Here are some suggestions to enhance understanding and retention of scientific readings:

- Preview the chapter looking over titles, introductions, subheadings, figures, diagrams, italicized or boldfaced words, and summaries.
- Skim the chapter - read first and last sentences of paragraphs and try to pull out major ideas. The purpose of this is to get a general idea of the material. This should not be very time consuming. (If you can skim textbook or note package material to be covered in a lecture beforehand you will get a lot more out of a lecture).
- Then read for detail, focusing on the material highlighted in your course outline and in class.
- Read actively:
- formulate questions from the subheadings and read to answer

them

- translate abstract formulas to verbal explanations
- write down procedures in step form
- draw your own diagrams to illustrate and explain problems.
- Try to read dense material in small blocks; for example read one section in your textbook and then make some notes on it or do some questions related to it.
- Stop after reading every paragraph or subsection to recall what you have read; tell it to yourself in your own words.
- Think about application to the "real world" as you read - how will this material be useful in your field or how is it related to something you already know.
- Visualize what you are reading.
- As you read anticipate possible exam questions and the responses.
- Draw your own diagrams or charts to summarize material.
- Take class notes on the right hand side of your notebook/ looseleaf page; use the lefthand side (i.e. back of previous page)

to supplement with notes from the chapter or note package. Try to create a single study source.

- Notes from textbooks should clarify and supplement class material; do not rewrite notes from the text that are already in your class notes.
- Read your notes as soon as possible after class. Mark down any questions you might have and clarify them at your next class.
- Review your notes at regular intervals. The oftener you review the easier studying for exams will be.
- Try not to study more than 50 minutes at a time on any one subject. Take a 5 or 10 minute break, and then go on to a different subject.

For further information on academic, personal or career concerns contact a counsellor at the NAIT Student Counselling Centre, Room 0117, South Lobby.

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Are you obese?



HARMEN
Van Andel

Are you obese? Obesity is measured by using a mathematical formula called a body mass index (BMI) – weight in kilograms divided by height in meters squared ($BMI = kg/m^2$). To convert, multiply your height in inches by 0.0254 to get meters, and multiply your weight in pounds by 0.45 to get kilograms. A BMI of 19 to 24.9 is considered a “normal” weight. A BMI of 25 to 29.9 is considered overweight, while 30 or above is considered obese. – JAMA

Ok, so The Journal of the American Medical Association (JAMA) says we’re getting fat. They say 1 in 5 people in North America is obese. I see fat people all the time and really don’t even notice it anymore. According to JAMA, right now I’m 8 pounds from being in the obese category. D’OH! Actually, I think that’s a load a crap, I know a lean body builder who’s considered morbidly obese according to JAMA, but this isn’t an opinion column, so I won’t go there. I’m actually interested in the best approach to a healthy lifestyle.

It’s common knowledge that dieting and weight loss is a billion dollar industry on this continent. I used to be quite overweight. I weighed 50 pounds heavier than I do now. While trying to lose that weight, I had a lot of hit and misses before I landed a good “diet”. I put the word “diet” in quotations because really, it’s a lifestyle change. The word “diet” has the inaccurate assumption that it will end one day, but the truth is if you want to lose weight and keep it off, you’ll have to stay on the “diet” for the rest of your life. So it’s a lifestyle change. Make sure you can live with what you decide, because there’s no turning back.

Anyways, it seems to be pretty straight forward. It’s not rocket science. In layman terms it boils down to energy in vs. energy out. Whatever you put in your mouth gets converted to energy (aka calories): 1 gram of protein = 4 calories, 1 gram of carbohydrates = 4 calories, 1 gram of fat = 9 calories. Your body uses that energy to go through its daily routine, things like cell regeneration, breathing, keeping your heart beating, etc. If you do extra things like walking, lifting, or exercising, your body uses more energy. If you put more

energy in your mouth than you use, your body will store it for a rainy day. Way back in the day, we as a species were fed irregularly, so when we had a good week hunting and ate like kings, our bodies efficiently stored any excess energy (as fat) for a later date when we may not be so lucky. Nowadays however, society has enabled our species to get food whenever we want. The excess energy our body stores after a big meal rarely gets called upon, so once it gets there, it stays there. Until, of course, we visibly see it hanging off the sides of our torso. That’s when we spend all the dough to get rid of it.

