

# The NUGGET

Thursday, March 3, 2005

Volume 42, Issue 18

NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## Ooks Face Rival Griffins in Semi-Final Hockey Action

Trevor Elliott—SPORTS



The Ooks' hockey club, who finished in second of the ACAC, prepare to take on the Grant MacEwan Griffins in a best-of-five semi-final series that starts tonight here at the NAIT Arena.

The men suffered a pair of disappointing losses to the Griffins to end their season and finished tied

in points with the Griffins. The Ooks had the opportunity to finish in first, had they won the games; however, the two losses tied them with GMCC and the Ooks managed to finish second based on the tie-breaker system (the Ooks finished with one more win than the Griffins).

The Ooks now had a quarter-final bye and face the Griffins, who swept the Thunder in their quarter-final series. The Ooks have had serious trouble with the Griffins this season as the Griffins have won three out of four regular season games including both games at the NAIT Arena, one of which was the Ooks' guaranteed win night back on November 26<sup>th</sup>. The Ooks were outscored by a total of 16-12

over those four games.

The Ooks have excelled at home this season and, as the higher ranked team, will have home-ice advantage in the series. The Ooks will have to keep their intensity up at home as the Griffins are the second best road team in the ACAC this season.

Terry Ballard, ACAC Coach of the Year, has done an outstanding job with the Ooks. Ballard took a group consisting of many first-year players and effectively built a brotherhood in a very short period of time. Ballard overcame serious discipline problems on his team and by the end of their regular season, the Ooks played responsibly and professionally.

The Ooks have had success on both sides of the puck and Tim Barlow has been solid in net for the Ooks this season. Tim Barlow, center Ben Stokes, forward Adam Ferrante, and defensemen Colin Johnson and Cole Fischer all received ACAC First-Team All Conference selections. The only question mark facing the team is the health of their star center Ben Stokes. Ben has not played since injuring his shoulder three weeks ago and may be out for the remainder of the season.

The Griffins match well with the Ooks both offensively and defensively. While the Ooks have relied on Barlow between the pipes, the Griffins have employed a goaltender by-committee sys-

tem. The Griffins are the least penalized of all play-off teams and the Ooks may have a difficult time playing aggressively against such a passive squad. The one area that the Ooks are far superior in is their special teams. The Ooks have the league's best power-play unit, while the Griffins have the second worst.

If the Ooks can put their final regular season series behind them, they should perform well in the play-offs. The first game of the series goes tonight at 7pm at the NAIT Arena with game 2 tomorrow at Bill Hunter Arena at 8:30pm. The third game will be played Saturday night at 7pm at the NAIT Arena.

## Lady Ooks Disappointed In Play-Offs

TREVOR Elliott—SPORTS

The Lady Ooks were disappointed last weekend as they were swept in their best-of-three semi-final series against Mount Royal.

The first of the two games was played last Friday at Mount Royal. The Lady Ooks appeared to be cruising towards a win as they found themselves up by three goals. However, the Lady Ooks lost composure on the defensive side and their three goal lead quickly slipped away. Laura Figueira netted the winner with 5:46 left in regulation as the Mount

Royal College Cougars overcame the three goal deficit en route to a 5-4 win over the Lady Ooks. The Lady Ooks played one of the worst periods of their season and Samantha Smith allowed three goals in the second as they saw their 3-1 first-period lead vanish as the Cougars had tied the game at 4-4 by the second intermission. Marianne Daiko, Kerry Olson, Jill Arntzen, and Kerry MacDonald all scored in a losing cause for NAIT.

On Saturday, at the NAIT Arena,

the Lady Ooks' season came to an abrupt end as they were stunned by the Cougars in a 5-1 rout. Mount Royal effectively stifled the highly touted offense of the Lady Ooks. First Team All-Conference forward Miranda Miller netted the lone NAIT goal.

Despite the disappointing play-off series, the Lady Ooks must feel proud of their accomplishments in the second half of their season. The Lady Ooks' hockey club had an amazing turnaround in the second half of their season.

After a 4-6 record in first half of the season, the team improved to an outstanding 8-2 second half record including seven straight victories.

The team's success was attributed to their much improved defense. The team outscored their opponents 41-20 in the second half of the season as compared to 34-38 in the first half. The Lady Ooks also recorded their only two shut-outs of the season and were never shut-out.

The Lady Ooks finished in fourth place in the ACAC; however, the team finished a mere two points out of second. Coach Jim Newman did an excellent job with this young group of women this season. Coach Newman did accomplish their season goals of reaching the play-offs. Congratulations to the Lady Ooks for their second half performance and for making the play-offs. Fans can look forward to an even better team next season as many of the women are expected to return.

## NAITSA ELECTIONS

**CAMPAIGN WEEK: MARCH 6-9, 2005**  
**ELECTION DAY: MARCH 10, 2005, 9 a.m. - 4 p.m.**

Look in next week's Nugget for candidate profiles!

Check page 7 for dates and locations of candidates' speeches.

# Cool Things

## VITAMINS and MINERALS

Curtis Comeau



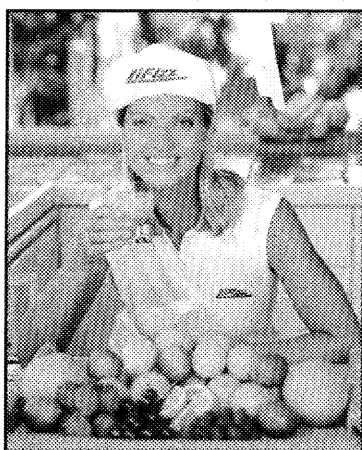
Seriously, I'm going to write about Vitamins and Minerals. It's funny we all need Vitamins and Minerals, but it seems as if many of us never get enough of them. Many of us have no idea what specific function a specific Vitamin or Mineral does for us. Infact I have no idea what does what. But together we are going to find out. I know there are several vitamins

and minerals, however in Cool Things we are going to focus on four.

If there is anything you want featured in Cool Things email me at [comau@gmail.com](mailto:comau@gmail.com).

### Vitamin B12

One of B12's cool functions is in formation of red blood cells as well as the maintenance of a healthy nervous system. Many European experts recommend that students monitor their B12 intake leading up to exam time. You would get B12 from meat, dairy products and eggs. Infact there is not reliable way though plant foods to get an adequate source of B12. Fermented soy



products are another source for B12.

### Vitamin C

Vitamin C is like the Ben Affleck of Vitamins. Everyone knows its benefits, but when left with out the support of other Vitamins its kind of useless. Vitamin C's main function is to strengthen the immune system. Other cool fact about C is that it increases Iron consumption and may reduce busing. An uncool fact is that our bodies can't produce Vitamin C so you have to get it by eating healthy or supplements. Main sources are fruits and raw vegetables.

### Magnesium

Often overlooked but extremely important is the coolest mineral - Magnesium. Every cell in your body needs it. It helps maintain normal muscle and nerve functions as well as helps keep your

heart rhythm steady. Cool sources for Magnesium include spinach, nuts, some whole grains and vegetables. Keep in mind that the aforementioned food offers Magnesium in small doses; so if you have a McDonalds diet, you may want to consider supplements.

### Calcium

Again we all know about Calcium how it helps keep bones and teeth strong. But did you know that three out of four women don't meet their daily calcium needs? This is due large in part to female diets. The best sources for Calcium include dairy products such as milk, yogurt and cheese, which are NO NO'S when you want a movie star tummy. If you are on a no dairy diet, seriously consider Calcium supplements. Also try eating uncooked dark green vegetables, dried beans and calcium fortified juices and cereals.

