

TRYING TO STUDY FOR FINALS WHILE THE OUTDOORS ARE CALLING US SINCE 1963.

THE NUGGET

Thursday, April 7, 2005
Volume 42, Issue 23

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

2004/05 Nugget Sports Awards

Trevor Elliott



Many great athletes made their mark in the ACAC this season. The Nugget sports staff has compiled a list of athletes who deserve to be recognized for their efforts this season. These awards are not related to the awards presented by the Athletics Department. The Athletics Department holds their annual awards ceremonies tomorrow night. For a full list of Awards presented by the Athletics Department, please visit their website at <http://www.nait.ab.ca/athletics>. Many athletes were considered in for this recognition and some selections were very close. In the end, all athletes deserve to be recognized for their efforts this season.

Best Female Athlete –

Erin Kerschbaumer, Volleyball
Erin Kerschbaumer was the most impressive female athlete this season. Erin took over the leadership responsibilities of her team and led by example and led the ACAC as she racked up an amazing 3.99 kills/set. Erin was also second in the ACAC, behind teammate Jamie Bloxam, with 51 service aces. Erin also contributed 182

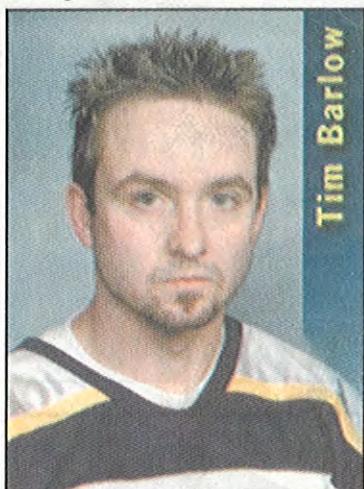
digs and 18 blocks. The rookie was also named to the 1st All-Conference Volleyball team. Also considered for this award were



Kelsey MacMillan and Miranda Miller of the Lady Ooks hockey club.

Best Male Athlete – Tim Barlow, Hockey

Tim Barlow led the ACAC in goaltending from the first game through to the finish. In his sec-



ond year with the club, Barlow was rock solid between the pipes for the Ooks and led the ACAC in all categories until the final week-end of the season. Barlow finished with 2.55 GAA and 92.9 save % with one shut-out. Also considered for this award were Ben Stokes (hockey), Tony Zylstra (volleyball), and Mark Dorado (basketball).

Best Female Team – Curling

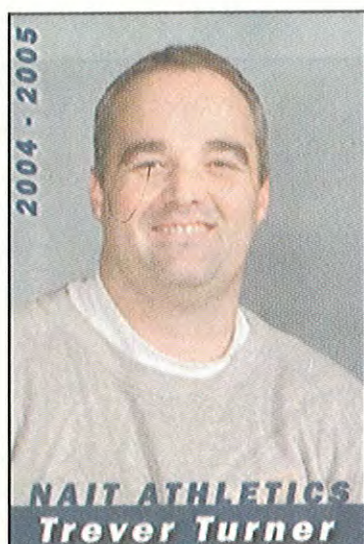
All-Conference curlers Sarah Domes and Maria Grabowski led their team to the best finish by a NAIT team this season as they captured Silver at the Provincial Championships. The Lady Ooks Volleyball team was also considered for this award.

Best Male Team – Hockey

The Ooks finished in second place in the ACAC with a record of 17-7-0. Led by ACAC Coach of the Year, Terry Ballard, the team included 5 of 6 1st Team All-Conference players: Tim Barlow, Cole Fischer, Colin Johnson, Adam Ferrante, and Ben Stokes. The team was disappointed after home-town rivals Grant MacEwan ousted them from the playoffs for the second straight season.

Best Coach of a Female Team – Trevor Turner, Volleyball

ACAC Coach of the Year, Trevor Turner, took the all-rookie volleyball team and turned them into a contender by season's end. After barely missing the Provincial Pool



2004 - 2005



Terry Ballard

Most Improved Female Team – Volleyball

This award is given to the team that showed the most improvement from start to finish of the season. Also considered, were the hockey and soccer teams.

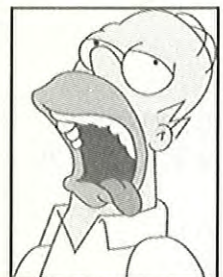
Most Improved Male Team – Volleyball

The Ooks turned around a horrible first half of the season by finishing with a 10-2 record in the North/South Division and securing a berth in the provincial tournament where they finished 6th overall. Also considered, was the soccer team.

continued on p. 2

Cleaning up Our Act

Max Power



In a vein effort to clean up our cafeterias Laura Blythe of student services has informed Max Power of The Nugget that Clean Sweep Week is just around the corner. Max thinks this is a great idea as the project focus will be to clean up the cafeterias on campus. Max has seen wour cafeterias and

Max thinks that many students are pigs.

Max encourages all staff and students to participate. Other activities such as surveys, trivia games, give-a-ways and door prize draws will be occurring as well. The week will run from April 11 straight through to April 15 during lunch hour. Max says, "Go on and join in because its about time you clean up your act!"

Dates

Monday April 11
Annex Cafeteria
Tuesday April 12
Tower Cafeteria



Wednesday April 13
Fresh Express
Thursday April 14
Bytes
Friday, April 15
Common Market

THERE'S ROOM
FOR YOU

ENLIST
TO-DAY

Join The Nugget Staff
Accepting Resumes for Next Year!
email your resume to nuggetsubmissions@hotmail.com

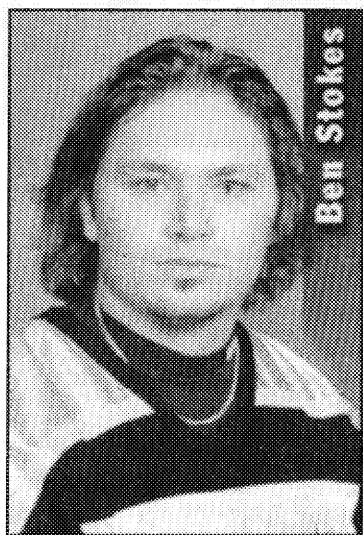
2004/05 Nugget Sports Awards

continued from p. 1

Female Rookie of the Year – Erin Kerschbaumer, Volleyball

Male Rookie of the Year – Ben Stokes, Men's Hockey

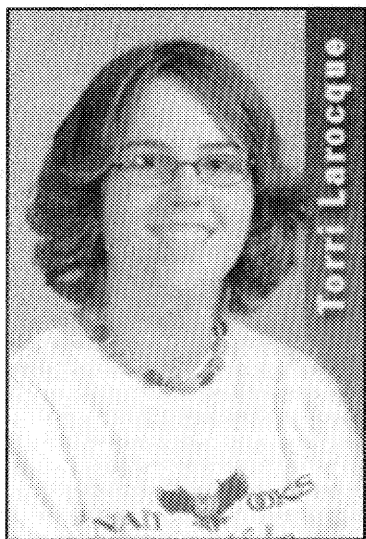
Ben led the ACAC in scoring up until the second last week of the season when he was sidelined



after suffering a shoulder injury. Stokes finished with 13 goals and 29 assists (4 points behind the leader). Stokes was a key player for the Oaks in the playoffs and scored the Game 1 overtime winner.

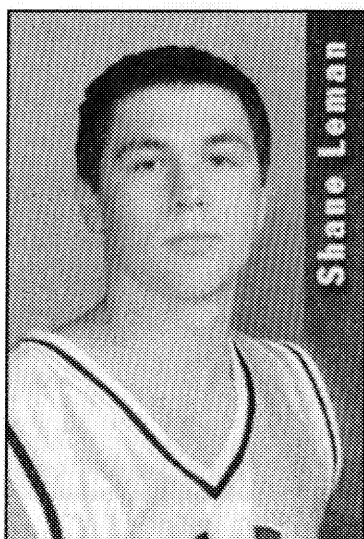
Female Athlete Contributing The Most With The Least Recognition – Torri LaRocque, Badminton

Torri was a force to be reckoned



with on the badminton court this season. The returning ACAC All-Conference athlete captured Bronze in Women's Singles and in Women's Doubles.

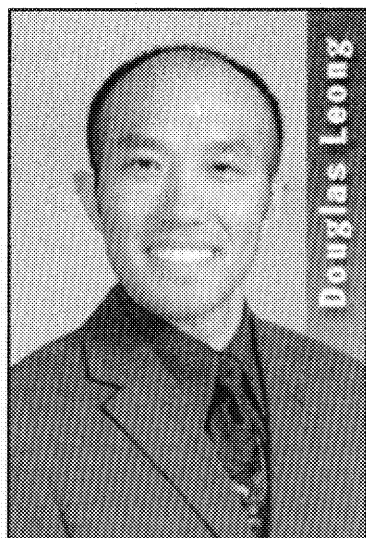
Male Athlete Contributing The Most With The Least Recognition – Shane Leman



Shane was the quiet leader on the court for the Oaks this season and racked up a league-leading 140 assists. Leman stepped up his performances when the Oaks were struggling and led his team to an ACAC Quarter-Final sweep over #1 Red Deer College. Leman was also a major contributor for the Oaks at the CCAA National Championships.

Lifetime Coaching Achievement Award – Douglas Leong, Women's Basketball

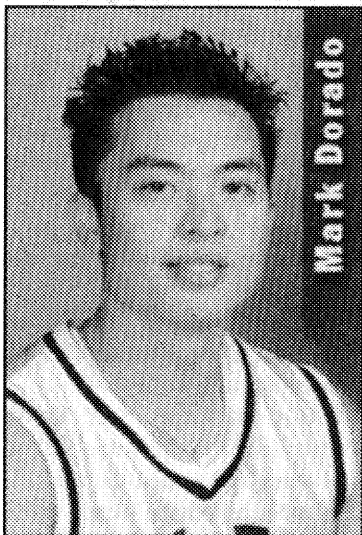
Douglas Leong completed his second and final season with the



Lady Oaks Basketball team this season. Doug has been an outstanding coach, friend, and mentor to his team over the two seasons. Under Doug's tutelage, the team posted identical 9-15 records over both seasons and secured the first play-off berth in the team's history. Douglas will be missed by many as he was a tremendous asset to the Athletics program. The Nugget wishes Doug all the best in life and in future coaching endeavors.

Lifetime Player Achievement Award – Mark Dorado, Basketball

Mark Dorado has been an incredible, and integral, addition to the Oaks basketball team for the past 4 seasons. The 5'7" guard, from Archbishop MacDonald High School, has received numerous awards throughout his career at NAIT and his skills have been recognized at both the provincial and national level. Mark has been with the team for all four of their trips to the CCAA National Championship. In his final season with the Oaks, Mark led the team with 347 points and also contributed 60 rebounds and 93 assists. With Mark's departure is the ending of a championship era for the Oaks. Mark has been an outstanding ambassador of NAIT



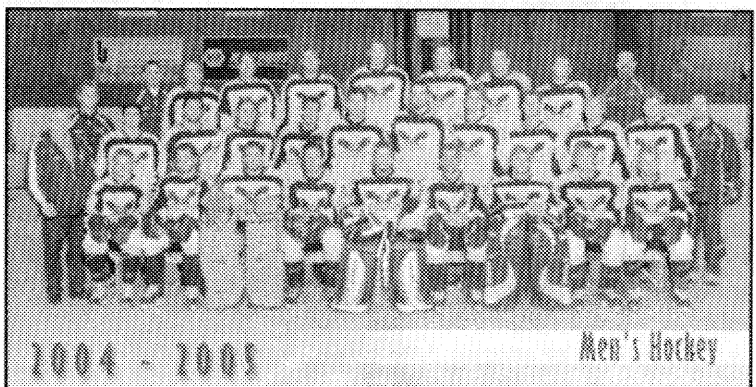
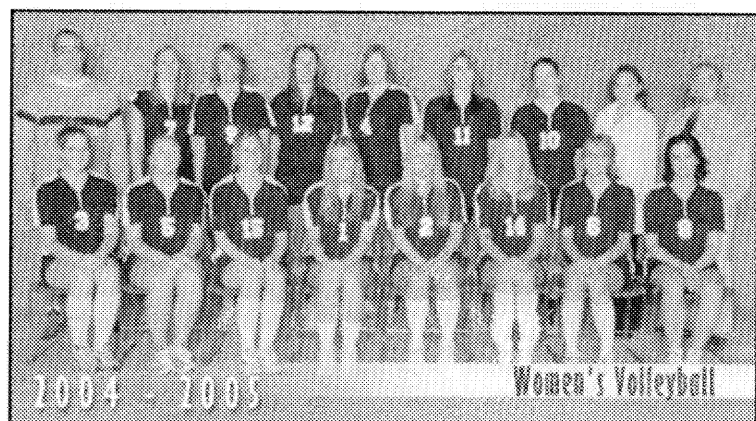
basketball and will be missed by many. The Nugget salutes Mark for his outstanding achievement throughout his career at NAIT and wishes him well in life.


