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THE NUGGET

Friday, February 20, 2004
Volume 41, Issue 18

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



NOW HIRING!

NAITSA looking
for candidates
for upcoming
election...

Reshuffling of NAITSA exec. Positions



DANI Kent

Nominations for this year's NAITSA election are now open, but before you sign-up, you might want to check the redefinitions of the Executive positions that General Council passed last week.

The title VP of Operations is now VP of Finance and Administration, VP Activities and VP Academic have been combined into VP Student Affairs (this new position will take care of academic council and all publications). The third and brand-new position is VP Campus Life, who is in charge of, "...the support and administration of technical and student clubs and

promotion and review of Campus Sport and Wellness".

If you plan to research these roles further, you may find that many of the executive's responsibilities have been taken out of the bylaws. General Council was told that these definitions are not gone, but redirected to the NAITSA Policy Manual.

Two key responsibilities of the President have also changed:

- The President may only vote in Executive meetings to make or break a tie
- The President will act as designated alternate and signed authority in the event the VP of Finance and Administration leaves his/her post.

Deadline for nominations is February 27th at 4 pm. Nomination forms are available at the NAITSA office.

A New NAITSA



HARMEN Van Andel

It's election time my fellow students, and perhaps time to dig deep down and do some soul searching. Why? Because our Student's Association is in need of some great candidates.

Hopefully this year the pool of candidates is a good one. I, for one, have to endure 2 more years

of school and being represented by them so please folks, if you think you'd be good for the job, get on the ballot!

Positions available include: President, Vice-President Finance and Administration, VP Student Affairs, VP Campus Life, and two Board of Governors positions. Nomination forms must be in by Feb 27th at 4 PM. Once you're in, campaign week starts on March 4 and the fun begins!

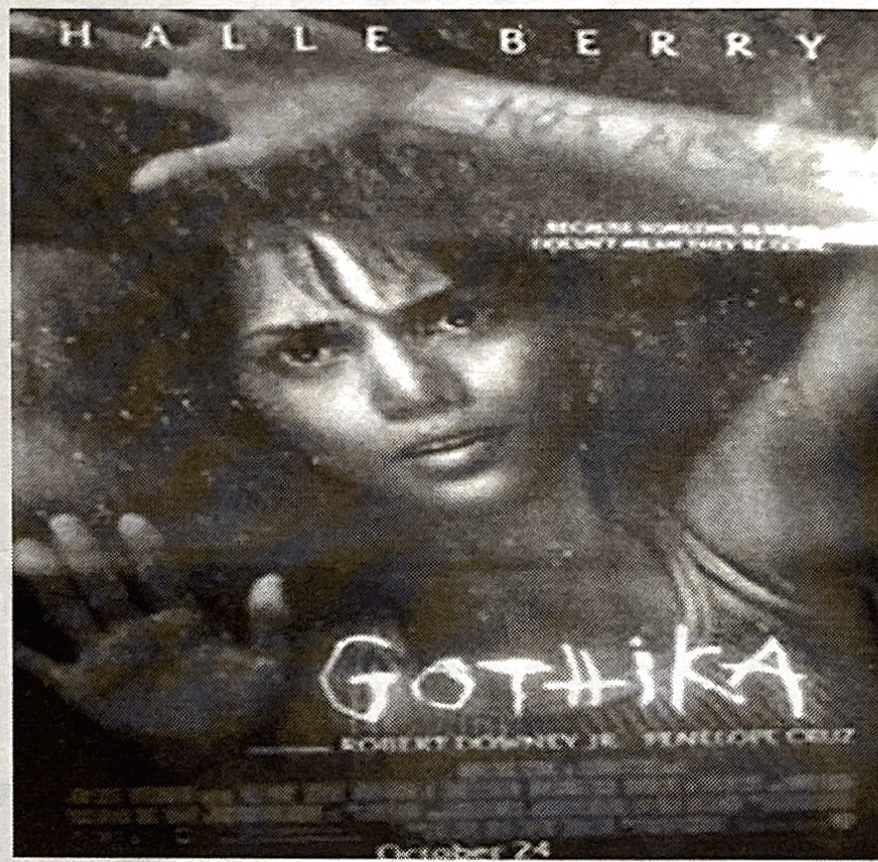
The benefits these positions could have for your future are priceless, so get on the ballot and good luck!

POLL CLERKS

needed for the upcoming NAITSA Election, Thursday, March 11, 8:30 - 4:30 pm. \$7 per hour. Sign up at the NAITSA office (E131) or call 471-8855.

Must work 1 hr. minimum. Longer shifts preferred.

MOVIE MONDAY February 23rd @ THE NEST



4:30 START - FREE POPCORN

BE

PROFESSIONAL EVERYTHING YOU NEED TO SUCCEED!

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BOND PAPER

RESUME KITS

PRESENTATION FOLDERS

RESUME PAPER

ENVELOPES

PORTFOLIOS

February is Eating Disorder Awareness Month ...

MARGARET Marean
Counsellor

What is an Eating Disorder?

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

Eating disorders are experi-

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

People with anorexia have an intense and irrational fear of body fat and weight gain, an incredibly strong determination to become thinner and thinner and a misperception of body weight and shape. Thoughts about food, calories, weight and weight management dominate the person's life.

Bulimia is characterized by

self-perpetuation and self-defeating cycles of binge-eating and vomiting. During a binge, the person consumes a large amount of food in a rapid, automatic and helpless fashion. The food may act like an emotional anesthetic but the person usually experiences physical discomfort and anxiety about weight gain. Therefore, the person makes her or himself vomit or uses a combination of restrictive dieting, excessive exercising, laxatives and/or diuretics. Compulsive overeating is characterized by periods of impulsive

gorging or continuous eating. Sporadic fasts or repetitive diets are common with compulsive overeaters, and body weight may vary significantly.

What Causes an Eating Disorder?

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

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

What are the Warning Signs?

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

Who has Eating Disorders?

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

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

- Approach your friend in a private place when there is time to talk. Be caring but straightforward and tell your friend what

Dieting, bingeing and purging help

some people cope

with painful emotions and, initially,

to feel more in control of their lives.

you have observed and what your concerns are. Let him or her know that you are worried and want to help.

- Give the person time to talk and encourage them to verbalize feelings. Ask clarifying questions. Listen carefully and be non-judgmental.
- Try not to get into a power-struggle about whether there is a problem or not. Just let your friend know that you are concerned.
- Offer to help the person make an appointment with a counsellor. If they are resistant encourage them to consider going for one appointment before they make a decision about ongoing treatment.
- If the person denies the problem recognize that this is often part of the illness. Unless the person's life is in immediate danger they have the right to refuse treatment.
- Do not continually bring the subject up or the person will resent you and may start avoiding you. By talking with the person and offering help you have done all that is reasonably expected and have, hopefully, planted a seed that may lead the person to seek help in the future.

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

Relay For Life

DEANNA Young

Is there anyone out there who doesn't know someone who has Cancer, has survived Cancer or has passed away from Cancer? It's something that affects all of us young or old, rich or poor, male or female, no matter what race, no matter what nationality, no matter how old you are, what part of the city you come from, where you grew up, who you live with or what you watch on TV. It links each and every one of us in a mass of pain, suffering, fear, death, hope, love generosity and survival.

The reality is you could be walking down the halls of NAIT and without even knowing it pass someone who has lost someone to Cancer, watched someone win the battle against Cancer or even survived Cancer themselves, like me, who has recently done all three.

Just before my 20th birthday I was diagnosed with a rare type of Non-Hodgkin's Lymphoma. I went through 11 months of Chemotherapy and emerged a champion. 10 months into my treatment my aunt was diagnosed with Ovarian Cancer and the very next day my grandpa was diagnosed with terminal Lung Cancer. My aunt is a 13 month survivor after 6 months of Chemotherapy and my grandpa, after fighting for 18 months just recently passed away.

Why am I telling you this? Well, what if?

What if we could stop people dying of Cancer? What if we could find a better, less harsh, way to treat people with Cancer? What

if there was some way to make it easier on those people living with this disease? What if there something we could do? What if there was some way to help? What if we could give people hope?

