

PRYING OUR TONGUES FROM METAL FENCE POSTS SINCE 1963.

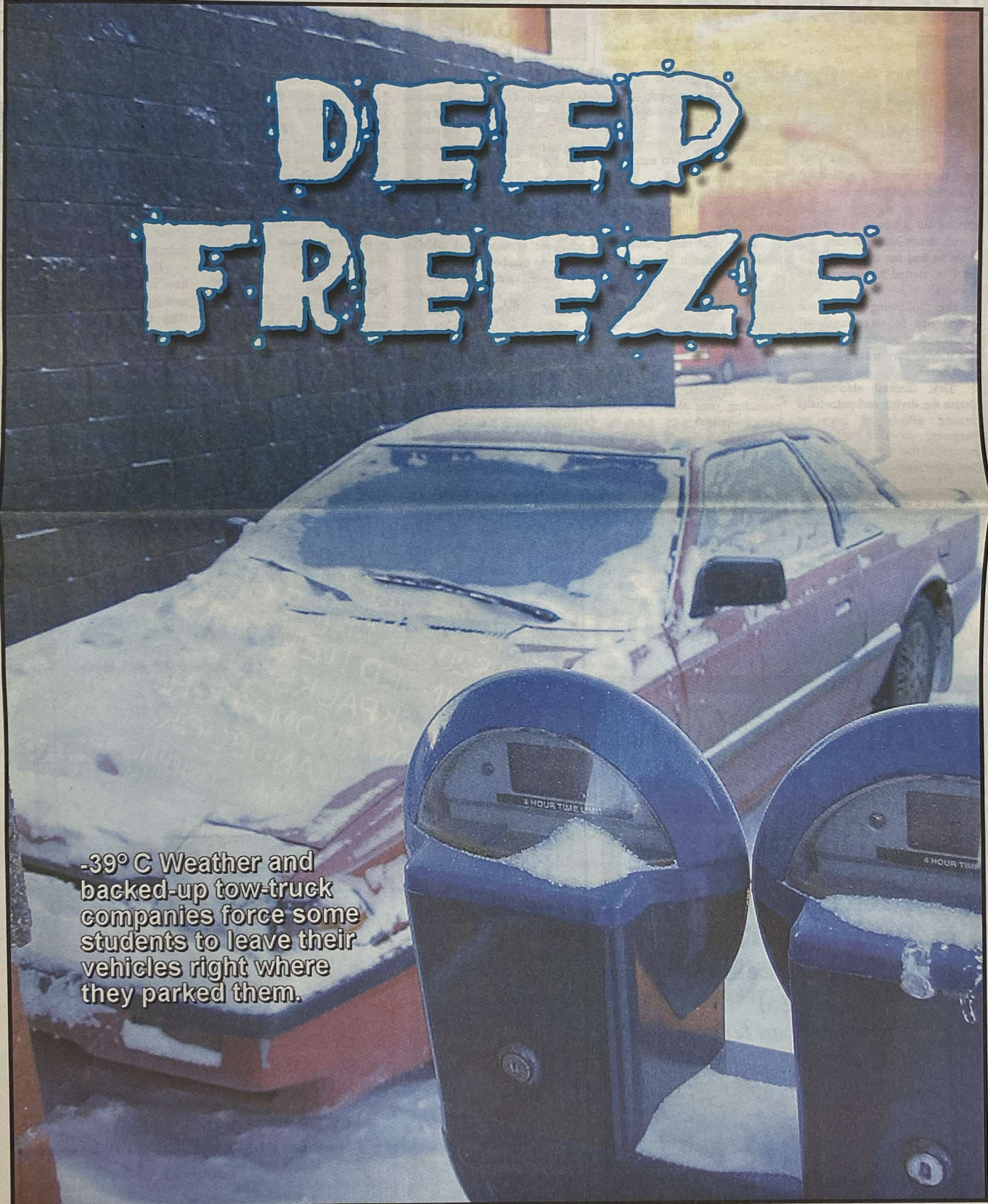
# THE NUGGET

Thursday, January 29, 2004  
Volume 41, Issue 16

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## DEEP FREEZE



-39° C Weather and backed-up tow-truck companies force some students to leave their vehicles right where they parked them.



# Got an Itch to Scratch?



DANI Kent

Keep the humidity high, especially when the central heating is on. A saucer of water placed in a room will help to keep moisture in the air. ( a cool mist humidifier works too)

If you're having a bath use an emollient bath oil and make sure the water isn't too hot.

I also found a few tips for the "Art of Showering" in order to alleviate dry skin.

Treat your skin gently. DO NOT use rough harsh puffs or sponges that could harbour bacteria. Use hands to apply cleanser all over wet skin, massage gently and rinse off. Never exfoliate or use scrub creams.

Wash hair separately over a bath or basin. Dirt and detergent cascading over skin from your hair can irritate.

After showering gently pat dry with a soft towel. Too much rubbing will remove moisturizing lipids.

Keep water cool. Hot water aggravates itching and is not so refreshing. Avoid power-showers that could stimulate itching - a gentle stream is best.

My personal tip: put a little baby oil in your bath water. If you're skin is still dry, rub it right onto the dry areas of your skin after your shower / bath.

It's around this time of year that I notice how dry and itchy my skin gets. Harsh winters are renowned for sucking all the moisture out of the air and leaving us with desert-like humidity. It's gotten so bad for me this winter that I've started hunting around for cures.

The following are some general tips for occasional dry skin, if you're constantly battling with it, you may want to talk to your doctor.

"Dry, cracked skin won't tolerate the drying and potentially irritating effects of soap or detergents, so skin specialists recommend that you use emollient [emollient=an agent that softens or soothes the skin.] soap substitutes or washes. These are non-drying and leave your skin feeling soft and comfortable. They feel different to normal soaps because they are free from soap and don't foam. Nevertheless, they are highly effective cleansers." - skinexpert.net

Avoid wool. Try to keep to smooth natural fabrics, e.g. cotton.

# Online Safety Tips



DANI Kent

In light of recent events in the news this past week regarding young people and chat room predators, I have gone to the source, (the internet) to find safety tips for you and your family.