It has been an incredible season of NAIT Athletics. Thanks goes out to everyone at the Athletics department (including athletes, coaches, and directors) for providing information and interviews throughout the season. Thanks also goes out to my fiancée, Erin, for putting up with all the times NAIT athletics took priority. Thanks to all my readers who have enjoyed the sports coverage this season – I hope to return to the Nugget in September for another great season. Have a great summer!

-Trevor



Ladies Curling





BUSINESS GRADUATION

Banquet and Ball

WHEN: SATURDAY, APRIL 30 2005
WHERE: SAWMILL BANQUET CENTER

COCKTAILS AT 5:00
DINNER AT 6:00
SPEECHES 7:30
DANCE AT 9:00

TICKETS:
\$40 EACH
MUST BE PURCHASED BY APRIL 16, 2005
CALL 471-7873 FOR TICKETS
OR VISIT THE NAITSA OFFICE

Butting Out

MARGARET Marean

Counsellor,
NAIT Student Counselling Centre

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 is not helpful in terms of their support.
- **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 with your hands. Consider using nicotine patches as a substitute 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**, and 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.

Available Upon Request: Your References

MATT Smith

NAIT Career Advisor

You don't want this to happen: "Hi, is this Dr. Jones? This is Matt Smith. I was in your chemistry class this semester and, well, I'm about to look for work and need some references. Would you be able to give me a reference? ... Dr. Jones? What's so funny? What do you mean I might not like the type of reference you'd give? Yeah, I know I wasn't the best student ever Hey, I showed up on time sometimes! I did so know that your lab wasn't a cafeteria! I even offered you fries once! Hold on, I thought you wanted discussion in your class Oh, not that kind of discussion That explosion wasn't all my fault – some blame must go to my lab partner If I say I'm sorry really nicely, will you still give me a reference?... Hello? Dr. Jones? Hello?"

Hopefully, you won't have as much trouble asking a NAIT instructor for a reference. Yes, instructors can make excellent references, – after all, they've been evaluating you all year – but only if you've given them some good things to say about you! On the other hand, you don't have to

be a straight A student to get a good reference from an instructor. If you've been a hard worker, a good participant in class, or overcome difficulties with perseverance and dedication, then they can mention those stellar qualities to a potential employer.

So what references are for, anyway? Employers like to be reassured that they are hiring a good person. The opinion of a candidate's former supervisors, instructors, and even coaches or co-workers can give them confidence about their final decision. Employers usually contact a job seeker's references following the interview and, typically, when they're one of the top candidates for the job. Since references aren't usually contacted before this point, it isn't necessary to include them on your resume (References Available Upon Request is sufficient). Simply print off a sheet listing your references and bring it to the interview. This will pre-empt the off chance of a potential employer calling your references out of the blue when they aren't prepared to give the kind of response you'd like.

So who should be your references? Like everything in your

job search, be selective. Employers usually ask for 3 references, but, ideally, you'll have more than 3 that you could ask. There are a couple of reasons for this. Sometimes, one reference, because of her connections or position in the field you're trying to enter, might be preferable than another. Or, one of your references might be on a business trip, sick, or on vacation. For this reason, it is crucial that you contact your references prior to your interview to make sure they're available and to inform them of the job qualifications so they have a better idea of what to say about you.

If you can't think of who might be a good reference for you, look around yourself. If you've done well in certain classes or developed a good rapport with certain instructors, ask them. Remember, instructors want to see that you get a job, so they'll be inclined to give you a good reference (unless you're more Bart Simpson than Lisa – heaven help you if you're a Homer!). Supervisors, whether it be for full-time, part time, summer, or volunteer positions, also make excellent references. Other people in your network might do the trick, especially if they've had the chance to evaluate your growth as a person over a long period of time – coaches, reli-

gious leaders, and co-workers come to mind. Still can't think of anyone? Then start finding ways to develop a bank of references. Start volunteering, making connections with your instructor, or get involved in industry associations.

The final word on references is to treat them with care. Thank them, update them on your progress, and, if ever possible, return the favour. In the last stages of the hiring process, a glowing reference can seal the deal. For more info on your job search, drop by Career Services in O117.

Student Helpdesk (NAIT Technical Support)

The Student Helpdesk is the newest helpdesk at NAIT and is a collaborative effort between Technology Curriculum Innovation and ISD Customer Support. This helpdesk was designed to provide students with a single, primary point of contact for technology related issues. Assistance can be provided by phone, email or through our Feedback form located on www.nait.ca/help.

Support analysts are able to provide assistance to students with questions on the following:

- MyNAIT (logins, navigation, etc.)
- Student Email
- Student Storage
- LOGs Online
- WebCT
- TLM
- Wireless – "NEW Wireless Pilot Project" beginning November 10. Contact the student helpdesk and make an appointment (offered on Wednesdays only), if you require support with your wireless connection.

Phone: (780) 491-3182
Toll Free 1 (866) 491-3182
Email: techsupport@nait.ca

Keep it Clean

When I left school, I didn't know what I wanted to do with my life, so I took a year off. After 6 months of goofing off, my frustrated mom gave me an ad for the Canadian Forces Reserves and, a month later, I was training as an infantry private in Vernon, B.C. I remember digging trenches in rocky soil at 40 degrees, lobbing live grenades at cut-out enemies, and waking up at 5 am to do push-ups, pull-ups, and wind sprints in our geeky gym kit, but one of

My mother glanced over at a table of soldiers who were swearing loudly, using the kind of language that would make a roughneck blush.

my starkest memories was etched during my very last day, after all my training was over.

On a blisteringly hot day in August, we newly minted privates were finally starting our graduation ceremony. We had spent the last week doing drill on the searing parade ground, determined to march perfectly for our attending family and friends. As the moment came when we marched out, I felt a huge and unexpected surge of pride, not just for myself, but for all of my fellow grads. After we were dismissed to greet our families, I just couldn't wipe the smile of my face.

After, my parents and I went

through the buffet line in the mess and went into a courtyard to eat. I had so much to say I had trouble eating. Then, like a mosquito, the sound of a nearby table started to buzz in my ear. My mother glanced over at a table of soldiers who were swearing loudly, using the kind of language that would make a roughneck blush.

I tried to ignore the foul language, but I could tell it was distracting my parents. So, I got up, strode over to the other table and, not really caring about who the soldiers were or their rank, bluntly told them what would happen if they didn't clam up. Thankfully, they kept their traps shut and we were able to finish our lunch in peace. But, the thrill I had felt earlier had dissipated. When my mom looked at me I could tell she was still proud of me, but she also looked quizzical, wondering if I used that kind of language, too.

Similarly, it's just about the end of the year at NAIT and you should feel proud of your hard work and dedication. The feeling you get at the end of a journey like this one is rare in life and should be cherished. But actions and words can easily tarnish those feelings and the pride you have in your school. When you walk down the hallway, letting curses fly, not only does it make you look rude, immature, and disrespectful, it also makes NAIT, and all of its students, look bad. If you care about your school, and the time you've spent here, show it by keeping your language clean. You're about to graduate from a well-respected institution that trains the best and the brightest – it's your responsibility to act like it.

Top Ten: Reasons to Stop Swearing at NAIT

Counselling & Career Services

10. Studies show that swearing causes hair loss, weight gain, and makes your breath stink (what with all of the filth coming out of it).

9. Swearing lowers your IQ 25 points – well not really, but that's what people will think when they hear you.

8. You never know who might be around the corner – employers conduct interviews here at NAIT: "Nice to meet you Ashtray Mouth, what are some of your other weaknesses?"

7. "Creative swear word practitioner with a knack for offending people from many ethnic and religious backgrounds" just doesn't look good on a resume.

6. You'll contribute to the survival of much more colourful and interesting phrases like "Jiminy Crickets!" and "Egad!"

5. Swear words – "The less you say 'em, the less you'll spray them." Think of all those F's, P's, S's, and B's – all classic spittle-inducing letters.

4. Ladies don't dig curse words. They really don't. And if you think they do, maybe that's why you were alone for the last 37 Friday nights in a row.

3. Guys don't dig gals that swear. Would you bring that filthy mouth home to your mother?

2. Seriously, would you want your kids to talk like that?

1. NAIT is equipping our fire alarms with anti-swearing sensors. If you don't want to spend all year listening to sirens and that disembodied voice saying, "There has been an obscenity in an adjacent zone! Please prepare to evacuate if required," you'll kindly watch your language.

modeling
THE WORKPLACE

Guys don't dig

gals that swear.

Would you bring

that filthy mouth

home to your

mother?

NAIT

Clean Sweep Week

modeling
THE WORKPLACE

NAIT is pleased to announce the first ever, "Clean Sweep Week", in an effort to tidy up our cafeterias on campus.

WHO: NAIT students & Staff welcome to participate

WHAT: Surveys, trivia, give-a-ways, and door prizes

WHEN: Week of April 11-15 during the lunch hour (11:30-1)

DATE

Monday, April 11

Tuesday April 12

Wednesday, April 13

Thursday, April 14

Friday, April 15

LOCATION

Annex Cafeteria

Tower Cafeteria

Fresh Express

Bytes

Common Market...

door prize give-away @ 1:15!

DRAW PRIZES: gift certificates from Moxie's, Kingsway Garden mall, Old Navy, and coupon vouchers from the cafeteria's.

V.I.P Card ANNOUNCEMENT

The V.I.P Cards
are now

ONLY
\$10!!!

NAITSA
Students Serving Students

for more details visit our website.

Three medals are Better Than One

The Nait curling teams almost met the challenge – match last year's awesome performance – three gold medals and a 48-7 record. They gave it the college effort ending up with three medals and a 38-9 record.

In the Provincials the men playing some of the toughest men's division ever were a little off in losing the semi to GPRC 9-4. They rebounded to edge SAIT 6-5 in the bronze game. The mixed sputtered a little in the Provincial semi losing a heartbreaking 8-7 decision to GMCC. They regrouped to hammer AUC 12-2 in the Bronze game.

The ladies were the full story. Picked for a bronze at best they played liked champions in the play-offs. They stole one against LLC in the 10th for an 8-7 victory and took a powerful GMCC to last rock before losing 6-4.

A total of 182 games were played this year in ACAC play. The two regionals hosted by PC and OLDS

to determine the Provincial qualifiers involved 152 games. Another 30 were played in the Provincials hosted by AUC. When the pebble was gone the 2004-2005 curling season belonged to GMCC – they three-peated.

In regional play the men finished first (11-2) the ladies finished fourth (9-7) and the mixed finished first (11-2). Regional play saw GMCC edge NAIT, 36 wins to 31 wins

IN THE HACK

- The 3 medals enabled NAIT to capture second place in the team championship
- NAIT curlers finished the season with an overall 39-18 record
- Marie Grabowski and Sarah Domes were named to the All Conference Ladies Team.
- Dustin Eckstrand, the mixed skip, played 3rd on this years Provincial Jr. Champions.
- Jamie Fletcher, the mixed second, lost to Dustin in the Provincial Final.



MEN'S, from left: Bryonn Connell, Collin Huber, Klye Richard, Tanner Rathwell, Shane Pacholuk.



MIXED, from left: Dustin Eckstrand, Candace Wanechko, Jamie Fletcher, Adrienne Renkema.



LADIES, from left: Pam Henderson, Stacey Bergum, Sarah Domes, Marie Grabowski, Heather Cheram.

Want To Start Your Own Business?

Why not start your business at NAIT?

Duncan McNeill Centre for Innovation Open House

Thursday, April 7, 2005
10:00 AM – 2:00 PM
W207 HP Centre

Enter a Draw for a \$100
Campus Reads and Needs
Gift Certificate

500 Minutes - \$34.95

(Details at the Salon)

GOLDEN BEACH TANNING

Suntanning Salon & Esthetics

100 FREE minutes with purchase with this ad
10% off tanning lotions with this ad

471-2550 * 10412 - 118 Ave
(Next to Blind Duck, Across from the Annex)

Best Prices Anywhere!

**10% OFF EVERY ITEM IN THE
STORE, INCLUDING**

- Levi's • Carhartt • Helly Hansen
- Dakota • Windriver • Denver Hayes
- Mark's • Point Zero

Mark's Work Wearhouse

**Mark's Work
Wearhouse**
Clothes That Work.

Oliver Square location only.
(Next to Safeway, 11426 - 104 Ave.)
Ph: 479-2478
Expires August 31, 2005. NAIT ID required.

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submissions.

Visit:
nuggetsubmissions@hotmail.com
nuggetgrapevines@hotmail.com

THE DEADLINE IS
12:00 p.m. on the last 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.

