

The NUGGET

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NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Friday Took My Sanity; Saturday I took it back

Jenny Annett
HEALTH & LIFESTYLES



Due to an unavoidably doomed future, I have recently suffered a meltdown. Now, don't be upset. I didn't scream obscenities at a little old lady, or kick a small dog like a football. I didn't even use my purse as a mace to bonk unsuspecting bus folk as they designated stops. My meltdown took place deep inside

of my head, where I like to suppress all emotions from leaking into the world.

Why the meltdown, you ask? Why did I suffer a minor hemorrhage between three and four o'clock on Friday afternoon? Easy. Uncertainty. In less than two months, I will be leaving N.A.I.T. and I don't know what I will be doing or where I will be. My actions in the next two months could affect my future career. One small misstep and my world could careen out of control, sending me into a life of crocheting one piece body suits and mumbling under my breath, "I should have studied more.... I should have studied more..."

What is it about the unknown that freaks us out so much? Whether it be stresses over being accepted into university, or having a job available when we graduate, these uncertainties seem to control our lives and our moods. The thing that I have noticed (and maybe you can relate) is that I tend to stress over the future things, rather than the tasks at hand. I could be all tied up in knots over something that won't happen for months and be cool as a cucumber going into a test I have in five minutes.

The trigger to these anxious feelings in me is a voice that whispers, "What if?" The problem with this voice is that it always answers itself in a negative way.

For example, the voice asked, "What if you can't get your assignments finished?" The same voice responded with, "Well, then you will never have a career in landscape architecture and you will shrivel and die alone." It's no wonder I get stressed over things! I have come to realize it is necessary to overcome this voice in order to succeed. Because of this, I have come up with a new strategy.

Every time a small uncertainty comes up, I try to imagine I have already succeeded in the task. For example, if I am stressed over getting a job, I pretend I already have the job. After that, I just tell myself submitting a resume and getting an interview are merely

tasks to reinforce the deal. So far, this way of thought seems to be working.

I know this isn't a solution to all of life's problems, but at least it can help a bit. I'm merely trying to decrease internal meltdowns and prevent a few medieval battles. As for me, I've moved on past my Friday Chernobyl. I am trying to approach the next few days with a positive attitude. Who knows, maybe I won't crocheted pant suits after all.

If you have come up with a way to deal with stress, we'd love to hear from you. Comments are always welcome and can be directed to jannett8@hotmail.com

Ooks trade home wins with MacEwan Griffins

TREVOR Elliott—SPORTS

The Ooks opened their semi-final series with the Griffins last Friday at the NAIT Arena. The series was shaping up to be very tight as the Griffins had defeated the Ooks three out of their four regular season games, including both games at the NAIT Arena.

Friday's game turned out to be a real barn-burner as the NAIT defeated GMCC 5-4 in double overtime. The game included some hard-hitting action and emotions flared at times.

Usual point-getters Adam Ferrante and Keith Reade both scored for the Ooks. Cory Graboski and Troy Duncan were great surprises as the two both scored a goal after only have played seven games apiece up to last weekend's action.

Rookie of the year, and Ooks' top scorer, Ben Stokes returned for his first game in three weeks and netted the winning goal 66 seconds into the second overtime frame. Barlow also assisted on two other goals.

Ooks' net minder Tim Barlow saved 23 shots in the victory. Griffins' goaltender had an outstanding performance as he saved an incredible 50 shots in a losing cause.

The Griffins came out Saturday seeking revenge for Friday's disappointing loss. GMCC effectively shut down the NAIT offensive threat as the Griffins' defense held the Ooks to only 26 shots.

Barlow literally stood on his

head to keep the game close as he stopped 44 of 50 shots in a losing cause. The Griffins effectively managed to tie the series at one game apiece as they won 6-3 at the Bill Hunter Arena.

The semi-final series concludes this weekend with Game 3 at 7pm at the NAIT Arena and Game 4 at 8pm at Bill Hunter Arena. Game 5, if necessary, will go at 7pm Sunday at the NAIT Arena.

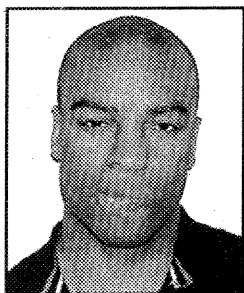
Admission is free to all NAIT students when they present their student ID cards. Students are encouraged to show up to the Ooks home game(s) this weekend to show the Griffins who the loudest fans in the ACAC really are!!! As an added incentive to fans, the Ooks typically give away cool prizes such as limousine packages to Cowboys and free pizzas. So show up and raise a little hell as your Ooks kick some Griffin ass this weekend!!!

What's Happening This Week?

Thursday, March 10	Monday, March 14	Wednesday, March 16	Thursday, March 17
NAIT Idol Finals @ the Nest	Movie Night @ the Nest	Karaoke @ the Nest	B-Ball Nationals Promo @ the Nest PFT Cabaret @ Cowboys ORAS Beer Gardens 8 th floor Tower

Meet the Candidates

President (One candidate)



DWAYNE WILLIAMS

Hey people! Dwayne Williams here, and I am your current NAITSA President! Last year I promised the 2004/2005 school year would be a year for the Students, and we made huge leaps and bounds to do just that! Some of the changes that were implemented were the "I AM Outstanding" teacher feedback system, new computer equipment

and resources, and more channels for student communication. Larger changes such as the new NAITSA website (NAITSA.ca) and the change to future student governance are also incredible milestones!

However, the more comments I have heard, and the more problems I've noticed! The more I realized there's a plethora more things that need to

be improved around NAIT. The main issue seemingly being communication! 2005/2006 will be a year of bringing all our fellow students of NAIT together!

From the latest news that affects the students, concerns needing your comments on, or just hearing about fundraising events going on around campus. My goal if re-elected to

President of NAITSA will be to ensure that all students throughout NAIT are informed of all events that are happening, and able to talk to their fellow students just as easily.

So Thursday, March 10th, re-elect Dwayne Williams as NAITSA President and let's take the NAIT experience to a higher level!

VP Student Affairs (Four candidates)



SAM BRESSETTE

HEY EVERYONE!! My name is Sam Bressette, and I am running for the position of VP STUDENT AFFAIRS this year.

Last year, I ran for VP CAMPUS LIFE and had a blast! There was some mighty competition, but I learned so much through the experience that I am back this year with a new direction.

Those who know me know me as a very passionate person, especially when it comes to the rights of fellow students. I stand firm on my beliefs and one of those beliefs is how NAIT instructors operate and deliver their teachings in a fair and respectful manner. I am currently trying to fight for the rights of some fellow students as I stand here. I have to be honest, I

am not seeing anything moving, and when I asked why, the response was that the person who was supposed to run the position, is no longer in that position. That was when I decided that things had to change. Too many people were leaving positions too early since I started here, and I thought enough is enough. This is a serious position that needs serious attention. Student's marks are hanging in the balance. There are instructors here at NAIT who think they are in total control, and students are being hurt by this sort of behavior. This needs to be stopped

and for once action has to happen!

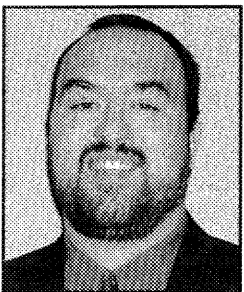
I will be there for you and I will get the job done! I know what it is like to deal with these instructors and I will do all that I can for you. You do have an outlet to go to when your Program Head can't help you. That is me. I promised you last year I would be there and I am doing it again! For whatever it is you need. You want a kick @\$\$ party, I'll give you a kick @\$\$ party!! You want help with any grievance you have with NAIT...I'll be there to listen AND help!

You are no longer a high school student, you actually paid for your

education, and it wasn't cheap either. You deserve to be taught and graded fairly and respectfully. Instructors have a code of ethics that they must follow just as students do, and these instructors need to be reminded of this.

So, if you are sick of the same old boring parties or activities at NAIT, and you are wanting someone who will take action for once, then grab a minute, take out your student ID cards, march to the closest poll to you on March 10 and vote.

...Sam Bressette VP STUDENT AFFAIRS - "The Right choice, the ONLY choice!"



TREVOR ELLIOTT

Hi! I'm Trevor Elliott. I am currently a first year Chemical Engineering Technology student. Some fellow students have asked me why I am running for VP Student Affairs and I am happy to have this opportunity to share this with everyone. In a

nutshell, I have become very proud of NAIT and have had an outstanding experience as a first-year student. My goal as VP Student Affairs would be to help make NAIT a better school experience for all students.

As VP Student Affairs, one of my primary roles would be to assist fellow students with academic matters and grievances and act as an ombudsman (people-helper) for students and keep tabs on important issues around campus that affect the experience of NAIT students. The VP Student Affairs is also responsible for writing all NAITSA publications, including the 'NAITSA Student's Handbook' and acts in a publishing role for the Nugget.

What makes me qualified for the position of VP Student Affairs? My fellow classmates will also be the first to tell people that I always speak my mind. When I see a problem or something out of place, I am always the first to speak out and make others aware of the issues. I will not stand around and be satisfied with the status quo.

I have an abundance of writing experience including Sports Editor of this year's 'NAIT Nugget', journalist for the University of Alberta's newspaper 'The Gateway', and the preparation of many technical reports while working in various engineering positions.

So what can students expect from

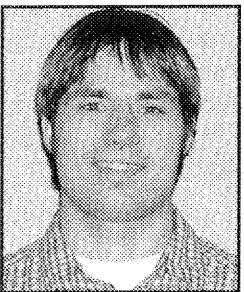
me if elected as VP Student Affairs? Three things come to mind that will make student's lives just a little bit easier. I plan to make the handbook more student-friendly. The handbook has always contained the important information; however, I plan to make the information more organized and easier to find in the handbook.

The Nugget has improved dramatically over the past 42 years and next year will be no different. Everyone's favorite 'Grapevines' will definitely be back! 'Speak Out' will be back, where students can publicize their concerns about anything NAIT related. This section will be the most effective way to let me help you as the section will provide evidence of existing problems

and whenever possible, the of my investigation to the will also be published. The Nugget will also feature a section where students can speak out and have their thoughts published about important issues concerning NAIT students. And, the Nugget may even include a weekly 'NAIT Girl' - I won't make the mistake of making a promise I can't keep, but I'll try!

In general, if elected as VP Student Affairs I will represent the NAIT student body fairly, and effectively. I will always listen to concerns and issues of fellow students and my office will always be open.

For A Responsible Student Government, Vote Trevor Elliott!



JON HOFFMAN

Is this the type of article where I will make lots of unrealistic promises? How about if I just promise to be myself? Does this sound like something from Dr. Phil? Should I play the game where every sentence is a question? Seriously, who am I?

My name is Jon Hoffman and I am in my second year of accounting. I am running for the position of VP-Student Affairs. I have two previous years of college student council experience and look forward to another opportunity serving students. The purpose of the VP-Student Affairs position is to advocate for student issues and help them with academic concerns. I would like to share with you two personal experiences that demonstrate my desire to help others and show that I am a good fit for VP-Student Affairs:

A few years ago, a friend and I felt that it would be important to try and catch a small glimpse of the life of homeless people experiencing the

winter. Our idea was to spend a night sleeping in a recycling bin. It was a cold night and we didn't get any rest. Also, we learned about the danger of finding shelter in bins because a city worker in the morning told us that we could have been crushed when the truck takes the bin away. We were ok and earned an appreciation for the plight of the less fortunate.

Last fall I was really impacted by the destruction of Hurricane Ivan in Florida and the Caribbean. I decided that after midterms I would go to help with the relief development through Samaritans Purse. I had only one week to raise enough funds. So, with the help of family, friends,

and many NAIT Business instructors I was able to raise awareness and over \$5000 for the disaster relief by running 50 kilometers to Wetaskiwin. A week later, I had the awesome experience of going for 10 days to the country of Grenada to help rebuild homes.