We can. You can.

On Friday, May 18th 2004, the Edmonton branch of the Canadian

The Relay For Life is a noncompetitive, overnight relay consisting of teams made up of 10-15 members....

Cancer Society (CCS) is hosting their third annual Relay For Life. The Relay For Life is a noncompetitive, overnight relay consisting of teams made up of 10-15 members who take turns walking, running or jogging around the track at Foote field, on the University of Alberta south campus, for 12 hours. 12 hours may seem like a long time, especially from 7pm to 7am, but the idea behind it is that "Cancer never sleeps". Each team and individual team member is asked to raise pledges in support of the CCS. Last year 150 Edmonton teams raised \$344,000. To date, 9,900 Albertans have raised \$2 million. That's in Alberta alone. There are many ways you can help...

1. Start a team-get together 10-15 of your friends and/or family, register and start, collecting

pledges. On May 28th show up at Foote field with your team and have loads of fun.

2. Volunteer-every event needs volunteers and the Relay For Life is no exception. 500 volunteers are needed to make this event a success.

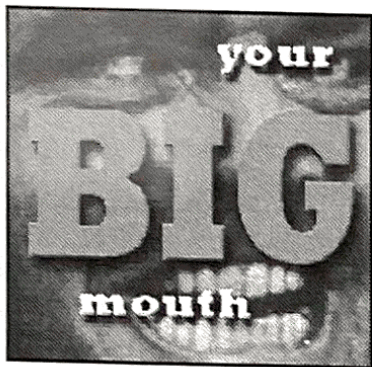
3. Pledge an existing team-You can do this on-line (www.cancer.ca) or in person (find someone participating and give them lots of money).

4. Buy a Luminary-the Luminaries are candles lit at dusk lighting the way around the track. They bear the names of those we've lost, those still fighting and those who have survived. You can purchase them in honor or in memory of someone on-line or from a Relay participant.

5. Recruit survivors- There's a Survivor's Victory Lap preceding the Relay. It is open to all Cancer fighters and survivors. Register on-line or at the CCS. Registration is free.

The Relay For Life really is a great experience. I captained a team last year and we had a blast. Not only is it a great way to help out and support loved ones affected by this disease, but it's a fun way to meet new people. I hope you take a minute to consider it, it's definitely worth it.

For more information or on-line registration visit www.cancer.ca. You can also visit the CCS at 1200 College Plaza (8215-112st.) or you can call or e-mail Lorraine, the Relay For Life Coordinator, at 427-8419, lorraine@cancer.ab.ca.



The other day i received a letter from NAIT saying that i owe \$103.00 for the "students' benefit plan". This is in addition to the \$1700.00 I've already paid for this semester. When I objected to this "fee", the girl at the benefits office told me that I "have to pay this" and that "a lot of people like the benefits plan". My question is if this plan is so popular why is participation mandatory? The fact is that this is a big scam run by NAITSA and whichever insurance company administers this extortion. Given the average age of NAIT students, it's obvious that a plan such as this can only benefit a very small minority, afterall, how many of us have dentures or take geritol? The true beneficiaries of this plan are those who administer it, and I for one feel no need to give them any of my hard-earned money.

To the complete morons that use computers. STOP, this means cease all actions, of installing Intellectually inept spyware on the computers here at nait. I can not open a single one of these without seeing one of these "searchbar" or yahoo messenger bars in internet explorer itself. Do you realize that this is a blatant attempt at companies to monitor what you search for and report it back to various peoples, not to mention when you log into hotmail some of these nuce happy peices of \$#!T report your email (and anyone you send email to) back to their weblist, which is why your junjmail folder gets fuller and fuller each day. Now on my own computer when someone installs garbage like this I just remove it, but the sysadmins here obviously have no idea how to use a ghost and reinstall every night, very ametur setup. This means that when you install this blantly corrupt garbage to the computer, it stays -- and makes everyones life hell. So cut it out already.

(the raw amount of junk mail corrupts the internets speed causing it to be slower by no less than HALF of its potential) - disgruntled e-postal client

I'm sick and tired of people writing descriptions about guys or girls that they are infatuated with in the Grapevines. If you like that person so much, get some balls or grow some t*ts and go talk to them! A real man or woman would get up the courage and do it. Your method is extremely stalkerish and it makes you sound like a fool. Lemme give you an example: To: The hot, sexy, ugly, flat, voluptuous asian-caucasian girl in the Annex, HP Center, 3rd floor Business Tower, smoking outside the mechanics wing, with blondish-reddish-brownish-blackish w/ neon-green streaked hair, wearing the bluish-red striped w/ orange and pink polka-dotted with mustard and BBQ sauce stained hoodie - you are

soooo HOT and make me want to touch myself and...if you're not too dense and a complete idiot, i was wondering if you'd like to hook up some time so i can show you what a lame-aSS i am because i'm too chicken to talk to you in person so i write pathetic attempts to reach your heart in the Grapevines. -ChickenShit

See?

You people are a bunch-o-lamos. by "Gettin Some Every Night cuz I Talked to a Girl Not Wrote Stuff In the Grapevines"

Has anyone seen Ginger Snaps 2? Wow, do NOT see that movie in the theatre or at all unless your looking for a good laugh at poor ass camera work. For the entire movie the camera shot was constantly pointed up slightly.. slightly may be an understatement to the extreme, because quite often you saw the damn MICROPHONE floating above the actors heads! I cannot believe the production company brought this movie to theatres looking like this. You would think someone would have noticed the mic hanging in the camera shot for a third of the movie. But then again, it may not have shown up on the directors special camera TV while they were filming, or maybe the director was blind. Before I saw the movie I was excited to see some hardcore violence which was mediocre in my opinion.. also, I heard from a friend that there was a scene with 20 girls masturbating, NICE! WE'RE GOING EARLY TO GET GOOD F*#@#ING SEATS!! Not to mention that the theatre was practically a graveyard before and after the movie. I feel so stupid for making a special trip across the city to see the worst movie ever at one of if not the most expensive theatre in town (Silver City)... it was only playing at three theatres.. probably out of pity, I know thats why I stayed the whole movie. Besides the movie being filmed in Edmonton, some cool violence, and 20 girls masturbating, this movie was awful in all disrespects. Avoid this movie at all costs, and if anyone you know sees it, be sure to push them down some stairs. - Disappointed

The other day I was driving south on 109th street and a fire engine was northbound on 109th. In the same lane (the left hand lane) as the fire engine was an SUV of some kind. We all know the rule is that you move to the right and stop. Well, right beside the SUV in the right hand lane, enough space had opened up for him/her to move over and stop so that the fire truck could get by. But, did the SUV stop? No, he /she kept going in front of the fire engine, thus when they got to the intersection, the fire engine was blocked in, so he did what he could to squeeze through the lanes of traffic. If only the SUV would have moved over in the first place! This whole situation would have been avoided. Later on in the same week, I was amazed as I watched a minivan racing alongside another firetruck! Do these people not understand that these emergency vehicles are on their way to help someone who is in trouble? What if that was you waiting for help and being delayed only because the fire

engine couldn't get past the people who were in a rush to get that DVD back to Blockbuster on time. This is exactly what is wrong with the world today. Everyone is too busy to think of anyone but themselves.

To the chick who I annoyed: Sorry my "queer soccer game" was enough to offend you and interrupt your fulfilled 'life', of talking on your cell phone while whispering to your friends. Sorry relaxing between my calculus classes was to much for YOU to endure. Next time come up to me and ask me to stop, instead of priting it off in an attempt to have an inside joke with your friends, WHO pretended to be paying attention to us but had better things to do. Like I said my name is Derek and come ask so I may, give you the finger and tell you to fuck off you d*#b f@#king b#@tch. BTW Jeff the Chef at the blue plate makes the PHATEST SHIZZLE. You all should check it out some time.

