GIVING AWAY FREE STUFF SINCE 1963

Thursday, January 23, 2003 Volume 40, Issue 16

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



IF THEY BOOKED IT, WOULD YOU COME? Could a home game at SkyReach increase the Ook fanbase?

photo by: Mike McGuire

Should the Ooks Book SkyReach?



MIKE McGuire

It's the place where against the Philadelphia Flyers, Wayne Gretzky scored his 50th goal in 39 games, home of the Edmonton Oilers, and remains a top attraction in the city of Edmonton to thousands of visitors each year.

While our Ooks didn't fair so well against a dominant Concordia team last week, the overall experience of being in such a historic venue as SkyReach Centre was not lost by the players or fans in attendance.

"I think it's fantastic! I wish we could play here every game," said NAITSA president Diana McCall. "I'd like to get more students out at our games at NAIT as well, but I think (having games) at SkyReach would allow more students to have interest in coming."

Attendance at the game,

which was hosted by Concordia, was reported nearing four-hundred - double most regular Edmonton ACAC attendances. Also consider concession sales, and a 50/50 pot of \$250, and it's not a bad night.

Wendy McGee, a Concordia mom, says that while these bookings are a common occurrence for her son's team (who were "bumped" to SkyReach because the Agricom was in use), the specialty of each opportunity is something that is never taken lightly. "I still think it's a thrill. They'd love it if they could get the Oiler dressing room, but it's still a thrill". McGee adds that players from several teams have commented on how the Oiler ice remains "the best ice in the world."

While all games in the ACAC are important, that night's game truly felt like an event. Walking through the gate, seeing Oilers memorabilia blanket the coliseum, served as great reminders of the history within this hallowed arena.

Ooks coach Terry Ballard, while disappointed in the outcome, still doesn't deny the enormity

of this privilege. "They're on the same ice that they just watched twenty-four hours earlier, and that's quite a thrill for them. I'm glad that they had the opportunity to play here, it's something they will remember."

So the predicament remains: While the regular season is pretty much booked up, a change of venue could be just the thing to appeal to the common student/fanbody. At the same time, it is just as easy to argue that NAIT has its own perfectly fine arena, with everything that a top college team needs. Have we reached the point as fans where the importance of the game is overshadowed by the viewing experience?

Stats and season wise, our Blue and Gold have little to complain about. Ranked #2 in the league, and maintaining that position against some great adversity, the Ook men have not had a bad year. Still, there is the issue of fan support. While parents, friends, and relatives of the players on both sides often manage to fill some bleachers, there is still a lost sense

of loyalty towards our teams.

Perhaps the "hot-shotting" of a couple of Ooks games at a venue like SkyReach could generate that sought-after fan-base. OR... we could start early, and start cheer-

ing the hell out of ALL our teams, giving them each a reward for their efforts this season.

For a schedule of Ooks home and away games coming up, visit www.nait.ab.ca/athletics.



photo by: Mike McGuire

Bryce Mawbey was one of the fortunates to play on the sacred Skyreach Centre ice last week.



NAITSA NEWS



KIMBERLY Ashley

The 1st NAITSA General Council Meeting of 2003 was held in X107 last Tuesday. To start the meeting off, Marc Dobell from the Athletics department was there to speak about the Athletics Tech Challenge taking place on Friday, February 2nd. The tech challenge will see the Ooks basketball teams face off against the Red Deer College Kings and Queens. But what is the Athletics Challenge you ask? Well, groups of 5 or more people, who have entered prior to February 7th, will be in the NAIT gym to cheer on the basketball teams. Teams will be judged on the number of people in the group, cheering ability, and on theme, which will be a beach theme. There are many prizes available for your group, such as a concert party with a private suite for 20 people at either the Joint Nightclub or Tonic. Many other prizes include a Pizza Party at Boston Pizza-NAIT, specials at Cowboys Nightclub and cash towards your technology. For more information or to sign up a group of people, contact Marc at 471-7606, or drop by his office at S-105LA.

Other topics discussed at last Tuesday's meeting included the formation of a Nest Pricing Committee, which will look into the current prices of food and beverages served at the Nest, as well as a Directorship Contract Committee who will review the NAITSA executive contract, and lastly the Elections Committee, which will assist in overseeing the spring Executive Elections.

Additional issues resolved were the Executives hours. Three of the five executives have class schedules exceeding 12 hours per week. The NAITSA policy is that executives maintain 12 hours or less of scheduled class time, or have any extra hours approved by the general council. Hours of class time exceeding the policy ranged from 1 hour to 5 hours, and the general council approved all excess hours.

Also brought to the attention of the council was an insurance change. For all technologies holding off campus liquor activities, such as events at the Polish Hall or at the Hangar, there will be additional forms to fill out for your event. If you require additional information, do not hesitate to contact NAITSA.

The next general council meeting will be on January 28, 2003 at 4:30 pm in room X107. All students are encouraged and welcome to attend.

Student Success Seminars

Room X111

Exam Preparation & Writing

Thursday, Jan 23rd 11:15 - 12:15 or 12:15 - 1:15

Managing Exam Anxiety

Tuesday, Feb 25th 11:15 - 12:15 or 12:15 - 1:15

Tuesday, April 8th 12:15 - 1:15 or 1:15 - 2:15

All sessions are free and on a drop-in basis

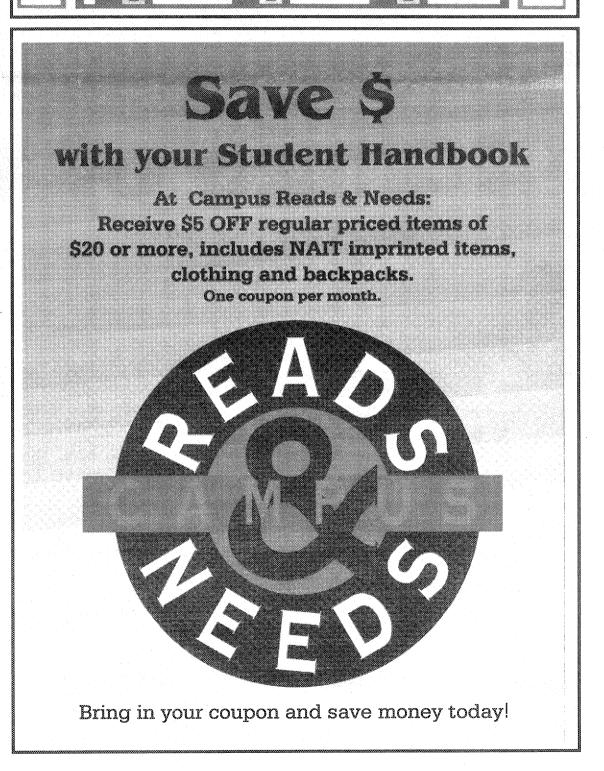
For more information contact the

Student Counselling Centre

Rm O117 • Ph: 471-8921

Aboriginal Cultural Day February 7, 2003 Join us in celebrating our Aboriginal culture. The celebration will take place at: South Lobby 11:00 am - 2:30 pm 11762 - 106 Street Edmonton, AB 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





