

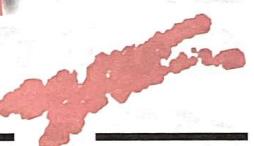
WISHING Y'ALL A HAPPY HOLIDAY SINCE 1963.

# THE NUGGET

Thursday, December 4, 2003  
Volume 41, Issue 13

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



**Business student and co-president of the NAIT Aboriginal Student Association Jody Halfe (left) stands with fellow co-president and Construction Engineering student Adrian Abraham (right) in front of the new Encana Aboriginal Student Centre during its grand opening Tuesday.**

# Grand Opening of The Aboriginal Student Centre



**HARMEN**  
Van Andel

On Tuesday, NAIT celebrated the grand opening of The Encana Aboriginal Student Centre, which replaced the older and much smaller 'Friendship Centre'.

Many people were on hand for the unveiling including our NAITSA Representatives, NAIT President Dr. Sam Shaw, and the Alberta Minister of Learning Dr. Lyle Oberg.

Some presentations were made including two artistic gifts from

NAIT student Adrian Abraham to Dr. Shaw and NAITSA President Jeremy Coules as a 'thank you' for the centre.

NAITSA donated a large portion of office space for the project.

"We'd seen great things come out of the Friendship Centre," says Coules. "We saw a need for a larger space and are proud to be a part of such a positive initiative."

"It's a tremendous resource for the Aboriginal students," says Dr. Shaw. "I'm confident this campaign will be very successful."

The centre will be used as a place for Aboriginal students to study or socialize with other Aboriginal students. It is located at E-121.

## STUDENTS CHECK THIS OUT



at each home game  
**Win \$200 Bookstore Credits!**  
**\$600 total for all 3 sports**  
**fill entry form at each Event**  
**Must be in attendance to win**  
**@ Last home Games**  
**Dec 5 for Hockey**  
**FOR DETAILS GO TO THE GAME...**



Construction Engineering student Adrian Abraham is responsible for all the artwork in the new Encana Aboriginal Student Centre

# Coming Soon to a Screen Near You



**DANI**  
Kent

NAIT student Adrian Abraham to Dr. Shaw and NAITSA President Jeremy Coules as a 'thank you' for the centre.

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"We'd seen great things come out of the Friendship Centre," says Coules. "We saw a need for a larger space and are proud to be a part of such a positive initiative."

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cisco Sarango.

The primary goals of this venture are to communicate more effectively with NAIT students and generate revenue through advertising.

As for the million-dollar question: "Who will be paying for this?", ultimately the answer is... you. This is a NAITSA idea, and the NAITSA money comes from fees you pay. However, keep in mind that this is designed to make money for NAITSA in the long run from the advertising with existing sponsors.

If you have questions or concerns, NAITSA would definitely like to hear from you.

## Wanna write for The Nugget?

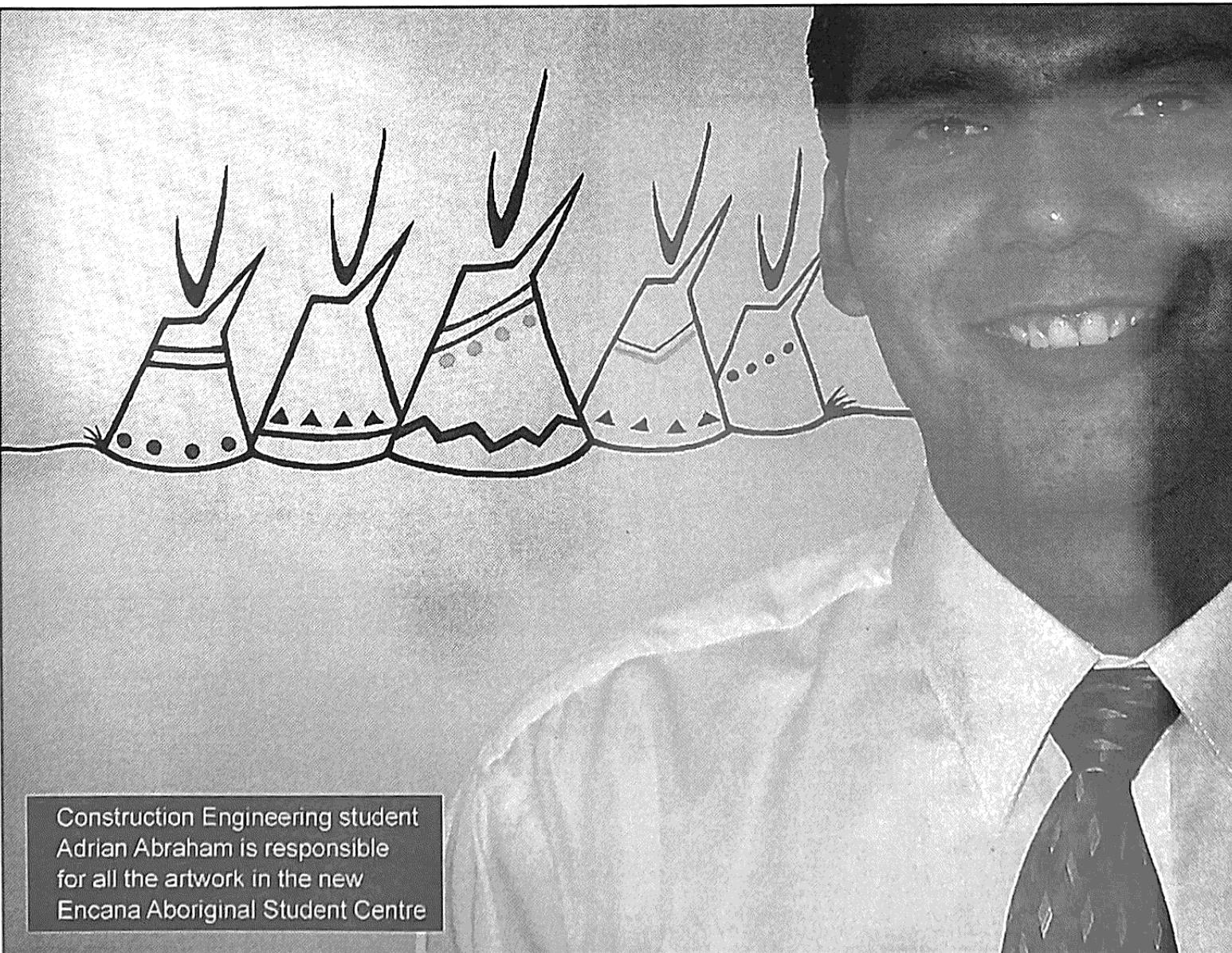


**HARMEN**  
Van Andel

new nugget writer!

It's a simple position that gives you an opportunity to let your creative juices flow, and it looks great on a resume. It'll also put some \$ in your jeans. \$350 per month to be exact.

Easy access to the internet, and knowledge of MSWORD is an asset. The successful candidate must also be a NAIT student. Get your resume together and send it along with a cover letter to [editor@thenugget.ca](mailto:editor@thenugget.ca).



# NAIT INSTRUCTOR BRINGS RELIEF FROM "EXAM ANXIETY"

Garry Worger, a NAIT math instructor since 1974, has put together a 3 lesson mini-course on *"How to Get Rid of Exam Anxiety... Forever"*.

Delivery is via email, with personal support. The lessons are available anytime and there is no-cost associated with the course. You may do this in the privacy of your own home.

Worger says "Well over 50% of the students who participate cure exam anxiety forever. The method is novel..."

To find out more, visit [www.college-study-skill.com](http://www.college-study-skill.com). Then click the EXAM ANXIETY button.

To sign up, use the form at that site, or send an email to [autorepond@shaw.ca](mailto:autorepond@shaw.ca)  
SUBJECT subscribe:anxiety.

Be sure to sign up from the email address where you will receive the lessons.

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**Nov. 30 12 pm - 8 pm**

Project Factory & McNally Library  
**Dec. 6 12 pm - 8 pm**  
**Dec. 7 12 pm - 8 pm**

McNally Library only  
(Project Factory regular hrs)  
**Dec. 13 12 pm - 8 pm**  
**Dec. 14 12 pm - 8 pm**

# "My Mind Just Went Blank"

## Overcoming Exam Anxiety

DAVID Appell  
NAIT Counsellor

With "final exams" only weeks away it is worthwhile to consider one of the most common problems among NAIT students, exam anxiety. The purpose of this article is to provide some insight into why exam anxiety exists and more importantly to share some methods for counteracting exam anxiety.

Exam anxiety can occur for many and varied reasons. For the purposes of this article we are not looking at exam anxiety caused by inadequate preparation for an exam. Our focus is the exam anxiety experienced by a student who has attended classes, has developed effective study skills, is genuinely confident in their knowledge of the material but does not demonstrate what they know on exams.

Exam writing is a stressful activity. The goal is to maintain an optimum level of stress. Too little stress is not desirable, nor is too much stress. Optimum stress actually promotes success. Exam anxiety is an example of too much stress.