I laugh at you smokers. It was -30 outside, and you people went to such great lengths to get cancer. Makes you look real SMART as you stand in the cold to get cancer. I find it hard to believe that people want cancer that badly. I never did understand the thrill behind dieing from such a pointless activity. -Super Cool

My beef is with instructors who don't know how to instruct, what is that saying? those who can do; those who fail, teach. Well dammit this business english instructor over in the hp center, has no concept how to teach, out of 84 hours of class we were supposed to get we were lucky if we got 30, she would get there @ 6:30pm (when our class started) by 7 pm me and buddy were a 1/4 of the way home(I catch a ride home with him) we were gone because she dismissed us, and what the f*ck I Never learned a goddamn thing in her class, she basically passed everyone knowing she would prolly lose her job if any of us stepped forward, and were it not for the fact i studied my ass off despite her laziness I would have failed...MISERABLY, SERIOUSLY where the f#ck does nait find these people? -see-sharp guy

Who the hell is the new security guy working the tower? Last week I was at the top of the tower reading when I see the rent-a-cop come along at 7 a.m. or so and wake up a girl snoozing on one of the couches. What the hell for? Was she disturbing anyone? No. Was he concerned for her well being? I think not. Is there some obscure rule at NAIT that states that all students caught sleeping will be awakened and prosecuted? I really hope that "Mr. Powerful 10 Bucks/hour Security Guy" happens upon me snoozing up there one day, if he wakes me up he will be whining on the radio for an ambulance and back up because he "fell" down the stairs. -S.D.

All the computers in the basement of the tower are crap. I had to go to 5 different computers in order to save my work to a disk. One of the computers shuts down out of

nowhere and they all take forever to start up. I can't understand why nait doesn't consider this a priority to fit in the budget. Even just 1 computer a year??? With all that extra money I've had to add in order to get more print credits so I can get my notes for class, I'm sure Nait could afford to fix the a drives. I WISH I didn't have to go all the way over to the hp center in order to use a half decent computer. This is ridiculous. -Ashley

It's Power Hour

We have hotties in the tower! Girls be lookin' fly, Skirts up to their thighs, bet they be glad they aren't in the Annex filled with Flowers! Then there's the boys of the H.P. lookin' oh so Geeky Droolin over RTs Eatin' nuts from Timmy's Spoutin' off their one-zero-zero-zero-one-zero-one! Come on' boys leave the computers for the sun! (just a fun lil rhyme' no need for any flames)

I TOTALLY agree with the article about our so called "benefit plan". I myself am not too please with this waste of money. I have gone to a dentist just for him to open my mouth for 2 seconds and was charged \$60.00 NON-REFUNDABLE! I also have been charged \$20-\$40 for perscriptions that our plan doesn't cover! Finally this so called "great plan" as we are told when coming to NAIT doesn't even cover eyeglasses! which in some cases is caused just by trying to focus on our instructor's writing! I am sorry but this plan is NOT worth the money we HAVE to put in for it. NAITSA has got to be in the students best intrest and find a better company! My own dentist has said that. The company is rude to our professionals and thier "rules" are annoying. For instance, you are covered for 80% of dental extractions..UNLESS..it is deemed to be a difficult one, then you are only covered 15%! my own dentist asked the company what the point of giving us this coverage was if it doesn't cover us. Great question! DOWN WITH THIS MEDICAL PLAN NAITSA! or don't FORCE us to pay into it if we don't want it! -Angrey Student

Here are a few pointers directed to those of you who take the elevators in the Tower:

1. You do not need to take the elevator from the ground floor to either the basement or the second floor. The stairs are about 15 ft away from the elevators, and it's not that hard to walk up/down 2 little flights of stairs.
2. When the elevator doors open, LET THE PEOPLE OFF THE ELEVATOR BEFORE TRYING TO GET ON. This should be common sense, but it is understandable how it might be confusing for some. -Frustrated in dah Tower

Parking here sucks! Or maybe this is just a case of a bad day, but my first and only class was at 10:15, and being the type to never be late for class, I get to the campus at 9:40 to get myself a parking place. What do I find? Everything is full! I spent every parking meter lot here, and spent a whole 40 minutes looking

for parking. There would be at least 6 - 10 more spots at the meters if people would not double park, what a joke! I finally decide I have to park in a handicapped parking spot and get into class 5 mins late. I get there to learn that the door is locked so that anyone that is late doesn't disrupt the class. Any instructor that pulls that should get a hint and quit locking doors, it is not always our fault we are late. And I bet that when I go to my car it will be towed or ticketed now! And I should thank the parking office who tells me that having a class at 10:15 is not an excuse to get a parking pass on grounds, which would be fine if the bus from the Municipal airport ran at all hours, which it doesn't. I could go to school an hour early, except I worked until 12:00 last night and needed some sleep. Thats my rant for today! -Mr. X

if 4/5 of the naitsa exective have quit and NOT paid back their tuition that WE paid for with our naitsa fees.....then i want three-fifths of my fees back. I don't remember how much they were so let's round it off. that'll be 50 bucks please.

While working on WebCT on a NAIT computer, checking discussion postings, grades and ookmail (all NAIT sites) I have been constantly bombarded with Popup Ads. In less than five minutes, I had surfed 18 pop ups. Now, I'm not cursing Yahoo or anything, I'm doing school related work. I admit, I don't know a lot about computers other than the basics of how to operate one, but isn't there a way for NAIT to screen out this stuff from their own system? If some students in a computer related field are going to write in that I'm a dumbass for not knowing why this happens, maybe they could also enlighten me as to why it does happen and maybe how to stop it! (After all, I'm just a business student.)

Well, another semester is now upon us. Whew! It'll be so nice when it's done. I wish everyone the best! This message is aimed at gay, lesbian and bisexual students at NAIT. If you'd like to be part of the community, surf to http://groups.yahoo.com/group/nait_glb, sign up and sign in. We're trying to organize a coffee night. It's totally discrete and safe. What have you got to lose?

There's just one thing that really gets me laughing-guys looking at pictures of girls on websites (ie: www.enternexus.com) Right now, as I am typing this, there is this guy in the Tower Commons doing just that. Don't get me wrong, he looks to be respectable and "all right looking", considering I don't normally comment on guys looks. It would even be safe to say that he is better looking than I. The thing is, I am seriously dating a beautiful girl for about 1 1/2 years and I for one am not a Orlando Bloom lookalike. But this guy is sitting there, looking at those pictures and even writing messages to them. I'm sure he could find himself a woman if he got off his ass and wouldn't dream about all the titt and ass pic shots that they have on that site. But then again, maybe he's desperate and just wants to get some ass?

No Internet at NAIT... figures...



DWAYNE Johnson

Last week was rather interesting since everyone was hurriedly rushing about attempting to take care of any unfinished business before the reading break hit. Now I won't start about how dumb it is that NAIT has the shortest "reading break" of all the schools, especially when you consider Grant Mac. gets a whole week off but whatever, that's probably an article itself! Nope, this article is about the hassle that most of us experienced last Wednesday the day before our break started.

Like most people I was also trying to quickly get some work done while I could at school. The people in the fourth semester of my program had projects that were due this week and as such had last minute details to fix while possible. To all of our joys, at around 8:15 AM on Wednesday the Internet and all the fun it brings disappeared from our lives here at NAIT.

Not a big deal right? I mean it's NAIT, things get broken all the time...hell I'm surprised we don't see duct tape around the majority of the campus. So my group waits it out thinking it was just affecting the room we were in and that it'll only be like 10-15 minutes...around half an hour later a member from another group comes and asks us if the Internet in our room was down also...wuh-oh...

Fast forward two hours and it has become quite apparent that

NAIT has offended the technology gods or something, and has sentenced all of us already over-stressed, and tired students to a day of more punishment. Some of you might be thinking, "big deal, so you can't play any games online," well believe it or not some people actually use the Internet for school purposes! Which led us to the biggest problem...no email access!

With one group member sick at home and most of the files up on the NAIT FTP (think big electronic file storage thing-

hell I'm surprised we don't see duct tape around the majority of the campus.

a-mo-bob) it was pretty apparent that we were about once again get screwed on a project that was immediately due. Fortunately at the very end of the day the Internet came back up, and we were able to get a tiny bit of work done before rushing off to after-school jobs and such.

