

THE NUGGET

Thursday, February 6, 2003
Volume 40, Issue 18

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Fan Bus Fun



**HARMEN
Van Andel**

It's Saturday, two days later, and I'm still licking my wounds. I had the pleasure of "covering" the NAIT fan bus to Red Deer last Thursday. I had never been on one and didn't know what to expect. "You just ride on a bus to Red Deer, cheer on the Ooks, have a few drinks at a bar in Sylvan Lake, and then we come home," said VP of Communications Jeremy Coules (my boss). It was a paid gig for me so I figured what the hell (tough job, but someone's got to do it).

I knew I was in trouble the moment I sat down. My neighbor turned to me and said. "Hi, my name's Jerret, I'm a rep for Smirnoff, you drink vodka?" I quickly scanned the bus to find a safer seat, but it was too late, none left. "I do now, I guess."

That was the beginning of an interesting evening. I lost my pen and pad about five minutes into the trip, but on Friday morning I found Jerret's business card, and on it was a ton of scrawled information. Amidst a bunch of illegible scribbling, it read "Lacey - Nest Bartender." No number or anything, just that. I still don't know why I wrote it down, but it was the only

thing I could read. (Hi Lacey?)

Having said that, the facts of this party could be a little blurry. I've since spoke with some fellow fan bus partakers and pieced together the evening:

The bus leaves at 4:30 PM and arrives in Red Deer a few hours later. As the bus pulls out, Jeremy comes out with the "Hello My Name Is" tags and labels everyone. There's a "Dixie Normous", "Dick Wiggler", "Hugh G. Rection, and I'm slapped with "Peter Park-her" (I'm the reporter?) The ride to Red Deer seems extremely short. We were there in no time.

We enter the arena, and I have enough time to order a cocktail from the bar and chow down four much needed hotdogs. As the boys are warming up on the ice, I pull out my camera and take a shot of Ooks' forward Clint Atkinson showing me he's "number 1". (He later went on to score the game winning goal to beat Red Deer College 2-1. Yahoo!)

Anyways, after a few mixed words with a couple testosterone filled Red Deer College fans, ("hey Crossland, YOU SUCK!") we're back on the bus. About fifteen minutes later, we're at a bar in Sylvan Lake. We've got two and a half hours to kill, and I do what I'm told, I have "a few drinks". The bar's open, the tunes are screaming, and doubles are \$3.00. --Dogs and cats living together, mass-hysteria!



There wasn't enough beer on the bus for these fan bus passengers.

People dance, play pool and consume. At about 1 am or so, we all pour onto the bus and head home. This is when all the "vault" stuff happens. I must have said "Don't worry, it's in the vault" ten times. I'm really bound to code now, so sorry folks, there's nothing I more I can say.

If you need a release, or simply want to meet new people, I strongly advise you to partake in the next fan bus to wherever. It was only \$15, and well worth it. Just be sure set a few days aside afterward to recuperate.

LOOK WAAAAAYYYY UP "Big" Bird Coming to Campus



**MIKE
McGuire**

Before you get too confused or excited: No, Sesame Street is NOT missing a resident. NAIT however, will be gaining a new personality... permanently.

Standing over 20 feet tall, and at a yet-to-be-determined weight, NAITSA and Coca-Cola joined forces to build a colossal version of our school mascot, the Ook.

Costing approximately five thousand dollars to construct, the project has been funded entirely by Coke.

"We just got contacted at the right time," says NAITSA Entertainment and Marketing Executive, Mike Anderson. "We didn't know who to contact to make those, and it was right in the middle of the process that we were able to get funding."

Plans for the oversized Ookpic include setting it up at athletic events, open house, and other school-related and corporate events. There has been

no decision made yet as to whether or not the inflatable will be present at next year's version of Ookfest. Now in its final phase, the inflatable Ook should be ready sometime this March.



GIGANTIC OWL ATTACKS WOMAN: Not really, but this template becomes reality in March.



Ook's forward Clint Atkinson is number one!

The Hilarious "Smut" of Mark and Donovan



JENNIFER
Benoit

Atomic Improv Co. was at The Nest last Wednesday, January 29th, starring "spot" improv masters Mark Meer and Donovan Workun. The hilariously smutty show was based largely on input and participation from The Nest audience.

Mark's and Donovan's show was a series of short, entertaining scenes. One skit called a student to the stage and predicted a typical day of his life. When Mark and Donovan were on the right track, the student was required to say "ding", and if they were wrong, the student made a buzzer noise.

This scene allowed the student to embarrass his friend, who had been encouraged to go onstage when he didn't want to go. Another skit had the audience write down quotes on pieces of paper. As Mark and Donovan told a story, they would randomly pick the quotes off the stage and incorporate them into their comical story. Yet another had the two play out a movie while an audience member read out different "genres" of movies into which they were to change the movie. Where else other than The Nest are you going to see two guys act out a kung fu porno?

The show was a fun one, and it was entertaining to see a live version of a show similar to Whose Line Is It, Anyway?

Mark and Donovan traveled all over North America and Europe



Atomic Improv live at The Nest.

— including Los Angeles, Montreal, and Berlin — doing improv shows. Both have been with Atomic Improv Co. for ten years, and worked together for two years. The pair worked with other improv artists such as Joe Flaherty (stars in the movie National Security) and Wayne Brady (Whose Line Is

It, Anyway?). The pair has won three international improv championships. Both have starred in the soap opera Die-Nasty.

If you are interested in seeing their show, they star at The Sidetrack Café here in Edmonton every Thursday and Sunday. They often do shows around Edmonton in

bars such as Fargo's on Whyte Avenue and in fringe shows.

How do they feel about doing their show at The Nest? "We like doing The Nest. It's the dirtiest show we do," said Donovan. They've been to The Nest many times before and plan to come back.

NAITSA News



JENNIFER
Benoit

On January 28th, 2003, the second General Council Meeting of 2003 was held. The meeting was mainly NAIT President Dr. Sam Shaw's Tuition Fee Consultation presentation. There were also a few other items on the agenda.

Kieron Quigley (TCI) informed the student representatives that there is going to be an information session about the NAIT Portal today (Thursday, February 6th). This session will include topics such as Learning Outcome Guides (LOGs), Ook-mail ("What you can and can't do"), and will allow input from students to let him know what needs to be changed or could be improved on the NAIT Portal. All students and instructors are welcome to attend. The session will be held in the Shaw Theatre from 11:15 am - 12:10 pm.

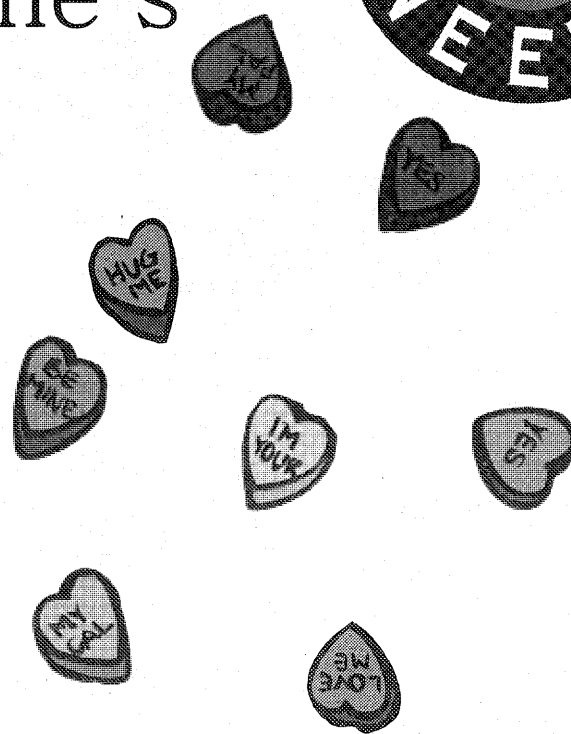
NAITSA is planning to change its Vision and Mission Statements. The proposed amended Vision Statement reads: "To those we serve, we will be known for our accountability in student leadership, our commitment to a

well-rounded education, and the fostering of enhanced student life in a proud NAIT community." The proposed Mission Statement reads: "We are committed to NAIT being the most positive experience of your life." NAITSA will vote on the revisions to the Statements at the next General Council meeting. Meanwhile, NAITSA wants to know if there are any comments or suggestions from students on how the Statements should read.

NAITSA is looking for volunteers for SS Benefit NAIT Cruise, which will be held on March 1st, 2003. Last year, the campaign was a huge success. The Argentina-themed auction and fundraising dinner, of which around 400 people attended, raised more than \$100,000 for scholarships, bursaries, specialized equipment, and campus development activities. The students and staff of NAIT's Culinary Arts program prepared the gourmet dinner. The auction included prizes such as a two-week stay in Germany and a BMW motorcycle. This year's theme will be Vietnam. If you are able to volunteer for this very fun event, please call Al Morrison at 471-8412.

The next General Council meeting will be held February 11th, 4:30 PM in room X107.

Shop at Campus Reads & Needs for Valentine's Day!



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TUITION FEE CONSULATION



JENNIFER Benoit

The President of NAIT, Dr. Sam Shaw, gave a Tuition Fee Consultation presentation on January 28, 2003 at the General Council Meeting. The presentation included a discussion of the proposed fee schedule for the 2004/05 and 2005/06 school years.

Dr. Shaw showed that student tuition fees are rising in order to cover the costs of estimated increase in net operating expenses. NAIT has experienced revenue decreases for 2002/03, which will continue for 2003/04, in the following areas:

1. Shielding of energy costs discontinued, decreasing NAIT revenue by \$1.8 million. Energy costs at NAIT have increased by 71% since 1999, when the Alberta government allowed deregulation of energy costs. Dr. Shaw says he will work with students to find ways to decrease the consumption of energy at NAIT. He has put out energy campaigns in the past, but NAIT staff and students have failed to continue conserving energy shortly after the campaigns have ceased.