**For Adults:**

Do not give out personal information such as your address, telephone number, work address/ telephone number.

Never agree to get together with someone you "meet" online without first checking them out to the best of your ability (this can best be accomplished through a Positive ID Profile Display System)

Do not send anyone your picture unless you are sure of whom you are sending it to.

Do not respond to any mes-

sages that are mean or in any way make you uncomfortable. It is not your fault if you get a message like that. Keep track of screen names of those who send them, and turn them in to the service provider.

Do not give out your passwords to anyone, even your kids.

Do not download any programs that you are unsure of. Remember that downloaded programs all contain executable code and could contain uninvited hacker tools, spy ware, or other unwelcome hitchhikers. Beware of file sharing programs like Aimster, BearShare, LimeWire, and others as they grant access to pornography as well as music.

**For Parents:**

Place your computer in an area of your home where you can easily monitor your child's Internet activity.

Teach your children not to give out personal information to anyone that they do not know in the physical world. Also, teach them never to give out any per-

sonal info while they are in a chat room with friends, because there may also be others in the chat room that they do not know.

Supervise your child's chat-room activity and only allow your children in monitored chat rooms.

Block instant/personal messages from people you and your child don't know. (Check to see which IM services have this feature)

Set time limits and monitor the amount of time your child spends on the Internet, and at what times of day. Excessive time online, especially at night, may indicate a problem.

Do not permit your child to have an online profile which serve as a lightening rod for predators. With this restriction, he or she will not be listed in directories and is less likely to be approached in chat rooms where pedophiles often search for prey.

- Tips provided by CWA and The Guardian Angel.com

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These articles were submitted online by students. They have not been edited. To reply to any of these, or get something off your chest, log online at [www.thenugget.ca](http://www.thenugget.ca) and follow the links.

So when will all the loo's in the annex be ventilated. It smells worst than anything. We could use some pucks in the loo's as well. that might help mask the odor, if new ventilation is to expensive.

As if the elevators arent bad enough in the tower, The other day I was cruzin down to the basement, when buddy beside my lets one rip, then gets off at the next floor. Im stuck riding 3 more floors in a hot-boxed fart-filled elevator. I mean, theres better places to fart... if you're guna let one rip, maybe toss a friend a "hand grenade", or maybe even tell him you have a scret, and hes gotta kneel down to hear it. Dont leave me with your stink.

~Poetry for ALL NAIT Students~

Letmestartwithdentistrychicks, I bet that course is a bore. Their lab coats and uniforms, look better on my bedroom floor. Then theres Computer System nerds, are those guys for real? I bet there all virgins, cuz cybersex

isn't real! Can't forget business students, that course is a joke. Take that diploma to Mcdonalds, and Supersize my fries and coke. Finally there's the annex, dudes as far as you can see. Nothing but guys in that building, a pure sausage factory! So if I've offended you, write back to sLiCk NiCk. and if you can't take a joke, then you can...

by sLiCk NiCk

**WE HATE THIS BUILDING.**

It is practically falling apart, the bathrooms stink, in some places the roof has leaked and now the ceiling tiles have started to rot. We are constantly neglected as well, most buildings at NAIT at least see a security gaurd once or twice a MONTH the only time we see security gaurds is when a door is locked, or a locker needs to be opened. That is one reason why there is so much theft. Also in some stairwells the the lights are burnt out, they have been like that for a full SEMESTER. In some rooms the carpet has been patched and held down with duct tape. If something doesn't happen to fix these problems soon this building could be declared UNFIT for human occupancy. For the money we pay to come here you think they could atleast make sure the bathrooms are sanitary.

Students of the Annex

what is up with people these days that are total creeps, like who walks around the annex trying to steal textbooks and reading architecture books as if they were interesting, and stealing o'henrys, like seriously, people in the annex know who im talking about. cowabunga

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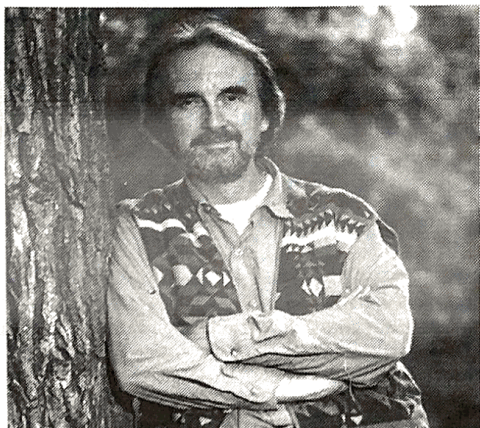
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# American Idol



DWAYNE Johnson

The crisp coldness of it all chills the heart. Your pulse races as you viciously fight the urge to vomit, yet at the same time you can't help but keep your eyes peeled to the sight in front of you. Am I describing some sort of vicious murder scene? Hmm... not quite...but close! Welcome to "American Idol!"

Like so many other "reality shows", I was lured into viewing the show due to the stories regarding contestants, or should I say "would-be" contestants, trying hopelessly for that shot at fame and fortune. Sadly enough, after watching for a decent time period, it is quite easy to become fascinated at the almost amazing disregard for ego-preservation that some of these contestants allow themselves to fall into.

For those unfamiliar with what "American Idol" is all about, or perhaps those who simply can't afford television due to disgustingly high book prices, tuition, and cafeteria food (sorry,

***It is entertaining to watch people who believe they are the next Britney Spears be shot down without a hope!***

getting off track!) let me fill you in! "American Idol" basically gives the contestants that land on the show a chance to be signed with a major recording label and plenty of name recognition. Three "professionals" of the industry critique upon the contestants: Simon Cowell, Paula Abdul, and Randy Jackson are the judges for the show. Caught up now? Okay good, let's continue!

To be honest, I never really

watched season one of "American Idol," when "Miss Independent" star Kelly Clarkson was declared the winner. Come season two I could have cared less, but winded up catching the finale episode to see who would win the close competitive race between Ruben "205 Jersey" Studdard and Clay "Frizzy Hair" Aiken. So the mere fact that I would watch the first couple episodes of season three shocks even myself. But I digress....