So the moral of this story... is...ah yes! If you have something really important due, like a project, or a quiz, etc. Expect the technology here at NAIT to fail you miserably, so make a backup plan! Have a nice day! :)

BEN STILLER OWEN WILSON

STARSKY & HUTCH

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ARE YOU ON A POWER TRIP?

ELAINE Devine

Some of us do not even realize that when we get mad or angry we may act like a psycho; some of us can't even control ourselves. Most people who are on a power trip and who spaz out at the littlest things don't know how their bad behavior looks to other people.

you could reach a higher station in life?

90-120 points: These people have all the characteristics of a level nine, but they are more intense. In psychiatric measurement, they may be described as "severe" extreme power freaks,



The way you handle yourself may affect your friendships with other people. Answer the questions below using the ratings 1 to 10, 1 being the least and 10 being the most, to see if you're on a power trip. When you have finished the test add up your score and see what category you fit into.

- 1) How envious do you feel when a neighbor or friend gets a big promotion and begins to earn more money than you?
- 2) How angry do you get when someone at work gives you a direct order to do a menial chore?
- 3) How willing would you be to destroy a friendship if it meant getting a promotion?
- 4) How strong is your dislike of at least one other ethnic group?
- 5) How much do you like to be in the spotlight?
- 6) How angry do you get when driving a car and another car cuts in front of you?
- 7) How strong is your urge to win when you are in a competitive activity?
- 8) How resentful would you get if one of your equals at work were promoted over you?
- 9) How difficult is it for you to trust others?
- 10) How resentful do you feel when you are ignored when a decision is being made that you think requires your input?
- 11) How easy is it for you to stare strangers in the eye?
- 12) How willing would you be to physically harm people if it meant

and in their case it's not redundant. They include the Adolph Hitler's, Pot Pol's, and Joseph Stalin's, of the world. Dominating and subjugating others makes their day. They are definitely psychopathic and would kill without compunction if they thought they could get away with it. In the case of the Hitler, Joseph Stalin, they were in a position of authorizing murder and did so. The level ten in the workplace is refrained from killing by the threat of punishment, the most common form of controlling psychopaths throughout history. Their brain structures are incapable of creating the chemicals that develop feelings of guilt and remorse. Thus, they can be merciless in eliminating whoever or whatever gets in their way. As psychopathic alphas, there is probably a messianic aura that surrounds them, frightening many others, while at the same time attracting them and molding them to their wills. They think they know everything; there is nothing you can teach them. They will defend their turf to the death, if necessary, and believe that they are better than anyone in the world. They look down on everyone. Stay out of their way, if you fit in this category this is a wake-up call; you need to change, and fast.

36-89 points: These people are where most of us are at, the more balanced of us. They may be ambitious and have strong aspirations to be successful in

their endeavors in order to satisfy their expectancies as well as provide better for their families, but they are not abusive in the process. They won't walk over family, friends, and co-workers to get ahead or achieve their goals. They might be disappointed in achieving less than a high leadership rank, but they accept it and get on with their lives. As supervisors they would tend to promote harmony. They are prone to normal levels of jealousy and envy when others they know gain status over them in terms of career promotions or having a better car or backyard deck. Some at this level may look down on others, measuring their status against them, but it is usually not overt. Among the fives (perhaps also the fours and even the threes) would be those humans we consider the salt of the earth. These are the Washington's and Lincoln's and the characters frequently played in the classical western motion pictures, as previously described, who take the mantle of leadership and handle it gracefully when it comes their way, but then reject enduring dominance and authority when offered to them, preferring to ride off in the sunset. If you are in this category you are normal and don't really need to change the way you act.

12-35 points: These are apparently people who have many Jesus-like characteristics, in particular with no recognizable concern for power or status. You insult them and they turn the other cheek, they might say, "We all have flaws." They are unconcerned with wealth or possessions and are generally kind and considerate. They can be hard workers and have aspirations, but appear unconcerned with promotion, or achieving a higher rank. If it comes, they are embarrassed to acknowledge it and may fear it. They would gladly give away everything they owned, it seems, if they thought the cause was a noble one. They are humble, modest, and polite in their dealings with others. There is something in their brain chemistry that obviates or significantly dampens such normal emotions and drives as jealousy, envy, hatred and vengeance. It would appear, unfortunately, that the design of the power/status system allows only for a relative handful of people like these on the planet. If there were only more of them.

Winter Blues



DANI Kent

Are you tired of winter? Have you noticed that you are more irritable or depressed during the winter months? Most of us have heard of the term "cabin fever", though recently it has been termed Seasonal Affective Disorder (or SAD for short). Officially, the definition of this disorder is, "It is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and the lack of sunlight in winter." Hmmm... lack of sunlight? Sounds familiar.

The following symptoms ranged from mild to severe:

- Sleep problems (Usually desire to oversleep and difficulty staying awake but, in some cases, disturbed sleep and early morning wakening).
- Lethargy (Feeling of fatigue and inability to carry out normal routine).
- Overeating (Craving for carbohydrates and sweet foods, usually resulting in weight gain).
- Depression (Craving for


carbohydrates and sweet foods, usually resulting in weight gain)

- Social Problems (Irritability and desire to avoid social contact).
 - Anxiety (Tension and inability to tolerate stress).
 - Loss of Libido (Decreased interest in sex and physical contact).
 - Mood Changes (In some sufferers, extremes of mood and short periods of hypomania (over activity) in spring and autumn.)
- SAD has also been linked to a vitamin D deficiency, which again, is most commonly absorbed through sunlight.

Fortunately enough, the easiest and cheapest way to treat this disorder is to get more sunlight. Depending on the severity of the symptoms, you may only need to let more light in your house or switch the light bulbs at work. Other methods include increased amounts of walking during daylight hours, or something called a "light box".

Doctors obviously do not recommend going to a tanning bed, though many sufferers find it affective (so do it at your own discretion).

The important factor is that the light enters through your retina (so don't wear tinted lenses).




News for the students.

News by the students...
... for the students.

Sunday 5:30pm

SHAW) CHANNEL 10



Sleeping Around is Good for You!



DWAYNE Johnson

I doubt there is anyone here at NAIT who can say they have never had a restless night of sleep. The crappy part of course being that usually the nights when we need a full night of sleep...is exactly when we don't get it. Hell I'm sure plenty of students had some pre-first day of school sleeplessness this semester!

Of course as many of us know, lack of sleep can often be caused due to the crazy amounts of projects and assignments that we are all often staying up late into the night working on. Which could explain why a stroll through the campus can be quite amusing.

It's not rare to be walking through the HP Building on the East Side of the main campus, and pass the occasional student sprawled out on the leather couches dozing away their troubles for the day!

But do the joys of the sleeping student just dwell in the inner reaches of the HP Building? Nah! Walk through the hallways and you can catch students sleeping away in the different lounge areas, making creative uses out of their books, backpacks, or the oh-so-convenient arm!

Sleep isn't necessarily a bad thing though, do you have a test coming up later in the day? In July, researchers led by Robert Stickgold, an assistant professor of psychiatry at Harvard Medical School, reported that a full eight hours' sleep after learning a motor task boosts performance by 20 percent the next day. Even a one-hour nap can improve scores on a simple visual task, others

have reported.

It would go something like this: Learning creates chemical changes in specific cells in specific parts of the brain. When a person sleeps shortly after learning, and perhaps especially when they dream that night, the brain takes these fragile, new memories, shuffles them around into a more permanent home, or at least a more permanent set of neural circuits. And - Presto! - the memories would be firmly "consolidated" by morning.

So instead of that late night cramming, just ensure that you receive a full nights rest instead, I mean afterall if you don't know it by the night of the test trying to force yourself to learn it may just push stuff you do know in the "shit-I-forget" zone! So how can you get a good night's sleep? Well I found these tips on the net:

Establish relaxing pre-sleep routines. It is important to incorporate time to "wind down" from your daily activities. So minimize light, noise, and temperature extremes in the bedroom.

Avoid large meals just before bedtime. Small snacks are not a problem, but large meals keep the digestive system active and can disrupt sleep.