MARGARET Marean Counsellor **NAIT Student Counselling** Centre

It's the beginning of another year and the stress of midterms Some strategies for quitting: is still a few weeks away - so if you have been thinking about quitting or cutting down this may be a good time to take the big step and butt out. Everybody knows the bad news about smoking - it lowers especially the first few days - withyour life expectancy, decreases your fitness and has people coughing, turning up their noses and lecturing you on the health hazards of your habit. The good news is that nearly as many people have successfully quit smoking as still smoke. Life expectancy rates of those who quit smoking while they're fairly young are almost the same as for those who have never smoked

Before you decide to quit it is cigarettes. important to ask yourself some questions:

- Is this a good time to quit? i.e. not too stressful a period, not a lot of change happening in your
- Am I likely to be successful? - i.e. Are you convinced you're ready to quit? Are you prepared to deal with the side effects? Are other people supportive of you quitting?
- If you've tried unsuccessfully to stop smoking in the past, ask yourself what did I learn from that

experience and what can I do differently this time?

Am I the type of person who should quit "cold turkey" or would it be better to cut down gradu-

- Make it public tell your family and friends you are quitting, and let them know what is and what is not helpful.
- Be prepared for hard times, drawal symptoms will hit hardest during the first week and will gradually weaken over time.
- Stop smoking first thing in the morning. You have already gone 8 hours without smoking by then, so you are already a success.
- Find ways to replace smoking. Learn relaxation techniques if you used smoking to calm down. Carry sugar-free mints, cinnamon sticks or gum. Consider using nicotine patches as substitutes for
- Try to connect with someone who has successfully quit and have that person support you.
- Be mentally prepared with things to say and do when you feel the urge to smoke. Tell yourself how you are getting stronger, reducing your risk of cancer, moving towards running that marathon, becoming "superior" to non-quitters, getting closer to becoming an obnoxious exsmoker, etc. Imagine your lungs becoming cleaner and air flowing more freely each hour you go with-

out a cigarette. Go out for a walk, turn on some music and dance. clean a cupboard or do anything else which is incompatible with

Make it public - tell your family and friends you are quitting, and let them know what is and what is not helpful.

- Throw away ashtrays, matches and lighters along with your cigarettes and avoid, as much as possible, triggers to smoking.
- Keep track of the money you are saving and plan to buy something you wouldn't normally buy with that money.
- Be prepared for social situations that trigger smoking - i.e. going to a bar or restaurant, coffee breaks. Avoid alcohol if possible as it weakens your resolve.
- Start doing activities that are not compatible with smoking, such as exercising.
- Give yourself positive mes-

sages such as "I am a smoke-free person", "I am a healthy individual", "I have a lot of willpower",

Emotions such as anxiety, anger or depression are likely lead to the urge smoke. Have a written plan on how you are going to deal with these emotions in a more positive way.

If you decide that quitting isn't realistic for you, what about cutting down?

Strategies for Cutting Down the Amount You Smoke:

- Count your cigarettes so you can establish your starting point.
- Set specific goals for example cutting down by 50%
- Gradually restrict the places in which you allow yourself to smoke.
- Switch to cigarette brands you don't like, and start holding your cigarette in the opposite hand.
- Keep only enough cigarettes for your reduced daily goal, and never buy cigarettes in bulk.
- Gradually lengthen amount of time between cigarettes; try postponing lighting up a cigarette for a gradually increasing amount of time when you feel the urge to smoke. Smoke less of your cigarette and throw away the unused part.

Counselling staff are available to help you with this or other concerns. To book an appointment come to Room 0117, or call 471-8921.

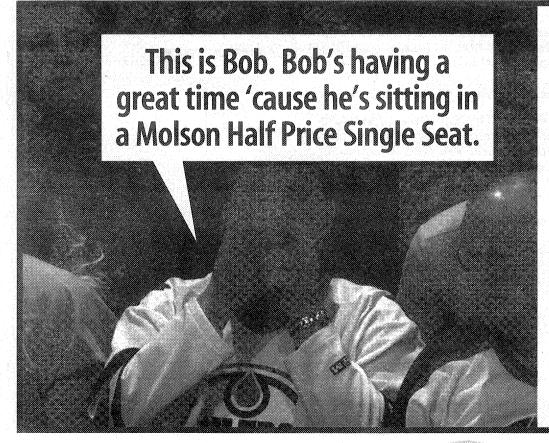
Eligible NAIT men interested in women, hockey, and partying!!

Enter the Office and Records Administration

Man Audion

Tuesday January 28, 2003 4:30 pm

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



Molson Half Price e 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.







When I Think About You I Touch Myself..



TOM Ace

Dear Tom,

I'm not writing because my girlfriend is up set with me or because I have premature ejaculation...in fact I'm quite normal, I assure you. I am writing you on behalf of a group of my friends. We've been discussing the same topic for years now and feel that you seem somewhat educated in the sexual field. So, without further postponement, I present to you the question that has been plaguing us for years: "Do you masturbate?" For us guys the answer is easy, "yes, yep, of course, twice a day, and I am right now" are all acceptable answers. But if you ever ask this question to a woman they never answer and if they do it's a big "NO! You *#*\$*@ pig!!" So what's the deal dude? How come women don't like pleasuring themselves? And why are the women that actually do masturbate so ashamed of doing it? Master Bates

Dear Master Bates.

You have raised an excellent question my friend. I will do my very best to answer it, even though I'm not a woman and I probably fit comfortably into the "twice a day" category you mentioned previously. Everyone one should have heard something about the masturbation statistics of men and women, but just in case we have an uninformed reader on our hands, they go something like this: 99% of males masturbate; the other 1% are lying or have no arms. The stats for women vary, depending on what survey you read. Usually

they are considerably lower than men are, at about 40% that do and 60% that wouldn't know their hole from...a hole in the ground. The reason women don't masturbate is because they are good listeners. Yes, believe it or not, women reframe from touching their genitals because once upon a time they where told, by their mother or grandmother or creepy uncle, that masturbating is for dirty, smutty, whores. See, when men are told the same "touch it and you'll go blind" story at a young age, they simply don't listen. Boys are to busy thinking about running to the bathroom and satisfying the raging hard-on in their pants, to be listening to a boring lecture about going blind. As a result of the female ability to follow instructions, any girls out there that do please their own pink will probably lie about it, in fear of becoming a filthy two cent hooker. So, for all the ladies out there, it's OKAY. You can now have a good night sleep without feeling guilty about rubbing and tickling yourself in the swimsuit area. I mean come on, it is the twenty-first century for vagina's sake, you're not going to be put on trial and burned at the stake for doing it. Plus, it feels good. If you tried it once and it didn't feel good, you're wrong or you need to trim your nails. So ladies, phone your boyfriends and tell them you're busy tonight, inform your husbands that they will sleeping on the couch tonight, lock your door, light a candle, and enjoy what men have been enjoying for thousands of years, the glory of

Send your questions and comments to the love doctor at nuggetlovedoctor@hotmail.com or you can drop your love letter off in the little black box outside the nugget office.