Uniting the World Till the End

Curtis Comeau



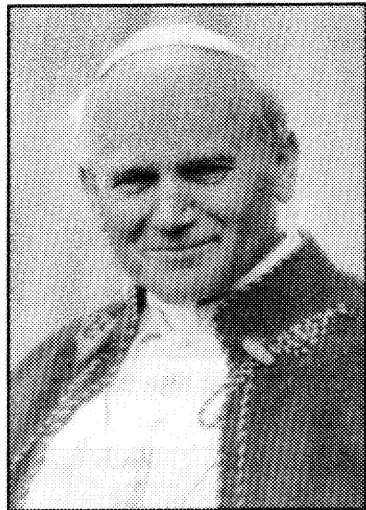
"Few have the ability to inspire millions of people to change for the better, but even fewer have the power to keep the change going even after their death." -unknown

You don't have to be religious to realize that our world has lost an extraordinarily kind and caring man. His legacy comes to a fitting end. Even on his death bed the Pope was still uniting millions of people. In the past few days millions from the following faiths (Islam, Christianity, Judaism, Hinduism, Sikhism, Buddhism) have united to pay their respects to the fallen Pope. This in itself is an amazing feat.

Karol Wojtyla better known as Pope John Paul II helped shape the world as we see it today. Since being elected pope in 1978, Wojtyla took the name of John Paul II. He lead a lifetime of first time achievements during his twenty seven year tenure.

He was the first pope to enter a Muslim mosque. He was the first Pope to visit Rome's major Jewish synagogue, in fact the Jews of Poland hailed John Paul II as "The best Pope the Jews have ever had."

He was also the first Pope to enter politics as he emphasized his personal past experiences as a foundation for his present vision.



The fall of communism and the Iron Curtain in Russia would have been impossible without the Pope. His opposition to communism came from the belief that the a persons allegiance should be to God and one's own conscience, not the state. The pope thought communism, which suppressed religious, economic and political freedoms, set itself up as a kind of alternative god. "In our times evil has developed outside all limits." - John Paul II. What is truly inspiring is that he did it not by creating an arms race or by threatening Nuclear War, but by moral leadership and the social harmony. You can find more information about the late Pope John Paul II at www.vatican.va.

Achievements

Number of cities visited: 876

Number of foreign countries visited: 129

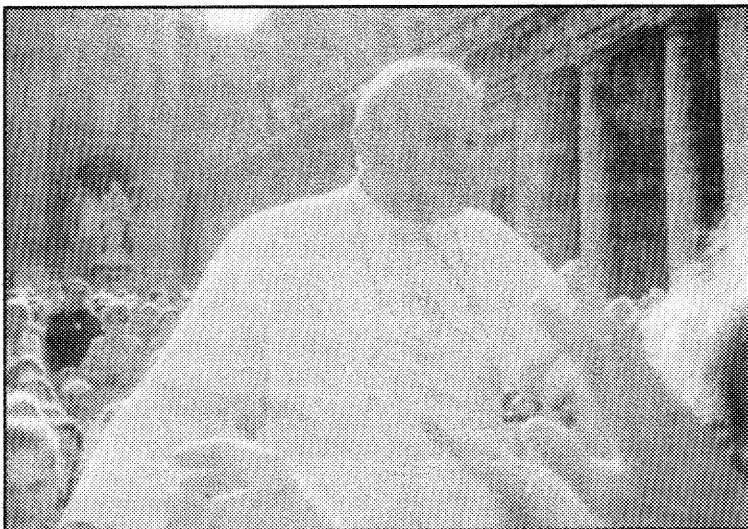
Miles traveled expressed in number of times around the world: 31.19

Number of saints canonized: 483

Number of heads of state and prime ministers met in audiences: 803

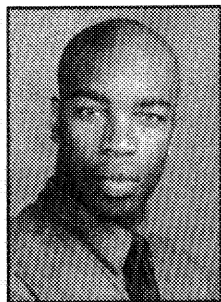
Number of pilgrims met in audiences: 17,642,800

Number of cardinals named: 232



Used Book Registry now on NAITSA.ca!

Dwayne Williams



NAITSA President

Hey everyone! For those who do not know yet we have established a Used Book Registry at www.NAITSA.ca under "Services." We believe this new tool will help students, both current and future, to regain some of the investments they have put into books!

Alas, another year down at NAIT, and one more to go! NAITSA made leaps and bounds in terms of progress towards improving the

student environment here at NAIT! We look forward to an even greater year next year!

All of us can look forward to more information about important initiatives and events which involve students, along with more focus on reducing unnecessary expenses. We plan to bring all the campuses both far and across the street together to celebrate the student community as a whole.

So until then, stay tuned to NAITSA.ca for updates and information over the summer, and if you have any suggestions for NAITSA.ca or NAITSA in general, feel free to email me at dwaynewi@nait.ca or call me at 471-7608! Have a great summer everyone! — Your NAITSA Prez

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APRIL 18 - JUNE 3
Monday

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Tuesday - Friday

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(store hours change mid-May)

The buyback list will be posted at

www.nait.ca/reads&needs/

Get a BUYBACK BUCK to spend on anything in the store with each book bought back.

Not all books are bought back. Ask store for details.

Edmontonians Tough on Dick

CODY Paton-Perkin
FEATURES



"Andy Dick was the shittiest person that has ever been on a Yuk-Yuk's stage" was what one employee had to say, "Andy Dick is a piece of shit;" those the two statements were pretty much the consensus of all that attended the show on the past Friday night.

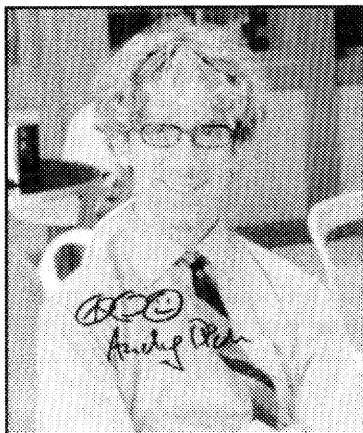
Andy Dick was not funny at all. The first time he tried to kiss one of the men he brought up on stage was somewhat funny. Some people thought it was comedic when the Dick pulled his out his penis and wrapped it around his wrist, was also funny.

At one point during the show people in the crowd started to chant to name of a local comedian Paul Myrehaug. At one point Dick left the stage for several minutes to go to the back room. Eventually the crazy antics of Dick got him

booed from the Yuk-Yuk's stage for good.

Yuk-Yuk's decided to pull Dick from the following night's performance to replace him with local comedians. Most people who had tickets were not disappointed with the cancellation.

It is rumoured that Andy Dick's antics were drug-fueled. Another employee also reported that he Dick left his green room in shambles and left evidence of drug use



in the room. It was also rumoured that his antics spilled over into the parking lot after the show leaving many guests displeased. In the end it wasn't Yuk-Yuk's loss it was the people that paid him \$3500 to be a freak who lost out.

Let the Judging Begin

CODY Paton-Perkin
FEATURES



The battle for the spot at OOK-FEST has begun. Last Friday 4 bands battled it out for 25 minutes each hoping to impress the judges enough to move on to the final round. A Nugget scorecard was made to relay the information back to you. The bands were judged on originality, stage presence, crowd response and talent. The range is scored from one to five. Our scorecard differs from the actual score card used during battle of the bands.

The Seventh Eye: If you're into 80's metal these guys are for you! *Originality* 2, *Stage Presence* 3.5, *Crowd Response* 4.5, *Talent*: 3.5. Side Notes: Don't play more than

one cover song at a battle of the bands.

The Michael Edwards Band: Jazz, type almost big band style. *Originality*: 4, *Stage Presence* 4, *Crowd Response* 3, *Talent* 4. Side Notes: Although they are playing to the wrong target audience, these guys could win it.

Narcosis: They were unrepentantly good; the keyboard song was the best song. *Originality*: 4, *Stage Presence*: 4, *Crowd Response*: 3.5 and *Talent*: 4. Side Notes: Would be surprised if they lost.

The Mange: Don't take your shirt off during a gig. *Originality* 4, *Stage Presence* 3.5, *Crowd Response* 3, *Talent*: 3.5. Side Notes: Sound like early offspring, could be the wildcard.

Overall the bands were of a decent calibre. This Friday the second preliminary round takes place at The Nest. If you want your band to win come on out and cheer.

Superhero Costume Party!!

Friday, April 22, 2005
Huge Prizes For Best Dressed!!

SUPERHEROES

Who Will You Be?

Blind Date @ THE NEST

3 BIG BANDS
1 SMALL CLUB

TICKETS \$10

MONDAY, APRIL 11TH 2005

WHO'S PLAYING?

YOU HAVE TO BE THERE
WHEN THE CURTAIN FALLS

Tickets available @ The Nest & NAITSA Office E131

Molson Blind Date Entry Form

Name: _____
Phone #: _____
e-mail: _____

Technology: _____
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Fill out an Entry Form to win a Double Guest Pass to the event of the year....'Molson Blind Date.'
Bring entries to the NAITSA Office, Rm-E131 by April 7th, 2005.

BOG it down



Elaine Devine

Just a reminder Board of Governors will be appointed on April 12 at the final General Council meeting ever. If you will be returning and plan to run for Senate keep your eyes on the poster boards and on the Nugget in early to mid-September. Senate election will take place in September.

The NAITSA Office will be running on summer hours starting in May we will be closed every second Friday all other days we will be open 8am to 4:30pm. If you need to reach anyone at the NAITSA Office please call 471-8855.

This has been an amazing year.

To everyone who will be graduating I wish you all the best in your future. To everyone who will be

If you will be

returning and plan to

run for Senate keep

your eyes on the poster

boards and on the

Nugget in early to

mid-September.

returning next year I look forward to see you all at OOKFEST on September 10 and at Shinerama. HAVE A GREAT SUMMER!

Kyprios and who's that other guy?

CODY Paton-Perkin
FEATURES



It was a hot week in E-town if your into the music scene. This past week E-town claimed host to a few big bands, one hot country star, and two rappers. One of those bands happened to play the NEST on Thursday night. His name was Kyprios. But to be brutally honest, there was no anticipation leading up to the show which was unfortunate.

Kyprios is a rapper from Canada. He began rhyming about 12 years ago, when his brother began hang-

ing out with one of the guys from Sound Advice. When Kyprios turned 16 he met Prevail, who is a well-established rapper in the group Swollen Members. Prevail helped mentor Kyprios into what we know him as today.

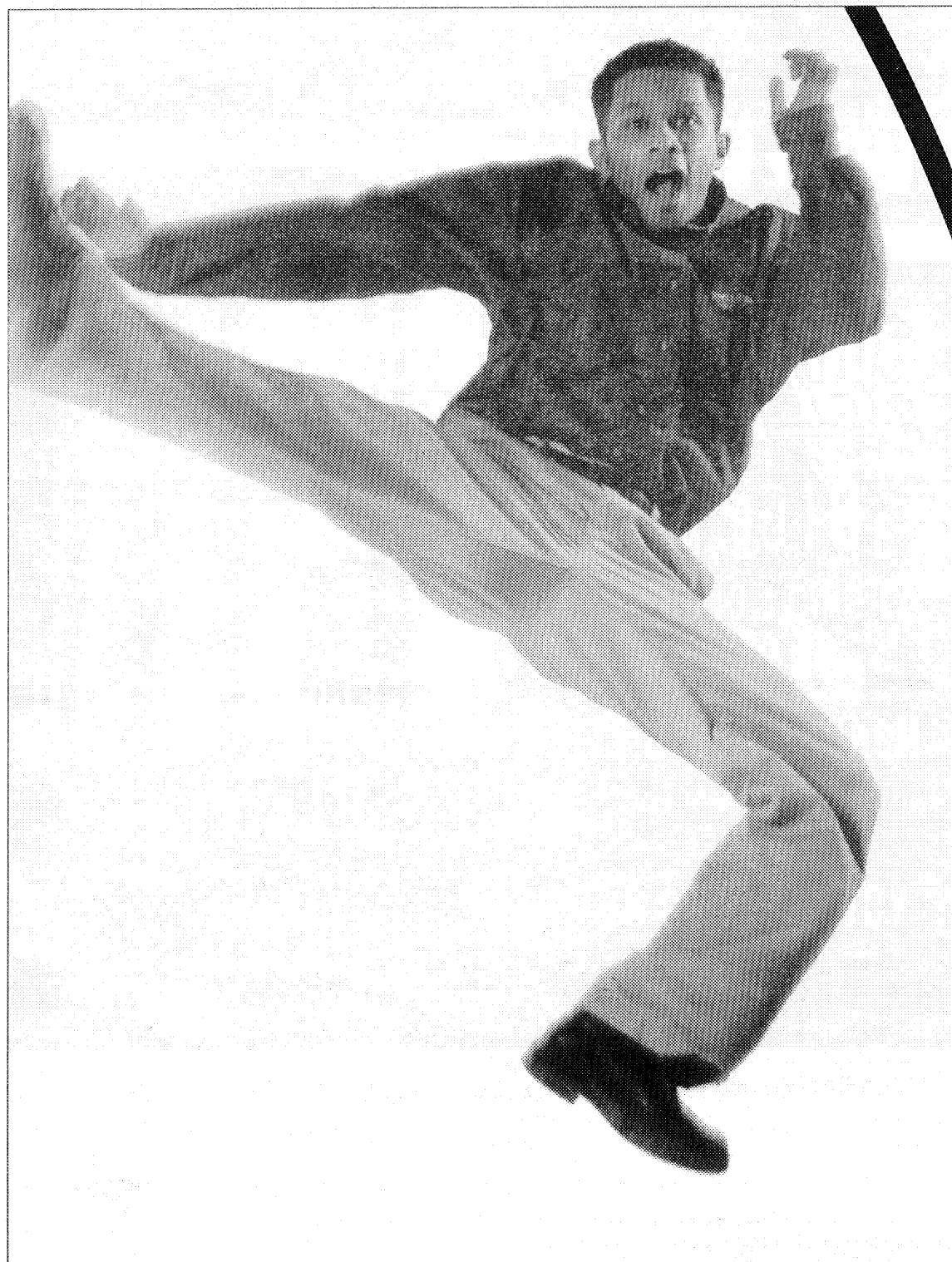
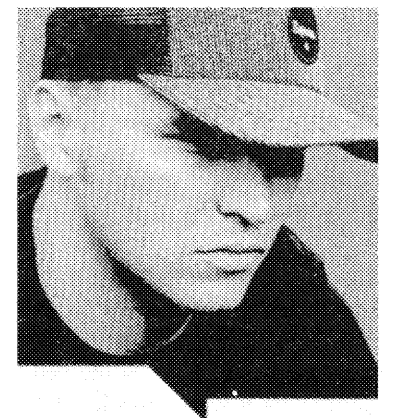
The openers Intricate Minds, seemed to have a huge following which helped them win the OOKFEST Battle of the Bands, however when opening for a decent headliner like Kyprios nobody showed up to support them. The Second opener for Kyprios was also a white MC from Vancouver.