Avoid strenuous exercise within two to three hours of bedtime. Strenuous exercise can elevate body temperature and cause difficulty falling asleep at bedtime. And also avoid caffeine, nicotine, or other stimulants within four hours of bedtime.

So there you have it people, don't stress life, and make sure you sleep whenever you get a chance! If teachers hassle you about it...just tell them Dwayne Johnson said you should! Haha!

Unofficial Test Advice



DWAYNE Johnson

Midterms are rushing upon some of us very fast! Now most likely you will be seeing some really "great" standard advice from the people here at NAIT as to ways to prepare for the test and what they recommend you do in order for to achieve high grades.

Well not from me folks! Aha! Nope, time for me to give you the REAL advice you need to achieve those marks you aim for! So sit back, grab yourself that favorite beverage you enjoy drinking while reading the Nugget, and let me release the wisdom (!?!?) I am here to write! To help everyone out, I decided to take a closer look at the so-called "advice" given out, and why it really isn't good advice at all!

Do not overstudy or cram in a lot of practice the day or night before the test...now the logic behind this piece of advice is that you can't learn anything

new the night before a test, but can only REINFORCE what you ALREADY know! I claim this advice to be false due to the fact that our whole life we are told we can do anything we set our mind to!

Get to sleep early (midnight or before)... the longer you stay up, the worse you'll do on the test...in theory this could be considered reasonable advice, until you realize that if you stay up way into the morning...EVERYONE ELSE IS ASLEEP! This is the perfect time to study without being distracted! So to this advice I say "Never!"

Come to the test relaxed... don't forget your calculator and pencils...this advice is obviously very bad. Anyone in his or her right mind knows that if you come to a test relaxed you don't want to pass it bad enough! Fear and panic is the trick to getting those mental juices flowing! Imagine yourself failing and being kicked out of school and you'll try that much harder!

It is IMPOSSIBLE to imagine someone leaving a test early. Check over your work! Think of different ways to do a problem to

check your answers...translation: If you leave the test early you are forcing the teachers to stick around in a dull room watching over fewer students, so stick around and keep the teacher(s) company. My advice is that you rush through the test and screw the teachers over!

Have a good breakfast...to the untrained eye this might seem like honest advice, until you consider the underlying message is they hope you forget breakfast and decide to buy a "good" one from the cafeterias here at NAIT for a crazy price. My suggestion...skip breakfast, why waste precious energy on food when you can use that time for more sleep! (ooo is there's a theme in this issue? Nah, coincidence)

So there you have it people... Dwayne Johnson's "Unofficial Test Advice." But since I'd feel bad if I didn't mention this...let me warn any people who might actually be considering doing anything I just said that "I'm crazy," and to ignore anything not written in the bold letters! Okay? Excellent! Good luck everyone!

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Must work 1 hr. minimum.
Longer shifts preferred.

U.S. Hot Rod Monster Jam 2004

ELAINE Devine

Trucks and noise equals fun for everyone! From Friday February 6 to Sunday February 8, the U.S. Hot Rod Monster Jam 2004 performed at Rexall Place. What an awesome show, it contained such events such as a demolition derby, freestyle motocross, monster trucks and quad wars.

I would have to say that the quad wars were the best part of the show. There were two teams in the competition—Edmonton vs. Calgary, and at the end of the third race the Edmonton team began a fight with Calgary.

The monster trucks were remarkable, there were some great trucks in the competition such as: Maximum Destruction (who is unbeaten in Edmonton), the two best looking trucks were "Bulldozers" and the "Teenage Mutant Ninja Turtles", and of course the crowds favorite "Grave Digger." There were so many great trucks in this competition making it an excellent show.

Millions of people flock to see monster truck shows every year, but how did this phenomena begin? Back in the late seventies, early eighties, a number of pickup enthusiasts liked the idea of making their pickups bigger & better. One man named Bob Chandler, who had stuck some large tires on his Ford F250 pickup truck, decided to drive over a couple of junk cars in a field, to promote his 4x4 shop. A few months later he did it again, but this time it was at a stadium in front of a crowd. That truck was called **BIGFOOT**.

Lets just say this not a cheep sport to get in too, some of the largest names in this industry such as Bigfoot have over 30 sponsors, and things like transportation keep expenses very high.

Have you ever wondered how Monster Trucks are transported to & from shows? They are transported in (or on) trailers, some teams have simple rigs, others have eye-catching rigs that have living quarters as well. Some truck teams they may be on the road for weeks at a time, so these haulers are equipped with

everything you would need for time away from home

To enter a truck in a monster jam there are many regulations and rules that must be followed. Not only are there regulations for the trucks but as well for the driver right down to what a driver must wear. Since 1995, any new monster truck driver wishing to compete in races must now earn a monster truck license, to prove they are able to handle these beasts. There are two types of license, Class A & Class B. With Class A Monster Truck Driving License, the driver is allowed to compete in any Certified races or any Purse Race Series event. To earn a Class A Monster Truck License the driver has to be able to pass the following requirements:

1. Have a Class B Monster Truck License. (To get a Class B license the driver must be able to perform some easy tasks such as: know all the truck switches, turn, break, ect.)
 2. They must execute 10 performances in an MTRA-certified vehicle, in front of at least one Class A driver for each performance, which is then signed off on their application.
- Some of the special clothing that drivers must wear include neck collars that are approved for motor sports competition are mandatory, drivers must wear a fire retardant safety suit, and shoes. While running Methanol Alcohol, a 3 layer fire retardant safety suit is required.

Trucks are tested before every run if a truck can not pass one of the tests they are out of the competition. If the truck is damaged during a show it may have to be pulled from the competition, these machines are kept in top shape for shows.

Monster Jams are fun for all ages and they are not that expensive with tickets priced from \$15-\$25 dollars. But remember to wear ear plugs it gets really loud at these shows. So wear ear protection and enjoy the show.



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Review

50 first dates



MACKENSIE Crawford

Adam Sandler brings a lot to the table in terms of credibility when he stars in any comedy these days. Unfortunately for him, he is



considered goofy, twisted, and is expected to have the humour of a fourteen year-old. It is apparent in his newest film, *50 First Dates*, that he is striving to slowly break away from this image despite being handicapped by the ridiculous scripts he is handed.

Henry Roth (Sandler) is a marine biologist in the aloha state (obviously their educational standards are very low) who seems to play every single female tourist he possibly can, always managing to brush them off before they leave for home. One fateful day, he meets Lucy Whitmore (Barrymore), and can't seem to shake his feelings for her. He goes to meet her again the next day to find that she does not remember him at all. Lucy's brain seems to reset every night, so she starts her day over again and again. This seems perfect for someone like Henry, who could have a one night stand with her anytime he wants! Unfortunately, he pursues every possibility of making her remember him for more than one day, which the rest of the movie's antics are devoted to.

Sandler tries his best to allow others the comedic spotlight in this "romantic comedy" including supporting actors like Rob Schneider and Dan Aykroyd. Unfortunately, this comedian whom we know all too well even from his days with SNL, is not easily taken seriously. The serious "heavy" and "romantic" moments are painful as Sandler really has little acting experience in this type of role. His only defence in these scenes is to talk like a child, and hope that they cut to a laughing penguin or vomiting walrus shot. One major redeeming feature of the plot, however, is that the

script does not cut to an illogical or easy solution for the couple's problems.

If you expect *50 First Dates* to be a good chick flick that you can bear through with Sandler's classic humour, think again. Just remember that there are no compromises, no cop-outs. If you have to take your girl to a chick flick, take her to a *real* one. If you want a good comedy film, and expect Adam Sandler in his comedic prime, then pull out an old copy of *Billy Madison* or *Happy Gilmore*. The bottom line is that romantic comedies suck, and that Sandler comes off as all-idiot and no funny in this one.



