

The NUGGET

Thursday, February 3, 2005

Volume 42, Issue 15

NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Sports . . . p. 6

Health & Lifestyles. . . p. 10

Spring Break Trial Project

Does it Affect You?

DAVE Fester

Well we all know that spring break around NAIT was usually two days in the middle of February. Most programs have tried to plan that if falls inline with family day so that students can have a well deserved five day weekend. Most students that attend NAIT have found it is a little difficult to plan a vacation with their friends that attend other institutes. This year the School of Applied Media and Information Technology (SAMIT) and the School of Business have teamed up to for a spring break pilot project. The project has been in the works since 2002 and was approved for a trial run in the fall of 2004.

The trial project is to give the students a chance to have a full week for spring break which will be congruent with Grant MacE-

wan and U of A. A lot of students have voiced their concern of why NAIT was not like the other institutes in Edmonton that have had a week long spring break. As most students are going to look at the break as a time to relax and not think about school, I thought about it and realized that it means our semester is shorter than it should be. You may think that two extra days isn't a big deal but it means two less days to cover all the course material and as well less time to prepare for exams.

I had a chance to speak with Robert Stumbur, Operations Manger of SAMIT, about the trial project. Stumbur said that there have been mixed reactions with the instructors in regards to the minor compression of the semester schedule. He also said that the students need

more of a break other than the two weeks at Christmas time. As this is a trial project it may not be in place throughout NAIT until it has been fully assessed. The week long spring break may not be a standard with NAIT being that it is a technical institute; some programs are already on a shortened semester such as the apprentice programs.

For both SAMIT and the School of Business spring break will be from February 21-25, but as for the rest of NAIT it will be from February 17-21. After the trial spring break surveys will be given to the students and staff members for feedback, which will be used to help plan out if the project can be implemented across NAIT. Hopefully this pilot project will run smoothly and not compress the last half of the semester for most students.



Does it Affect You?

This Saturday the NEST is hosting the show of the year

CODY Paton-Perkin—FEATURES

This Saturday the NEST will be hosting two of Edmonton's hottest bands; Social Code and Tupelo Honey along with Strada. If you didn't get a chance to take in Social Code at Ookfest, this Saturday will be a great opportunity. For those who don't know who Social Code is they had that song "Beautiful" in the summer that got

way over played or as they said it was a little like "mmmbop". It was a little strange that they released no other singles as their entire CD is top 10 worthy.

Now if you are not going to see Social Code, Tupelo Honey is definitely a reason to make it to the NEST on Saturday night. By now

most of you should have heard about Tupelo Honey and the huge waves they are making in Edmonton and far beyond. Recently Tupelo was added to moderate rotation on The Bear and it has been heard that Why I Bother, their first single, is the number 10 requested song on the Bear.

The opening act Strada is a relatively unknown Canadian Band. This should be no reason to want to stay away from the show. I checked out their website www.stradamusic.com to check out their tunes. They are a pretty decent band, much mellower than Social Code and Tupelo but def-

initely potential for a great opening act.

I predict that this Saturday will be one of the best shows that the NEST will have this year. If all goes smoothly this show has potential to get a five star rating. Tickets are available at the NAITSA office go get some

What's Happening This Week?

Friday, February 4	Saturday, February 5	Monday, February 7	Wednesday, February 9	Thursday, February 10
Technology Event - B.A.S. (Business Administration Society)	Jagermeister Winter Fest w/ Social Code, Tupelo Honey, & Strata	Movies @ The Nest: National Treasure	Karaoke Wednesday	NAIT Idol Preliminary Round

Cool Things

Curtis Comeau



In this week's installment of *Cool Things* we focus on the cool facilities NAIT has to offer to the student body. Incase you didn't know it NAIT provides you with several facilities to help ease the stress of the school year. If there is anything you want featured in Cool Things email me at comau@gmail.com.

The Nest Restaurant

Probably what I consider the coolest facility NAIT offers to students. This little pub style restaurant offers up an array of burgers, apps and beer. Nightly food and drink specials as well as entertainment events such as "karaoke", will keep you coming back again and again.

The Gym

An obvious cool choice for all students, as a healthy body promotes a healthy mind. Along with the gym NAIT has a bunch of Cool squash courts available for use.

Old School Arcade Games

Although not "technically" a "facility" old school stand up arcade games are ULTRA cool! There are several old school video games scattered about the school, which is an absolutely great time killer. These iconic symbols of coolness are pretty addicting and can be played for 25 cents a pop.

The Pool

Although there are no water slides or bay watch style lifeguards running around in skimpy bathing suits, I think the pool is pretty cool. Swimming is an excellent source of cardio activity that will surely help keep the stress level to a minimum.

NAITSA office

Style wise this is a very cool place. NAITSA recently put a pile of money into much needed renovations. Now the office sports comfy couches a lovely fireplace and a cool lcd TV screen. Aside of looking cool, the NAITSA office is your information hub regarding campus lifestyle.

Preliminaries
Thursday, Feb. 10th
Come sign up in the NAITSA office by Feb. 2nd

The winner will be flown to London, ON to compete against all the schools in Canada for the title of **CAMPUS IDOL!**

THE SEARCH FOR NAIT'S SUPERSTAR!

Come practice on Karaoke Night @ The Nest every Wednesday

Business Person of the Year

Curtis Comeau



son: He simultaneously doubled NAIT's budget while reducing the dependence on government funding. That's correct DOUBLED the budget! This is huge considering NAIT is actually a non-profit organization.

Sam's business sense and relationship building tactics have continued to enhance NAIT's reputation within the local and international business communities. Sam will continue to build strategic relationships, which will ensure NAIT's students will continue receive the best possible technical education available.

Congrats form the student body Sam!!!

Official SAM FACTS

Sam has been NAIT's president since 1997
Sam is not a Doctor in the "ill fix your broken leg" sense.
Sam's official title is: W.A. Sam Shaw, BA, MSc, Med, PhD
Sam has never flown a space shuttle.

Who is Dr. Sam Shaw? For those who have no idea Sam is, he's NAIT's acting president, but more over Sam is a strategic and scenario genius who has solidified NAIT's reputation as being one of the top Technical Institutes in Canada. At risk of sounding like a brown nose... I will get to the point.

Recently Sam won Alberta Venture's *Business Person of the Year* 2004 award, a nice little piece of hardware to go into the mantle. Move over bowling trophies, Daddy's got a new addition to the family.

So why did Sam win the 2004 Business Person of the Year award? For the following rea-

Quick Emergency General Council

Regarding Proposed Student Government Changes

February 8th - 5:00 PM
Rm X-107

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Date Rape Prevention

MARGARET Marean

Counsellor,
NAIT Student Counselling Centre

Date or acquaintance rape is defined as being forced or pressured into having sex against your will and without your consent by a person who is known to you. It includes new acquaintances or ongoing relationships. The best defense against date rape is to become informed and to minimize situations that put you at risk. Here are some suggestions:

- Don't keep your head in the sand. Recognize that date rape or acquaintance rape could happen to you. Between 10 to 25 percent of college women report being raped by men they knew.
- Know that it is your right to set limits and to defend them, and to tell your partner if/when you do and don't want to have sex.
- Firmly discourage any unwanted contact, even if it is casual.
- Be assertive in setting relationship boundaries. Think about your limits in advance and communicate limits and expectations clearly (e.g. how much touch is okay). If you are clear in your own mind about your limits it is easier to communicate them.
- Passivity may be interpreted as permission, so say 'No' in a tone that relays that you mean it. Don't hint or expect anyone to read your mind.
- Be wary of acquaintances who are excessively jealous or possessive, get hostile when you say no, ignore your wishes or opinions, act in an intimidating way, or attempt to make you feel guilty if you say no to sex.
- If you are uncertain about the person you are with avoid alcohol or drugs

If you do get into a situation where you feel uncomfortable or are forced:

- Try to stay calm. Think about your options and how safe it would be to resist.
- Stay NO strongly.

**The best defense
against date rape
is to become
informed and to
minimize situations that put
you at risk.**

- If you have a safe option to resist act quickly.
- Try to get away. Use self defense tactics. You may be able to hit, bite or kick to gain a chance of escape. However realize that fighting back might cause the offender to become violent so appraise the situation.
- Yell for help.
- Buy time with talk. Try to convince or persuade the offender. Flatter him. When he thinks he no longer needs to use force, he may ease up his guard and give you a chance to break away.
- Be as non-seductive as possible. Tell him you have a sexually transmitted disease, your

period, or that you are pregnant. Do physical things to turn him off (e.g. urinate on the floor, pick your nose, pass gas, belch or vomit).

- Remember that giving in is not consent. It may be the only survival strategy.

If you are raped get medical attention as soon as possible. Do not shower or bathe until you have been examined at an emergency department. Go to a friend or family member who will be supportive. Report the attack to police. And remember rape is not your fault, it is an act of violence.

Men have the responsibility to prevent date rape too:

- Listen carefully to what the woman is saying. If you feel like you are getting a mixed message, clarify what she wants.
- Be sensitive to women who are unsure whether they want to have sex. If you pressure a woman into sex, this is classified as force.
- Do not let your desires control your actions. Think about whether you really want to have sex with someone who doesn't want to have sex with you.
- Remember that date rape is a crime and that it is never acceptable to use force in sexual situations.

ual situations.

- Don't make assumptions about a woman's behavior. Because a woman drinks or dresses sexily does not mean that she is inviting you to have sex.
- The fact that you were intoxicated is not legal defense to rape. You are responsible for your actions, whether drunk or sober.
- Just because a woman has had sex with you previously does not mean you have the right to have sex in the future. Date rape is a crime even if there has been past sexual involvement.
- Don't assume that a woman who consents to kissing or other sexual intimacies is willing to have sexual intercourse.
- If you have sex with a woman who is drugged, intoxicated,

incapable of saying no, or unaware of what is happening, you may be guilty of rape.