I mention these experiences to let you know that I am passionate about helping people and engaging in current issues around me. I can't promise to be as good as Julie Matthews from Global television's Troubleshooter, but I would love to have the opportunity to help solve any problems students may have or find the right people that can.

There is a part of NAIT's vision state-

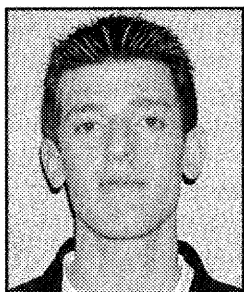
ment which states that the school is "committed to student success in a global economy." I feel that we would be better prepared for the "global economy" if there was an atmosphere where students could engage in the issues of the day. Should any issue arise that is important to students, whether it concerns academic life, environmental, or social issues, I hope to help students become empowered and address their issue by facilitating student interest groups or holding discussion forums with keynote speakers. I'd love to hear what is important to you. Why not take action today...learn about the candidates and vote!

VP Student Affairs (continued)**JAMIE MAGEE**

Single, female looking for...Oh wait. Wrong article. Anyway, I guess this is an article about me. Well I'm in business finishing up my diploma in Management. I think I would be a wonderful candidate for VP of Student Affairs because I have experience working with student associations. During my first year I was elected as VP of Marketing and Management

for BAS (Business Administration Society). I also am very involved with NAITSA and all the events they put on. I was part of the promotions team for Shinerama this year and many other events that have happened throughout the year. I believe that my personality and characteristics would be an asset in this position. I am hardworking, trustworthy

and very social. If I am elected, my door will always be open for anyone who has complaints, questions and problems or just to hang out. So, on March 10th, bring your ID card out to any polling station around campus and vote. And remember Vote for Me, Jamie Magee.

VP Finance and Administration (Three candidates)**RICHARD BRITTAIN**

Hello everyone! I hope you all enjoyed your reading break and are feeling relieved now that exams are over. It's that time of year again when we vote for our chosen candidates

of the group of people who will listen to our requests and arrange the baddest pub crawls, hook us up with road trips, and provide us with reasonably priced alcoholic beverages and nachos at the NEST. Yes, election time is here, and I, Richard Brittain, need your vote for the Vice President of Finance and Administration. Vote for me and keep more of your money in your pockets. During campaign week, I will be talking to the students of NAIT and gathering your ideas. So if you see me and you have an idea, make sure you tell me about it. Back in the day the task of budgeting for college students was simple.

There had to be enough money to pay for rent and groceries, tuition and books, and still have enough left over for a Chicago Deep Dish Pizza and a case of Corona. Well, come to think of it, nothing has really changed, and neither has the way Canadian college students require pizza and beer to survive the college life and rejuvenate after exams. And now that I'm on the topic, I hope you've all enjoyed some "rejuvenation" over the weekend... And can we blame ourselves for it? Not at all! We honestly deserve it after enduring consecutive, hectic weeks of studying, awkward hours of part time employment, battling rush hour traf-

fic, and missing the bus in the morning by an infuriating thirty seconds... Getting back to the point of this discussion, the VP of Finance and Admin requires a person with an attention to detail, a passion for numbers, and a willingness to engage in the monotonous repetition of counting money, bookkeeping, and other tasks — on a daily basis. Who am I kidding? Whose crazy idea was this? Can someone remind me why I volunteered for this job? Oh right, because I actually really enjoy this financial stuff, and I feel that I have a responsibility to deliver to you, the students of the NAIT, the most memorable and excitement-

filled year possible. It will start with the legendary OOKFEST, the largest back to school party in Canada! This year will not disappoint and I'm looking forward to it myself already. Make sure you are there!!! Well even though the pub crawls are planned by the VP of Campus Life, you can bet my crazy and wicked ideas will be put to work. Vote Richard Brittain for Vice President of Finance and Administration and keep your hard earned money invested in your future where it belongs. (Spend what's left over on rejuvenation — beer and nachos.) Have a great week everyone! Richard Brittain

**ELAINE DEVINE**

"VOTE FOR THE DEVINE ONE!" Hello everyone my name is Elaine Devine, I am running for re-election for my current position of VP Finance and Administration. I am currently in my 1st year of Marketing. Before taking Business Administration I graduated from Pre-Technology. I have had an awesome year working at NAITSA and would like to continue doing so.

I am the best candidate for this position because I believe that I am the most qualified and I know what working at NAITSA is like. NAITSA has had an excellent year, next year it will only get better and I would love to be a part of it. I have always been very involved in school activities, I was my class representative for Pre-Tech and for Business Administration, I was a writer for The Nugget, I have volun-

teered for Shinerama for the past 3 years and I am currently VP Finance & Administration for NAITSA. In the past year my office door has always been open and I have helped many students. I am willing to go the extra mile for students. If elected I will not have to be trained because I know my job and I can continue to be here for all your needs. While in my position this year I continuously

updated students on what I was doing with articles in The Nugget. I have worked very hard this year and I would like to have the chance to continue. On March.10 bring your student ID card to one of the many voting stations around campus and vote for the Devine one don't be a pain just vote for Elaine. Vote for Elaine Devine for VP Finance and Administration.

**SHEILA RAHMANIAN**

No article.

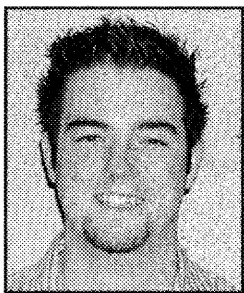
VP Campus Life (Two candidates)**CARRIE LYNN CREASER**

When some friends approached me a while ago and said 'Carrie, you would be so perfect for this', I pondered for weeks trying to come up with the perfect campaign speech for all of you. But as I soon realized, boasting about myself is HARD! I thought of you guys, the students, and wondered what do they really want to know about me. To sum it up in 500 words or less, I am young, vibrant student who is easy going and fun to hang out with. I

know I hold all these qualities, but the only way you will know is by voting me as your VP Campus Life! I have decided to save your sanity by making this speech not about how wonderful I am, but how I can make attending NAIT the best experience it can be. During my 5 months at NAIT, I have only been able to attend a handful of NAITSA's functions, and can truly say, had a great time at all of them. It did feel like something was missing

though, and that was STUDENTS! My main goal as VP Campus Life is to bring more technologies together. Planning communal functions increases school spirit and overall fun (the more the merrier is really true)!! School spirit is so important for campus life to be successful. How is school spirit achieved? Vote for me and you will find out! We all know we attend a great school, let's celebrate that! The main message I want all of you to

retain from my blabbing is this: Express your needs and requests! NAITSA's goal is to serve the students, so let me know what I can do to get your vote. Let me know what you enjoy doing in your free time. If you see me in the hall, stop and say hello! Trust me, you will know who I am really fast! I am ready and exited to work for all of you, bringing us all together and partying all year long! Talk to all of you soon! Carrie Lynn Creaser

**CODY PATON-PERKINS**

No article.

Improving Your Memory for Exam Writing.

MARGARET Marean

Counsellor,
NAIT Student Counselling Centre

Here are techniques and habits that will enhance memory for exams:

- Regular review (daily and weekly if possible) prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed the easier it is to access, and to attach new material to.
- Scheduling shorter study sessions and spreading these out over several days is more effective than a marathon study session.
- A positive attitude towards the material improves concentration and enhances ability to remember. While it is unrealistic that you will love every course you take, trying to find something relevant or useful, and think about ways in which it can actually apply to

your life. This will enhance ability to learn and remember material.

- Studying in an environment that is similar to the exam setting enhances learning and recall. It is best to sit at a desk or table away from as many distractions as possible.
- Study actively. Passive reading is not enough for most people to commit something to memory. Instead:
 - skim chapter and note headings and course objectives, make them into questions and set the goal of being able to answer these questions at the end of the study session
 - read a section and then close the book and either write out or recite the major points in your own words
 - as you read, visualize what

you are reading. For major points it may help to make diagrams or pictures to cue your memory.

- group major ideas or do something to organize points
- read material out loud or while walking around
- jot down major points in your own words
- explain the material to someone else
- In order to remember material concentration is essential. Setting a study goal and a time limit can enhance concentration. Scheduling study sessions that are realistic in length, studying at the time of day you are most alert, changing the subject you are studying each hour, taking regular breaks, and choosing a quiet study area also improves concentration.
- Acronyms – devices made up to cue your memory – may be

helpful. For example the acronym HOMES is a way to remember the Great Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym "Please excuse my dear Aunt Sally" can cue order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).

- The best activity to do right after studying for an exam is sleeping (or something relaxing). This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.
- If you are having difficulty with a concept review it right before you go to bed. When you wake up you may find that you

have a better understanding of the concept.

- Getting enough sleep, eating properly and regular exercise enhance memory functions.
 - Learning relaxation techniques can enhance memory. A relaxed state of mind increases the brain's ability both to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).
- If you would like to learn more about memory techniques, or if you have other academic, personal or career concerns, see at Counsellor at NAIT Student Counselling, Room 0117. Book in person or by calling 471-8874.

Put Your Best Foot Forward in Your Highlights Section

MATT Smith

NAIT Career Advisor

Imagine this. You are the manager of a relatively small, but well-respected and growing electrical engineering firm. You've just been awarded a contract and require the services of another electrical engineering technologist. Part of your job is to supervise the hiring process, so you are in charge of recruiting, reviewing resumes, interviewing, and making the final decision to hire. You put an ad on the NAIT Career Services Job Opportunities site, on your own website, and in a trade magazine. Two weeks later you are staring at your desk and the pile of 50 resumes and cover letters that are weighing it down. You start out enthusiastically, but after reading a dozen or so, you are starting to glaze over. Most of the resumes are generic, they don't have many interesting details, and they don't mention the skills you require.

Then, all of a sudden, the next resume you reluctantly pick up off the pile changes everything. Within the first 15 seconds of reading, you realize that this candidate has the right stuff, and you're on the phone getting her in for an interview. What does this resume have that the other resumes lack? Something all resumes should have, but don't: a

Highlights section.

Titles for Highlights sections vary; some call it a Skills Summary, others call it a Professional Profile, and still others call theirs Highlights of Qualifications. What doesn't vary is the purpose of the Highlights section, namely, to show the employer within the first quarter of your resume that you have the skills and qualifications that they require. Having a strong Highlights section that follows your contact information is the best way to ensure that your resume is kept out of the recycle bin.

So where do you start? Always begin with the job advertisement and the qualifications they list. Write down the key qualifications, even prioritizing those that are stressed a great deal. For example, if the employer states that you need teamwork ability, communication skills, troubleshooting experience, and technical expertise, but they really stress the need for customer service, then you would also make sure that you stress *your* customer service skills. Once you write down the crucial qualifications, think back into your experiences at work, volunteering, and school and write down how you have met

the qualifications. If the employer doesn't list too many qualifications, think carefully about the job and try to deduce what skills and abilities should be stressed.

Your Highlights section should consist of 5-8 bulleted points, listed in order of importance. If none seem more important than the others, use the order listed by the employer. The idea is

that your Highlights section mirrors the employer's list of qualifications, thus expediently showing that you are a good candidate for the job. The Highlights section should also provide details about how you meet the qualifications. Where did you demonstrate customer service? To whom? For how long? Why is your customer service ability impressive? Also, stress your accomplishments. For

example: "Five years experience providing superior customer service at a busy call centre." Each of your statements should show how you've met the qualifications of the employer, making it easy for them to select you for an interview. For more information about resume writing, drop down to Career Services (0117, South Lobby) and speak to a Career Advisor.



