

# The NUGGET

Thursday, March 17, 2005

Volume 42, Issue 20

NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## Comeau's DESTINATIONS

### Negril, Jamaica

Curtis Comeau



**Location:** Negril is a popular tourist town located on the western part of the Island. Surrounded by the Caribbean sea it's about a one-hour cab ride from Montego Bay Airport (\$50USD). The taxi ride is breathtaking, taking you along a picturesque coastline and traveling through several small towns such as Lucea (where they filmed Cool Runnings).

**Getting Around:** I, as would the Canadian government advise against renting a car and taking public transportation. Car jackings have been reported as of late and public busses are often over crowded and frequently a venue of crime against tourists. Jamaican

Union of Travelers Association (JUTA green sticker on the window) taxis are your safest and best bet. Taxis are not fared and the price is negotiated before you start your journey.

**...its illegal to wear (or to buy or sell) army camouflage clothing.**

**Accommodations:** Accommodations come in all price ranges, however I would not recommend staying in a cheaper hostel in Negril. Hostel guests frequently fall victims to petty theft, most of which occurs from fellow hostellers

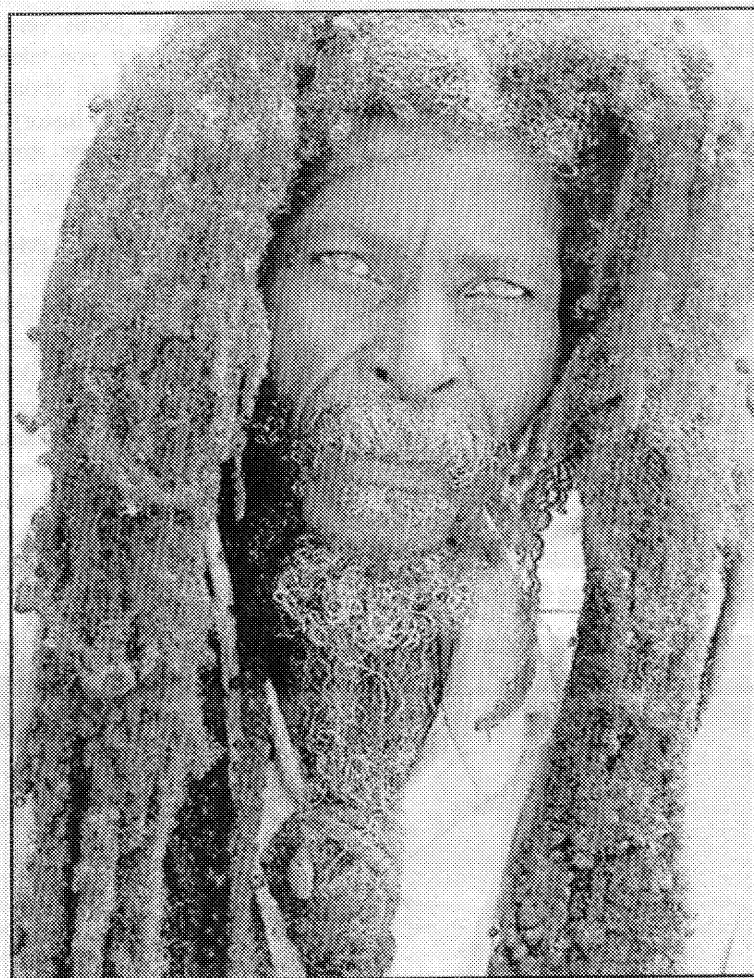
seeking more money for their own means of travel. You should be able to get a decent hotel for around \$60-\$80 USD/ night. Most hotels in Negril are located facing the beachfront.

**Food:** Jerk. Seriously Jerk Chicken and Jerk Pork is the local treat. Trying Jerk chicken from a local vendor is a must when in Negril. A meal of Jerk meat will run about \$5-\$7 USD.

**Out of your Pocket:** Nowhere in Jamaica is cheap especially Negril. I would budget per day what you would spend in day while traveling in a North American city. Excluding hotel I budgeted \$50USD/ day.

**Customs and Culture:** This interesting and strangely useless piece of information came to me from a Jamaican customs officer when I was obtaining my photographer, working visa - *its illegal to wear (or to buy or sell) army*

continued on p. 2



## Nothing But Net

### NAIT Set To Host March Madness

Trevor Elliott—SPORTS



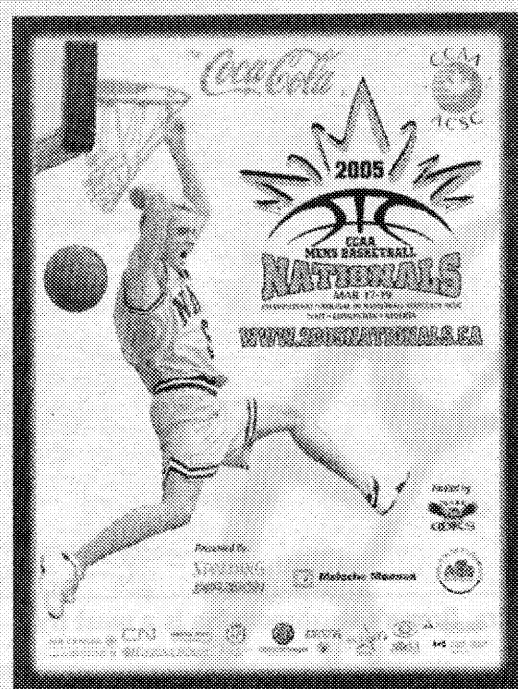
NAIT Athletics is proud to have the opportunity to host the CCAA Men's Basketball Championships is. NAIT will host over 150 players and coaches representing eight teams from across the nation. As well, thousands of fans are expected to attend the tournament and over one thousand fans will attend the championship final.

The thirty year old tournament

has always been exciting and this year's championship will be no different. Competing teams in this year's tournament represent four CCAA conferences. The UCC Sun Demons, who are led by Coach of the Year candidate Nevin Gledde, and the Malaspina Mariners are both from the British Columbia Colleges' Athletic Association (BCCAA). The Humber Hawks and Centennial Colts

both represent the Ontario Colleges' Athletics Association (OCAA). The Vanier Cheetahs represent the Quebec Students' Athletic Federation, while King's Blue Devils represent

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## What's Happening This Week?

THURSDAY, MARCH 17

Technology Event - Electrical Engineering  
Cabaret at the Iron Horse, Whyte Ave  
Big City Nights Dublin to Celebrate St. Patty's Day!



# Negril, Jamaica

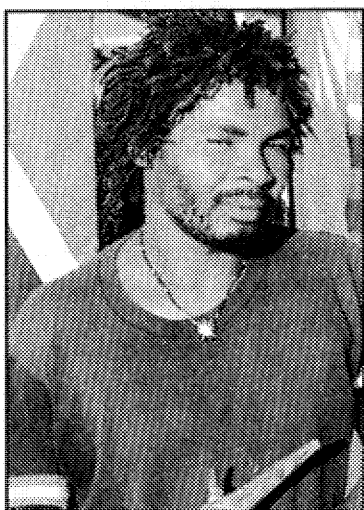
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camouflage clothing. Back to the point, A passport is needed for entry. Canadian tourists don't need an entry visa you are auto-

matically granted a 90day landing visa. Many Jamaicans especially in tourist traps come across as very pushy and sometimes even forceful. However most of the locals very friendly and if you take the time to learn about them and their history, it will make your stay much more pleasurable.

## Thoughts From My Notebook.

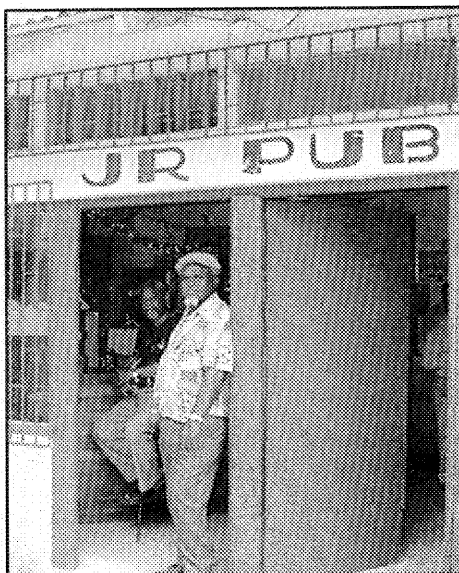
This was my fifth travel photo shoot in Jamaica, third time in Negril. Like clock work, when I meet a Jamaican an un written ritual ensues - the intro, the hand shake, the lame questions and finally the offering of the best ganja



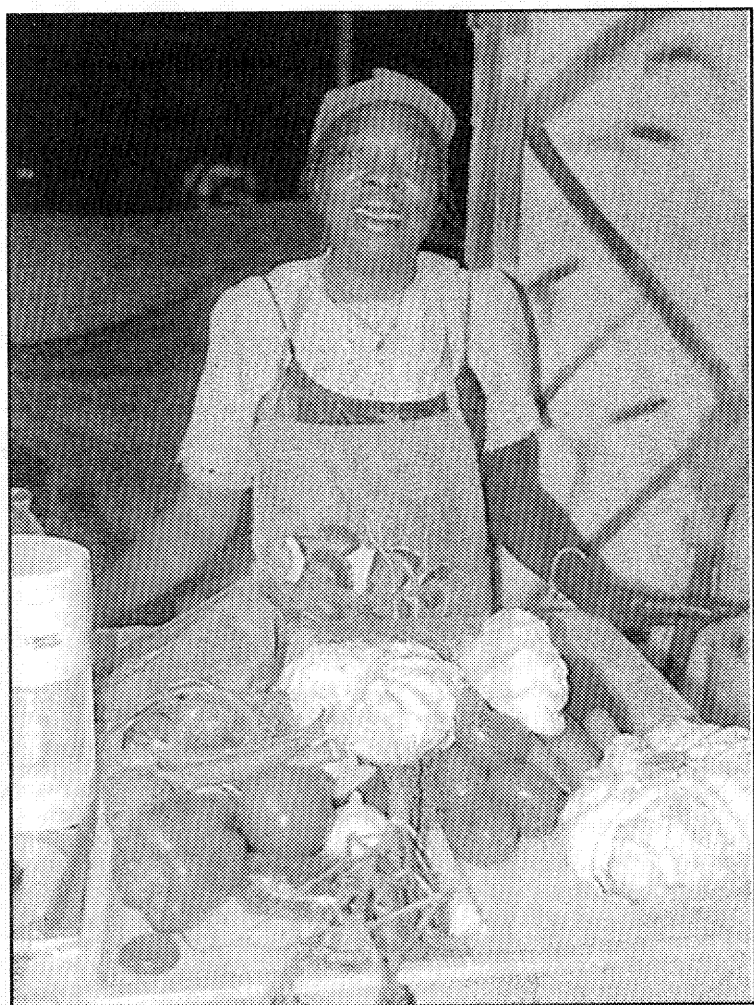
Local vendor affected by Hurricane Ivan.

on the island. I oblige to one of the questions...

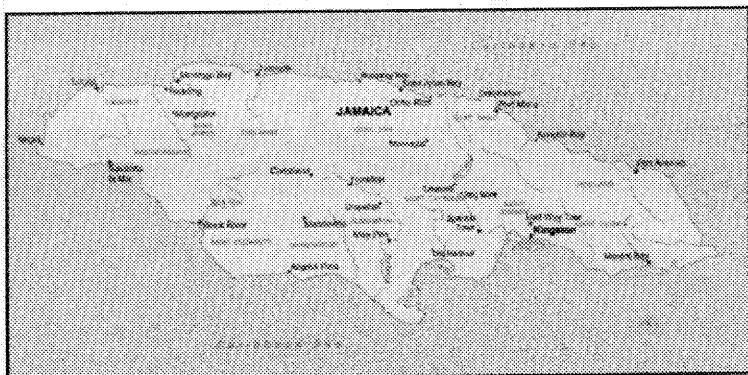
Last year hurricane Ivan almost destroyed Negril. Town's folk tell me that only large hotel chains received insurance money from the government, the small and private restaurants have yet to receive a penny "Ivan touched everyone in Jamaica, especially us" a local vendor woman tells me. "But we bounced back, tell your tourists Jamaica is back and better than ever." You know what? I have to agree with her.



