

FEILDING ELECTION COMPLAINTS SINCE 1963.

THE NUGGET

Thursday, March 25, 2004
Volume 41, Issue 22

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

NAIT IDOL

NAIT Idol contestant Anna Hastey belts out a tune last night at The Nest.

For results and more photos, log on to www.thenugget.ca.

Can Honey Sting You After the Hive?



DANI Kent

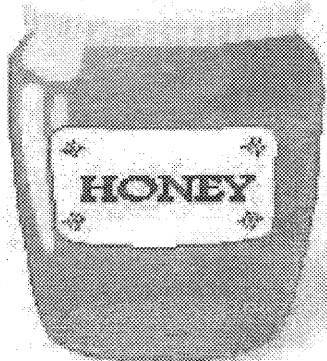
Everyone knows that trying to get honey from its original source can be dangerous, but what about the dangers after you've bought it in the store? Health Canada has issued a health hazard alert for No Name brand honey. The public is told not to consume the honey because of the discovery of nitrofurans in some of the product.

"The affected No Name brand Honey is sold in 375 g (UPC 0 60383 72375 0) and 1 kg (UPC 0 60383 72379 8) sizes bearing lot numbers 220EQ and 248EQ."

This product has been distributed in Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut.

"Nitrofurans are a group of

chemicals which are banned for use in Canada in food producing animals. Consumption of foods contaminated with nitrofurans may pose a human health risk related to the inherent toxicity of the drug and the potential to cause allergies. There have been no reported illnesses associated with the consumption of this product." If you have any concerns about this or a product you may have, call Loblaw's Customer Services at 1-888-495-5111, 8:30 a.m. to 4:30 p.m. EST Monday to Friday.



Attention Tech Reps!

General Council Meeting

Tuesday, March 30
X107
4:30 pm

Come and share your opinions.

Are you going to be returning to school next September? Well, this is your chance to

apply for parking

early! The Parking Office will start to take applications March 29. Don't miss this opportunity to apply early! Applications are available at Parking Services, Room O112.

Any questions: phone 471-7539

NATL EAT THE BANDS

TUESDAY, APRIL 6TH

Doors 3PM - Show 5PM
Admission \$3

SHOVELFOOT
FLOOD
SEVENTEEN AGAINST THE DEALER
LETO
MARBLE ENGINE

WEDNESDAY, APRIL 13TH

Doors 3PM - Show 5PM
Admission \$3

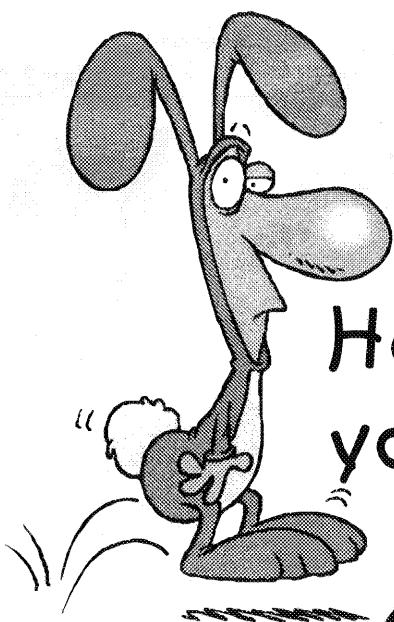
DEEP FINE GRIND
INTRIGATE MINDS
THE BREWKOWSKIS
COALESCENCE
TIMELESS

FINALS

FRIDAY, APRIL 16TH

Doors 7PM - Show 7:30PM
Admission \$5

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This goes to those disgusting pieces of scum who broke into my brother's car at the NAIT parkade on March 17, 2004. To you it just seemed like a nice car with a nice stereo system but what you fools failed to see or probably didn't even want to know is that that car symbolized my brother's hard work. You see, we don't have a nice rich mommy and daddy that gave him that car like some other people are lucky to have, he worked HARD for that car and that system and it disgusts me to know that there are people as LOW as you in this world. You broke his window, you stole his stereo, but what is worst is that you crossed the line of human decency and stole a kind of innocence, an innocence that makes one think that nothing like this could ever happen. All this will cost money, but that doesn't matter because what really hurts me is that my brother is even more upset, u don't understand the sh*t this kid has gone through in the past year and for this to happen now when he's gone through so many things is INEXCUSABLE. So wherever you people are, enjoy whatever material things you took, because in the end you WILL answer for what you have done.

-Disgusted Person

Do You Really Know All You Think You Do?



ELAINE Devine

Do you really know what is going on when you are behind the wheel? Most of us have our licenses but we don't really know everything that we should know about vehicle safety. There are so many things that we don't learn when getting our licenses but are expected to know. Take the quiz below and see where you stand:

Anti-lock Braking System (ABS) is now standard equipment on vehicles sold in Canada, are the following statements true or false about ABS?

1. With ABS if you feel your brake pulsating you should pump the brake.
A) True
B) False
2. The stopping distance is shorter with ABS than conventional brakes.
A) True
B) False
3. Air Bags: An air bag will

protect you in most types of collisions, including rollovers, rear impacts and side impacts.

- A) True
B) False

Impaired Driving:

4. The fine for a first time impaired conviction is:

- A) \$100
B) \$300
C) \$600

5. According to recent changes in the Criminal Code, the maximum sentence for impaired driving causing death is:

- A) 14 years
B) 5 years
C) Life in prison

Seventy per cent of Canadian cars and light trucks have at least one tire that is improperly inflated by at least 10 per cent.

6. The correct pressure for your vehicle is on the tire sidewall.

- A) True
B) False

7. If you replace your tires with a different quality or brand, do you have to inflate them to a different pressure?

- A) Yes
B) No

Winter Driving:

8. If you don't have ABS and

must stop quickly in icy or snowy conditions, what should you do?

- A) Apply strong steady pressure to the brake pedal and don't let up
B) Pump your brakes

9. Below -20C the following condition does NOT occur:

- A) Sand ceases to increase traction
B) Snow tires loose their ability to bite into snow

10. What should you do if you go into a skid on ice?

- A) Take your foot off the accelerator and declutch or shift to neutral
B) Slam on the brakes

Answers:

1.B) False, with ABS, apply steady and constant pressure; do not pump the brakes.

2.B) False, when breaking on dry or wet roads your stopping distance is about the same as with conventional brakes.

3.B) False, in these cases, the air bag is not helpful because the occupant's motion is not toward the steering wheel or instrument panel.

4.C) \$600, Canada imposes one of the highest minimum fines in the

world for blood alcohol offences 5.C) Life in prison as of June 2000, the maximum penalty was raised from 14 years to life in prison making as serious as murder.

6.B) False, That number is the maximum not the recommended pressure, the owner's manual will give you the correct tire pressure.

7.B) No, as long as the new tires are the same size as the last set, you should inflate them to the same pressure.

8. A) Apply strong steady pressure to the brake pedal and don't let up, but stop short of locking your wheels.

9. B) Snow tires loose their ability to bite into snow, snow tires do not loose their effectiveness at low temperatures, where as sand gives you traction at temperatures closer to freezing, not at very low temperatures.

10. A) Take your foot off the accelerator and declutch or shift to neutral

If you got less then 2 of these questions correct you may want to think of doing some studying before you get back behind the wheel.

Source: <http://www.safety-council.org>

Dealing With Stress



ELAINE Devine

With courses ending and finals coming up we are all a little stressed out the following are some ways to deal with stress without losing your mind:

1. Remember to breath, take deep breathes, close your eyes and think of nothing but breathing as you are calming yourself. Every time you get worked up take a deep breath and remember you can do it.
2. Stop whatever you were doing and try lessening to music the sound of your favorite song may be all you need to relax.
3. Take a vacation in your head, imagine your where every you want to be and your happy this will make you feel so much better and ready to take on anything.
4. Get a stress ball and carry it in your bag, anytime you get annoyed or stressed out squeeze the ball till you calm down.
5. Go outside and take a walk or

play a game, fresh air is a great way to relive stress while walking don't think about your problems, think about something that makes you happy.

6. Set a day plan of what you need to get done, this way you can see how much time you have for each activity that you need to get done and you wont need to stress out about not having enough time to finish anything.

7. Avoid smoking cigarettes can actually heighten your stress level. When you smoke, the chemicals that you inhale act as stimulants for your body, which increase your heart rate, blood pressure, and hormone levels. Although trying to quit smoking can be stressful, it can often result in an overall reduction in stress levels in the long run.

8. Stay away from large amounts of caffeine, caffeine can speed up your system for up to 20 hours. If your body becomes reliant on caffeine, you may go through withdrawals that could cause headaches, nervousness, and grouchiness, which will all cause you more stress.

9. Try any of the following methods to relax your body:

- ☐ Take a 30 minute hot bath
- ☐ Tense and slowly relax your fists and forearms
- ☐ Bend your elbows and tense and relax your biceps

Take a vacation in your head, imagine your where every you want to be and your happy this will make you feel so much better and ready to take on anything.

