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Thursday, January 16, 2003 Volume 40, Issue 15

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Battle for Men's Hockey Dominance Closer than Ever



MIKE McGuire

Augustana 6



NAIT 3



Entering the new year, there remains the cynical belief among some that College athletics offer little excitement for the casual fan. This year, nothing could be further from the truth, as shown by the action in the NAIT Arena last weekend.

On paper, our Ooks entered with the advantage. Second place overall, and holding a prior 12-2 home victory over the visiting Vikings, the odds were in NAIT's favour. However, the continually improving Augustananians came

to make up for the early-season loss

The Augustana assault began early, thanks to the efforts of Viking Neil Spiller, who snuck past returning NAIT tender Tim Barlow within the first 1:03 of play. The Ooks would manage to retaliate eight minutes later, as Blair Rota played pick-up to give Jeff Ainsworth NAIT's first strike.

Second period action was scattered, as frustration surfaced and both sides began their penalty collections. This time, NAIT's Dustan Heintz took the lead, thanks to a setup from Rob Ziemmer and Ooks' scoring leader Andy Penny. Then came the turning point, thanks to Viking Ross Neven's breakaway. The penalties weighed against NAIT, and allowed a power play goal by Augustana's Ryan Trottier, breaking the tie and giving the visitors the edge. The Vikings' momentum provided another crushing blow, as forward Brad Trautman got credit for the unassisted goal with 2:41 remaining.

Third period, Augustana continues the slaughter, thanks to yet another early goal, this time from Darren Cameron. The

to the Ook barn with full intent Vikings' final nail in the Ooks' casket came at the 17:47 mark, thanks to a tight squeeze past Barlow by Marcus Ryan.

By now, with only minutes left in the game, the dark cloud of a loss should have been enough to kill any hopes by our home-ice heroes, but the Ooks would refuse to go down without a fight. 48 seconds left, and a beautiful onetimer executed by Clint Atkinson thanks to setup from David Quaschnick kept hopes alive. Following face-off, Ooks Real Bourbeau and Scott McDonald almost duplicated the feat, but fell just wide of the Augustana net.

After the final buzzer, the tension that consumed both sides finally materialized in the form of a centre-ice skirmish between NAIT's Bryce Mawbey and Augustana's John Heinen. Also on the rap sheet, Augustana's Rob Riddell earned a game misconduct for a slash, said to be the trigger for the post-game shenanigans.

The passion both sides demonstrated through the game served as perfect example of the desire to claim the top seat in the ACAC.

"Obviously both teams are very proud, and they have a lot of pride in what they wear on their shoulders," commented Vikings

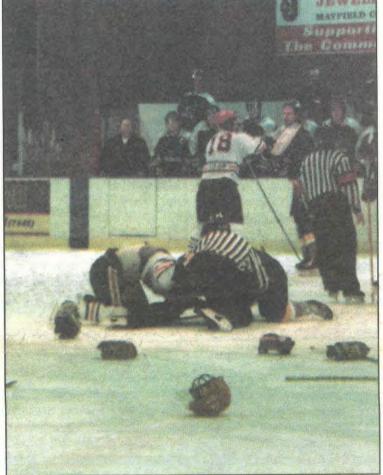


photo by: Mike McGuire

ENOUGH IS ENOUGH: Tempers surface after the final buzzer last weekend, as the Ooks gave up a 6-3 victory to Augustana.

coach Gary Snydmiller. "That's the nature of the league. All the teams in our league are very proud, and if you can get a win, then that's a bonus."

Ooks coach Terry Ballard tells the story a little more intimately. "We would like to aim for the top too. We're in a position where

we could still claim that. These guys are pissed off (about tonight's loss). They'll be ready to go tomorrow."

The Ready they were. NAIT following night, and Augustana battled to a 3-3 tie, adding yet another captivating angle to this year's men's hockey season.

see your







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The Nugget Goes Online



KIMBERLY Ashley

This Thursday, the Northern Alberta Institute of Technology student newspaper, The Nugget, will be online. On our website you will be able to download the week's current issue, as well as check out previous issues starting this month. By taking The Nugget online, NAIT students will be able to check out what is happening

in their world from any Internet enabled computer. As well, previous NAIT students, or future students can check out the paper online. The newspaper will be presented in Adobe Acrobat form, which is easy to view documents. If your computer does not have this software it is easy to download from our site.

Check out the site and give us your comments. We can be reached by e-mail naitnugget@hotmail.com. well, send us your submissions and grapevines online too, just be sure to include your full name and student ID.



Starting This Semester on the Right Foot

MARGARET Marean, Counsellor Student Counselling Centre

It's a new semester and a great time to evaluate what went right and what went wrong last term. Here are some areas to look at:

Attitude: Am I prepared to put schoolwork as my priority and to work hard?

Discipline: Do I have regular study and homework times? Am I starting into my study routine right at the beginning of the semester? Do I procrastinate? If so how can I change this habit?

Organization: Do I use a daytimer to write down all assignments, appointments, exams, etc. Do I make a daily to-do list? Are my books, locker and work space neat and organized?

Interference: What were the major sources of interference last term? How can I limit phone calls, television time, computer games, interruptions from family and friends?

Focus: Am I concentrating and learning during classes and study periods, or is my mind wandering?

Balance: Do I eat, sleep and exercise adequately?

Resources: Could I make better use of the services available such as the Library/ Learning Resource Centre, the Tutorial Centre (Room A133), Counselling

Centre (Room 0117), peer tutors, instructors?

for the semester so I am not stressed about finances towards the end of term when school stress is the highest?

Here are some suggestions to boost your success:

- Give yourself credit for your academic strengths. Evaluate your weaknesses and decide on one or two areas that are realistic to improve. Don't expect perfection.
- Attend the Study Skills Seminars Jan. 21st 23rd see ad in this paper for details
- Read suggestions on areas you would like to improve. Handouts on various topics including basic study skills, time management, procrastination and memory are available from the Student Counselling Centre.
- See a Counsellor for any academic, personal or career concerns.
- Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals for change, monitor regularly and reward yourself. Have a great semester!