Review

Offspring - Splinter



MACKENSIE Crawford

After only a couple of months after their ninth album release, you can hear some of the influence that Splinter is having on the radio. "Hit That", a regular top-40 crap song is making it's runs on local stations, but it is doomed

CD prices these days are low enough to justify getting the album even for the merely occasional punk-partier.

to enjoy only a short success. I never understood why people are always satisfied the average song on an album, and are too lazy to experiment with delving right into a band's work to find the true gems. By far, the best song on Offspring's new release is "Spare me the details", which probably won't get airtime for another month, if at all. I guess the point

is that you shouldn't rely on Rick Dee's damned table scraps for music enjoyment, but I digress.

The Offspring seem to have peaked with Americana and Smash, and are losing their inventive edge. They hardly were able to fill half an hour with Splinter, originally to be titled Chinese Democracy. These Orange County boys are getting old and tired, and really don't seem to want to push the envelope like they did with "Pretty Fly" and "Get a Job". Their humour is still apparent in the playful "Worst Hangover Ever", which we can

likely all relate to, and "When You're In Prison" which I hope few of us can. There are a few great punk-anthems, and the rest is all filler.

If you collect Offspring albums, keep buying. This is likely the near end of the band anyways, unless they pull through with some really creative material in their next try. Overall, Splinter is a short but sweet party album; yes the disc is only going to spin for half an hour, but CD prices these days are low enough to justify getting the album even for the merely occasional punk-partier.



nomiNAIT

Tell us who deserves the honour of a NAIT Instructional Excellence Award

<p>Nomination packages are available for pickup and drop-off at the following locations:</p> <p>Main Campus Registrar's Office, Kathy Mauderson - 471-7558 NAITSA Office, Rita Cain - 471-8960 Room E229, Lynda Townsend - 491-3025 NAIT HP Centre for Information and Communication Technology Room W309, Jennie Asuncion - 378-5305 or Jennifer MacDonald - 378-5353 Patricia Campus, Room P127, Reception - 453-5400</p>	<p>South Campus Room Z130, Trina Chorney - 430-5103 CED Centre Room K116, Angela Patterson - 471-7045 Technologies Annex Room L101, Eleanor Danbar - 471-8666 7th Street Plaza 908 North Tower, Eileen Nicholl - 495-9980 Continuing Education and Business Development Room W111, Carrie Duell - 378-5000</p>
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Deadline for submissions: February 27, 2004

Bring on the future

Animation Show



DANI Kent

What can you expect from something called "The Animation Show"? When Don Hertzfeldt and Mike Judge are presenting it, all you can be sure of is that you'll see something similar to cartoons.

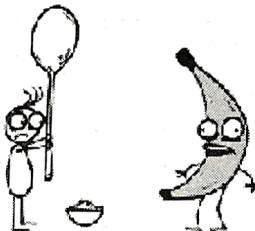
This mini festival ran about an hour and a half at the Metro Theatre, with various animation shorts from relatively unheard of artists. All the different types of animation were represented, pencil sketches and Claymation. Canadian animation as well!

However, this isn't a show for young children. There is swearing and gratuitous violence (everyone in the audience laughed at babies being dropped by balloons, but a

child MAY be traumatized...)

Despite these graphic descriptions, the overall "film" was very funny, and generally cute. There were a few interesting computer graphic segments (like the Final Fantasy movie) and it was fun to see some of Mike Judge's earlier work.

The best parts of the show were however, Don Hertzfeldt's "rejected" and end of show animations. I won't give them away but you can view them at www.bitterfilms.com.



courtesy of www.bitterfilms.com

Dude, Where's My Student Leaders?

Looking for a way to give something back to your school and community, then consider running for an Executive position with NAITSA next week. What's it take to succeed?

Respect – Treating yourself and others with courtesy, dignity and positive regard.

Responsibility – Being accountable for your actions and following through on commitments.

Honesty – Acting in a sincere, trustworthy and truthful manner.

Empathy – Appreciating the emotions of others and demonstrating concern for their feelings, even though you may not agree with them personally.

Fairness – Treating others as they wish to be treated. Stand up for human rights.

Initiative – Acting without the need to be prompted by others. Eager to take on the tasks that need to be done.

Perseverance – Sticking to a goal and working hard when it becomes challenging.

Courage – Facing challenges directly, seeking help from others when it's needed and doing the right thing even when it's unpopular.

Integrity – Be truthful, sincere, and consistent in what you say and how you behave.

Optimism – Maintain a positive attitude and see opportunities in the face of adversity.

If you can meet the above requirements you will be rewarded with a fair salary, tuition support, friends for life, all while having the experience of a lifetime.

So, if you care as much about others as you do for yourself...run for a position!

Nominations Open February 16

POLL CLERKS

needed for the upcoming NAITSA Election, Thursday, March 11, 8:30 - 4:30 pm. \$7 per hour. Sign up at the NAITSA office (E131) or call 471-8855. Must work 1 hr. minimum. Longer shifts preferred.

Ad-tastic!



MACKENZIE Crawford

Superbowl Sunday has become a sort of North American institution after its thirty-eighth year run so far. In order to have missed it last weekend, as well as the hype leading up to it, you would have had to be hiding under a rock in the middle of a field for the last half of January. Advertisers love to feed off of this frenzy, and will pay huge amounts of money to reach such a dedicated, hardcore viewership.

Ads this year ran for 2.7 million dollars, a price which seems to be easy money for those who want to get their message to consumers. With all this cash flow, spending a large amount of money on the actual ad itself makes economic sense, considering the huge audience it will reach. Because of their limited timeframe, intended message, and large budgets, these commercials sometimes turn out to be an attraction all on their own. Over one quarter of Ameri-

cans (no relevant Canadian polls exist for this) admit to tuning into the superbowl just to watch these often comedic and compelling short film gems.

This year, some of the most popular ads were FedEx's alien, Pepsi's Jimi Hendrix, H&R Block's Willie Nelson doll, and

Over one quarter of Americans...admit to tuning into the superbowl just to watch these often comedic and compelling short film gems.

the snow-beach volleyball competition. In one, a young Jimi Hendrix has to decide between a Pepsi vending machine and a coke machine across the road. With *Purple Haze* playing in the background, we see the Pepsi machine next to a pawn shop which has a beautiful six-string electric guitar, whereas the coke machine is next to an accordion shop. Obviously it is a good thing Jimi chose Pepsi, otherwise he might be a famous polka artist

to this day. Another favourite of mine is the Willie Nelson talking doll – I can't explain this one, you just have to see it if you are at all familiar with Willie Nelson's persona. I guess the commercials were downplayed by a scandalous "accidental" partial clothing removal of Janet Jackson during the halftime show. Justin Timberlake, as everyone knows by now, ripped off part of Ms Jackson's dress at the end of his dance routine, ("I'm going to have you naked by the end of this song") and now the event is under investigation by the FCC. Ahh, shameless publicity, how do you get away with these things time after time?

With millions of viewers and dollars at stake, companies and media networks are all over this event like a "fat kid all over a cupcake". In the end, this is how you, the consumer, spend your money (or misspend it), by inadvertently funding huge publicity and advertisement productions by the companies you support. You might as well go check it out and see your hard earned dollars at work. Superbowl ads can be found at : www.ifilm.com/superbowl/

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FINELY TUNED ATHLETES?



**JUSTIN
Huculak**

In a day where it seems that in order to excel in any sport you have to be mentally and physically in shape... there always seem to be one to two exceptions.

Take for example this past weekend John Daly, who I didn't even know if he was alive anymore or drank himself to death, let alone golfed anymore. Comes out of nowhere and wins the Buick Invitational last weekend.

I didn't even know if he was alive anymore or drank himself to death....

It was his first victory in the last nine years on the tour. Big John isn't one who is physically in shape like Tiger Woods, and he's had more than his share of mental problems with his battles with alcohol, drugs, and marriages, but somehow this man defies all odds and wins on the Professional Golf Tour. How? Somebody please tell me.

Daly's not the only person with a bigger size and stature in sports to accomplish great things either. Look no further than David Wells former pitcher of the Blue Jays and Yankees. He has a countless number of world series rings, and he pitched a perfect game the day after a drinking binge. He was still half cut! For Christ's sake.