When Kyprios took stage, the experience showed, as he owned the crowd, and had everyone up at the front just as excited as himself. Surprisingly Kyprios did an excellent job as he rocked the Nest for an hour.

This MC with a heavy background in the arts, writes songs that like

him go against the grain of "typical hip hop". During the show he took the chance to take a stab at basically all mainstream MC's saying they need to rap about their brains and not their money.

The show overall gets a 6 of 10. Kyprios is not the best MC I have ever seen, but he did gain my respect by putting on a great live show. That being said there were only about 70 patrons there to see it.



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Phone: (780) 443-4141 Fax: (780) 443-4181

Email: is2wed@telus.net

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 final marks for programs with an end date of April 29th, or earlier, will be posted on the NAIT Student Portal in mid-May. Programs with a later end date will be posted as soon as they are available.
3. If you will be returning for the Fall/Winter terms 2005/2006, please check NAIT's website at www.nait.ca for information regarding tuition fee information and payment deadlines.
4. Registration dates for most returning students in the Fall 2005 will be **August 23rd, 24th, and 25th.**

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Comeau's DESTINATIONS

Thailand

Curtis Comeau

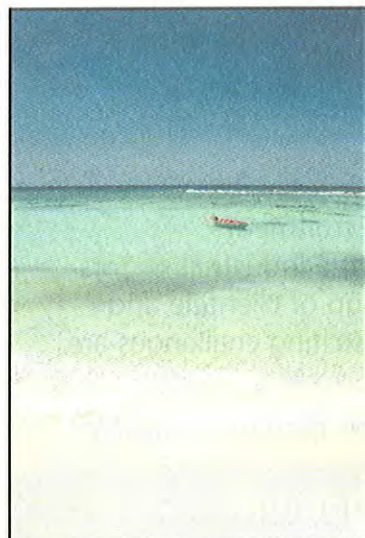
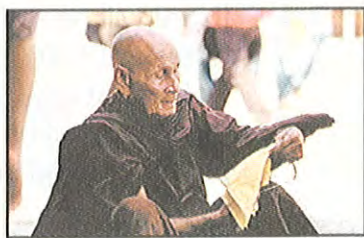


For the final installment of Destinations I have decided to choose Thailand. This is due large in part because I have been meeting people left and right who are "traveling" to Thailand this summer.

I would like to start by saying that from a Canadian standpoint the Thailand craze of the new millennium is much like the Mexico of the early to mid 90's. This craze can be attributed the affordability of a Thai vacation (some people only spend around 200 – 300 for a week), but moreover the awe-inspiring scenery and emerald green waters are what attracts most people.

However my experience is that true adventures, seasoned travelers and people seeking to experience relatively untouched Asian cultures are somewhat disappointed in Thailand. Although Thailand is situated in South East Asia, English is very prevalent, especially in Bangkok, with road and storefront signs often being displayed in both Thai and English. That being said to experience the Thai islands and Thai cuisine is still well worth the trip.

Location: Located just south of Laos, Thailand is a very warm country that claims host to sev-



eral world renown Islands. Popular islands such as Koh Samui and Koh Phangan are located in the southern part of the country.

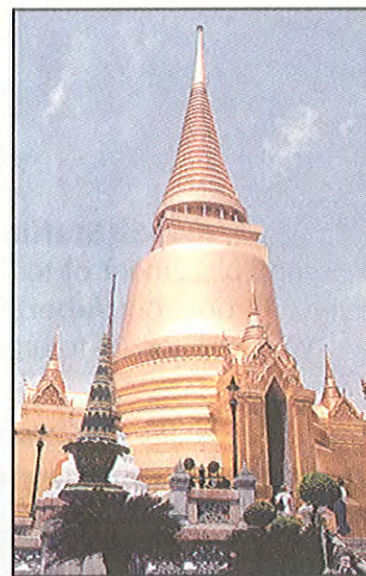
Getting Around Bangkok: The International airport is in the city of Bangkok. When you arrive I suggest getting a Taxi from the air-



port, and once you have your bearings then venture into Tuk Tuks (little 3 wheeled cab like vehicles). Public transportation is also very safe. When in Bangkok at times you will see more white faces than Thai ones as Thailand is a hub for south east Asia travel. As aforementioned English is common and you will have absolutely no trouble getting around.



Getting to the Islands: Once in Bangkok there are two ways of getting to the Islands. The first which is PURE HELL is the Train-Bus-Boat trip. You take a 10hr train ride then a 30 minute bus ride then a packed ferry which sails for



3 hours stopping at every island along the way. This trip can be purchased from a travel agent in Bangkok (there are lots of travel agencies) for about \$30CDN. The other way is to fly to the islands... For gods sake if you ever take a piece of advice from anyone this is

continued on p. 11



Adieu, To You... And You and You and YOU

Jenny Annett
HEALTH & LIFESTYLES



Alas, my friends, 'tis that time again. The snow has melted, the ducks are back to crapping in my parent's yard, and the school year is winding down. For some, it will be back to the summer construction job, for others, back to the restaurant full time. For me, it is back to designing for a landscaping company and then... Who knows? You see, friends, this is my last year with the Nugget, but also my last year with N.A.I.T.

What is it about N.A.I.T. that is so great? I know I have complained about the Annex and its overabundance of men and odors alike... However, even with its remoteness and isolation from the world of the Nest, the Annex has become a strange refuge for me. Like thousands of other diploma seekers before me, I have become quite attached to my little N.A.I.T.

In scholastic circles, I may earn the title of 'professional student', or, in cruder groups, 'education tramp'. I have 'been around' the post-secondary block, if you know what I mean. Despite my stints at university and college, N.A.I.T. has been by far the best experience. Was it my program? A little, yes. Was it the food at the cafeteria? A million times no. My experience was great because of the people.

I know what you're saying. How can I be so fond of the people I have seen every day, five hours a day, for TWO YEARS? The truth is, it is hard. Sometimes you



want to jab your pen in your eyes, sometimes you don't. Today? Maybe I'll do it later... Despite our differences, my classmates and I have somehow found a vibe that works, no matter how catty and back stabby it is... Perfect? No. Workable? Yes.

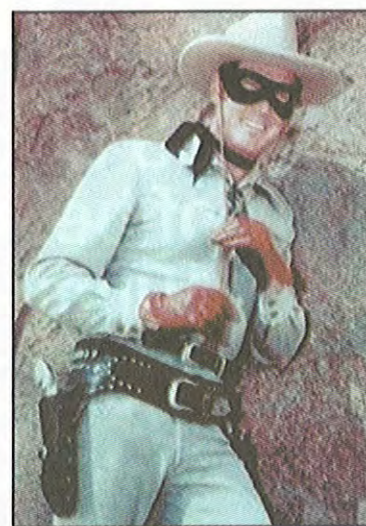
There is another group of people that have made this a wonderful time. The strange thing is, I don't

even know what they look like. The group is my readers. When I first started writing for the Nugget, I thought my pointless babbling would fall on zero eyes. Nevermind blind eyes, or however the proverb goes, I thought nobody was going to read what I had written. While there hasn't been a 'Jenny Fan Club' (yet? <wink>) there have been a select few who have taken the time to write me. Thank you very much.

For those of you who have read or written, I appreciate your support. For those of you who didn't read or write (or call) consider this your verbal smiting. (Those wishing to be smoted, consider it done.)

As my time here winds done, I can't help but feel like I'm graduating from high school all over again. Here we are, saying our

good byes, seeing friends for the last time. It has been a fun, stressful adventure, but like every cli-



ché cowboy movie, it is time to ride into the sunset. <Sniff> Good luck in grown up land. I hope to see you there.

CivE Boys Rock The Dock

Trevor Elliott



TRAILER PARK BOYS

The CivE Boys included Chuck, Trevor, Gun Show, and Kid. Chuck's woman, Barbara, also made an appearance. Bubbles was notoriously missing in action for the celebration.

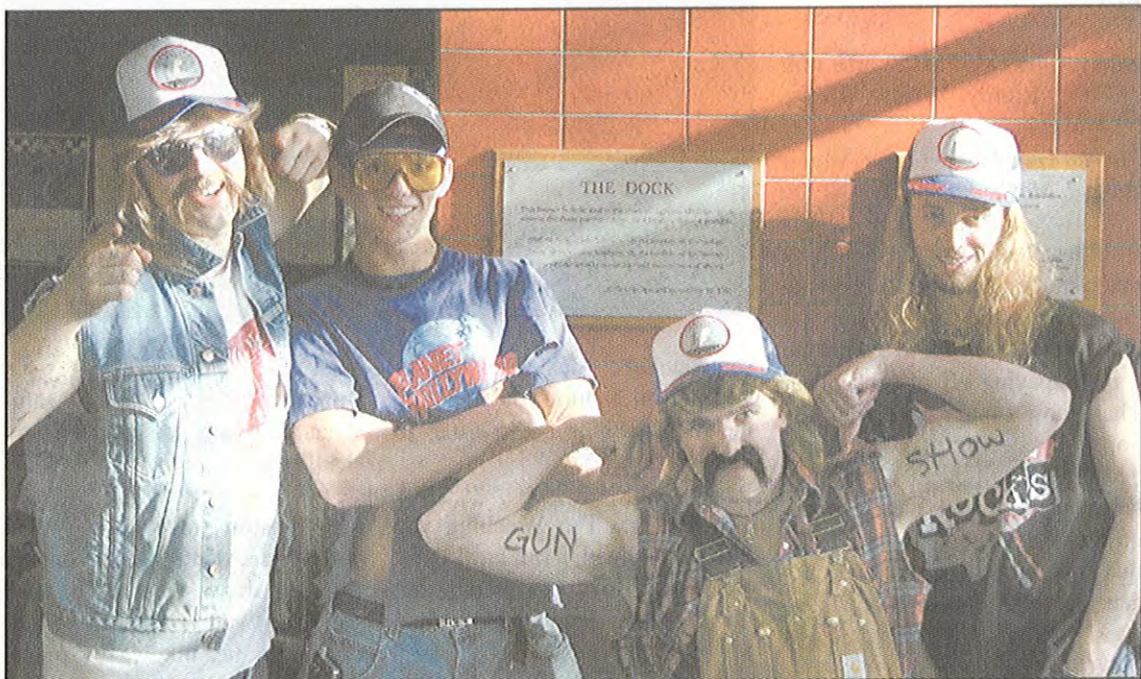
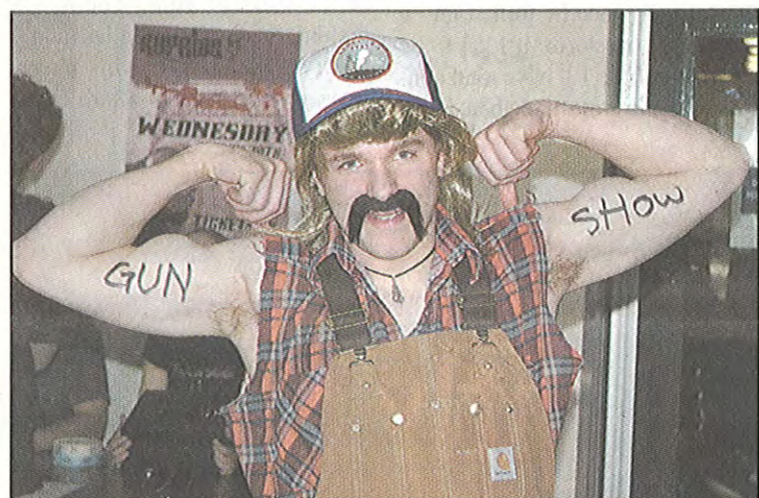
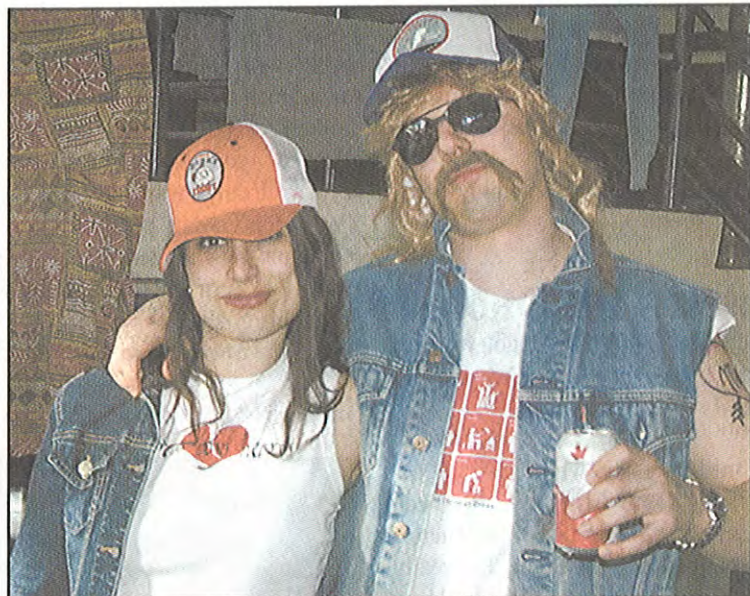
The Civil Engineering students held their annual party at the dock last Thursday. This year's theme coincided with the Trailer Park Boys' fifth season that premieres on Showcase on April 17th at 10pm.