## The Joke is on YOU!

CURTIS Comeau

Thanks for the email from Dan regarding my FAN of FUN prank. I'm glad it worked for you. This week I focus on doors. Doors have huge a potential for pulling cheap yet laughable pranks. Here are a couple of classic pranks involving doors.

Cheap Laughs

NAME: Door Shower

LEVEL: Joker

**HOW TO:** For this one the door must open inward when the victim is inside. Set it up at the pranksters prime striking time - during the night. Tape newspaper over the door frame, leaving an opening at the top. Fill the space with packing styrofoam, little balls of paper, popcorn, etc. Finish off by closing off the opening. When the mark opens the door, a partial vacuum is created and the stuff will fly all

over the room.

Get em' good

NAME: Pennyning the Door

LEVEL: Bastard

**HOW TO:** This beauty has been around for years. This prank also needs a door that opens inward when the victim is inside. You need some pennies or washers or similar objects that will work as shims. On the side of the door where the handle is, push in at the top of the door and jam in as many pennies as you can between the door and the jamb. Do the same at the bottom of the door. I mean really pack them in. If you do it right the shims will put so much tension on the door that the victim will not be able to open it and will be trapped inside. Its pretty funny, and costs about 25-30 cents!

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# Judging Your Behaviour, One Interview at a Time

**MATT Smith**  
Counsellor,  
NAIT Career Advisor

If you have a job interview coming up, there's a good chance you might hear the following questions: "Tell me the hardest problem you've solved" or "When's the last time you dealt with a difficult customer?" or "How have you applied your school training to your work?" These questions are called Behavioural Descriptive (BD) questions because they ask you to describe your past behaviour. BD questions are asked increasingly often in interviews because your past behaviour tends to predict future behaviour. So, Mike Tyson will probably bite another ear, Jennifer Lopez will re-marry, and Donald Trump will certainly fire yet another annoying twit – possibly all on the same Fox reality TV show!

And in real reality, your ability to work part time, volunteer, and maintain honours standing at school will suggest to a future employer that you would also be able to multi-task, time-manage, and work very hard as an employee. There are other reasons, however, that BD questions are popular. BD questions force candidates out of providing generic answers – your story about your greatest success at work will be different than someone else's. Therefore, they make interviews more interesting for both interviewers and interviewees. It is also more difficult – and there is less necessity – for candidates to (how should I say this politely?) provide "creative" answers. In other words, more BD = less BS (to heck with being polite).

BD questions do, however, require more preparation than other questions. It is crucial to think about the job for which you've applied and

anticipate the type of behaviours they'll want to know about. For instance, if you are a CST student and you're interviewing for a software developer position, you might be expected to design programs, troubleshoot problems, assist clients, and work on a team. Therefore, you'll want to delve into your work, school, and volunteer experience and identify when you've demonstrated skills in these areas. Think of a likely question, such as, "Tell me about a time when you played a key role on a team," and then write down the situation using the following formula:

- 1) Mention a *specific* situation – refrain from generalities
- 2) Stress the *transferable* skills you employed
- 3) Describe the *action* you took
- 4) Explain the *results* – what happened?
- 5) *Self assess* – what did you learn? What would you do differently?

Use the acronym STARS to recall this formula when you're interviewing. People tend to be vague, not specific, about the situations they describe and forget to self assess, so try to remember these important aspects of your answer. A good interviewer might probe for more details, but it is better for you to be proactive. They'll be impressed by how you've learned from your mistakes and taken steps to improve.

The beauty of BD interviews is that they give you the rare chance to tell your story and talk about your accomplishments (and really, how many times in life do we get to do that?). If you prepare properly, you should come out of a BD interview feeling confident about yourself and your abilities. Want to know more about interviewing? Come down to Career Services (O117) and ask to speak to a Career Advisor.

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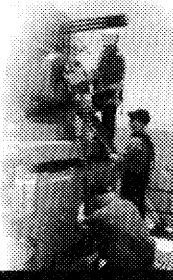
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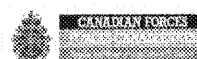
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# Strange Encounters...

## Yeah they happen

CODY Paton-Perkin  
FEATURES



As times have been stressful due to midterms for most of the students at NAIT the past couple of weeks, I thought I would try to lighten your day with a few stories. These are both true stories that have taken place in the past few weeks.

### Don't go to Stores during the wee hours.

I was one of the unlucky people that didn't get a chance to get away this spring break. I decided I would try to make the best of it by partying, sleeping and generally taking it easy.

Mid way through the ENTIRE week I had off school I made

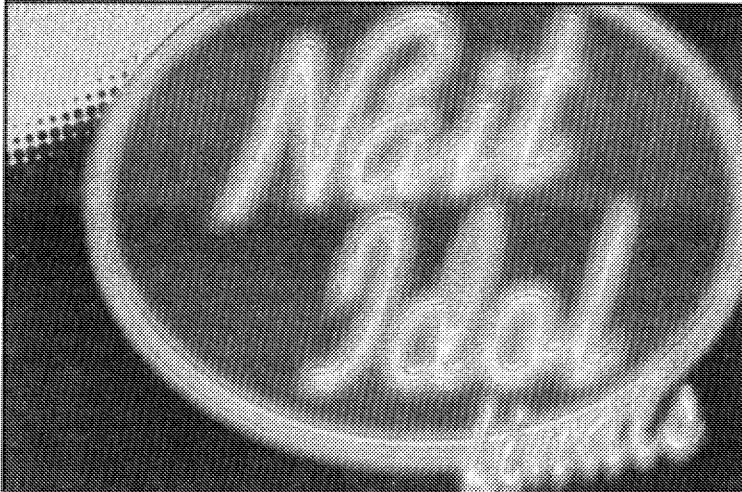
my way to a local watering hole known as the Standard. After a night of gallivanting with a couple of my buddies I safely made my way to a late night 7-11 stop for some munchies and change. Munchies were plentiful; however I reluctantly made my way down the street to the Mac's store for change.

As I walked into the store I noticed an interestingly dressed young woman. Her get-up consisted of a micro-mini-skirt, fishnets and a corset which was clearly not regulation. As I waited behind the girl for her to purchase her high-quality Hygard pizza sub, a short man came out of the bathroom. Immediately after my "dream girl" spun around, looked me up and down and asked me, "Hey how big is your Hygard Sub?"

"Excuse me"?!!?!?! I responded as I looked at her with a stunned face. I looked around and tried to pass this off as another one of my strange encounters. "He says his is 13 inches". The girl explained to me as I was still in shock. I wanted to respond back, with a "how big

is yours"? But I decided that was not in my best interests. The short man came around the counter and he also explained that he did have a 13 inch sub and that he was not lying. The girl then started laughing and blurted out one of the most ironic things I have ever heard. "He's so cocky". At this point the clerk behind the counter was in tears and I was still thinking WOW these people are F\*\*KED, but what happened next was far beyond anything I could have predicted to come next.

The little man grabbed his Enormous "Sub" with two hands and he began shaking it almost violently. At this point I was in complete disbelief as to what was happening and tried to look everywhere but at the little man. He continued with his actions and then started telling me to "look at it, seriously man, look at this thing". The girl finished purchasing her sub which allowed me to get the change I had come there to get. As I was walking out of the store I felt as though I had just been on a very strange episode of Punk'd or Creepy Candid Camera.