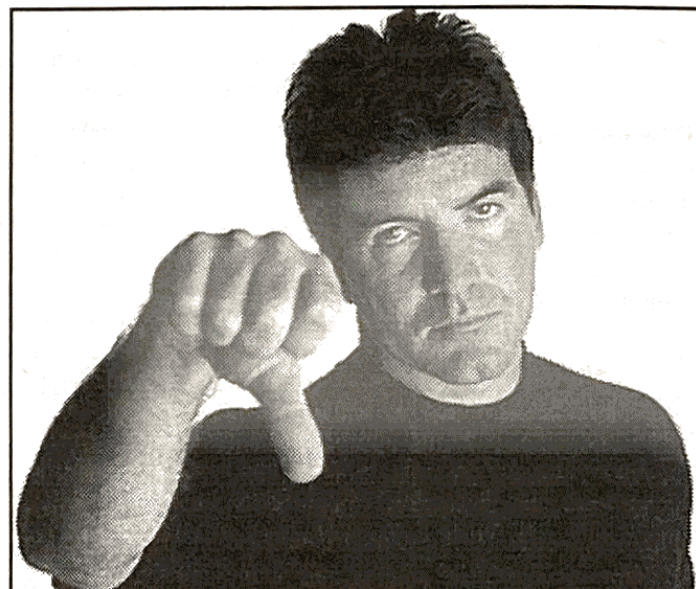
Upon first glance at this show, one might wonder why people would put themselves through such a hassle just to be forgotten about within a couple years, but then two minutes later you'll realize it doesn't matter! It is entertaining to watch people who believe they are the next Britney Spears be shot down without a hope! Believe me, some of these people truly do need to have their egos deflated...perhaps it is a problem with people not telling them the truth when they ask for honest criticism? Oh

well...Simon Cowell we'll fix that little problem in a heartbeat!

There are some truly whacko people that compete though! Like the singers that don't take a hint that they are BAD! For instance, in episode three, the judges up and LEFT due to one singer being so bad, but not willing to leave...the same singer continued

singing to empty chairs...and this is on national television! Or the one contestant who—upon being told he was a horrible singer—grabbed a cup of water and splashed Simon, which led to a friendly visit with the local authorities outside!

Love it, hate it, dream about it...whatever you want to do! Should you become bored during the next couple weeks while at home, keep an eye out for "American Idol" and take a look for yourself!



Satan has a new name...and its S-I-M-O-N!



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# Are You Trying Too Lose Those Extra Pounds?

ELAINE Devine

Atkins, the diet that is popping-up everywhere, asks you: are you in to the low-carbohydrate life style? Two years ago trying to follow this diet would have been crazy, but now that the low-carbohydrate life style is catching on. Everyday it becomes easier, with more food choices and more place you can get low-carbohydrate foods.

There are restaurants adding new low-carbohydrate items to their menu every day. It started with bogus claims by a certain fried chicken company that their breaded fried chicken is suitable for low-carb dieters. But the real news hit with a certain sub shop's introduction of Atkins diet approved wraps. Then, not wanting to lose any business, the burger joints rolled out their own plans and started with the bunless burger wrapped in lettuce, and soon your neighborhood restaurant will serve you a healthy low-carb meal as well. The Atkins diet has been the leading diet in the market this year, leaving companies such as Slim Fast scrambling to make up for their financial losses.

The "new" Atkins plan which is actually a resurfacing of his book "Dr. Atkins Diet Revolution" published in the 70's advocates a high protein, high fat diet with a significant restriction of dietary carbohydrate. Since the Atkins regimen contradicts the overwhelming majority of research on how to healthily lose and maintain weight, most public health professionals and organizations strongly disapprove of this diet. There has been so much bad light shown on the Atkins diet, yet it continues to shine, why is that? Well it is probably because this diet works and there has been great number of people who have lost a lot of weight on this diet.

Atkins is a low-carbohydrate high protein diet; it works because your body burns protein before it burns carbs. Therefore because you are eating mainly protein, your body can burn it off, then your body responds by burning off excess fat. (Which is why people see the greatest weight-loss in the first month of using this diet.)

A study was done by researchers at the Bassett Research Institute in Cooperstown, New York, who followed 18 Atkins

dieters for a month. During the 2-week induction period, the dieters consumed 1,419 calories a day, compared with 2,481 calories a day before starting the diet, and lost an average of about 8 pounds. In the next phase, dieters averaged 1,500 calories a day and lost an additional 3 pounds in two weeks. Dieters in both phases cut back on carbohydrates by more than 90%, but the actual amounts of fat and protein they ate changed little.

Another study found that 41 overweight people who followed the Atkins diet for six months lost an average of 10% of their initial body weight; most lowered their blood cholesterol level by 5%; some increased their cholesterol level; and 20 subjects who continued the program had maintained their weight loss at the end of a year.

Atkins is set up into a four-step program:

1. Induction: This step you restrict your carbohydrate intake to 20 grams per-day.
2. Ongoing Weight Loss: In this step you add carbohydrate, in the form of nutrient-dense and fiber-rich foods, by increasing to 25 grams daily the first week, 30 grams daily the next week and so on until weight loss stops. Then subtract 5 grams of carbohydrate from your daily intake so that you continue sustained, moderate weight loss.
3. Pre-Maintenance: In this step you make the transition from weight loss to weight maintenance by increasing the daily carbohydrate intake in 10-gram increments each week so long as very gradual weight loss is maintained.
4. Lifetime Maintenance: In this step you select from a wide variety of foods while controlling carbohydrate intake to ensure weight maintenance and a sense of well-being. This lifestyle is the foundation for a lifetime of better health.

I would like to clear up some of the big misconceptions that a lot of people have about the Atkins diet: Dr. Atkins died of a heart attack. Wrong! Dr. Atkins died at the age 72 after falling and hitting his head on an icy sidewalk in New York, his death had no relation to his diet. Some people also think that the diet lacks fiber; Atkins includes fiber-rich foods such as spinach,

eggplant, broccoli, asparagus, leafy greens and fruits such as berries.