- Get involved if you believe someone is at risk. Don't be afraid to intervene - you may save a woman from assault and a man from criminal prosecution.
- Recognize that uncaring or forceful treatment of women will affect your own relationships. Women who have been raped or faced an attempted rape will likely have difficulty feeling trust in relationships.

Student Counselling is open from 8:00 a.m. to 4:30 p.m. Make an appointment to discuss any personal, academic or career concerns by calling 471-8874 or booking in person at Room 0117.

NAIT Career Services

Rapid Resume Reviews

Feb 2	South Lobby
Feb 16	HP Centre (by cafeteria)
Mar 2	South Lobby
Mar 16	Business Tower Lounge

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Judging a Candidate By Their Cover (Letter)

MATT Smith
NAIT Career Advisor

Ever make a snap judgement about someone? We can't help it sometimes – it's almost a survival mechanism to make quick judgments based on little evidence. Perhaps we developed this strategy during more primitive times when interpreting a look from an approaching caveman with a big club was a matter of life or death. Now, we're all told to suppress our prejudices and get to know a person before forming an opinion, but we're also told that, in an interview, employers often make decisions about candidates within thirty seconds of meeting them. Bottom line? First impressions are important!

When you're job hunting the employer's first impression of you is often formed by your cover letter. Employers whose desks are weighed down by stacks of applications often use cover letters as a screening tool. If your cover letter has typos, is too long, is boring, isn't targeted, or isn't captivating, it might torpedo the

rest of your application. So, how do you avoid this fate? The four tips listed below reflect the most common faults I find in cover letters and will give your cover letter the edge it needs.

1) Write a new cover letter every time you apply for a job. *Every time!* It should be immediately apparent to the reader that this is not the same letter you send off to every employer and their pet poodle, so write with the specific qualifications of the job in mind. Your cover letter must be **targeted**.

Is this a lot of work? Yes and no. Yes, it takes time to write a new, targeted letter for each application. But, if you do so, you'll also get a job sooner. It's a little like fishing. Use the right bait and you'll catch your limit quickly; if not, the only thing you'll catch is a cold. It's much more effective to send ten well crafted and targeted cover letters, than one hundred generic letters (Don't believe me? Try it yourself!).

2) Tell the employer why *you'd* like to work for *them*. Are they're

a leader in the field, or do they feature an innovative line of products? Have your contacts mentioned that they have an excellent

It should be immediately apparent to the reader that this is not the same letter you send off to every employer and their pet poodle....

training policy and healthy company culture? Do some research into the company. If you can't find anything worth mentioning, do you really want to work there?

There are two reasons for this.

First, it shows that you've done your homework and written a targeted cover letter. Second, it encourages the employer to read the rest of your application. Instead of droning on and on about how great you are, pay *them* a compliment. Imagine you receive a monthly letter from your grandmother. If she always writes about her aches and pains and the price of rutabagas, you'll tune out after a while. But if she starts out by congratulating you on winning a scholarship, you'll take notice.

3) Pick a *few* of your most impressive and relevant qualifications and describe them in detail. Don't list how you meet **all** of their qualifications – that's for the resume. Describe your "slam-dunk" attributes and then encourage them to refer to your resume for how you meet their other qualifications.

A cover letter is a letter, not a list. In it, you have the opportunity to tell a bit of a story about yourself. For example, you can describe how your public speaking ability has progressed from doing small workshops to being able to speak effectively to hundreds of people.

Or you can demonstrate how your mechanical skills have advanced as you've gained more responsibilities. By providing more relevant details your cover letter will stick out to an employer who has dozens of other letters to get through.

4) Write in a style that is professional, but captivating. This is tricky. A letter filled with flowery phrases will throw off employers expecting formal writing. To determine the right balance, think carefully about the position. Someone hiring a salesperson might expect a more forward, confident style than an employer looking for a meticulous and cautious medical lab technologist. When in doubt, just be yourself, follow the preceding rules, and make sure your grammar, spelling, and punctuation is perfect.

An excellent cover letter is an essential part of your work search. It won't land you a job on its own, but it can provide a sparkling first impression. For more information, come down to Career Services and ask to speak to a Career Advisor.

Volunteer Opportunities In Your Community

CAPITAL CARE Dickinsfield is recruiting volunteers for a variety of challenging positions. Contact Shannon in E-133 the NAITSA Volunteer Centre for more details.

Dickinsfield Amity House is looking for dependable volunteers to work a Bingo on Jan 25th. See Shannon in E-133 for more details.

The World's Master Games is looking for a volunteer to assist them with their marketing & promotions strategies. See Shannon in E-133 for more details.

Canadian Institute for the Blind is currently recruiting for special event and office volunteers. See Shannon in E-133 for more details.

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

I Volunteer

Volunteer Opportunities In Your Community

The Parkinson's Society of Alberta is currently recruiting volunteers who enjoy doing research, contacting their members, answering phones & maintaining donor records. Contact Shannon in E-133 for more details around these exciting positions.

The **Madeleine Sanam Foundation** is looking for a bilingual accounting student to act as their accountant. You would be responsible for the creation of a database to maintain the books for expenses, assets & cash flow for the foundation. See Shannon in E-133 for more details.

Meadowcroft Senior's Residence is looking for volunteers to act as computer tutors for their residents. A basic knowledge of the use of computers an asset. See Shannon in E-133 for more details.

Metis Child & Family Services Society is now recruiting staff or students to tutor their clients in math, science, social studies, english and Cree. Stop by the NAITSA Volunteer Centre in E-133 for details.

Community Profile:

The Zebra Child Protection Centre:

The Zebra Child Protection Centre is new to Edmonton. Its purpose is to provide support victims of child abuse & their families.

Their mission statement is "To operate a "child centered" facility, fully integrating systems of services for children, which focuses on the total wellness of children, their families, and the community with an emphasis on protection, investigation and preventative measures."

The Centre also offers victim services, child advocates, court accompaniment, court prep, as well as acts as a liaison between the child and their family and the detectives, case workers and crown prosecutors.

The Zebra Child Protection Centre is currently recruiting for a variety of volunteer positions, for more information contact Shannon in E-133.

Volunteer Opportunities At NAIT

Volunteers are needed to kick off the **Edmonton Automobile Show** on Feb. 2nd, 2005. Come out for free tickets to the show and a free meal, see Shannon in E-133 for more details!

Also coming up in February is the **Annual S.S. Benefit NAIT Cruise**. Volunteers are needed to help transform NAIT into an Egyptian paradise! A variety of shift times and jobs are available, come by the NAITSA Volunteer Centre in E-133 to sign up!

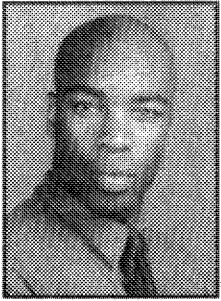
Are you treid of paying skyrocketing tuition fees! NAITSA is looking for volunteers to take a petition to your friends and class and have them sign this petition to ask the provincial gov't to freeze your increasing tuition fees! Contact Shannon in E-133 for more details!

Quote of the week:

"There are no problems - only challenges."
Anonymous

So What's New at NAITSA?

Dwayne Williams



NAITSA President

January was a wild month to start the 2005-year off with a blast! Especially with events like "Vegas Bash 2005" which had an amazing turnout of students to party at Cowboys and The Standard in mass!

No while we count down the days till the NAITSA Vegas Trip and NAIT's general reading week, we've also been busily running around to set the stage for the upcoming year ahead.

One such change is a restructure of our current student government system; we are proposing the idea of a representation by school and more flexibility for the non-metro satellite campuses to be self-governed. We believe future years at NAIT will be much more efficiently run in the decision process of this suggested student body representation!

If you have any questions or concerns on this suggestion, or simply want to see what the heck we're talking about. Make sure you come to the **Emergency General Council in X-107 on February 8th at 5:00 PM** to see more! Or simply talk to your technology's tech reps!

We've also received some suggestions and comments though the "Speak Out!" forms circulating the school, a copy of one should be in this Nugget somewhere! I'll address a couple issues right now:

Recycling is one issue that has been mentioned. NAIT does indeed do paper recycling! When asked about this concern, Kerry Nolan (Manager of Custodial Services) did inform us of a few things. "To date this year we have recycled...14,957,088 sheets of paper, 13,662 large newspapers, and 17,092 office paper-sized cardboard containers."

This basically means that NAIT has saved 1819 trees, 438,700 kilowatts of power, 246 cubic meters of landfill and 2,889,000 liters of water! Way to go people! Keep it up!

Microwaves are another common issue, mostly the lack of

their availability. This has always been an issue, but also concerning is the amount of vandalism that occurs to these machines (which are in the hundreds of dollars for heavy-duty capability) such as forks and pens being left in them.

Despite the vandalism, we do appreciate notice of any non-functioning microwaves, as we are typically able to have these machines repaired. In the future we can hopefully add further ones, to not only main campus, but also any location that holds

our fellow NAIT students!

Notice of Events and Parties is also a reoccurring complaint, mostly from those who aren't directly connected here on the main campus, or in the vicinity (such as St. Albert, Patricia, Souch, and Distribution)

We've recognized this for a while, which is why are pushing so strongly for more technology representation at our meetings. In the meantime, make sure to stay tuned to NAITSA's website (<http://www.naitsa.ca>)

which boasts a brand new Events Calendar!

This Calendar is constantly updated with the latest news and events, so if you want to see big events are coming up, make sure to check it out! In the meantime, we'll work on getting most posters and knowledge of events out to everyone!

Hope this update helps! See you around!