**Thursday, March 10th**  
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### Volunteer Opportunities In Your Community

**Do you need to lead an activity or event as part of a course?** The Parkinson's Society is looking for a student or group of students to sell Tulips on campus, in early April. See Shannon at the NAITSA Volunteer Centre for details.

**Big Brothers, Big Sisters** is currently recruiting volunteers to fill a number of mentoring positions. Be a mentor to a student, an adult, a digital hero or work with groups. Minimum age to volunteer is 18, a police check is required. Make a difference in the life a child. See Shannon in E-133 for more details.

**Child & Adolescent Services Association** is also recruiting for Academic Volunteer Mentors, be a part of an adult teen mentor team. See Shannon in E-133 for details.

**NAITSA Volunteer Centre**  
**Contact Information:**  
**Shannon Marshall**  
**Phone 491-3966 or**  
**E-mail: naitsavc@nait.ca**

## I Volunteer

### Volunteer Opportunities In Your Community

**Child & Adolescent Services Association** is currently recruiting animal lovers to join their Animal Assisted Therapy program. Shift times are flexible, must have a pet. See Shannon in E-133 for more details.

**Special Olympics Edmonton** is currently recruiting volunteers to coach curling and swimming in Edmonton. A basic knowledge of either sport required, also you should be caring, patient, energetic and have a positive attitude. For more details contact Shannon in room E-133 or drop her an email at naitsavc@nait.ab.ca

**Seniors Driving Centre of Edmonton** is currently recruiting for two short term accounting support positions. Duties include: year end details, petty cash review and Quicken Accounting system review. Also available a volunteer is needed to maintain the books throughout the year. See Shannon at the NAITSA Volunteer Centre E-133.

### Community Profile:

#### Big Brothers, Big Sisters of Edmonton and Area (BBBS)

The vision of Big Brothers, Big Sisters is to make Edmonton and area a place where every young person will have a positive ongoing relationship with a caring adult. Think BIG! If we each help one child, we can change the world.

The mission statement of the Big Brothers, Big Sisters Society of Edmonton & Area is a community-supported, mentor based organization committed to the healthy development of children in need and their families through provision of quality, one-to-one related programs.

Big Brothers Big Sisters clients are 98% children and youth between the ages of 6 to 18 the other 2% are parents.

BBBS has a wide range of mentoring opportunities available, see Shannon in E-133 for more details.

### Volunteer Opportunities At NAIT

**Daffodil Days are coming!** Volunteers are needed to help sell daffodils on Friday, March 18th, 2005. If you are interested in helping out, contact Shannon in room E-133 or naitsavc@nait.ab.ca.

**Need to volunteer as part of a class requirement,** visit the NAITSA Volunteer Centre in E-133 for volunteer opportunities at NAIT and in the community.

**The NAITSA Volunteer Centre** would like to thank all those hard working volunteers that helped make this year's NAIT Cruise to Egypt another extreme success! All your efforts are appreciated by the entire organizing committee and our guests!

Have a suggestion to make the "I Volunteer" section better, email your feedback to naitsavc@nait.ab.ca

### Quote of the week:

*"Don't serve time, make time serve you."*

*Willie Sutton*



## Vice President of Finance and Administration Position Update

Elaine Devine



The force is clearly with Charles Ross. The guy who sells out almost every show he does, will be at NAIT in The Shaw Theatre this week. He will be performing his One Man Star Wars Trilogy on Thursday, March 3 and his one man The Lord Of The Rings trilogy on Friday, March 4. These are going to be amazing shows! Don't miss your chance to see a

master at work—get your tickets now. Tickets are available at The NAITSA office in E131 and from Ticketmaster.

Just to remind everyone that the next two General Council meetings are on March 15th and March 29th. These will be very important meetings for everyone to attend because we will be covering the first and second readings of NAITSA's budget for next fiscal year. Information will be available from the NAITSA office on and after March 8th if you have any questions or you would like to set up a meeting to discuss the budget, please call or e-mail me at 471-7609 edevine@nait.ab.ca Thank you!

## 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](http://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  
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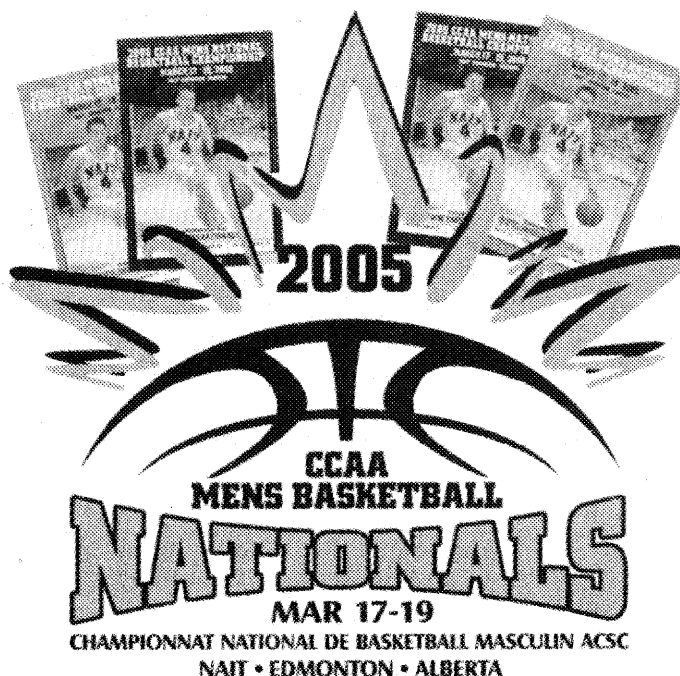
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# Ooks Sweep Top-Ranked Kings To Reach The Final Four

TREVOR Elliott—SPORTS

A week after defeating powerhouse Lakeland Rustlers in back to back games, the Ooks again found themselves playing the role of giant-killers as they defeated the South Division champion Red Deer College Kings.

The Ooks opened their series at Red Deer on Thursday night. The Ooks began the series with high intensity and confidence and surprised many critics with an outstanding performance as they shocked the Kings 64-61.

Up by a game, the Ooks returned home to face the Kings in the second game of their best-of-three series. The crowd was, by far, the largest of the season and the fans definitely acted as a sixth man in this battle of David versus Goliath.

The action was very fast paced and both sides played very exciting ball. The Ooks continuously swapped leads with Red Deer throughout the first fifteen minutes of the first half. The Ooks then began to struggle when they were forced to sit a few key players after they had gotten themselves into foul trouble. The Ooks allowed twelve unanswered points and finished the half down 35-25.

Coach Chuma Nwobosi settled his team down at half time and convinced them to keep playing their game and not give up. Those words provided much motivation for the team as the Ooks came out of the dressing room and dominated the entire second half of the game.

The Ooks incredible versatility as they were able to switch back and forth between man-to-man and zone defenses at key points in the game. The versatility of the team kept the Kings on their feet and provided confusion at times.

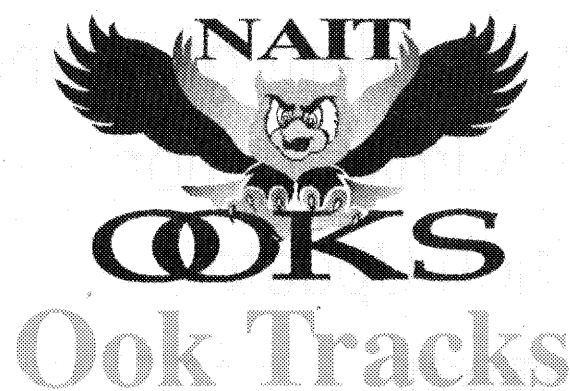
The turning point in the game happened near the 5-minute mark of the second half when Josh Melton was pummeled near mid-court. The foul set off emotions on both teams; however, the Ooks kept their composure and hit back to back three-point shots.