- ☐ Straighten your arms behind your back and tense and relax the triceps
- ☐ Wrinkle up and relax your forehead
- ☐ Clench and relax your jaw
- ☐ Shrug and release your shoulders
- ☐ Push down your feet to tense and relax your thighs
- ☐ Tip up your toes to relax your shins
- ☐ While sitting on a chair, raise your heels to tense and relax your calves

10. Try getting a back or foot rub, the foot rub is the easiest because you can do it yourself. The point on your foot that corresponds with your nerves is in the middle, below the ball of your foot, give it a good rub if it hurts that's normal.

If you feel continuously stress out and have many anxiety attacks you may need medication so you should see your doctor. Everyone gets stressed out for some reason or another but you must take control and realize that you are not the only person who feels pressure.

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Are you Skydiving After Grad?



DANI Kent

Yes...graduation is coming close for some of us. Unlike university or college students, NAIT students usually go right into the field after graduation or have a solid plan. The Life Network online has put out a list of top ten things to do after graduating. Though a few of the things on the list seem trivial and juvenile, here they are anyways in case you have some spare time after grad (like most university students...)

1. Travel: "Stuck in study halls and classrooms for far too long, you need to stretch your legs. Whether you relax in the sunny tropics, or backpack across Europe, you'll find no better time to discover the world and learn about yourself."

2. Volunteer: "Consider volunteering to get into your field and show someone your talents. Start compiling your industry contacts

now — often it's not what you know, but *who* you know."

3. Adrenaline Rush: "Now that you've spent thousands on an education, why not take another risk by jumping out of a plane or bungee jumping off a bridge? The rush compares to nothing else. Too risky? Find an adventurous activity, such as camping or rock climbing, that you've never tried before."

4. More Classes: "So you've had enough of school for one lifetime, but what about some classes that really interest you? Take a cooking class or a bartending course, for example. Boost your skills for a new part time job, or do it for fun!"

5. Buy a Car: "You must be sick of taking the bus by now, and even though gas prices are ridiculously high, so is the cost of bus tickets. Whether you decide to buy a new car or a used one, many dealers offer great deals to graduates, just for getting your degree! Make sure you don't get swindled — bring along someone who knows about cars."

6. Take Risks: "It's now or never. Grab that professor you've always had a thing for and kiss

him/her passionately, or ask out the cute bookworm who studied you for the whole semester. You'll

Buy a Car: "You must be sick of taking the bus by now, and even though gas prices are ridiculously high, so is the cost of bus tickets."

(probably) never see these people again, so why not go for it?"

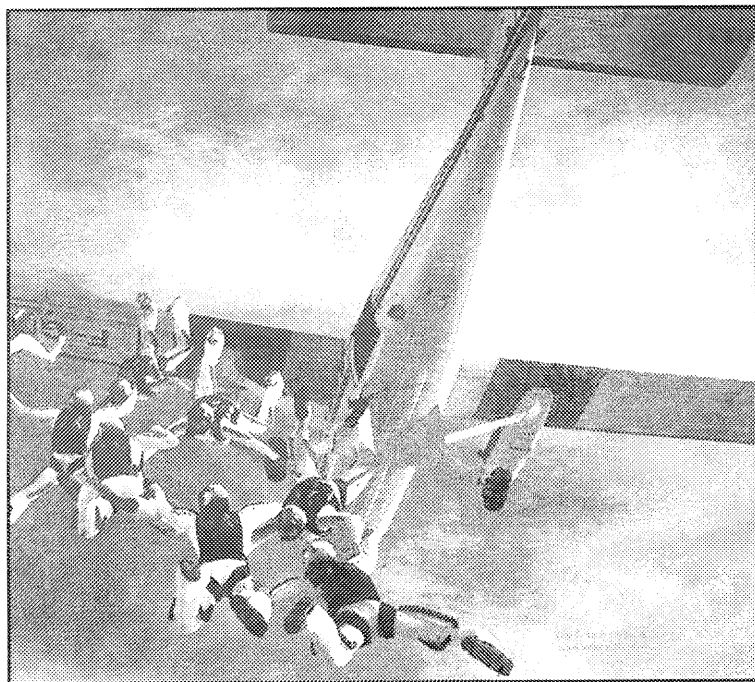
7. Get Fit: "Perhaps you gained

the "Freshman 15". Or maybe the only weight training you've done in the last while has been lifting your textbooks. Head to the gym, where you might meet some hotties, and get in shape. Or take up yoga to exercise your mind and your body."

8. Try the Personals: "There's no longer a dorm room nearby full of scantily clad guys or girls to choose from. Now that you actually have time to date, why not give it a try?"

9. Join a Band: "True, there are enough faltering bands in the world, dreaming of stardom, but maybe yours will be different. Even if you don't make it to Much Music, at least you'll have groupies."

10. Move Out: "If you haven't already, think about moving out and stop living under your parents' rule. Move in with your best friend, or make the move alone, but be sure to invest in a sturdy lock for your door."

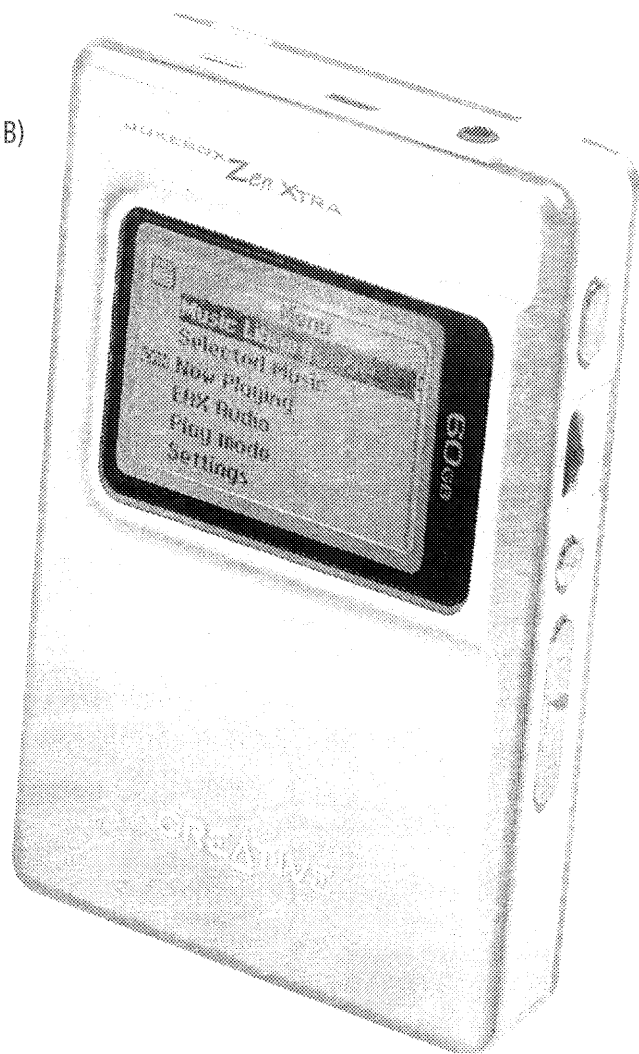


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Is it "Men are from Venus" or is it Pluto?



DANI Kent

It's common knowledge that men and women think differently, the question is why, and where do these differing processes come from?

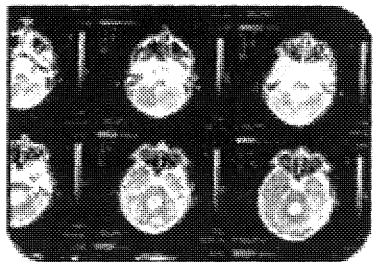
Here are a few points that the latest research suggest:

- Dr. Sandra Witelson's latest research shows that women have more densely-packed cells in the frontal lobe, the region responsible for judgment, personality and reasoning.
- A man's brain is filled with more fluid and fat ... and that seems to speed communication throughout the brain. Women's brains meanwhile, have larger structures that control aggression.
- The regions in men's brains

that deal with emotion and physical action are closely packed, while women's emotional regions are more closely connected to the parts of the brain that deal with language.

The main point of this research is not to put a final score on the war of the sexes but to "...understand how healthy brains work and how they differ between the genders we can understand why those differences occur when brains get sick," - Dr. Witelson.

For fun, the following site has several tests you can take to see how you compare to the findings; <http://www.exn.ca/sitemap/> click on "His Brain, Her Brain".



Life is an adventure when you're this High!



DWAYNE Johnson

The weather is starting to warm up, and the snow is being replaced by muddy puddles. This time of year is kind of the ugly transition point of the seasons, with dirt everywhere...hell just look at the cars, trucks, busses etc. out on the road. Now take your eyes off the ground and look up...