Although short-range studies have found that low-carbohydrate diets can produce weight loss, no study has demonstrated that such diets are safe or effective for long-term use. Atkins advocated his diet for more than 30 years and stated that more than 60,000 patients

treated at his center have used his diet as their primary protocol. However, he never published any study in which people who used his program were monitored over a period of several years.

As with any diet you should see your doctor before beginning to see if you may have any health complications.



## Molson Single Seats

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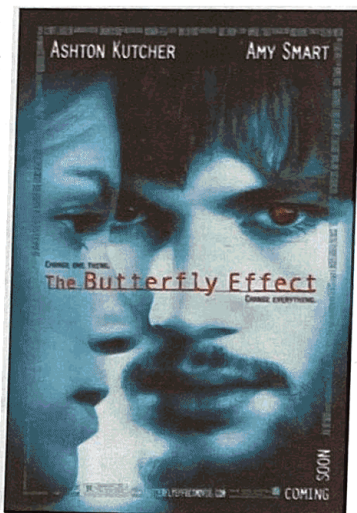
# Ashton Kutcher Learns to Read



MACKENSIE  
Crawford

No one is sure exactly what inspired the ridiculously goofy Ashton Kutcher to star in a serious role, but it turns out he's not talking. With productions like *That 70's Show*, *Dude, Where's My Car?*, and *Punk'd* under his belt, he suddenly decided to change genres. Kutcher has decided not to promote *The Butterfly Effect* due to all of the bad reviews it has gotten so far, which leads me to wonder if it really is worse than his lame-ass show *Punk'd*, which

in cold blood. Through trials and tribulations during his childhood of molestation, explosives, animal cruelty, and homicidal violence, Evan grows into a seemingly normal college student in psychology. After reviewing one of his journals, he blacks out, and is taken back to that time in history, reliving the experience. Back in the future again, his long-time friend Kayleigh commits suicide, and he decides to change the course of history. After reading each of the special entries in his



journal, he goes back to his childhood and changes life for everyone around him, often with undesirable effects. Kutcher, in essence, stumbles across the butterfly effect: "change one thing, change everything".

First and foremost, I disagree that this has anything to do with the Butterfly Effect. In truth, it stems from the Chaos Theory which is purely mathematics, and has to do with random numbers, and not the distressing life of a bad actor. The butterfly effect also is a bit of a long stretch for this movie;

in real life, it would be better represented by the foresaid bad actor going back to prehistoric times, accidentally stepping on a butterfly, and thus wiping out all of humanity back in the future. A bit of a better ending for all of us considering that we wouldn't be forced to watch such drivels ever again.

This plot really had potential, but I think that it was destroyed by the constant flashbacks which really made the entire movie choppy and flitting. The directors jerk us around in an attempt to confuse the hell out of us, and for some, it might work. There were many loopholes in the plot, but for the most part, it made sense

and worked out. I enjoy the fact that the film didn't try to establish a huge "mechanism" by which Evan travels, but spent minimal time on letting us know that his time travel was possible. We've had enough of these elaborate time-travel method movies with *Back to the Future*, *Frequency*, and bunch of other films whose names I have thankfully forgotten. Ashton is not ready for a serious dramatic role; his acting is only aided by the numerous scene changes which allow him to be a new person in every alternate reality. He barely hides his comedic grin, and his goofy face doesn't convince the audience enough. It is a commendable try

for such a joker, but the casting wasn't quite right on this one. Thankfully, Amy Smart really shines in this picture as she plays Kayleigh as a greasy-spoon waitress, a prostitute, a happy sorority house chick, and a well-adjusted college student in several alternate timelines.

I did appreciate the alternate theme of this movie though, it reminds me of the classic *It's a Wonderful Life*, where George, a happy family man, decides the world would be better off without him, and attempts to take his life. An angel comes down

to show him an alternate world where he had never been born, one where the people around him lead terribly depressing lives. Needless to say, the idea here is that your actions do influence the lives of others, and in Kutcher's case, one should be careful what they wish for.

Unfortunately, *the Butterfly Effect* is at the top of the box-office this week, with almost no competition. This is another poorly researched "sci-fi" which really doesn't ever seem to bother the producers or the viewers of the film. Yet another piece of trash, the tiny scraps of food that Hollywood nonchalantly throws



us during the hungry month of January. Even more heartbreaking is the fact that many people will love this movie for its "intelligence" and "creativity". To top all of it off, this is the best movie I can suggest seeing right now if you simply *must* go to the theatre. Here is some financial advice: rent the DVD.



he promotes with fervor.

We see Evan as a young boy who seems to have inherited stress-induced blackouts from his institutionalized father. His psychotherapist recommends that he keep a daily journal after one disturbing incident where he drew a picture of himself killing people

## Starsailor – Silence is easy



MACKENSIE  
Crawford

They came onto centre stage in 2001 with *Love is Here*, an album which induced labels like "the new Coldplay" to this British rock band. Actually, Starsailor has been around longer than Coldplay has, but the band has not been readily accepted by as many people. With a bland major release like *Love is Here*, they were expected to fade out of the music scene, but they have come back fighting with *Silence is Easy*.

This is not rock as you know it, but an album with a more instrumental/vocal feel to it. Don't be surprised if you feel unmoved by the significance of this production the first few times you hear it. With



light string arrangements, untroubled piano pieces, and a light-hearted vocal track, this could go right over your head without a thought. After closer inspection though, the songs are more diverse and creative than the 2001 release, and a few good singles like "Four to the Floor" and "Some of Us" should hit smaller radio stations soon. The arrangements are unique, tasteful, and catchy. I found that this album really started to grow on me the more I listened to it. The lyrics are a

bit too poetic at times, but you think a bit differently each time you hear them. *Silence is Easy* is an indicator that James Walsh and the boys should be churning out more indie hits in the years to come. In the meantime, we get

*The lyrics are a bit too poetic at times, but you think a bit differently each time you hear them.*

to watch them grow. Starsailor is doing a small U.S. tour for their small following of fans – a good idea for a band which is not yet, and may never quite be, mainstream.