Student Counselling Centre Room 0117 South Lobby, Main Campus

Inquiries: 471-8921

8th Floor Tower Lounge JON LJUNGBERG Thursday, Jan 23rd • 12:15 PM





HAPPY 2003!

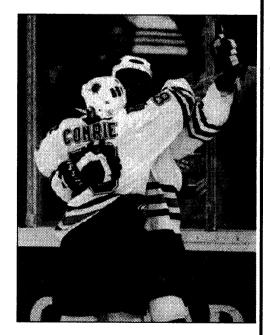
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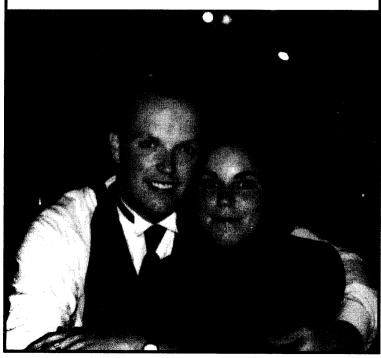
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Congratulations to our boss and his new boss, from the NAITSA staff.



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Auction Bucks



STACEY Laing

If you need to find a few items that were not given to you for Christmas why don't you try going to an auction. Auctions take place all the time and there are several different types. You can get anything from a car, to a painting, to a kitchen suite depending on what type of auction you go to. There are several listed in the Journal or Sun newspapers, these listings include the location and type of merchandise that is going to be up for auction, this gives you the opportunity to read what the auctions have to offer before spending your time going down and checking out the merchandise.

I recently went to an auction that was selling merchandise that was on display at several show homes. The auction was packed with new couches, bedroom suites, dining room suites, and several items of décor. Four of us went with the intention of buying a dining room suite and a fridge, we successfully bid and got a brand new fridge for \$450 and a dining room table and 4 chairs for just over \$600, as well as, some Japanese dishes and a rug. The great thing about an auction is that you can spend exactly what you want to spend. If someone out bids you, don't worry and go back to a different auction. The crowds are always different and therefore

how much you're going to pay will always be different.

It's a good idea to go to the viewing a few days earlier to check out what you really want, then go to the department stores to price out these items, then write down the amount that you're going to pay. Don't get caught up in the excitement of bidding with someone or you'll pay a lot more than you planned. If you are easily

We successfully bid and
got a brand
new fridge for
\$450 and a
dining room
table and 4
chairs for just
over \$600

tempted by great deals, just bring the amount of money that you can afford to spend this will ensure that you will not spend money that you don't have. Even if you don't need anything auctions are fun to go to and you may find that priceless item that would fit perfectly into your apartment.

Skate Date



STACEY Laing

One can hardly believe that winter is half way through, especially considering the weather that we've been having. With the mild temperatures, one must take advantage of the outdoors and what better way to get outside than to have a skating date. Skating is a great activity that gives you the opportunity to get some good exercise and fresh air. You don't need to spend a lot of money on gear, if you don't own skates you can rent or borrow a pair and then

special someone or you can invite a bunch of your friends and have an informal hockey game and go out for drinks afterward. You can make a day of it. First go out for lunch, then do a little shopping and end your afternoon skat-

Skating is a great break from watching TV or going out to a movie so put on your old skates and get out there and remember how much fun it is.



Dust off your skates for a night of fun.

you're set to go. There are several rinks around Edmonton that you can go to for example, Hawrelark Park, Victoria Park, or even the Legislative grounds. All three of these rinks are free and have a nice surrounding area. This can be a romantic evening with your

ing or begin your afternoon with skating and work up an appetite so that you can go out for a nice dinner. Skating is a great break from watching TV or going out to a movie so put on your old skates and get out there and remember how much fun it is.



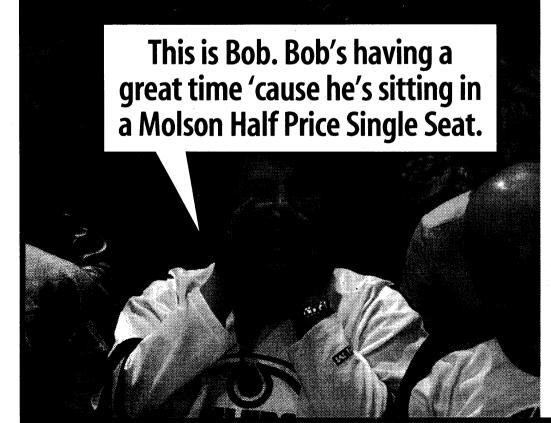
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For details, pick up and information/application form in the NAITSA office or T300.



Molson Half Price Single Seats

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

Tickets at Ticketmaster or call 414-GOAL.







KIMBERLY **Ashley**

Most of us come up with great New Years resolutions, just to get in the spirit of having a fresh start in January. Many people decide that this would be the year to lose weight, break a bad habit, become more organized or even try to spend more time at home with your family. This year I have to decided try to combine all of those, yet create something better than all of that.

My resolution was to be young at heart. I want to stop taking life so seriously and lighten up. I know that will be hard, completing a college education and all, but what I really want to do is have some fun and do those somewhat "childish" things that adults, or even college students would never look back on.

How do all of those resolutions from above become all entwined? Well...I have only just begun this new way of thinking, but I like it. It consists of all of the simple things in life that I have grown to enjoy. Curling up on the couch with some hot chocolate and marshmallows and watching a favourite childhood movie. Yes, CHILDHOOD movie. It could be a Disney movie or something like that, but plug in a tape or DVD of something that will make you laugh or smile, or possibly shed a tear. I know you are saying that we are all grown up and we should

have left those at our parents' houses, but why? If it made you happy ten, fifteen or twenty years ago, why can't it make you happy

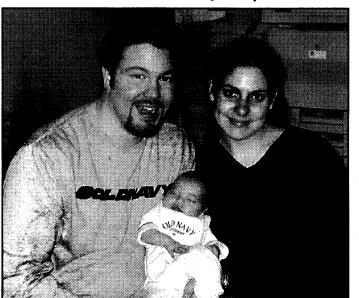
Another crazy childish thing that you can do is get outside. Go play in the snow. Be thankful that we have it. Who knows, by the time you have children the hole in the ozone could be so large that it may never snow again. Highly unlikely, but why not do it now. Go make a snowman, or a snow angel, hell, even go tobogganing down the biggest hill you can find. Put down your designer handbags and shoes and put on some woolly mittens and grab your Sorrels and get out in the snow. Who knows what you might find.