V.I.P Card ANNOUNCEMENT

The V.I.P Cards

are **now**

ONLY

\$10!!!



for more details visit our website. www.naitsa.ca

Vice President of Finance and Administration Position Update

Elaine Devine



This has been a busy couple of weeks at the NAITSA office. Just a reminder to all students that next Tuesday we are holding a very important General Council meeting in X107 at 5:00pm. Please make sure that someone from your technology will be in atten-

dance. We will be doing the 1st reading of NAITSA's Budget for next fiscal year. We have packages on the budget ready for pick up in The NAITSA office. Once you have looked over the package if you have any questions please set up a meeting with either me, or David Veilleux NAITSA's Operations Supervisor. The main line to call at the NAITSA Office is 471-8855 or you can reach me directly @ 471-7609 or e-mail me @ edevine@nait.ab.ca

Thank you,
Elaine Devine
Vice President Finance and Administration



Margaret McLeod, 4th semester Marketing student, who took part in the LOGging Survey, is the luck winner of a \$100 gift certificate from CRAN. To her right is Sandi Barber, consultant with Technology & Curriculum Innovation; to her left is Naomi Beke from Institutional Research.

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SPEAKER SERIES for All NAIT STAFF and STUDENTS

Sponsored by the NASA Membership Services Committee

Gail McDonald, Renshaw Inc.

"17 Lies Holding You Back – And The Truth That Will Set You Free"

"17 LIES THAT ARE HOLDING YOU BACK – AND THE TRUTH THAT WILL SET YOU FREE", Steve Chandler's book exposes self-limiting beliefs that can inhibit our personal growth and progress.

Join Gail, Development Coach with Renshaw Inc. in exploring how these lies may steal your ability to recognize possibility, creativity and growth, and discover some truths that support moving forward.

Some of the lies that could be holding you back?

- | | |
|------------------------------|-------------------------------------------|
| * That's just the way I am | * It's who you know |
| * I can't because I'm afraid | * People really upset me |
| * You hurt my self esteem | * I'm too old for that |
| * I am helpless | * Winning the lottery would save anything |

If any of these ring true for you or someone you know...Join us March 9th.

Date: Wednesday, March 9, 2005

Place: Room H003

Time: 11:15 - 12:10 pm or 12:15 - 1:10 pm

Also available through the live web-cast.

URL Address: <http://stream.nait.ab.ca/nasa>

Password: nasa

Bring Your Lunch

Speaker Background: Gail McDonald, owner of Strategies4Balance, Affiliate of Coach University and a regular coach with Renshaw Inc. believes that effective communication and listening with intention are only achieved 100% when we are fully present. Fully present being – *free of tolerations and past issues – aligned with our own values and in our own integrity*. This strong principle attracted Gail to the coaching profession in 2002. Since that time Gail's focus is on building a thriving coaching business and public speaking. Gail has also partnered with Renshaw Inc. in the development of the PurpleSky™ Development Series – a strategic approach to living with "no limits – no boundaries".

With 17 years of finance experience and 15 years of sales experience, Gail relates well to her clients who are seeking to improve their position in a corporate environment or shift into a career change. As a former Toastmaster and Certified Alberta Fitness Instructor and Weight Trainer, Gail has developed the necessary skills to support her clients in learning the value of embracing change and living life on purpose.

Having appeared in TV commercials, amateur night at YUK YUK's Comedy Club, casual modeling, and intentionally being out of her comfort zone regularly, Gail understands first hand the importance of having fun and maintaining balance in life. Gail's diverse background and unique skills enable her to be fully present with her clients and provide the support required to discover their true potential!

The Nugget encourages
submissions.

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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

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for brevity.

indie Night

@ The Nest

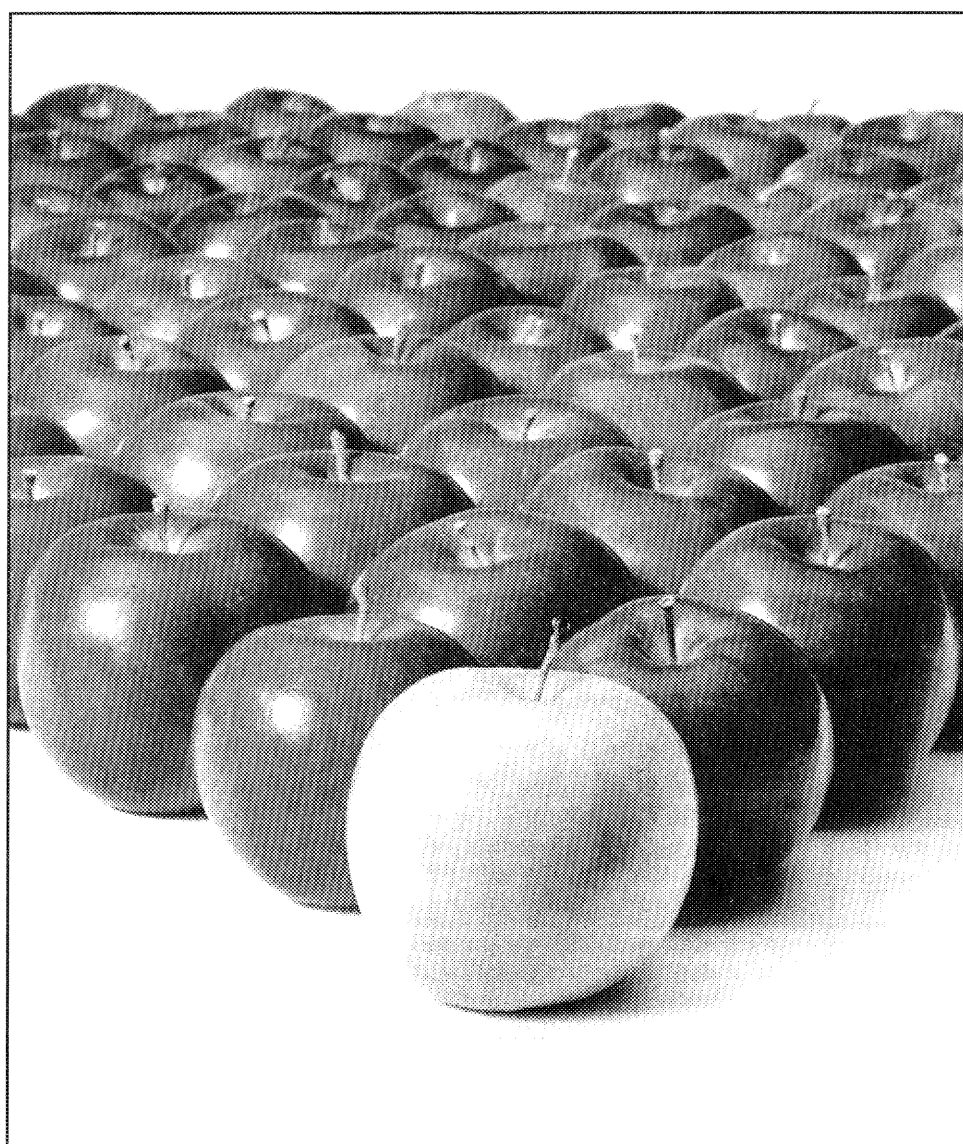
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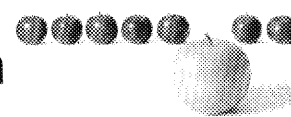
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Ooks Come Out Flat Against Lakeland

Trevor Elliott—SPORTS



The Ooks opened up their ACAC Championship bid against Lakeland on Friday night against the Rustlers. The Ooks couldn't muster up any offence to start the game and trailed the Rustlers 5-0 and 10-5 early in the game.

The Rustlers quickly broke the game open as the score was 18-7 after 4:06. The Ooks continued their woes and found themselves down 61-34 at half time.

The Ooks found their game in the second half as they were able to reduce their deficit to 25 in the second half as they lost the game 100-75.

Much of the Ooks' troubles on Friday night was due to their hor-

rible shooting percentages. The Ooks had an overall field goal percentage of 45.7% as compared to Lakeland's 57.1%. The Rustlers also hit an amazing 12 of 21 three point shots while the Ooks were only 3 of 10. Both teams were 72.7% from the line.

The Ooks also had problems with turnovers and the Rustlers outperformed them off the boards. Having experienced the Ooks' defensive system two weekends ago, the Rustlers were well prepared for the Ooks and had no problems exploiting holes in the defense.

Shane Leman was named Ook of the Game with 9 points, 3 rebounds and 7 assists.

Ooks Finish Fourth at Tournament

The Ooks came out much stronger in the bronze medal game on Saturday night. The Ooks matched the Concordia Thunder shot for shot early in the game; however, with 11:30 left in the first half, the Thunder began to break the game open after pulling ahead of the Ooks 22-21. The Thunder led the Ooks 55-37 at halftime.

The Ooks again made one of their renowned second half comebacks and were well on their way to tying the game. The critical point of the game occurred when Simon Mahary fouled out with 7:58 left

The lack of experienced showed near the end of the game, however, as the Ooks missed several opportunities to tie the game....

in the game. Not only did the Ooks lose a valuable member of the team, Mahary also received a technical foul for comments made to the officials while leaving the court. The Thunder successfully made the two free throws to lead

the Ooks 73-65.

The Ooks continued to chip away at the lead and came to within a one-possession ball game as they trailed the Thunder 73-70 with 3:48 left. The lack of experienced showed near the end of the game, however, as the Ooks missed several opportunities to tie the game and a Concordia 3-point shot was the nail in the coffin with two minutes left as they led the Ooks 80-74. The Thunder went on to win the game 89-83.

Shooting was a major problem for the Ooks in the bronze medal game as well as the Ooks had a field goal percentage of 50.0% while the Thunder shot 59.6%. The Ooks were also a dismal 10 of 19 from the field. The Ooks were impressive off the boards as they picked up 46 rebounds in the game.

Ook of the Game was Mark Dorado, who coincidentally played his last ACAC gam of his career. Dorado shot 7 of 12 from the field and 6 of 7 from the line. Dorado also picked up two defensive rebounds and six assists.

NAIT OOKS Ook Tracks

TREVOR Elliott—SPORTS

MEN'S HOCKEY

Last Week: The Ooks swapped home wins in Games 1 and 2 of their semi-final series with the Griffins last weekend. The Ooks scored 66 seconds into double overtime to win 5-4 at the NAIT Arena on Friday. The Griffins evened the series on Saturday night at Bill Hunter Arena as they defeated the Ooks 6-3.

Coming Up: Game 3 goes Friday night at 7pm at the NAIT Arena. Game 4 will be held at 8pm at the Bill Hunter Arena. If necessary, Game 5 will be played Sunday at 7pm at the NAIT Arena.

MEN'S BASKETBALL

Last Week: The Ooks finished 4th at the ACAC Final Four after losing both of their games. The Ooks lost their semi-final game 100-75 to Lakeland College on Friday. The Ooks lost the bronze medal game 89-83 to the Concordia Thunder on Saturday night.

Coming Up: The Ooks host the CCAA Men's National Basketball Championships March 17th to 19th.