Some welcoming locals.



Mrs. Brown's mushroom tea is a must try.



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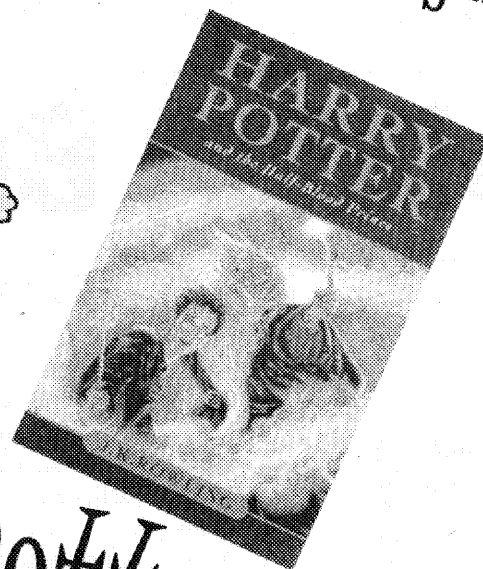
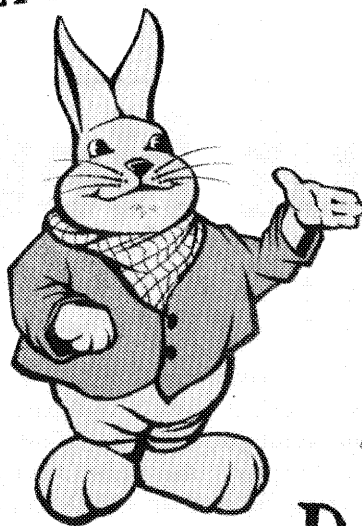
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# Enhancing Your Self-Esteem

MARGARET Marean

Counsellor,  
NAIT Student Counselling Centre

People with high self-esteem have positive yet realistic views of themselves and their situations. They trust their own abilities, have a general sense of control in their lives, and believe that they will be able to meet most of their goals. High self-esteem means accepting yourself for who you are, and not depending excessively on the approval of others in order to feel good about yourself. People with high self-esteem take reasonable risks and do not feel they have to conform to the expectations of others. Typically people have areas where they feel confident (such as academics or social relationships) and areas where their self-esteem is not as high (for example, personal appearance and athletics).

Lack of self-esteem is not necessarily related to lack of ability. It is often the result of focusing too much on the unrealistic expectations of others and setting unrealistic standards for performance. Self-esteem is developed as you are growing up and is affected by the messages you receive from parents and peers. We usually carry the messages we have learned as children into our adult lives. However you can improve your self-esteem at any time of your life. Just remember that change takes time and work. Be patient with yourself. Here are some strategies for enhancing your self-esteem:

## 1. Identify your self-defeating thought patterns and work towards changing them.

- All or Nothing Thinking. "I am a total failure when my performance is not perfect".
- Magnification of Negative/Minimization of Positive. Expecting that things always go wrong is a common attitude. A single negative detail, piece of criticism or comment colors all reality. Good things don't count nearly as much as bad ones. "She didn't say hi to me so nobody likes me". "I got five A's but the one C really shows my abilities".
- Jumping to Conclusions. Concluding things are bad without any definite evidence.
- Emotional Reasoning. "I feel ugly/stupid/unpopular so it must be true".
- Overemphasis of "Should" Statements. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. "Should" statements are often perfectionistic and reflective of others' expectations rather than our own. ("I should be getting straight A's").
- Labeling. Instead of saying "I made a mistake and I can learn from that", saying "I am a loser and it is all my fault."
- Difficulty Accepting Compliments. "You like this outfit? I think it makes me look fat."

## 2. Emphasize your strengths. Give yourself credit

for everything you try. By focusing on what you can do, you credit yourself for efforts rather than emphasizing end products. Accept current limitations and learn to live with them.

## 3. Develop your skills.

Learn and practice the skills that you feel you are lacking and that would add value to your life.

## 4. Set realistic goals.

Establish goals on the basis of what you can realistically achieve. Break your goals down into small steps and then work towards completing each step. To strive always for perfectionistic absolute goals such as - "Anything less than an A in school is unacceptable" - invites stress and feelings of failure.

## 5. Take risks.

Approach new experiences as opportunities to learn rather than occasions to win or lose. Expect to make mistakes as part of the process; don't be disappointed if you don't do things perfectly. Feel good about trying something new, making progress and increasing your competence. Taking risks opens up new possibilities and can increase your sense of self-acceptance.

## 6. Experience success.

Seek out and put yourself in situations in which the probability of success is high. Look for projects that stretch - but don't overwhelm - your abilities. Allow yourself to acknowledge and feel good about

your successes.

**7. Use Self-Talk.** Stop listening to your negative inner "critic". When you notice that you are doubting or judging yourself tell yourself "stop" and substitute more reasonable, self-accepting and supportive messages. For example, when you catch yourself expecting perfection, remind yourself that it is unrealistic for anyone to do everything perfectly.

**8. Respect your own needs.** Recognize and take care of your own needs and wants first. Identify what really fulfills you - not just what is immediately gratifying. Respecting your deeper needs will increase your sense of worth and well-being.

**9. Solve problems.** Don't avoid problems and don't stew over them. Face them, identify ways to solve them and act on your solutions. Procrastination lowers self-esteem.

**10. Make decisions.** Practice making and implementing decisions. Trust yourself to make good decisions and to deal with the consequences.

**11. Be assertive.** This means looking after your own needs while being respectful of the needs of others.

**12. Rely on your own opinion of yourself.** Evaluate feedback from others, but do not rely on or put too much weight on their opinions. Depend on your

own values in making decisions and deciding how you feel about yourself and what is right for you to do.

**13. Let go ...of the past , ...** of unhealthy relationships, ...of anger you are holding onto.

**14. Love yourself.** Spend some time pampering yourself and treating yourself like your own best friend. Stop comparing yourself with others and accept yourself for who you are.

And remember - there is only one person who can really improve your self-esteem - you! You have the choice to move forward or stand still, to be positive or negative, to be happy or sad. You have only one life to live and the choice of how to live it is yours. "Today is yours to make it whatever you want it to be" - H. Johnson

If you feel you would like further assistance enhancing your self esteem or dealing with other academic, career, or personal concerns, contact NAIT Student Counselling, Room 0117 (phone 471-8874) and book an appointment with a counsellor.

- some of the above information was adapted from University of Texas and University of Illinois handouts.

## The Follow Up

*An Icky, Annoying, and Essential Part of Your Job Search*

MATT Smith  
NAIT Career Advisor

I'll be honest with you. Some aspects of a job search aren't pretty. Waiting for the phone to ring, buying stamps, paper, and envelopes, trying to determine from the sound of an employer's voice whether she's going to hire you or not, seeing an annoying classmate get a job even though he is a scummy parasite who said that he was going to prepare the visuals for your group presentation but didn't and you ended up getting a low mark which didn't matter to him because, after all, his uncle owns a company and promised him a job - oops, got a little carried away. But let's face it - a job search isn't all beautifully written cover letters and perfectly answered interview questions. Some parts of it just plain stink.

One of my least favourite tasks during a job search is something that is becoming more and more expected from job searchers, specifically, the dreaded follow up. It's recommended that after you submit a resume and after you have an interview, you follow up with the employer in the form of a phone call, letter, or email. For example, after submitting your application, you might phone the employer up to make sure they received it and to introduce yourself. After an interview, you might send an email thanking them for the interview and maybe adding something about yourself that you didn't get a chance to mention during the interview. Admittedly, following up is an excellent way to distinguish yourself from the other candidates, to ensure that the employer remembers you and your application, and to show them that you're really keen for the job.

And maybe that's why, even though they are a terrific way to make a good impression, I find following up aggravating. It's just not in my personality to be an eager beaver. Plus, after all the other work you do to write a targeted resume and cover letter and to prepare for an interview, having to follow up is a nuisance. It also feels un-Canadian to market oneself so aggressively. And believe me, I feel your pain! But do it anyway.

The fact of the matter is that if you fail to follow up and someone else makes a better connection with the employer, you might be out of a job. So do it! Anyway, a follow up doesn't have to be as difficult as I am making it out to be. All you really have to do is make some form of contact with the employer to remind them who you are, thank them for the opportunity, and inform them of any-

thing else you want them to know. Keep follow ups brief - the last thing you want is to appear desperate or annoying. Even if you don't get the job, your follow up might encourage the employer to think of you in the future or refer

you to someone else. Sometimes, employers will even request that you don't contact them ("Don't call us, we'll call you") - then you're off the hook.

Following up with employers is a good habit to get into, like flossing and eating broccoli. It may not be a lot of fun to do, but it will pay off eventually. For all your job search needs, come down to Career Services and ask to speak to a Career Advisor.

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# OOKFEST

## Battle of the Bands

Winner takes home \$500 and an opening spot at

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on September 10th

Qualifying rounds: April 1st & 8th

finals: April 15th

deadline to enter: March 22th\*

sign up at the naitsa office in room e131

\*must have at least one nait student in band to enter





# Get your bling bling on

Eva Forsy



The spring/summer fashions have already been making their way to our stores. Bold colors, neo-romantic climate, tones of hot, ethnic looks, especially in the patterns, just to mention a few of this year's trends. There are about a dozen main looks that have emerged from designer's spring summer shows, but the key is in the quirky edgy details. Those little differences. Choose carefully to suit your figure and personality. The following are a few suggestions for the upcoming season:

The 'gypsy' look will be next year's most widespread trend when topped off with disproportionate bling with rococo elements such as shells, sandals and an excess of accessories. The look is not peasant poor, but sultry and seductive.

**The Bohemian/Eclectic, Ethnic look:** This look borrows features like sari fabrics, ethnic embroidery, primitive patterns, excessive bangles and beads, shisha mirror work, all to achieve an eclectic mix that makes us feel we have seen it before, but are not quite sure where.

**The Volume Look:** Full bubble skirts, hooped skirts and small



panier styles show how the trend to volume in clothes will progress with some movement of the waist rising above the normal waistline. Skirts are fuller than they have been for years and billow with fabric. This is a look that might take a while to surface. The public will either love it or loathe it.



**The Floral look:** Vibrant to soft color with femininity. From Miami to Madrid to Milan, flower prints are favorites. Dreamy pastel printed floral, tropical vibrant hothouse flowers all sit side by side. Some prints have flowers so large they easily cover half a skirt and become abstracted.



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## SPEAK OUT!

Here at NAITSA, we want to serve you better. For this to happen, we need to know what suggestions and feedback you have to improve your quality of life at NAIT. All of your feedback will be kept confidential. If you would like to know how we are making the changes you suggest, you can leave your contact information. We will also be providing articles in the Nugget for you to see what changes other people have recommended. If you would like to take a hands-on approach to your suggestion, drop by the NAITSA office (E131) so you can join one of our many committees. Please return completed forms to the NAITSA office. Thank you for your time!

**WWW.NAITSA.CA**

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Program: \_\_\_\_\_

What campus are you on? \_\_\_\_\_

Suggestions or Feedback: \_\_\_\_\_

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Recommendation: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Can we publish your suggestions or feedback in the Nugget?      Yes      No

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

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.



# Heroes among Us All

DAVE Fester

Why is it that when tragedy strikes we feel the need to do or say something about it? Why can we not do something for those who serve and protect us everyday? Police and RCMP officers have been working hard to protect the innocent from people such as James Roszko.