The CivE Boys "fully exploited the theme," says Chuck, in coming up with residents of the "Bubble of Doom" at the Annex. The Bubble of Doom was a large, inflated beer tent set up just outside of the Dock.

Top Ten TPB Episodes

- 1) Conky
- 2) Where The F*ck is Randy's BBQ
- 3) The Bible Pimp
- 4) A Shit Leopard Can't Change Its Spots
- 5) If I Can't Smoke and Swear I'm F*cked
- 6) What the F*ck Happened To Our Trailer Park?

continued on p. 10



YOUR NAITSA Executive "off the podium"

CODY Paton-Perkin
FEATURES



Part 2 of 2

This past week I had a chance to complete part two of our "Off The Podium" series. My Q and A interviewees included VP of Finance and Administration Elaine Devine and unfortunately Jon Hoffman was unavailable for an interview. Here is how my conversation with Elaine went.

Elaine Devine
Sit down interview
Elaine's office

CC: This is your second term as Vice President of Finance and Admin, has it been easier than

your previous term?
ED: The second Term hasn't really started. I think it really starts when we do our strategic planning in May and see what the NAITSA executive group dynamic is like.

CC: Strategic planning? You mean like making a plan of attack against the enemy?
ED: No not like that. In ours we all sit down in May and we all say the things we would like to accomplish thought the year.

CC: In a few words can you tell us what your job actually entails?
ED: My job entails being the CFO for NAITSA. I deal with NAITSA's investments, deposits, Technology banking as well as dealing with Technologies finances and representatives.

CC: Do you create NAITSA's budget?
ED: Dave XXXXXX and I create it together. Then we both present it to General Council for approval. Excuse me a moment.

David XXXXXX actually walks

in to the office and hands Elaine a piece of paper, they Talk and Dave exits the office.

CC: Can I ask what did he just give you, I'm curious.
ED: Sure. A check.



Elaine Devine

CC: Your desk is really messy is it cause your so busy?
ED: Yes. But I'm really not so messy should see my car.

CC: What type of car do you drive?

ED: (reserved pride) A 2204 Mitsubishi Lancer Ralli ART.

She shows me a picture of it. Its nice but I think my BMW 325 is nicer...

CC: Be honest do you street race?
ED: (Smiles) No.

CC: Really? You must be lying.
ED: I speed I guess... but never 10 over the posted limit.

CC: I heard from a source you got busted for speeding in the NAIT parking lot.
ED: Yes... (sheepishly) he accused me of going to over 10kms. Which is not true...

CC: I also heard you have a strange popcorn fetish.

ED: Its true. I love popcorn It's my most favorite thing in the world.

CC: You like all popcorn.
ED: No. Cineplex Odeon popcorn.

CC: How much are they paying you to say that?

ED: Nothing. But if they wanted to, they could pay me in popcorn.

CC: So if we went on a date and I was deathly allergic to popcorn what would you do?
ED: You would have to sit away from me... Or find someone else to date.

CC: Can you tell us some of your goals that you will mention in the Strategic Plan for next year?
ED: My goals are to really keep a good track of the events that techs are putting on and give them the support they need to raise money for their grads. I'm also looking forward to seeing how the new NAITSA governing body will work. And I want to keep a cleaner office.

Phone rings... She talks for a minute and hangs up.

ED: Sorry but that was just EPCORE. And they are going to be at my new place in thirty minutes, so I have to take off. Sorry.
CC: No worries, thanks for the interview.
ED: Ok see ya.

CivE Boys Rock The Dock

continued from p. 11

- 7) The Green Bastard
- 8) Who's The Microphone Assassin
- 9) Dear Santa Claus Go F*ck Yourself
- 10) If You Love Something Set It Free

Best TPB Quotes

Cyrus: "F*ck Off! I got work to do!" *Take Your Little Gun and Get Out of My Trailer Park*

Bubbles: "The whole idea got me pretty damn frisky too. It's been quite a while since that. There's nothing wrong with me. I'm really frisky." *Mr. Lahey's Got My Porno Tape*

Ricky: Don't you have some offs to f*ck **Randy:** What? **Ricky:** F*ck off!
I'm Not Gay, I Love Lucy... Wait a Second, Maybe I am Gay

Bubbles: People don't realize how much money are in carts. I'd take these homes and fix 'em, sell 'em to a different mall for \$18. I got the 2 malls paying off of each other. That's how I make my living. It's not really stealing if you ask me because most of the money I make here I spend it back there anyway on fucking cat food and stuff like that so somebody's here and on a cart like this...woopsie! Down she goes..." *What In The F*uck Happened To Our Trailer Park*

J-Roc: "You best step off with your no-shirt, lawn-mowing cheeseburger eatin' prick!" *I Met Cats And Dogs Smarter Than Trevor and Cory*

Tania: "Have you read the bible?"

Bubbles: "Maybe I have, maybe I haven't. What's it to you?"

Bible Pimp: "Can you read, my son?"

Bubbles: "Well that depends...can you go fu*k yourself?" *The Bible Pimp*

J-Roc (J-Roc is caught masturbating and starts yelling at the cameraman): "Turn that shit off, motherf*cker! I was getting' changed, you know what I'm sayin'?" I don't want that shit on TV. I don't want motherf*ckers seeing me get changed!"

Bubbles: "Turn that thing off, he's pullin' his goalie!"

Who's The Microphone Assassin

Bubbles: "Look, Ricky, when

Ricky: "Really. What's that, Lahey?"

Mr. Lahey: "My grade 11." *Never Cry Sh*t Wolf*

Ricky (listing people who get stoned before they do their crappy jobs): "carpenters, electricians, dishwashers, floor-cleaners, lawyers, doctors, f*cking politicians, CBC employees, principals, people that paint the lines on the f*cking roads." *A Man's Gotta Eat*



someone like Alex Lifeson asks you put on a shirt, you're puttin' the fucking thing on." *Closer To The Heart*

Mr. Lahey: "I'm Watching you like a shit hawk!, a shit hawk!"

Bubbles: "Boys, can I come out now? I think I got a leech onto my bird."

*Where The F*ck Is Randy's BBQ*

Ricky: "I've noticed that if you throw something into a water body, like a lake or an ocean, that the next day you come back and it's gone so, somehow it takes it away and filters it through and it just cleans it up, like a garbage compactor or whatever. So it's not really littering if you ask me." *A Shit Leopard Can't Change Its Spots*

Mr. Lahey (to Ricky): "I've got something you'll never have."

Bubbles: "Ricky there's a sam-squanch trying to get into my shed!" *Rub 'N Tiz'zug*

Mr. Preston (to Ricky): "What you've just done, pissing on my car; you have crossed the line with me. I've had guys throw barbeques at me, they've broke the windows outta my car, they've cursed and sworn at me, but the bottom line is... I aint sugar. Cause if the right hook comes out, crazy motherf*ckers like you get knocked out. Don't be lookin' me in the eyes boy! I aint got no candy for you. No candy... except for the right hook" *The Green Bastard*

Bubbles: "See? He's just a big, stoned, horny kitty with the munchies. Trevor was eating chips too. Who's a good boy?" *If You Love Something, Set It Free!*



Mr. Lahey: "Randy just doesn't understand, I mean, I love him dearly but I hate Ricky more. I just don't want to put up with that prick for the rest of my life. You know, he, he grew up as a little shit spark from the ol' shitflame. Then he turned into a shit bonfire, and then driven by the wings of his monumental ignorance he turned into a raging shit firestorm. If I get to be married to Barb I'll have total control of Sunnyvale and then I can

unleash a shitnami tidal wave and engulf Ricky and extinguish his shitflames forever. With any luck, he'll be drowning in the undershit of that wave. Shitwaves." *Propane, Propane*

Ricky: "Oh yeah? Who thinks they're f*ckin' Santa Claus all of the sudden? Huh? You're not f*ckin' Santa Claus Julian and I don't need your f*ckin' cherry trees. (charity)" *Dear Santa Claus Go F*ck Yourself*

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Comeau's DESTINATIONS

continued from p. 10

it... Fly to the islands... forget the train. Flights are around \$80CDN.

Food: Thai food is simply the best cuisine I have ever experienced. Ascetically it's not the most appealing, but the taste and price is literally unmatched. From an array of curries to seafood dishes Thai cuisine is the one thing I miss the most.

Customs and Culture: The Thai people are very hospitable and friendly, but as tourism has increased the cons and scams are ever increasing, especially in Bangkok. The Gem Scam is among the most popular — This occurs when a Tuk Tuk driver makes a stop (as per your permission) at a "friends" gem or jewelry store. You are invited into the shop, upon which a very high-pressure sale ensues and the items, which you are basically forced to purchase are fakes. To avoid this make sure you tell your Tuk Tuk driver you are in a rush and have no time to stop anywhere.

A big no no is touching the top of a Thai persons head especially a child. As well as showing a Thai person the soles your feet is considered very disrespectful.

My Notebook: I suggest to all people make sure to pack VERY LIGHT as shopping in Bangkok


is very affordable. If you pack heavy you will most probably end up throwing stuff out because you have no space to bring home your new purchases.

Do not have SEX in Thailand. The HIV rate is staggeringly high as is the prostitution. Don't even have sex with a fellow tourist. It's really not worth the risk!

Watch your drinks and don't ever accept a drink from someone you just met! A friend of mine in Samui got drugged and robbed by fellow "travelers" whom he was traveling with for the past week. They drugged his drink, took his passport, credit cards and cash. This is a serious problem in Thailand especially in the islands.


Buy a custom-made cashmere wool suit — or 5. If you don't come home without a custom made suit you are a loser. The best part is that your Tailor will keep your measurements on file so you can purchase more suits from back home. Suit cost should be \$80-125... seriously. My tailor sends me about 2-3 suits a month. For travelers going here is his info. Canoe Master Tailor. 251 Kahosan Road, Banglumpu, Bangkok. 10200 Thailand. 66 (0)2-6290289. Ask for Mr.Thez.