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Final Four Standings

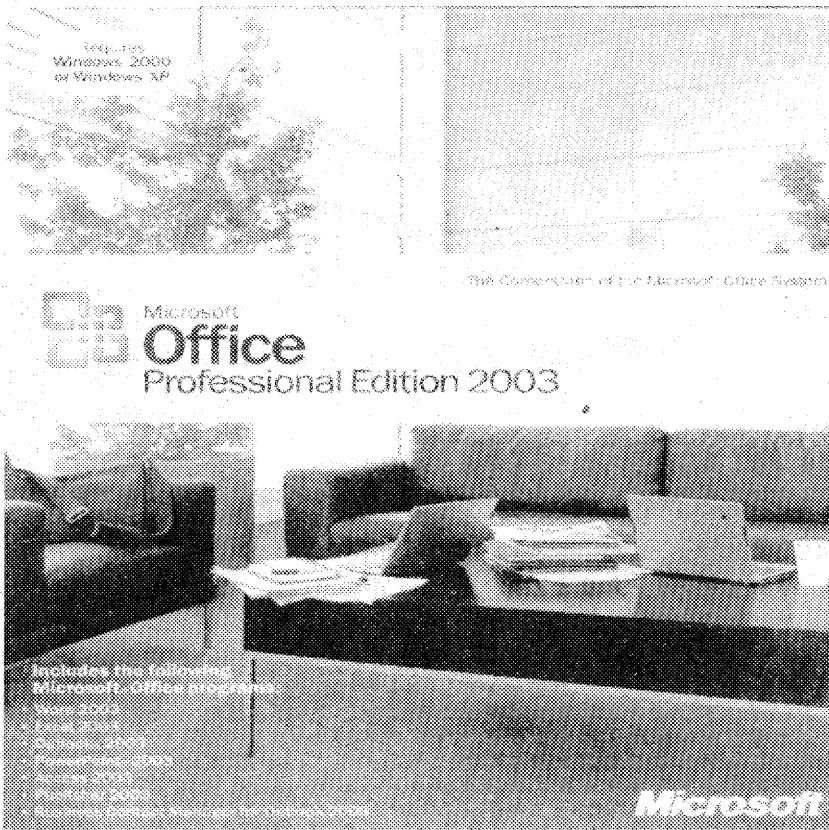
Name	FGM	FGA	FG%	3PM	3PA	3P%	S%	FTM	FTA	FT%	Pts	OR	DR	TR	Ass
Dorado	6	11	54.5454545455	0	1	0	50	7	8	87.5	19	1	2	3	
Leman	0	2	0	2	3	66.6666666667	40	3	4	75	9	0	3	3	7
Hinds	7	12	58.3333333333	0	0		58.3333333333	6	7	85.7142857143	20	3	1	4	
Ooks	21	46	45.652173913	3	10	30	42.8571428571	24	33	72.7272727273	75	9	24	33	19
Lakeland	24	42	57.1428571429	12	21	57.1428571429	57.1428571429	16	22	72.7272727273	100	10	31	41	32
Ooks	29	58	50	5	16	31.25	45.9459459459	10	19	52.6315789474	83	18	28	46	20
Thunder	31	52	59.6153846154	2	17	11.7647058824	47.8260869565	21	33	63.6363636364	89	16	35	51	23
Dorado	7	12		0	5			6	7				2		6

Dear Students and Faculty,

The second year respiratory therapy program is offering your class or group an excellent opportunity to order personalized apparel. Logos can be customized to your program's specifications (extra time might be required to do your logo). Orders can be submitted to your program representative or dropped off in the NAITSA office in the RET mail box. Your final quote will be based on logo selected, quantity and apparel type. Orders will take approximately 3 weeks for delivery. Orders must be placed by April 1st 2005. For additional information call Gary @ 721-8773 after 4 pm.

PSSSSST!!!

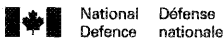
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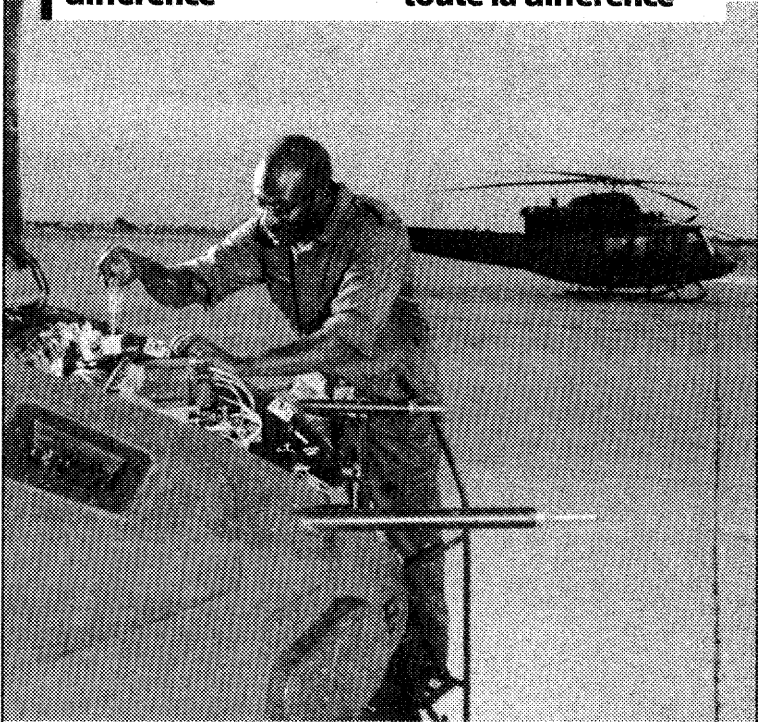
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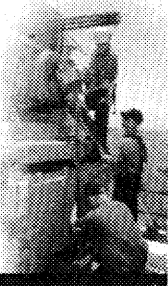
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Student Helpdesk

(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.

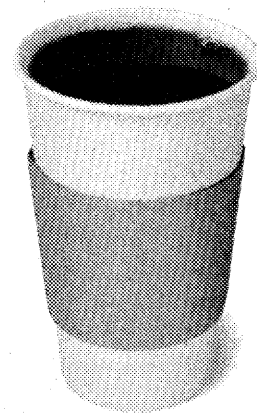
Support analysts are able to provide assistance to students with questions on the following:

- 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.

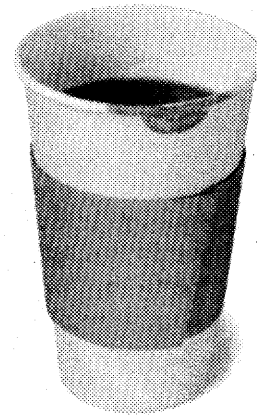
Phone: (780) 491-3182

Toll Free 1 (866) 491-3182

Email: techsupport@nait.ca



DEPART



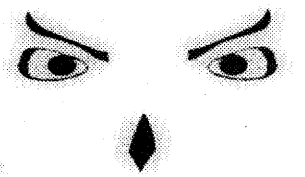
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Wednesday

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Rockstar
Karaoke Night

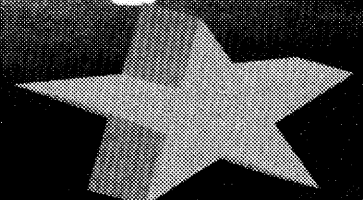
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Worth More Than

Curtis Comeau



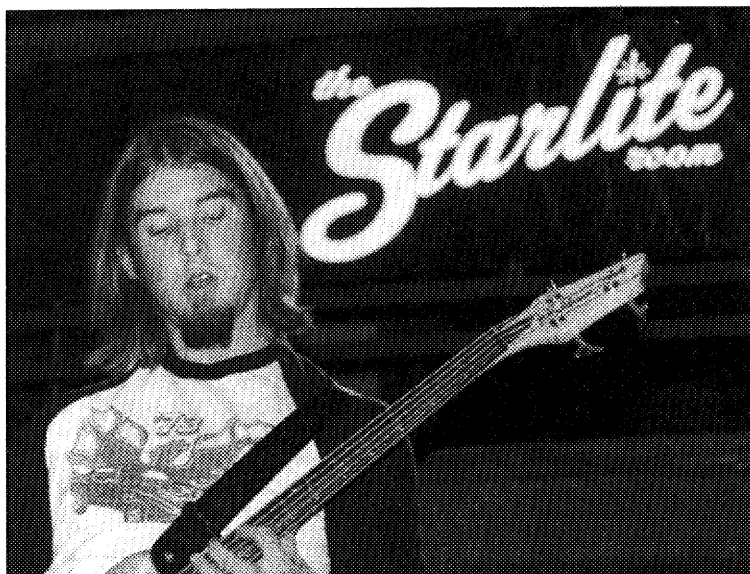
I became a professional travel and commercial photographer over two years ago. When I decided to continue my photography education in Nait con-ed, I decided to write for the Nugget again. My dedication the craft of travel photography has led me to venture to places both on this planet and in my imagination would never have had the chance to experience, from Europe to South East Asia, the Caribbean Islands, South America and soon to be Africa.

During my travels I have come upon several realizations regarding photography-

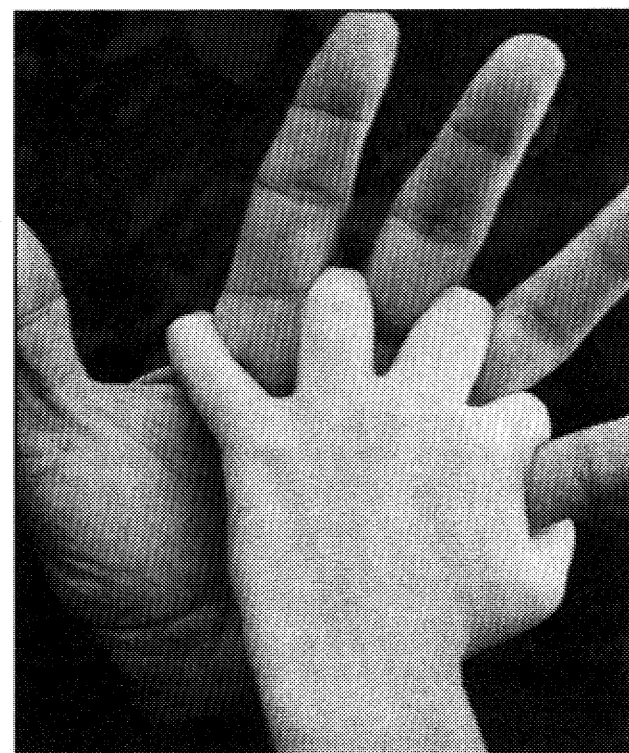
Many often overlook the power of a photograph. Photographs have the ability to change the world, to capture the essence of a culture, even to create a sensuality of life unachievable in reality.

Photographs, the best of them, have the ability to take you by the hand, and set you down right in the heart of a moment in time, to make you feel as if you were actually there. This is what every storyteller – photographer strives for, this is what the students in the Nait Photography Program strive to accomplish.

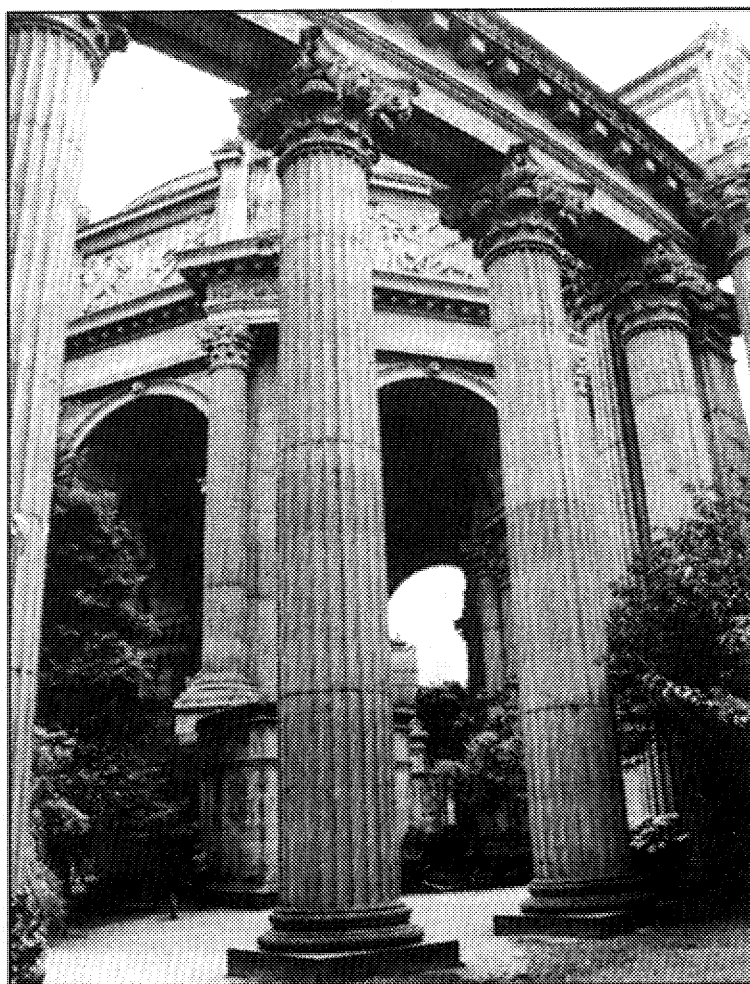
These following students are well on their way to becoming more than just photographers, they are going to become the storytellers of tomorrow.