Your NAITSA Prez

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

All submissions must be accompanied by your name & student ID number

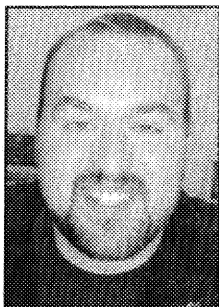
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Indie Night
@ The Nest
Friday Feb. 4th
Political Live
INTRICATE MINDS
and D.F.E
Doors Open 8 p.m.
Tickets \$5 @ the door
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NAITSA THE NEST

Ook of the Week

Ben Stokes

Trevor Elliott—SPORTS



Leading the ACAC in scoring is an impressive feat; however, leading the league as a rookie is outstanding. That's just what Ooks' rookie forward Ben Stokes has accomplished with 12 goals and 25 assists for 37 points in 16 games.

Ben is a very mature, young athlete from Lomond, Alberta and is a blue chip in the Ooks' lineup. Stokes comes ready to play each and every game and can be counted on by his coaching staff and fellow players to step up whenever needed.

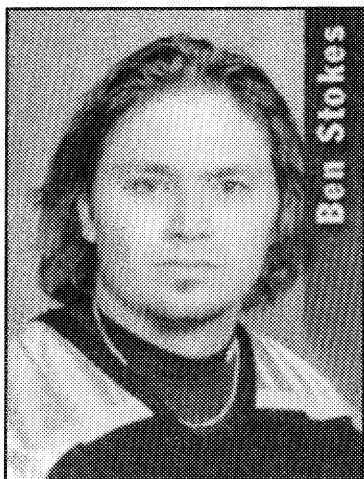
Ben attributes much of his on-ice success to his fellow line-mates Adam Ferrante and Ryan Yarmuch. Ben feels that without them, he wouldn't have been able to accomplish what he has and would not have been as effective in the ACAC.

Before joining the Ooks, Ben spent four seasons in the AJHL. Ben played a year and a half with Crowsnest Pass and then two and a half years with the Fort McMurray Oil Barons. Ben decided to come to NAIT because he was interested in taking Petroleum Engineering and some of his current teammates convinced him that he should now start focusing on his career after hockey. Ben is currently taking college prep and will start Petroleum Engineering next season so the Ooks should have his services for another two seasons.

Ben Stokes is very impressed with the coaching staff of the Ooks.

Coaches Terry Ballard and assistants Jamie Langley and David Lascelle are all very tight with their players and are not only coaches, but mentors and friends as well.

Ben is very impressed by the depth of his team and the will to win of his teammates. The Ooks are filled with players who have played competitive hockey in the WHL, AJHL, as well as in other major junior leagues. Stokes is impressed that his teammates come out to win each and every game. The Ooks don't take any game lightly and expect to win every night.



Ben feels that the transition to NAIT was very smooth. His instructors are very competent and helpful and classes and the environment at NAIT are extremely friendly. Ben is very impressed with the treatment the team receives from the athletics department. The NAIT Arena is a great rink to play in and their dressing room is very comfortable.

Ben and the Ooks should continue to have success this season and well into the playoffs. Fans can see Ben at Ooks games this season. The Ooks are in second place in the ACAC and the hockey action should not be missed.

NAIT OOKS

Ook Tracks

TREVOR Elliott—SPORTS

MEN'S HOCKEY

Last Week: The Ooks won both legs of a home and home series against Mount Royal as they defeated the Cougars 3-2 in overtime at Mount Royal on Thursday and returned home to defeat the Cougars 4-2 on Saturday.

Coming Up: The Ooks host the Trojans on Friday at 7pm at the NAIT Arena and travel to SAIT for a game on Saturday.

WOMEN'S HOCKEY

Last Week: The Lady Ooks surprised the Trojans as they defeated SAIT 4-3 in Calgary on Friday. The Ooks defeated the U of C Dinos 3-1 at the NAIT Arena on Saturday.

Coming Up: The Lady Ooks travel to Calgary to face Mount Royal on Saturday.

MEN'S BASKETBALL

Last Week: The Ooks took the weekend off.

Coming Up: The Ooks play at Concordia on Friday and host the Thunder at 7pm on Saturday at the NAIT Arena.

WOMEN'S BASKETBALL

Last Week: The Lady Ooks took the weekend off.

Coming Up: The Lady Ooks play at Concordia on Friday and host the Thunder at 5pm on Saturday at the NAIT Arena.

MEN'S VOLLEYBALL

Last Week: The Ooks hosted Lethbridge Community College for two games last weekend. The Ooks defeated the Kodiaks 3-0 (25-20,

25-19, 26-24) Friday and 3-0 (25-17, 25-22, 25-20) on Saturday.

Coming Up: The Ooks host Medicine Hat College in a pair of games at the NAIT Gym this weekend. Game times are 8:30pm on Friday and 2pm Saturday.

WOMEN'S VOLLEYBALL

Last Week: The Ooks hosted Briercree College for two games last weekend. The Ooks defeated the Clippers 3-0 (25-17, 25-12, 25-14) Friday and 3-0 (25-7, 25-11, 25-16) on Saturday.

Coming Up: The Lady Ooks host Medicine Hat College in a pair of games at the NAIT Gym this weekend. Game times are 6:30pm on Friday and 12pm Saturday.

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Quick Emergency General Council

Regarding Proposed Student Government Changes

February 8th - 5:00 PM
Rm X-107

Look Standings

TREVOR Elliott—SPORTS

MEN'S HOCKEY

as of January 22, 2005

Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away
SAIT	18	14	3	1	0	29	94	57	7 1 1	7 2 0
NAIT	16	12	4	0	0	24	87	43	6 2 0	6 2 0
Mount Royal	18	11	6	0	1	23	94	64	6 2 0	5 5 0
Grant MacEwan	16	10	4	2	0	22	76	46	7 2 0	3 2 2
Augustana	18	4	10	4	0	12	53	74	1 5 2	3 5 2
Concordia	18	4	11	1	2	11	54	86	0 7 1	4 6 0
Briercrest	16	1	14	0	1	3	42	130	1 9 0	0 6 0

WOMEN'S HOCKEY

as of January 30, 2005

Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away
Mount Royal	16	12	3	1	0	25	56	28	4 2 0	8 1 1
Red Deer	16	12	3	0	1	25	54	35	6 3 0	6 1 0
SAIT	15	8	4	2	1	19	42	35	5 3 1	3 2 1
NAIT	16	8	8	0	0	16	55	49	4 4 0	4 4 0
Grant MacEwan	15	3	8	2	2	10	23	42	1 5 1	2 5 1
U of C	16	1	12	1	2	5	19	60	0 7 1	1 7 0

MEN'S BASKETBALL

as of January 22, 2005

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Lakeland	16	16	0	32	1403	1151	8 0 8	0 0	W16
Grant MacEwan	18	15	3	30	1473	1224	8 1 7	2 2	W6
Concordia	18	13	5	26	1466	1341	7 1 6	4 4	L2
NAIT	18	7	11	14	1419	1478	4 5 3	6 6	W2
Augustana	16	5	11	10	1120	1180	2 5 3	6 6	L2
The King's Univ College	16	3	13	6	1244	1403	3 6 0	7 7	L7
Grande Prairie	18	1	17	2	1258	1609	0 10 1	7 10	L10

South Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Red Deer	16	13	3	26	1363	1105	6 2 7	1 1	W6
SAIT	18	12	6	24	1447	1274	8 1 4	5 5	W3
Mount Royal	18	12	6	24	1433	1304	7 2 5	4 4	W2
Lethbridge	16	9	7	18	1288	1228	6 2 3	5 5	L2
Briercrest	18	7	11	14	1362	1483	3 5 4	6 6	L3
Prairie Bible	18	5	13	10	1244	1402	4 5 1	8 8	L1
Medicine Hat	16	2	14	4	963	1304	1 8 1	6 6	W1

WOMEN'S BASKETBALL

as of January 22, 2005

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Concordia	18	16	2	32	1211	822	9 0 7	2 2	W1
Grant MacEwan	18	14	4	28	1146	827	7 2 7	2 2	W7
Augustana	16	12	4	24	1135	903	5 2 7	2 2	L1
Lakeland	16	7	9	14	961	1095	4 3 3	6 6	L1
NAIT	18	7	11	14	934	1107	5 4 2	7 7	W2
Grande Prairie	18	3	15	6	949	1160	1 9 2	6 6	L6
The King's Univ College	16	1	15	2	645	1067	1 8 0	7 7	L4

Women's South Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Lethbridge	16	15	1	30	1139	763	7 1 8	0 0	L1
Mount Royal	18	14	4	28	1231	836	5 3 9	1 1	W1
SAIT	18	12	6	24	959	889	6 3 6	3 3	W2
Medicine Hat	16	8	8	16	965	887	5 4 3	4 4	W2
Red Deer	16	7	9	14	911	891	3 6 4	3 3	W1
Prairie Bible	18	2	16	4	838	1275	2 7 0	9 9	L2
Briercrest	18	2	16	4	728	1230	2 6 0	10 10	L8

MEN'S VOLLEYBALL

as of January 22, 2005

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Red Deer	6	5	1	10	17	3	4 0	1 1	W2
The King's Univ College	4	4	0	8	12	1	2 0	2 0	W4
Mount Royal	5	4	1	8	12	7	3 0	1 1	W2
Grande Prairie	2	0	2	0	1	6	0 0	0 2	L2
Lakeland	3	0	3	0	2	6	0 2	0 1	L3
Briercrest	6	0	6	0	0	18	0 2	0 4	L6

North/South Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Lethbridge	4	4	0	8	12	0	4 0	0 0	W4
NAIT	4	4	0	8	12	0	0 0	4 0	W4
Grant MacEwan	4	4	0	8	12	1	1 0	3 0	W4
SAIT	4	2	2	4	6	6	1 1	1 1	W2
Medicine Hat	2	0	2	0	0	6	0 1	0 1	L2
Portage	4	0	4	0	0	12	0 2	0 2	L4
Keyano	6	0	6	0	1	18	0 4	0 2	L6