Happy Travels. C

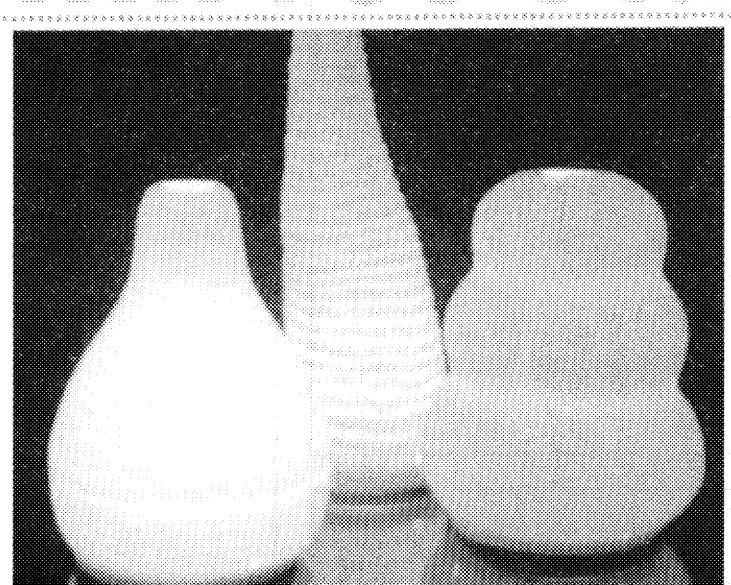


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Just joking, but now that we have your attention, come down to your Campus Bookstore to find everything you need for your mother on Mother's Day. These gifts will only be available until the end of April so come down soon!!!!!!

Bookstore Hours
Monday: 7:30a.m. to 7 p.m.
Tuesday to Friday: 7:30 a.m. to 5 p.m.

READS & NEEDS



Nait Men's Basketball Spring League

This league is designed to provide COMPETITIVE basketball for past/present college and university players and graduating grade 12's in and around the Edmonton area.

The league will run on Tuesday evenings starting on May 3, 2005 at 5:30pm and ending with a league championship on June 28, 2005.

There will be no coaches, however, each team will have a captain that is responsible for communicating between the league administrators and the players.

Each game will be officiated by volunteers through the NAIT administration and inappropriate conduct towards referees will not be tolerated.

Entry fee is \$60 (cash, cheque or money order) and there is no guarantee of gaining acceptance into the league since SPACE IS LIMITED. Only the cheques of those accepted will be cashed and others will be returned. Make cheques payable to NAIT ATHLETICS.

We require a minimum number of registrations in order for the league to run.

Teams will be selected by an entry draft conducted by pre-selected team captains and no team or partner registrations will be accepted.

Personal information:

Name: _____ Height: _____

Position: _____ T-Shirt size: _____

Address: _____

Email: _____

Phone: (H:) _____ (W:) _____

(Cell) _____

Last school team and when: _____

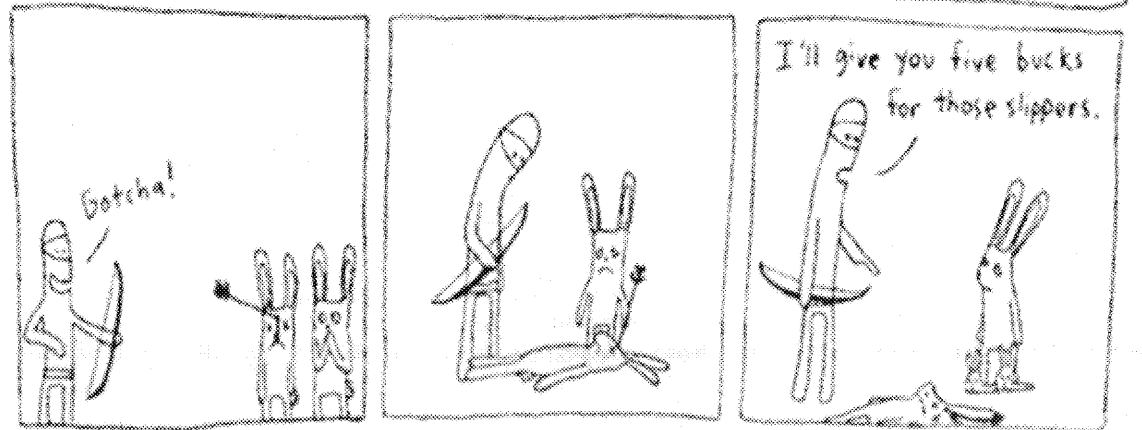
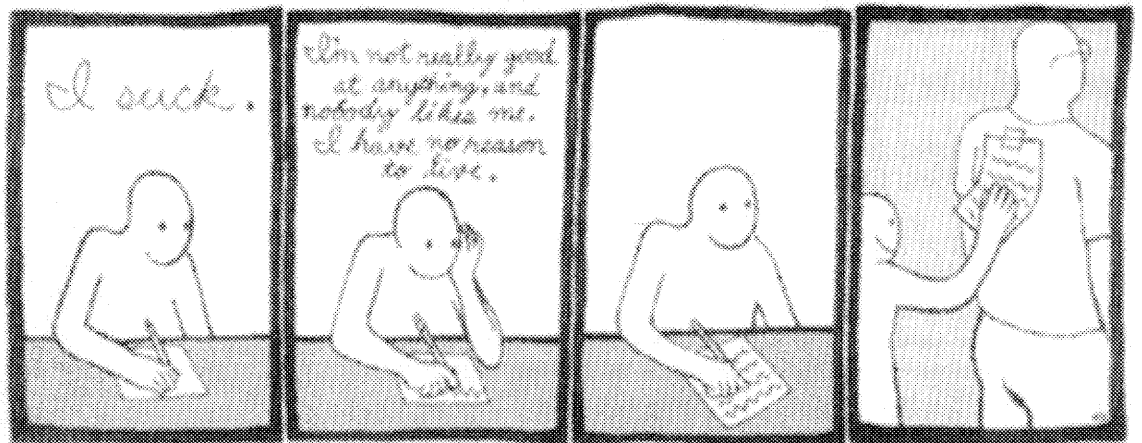
Player profile (what kind of player are you)

Please send completed entry forms to:

Chuma Nwobosi
NAIT Men's Basketball Office
11762 - 106 Street
Edmonton, AB, Canada
T5G 2R1
(780) 471-8531

****WE WILL NOT ACCEPT FAXES SINCE THE PAYMENT MUST ACCOMPANY THE ENTRY FORM****

Please do not send cash in the mail



www.whiteninjacomics.com

Extended Hours for the Library and the Project Factory

Project Factory

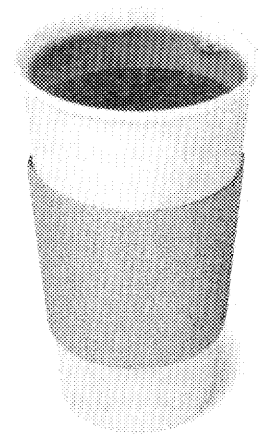
Sat. April 9 10 am - 6 pm Sun. April 10 10 am - 8 pm

Sat. April 16 10 am - 6 pm Sun. April 17 10 am - 8 pm

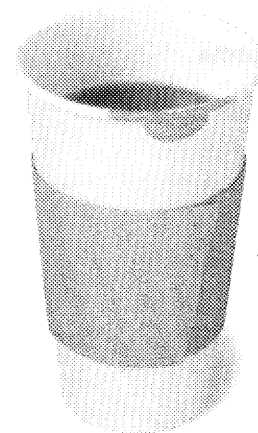
Library

Sat. April 16 10 am - 6 pm Sun. April 17 10 am - 8 pm

Sat. April 23 10 am - 6 pm Sun. April 24 10 am - 8 pm



DEPART



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Our Side An Ode to Nice Girls

BRIE Burrows

This is a reply to the article Ode To the Nice Guys. You know that there are always two sides of each story. This is for all the girls who act as designated drivers, who sacrifice consuming any alcoholic beverages just so that they can have the piece of mind of knowing that their guy friends will make it home safely, because of the sacrifice that they made that night. This is for all the girls who are considered tomboys, "just one of the guys", the girls who are not cheerleader types, who do not get all dressed up for no reason, and ultimately the girls who feel invisible.



For all the girls who are "just there", who are overlooked, overshadowed by the "pretty girls". To all the girls who are never asked out because the guys are apparently to "shy" or afraid of being rejected, so they settle for "just being friends". For all the girls who hide their feelings for these guys because of the awkwardness that it might cause if the feelings were expressed.

For those girls who day in and day out suffer, by watching these guys flirt with every other girl on the planet. For the girls who give advice to guys about how to be romantic, or on how to fix the relationship after he screws it up.

For all the girls who sat through an entire football game, not knowing what is going on, just for the pure fact that he knew you were there to support him. For the ones who put up with the guys after a sports game, especially when his team lost. For the girls that let their guy friends win at everything, just so their pride would not have to suffer (come on guys you know that happens once in a while).

Everyone talks about the "nice guys finishing last", but what about the nice girls? Honestly, it's not always about just the male sex. From observing the interac-

tion of both sexes, one of the conclusions that I have come up with is that guys and girls are so similar. The problem is that both gen-

ders figure that each other are complicated and use the excuse that they don't "understand them". When girls say, "he is too good of a friend to date", they are being sincere because they do not want to risk the chance of losing a friend. Guys on the other hand come to the conclusion that "she's ugly" or "she's not popular enough". Come on girls, guys are generally shallow.

Ok guys, you say that girls always say they want a "nice guy" but then always go for the "bad boys". This might be because you nice guys are predictable or just don't step up to the plate. You guys on the other hand, bitch about girls being too moody and talkative. Maybe if you guys were more considerate, without being girly, then you would get laid more often. Look around; there are many girls that adore you.

So, a toast to all the girls that are rejected, ignored, invisible, or "just one of the guys" this is for you. For all the gross, insensitive, absurd things that you put up with, my acknowledgement and props go out to you. I would just like to say, you are appreciated and it's been to long before anyone had said that. I would just like to say thanks because the world would not be the same without you girls in it.



Coaching for St. Albert Minor Hockey

*Come join one of Canada's strongest hockey programs.
Be a member of our coaching team!*

The St. Albert Minor Hockey Association, Western Canada's largest independent minor hockey association, hereby calls for coach applications for all levels from Initiation Year 1 to Junior C and Female Hockey.

SAMHA offers a strong coach mentorship program, a strong support system including coach training and development at the association's cost.

Rep Applications (Junior C, AAA, AA, A) should reach us by April 11, 2005.

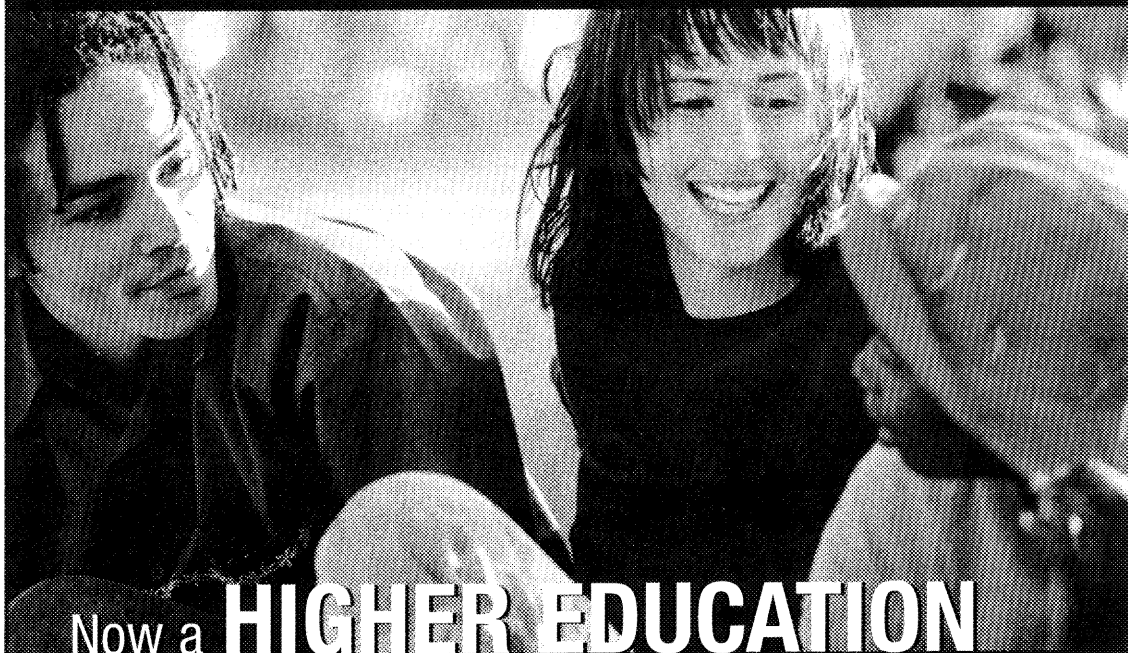
Interlock Applications (Midget, Bantam, Pee wee, Atom, All Tiers) should reach us by April 25, 2005.

House League Applications should reach us by May 2, 2005.

