

The NUGGET

Thursday, January 27, 2005

Volume 42, Issue 14

NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Sports . . . p. 7

Arts & Entertainment. . . p. 12

Cool Things

Curtis Comeau



tured in *Cool Things* email me at comeau@gmail.com.

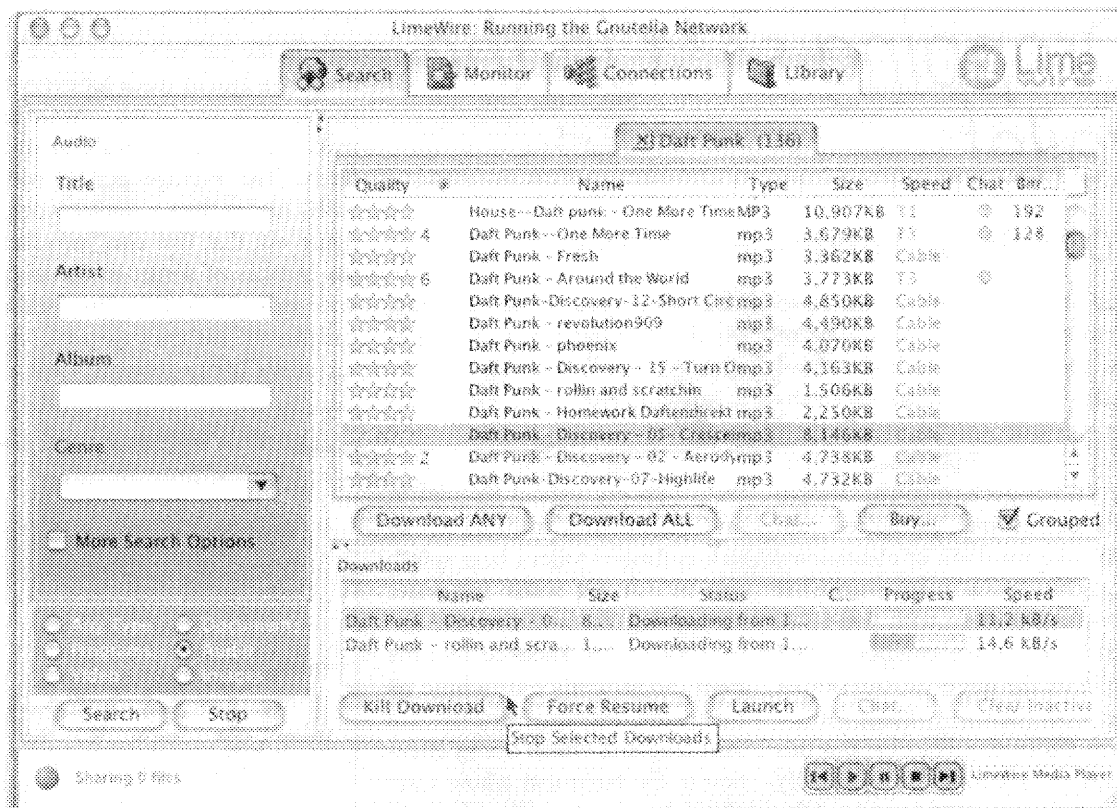
<http://www.zardex.com>

This site is cool because it's just plain different, it's from local Edmonton Sun writer Fish Griwowsky. Cool features of the site include a calendar that introduces a daily photo taken by Fish, his complete collection of space cat cartoons, tones of his ART, the Bill Benson cartoon Happenings and an interview section.

<http://www.ebay.com>

I mean everyone knows this megladon auction site but damn I still have to give it credit! This is the coolest site the net has ever seen. I mean where else could you bid on a human kidney, Madonna's panties and a vintage Smurf all in the same day? Damn Cool.

continued on p. 12



Did you ever notice there are just so many cool things out there in everyday life? This week in *Cool Things* we focus on WEB SITES.

Each week this blurb will promise to feature a new cool thing (hopefully decided by you the readers, sent to me in email form). The great thing is that a weekly column of *Cool Things* can feature anything & toys, technology, sex, movies, school, and jobs basically whatever you want... If you would like to see something fea-

Making Waves for Tsunami Aid

Laura Johnston



Still looking for a way to do your part to help with the tsunami relief effort in south-east Asia? It can be very difficult for students with financial problems of their own to give up even some of their hard earned cash. Luckily, this weekend, Red's in West Edmonton Mall is offering a cheap solution that is destined to go a long way.