Dear Techie:



Mr. Techie

Lately I have been on the receiving end of many e-mails with viruses attached. I do not have any anti-virus software installed on my computer. I have Windows 98 for an operating system, and I connect to the Internet with a dial-up modem. What can I do to protect my computer and all of my information, and what would you recommend for software?

Well first off, what I would recommend is that you go to where your computer is plugged into the wall and un-plug it. Second, put as much stuff as you can on top of your computer so that no one can see it. After all that is done, your computer will be safe.

Now if that is not an ideal situation for you then your computer will never be totally protected. There are steps for which you can make your computer safer. First off you can purchase antivirus software for your computer. Generally speaking all antivirus software

works the same so it doesn't matter which kind you buy. I personally recommend Norton Antivirus, but that is just my opinion. After you make your decision and buy your antivirus software make sure that you do two things:

1. Update the virus definitions on a regular basis. By doing this, it will give your virus software all the information it needs to find any possible viruses on your computer.

...put as much stuff as you can on top of your computer so that no one can see it. After all that is done, your computer will be safe.

2. Actually scan your computer for viruses. Once every two weeks, more if you like to use chat programs or if you send and receive lots of files from unknown users.

Doing the previous will give you some sort of protection from viruses but it is not all that you can do. Another thing that you can do is buy some Firewall software. I know what your thinking. What the heck is that? Well simply put it is a device that limits access to your computer from the outside world. Once setup properly the firewall should prevent someone from actually being able to access your IP address. Just so you know your IP address is the address your computer sends to whomever it talks to so that the other computer can talk back to yours.

Those are two options that you can do to try and protect your computer. The last thing that I can suggest to you is to try using a little common sense. Viruses need to be opened before they can do you harm. So if someone you don't know sends you an email attachment for example. DON'T OPEN IT! Just delete and move on.

Not getting along with your PC? Send your questions to the Techie at naitnugget@hotmail.com. We will try to answer your questions as soon as possible.

TIME IS RUNNING OUT!

There's still time to enter the First Annual Greater Edmonton Business Plan Competition. It's 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.

There is no cost to enter, so sign up now!

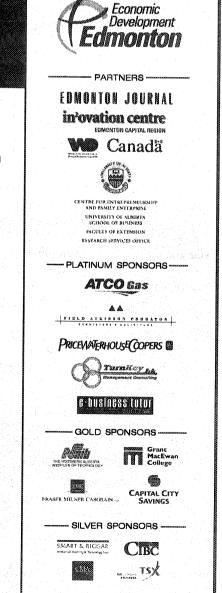
- FREE WORKSHOPS & SEMINARS
 Participate in these FREE information-packed seminars! Visit www.ventureprize.com for details. Sign up today space is limited.
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STUDENT SUBMISSION

To All Who Read the Nugget:

MIKE Brown

If you are sitting here reading this article, it most likely means that you have survived the onslaught of finals, or are a new student at NAIT. An order of Congratulations is deserved by one and all, and I say this because in my first semester I have discovered more about life, school, and myself than I ever thought possible.

Something I learned is that when students make their way through high school, they are all taught certain things must be decided. Among them are what college/university are they going to attend, and what are they going to be in life, and they are further told that they have to do this right after high school. In fact there is tremendous pressure form teachers, and more often than not, even more from parents to do so. However if you're brave enough to take time off and still come back, you are even stronger and more prepared for the "real world" that awaits us all. So if you're reading this, and you're here at NAIT but you don't know why you're taking "your program", you may want to save the money and find out why first; after all, what if you get a small job repairing computers and discover you hate computers. For a short while you were paid to work on them instead of paying \$3000 to find out the same thing, in relatively same amount of time.

There are few things about this "real world" that you may also learn. One of the most important things I learned is that it doesn't matter what job you have, how big a house you own, what car is in the driveway, or how many quads, bikes, trikes, or "toys" you own. What really matters is do you like what you're doing, are you going to be happy doing this for the next 30 or 40 years?... I always felt this because of the simple fact: we as humans are given one shot at life. Ages 0 till death, we grow, learn, and discover, however if you are given this opportunity, why waste it doing something we hate. Some would be quick to answer "money" or "because I have to". Personally I wouldn't take all the money in the world if it meant 30 years of being mad everytime I walked into my home, complaining about the job, wondering "what would it have been like if I did this...". If you try and discover you don't like it, you can't ask yourself later on and wonder, instead you can take satisfaction in knowing you've done something different and move on.

For some of us now in 2nd

semester, our future is still a little foggy. Each semester becoming a little clearer than the last. Much like Pandora's Box, students open the box by signing up for a course and thinking "sure I know exactly what it's gonna be like, I can

...if you're reading this, and
you're here at
NAIT but you
don't know why
you're taking
"your program",
you may want to
save the money
and find out why
first.

do that no problem". Unfortunately much like the original figure to open the box, they soon wished they had not done so. Soon they find themselves struggling in classes that were supposed to be

semester, our future is still a little easy, panic-stricken and hoping foggy. Each semester becoming a little clearer than the last. Much and class without failing.

To the students that survive this first semester, they have also survived "the PROCESS". To some this is a process of finding our true inner strength to say no to their friends when asked to go out that night. For others it is the process of overcoming fears in their own abilities and accepting their limits and/or expanding them. This process could be related to the folding and tempering of metal be used in a sword. To anyone who's worked with metal knows this is not an easy process. Then again, that is the point I'm conveying. School is not an easy process, it was designed to challenge students and make them into contributing members of society skilled in their respective fields. Designed to allow only those fully dedicated to the profession, those whose contributions will make the most difference to society, those who can truly take pride and a sense of accomplishment in what they

Finally we reach the conclusion of this letter. To all students who are new this semester, good

luck in all your courses. Please let this letter serve as a reminder that we are all human and you are not the only one who may be having a problem in class. Ask questions in class, if you feel you can't resolve it there, find out when the teachers have a break and talk to them at that time. Remember your tuition paid for them to be there all day, whether they are teaching, marking, or sitting in their office listening to the radio on a little blue walkman. They excel at all of our fields of study, and they are there to help all of us. To fellow 2nd semester students, we have all made it this far, hopefully we continue to excel at all our fields of study, and remember the first semester is designed to be the hardest, and now we're through it, the rest should be a cakewalk. Now to all those beyond and into the last days of your programs. Congratulations on making it thus far, here's to hoping your contribution to the generations of the future are worthwhile and plentiful. A personal thanks is for giving us all inspiration that may let students think "yes we can finish our program and make it through

finals".