Applications should be accompanied by a signed SAMHA 2005-2006 Coach Application form, and include a coaching resume and copies of coaching certifications, a criminal record check, and references from the last two minor hockey associations in which you coached. Applications must be complete to be accepted. Coach Applications forms can be obtained from the SAMHA office or downloaded from our web site at www.samha.ab.ca.

For information call the SAMHA office at 459-4052.

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NOTICE FROM THE OFFICE OF THE REGISTRAR AND DEAN OF ADMISSIONS

ARE YOU GRADUATING IN THE SPRING OF 2005?

CONVOCATION 2005

Friday, June 24 and Saturday, June 25, 2005

The Winspear Centre, 9720 - 102 Ave. Edmonton, Alberta

If you expect to complete program requirements by Friday, April 29, 2005 and you plan on attending the Convocation ceremonies in June 2005 you must order your gown.

Deadline for ordering gowns: TUESDAY, MAY 31, 2005

Orders will be taken at:

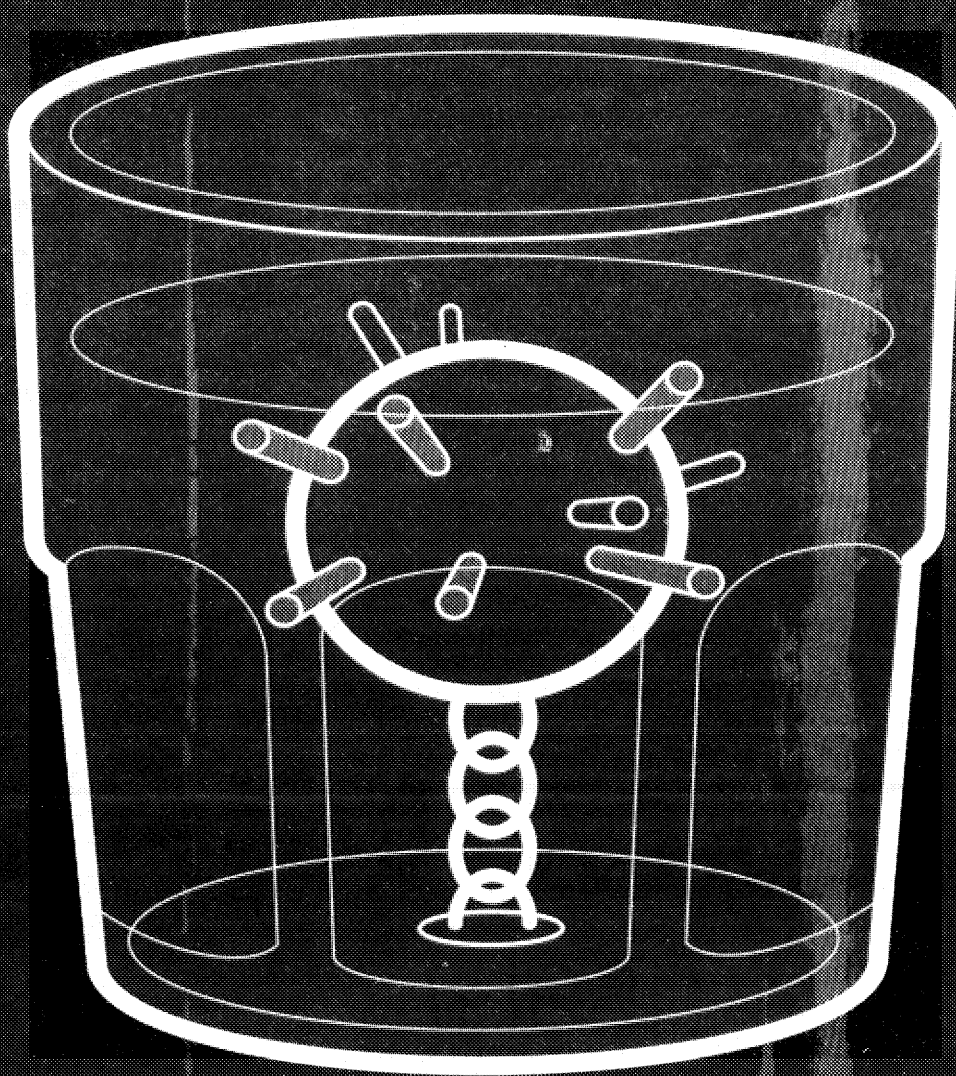
- Campus Reads and Needs, Room X114 • Patricia Campus Bookstore, Room P135
- or at • Souch Campus – Room Z154

NAIT'S Northwest Campuses contact Campus Reads and Needs at (780) 471-7717

(For Information Call: 471-7717)

Information regarding the Convocation ceremony, gown orders, timelines etc. is available by visiting NAIT's web-site at www.nait.ca/convocation

Afternoon Ceremony Friday, June 24, 2005 – 2:00 P.M.	Morning Ceremony Saturday, June 25, 2005 – 9:00 A.M.	Afternoon Ceremony Saturday, June 25, 2005 – 2:00 P.M.
<p><u>CONTINUING EDUCATION</u></p> <p>Accelerated Accounting Ophthalmic Dispensing – Contacts Lenses Ophthalmic Dispensing – Eye Glasses Refracting Optician Think Big (Caterpillar Dealer Service Technician)</p> <p><u>SCHOOL OF BUSINESS</u></p> <p>Bachelor of Applied Business Administration - Accounting Accounting Administration des Affaires – Accounting Administration des Affaires – Finance Administration des Affaires – Management Administration des Affaires – Marketing Applied Banking and Business Finance Food and Nutrition Management Legal and Realtime Reporting Management Marketing Medical Transcription Office and Records Administration Office Administration – Peace River Campus Office Administration – St. Albert Veterinary Administrative Assistant</p> <p><u>SCHOOL OF MECHANICAL AND MANUFACTURING TECHNOLOGY</u></p> <p>Auto Body Repair Automotive Mechanic Building Environmental Systems CNC Machinist Technician – Nov. 15/04 Graduates General Mechanic Harley Davidson Technician HVAC Specialist Industrial Heavy Equipment Tech. Materials Engineering Tech. Mechanical Engineering Tech. Power Engineering Technology Power Engineering – 4th Class Power Engineering – 3rd Class – June 15/04 Graduates</p> <p>Apprenticeship</p> <p>Auto Body Technician Automotive Service Technician Heavy Equipment Technician Machinist Millwright Motorcycle Mechanic Outdoor Power Equipment Tech. Parts Technician Welder</p>	<p><u>SCHOOL OF APPLIED MEDIA AND INFORMATION TECHNOLOGY</u></p> <p>Bachelor of Applied Information Systems Tech. Computer Systems Tech. Digital & Interactive Media Design – Aug. 13/04 Graduates Graphic Communications Photographic Technology Radio and Television (Radio) Radio and Television (Television)</p> <p><u>SCHOOL OF HOSPITALITY</u></p> <p>Baking Cooking Culinary Arts Hospitality Management Retail Meatcutting</p> <p>Apprenticeship</p> <p>Baker Cook</p> <p><u>SCHOOL OF APPLIED BUILDING SCIENCE</u></p> <p>Aircraft Skin and Structure Repair– July 16/04 Graduates Architectural Tech. Civil Engineering Tech. Construction Engineering Tech. Engineering Design & Drafting Tech. Geomatics Engineering Tech. Graphic Sign Arts Interior Design Tech. Landscape Architectural Tech. Millwork & Carpentry Turfgrass Equipment Tech. Turfgrass Management Tech.</p> <p>Apprenticeship</p> <p>Boilermaker Cabinetmaker Carpenter Crane and Hoisting Equipment Operator – Boom Truck Crane and Hoisting Equipment Operator – Mobile Crane Floorcovering Installer Gasfitter Insulator Ironworker Ironworker – MBSE Lather – Interior Systems Mechanic Painter and Decorator Plumber Roofer Sheet Metal Worker Steamfitter-Pipefitter Structural Steel and Plate Fitter</p>	<p><u>SCHOOL OF HEALTH SCIENCES</u></p> <p>Animal Health Tech. – Fairview Campus Animal Health Tech. Combined Lab and X-Ray Tech. Cytotechnology Dental Assisting – June 18/04 Graduates Dental Laboratory Tech. Denturist Tech. Diagnostic Medical Sonography Emergency Medical Tech. - Paramedic Equine Studies – Horse Training Equine Studies – Horsemanship Medical Laboratory Assisting Medical Laboratory Tech. Medical Radiologic Tech. Personal Fitness Trainer Respiratory Therapy</p> <p><u>SCHOOL OF ELECTRICAL AND ELECTRONICS TECHNOLOGY</u></p> <p>Aviation (Pilot) Training Avionics Engineering Tech. Biomedical Engineering Tech. Computer Engineering Tech. Computer Network Administrator – June 4/04 and Oct. 4/04 - Graduates Electrical Engineering Technology Electronic Service Tech. Electronics Engineering Tech. Instrumentation Engineering Tech. Network Engineering Tech. Telecommunications Engineering Tech.</p> <p>Apprenticeship</p> <p>Communication Technician Electrician Electronic Technician Instrument Technician Power Lineman Power System Electrician</p> <p><u>SCHOOL OF RESOURCES AND ENVIRONMENTAL MANAGEMENT</u></p> <p>Biological Sciences Tech. – Environmental Sciences Biological Sciences Tech. – Laboratory and Research Biological Sciences Tech. – Renewable Resources Chemical Engineering Tech. Chemical Tech. Forest Tech. Geological Tech. Petroleum Tech. Water and Wastewater Tech.</p>



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He Said She Said!

Final Words

David Veilleux



Noy Vongsaphong

Dear Editor

Frequently in the Nugget this year, the He Said/She Said column has revolved around sexual matters, and on more than one occasion the question of "When am I ready for sex?" or a similar vein is discussed. I would like to toss a third opinion into the fray.

Being a married student, I am probably in the minority, with most students being young, virile, and single. Thus, most commentary on the matter of sex is from that point of view. Being married dramatically changes things. It is astounding to find that what you thought was exciting, or important before changes almost overnight. Most if not all preconceived notions about the direction your life is heading, or the implications of your decisions are drastically altered.

The argument for sleeping together before marriage is often "We need to see if we are sexually compatible." or some nonsense about experiencing life whilst you are young. Bollocks I say. Marriage is about compromise. Opinions on sex change, and likes and dislikes evolve. The only person you are 100% sexually compatible with is, well... no one. Masturbation doesn't even count, unless you want to be alone with yourself for the rest of your life. Makes it tough to play scrabble... There isn't anyone who will like exactly the same things as you.

When we come to school we often sacrifice a decent paying job, and go considerably into debt. We sacrifice these things because we know that we must give up something good in order to gain something better. If you plan on marrying someone someday, you have to be ready to ask yourself "What am I willing to sacrifice, and give of myself to this person?" Are you willing to save your body for the person you want to spend the rest of your life with, or is it simply a way to pass time after the bar? Are you willing to give up good recreational sex now, for a fantastic married life later?

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

Some famous person once said "We sow our thoughts, and we reap our actions; we sow our actions, and we reap our habits; we sow our habits, and we reap our characters; and we reap our destiny" Our actions now resonate on the rest of our lives like ripples on a pond. When you look back on your 20's, will you be proud of your accomplishments? Will you have that which is good, or that which could have been much better?

He said Response

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

"A person should think of themselves like a piece of duct tape. The glue on the tape is what makes every person special; i.e. their body, heart, and soul. When a person hooks up with someone for whatever reason, his or her glue sticks to the other and vice versa. If for whatever reason things do not work out, (as it often is the case...) the tape is torn apart and some of your glue is left stuck to them and some is left stuck to you. If this pattern continues, one might find that someone that they truly love and have no glue left to share."

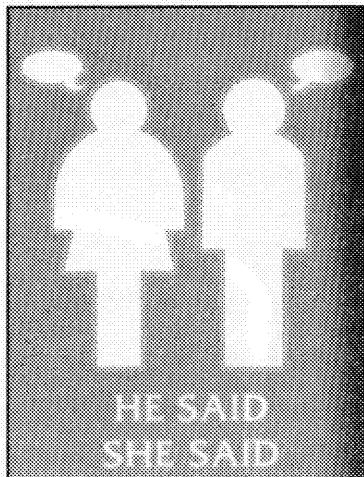
Now I have probably mangled the clarity of the analogy, but I hope you get the point. When this analogy was shared with me it really made me think about my life and all that I have done in the past. When and if I find that special someone that I would like to share

my life with, I earnestly hope that I have enough glue to make things stick. It also strengthened my resolve to wait for someone that I find special, a resolve that had been wrongly dulled by my promiscuous actions of the past.