2. Performance funding discontinued (\$0.7 million). This funding has been taken away despite NAIT's continued success.

3. Equipment funding discontinued (\$0.4 million).

4. Infrastructure Renewal funding decreased by \$1 million. Currently, NAIT has \$70 million worth of equipment, including laboratory equipment, computers, and other technology. Capital depreciation of the equipment is currently at 73%. Total deferred maintenance is estimated at \$44 million, so equipment replacement and maintenance is being done by priority only. "We are chipping away at

the (total deferred maintenance) by allocating \$1.1 million per year from the budget," said Dr. Shaw. For equipment replacement in 2002/03, NAIT will spend \$3.9 million. The replacement costs will increase for 2003/04 to \$4.4 million, and for 2004/05, 2005/06 to \$5.3 million each. When asked at the meeting what equipment is considered priority, Dr. Shaw said age and importance are both fac-

This makes the total government funding decrease in 2002/03, continued into 2003/04, at \$4.3 million. In essence, says Dr. Shaw, government is decreasing its responsibility to provide sufficient funding to keep pace with inflation and costs of education delivery.

The annual fee increases is based on the Alberta Consumer Price Index. The maximum increase for 2003/04, set by

the increase. Supplies and services budgets have been compressed. Inflation drives expenditures at 4.5%.

Other expenditures for the past year included facility upgrading and expansion. Dr. Shaw's report concludes that there were "24 active projects in the past year to improve the teaching, learning, and working environment". Such examples include chemistry labs

egies", such as campus consolidation (sharing of laboratories between programs is one example), restructuring of front office, increased efficiency of facilities operations, and strategic relationship agreements (single vendor/market leader). Also, as students may have noticed over the holidays, extended Institute closure on January 2nd and 3rd. This gave NAIT savings of \$700,000.

But the most prominent of all the cost saving strategies was the NAIT Campaign, in which the goal of \$14 million was overwhelmingly passed as NAIT gained \$24 million. 72% of the \$24 million came from donations from industry. "That means they value our Institution," said Dr. Shaw.

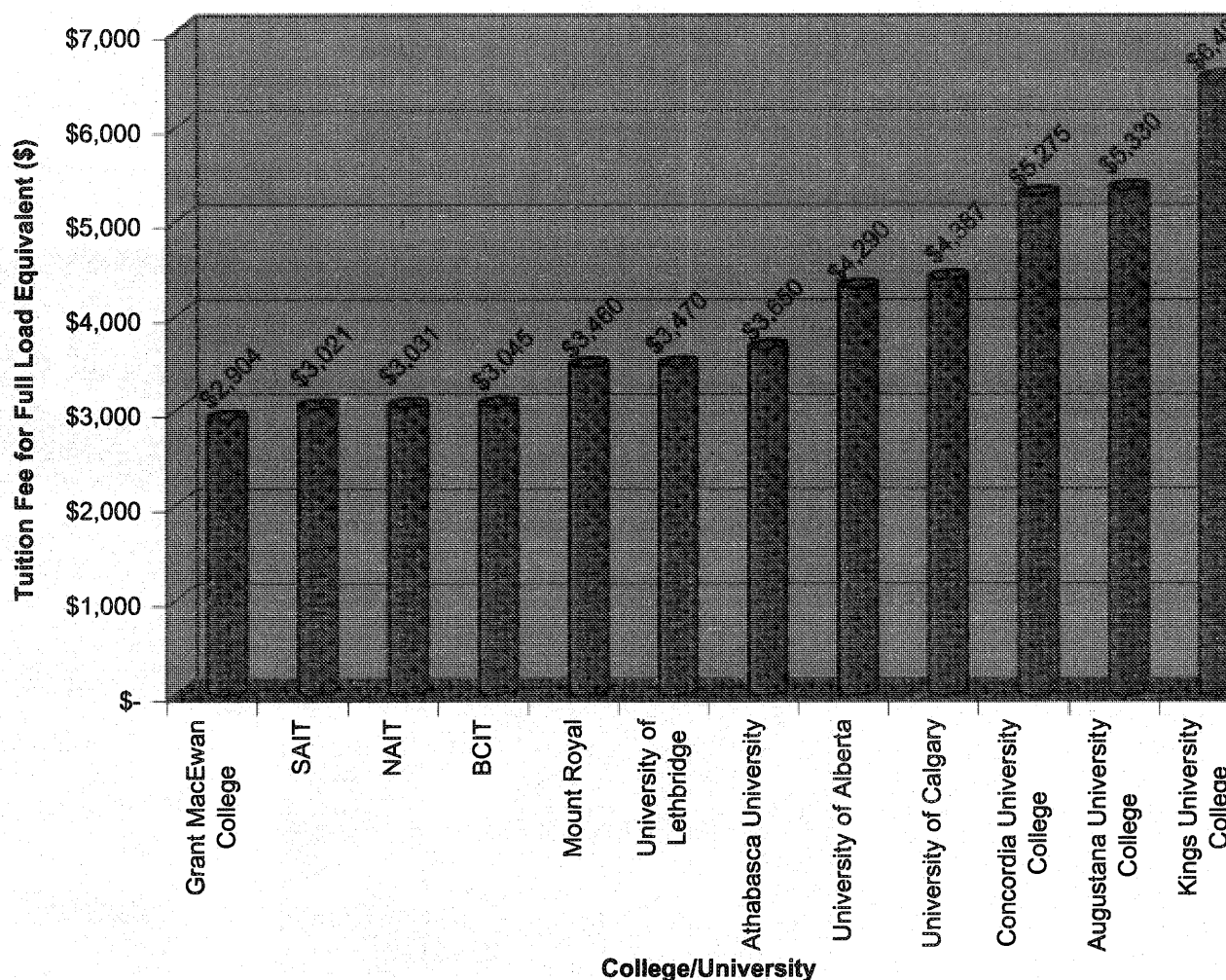
David Janzen, NAIT's Head of Finance, gave a short presentation outlining all the sources of NAIT's revenue for 2002/03. NAIT's total revenue was (is) \$167.5 million. Government grants provided 46.5% of the revenue, down from 48% for 2001/02. Government conditional and one-time grants provided 7.2%, up from 6.2% for 2001/02. Tuition fees provided 14.9%, up from 12.9% for 2001/02. Auxiliary services provided 8.3%, down from 8.5% for 2001/02. Amortization of deferred capital contributions provided 4.8%, up from 3.5% for 2001/02. Earned revenue programs provided 14.8%, down from 14.9% for 2001/02. "That is one area that brings in additional resources to NAIT," said Janzen. Other revenue provided 3.5%, down from 6% for 2001/02.

In a nutshell, tuition fees paid \$27.4 million of the total \$97.7 million net operating expenditures of 2002/03. This means that tuition fee as a percentage of net operating expenses is 28.1%, which is not at the Alberta Learning 30% maximum allowed.

Dr. Sam Shaw will be at the next General Council meeting to answer any questions, which will be held on February 11th, 4:30 PM in room X107.

The following is a Tuition Fee Comparison for 2003/04 for Alberta and area colleges and universities.

Tuition Fee Comparisons for 2003/04



Dr. Shaw's explanation of difference between tuition costs at Grant MacEwan College and NAIT: "Technical institutes are more capital intent, which means they are more costly."

- Jennifer Benoit

tors. The VP Academics for all programs are working on the Budget, which will determine what equipment will be replaced first. The Board will approve the Budget on May 5, 2003.

5. Facilities operations grant decreased by \$0.4 million.

Alberta Learning, is \$267.00 per student. There is a cap set maximum contribution by students of 30% of annual net operating expenditures.

For 2002/03, there is a 4.5% increase in salary rates - government grants pay for only 2% of

in Phase IV, medical laboratory upgrades, Computer Commons in the Business Centre, and Electronics Engineering labs. Still, there is \$44 million worth of upgrading to be done.

Dr. Shaw says NAIT has been conducting "Cost Saving Strat-

More than just friends



TOM Ace

Dear Tom,
I've been with my first (and still current) girlfriend for over 2 years now. I'll call her "Jane." "Jane" and I met at work, and at that time, her friend "Karen" worked there too. By dating "Jane," "Karen" and I became friends. I was never interested in "Karen" at all. After moving on to other jobs, "Jane" and I stopped hanging out with "Karen." Last week, I ran into

...take a look at all of the guys. No doubt they will be staring at females asses left and right, without their girl noticing.

"Karen" at a cafe and she looked great. We talked for a while and we started flirting with each other. I felt that what was happening between "Karen" and I was wrong, so I stopped things right there. I know "Karen" and I are attracted to each other and there is a chance that things could go farther, but I still love "Jane." I really don't know what to do.

The Man With a Dilemma

Dear Man With a Dilemma

Let me be up front about this, stay with "Jane!" There is a phenom-

enal difference between love and attraction. You said yourself that you love your current girl, why ruin a good thing. I can guarantee that you will be attracted to other women from time to time. Next time you are in a public place just watch all the boyfriends and girlfriends that are frolicking about. Then take a look at all of the guys. No doubt they will be staring at females asses left and right, without their girl noticing. So what I'm trying to say is don't feel guilty just because you are attracted to another girl. You don't necessarily have to shut "Karen" out of your life either. What you will have to do is keep your hormones under control so that the tent in your pants doesn't interfere with the friendship. You can also tell "Jane," in a very mature and adult conversation, that you are attracted to "Karen" and it ends there. You don't love "Karen," you don't miss "Karen" when she's not around, you don't want to have "Karen's" children...so "Jane," if she's a kind and gentle soul, will just laugh it off. The worst thing you could do is go out with "Karen" all the time and never tell "Jane." I can assure you that a bomb would drop on your ass if that was the situation. Just keep the communication flowing and don't be afraid to tell your partner anything. Wow, I'm starting to sound like a guidance counselor! Somebody please send in a dirty letter or something or soon people will fall asleep reading this column.