On Friday, January 28th, fans from around Edmonton will be gathering to raise money for tsunami aid while enjoying the sounds of their favourite local bands. Social Code, Tupelo Honey, Deep Fine Grind, Marble Engine, Las Vegas Crypt Keepers, The B-Movies, and Chyshuga have all teamed up to 'Rock the Red Cross' and prove that a little goes a long way. Tick-

ets are only \$7 in advance, and only \$10 at the door. Where else could you see seven of Edmonton's most talented indies for such a great deal? Doors open at 6:00pm and the show is set to start around 7:00pm. Come early for better seats and be prepared to make some waves of your own in the mosh pit.

The recent tsunami tragedy has affected people from all corners of the world. Perhaps you even know a victim first-hand. The Red Cross has the lowest processing fees out of all the charities. That means that more of your money is being put to use when donations are made through them. We're all in this together so remember to give generously. Your contribution will never go unnoticed.

What's Happening This Week?

Monday, January 31	Tuesday, February 1	Wednesday, February 2	Thursday, February 3	Friday, February 4	Saturday, February 5
Nest 4:30PM Dinner and a Movie (featuring Ladder 59) \$7.95 all you can eat pasta and free popcorn!)	Nest 4:30PM Girls of NAIT Calendar Party	Nest 4:30PM Karaoke & Wing Night	Nest 4:30PM Ladies Night	Nest 8:00PM Indy Night w Intricate Minds, Politic Live and guests	Nest 8:00PM Jagermeister Winter Fest w/ Social Code & Tupelo Honey

People are too intense

CODY Paton-Perkin—FEATURES

Why does it seem that everyone is so pissed off these days? Is it just me or have any of you noticed the level of intensity people have towards everything they may encounter during the day. I have experienced a large number of people getting upset and over reacting about several things that I would not even think twice about.

The first example of a common

overreaction that people have is to the actions of celebrities and people in the public eye. My first gripe with this is why do you care in the first place? Honestly I couldn't give a damn if Randy Moss pretends to moon the crowd after scoring a touchdown why does anybody else. Another prime example of people caring way too much is the fact that so many people are upset that Prince Harry

wore a swastika arm band out in public. This is not too say I am a racist or that I believe in anything that the swastika stands for, but if anybody else wore one of these armbands would anybody care? Probably not.

The second example of an overreaction that most people can relate with occurs at the bar more specifically the club. This example involves the "bar-star" that is "hardcore". We all know the type that I am taking about. Most of us have encountered the person that gets dressed up with the pleather coat and goes out with his "crew" who "ran" and still "run" their high school. Now for those that have been to the bar know that there is roughly 1 foot of space for every 6 people in the bar which sometimes makes it difficult to walk around freely. The average person with an IQ higher than a stapler would figure out that this also increases the chances of someone bumping into you or vice-versa. But for the gangsta and his crew they take an accidental bump personally which

is a major overreaction anyways but then they pick a fight after an apology to these people I say take another valium and watch another episode of the Sopranos Freak.

The last example of over reactors is the people who it would seem to look for something to offend them. These people are everywhere and affect how many things are run. This over reactor is by far the most annoying. These are the people that make it difficult to do anything successfully. People that take things too literally, the people that cant take a joke. It is unfortu-

nate for all of us that these are the people that more often than not ruin the fun for all involved parties. One complaint can change an entire event or an entire add campaign. Is it right no...but living in the politically correct world we live in it is a reality.

In closing I think that people just need to take a step back and chill out, there is no need to get so intense about things that most people don't think twice about. Just because somebody says something that offends you does not mean that it was their intention to do so.

The worst thing in the world...

*Dropping s**t in the toilet.*

CODY Paton-Perkin—FEATURES

Last weekend I got a chance to go to a house party with some of the people I went to high school with. Times were good catching up with people you haven't seen for a couple years. Naturally times got a somewhat festive as I dipped into the spiced rum and coke the drink of champions. A secret which I am somewhat reluctant to share with you all is that I have a rare condition. As I tip in on the larger human side of the food chain one would think I have TB or tiny bladder. But this article is not about my unusually small bladder at all, it is about the crappiest thing in the world dropping s**t in the toilet.