### Exam anxiety can be defined as:

- excessive worry about upcoming exams
- fear of being evaluated
- apprehension about the consequences of writing the exam

### Exam anxiety is:

- experienced by many NAIT students
- manageable

### Symptoms of Exam anxiety can include:

- sweaty palms, shortness of breath, racing heart
- difficulty concentrating and organizing thoughts
- difficulty physically focusing on the words
- feeling of panic, confusion
- nausea and/or fainting
- negative self-thoughts e.g. "I can't even remember the stuff I know!"
- mind going blank (even on material you know well)
- can't understand exam questions
- correct recall after the exam

## NAIT Counselling "The Learning Barrier Busters" promote...

### STUDENT SUCCESS

- Improve your study skills
- Make the most of **YOU**
- Reduce stress
- Graduate

Student Counselling Centre:  
Rm 0117 South Lobby  
SSD: Rm 0117, South Lobby  
Phone: 471-8921  
TTY: 474-5883  
Weekdays: 8:00 am - 4:30 pm  
(Appointments in person or by phone)

#### Individual Counselling

- Academic • Career • Personal

#### Student Success Seminars

#### Peer Tutoring

#### Services to Students with Disabilities

### Many dynamics contribute to exam anxiety.

#### Some of those dynamics include:

- fear of failure, success, the future, and the reactions of others e.g. family
- unhealthy academic self-esteem, lack of confidence, unrealistic expectations of self (e.g. academic goals set too high)
- high stress levels, depression, not feeling supported in your educational pursuits (by loved

- identify and remove sources of anxiety

- practice thought control by planning a positive script

- praise yourself - be aware of how you talk to yourself in exams

- visualize success- create a detailed picture of what it will look like being successful (set positive expectations for your self)

- practice thought stopping- say "stop" when thoughts begin

### racing

- manage external sources of stress

- keep the exam in perspective - an opportunity to show what you know

- daydream- flood your mind with pleasant thoughts

- focus on an object that calms you - describe it in detail

- describe it- don't resist it, confront it by describing your anxiety in detail

- seek counselling or medical assistance if these suggestions do not help

For further assistance make an appointment with a counsellor in 0117 (South Lobby) or by calling 471-8921.

*Note: Remember that an exam is simply an opportunity to show what you know and to get feedback on that knowledge. It is not an evaluation of your worth!*

### Optimum stress

#### actually promotes

#### success. Exam

#### anxiety is an example

#### of too much stress.

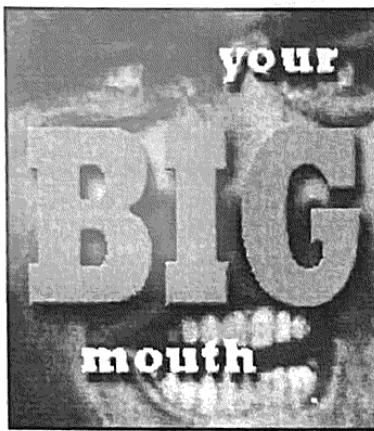
ones), negative and irrational thinking and habitual worry.

- financial pressures (from family or financial sponsor)
- family/relationship pressures (e.g. "everyone is counting on me...")
- time or age pressures (e.g. "this is the last chance for me to make a better life for myself and my family")
- health issues such as illness, inadequate sleep, nutrition and sleep, consumption of coffee, alcohol or drugs
- lack of recreation or social time

### What can you do to reduce exam anxiety?

- develop effective exam prep and writing techniques
- get adequate exercise, nutrition and rest
- reduce overall stress by deep breathing
- muscular relaxation- progressive tensing and relaxing of major muscles
- scan your body for stress- tell the muscles in this area to relax
- mental imagery- visualize an image that has a calming effect on you (use all your senses to create this image)





Is it just me or are all the students in the L building getting it up the brown eye. I mean the boy's washroom on the first floor is a major health hazard. I have never smelt anything so gross! They can put leather in the HP but not even a fan in the washrooms in the annex!! There is not a single window in the place, the cafeteria charges for any condiments you need to swallow there over priced gross food.(NAITSA says it's a mirror image of the others) Then they close the place down at 2 pm .(rrrrrr) The computers after five can't go online so you have to pack across the street. Also for a school of technology we can't log in to our saved work outside of the annex, so you're forced to keep everything on disk before heading to the project factory. They haven't painted for at least 10 years. (rrrr) This is just the tip of the ice burg. As a hole we need to voice our demands for change.

Hello to the offended girl being checked out, or as she put it, the innocent bystander who was being eye-f\*cked. I don't know who you are or even if I am the guy are you talking about, but if I am I have a little advice for your problem. Why don't you try wearing a baggy pair of jeans and maybe a sweatshirt if you hate attention so much? You poor thing, you have it so bad. I am sure you would like to trade places with someone who is hard to look at and wider then you are tall. One who hasn't even had so much as a glance by the opposite sex. I am sorry for being such a pig. I must be just like any other male who just thinks with his dick. Seriously, I will admit that I am like most males and

I am guilty of admiring the opposite sex, but you tell me why that is such a sin. You shouldn't make such rude, snobby and vulgar assumptions of people you don't know. You might even find out that some males like me have more then just sex on their mind. If this guy is truly, a creep, I apologize.

-Blue Ranger

To some girls in this school:  
(Not only geared to the business girls!!)

#### LESSON #1

Make-up: Less IS more! This is college NOT a F\*\*king modelling school. Some of you look like a side show!

#### Lesson #2

High Heels: If you don't know how to walk in them properly...SPARE OUR EARS FROM THE IRRITATING, HEEL SMASHING and wear real shoes! You're beginning to sound like f\*\*king horses!

"When you place your feet on the ground use an almost even motion with your feet...ball of the foot, then heel, ball of the foot then heel..."

#### Lesson #3

Perfume: QUIT GODDAMN SHOWERING IN IT!!! especially at school! I think there is a break down in the ozone layer over some of your lockers because of the mass amount of what you think is great smelling perfume. I am a girl...and you can say all the comments you like but I am as feminine as you, I just don't lay it on so thick (I was a cheerleader too! lol!) You can still grab the attention you so desirably want, by just chilling out a bit. You are at this college to learn I ASSUME, so do it! A REAL man is not going to care so much about how you look, but how you compose yourself, how your brain works and so on...by doing what you are doing you are looking HIGH MAINTAINENCE, snotty, bitchy and brainless.

F.Y.I: If you wear too much make up over your lifetime...your skin begins to look OLD, it is more prone to wrinkles and wears out your skin...just look at some stars without make up sometime!!! NOT SO PRETTY!

why don't they just replace the bathrooms in the annex with an outhouse or a hole in the floor? they would probably smell better then what they have now. do they use cleaner at all? i think the 3 thousand and sum dollars that i spent on going to this school could go to some mr.clean, or at least some lysol.  
-4th year tuna

I have no doubt in my mind that NAIT will put on a good Ski trip over the holidays. However, this is driving me NUTS!!!! The trip is to Fernie/Kimberly. A little FYI NAITSA Kimberly is Spelled KIMBERLEY!!!!!! Your posters are wrong, the Nugget is wrong and your advertisements on the net are also WRONG!!!! When advertising a place as beautiful as Kimberley, BC, you might want to spell it right.

We certainly cannot go a week without a comment on this "Olga"

situation. Apparently, someone seems to be pissed that I'm "stalking" Olga. Haha that's funny cause in reality I'm NOT stalking her. I don't even know an Olga that goes to NAIT. This is all just a big misunderstanding and me joking around and I'm guessing it's time to clear this up (but was hoping for this to go on for the whole year). It is true that my declaration of love was not towards any of the "3 Olga's" that attend NAIT. It was only intended for my friend, Olga Nikolaev, who goes the U, and you're probably gonna ask why I submitted it into the NAIT paper? Who cares? People submit stupid things all the time.

And when I surprisingly discovered a reply, I thought I'd have a little fun and play along, who wouldn't? So, to the "3 Olga's", you have nothing to worry about, I am no psychotic stalker out to get you. I'm sure some people got a good laugh outta this cause I certainly did. And you're probably wondering, yes I am a girl but I am completely straight!

Is this a college, or a daycare? It seems that it's the second option. It's getting pretty bad to read all of the articles in The Nugget that pertain to calling others down, sickos and stalkers that have some obsession with another student, or people that whine and complain about everything in their day-to-day lives. How about we all just do what most people are suggesting, and try getting along? I honestly don't think that you're going to score with someone

because you tell them you want to talk to them through the Grapevines. It's apparent that no one is going to stop talking or asking questions in class, simply because they annoy you, and you want them to stop. -MaxxSim

The tower is a great building...as in, its WAY up there in the sky. It would be awesome if some of that sunlight could enter the classrooms. Why do we have windows if those shitty blinds can't even open to let the sunlight in? Maybe that's why we always fall asleep in class...TOO DARK!!! It would be much more pleasant and BRIGHTER if the BLINDS COULD OPEN!!!!