There aren't a lot of people who would be comfortable dangling 30 stories in the air, sitting across a flat wooden board. Nonetheless, there are a select handful of people in every larger city who do just that on a daily basis. They're high-rise window washers, and the word "acrophobia" is not part of their vocabulary (Or most other people's, for that matter - it means fear of heights).

Now sure you might be thinking to yourself that washing windows for a living would probably be very boring, after all that is probably why you here at NAIT right? But think about all the fun you could possibly have while dangling all the way up there day after day!

Say for instance, that while working as a window washer you get bored and decide to play some pranks on people! Sure any prank you can pull off while dangling

hundreds of feet in the air would have to be twisted, but the shock value alone would be worth it.

Imagine someone coming in for their day of work and upon entering their office sees someone lying still outside the window almost like they were dead! They rush and call for help, only to notice the person gone again when they arrive back in the room!

Almost everyone knows how stressful a job interview can be. So imagine some young (possible NAIT student) sitting their in

...think about all the fun you could possibly have while dangling all the way up there day after day!

an office being interviewed by the big boss guy or whomever, only to be constantly distracted as a window washer outside the window mocks him and makes faces through the window! All unbeknownst to the interviewer! I'm sure with any bit of creativity or ingenuity some clever pranks can be thought up for almost any occupation, but I just thought window washers could probably have some good laughs while risking their lives daily. Though anyone who has ever watched the movie, "Super Troopers," can tell cops probably have some good laughs as well! Have a nice day!



www.retards.org

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The Nugget encourages submissions.

Visit: www.thenugget.ca

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

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

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

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Do You Talk to Yourself?

DAVID Appell
NAIT Counsellor

Are you "crazy"? Only people with serious psychological problems talk to themselves, right? Wrong! We all talk to ourselves every day, all day long. This self-talk is known as "internal dialogue" and can be one of the most powerful influences in your life. Your thinking

Distorted thinking is often the basis for depression, low self-esteem, approval addiction, perfectionism, anxiety, guilt, pessimism, procrastination and other problems many of us face in our daily lives.

has a direct impact on how you feel and your subsequent behaviour. In a society that focuses on talking about "feelings", one might think that thoughts stem from feelings. However it is the other way around. The idea that you feel a certain way therefore it must be true is actually an example of a distorted or irrational thought. Distorted thinking is often the basis for depression, low self-esteem, approval addiction, perfectionism, anxiety, guilt, pessimism, procrastination and other problems many of us face in our daily lives.

We all engage in distorted thought occasionally but when it becomes a pattern it can wreak havoc in our lives. The good news is that with a little effort you can train yourself to straighten out distorted or irrational thought patterns. The other good news is that this can be done in a relatively short period of time. As you eliminate the symptoms you will become more productive, happy and self-respecting.

Let's first look at 10 common types of distorted thinking adapted from Dr. David Burns book "Feeling Good: The New Mood Therapy."

1. All-or-nothing thinking (the basis of perfectionism) – things are in absolute black or white cat-

egories e.g. A straight "A" student gets a "B" and says to themselves, "If I do not get all "A's", I am a complete failure"

2. Overgeneralization – a negative event is seen as a never-ending pattern of defeat e.g. When a young man is politely turned down for a date he concludes, "I will never get a date."

3. Mental filter- you dwell on the negatives and ignore the positives e.g. A student gets really good marks on his exams but focuses almost exclusively on the one lower mark he achieved.

4. Discounting the positives- your accomplishments or positive qualities don't count e.g. when you discount a compliment someone gives you

5. Jumping to conclusions:

a) Mind reading - guessing what others think about you

b) Fortune-telling - predicting the future

6. Magnification or minimization - blowing negatives out of proportion or minimizing the importance of positives

7. Emotional Reasoning – I feel it is true so it must be true e.g. I fear flying so it must be dangerous.

8. "Should" statements – using "should", "must", "ought" statements often in your internal dialogue

9. Labelling - yourself or others e.g. "jerk", "loser"

10. Blaming/Personalizing- blaming yourself for something that was out of your control

Now that you have some awareness regarding the common ways we distort thinking, what next? A simple method to combat distorted or irrational thinking is to write down the distorted thought and then practice substituting a more positive, rational thought.

When you record your distorted thoughts, look for patterns. Are you, for example, engaging in all-or-nothing thinking on a regular basis? As you practice more rational responses to the distorted thoughts, you will begin to feel better and more in control of your life.

Be mindful of your "internal dialogue" and remind yourself daily to practice rational thinking.

If you are struggling with depression or distorted thinking and would like to learn more about techniques to combat it, contact a NAIT counsellor in 0117 (for appointments call 471-8874).

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Butting Out

MARGARET Marean
NAIT Counsellor

Spring is coming and the stress of finals is still a few weeks away - so if you have been thinking about quitting or cutting down this may be a good time to take the big step and butt out. Everybody knows the bad news about smoking - it lowers your life expectancy, decreases your fitness and has people coughing, turning up their noses and lecturing you on the health hazards of your habit. The good news is that nearly as many people have successfully quit smoking as still smoke. Life expectancy rates of those who quit smoking while they're fairly young are almost the same as for those who have never smoked.

Before you decide to quit it is important to ask yourself some questions:

- Is this a good time to quit? - i.e. not too stressful a period, not a lot of change happening in your life.
- Am I likely to be successful? - i.e. Are you convinced you're ready to quit? Are you prepared to deal with the side effects? Are other people supportive of you quitting?
- If you've tried unsuccessfully to stop smoking in the past, ask yourself 'what did I learn from that experience and what can I do differently this time?'
- Am I the type of person who should quit "cold turkey" or would it be better to cut down gradually?

Some strategies for quitting:

- Make it public - tell your family and friends you are quitting, and let them know what is and what is not helpful.
- Be prepared for hard times, especially the first few days - withdrawal symptoms will hit hardest during the first week and will gradually weaken over time.

- Stop smoking first thing in the morning. You have gone 8 hours without smoking by then, so you are already a success.
- Find ways to replace smoking. Learn relaxation techniques if you used smoking to calm down. Carry sugar-free mints, cinnamon sticks or gum. Have something to do you're your hands. Consider using nicotine patches as substitutes for cigarettes.
- Try to connect with someone who has successfully quit and have that person support you.
- Be mentally prepared with things to say and do when you feel the urge to smoke. Tell yourself how you are getting stronger, reducing your risk of cancer, moving towards running that marathon, becoming "superior" to non-quitters, getting closer to becoming an obnoxious ex-smoker, etc. Imagine your lungs becoming cleaner and air flowing more freely each hour you go without a cigarette. Go out for a walk, turn on some music and dance, clean a cupboard or do anything else which is incompatible with smoking.
- Throw away ashtrays, matches and lighters along with your cigarettes and avoid, as much as possible, triggers to smoking.
- Keep track of the money you are saving and plan to buy something you wouldn't normally buy with that money.
- Be prepared for social situations that trigger smoking - i.e. going to a bar or restaurant, coffee breaks. Limit alcohol when you are first quitting as it weakens your resolve.

- Start doing activities that are not compatible with smoking, such as exercising.
- Give yourself positive messages such as "I am a smoke-free person", "I am a healthy individual", "I have a lot of willpower", etc.
- Emotions such as anxiety, anger or depression are likely lead to the urge smoke. Have a written plan on how you are going to deal with these emotions in a more positive way.

If you decide that quitting isn't realistic for you, what about cutting down?

Strategies for Cutting Down the Amount You Smoke:

- Count your cigarettes so you can establish your starting point.
- Set specific goals - for example cutting down by 50%
- Gradually restrict the places in which you allow yourself to smoke.
- Switch to cigarette brands you don't like, and start holding your cigarette in the opposite hand.
- Keep only enough cigarettes for your reduced daily goal, and never buy cigarettes in bulk.
- Gradually lengthen the amount of time between cigarettes; try postponing lighting up a cigarette for a gradually increasing amount of time when you feel the urge to smoke. Smoke less of your cigarette and throw away the unused part.

Counselling staff are available to help you with this or other concerns. To book an appointment come to Room 0117, or call 471-8874.

Are you going to be returning to school next September? Well, this is your chance to

apply for parking

early! The Parking Office will start to take applications March 29. Don't miss this opportunity to apply early! Applications are available at Parking Services, Room 0112.

Any questions: phone 471-7539

Student/Staff



Curling Spiel

March 29, 30, 31st (Mon-Tue-Wed)
@ the AVONAIR Curling Rink
3 Events

8-end Games
3 Games Guaranteed
Limit of 24 Teams

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Everyone Curls Monday

DRAWS: 5:30 & 7:30 pm

COST: \$40 per team

Any questions, call Jules @ 8531
LIMIT - 24 TEAMS

Drop off entries with Denise at
Student Services, Room E-134



Fiona Campbell was part of the Animal Health Technology Program at NAIT. She passed away February 18, 2004. The program is holding a bake sale in her honour and donating all the proceeds to a scholarship in her name.