Jeremy Fisher of Bricktop – Cayley Fisher



Hands - Amanda Verbeek



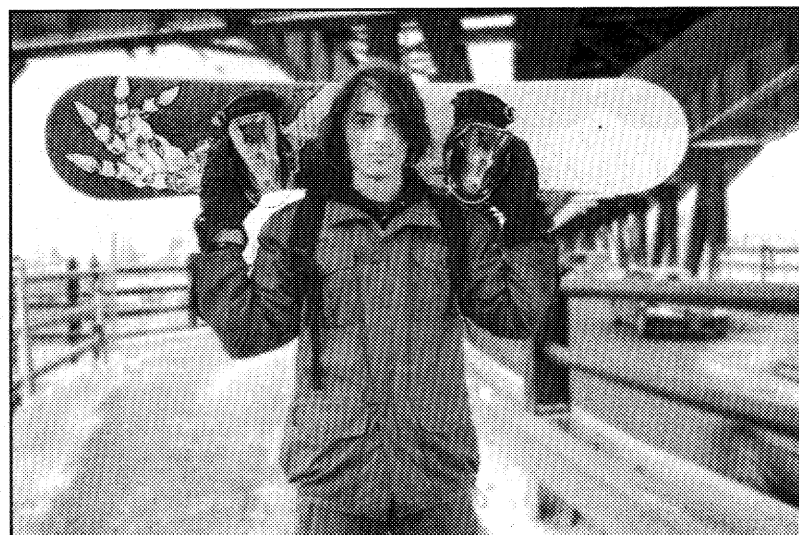
Palace - Vrinda Naik



Ashley 2 - Amanda Verbeek



Behind Thoes Eyes – Jen Gilecki


David High Level
Bridge – Ben
Lemphers

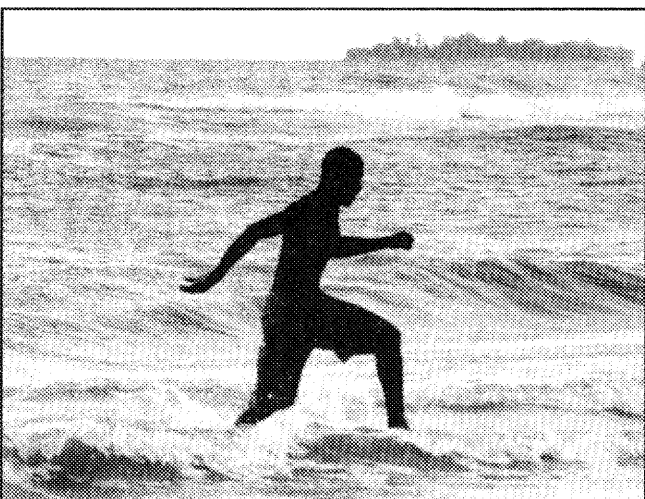
1000 Words



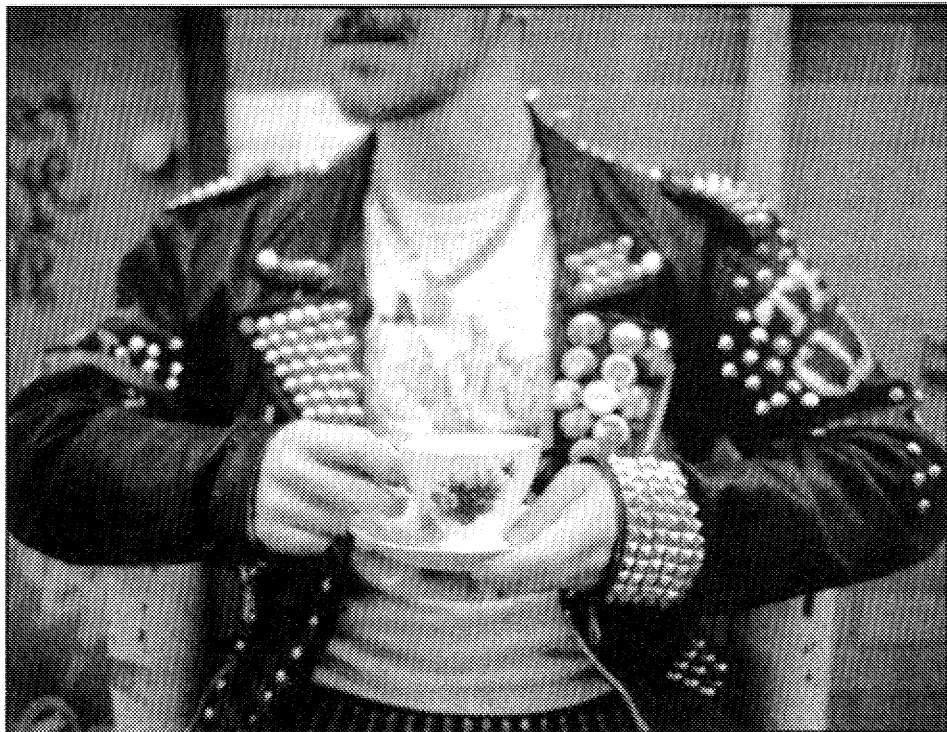
umbrella - Kelly MacKay



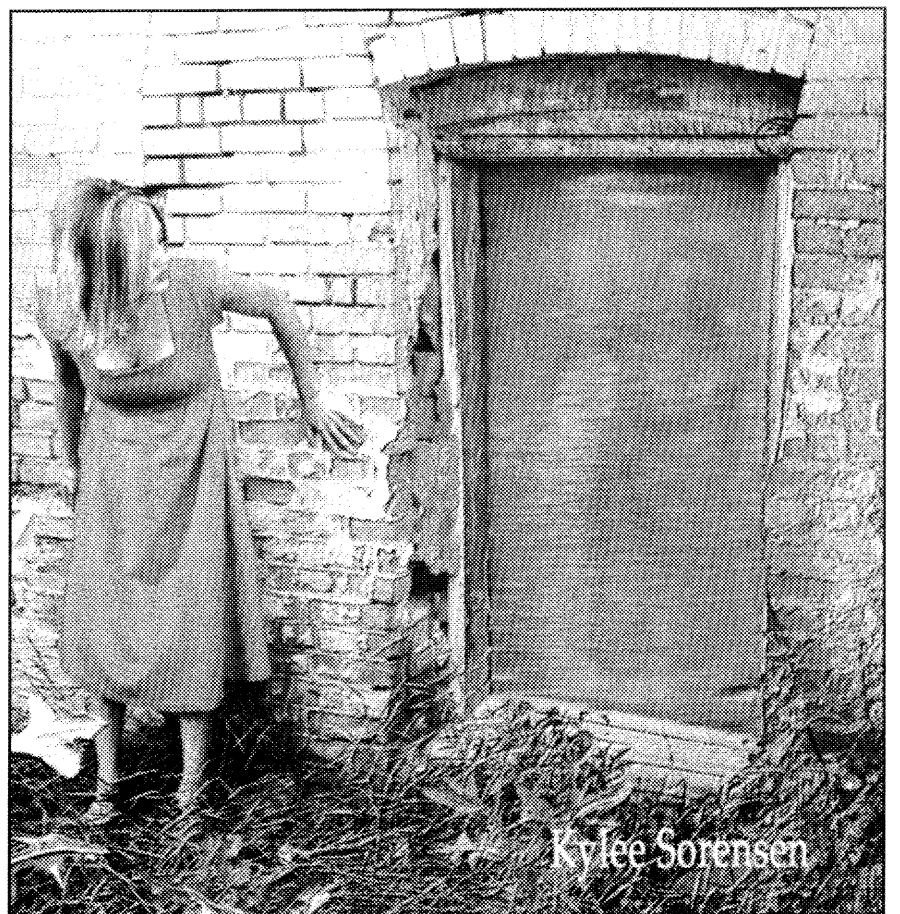
Cheryl - Caitlin Heffernan



Playing After Hurricane Ivan, Jamaica - Curtis Comeau



Cuppa Punk
- Olivia
Kachman



"untitled" -
Kylee Sorensen

Kylee Sorensen



Chris Simon, South Side Riots - Tegan McMartin



"untitled" - Jacki Flaata

Cool things Drinks

Last week I featured Vitamins and Minerals, This week Cool Things takes a shift and focuses of something a little unhealthier — Drinks... Booze - It pretty much creates the same outcome, hangovers and sayings to the like of "seemed like a good idea at the time".

That being said one must consider the fact that when consuming alcohol one must look Cool whilst in the process of consumption.

If there is anything you want featured in Cool Things email me at comau@gmail.com.

Martini

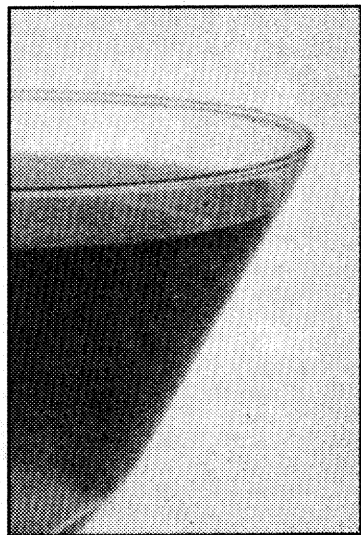
This drink just echoes the words "shaken not stirred". Hands down there is no other drink as cool as a martini. Even though the dry martini tastes like hot garbage, it looks cool and that's what counts. I prefer vary up and enjoy my drink while looking cool so I usually order an apple martini (Apple juice, Apple Vodka and Apple Sourpuss). These are expensive but worth it!

Highballs (rye and coke, vodka orange etc...)

Highballs are the uncoolest of un cool. Not only do they scream "I have no originality or idea what to order" but it also tells everyone in the venue "I have no money in my pockets". It's funny to watch people at the clubs wearing a pair of \$200 jeans acting cool, but drinking .25-cent highballs. Highballs also give you the worst hangovers of all alcoholic drinks.

Bottled Drinks (Beer or Coolers)
Bottled drinks are a moot point.

They are neither cool nor un cool, they are just what they are... However within its class there are some bottled drinks cooler than others. Cool ones include — Heineken, Rev, Bicardi, and pretty much any Canadian made beer.



Vodka Red Bull

Ultra cool. Expensive but does the job better than any of the aforementioned drinks. The V-Bull originated in Asia and made its move here about a year ago. Hugely popular in Europe, V-Bulls are now making waves in the North American clubs.

Canned Beer

Same product different packaging, yet still cans scream LOSER. There is nothing more that completes the "Small Town Alberta high school kid" image than canned beer. If you are going this route STOP! Spend the extra dollar or whatever and get bottles. Beer should be drank some sort of glass bottle or pint.

Play Time for the FOOD BANK

Curtis Comeau



The Mayfield Inn Grand Ball room will claim host to the 3rd Edmonton Collectible Toy and Comic Show on Sunday, March 20th, 2005. The show time will be from 11am - 4pm. I had a chance to sit down with Shane Turgeon, the founder of the show, who happens to be a former Nait student and Nugget writer.