Now I know what you all are thinking...yeah you're a genius guy. But the s**t which I am referring is not s**t in the sense of poo-s**t. But objects within the bathroom which could at any moment fall into an open toilet, DUN DUN DUN. A prime example of it sucking when something gets dropped into the toilet is when your at a party, lets face it drunk people + bathrooms = sick s**t. So back to the party where I have had to go to the bathroom several times which increases the chances of toilet dropping incidents occurring. Sometime during the 10th plus trip to the wash-room my phone rang while I was handling my business. Now if I did drop my phone right now that could be somewhat gross, but I didn't thank god. But I did get distracted between where the flush would have been and the washing of the hands. So as I am casually washing my hands I remember to reach over and flush...bad

idea when you're not looking. My drunken hands knock the pit-stick over so like a freak I try like a lunge/dive/oh s**t catch this thing.

Well with my valiant attempt to save the pit stick from the oh so sick unflushed toilet I hear splash and indeed get some pee-water on my leg from the entire toiletry kit I have knocked into the toilet. So naturally I am a little bit concerned but very amused and start laughing which draws attention to the bathroom where I am alone. So now I am faced with a big decision, (seemed a lot bigger after a couple spiced rums). What am I going to do, should I just put the bag back on counter, stash it away somewhere, or do I just do the right thing and tell the truth. Well the guy who was having the party was not going to be very happy at all about what had just happened so I decide stash it. I felt a little guilty but thought it was better than making a big deal out of it. I didn't take into consideration that he could be the next person to come into the wash-room.

On my way out the door you guessed it he has been waiting to use the john. At this point I am wishing that it had been my phone not out of fear but just because I knew I was busted. So when the dust settled and I bought some beers in good faith and I thought to myself of all of the other times I have dropped stuff in the toilet and just how much it has sucked. Just one simple piece of advice always look before you flush, you just might have to save something.

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

Brave the elements



with Canadian style!

100% wool sweaters
with a polar fleece lining
will keep you cozy.

Available at your bookstore

Adventures in Mexico

Day 4 and 5: Ken dolls and the perfect man



As we were tired from multiple nights of partying until the wee hours of the morning, we decided Day 4 was girl power day. We didn't want to wear ourselves out, so we spent the day at our hotel, but took a break to visit some guys we had met the night before.

The guys were staying at the Holiday Inn ten minutes away from our hotel. Because it had a nicer beach, we spent most of the day there. Halfway through the visit, we realized we had made a horrible mistake. Though they were nice and friendly, the boys had a strange obsession. Themselves. We had officially met the most high maintenance men in the world. Their bodies hairless lying on the beach? Forget it. (The sand would stick to their bodies). Their mouths were constantly clenched in order to ensure every muscle of their bodies was flexed. Monique finally said what Sally and I were thinking. "Don't you think these guys are like Ken dolls, like almost plastic?" It was true.

Realizing we had wasted the day,

we told the guys we would be leaving. As we walked away, the most plastic of the group yelled, "Wait!" Thinking he wanted to get our numbers, we stopped. We couldn't have been more wrong. "How many mirrors do you guys have in your room? We only have one, isn't that outrageous! I have to stand in front of the fire extinguisher case to see myself when I'm getting dressed." I couldn't believe my ears. Speechless, we watched him saunter away, butt cheeks clenched with every step.

After catching a taxi back to the hotel, the girls and I settled in for a good night of mushy movies. We watched 'Jerry Macguire' and longed for a 'take charge' kind of man. It was decided that the perfect man would build cabins, handle boats, cry at movies, kiss babies, wear expensive clothes, pay for everything, help in the kitchen and have ruggedly handsome good looks. (Any takers?)

The movie ended and so did the evening. After doing inappropriate things to Monique once she had fallen asleep, Sally and I called it an early night in order to rest for Day 5.

Day 5: Creepy Kens and Psychic Pirates

As with every other day, Day 5 started off pretty slow. We mixed up the day by going to a market and taking a walk along the beach. With our quiet girl night behind us,

the girls and I were ready to experience some of the wild Puerto Vallarta night life. What we got wasn't necessarily wild, but it was definitely filled with crazies.