March 29 & 30 • 12:30 - 2:00 pm
In front of NAITSA

Wanted:

Baseball umpires -

St. Albert, Sherwood Park, & Spruce Grove.

New umpires are needed to officiate baseball in these towns. You will attend a weekend clinic in April, you will need to buy some equipment and you will start work in May. Do as many games per week as convenient. Beginning pay is about \$18 per game. Call Jeff Donnelly during business hours: 378-5075

Ook's B-ball Nationals



**JUSTIN
Huculak**

It was a familiar sight for the men's basketball squad as the Ook's packed the bus last Tuesday and headed off to their third nationals in four years. This year they were off to Kamloops, home the University of the Caribou College, as the number two seed in the tournament and the pressure of being last year's champions on their shoulders. Prior to the start of the tournament, both Coach Marc Dobell, and Loren Balon were honored Wednesday night. Dobell received CCAA coach of the year honors, while Balon was named All-Canadian.

The Ook's first hit the floor Thursday night and faced the #7

seed Vanier College Cheetahs out of Montreal. NAIT was the heavy favorite coming into the match, but in the words of Chuma Nwobosi, "they were the best #7

...being relegated to the consolation round semi's was not what the Oaks had in mind....

seed I ever saw play" and with the way Vanier held tough with the Oaks the statement held certain truth. NAIT carried the advantage for most the game, but couldn't put a solid run together to put Vanier out of the game and

when last years Nationals MVP Slav Kornik fouled out with six minutes remaining, the Cheetahs turned it on and came back from nine points to send the game to overtime with a three, courtesy of a 6'7" center. In overtime though the Ook's took control as Vanier started running into foul trouble. Balon lead the way in OT as he added six points to his game high 30. Balon also had a team high 12 boards in securing NAIT a spot in the CCAA semi-finals. Other notables in the game were Jay Damery with 30 points as well and Mark Dorado who added 11 points and seven assists, while filling in for Kornik who finished with 13 points. Fraser Valley went on to win gold in the final against St. Thomas.

On Friday the Ook's were set to battle it out with the B.C champions, the University College of the Fraser Valley Cas-

cares. The Ook's struggled from the get-go and matters worsened as Loren Balon got into early foul trouble and sat most of the half. The Ook's couldn't find a rhythm with the All-Canadian out of the lineup and shot dismal %28.6 in the first half and found themselves trailing by 17 at the break, 39-22. The second half played out better for NAIT, but it was just not the Ook's day as they fell 93-80, dashing the hopes of consecutive national titles. Jay Damery was named the Ook's player of the game with 27 points, while 4th year veteran Slav Kornik added 16.

With such high expectations going into this year's nationals

being relegated to the consolation round semi's was not what the Oaks had in mind as they faced the hometown Caribou College Sun Demons. Dejected, NAIT found themselves down early in the game and with 3:00 minutes left in the half the Oaks could only muster eight points to the Sun Demon's 21. Despite a strong effort from the Ook bench who outscored Caribou's bench 24-2, the starting five for the Demon's were too much to handle on this night. Eventually putting away the Ook's by a score of 84-73 officially ending another remarkable season that was here at NAIT despite the lack of another national championship.

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NCAA Pools



JUSTIN Huculak

Well with March Madness kicking off last week I had to go in at least one pool for the fun of it. But, with all the upsets that have been happening I'm more screwed than Pamela Anderson's collection of home videos.

After the first round I was in pretty good shape, only had a four games wrong, and none of them major ones. But what transpired in the second round has left me with no chance of... anything. I really thought Gonzaga was going to bust through this year with the bracket they were in. Hell I had them winning the tourney. But unfortunately the Cinderella slipper was with Nevada as the Zag's fell in the second round. Then Kentucky fell and now my only hope in the St. Louis Region is

Kansas, but their only good for one more game for me anyways.

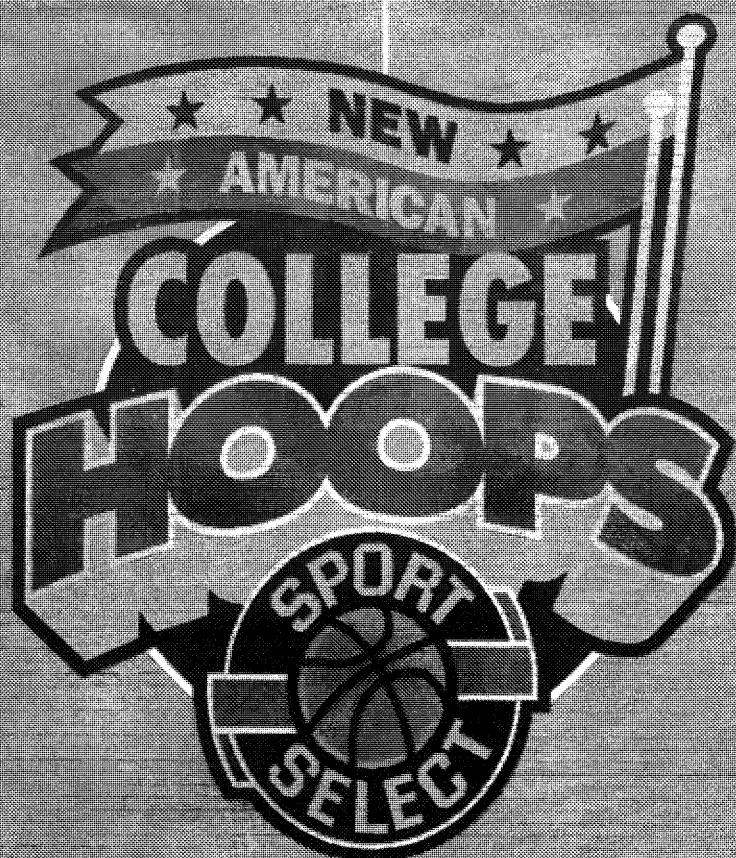
While in the Atlanta Region, more of the same; Arizona, Cincinnati, and Mississippi St. have all fallen and I didn't even take Duke, merely for the fact that I just don't like Duke. Once again Texas is my only hope, but again for one more game. I guess I can write this division off as well.

In the Phoenix region what do you know, more of the same results. This time my lone savior is Connecticut, but yeah for

one game. Top seeds Stanford, Maryland, and NC State have all managed to be ousted leaving me with a pile of X's in this bracket as well.

But, wait as I look at the East Rutherford Region, I have every game right so far... hmm must be a computer glitch or something.

But if my computer is right and Pittsburgh can make it out of the region at least I'd have one of the final four teams right. So for the next few weeks, I will be a Pitt's fan and claim unbelievable knowledge in the sport of College basketball. We'll catch up with ya next week.



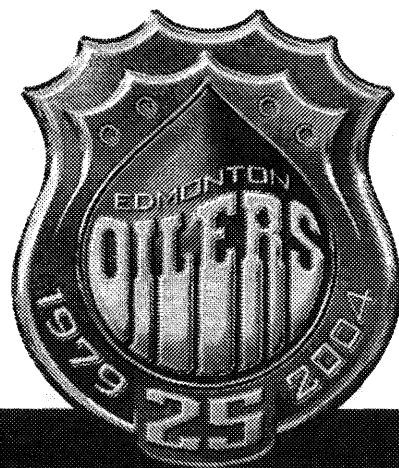
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Dear Dr. Stu,

I just broke up with my stupid boyfriend. We were good friends for years, and just broke it off after 4 months. It just seemed like he was taking advantage of the friendship and relationship. How do I get over it? — *Impending Doom Upon Me.*

Dear IDUM,

Well, dating friends can go two ways, there's no more "grey area" afterwards. Either you stay together forever, or break-up and dissolve the friendship altogether. It's kind of an "all or nothing" gamble. Those are the risks associated with becoming "more than friends". The arrangement is usually unsuccessful and thus opted out between two parties.

After time, however, hard feelings tend to subside, and depending on the strength of your friendship before you united, there's a chance ya'll can be friends again. This could take years in some cases, so move on and play the field for a while. If you feel hurt by the whole thing, just take him out of your plans so you can let the wounds heal.

There will be a time in the future that you'll meet someone perfect for you and think back and say to yourself, "whew, it's a good thing that didn't work out!" Hang in there, everything happens for a reason.

Dear Dr. Stu,

I hired a call girl last weekend and it turned out that I recognized her from school here at NAIT. She was embarrassed and told me she does it to pay for her education. I can respect that she wants to make a better life

for herself by attending school, but I just saw her in the hallway and I feel awkward. I also have an incredible urge to tell all my buddies cuz she was a really fun one. — *She Sizzled my Dizzle.*

Dear Dizzle Hizzle,

So you're getting laid by paying for HER education with YOUR student loan. Erotically ironic, no?

First of all, you'd feel

I hired a call girl last weekend and it turned out that I recognized her from school here at NAIT.

awkward if you saw her in Safeway too, you know why? It's not because she's a student, it's because you're paying for sex.