-Sunless Student

To the Instrumentation student who posted that she was "LATE" after going home with a 3rd yr student...and as an after-thought requested her belly button ring back....what is the real issue here?? Your stupidity for lack of birth control, or your shallowness over a piece of metal??? I'll bet your mom and pop are real proud of their "GROWN-UP COLLEGE GIRL"...so much for Higher Education...thank God not all women are like you...your personality type demeans and weakens the progressive momentum of all women, the world over! If you play, you must pay! Next time SWALLOW...it's proven to stop pregnancy. Have a nice life, single mom/college dropout/welfare victim

Can you hear my voice?

— Fight for students' right!

I'm a student in Nait. I felt students' voice haven't been heard properly. It's just not very fair.

English is not my native language, and so do lots of other Nait students. I made a requirement of installing international language input system to those PCs in hp computer common 4 months ago. I've talked this to Computer common front desk, student association, tech representative, and dropped suggestion to the box. After all, no one get back to me yet, And nothing changed.

I know how important the language input system to students who have a second language. UA, GranMc and most university or college do have this system in their public computer labs. Why can't Nait?

I am an ordinary, simple (means no powerful background) Nait student who wants to benefit myself and lots unknown others. My requirement represents all international students and all students who are not a native English speakers. I am really surprised and disappointed with Nait. As a serious student and a moral person, I always fight for the unfairness. But I'm ready to give up for this silent battle with my dear school. I tried and tried hard, and I don't know how I can keep going further and who can ensure and defend students' rights in Nait ??????

## EXAMS ALREADY! NOOOOOO!!!!

### Exam Preparation



**It will be O.K.  
Just come into  
the bookstore!**

The bookstore can help with all the exam stress!

Mon 7:30am - 7pm Tue - Fri 7:30am - 5:00pm

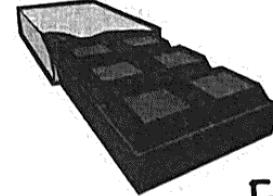
CALCULATORS

LEARNING GUIDES

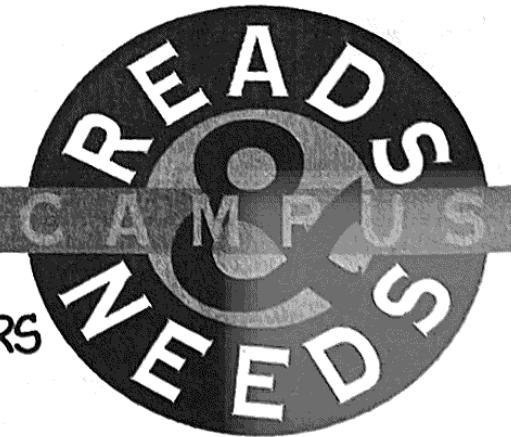
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# What Goes Around...



DWAYNE  
Johnson

There is an old saying that says, "what goes around, comes around." Basically meaning that what action's a person takes, will come full circle on them in time. Another phrase is, "every action has an equal and opposite reaction," which could probably be viewed in a similar fashion.

In theory, both of these sayings and most likely a ton more could be summed up as being: "be good and good things will happen, be bad and get your ass spanked." Not that people who like to get spanked are necessarily bad people of course!

Along the same lines, the sayings above could be applied to everyday actions. Choose not to do homework, and it may show up in test marks. However go out of your way to help a student who is struggling and the favor may be returned later! Life can be crazy like that sometimes.

The law of Karma is a widely popular ideology. A very important aspect of the law of Karma is that there is a common belief that we may do one bad deed, and then to cover it up we may do five good deeds. Thinking that actually we have a balance of four good deeds to enjoy the fruits of, but this is totally a wrong notion.

The law of Karma acts as follows: you may have done one bad deed for which you will have to suffer. And for five good deeds you will enjoy the fruits of all the five good deeds. There is no such accounting in which you can add or subtract good and bad deeds (karma) - As you sow, so shall you reap. It seems there are four different categories of Karma:

GOOD KARMA : This is very easy

to understand. Do something good and good things will come your way. BAD KARMA : This is exactly the opposite of the above. Any bad deed which harms fellow beings in any way whatsoever is Bad Karma.

INSTANT KARMA : This also is not a difficult concept. Basically this is what we generally think that Karma is, meaning that if you slap a big buff strong man, he immediately slaps you back, because you performed a deed to which he returned back the result. When one is thirsty, he drinks water and quenches his thirst, when one is hungry, he eats to satisfy his feeling of hunger. All these are examples of Instant Karma where you immediately enjoy/suffer the fruit of your action.

DELAYED KARMA : This is definitely the most important category of Karma. An example of this could be if you helped a fellow classmate out when he was really stuck on a concept, and perhaps later on in life that same person is now a success, and is able to help you out with something.

So basically to sum it up. Don't slap people around unless you want to be slapped back, but help out a friend, and good things may happen.



DANI  
Kent

Christmas is expensive! It makes me wish that student loans came-in at the beginning of December instead of January. One alternative to the cash-crunch is to make presents instead. This may take a little more time, but below are a couple of recipes that have ingredients you can generally find in your kitchen, so at least you won't have to buy anything extra.

#### Hot Chocolate

Combine

- 2 cups powdered milk
- 1 cup powdered sugar
- 1/4 cup of cocoa
- 1 cup powdered coffee creamer
- dash of salt (to bring out flavor)

Mix together in a blender until finely chopped.

Add 4 tablespoons of mixture to 1 cup of boiling water.

#### Café Cappuccino

Combine

- 1 cup powdered milk
- 3/4 cup of sugar
- 1/2 cup of instant coffee
- 1/4 teaspoon dried or powdered orange peel
- 1/8 teaspoon of baking soda

Mix in a blender.

Add 2 rounded teaspoons to each cup of boiling water.

#### Honey Bath

- 2 oz. Honey
- 1 eight oz. glass of water
- 5 drops true essential Lavender oil (can substitute with any true essential oil)

Mix all ingredients with a glass stick. Place 1 or 2 tablespoons of the mixtures into your bath water to help you relax and combat insomnia.

All of these recipes you can put in nice containers and they should keep well past Christmas.

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12:00 p.m. on the first  
school day of the week.

All submissions must be  
accompanied by your name &  
student ID number

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# POOR HOLLYWOOD



DWAYNE  
Johnson

Anyone who has gone to the movies in the last couple months has most likely been victim to a crime. That crime is Hollywood trying to make people feel guilty for watching movies. Chances are if you have caught the previews before the movies, you would have seen Joe Blow the carpenter guy, or Jack B. Nimble the stuntman (not their real names of course) telling their sob story of how people shouldn't download movies.

In their stories of sadness and despair, they mention how it isn't the big Hollywood produces that suffer when people download movies from the Internet. But that it is the small guys who simply work on the sets that suffer.

Okay, granted downloading movies "is wrong" (yada-yada) but the logic behind these advertisements is pretty flawed if you think about it. First off whenever I've seen these ads, I've heard several comments

from other viewers around me basically saying how stupid, annoying, pointless these ads are. Seems they do a better job of upsetting people than they do at making people feel bad.

Next there's the fact that I AM SITTING IN THE MOVIE THEATRE! So chances are I already got a loan from the bank to afford the tickets to see the movie. Last thing I need is a lecture as to why I shouldn't go download the movie. Perhaps if they left these ads to purely television, it wouldn't be so bad. But chances are if you show it in a theater, people have paid for it. Maybe change the ad to say why people shouldn't sneak into movies? I dunno.

The odd part about all these advertisements is that they claim the "little guy" loses work and all that junk when people download movies. Yet there's movies being pumped out just as steady as ever AND they are getting bigger budgets for movies each year. Somehow I doubt that the studios are in danger of losing money when they give out one hundred million-dollar budgets to movies. Let's say though, hypothetically, that everyone in the world stops downloading movies...would they lower the ticket prices? I think not.

## Don't you just hate those Bad Days?



DWAYNE  
Johnson

You wake up in a panic knowing that you are way too well rested. It suddenly becomes quite clear that you have slept in. Dreaded thoughts rush into your head and you madly run around your docile grabbing whatever clothes are nearby and don't have a putrid smell to them. What a great start to the day!

Most likely this scenario is familiar to those of us who have either spent a night partying away before an important day of school, or even those who did some late night studying before a test. Usually however this is only the tip of the iceberg! Unless you see an iceberg and you're on a ship called the Titanic...then your bad day is basically over!

Bad days happen to all of us. You have to get to work in 30 minutes, and your piece of crap car decides to finally die on you. Maybe you have to get to school to write a midterm and the bus craps out on an



### Dear Dr. Su,

I am torn between two guys. one who is my "buddy" and the other that is in love with me. I really like the one dude that just want's to be friends, when the other guy is perfect. Why don't i just drop the pal and hook up with Mr.Nice? What shall i do? - Twisted

### Dear Twisted,

If the one guy is perfect, then what's the issue? You're in love with the "friend" but he's not perfect? Wasup with that?

Note the Sarcasm? Actually, in reality, we fall in love with people that aren't perfect so we can subconsciously be OK with our own flaws. We all have flaws, and those flaws

are easier dealt with and less humiliating when our partners have flaws. They kind of balance each other out. It has happened to many of us; when we meet the perfect person, we don't feel good enough for them, so we'd rather play it safe and not 'go there.'