WOMEN'S VOLLEYBALL

as of January 22, 2005

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Grant MacEwan	4	4	0	8	12	4	2 0	2 0	W4
Grande Prairie	4	2	2	4	10	8	0 0	2 2	W1
Red Deer	4	2	2	4	8	8	1 1	1 1	W2
Mount Royal	4	2	2	4	8	8	1 1	1 1	L2
Lethbridge	6	2	4	4	11	15	2 3	0 1	L1
The King's Univ College	6	2	4	4	9	15	1 2	1 2	L2

North/South Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
NAIT	4	4	0	8	12	4	0 0	4 0	W4
Keyano	6	4	2	8	14	9	0 2	4 0	L2
SAIT	4	3	1	6	10	6	1 0	2 1	W1
Briercrest	4	2	2	4	8	7	2 2	0 0	W2
Medicine Hat	2	1	1	2	5	4	1 0	0 1	L1
Portage	4	0	4	0	3	12	0 2	0 2	L4
Lakeland	4	0	4	0	2	12	0 4	0 0	L4

BADMINTON

as of January 22, 2005

Team	MP	MW	ML
Mount Royal	15	14	1
Concordia	15	13	2
NAIT	15	9	6
Red Deer College	15	5	10
Grant MacEwan	15	4	11
Grande Prairie	15	0	15

SPEAKER SERIES for All NAIT STAFF and STUDENTS

Sponsored by the NASA Membership Services Committee

NANCY McCALDER, MSc RWS CHRP
"Skills to Resolving Conflict"

"For those of you who dare...come talk about the dreaded "C" word. Most people are uncomfortable dealing with conflict in any part of their lives. Either way they look for it and deal with it like a bulldozer or run as far away as possible. Neither strategy is very effective. Come learn what your conflict style is and Nancy's top ten secrets for managing conflict.

Date: Wednesday, February 9, 2005

Place: Room H003

Time: 11:15 - 12:10 pm or 12:15 - 1:10 pm

Also available through the live web-cast,
URL address - <http://stream.nait.ab.ca/NASA>
Password - NASA

Bring Your Lunch

Speaker Background Nancy McCalder MSc RWS CHRP

Nancy combines a unique professional background in both Human Resources and Social Work that enables her to work effectively within workplace environments. She earned her Master's Degree in Human Resource Management from Nova Southeastern University. In addition, she has a Certificate in Conflict Management from the Alberta Arbitration and Mediation Society.

She has been a member of the senior management team at The Family Centre for 15 years. During her tenure with The Family Centre she has grown her expertise in organizational health and wellness via their Employee Assistance Program Services. She regularly consults with corporate customers large and small on issues such as stress, balancing work/family life, workplace conflict, team building, change management and most recently generational issues at work. Nancy is an experienced group facilitator and conference presenter who uses an interactive presentation style.

NOTE: This session is offered at two separate times to accommodate schedules.

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Application forms are available at the NAIT
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Deadline:
February 4, 2005

Ooks DomiNAIT On The Court

In ACAC volleyball action, the Lady Ooks won both of their matches against the Briercrest Clippers to increase their winning streak to six. The Lady Ooks now sit top the North/South Division with two points in front of SAIT.

The Lady Ooks consist of all first year players and Coach Trevor Turner can not be any prouder of the success of his women this season. The ladies took the first half of their season to realize that they must come out and put out a full effort each and every night in order to be successful in the ACAC. The Lady Ooks finished the first half of their schedule with a record of 7-5 and finished one game out of third (not at the bottom as reported in an earlier issue). The Ooks would have been promoted to the Provincial Pool with another win.

The Lady Ooks pride themselves of their serving skills. They are the best serving team in the ACAC and continuously break up any set plays attempted by their opponents. Opponents are often caught off-guard by their serving and the Lady Ooks capitalize on this advantage.

The growth and maturity of the Ooks has led them to their current position atop the North/South Division and could take them far into the play-offs if their success continues. The ladies continuously improve from game to game and the Lady Ooks will likely not reach the peak of their performance until they reach the play-offs.

The Lady Ooks are led by their two captains, Erin Kerschbaumer and Robyn Taylor. Robyn in the voice of the Lady Ooks and continuously encourages her teammates to improve by supporting and praising their play.

With provincial experience under her belt, Robyn is an incredible

player to watch. Her agility is phenomenal and Robyn continuously saves points for her team with her incredible digs.

Erin is an outstanding player and quite possibly the best player in the ACAC. She leads the ACAC in kills and is second best in serving in the league right behind teammate Jamie Bloxam. Erin continues to impress in all aspects of her game and prides herself of her leadership by example style.

With 15 years of ACAC coaching experience, Coach Trevor Turner is outstanding and treats his ladies with respect and continuously strives to improve his players and get them to play at their peak performance level. As a result, his players have tremendous respect for him as a coach and mentor and his players have had much success with his coaching strategies.

The Lady Ooks have six games left in their season and have their sights aimed at first place in their pool. The Lady Ooks play both of their games at home this weekend against Medicine Hat College and then turn their focus to SAIT and Lakeland. The Lady Ooks will then advance to the playoffs if they finish in first or second spot in the North/South.

The men defeated Lethbridge in two matches last weekend as well. The Ooks also sports a 6-0 record in the North/South and are tied with Grant MacEwan atop their division. The Ooks host Medicine Hat in two games this weekend and then turn their attention to SAIT and Grant MacEwan.

NAIT hosts volleyball action on Friday at 6:30pm and 12pm on Saturday. The women play first followed by the men. Students have free admission to this exciting action when they show their student ID cards.

Ooks Soar Over League's Elite

TREVOR Elliott—SPORTS

The Ooks defeated the Mount Royal Cougars twice last weekend and pulled to within three points of the SAIT Trojans with two games at hand. The Ooks defeated the Cougars 3-2 in overtime on Thursday night in Calgary. The Ooks returned home to defeat the Cougars 4-2 in a penalty filled game that saw multiple players ejected for fighting.

The intensity between the two teams continued to the final whistle. Just as the third period came to a close, Ryan Gilmore dropped his gloves in a fight and, as a result, Ryan will have to sit out the first of the Ooks' two games against SAIT.

Keith Reade did not play in either of the games last weekend. The Nugget has discovered that Reade sprained his right MCL in the game on Saturday, February 22nd against Augustana. Reade is day to day with his injury and the Ooks are optimistic that he will be able to play next Saturday.

The pair of wins by the Ooks put them in excellent position to catch the Trojans this weekend. The Ooks are three points behind SAIT with a home and home series against them this weekend. The Ooks are now four points ahead of Mount Royal for second place and also have two games at hand against the Cougars.

The series against the SAIT, this weekend, is the most important series of the season. With a pair of wins, the Ooks can move ahead of the Trojans by a point. The Ooks will be in tough against the Trojans; however, the Ooks should do no worse than a series split against SAIT. In the only previous series with the Trojans this season, the Ooks lost a close contest to SAIT 5-4 in Calgary and returned home to defeat the Trojans 3-1.

In order to win the series against the Trojans, the Ooks must use their potent offense to find back of the net. Solid performances

by Tim Barlow, ACAC's top goaltender, will be critical to the Ooks' success. Another interesting match up is the Ooks' defense (best in the ACAC) against the Trojans who sport the most powerful offense in the league. The Ooks must also be effective with their dominant power-play unit against the ACAC's most penalized team. Trojans to watch in this week's series include Jordan Campbell and Clayton Bastura.

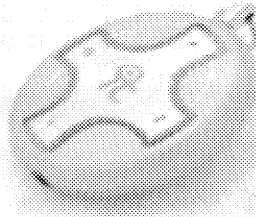
The Ooks host the Trojans Friday night at 7pm at the NAIT Arena. Admission is free to students when they present their student ID.

The Lady Ooks surprised the SAIT Trojans 4-3 in Calgary on Friday. The Lady Ooks also defeated the University of Calgary 3-1. The Lady Ooks now sit three points behind the third place SAIT Trojans. The Lady Ooks travel to Calgary to play Mount Royal on Saturday.

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STUDENT SUCCESS SEMINARS Room X111

SESSION	DATE	TIMES
EXAM WRITING/ MANAGING EXAM STRESS	Wednesday, Feb. 9 th	11:15 to 12:15 <u>or</u> 12:15 to 1:15
STRESS MANAGEMENT	Wednesday, March 2 nd	11:15 to 12:15 <u>or</u> 12:15 to 1:15

All sessions are free and on a drop-in basis.
For more information contact the

STUDENT COUNSELLING CENTRE
Room 0117; phone 471-8921

NAIT Alumni Beats Guinness Record!!

Dwayne Williams

Doug Pruden, a very honored and proud alumni from the 1985 Interior Design and 1984 Architectural Technology graduating class. He also recently crushed world records in the pushup category!

Doug has already achieved many amazing achievements:

- July 30th 2003- most one arm pushups in 10 minutes (546)
- July 30th 2003- most one arm pushups in 30 minutes (1,382)
- July 9th, 2003- fastest 1,000 pushups on fists (18:13 minutes)
- July 9th, 2004- did 5,557 fist pushups in a time of 3:02:30 hours!
- October 22nd 2004- most one arm pushups in 60 minutes is (1,777)

Local personnel trainers who acted as judges verified all these records. All the records had to be done in a public place, the last being the Body Quest health club in Edmonton.

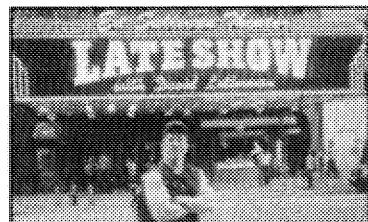
Having been doing pushups publicly since his first Edmonton fringe festival experience in 1993; Doug starting in the



year 2000 and on was breaking national and world records! Doug is the first to establish a new Guinness World Records™ record in this category.