 $\mathbf{B}\mathbf{y}$ incorporating childhood memories and favourite activities I think I could achieve my resolutions. When I was a kid, all I did was run around, dance and sing, that should shed those unwanted pounds. Bad habits, well I think we all grew out of the really bad ones like picking our noses by kindergarten, and getting organized, didn't your mother tell you to put your toys away when you were done and to clean up after ourselves....?

That one should last us a lifetime, and spending more time with family and friends is always important. Well, I am sure that they won't mind participating in a few of these activities with you, as long as you don't start singing the "the wheels on the bus" while taking

It's a Girl!!!

Congratulations to NAITSA's Mike Anderson and Perri Gagne on their baby girl, Kaelin Reese Anderson, born January 7th, 2003.



New Year, Tom Foolery for New Start Three?



TOM Ace

Dear Tom,

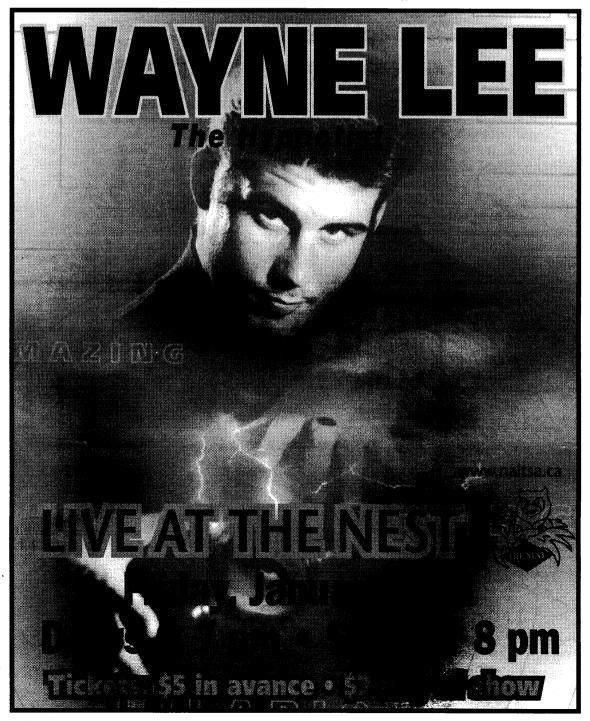
Hope your new year is going well. But anyway... onto business. My girlfriend and I are very open in our relationship. We share sexual fantasies and talk about our sexual experiences all the time. Just recently (a New Years party to be exact) she came to me with an interesting proposition. After a few drinks, she came and asked if I would like to have a threesome with her and one of her friends. Now I know that any red-blooded guy with half a brain would have said yes. I, on the other hand, declined the offer. Both my girlfriend and her willing friend are hot as hell and they have since approached me with the same offer. Obviously, they both want to do it but what I am worried about is the aftermath. What the hell is this going to do to the relationship that I share with my girlfriend? I hope that you'll be able to shed some light on the subject. Threesome Thinker

Dear Threesome Thinker,

My guess is that every guy that reads this article is either dumbfounded by disbelief or they have thrown the paper in the trash due to frustration. I personally think that you did the right thing by taking a step back and looking at all the consequences. Jumping into bed with two beautiful women sure sounds like a wonderful idea, but when the action is all over the poor bastard caught in the middle has to do twice the amount of cuddling, twice the amount of talking, and he gets twice the amount of hair in his face from spooning. My best advice would be to talk to your girlfriend about the situa-

tion. It seems to me that you have the type of relationship that could withstand a chat about a threesome. Make sure that she knows all the consequences and that her friend knows them as well. You could go as far as setting ground rules for the bedroom (or kitchen, or bathroom, wherever you decide this is going to happen). When everyone is in agreement with the situation there is only a couple of things left to take care of. You can either wake up and clean up the spot that you just made on your sheets, spurred by the incredibly realistic dream you just had, or you can break out the silk sheets and sensual massage oils because you are about to have one of the greatest experiences of you life. If you have any lovin' problems in the new year, write the love doctor at

nuggetlovedoctor@hotmail.com or drop your letter in the little black box out side the Nugget







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



Instructional Excellence Award Recipients 2001-2002 (Missing: Gordon Smith and Patrick Reed)

Nomination packages are available for pickup and drop-off at the following locations:

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Registrar's Office, Kathy Manderson - 471-7558 NAITSA Office, Rita Cain - 471-8960

Patricia Campus Room P127, Palma Szabo - 453-5401

Souch Campus Room Z130, Trina Chorney - 430-5103

CED Centre

Room K116, Coralee Bazely - 471-7045

Technologies Annex Room L101, Shawna Boyko - 471-8666

NAIT HP Centre for Information and Communication Technology Room W309, Yvonne Felske - 398-5314

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The Nugget encourages submissions

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

Contributing **Writers**

Margaret Maureen.

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Hard Homecoming

B-Ball Women Face Similar Plight in New Year



MIKE McGuire

NAIT - 50

It wasn't the welcome home that our Lady Ooks were looking for. After the long holiday break, the basketball women faced the rival Grant MacEwan Griffins at the NAIT Gym Friday.

While the final score of the game doesn't reflect well on our hard-court heroines, the game was not without passion.

Ooks scoring leader Jenna Badry was among many who were playing above and beyond, most notably for sacrificing herself to keep a ball in play. In a last-ditch effort to keep it in the GMCC zone, Badry made a suicide dive, managed to tip the ball back into play, in the meantime sailing (and sliding) into the feet of some spectators.

Intensity reared its head in some moments that (while ignored by officials) saw some of the such play was what can only be called an arm drag on Ook Kelsey Charuk. After what appeared to

ugliest plays in basketball. One pain and returned to the line up shortly after.