Whatever turns your crank, dude, but prostitutes don't think very highly of their clients. They're just making a buck, and they think you're a loser for having to pay to get lucky. Perhaps that awkwardness you're feeling is actually embarrassment.

Also, you can tell your friends about her, but you'd have to admit to them all that you hire hookers to fulfill your sex-life. You'd look like a loser, and make it more difficult for her to finish school. I'd have to advise against that. If nothing else, it can't be good for your karma.

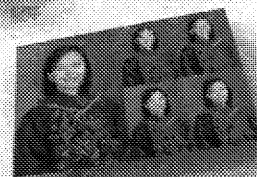
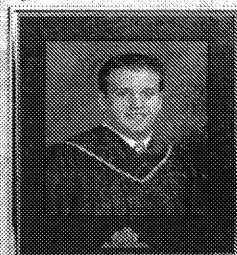
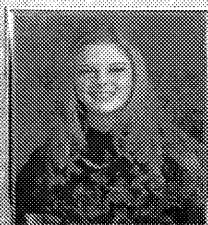
I'd love to talk to this woman too 'cuz there are much better ways to make money. That's her business though. Live and let live, I guess. Peace out.

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MOVIE Review

Dawn of the Dead

DWAYNE
Johnson

On Sunday I was able to catch a couple flicks, one of those flicks being the new zombie horror flick remake "Dawn of the Dead." At first I didn't know what to think of the movie, not being a big horror film lover, but throughout the movie you can see why it was popular in the first place!

Here's a little breakdown of the movie from the website:

A re-envisioning of George Romero's apocalyptic horror classic, "Dawn of the Dead": An unexplained plague has decimated the world's population--and yet, the dead aren't dying. They've become zombies, stalking endlessly in a quest to feed on the flesh and blood of the few remaining living.

A ragtag group of desperate survivors in a Wisconsin town seek refuge in a large indoor mall, where they must learn not only

to protect themselves from the ever-increasing zombie horde, but also to co-exist with each other as a last bastion of humanity. Sealed off from the rest of what used to be the world, the group uses every available resource, in their against-all-odds fight, to remain alive and human.

One of the things that I really liked about this film is that it jumps right into the zombie action. Most movies jerk everyone around with stupid explanations of why people are coming back to life, and going into all the characters and telling us their life story. Not DotD, why not even ten minutes in we begin watching the world dive into chaos!

The movie is the right mix of suspense, action, and comedy! Though due to the lack of character buildup it becomes hard to really connect with the emotions of some of the characters. Like

when Andre (played by Mekhi Phifer) decides to hide the fact that his pregnant girlfriend is bit by a zombie in a scene that will most likely anger the average person. My thoughts on the movie:

It Has: Plenty of gory death scenes, and nicely written comedy, even a surprise sex scene!

It Needs: Hard to say, I suppose more zombies eating people scenes?

Best Scene: When one of the characters mocks the supposed

escape plan and then calls everyone "jackasses."

Best Part: The ending wasn't what I was expecting, make sure you stay for the credits to see the "whole" movie!

Would I recommend "Dawn of the Dead?" You bet! Hell, I plan to see it again next chance I get. Perhaps even check out the original, along with "Night of the Living Dead," the film prior to the original's plot! So go see it for yourselves, well worth the money!



MOVIE Review

Spartan

DWAYNE
Johnson

One of the movies I was able to view this weekend was quite the disappointment. Now usually I am able to enjoy the average movie, but "Spartan" was quite the tragic product. When I went to see the film, I actually went in without any knowledge of what the movie was about...after leaving...most people still had no idea what the movie was about! It is just that bad.

It goes something like this: Robert Scott—played by "Batman" himself, Val Kilmer—is a career military officer working in a highly secretive special operations force. When Scott is recruited to find Laura Newton, the daughter of a high-ranking government official (honestly throughout the whole movie you'll wonder whom exactly, but I believe it is the President due to talk of an election and secret service).

He is paired with novice Curtis, who becomes his protégé. Working with a special task force comprised of Presidential Advisors, the Secret Service, FBI and CIA, Scott and Derek stumble upon a white slavery ring, which may have some connection to Laura's disappearance.

From start to finish the script just destroys the entire movie. Val

Kilmer fires off line after line of cheesy one-liners, and metaphors. The likes of which will make you roll your eyes until you feel like you are having a seizure!

The movie, "Spartan," tries hard to be a suspenseful thriller and fails. But even when people start dying you'll most likely never really care. The "plot twist," if it can be called that, is pretty lame and the acting is mediocre at best.

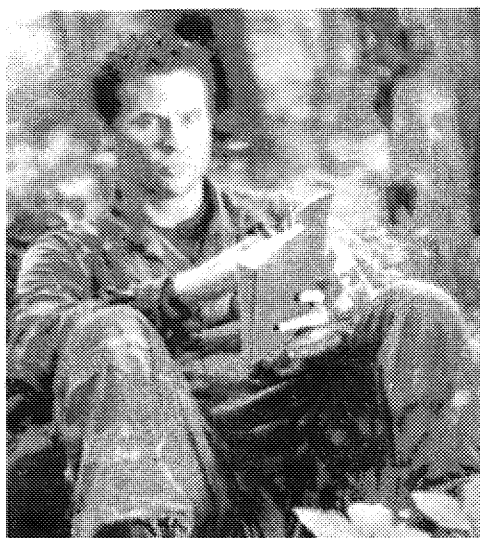
It Has: Umm...

It Needs: A better plot, better script, better action...etc.

Best Scene: When Val Kilmer's character says, "the fuck are we talking about here," it's ironic since the audience has no idea either.

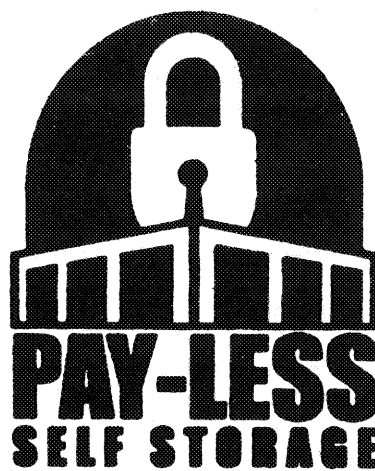
Best Part: The credits.

Do I suggest seeing the movie? No chance! I'd rather just give my fourteen dollars to the movie theatre and watch the floors get dirty. Ugh, oh well, live and learn!



Kilmer tries to make a comeback in Spartan.

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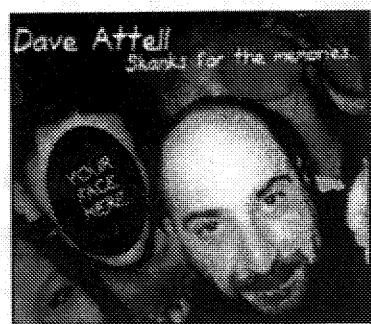
Skanks for the memories

Rating: Excellent rude humor – Dennis Leary minus the Ritalin



MACKENZIE Crawford

best conveyed with swearing and rude phrases. There are certainly no apologies for his unabashed style of commentary on topics such as being a midget and Amish



sex. Nearly every sentence in his routine is chock-full of ironic and hilarious observations that are equally matched by his perfect timing.

Skanks for the Memories is an awesome album to add to your comedy collection if you don't mind coarse humour. Dave Attell truly shows his funny side when he is not tied down by family requirements for a network like comedy central. If you like bar-room observations, from the floor or from the stool, check out this CD.

In the top 25 list of American comedians, it is hard to deny Dave Attell the title of an established funnyman. You probably know Dave from the *Insomniac Show* on Comedy Central, but it fails to show the dark side of his humour. Attell's only CD release, *Skanks for the Memories* was recorded live in Denver, and shows the lengths to which someone can discuss all of the worst comedic issues – sex, drugs, midgets, profanity, people who believe Lord of the Rings is real.