The man you say is perfect may be too perfect for you, thus making it difficult to reveal your faults. We all feel more comfortable when we are with our equals. As long as you think this guy is perfect, you'll be more comfy away from him. I guarantee you though, as soon as he starts revealing his flaws, and yes my dear, he has a bunch of them, you'll see the realism and "humanness" (if that's a word) in him come out. Be very careful then, because love will find a way.

As far as the dude you think you love but he just wants to be friends; it's naive to think you can change him. People do change, but it won't be you that changes him, it'll be time.

Play the field, baby, and have fun.

### Dear Dr. Stu

I had some casual sex with this bum chick off the street. I was drunk and really desperate. I was in the shower this morning and figure I'd take a look at my nuts to make sure all is well down there, and I notice one is double in size from the other! Is this normal after screwing this ass ugly girl bum, or should I possibly go see a doctor? - Big nut

### Dear Nutjob,

At this point, I have a hard time admitting I'm in the same gender group as you. I've heard the expression "men are pigs", but this takes the cake. Dude, you are ruining it for the rest of us.

Anyways, I'm not going to judge anymore so here's my advice. An enlarged "nut" as you call it rarely is attributed to sexual activity from the night before. Did she kick you? Maybe that did it. This is not normal after screwing any girl, so yes, go see a doctor. Then find a shrink, pronto.

## NAIT Aboriginal Student Club

is hosting a

## Silent Auction

on December 5, 9 am - 3 pm  
Rm E121



All proceeds to support Aboriginal Student Club  
Year End Banquet

# Sports Rant



JUSTIN  
Hculak

In sports money seems to be everything, players always wanting more, owners and general managers trading away high priced salaries, so it's finally nice to see a player turn down money. That's right turn down more money. This past week Mario Lemieux one of the best players of all-time turned down a five million dollar pay raise. Maybe it's just because he's still a part owner and his team is all ready losing money though, but hey it's worth a mention.

On the other hand the Oil went out and signed 41 years young, Adam Oates. Which I think is great for two reasons: one, the team needs a number one center and Oates is one of the best and it also creates a great image of Kevin Lowe giving Mike Comrie the finger, which I find pretty funny. What I don't find funny is the Oilers five game losing

skid just as they seemed to turn things around. The worst part of it is the Flames of all teams have a better winning percentage this year.

On the baseball field the Boston Red Sox go out and get high priced pitcher Curt Schilling, so what do the damn Yankees do to counteract, go and get Gary Sheffield to knock out Schilling. Can the BoSox ever win?

In the NBA the Raptors GM Glen Grunwald is feeling the heat especially after trading fan favorite Jerome Williams along with Antonio Davis and Chris Jeffries to the Chicago Bulls for Jalen Rose, Donyell Marshall, and Lonny Baxter. If this trade doesn't pan out you can kiss Grunwald goodbye at the end of the year. On a friendly note how does nice guy Tim Duncan get suspended for a game?

On the football field the Bucs' and Raiders somehow suddenly suck this year and the Cincinnati Bengals lead their division? What's next... Randy Moss going to hit a police officer with a vehicle, oh wait that happened last year.

Till next week, check ya on the flip side.

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# NAIT Sport Roundup



JUSTIN  
Huculak

This past weekend proved why NAIT is still recognized within the country as one of the top colleges in athletics as virtually every team had a successful week.

Starting off with the men's hockey team who only played one game, but made the best of it by demolishing Concordia 8-3. The win puts NAIT in a first place tie atop the North Division standings with SAIT. Though the Oaks do have a game in hand. Their next home action is this Friday against Red Deer College, who currently sits in last place with a 3-12 record. As the Oaks bring their 11-3 record, look for NAIT to light the scoreboard often in this one. The game gets underway at 7:00 p.m.

In basketball action the men and women headed to Grande Prairie for a couple games and walked away with a combined record of 4-0. The men defeated the Wolves in two blowout games 111-64 and 110-59, which seems to becoming the norm.

## Sportsnet And NAIT Team Up



JUSTIN  
Huculak

Last weekend NAIT hosted the 1<sup>st</sup> ever Excellence in Sports Broadcasting Workshop. With the help of Sportsnet who agreed to a four-year contract with NAIT's Radio and Television program worth \$250,000. The money is considered a donation and helps put these workshops on for NAIT students.

With many other schools attending, such as Mount Royal, SAIT, Lethbridge Community College, and Grant MacEwan the Shaw Theatre was packed and the various seminars didn't disappoint. The workshops ranged from production to anchoring and play-by-play. Sportsnet didn't cheap out in this area either as they brought down many "big wigs" that dealt with any issues conceivable to the audience. They also brought in local talent in the likes of Gene Principe, Ron Rimmer, and Dave Jamieson to

for this NAIT powerhouse as they hit mid-season form. The two wins keep their perfect season in tact and improves their record to 12-0. When the women hit the court they didn't disappoint either as the beat Grande Prairie by scores of 65-54 and 59-53. The women are now riding a four game winning streak and currently sit in 4<sup>th</sup> place with a 5-7 record.

The volleyball teams were also up against Grande Prairie this weekend and finished with mixed results. The men dropped their first match against the Wolves 3-0, before bouncing back on Saturday to defeat the same Wolves 3-2. The split leaves the men with a 7-5 record and sitting alone in 4<sup>th</sup> place. The women on the other hand dropped both their games to the first place Wolves and still remain winless on the year.

The curling teams hit the ice for the first time this year and all three teams put up big numbers. Starting with the men's team who finished with a faultless record of 7-0 and sit in 1<sup>st</sup> place after the first interlock event. The women finished with a near perfect record of 6-1 and are tied for 1<sup>st</sup> after their first bonspiel, while the mixed squad left the rink with a 4-2 record and are tied for 2<sup>nd</sup> in their division.

answer any questions related to their respective fields.

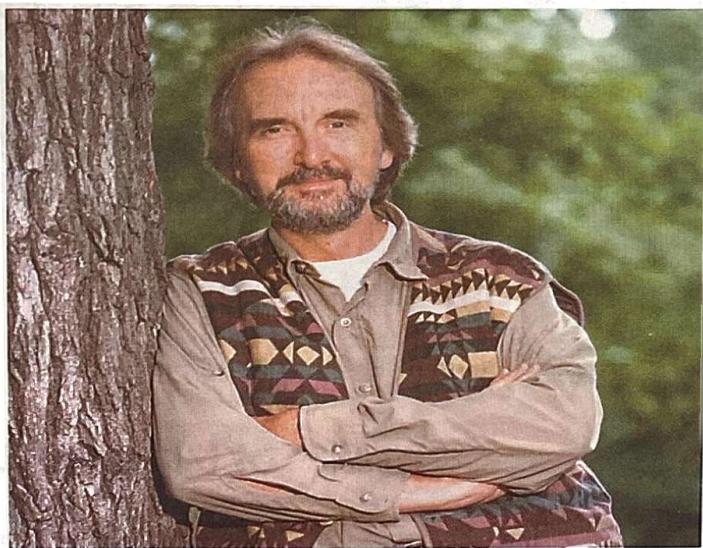
Everyone who came out for the seminars were treated to a great lunch at "The Nest", along with a sports trivia game for everyone and many door prizes were handed out as well. At the end of the day there was a hockey game with those who wanted to play and it also gave a chance for many students interested in play-by-play a chance to practice their stuff.

There was also an anchoring desk where you were able to read a sports script off a teleprompter and the pro's critiqued you. By the sounds of it they were pretty honest and didn't butter anything up. If you sucked they let you know and if you were good they told you how you could be better.

All in all the experience was great and the feedback that I received from everyone else said they enjoyed it thoroughly and couldn't wait to go again next year. Again I would like to thank Sportsnet for choosing NAIT as their partner in the West Region and the RTA staff and volunteers for putting on a great inaugural show.

# Sports

## NAITSA PRESENTS... FRED PENNER



### PART OF NAITSA FAMILY DAY SATURDAY, JANUARY 31, 2004

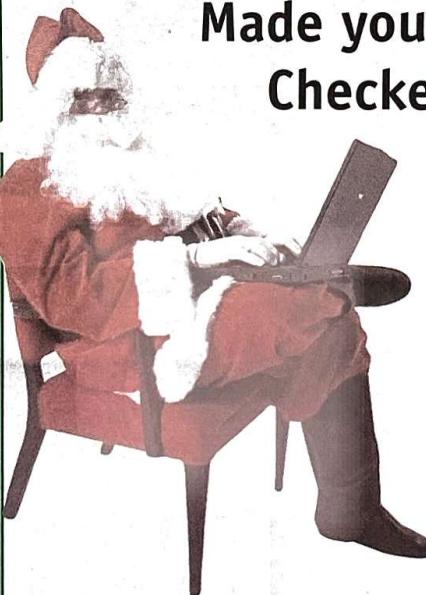
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## entertainment

# He Said She Said

**Marriage before Sex?  
A seemingly outdated concept revisited...**

*A debate between two anonymous Nugget readers*

**She said:**

"The argument for sleeping together before marriage is often "We need to see if we are sexually compatible," or some nonsense about experiencing life whilst you are young. Bollocks I say. Marriage is about compromise. Opinions on sex change, and likes and dislikes evolve. The only person you are 100% sexually compatible with is, well... no one. Masturbation doesn't even count, unless you want

your life with, or is it simply a way to pass time after the bar? Are you willing to give up good recreational sex now, for a fantastic married life later?