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The Nugget encourages submissions

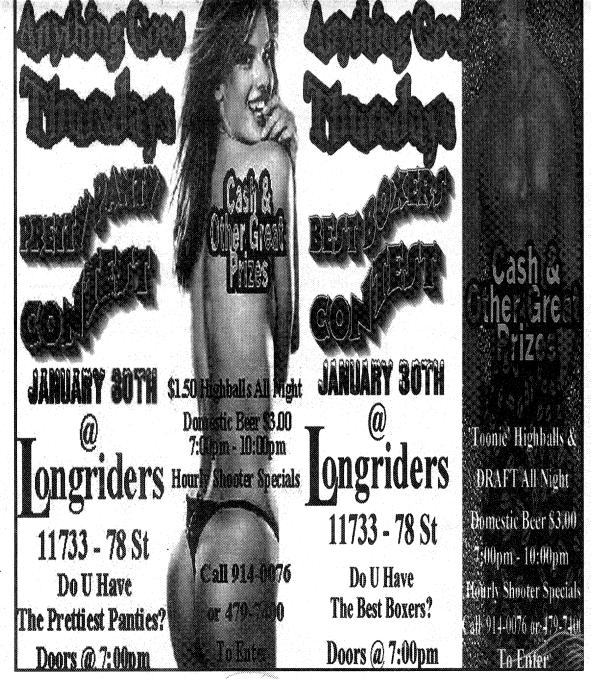
THE DEADLINE IS 12:00 p.m. on the first school day of the week.

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, Tom Ace, Mike Brown





From rINgSIDE

rINgSIDE Radio (Tuesdays at 5 on nr92), Rumble Review, More Free Tickets



MIKE **McGuire**

The Royal Rumble - It wasn't pretty folks. Talk about a hype killer. For Scott Steiner's "bigreturn", all fans were treated to was belly-to-belly suplexes, over and over. The match certainly didn't come CLOSE to the hype. As for Kurt Angle and Edmonton's own Chris Benoit, this match was quite simply a class of "How To Win Back a Live Audience 101". Fantastic work throughout, as well as a great series of false-finishes and reversals, all combined to make this first PPV outing in 2003 a huge success for both Superstars.

The Rumble match itself had its own share of highlights. Aside from the obvious Brock Lesnar victory, there was some great setups, including a great start between Chris Jericho and Shawn Michaels. Jericho, who may have walked away with the unofficial title of "longest man in" (stop giggling), provided some entertaining spots, as well as took some brutal shots from a Kendo-happy Tommy Dreamer. Another star of note, Matt Hardy and M-Fer (Mattitude Follower) Shannon Moore gave some hilarious solutions to avoiding elimination in the Rumble match.

Sad to pass along the death of "The Original Sheik" Edward Farhat. Farhat, who is the uncle of hardcore legend SABU, passed away suddenly last weekend, after "his body just gave out". A true hardcore legend, the Sheik was notorious for the use of all kinds of odd objects, including forks, fireballs, and other creative weap-

Since my articles for our fine student publication are due Mondays, I can't really tell you how the first episode of nr92 rINgSIDE Radio went, but considering the guests we had in Red Thunder and MaxXx Power, it should have been nothing short of spectacular. For all the latest on rINgSIDE Radio, visit www.ringsideradio.rocks.it.

Lastly, there were some things that happened in the Edmonton market resulting from a poorly planned on-air meeting between the two promoters of the PWA and MPW. The incident, which aired on the now defunct "Whole Damn

mined hostility from the show's hosts, and you end up with one of the blackest days in independent wrestling history.

This is all you will hear about this incident, as I believe that in such a relatively small market, we here in Edmonton are some of the luckiest fans in the country to have two companies who, while they run very different styles of shows, are doing what they can to try and be a success in an impossible industry.

That said, the Prairie Wrestling Alliance (PWA) is holding an event in Sherwood Park on Saturday, and the card features NAIT's own resident Marky Mark, as he and partner Phoenix Taylor take on the Durrango Brothers. This is a great rivalry which I implore you all to indulge in. A pair of free tickets can be yours, just by emailing me at mikenait@shaw.ca. A winner will be chosen at random.

Feel free to use that address to send any comments or questions about this column. As always, your feedback is appreciated.



TUESDAY, JANUARY 28

WEWELCOME:

SET. HAZZARI

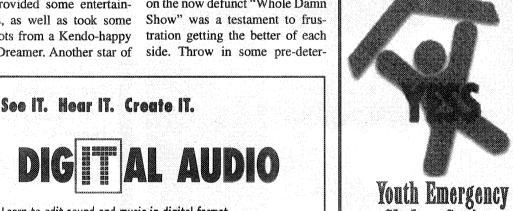


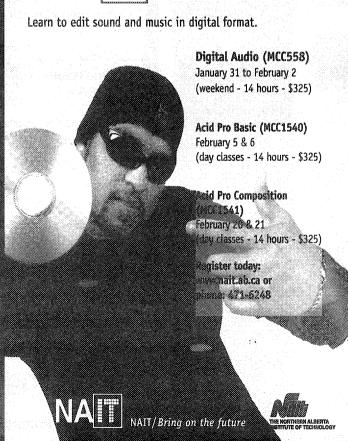


PLUS MORE!

For more information on Edmonton's comprehensive look at the world of professional wrestling, visit:

www.ringSiDEradio.rocks.it







Couch Potato Charity Challenge

Shelter Society

Saturday February 15, 2003 Mill Woods Town Centre

Get a team of 4 together to compete!

Register by Jan. 30th and each team member is automatically entered to win a T.V.!

Fun and exciting events include:

 Munchie Relay • Potato Chip Challenge Refrigerator Sprint

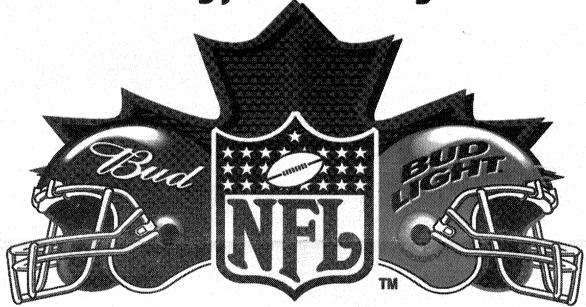
Great prizes include:

- Lazy Boy Recliner
 27" TV
 DVD Player • Pizza for a Year
 - Shopping Sprees and so much more!

In support of the Youth Emergency Shelter Society. Call Rosanna at 468-7070 to register your team of four today!

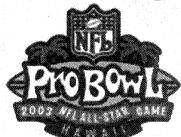
The Nest SUPERIOR OF THE SUPERIOR OF THE NEST OF THE SUPERIOR OF THE SUPERIOR

Sunday, January 26



Come A A Tripp for

to spend 7 days in Hawaii and take in the NFL PROBOWL from Budweiser.





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



A Great Night In



STACEY Laing

Are you tired of watching videos at your friend's house at night because you can't afford to go out? Well I have a few suggestions to replace video night. If you can get a bunch of friends together a great night is for everyone to bring a different bottle of liquor and some mix and munchies. Depending on how elaborate you want to get will give you an indication of what you'll need to bring. Get a bartender's book from someone or from the library and have a drink party. Naturally, if you can't get access to a bartenders book make your own inventions, perhaps you'll make a great drink. This is a fun way to get together with everyone and try something other than beer.