Attell pokes fun at himself the most, perhaps, telling his sad stories of being a "bald, fat 37-year old man". This is a collection of ridiculously funny stories that may have partial truth in them, all about his drunken and otherwise stupid exploits. Attell's delivery is impeccable; he sounds like a regular Joe, but with a sort of sharp tongue-in-cheek wit that is

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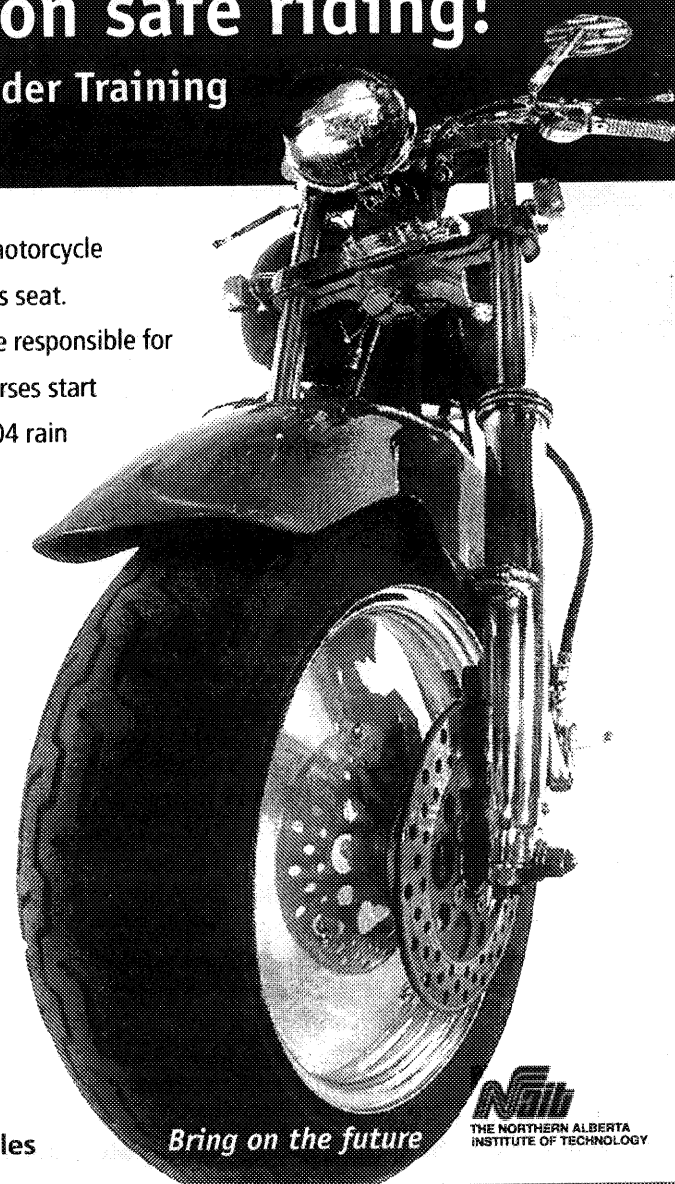
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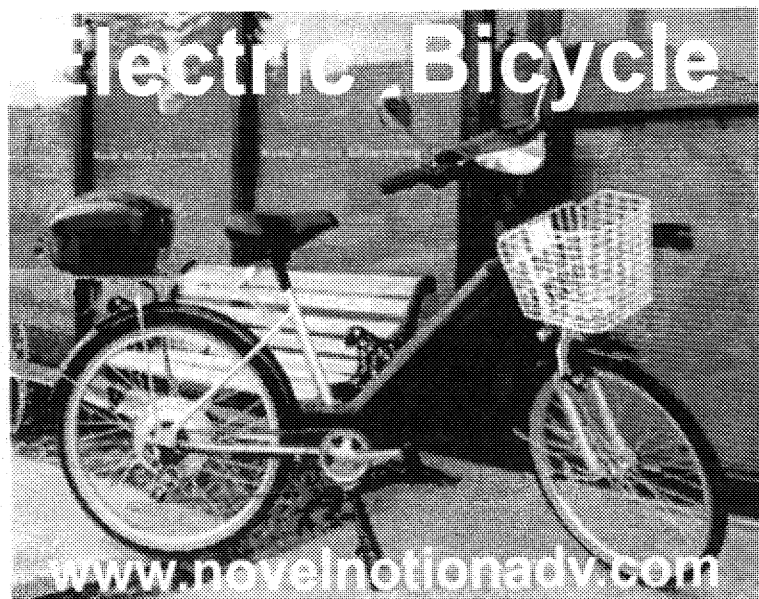
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Rating: Must see – this is A&E on steroids.



**MACKENZIE
Crawford**

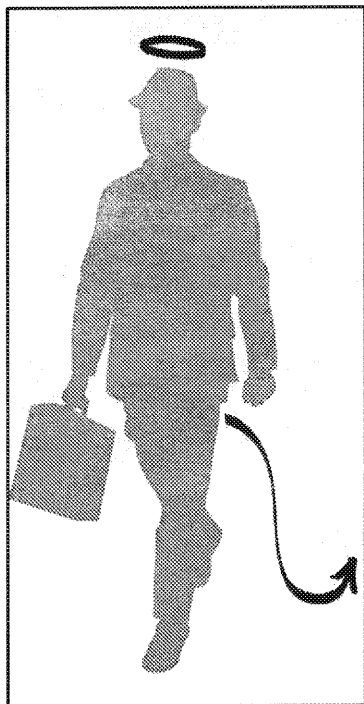
Anyone who can remember the success of *Bowling for Columbine* by director Michael Moore can understand the power that a well-researched documentary has on even the least likely viewers. Such is the power of *The Corporation*, a new documentary that hit select theatres on Friday. *The Corporation* is a powerful film that takes aim on the history, impact, and future of large (private) corporate activities in our society. This documentary is well-researched, contextually star-studded, topically broad, and as a result, is extremely effective at captivating the audience's interest.

The basis of the film is that of a psychological analysis. Due to the Supreme Court's interpretation of the 14th Amendment that arose after the US civil war, corporations today are legally considered to be persons. While this may seem ridiculous from a logical standpoint, it allows us to use analyses normally reserved for diagnosing people. The result of corporate psychological analysis: psychopathy. This production directed by Jennifer Abbot and Mark Achbar spends its' two and a half hours proving this point with an amazing array of examples of corporate immorality from the infamous Monsanto group to the ever-present Nike. We see shocking, yet convincing examples to prove that most private corporations are incapable of experiencing guilt, inconsiderate of the well being of people and the environment, impulsive liars-for-profit, and often engaged in illegal activities. As the author of *The Corporation: The Pathological Pursuit of Profit and Power*, Joel Bakan said in a recent interview: "If I was to run into someone with those characteristics in a back alley somewhere, I would be running for my life."

The investigation crew did an amazing job recruiting CEOs, professors, and persons of interest. The case histories and analysis of corporate behaviours were engaging and thought provoking. CEOs and executives were well represented: Shell, Pfizer, Good-year, and IBM executives all had something to share in this film, and never once seemed to try to disprove the claims therein. Great minds like Noam Chomsky and Vandana Shiva (Who appears at

the U of A March 29th) proved to share plenty of insight into the underworld of the corporate machine. Chomsky, who has been called the "top American Intellectual" and "the Devil's accountant", obviously was right at home on this topic, and is part of the reason that the film is so effective at conveying its message. Even Michael Moore, left-wing producer of *Bowling for Columbine* and *The Big Ones*, shared some of his free-flowing, unabashed thoughts in a manner uncannily similar to that in his recent documentary about violence, guns, and the media in the USA. The music and narration are reminiscent of *Resident Evil*; clean, clear, to the point, yet dark and compelling.

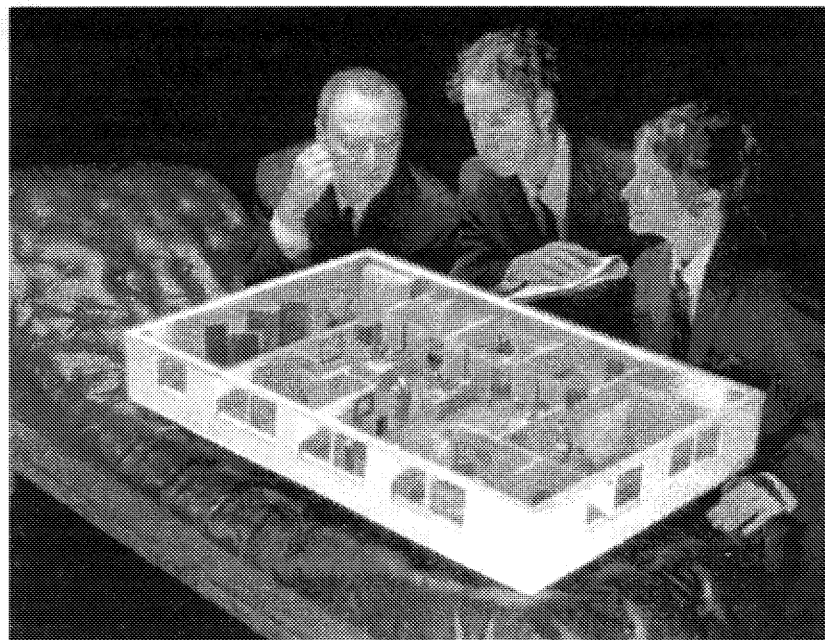
Case histories cover things like the sweatshops in Asia which we have become complacently aware of in North America, the reality of perception management such as brand recognition and advertisement, the disturbing truth about patents on the human genome, and the looming agricultural hell that Monsanto has, and will continue to build with its'