Rochfort Bridge. Even though this tragedy happened on Thursday March 3, it has affect many people not only province wide but also across Canada and its borders. It was an overwhelming sight to see how much support was displayed for these fallen members of the RCMP.

Last Thursday a well deserved memorial service was held for the four RCMP officers slain in

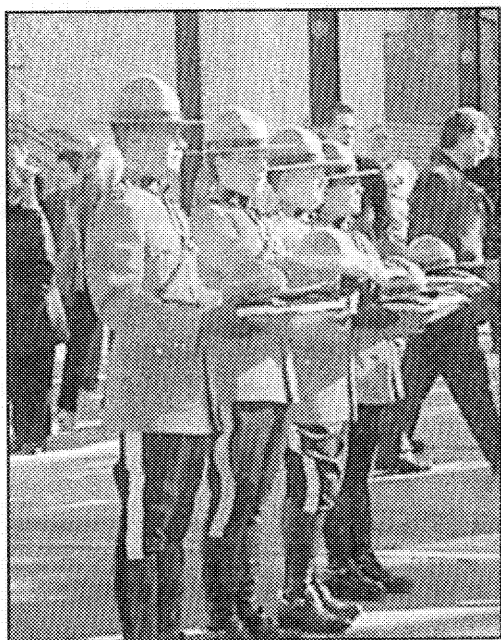
Many people may not understand how their actions can affect and touch other people just in every-

day life. Const. Leo Johnston, Peter Schiemann, Anthony Gordon and Brock Myrol have all affected many people through their actions while serving with the RCMP. These officers were caring, ambitious and wanted

to make a difference, they have touched thousands of people, some whom didn't even know them personally.

These officers should not have had to give up their lives just to

protect our freedom. No person should have to pay the price of their life just to make the world a better place. Please pay your respect to those that have fallen in service for our country and pray for those that still protect us.



## Four Black Horses

JIM McGregor, Fire Chief, Langley, B.C.

Four black horses without riders  
Galoped the Alberta plain;  
Four black horses, sent from Depot  
To bring the boys home again.  
Four black horses with empty saddles  
Race the cold prairie sun;  
Four black horses arrive at the farmyard  
As the last bullet leaves the gun.  
Four black horses stand with heads bowed  
Wait til the echoes subside;  
Four black horses turn as they're mounted,  
Now their heads held high with pride.  
Four mounted policemen take hold of the reins  
Spur their mounts holding lances high;  
Four black horses, red serge in the saddles,  
Disappear in the Alberta sky.



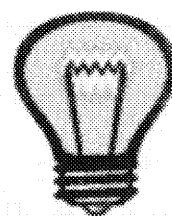
## Feeling a little Dim?



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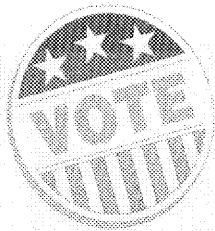
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# Democracy



Mark Cappis—NEWS



Guess who's back...back again...

It's good to be back, for a special guest appearance. For those who don't care, I wrote for this paper last semester. You usually found me on the front page with a recap of what you missed at the NAITSA meetings. I quit in December, because I was being shipped off to my practicum. Right now, I'm earning valuable work experience in the City of Cold Lake, which is actually a pretty cool town once you get used to the low-flying CF-18s.

My boss gave me a day off recently, where I went back to NAIT to tie up a few loose ends. Naturally, I grabbed a copy of the Nugget to see what I'd been missing. Now, while I loved Trevor Elliot's near-obsessive sports coverage, Cody Paton-Perkin's tales of convenience stores after hours, and Jenny Annett's treatise on shopping, well, what can I say? As the song says, it just feels so empty without me.

By now, if you haven't flipped to the Grapevines, you're probably wondering why the heck I came back. Well, it was for one very important reason: the NAITSA elections. Even though I'm a three-hour drive away, I'm still a student, and I still wanted to have my say in who'll be in charge next year. I came down to vote in the advance polls, and I'll admit I was a little disappointed that things had been changed this year.

The candidate's "vote for me!" articles didn't run in the Nugget the week before the election, but rather in the issue that came out the day of the election. So, I was stuck gathering all my info about candidates purely on the posters, until I found that the candidate's "vote for me" articles were posted at the future sites of polling stations. Nothing really Earth-shattering. Most everyone ran on the platform of "vote for me, cuz I know how to PARTY! WOO!!" Their posters reflected it. What I found funniest about the election, though, was the fact that Dwayne Williams, running for re-election on a platform of increased communication, wasn't bothered to put up at least one poster telling people that he was running again.

Now that's your high-quality, China-cut irony.

But I'm not here to rip on the winners or the candidates. Nope. I'm here to rip on you. You see, I made a special appointment to vote in the advance polls, begged my boss for a day off work, and drove three hours to vote.

So, if you didn't vote, **YOU SUCK!**

I haven't seen the final statistics, but I'm sure it's safe to assume that voter turnout was pitifully low again. I mean, what the hell is wrong with you, if you can't take 2 minutes out of your day as you're sprinting down to the Second Cup

***I mean, what the hell is wrong with you, if you can't take 2 minutes out of your day as you're sprinting down to the Second Cup or Bytes or wherever for a cup of coffee to mark an X on a piece of paper.***

or Bytes or wherever for a cup of coffee to mark an X on a piece of paper? And now that they publish the special election edition of the Nugget on the day of the election, you have even less of an excuse! It's all outlined in black and white who's running and what they stand for. No excuse, no excuse at all!

Now, in the past 12 months, we've been pretty lucky, democracy-wise. We had federal elections, municipal elections, and provincial elections. I could understand if you felt a little burnt-out by the time our little ol' NAITSA elections rolled around. So, if you were a little too tired to exercise a right that people have fought and died for all around the world, well then...actually, that's no excuse. In fact, if you didn't vote in any election in the past 12 months, **YOU SUCK MORE!**

Here at NAIT, you have even MORE democracy! Dwayne Williams was running unopposed. In the real world, he'd get in by acclimation; he'd get his second term automatically. But not here. Here, he's put to a yes/no vote. So, if you didn't like the way Dwayne did things this year, you could still vote him out of office! You can't

do that in the real world. In the real world, you'd be stuck with Dwayne year after year after year until he went mad with power, just like Ralph Klein. But that's a rant for another day...and probably another paper.

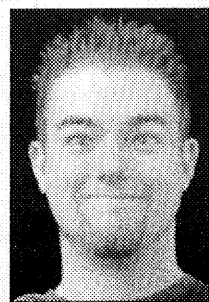
So, the next time you're sitting around complaining about how NAITSA does things, and you didn't vote, you have no one to blame but yourself. Ask your best friend to kick your ass, because **YOU SUCK!** As a wise man once said, "The best way to get power is to not give up any that you already have." When you don't vote, you give up your power over how this place is run. So, if you didn't vote, just go. Go back to your corner, you powerless little suck.

That's it. I'm ranted out. I'm now officially done. Although, I did find Jenny Annett's shopping adventures rather stimulating. Call me when she does the photo essay on trying on lingerie.

Send your hate mail to [kumagayakid@hotmail.com](mailto:kumagayakid@hotmail.com).

## Did you know You Had a Vote??

CODY PATON-PERKIN  
FEATURES



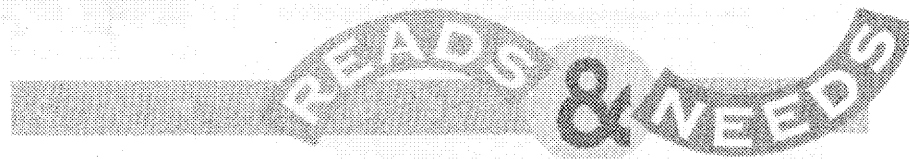
During the speeches it seemed that people were finding that picking their Asses or talking to one another was more interesting than the candidates words. I saw it first hand, as the speeches continued the volume of the people chatter rose, further proving my point that nobody cared. Voting registration was a disappointing low number.

But I can assure you that when a NAITSA issue arises that people don't agree with, the first thing most will do is criticize the candidate. In my opinion you shouldn't have the right to criticize unless you exercised your right to vote. Cause like it or not it the results of the elections will affect you in the future.

On a personal note I would like to thank, my competition who did win, as well as Carrie and all the other candidates who ran.

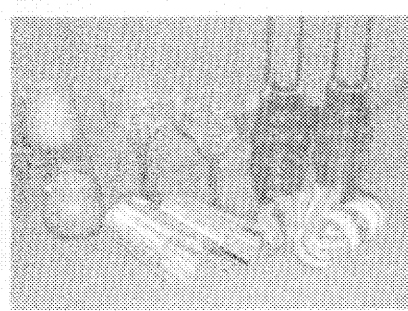
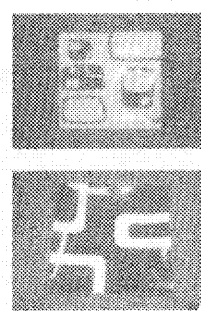
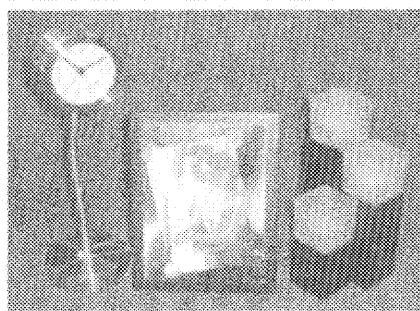
As many of you know NAITSA elections were held last week. Its sad but for most students it was nothing more than a normal week of school, with some random people standing a podiums in areas thought the school. Most of you didn't even notice the lame election posters trying to secure your vote.

As campaigning began the stress level rose to an unhealthy level for all those involved. But in hindsight, they should have eased up a little, as most of the NAIT students do not care about elections at all!



### Trendy Gifts for Mother's Day

...That You Will Want to Keep for Yourself



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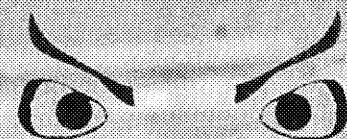
WITH

INTRICATE MINDS

@

## **THE NEST**

NAIT'S CAMPUS BAR



# **WEDNESDAY**

## **MARCH 30TH**

## **DOORS 8:00P.M.**

# **TICKETS \$8**

Tickets available at The Nest  
& the NAITSA office E131





# It's Over

Trevor Elliott—SPORTS



The Oaks were knocked out of play-off contention last weekend as they lost both of their home games to the long-time rival Griffins. The Oaks headed into last weekend tied at one game apiece with GMCC.

The Oaks hosted Game 3 last Friday. The game was intense and penalty-filled as both teams dished out many bone-crunching hits.

The Griffins opened the scoring at 2:06 of the 1st; however, rookie of the year, Ben Stokes, managed to even up the score at one by the end of the first period.

The Griffins went ahead in the second period and never looked back. The Griffins opened the third with a power-play goal and another goal put them up 4-1 at 6:23 of the final frame. The Oaks pulled their star goaltender, Tim Barlow, after GMCC scored their fourth. The Oaks answered back with a pair by Yarmuch; however, it was too late as the Oaks came up short losing the game 4-3.

Game 4 was played at Bill Hunter Arena on Saturday. The emotions ran high as the two sides clashed at center ice during the pre-game warm-ups. The scrum set the tone for the remainder of the game as the hometown rivals played the body for the majority of the game and, on many occasions, tempers flared after the whistle.