Then there is Oliver Miller of the NBA, he was big and fat and accomplished well... well I guess he accomplished nothing, except for solidifying the fact he is big and useless. So if your planning to go the David Wells or John Daly route to stardom, good luck and you better hope you're damn talented and lucky, because not too many people can accomplish these feats in that shape in today's day and age, where almost all sports require you to be a finely tuned athlete. Even sports like curling, and extreme backgammon, require more and more physical and mental effort than ever before.

Check ya next week.

Men Finish 2nd In Standings



**JUSTIN
Huculak**

Last weekend the men's hockey team had a chance to finish first in the ACAC standings, but the Concordia Thunder had different plans in mind. With Concordia beating the Ooks last Friday by a score of 4-1, NAIT could finish no higher than second. And on a strong outing by goalie Duane Perillet the Ooks finished the regular season on a high note, by defeating the Thunder 6-3 on Saturday.

The first two periods saw very strong goaltending from both sides of the ice, but on this Valentines Day Kevin Labbe was the lucky Ook who scored first... on the ice of course, with Eric Sonnenberg and Steve Reade picking up the assists. Later in the second frame it was Brett Zubiak who was on the receiving end of a beautiful tic-tac-toe play set up by Keith and Steve Reade, which made the score 2-0 at the end of the second frame.

The third period was a different story for the goaltenders. As the Concordia netminder let in a weak slapper by Labbe, who scored his second goal of the game, and then NAIT got a little luck on their fourth goal, on a call that could have went either way.

On a play which saw the net cross the goal-line and the net come off it's mourings simultaneously. Since the ACAC doesn't have replay yet, the ref's decision stood and Ray Smegal was credited with the goal. Making the score 4-0 Ooks.

With Concordia fans outraged at this point, they started yelling at the ref and it may have worked, as it seemed that every call went against the Ooks in the

Eric Sonnenberg was later named player of the game, deservedly so, but the way Oook tender Duane Perillet played deserves just as much credit in the win.

final ten minutes of the game. The Thunder took advantage of these calls and scored three power-play markers in the final eight minutes. Two of which came on five on three situations. All for none though as the Ooks managed to sneak two more by the Thunder and hold onto a 6-3 victory.

Eric Sonnenberg was later named player of the game, deservedly so, but the way Oook tender Duane Perillet played

deserves just as much credit in the win. With big save after big save, including one from his belly where he reached up with his glove and batted away, what looked like a sure Thunder goal, late in the third. Proving that this NAIT team has the depth at every position, which will hopefully lead them far into this year's play-offs.



Molson Single Seats

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



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NAIT ROUNDUP



JUSTIN Huculak

It seemed to be the worst weekend of the year for the basketball teams. As the men and women dropped a combined three out of four games to the Augustana Vikings last weekend. Starting with the women, who were looking to solidify a playoff spot, dropped their two games to the Vikings 51-50 and 69-58. The women now sit with a 9-13 record and in fourth place with Grande Prairie only two points back of the final playoff spot. Things won't get any easier this weekend for NAIT, as they will be playing Grant MacEwan in the final two games of the season. The Grifpins are in first and are riding a 19 game winning streak. On the men's side of the court they were beat by the fifth place Vikings 81-74 in a huge upset last Thursday. But the Oaks bounced back the next night and sunk the Vikings by 40, 105-65. The men as well, will pit themselves against an always tough GMAC squad this weekend to conclude the regular season. With the home half... coming Friday night.

On the ice, it was sombre news for the lady Oaks as their season comes to an end after a strong finish to the season, which saw them battle till the last day of the season for the last playoff spot. However their magical run fell short after losing 5-3 to Mount Royal. The Oaks finished the season with a 7-11-2 record and fell two points shy of the playoffs. The men though did split their weekend series with the Concordia Thunder. After losing the first game 4-1, the men bounced back and defeated the Thunder and silenced their heckling fans on Valentines Day, 6-3. The men finished second in the ACAC and are awaiting the outcome of the quarterfinals to determine their post-season opponent.

On the volleyball court this weekend the men finally suffered their first loss of the new year. After beating Briercrest in their first match 3-1 the men fell by the same count the following day. The men now have a 9-1 record and a date with first place Lethbridge (10-0) this weekend, in Lethbridge. The women on the other hand continue their struggles after dropping their matches to the once winless Clippers, 3-1 and 3-0. The women as well will be making the trip down to Lethbridge this weekend to take on the 7-3 Kodiaks.

Ooks Badminton Team Wins Medals

—This past weekend, the NAIT Oaks Badminton played host to the Nationals Qualifying tournament. Although NAIT did not qualify anyone for Nationals, the

NAIT's Torri LaRocque finished the tournament with three medals; two silver and a bronze.

tournament was a tremendous success for the 9th ranked badminton team in the country.

NAIT's Torri LaRocque finished the tournament with three medals; two silver and a bronze. Torri and doubles partner Melissa Funk made it to the final before

losing to the defending Nationals Champions from Concordia. Torri then teamed up with mixed-doubles partner Alan Chow and once again made the final before losing a close match to a strong team from Mount Royal College. Torri finished up by defeating Grand Prairie Regional College's top player in the Bronze medal match.

NAIT's men's doubles team of Alan Chow and Dennis Luong also won a Bronze medal by upsetting the #2 seed team from Concordia. The Ooks' Owen Smith also played well finishing 4th in Men's Singles. For complete results, check the ACAC website at www.acac.ab.ca.

The entire team played well over the weekend and is building momentum going into the ACAC Team Championships this coming weekend at Red Deer College. The Oaks will play their rivals from Grant MacEwan College in the first round.

How about lunch on us?

Your chance may be just a mouse click away. All it takes to enter your name for a chance to win one of 5 free lunches is to go to the inbox of your OOKmail account or log onto the NAIT Student Portal and complete the NAIT-HP Relationship Survey. Go to <http://www.nait.ab.ca/MyNAIT> and look in the "Welcome from "NAITSA" box under the student login. It's that simple.

Completing the survey won't take more than five minutes and will provide feedback on NAIT's \$40 million relationship with HP and Compaq/HP products. So take this chance to have your say. Who knows - you just might be one of the lucky winners!

Don't delay - the survey can only be accessed between February 17 and February 29, 2004. Winners will be notified the week of March 8, 2004.

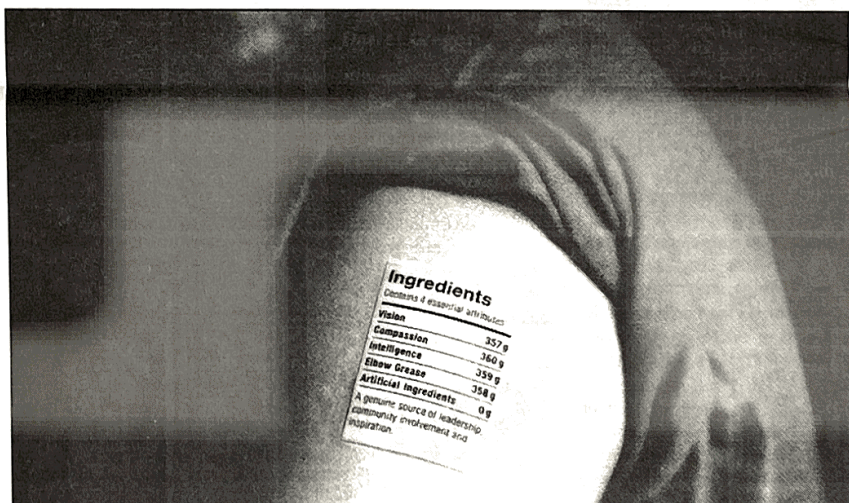
NAIT CAREER SERVICES brings you...

Rapid Resume Reviews

Drop in to the following locations during your lunch hour and speak to a Career Advisor:

- Feb 25 Business Tower
- March 3 Engineering Annex
- March 10 Fresh Express
- March 17 HP Centre

We'll be available from 11:15 to 1:15 to provide input on your resume, cover letter and job search.



Do you have what it takes to win a millennium excellence award?