CC: What should one expect to see at the show?

ST: Well you will see a variety of vintage and modern toys as well as comics and collectibles. Basically a general mix of everything NERD.

CC: I know modern toy collecting is huge, is this going to be like walking into a TOYS R US and seeing everything that's on their

shelves?

ST: Not at all. Of course there will be toys that currently are on the market, but a lot of these items are very hard to find, most of these people who sell modern collectibles, tend to be collectors themselves, and they realize the importance of keeping them affordable to buyers.

CC: What if I don't collect any toys, should I still go?

ST: For sure, its just interesting to see and chances are even if you don't collect, you will see something you played with as a kid. A wave of nostalgia will hit you just in attending.

CC: How many vendors are coming this year?

ST: Well over 50 from all across Alberta.

CC: Tell me about the food bank connection to the show?

ST: This is the first year we have been involved with the Food Bank. Summer is a slow time for them, so we thought it would be great opportunity to get to help out.

CC: So what do I bring food to drop off right there?

ST: Yeah, if you being a non-perishable food item, you will be entered into several door prize categories.

CC: What can I win?

ST: We have several amazing Star Wars autograph packages. We also have a Sin City movie premiere pkg.

CC: Those are some serious prizes.

ST: Yes they are. They have been donated personally and by www.rebelcum.com and www.officialpix.com (the only autographed company licensed by Lucasfilm)

CC: Obviously Star Wars toys are huge collectibles. Is that what the main theme of the show will be?

ST: There really is no theme, its toys and comics, because there are so many sub-genera's within those two veins.

continued on next page

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(Details at the Salon)

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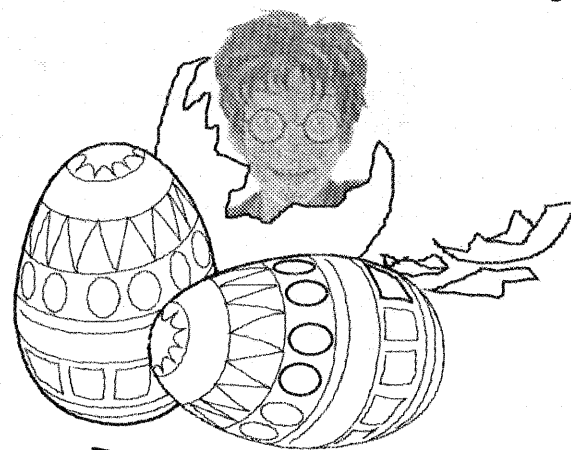
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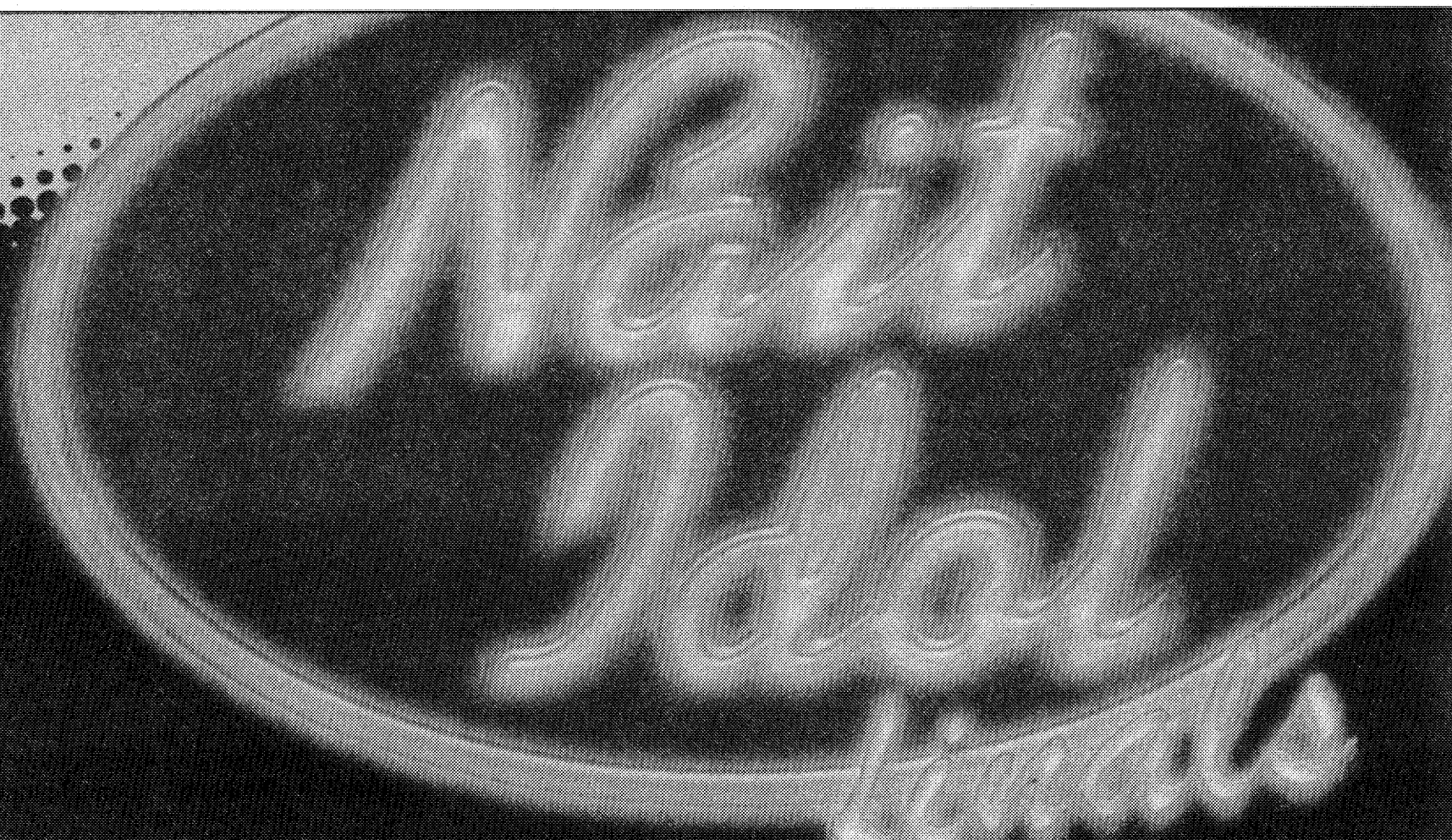


Harry Potter

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Thursday, March 10th
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Doors 3:00 p.m.

Show 5:00 p.m.

with host **Rick Bronson**

This time the
students vote!!!

You must bring your student I.D. to cast your vote.

Winner goes to London, ON.
for Campus Idol

Special Guest Judges

Paul Brown,

Jillian Foote & Yukon Jack

from the **Paul Brown Show**

These Bright Lights

Turning the Dark Off

Part 2 of 2

Laura Johnston



I've said it before, and I'll say it again - These Bright Lights never fail to impress. After a silky smooth set at Seedy's for our Punk-rock patriots, there is little more to be done except to sit back and wait for the steady procession of fame and fortune to make way. Luckily, I got to sit down with guitarist Sean Conroy for a few questions on how good that night felt and learn about more about the mindset of Edmonton's next big superstars...

Elle: So. That was quite the show at Seedy's the other night. How did it feel to headline for the first time?

Sean: Thanks, yes, it was a fun night for all of us. Umm, headlining is defiantly strange, especially since we are such a new band. It's a bit nerve racking because, well, your the main attraction and so everyone looks to you to bring it... but I think we did well, it was the best we've played so far as a band, so it was fun but I think we'd like to stay the opening band for a little while longer. It's all good.

Elle: Do you think the shows are starting to run more smoothly then?

Sean: Um, yeah, for sure. Like I said, this was our best show so far as a band and I think everyone felt a little more comfortable up there and we made it through it all very easily.

Elle: Heh, I understand there was a great deal of 'tweaking' when it came to deciding on bandmates. Where did everyone ultimately come from?

Sean: Hmm...yeah, well it started

as Jason on bass, Dillon on drums and me on guitar. Dillon and Jason had played in a previous band together and were looking to start something new. I saw a post on indecline.net for a bass player and drummer looking for a guitar player, so I answered it. We originally had another one

is). Enlighten me with your thoughts.

Sean: *Laughs* Well, I wouldn't say we are huge anti-Bush activists, granted I think I can say that we all don't think he's the right person to be in that position. I don't know, I personally have

come to mind. Interesting, eh?

Elle: *Laughs* Fair enough. So when are we going to see you on the stage again?

Sean: We're currently looking for shows, dropping off demos at venues, so, yeah it won't be long. Our goal is to play two shows a month, so we're working on that.

Elle: Any plans for an EP release in the near future?

Sean: Oh yeah, but it will probably be a few more months. Hopefully we'll see something around May or June. We're just sorting through our songs, trimming the fat and making some new ones right now. We'd like to really hit our sound before going in to record stuff, but I really do want to get something out there soon

Elle: Have any last final words you'd like to express to the students at N.A.I.T?

Sean: Come check us out, have fun in school, and we'll rock out with you soon! Be sure to check out the website: www.thesebrightlights.com

Elle: Thanks a lot, Sean. It's been fun.

That's right ladies and gentlemen, Laura Johnston — always asking the 'important' questions. Nonetheless, there is a feeling that resides after that interview that resonates only off of someone at the start of something great. I think we've all learned something valuable here over these past few weeks and I hope that it has taught a certain level of respect for tomorrow's rock stars. Like Sean said, check out the site and get out to some shows. You'll never be disappointed.

And besides — what better things do you have to do with your time in the next 52 days while you wait painfully for the new season of Family Guy?



of their friends on second guitar, but we weren't on the same page as far as the music we wanted to play. Umm... a few months later and some tryouts and such we found Tom, he joined as the second guitarist... but we now needed a singer, so we tried out some people, but nothing was working.. I'm not sure how.. but.. Tom just started singing and he sounded good, so we went with that and it's been good ever

Elle: Ideally, how many hours do you practice a week, and what do they involve? Anything crazy happen lately?

Sean: We jam a lot, we play 3 - 4 times a week at about 3 - 4 hours a session.. ha it's good though. Uhh most jams involve playing all of the songs, working on new songs or tweaking the old ones, just getting our music together... crazy, well we jam in ghetto downtown where all the hookers are at, so we've been approached by many odd people and hookers, it's quite funny actually.. random people will just ask you the stupidest stuff, but it just makes it that more interesting.

Elle: Where does the inspiration for your lyrics come from?

Sean: well Tom writes the majority of the lyrics, but we've all chipped in.... it's just about life really, all the things that go on, relationships, growing up, rocking out all the good stuff, nothing too specific.

Elle: Now, let's have some fun. I hear that you are huge anti-Bush activists (or atleast Jason

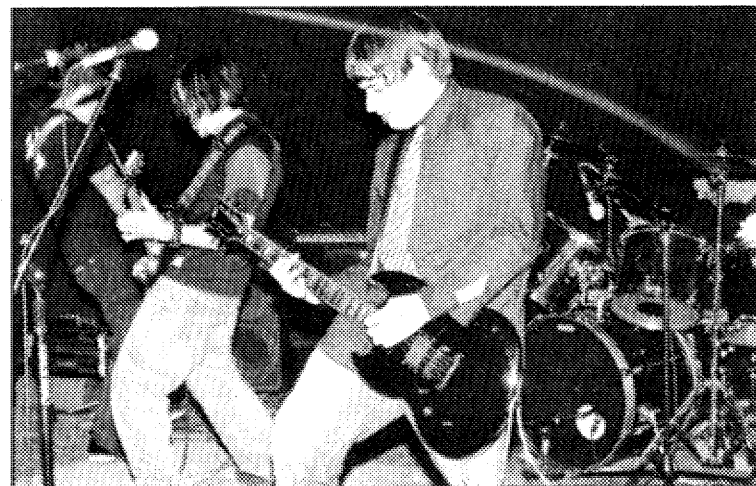
been following politics a lot more in the last few years and tried to find the good and bad in Bush and the bad defiantly outweighs the good. I would've liked to have seen Kerry win. A definate change was needed.