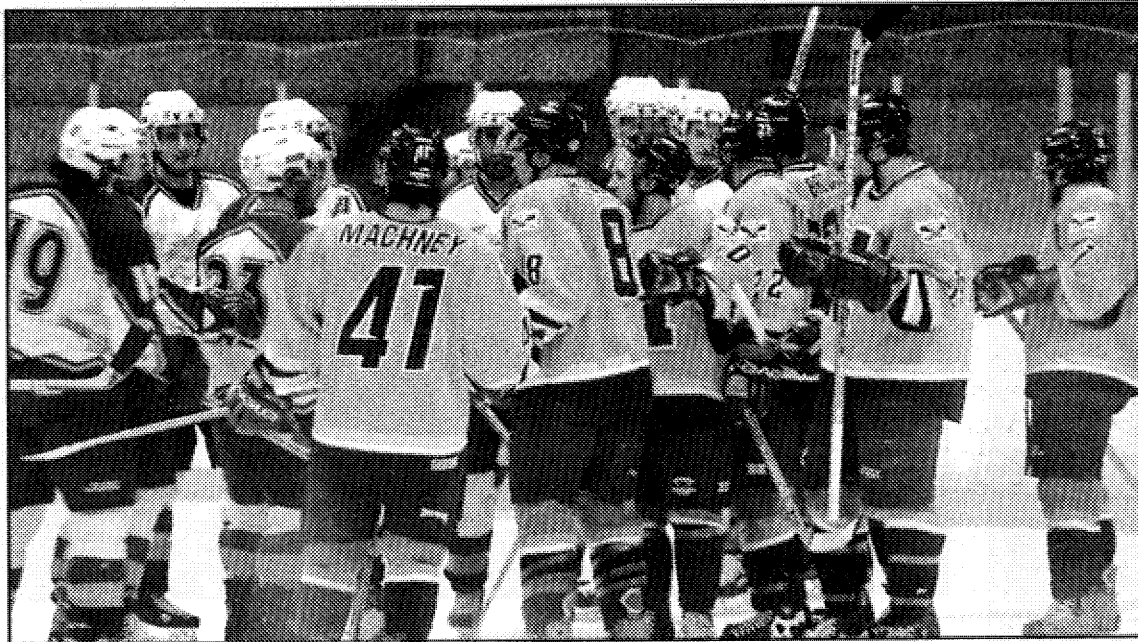
Ray Smegal opened the scoring for NAIT at 5:30 of the first. The Griffins tied the game at one apiece before the Oaks broke the game open by scoring two unanswered and an empty net goal. Final score was 4-1 Oaks.

The fifth and final game of the series was held at the NAIT Arena last Sunday. The game again was a penalty-filled, emotional affair. The two teams combined for a total of 24 penalties – 16 of which were committed by the undisciplined GMCC squad.

The Oaks opened the scoring with back-to-back power-play goals from Smegal and Yarmuch. The tide would turn on the Oaks, however, as the Griffins scored with 28 seconds left in the first. The Griffins took the lead as they scored 3 unanswered goals in the second. The Griffins closed the series with a 5-3 victory.

The series loss is disappointing; however, the Griffins had the Oaks' number all season and critics were not surprised by the outcome of the series. The Griffins had beaten the Oaks in three out of four regular season games including both at the NAIT Arena.

While the Oaks ponder the demise of their season, the Griffins now prepare to face SAIT in the ACAC Championship series.



Scrum in the second period.

# March Madness

continued from p. 1

the Atlantic Colleges' Athletic Association. The Grant MacEwan Griffins and host NAIT Oaks both represent our own Alberta Colleges Athletic Conference.

Fans will be amazed at the skills of CCAA Men's All Canadian athletes such as Sean Garvey of the Sun Demons, Aaron Carpenter of the Blue Devils, Robbie Valpreda of the Griffins, and Jason Hubbs of the Mariners. Hubbs is the only CCAA Player of the Year candidate who is competing at this year's championships.

The action all began yesterday as teams arrived and began practicing. The CCAA held its All-Canadian Banquet last night, as well. The opening tip-off is today at 1pm as Vanier and Centennial heat up the NAIT Gym. The action continues tomorrow with the semi-finals and the championship final games will be played on Saturday. The Bronze medal game is slated for a 6pm start on Saturday and the Championship final will start at 8pm.

The UCC Sun Demons are the best all-around team and the

team's remarkable depth make them favorites to win the championship in their last year in the CCAA. UCC switches from a university college to a university next season and, as a result, will move from the CCAA to the CIS.

The Humber Hawks have been a strong team all season and are the best defensive team in this year's tournament, while Robbie Valpreda leads a potent Griffins' offense that is currently on a sixteen-game winning streak. The experienced Vanier squad should also make it out of the quarter-finals. Expect the Sun Demons to take the championship game over hometown favorite GMCC Griffins.

Regardless of who wins the championship, one thing is guaranteed – the NAIT Gym will be packed and the excitement will keep fans at the edge of their seats! So make sure you get in on the action and pick up your tournament pass for only \$15 for students or pick up a one-day pass for \$6! Get in on the action and show off your school spirit this weekend! Good luck to all competing teams.

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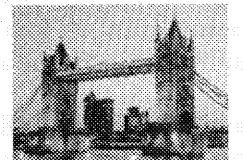
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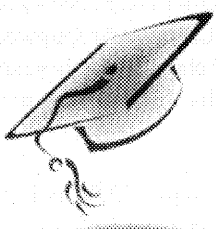
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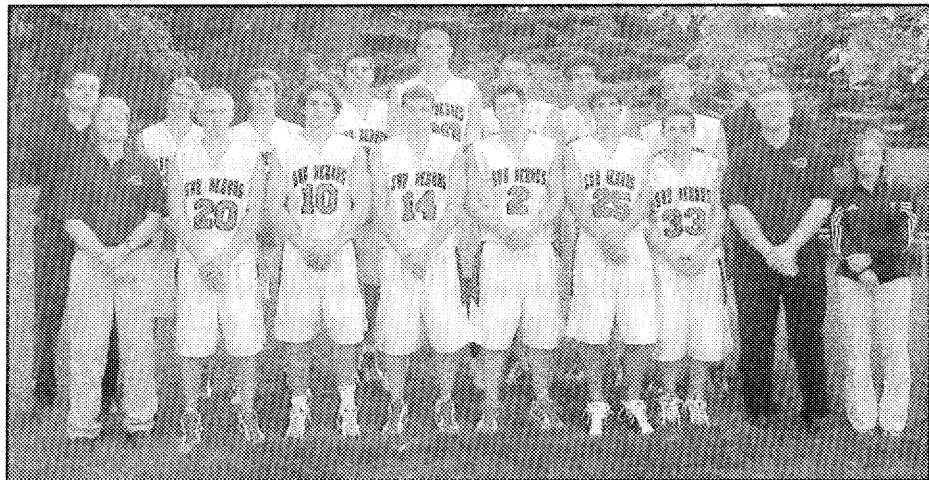
# Business Graduation Banquet & Ball



...Tickets available @ the NAITSA office



# CCAA Men's National Basketball Championship Team Previews

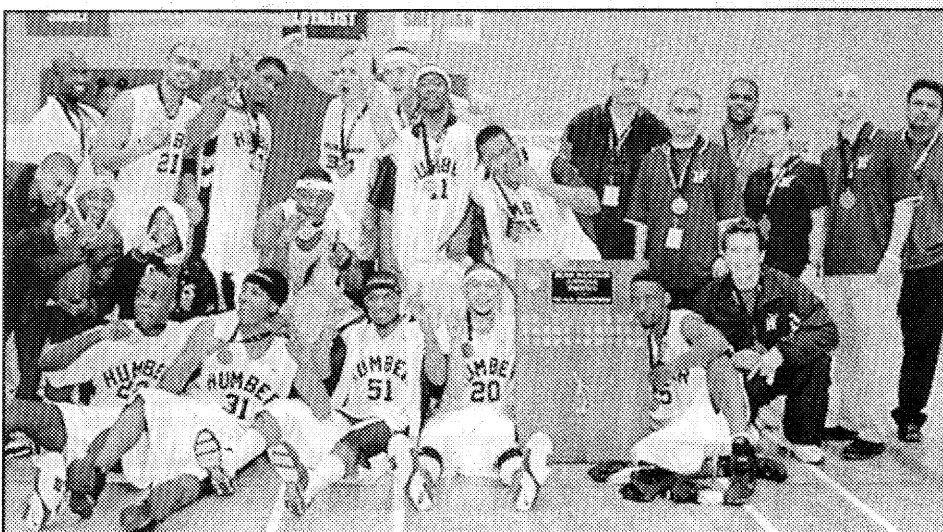


## University College of the Cariboo Sun Demons

UCC has 5 key returning players from last season's squad in Brent Traxel, Sean Garvey, Rob Haugland, Jon Turner and Jeff Friesen. Garvey lead the team in assists with 7.72 per game and contributed 16.17 points per game. Friesen led the team with 7.88 rebounds per game.

In addition to the core returning players are 3 transfers from other BCCAA schools and 5 first year athletes. Of the 3 transfers is Brad Van Dolah, a 3<sup>rd</sup> year transfer from UCFV, who led UCC in scoring with 16.88 points per game. Rookies to watch are 7'2" South-Kam grad, Gregory Stewart, and 6'3" guard, Josh Lovestone from Salmon Arm.

UCC were the Bronze Medallists in last year's 2004 CCAA National tournament and also took the bronze in the 1998 tournament. The Sun Demons will use their experience and depth to go for the Gold in their last year as a member of the CCAA.



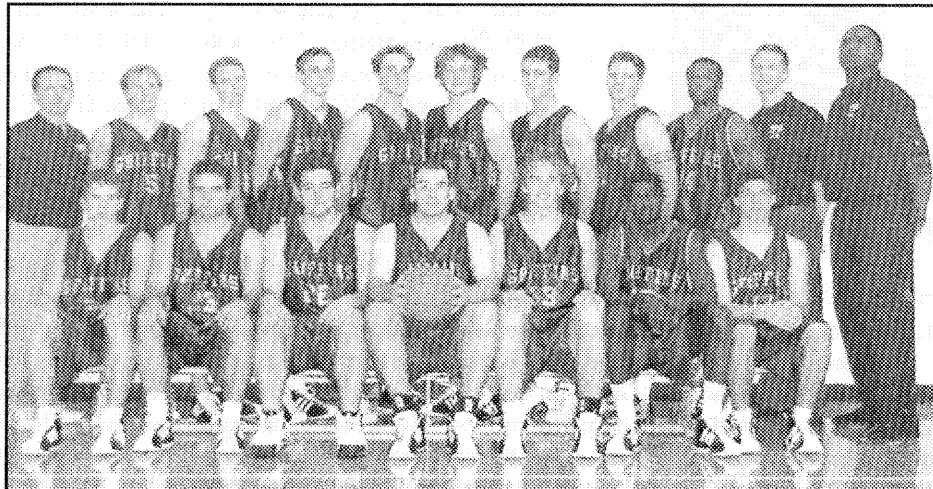
## Humber Hawks

The 2004/05 Ontario Colleges Athletic Association Champions have put together an impressive run since day one this season.

The season started out on an international note as the Hawks hosted (and nearly defeated!) the Charlotte 49ers, a NCAA Division 1 team that is currently ranked 18th in the country and headed to the NCAA Tournament.

A championship in the prestigious Dawson College Invitational was a big step in putting Humber into the rankings nationally. They then followed that up with a President's Cup win over the University of Guelph and a Silver Medal performance at the Toronto Raptor Invitational. In the Raptor Invitational they defeated the highly touted Laval University and McMaster University before falling to the C.I.S. Champion Carleton Ravens in the final. The final tournament was a victory in the Loyalist Invitational. The season then came to a close and the Hawks finished with a 13-2 regular season record and Central Division crown.

Humber was represented on the awards platform by a number of players. All Star and M.V.P. honours went to 7 different Hawk players throughout the season. This was truly an indication of their depth. University of Buffalo transfer Jason Walcott was the OCAA Tournament MVP, while former University of British Columbia JR Bailey and last years All Canadian Shane Dennie were Tournament All Stars.