The ‘easy way out’ method of getting rid of our love handles doesn’t seem to work though; the magic pills, the electro-ab-zapper, the supplements, etc. Maybe for a short period of time, but we can never live like that for the rest of our lives, so *poof* we’re back to being chubby in no time.

Some people just exercise and eat what they wish, and some people watch what they eat, but don’t exercise. The most successful approach seems to be a combination of both.

A little bit of exercise, and smart food choices. “What you eat is just as important in physical health as exercise.” Says Personal Fitness Trainer student Curtis Wilson. “You can workout everyday, but blow it all with a horrible diet. Following the Canadian Food Guide is your best bet to a healthy diet.”

Then there’s the issue of Basal Metabolic Rate. It basically means that we all have a minimum

required number of calories per day to sustain vital functions in our body. Our BMR can be vaguely estimated by multiplying our current weight in pounds by 10. That will give us the amount of calories our body needs in a day to keep ticking. Mine would be around 2000 calories a day. A McDonalds Big Mac meal super-sized with Coke comes in at close to 1500 calories. D’OH! No wonder the country’s getting heavier!

Really, if we could figure out what we’re putting in our mouths calorie wise, we’d all have an easier time losing, maintaining or gaining weight. The trouble is it’s not so easy to find out the calorie content of our food. Some restaurants offer it. But most don’t. Asking for nutrition info about the menu at restaurants is becoming more and more popular these days, and for the sake of our future, maybe it should be mandatory for them to have it available.



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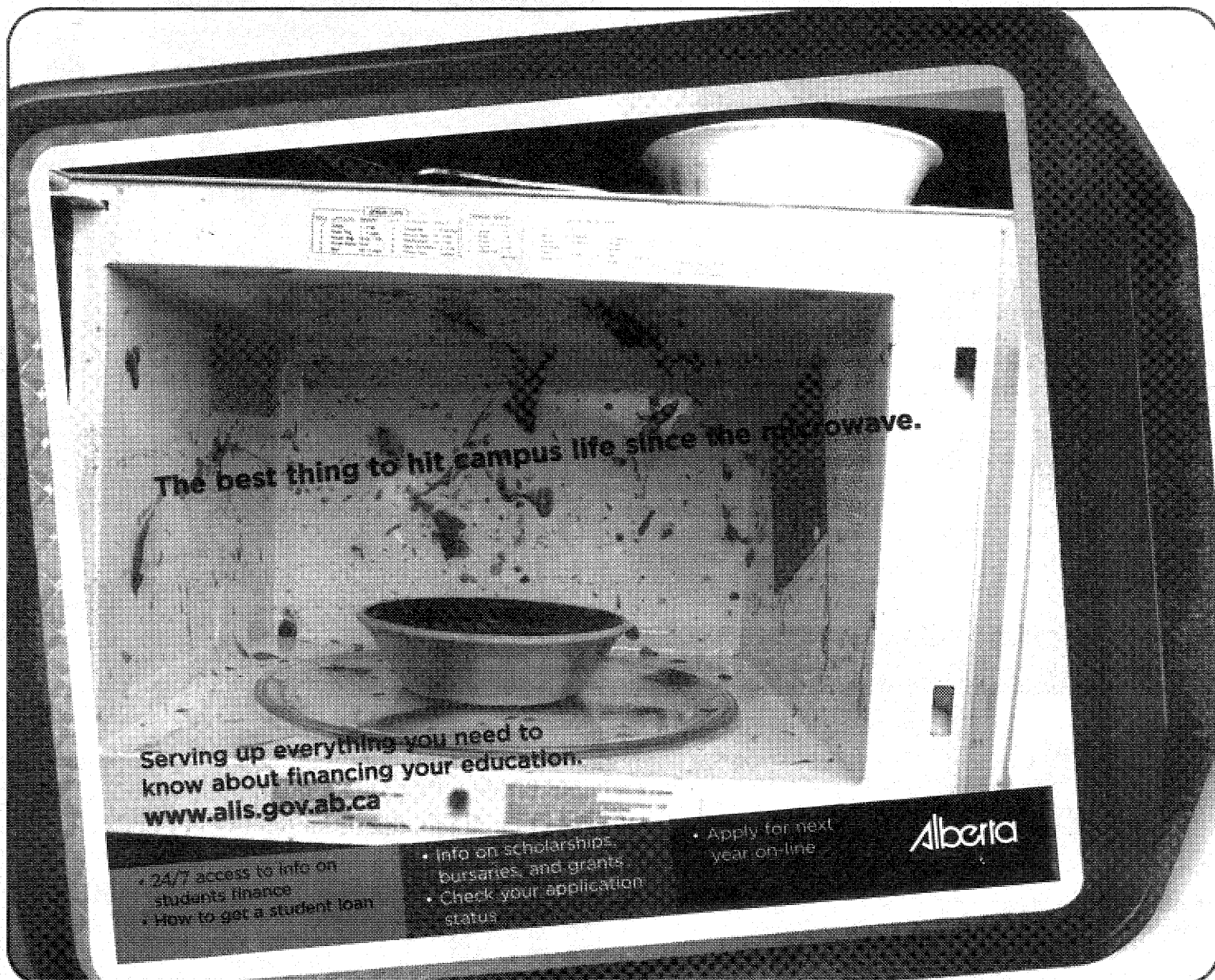
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The time has come, my fellow ones, to dream of better things... Well stop dreaming. We'll be on the prowl for you. Join us on The Cats Meow Club Crawl. Prrrrr!