Get help from the Love Doctor on your relationship problems. E-mail the Love Doctor, nuggetlovedoctor@hotmail.com or drop your letter off in the little black box outside the Nugget office. You DO NOT have to submit your name and ID number for this column.

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It's Becoming a Reality

Survivor strikes for the sixth time

KIMBERLY
Ashley

It's starting all over again, for the sixth time.

Survivor: Amazon, debuts next Thursday on CBS. The latest season will start off with the men against the women, as a battle of sexes. Jaburu, the women's team and Tambaqui, the men's team will be facing off on the 90 minute premiere.

The contestants once again are mostly under the age of 30. There are the few in their 30's but there are only three in that 47-56 age range...really seems

fair doesn't it?

All I can say is that I only really got into the show in the third and fourth season, and last season in the Marquesas was the worst one yet. There weren't any really big moments or dramatic events. The one team just sat there and picked the other one apart. How exciting.

Who knows what it will be like for the men versus the women this season, but I am sure I won't be following it as closely as I have in the past, I have better things to do.

Come on, get original and find a new reality series, or try Survivor: Canada. Make them build an igloo, hunt a seal and try to build a fire here, now that might be worth watching.

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HOURLY SHOOTER SPECIALS

IT MAY JUST BE ME

GRAVO John

It may be just me, but are people really as dumb as they seem? So my story begins. It would seem as of late that, due partly to my irresponsibility and mostly due to my lack of funding at this current juncture in my life,

**THIS IS NOT A
DIFFICULT
CONCEPT!**

**When you get on
the bus, you
move to the
back.**

I am now one of the many proud owners of an ETS pass. While this seemed to be quite a hardship at first, I soon became used to the many conveniences of public transportation. No worry of parking, no gas to buy...I'm sure you understand. What I have not become used to is the collective lack of intelligence shown by the patrons of said service. I would like to state for the record, THIS IS NOT A DIFFICULT CONCEPT! When you get on the bus, you move to the back. It's as simple as that. You will not experience terrible things if you choose to venture past the stairs. Daily I am forced to

congregate with a mass of people whose intelligence I would compare to that of cattle. No one will move until the frustrated "prod" of the drivers prompts them to do so. I am to assume most of these people possess the intellectual fortitude to gain entrance to these institutions they attend daily, but from what I can see, smarts and common sense dwell in two different pastures. So just to restate for those who have been distracted by their instructor for reading The Nugget during his lecture, GET ON AND MOVE BACK. Oh and if you think of it, say Hi to the guy beside you, even if he has been carrying on a conversation with himself for the last half hour. Everyone needs a little love.

READER SUBMISSION

May my Curse be with You

STEVE Jachimez

Before January 27, 2003, approximately 2:00 pm, I had faith and a belief in the integrity of people here at NAIT, but after that I have no confidence and trust for my fellow man. An item was stolen from my desk; said item was a handheld IPAQ. I do blame myself for leaving it on my desk, especially when there are many people at NAIT. I have left things on my desk before, more expensive than the IPAQ and nothing has ever been taken, but I guess the thief wanted an IPAQ. My co-workers had warned me that someday the IPAQ would be stolen, but I just shrugged my shoulders and walked away with a naïve attitude that not all people at NAIT would steal from my desk. Well, my co-

workers are right and now I am out an IPAQ. I am mad at myself for leaving it on my desk, but I am furious at the person who acquired it. The IPAQ is gone (unless he/she has a conscience and bring it back - yeah, right!), and there is nothing that can be done about it and the expense of replacing it is beyond my means.

This part is for the person or persons who took my IPAQ and I really do not care if I offend other people with my comments. I am going to put a curse on you, a voodoo spell, or anything I can think of to make your life miserable.

If you want to be a human being, restore my faith in humanity, please return my IPAQ and the curse will be lifted.

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submissions

THE DEADLINE IS
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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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The Nugget reserves the right to edit
letters and viewpoints for brevity.

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John, Steve Jachimez, Tom Ace.

Aboriginal Cultural Day

February 7, 2003

Join us in celebrating our Aboriginal culture.

The celebration will take place at:

South Lobby
11:00 am - 2:30 pm
11762 - 106 Street
Edmonton, AB



Hosted by NAIT's Aboriginal Student Club

There will be First Nation and Metis
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Common Sense



FURIOUS George

You know what makes me laugh? When I see someone standing at the elevator door waiting to go down from the second floor of the tower. Or when I see people press "2" on the elevator to go up.

How about people who walk like snails through the hallway in groups of four so no one can pass...?

Are people so lazy that they can't walk a flight of stairs?

How about people who walk like snails through the hallway in groups of four so no one can pass, or people who are so eager to get into class, they squeeze by the people trying to leave.

Then there's the person that talks too much in class, or the person that never shows up to class that says, "I don't get it." I really don't have time for people like

that.

The fact that in The Project Factory, Corel Draw hasn't worked in over a month makes me laugh. (Is there a license fee for it? What a waste of cash!) Are we a Tech-School? I'm sure we have the resources to fix it. Who's in charge up there?

The bank charges me money every time I use my bank card to take out money, but their Teller Counters are only open from 10-3 PM.

Then there are things that aren't so funny, but just as puzzling. Like when we send brilliant people into space. Does what we gain from these trips out of the earth's atmosphere really outweigh the danger we put the astronauts in?

Or the government forcing gun owners to register their guns. Do you really think that the deaths from firearms are gonna be from registered guns? This costs millions of dollars and is totally useless. They're just making criminals out of hunters and collectors. I'm not a gun fan, but does it make sense?

Maybe I'll get to the bottom of some of these gripes in the future. It seems that there's one thing lacking in all of them: Common Sense.

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.

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THIS WEEK AT THE NEST

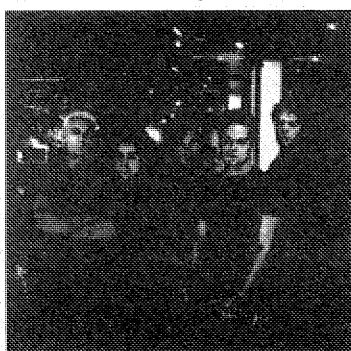
Thursday
FEBRUARY 6th

Live Music
NIGHT

with



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5:00 pm Start
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Monday
FEBRUARY 10th

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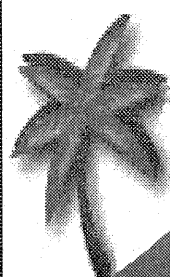


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Wednesday FEBRUARY 12th



Nest
Hawaiian
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Prizes include a Kokanee Tent
& Wet Suite.
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All Night!

February is Eating Disorder Awareness Month ...

MARGARET Marean
Counsellor
Student Counselling
Centre

What is an Eating Disorder?

The term eating disorder refers to a set of eating habits, weight management practices and attitudes about weight and body shape that are caused by emotional problems. Eating disorders result in loss of or over control around food and often lead to obsession, anxiety, and guilt, alienation from yourself or others and/or physiological imbalances which are potentially life-threatening.

Eating disorders are experienced by both males and females and include anorexia nervosa, bulimia nervosa and compulsive overeating. All are serious emotional problems that can have life-threatening consequences.

People with anorexia have an intense and irrational fear of body fat and weight gain, an incredibly strong determination to become thinner and thinner and a misperception of body weight and shape. Thoughts about food, calories, weight and weight management dominate the person's life. Bulimia is characterized by self-perpetuation and self-defeating cycles of binge-eating and vomiting. During a binge, the person consumes a large amount of food in a rapid, automatic and helpless fashion. The food may act like an emotional anesthetic but the person usually experiences physical discomfort and anxiety about weight gain. Therefore, the person makes her or himself vomit or uses a combination of restrictive dieting, excessive exercising, laxatives and/or diuretics. Compulsive overeating is characterized by periods of impulsive gorging or continuous eating. Sporadic fasts or repetitive diets are common with compulsive over-eaters, and body weight may vary significantly.

What Causes an Eating Disorder?

Eating disorders arise from a combination of long-standing psychological, interpersonal and social conditions. Feelings of inadequacy, depression, anxiety and loneliness, as well as troubled family and personal relationships, may contribute to the development of an eating disorder. Our culture, with its unrelenting idealization of thinness and the "perfect body," is

often a contributing factor.

Dieting, bingeing and purging help some people cope with painful emotions and, initially, to feel more in control of their lives. At the same time, these behaviors undermine physical health, self-esteem and a sense of competence and control.

What are the Warning Signs?

- A marked increase or decrease in weight not related to a medical condition
- The development of abnormal eating habits (such as severe dieting, preference for unusual foods, withdrawn or ritualized behavior at mealtime, or secretive bingeing).
- An intense preoccupation with weight and body image
- Compulsive or excessive exercising
- Self-induced vomiting, periods of fasting, or laxative, diet pill, or diuretic abuse
- Feelings of isolation, depression or irritability

Who has Eating Disorders?

- While dieting is not an eating disorder, excessive dieting can promote the disorder. Half of North American women are dieting at any one time
 - 75 percent of women are pre-occupied with weight
 - between one and three percent are anorexic
 - between three and five percent are bulimic
 - about ten percent of college women surveyed had an eating disorder
 - ten to twenty percent of women are affected by eating disorders but do not have all the symptoms
- Statistics on men are not available.

How to Help a Friend You Think May Have an Eating Disorder


- Approach your friend in a private place when there is time to talk. Be caring but straightforward and tell your friend what you have observed and what your concerns are. Let him or her know that you are worried and want to help.
- Give the person time to talk and encourage them to verbalize feelings. Ask clarifying questions. Listen carefully and be non-judgmental.
- Try not to get into a power-struggle about whether there is a

problem or not. Just let your friend know that you are concerned.