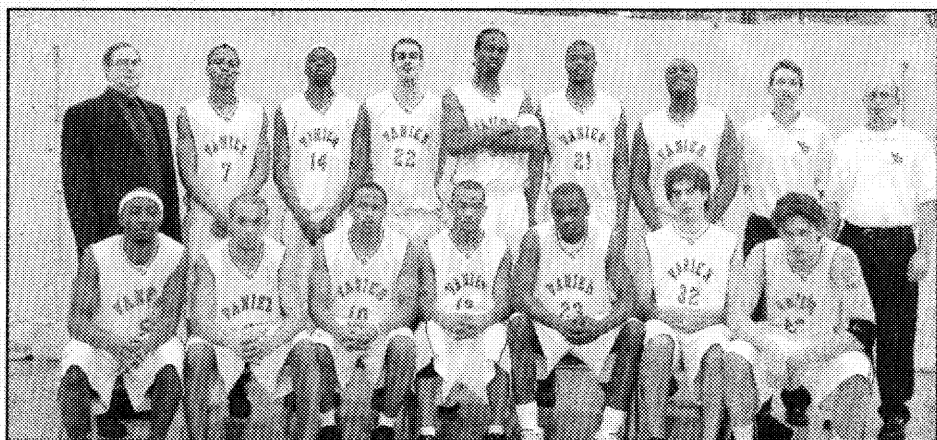


## Grant MacEwan Griffins

MacEwan comes to the CCAA Men's Basketball National Championship with a 21-3 regular-season record, a 4-0 postseason record and a sixteen-game winning streak. MacEwan has made use of speed and good defensive efforts this season, winning the preseason tournament at The King's University College as well as

SAIT's Coca-Cola Classic Tournament in December en route to their 5<sup>th</sup> ACAC title and a #3 national ranking.

The Griffins are lead by 4<sup>th</sup> year veteran Robbie Valpreda who scored an outstanding 482 points (second highest in the ACAC) and was a monster off the boards as he racked up an incredible, league-leading 300 rebounds. Valpreda and Alexander Steele were both named ACAC All-Conference players.



## Vanier Cheetahs

Vanier started this season with several question marks. All 5 starters from last year's team had moved on, so they were an entirely new team whose players had little experience playing together. In addition, a player slated to be the starting center for the Cheetahs was lost to the team due to a heart condition.

The Cheetahs finished the league in a three way tie for first place in the Quebec Student Sports Federation. The Cheetahs found themselves at the top of the heap by virtue of tie-breakers. The Cheetahs defeated red-hot Ste. Foy 88-84 in the semi-finals and won the championship game 75-59 over an exhausted Champlain team.

Vanier's Coach, Andy Hertzog has managed to advance his charges up one step in the standings each year that he has coached. He started five years ago and his team finished in fifth place, just out of the playoffs. The following year it was a bronze medal loss followed by bronze, silver and finally the gold medal. This will be Vanier's second consecutive trip to the National Championship as they won a wild card berth to Kamloops last year. Finishing in seventh place due to a first round OT loss to NAIT (110-105) followed by a 72-66 loss to Sheridan before beating Fanshawe 80-66. With 8 players on this years squad having benefited from the Kamloops experience, the Cheetahs will be better prepared to dance at the big show this year.

Greg Page (13.94 points/game and 5.44 rebounds/game), Adrian Sapp (12.88 points/game and 5.75 assists/game), and Mark D'Agostino (12.63 points/game and 5.69 assists/game) will all play important roles in Vanier's championship run.





### Centennial Colts

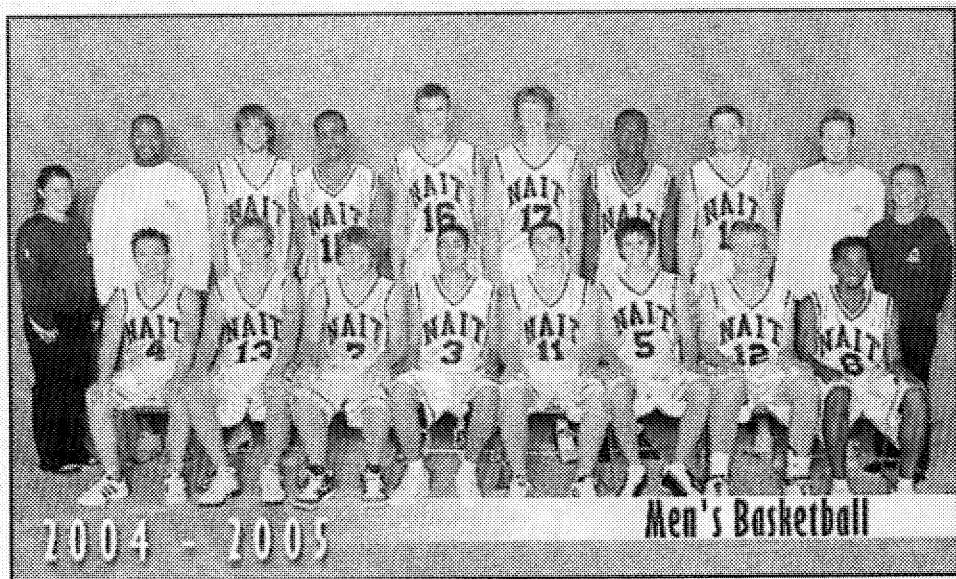
The Centennial team brought home the silver medal at this year's OCAA tournament. The Colts knocked off the #1 and #4 seeds during their provincial championship run and could be a dark-horse in the championship.

With a record of less than .500, Centennial made a run at the end of the season to enter the tournament seeded eighth.

In the OCAA Championships, the Colts trounced #1 Sioux College by 20 points and defeated #4 Sheridan by 8.

In the gold medal game, Centennial met Ontario powerhouse Humber College. Both teams played a cautious game, showing little movement and weak defence and at the end of the half the Colt's were down six. Centennial came out in the second half with a series of runs which gave the Colt's two and three point leads but the Nationally ranked #2 Humber Hawks were too much down the stretch and with two minutes left in the game had opened up an eight point lead.

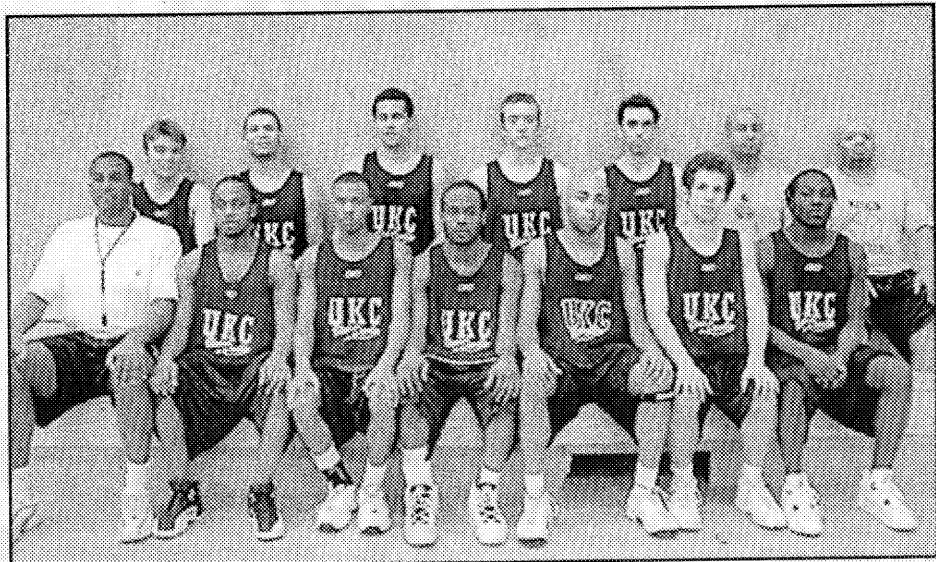
The Colts have not won a medal at the championships since they won the gold in 1984; however, the Colts will depend on OCAA All-Conference players Socrates Larrieux and Jerome Stephenson to have strong performances in their quest for the colleges second national championship.



### NAIT Ooks

The NAIT Ooks started the season with a young team and high aspirations. After an 0-6 start, the team found their stride and finished the 1st semester with a 5-6 surge to jump into playoff contention. They finished the regular season with two impressive victories against nationally-ranked Lakeland College and knocked off the #1 seed, Red Deer College, in the 1st round of playoffs. The Ooks faltered in the provincial final four tournament and finished the season as the 4th place team in Alberta. They hope to have a strong showing at the national tournament as they search to find the momentum they had as they closed off the regular season.

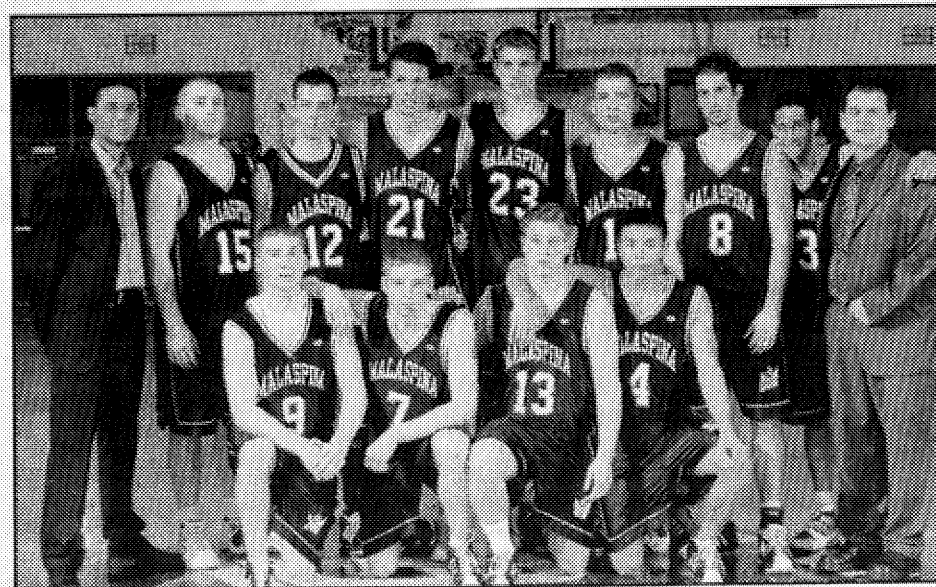
The Ooks are led by 2<sup>nd</sup> team ACAC All-Conference player Mark Dorado and third-year player Shane Leman. Mark is currently in his 4<sup>th</sup> season with the Ooks and has been with the Ooks for all four of their trips to the dance including the Ooks' National Championship in 2002/2003.



### The University of King's Blue Devils

On March 6, the King's Blue Devils captured the 2005 Atlantic Colleges Athletic Association Basketball Championship. They won in dramatic fashion with an 88-87 double-overtime win over cross-town rivals Mount St. Vincent University.

It was a thriller as the team climbed back from a 13 point deficit in the second half. The trio of Matt Jones, Tim Adams, and Aaron Carpenter (1<sup>st</sup> team All-Stars) were absolutely awesome in their win over a talented Mount St. Vincent team who had been ranked as high as 4th in Canada. Rookie guard Lucas Adecola had his best game of the year and was a big factor as well.



### Malaspina Mariners

The Malaspina Mariners men's basketball team may have just barely qualified for the provincials; however, once there, the squad did a ton of damage. The M's made it to the final before losing 71-63 to the University College of the Cariboo Sun Demons.

After three straight years of missing the playoffs, Malaspina was satisfied with its 10-8 record and the sixth and final seed in the provincials; however, the players also knew they were capable of big things, since they were playing some good basketball. The team showed just how good they were over the course of three games at the provincials.

Hubbs and Kinakin were both named to the tournament all-star team.

For the captain, it was one more honor to add to a long list of accomplishments this season. Aside from leading the BCCAA in points, Hubbs' 23.4 points per game also smashed Malaspina's season record. Louis Johnson's 19.9 points per game had stood up since the 1992/93 campaign. Hubbs was also named a Canadian Colleges' Athletic Association All-Canadian, the BCCAA Player of the Year and a BCCAA First Team All-Star.

The Mariners had to wait to learn if they would receive one of two wild-card berths into the CCAA National Championships. The team packed their gym for the announcement of the wildcard berth, and when the squad was awarded a berth at the dance, the Malaspina gymnasium erupted!!!