The biggest killer for the Ooks was the amount of fouls plaguing be a mild collision with a GMAC key players. Lorraine Stelck,

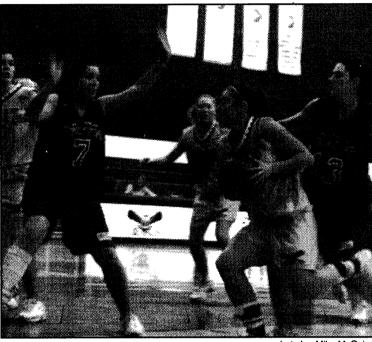
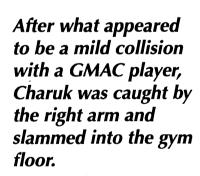


photo by: Mike McGuire

COMING THROUGH: Despite some great offensive tactics, the Lady Ooks came short in an effort against GMAC last weekend.

player, Charuk was caught by the right arm and slammed into the gym floor. Stunned, and favouring her right arm, Charuk fought the

Nichole Fessier, Ashley McNeill, Cali Payne and Jenna Badry were all fouled out, a problem that coach Fabio Marcucci admits needs some serious attention.



"We were scrambling and shuffling, we had people playing out of position just because of the foul trouble. It killed us. It was really like a patch-work line up."

The following night, the Ooks taced the wrath of GMAC once again, narrowing the gap, but still falling on the short side of an 85-68 scoreboard.

As of press, the Lady Ooks still stand last in the ACAC northern division. With the stark reality of playoffs looming around the corner, it should prove most interesting to see what happens

The next Women's basketball home game is Saturday, January 18th, against the league leading Augustana Vikings. Tip-off is at 6:30 pm, and admission for NAIT students is free with ID.



Ook Kelsey Charuk takes a minute to recover after a blatant hold by GMAC's Sabrina Shaw last Friday.



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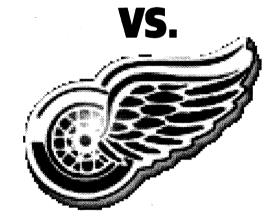
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Women's Volleyball

2nd Half Outlook

TREVER Turner

The Lady Ooks travelled to Quebec City over the Christmas holidays to participate in the Eastern Canada Cup Volleyball Tournament. This was an opportunity for the team to play some of the top college teams in Canada as well as preparing them for the second half of league play. Over the week that the team was there they developed stronger team chemistry and were able to see some of the sights that the city had to offer. A lot of their free time was spent in Old Quebec which was beautiful during the night and there was enough stores to keep the girls busy shopping.

When the tournament began they faced the #1 team in Canada, the Sherbrooke Voluntairres from Quebec and having not touched a ball for one month, the girls

They ... beat St.
Boniface from
Winnipeg in three
sets (25-23, 20-25,
15-13), and #11
ranked Humber
College from
Toronto in two sets
(30-28, 26-24), to
finish third in their
pool.

played well but lost in straight sets (14-25, 16-25). Their next match was against FX Garneau, who are the defending National Champions and ranked #5 this year. The ladies played some exciting volleyball and you could tell that they were starting to get back into shape but lost in three sets (10-25,26-24, 9-15). They then beat St. Boniface from Winnipeg in three sets (25-23, 20-25, 15-13), and #11 ranked Humber College from Toronto in two sets (30-28, 26-24), to finish third in their pool. After pool play they had two remaining matches against Joliette and Andre Larendeau both from Quebec and lost each one in

two set

Although they finished with a 2-4 match record, the experience of playing some of the top programs in the country and knowing that we can compete with everyone, bolds well for a very positive second half.





I chose the health care field because I like people and I'm determined to make a difference, any way I can.

I know all about the pace, the shift work and the occasional heartache because people are fragile and sometimes don't recover. It's not glamorous — but I know my skills are needed and my efforts are appreciated, so I'm prepared to give it all I've got.

When the work is done, I go home to a place that is mine. It's just a short drive away. I know my neighbours. I feel safe here. There's plenty of space and clean air – and my kids go to

a great school. Everything I want and need – theatres, good restaurants, clubs, parks, plenty of shopping – is within easy reach. I am part of a community.

I can afford my own home. My kids can take music lessons, skating lessons and learn how to play hockey and baseball. I have time for myself too, and once in a while, I indulge in something really special.

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SPORTS



From rINgSIDE

rINgSIDE Radio, Honourable Mentions, FREE TICKETS and more!



MIKE McGuire

For those of you new to the hallowed halls of NAIT, this is the column where the wonderful world of pro-wrestling comes to surface in a weekly review. That all said, here is all that happened over the holiday break.

Ready for the Rumble? - This year's instalment of the Royal Rumble is looking spectacular match wise, but there is still this looming issue of the "winner of the Rumble facing his respective brand's champion." Let's face it, this means that there will be 2 top championship matches at Mania, taking a lot of the lustre away from the big moment. That is, of course, assuming they will put both titles up in Seattle. If that's the case, one title could look seriously diminished if not recognized at "the granddaddy of them all".

Nr92 rINgSIDE Radio - In a continuing effort to provide the best coverage of the independent wrestling scene as well as the majors, yours truly along with Mike "Mr. Grizz" Cook will be hosting rINgSIDE Radio. Special guests, reviews and a whole lot more - including some great give-aways - all in the works! How do you listen to nr92? Go *to www.nait.ab.ca and click on the logo! The first episode airs on Tuesday, January 21 at 5:00 p.m. For even more details, visit www.geocities.com/ringsideradio.

Honorable Mentions from 2002 Top Ten:

Shawn Michaels: I received a lot of heat for not having HBK on the list, and here's why. SummerSlam was a great return, but all of a sudden, he's the first guy to knock Triple H off the top? Take the title? While Shawn is slowly managing to recapture the fans (thanks in part to returning to his old gear), his return was the result of other similar "hotshots", and including a guy who at the time had only 3 matches would have been an injustice to performers who had been working constantly under a heavier schedule.

- Rob Van Dam: He retired 3 championships in one year, yet didn't make the top ten. Here's why. RVD's gimmick still seems to be getting over more than his work ability. Need we be reminded of the hitlist of injuries he has inflicted over the past year or so?

Stiff work is one thing, almost crushing a guy's trachea (Triple H) is another.

- Undertaker: Taker had a great year, but his impact was cheapened again and again. After taking the title from Hogan, he lost it, continuing the all-too-familiar string of one-month champions in WWE. WrestleMania against Flair was great, but (under his own admission) wasn't one of his best. Free Wrestling Tickets!