Human sexuality is very powerful, and it is not easy to resist the urges we feel. I can only say this... it is worth it. When you fight the good fight against your own natural impulses, and can say to your spouse "I waited for you, and for after the ceremony to give you that which is most precious from me, my body." There will be no greater tool to help you bond to your spouse, and will help to ensure you do not become one of the over 50% divorce rate statistics." — Anonymous Married Nugget Reader

**He said:**

No Sex Before marriage? At one point in time I would have viewed this opinion as outdated and too conservative. Recent experiences have led me to alter that perception. It is truly a beautiful thing to save yourself for the one you love, and respect must be given to those that follow the "no sex before marriage" path. A good friend recently shared an analogy with me that shone new light on this highly debated subject. I think it goes something like this...

"A person should think of themselves like a piece of duct tape. The glue on the tape is what makes every person special; i.e. their body, heart, and soul. When a person hooks up with someone for whatever reason, his or her glue sticks to the other and vice versa. If for whatever

reason things do not work out, (as it often is the case...) the tape is torn apart and some of your glue is left stuck to them and some is left stuck to you. If this pattern continues, one might find that someone that they truly love and have no glue left to share."

Now I have probably mangled the clarity of the analogy, but I hope you get the point. When this analogy was shared with me it really made me think about my life and all that I have done in the past. When and if I find that special someone that I would like to share my life with, I earnestly hope that I have enough glue to make things stick. It also strengthened my resolve to wait for someone that I find special, a resolve that had been wrongly dulled by my promiscuous actions of the past.

This is only my opinion, and I would not presume to force this belief on others, but I feel so much better about myself as I practice restraint and consideration for the one that I care about. The frustrating thing is that it makes so much sense. Every long-term relationship that I have been in has never been about sex. I find that the longer you wait, the more respect and admiration you have for your partner. I don't know why these feelings are dulled when you have sex right away, but I'm sure that if you think back to any longer relationships that you have experienced you will see that sex was never the initial priority.

Sex is good, I enjoy it and I am not ashamed of the life I have

lead in pursuit of it. I just now find that I would rather wait for someone that I truly care about. It's a wonderful feeling, and I find it sad that the pressures of modern society have allowed this way of life to fade. Give it a try sometime people, you won't regret it. — Anonymous Unmarried Nugget Reader

**Topic for next issue: "Oral sex" — Got a "he said, she said" topic? Wanna state your opinion on oral sex? The Nugget will be printing one female response and one male response so make 'em good! Go online to [www.thenugget.ca](http://www.thenugget.ca) and follow the links.**

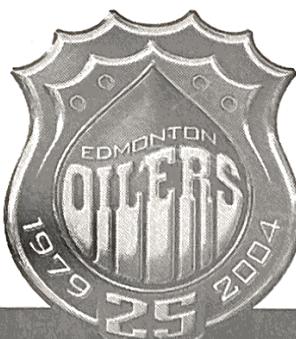


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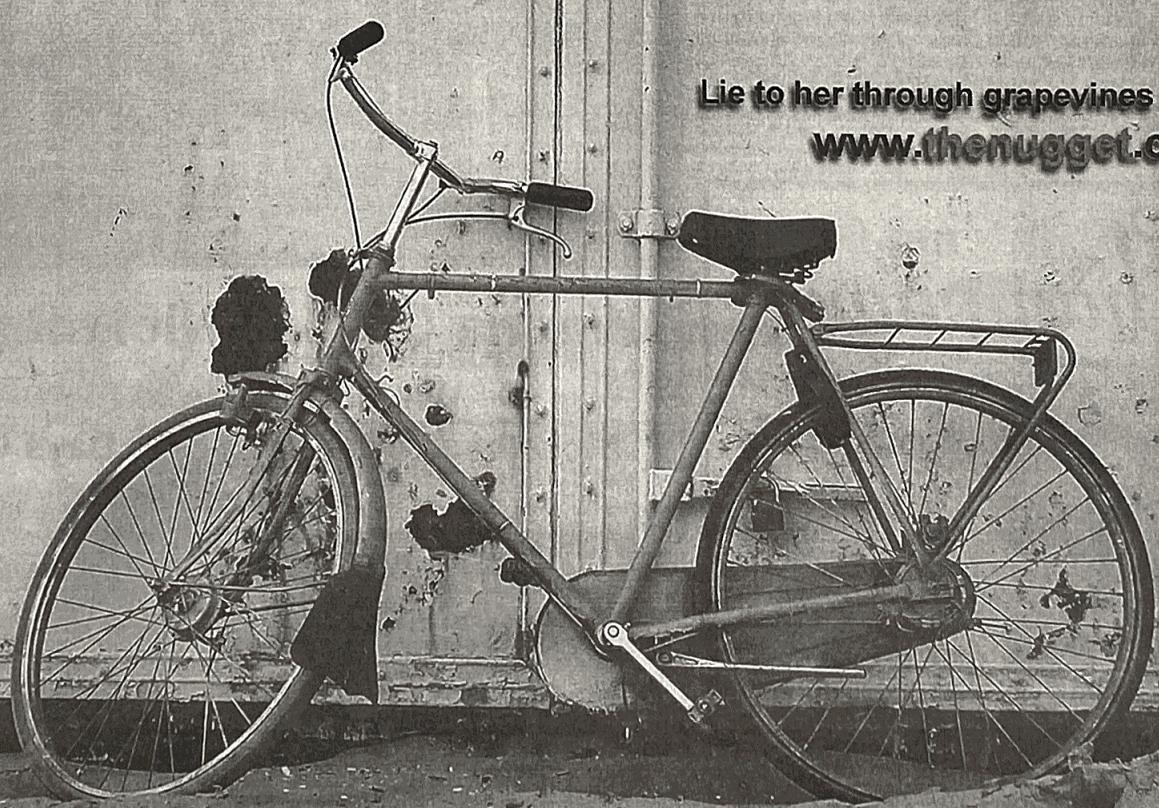
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# Do What You Love!

MATT SMITH  
NAIT Career Advisor

"Do What You Love!" That has been the theme for the big career events that have taken place in E-town during the last few weeks. It's an excellent sentiment and the best piece of advice that anyone could tell you about career planning, but unfortunately, it's advice that many people ignore.

Think about it. How many people do you know that have toiled away in jobs they either despise or merely tolerate? Working for the weekend? Counting the days to vacation, or even worse, retirement? Stretching their coffee breaks and lunch hours to the seams and plodding back to their desk, tools, or equipment with a countenance of defeated gloom? The average Canadian knows many of these people and has a good chance of being one of them.

So, how do you avoid being one of these folks? Well, here are some suggestions that will help you do what you love and love what you do.

**Don't listen to your parents (exclusively)!** Parents are great, they love and support you, but sometimes they don't offer the best career advice. Sure they'd like to see you as a doctor or lawyer, but is that something you really want to do? They might love to see you be the first person in the family to get a university degree, but is that truly one of your goals? Career decisions are best made by the person most affected by them – you! If your parents are burying your desk in med school applications, gently remind them that you have the last say in

your career planning and promise them that you'll pick something that will make *you* happy. In the long run, if you're happy, they'll be happy.

**You only live once!** Unless your religious beliefs have you passing through different incarnations as quickly as Mike Keenan goes through coaching positions, you ought to consider this. Think about it! No, I mean *really* think about it!! We've got just one chance to fulfill our dreams, achieve our goals, and reach for the stars. You'll be at work for a full third of your working life. Pick a career that excites you and gives you the motivation to get up in the morning and seize the day. If your dream job is slightly out of reach, do the next best thing. Why waste the short time you have being miserable?

**Be honest!** Unfortunately, not everyone can make the NHL (in fact, *too* many people are making it into the NHL as it is – do we really need a team in Nashville?). Oops, got a little side tracked. But seriously, there are things we can do and things we can't. When making career decisions, think broadly about whether or not the careers you're investigating fit into your skills, abilities, values, responsibilities, and lifestyle choices. If there is a conflict, look elsewhere. Similarly, get the straight goods on possible careers. Don't invest in a career because it looked good on television. Do some real research and honestly assess if the career is for you.

**Inertia is your Enemy!** It is never too late to make a change, even a big change. If you hate your

job, write down an action plan and start taking the steps towards a new career. Talk to people who have gone through a career change. Talk to a career advisor. Entering a new career is always a risk, but it can also pay enormous dividends.

Career planning is all about making choices, compromises, and concessions. Despite this, the one thing not to concede is your happiness on the job. Everything else comes second to that. Keep this in the forefront of all your career planning and you'll make the choices that are best for you.