The last appearance at the Men's Basketball Nationals for Malaspina was 96'-97' and prior to that was in 93'-94' when they won gold.



# The WMD Latte

*Hitting Starbucks with Donald Rumsfeld*

Jay Acosta

For the past few months I've been packing fish in a factory and watching CNN like 24 hours a day. When I'm not at home I tape Wolf Blitzer and Anderson Cooper on my VCR and then play it back at high speed. I realize a lot of people are concerned about the situation in the world today, but after evaluating the facts, I'm not.

Because Donald Rumsfeld looks great.

So I decided to call up Donald and find out what kind of diet and work-out regimen he uses to stay looking good. We met at a quiet Starbucks near Metrotown in Vancouver and chatted about things both large and small. I found out that there's just no separating the politics from the man.

JA: Mr. Rumsfeld, I hear that the war is going poorly.  
DR: I think "poorly" is a poor choice in words. It could be going better, yes. The allegations of prisoner abuse have been portrayed very negatively by the media and that has contributed to people's negative perceptions of the conflict in Iraq.

JA: You look great.

DR: You know, I've been working out in the mornings lately. And when I get to work I feel great. But then the press conferences start and that really brings me down.

JA: (gesturing sexually) So you're really fucked?  
DR: Sure, although I would prefer the term global economic crisis. It makes meetings more inclusive. Now listen up sonny-jim because I'm only going to say this once. (grinning psychotically like the dad from That 70's show) If you love America as much as I do, you'll buy American.

JA: (after several minutes of arguing about whether as a Canadian I qualify as an American) So let's talk about the big one. What about the weapons of mass...

DR: Ssshhh. Keep your voice down. No one talks about that anymore.

JA: (whispering) Is it true it was a cover story?

DR: Well if by cover story you mean a lie, no. If you mean cover story like "something we made up", then yes. But if you used that definition, hell, everything I do would be a lie. I'd be lying right now.

JA: What sort of work-out regime do you use?

DR: On Mondays I do my lats. Wednesdays and Fridays I jog twelve miles. On Thursdays I have a facial and massage, that's my "me" day. On Saturday afternoons I go to the girls bar, and on Tuesday nights I have dance class. At the girls bar.

JA: That sounds like quite a week.

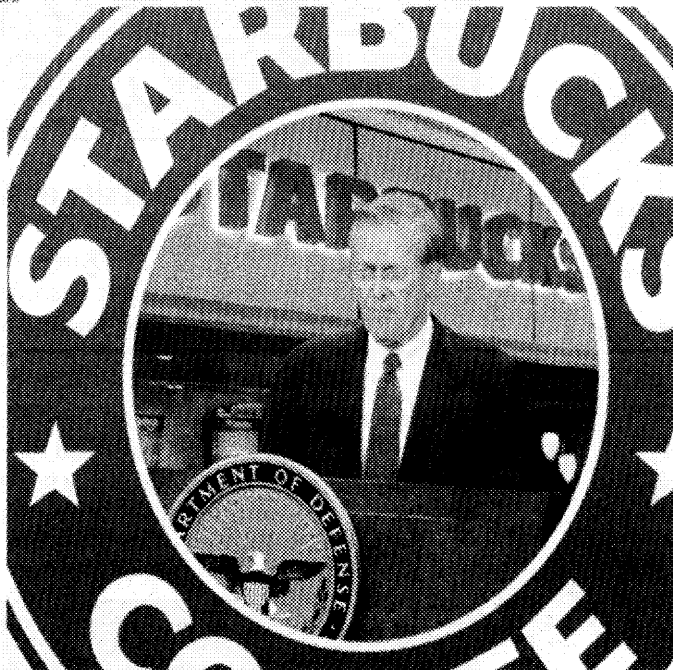
DR: I got to keep my vibe fresh for the ladies.

JA: Word. So what about your hair?

DR: What about it? It's there, it's gorgeous. People know me because of my hair.

JA: Tell me about these bitchin' threads.

DR: You see these shoes, bitch? These shoes cost more than your whole life, and I know because I already bought and sold you. Yesterday. On my way to work.



Date: April 12, 2005  
Time: 7:00 pm



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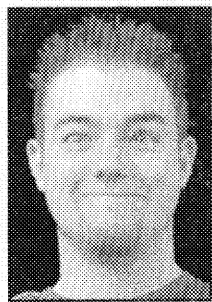
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# Indie Bands Make Their Mark

CODY Paton-Perkin  
FEATURES



Saturday night Reds, played host to several bands.

There is a reason you probably didn't hear about it because all of the bands playing were Indie Bands. For those who have no idea what that is, it's a band that is unsigned by a record label. This usually means that the band isn't all that good. However on Saturday Tupelo Honey showed Edmonton why they deserved to come home with the National Band Slam Title.

The two opening acts our group

got a chance to take in were Marble Engine and Drive By Punch. Both bands did a great job. Marble Engine turned out sounding like a cross between Tool and System of a Down. When Drive By Punch hit the stage, it seemed like the crowd wanted to go crazy. However the big signs that read NO CROWD SURFING OR MOSHING, put a little damper on making it a real rocks show. But despite the no-good rule, DPB played great. From memory they were a rock band with major Punk overtones.

The closest comparison would be Social Code, with much less cheese. The Respect of many concert goers was earned, which can be powerful when playing in front of a crowd which helped get the headliners to number one on the Bear's Top 10 at 10.

The Break between Drive By Punch and Tupelo was great as it was filled with a few beers and a couple shots.

The crowd had a bit of a surge forward as Tupelo Honey opened. It was easy to see that the screaming crowd was ready to let loose into a huge mosh pit.

As they played on, I caught people saying "Man he's so good" and "Dude, he's such a good singer". The show wore on and the crowd couldn't resist as some members began jumping around giving it the true Rock show feel. As for the guys in Tupelo they were just excited to be back playing in front of the home crowd which recently has showed a lot of support.

Overall the show was a eight of ten. The beers tasted awfully great, the place was packed, and both headliners played great sets. As a recommendation, go see Tupelo Honey, before they are bigger than Nickelback, also check the website - [www.tupelohoney.ca](http://www.tupelohoney.ca) - You won't regret it.

## Student Parking September 2005

Are you going to be returning to NAIT next September?

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The Parking Office will start to take applications on April 4.

Applications are available at Parking Services, Room O112.

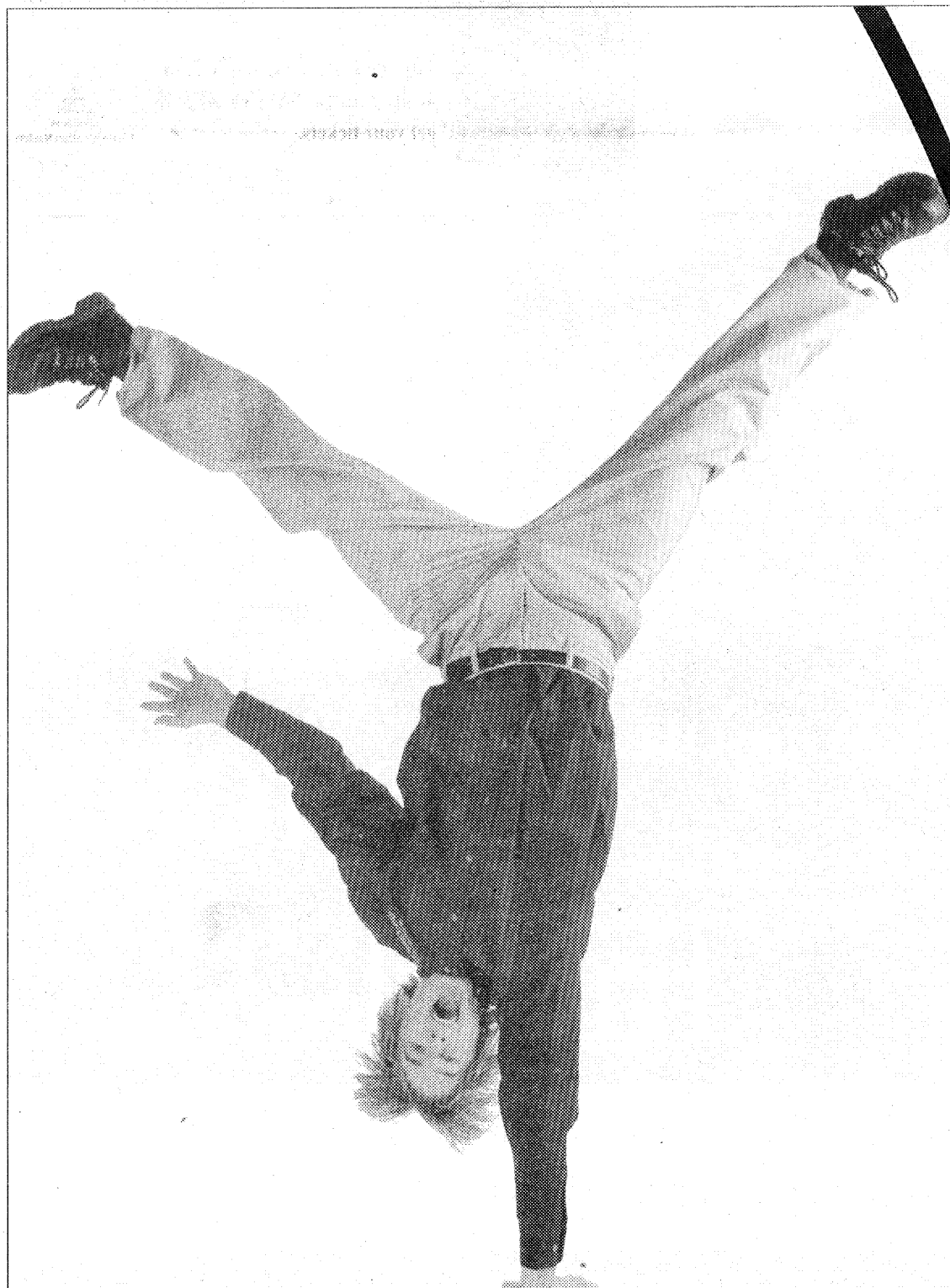
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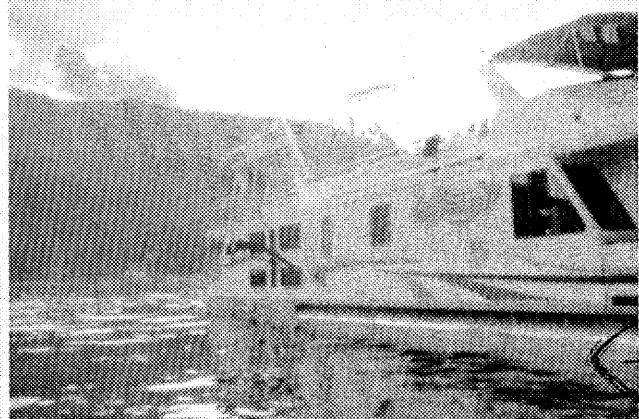
Bright Ideas in Energy