*Silence is Easy* is a great record for anyone who likes Coldplay, or appreciates a more

heartfelt and thoughtful kind of music. Thankfully, this is a return to better recording values like talent, instead of cheap sell-out radio hits with little

musical worth. Pick up a copy of Starsailor, but don't expect it to be an instantly amazing album; let it play a few times and find out what real music is about.





# Ooks Remain Atop Of Standings



JUSTIN Huculak

It was a crazy weekend of hockey in the ACAC that saw three different teams at one time or another sitting in first. But at the end of the weekend the Ooks managed to hold onto a piece of the top spot along with SAIT, both with 32 points apiece. Which, will make for another big weekend of hockey as the Ooks take on SAIT in a home and home series with first place on the line for the second straight week. Last Friday NAIT lost to Grant MacEwan 4-2, setting the stage for a battle on Saturday

Knowing another loss would put them three points out of first, NAIT came out flying. Finding the back of the net twice in the first period. The first goal came after

Steve Reade was held up at the blue line by a GMAC defender, which created a 2-1 opportunity for the Ooks and Kevin Labbe had no problems tapping in the soft pass from Eric Sonnenberg. And this line wasn't done yet as all three players combined in on the second goal as well. This time it was Reade from Labbe and Sonnenberg on a beautiful tic-tac-toe play that left the Griffins goalie dazed and confused.

On the other end of the ice the Ook defence seemed impenetrable at times and any solid shots the Griffins got on net were turned away by Tim Barlow, including a huge save on one of the many GMAC power-plays that saw Barlow bat a bouncing puck out of mid-air with his stick.

The Ooks started the second period with the same intensity as the first, and just three minutes in a little line scrum started after Steve Reade cross-checked a

MacEwan player late in front of the Ooks bench. When the officials got everything sorted out Keith Reade of the Ooks found himself with a game misconduct after interfering in the melee from the bench. The game misconduct didn't seem to affect the Ooks though as they killed off the penalty and got a power-play marker of their own when Steve Reade tapped in his second of the game from the side of the net on a couple nice passes from Cole Fischer and Sonnenberg.

The goal of the game came when Brant Middleton made a Gretzky like pass over three defencemen's sticks and found the tape of Lee Gusikoski who deflected it in for the Ook's fourth goal of the game.

Heading into the third period, one would have thought with a 4-0 lead that the game was out of reach for Grant Mac, but not so. The Ooks started noticeably

sluggish and the Griffins seemed to find more cracks in the NAIT's defence and time and time again Barlow was forced to make spectacular saves. But as the shots piled up on Barlow in the third period, one finally trickled through his pads on the power-play, cutting the lead to 4-1.

Minutes later despite being short-handed Darrell Goretzki of the Griffins found himself on a clear breakaway and made no mistake of finding the twine. And before one could think of what was transpiring Grant MacEwan added another and suddenly that four goal lead the Ooks had built up was down to one. However NAIT dug deep and was able to hold of the surging Griffins in the final minutes and escaped with 4-3 victory.

Player of the game for the Ooks was Steve Reade who finished with two goals and an assist.

## Health & Dental Deadline Approaching

Do you have coverage? Full-time day students who have extended health and dental benefits (excluding provincial health care) outside of the school, you must complete a waiver form and provide your proof of coverage on January 30, 2004 by 4:00 pm. There will be no extensions or exceptions.

Waiver forms can be picked up in our office or downloaded off our website at: [www.gallivan.ca/studentnetworks](http://www.gallivan.ca/studentnetworks)

If you have any questions, call us during office hours, Mon - Fri, 9 am - 4:30 pm at 471-7730.

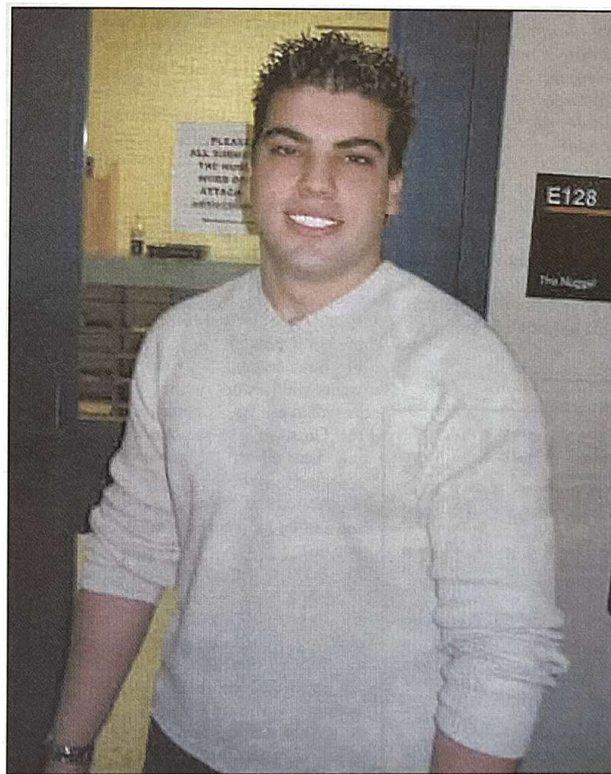
## Nugget Girl



This is Jessie, she is currently taking Finance in the Business tower. She is a Scorpio who enjoys movies, and dancing!

To make a submission for Nugget Girl or Nugget Guy, go to [www.thenugget.ca](http://www.thenugget.ca)

## Nugget Guy



This is Giovanni, also known as the "Italian Stallion." He plays hockey, parties it up at the clubs, and is currently taking Instrumentation Engineering Technology.