The watering hole of choice was the Hilo bar again. We went as a group with members from our hotel, including a psychic Mexican pirate named Jeronimo. Yes. I did say psychic. And pirate.

Now, if anyone knows me, they would know that I simply cannot live without referencing pirates at least once throughout my day. This is why Jeronimo and I got along so well. The man worked as an activities co-coordinator at our hotel, and chose to wear bandanas and gold hoop earrings. Hence the name "pirate".

Part way into our evening, Jeronimo leaned towards me and whispered, "I know a secret. You are

a Gemini, born June 20." I was intrigued, but cautious. Anyone could have found that out. Little did I know there was more to come. He continued to say that he saw me sitting in a particular spot of the classroom at school (he was right) and described a certain childhood memory I had. (Right again). I didn't know what to think. He could have been truly psychic, or just a good observer. Either way, I still blushed when he said I had a mole in a 'sexy place'. (I'm not telling!)

After the pirate blew my mind with his eerie intuition, we met with the plastic Kens again. They were standing in a group, looking more plastic than ever, when one of them requested I take a picture with him. Handing Monique the camera, he said, "Make sure you get her skirt in the picture." Not a big deal. We posed, and I went to leave. Then, he continued, "Actu-

ally, could you take a picture of just the skirt?" Puzzled, Monique took a picture of my skirt. Again, I set off to leave. He stopped me once more and whispered, "I really like that fabric. Do you think I could try it on?" EWWWWW!!!! With the image of his shiny plastic body dancing seductively in my skirt, I shook my head and we got out of there fast. Damn Ken dolls. They're all weirdos.

Once again, our night ended in the oddest fashion. We made a group decision: anyone who is plastic can not and will not be trusted. It's too revolting. With the glistening body of the Ken doll haunting our subconscious, we lay down for a troubled, restless sleep in preparation for our final days.

Read 'Adventures in Mexico' next week as I touch on Day 6 and 7. Comments are welcome and can be directed to jannett8@hotmail.com

STUDENT SUCCESS SEMINARS
Room X111

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

with

Sat. February 5th
at THE NEST

Tickets \$12
in advance

doors open 8 p.m.

Tickets available @ The Nest & NAITSA Office (c131)
*complimentary beverage upon entry into event

Presented by NAITSA & Fägermeister

How Not To Be Perfect ...

MARGARET Marean

Counsellor,
NAIT Student Counselling Centre

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments?...consider yourself a failure if you get a 'B'?... put things off because you can't get them perfect? ... avoid giving your opinion for fear of looking dumb?

If so, you may be a perfectionist. Perfectionism is a self-defeating cycle. Perfectionists set unrealistically high standards, fail to live up to these standards, feel bad about themselves and then blame themselves for not being good enough or trying hard enough. To offset this, they feel compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence but rather, as Dr. David Burns states in his bestseller *Feeling Good*, the compulsive striving towards unrealistic goals.

Why not strive to be perfect?

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied, and even if they get some temporary satisfaction they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right.

Perfectionists tend to be all-or-nothing thinkers, believing that if they don't get A+ marks or do a job perfectly they are failures. Becoming so obsessed with

achievement often means missing out on the satisfactions and joys of life.

Perfectionists are very self critical and usually value themselves based on the approval of others. Because their self-esteem comes from outside approval, the perfectionist is vulnerable.

Perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection often cause perfectionists to avoid tasks. Tasks often become arduous rather than rewarding. Perfectionists may think that it is better to put in a half-hearted effort and maintain the belief that they could have done a great job, than to give their full effort and risk getting a mediocre mark.

The constant pressure that perfectionists puts on themselves, as well as the lack of joy or sense of satisfaction they gets from doing tasks, wears psyches down and makes them more susceptible to anxiety and/or depression.

Making Changes

All of this isn't to say that you shouldn't strive to do well. Setting realistic goals based on what you want rather than on what you perceive others expect of you is good. Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Perfectionists can change. If you have perfectionistic tendencies:

- Look at what you have accom-

plished in the past and set small, achievable goals based on past performance.

- Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.

- If you are feeling highly stressed, feel like giving up, or find yourself avoiding necessary tasks use this as a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly.

- Remember that people learn by making mistakes. If you're not taking risks because you think you might fail you are probably

missing out on a lot of growth and learning.

- Set limits on how much time you will spend on a project — and stick to these limits.