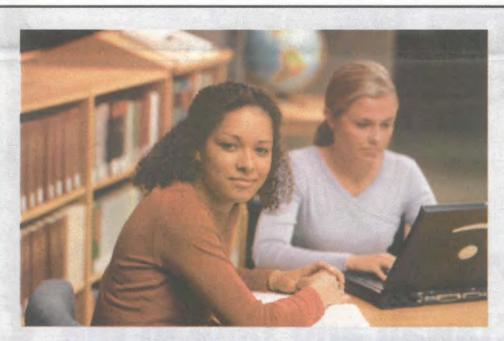
Of course if there is nothing you'd rather have than beer, then why not have a beer tasting party.

Have everyone bring a different case of beer and sample a large variety. This is a great way to try several beers without breaking the bank, as well, if you don't like a particular one, there is very little waste. We always include games when we have "tasting parties", not drinking games, but board games or card games for the object is not to get smashed when you're trying new imported beer. You can get smashed on what you enjoy most.

The tasting parties are not only for drinks you can have dinner parties too. There are two that I really like the first, where everyone brings an ingredient and you have to create dinner with what is brought. This can lead to some very imaginative meals or a late night pizza if all goes not well. The second is the traveling dinner party, where you start at the house that is providing the appetizer and move to the main course and finish up with dessert. These are great ways to get together with friends that you don't see very often or to change your routine evenings with friends you see all the time.



Get creative with different colored liquers and odd-shaped glasses.



for more information please visit:

Tech Store NAIT HP Centre - Room W101

10504 Princess Elizabeth Ave Phone: (780) 471-8390

Tech Store





Regular Hours:

Fri: 8 am - 5 pm

Sat: 9 am - 1 pm

Mon - Thurs: 8 am - 7 pm

THE NORTHERN ALBERTA

*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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Now any full or part-time student on this campus can get the latest Microsoft® software legally for next

to nothing—up to 90%* off the estimated retail price!

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The Old Spaghetti Factory



STACEY Laing

If your belly is as empty as your wallet make your way down to The Old Spaghetti Factory. It's located at 10220 103 street downtown and in West Edmonton Mall. You can get yourself a soup or salad, plate of pasta, dessert, and coffee from \$9. Your meal begins then you can factory size your with hot cornetti bread served with both garlic and whipped butter. There are two locations, the downtown restaurant is divided into several areas, therefore you can have quite an intimate dinner or invite everyone you know and take over an entire room, and the one in WEM is located on Bourbon Street, which makes this location great to people watch. The food is tasty, hot, and there is a lot of it, but if you are extra hungry



plate for \$1.50. I have been to both restaurants and I find the one downtown is a little better. I enjoy the atmosphere more and the food seems a little tastier, but both locations are good. The menu consists of several tempting items which include, several different spaghetti sauces ranging from a rich tomato sauce, to mushroom, to my favourite the meat sauce. They also have several baked pastas and Italian dishes. Each night they

have both drink and dinner specials that are always good. Happy hour runs Monday thru to Friday from 4 -7 in the lounge. So go and check out an old restaurant that will surely turn into a new favourite.

You can get yourself a soup or salad, plate of pasta, dessert, and coffee from

RESUMES!

Is Your Resume:

- Targeted-towards the position for which you are applying?
- Focused-highlighting your qualifications and work experience related to the job posting?
- Results Oriented-communicating clearly to the employer(s) what you can do for them?

Career Services offers:

- Individual resume assistance
- Access to current job postings
- Resume Databases (your resume on-line)
- Useful job search resources

"Resume Help Tables" will be set up at the following locations and dates.

11:15 am to 1:15 pm

February 5th February 12th February 19th

February 26th

South Lobby

Hp Centre (just past tech store) **Engineering Annex (elevators) Business Tower Lounge**

March 5th March 12th March 19th

March 26th

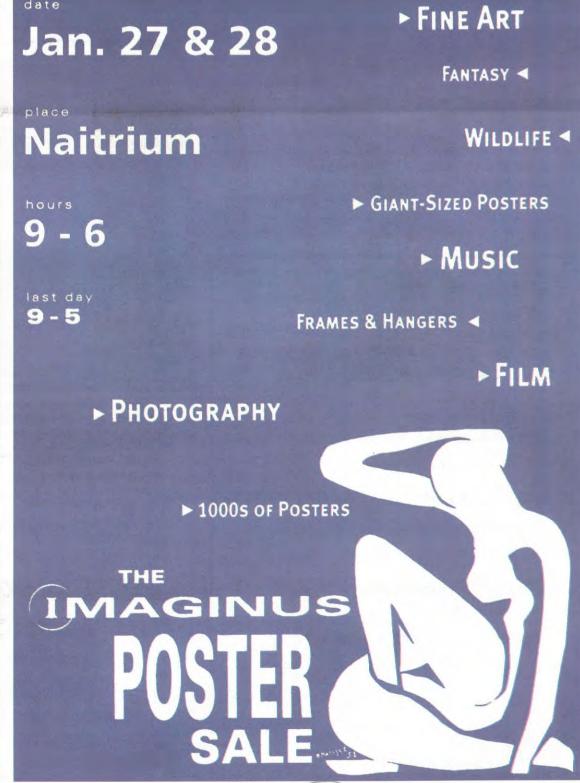
South Lobby

NorthCafetorium(nearentrance) EngineeringAnnex(elevators) **Business Tower Lounge**

Bring your resume, questions and concerns! The extra effort could get you an interview.

Malegover.

- All entries must be submitted to 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
- 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
- All candidates release permission for The Nugget to print Names, photos, and write ups
- Makeover includes CUT, COLOR/ HIGHLIGHTS, MAKE-UP







Impressive Start for Ook Swimmers



MIKE **McGuire**

In the first of three scored meets this season, the Ook Swim teams had a strong start in Grande Prairie last weekend.

With six teams competing, the Ook men managed a second place finish, behind the always dominant Mount Royal team.

Our women's team had a great showing as well, and while the points were, our women managed to remain in the top three, behind Mount Royal and city rivals, Grant MacEwan.

Both teams' efforts placed them third overall, and placed them in a great position for the season.

Ooks Coach Jeff Riddle was thrilled with his team's performance, offering this statement: "I'd like to give congratulations to the whole NAIT squad, who did a great job in the pool, and were definitely the most vocal and supportive group in the building. For NAIT's swim team, the ACAC race this season will definitely be for 2nd place, and it will be a good one with Grant MacEwan."

is the second meet on February Breast

8th, when they dive into Mount Royal waters as the season con-

NAIT will be hosting the final ACAC Swim Meet on March 8th, which will get under way at 1 pm, so plan to come out and support your OOKS!

Stats from Grande Prairie

<u>Team</u>	MEN	WOMEN	COMBINED
MRC	187	189	404
NAIT	103	58	179
MAC	60	124	202

Top Point Scorers for NAIT:

Women: Lee McDonald - 20 points including a win in the 200m Butterfly, 2nds in 200m IM, and 100m Breast.