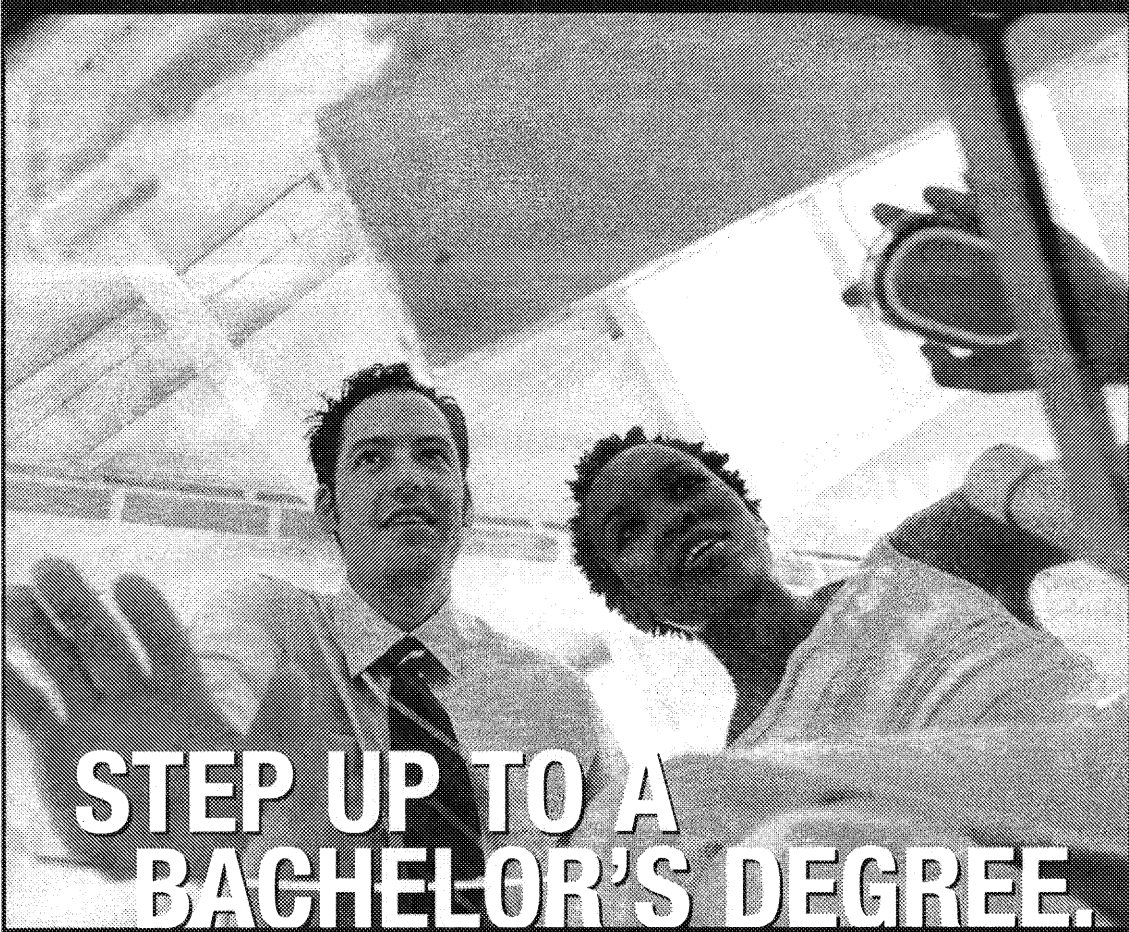
product lines. Topics range from "boundary issues", despotism, corporate social responsibility, "intergenerational tyranny", to environmental concerns. Don't worry, everything is explained in reasonable terms, and linked together in a logical fashion.

The Corporation is an ardent attempt to compile a huge moral, political, environmental, and social issue into a compact and informative two and a half hours. Not only does it meet and exceed its' goals, it is entertaining, thought-provoking, and engaging. No-one should miss the opportunity to educate and

inform themselves on such issues in such an effective and economical method. The only way to spread the word about this deserving documentary is to see it, discuss it, and let the world know what you think about the very thing that governs how you spend your money, live, eat, and work from day to day. Whether you consume *Ad-busters* monthly and attend Greenpeace rallies, or if you sit at home hoping that this epidemic of corporate power will leave you alone, you *need* to see this documentary.



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Hey "Bytes Me", next time you see one of us fine RT ladies in the HP cafeteria, come talk to us so we know who you are!! -Blue Belle

E.D., please use the spell/grammar checker on your articles before they get published. You don't need to let the whole campus know that you're a dumbass. -smarter than U

Damn you dentistry biathes, messin with my hometime, bringin back root canal memories. liz frum biomed is smokin and is destined to be with LL, anyone who contests this can lick a donkeys balls. This is a drunken rambling, remember there is only 300 chars max.. damn. -Dr Complain-o-rama PHD.

who wants a mustashe ride? -you know it

News Flash: NAIT Sucks. Just kidding. Well a lot of us will be gone for good come may, so I just wanna say GOODLUCK to all and THANKS to those I've met here for some good times and wild rides. oh wait, I'm failing math...See you all in september! -Grad 04

This is to the girl that i saw on Wednesday the 17, around 10:15'ish in the North Lobby in between the two sets of doors. You have black hair(shoulder length)with blonde parts. You were wearing a black 3/4 length jacket and had on red boots. I just had to say that you are very attractive. If you want to get back to me you can e-mail me @ sly_mouse@hotmail.com -Brown guy w/red streaks

Hey f*cker that stole my stuff can I have my phone and wallet back please? I kind of liked them. Leave 'em at the Geomatics office. -D

Last Wednesday I was fortunate enough to have my wallet and cell phone stolen from the Annex. I would like to thank the girl that was there when it happened and was kind enough to let my use her phone. Thanks. -D

to the spicy girl in 2nd term business, are you itailian cuz i got a smokin hot salami with u're name on it.. you drive a black low rider, with licious curly locks!! i've seen you in the club and you \"drop it like its hot\", i'd like to join you, undecided nacho's -Stallion

There aren't many cute guys around. Accept the guy in 4th semester with the rosie cheeks and texas shirts.. At ezzies on tuesday i thought i was having a good time with you, but it turned out to be your drunk friend named ed. I couldn't be more embarrassed. don't hate me, i no about the operation -dissapointed

to the guy that took me home from ezzies on tuesday, what got me was your frosted tips, but what kept me

was your neck beard... your hot tub was great, i felt like i was falling in love. Then you didn't CALL!!! soon after i developed a rash, please call me...sincerely betrayed

To the guy on bus #8 with the blue tommy sweater and black gym bag. I was wearing a tan jacket and headphones. You are the most gorgeous guy I have seen in a long time! I really want to talk to you! Let me know if you are interested! Talk to me on the bus or e-mail me at naitbrunnette@yahoo.com -Bus Girl

TO THE BITCH WHO ALMOST MADE ME FALL DOWN THE BUS TOWER STAIRS, NEXT TIME WALK AROUND INSTEAD OF PUSH AND PUT A SMILE ON YOUR UGLY FACE, IT WON'T HURT YOU -Nadia

What is with those people who have all kinds of crap sticking on the dash of their car. I saw this one honda civic, prob a 2002. It had these four hello kitty dumbass bobbing heads on springs.Though she was pretty hot, I'll give her that. No wonder nobody can drive around here. -mcpissed

I don't know the RTA ladies that well and im sure most of them are quite lovely. However, there is one in particular that is just down right bitchy. I have never known someone who could complain so much about absolutely nothing...try to keep it to yourself, nobody cares...

Cutie, I miss you and I hope one day you will come back to me. I always wanted to say I LOVE YOU in here but always put it off and now its too late. I'm glad we're still freinds and I can't wait to see you again. -Some Lonely Guy

a matter of hours after they cleaned the elevator in the parkade, it was graffitied again. The maturity level of this school is nothing short of simply amazing. Apparently not every one's elevator goes to the top floor. -Elevator joe

To the hottie who was in the Common Market and then on the elevator in the Tower on St. Pattys day. you had a red shirt on and funky jeans. You can be our Lucky Charm anyday. ~From the two hotties in the elevator with you.~

I LOVE YOU MOODY!!!!!! CST BOYZ FOR LIFE!!!!!!

Good buddies is like peeing your pants, everbody can see it on the outside, but only you can feel the warmth on the inside.

how lazy are these security guards man !!! I saw this one old guy and all he accomplished in the four hours i was at the HP was sleep, smoke, and go for a cup of tea. Then it was time for another rest !!! Man i wish i could sleep away the day and still get paid. -Herman

Yo B.C. girl in Physics120 I like your style. I like the type of clothes you wear to class. Your lab partner is "TOXIC". -SHG

"Slick Nick" SUCKS. -SHG

Yo B.C. girl in Physics120, my intelligence has informed me that your trying your best to fit in with the others. What your doing is not

good enough. I'm not pleased. Try to over do it. -SpikeyHairGuy

Have you seen or found an Orange Leatherman Juice S2 W/ the HP logo on it? It was lost Friday March 12 somewhere on campus. If you have found it do the honest thing and return it to me....please contact through ilostmyknife@hotmail.com.