Dear BlueBalls (AKA "micro-unit"): I didn't think guys with no nuts could get blue balls. Dude, you're hung like a gerbil! Don't try to talk to any of my friends either, they've been informed of your "little problem". As for the other 5 men, they paid well. I never turn down a paying customer, you cheapass. Unlike you, I will "be cumming" on the next fan bus.... - Signed, The Slut from the Fanbus.

Dear BlueBalls: Those balls of yours were blue before I ever came along. Where in your delusional world would I have ever made out with you. The mental image of us copulating makes me violently ill. I think you should come back to reality and realize the closest you've ever cum to getting action is when your mom breast fed you, and I realize that only ended recently. Why don't you take you "slut" insults and go sit at the front of the bus. -- Sincerely, the bus Whore.

To whoever is stealing wallet s in the gym: Stop being such f**ks! Now, I realize you are human garbage, but show a little decency. Take the money if you have to but leave the wallet. Do you realize what a pain the ass it is to replace everything in there? Either way, I hope you are caught soon & beaten to a bloody pulp. - Signed, Watch your backs.

Goheen, in Chem Tach, everyone on your side of the bench besides Crystal & Muma are chickenf**kers.

To those who utilize G-wing boys bathroom: Please keep the door open when you drop a bomb. We don't appreciate a steam room of feces when I need to pee. - Signed, Ching Pong

To We're not going to take it: Dial 1-800-Jesus-loves-you or Bum in Hell, your choice. - Signed, 2nd Year ORA Student

To We're not going to take it anymore: Yes, we are all from the ORA program and I know my attitude is in check. Obviously your attitude has lead you down a negative path. Maybe becoming more open-minded and expanding your social group would help in aiding your poor experience (so far) in the ORA program. I can honestly say I have never met such an authentic and genuine group of girls who have taught me great life experiences. In closing, I wish you good luck in finding a positive path. Hopefully it'll get you farther than you've gotten. - From Double S./Spreading ORA Pride.

To We're not gonna take it: Good luck on your Recruitment & Selection! From 2nd year student.

To We're not gonna take it: Take this! It's people like you that make it impossible for girls to get along with other girls. Maybe if you left your number I could call you, but since your intelligence level is obviously not there, even writing this is a waste of my time. - From, Sick of it All.