Shane Leman, who Nwobosi considers one of the best players he has ever coached, took charge of the team's offense and led them all the way back to tie the game at 55 apiece with five minutes left in the game. The Ooks continued their intensity straight through the final buzzer and won the game by a score of 61-57.

Shane Leman and Second-Team ACAC All Conference guard Mark Dorado played like champions and showed outstanding leadership and character throughout the game. Leman finished the game with 23 points, 6 rebounds, 6 assists, and was awarded player of the game.

The Ooks now turn their attention to the final four which will be held next Friday and Saturday at Grant MacEwan. The Ooks play their first game at 6:30pm Friday against the Lakeland College Rustlers. The ACAC Championship starts at 8:30pm Saturday. The Ooks will have to maintain their high intensity level and defensive versatility in order to compete against the Rustlers who are currently ranked 12<sup>th</sup> in the nation. Other teams in the final four are the host Grant MacEwan Griffins and the Concordia University College Thunder.

The Ooks host the CCAA Men's National Basketball Championship March 17<sup>th</sup> to 19<sup>th</sup>. Tournament passes are on sale now. The passes are \$25 for adults and \$15 for students. The athletics department has already sold over 1500 passes and a limited number are left.



TREVOR Elliott—SPORTS

## MEN'S HOCKEY

**Last Week:** The Ooks finished 2<sup>nd</sup> in the ACAC and had a quarter-final bye last weekend.

**Coming Up:** The Ooks face the GMCC Griffins in a five-game semi-final series starting tonight at the NAIT Arena at 7pm. The second game will be held Saturday night at 8:30 at the Bill Hunter Arena and the third game will go at 7pm Saturday back at the NAIT Arena.

## WOMEN'S HOCKEY

**Last Week:** The Lady Ooks finished in 4<sup>th</sup> place in the ACAC and were swept by Mount Royal in a 3-game semi-final series last weekend. The Lady Ooks lost a nail-biter 5-4 in Calgary on Friday and lost 5-1 at home on Saturday.

## MEN'S BASKETBALL

**Last Week:** The Ooks finished 4<sup>th</sup> in the North Division of the ACAC and faced Red Deer College in a three-game quarter-final last weekend. The Ooks swept the series with a 64-61 victory in Red Deer and a 61-57 victory at home on Friday.

**Coming Up:** The Ooks advance to the ACAC Final Four held at Grant MacEwan this weekend. The Ooks play their semi-final game against Lakeland College at 6:30pm tomorrow night and the championship game will be played at 8:30pm Saturday.

## WOMEN'S BASKETBALL

**Last Week:** The Lady Ooks finished 5<sup>th</sup> in the North Division of the ACAC (4 points out of a play-off spot).

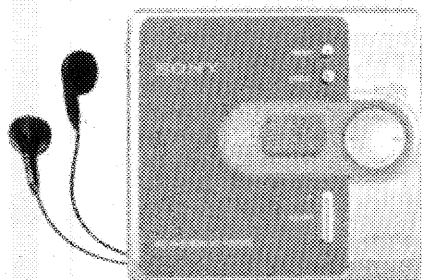
## MEN'S VOLLEYBALL

**Last Week:** The Ooks finished in second place in the North/South Division of the ACAC and advanced to the ACAC Championships last weekend at Grande Prairie. The men were eliminated from medal contention as they lost their first match 3-0 (25-15, 26-24, 25-15) to Red Deer. The Ooks won their second match 3-0 (25-18, 26-24, 25-20) against Briercrest College and finished 6<sup>th</sup> overall in the ACAC after losing a squeaker 3-2 (29-28, 19-25, 17-25, 25-12, 15-7) to Mount Royal.

## WOMEN'S VOLLEYBALL

**Last Week:** The Lady Ooks finished in first place in the North/South Division of the ACAC and advanced to the ACAC Championships last weekend at Red Deer College. The ladies were eliminated from medal contention as they lost their first match 3-1 (25-18, 20-25, 25-16, 25-18) to host Red Deer. The Lady Ooks won their second match 3-0 (25-23, 25-22, 25-21) against Lethbridge Community College and finished 5<sup>th</sup> overall after defeating King's College in a nailbiting match 3-2 (14-25, 25-21, 25-23, 15-25, 15-13).

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The MZ-N420D comes with software that lets you take your MP3s, WMAs, CD tracks and more, where ever you go. You can record 5.5 hrs of music on one disc, organize your tracks into groups you want to listen to, then dance, board or blade to music that doesn't stop thanks to G-Protection.

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**Answer:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

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# Look Standings

TREVOR Elliott—SPORTS

MEN'S HOCKEY											
Final Standings											
Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away	
SAIT	24	18	5	1	0	37	123	71	9 2 1	9 3 0	
NAIT	24	17	7	0	0	34	114	67	9 3 0	8 4 0	
Grant MacEwan	24	16	6	2	0	34	111	67	8 4 0	8 2 2	
Mount Royal	24	14	8	0	2	30	122	80	9 3 0	5 7 0	
Augustana	24	7	13	4	0	18	73	100	4 6 2	3 7 2	
Concordia	24	7	14	1	2	17	78	108	2 9 1	5 7 0	
Briercrest	24	1	22	0	1	3	63	191	1 11 0	0 12 0	

WOMEN'S HOCKEY											
Final Standings											
Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away	
Mount Royal	20	15	4	1	0	31	67	34	6 3 0	9 1 1	
Red Deer	20	12	6	1	1	26	59	47	6 5 0	6 2 1	
SAIT	20	11	6	2	1	25	57	48	5 4 1	6 3 1	
NAIT	20	12	8	0	0	24	75	58	6 4 0	6 4 0	
Grant MacEwan	20	3	12	3	2	11	32	60	1 7 2	2 7 1	
U of C	20	3	13	1	3	10	28	71	1 8 1	2 8 0	

MEN'S BASKETBALL											
Final Standings											
North Division											
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak		
Grant MacEwan	24	21	3	42	1973	1675	11 1	10 2	W12		
Lakeland	24	20	4	40	2100	1747	11 2	9 2	L2		
Concordia	24	16	8	32	1969	1832	9 2	7 6	L3		
NAIT	24	11	13	22	1899	1918	7 5	4 8	W2		
Augustana	24	7	17	14	1703	1808	3 9	4 8	L1		
The King's Univ College	24	5	19	10	1829	2059	4 8	1 11	W1		
Grande Prairie	24	4	20	8	1712	2149	2 10	2 10	L1		

South Division											
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak		
Red Deer	24	18	6	36	1993	1711	9 3	9 3	L2		
SAIT	24	18	6	36	2003	1641	11 1	7 5	W9		
Mount Royal	24	17	7	34	1947	1720	9 3	8 4	W2		
Lethbridge	24	14	10	28	1908	1831	9 3	5 7	W2		
Briercrest	24	10	14	20	1826	1925	6 6	4 8	W2		
Prairie Bible	24	5	19	10	1647	1952	4 8	1 11	L7		
Medicine Hat	24	2	22	4	1398	1942	1 11	1 11	L8		