- Judge yourself by who you are, not by what you accomplish.

- Lighten up by scheduling in free time for fun and relaxation. (This actually makes you more creative and productive).

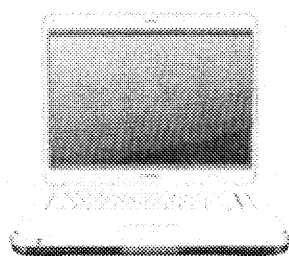
- Ask yourself "What is the worst thing that could happen if I don't do this perfectly?" "or if I fail?"

- Stop chasing the impossible dream. No one is, or ever will be, perfect.

Perfectionists often fear letting go

of their high expectations thinking that they will become total slackers. However this is unlikely — people seldom move from one end of the continuum to the other. Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you'll probably find yourself having a lot more fun!

Counsellors at Student Counselling can help you work towards healthy goal setting. We also offer academic, personal and career counselling. To book an appointment, drop by Room 0117 or call us at 471-8874.



COMPAQ

LAPTOP SALE!
@ THE TECH STORE

Check out the great
HP/Compaq deals!!!

R3210 ONLY \$999.99

- AMD Athlon XP 2800+, 256MB RAM, CD-RW / DVD ROM Combo, 40GB Hard Drive, 15.4" TFT, 32MB Nvidia GeForce 4 420 Go Video Card, 16 Bit Stereo, Wireless G, Windows XP Home.

R3230 ONLY \$1,399.99

- AMD Athlon 64 3000+, 512MB RAM, CD-RW / DVD ROM Combo, 40GB Hard Drive, 15.4" TFT, 64MB NVIDIA GeForce 4 440 Go Video Card, 16 Bit Stereo, Wireless G, Windows XP Home.

R3240 ONLY \$1,599.99

- AMD Athlon 64 3200+, 512MB RAM, DVD+R/RW, 5-IN-1 Digital Media Reader, 60GB Hard Drive, 15.4" TFT, 64MB NVIDIA GeForce 4 440 Go Video Card, 16 Bit Stereo, Wireless G, Windows XP Home.

X1460CA ONLY \$1,599.99

- Pentium Mobile 1.5GHz, 512MB DDR SDRAM, CD-RW / DVD ROM Combo, 60GB Hard Drive, 15.4" WXGA TFT, 32MB ATI Mobility Radeon 9200 Video Card, 16 Bit Stereo, Wireless G, Windows XP Home.

SEE YOU @ THE TECH STORE
Room W101, NAIT HP Centre
471-8390

www.nait.ca/techstore

500 Minutes - \$34.95

(Details at the Salon)

GOLDEN BEACH
TANNING

Suntanning Salon & Esthetics

Valentine's Day Gift Certificate

100 FREE minutes with purchase with this ad
10% off tanning lotions with this ad

471-2550 * 10412 - 118 Ave
(Next to Blind Duck, Across from the Annex)

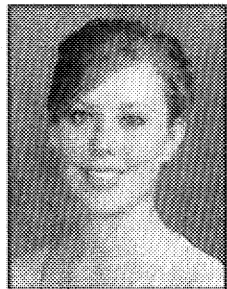
Best Prices Anywhere!

NAITSA on Five

Vice President of Campus Life Position Update

HEY BABY LETS GO TO VEGAS....

Jen Grundke



So by this time, most of you have probably noticed Vegas plastered all over the school. If not, simply look around right now. Pro-

viding you are in a hallway, common area, etc. you can probably see a poster right now! The trip is only \$398 (not including the damage deposit). What better way can you spend your Reading Week than an out of control bash in Sin City? If you need any more details on the trip or have any questions, stop by my office and I will clear the air.

Also, I have a few party dates for you to jot down:

Monday, Feb 4 • Nest 4:30PM
Dinner and a Movie (featuring Ladder 59)

\$7.95 all you can eat pasta and free popcorn!)

Tuesday, Feb 5 • Nest 4:30PM
Girls of NAIT Calendar Party

Wednesday, Feb 6 • Nest 4:30PM
Karaoke & Wing Night

Thursday, Feb 7 • Nest 4:30PM
Ladies Night

Friday, Feb 8 • Nest 8:00PM
Indy Night w Intricate Minds, Politic Live and guests

Saturday, Feb 9 • Nest 8:00PM
Jagermeister Winter Fest w/ Social Code & Tupelo Honey

So make sure you book up your party schedule for some wicked times while you start off this semester! For details on any of these events check out the posters around school, www.naitsa.ca or come stop by the office (E131). Aloha till the next round!