Men: Jack Lee - 19 points with 2nds in 100m Butterfly, 100m Back, 200m IM, and a third in the 200m Butterfly.

Other Top three Finishers for

- Matt Logodin 2nd 200m Breast, 400m IM. 3rd in 100m Breast
- · Julien Herrera 2nd 200m Back, 3rd 100m Back
- Tyler Arthurs 2nd 50m Breast
- Gordon Lynch 3rd 50 &100m Free, & 50m Back
- Jade Elton 3rd 400m Free
- Next on the team's schedule Mickinley Brewin 3rd 50m

Scoreboard BASKETBALL

NAIT 74 - AUC 62 NAIT vs. AUC (TBA)

Women

AUC 95 - NAIT 49

AUC 68 - NAIT 36

HOCKEY

Men CUCA 7 - NAIT 3 NAIT 3 - AUC 2 (OT)

Women SAIT 2 - NAIT 1

MRC 11 - NAIT 1 VOLLEYBALL

Men

BBC 3 - NAIT 2

BBC 3 - NAIT 2

Women

SAIT 3 - NAIT 2

SAIT 3 - NAIT 1

UPCOMING EVENTS

Friday, January 24th Men's Hockey vs. SAIT 7:00 pm NAIT Arena

Volleyball vs. Lethbridge W @ 6:30 pm - M @ 8:00 pm

Saturday, January 25th Basketball vs Concordia W @ 6:30 pm - M @ 8:30 pm **NAIT Gym**

Men's Hockey vs CUCA 7:00 pm NAIT Arena

THE CANADIAN FORCES

National Défense Défence nationale

AIR RESERVE

Ooks Badminton Team Makes a Splash in Hawaii.

JORDAN Richey

The NAIT Ooks Badminton team returned home from Hawaii Friday morning after a successful exhibition tournament. The Ooks traveled to Honolulu, Hawaii on January 9th to compete in the Honolulu Open Badminton Tournament. The team did not know what to expect going into the tournament, as they were not familiar with any of the competition. The Honolulu Open is an international tournament that attracts players from all over the world.

NAIT's #1 ranked female player, Pamela Bolton, had a memorable tournament winning the coveted Triple Crown. Pam won the Open Singles event and then teamed up with new teammate Linh Luong to win the Open Doubles title. Pam then joined up with fellow Ook Alan Chow and went on to win the Open Mixed-Doubles Championship. All players had a strong showing despite having a hard time adjusting to the humidity and the speed of the shuttle and did a fantastic job representing NAIT Athletics.

After the tournament, the players had a few days to experience what Hawaii is all about. Aside from doing some surfing and beach volleyball, the Ooks went to an exquisite Luau, went to a PGA event, attended a University of Hawaii NCAA Men's Basketball game, visited the monster waves on the North Shore, explored the Polynesian Cultural Centre and snorkeled at the famous Hannama Bay.

It was an extremely successful trip and the Ooks appear to be revitalized going into the stretch run of their season. Next up for the badminton team is an Interlock tournament next weekend at Red Deer College. The Ooks are currently sitting in third spot and are poised to move up the ladder. New additions Ben Shih and Linh Luong hope to help get the Ooks to the top of the ACAC!

LA RÉSERVE AÉRIENNE

DES FORCES CANADIENNES



IMPORTAN

STUDENTS STARTING IN JANUARY YOUR OPT **OUT AND FAMILY ADD-ON DEADLINE FOR HEALTH AND DENTAL IS**

JANUARY 31, 2003

YOU WILL NEED TO PROVIDE PROOF OF EXISTING COVERAGE, EXCLUDING ALBERTA HEALTH CARE.

FAILURE TO COMPLETE ALL **NECESSARY PAPERWORK BY** 4:30 JAN 31, 2003 WILL RESULT IN MANDATORY ENROLLMENT IN THE PLAN.

CAREER OPPORTUNITIES

Be part of our team and take pride in your career. In the Canadian Forces Air Reserve, we:

- · Safeguard Canada's airspace
- · Conduct search and rescue, and humanitarian operations
- Use state-of-the-art technology

Take up the challenge of working in today's Air Reserve. Just look at what we offer vou!

- · A wide range of career opportunities
- Practical hands-on experience
- Help with paying for your education
- · Voluntary overseas missions

Join the Air Reserve! For employment or career information, call 1 866 246-6875

STRONG. PROUD. TODAY'S CANADIAN FORCES.

DES POSSIBILITÉS DE CARRIÈRES

Faites partie de l'équipe de la Réserve aérienne. C'est avec dignité et fierté que nous sommes :

- les gardiens de l'espace aérien du Canada
- toujours là pour les opérations de recherche et sauvetage et les missions humanitaires
- à la fine pointe de la technologie

Une carrière au sein de la Réserve aérienne, c'est bien plus qu'un simple emploi. Nous vous offrons :

- de nombreuses possibilités de carrières
- · l'occasion d'apprendre en travaillant
- de vous aider à payer vos études
- · de participer à titre volontaire à des missions à l'étranger

Enrôlez-vous dans la Réserve aérienne! Pour de plus amples informations, appelez le 1 866 246-6875

DÉCOUVREZ VOS FORCES DANS LES FORCES CANADIENNES.

Canada

1 800 856-8488 www.forces.gc.ca





NAITSA READING BREAK

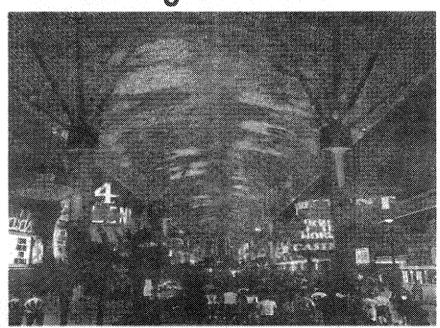


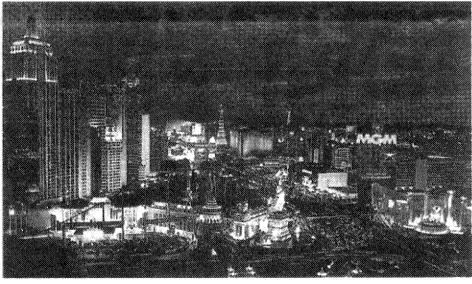


February 12th - 17th

Trip Includes:

- Accommodation (Quad Occupancy)
- Coach & Bus Transportation
- Beverages





- \$150 deposit due immediately
- \$50 refundable damage deposit required for a total cost of \$400. (Note: There must be at least one 21-year-old in the room.
- FINAL PAYMENT DUE FEB. 1ST. CASH ONLY.