WOMEN'S BASKETBALL											
Final Standings											
Women's North Division											
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak		
Concordia	24	22	2	44	1651	1171	13 0	9 2	W6		
Grant MacEwan	24	18	6	36	1546	1179	9 2	9 4	L1		
Augustana	24	16	8	32	1653	1395	8 4	8 4	W2		
Lakeland	24	11	13	22	1403	1580	7 5	4 8	L1		
NAIT	24	9	15	18	1251	1465	6 6	3 9	W1		
Grande Prairie	24	6	18	12	1284	1512	3 9	3 9	L1		
The King's Univ College	24	2	22	4	1043	1529	1 11	1 11	L3		

Women's South Division											
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak		
Lethbridge	24	21	3	42	1705	1167	10 2	11 1	W3		
Mount Royal	24	20	4	40	1656	1120	8 3	12 1	W7		
SAIT	24	16	8	32	1328	1270	9 3	7 5	W1		
Medicine Hat	24	12	12	24	1441	1323	6 6	6 6	L1		
Red Deer	24	11	13	22	1393	1363	6 7	5 6	L4		
Prairie Bible	24	2	22	4	1147	1708	2 10	0 12	L8		
Briercrest	24	2	22	4	953	1672	2 10	0 12	L14		

MEN'S VOLLEYBALL											
Final Standings											
Provincial Pool											
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak		
Red Deer	10	9	1	18	29	4	5 0	4 1	W6		
Mount Royal	10	8	2	16	24	14	5 0	3 2	W4		
The King's Univ College	10	7	3	14	22	10	4 1	3 2	L2		
Grande Prairie	10	3	7	6	15	26	0 4	3 3	L1		
Briercrest	10	2	8	4	10	26	2 4	0 4	W1		
Lakeland	10	1	9	2	9	26	0 5	1 4	L3		

North/South Division											
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak		
Grant MacEwan	12	12	0	24	36	2	5 0	7 0	W12		
NAIT	12	10	2	20	31	7	5 1	5 1	L2		
SAIT	12	7	5	14	23	18	3 3	4 2	W1		
Lethbridge	12	7	5	14	23	17	5 1	2 4	L1		
Portage	12	4	8	8	12	30	2 5	2 3	W2		
Medicine Hat	12	1	11	2	10	35	1 7	0 4	L2		
Keyano	12	1	11	2	10	35	1 7	0 4	W1		

WOMEN'S VOLLEYBALL											
Final Standings											
Provincial Pool											
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak		
Grant MacEwan	10	9	1	18	27	10	7 0	2 1	W1		
Red Deer	10	7	3	14	24	18	4 1	3 2	W3		
Mount Royal	10	6	4	12	20	18	3 1	3 3	L1		
Grande Prairie	10	4	6	8	22	21	2 2	2 4	W1		
The King's Univ College	10	2	8	4	14	27	1 4	1 4	L6		
Lethbridge	10	2	8	4	14	27	2 3	0 5	L5		


North/South Division											
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak		
NAIT	12	10	2	20	31	13	5 1	5 1	L1		
Medicine Hat	12	10	2	20	32	13	5 0	5 2	W6		
SAIT	12	9	3	18	32	13	5 1	4 2	W2		
Keyano	12	6	6	12	24	21	2 4	4 2	L2		
Briercrest	12	3	9	6	13	28	3 3	0 6	L6		
Lakeland	12	3	9	6	14	31	2 4	1 5	W1		
Portage	12	1	11	2	8	35	1 6	0 5	L2		

BADMINTON			
as of February 13, 2005			
Team	MP	MW	ML
Mount Royal	15	19	1
Concordia	15	17	3
NAIT	15	12	8
Grant MacEwan	15	7	13
Red Deer College	15	5	15
Grande Prairie	15	0	20

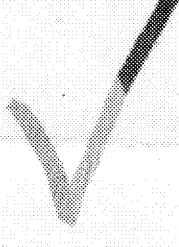
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## NAIT Students' Association 2005 Election Information



CAMPAIGN WEEK

### MARCH 6 - 9, 2005

**'Elections are more about listening to constituents than talking to them.'**

**DEAR VOTERS:**  
During the four days that students will be campaigning they will be giving speeches, making promises and touring the campus to get your vote. Most of all, they will be asking for your opinion.

Give it to them.  
During campaign week be sure to take some time to talk to a candidate and tell them what you expect next year. And, be sure to check out their speeches to hear what they have to say!

### ELECTION SPEECHES

Speeches will take place from 11:15 to 12:10 pm, and 12:15 to 1:10 pm.

Date	Location
March 7th	The Bistro (Plaza II)
March 8th	Bytes (hp Centre)
March 8th	Tower (8th Floor)
March 9th	Naitrium
March 9th	Fresh Express
March 9th	Common Market

**BRING YOUR ID CARD**  
All you need is your ID card at the polling stations. Full-time, part-time and apprentice students are eligible to vote.

**NOW HIRING POLL CLERKS - MAKE SOME \$\$\$**  
Holding an election is a lot of work. Several jobs are available now. Ask for more info in E131.

ELECTION DAY

### THURSDAY, MARCH 10, 2005 9:00 am - 4:00 pm

Believe it or not, the national average for turnout in student elections is about 11%. Make sure you stop at a polling station on March 10th and cast your ballot.

**NAITSA Needs Good Leadership...** We want to be known for our accountability to our members. But first we need your vote. Cast your ballot on March 10th and make your voice heard!