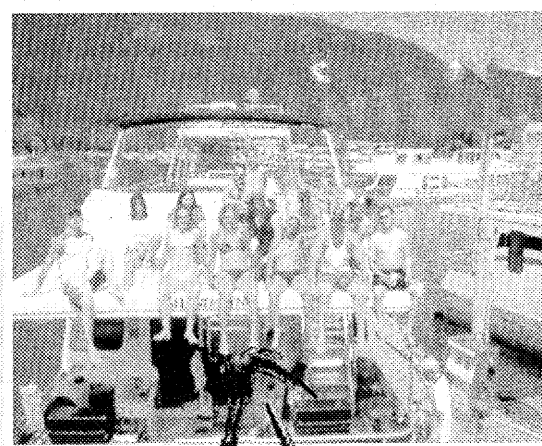
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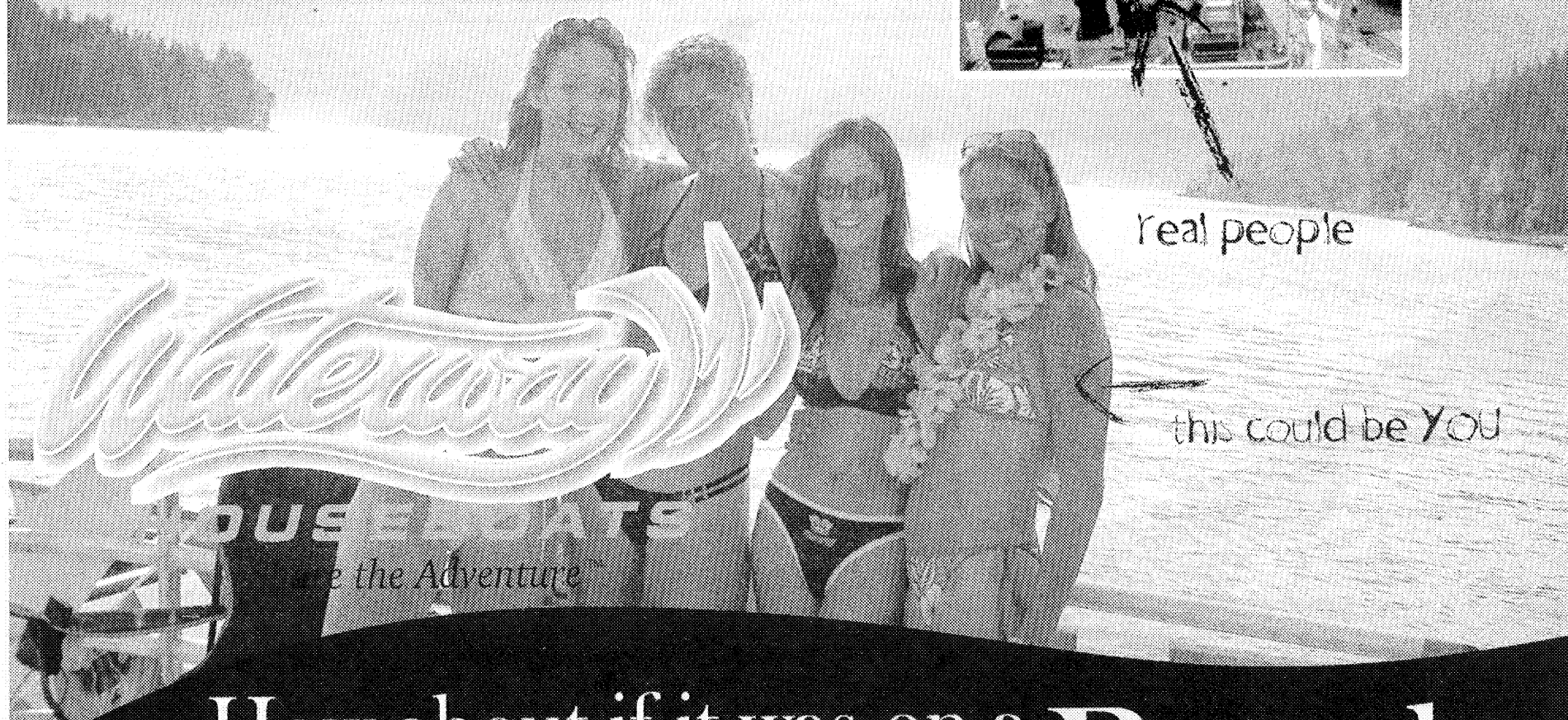
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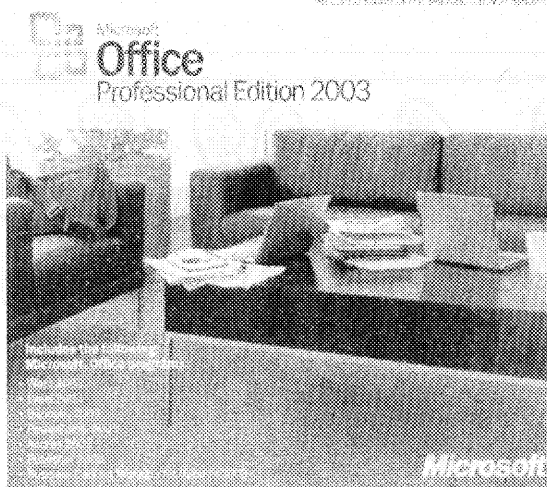
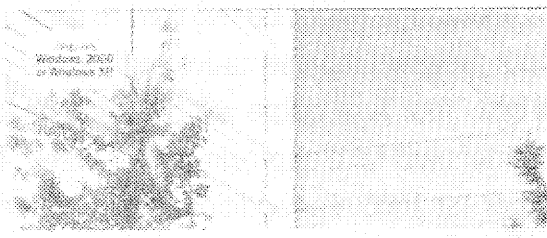
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**ST. PATRICK'S DAY**

**THE NEST**  
NAIT'S CAMPUS BAR

**Thursday, March 17th 2005**

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# Get Out of Your Skin!

Jenny Annett  
HEALTH & LIFESTYLES



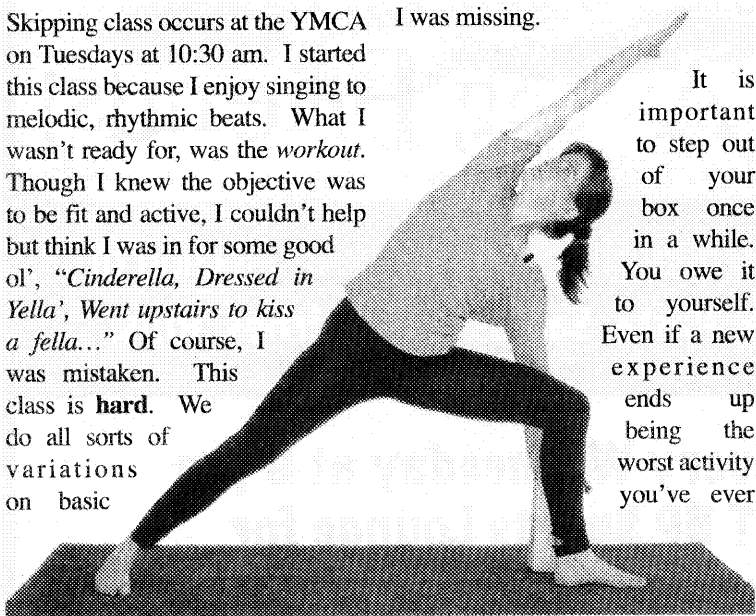
wear for your detached retinas is on route.)

The yoga class consisted of a variety of fairly simple poses held for uncomfortable stretches of time. I did not find the class relaxing as our instructor could have easily been an undercover cop. He constantly barked orders, causing me to jump and lose my balance. The classroom was situated next to a children's gym, which didn't help my 'Zen' either. While in 'relaxation' pose, all we could hear was yelling and the sound of thousands of tiny feet moving in unison to commands of, "Walk! Run! STAMPEDE!!!" The whole experience was sadly disappointing. I give this class an awkward nod out of three possible body twitches.

After my recent meltdown (see last Friday) I have made the conscious effort to treat myself better. I will no longer be a slave to my bad days. My days will be fabricated and executed in the exact fashion I wish them to be. Life will be filled with new and exciting experiences! Thus, I give you today's topic: Stepping Outside of Your Box.

My life is boring. I go to school, do homework, complain to my parents and fashion doggie coats out of old newspapers. To counteract all of these mundane things, I decided to start doing things that were out of my element. Enter skipping class.

Skipping class occurs at the YMCA on Tuesdays at 10:30 am. I started this class because I enjoy singing to melodic, rhythmic beats. What I wasn't ready for, was the *workout*. Though I knew the objective was to be fit and active, I couldn't help but think I was in for some good ol', "Cinderella, Dressed in Yella", "Went upstairs to kiss a fella..." Of course, I was mistaken. This class is **hard**. We do all sorts of variations on basic



It is important to step out of your box once in a while. You owe it to yourself. Even if a new experience ends up being the worst activity you've ever

attempted, at least it will become an excellent party story: "Did I ever tell you about the time I went to Thai prison for smuggling cocaine across the border? Well THAT was an experience..." Whether it be going to a photo shoot, (good for you, Chris), or trying scuba diving for the first time, you owe it to yourself to put down the doggie coat and give life a try.

Another trek I took into the unknown was a drop-in yoga class. I wasn't sure what the dress code was like, so I opted for shorts. This proved to be the worst possible decision. (To the ladies in my class on Sunday: I apologize for anything you had to unnecessarily see due to my poor wardrobe choice. A gift basket containing protective eye

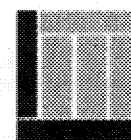
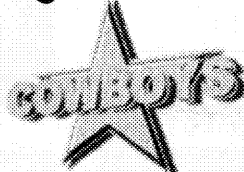
Comments are always welcome and can be directed to [jannett8@hotmail.com](mailto:jannett8@hotmail.com)

## 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.

# Kickin' it for the Kids

Presented by



Long & McQuade

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**March 30** \$7 \$10  
at the door

## Featuring

- Mandy Baker
- Krysta Scoggins
- Frail Mind
- Udder Maddness
- Aaron Jake Goodvin
- Syn Psyche

Tickets available at the NAITSA office (E131)

Call 990-5611 for more information or check out [www.nr92.com](http://www.nr92.com)



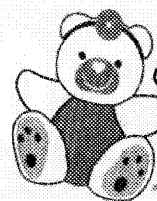
Doors open at 7 pm • Show starts at 8 pm

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2 Tickets to the  
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Proceeds go to support the  
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Silent Auction  
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**25¢ hi-balls from 9-10pm**

**\$3 hi-balls, domestic bottles  
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**10pm - close**

**doors 9 pm**

**book your fundraiser now!**

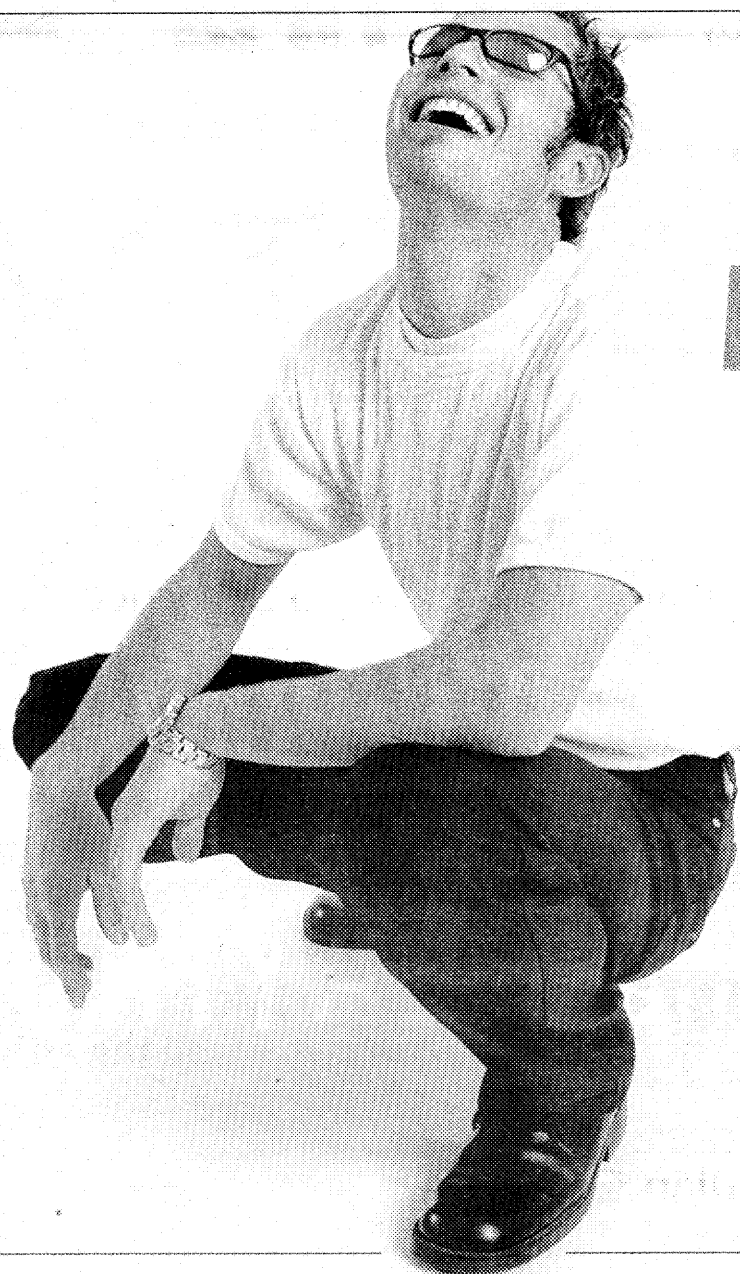
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NAIT'S CAMPUS BAR



March 14th

Monday's  
**DINNER & movie**

ALL YOU CAN EAT  
PASTA **7.95** after 4 p.m.