- Offer to help the person make an appointment with a counsellor. If they are resistant encourage them to consider going for one appointment before they make a decision about ongoing treatment.
- If the person denies the problem recognize that this is often part of the illness. Unless the person's life is in immediate danger they have the right to refuse treatment.
- Do not continually bring the subject up or the person will resent you and may start avoiding you. By talking with the person and offering help you have done all that is reasonably expected and have, hopefully, planted a seed that may lead the person to seek help in the future.

If you think you have an eating disorder see a counsellor at the NAIT Student Counselling Centre. Book in person at Room 0117 or call 471-8921.

Name That Tune



**Wed
FEB 19
5PM**

Valentines Day: Listen to the Ladies



**HARMEN
Van Andel**

Oh no! Valentines Day is swiftly approaching!

It's not a big deal to the ladies; they could buy us anything really. We don't care. It's the men who usually have an arduous time finding the right gift. You see men think they know their woman, but I spoke to fifty better halves on the subject, and I was a little surprised:

Some answers were like this:

- "Jewelry or perfume." Says Sharon, age 19.
- "I'd like Flowers and a card." Says Tracy, age 35.
- "Take me to The Bahamas!" Says Linda, age 24.

But most answers were like this:

"My idea of the perfect Valentine's gift is not material." Says Allison, age 23. "It would be to spend the day with my Valentine and be free of all stress from work and from school."

"Something made, with some thought put into it." Says Janelle, age 21.

"Not flowers! Guys always get red roses, and that's sucky." Says Michelle age 22. "I have never had a good Valentines Day, I've always been disappointed. I want to go somewhere. Take me to the mall and get me a cute outfit, and take me out afterwards!"

"I just want to be with my man." Says Bonnie, age 27.

"I just want effort. Gift certificates show laziness, and so do roses. Just give me four hours of your time, like take me out or something."

"Lingerie is out." Says Glenda age 31. "They can never pick the right thing. Write me a poem, or give me a massage or something." Almost all of the responses ended with some fun in the sack, so that's a plus!

I know it's tough to get the right gift. The fun is gone if she has to tell you what she wants, so don't ask. What did I learn from this? Odds are your woman would rather you open your heart than your wallet. Sounds sappy, I know, but hey, more dough for beer.

BAS PRESENTS

Ski & Snowboard to Kicking Horse

MARCH 21-23, 2003

WITH **Downhill Riders**
the SKI & TRAVEL CO. LTD.

From **\$199** per person plus G.S.T.

Package Includes:
 * Return motorcoach transportation
 * 2 nights accommodation
 * 2 days skiing at Kicking Horse
 * Professional Tourguide
 * All Hotel fees

Golden B.C.	Quad	Triple	Double	Two	Single
Ponderosa Reg. Seas. (March 21-23)	\$199	\$209	\$219	\$229	\$289

All packages add 7% G.S.T. - Prices subject to change without notice

CONTACT: BAS office (T114) 471-7873
 or bas_nait@yahoo.ca
 or NAITSA office Rm (E131)
\$50 non-refundable deposit by Feb. 14, 2003
Final Payments Feb. 21, 2003

GOT A QUESTION?

Get an answer!

McNally Library's digital reference services provide answers for students and instructors

PHILIP Mulder
NAIT Corporate
Communications

You may have noticed recently some of the public libraries in the Capital Region promoting the "Ask a Question" service available to the public. What you may not have realized is that the same service, in addition to many other digital reference and library services, is also available to NAIT students through the web site supported by the Learning Resources Centre staff at the McNally Library. In fact, NAIT library staff created this award winning service in partnership with the libraries at two Alberta colleges.

You can access the many resources offered by the library

But what if you want to ask a question or need someone to pilot you through the sea of information available? No problem. Just click on the "Ask a Question" link and you now have available the resources of not just the McNally Library staff but staff from 14 Alberta post-secondary institutions. Staff are committed to responding to each request within 24-hours, although it can be sooner.

And because your question may not be unique, there is a handy archive of previously posed questions where you can find out how to get information about the difference in nitrous oxide emissions between diesel- and natural gas-fueled turbines, or Wilhelm Conrad Roentgen, the scientist

known to mail material to students who are taking distance courses at the Institute.

"We are committed to reaching people wherever they are," explains Technology and Curriculum Innovations' Helga Kinnaird. "Our focus is to meet the changing information needs of staff and students in proactive, responsive ways.

That commitment became obvious with the opening last August of the NAIT HP Centre for Information and Communications Technology. Now you can order library resources online and arrange to pick them up the next business day at the NAITSA Computer Commons that operates 24/7 on the Centre's second floor. Year 2 Computer Systems Tech-

from home or even during library hours from our labs here on the third floor."

Students in the Electrician Program also enjoy the convenience and make good use of digital resources. Their favourite is The Canadian Electrical Code Handbook. Students have access to it on multimedia computers available in the Computer-Managed Learning lab and it's had close to 500 hits in the past four months. "It's proved to be very helpful to both instructors and students as the search function is quick and easy," says Program Head Bill Yaremko. "It's a speedy way for students to solve a problem as it expands upon the Code and provides useful clarification and examples."

Another avid proponent of online resources is Chemical Technology Program Instructor Bryan Reed. One of the most popular items on the McNally Library's information highway is the CRC Handbook of Chemistry and Physics racking up over a thousand hits since July 2002. "Offering this key resource online, it costs about

\$200 to purchase a hardcopy, is a very successful service," says Bryan. New and recent Chemical Technology Program students, like many other NAIT students, come to the Institute with the expectation that resources be available digitally. "Students can access the CRC Handbook in the Library, via our ChemTech PC or from home. So, there's no excuse for not having access to this key resource," adds Bryan.

"There's an awful lot of information available on the Internet, but it isn't all very good or very reliable. The McNally Library staff can add value to your search for information by guiding you to sources of guaranteed, high-quality information that is specifically related to NAIT programs and courses," says Harriet Arnold, Coordinator, Information Research.

For more information, contact the McNally Library Help Desk at 471-8844 or www.nait.ab.ca/lr/library and the next time you've got a question, get an answer, in person or online, at NAIT's McNally Library.



Computer Systems Technology student Grace Chan (right) helps fellow CST students Dale Mandrusiak and Leslie Arca at the Learning Resources Desk in the NAITSA Computer Commons. Located on the second floor of the NAIT HP Centre, it's open 24/7. Grace, who is also a part-time Lab Monitor, assists other students sign out books that they've requested online for pick up at the Commons.

without ever actually stepping foot in the physical library. You don't even have to be on campus because you can visit the virtual library via the web site at www.nait.ab.ca/lr/library.

With a few mouse clicks, you can search the databases and catalogues and find a wealth of information in a collection especially designed to reflect the information needs of the programs offered at NAIT. And unlike some sources on the Internet, students can access this information without a fee.

who discovered X-rays, or even ceramic nozzles for plasma arc cutting torches. The list, while not endless, is quite comprehensive.

Suppose you've found a book that will probably meet your information needs, but you're at Souch or Patricia, or you're just never around Main Campus at a convenient time to pick up a book, journal or CD in person. Again, no problem. The McNally Library provides delivery to both Souch and Patricia of materials ordered online. The library's even been

nology student Grace Chan has requested material online and retrieved it at the Commons. "Just before Christmas I got a whole stack of books and their accompanying CDs," says Grace. She is also a part-time Learning Resources Lab Monitor in the Commons. Her duties include checking out the material that fellow students request online and pick up in person. "The students I speak to seem to find it more convenient. Personally, I request material on-line either after hours

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 12th	Hp Centre (just past tech store)
February 19th	Engineering Annex (elevators)
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.

What it's all About

B-Ball Ooks Welcome Pint- Sized Prospects



MIKE
McGuire

For ten year old Jonathan Iziarko, playing a scrimmage game during the half times of the Men's and Women's Home games last weekend was something else.

During both games, cheers behind the Ooks benches seemed to have an extra push thanks to the efforts of Jonathan's team, the St. Albert Titans, as well as the St. Albert Slam. Joining the benches in "DE-FENCE" chants, the experience was a thrill for both the

youngsters and Ooks players.

"After the game we got to talk to them a bit, it was cool. They asked a few questions and we signed some autographs," said one of Iziarko's favorites, Ooks' Slav Kornik. "It was really nice" Jonathan's dad, John, appreciates the Ooks opening their gym and giving his son's team a break from competitive playing. "I think that the kids have a lot of fun when they come out to events like this. To be able to not only see the teams play, but to have a little fun".

Common consensus from the night was that the Titans thank the Women's and Men's teams for a great time, and can't wait to come back and do it again sometime.



photo by: Colin Northcott

FOR LOVE OF THE GAME: After meeting the home teams, these youngsters had a chance to play on the Ooks hardwood last weekend.

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.



From rInGSIDE



MIKE
McGuire

There's no better place to start this week than recollecting my first exposure to a complete NWA:TNA. There's also no better thing to do other than forgetting I ever ordered the PPV and will have to fork over the ten bucks on my cable bill for what I was forced to endure last week.

The show's production value was mediocre at best. The video packages seemed to have absolutely no direction, and the feuds – while starting out hot – quickly fizzled thanks to poorly given promos and a ridiculous amount of hot-shotting with triumphant “come-backs”.

Perhaps the most disturbing part of the whole show was their interviewer. Called “Goldilocks,” this tanned-up microphone stand managed to make Mark Madden look like Jim Ross.

The worst moment of it all

was watching the return of the “Rock and Roll Express”. At a combined age of 300, the duo automatically went after the number one tag-team in the company and made a heel turn. Yay.