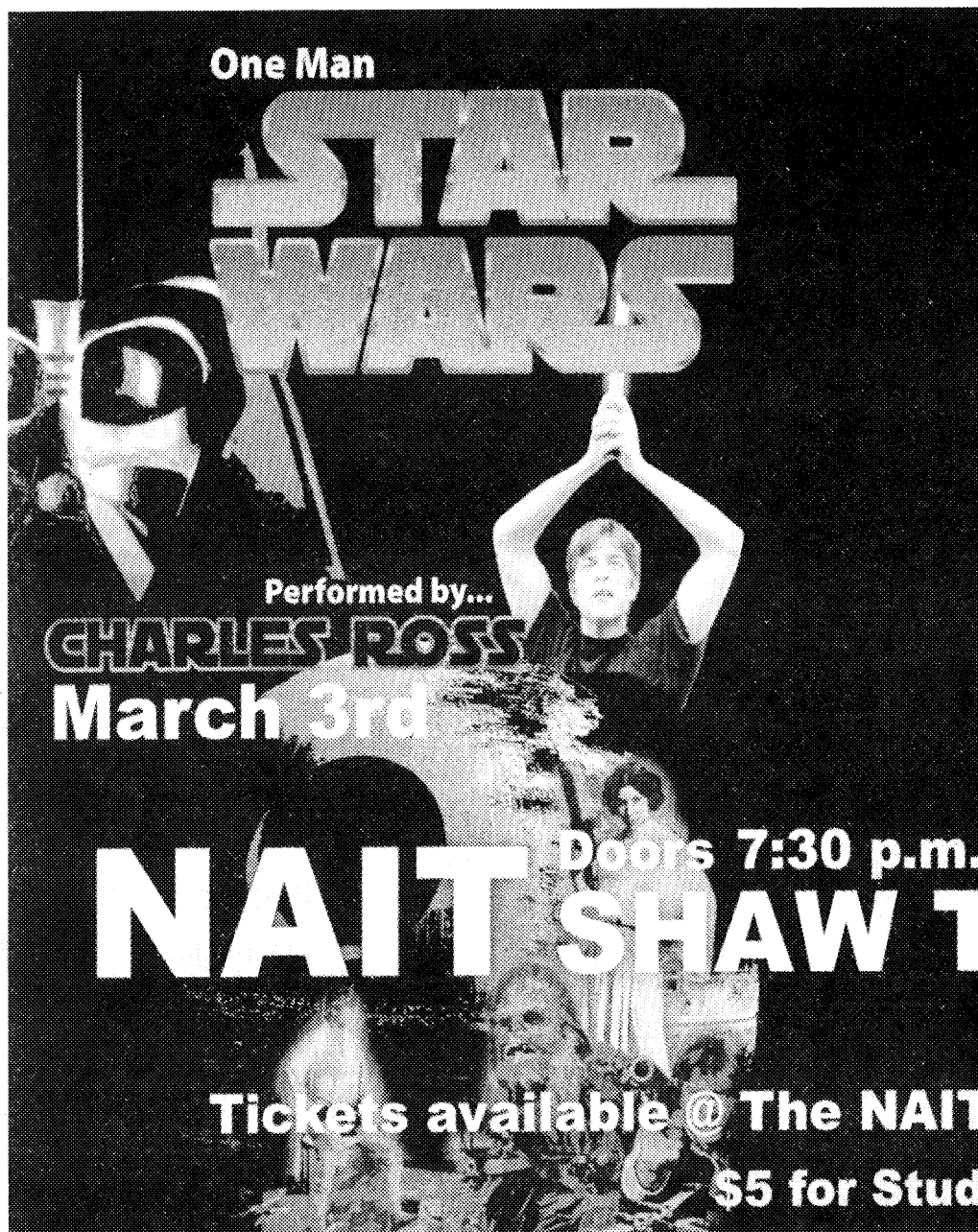
#### POLLING STATIONS

- NAITSA Office (E131)
- The Tower (1st floor)
- The Bookstore (X-wing)
- South Lobby (Main)
- Fresh Express
- HP Centre (1st Floor Outside "Bytes")
- The South Stairs of Annex (Engineering)
- South Campus (Office)
- Patricia Campus (Office)
- Distribution Centre (Office)
- St. Albert Campus (Office)

**The easiest way to speak your mind is to write this... X**

[www.naitsa.ca](http://www.naitsa.ca)





**One Man**

**STAR WARS**

Performed by...  
**CHARLES ROSS**  
**March 3rd**

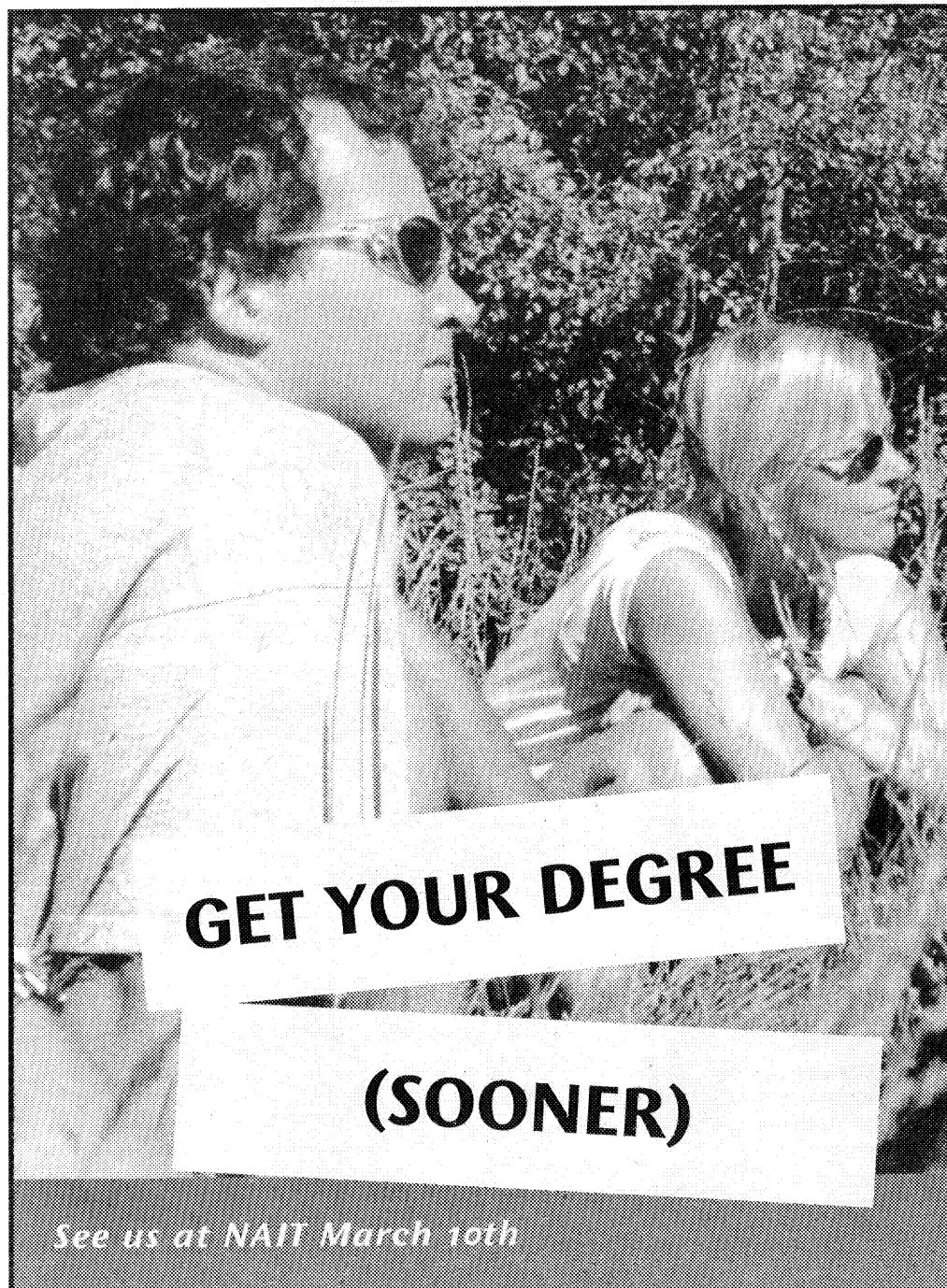
**THE ONE MAN LORD OF THE RINGS**

PERFORMED BY  
**CHARLES ROSS**  
**MARCH 4TH**

Doors 7:30 p.m. Show 8:00 p.m.

**NAIT SHAW THEATRE**

Tickets available @ The NAITSA Office & Ticketmaster  
\$5 for Students - \$15 for General Public



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# The Price of Power = \$65

Jenny Annett  
HEALTH & LIFESTYLES



As the winter months slowly dwindle away, we are beginning to get glimpses that ensure us spring is, indeed, on it's way. Saturday was no exception. With the sun shining, the birds singing, and my hair looking exceptionally shiny, a shopping trip to Whyte Ave was inevitable.

I called my girl Sally and she already knew why I was calling. Beautiful day? Shopping *must* be in the horizon. We agreed it would do us well to update our wardrobes from college frump to

young fashionista. With trends and a new look in sight, our goals were simple: become what we've always wanted to become: fashionable.

Arriving at our destination around one, no store was overlooked. We went to Mars and Venus, Etzio, Plush, Farside, Glam Slam, Gravity Pope, among others. As our day continued, a common trend began to surface. See if you recognize this scenario:

Me: Cool top! No one would have one of those!

Sally: Of course not! This is the trendiest, newest style there is!

Me: You're going to look fabulous! How much is it?

Sally: Umm, I hadn't looked. Let's see... it's only... eep! One hundred dollars!

Me: Put it back! Put it back! Put it back!