“When you try to do the larger

records you strength eventually goes down,” says Doug. “The speed records demand a lot out of you, but endurance within an hour is worse because you’re already beyond being tired, so you try to keep hydrated and your breath in check.”



With well over 8 million pushups (one arms or two arms of fists combined) completed, and performing 1000 or more reps a day, Doug plans to eventually hit 10 million and then 15 then 20.

“I learned stamina by doing long hours of drawing and drafting while in NAIT’s architectural program. So I’ve just applied what NAIT taught me to my existing athletic pursuits I am into currently.”

“Having spoken in dozens of public schools about the importance of a healthy and active lifestyle. Touching on topics, which include how he has never smoked and is drug free. Which he considers being highly important traits.

Doug can’t wait to be in future editions of Guinness World Records™, not once or twice, but many times! I’m sure we’re all cheering for you Doug, good luck on future record-breaking achievements! —Your NAITSA Prez

Important Information Regarding

2004 T2202a Tuition Tax Receipts

New for 2004! The T2202A tuition tax receipts for the 2004 calendar year will be made available to students on-line at www.nait.ab.ca/MyNait Portal in February 2005.

Please note: These tax receipts will not be mailed and will only be accessible via the web.

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Information Session: Mon. Feb. 7, 7:00 p.m., NAIT Shaw Theatre, Main Campus

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Adventures in Mexico

Day 6: Freak Outs and Crotch Shots

Jenny Annett
HEALTH & LIFESTYLES



Much to our enjoyment, Day 6 ended up being the most eventful of our trip. We had booked a snorkeling trip in advance and spent the whole day enjoying adventures on a cruiser boat.

We were sailing leisurely along, happily soaking in the view from the top deck, when the M.C. of the trip made an announcement, "ATTENTION! To those wanting to snorkel, this is your last chance! Last call for snorkeling! Decide now, you only get one chance to do it! Last call! Last call for snorkeling! Get your names on the list! Get a life jacket! Be on the bottom deck in five minutes! Last call for snorkeling! Don't miss out!" Pandemonium struck.

Unaware of any previous calls for snorkeling, patrons on the boat began to freak out to the max. Grown men frantically ripped off clothing to reveal bathing suits, while women struggled to put on aqua shoes. Mothers spastically smeared sunscreen onto their children. People were stressfully taking pictures, worried they wouldn't have another chance. "Am I in the picture? Did you get the snorkel in it? **HURRY, Mavis!** It's the last call! No, the silver button! **THE SILVER ONE!!!!**" It was intense.

After floating around in the water for about twenty minutes, the snorkeling hype was over and we soon found ourselves on a privately owned beach. When we had first boarded the boat, we were notified there would be a member of the crew filming us throughout the day in order to provide us with a video memory of our adventures. We had no desire to 'ham it up' on camera, but avoiding it proved to be most difficult.

As promised, we found ourselves haunted by the young camera man all day. Being the center of attention is very flattering, except when the focus of the film is your, ahem, unmentionables. Every time I sat down to enjoy the view, I became aware of someone watching me. Sure enough, a glance up would reveal the Mexican cameraman giving me a 'thumbs up' while focusing in on my chest or crotch. He seemed to believe it was quite a skill, to capture my essence in a variety of unflattering angles. It was unavoidable and we soon accepted the invasion, cooking up hilarious scenarios of families watching the video and being horrified at my nonchalant groin display. Title for our imaginary film? "*Girls Gone Wild: The Family Vacation Series.*"

The events soon petered out, and our day slowed to a halt. The evening consisted of eating, watching Mexican MTV, and going to bed early. We slept soundly in anticipation for our last day in Puerto Vallarta.

Day 7: A Room for Twelve?

As most of our days involved some sort of strange occurrence, Day 7

was no exception. We planned an early morning in order to enjoy as many hours of our last day as we could. We spent the daylight hours doing what we did best: nothing.

The evening was going to be spectacular. Carlos O'Briens was our bar of choice, and we danced our hearts out until around one thirty, which is when the weirdness began. Sally met a young Mexican 'doctor' who had a liking for her. He was kind enough, kissing our hands, dancing with us, and introducing us to his friends. (I know what you're thinking. I was thinking it too: Sleazeball.) At one point, he suggested we go to the trendy bar down the street called 'De Santos'. We went, not because Monique or I wanted to, but because Sally liked this charming 'doctor' and was interested in the elite club.

De Santos, as I predicted, was not my style. It was filled with mannequins, all with their cheeks sucked in and their muscles clenched. As soon as I walked in, I noticed two things: 1) There were only two girls besides us in the entire club; 2) The 'Doctor' knew every single person, including bouncers, servers, and bartenders. One second after being oogled on the dance floor, Monique and I decided we had to get out of there. Fast. Turning towards Sally, we saw her as she happily followed the 'doctor' up a stair well.

Like secret agents, we kept one step behind her, following her up to an open loft area that contained a balcony, a bar, twelve well dressed men, and seven **BEDS**. AAAHHHH!!! Not interested in being the 'doctor's patient', I grabbed Sally's arm and we took off with the 'doctor' calling after us. At the entrance, he apologized and showed his disappointment, while Monique and I showed our disgust. Sally ended up being mad at us for the rest of the way home, but we happily accepted her silent treatment as a pleasant alternative to what could have been.

True to Puerto Vallarta style, our last night was strange to say the least. Whether the doctor was genuine or not, we'll never know. I'm grateful for that. With Sally steaming, and Monique and I happy to be back at the hotel, our last full day was complete. The next day was home time.

Read 'Adventures in Mexico' next week as I touch on Day 8: The trip home. Comments are welcome and can be directed to jannett8@hotmail.com

Dear Bonny and Guest

The hilarious column where you can seek advice from a normal, unaccredited NAIT student and her zany weekly guest! To submit your questions, email us at bonnyandguest@hotmail.com

This week's guest: The girl who stole your boyfriend

Dear Bonny and Guest,

Until recently, I was in a wonderful, exciting relationship with a guy I could have a lot of fun with. Our sex life was thriving, that is, until he called me by the wrong name. What gives? Should I be worried?

-Not Cindy

Dear Not Cindy,

Bonny: Your question has a possibility of two answers. The first one, the more innocent of the two, is that he simply made a mistake. We all do it.

Boyfriend Stealer: I would say it wasn't a mistake. Guys don't forget a good time, and Cindy was probably one of them. I don't blame him; you're probably not supporting his life decisions.

Bonny: Umm, personal attacks aside; I would suggest confront-

ing your boyfriend in a non threatening manner. Maybe he has a little fantasy about a girl at work, or maybe he just let his mind wander for a second.

Boyfriend Stealer: Honey, if your boyfriend's mind is wandering when you are having sex, then something isn't right. When I'm with your boyfriend, he only says MY name. And he says it over and over and over...

Bonny: The other side of the story is not a good one. It could very well be that he called you the wrong name because you aren't on his mind, someone else is.

Boyfriend Stealer: This, I TOTALLY agree with. You sound boring. Your boyfriend needs a girl who's not afraid to call him 'Tiger'. (Grrrrrrrrr)

Bonny: There is no sense in dragging out the inevitable. If he can't devote himself to you, there is no reason to relish in possible solutions.

Boyfriend Stealer: There is one solution I can think of: tell him to give me a call. It's been a while since I taught a lesson to a naughty boy.



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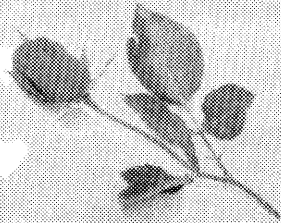
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Rocking Out With our Bad Selves: Another Saturday Night

JENNY Annett

We interrupt this broadcast for an important announcement: The beginning of this article has little to do with my Saturday night and everything to do with my latest increase in fans. Since last week's article 'F**k You and Your Woolly Balls!' I have been getting rave reviews from a number of NAIT students. From this, I have made the following assumption: You like it when I talk dirty. Therefore, dear readers, this is for you: "Penis, penis, penis; vagina, vagina, vagina. Thank you for your support, now to continue with our regular programming.

As many of you have related to me, you share the same feelings as to the difficulty of finding an intelligent soul within the bar scene. Ignoring this sentiment, my girlfriends and I ventured to *Union Hall* this past Saturday.

I know what you're thinking, "WHAT THE HELL WERE YOU THINKING, JENNY?" You are right. I don't know. The arrival was the typical start to another bad night. Even the VIP line up was outstanding. We had tickets that let us stand with such elite people as the guy who spit on his own

shoe and the girl with lipstick on her teeth. Already bitter at having to wait in line, I commented, "I've never seen so many people waiting to hear shitty music in my whole entire life." Someone in line retorted, "I guess you've never been to a Yanni concert." Touché, fellow line mate. Touché.

Once inside, my attitude changed. I was quite impressed with the wide range of attractive women. For all the heavy rock the *Union* plays, there were a lot of gung ho girls, ready to get wild. The atmosphere was actually fun, even though I wouldn't necessarily listen to AC/DC on a regular basis. We checked our coats and tried to find a place to lean seductively. Unfortunately, we did.

At the bar, putting everything into our leans, we met a variety of people. One, the guy with the see through shirt due to abnormal amounts of sweat; Two, the guy who said I looked beautiful and then made out with the plastered girl to my left; Three, the girl in the skirt who shot gunned a beer in 15 seconds. (The last one was amazing.)

My girlfriends and I tend to prefer rap and R&B music, but we were determined to have a good time. We rocked out to Bon Jovi. We screamed to Marilyn Manson. We jumped to Puddle of Mud. All in all, what seemed like a bad idea turned out to be okay. That is, until the horrifying incident.