To all ORA students: Everyone's expressions and chatter is what we were looking for. Thanks for making our day. Also, we were trying to make the Nugget more eventful. - Signed, We're not gonna take it & no longer wanting to be invisible.

Nelson: TEAM DISCOVERY CHANNEL. Martin.

Amy Kasha: It doesn't matter how small your town is, your brother shouldn't be marrying your sister.

Hey 2nd year radio students: GIV'ER - Signed, Mike Wildfire

If any of the people from this year's ski trip have any good (embarrassing?) pictures from the trip that they want to share just let me know. And anyone that didn't go on the trip and wants to see some of the highlights can check them out at : www.Dwayne.tv Dwayne

Classifieds

Roommate needed to share 3 bedroom house with 2 female roommates. Landlord on site. 4 blocks from NAIT. Rent \$400/month. Includes heat, water, electricity. Washer & dryer. Outdoor hot tub. Phone and cable extra. Call 451-4009.

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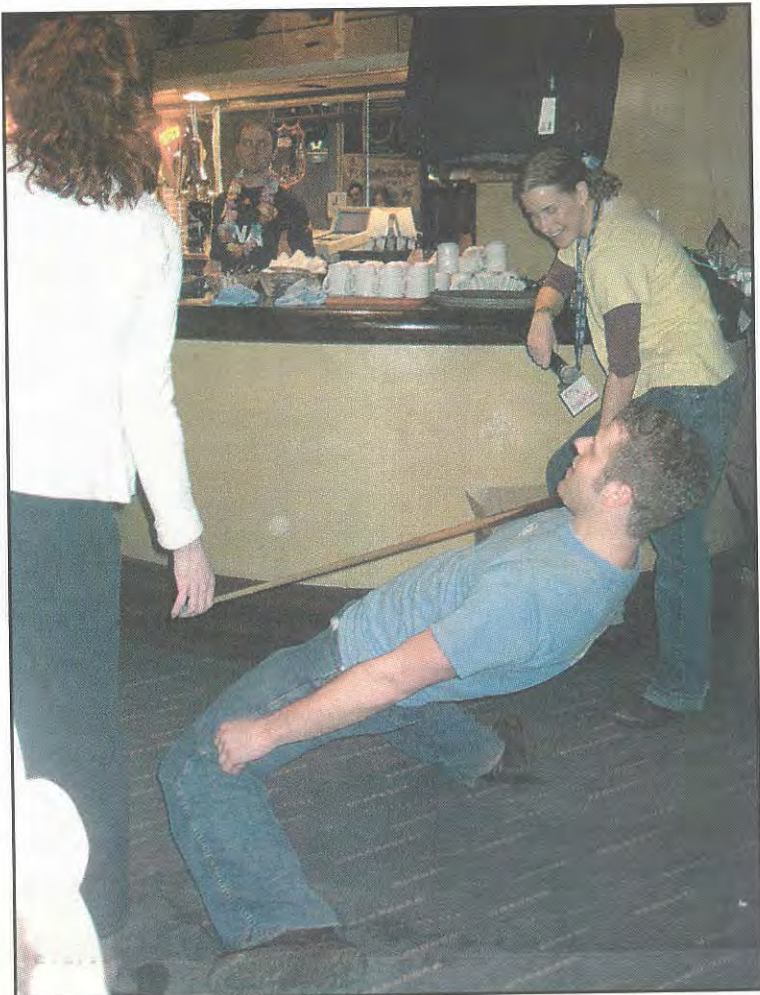


JENNIFER
Benoit

The Wednesday afternoon before NAIT's Reading Break (February 12th) found The Nest very crowded and very Hawaiian. The Nest held a Hawaiian Party for the students before they left for their five-day break.

Kokanee, the beer company, gave the staff at The Nest summer type prizes to give away to NAIT students. Therefore, The Nest staff decided to hold a Hawaiian party, which is as summery as a party can get, as an opportunity to give away the prizes. The winner of the limbo contest received a Kokanee wet suit, and the winner of the best-dressed Hawaiian competition received a Kokanee tent. The Nest also had leftover leis from last year to give to random students.