This trend continued throughout our day. Soon, we didn't even look at the regular priced clothing. We began to beeline for clearance racks, discount bins,

***We had so desperately wanted new, edgier looks and all we ended up with was a handful of incense and a stomach full of quesadillas.***

and 'misfit' items. It was soon apparent to us who would be the trendiest gals on the block: the ones with the 'bling'. Why is this? Simple. It's classic supply and demand. Limit the supply

and more people want it. Raise the price, and only a select few can afford it, thus making items even more desirable.

We decided this was bullshit. Why can't two, attractive girls wear what they want? How dare the 'man' keep us down! How dare the über trendy keep us from their club! We had so desperately wanted new, edgier looks and all we ended up with was a handful of incense and a stomach full of quesadillas.

The truth be known, we were kind of happy. While we don't have the kind of money that would enable us to buy all the hottest items, we realized that there were lots of other girls who couldn't afford things either. Lots of girls who, like us, would be 'just looking'. This new discovery was enlightening! If we weren't buying things, other people weren't either! That meant that there were more people out

there with nothing fashionable in their closets whatsoever!

A sense of calm soon swept over us. Our major discovery had left our egos and our bank cards in tact. We fantasized about making our own clothes, buying everything from thrift stores and opening up a design company that made edgy clothing for people just like us. We would be like modern day Robin Hoods, giving back to the clothing deprived! How dare those fashion people in their complicated shoes deny us our simple pleasures! With our new sense of empowerment, Sally and I went out respective ways. Sally went to secretly buy a forty five dollar tank top, and I ventured to purchase a sixty five dollar zip up. Nobody said power came without a price.

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

## FISHBONE FRIDAYS

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# Confusion and Fear... and Loathing

JENNY Annett

After the sudden suicide of Hunter S. Thompson, I decided to figure out whom exactly this famous man was. I 'googled' him to discover he was the writer responsible for the cult classic, *Fear and Loathing in Las Vegas*, among other 'gonzo' journalistic pieces. Now, I was quite familiar with the garb associated with the movie-Hawaiian shirt, shorts, and sunglasses- as most of my male friends had dressed the part for various Halloween events; but as far as the book went, I was clueless. So, being the curious cat that I am, I read the before mentioned 'masterpiece'.

Why the quotations, you ask? What could possibly be wrong with a book that comments on drug culture, on pushing the limits of reality? Well, nothing. Except, um, I didn't get it. Okay, don't get me wrong. I understood the surface material. I understood the fact that Hunter S. Thompson, a.k.a. *Raoul Duke*, a.k.a. *Doctor of Journalism* and his *Attorney* loaded up on drugs and tripped out on various things all over the Vegas strip. I understood the predicaments they got themselves into, the strange rationalizations that would be a result of 80+ hours of no sleep, aided by various doses of marijuana, acid, mescaline, ether, cocaine, and booze. All these things I understood. What I didn't get, was the hidden meanings. I didn't get the symbolism, the main statement. Basically, I didn't get the point.

After reading a recent article by Todd Babiak in Saturday's installment of 'Ed the magazine' I realized I wasn't alone. In fact, most people don't get the main idea behind these carefully crafted insights made by Hunter S. Thompson. According to Babiak, "[Thompson] wrote some of the best prose of any genre in the 1970's, and the successive generations of young writers who encounter and copy his methods ought to pay attention to his art than his taste for narcotics." The style of *Fear and Loathing in Las Vegas* is edgy, filled with swears, slang, and raunchy mishaps. To a reader, this is exciting. To a writer, this is salvation. On the surface, Hunter S. Thompson has provided a means for every

half assed writer to carry on about their eventless Whyte Avenue experiences. (Myself included). As a writer, this style of writing offers us an easy way to pump out stories every week. As readers, how can we pay more attention to the art, when all we want is more insight into the train wreck life that is portrayed in *Fear and Loathing in Las Vegas*?

**Though our little 'Nugget' isn't the literary digest you would find on the desk of the Dean of Harvard, we try to write to the best of our abilities.**

Though our little 'Nugget' isn't the literary digest you would find on the desk of the Dean of Harvard, we try to write to the best of our abilities. We also try to appeal to a wide variety of people. Recently, we have made a switch to be more edgy, more eye catching to gain more readers. As a result, I have incorporated various devices in my writing: mostly vulgar connotations or swears surrounding my weekly romps down Whyte or the approved substitute. What has been the outcome, you ask? Have my newly crass writings been hits? Yes. A million times yes. According to Babiak, this is a problem. My readers and I have misunderstood the main objectives of writers such as Hunter S. Thompson. We have failed to get the symbolism and the comment on the American culture that is lying in the undertones of *Fear and Loathing in Las Vegas*.

To this, dear reader, I say, "So what?" Is it really a problem if we don't understand Hunter S. Thompson without "Coles Notes?" I agree with Mr. Babiak, in that I believe anyone can talk about being drunk on Whyte. Anyone can tell a story about

being drunk at the airport, for that matter. To relay these tales in a fashion that will make people interested is another story. While Hunter S. Thompson may have written about various drug influenced activities with a hidden, more symbolic meaning in mind, many of us don't get it. However, we still read the book. Maybe we didn't get the main objective but we got *something*. Can a writer ask for more? Should I be saddened that my popularity increases with every mention of the word 'penis', or 'f\*\*k'? Should I feel the obligation to make symbolic comments on our culture and society? I think not. If all we want is a few swears sprinkled into a tale of drunken obliteration, why not! While most people who read *Fear and Loathing in Las Vegas* may not get past the drugs, at least it is being read. As a writer, that's all I can ask for.

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

# Dear Bonny and Guest

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](mailto:bonnyandguest@hotmail.com)

**This week's guest: Grog the Caveman**

Dear Bonny and Guest,

I love my girlfriend. She is beautiful, generous, and interesting. That being said, she is also a gigantic flirt. It drives me crazy when we go out and she bats her eyes at other guys, or touches their arms. She doesn't think it's a big deal, but her flirting is making me go mad! Any suggestions?  
-Feeling left out

Dear Left Out,

**Bonny:** Sounds to me like someone likes attention. I think your girlfriend likes the fact you get so upset when she flirts with other men. Maybe she is trying to tell you something. Do you work a lot? Maybe she doesn't get as much attention from you as she would like, and this is her way of telling you so.

**Grog:** Grog no like smiley girl.

**Bonny:** Umm, yeah well, besides smiling, I would be concerned if her flirting escalates. Has she every followed up her flirtations? Sometimes, if someone is in a long term relationship, it feels good to be noticed by the opposite sex.

**Grog:** Grog smash girl head.

**Bonny:** You don't have to, "smash girl head," but you should ask your girlfriend flat out if she is trying to get your attention. Tell her it hurts your feelings to see her smile and giggle with other men.

**Grog:** Grog eat stick.

**Bonny:** If this girl is really the great girl you have made her out to be, then she would be willing to assess her actions around others. However, if she refuses to change, maybe you need to assess your goals in the relationship.