There were some good things about the show though. In a match between Jorge Estrada and Amazing Red, Red managed to pull off some of the best aerial work I have seen in a while, including a backwards corkscrew moonsault which was immediately followed by a standing shooting star press. Definitely worth looking over again.

Also making a “return” was Glen Gilberney – a.k.a. Disco Inferno! Coming out to a rousing chant of “Disco Sucks”, it appears that Glen will be the enforcer for the new faction, S.E.X. (Sports Entertainment X-treme).

The best part of the show had to be the return of former WCW announcer Tony Schiavone. Calling “Goldilocks” someone who makes “Pamela Pawlshock look like Diane Sawyer,” and cutting down everyone from Mike Tenay to Percy Pringle, it was a great promo. No word as to whether or

not Schiavone will be staying, but it would be a great move in NWA: TNA's favor.

To plug my show again, since we don't have a paper next week, a reminder to check out www.ringsideradio.rocks.it for the latest on what's happening next. This past Tuesday, we had PWA Promoter Kurt Sorochoan in with us, an interview which I will have a full recap of for you next issue.

Turning quickly to WWE, the split of Goldust and Booker T looks like it will be the start of Booker's singles push. Following the “electrocution” of Goldie, Booker should be out for revenge against HHH's faction, which is apparently being called “Evolution”.

The other big news, Hogan v. Rock II. So far, this is the draw going into No Way Out. Funny, but it was exactly this time last year that we were waiting for Hogan to return, the Rock to come back, and other Superstars were hinted as returning.

Finally, as of press, the Austin Watch continues... look for confirmation of Austin at N.W.O. on

this week's Raw... Bischoff's last Raw.

A reminder, taking a look at the locals, PWA comes back to NAIT on February 22nd, and Monster Pro has their first Y.E.S.S. fun-

draiser show at the ACCA Center on the south side February 28th.

Til next time, your comments are welcome at mikenait@shaw.ca, and don't forget to visit www.ringsideradio.rocks.it!

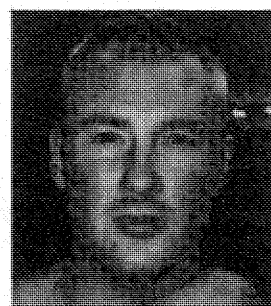


TUESDAY, FEBRUARY 11

5:00p.m.
MST

We Found him!

SGT. HAZZARD
GUARANTEED IN STUDIO!



From “Behind the Squared Circle”

ADRIAN WALLS



PLUS MORE!

nr92

www.ringsideradio.rocks.it

Win big with “Beach” Basketball

MARC Dobell
NAIT Athletics

On Friday February 7th, our 3rd NAIT Athletics Tech Challenge of the year will take place at our home basketball game versus the Red Deer College Kings and Queens as we welcome a beach theme. We are planning a big night for this challenge and we hope that each technology can produce at least one team to come and compete for the Tech Challenge Championship.

Teams can consist of 5 or more people (the more the better!) who come to the game together and cheer on the Oaks to victory. Each technology can enter as many teams as they want, as long as each team has at least 5 members. Teams will be judged on number of people in the group, cheering ability of group, and ability to fit the theme of the night. Prizes will be awarded to the top three teams at each Tech Challenge.

Prizing for the Tech Challenge is substantial. As one of our main sponsors, Labatt's Canada will offer a concert party with a private suite for 20 at the Joint Nightclub or Tonic. Other prizes available for the Tech Challenge

include a Pizza Party courtesy of Boston Pizza- NAIT, specials at Cowboys Nightclub, and cash towards your technology.

The theme for this Tech Challenge will be a beach theme. Your team should come dressed for the beach, ready for water-sports! Judges will vote on the best/ most appropriately dressed team, as well as group number and cheering ability.

In addition, each member of a technology that participates in the Tech Challenge will receive 5 points towards their respective ‘intramural’ standings. If a team reaches 15 participants, the technology will receive an additional 100 points! Remember that these points are redeemed for cash towards your technology (top 3) at the end of the year.

In order to enter a team in the challenge, simply call Marc Dobell at 471-7606 or drop by the office at S-105LA and provide details on your team before February 7th.

I hope to see you all out this year cheering on your Oaks to victory!

SCOREBOARD

BASKETBALL
MEN
NAIT 99 - TKUC 82
NAIT 89 - TKUC 52
WOMEN
TKUC 61 - NAIT 52
NAIT 52 - TKUC 44

HOCKEY
MEN
NAIT 2 - RDC 1
NAIT 5 - RDC 3
WOMEN
SAIT 4 - NAIT 3
NAIT 2 - U OF C 2 (OT)

VOLLEYBALL
MEN
LCC 3 - NAIT 2
NAIT 3 - LCC 1
WOMEN
NAIT 3 - LCC 1
NAIT 3 - LCC 1

UPCOMING EVENTS
Friday, February 7th
Men's Hockey vs. Briercrest
7:00 pm NAIT Arena
Basketball vs. Red Deer College
W @ 6:30 pm - M @ 8:30 pm
NAIT Gym

Saturday, February 8th
Men's Hockey vs. Briercrest
2:00 pm NAIT Arena
Women's Hockey vs. MacEwan
7:00 pm NAIT Arena
Volleyball vs. Portage College
W @ 6:30 pm - M @ 8:00 pm
NAIT Gym

THEATRE SPORTS

Enjoy **FREE** Admission to
Theatresports™ or Chimprov

when a second admission of equal or greater value is purchased.

Valid Friday and Saturday nights - 11 p.m. start
Varscona Theatre 10329-83 Ave.
Not valid for Fringe or Mainstage productions
Reservations recommended - call 448-0695



**Spring Break
Sun and Sand Bash**
THURSDAY FEB 13TH, 2003
**Heat Up Your Spring Break
With The Hottest Party Of
The Year!!**
PRIZES FOR THE BEST TAN!
TICKETS 5 BUCKS

INCLUDES
TRANSPORTATION TO RUBY SKY BAR
25 CENT WINGS \$8.25 DRINKS
RUM JUNGLE 25 CENT DRAFT
SQUIRES PUB DOLLAR OFF DRINKS
DENNY'S SCRAM SLAM SPECIAL
BUS DEPARTS FROM BLIND DUCK LOUNGE
AT KINGSWAY - 7:30 SHARP
Tickets/Info @ 471-7873 Tickets Available @ NAITSA
Presented By BAS
Sponsored By Maximum Tanning, Coors Lite And Molson Canadian

BACK ON TRACK

Basketball Men Quick to Recover



MIKE
McGuire

The Men's Basketball Ooks were quick to recover from the prior weekend's loss to Concordia after pulling into King's University College last weekend.

Following a 99-82 victory that Friday, King's stopped by the NAIT gym only to face a greater thrashing, this time with the Saturday game ending in a 89-52 Ook victory.

During Saturday's game, Andrae Thomas was named Ooks player of the game, accomplishing 14 points, 13 rebounds and 2 assists.

Defeating a team like King's, who lost by only 17 on Friday to beating the same team by 37 points the next night, the level of performance by the Ooks seems to vary from game to game. "Last night we didn't play as well. Tonight I thought we played some very solid basketball," said coach Marc Dobell. "You're only as good as your last game, so tonight we were pretty good."

Last week's loss had little effect on the team's standings, who remain first in the league, and second in the country. Check out the upcoming events section in sports for game info.

The Cruise needs you

Volunteers are needed for the S.S. Benefit NAIT Cruise to Vietnam on Saturday, March 1. This annual NAIT corporate fundraiser needs individuals for duties ranging from setting up the event to monitoring the silent auction. If you'd like to help out, call Tammy Carreiro at 471-7514 or Al Morrison at 471-8412.

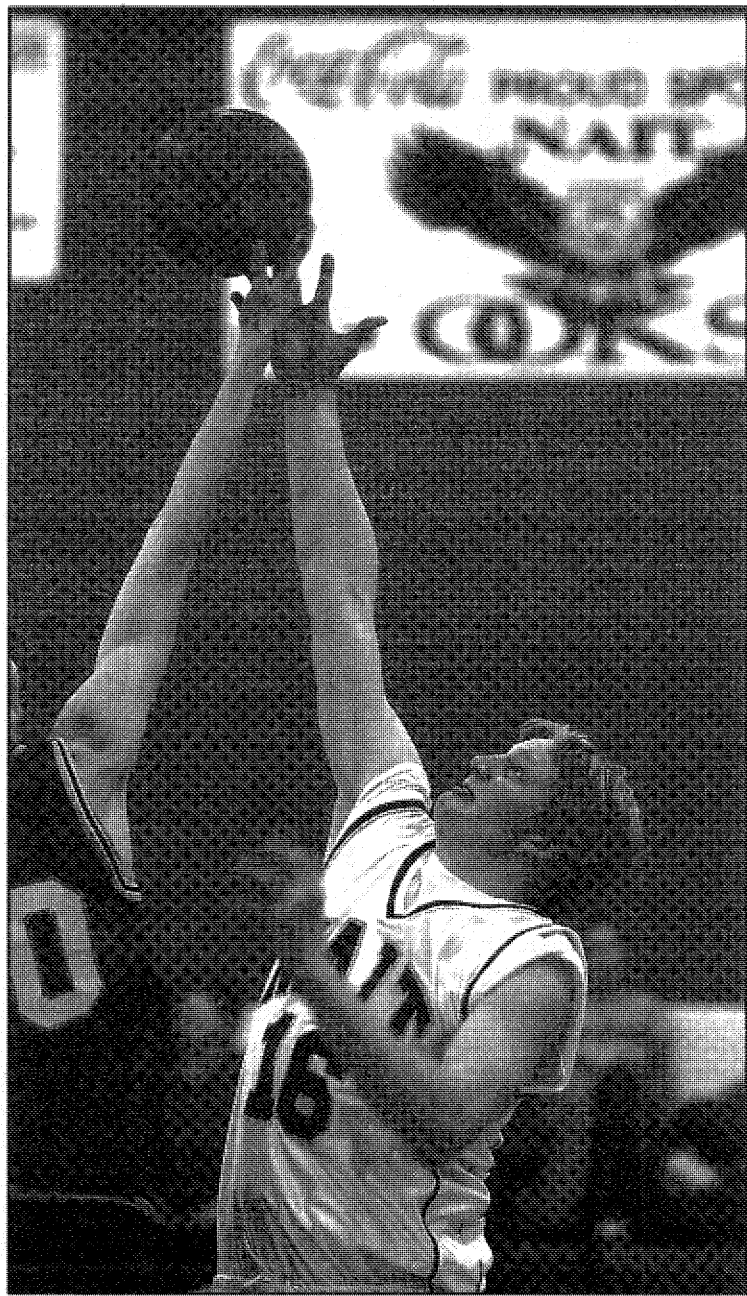


photo by: Colin Northcott

REACH FOR THE SKY: Leif Puffer goes for the grab as the Ooks made quick work of the Eagles last weekend.