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

AFIFSA Students' description and by: www.naitsa.ca





ENTERTAINMEN



MOVIE REVIEW

National Security



National Security stars Martin Lawrence and Steven Zahn, this is a hilarious story about two unlikely people becoming heroes and partners. The comedy begins with Hank Rafferty (Zahn) a police officer who approaches Earl Montgomery (Lawrence). Earl locked his keys in his car and is trying to break back into the car when Hank spots him. Unsure of the situation Hank asks Earl

to produce his driver's license, with the completely outrageous and unpredictable behaviour that Earl possesses this simple request turns into a harassment suit against Hank. A hilarious video was captured of Hank trying to swat a bee away from the extremely allergic Earl and from that the fictitious suit was born and Hank was sent to prison and stripped of his badge. Six months later, after Hank has been released from prison he ends up being a security officer for National Security, the same outfit that employs Earl, whose overzealous behaviour got him kicked out of the police academy. There the two inadvertently become partners.

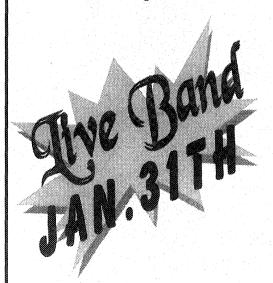
Although Hank tries to get rid of Hank several times, he simply won't leave him as he loves the action that Hank has encountered. Hank becomes a little more tolerant of Earl as he does help somewhat in solving the murder of Hank's previous partner. The movie is full of action and comedy; Lawrence and Zahn complement each other perfectly. The hatred that Hank feels for Earl slowly changes to tolerance and eventually friendship as the movie goes on and Earl ends up being quite a help to Hank. This is a feel good movie with lots of laughs and lots of action, everyone will enjoy this one.

Welcome To The Blind Duck Daily Lunch Specials Drink Special & Much More !!! REE HOT WINGS WITH ANY FOSTER PITCHER FROM 3 TILL 7 PM.

10416 - 118 AVE 479 - 7193

MONDAY Jugs Of Draft Special **Pool League Night** COME & WATCH N.F.9.

THURDAYS Two Topping Pizza \$5.00 Wing Specials **Drink Specials**



Wings and Drink Speials

TUESDAY NIGHTS

Steak Sandich \$5.00 lots of drink specials 3.02 Hight Ball \$7.00

WEDNESDAY NIGHTS Selected Shooters \$2.75 Paralyzers \$3.00

Check Us Out Ladies Night

FRIDAYS & SATURDAYS

Live Music **Drink Special** Support your fellow Nait Students

STAR YOUR PUB GRAWL AT THE DUCK \$2.00 Highball

during any Oilers Game! Book Your Cabaret At the Duck

Horoscopes Written in the Stars

Aquarius

(Jan 20-Feb 17)

Be free! Let your hair down and live a little this weekend. You never know what might happen.

Pisces (Feb 18-Mar 20)

The pressures of school and work this week will leave you feeling tired. Take the weekend to catch up on a good book or magazine and let the stress float away.

Aries (March 21-April 19)

Outdoor activities are important in your everyday life. Get outside this weekend and play in the snow.

Taurus (April 20-May 19)

Turn the radio up this weekend and let the music flow. Get up and dance and sing to the music, it will chase the blues away.

Gemini (May 20-June 20)

Don't let your friends take advantage of you today. Look after yourself and help those truly in need. You can make a difference.

Cancer (June 21-July 21)

The time is now. That task that vou have been meaning to do can get done with a little effort.

Leo (July 22-Aug 22)

Take a break this weekend to enjoy the things that make you happy. Watch a movie, listen to your favourite CD or talk on the phone to friends.

Virgo (Aug 23-Sept 21)

You have been eyeing a little something at your favourite store. Wait until your next paycheque for any major purchases.

Libra (Sept 22-Oct 22)

Get busy this weekend to take your mind off of an emotional situation. Call up your friends for a night out on the town.

Scorpio (Oct 23-Nov 21)

Be careful what you wish for. You never know, they might come

Sagittarius (Nov 22-Dec 20)

Spend time with those you care about. There are lots of people out there who want to spend time with you.

Capricorn (Dec 21-Jan 19)

Don't waste time on foolish activities tonight. There are many things that need to be done, and you know it.



Campus Sport & Wellness

Classes start the week of January 20

Early Swim **Foster Box** Step 4:30 - 5:30 6:15 - 8:00 12:15 - 1:00 Mon / Wed / Fri Tues / Thurs Mon Cardio Sculpt Golf **ABSolutely** 7:00 - 7:45 12:15 - 1:00 Solid 4:30 - 5:30 Tues Tues / Wed Curling Pilates-nEXt Wed **Pilates Essential** 12:15 - 1:00 12:15 - 1:00 Mon Thurs 5:30 - 6:30 Deep H20 Workout Power Yoga Mon **Karate ITKF** 12:15 - 1:00 12:15 - 1:00 Tues / Thurs Fri 6:00 - 7:30 **Learn to Swim** Golf Tues / Thurs 12:15 - 1:00 1:15 - 2:00 Wed Tues

Lea O'Mania Register at Student Services, E134. 12:15 - 1:00 Call 471-7713 Wed

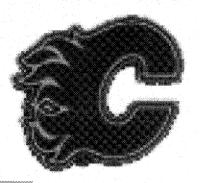




NAITSA OILERS NIGHT

Friday, February 7





Price Includes:

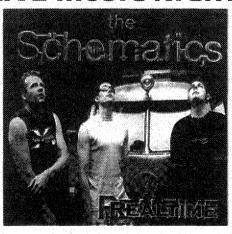
- Ticket to the game
- Bus ride to the game from the Nest (bus departs at 6:30 pm)
- After game pub crawl to the Velvet Lounge
- Oilers T-shirt
 Hot dog & pop

Get your ticket at the NAITSA office (Rm E131)



THIS WEEK AT THE NEST JAN 23RD - 31ST

RSDAY JAN 23 LIVE MUSIC NIGHT



5UNDAY JAN 26

Win a Trip for 2 to spend 7 days in Hawaii and take in the NFL Pro **Bowl from Budweiser.**



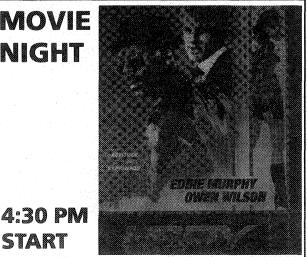
\$2.75 Bud & Bud Light All of January
Door at 3 pm. Must be present and 21 years of age to win.



MONDAY JAN 27

MOVIE NIGHT

START



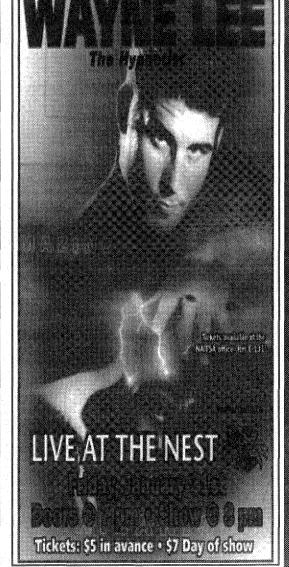
WEDNESDAY JAN 29

Comedy Wednesday



5 PM START

25¢ Chicken Wings



FRIDAY JAN 31

The Ly

Tickets available at the NAITSA office (Rm E-131)

LIVEATHENEST

Tickets: \$5 in avance • \$7 Day of show





Submit your grapevines every week! Drop them off in the submission box outside the Nugget office at E-128 or e-mail us at naitnugget@hotmail.com. Don't forget your name and student ID number.