Free  
Popcorn

**Cocktails** \$3.50 \$5.50 Doubles



4:30 - 6:00

Wednesday's

Do Like  
it A

**Rockstar**  
Karaoke Night

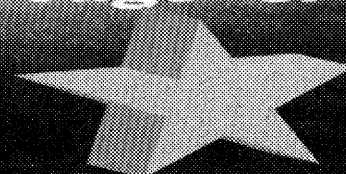
Every Wednesday @ The Nest

**Jumbo** 25¢  
Chicken Wings

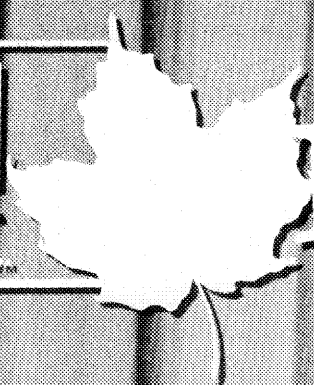
**Starts @ 4:30 p.m.**

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for every Karaoke participant!!!

**COOL LIGHT** Jugs \$8.75



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**CANADIAN ROCKS**



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NAIT'S CAMPUS BAR

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**1 SMALL CLUB**

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**MONDAY, APRIL 11TH 2005**

ONLY 150 TICKETS AVAILABLE - REST W/IN TO GET IN

**WHO'S PLAYING?**

**YOU HAVE TO BE THERE  
WHEN THE CURTAIN FALLS**

Tickets available @ The Nest & NAITSA Office E131

**NAITSA**





Grapevine submissions can be emailed to [nuggetgrapevines@hotmail.com](mailto:nuggetgrapevines@hotmail.com)

To all the freaky guys on the fourth floor of the business tower quit checking my ass out... Signed Pink Thong Chick.

For those who like to fill out surveys take a chance on this one. Reading Break 2005 - Student Survey. Its located on My NAIT Portal under Campus Announcement. HAVE FUN!

This message goes to the guy last week complaining about the use of computers at the Commons. I have to agree with you 100%. Just last week, I went there around 8 in the morning and sat beside this small kid or guy who stands 4'11, with black hair, dark clothing and oversized headphones. Of course, he was playing poker. Then I left for class about quarter after 8. But when I came back around noon, that kid or guy was still sittin' at that very same spot playin' poker. The very next day, he was doing the exact same thing at the same spot. Did this little dude just come here to play poker or is he just wasting his tuition?

Phil McCracken

I tried this science mid-term examination experiment with a student and I can't seem to get her pregnant. Nait 2005 Nugget boy

Just let everyone know that in last week grapevines, that little darn Ravi stole my idea. You get me? I can't believe that he wrote the exact same thing. Do you know what I mean? Are you with me? But the vines that i wrote about the babes are totally true. Midterms are here and there are even a lot less babes here. The only hot babe that will be here is that hot waitress at the Nest. DAMN she's good lookin. So Ravi, don't tell me..... Mahesh

You have to be kidding me hotmail for the grapevine submissions? You Nugget guys have to get on gmail!

FEEL LIKE VENTING on a public forum? EMAIL YOUR GRAPEVINES TO [nuggetgrapevines@hotmail.com](mailto:nuggetgrapevines@hotmail.com) almost everything gets printed!

To the hot writer Jenny, what tech are you in? - boys in the tower. "Jenny is not actually a real girl, she is a myth, created by the Nugget staff to fool all the readers, hahahahaaha" - editor

Everyone should Listen to Max Power After Hour on NR92. Great music and damn funny.

I love baby RAYCHELLE "jun" RESUMADERO with all my heart....someday,somehow!!!!mua hhhhhh...

To the guy from WC in the HP center:

What floor in the F wing were you talking about with all of the hot nurses?

P.S There is no nursing program at NAIT.

My biggest question is if we are a technical institute **why the hell do none of our websites work very well?** I just went through a sit through a ton of s#\*t to print my tax stuff off and let me tell you it was fu\*@ing ridiculous. Fresno Smooth

You think that's bad Fresno? Try working on a computer in the Nugget office...Im talking about old school apple computers the green monitor stuff baby! - editor.

To Intissar in 3rd Semester of CST:

Please just follow this advice 1)SHUT THE HELL UP. Don't say, "Ok", "uh-huh" after every single sentence the teacher says. It's distracting and annoying, some people are trying to learn! 2)USE COMMON SENSE. Don't ask, "All capital?", "All lower case?", use some common sense. What do you think? Think outside the box, my friend. 3)PLEASE JUST SHUT UP. I can't emphasize this enough.

-From: STPTLNTLTLYAB (Someone That Pays Tuition To LEARN, Not To Listen To Your Annoying Babbble)

## Classifieds

### Lowe's Landscaping Ltd. Summer Employment.

Landscapers and grasscutters needed. Must have Driver's Licence and clean record. No experience necessary. Students with a positive attitude, excellent work ethic, and a strong back are required. Fax resume to (780) 487-2551.

**2 bdrm, 1/2 bath, nice condo** near NAIT for rent. 5 appliances, fireplace, \$900/month. Ph: 998-1913; 686-4959 (cell).

**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.

**Two Ti-83 plus calculators.** \$60 each. Call 887-0113.

**Northlands Agricom Presents:** Canadian Intercollegiate Rodeo Association Finals. March 31, April 1 & 2. Performances at 6 pm each night. Cabaret on Saturday night (\$5). For free rodeo performance tickets call

Jordie Watson: 780-485-0151; [jswatson89@hotmail.com](mailto:jswatson89@hotmail.com)

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# ORAS

## Beer Gardens

**THURSDAY  
MARCH 17**

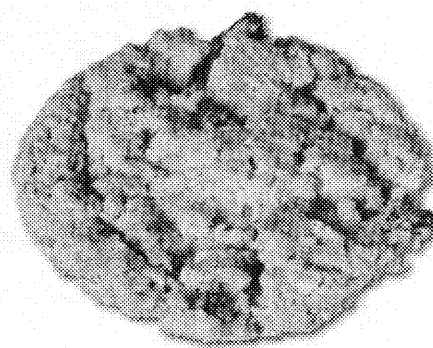
**3:30 - 4:30 pm**

8th Floor • Business Tower

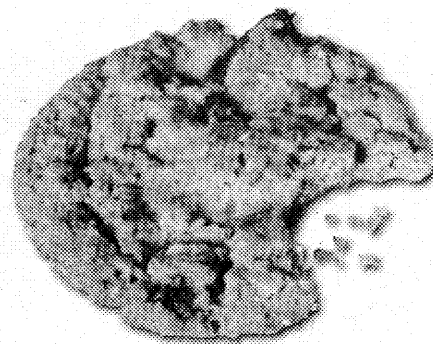
50/50 Draw

Beer-drinking contest

(You could win tickets to Velvet Revolver, DJ, and more.



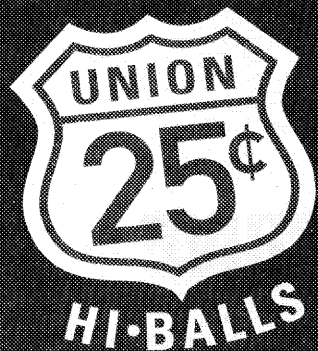
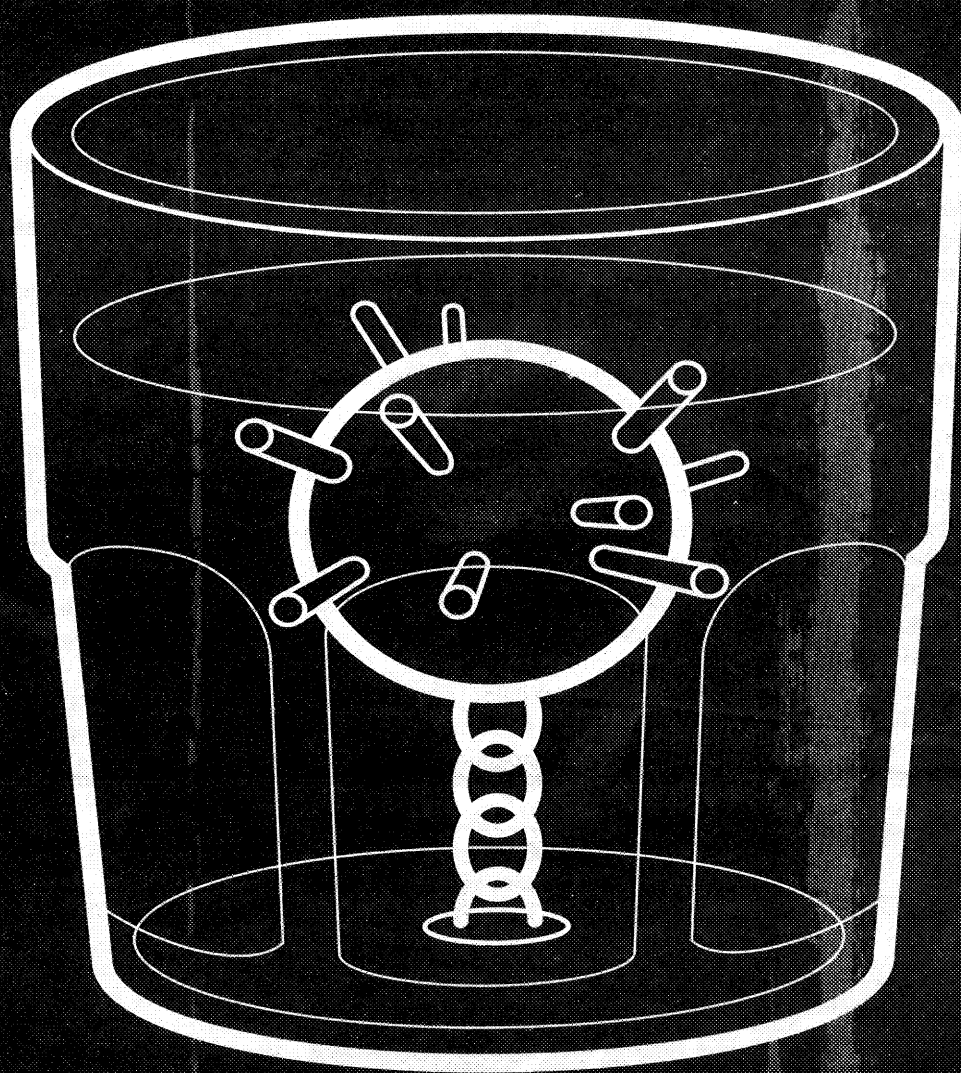
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