Time for another ticket giveaway to kick off the new year! The show: PWA at Festival place in Sherwood Park on January 25th, where yours truly will be ring announcing. What you need to

do to win? Just email me at mikenait@shaw.ca and tell me this: Who is the current PWA Champion? A) NAIT's own Marky Mark. B) "Hotshot" Johnny Devine, C) Squiggy Magoo, D) The Sledgehammer. I think you will all find this question's rewards quite D-lightful. Winners will be notified via email.

Next week, fallout from the Rumble, more news on the independents here in Edmonton, including a full retrospect of the famous "promoters encounter". No idea what I'm talking about? This will knock ye olde stockings off!

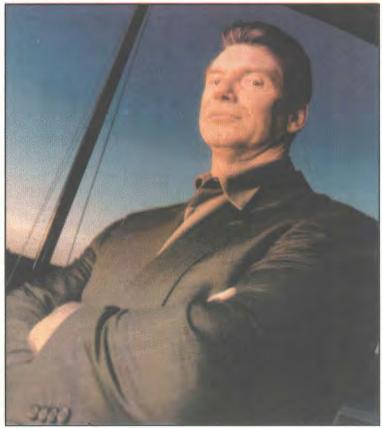


photo by: WWE

KING OF HIS WORLD. This week, Vince McMahon's RAW turned

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Bus leaves at 4:30 p.m. in front of the Nest.



FEATURE



Elysium ... (definition) a place or state of complete happiness

JEREMY Coules

Before the Christmas Holidays, I visited a fairly new salon called Elysium to see about getting' a new look for the New Year. I walked in and asked for Jeff, the owner, and was asked to wait a minute. I was offered some coffee and a comfortable couch until Jeff came out. When I met Jeff, he said, "Wow, your hair is short." It is rather short, but I am in the works of trying to get some rock star hair goin'.

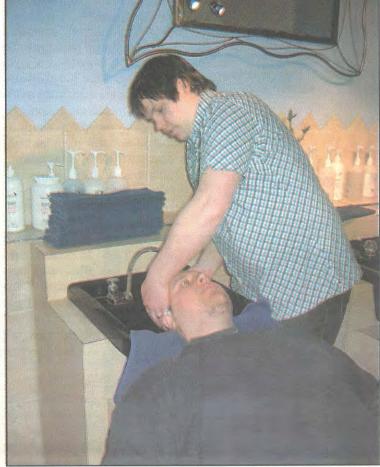
I went in to get some blond streaks and a little bit of a cut. What did I leave the salon with...? RED HAIR with Blond streaks. I decided that I always get blond streaks, and there's nothing like the adrenaline rush of putting your appearance in the hands of a total stranger. Well I lucked out, Jeff did a wonderful job (check out the



I go RED...

pics) and I was very pleased with the outcome. I asked him if he could also take a little off my midsection but he said that he doesn't do miracles. Oh well I guess I am going to have to head to the gym to lose weight, and head back to Elysium for my next haircut. If you want a first hand view of just how good the team at Elysium is, check out the contest that The Nugget and Elysium are throwing your way...

The Nugget and Elysium will be giving away a FREE MAKE-OVER EVERY WEEK UNTIL APRIL. Here's how you can WIN WIN WIN!



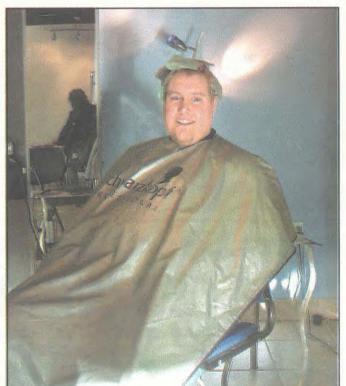
Shampoo is better.



Elysium offers a futuristic look.



The Elysium staff. "Great Hair!"



What's this goop in my hair?

A FREE MAKEOVER!

- All entries must be submitted to the in the Nugget Submission Box by 4:00 PM every Monday until April
- Eligibility is open to all Males and Females who are looking for a new look
- All entries must include:
- A recent picture
- 75 words or less on why you want (or need) a makeover
- Full name, student ID #, and Phone Number
- Chosen candidates will be contacted by phone
- All candidates release permission for The Nugget to print Names, photos, and write ups
- Makeover includes CUT, COLOR/HIGHLIGHTS, MAKE-UP



Bigger Than The Game? Hardly!

Basketball Men Keep Level Heads, Despite Success



MIKE McGuire

With four players in the top ten scoring leaders listings, a spotless record (including exhibition play), a championship to defend, and a solid system which sees almost every opposing team falling by huge numbers, one can't help but wonder if the Ooks basketball Men face any real opposition in the ACAC this year.

the closest to making the upset, losing by only 11 points last November, a game where coach Marc Dobell admitted "we weren't playing the type of basketball that we should have been."

That is what's remarkable about this year's team. In a position has capitalized on his potential, where ego could easily consume this highly talented team, it is impressive to hear that the Ooks are constantly looking to improve.

Prime example: Last weekend, following an 85-54 victory over talented team, it is Grant MacEwan, the Ooks admit

> that they are always looking to make it work. That work was tested following night in the GMAC gym, with the Ooks adjusting a strong Griffins performance, ending with an 84-73 win for the good guys.

Nat Scheafer explains the key motivating factor for this year's squad. "Defending our A C A C Championship is number one."

This year has also offered some great opportunity to players. new Scheafer recalls

So far, Concordia have been what the transition is like from first to second year; "Last year I played behind a great player in Jay Demery. This year, I've been given the opportunity to play and show my stuff." Earning player of the game last Friday, it is hard to dispute that Scheafer

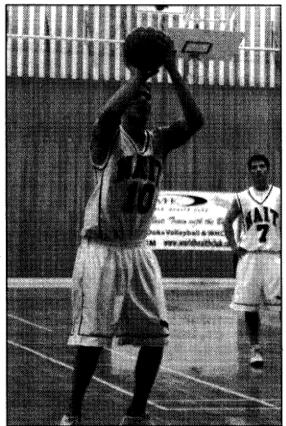
> In a position where ego could easily consume this highly impressive to hear that the Ooks are constantly looking to improve.