While we were taking a break from dancing, a commotion broke out behind us. There was screaming and laughing and the sound of someone spilling something, followed by a sweet, pungent aroma. You guessed it. It was puke.

Turning around, I was greeted with none other than the girl who had shot-gunned the beer. She had projectile vomited all over the floor, hitting everyone (even the guy beside me.) The shrapnel missed me by mere millimeters. Seeing our disgusted looks, a nice girl came over to ensure us that someone had been notified of the 'accident'. She commented, "Yeah, I was just sitting there, and I felt something wet on my arm. It was puke. Oh well, Talk to you girls later!" Shocked by her aloofness, we had a group shudder

about two things: One, the fact that the girl didn't care about the puke on her arm, and two, the fact that SHE HAD CHUNKS IN HER HAIR!!!! Unanimous group decision: the night was officially over.

Walking back to our cars, we decided that the night wasn't a complete bust. Though we didn't meet any new people as we had planned, we had enjoyed many of the songs from our youth. We wouldn't necessarily sing, 'I want to f**ck you like an animal', at

karaoke, but we liked the 'anything goes' vibe that the *Union Hall* has. To punctuate the evening, we continued with the tradition of being called names at the end of a night out. As we were saying our good-byes, a blue muscle car swerved up and the passenger yelled, "Ya bunch of lonely dykes!" Ouch. That one hurt. Didn't he know we were trying our best? How dare he call us lonely!

Comments are welcome and can be directed to jannett8@hotmail.com

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Feb 9th

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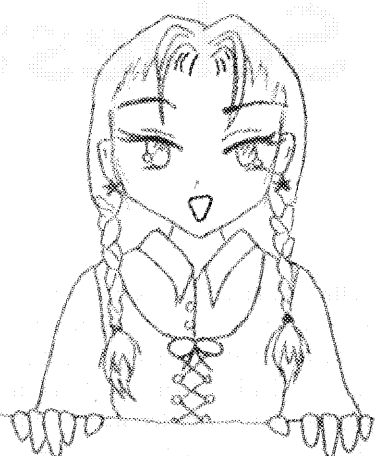
tupelo honey

STYND

Sat. February 5th Tickets **\$12**
at **THE NEST** in advance
doors open 8 p.m.

Tickets available @ The Nest & NAITSA Office (e131)
*complimentary beverage upon entry into event

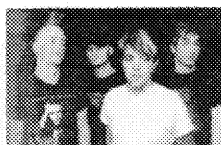
Presented by **NAITSA & Jägermeister**



Elle's Eye On Edmonton

Concert Listings

- Thursday, February 3rd ---
 -- Fractal Pattern w/ Five O'Clock Charlie and Por Nada --
 --- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---
 -- The Brewkowskis w/ Road to Nowhere and The Pasty Whites --
 --- New City (10081-100 Ave) --- Call 429-2582 for Details ---
 --- Friday, February 4th ---
 -- My Sister Ocean w/ The New Vain and Third Time Harm --
 --- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---
 -- Moonitor w/ Coded --
 --- Seedy's (10314-104 Street) --- Call 421-0992 for Details ---
 --- Saturday, February 5th ---
 -- Social Soce w/ Tupelo Honey and Strada --
 --- The Nest (NAIT Campus) --- Doors @ 8pm ---
 -- Painting Daisies w/ Fosters & McGarvey --
 --- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---
 -- The Uncas w/ The Fabulous Beefeaters and Cordoba --
 --- The Powerplant (U of A Campus) --- Doors @ 8pm ---
 -- Broken Nose w/ Mammoth, Whiz Kids, Eshod Ibn Wyzza, Sittin' Idol, Knee Deep in Grass, and Infernus --
 --- Sunrise Room (10039-102 Street) --- Doors @ 8pm ---
 -- HiredGunSolution w/ The Smokers --
 --- Seedy's (10314-104 Street) --- Call 421-0992 for Details ---
 --- Wednesday, February 9th ---
 -- Tegan & Sarah w/ Guests --
 --- Red's (West Edmonton Mall) --- Call 481-6420 for Details ---
 -- Shattered Core --
 --- Sidetrack Cafe (10333-112 Street) --- Show @ 8pm ---
 --- Thursday, February 10th ---
 -- JFK & The Conspirators w/ The Pompadours --
 --- New City (10081-100 Ave) --- Call 429-2582 for Details ---



Want to know what to see and when? Visit the NAIT website for more details.
 Email: ellejohnston@hotmail.com

Sax Appeal

Laura Johnston



Saturday night was a great evening in the world of music. It didn't take place in a pharmaceutical sponsored coliseum or a polished, media-frenzied award show. It took place in a tiny coffee shop in downtown St. Albert where a trio of instrumental idols rekindled my long lost love of improvisational jazz.

This spectacle was never rehearsed - practice of such things isn't even necessary. The three lovely gentlemen of #76 had never played a show together in their lives. Only the slightest of nods and winks, these clever and gifted performers glossed between silky-smooth transistions. There are very few words that could describe that chemistry that flowed between that divine trinity of musical genius. NAIT's own Stu Chell provided an intensively expres-

sive drum line, accompanied by Grant MacEwan's suave and mohawk-laden Johnny MacCormack (also a member of Edmonton's indie heroes, The Mad Bomber Society) who would easily give John Coltrane a run for his money. Completing the trio is Calvin Webb, guitar extrodinaire, who added both solos and accompaniment to the ultimate sound. Most wonderful of all was how they combined it all to create their own covers of such favourites as the James Bond and Pulp Fiction theme songs.

It has come to my attention just how much Edmonton needs a larger jazz scene. With only a few venues, such as the Yardbird Suite and Blues on Whyte, that even encourage jazz musicians to light up their stages, the majority of these astonishingly talented musical gods are forced to play coffee shops which only tragically have room to host thirty sets of ears.

Alas, there is little else to be done but see the shows when you can. I can only hope that one day jazz concerts will become as widely accepted as other genres. When asked when #76 will hit the stage again, Calvin laughed and replied "Well, it could be one month, it could be eight, but it certainly won't be under the name #76!"

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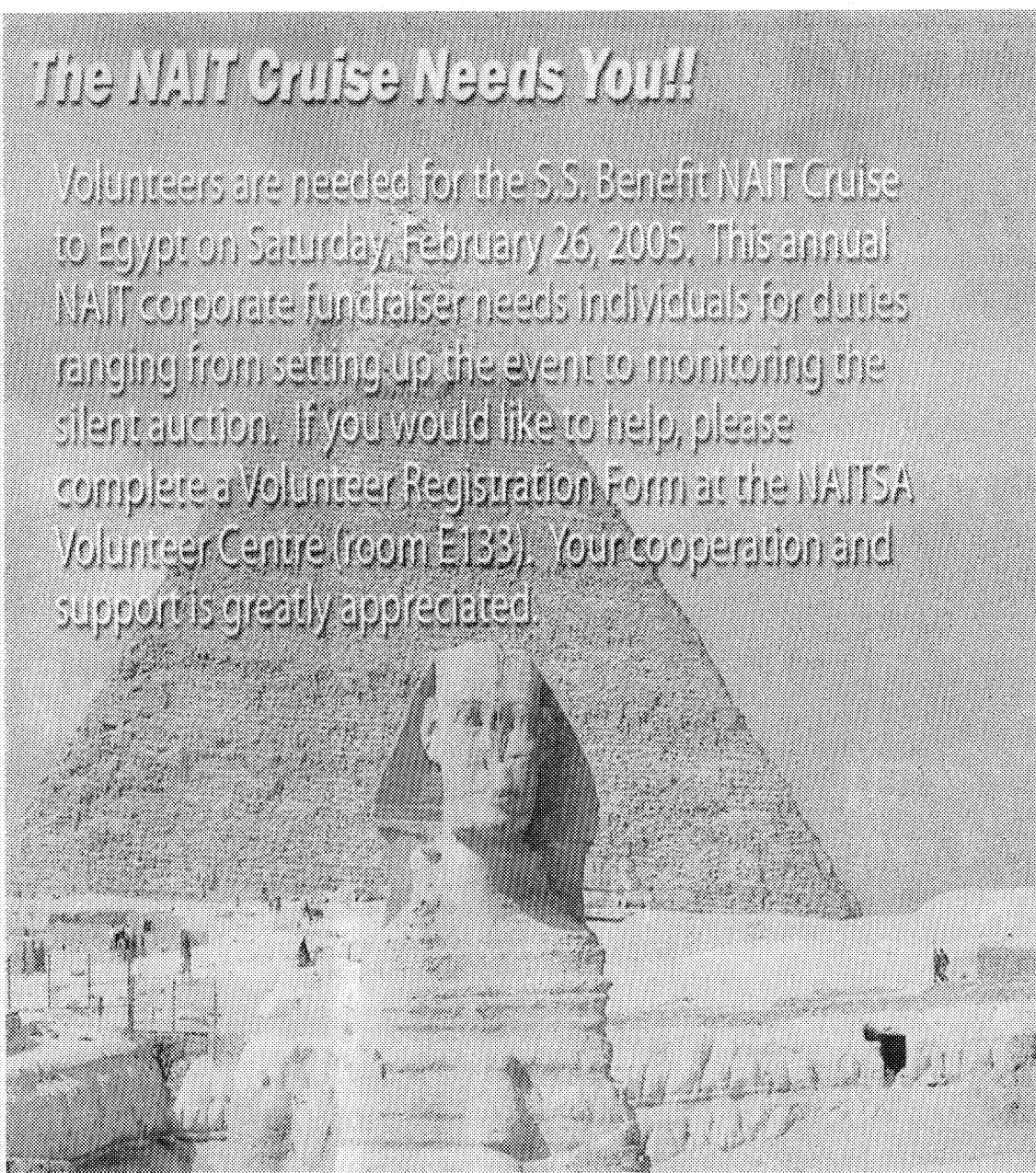
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\$10 deposit required at sign up.