NAIT Career Services  
471-8874  
[careers@nait.ab.ca](mailto:careers@nait.ab.ca)  
[www.nait.ab.ca/careers](http://www.nait.ab.ca/careers)

## TUITION TAX RECEIPTS

T2202A

**STUDENTS:** Please ensure your current address (including apartment number and postal code) is on file at the Registrar's Office. Deadline for address updates is December 19<sup>th</sup>, 2003.

Tuition tax receipts will be mailed before February 29<sup>th</sup>, 2004. Students requesting duplicate tax receipts will be charged \$10 for each duplicate requested.



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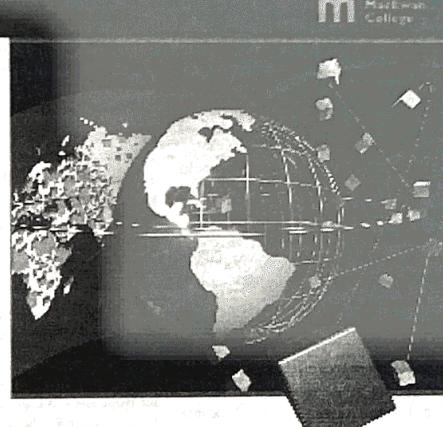
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**Ticket includes: Gift and Meal**

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Hey Dwayne...I thought I would write to you...seeing how you've forgotten about me...so lonely...phone me already!! haha, hope all is well- fixed what we talked about the other day...sorta.... Bre

To Big in Instrumentation. The night that we got together was special, but i feel that i should apologize for giving you gonorrhea. Hope we can hookup again. -Big Momma

Tall, dark-haired and hot. Looking for someone to go to shows with, watch movies with and play in the snow with. Email me at [hotties90\\_2003@yahoo.ca](mailto:hotties90_2003@yahoo.ca) -NeuroticNympho

To Rachelle in Digital Media Design, I love you! Will you have my baby? -Little One

Karen in ORA hope your feeling better Jamie that's some meat wrapping you do -clumsyreciver

To the girl i see in the hallways who is always wearing blue scrubs... you are so totally hot!!! we should totally hook up! If you are wondering who this is, im the guy with brown hair who always wears jeans and a leather jacket. -wanting you

To the Cute Red/Brown Haired girl with locker# ending w/ a 4, you stole my heart the 1st time I looked in your eyes. My love grows with every smile you make, i'll be your 4ever, please feel better, I know I do, always loving you. Mr.Mago - P.S.- Happy 27, my little dream from heaven

I like to say thanks for a good thursday night there Curtis "Civil 2A I think" that night you showed me after the Beer gardens was Magical. Your the Farmboy of my Dreams, my plow king. TTYL.

Hey CST Chick Lover Who Are You? Who Are We? Cause We Are Curious in CST

Curious Redhead: I can't reveal the name of the Red Haired Belle. Sorry. But if she read the poem, I hope that she knows who she is anyways. If you think that you are her, and also think you know who I am, please let me know. I truly think she is amazing, and I am crazy about her. -masen

To the MEC beer tub gurl hey i can't believe you lost my # but if u wanna get hold of me my e-mail is [canadi\\_antacostand@hotmail.com](mailto:canadi_antacostand@hotmail.com). Well if u can't reach me there my locker # is E166. -Tall hot Security Guard

To the hot lookin lady that sits behind me in class. I know you've been checking me out. It's ok to let your lustful desires for my hot bod go wild with passion. I know you

have a boy friend and have been thinking about me! It's cool I wont tell. So if you feel the way I think you do leave me a note -R. Nixon

To the hot Italian babe in section 31, I love your long curly black hair, are you single? -Joe Sakic

To the brown haired stud with the long sideburns on the 4th floor, you look so sexy in that Vancouver Canucks jersey. I want to jump you and ride you like a pony! -Anxiously waiting

To all the ladies in 2nd year LRR - I want to say hi, and that I miss you all. Keep working hard, and don't let frustration bring you down. Good luck on your finals - hopefully it's all downhill after that. Take care. (c: -Kristen

To the pervert who made the comment to the girl in hospitality, get a life and stop harassing people!! f\*ck some people are sick!!

To the hunks on the front of the nugget last week, you guys play hard on the rink, but you could play hard in my bed. -Pom Pom Girl

Dear pogo girl in the business tower, you are one fine piece of a/c. The way you handle a weener is unbelievable. -Frat Boy

SERIOUSLY!, why do people wash their feet in the sinks at school, is that some kind of hobby, or do you have no respect for the janitors, i have to wash my hands in those and i really hate when my hands smell like feet, what do you think a chick thinks when your hands smell like feet.

to elaine in the business tower, you had requested a song on 96X, thurs. nov.27 before 8:00 pm, when i heard your voice i melted in side, the harmony sent me for a spin in heaven, by the sound of your voice, your truly, construction stud

To the loudmouths that sit in the back of the 402 everyday at 4:40 pm: Can you please keep it down? As much as you think your jokes are funny, that's no excuse to be loud and obnoxious. Just shut up.

To Jeremy: Mom says I'm the better looking twin. Sorry, Jerry, your twin brother

instead of having pub crawls we should have stripper crawls, were everyone gets on bus and goes to different strip joints. this is sucha good idea i dont know why no one has thought of it yet. the whole male population of NAIT would by tickets to go. so organize one dammit. -DOA

To Mr. Crusades: Cowboy take me away, fly this girl as high as you can into the wild blue. Set me free oh I pray, closer to heaven above and closer to you...closer to you. I know I am still with someone, but you still steal my breath and heart beat every-time I see you.

To the guy who flashed me his nipple ring in the HP center, if you

really want to impress me, why don't you lifts some weights with that thing. -g

Dear Anti-C I'll let you in on a little secret! The only foliage that "C" has even the remotest chance of mowing is his Chia pet. G

To the asian girl tutor taking second year civil, you are absolutely scrumptious! Just wanted to know if you are single or not?? Anyways, write back, hope we can hook up! -civil

Nicole (Pita Pit worker): I just wanted to say that you're one beautiful girl. I was the guy with the toothpick in my mouth when I ordered a turkey pita. I saw you again outside smoking. I wanted to say 'hello'; however, you left before I could say anything. Hope to see you around again. -shy toothpick boy

Meg in RTA, i was wondering if you wanted to do something during the x-mas holidays(dinner,movie etc) i would have asked in person but i have not seen you lately, and i won't be around for last week, so e-mail me if you are interested [cstryuk@nait.ca](mailto:cstryuk@nait.ca) i am positive you know who i am. l8r

to mr. clean, you are an idiot to think that computer programs are the only thing that matter, without the electrical engineers there would not be computers, and electriatians no power for computers, engineers, architects-no place to plug in the computer, there's more, so programs are second rate!! -Put it in "H"

To the home grown Manitoba dude from the Roxy a few Thursdays ago, i think your in the Annex. You were waisted and i couldnt read your # you gave me. I want to talk to you again. I am curious to know what your all about. Write me back. -giggly fox

To the loud chicks in the fresh express...especially the short haired loud one with the rack and the one with the nice tight ass and the dark hair. You girls are so HOT. I've seen you two drunk at the globe come and see us at the nest on friday... we'll find you. -To embarrassed to talk

Girl in the MECH building that sings all the time and wears vintage t's. You rock my world! You are sooooo cool and you have nice jugs. Marry me! What class are you in? Write me back... -the hurtin unit

Bruno from the Bronx, Are you who we think you are? If so then whos the lady? Did we eat pasta at your place and watch porno? Let us know, ok? -k&e

metal chicken, i know your wang is huge just make it "FLONK" already, how about you and me meet at the pool stands? get back to me. you know who i am. -Spunky Monkey

BFS aka closet freestyler, You are the best I ever had! Bring your buddy over again for some more porn making and shower this time and perhaps you'll get more then a rub'n'tug. E has a wall now so

tell the pimp. Lets make love. -the ukrainian lover

-Blue Mitten Girl- Actually, it was a fluke that I was in your vicinity on friday, and unfortunately, my network of stalkers are demanding an increase in wages (damn unions), soooooo -hint- Why dont u eee-mee at [puty\\_ermittenshere@hotmail.com](mailto:puty_ermittenshere@hotmail.com) (..yea...) Hoo Reee Cowww! lets make some cool whip!

The answer to the "brain busting" riddle is: Nothing -teh Genius

to the annoying girl in 1st year Geological: Why don't you try listening in class instead of asking so many stupid questions. if you weren't drunk and flirting with the guys in class so much you might actually learn something

-the guy in the back

sexy nait girls looking to do some modeling? If interested e-mail [graham00876@hotmail.com](mailto:graham00876@hotmail.com)

I DONT KNOW WHO'S LAWN YOU GUYS THINK YOU ARE MOWING OR WHO'S WEAD-WACKING WHO, BUT LETS TRY AND LEAVE ME OUT OF IT! - SINGLE 1ST YEAR PFT GIRL!

Love your touque. Sorry but you'll never see me in a pair of wranglers. what's next?