"We thought we'd give students a fun time before they leave for their break," said Robin Mullen, The Nest Manager who coordinated the event.



Everybody limbo! These two contestants got down for the chance to win some great Hawaiian prizes.

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Alberta LEARNING

Wanna Get a Free Makeover?

Submit your entries now!

Makeover Madness

Due to the reading break last week, we did not publish a paper, but we still gave away a makeover. Here are two ladies that were able to strut their stuff with new looks for Valentines day.

Erin wrote to us once her makeover was complete. Here is what she had to say...

Dear Nugget Staff,

I wanted to thank all the staff involved in the Nugget's makeover contest. I was chosen for one last week, and went to Elysium on Friday night. The staff are absolutely amazing and super nice! I have to admit I was a little nervous about the "hair-cut" part... I didn't want to lose much of the hair I'd been growing for so long. But when it came down to either I'm ready or not, I decided to go for it. I AM NOT DISAPPOINTED IN THE LEAST.

Jo-ann (the artist/stylist) did a great job! First Jo-ann and Jeff (the owner and also an artist) did a bit of a consultation with me. This is basically where they sit you down and talk about you in front of your face. Except you don't really know what they're saying because it sounds kind of like this: "I think with her complexion we could mix a 701 with a touch of 098. But definitely the round layer because the square will take away from her forehead." Then they all continue to



Erica was another lucky student to get an Elysium makeover.

Before

STARE, share ideas about the colors and cut they want to do.

Finally they came to a consensus and the fun began. My long dirty blonde hair was being plastered with 3 different shades on reddish muddy goo. I pretty much figured out that I was going to be transformed into a redhead.

While waiting for my hair to soak up all this vibrant color, I was approached by another staff member (Jodi) who began to massage my hands with

oils and lotion. Jodi was the sweetest thing ever! She made me feel totally at ease and full of compliments! And then she said those four little words... "Do you trust me?" Ha! These people are professionals, I can accept that, but come on... they are basically doing whatever they want to me! Anyway, Jodi led me into another room and the next thing I know is I am getting hot wax put on my eyebrows. I asked Jodi "How much is it going to hurt when you



After

rip those strips off." She looked at me with the most innocent face and said "Oh, not much. It's kind of like a slap." I'll tell you right now... It's not as bad as a slap but I don't know if I'll be getting anything else waxed any time soon!

So finally it was time to get all the foils out of my hair and start the cutting. Except the difference between getting a regular hair cut/color/style is that you usually know what is getting done to you. When it's a makeover at Elysium, the staff think that it's more exciting if they turn the mirrors around so you can't see what's going on. Then they all walk by you and make these wide-eyed faces at you and say things like "Lookin' good," or "That's a real pretty green..." All

the while Jo-Ann is telling me to stop trying to peek out of the corner of my eye! They also don't let you look while you're getting your makeup done. I generally don't wear a lot of make-up, so after a while I was wondering if I was going to come out looking like Bozo the Clown. But Richa did a wonderful job! My lips looked so full and pouty I almost wondered if I would be safe walking out to my car! Anyway, over all I had a great time. The staff are very tal-

ented and energetic! I would do it all over again and again if I could! The old saying "You don't get something for nothing" is not true when it comes to Elysium. Sure my makeover was free, but nevertheless they treated me like

The old saying "You don't get something for nothing" is not true when it comes to Elysium. Sure my makeover was free, but nevertheless they treated me like a princess!

a princess! I left with a whole new look, a little self-esteem boost, and even a free bottle of professional shampoo and conditioner!

So thank-you Nugget Staff and NAITSA for accepting my entry form. But most of all... Thank you Elysium for showing me a great time and giving me an exciting and drastic new look!

P.S. I think the Nugget should include Elysium's phone number and not just the address. The number is 488-6808. Thanks,
Erin Steenson



Erin Steenson... Before



Erin Steenson... After