To make a submission for Nugget Girl or Nugget Guy, go to [www.thenugget.ca](http://www.thenugget.ca)



# Are You Wasting Your \$Money\$?

ELAINE Devine

Most students are hard up for money, and that is normal especially when you think of how much we pay for tuition and books. Most of us spend more than we should because we live beyond our means. You should not define yourself by your possessions. Rather than concentrating on what you don't have, you should think more about what you do have. There are ways to make your money last such as:

1. When eating out, if you can choose the time of day, breakfast meals are usually more affordable.
2. Choose the special of the day when at a restaurant since it normally provides good value for your dollar.
3. If you eat out and you have a huge appetite, go for the all-you-can-eat buffets, if you have a small appetite, stay away from all-you-can-eat-buffets, you will not eat enough to make it worth your money.
4. Use coupons. If you dine out a lot, it may be more economical to buy a coupon book of restaurants in your area. Check the newspaper daily for coupons and store specials, and remember that Friday is flyer day in the newspaper.
5. Use half a fabric softener sheet in the dryer rather than a whole one. Or to save on your utilities bill, hang your clothes to dry.
6. Do your own tax returns if possible and don't be late in filing it.
7. Save on minor repair/

maintenance bills for your car by doing it yourself or taking it to your local trade school. They usually just charge for parts, not labour.  
8. If you need to see a doctor, ask for samples since he or she carries a large assortment of products

**You don't have to play Lotto or appear on a game show to have a fortune in your future. But you do need the right attitude.**

9. Get a library card to borrow books, music and movies.
10. Enter your name in all kinds of contests to win prizes.

You don't have to play Lotto or appear on a game show to have a fortune in your future. But you do need the right attitude. Answer these five questions and find out if prosperity is probable for you, or if you are going to have to change.

1. You find out through the grapevine at work about a new project that you would love to work on do you say anything to your boss?
  - a) Only if you have time for the project (2 points)
  - b) Say nothing if your boss wants you to work on the project he would ask you (1 point)
  - c) Go straight to see him when you hear about the project (3 points)
2. You are at the mall and you see a raffle for a new car, what do you do?
  - a) Buy a ticket, it's only a dollar (2 points)
  - b) Don't buy a ticket, no one ever wins these things (1 point)
  - c) Buy a few tickets, the tickets are cheap and you could win (3 points)
3. When it comes to your grades at school, what would you say?
  - a) As long as I pass I am doing great (2 points)
  - b) Shitty (1 point)
  - c) Awesome they could not be any better (3 points)
4. When you get a call from a headhunter who is offering you a new job, but you are fairly happy

with the one you have what do you do?

- a) Set up a meeting who knows what will happen (3 points)
  - b) Tell him that you are happy where you are (2 points)
  - c) Hang up the phone this guy is wasting your time (1 point)
5. There is an optional meeting with your boss and his boss what do you do?
- a) Don't go, hello optional means you don't have too (1 point)
  - b) Go, no one else is means they will think you are a go getter (3 points)
  - c) If your co-workers go you will go (2 points)
- Add up the points beside your answers and see were you fit. (5-8 points) You are lacking the ambition to be rich it is time for you to rethink your actions. (9-12 points) You just have to kick it up a bit but you have a good chance. (13-15 points) You are on the right track just stick in there it should happen. You should never spend more money than you have, if possible try to avoid using credit cards if you don't have the money to pay them off the interest will get you. There are many small things that you can do to save money, a little here and a little there will add up.

# The joys of helping people move!



DWAYNE Johnson

That title is very misleading by the way...there is no joy involved in helping others move. Aside from the possible bribery of free beer and a barbecue the only incentive people tend to have in helping friends and family move...is that the same will be reciprocated when they move themselves!

At some point in our lives—assuming we are not planning to become anti-social hermits that fear society—we will be asked to help someone we know move their belongings from one location to another. Often, at a most inconvenient time—or what we'd consider inconvenient whether or not it is—is when the evil question will be dropped. To make matters worse, the question is often brought up in a blindsiding manner!

"Hey [insert name], what are you doing on Saturday?" Now at this moment, your head races full of possible scenarios. A possibly party invite to something great, or are they trying to lure you into a trap? Most likely you will

hope for the former, and tell them that you are "free" that night. That's is when they snatch their opportunity! ("They" of course being the evil moving people!)

"Oh you're free!? That's great! I need help moving to my new place on Saturday!" This is what will most likely be told to you at this point. Now here you have several options:

1. Remember an important activity – whether or not one really exists, this is your last chance to back out of this!
2. Have a sudden illness or injury act up – what kind of friend would have you lifting when you just remembered that spinal surgery you had!
3. Suck it up – you messed up...you let them know you are free...now you must pay the cost!

No matter which option you choose, regret, and perhaps guilt might fill you at this point. If you chose options one or two hopefully you will find something to take your mind off lying to your friend. If you chose option three, hopefully they have some high percentage alcohol to take your mind off your stupidity! In either case, at least in the future you will have them a "you owe me," to hold over their head...maybe it isn't so bad after all!

## NASC Aboriginal Awareness Day February 6, 2004 • South Lobby

You are cordially invited to join the students of NAIT's Aboriginal Student Club on February 6, 2004 to celebrate the rich culture of the Aboriginal community. Free bannock and coffee will be served at the South Lobby kiosk.



## TEACH ENGLISH Overseas:

Jobs \$\$ Guaranteed- Great Pay. TESOL Certified 5 days in-class (monthly classes), on-line or by correspondence. FREE Info. Seminar every Tuesday 7 pm @ 10762-82 Ave. FREE Infopack: 1-888-270-2941 or globaltesol.com



# NAIT ROUNDUP



**JUSTIN Huculak**

In the most surprising news of the weekend the Ooks men basketball team lost their first game of the season to the Concordia Thunder 95-91 last Friday before rebounding on Saturday for a 85-73 victory. Though some may look at this loss as a letdown, sometimes a loss is a blessing in disguise, because when you have a team with this much talent it can act as a wake up call and make the team realize that nothing comes easy and that you have to earn every single win. It's also definitely better to find that out now than when it really counts in the playoffs. I apologize to the women's team, whose scores weren't on the internet by Sunday night. But, both teams will be in action come this Friday and Saturday as they play host to Grand Prairie both Friday and Saturday. Games start at 6:30 on Friday and 1:00 on Saturday.

SAIT 5-1 before falling to the U of C 5-2 over the weekend. The women now sit with a 5-9-1 record and are tied with the U of C Dino's for 4<sup>th</sup> place in the standings. The lady Ooks will entertain Mount Royal College this Saturday at 2:00 p.m., before heading south down to Calgary to play SAIT on Sunday. The men on the other hand sit with 16-6 record and find themselves tied atop the standings of the ACAC with the SAIT Trojans. Making these weekend games very crucial against the Trojans, with four points up for grabs. SAIT will be in town Saturday and the puck drops at seven bells. Last weekend the men split their series with the Grant MacEwan Griffins losing the first game 4-2, before defeating them 4-3 on Saturday.