To the blonde with the pink shoes and locker on the first floor of the tower. Whoa! You are most beautiful. I can't help but think that a girl like you would already be taken. Is this true? Calmly Waiting

This is to the girl in the business tower i am pretty sure her name is Maeve. You have long blond hair and the most gorgeous eyes that i have ever seen..i see you in the hallway almost every day. You are the hottest chick in NAIT. I just wanted to compliment you but you are to hot to talk to. -hallway hunk

here is the artical to end all articals , why doesnt everyone just SHUTUP!! -4th year tuna

To the "anonymous stalker" that commented on "the hottie drivin the jetta in the annex" there are actually quite a few out there, from me recognition there is a green GLS, an older light shit colored one, a bluish one with paint coming off the hood and finally a new blue one. Which one? -Confused Jetta Owner

Erin, you are so hot. You know I'm talking about you. Drop your loser boyfriends and come for a ride with a real man. Meow! - Red Hot and Out of Control

Mr Sub, Ohhh.. so you like blondes, hey?? Because we could of sworn your girlfriend was a brunnette!! WHO ARE YOU!!! If you are who we think you are, sit where you usually sit in the Common Market on "Nugget Day". -Curious Court Reporters

all u pathetic creepy bastards at nait who say u love someone and u write in the nugget to tell them. Do u even know their names or anything about

them. Ur confusing love over ur sex drive. you dumbasses.. -Sick of it

To mr touch myself stalker. why touch urself when i'm right here?? next time feel me up! -Girl u know

Why the hell is it ironic that Architecture and Interior Design is in the Annex? Do u even know what ironic means??? -JD

To the IDT girl on class 1A ur creepying us out. what is with your immature sense of humor. no one understands if ur serious or not.. Stop being so creepy... -Creeped out

To the girl who keeps writing in saying she is late. You're a skanky hoe who slept with everyone that nite. Get over it.. u brought it upon yourself...didn't do u.

To the sexy asian girl in GEO @ ETA. i think your the cutest girl ive seen since i was born. i always look forward to seeing you in the hallways by your locker. are you single? email me at [mwthug@hotmail.com](mailto:mwthug@hotmail.com)-aznlove-

To the gorgeous asian babe who has class in 124 in the annex at 1:15 on wednesdays. You make going to school all worth it. i love to skip but i never miss wednesdays...just to get a glimpse of your fine physique. love checking you out in the hallways. are you single? email me at [dieselmexx2@hotmail.com](mailto:dieselmexx2@hotmail.com)

To the OLGA'S, read the 'Your Big Mouth' section since it was too long to submit into here ... if it get's into that section :(

Justa yelling out a holla to all the Pimps and all the fine Ho's in Finance. Keep it real. - Mr. Pimp Daddy Himself

to the second year cet's. hope you enjoyed gettin your asses handed to you by the first years. -first years

I'm not sure who you are KD but i'd sure like to know because i'm seriously a little freaked out.. and about the internet pictures I have no clue what you are talking about. LET ME KNOW!

to the guy who got a bj in the duck, nice ass! TAKE OFF YOUR PANTS! -peeping tom

to the stalker at the annex building who touches themselves everytime you look at me: "wtf?" -hottie drivin the jetta

Does the nugget staff need to hire another employee to go through the photos published and remove the red eyes? I would be willing to do this at minimal charge to the nugget if your interested. then everyone's photo wont look so bad -floormat

To the girl "with the clxt girls" in the north lobby, what does your hot muscle guy look like and what should I call you? -Hot Muscle Guy From The North Lobby

What do you mean its ironic that architecture and interior design are

both in the annex? That makes no sense. -not ironic

To the two hot chicks on the 6th floor at 10:00 am last Thursday. Are you two in accounting... cause you both have nice assets. Are your accounts receivable? Don't worry I'm not a nerd. lol. From the guy who 'lost' his jacket. -Vigilante

To Chad K. Damn, baby! You are sooo hot!!! R U single? You should come to HP more often. -JustAGurl

To the incredibly lame and pathetic people that insist in posting stupid ads in the Grapevines about how they want other people, I think it's time to get some balls, or a life. I personally find it annoying to read this trash in every edition of The Nugget. You sound like a bunch of losers. Ciao!

To the fake Mandangalo, I'm on to your tricks. My revenge will be had!! The REAL Mandangalo aka Oldsmobeast

la LA lalalala lalalalala... I love those Smurfs. For those of you who do not know what i'm talkin about it's those gorgeous lookin girls wearin the colorful uniforms all day (i wish i could wear scrubs all day). Anyways we love you smurfs, keep up the good work- HVAC Guys. -T Dot

To #23, the guy with the beard and the backwards hat in DIMD in the HP Building..you're such a friggin' cute petutie!! Teehee... -#18

Just wanting to say thanks to the person that put my lost gloves under my windshield wiper on Nov26. :) Andrea.

to both the teresa's in the bus tower, you ladies are soooooo hot, i love you both. Grrrrrrrr

To the HOT chick with HOT PINK/BLACK HAIR that I saw today in the tower lounge. NICE THONG....mmmmm and ass too! Man baby, you are sooooo hot-I couldn't help but stare at you the WHOLE HOUR. Damn...hot....I'm sooo horny...email me [naitski@hotmail.com](mailto:naitski@hotmail.com)

To the chick who went off on the person about asking what ORA stands for, you need to chill, cuz NOBODY knew what it stood for! You shouldn't be such a bitch to the people who you'll be serving coffee to and answering phones for. From The "IDT" Bitchezzz. Figure that one out, wench

Michelle- We've met three times and already I feel quite taken by you. You always seem to find me, and when I try to find you, I get lost and I give up hope. Then you always find me again and light up my day. I hope you find me again soon because I wanna ask you sumthin.

To the girl in the tower who answers everybody's questions. Unless you are asked to help don't but in. If I wanted your opinion I would ask for it

Seeks lizzadies to sip crystaal. Only hotties need apply. Must like long walks on the beach, nights in front of the fireplace and sushi. Shouldnt steal my stuff. Must have titties and a badonkadonk butt. Last but not least, gotta have strong legs especially at the knees. [spoonie\\_luv\\_nait@hotmail.com](mailto:spoonie_luv_nait@hotmail.com) -Spoonie Luv From Up Above

To the DragonSlayer (You know who you are). Its not quantity, It's quality. Now, I understand the famous saying "Gotta slay a few dragons to get the princess" but like I said, a FEW dragons, your beginning to slay them all. -Spoonie Luv From Up Above

I quite enjoy reading grapevine every week... except I'm kinda sick and tired of reading about OLGA!!! Who the heck is Olga!!! What the heck is Olga!!! Enough is enough people!!! -shout out to the pre-bus class!!! YOU GUYS ROCK! -Milton Bradley

To the hot business student with the long curly brown hair that wears a pink touque with the letter "R". I want to romp your bones. I see you when you walk past the Hp, maybe you could look my way. From your Rhinestone Cowboy.

To the person who said that the Dallas Stars are the way to go, and the best team...WHAT THE HELL IS WRONG WITH YOU? -olrz

Hey Chem Eng Tech 2nd year, Why aren't you going to the gym this year? I miss seeing you there in your pink top, you were the only good thing about that sausage factory... -C.O.G.

Baby, you blow my mind. Every night all I can think about is you and your purple birth mark...great place to have a birth mark! But you lied. It may be purple, but it wasn't grape flavored. Oh well, I'd do it again and again just to see that look on your face! -iN IOVE

Okay, to whoever wrote about their professor, you're wack...totally wack. Seriously, I tasted pizza twice the night I "read" that grapevine. The first time the pizza was going down, that tasted great. The second time it came back up, and that was nasty, just like you and your old man fantasies. -Forest

David Naitsa You are the reason I come to work everyday. We need to hook up and go on a date! Foxy

Is it just me, or are the the men's washrooms in the tower starting to smell raunchy again??? Goodness, I almost fainted into a coma when I walked in there yesterday... my eyes went blurry and all. It smells like old urine mixed in with ass in there. We gotta do something about that boys. -Urinal cakes dude

To the guy with the mohawk....yudon't talk or hang-out with me anymore? Do I stink? -From ME!