STEP TOWARDS PLAYOFFS

TREVER Turner

The Women's Volleyball Team took a big step this weekend in trying to secure a playoff spot as they defeated the Lethbridge College Kodiaks both days in league play. On Friday the Ooks came out strong in the first set but could not maintain their consistent play and lost 27-29. Although they lost the set, the ladies were in control of the match and with solid net play by Julie Lindemulder and Kim Ryan and excellent setting decisions by Kim Marchand, the Ooks rolled the Kodiaks the next three sets - 25-19, 25-16, 25-18. Julie Lindemulder and Kim Ryan led the team with 20 and 14 kills respectively. Kim Marchand was selected player of the game with her excellent setting decisions.

On Saturday, the Ooks were determined to finish off the Kodiaks quickly, but realized early that Lethbridge had shown up to play

and wanted to win the match. With the Kodiaks playing aggressively in the first set the Ooks seemed to lose their focus and lost 22-25 to once again get behind by one set. After the changeover the Ooks regrouped and took control of the play by stepping up to another level. With some timely kills by Julie Lindemulder and Dawn Dreger the Ooks managed to win the next two sets and were ready to finish off the Kodiaks in the fourth set. In the fourth the ladies received some excellent defensive saves by Sonja Schultz and Lindsay Zarski in the middle of the set and finished off the Kodiaks in four - 22-25, 25-15, 25-22, 25-21. Megan Shudra was selected player of the game for her overall play during the match. The Ladies record sits at 4 wins and 2 losses as they face the Portage College Voyageurs this weekend.

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And everything else you need to know about planning for your future

Alberta

NIKER DUE 14:00 9am

13-26

13-22

Read for Fun

MOVIE REVIEW

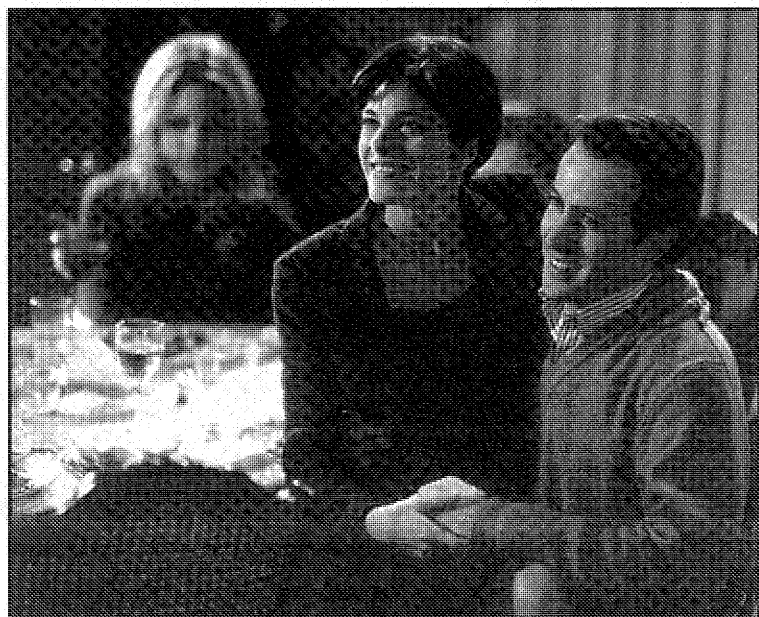
A Guy Thing



STACEY
Laing

A Guy Thing is a sorry excuse for a movie that tries to convince the audience that it's expected for guys cheat on their lovers. Jason

and that is when Paul discovers that Becky is Karen's cousin. The movie is not well done on any measure. It goes to say that because men have a sex drive it's alright for them to stray from the woman that they have or are going to marry. If that is true then shouldn't woman have the same expectations? I know that



Lee stars as Paul who is soon to be married to Karen (Selma Blair). At his bachelor party he is very low-keyed and does not want to drink too much and make an ass out of himself. Instead he wakes up with a naked stranger in his bed (Julia Stiles). This is the point in the movie where everything becomes a cliché. The situations are predictable. Paul's soon to be mother-in-law calls saying that Karen is on her way over as he is in bed with Becky (Stiles) and he runs around trying to get her out before Karen comes over. Then he meets up with Becky in several locations and becomes intrigued with her. Soon after there is a dinner at Karen's parent's house

this is supposed to be a comedy and maybe if it was at all funny that would be one thing, but the movie is boring and self-serving to men who think that they should be allowed to have sex with anyone at anytime. Of course in the end everything works out, Paul does not cheat on Karen and the story ends happily ever after, but I think that the message is crap and that these fluff movies give men the idea that it's alright to cheat on someone, especially if they're not caught. Save your money and stay away from A Guy Thing.

THEATRE REVIEW

If We Are Women



STACEY
Laing

The Citadel's presentation of *If We Are Women* is fantastic. The story is about four women from three generations who are all trying to discover who they are and what they can still achieve. The play is moved strongly through a witty and creative narrative. The play is written by Joanna McClelland Glass and is directed by Jim Guedo, who was the former director of the Phoenix Theatre. As the name of the play probably suggests it is addressed more to women, as it relates more to women than men, although I think that there are several witty and humorous scenes that everyone will enjoy. If you have a family then there are numerous aspects of this play that you can relate to. This play will teach you a lot about your mother and her mother and that all women go through similar situations.

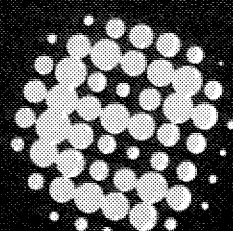
The story takes place in a beach house where Jessica (Christine MacInnis) is mourning the death of her live-in boyfriend. To help her cope, her illiterate mother Ruth (Valerie Ann Pearson) comes from

This play will teach you a lot about your mother and her mother and that all women go through similar situations.

Saskatchewan and her highly educated, sharp-tongued mother-in-law Rachel (Donna Belleville) come to aid her. There are several scenes with the three of them discussing their lives both of the past and in the future. Each one offering advice and condolences. At the time that this is going on, Jessica's 18-year-old daughter Polly (Jennie Esdale) does not come home after a school dance. The

narrative moves in Polly's direction as she tells her family that she met a boy and is moving to a farm in Colorado with him. This infuriates both Grandmothers, as Ruth has spent her whole life running away from the farm and can not understand why anyone would willingly want to choose farming as their occupation, and Rachel is afraid that Polly will not be able to make her own way if she does not receive an education. The Grandmothers try to persuade Jessica to forbid Polly leaving with this boy, but Jessica sees this in a different light. She believes that if she forbids her to go, she may lose her forever. The story is universal even though the event is very individual. There will always be conflict between mothers and daughters each believing that they are correct, this play captures the essence of this conflict. I highly recommend that you go, it's playing from now until February 16th, 2003, see *If We Are Women* and make it a very special night by taking your mother.

WHAT ARE YOU DOING TONIGHT?



edmontonsnightlife.com

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Free Delivery Anytime! 		
OPEN LATE NAIT STUDENTS 15% OFF WITH NAIT ID 10531 - 107 AVENUE 422-6262 • 422-6233		
<i>Ain't Nothing Like Mama's Cooking</i> Great Food - Great People		
2 LARGE PIZZA 2 Topping \$20.95	2 MEDIUM PIZZA 2 Topping \$16.95	2 X-LARGE PIZZA 2 Topping \$26.00
2 PASTA DINNERS with meat sauce \$13.50	2 JUMBO DONAIRS w/ Fries & 2 Can of Pop \$16.95	FREE 2L POP with purchase over \$20 \$21.00
2 MEDIUM PIZZA up to 7 Toppings \$20.95	2 LARGE PIZZA up to 7 Toppings \$26.00	2 XL PIZZA up to 7 Toppings \$35.00
Freshly made Beef & Chicken Donairs.		

SEX SHOW A BUST?



KIMBERLY Ashley

The Everything to Do With Sex Show was again a very interesting show this year. With the show finally over, I can now truly reflect on what it is like to work for 4 days in a crazy trade show environment relating entirely to sex.

There were many retailers there from adult video stores, custom corsets, hair removal

Contestants were able to have a fake orgasm over the PA system for all to hear, making fools of themselves I am sure.

products and all types of toys and lingerie. The selection of retailers was vast and many people were there to check it all out.

The crowd consisted of a younger audience this year. Most attendees looked to be in the 18-30 age bracket, and the show was considerably less attended, but somewhat successful overall.

The most interesting thing that I noticed working at the trade show, was people's unwillingness to look at your booth or even come listen to your spiel. Now, I only sell fine lingerie and undergarments, and I don't see what is so uncomfortable about that, nearly every woman I know wears a bra. Why would you even come to a show featuring such things as adult toys, videos and such if you can't even look at bras?