Back on the court, the men's volleyball squad had another successful weekend after beating Medicine Hat 3-1 and 3-0, improving their record to 6-0. The women continue to struggle falling by the same scores of 3-1 and 3-0 to Medicine Hat. Next home action for both squads is this Saturday as Portage comes to town.

On the ice the women beat

# Super Bowl Week



**JUSTIN Huculak**

If you're a sports fan then for the past week all you've been hearing about is the Super Bowl and why or why not the New England Patriots and Carolina Panthers will win or lose. All I'm gonna say is that I think New England will win, my reasoning I just like them more than Carolina and your reasoning really shouldn't be any more than that.

You've been hearing analyst's say this team will win because of this and that. But when it's all said and done the Super Bowl is just one game and anything can happen in one game. Unlike the other three major sports in North America, which determine

their champions through grueling playoff series, football is decided by whoever is the best team

**And really, is the Super Bowl about the game being played or the commercials?**

on that day or sometimes the luckiest.

And really, is the Super Bowl about the game being played or the commercials. I know I'll probably watch the game from my home or someone else's because I don't want to miss the commercials. Sure, in Canada we don't get all the good ones unless you have an American dish, but you still get

the beer ones and they're always the best ones anyways. Looking back at last years commercials I think the majorities favorite was the Budweiser one with the horses playing football and after one of the ranchers calls the ref a jackass the other replies "no I believe that's a zebra". That commercial was talked about more in the weeks following the Super Bowl than the Super Bowl itself. Does anyone remember the score of last year's game? NO. Thus proving that even the biggest sports fan in North America play to the fiddle as "Corporate Sellouts".

So when this Sunday comes and the game gets underway ask yourself what you're really watching and take a look around at whose with you... half the people you're with probably wouldn't normally care who wins the game, but they're still watching.

## NAIT CAREER SERVICES brings you...

### Rapid Resume Reviews

Drop in to the following locations during your lunch hour and speak to a Career Advisor:

- Feb 18 South Lobby
- Feb 25 Business Tower
- March 3 Engineering Annex
- March 10 Fresh Express
- March 17 HP Centre

We'll be available from 11:15 to 1:15 to provide input on your resume, cover letter and job search.

GRAPHIC COMMUNICATIONS

# HACKEY Sack

Tournament

- Teams of 5
- \$10 a team (\$2 per person)
- All Ages
- (Metric) Tons of prizes
- Pick up application form in NaitSA Office

*"in the heartland of hackey"*



# Get Motivated

MARGARET Marean  
Counsellor

It is not uncommon for students to start the year full of energy, enthusiasm and great intentions. However a month or so into their program many students feel less than motivated. Here are some tips that might help get you back on track:

- Set realistic goals that are challenging yet achievable. Try setting goals for each day and each week as well as longer-term goals. Written goals are the most effective.
- Make a daily "to-do list" - a checklist of what you can realistically accomplish. Prioritize the items from most to least crucial and always work on your most important tasks first, even if they are the most difficult or the longest.

□ Specify a clear-cut goal you want to achieve before you sit down to do homework or to study (i.e. "by the end of this hour I want to accomplish ..."). This puts you in a competitive mode and stimulates you to stay motivated and focused.

- Get into a routine. If you start setting aside the same time every afternoon or evening for studying, it will become a habit within a few weeks.
- Know your body rhythms. If you are a morning person do your most important tasks in the morning - don't force yourself to do them at 11:00 p.m.
- Evaluate how long you can realistically concentrate (no longer than 50 minutes for most people) and make sure you take

- breaks when you need them.
- Get started on tasks early, the day you receive the assignment if possible. Tasks that are put on hold cause guilt and de-energize you; getting started right away arouses your interest and gets your creative juices flowing.
- Work on building a positive attitude. Self-statements like "I'm too lazy", "I'm a procrastinator" or "I can't do this" can become self-fulfilling prophecies. So can statements such as "I am self-motivated" and "I love to learn".
- Visualize yourself being successful. A clear picture of what success means can keep you going when your workload seems overwhelming.
- Don't waste energy being negative and blaming yourself

or others for how much work you have or for past failures. Negative energy makes it difficult to learn and to be creative. Put your energy towards accomplishing your goals instead.

- Concentrate on your successes and build on them. Evaluate areas where you could have done better, learn from them and change them into future successes.
- Surround yourself with positive, motivated people.
- Set realistic standards. Being a perfectionist can de-motivate even the brightest of students. Decide how much time and effort each assignment is worth and allocate accordingly.
- If you are feeling overwhelmed by a project or assignment, break it into smaller parts and focus on one part at a time.

□ Set rewards for accomplishing difficult tasks or getting through a study period when you aren't motivated. For some people it is also helpful to set penalties for failing to follow through with tasks.

- Give yourself pep talks - remind yourself why you have chosen to continue your education and the long and short-term benefits this will have.
- And finally, take care of yourself by getting enough sleep, eating properly, exercising and having some fun. Motivated, energetic people have balance in their lives.

If motivation continues to be a problem you may want to book an appointment with one of the counsellors in the Student Counselling Centre, Room 0117, phone: 471-8874.

## Six Degrees of Job Attainment

MATT Smith  
NAIT Career Advisor

Have you ever played "Six Degrees of Kevin Bacon?" That game where you try to link actors through their roles to Kevin Bacon based on who they've acted with? For example, Ian McClelland, the British actor who played Gandalf in the *Lord of the Rings*, acted with Liv Tyler in that series. Tyler acted with Matt Dillon in *One Night at McCool's* and Dillon acted with Kevin Bacon in *Wild Things*. Easy, eh? It would actually be harder to find an actor who isn't connected with Bacon, the guy has been in so many movies. The game is based on a movie called *Six Degrees of Separation*, starring Will Smith, which claims that any two people in the world can be connected via six other people. In theory, therefore, you should be able to connect yourself with Kevin Bacon through your friends and family and their friends and family and so on and so on.