Post-secondary studies can bring out things in people they never knew they had. Surrounded by peers who are engaged in the world, inspired by a flurry of new ideas, and presented with endless personal possibilities, many post-secondary students end up taking on the world with all they've got, and making it a better place for all of us—while in the process becoming better students, better citizens and better leaders.

It is to celebrate and encourage these students that the Canada Millennium Scholarship Foundation established the national in-course awards. These awards are made to students who have not been previously recognized with a substantial merit scholarship. They have been specifically created for those students who, after enrolment in a post-secondary program, begin to demonstrate qualities that inspire others, and make their world—be it on campus or in their community—a better place to be.

We're looking for a rare combination.

The emphasis for award selection is on active and significant involvement for the betterment of the community, be it one's school, one's city or province, one's country or beyond. We look for leadership and the ability to motivate others. We keep an eye out for innovation, which we define as a talent for new solutions,

ideas and enterprises that bear the hallmark of originality. And we believe that a solid academic performance matters, as it ensures the applicant's ability to successfully complete his or her chosen post-secondary program.

From \$4,000 to \$10,000.

The Foundation will distribute the following awards by September 2004 for use during the 2004-2005 academic year:

- Up to 100 \$5,000 scholarships renewable for one additional year.
- Up to 200 \$4,000 scholarships renewable for one additional year.
- Up to 900 \$4,000 one-year scholarships.

Come show us what you're made of.

This award is for students in their first year of a diploma or certificate program or second year of a bachelor degree program. Students studying in Quebec must be in their first year of a technical program at CEGEP or first year of a bachelor degree at university (second year if they do not have a pre-university DEC).

For all the information you'll need about the award, including your academic institution's application deadline, as well as application forms and more, drop by www.awardforexcellence.ca

NAIT BATTLE OF THE BANDS TUESDAY, MARCH 23RD @ THE NEST

IF YOU WANT TO ENTER YOUR BAND
PLEASE COME BY THE
NAITSA OFFICE (RM E131)
TO FILL OUT AN APPLICATION AND
DROP OFF A DEMO.
DEADLINE TO APPLY IS TUESDAY, MARCH 9TH

GRAND PRIZE
\$500.00

& A SPOT ON THE BILL OF

OOH*FEST

2004

THERE MUST BE AT LEAST ONE NAIT STUDENT IN EACH BAND

To the girl in the tower who has a smile as bright as the jewel on her tooth. You have a nice butt.

To #68 Just thought I would say hi "Message Board" style. After all, isn't that what has started all of this? Have a great week!

Ryan - What Holly are you talking about? There are many Hollys in the gym.

UNLV sweater girl with short hair. I am infatuated with you everytime ours eye meet on the 5th floor. im just too shy to say hi write to me cov_boy@hotmail.com

To Ross, thanks for smiling back at me from your window when i was looking in. Do you work out? And don't worry, like they say size doesn't matter, only me. -Crazy red head

To the people in the parkade that can't park between the bright yellow lines. They are there for a reason. Learn how the f#%\$*n park retards. -Pissed Off Driver

to any guy in the gym who likes to drop the dumbbells at the end of a set, that's not how manliness works, and chicks don't think you're hot because you make a lot of noise. Our facility has a limited number of equipments and we don't appreciate you attempting to destroy them. - floor rescue squad #7

SOCOM I/II No0bS CuM pLAy at

US WeSt 1 g^ And DIE ~Hector~

To the guy in the Naitrium who ate his chilli and then ate his snot. Please don't ever eat your desert around me again!

To all the fellas in Computer Systems, if you can't aim, use the urinals; betta still, lift tha seat. Ain't nobody gonna fall inside. -Killa B

Computer Systems girls, don't be acting so cold. A lot of fellas are crossing the bridge and that ain't right. -Killa B.

A birthday wish shot out to Steve, Happy 22nd baby. I love you. Hope you get everything you want.

Thanks to the girl who got me blazed friday night i got a blunt coming your way. -smoke weed everyday

To The Guys, Don't you fella'z have better things to do, with your precious time? Cuz stalking girls you don't even know, really is a crime. So stop writing in the paper, cuz you are the biggest losers, by far. Every girl that reads your messages, could care less who you really are! -sLiCkNiCk

To The Girls, Girls who write to guys in here, sound like nothin but a ho. Just stick to jumpin on trampolines, like the chicks do on The Man Show. So quit writin messages! Just go talk to the guy instead. Cuz if you're as skanky as you sound in here, you must be easy to get in bed. -sLiCkNiCk

To the "kids" who take the 402 to and from school common guys we knew in the Fall semester you were still adjusting to college life but now you should be with the rest of us so when you are on the bus talk to each other but keep it at a resonable volume not everyone wants to listen your sh*!!

All study and no play makes Jack a dull boy so if there are any girls at NAIT who want to talk to a guy and meet during some weekends for some fun give me a holla at rosezu@hotmail.com

NAITSA, try checking out Maritime Life for the benefit plan. I had it at another school last year, and it covered ALL my scripts - not just the cheapest ones!

Geeze Murray!!! How good was that little uh "let's go bang her uncle!" not to mention you ONLY had half bottle and you were cracked! We sooo have to go out and get hammered together! THEN we can have a part-tay with Rita at your house!!! Cojoined Twins Forever !!!!!

Classifieds

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.

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Room for Rent. In apartment. For stable person. \$250. Phone 906-1876

3 Bedrooms upstairs or basement suite available immediately. 2 blocks from NAIT. Ph. 916-5442. www3.telus.net/the/house

Textbook found on the 5th floor Friday at 2pm. No name or writing in textbook. Due to the dishonesty of some people, you must tell me the name of the book in order to get it back. You can email me at jammerman24@hotmail.com if you want your textbook back. Thanks-James

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Front Screen Projector max. 10 foot picture size \$100 obo Mike: 472-7788

7 foot motorized projection screen \$250 Mike: 472-7788

FOR SALE : TI-86 graphing Calculator. Excellent condition, neyer dropped. Includes PC hook up Cord. Looking for \$100. Call 476-1594, ask for Adam.

2001 Hyundai Tiburon altezza tail lights \$200.00 OBO. Call Jason at 974-7387

For sale TI-83 plus sliver edition calculator with serial cable. brand new only used a few times \$150 obo. Phone 780-707-7848 please leave a message.

Need a new or used car? Tired of sleazy salesmen trying to take you for every penny you've got? Then call Catherine @ 233-3888, and be treated like a person, not a mark.

For sale, One chef hat, personally autographed by me derek, great for collectors or possible stalkers. asking \$2.00 obo.

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NAITSA
Students' Association

ELECTIONS

Do you think you have what it takes to be a student leader?

- Earn a Monthly Salary
- Receive a Tuition Bursary
- Great Work Experience Opportunity
- Leadership Development
- Travel Opportunities
- Amazing Networking Opportunities

For more information or to pick up your nomination form, come to the NAITSA Office (E131).

NAIT Students' Association Elections
Nominations Open... February 17-27
Candidates Campaign... March 4 to 10
The Students Vote... Thursday, March 11



**IS COMING TO THE NEST
MARCH 10TH & 24TH**

**IF YOU THINK YOU
CAN BE THE NEXT**

**NAIT IDOL
COME SIGN UP AT
THE NAITSA OFFICE
ROOM E131**

THE NEST

Open Mon-Fri 7am-9pm (Wed+Thursday open until 10 pm)
Located in the Activities Center under the NAIT Arena

<p>MONDAY <i>Movie Night</i></p> <p>Free Popcorn Movie Starts at 4:30pm</p> 	<p>TUESDAY 75¢ Draft</p> <p>75¢</p> 	<p>WEDNESDAY <i>Jumbo Wings</i></p> <p>25¢</p> 	<p>THURSDAY <i>Pick Your Poison Night</i></p> <p>Skull and crossbones icons</p> <p>\$2.25 Highballs \$2.75 Pints of Beer of the month</p>	<p>FRIDAY <i>Super Kokanee Friday</i></p> <p>Kokanee logo</p> <p>\$7.95 Jugs of Kokanee</p> <p>\$7.95</p> 
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All Drink Specials Start at 3pm

Come enjoy a smoke-free environment!