The show promotes itself to bring industry together with prospective buyers in a comfortable,

classy and non-threatening environment, which I find hard to do when you have a fake orgasm contest about every 60 minutes. Contestants were able to have a fake orgasm over the PA system for all to hear, making fools of themselves I am sure. I do believe liquor may have been an influence in this contest.

People normally afraid to walk in to some of these retail shops were given the opportunity to purchase products at the show. Such adult novelty stores like Romantic Interlude and Adult Source Video had a large selection of their products available for sale. This gave all those apprehensive people a chance to see what they sell, without having to walk through their doors.

Overall, I am uncertain if I would pay \$15 to get in next year, I can only hope I still have a job and an Exhibitor's Pass to get in for free.

Valentine's Day



STACEY Laing

Valentines is just around the corner and how are you going to show your loved one how much you love them. I know that money is tight so how can you show your affection without Visa loving you too? There are several ways to show your love. Cook her dinner. It takes very little effort to make reservations and drive to a restaurant, so if you really want to show you care buy some groceries and make a nice dinner for two. It would be fantastic if it is gourmet, however it doesn't matter what you make, it really is the effort that will score the points. Your effort will definitely be rewarded. You can also make "love coupons" it sounds corny, but it could be a lot of fun, promise a backrub, or to wear whatever he picks out, have a make-up coupon, the options are endless use your imagination and go wild. Make a dice game it can be a little more risky, have sev-

eral cards with numbers and on the reverse put kiss here, or lick there, once again your imagination is key to getting exactly what you want. Finally, go out for a

nice walk and surprise your special someone with, a chocolate, or a flower, or a poem, anything that had to take a little bit of your time. There are endless possibilities to show your affection without spending a fortune. It really is the thought that counts, so take your time and think of something special and she or he will remember the gesture much more than a dozen roses or something really cliché that the stores think represent Valentines. Get creative and give a personal gift.

I know that money is tight so how can you show your affection without Visa loving you too?



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Alberta

Horoscopes

Written in the Stars

Aquarius (Jan 20-Feb 17)

Quizzes, projects and assignments. All are important and will be easier to deal with if you get them done right away. Stop procrastinating and get working.

Pisces (Feb 18-March 20)

Your special Valentine has something planned. Don't ask questions or it will ruin the surprise.

Aries (March 21-April 19)

The future looks promising. That needed day off from work and school will be here shortly. Enjoy your time off.

Taurus (April 20-May 19)

Love is in the air! Keep your wallet closed this week, so that you can treat that special someone to a night on the town next week.

Gemini (May 20-June 20)

Don't take things too seriously this month. Things are not quite what they seem. Lighten up and focus on the matters important to you.

Cancer (June 21-July 21)

Not keeping up on your end of the bargain, whether at work, school or home, will leave a close friend

in anger. Do your fair share and keep it up for the next few days.

Leo (July 22-August 22)

A certain surprise will leave you breathless. Make sure you are in well ventilated areas and away from the public's eye.

Virgo (August 23-Sept 21)

Those late nights at work are leaving you restless. Take some time to yourself and catch that needed sleep-in time.

Libra (Sept 22-Oct 22)

Keep your emotions inside this week. An emotional meltdown could leave you in a difficult position.

Scorpio (Oct 23-Nov 21)

Try your luck at a game of chance this week. Don't bet your life savings, but enjoy your small treasure.

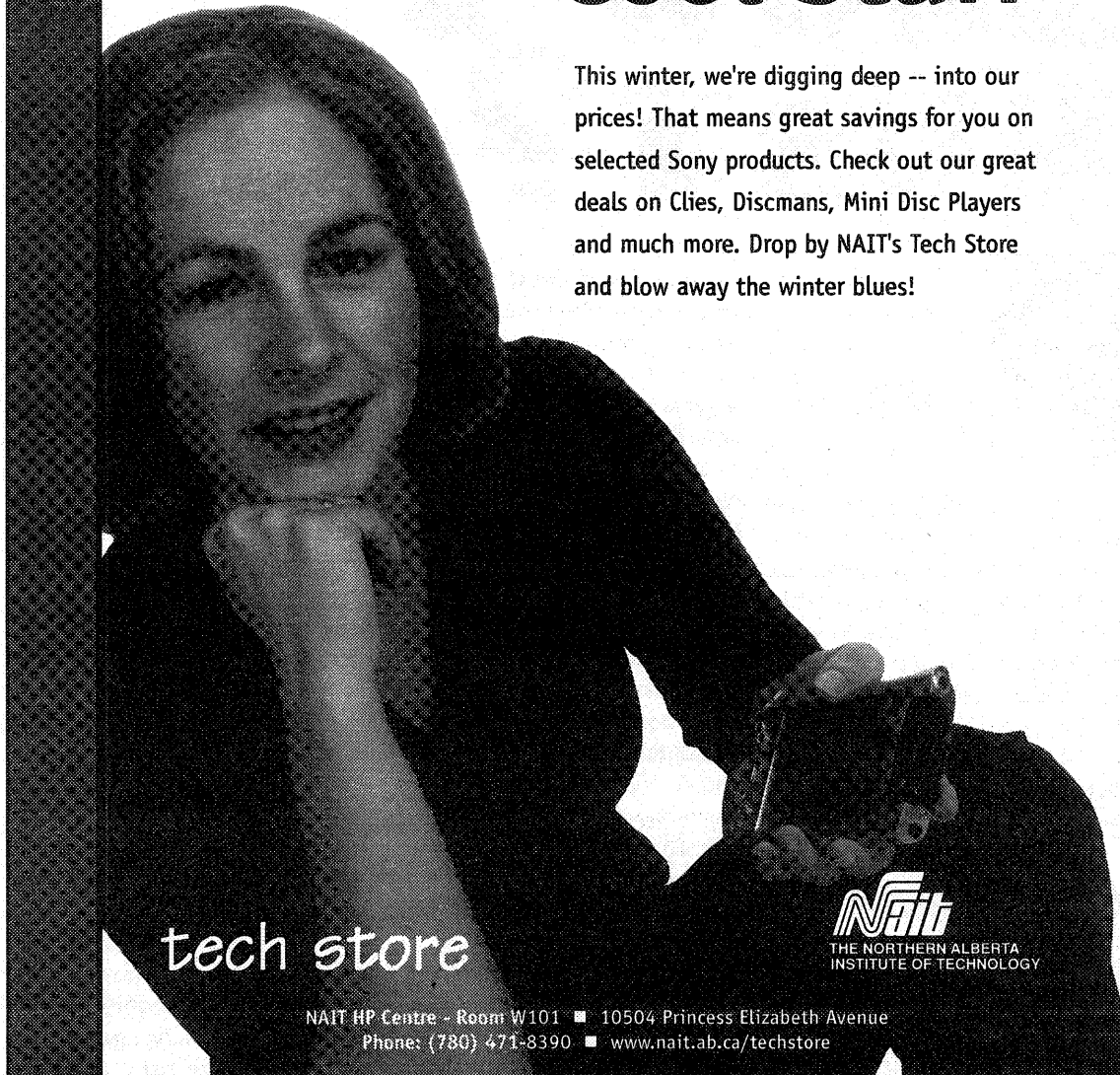
Sagittarius (Nov 22-Dec 20)

You have a secret you are dying to tell. Keep it inside for just a few more days, and it will all be worth it.

Capricorn (Dec 21-Jan 19)

There is someone you have been meaning to speak to. Tell that person what is on your mind, and the rest will fall into place.

Hot Deals Cool Stuff



This winter, we're digging deep -- into our prices! That means great savings for you on selected Sony products. Check out our great deals on Clies, Discmans, Mini Disc Players and much more. Drop by NAIT's Tech Store and blow away the winter blues!

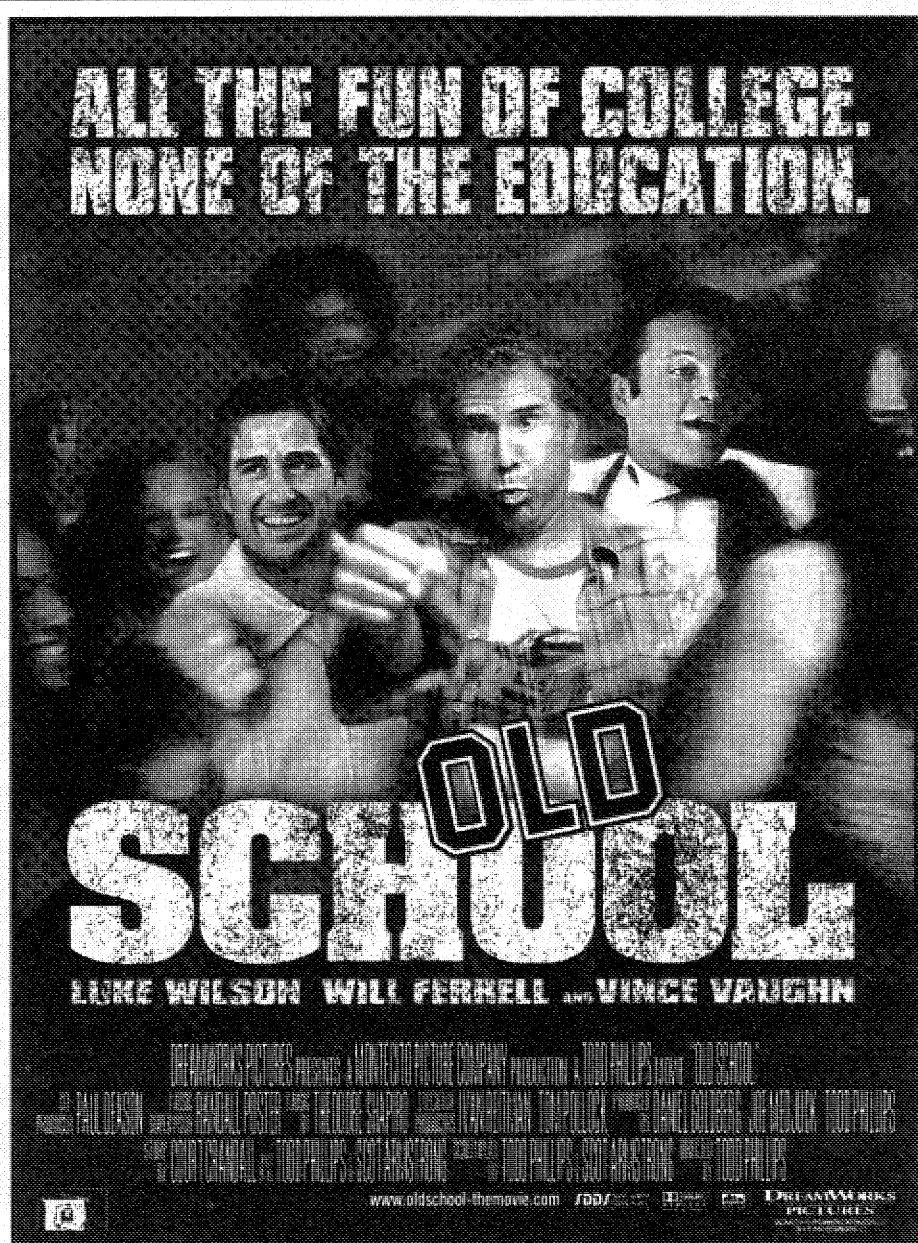
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Phone: (780) 471-8390 ■ www.nait.ab.ca/techstore