To my dearest Throb, He was fighting for the valour of Bio. Sci. Renewable ladies. But thankfully he's right-handed and will be able to continue his throbly services. GO #7. Love, the girls.

To the rotting garbage known as J22, we have already watched half of your class tremble and cry. We the most competent of S12 have now moved on to J21 and are even better than before. Get ready to pack your bags ladies, there's only room for one laptop program in this Big House. PS - Luv ya Brown Sugar !! Sexy Big ;)

Stop peeing on the floor! Can you not make it to the bathroom?

PATRICK BERONILLA Where can we buy the Campus Calendars? Call us at 471-7615!

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.

Close & Convenient.

Therapeutic massage (behind NAIT, Hangar 11). Student prices available. Great for X-mas gift and stress relief before finals. Call Cindy @ 983-8127 for more info.

ATTENTION STUDENTS! Earn \$21.05 per hour/app.t. Training provided. Flexible PT/FT. No exp. necessary. Scholarships offered. Fun work environment. Call now 436-9444.

www.workforstudents.com/ab

NEXT GENERAL COUNCIL **MEETING** January 28, 2003 4:30 pm Room X-107 Everyone Welcome

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.

Classifieds

Darren Lory, 891-4374. Hardwood Lux, \$280.00/mo. Cable, laundry free. 2 storey half duplex, one bus to NAIT/Kingsway.

Struggling with same sex attraction? Email our Christian supgroup for more info: virtus_alberta@yahoo.ca.

Basement for rent. Two rooms for rent in Glenora area (107 Ave & 138 St). Large living room and one bathroom. This is newly renovated and very clean. Please call 953-0715 or e-mail at mLiao@yahoo.ca.

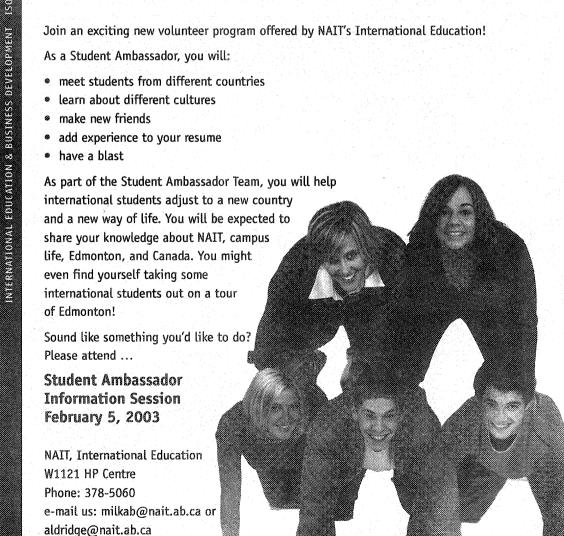
Shared Accommodation. 3 bedrooms, 5 appliances, garden. Location: house in Meadowlark area. Looking for M/F non-smoking, cat o.k. \$450/mo + 1/2 util. \$450 dd. Available immediately. Call Mayer 484-0268

Student Work Flex

Positions.

\$21.05 guaranteed-appointment. Great resume experience. Advancement available. Conditions apply. Work in Customer Service/Sales. 436-9444. www.workforstudents.com





NAIT / Bring on the future

Become a Student Ambassador





SPORTS



To Give and to Get

Men's Hockey Provides Yet Another Seesaw Weekend



MIKE **McGuire**

Friday, January 17 NAIT - 3 CONCORDIA - 7

Saturday, January 18 CONCORDIA - 2 NAIT - 3(OT)

While on the sacred ice of Skyreach Centre last Friday, our Ooks faced a tough fight from a more than aggressive Concordia Thunder.

First period action started out slow, perhaps from both teams adjusting to the magnitude of the venue. Play was mostly subdued, with the exception of a minor NAIT elbowing call. With about twelve minutes remaining in the first, it seemed like this game of shimmy hockey could continue through the night. That was when NAIT's Dustan Heintz lit the first goal-light of the night, thanks to the setup from Allan O'Toole and Billy Baker.

Determined to close this lead fast, Concordia Centre Ryan Cari-

Coach Transportation

After Party in Sylvan Lake

Admission to Game

blasting through Ook starter Tim Barlow at 11:31. Hopes for a NAIT lead were again compromised a mere nine seconds later, as Concordia's Graham Schlender shot a screamer past Barlow's left shoulder.

15:24 into the first, and after two close calls and a virtual mess of bodies in front of him, Barlow saw another puck pass him, although the circumstances were far more extreme than in the two goals prior.

Action at the beginning of the second period was again slow to pick up, but a Concordia goal by Oliver McGee began the offensive tide of Concordia once more. Add to that a repeat offense from Dave Splawinski, and Ooks coach Terry Ballard saw the need for a change.

Enter backup Ook tender David Wood. The break from the T.O. allowed a moment for NAIT to refocus their energy, and was capitalized by a beautiful shot from the point by Real Bourbeau to give NAIT their second of the night.

Again, the strong Thunder offence created woes for our Ooks, as Oliver McGee returned once more and fed a clean goal past a well-screened Wood.

Intensity during the start of

gnan took the next offensive, the 3rd period was noticeably increased, and resulted in a few more penalties being handed out on both sides. Concordia struck once more, this time thanks to the work of Keith Trithart, who found a wide opening after Wood went down too soon.

> Down but never giving up, NAIT's Tim Fragle returned to make the unassisted short-handed

> 9:55 remaining, and those in Hockey Heaven had to be on David Wood's side for this one. The shot is stopped by Wood, he goes down, loose puck between his legs. After almost kicking it into his own net, he stops the puck with his other leg, loses the puck to a Concordia player, only to get it back, lose it again for a half a second, stopping another shot with his stick, and finally getting it out of the crease.

> With a mere 16 seconds remaining in the game, and the score without change, Concordia's Brent Boisvert and Ook Troy Eberhardt decided that there was no better place than Oiler ice to mix it up a little, both losing a game to roughing.

> The next night, at the NAIT arena, the Ooks managed to return the favour, this time in a close battle with an overtime win of 3-2.

4:30 p.m. in front

of the Nest.



photo by: Mike McGuire

ROUGH START: Ook Tender David Wood, who replaced starter Tim Barlow midway through the second looks back after a successful Thunder attack.



THUNDER STRUCK: NAITSA President Diana McCall finds herself on the business end of a foam thunderbolt last week. The Men's Hockey Ooks would vindicate the attack a night later, defeat-

ing Concordia 3-2 in Overtime.

TO RED DEER **Thursday, January 30th Tickets** Includes: Tickets available at the NAITSA office (Rm E-131) Beverages Bus leaves at