The NAIT Cruise Needs You!!

Volunteers are needed for the S.S. Benefit NAIT Cruise to Egypt on Saturday, February 26, 2005. This annual NAIT corporate fundraiser needs individuals for duties ranging from setting up the event to monitoring the silent auction. If you would like to help, please complete a Volunteer Registration Form at the NAITSA Volunteer Centre (room E133). Your cooperation and support is greatly appreciated.



The Joke is on YOU!

CURTIS Comeau

I hope you readers had the opportunity to try some of the practical jokes I laid out for you last week. This week I am going to introduce a messy prank for “cheap laughs”. I will tone down “get em’ good” and relax on “Comeau’s Nasty Pick”. Enjoy.
Cheap Laughs
NAME: Fan of Fun
LEVEL: Joker
HOW TO: Messy and funny as hell. Here is how The *Fan of Fun* works - Fill some Styrofoam cups about halfway with confetti (or paper and light weight objects) Turn off the ceiling fan and gently lay the cups (on their sides) on top of each fan blade. Make sure to tape them in place and then wait for someone to turn on the fan! Just remember it’s not funny unless you are in the room too!

Get em’ good
NAME: Wakey Wakey
LEVEL: Bastard
HOW TO: Wakey Wakey is a play on an old classic, but still good for a roommate gag. Make sure to tape down the phone button on your phone. Then go out-

side and call in the middle of the night. When they pick up the receiver it will keep ringing. After 2 rings start ringing the doorbell. Use all of this along with hidden alarm clocks and coordinate the time, such as 4:00 am have the phone ringing as well as the hidden alarm clocks going off and you ringing the doorbell. At 4am its an Orchestra of beauty!

Comeau’s nasty pick
NAME: Honk if Your Happy
LEVEL: Ass Hole
HOW TO: Here’s a painstaking but excellent practical joke for motorcars, its especially good

for just married send offs. To pull this off you must have access to the person’s vehicle. This joke requires some basic knowledge of car wiring (perfect for the mechanics guys). The first step is to obtain a car horn. You can find one at a local *pick a part* for a couple of bucks. Next position the horn in the trunk of the car. Locate the brake light circuit, make a simple splice and wire it to the horn. Every time the victim steps on the brake pedal the horn will honk in the trunk. HILARIOUS! Make sure to leave a note somewhere telling your victims they have been had and how to reverse the process!

Quick Emergency General Council

Regarding Proposed Student Government Changes

February 8th - 5:00 PM
Rm X-107

THE BEST
NAIT'S CAMPUS BAR

Ladies Night

February 3rd

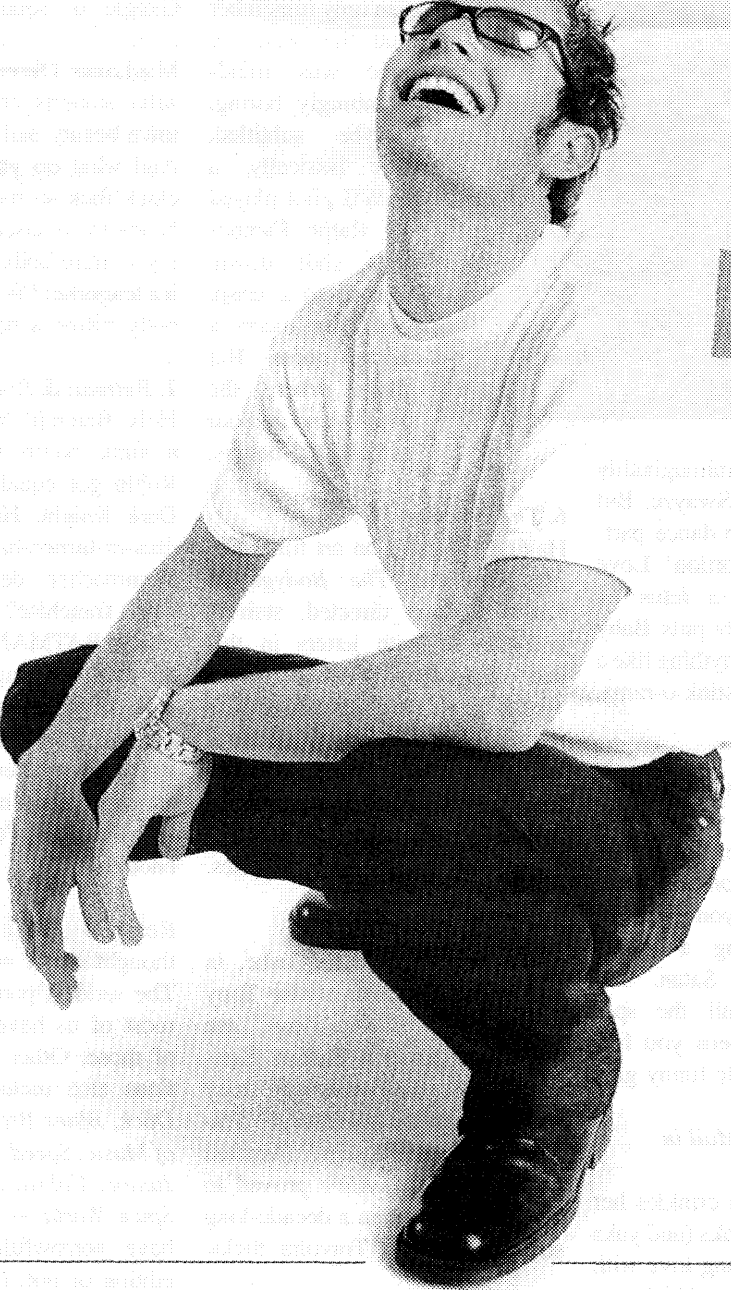
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When Worst Comes to Worst: The Top 20 Movies to Avoid Seeing

LAURA Johnston

All too many a times, the movie industry has used the diabolical combination of horrible acting and atrocious plots to sucker us hard working folk into wasting our hard-earned moola. Now, what, pray tell, is it exactly that makes us fork over the cash in the first place? Perhaps it is the clever, expensive, and even sometimes sparkly advertising. With all that said and done, it is not uncommon to be caught up in the moment at the video store either. There is certainly a great deal of sparkly packaging there. In my never ending quest to save you money, I offer a list of what Maxim magazine considers to be the twenty worst movies of all time.

20. *Dune* ('84)

The United Nations Geological Survey maintains an exhaustively detailed database of arable land throughout the world. And according to its latest data, it is not possible to grow enough marijuana for this movie to make even the slightest bit of sense. There simply isn't room.

19. *The Last Movie* ('71)

Whoa, deep, man. There's this movie stunt man played by a really stoned-looking Dennis Hopper, see? He shoots a Western in Peru and then sticks around afterward, only to be crucified by the movie-crazed natives. See, it's like a parable about the death of colonialism and Western culture and stuff. Like, is that heavy or what? Pass the Long Bong Silver, dude.

18. *Moment by Moment* ('78)

Ever wonder what could possibly make you kill yourself? How about watching a young John Travolta prance around in tighty-whities for two hours and repeatedly bang his mom? At least that's our interpretation of his creepy relationship with Lily Tomlin, his domineering 40-year-old look-alike lover. Coincidentally, *Moment* was released the same year as the Jim Jones mass suicide at Jonestown.

17. *Gymkata* ('85)

If you need a covert operative to work in a hostile environment that just happens to be littered with gymnastics equipment, Johnathan Cabot is your man. U.S. gymnast Kurt Thomas plays Cabot, who fights for America's right to build a missile base in tiny Par-

mistan. On the plus side, the cinematographer helps make diminutive Thomas look human-size.

16. *The Thin Red Line* ('98)

"Oh, my soul, let me be in you now..." Whoops, we bought a ticket to a WWII action flick but wandered into a candy-a** poetry reading. Supposedly about a battle for Guadalcanal, *Line* had plenty of existential wind-blown grass and precious little combat, leaving Nick Nolte and Sean Penn holding their dicks instead of their rifles.

15. *Moulin Rouge!* ('01)

A musical...about a love-struck poet...in France? Save us a seat! Only drugged-out hairdressers and pompous critics could endure this two-hour torture session. Not even Nicole Kidman on a giant swing could disguise the fact that this pretentious pabulum was merely a hyperactive fashion show pretending to be a movie.

14. *Nell* ('94)

Meersa arna boorba zoo zoo... Bafourna moola hooky hooky la la low... Bisguh foofa Jodie Foster la la la...bazoozoo koo koo koo! Loo loo Liam Neeson munga munga Natasha Richardson git gat giddle anna gat gasay... Loo loo lee. Mecka lecka hi mecka hiney ho chippa. Translation: Despite heavy star power, this movie f**king sucked.

13. *The Godfather Part III* ('90)

Not even if Tom Green were cast as Michael Corleone and the plot revolved around an Osama scat video could this Coppola turd be any more of a disgrace to its two flawless predecessors. With no Duvall, a wretched Sofia Coppola, and impossible-to-meet expectations, this baby was released stillborn on Christmas day.

12. *Cutthroat Island* ('95)

The \$92 million idea: Give Geena Davis a sword and put her in situations where her blouse is likely to

get ripped. Throw in a love interest with whomever—Matthew Modine? Sure, fine—and let Geena's husband, *Cliffhanger* director Renny Harlin, hold the megaphone. The result? An \$11 million gross. Oh, we get it—it's a comedy!

11. *Dirty Dancing* ('87)

Poor, timid Jennifer Grey will never get a chance to have the time

without—get this—Meg Ryan. And pug nose wears some funny hats. We forgetting anything?