The Nugget has 50 double guest passes to the premiere of "Old School." Come to the Nugget office Friday, February 7th, from 10:15 - 11:15 am, and show your school pride to get a pass.

The show is February 12th at 7:00 pm, at Silvercity theatre in West Edmonton Mall. Only 1 pass per student.



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PRODUCED BY TODD PHILLIPS SCOTT ANASTROM
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www.oldschool-themovie.com FDD/SONY PICTURES PRESENTS A MOUNTAIN PRODUCTIONS PRODUCTION A TODD PHILLIPS FILM



There will be no newspaper next week due to the reading "break". The next issue will be printed Friday, February 21st. Deadline for submissions is noon on February 18th.

To all first and second year ORA students. FYI: We are all taking the same course so check your attitudes at the door and takem' with you on your way out. - Call me! From We're not gonna take it.

Bobbi-jo, Your pic in the nugget took my breath away. You are my ice cream, I want to lick you all over! P.S. This school needs more women like you!

Wow Bobbi-Jo that was a pretty impressive makeover you received there. Looks good, hope you keep it ;) -- Dwayne P.S. - I wonder if bald guys can get the makeover too!! Maybe a free polishing or some shiznit :)

Help solve an early Valentine's mystery. Do you know a Dave R. or a Jill T.? If so, ask them to call 471-7804. Something of a very personal nature belonging to one of them has been found and may be returned to them by identifying what it is and perhaps where it was lost. Remember, love is patient, love is kind... it does not seek its own interests... it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.

To all kitchen staff in Engineering Annex Café: On Tuesday, I had a Hot Chicken Caesar Salad for lunch. It was wonderful. As a mother of 2 young children I rarely have time to make a lunch for myself. I appreciate the wonderful food you prepare for us students. Many students don't take the time to thank others so I wanted you all to know about your wonderful lunches. Thanks again. - Completely Satisfied Patron.

Dear Slut, from the Fanbus. What was with you letting everyone make out with you?! When I had my chance I thought I was the first of the evening; I only later found out that you had already made out with 3 other men. Not to mention the other 5 guys that you fornicated with! - Signed, Blue Balls. P.S. Hope you cum on the next Fanbus, I know I will, or at least try.

To anyone who has not yet attended a female Ooks volleyball game, you don't know what

you're missing! I'll explain in one word: "SPANDEX".

Hey Wade, it's only 7 sweaters, what's the big deal?!

Bob Marley is not a god, despite what you may think.

Classifieds

Want to have some fun? Be a Mentor. It's about sharing time, not making time. Share a little time each week with a young person. You'll feel like a kid again! Call Big Sisters & Big Brothers at 424-8181 to volunteer in Edmonton, Parkland or Strathcona.

WANTED: A Few Good Men. Big Sisters & Big Brothers needs male volunteers for evening group activities. Choose from our Monday Woodworking Group at NAIT, Tuesday Sports Group downtown, Wednesday Millwoods Group (wall climbing, floor hockey, cooking), or Bikes For Boys (bicycle maintenance and cycling). Call 424-8181.

To share: 2 bdrm townhouse, near Westmount, 15 min. to NAIT. Quiet location, minutes from transit, groceries, shopping, movies, downtown, and WEM. Washer & dryer insuite. Pet may be ok. Avail March 1. Rent \$375/mo.,

DD \$175, plus 1/2 power. Mature, responsible student preferred; quiet time at home is greatly valued! References and credit check required. Call 984-5874.

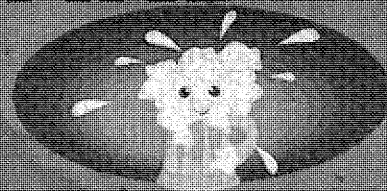
Accommodation: 1 1/2 blocks from NAIT. Shared accommodation. \$225 per month. Ideal for NAIT student. Call Scott @ 498-5588 after 5:00 pm or week-ends. Non smoker.

ATTENTION STUDENTS! Earn \$21.05 per hour/app.t. Training provided. Flexible PT/FT. No exp. necessary. Scholarships offered. Fun work environment. Call now 436-9444. www.workforstudents.com/ab

Next General Council Meeting will be Tuesday, February 11, 2003 at 4:30 pm in room X-107. All students are welcome to attend.

Student Work Flex Positions. \$21.05 guaranteed-appointment. Great resume experience. Advancement available. Conditions apply. Work in Customer Service/Sales. 436-9444. www.workforstudents.com

BEER GARDENS



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Alberta

Wanna Get a Free Makeover?

Submit your entries now!

The third person in The Nugget's Wanna Win a Makeover Contest is Amy Kasha. Amy wrote to us saying this:

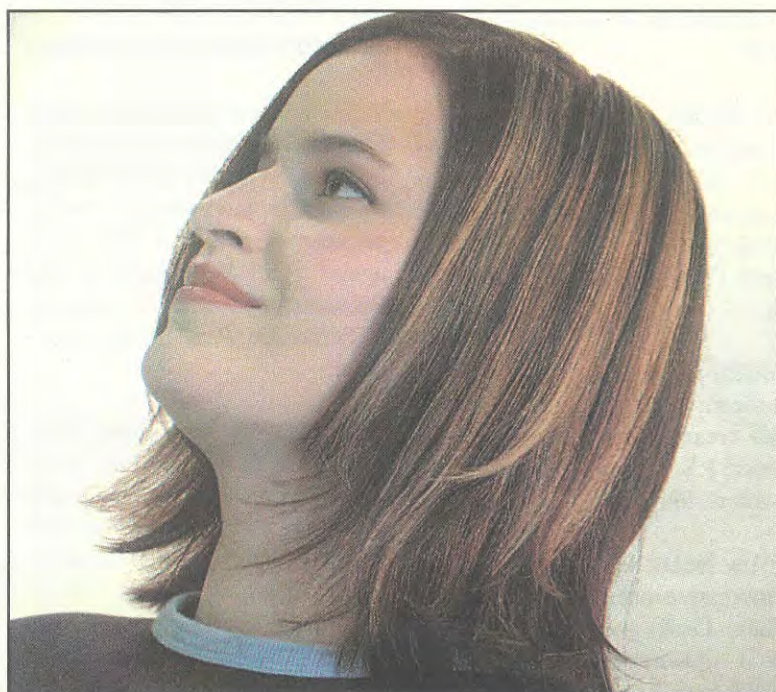
"I would like this makeover because I come from a small town and have never done anything extraordinary with myself. My friends always bug me about always having my hair in a ponytail or wearing a hat. My brother and sister are both getting married this summer and I would like to get a new summer look to be in style at their weddings."

Amy went to the Elysium Hair Body & Spirit, last Friday to receive a makeover. She was able to get her hair cut, colored and styled, as well as a make-up application.

If you want a chance to win we need your entries! Send us a small write-up of 75 words or less



Before



After



telling us why you want a makeover. We also need a recent picture as well as your full name, student ID number and telephone number to contact you. You can only be

*My friends
always bug
me about
always having
my hair in a
ponytail or
wearing a
hat.*

eligible if you get your entries to us by 4 pm each Monday in the black submission box outside of room E-128. There will be no newspaper next week, so you have until 4 pm on Tuesday, February 18th to get your entries to us!

Elysium Hair Body & Spirit is a smaller salon that offers the benefits of a friendly, personal visit in a modern yet relaxed atmosphere. Elysium offers hair and skin products, as well as make-up. The stylists are all highly qualified senior stylists, from such previous salons as Avanti Hair and Sanctuary and Eveline Charles. The salon is located at 12312-107 Avenue.

WIN A FREE Makeover!

- All entries must be submitted to the Nugget Submission Box by 4:00 PM every Monday until April
- Eligibility is open to all Males and Females who are looking for a new look
- All entries must include:
 - A recent picture
 - 75 words or less on why you want (or need) a makeover
 - Full name, student ID #, and Phone Number
- Chosen candidates will be contacted by phone
- All candidates release permission for The Nugget to print Names, photos, and write ups
- Makeover includes CUT, COLOR/ HIGHLIGHTS, MAKE-UP