> and earned himself a respected position on the Ooks roster.

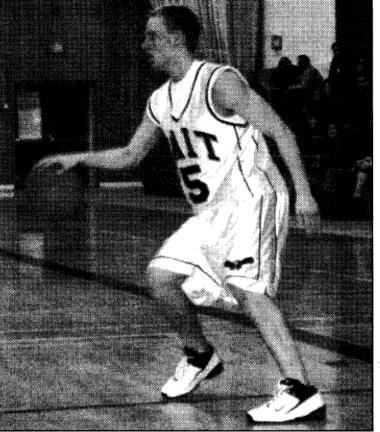
> Coach Dobell continues to be impressed with his team's attitude as well as their performance. "I've got a great bunch of guys here. They're still the same team they were when we were 0-0, and they know that while our regular season has gone well, that we still haven't accomplished all of our goals yet. They've worked to bring some class to this team, and they've done that."

> Still ranked #2 nationwide, it seems like only a matter of time before the Ooks lay claim on one of the most successful seasons in NAIT's history.

> Next home action for the Men's Basketball Ooks is Saturday, January 18th against Augustana. Game time is 8:30 pm, and admission is free for NAIT students with ID.



POISED TO PLAY: Loren Balon is one of many keys to the Ooks' success this year.



Last Friday's Player of the Game, Nat Scheafer.

The Cruise needs you

Volunteers are needed for the S.S. Benefit NAIT Cruise to Vietnam on Saturday, March 1. This annual NAIT corporate fundraiser needs individuals for duties ranging from setting up the event to monitoring the silent auction. If you'd like to help out, call Tammy Carreiro at 471-7514 or Al Morrison at 471-8412.





Campus Sport & Wellness WINTER WARMUPS

classes start the week of January 20									
Early Swim	6:15 - 8:00	Mon / Wed / Fri							
Cardio Sculpt	7:00 - 7:45	Tues							
Curling	12:15 - 1:00	Mon							
Deep H2O Workout	12:15 - 1:00	Tues / Thurs							
Learn to Swim	12:15 - 1:00	Wed							
Leg O'Mania	12:15 - 1:00	Wed							
Step	12:15 - 1:00	Mon							
Golf	12:15 - 1:00	Tues / Wed							
Pilates-nEXt	12:15 - 1:00	Thurs							
Power Yoga	12:15 - 1:00	Fri							
Golf	1:15 - 2:00 .	Tues							
Foster Box	4:30 - 5:30	Tues / Thurs							
ABSolutely Solid	4:30 - 5:30	Wed							
Pilates Essential	5:30 - 6:30	Mon							
Karate ITKF	6:00 - 7:30	Tues / Thurs							
Register at Student Services, E134. Call 471-7713									

The Nest Super Company of the Super Company of the

Sunday, January 26



Come

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A

Trip for



to Hawaii for the NFL PROBOWL from Budwiser.





Bud & Bud Light \$2.75 for the month of January.

Doors open at 3:00 pm.

Must be present & 21 years of age to win.

www.naitsa.ca



ENTERTAINMENT



MOVIE Review

Adaptation



WIN

STACEY Laing

Adaptation is brilliant, original movie written by Charlie Kaufman. The story is very difficult to describe as it is a quasi fictional piece that is based on several real events, and several fictional events. In short, Nicholas

is the actual screenwriter for this movie, as well as, Kaufman's fictional twin brother; who Charlie views as less intelligent, yet more successful than him in regards to woman, his new screenwriting career, and life in general. The movie tells the tale of Kaufman overcoming his writer's block, as well as, several other personal issues. The writer's block is caused by Charlie trying to adapt the novel The Orchid Thief, writadvice from his brother. Unlike

Cage plays Charlie Kaufman who ten by Susan Orlean, who is played by Meryl Streep. Charlie is enthralled with the novel and wants to stay true to it by expressing the beauty and importance of the orchids with his adaptation to film. However, by setting such high standards he is unable to write down his ideas and as a result becomes obsessed with Orlean's life. In order for him to understand the novel he stalks Orlean, with some help and

Charlie, Orlean is in a very static marriage and has a solid career; however; after writing the novel she becomes involved with John Laroche, who is the inspiration

All of the acting in this movie is extraordinary. The concept of the movie is very original, and the entire movie is filled with wit and humor that keeps it at a fast pace.

for her novel. Laroche is played expertly by Chris Cooper and he takes the stable Orlean and introduces her to a drug that is produced from these rare orchids, in

addition to his unique life. This is enough to change Orlean, who now becomes obsessed with both the drugs and Laroche. The audience is lead by Charlie's obsession with Orlean and Orlean's obsession with Laroche. Throughout the process of writing the screen play the story of the orchids becomes secondary to the story of Charlie's struggle to adapt this screenplay.

All of the acting in this movie is extraordinary. The concept of the movie is very original, and the entire movie is filled with wit and humor that keeps it at a fast pace. The audience is very intrigued to find out what is going to happen to who and is genuinely interested in the development of the characters and wonders if Charlie will ever succeed in his life. Adaptation is a refreshing, original movie that is off the beaten



Twin-brothers Charlie, left, and Donald Kaufman (both played by Nicolas Cage) get in over their heads in the Florida Everglades, in Columbia Pictures' unconventional comedy Adaptation.