So what does that have to do with searching for a job? A lot actually! Looking for work is all about networking. In the job search context, networking is the process of building a group or network of contacts who might be able to help you land a job. Contacts can consist of your friends, family, co-workers, instructors, and neighbours, but also *their* friends, family,

co-workers, instructors, and neighbours and so on and so on. It is through this huge web of people that you find out about new job opportunities. While one contact might let you in on a limited, unadvertised job competition, another might give you a stellar recommendation that leads to employment.

If your network doesn't know that you're looking for work, they're not going to be much help in the old job search. So, make sure that all of the contacts in your network know that you're looking. When you see that friend for coffee, ask if she knows anyone in your field. If you take your car in for new tires, ask if they have any hot job tips. Maybe even your dentist can make up for all the pain he caused you by giving you a lead. It may seem repetitive to repeat the same spiel over and over, but that's what it takes. Be persistent and the opportunities will arise.

You might be saying, "That's nepotism!" I want to get a job based on my own merits." Well, stop thinking that way. First, whether you call it nepotism or networking, it is how the world works. Employers would much rather rely on the recommendation of a trusted associate than the results of a one hour interview. Face it, sometimes the person

with the best resume writing and interview skills is not the best person for the job. Second, no one would recommend you or even give you a job tip if they didn't think you were a good candidate. Think of how silly they would look if they recommended someone who ended up being a complete dud. So, don't feel bad about networking.

Anyway, networking is a two way street! Although during the first few years following graduation it might feel like you are always relying on your network, eventually, they will start to rely on you and your contacts in industry. Follow the golden rule: do for your network as you would have them do for you. When one of your contacts gives you a lead that pays off, THANK THEM! Profusely! They have done you an enormous favour at their own risk. When you're on the job, ensure that they don't regret their recommendation. When you're more established, find ways to help your own contacts find employment. It is the best way to stay connected within industry, cement relationships, and learn about all sorts of opportunities. Still unsure about how to get your network established? Come down to Career Services at O117 in the South Lobby and ask to speak to a career advisor about networking.

NAITSA & KOKANEE PRESENT...

# Nait factor

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GRAND PRIZE

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## DOORS 3PM

## SHOW 5 PM

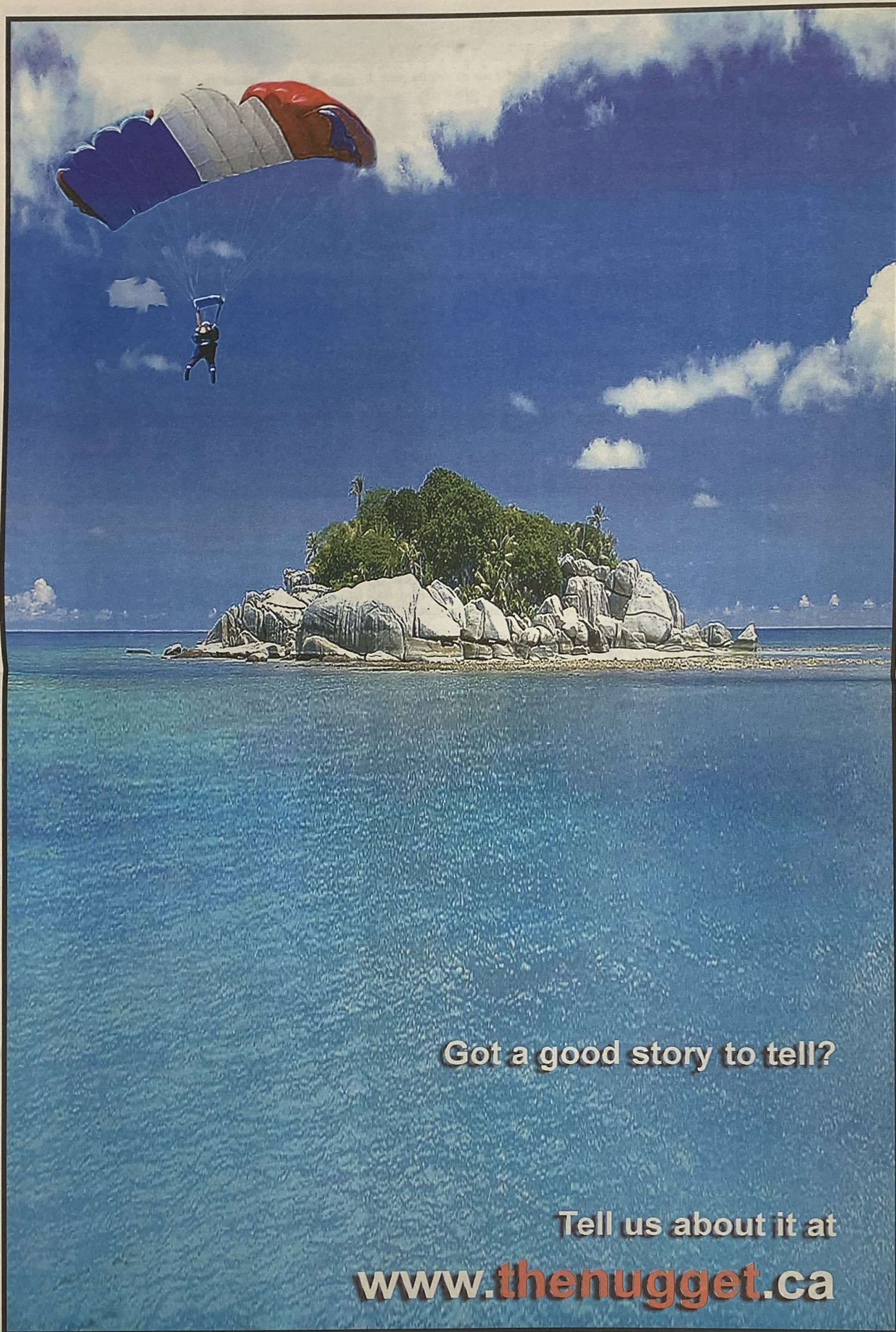
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