This is only my opinion, and I would not presume to force this belief on others, but I feel so much better about myself as I practice restraint and consideration for the one that I care about. The frustrating thing is that it makes so much sense. Every long-term relationship that I have been in has never been about sex. I find that the longer you wait, the more respect

and admiration you have for your partner. I don't know why these feelings are dulled when you have sex right away, but I'm sure that if you think back to any longer relationships that you have experienced you will see that sex was never the initial priority.

Sex is good, I enjoy it and I am not ashamed of the life I have lead in pursuit of it. I just now find that I would rather wait for someone that I truly care about. It's a wonderful feeling, and I find it sad that the pressures of modern society have allowed this way of life to fade. Give it a try sometime people, you won't regret it.



OOKFEST

Battle of the Bands

Winner takes home \$500 and an opening spot at

ookfest 2005

on September 10th

<p>Qualifying rounds:</p> <p>April 1st</p> <p>Narcosis the Micheal Edwards band Pander the Seventh Eye the Mange</p>	<p>April 8th</p> <p>52 teenagers the Night life Shovelfoot Everett Sallys kraker</p>
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AT NATS A CANADIAN ROCKS JIM BEAM



To make a Grapevine submission, go to www.naitsa.ca and follow the links

Are you a student with a business background? Aegon (www.AegonIns.com) owned Marketing Company with Financial Division is currently expanding to several new offices in 2005. Looking to hire and train 6-9 new associates on a full-time and part-time basis. Those with management backgrounds an asset. Contact 1-866-208-1147 to reserve invitations at upcoming open houses.

I must ask everyone what kind of student representatives do you want? Do you want ones who can take care of their own business? I would think so. I mean how can they help take care of your needs, if they cant take care of their own.. Right? So why does the newly elected VP of campus life (CANT NAME NAMES) have not 1, not but 3 friends writing defamatory comments in regard to the recent interview she did with the Nugget features writer Cody Paton-Perkins? If this person had an issue with the resulting article I would hope she was mature enough to take action on her own and not use faceless, uninformed slander. At the very least, make sure people have the facts before they start making accusations. Now maybe she had no idea what was going on but it makes you stop and think doesn't it. Very Concerned Student.

Hey very concerned student, for your info most writers love hate mail... so even if this person had "friends" write mean things about Cody chances are he was probably laughing when he was reading them. - editor.

To the blonde girl with the side burns in the cafeteria, SHAVE THEM! thats right i said it Sincerely sickened by you too

Whats with people these days, becoming human billboards? Pregnant lady selling "gut" space for advertisement, guy selling space on popcan stuck to his head, guy selling forehead space and the clothing everyone wears now???? Its out of control with the brand names with clothing that makes people look like fools..... I have a new idea, I'll sell the space on my penis for a condom company to advertise. Might not be any bidders as there might not be enough room and nobody likes me so it won't ever get seen, but i think you all get the idea... ok, the pink thong girl thinks she's too good for everyone now and thinks her ass is hot....your ass isn't hot girl, trust me if it was hot you wouldn't need to advertise it with

a string coming out of it, girls with sexy asses don't have to advertise it for it to be seen. your just trying to hard

I was so disappointed for my widdle buddy DSL. He wrote in to the nugget two weeks ago taking a chance that some poor girl would take pity on him and give him an offer to be her bitch. Sittin' in Naitsa all day watching him hope for someone to sweep him off his widdle feet makes me feel so sad for the pathetic, lifeless, miniature man. If not for DSL's sake, would some girl,(ANY GIRL!!!), please come take my widdle buddy away to the life of cuckolded servitude he needs so that I don't have to see him suffer any longer. All inquiries to possession rights can be ran through me, Big Buddy, care of Naitsa. Seriously, what woman doesn't need a domestic around the house?

(GIRL) thanks for being my "lab partner" the other day. I keep thinking that if you look that good in a lab coat, how hot would you be without it on. I'll be waiting for my chance to partner up with you again anytime sexy. signed, OH GOD (Over Heated Good Ol' Dude)

I hate this business tower. Its like having two packs of cheese with your kraft dinner and a pickle on the side. Disgusting. So I thirst for a rocket Popsicle. Of course the vending machine on 8th is sold out. I suspect it was those hooligan engineer fu#ks. Enjoy your f-ing Popsicles. I hope they melt before you're done.

Hey! Kraft dinner is a gift from the gods. - editor.

To the wanker who wrote complaining about my cutting out of the Disney picture in the sun...it's a whole freaking 1" X 1" - so small for your childish remarks but then you're probably used to the whole smallness issue. Next week I'm going to give you something to complain about - I'm cutting out all the sunshine girls because we know that is the true ability of you're reading capacity. Better yet, when I've won the trip to Disney why don't you join me and while my kids are on the rides I'll let you ride me and we'll see if we can add a couple other words other than F!K to your vocabulary and I'll bring my vibrator to finish off the job we know your 3 inch dick won't be able to!

Comedy!!! You actually won a trip! - editor.

Mellon, I saw you in your suit. MEEEEOWWWW! How was the expo? Teach me tiger.

Attention "Max Power" who wrote the "Sin City" review in the last issue of the Nugget. Get over yourself, and stop using a great alias that is already in use by an on air DJ on NR92. You're not Tarzan and you're not witty by writing in the third person. Your review was

annoying and you put shame to one of the greatest alias' of all time. So please... never write another review again. Yours Truly Max Power of the Max Power After Hour Tuesdays @ 9 on www.nr92.com

Hey NR-92 boy! Max Power of the Nugget used to write for The Nugget 5 years ago. Don't believe Max? Come check the back issues. Now who is the little rip off artist? Furthermore Max laughs at you... mainly because you read Max's article. And that took 2-3 minutes of time, time you can never get back! Now who's the fool!

HEY GET YOUR DONK ON WITH A LITTLE HTP FROM THE JOHNSONROD IN THE JWING. ITS ALL GUT WITH ALOT OF GLORY AND LADIES. YES YOU CAN HAVE A DOUBLE. THATS RIGHT A DOUBLE ATM STRAIGHT FROM HEAVEN AND THE TRAIN DONT STOP TIL THE CHICKENS LATE FOR THE EGG LAY. IM THE FOX THATS GONNA EAT YOUR GRANDMAS BREAKFAST. FROM THE SAGGY PART OF HER PANTIES.

Hey Chatty here's a calculus proof for you:
Let calculus = 1 Let gay = 2 the derivative of 1 = 0
the derivative of 2 = 0 0 = 0 therefore calculus = gay
Proof by "the Calculus hater"

To the person who wrote Ode to the Nice Guys, you are completely right. Coming from two single girls who always seem to be looking for the so called "nice guys" the honest truth is it seems us girls do go for the assholes. These assholes were born with good looks, but with zero personality. Yeah, those jerks might get the girls now, but in the end they will never be truly happy when their girlfriends smarten up and ditch them for the nice guys like you. Keep up the good work boys because in the end you'll get the girl. And remember it's quality over quantity.

Just wanna vouch for the power engineering guys. They do get girls, and they definitely get laid. That class is stacked with good looking guys.

T
here are more hot guys in that program then there are in all of NAIT. So next time you want to cut up the power engineering guys, we'll know that you're just jealous and you don't "size" up.
- Power Hungry

To the guy in the white billabong hat with the dark hair in the tower. I saw you on the 8th floor last week. I just want to say that you really put the rest of the guys in the tower to shame. If you're single, say hi next time.

To my little hickory stick, I just want to say ever since I got off the bus in Calgary, I've been thinking about you. This is one bike you can ride anytime. If you're interested, give me a holla.

Love your rose Petal

Thanks everyone for submitting grapevines this year!
- editor.

Classifieds

Ranstad Edmonton now hiring!
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Aviation Heritage Centre.
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children 10 & under free.

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ROAD RUNNERS SEAT SALE

Executive Seating for the April 12th home game against the Manitoba Moose. \$31.00 Value.

\$15.00 Per Ticket

Call the BAS office at 471-7873 or drop by the NAITSA office to get your tickets.



NAIT Wins Championship Buckle At CNCFR

Trevor Elliott



College rodeo athletes donned their chaps, spurs, and cowboy hats last weekend as the vied for coveted Canadian National College Finals Rodeo Championship buckles. The event was held at the Northlands



Agricom for the first time ever and the event saw a dramatic increase in attendance of the event.

Over 80 athletes competed in the rodeo, including Tyler Wilkinson, from NAIT's Fairview College Campus, was also a competitor. Other NAIT athletes were Jordie Watson, Scott Deeks, and Eric "Cactus Kid" Felhauer.

Fairview's Wilkinson competed in tie-down roping, team-roping, and steer wrestling. Tyler had an outstanding weekend as he was competitive in all three events. Tyler's accomplishments were recognized Saturday night as Wilkinson won the CNCFR Championship buckle in steer wrestling.



Jordie Watson competed in all three go-rounds of the bareback competition; however, his grit and intensity were not enough to overtake top competitor Anthony Hodson. University of Alberta athlete, Hodson, won the Championship buckle with a final ride of 76 on Saturday.

Scott Deeks and the Cactus Kid both were competitors in the bull riding event. The bulls were especially rank this past weekend and most competitors had a difficult time keeping up with the uncontrollable twisting and turning of the bulls. Neither Deeks nor Felhauer were able to hold on for the 8 seconds to place on Saturday night. Nathan Roy of Lakeland



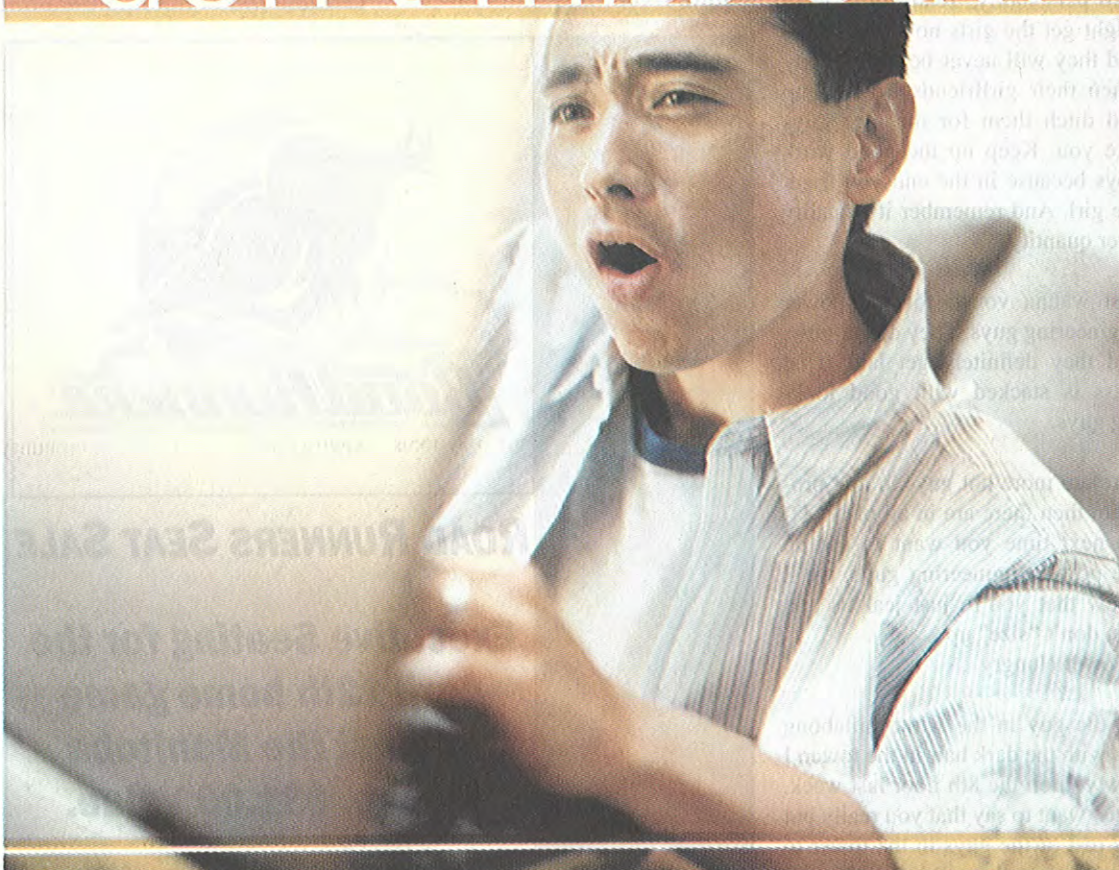
College was the eventual CNCFR Champion.

Other Champions included Sheena Murphy of Olds in breakaway roping, Amy Turner of Red Deer College in goat tying, Luke Butterfield of SAIT in saddle bronc, Whitney Davis of Olds in pole bending, Ryan Bumphrey and Clint Erickson of Olds in team-roping, and Carla Rogers in barrel racing. Jarid Berglund and Justin Bridgeman, both from Olds, tied for the Championship in tie-down roping.



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