NOTE TO THE STATE OF THE STATE													
Words To Find:	Т	W	Ι	A	${f E}$	Z	D	\mathbf{X}	K	\mathbf{F}	D	H	\mathbf{E}
COACH EDMONTON	s	R	P	Т	Ι	A	О	W	X	Ι	\mathbf{M}	Q	С
FACEMASK	В	L	L	\mathbf{E}	L	K	U	W	В	\mathbf{A}	О	\mathbf{V}	О
FACEOFF GOALIE	Z	A	$\mathbf{A}^{'}$	N	\mathbf{A}	\mathbf{F}	A	C	E	О	F	F	L
GOALS HATTRICK	Y	W	Y	O	О	н	\mathbf{A}	T	Т	R	Ι	С	K
HOCKEY	С	\mathbf{U}	\mathbf{E}	C	G	Т	О	C	О	A	С	H	F
ICE NAIT	Z	K	R	Т	Ι	A	N	С	E	E	E	В	Т
NET OILERS	К	K	0	Q	s	K	О	О	K	M	$\bf A$	С	В
OOKS PENALTY	N	\mathbf{C}	K	R	W	N	I	w	M	\mathbf{E}	A	W	С
PLAYER	X	U	С	J	M	L	P	Q	Z	D	Y	S	C
PUCK SKATES	L	P	Ι	\mathbf{P}	E	Y	T	L	A	N	E	P	K
SKYREACH STICK	E	s	Т	R	w	S	K	Y	R	E	A	C	н
TEAM	E	P	S	K	A	Т	E	s	V	В	С	G	H



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BJ Process and Pipeline Services

BJ Process and Pipeline Services, a Division of BJ Services Company Canada, is currently in the process of recruiting for the following position:

BASE ADMINISTRATOR

Working from our Edmonton location, the successful candidate will be responsible for all the administrative and clerical functions of base operations. Duties will include answering and directing phone calls, purchase order processing, maintaining personnel files and other duties as required.

Candidates should demonstrate good communication, interpersonal and organizational skills. **Applicants** should also possess intermediate computer skills. Knowledge of the SAP would be a definite asset.

BJ Services Company Canada offers excellent benefits, competitive remuneration, a technically advanced environment and the opportunity to work with an outstanding team of professionals.

All interested applicants are invited to submit their resumes by January 24, 2003 to:

BJ Process and Pipeline Services

9010 — 34 Street

Edmonton, AB T6B 2V1 Fax: (780) 440-0539

Attention: Hugh Watt



ENTERTAINMENT



XX.

Horoscopes Written in the Stars

Capricorn (December 21 -January 19)

A financial windfall might be in the stars for you. This isn't anything you would have been expecting. Perhaps it's a bonus, or repayment of a loan you'd long since forgotten, or a settlement of some kind. Whatever it is, it'll definitely be a pleasant surprise. Don't, however, spend it all in one place. Wait a few days, and then consult a professional about your financial future. This could make a big difference to you. Don't throw it away.

Aquarius (January 20 -February 17)

Are you in an especially adventurous mood? This is the sort of day when you can try just about anything new and still come out in one piece. Why not enroll in a marathon, take rock-climbing lessons, get in the car and drive to a place you've never been before? Wherever you end up, you should find peace and a heightened state of awareness. Don't hesitate. If what you have in mind involves minimal risk, go for it!

Pisces (February 18 - March

Study of the occult sciences, whether historical or hands-on experiments. should prove fascinating and enlightening for you today. Astrology, alchemy, numerology, or herbalism are all intriguing fields, and your mind should be especially attuned to them. One warning: beware of unethical teachers. You may or may not read the works of one, but nonetheless hang onto a little skepticism. Even on days like this, don't believe everything you read or hear.

Aries (March 21 - April 19)

An exciting group activity, perhaps one involving a number of your friends, could take place today. Your mind may be going a the day. Ideas will be exchanged, stimulating conversations should Someone you meet, however, has much as you can. You can do it! an agenda of his own. Be discriminating about whom you Libra (September 22 - October agree to meet with later.

Taurus (April 20 – May 19)

events could take place today. that you weren't expecting. The introduction of an interesting new person, or the beginning of an exciting new project could raise therefore pass by very quickly. you really could become friends.

Tonight, you may want to share Relax, smile your most charming your excitement with your partner smile, and enjoy the trip. or another family member.

Gemini (May 20 - June 20)

The opportunity to take a trip, perhaps at someone else's expense, could come to you today. This home? This could be a new might be business-related, or it computer, or a state-of-the-art could be educational in some way. This is a good day to travel, or make the arrangements for it. The journey promises to be an exciting one that you'll remember for a long time. Do what you have to in order to get it all together, and then go for it! Enjoy your day.

Cancer (June 21 – July 21)

Some rather bizarre dreams could Sagittarius (Novmber 22 – come to you tonight. The symbols may include people or objects that you would never have thought of consciously in a hundred years. Nonetheless, they do have meaning for you right now. Sit down and make a list of the symbols and events in the dream, then try to analyze what they mean to you. Your dream is trying to tell you something important. Make the most of it.

Leo (July 22 – August 22)

Do you have plans to go to a party tonight? Don't cancel them. If you're single, an exciting new potential love partner might be introduced to you, and you could spend the entire evening together. If you're already involved, someone could come on the scene who could prove a valuable business contact and might even form a partnership with you. Unless you're too tired to move, get up and go! You won't regret

Virgo (August 23 - September

Some unexpected changes could happen today. You could find yourself confronting the prospect of having to get used to some new and totally state-of-the-art thousand miles an hour throughout equipment that you've never used before. Don't panic. You'll do fine, and once you get used to it, you'll take place, and you could meet be a real whiz. Try to focus your some interesting new people. mind on this for now, and learn as

22)

Are you taking the bus today, or perhaps going somewhere by Surprising and very fortunate train? If so, you might meet someone fascinating on the trip. This could be an advancement Don't be shy, and don't let pride or propriety stand in the way of striking up a conversation with this person. It'll pass the time, you might learn something, and your heartbeat. The day should there is always the chance that

Scorpio (October 23 -November 21)

Have you just bought or recieved some new equipment for your entertainment system, or perhaps a new appliance. You and the other members of your household might spend much of the weekend trying to learn how to use it - though it could seem rather difficult. Take heart! It looks more complicated than it seems! Keep trying, and don't forget to have fun!

December 20)

An unexpected phone call, perhaps from an old friend, could come your way this week. This person is apt to have good news for you, though he may be in a rather melancholy mood himself. A long conversation could result, the outcome of which is going to change your life, albeit in a subtle way. Nonetheless, this is apt to be a day full of pleasant surprises. Enjoy it!