Elle: Well, that didn't turn out the way I expected it to *laughs*...but anyways, humor me. If you could pick any other person to be a better president, who would you pick and why?

Sean: Well, I mean, I don't know enough about politics to really make that call, but I think Kerry would have been a lot better. I've been hearing rumors of Hilary Clinton running for the next election. It'd be interesting to see her up there!

Elle: Now, please answer the question that has plagued mankind for decades...how many licks does it take to get to the centre of the tootsie roll pop?

Sean: 462 licks. I have no idea why, that's just the first number to



FOOD BANK

continued from p. 10

CC: So I want to see some of those freaky fat dudes who actually think they are Jedi running around shopping for toys?

ST: I don't know about freaky fat dudes, but there will be some Star Wars costumers present. They really do add a certain dimension to the show. Their great people and fun to have around.

CC: That was very politically correct. Do you have a costume?

ST: (Laughing) Thanks, and no I don't have a costume. Im more of a collector not a costumer.

CC: Any closing thoughts?

ST: With the Internet many peo-

ple see ebay as the only source for collectibles. But nothing really beats getting out an actual collectible show, where you can check everything out first hand, and network with other collectors from your own hometown. There is a great collecting community here in Edmonton and its events like this that really help it flourish.

CC: Where can I find more info about the show?

ST: Check out our website at www.edtoyshow.com.

CC: Perfect. Best of luck on the 20th.

ST: Thanks for your time Take Care.

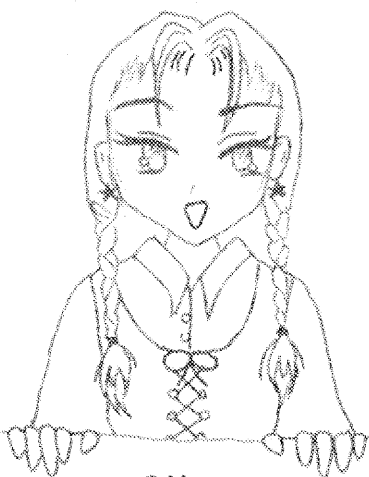
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Elle's Eye On Edmonton

Concert Listings

--- Thursday, March 10th ---

-- The Fates w/ Andy White & Allison Russell, and Madisen --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

-- Electric Frankenstein w/ Black Market Inc. and Down For The

Count --

--- New City (10081-100 Ave) --- Call 429-2582 for Details ---

--- Friday, March 11th ---

-- The Mocking Shadows --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

-- Superseed w/ Night Life, Third Time Harm, and Foster --

--- Red's (West Edmonton Mall) --- Doors @ 8pm, Show @ 9:30pm ---

-- Road to Nowhere w/ Red City Anthem --

--- Seedy's (10314-104 Street) --- Call 421-0992 for Details ---

--- Saturday, March 12th ---

-- The Ramblin' Ambassadors w/ Rocketone --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

-- Tupelo Honey w/ Drive By Punch, Marble Engine, At Arms

Length, and Chysuga --

--- Red's (West Edmonton Mall) --- Doors @ 7pm, Show @ 8pm ---

-- Uncle Outrage w/ The Ringtones --

--- Seedy's (10314-104 Street) --- Call 421-0992 for Details ---

--- Sunday, March 13th ---

-- Three Dead Trolls in a Baggie --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

--- Wednesday, March 16th ---

-- Slammin' Jack w/ Colin Priestner --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

--- Thursday, March 17th ---

-- Herald Mix w/ Ronnie Hayward & Jay Johnson, John Guliak, and

Mike MacDonald Broadband --

--- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---

-- Knee Deep in Grass w/ The Pompadours --

--- New City (10081-100 Ave) --- Call 429-2582 for Details ---

Have a band? Want to see your show listed here for FREE?

Send us the details by March 12th to be in next week's listings!

Email: elle@edmonton@hotmail.com

Dear Bonny and Guest

The hilarious column where you can seek advice from a normal, unaccredited NAIT student and her zany weekly guest! To submit your questions, email us at bonnyandguest@hotmail.com

This week's guest: Tyrannosaurus Rex

Dear Bonny and Guest,

My girlfriend has been after me to come up with some fun activities for us to do as a couple. She says she is tired of trying to plan every date. I am worried she won't like my decisions. What can I do?

- Indecisive

Dear Indecisive,

Bonny: This is one of the more common situations in a relation-

ship. One partner gets used to riding along, agreeing with everything the other says. Essentially, one person takes the risks while the other coasts along.

T-Rex: Yeah! The Missus won't have any of that in our cave. If she chooses a brontosaurus one week, I better be picking off a Diplodocus another week, or else there will be hell to pay!

Bonny: You have to be willing to go out of your element and take some risks as well. A lot of guys hide behind a pretense that they just want to do what their sweethearts want to do, but really, they are simply too afraid their honey will say no to their ideas.

T-Rex: One time, I bought

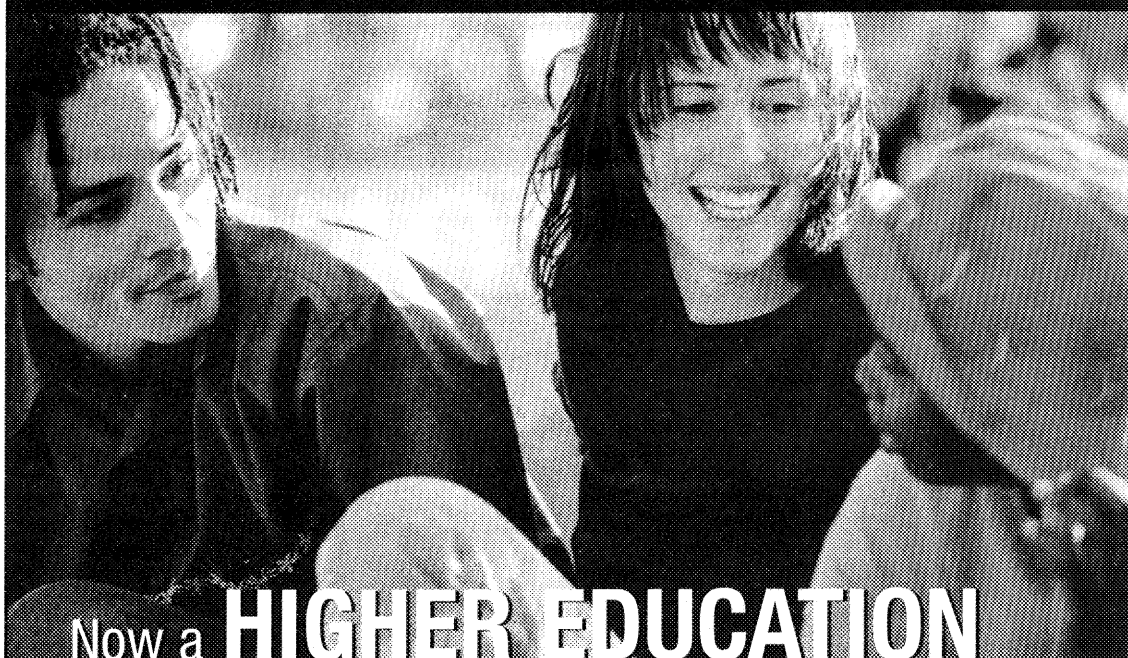
dance lessons for Mavis and I. She loved the idea! I went out on a limb, and she was excited. It's too bad those lessons never turned out... Damn these abnormally tiny arms!

Bonny: My suggestion to you is to just pick something. Start with a relatively common activity, like bowling, or suggesting a movie. From there, you can explore things you've always wanted to do, but always put off. If your girl is any kind of girlfriend, she will recognize the effort you are putting in.

T-Rex: Yeah! And if she doesn't, you can always bite her face off!

Bonny: I was *this* close to having a normal article...

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Thursday, March 10



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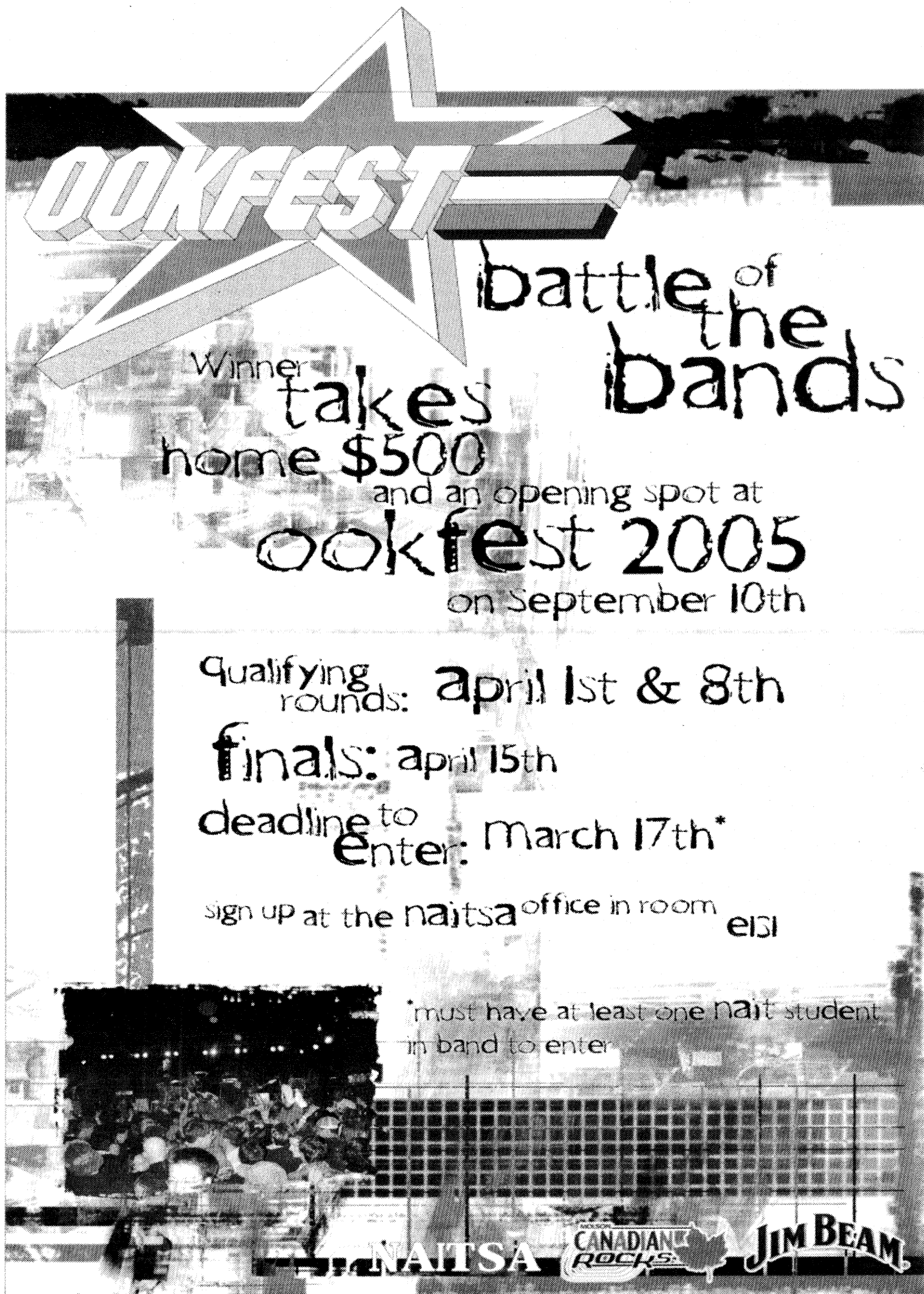
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sign up at the **naitsa** office in room **e131**