8. *It's Pat: The Movie* ('94)

News flash: One-trick *Saturday Night Live* skits that suck don't stop sucking up on the big screen. *A Night at the Roxbury*, *Coneheads*, *Superstar*—it's enough to make a goddamn bukkake video.

We never cared whether Pat, played by Julia "Who?" Sweeney, was a he or a she as long as it can go screw itself.

7. *The English Patient* ('96)

As we had to keep our eyelids open with toothpicks, we can only remember that this wannabe epic was mind-numbingly boring. Maybe subtitled, too. Basically, a WWII pilot played by Ralph Fiennes gets shot down, burned to a crisp, and then meets a hottie nurse. But that's where the hijinks end and our suffering begins.

6. *The Postman* ('97)

Having given up on art films like *Tin Cup* and *The Bodyguard*, Kevin Costner directed, starred, and danced with letters in this tale of postapocalyptic mail service. There's an underdog, world-saving superhero, some bad guys who smoke, and a troubled, imperfect love interest. Sound familiar? It's *Waterworld* on land, with everything that implies.

5. *Staying Alive* ('83)

Hollywood suit: "John, babe, in contrast to cool, streetwise Tony in *Saturday Night Fever*, we dress you up in a banana hammock, rub you down with baby oil, and...hello, Broadway!" Travolta: "Where do I sign?" Directed by Sly Stallone, *Alive* proved to be the first duker in a decade-long string of crappy Travolta flicks.

4. *Armageddon* ('98)

Hmm, a Texas-size asteroid is headed toward Earth, so NASA

sends up a dipshit oil rig crew to nuke it. This idiotic story—which makes *Chitty Chitty Bang Bang* look like a documentary—is told through a nonstop hiccup of sappy scenes, including one where Liv Tyler and Ben Affleck playfully feed each other animal crackers. At that point we tossed our cookies.

3. *Patch Adams* ('98)

The Mad Libs script: Robin is a (noun) in a (noun) whose superiors are put off by his unconventional antics. However, the (plural noun) all love him, and in the end Robin's gently comic, sweetly philosophical love for humanity wins everybody over. In this case Williams is a doctor who yuks around in clown shoes in front of game-over cancer patients.

2. *Steel Magnolias* ('89)

Gaggle o' squawk boxes Sally Field, Daryl Hannah, Shirley MacLaine, Olympia Dukakis, and Julia Roberts are cast as small-town beauty parlor gossip queens. And what do you get? A weepy chick flick so menstrual it single-handedly emasculates Ron Jeremy's entire body of work. Why is it a tearjerker? Who knows? Somebody broke a nail or something.

1. *Batman & Robin* ('97)

Holy Batcrap! You had to smell a stink bomb when pantywaist Robin got equal billing with the Dark Knight. How did window-dresser-turned-hack-director Joel Schumacher demolish a cherished franchise? He forgot it was about BATMAN! Schwarzenegger camping it up as Mr. Freeze... and Alicia Silverstone overstuffing her Batgirl tights...and given Batty's prominent new codpiece, let's hope the Superfriends have a "Don't ask, don't tell" policy. Ugh, enough.

Reached for a bucket yet? I thought so. It was quite graphic. The saddest part is that many to most of us have seen at least half of those. Other honourable mentions also included *Howard the Duck*, *Blues Brothers*, *The Sound of Music*, *Speed 2: Cruise Control*, *Junior*, *Cobra*, and the infamous *Spice World* — ALL of which I have sorrowfully seen. Special edition or not, remember to keep your cash in your pocket when you reach for any of these titles at the local video store. You will be far better off without them.



of her life with the unimaginably heterosexual Patrick Swayze. But wait! Swayze's tramp dance partner just had an abortion! Love triumphs thanks to a fetus ex machina. Yep, *nobody* puts Baby in the corner...or in anything like a real movie since *this* stink-o-rama.

10. *Little Nicky* ('00)

Adam, Adam, why hast thou forsaken us? Just when we'd learned to appreciate *The Waterboy* and *Happy Gilmore* as unpolished comic gems, you went all high-concept, playing a mush-mouthed spawn of Satan. Too bad that between all the special effects and cameos you forgot to stick in a single funny gag.

9. *When Harry Got Mail in Seattle*

Let's see: Meg Ryan crinkles her pug nose while she yaks (and yaks and yaks) about finding love with the right man. And Tom Hanks (or maybe Billy Crystal) is a normal, joke-cracking guy until he suddenly realizes he isn't complete



I just wanted to comment on the poster of Pam Anderson's covered jubbies. What is with this restriction of our right to look at a pair of breasts which even the Americans are ok with? I hope people who are responsible for this censorship don't get a big head and try to dictate what women (but probably not men) wear to school.

to the "intelligent" person that wrote a couple weeks ago : "stupid people are oxygen 'theifs' " now who is the stupid person here really?? hint, ... thieves .. mr. kung fu

hey mechy guys ... i know you're all jealous because civil guys are just that much better, but we don't even know it .. and at least we can survey more than just outdoor mountain ranges .. Civ-nation

This is in response to the person promoting the straight pride website in Grape Vines. You start off with the declaration that gay marriage is immoral, and then write that people should remember important things like humanity. Are you saying that homosexual people are less than human? It seems to me that if gay marriage is immoral, it pales in comparison to the immorality of your kind of intolerance and bigotry

Dear D.B., what is the point of providing you with feedback if you are too dense to recognize it as such? They were right. You do suck. Check your dosage of anti-psychotics because they don't seem to be working. Reacting like a toddler is not becoming. PS- Learn how to use a computer.

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WWW.NAITSA.CA

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

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yr and Denise Yehia, Business,
Finance.

Athletic Package Winners

The winners of the athletic packages are Garrett Grenier, Business, Admin. and Candace Benson, Culinary Arts.

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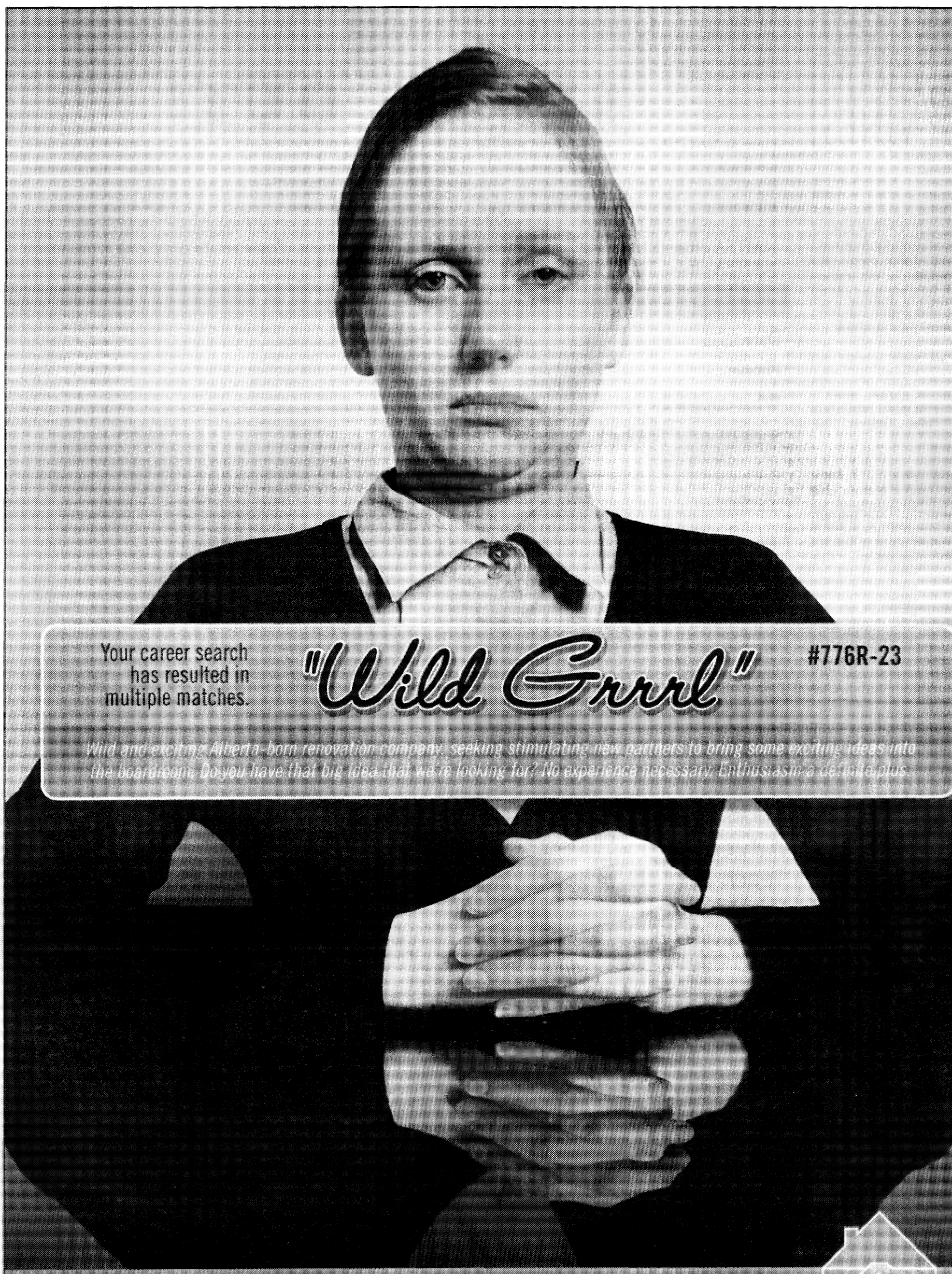
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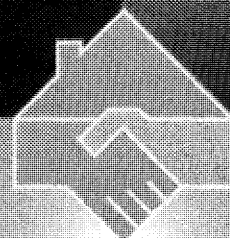
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