"Jersey Girl" is coming out soon, and I'm a huge Kevin Smith fan, but I don't wanna see it alone, what with it being a chick flick and all. So, if you're a woman and also a Kevin Smith fan, e-mail me and maybe we can be alone together. (God, that line's lame) kumagayakid@hotmail.com

To the fu*k*er that jacked my wallet & cell last Sunday from the Eng. Annex, I hope my waitressing tips help feed your dope/booze/hooker addiction. Thanks for using my boyfriends b-day cash for your own use. I hope you get cancer.

I am interested in playing ping pong and was looking for a partner whom I could play with. I am a beginner at the game but just love the game, so send me an email at rosezu@hotmail.com if you want to play with me. -Sky-blue

this is to the blond in NRtv, i don't know your name, but i gotta say i think you are gorgeous!!!! i promise that the next time i see you i will talk to you. l8r BEAUTIFUL!!! -AMC A

This is for the hottie with black hair who I used to ride the #45 with in the morning. I miss seeing you on the bus I would like to get to know you better and I think you know who I am. -Barbie

hey this is to the girl I met on the drink a small town dry. I still think that you are smoking hot, e-mail me at naitguy_mech@hotmail.com . -Number 25

They say that having sex is a lot like riding a bike, and I think that's true because yesterday I was in bed with a girl and the chain broke and I flew over the handlebars -The Red Beret

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bedroom to rent (2 bdrm suite) 312.50/month plus half of bills. Aproximately \$450 a month in total. Direct bus to NAIT(15min), U of A and close to Grant McEwan. If interested or know of anyone who would be contact Angela at 974-0641

FOR SALE: Sony NET MD MZ-N707 Minidiscman in near perfect condition. Comes with a stick remote, earbuds, a velcro carrying case, a USB cable, Software compatible on computers Windows XP and lower, 5 minidiscs, and AC Adaptor and warranty (approx. 1.5 years). Please email me at MD1_530@hotmail.com

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The Loser's Point of View

MARK Cappis

The administration doesn't listen to us! I'll lower student fees! It's time for a change!

Oh. Hello. You caught me writing my presidential campaign speech for next year. I know, I know. You're thinking, "But... that sounds like the speeches that we just heard. How can it be next year's?" That's the one thing I'm finding really funny. I've been through university already and bore witness to four presidential campaigns. Now, it's five years later and at a different school. I'm quite literally in a different time and place. And the speeches and promises were exactly the same.

The candidates are hardly to blame. I mean, we hear the same thing on much larger stages. "Ottawa doesn't listen to us! I'll lower taxes! It's time for a change!" It's not until this presidential campaign – the third one I've run in if you include my prior university time – that I finally clued in to what a joke it is, especially at this level. We were only campaigning for a week! That's not enough time to get the issues out to you. It's just enough time to make a lot of noise and promises.

Yeah, there were a lot of promises made in this election. After I saw the lists of promises in the Nugget, I knew my simple promise of hugs wasn't going to cut it. But, I also decided not to run a negative campaign attacking the other candidates because, well, negative campaigns just don't work. But the election's over now. Now I can rip into the promises:

Markus Issacs – OK, you didn't make any promises, but dude, you're jokes just weren't funny.

Jonathon Sonmore – Probably the most promises in a single speech. No offence, but it was rather sleep-inducing.

Dwayne Johnson – Ahh, Dwayne. The one promise that caught the attention of my classmates was more support for radio and television. Well, Dwayne, if you are such a supporter of radio, perhaps you'd like to tell these good people when my show's on.

SFX: Crickets chirping (:01)

A bit of a controversy has sprung up over Dwayne's campaign, too. NAITSA enforces their campaign rules pretty strictly, and the most cardinal rule is no campaigning on election day. Over at NR92, that rule was taken very seriously. I wasn't even allowed near a microphone on that day. But, after I cast my vote, I grabbed the Nugget, and what

did I see? Two large articles with the very large by-line "Dwayne Johnson." True, they weren't "vote for me" articles, but enough to give him a name advantage. So, the question is, how come the Nugget was more lax about the campaign rules than NR92? No big conspiracy, I'm sure it just boils down to management. NR92 is run by dedicated industry professionals who are training us to be dedicated industry professionals. And the Nugget is run by, well, Harmen Van Anandel.

That's just one thing that irked me about the election. I saw quite a few cases where NAITSA's elections are prime for reform. So, with President Johnson and the new crew in charge, I hope they'll take a look at some of my humble ideas for election reforms:

We need a forum – Sorry, but part of the fun of an election is open and spirited debate among the candidates. We had none of that! We had speeches in front of crowds that were thoroughly engrossed in their Blue Plate Specials. Set aside an evening for a candidate's forum, where the people can come out, throw questions at the candidates, and the candidate's can debate the answers. Give us a forum. Even at Augustana, which boasts 1/10th of NAIT's student population, we did that.

No more candy – Another rule in place is we're not allowed to

give out flyers. It adds to the litter around campus. Fair enough. But instead, we're encouraged to give out candy with little "vote for me" ribbons attached. Don't tell me that the piles of candy wrappers, ribbons, and sucker sticks (and condom wrappers this time around) are any better. Besides, if the candy's good enough, it could be construed as vote-buying. And what does this train people to do in the real world? "Oh, I hate the Tories. What's this? An energy rebate? Yeah, I'll re-elect the Tories!" While I appreciate the logic behind "no flyers," there has to be a better substitute than candy.

And then, there was just the whole lack of media coverage during the whole campaign. Since the Nugget was only published at the start and end of the campaign, it's not really a good choice. Nope, for daily coverage of the election, we had to turn to NR92. And...there was nothing. Heck, even with one of their own running, no one came out to a speech to see if there was anything newsworthy.

The media and government have always had a symbiotic relationship. The government needs the media to help get the word out, and the media relies on the government to do silly things that sell newspapers and get listeners. But that relationship seems nonexistent here at NAIT. Whenever I brought up the subject

of NAITSA among my fellow future media professionals before the election, I was seen as the weird kid. Now that I do it after the election, I'm seen as whining about my loss. This is just one of the larger, more extreme cases of voter apathy. Even the media has lost interest. How many sex tests do we really need the Nugget to publish? Over on NR92, it's nice that you've been told by Drew Dalby, but in the end, what has he told you? Nothing!

So, I guess it's up to me. Next year, my third semester, that's when we in radio get into news hardcore. That's when I'm going to be an ace reporter. You may not believe me, but politics is fun stuff. It's one of the greatest spectator sports going. I'm going to attend as many NAITSA meetings as I can. (I'm currently assuming that, like all democratic processes, it's open to the public.) If I'm lucky, they'll put a little chair for me in the corner labelled "press gallery." I'll sit in that chair, with my notepad, finding out what's being done about the issues and seeing if the new council is holding up their end of the bargain. Afterwards, I'll dig out my tape recorder and ask the follow-up questions. My instructors keep telling me they like to run things as close to the real world as possible, so I think I'll hang around NAITSA and try my best to be a real world reporter.

Now, I'm not declaring war on NAITSA. That's not my intent. I hope that the new council agrees that getting the word out about what's going on at NAITSA should be a priority. And that's all I want to do. I want to facilitate more open lines of communication. I want to do my part to tell the students what's going on. And, as a new member of the media, I'm in a position to do so. Who knows? Once the people start learning a little more about what you do, you may feel more inclined to follow through on a few of those promises.

And, if you'll excuse me, I'm sure you want to go take the latest sex test. So, I'll just go back to writing the speech that post-secondary students all over the world will hear at every student election until the end of time.

The administration doesn't listen to us! I'll lower student fees! It's time for a change!

And if you want to hear even more of my rants, be sure to tune in to *Chaos in a Box*, Wednesdays at 3:30 on NR92. (Yeah, Dwayne, I'm letting you slide on that one.)

Editor's Note: Mark, your writing style is pretty good, I love it in fact. But in person you creep me out. (You're kind of a "Bob Layton meets Forrest Gump" kind of guy.) I mean that in a good way... sort of.

Thank you NAIT for not voting for Mark Cappis.

FROM THE OFFICE OF THE REGISTRAR AND DEAN OF ADMISSIONS

1. If you are graduating this Spring, please notify the Office of the Registrar and Dean of Admissions of any changes to your address to ensure delivery of your parchment.
2. The mark statements for programs with an end date of April 23rd and April 30th will be posted on the NAIT Student Portal approximately May 31st.
3. If you will be returning for the Fall/Winter terms 2004/2005, please note that tuition fees are due prior to registration, and not later than **August 18, 2004**. A tuition bill will be mailed from the NAIT Cash Office not later than the week of **August 9, 2004**. A receipt indicating payment of fees will be required to register.
4. Registration dates for most returning students in the Fall 2004 will be **August 24th, 25th and 26th**.