**Grog:** Grog look up Bonny dress. Grog smile.

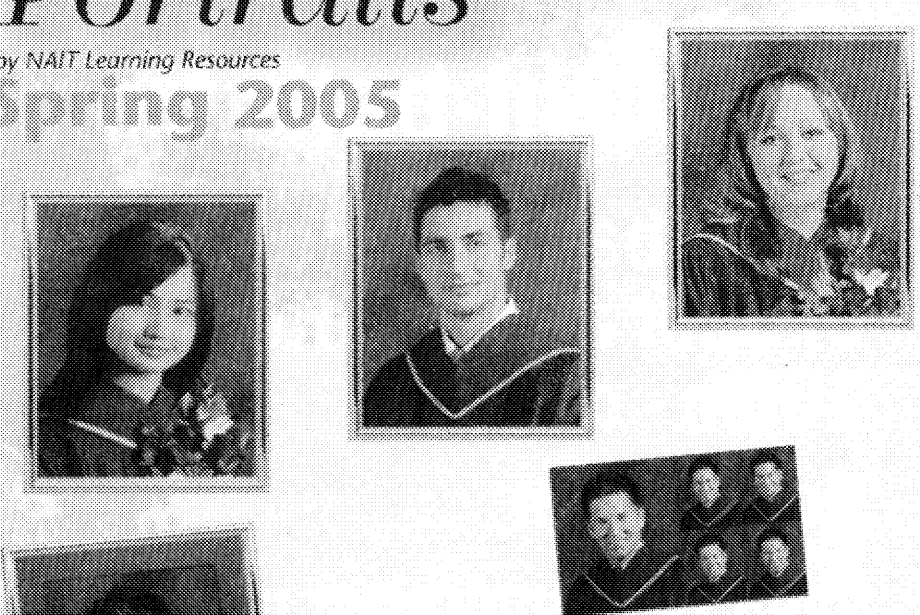
**Bonny:** Eww! Short of talking to your girl, there isn't much you can do. If she craves that much attention, you might have to accept the fact you aren't able to give her everything she wants. Hopefully, this isn't true. Good luck!

## Grad Portraits


by NAIT Learning Resources  
Spring 2005

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February 24 to March 18, 2005

Call (780)471-8732 to book your session  
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in Room U209E on NAIT Main Campus



For more information look for our posters at all NAIT Campus locations or check our WEB page at:  
[www.nait.ca/tci](http://www.nait.ca/tci)







To everyone who went on the ski trip to Golden BC, and especially to all ppl who was on the bus number 3, hopefully everyone got home safe and sound. Thanks for a great time, steep slopes and good drinks! Hopefully you all are going there next year as well! Looking forward to see ya all again!

PS: To the girl with two wicked tattoos on her back - you were DEADLY HOT! Ace aka Will Lickpanti

ya know, ever since term 2 has started, theirs been a lacking of babes at Nait. i don't mean just business tower but i mean everyfreakin where on campus. this college has become a sausage fest which is not cool. i think i'll change my career and take something at Grant Mac instead where they have hot lookin babes everywhere!!! Mahesh

To the girl in the Alkaline Trio sweater. French Toast Thursdays will live forever in my heart.

-E tizzle

Hasn't anyone on 107 St. ever heard of salt? You put it on the sidewalk to melt ice so people don't kill themselves on it. A couple days ago I fell on that very ice and broke my ass. I know this because my ass now has a large crack down the middle. Mr. Ass Pain

ok peeps, its been a month into term 2 and there's been a lack of babes all around the campus( well except the B-Tower) . what is hell is wrong is this faculty? ooohhh don't tell me that is place is just a sausage fest or else i am going have to change my career and take something else at g-mac. the lace where they have a ration of 5:1 ratio from girls to guys. Ravi

To the girl in the tower with the pink coat and yapping on the cellphone - two words for you - Excuse me. Peeved

i would just like to say 'amen' to the baffled nice guy that said he was sick of girls complaining to us nice guys about their asshole boyfriends .. i have had the same problem and more than one girl whining to me about always being attracted to a dickhead .. i don't get it, but i guess there's not much i can do ... another baffled nice guy

ok, in the last grapevines, i was lookin for some ukie girls, well

whoever put my piece into the paper didn't realize that u can get the whole cyrillic alphabet on microsoft word.....i don't know what they put there but it wasn't a word in any language i know, and definately not the word i wanted there.....oh well

in response the guy complainin about girls liking assholes.....i can totally agree.....i understand your situation, everyone around me has a girl, and i know lots of assholes that have girls.....now we all know that this is cause they are good looking guys and i'm not, even if someone says looks don't matter, they're lying, cause if looks don't matter, why am i single.....? the lonely singleman

you know what? social code kicks arse.

Chip and Dale,  
We must admit that we didn't mind watching you bare your "ass"ets. Hopefully, next time you'll take off a little more than your shirts...kind of like the sneak-peak we got of Chip's "boyz". Be sure to let us know when the next Ladies Night is, because we wouldn't want to miss out on seeing you guys "drop it like it's hot" (your pants that is). But this time we'll bring the whipped cream. P.S. - We've got moves you've never seen;

Jenna Talia and Mona Lot  
I just have to say that the Grape Vines lick this year. Where did all the fun people go???

Is there any guys who like to go out and party at this school?! Where do all you good looking single guys hang out? I am new to Edmonton and am looking for a good time. If your intrested in getting to know someone new, e-mail me. [ilovethecack@hotmail.com](mailto:ilovethecack@hotmail.com).

To Baffled Nice Guy: Why do all guys think that they fall into the 1% category of nice guys? The reason the assholes get the girls is because they play nice guy at first, but after you fall for them, they screw you over. It's not that nice guys always finish last, but it's hard to tell because you all seem nice at first. How are we supposed to tell who the truly nice guys are? We would love to give the nice guys a chance, but we don't know where they are! Is there some secret nice guy club we don't know about?! Can someone please write back with advice on how to tell the difference between an asshole and a nice guy when you first meet them. JerkMagnet

## Classifieds

Basement Suite for rent, newly renovated, freshly painted, 2 bedrooms, shared laundry, partially furnished if needed. Located behind Save On on Kingsway Ave. \$550 plus shared utilities. Call 908-2342.

2 Cheap Monthly Bus Passes. Can be used for both Edmonton/St. Albert Transit. Bus passes were bought ahead of time and don't need anymore. Found new means of transportation. Passes are for the months of March and April. Asking \$50 each OBO. Phone Jared at 484-5261.

Learn 3D animation in Maya for gaming and digital graphics from a personal tutor. Call Sam at 482-5470.

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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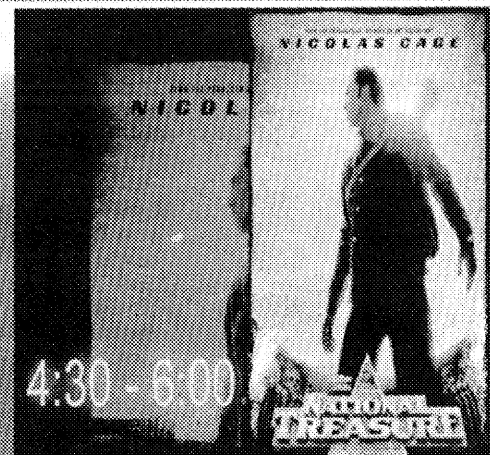
March 7th

**Monday's**  
**DINNER & movie**

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

**Free**  
**Popcorn**

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



**Do Like it**

**Rockstar**  
**Karaoke Night**

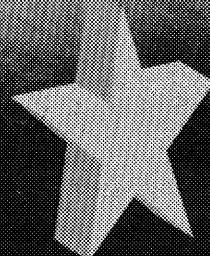
Every Wednesday @ The Nest

**Jumbo 25¢**  
**Chicken Wings**

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

**Complimentary 1 ounce party favor**  
**for every Karaoke participant!!!**

**COOL LIGHT Jugs \$8.75**





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**25¢**  
**HI-BALLS**

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**THURSDAY NIGHT - LO-BALL NIGHT**

25¢ HI-BALLS from 9-10 pm. \$2 til close.

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