Aboriginal Cultural Day

February 7, 2003

Hosted by NAIT's Aboriginal Student Club

There will be First Nation and Metis Performers as well as Hoop Dancing

Crafts and Artwork available for purchase Free Bannock and tea will be served



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The First Annual Greater Edmonton Business Plan Competition is open to individuals, companies and post secondary institutions with high-growth business ideas. Through seminars, tools, templates, and a mentorship program, VENTUREPRIZE will help you transform your idea into a plan for growth! The ultimate business plan takes home a grand prize of \$50,000, while two others receive \$20,000 in additional prizes.

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For info or to make payments go to the NAITSA office (E-131) or phone 471-8855.











Wish your friends, teachers or that special someone at NAIT a happy birthday, or anniversary, or congratulate them. E-mail us your wishes and regular grapevines at naitnugget@hotmail.com

Reminder: We need a full name and student ID number on all submissions and grapevines. Names may remain anonymous on request.

I just wanted to remind everyone about my buddy James, first year, Chemical Technology, group B, split his pants.

To the cute redheaded guy in IHET, I'm not sure if you like guys, but I think you are hot and hope to one day run my fingers through your luscious red hair. It just drives me wild! I want to find out if your cuffs match you collar, if you know what I mean... I want you so bad! Please be my naughty schoolboy! See you soon...-- Love, Your Secret Admirer. P.S. I'm aching for your manhood

To whomever put 4 dead chickens in the A-wing locker: That was the most violent smell I have experienced since the last time your mom played leapfrog with me! Great prank and say hi to yer mum for me! Hope the crab shampoo worked for

her... -- Signed, Hey I Know That Smell! Hehehe

Dear BBQ Lovers! Free Chicken BBQ in A-wing next week! Come one Come All! All meat aged minimum 14 days in hot locker! Must take penicillin before attending! See you there!

Dear 1st Year AHT's, The boys of IHET will vouch for your melontasticness. Cleavage day was a hit and much appreciated by all. We will have tight 80's sausage pants day in return, hope you like Kielbasa! P.S. Heard you've been learning how to "milk" dogs, need some practice subjects? Give us a call!

To Brie, Anna and I didn't work out, so how's about a date? Still love you as much as the last article. Hope we have fun this and many Christ's birthdays to come. Love Boo.

To Mr. W in Culinary arts. You think you're soo big?! I'm coming home soon, and sending you to the dog house! I haven't forgot about you, or your mickey mouse! See you soon. Sincerely Chef Peej

For those who went on the ski trip (or those who know people that went) I uploaded the pics I had taken on to my site, go check it out. Couple interesting moments that's for sure. www.Dwayne.tv -- Dwayne

Congratulations to NAITSA's Mike Anderson and Perri Gagne on their baby girl, Kaelin Reese Anderson, born January 7th, 2003.

Congratulations on the engagement of NAITSA's Chris Chelmick and Rebecca.

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Regular Massages help you feel better, think clearer, learn quicker. Make an appointment. Sherry Theriault, Registered Massage Therapist. Insight Wholistic Health, Hangar #11, Behind NAIT, 995-9528.

NEXT GENERAL
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4:30 pm
Room X-107
Everyone

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Struggling with same sex attractions? Email our Christian support group for more info: virtus_alberta@yahoo.ca.

PARKING AVAILABLE. 2min walk to NAIT. Available immediately. Call Sherry @ 477-0191.

Roommate Wanted. A female roomie wanted to share a newly renovated 2brdm apt. near Kingsway Mall. Less than 10mins walk to school (NAIT). \$300/mnth. Includes water and heat. Avail. Feb 1st, 2003. Contact Valerie @ 488-5985. Pls. Leave message if not answered. Must be non-smoker and no pets.

Roomate/Renter Needed. The Pointe Uptown 10636-102 Street – Near Oliver Square and College. Newer Condo – Quiet and well maintained and walking distance

to everything. Available as early as Jan 16/03!!!! Spacious 1 bedroom with your own bathroom. Washer and Dryer/Appliances. Top Floor with view of courtyard. Must be mature. Non-smoker. Rent is \$450 and any other bills can be split. Please call Ivan @ 953-5251 for

The NUGGET wants YOU!

The Nugget is looking for a Features Editor to start immediately. The Features Editor is responsible for researching and writing weekly features that would appeal to the general student body. If you like to write and want to get involved in NAIT activities, this position could be for you! This position offers a salary of \$350 per month. Send your resume online to naitnugget@hotmail.com or drop it off in the submission box outside the Nugget office.

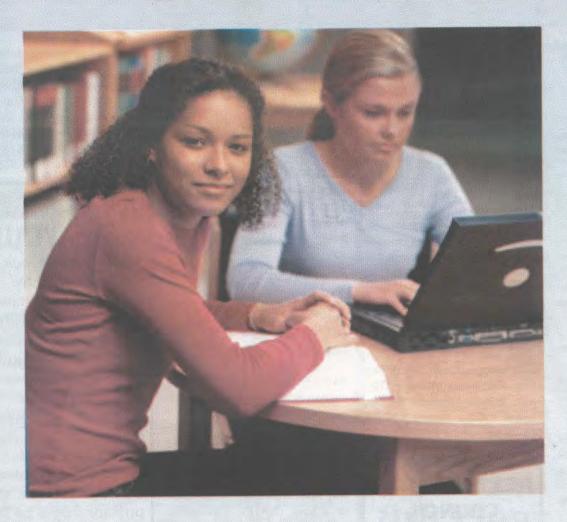


THIS WEEK AT THE NEST JANUARY 20TH - 26TH

Wednesday - Jan 20 Sunday - Jan 26 Tuesday - Jan 21 Wednesday - Jan 22 Thursday - Jan 23 SUPER BOWL PARTY Win a Trip for 2 to chematics Hawaii for the NFL **Pro Bowl from** Budweiser TRAKSPORTER VAWALL \$2.75 Bud & Bud Light All of January Door at 3 pm. Must be present 4:30 PM 5 - 7 PM and 21 years of age to win. **START 5 PM START** udwide 25¢ WINGS **START**

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Regular Hours:

Monday - Thursday: 8:00 am - 7:00 pm

Friday: 8:00 am - 5:00 pm Saturday: 9:00 am - 1:00 pm

Tech Store







*Stated savings compare the estimated retail price of Office XP Professional to the estimated retail price of Academic Office XP Professional through the Academic Student Select and Student Option volume license programs.

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