To the HOT CHICK in the bus tower with the AMAZING body & curly hair, YOU AMAZE ME! I would like to smother you in choc-

late and lick it all off. As you can see, I like chocolate on pretty things. -Anonymous Admirer

To the dude named "Chad" that has a locker across from mine...I wanna "hug you" (hint-hint, wink-wink, nudge-nudge). P.S. Come out with me some weekend! -2nd Year Marketing Chick

To the COCKY GUY in my class (u know who u r)...quit slapping my ass! -Crazy Blonde Girl

I hereby would like to thank Stinky Willie, Lorenzo and Good Conscience All Mighty from the PFT1 class for their great acting talent and the effort they put in to our premier movie "Zero to Hero". I actually froze my ass off but I had a great time. Working with you guys was such pleasure of mine. -Food Bank Lady

Girl in 1A, Please do something about these hiccups, we don't want to be rude but its been over 3 months, that can't be normal. Boo!! Still nothing eh? -Can't Concentrate

Hey Glen, those are some nice sparkle pens you have. Hopefully they don't reflect anything to do with your sexuality. -Mr. Worried

This little message is for the fox at the gym decked out in green scrub pants. i think you have a stellar shoulders and a killer body that I would love to jump. You make going to the gym a lot easier. Cheers to that! -browneyedgirl

To the extremly gorgeous first year annex girl, who sometimes wears the thick framed glasses, and always sits in the main area with other hot friends. Ditch the dorks and come sit with us..... -The Civil Co-op's

To the Civil "VideoGame" Guru who always wears a hat in Civil. I hear you talking about the video games everytime I see you, and cant wait for the time I can play with your joystick. P.S Is their room for me in that puffy vest....see you soon. -EDDT Video Game Goddess

to the guy "lookin' for a slice"...us RTA girls aren't being hogged...he just has the guts to actually come and talk to us -no on in particular

Hey, bandana loving girl: Next time you're creepin thru the Tower, give NSCG a shout, aight? -C-Walkin in the Tower

Hi Jared!!!Happy Month!!!xoxoxoxo -OF-

To the \*korean\* girl in 1st year network engineering tech. Looking forward to friday! :) -Catholic Guy

To the asian girl in the Annex taking second year Civil, you are absolutely scrumptious! I just wanted to know if you were single or not, w/b- your secret admirer

## Classifieds

\*Attention NAIT\* Sport Central will take in your used sports equipment, which is then loaned to kids in need. To drop off equipment or to volunteer, stop by Sport Central at 11847 Wayne Gretzky Drive North.

Crystal Kids Youth Center is looking for a volunteer to maintain their computers. If you are interested in helping out call Gordon at 479-5283.

ROOMMATE NEEDED ASAP to share apartment on Saskatchewan Drive. The place is 2 blocks from a direct bus to NAIT (it's a 15 minute trip) and is close to an LRT and Whyte Ave; it features a spectacular view of the city (better than the 8th floor tower...) and a cool roommate (hehe). Rent is \$435 a month, plus utilities. If your interested, call Kristen at 471-6173, or email me at [entertainmen@thenugget.ca](mailto:entertainmen@thenugget.ca)

2 Greyhound Tickets FOR SALE Edmonton - Bonnyville, Original Price \$47, NOW IS FOR \$37!!! Buy 2 tickets together for ONLY \$70. Call Candy between 5-10PM, Mon-Fri at 474-9688 or 721-3229

want an awsome christmas gift? how about a ford 302 engine. It was recently rebuilt and is completely assembled with a tranny make me an offer [ry34guy@hotmail.com](mailto:ry34guy@hotmail.com)

7873 eva - 7613

1996 Pontiac Sunfire, 2 door, 165,000kms, viper car alarm. Asking \$4000 o.b.o

Wanted: Student interested in forming a Conservative political club. Group would be responsible for bringing in guest speakers and holding meetings on the future of OUR country. Reply @ [conservative\\_at\\_nait@hotmail.com](mailto:conservative_at_nait@hotmail.com)

Looking for some extra cash for the holidays? Well we are offering part-time position usually Friday and Saturday nights from 5pm - 12pm. Your position will consist of valeting customers cars at restaurants, clubs, pubs and specials events. If you are interested email me at [dmcivic@hotmail.com](mailto:dmcivic@hotmail.com)

## Classifieds

Learn to voice  
cartoons,  
commercials,  
writing, web  
design and more!  
Various work-  
shops available.  
[www.sharkbytes-studios.com/workshops.htm](http://www.sharkbytes-studios.com/workshops.htm)  
For dates and  
courses available,  
call 718-4394.

Female roommate for coach home to share in ST. Albert, reasonable rent, non smoker, half a block to bus. Contact Doreen at 460-2849

Roommate Wanted! 2 bedroom, 2 full bathrooms, 5 appliances, close to NAIT. Reasonable rent includes heat and water. Available now. 780-231-2332

ROOM FOR RENT! VERY CLOSE TO NAIT! very nice place in condo. all appliances in suite, call for more information! 455 0645. very new condo, laminate flooring!

Female Roommate Required Practicing Christian, N/S, N/P. Capilano area. Close to bus stop and/or Parking available. \$325/month. Call Kristin at 904-4331.

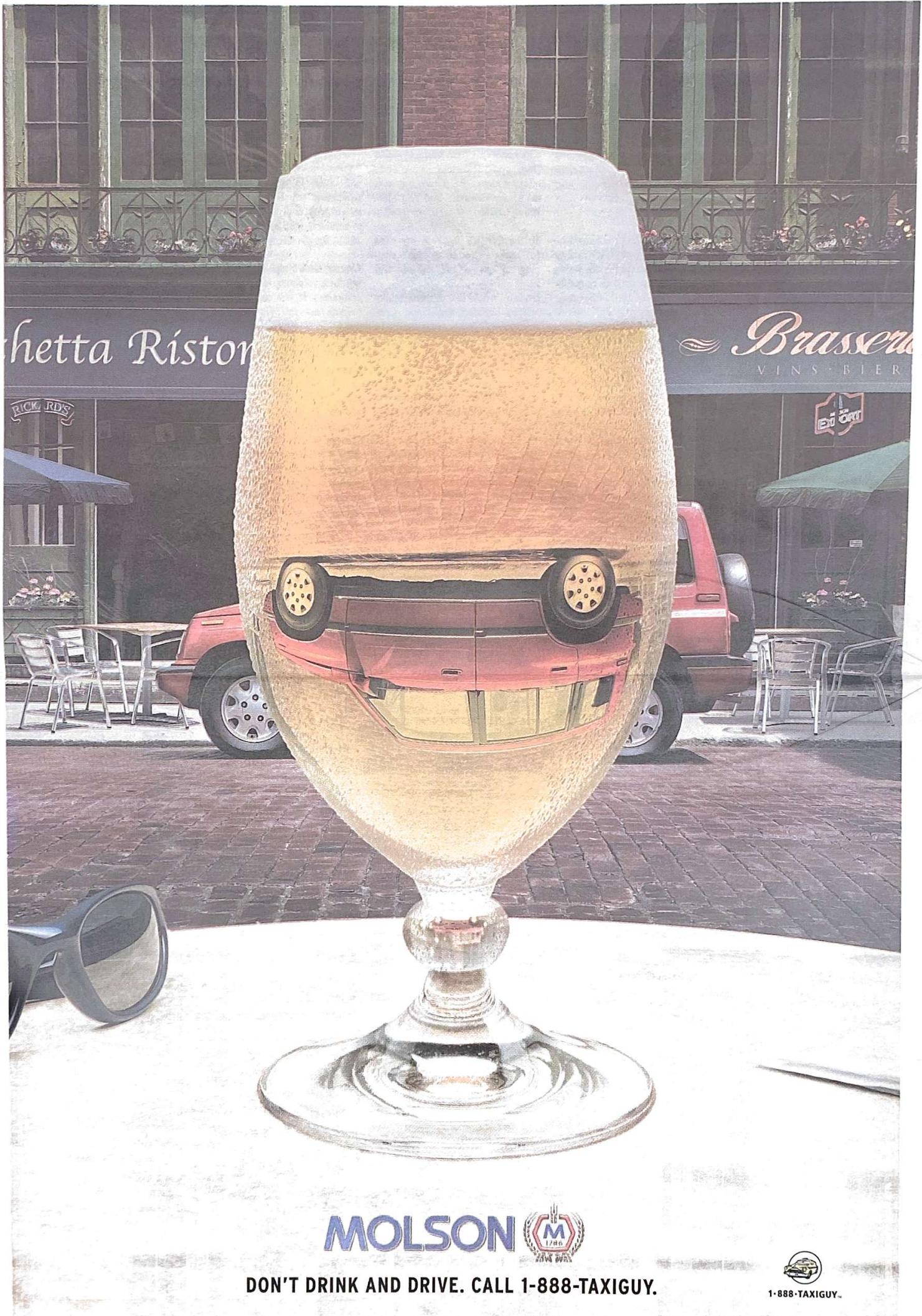
For Sale::: Snowboard Boots and Bindings. Airwalk size 8 boots. Like new condition. Nidecker Bindings. Good condition. Call me at 479-6667. Ask for Jeff

I think I am going to have to get my one large nut removed. I am awaiting a reply from doctor stu, then ill know. I am taking offers, any takers? [thefloormat@hotmail.com](mailto:thefloormat@hotmail.com)

Student Work: \$14.85 base appointment. World class product line, flex PT positions, great resume experience. Over \$14,000 cash scholarship paid yearly. Training provided. Call Now: 497-7711. [www.workforstudents.com/cdn](http://www.workforstudents.com/cdn)

New Queen/King mattress box sets. Extra thick orthopedic double pillowtop. Cost King \$1,800, sacrifice \$595. Cost Queen \$1,000, sacrifice \$345. Can deliver. Call 720-6613.

TEACH  
ENGLISH  
Overseas:  
Jobs \$\$ Guaranteed-  
Great Pay. TESOL  
Certified 5 days  
in-class (monthly  
classes), on-line or  
by correspondence.  
FREE Info. Seminar  
every Tuesday 7 pm  
@ 10762-82 Ave.  
FREE Infopack:  
**1-888-270-2941 or  
globaltesol.com**



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1-888-TAXIGUY.