*must have at least one **naits** student in band to enter

NAITSA **CANADIAN ROCKS** **JIM BEAM**

Sandra Bullock



miss Congeniality 2
Armed and Fabulous

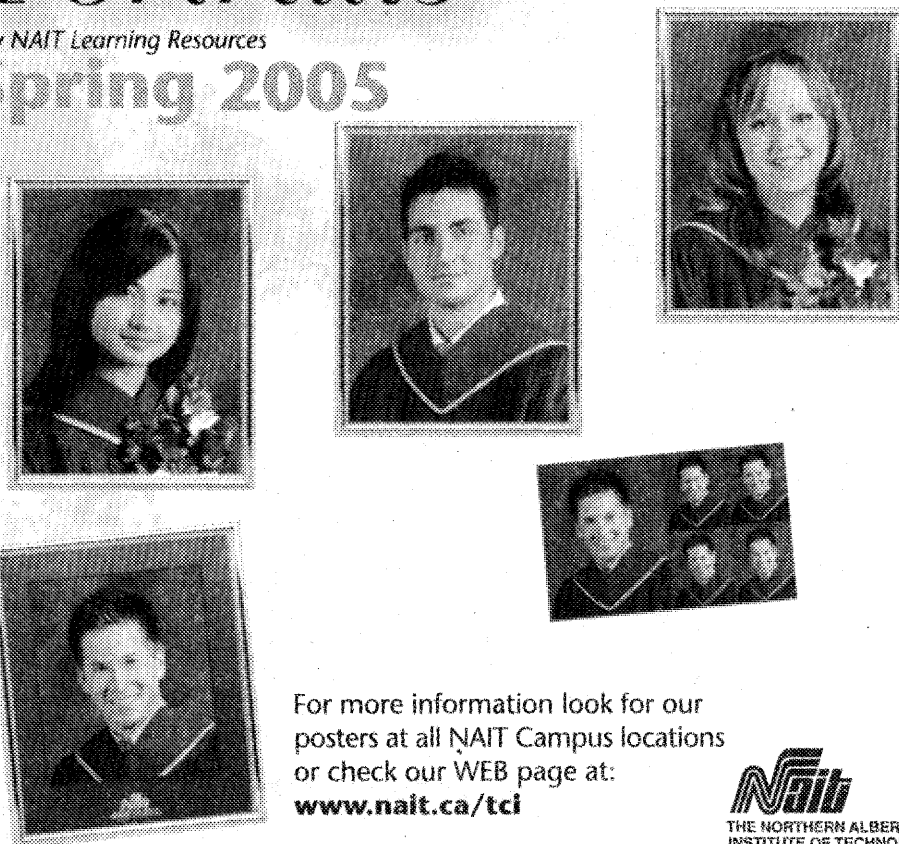
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Grad Portraits
by NAIT Learning Resources
Spring 2005

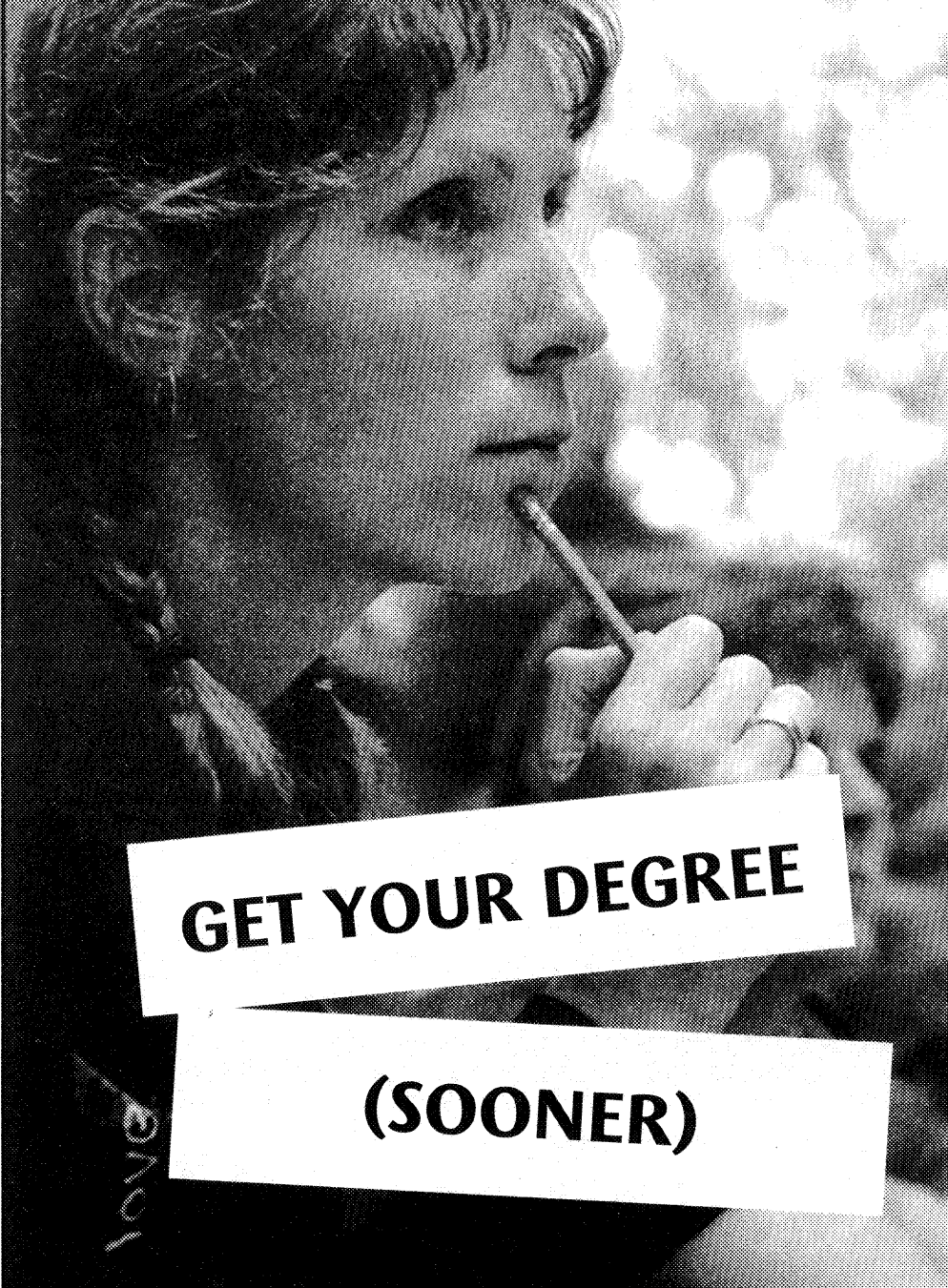
Sessions are available from
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Call (780)471-8732 to book your session
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This message goes out to the hot guy in the RTA program. You are sooo cute with your bleached blonde hair and that crazy black stripe. Every day i see you and you keep getting better and better looking. I wouldn't mind having a nice luncheon of chicken tenders with you. So just to let you know, if there's room in those fashionable pants, i'd love to join you...

this is to the long haired, Chuck Norris lookin' hot piece of man ass. I love your flowing long locks and your kinky nick name "Shewf". Aww you so dreamy, I see you walking the buisness building almost everyday, I bite my lip as I walk by trying to control my sexual urges. The one day I witnessed you playing hacky sack with your shit kicker cowboy boots on I knew I had fallin in love. The agility and dominance you displayed in the hack circle was erotic and lit my fire. Your secret admirer.....<3<3<3
-C Trent. Xxxooo

To all of the assholes playing poker on common computers, quit fucking wasting real students time. The computers aren't for games. Let us get some work done.

well in case the girl wants to know.....i don't know of any secret underground nice guy club.....maybe i'm not nice enuf to be in it, the world frustrates me taking away some of my niceness, but if u wanna give me a chance u can just let me know through these grapevines.....thanks

ok, now i realize some guys play nice to get a girl and they are truly assholes, and it isn't the girls fault for falling for it, it just makes the guy even more of an asshole, but seriously the trouble starts when the girl complains about the asshole and then refuses to break up with him, or keeps breaking up and going back.....

To the girl who's email address is ilovethecack@hotmail.com, and every other girl for that matter, if you're looking for hot guys you gotta make your way to the HP Center (mainly in WC). You won't find any anywhere else. And to the guys complaining about the hot girls, or lack there of, you have to go to the F wing. There are plenty of hot nurses there :D.

-Johnny Bravo

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Looking for a part-time job where you gain valuable communication and office experience and allows you to make your own schedule while attending NAIT? The NAIT Development Office is looking for friendly and enthusiastic callers to help fundraise for the benefit of NAIT and its students. Starting wage is \$7.50 + daily bonuses. Looks great on a resume! Please call Shabz or Shelley, Sunday - Thursday at 471-7009 between 5-9 pm. Deadline for applications is March 1st.

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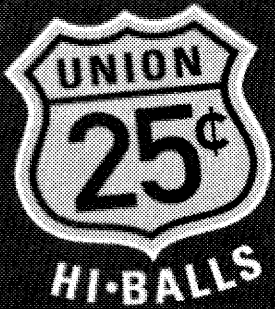


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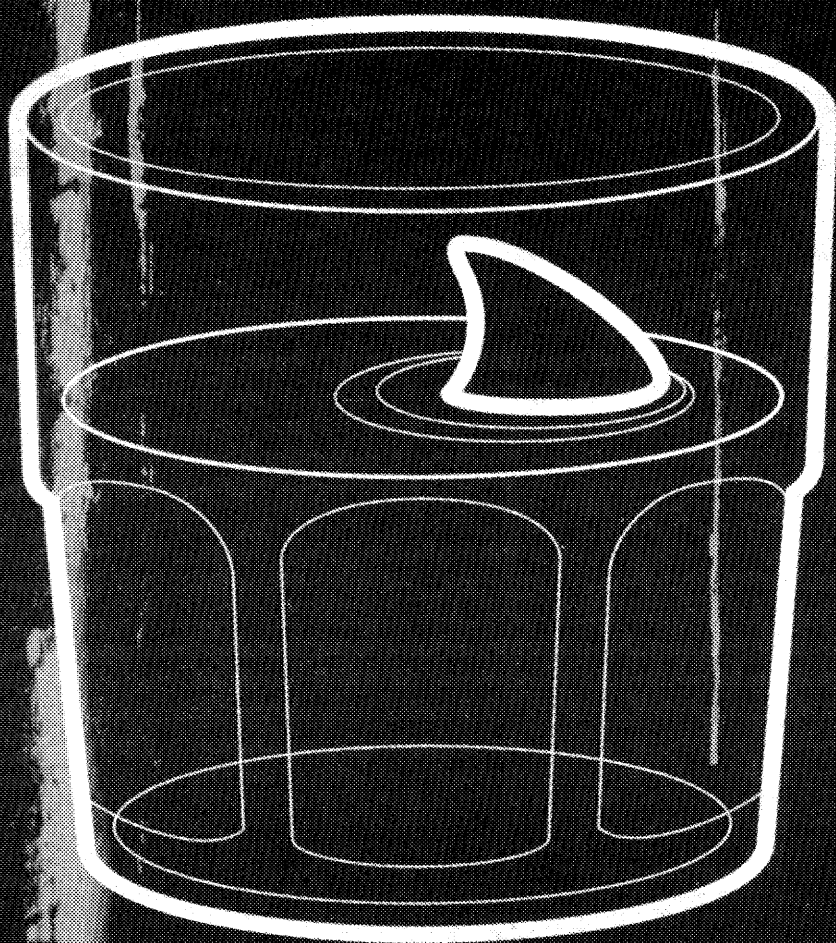
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