Feature

Tales from the Mayan Riviera, Mexico

Something to think about for Spring Break

Ms. O

Some of the greatest words of wisdom, I've learned, come from the carved writings etched upon doors of public bathroom stalls. One quote in particular I saw in three different locations on my recent trip to Cancun read "Within all this mess, there is so much beauty... you are apart of it." On each occasion of reading this quote, I had participated in a few jolly rounds of tequila drinking with complete strangers at one popular hang-out after another. And each time I read it throughout my trip, I found myself to relate and agree with it more and more as it related to traveling in Mexico.

We arrive at the Avalon Baccarat in Cancun. A beautiful resort with authentic Mexican décor – ceramic tiling, large round ceramic clay pots holding tropical flowers... I enter a lobby greeted with a lime margarita on the rocks. The concierge proceeds to take the luggage up to the room, I decide to explore around the hotel and discover an outdoor patio overlooking the ocean. It's 3 am and I'm anxious to see the blue water but remain content with the sound of the waves crashing on the shore, feeling a light breeze. I look up and I see a sky full of stars. I realize right at this exact moment why millions go to Cancun on their honeymoons, I realize why this is the most romantic and adventurous place to vacation, in the world. You don't fully get it, until you're there.

I wander up to the room, and can't get enough of the sound of the water and waves. The water is much closer to the hotel than I had thought. I fell asleep that night listening to the sound of waves, excited to spend the day at Bluewater Marine Adventures.

I'll never forget the morning sun cascading through the patio doors

of the hotel room. So warm, quiet and tranquil, reflecting off the caribbean waters. It was so tempting to lay on the balcony under the sun, but today we were heading off for a catamaran ride to Isla Mujeres (Island of Women). The boat ride to Isla Mujeres is about 15 minutes from Cancun.

Isla Mujeres means Island of Women because the Maya used to worship the goddess Ixchel here. Her temple is located at the southern tip of the island. I highly recommend a visit to this small, secluded island. Especially if you're looking to get away from the hustle and bustle of Cancun's commercialized party scene. If you're looking to stay the night, check out the Avalon Reef Club, Isla Mujeres. A nice all-inclusive hotel right on the beach. Included in the catamaran trip was a chance to snorkel along the reef. We were disappointed with this reef as we did not see as many fish as anticipated. We suspect it is because the reef has been damaged by flocks of tourists everyday. I recommend taking a ferry to Cozumel and you will find some of the best snorkeling in the world.

The boat ride back to Cancun from Isla Mujeres was the highlight of the day. The tour guides on the boat were most accommodating and very educated when it came to the art of drinking a tequila shooter. With an unlimited supply of tequila on board, I was instructed dip my wedge of lime into a plate of sea salt, bite into it and then take the shot. I preferred this method over the common 'lick the back of your hand and sprinkle salt on it and lick your hand again.' Definitely a more refined way of shooting tequila, if there ever was one. The couple we met on board from Idaho were good sports when my traveling partner tried smacking a wasp which landed on a woman's knee

only to sting her. The whole event broke the ice (or was it the tequila) and we became inseparable the rest of the evening. The best part of traveling anywhere has got to be the strangers you meet and everything you learn from them.

The next day, we moved from the Avalon Baccarat hotel to another all-inclusive for two days, called The Golden Crown Paradise. A much larger hotel, still on the hotellera zone. Complete with three restaurants. I'd go back just to order unlimited plates of the Oysters Rockefeller at 'The Pier', a wonderful seafood restaurant with a view facing the ocean.

That night we decided to check out the nightlife in Cancun and heard the hotel had a deal where for \$300 pesos or \$30 you get a shuttle ride from the hotel to Coco Bongo, a popular nightclub in Cancun's entertainment district, and VIP access meaning no line ups and includes free drinks the whole night. On the way to Coco-Bongo, we were amazed that four other passengers were also from Edmonton. Right then I knew that nothing was sacred in Mexico. What happens in Mexico could travel home with you... the world is really that small.

Coco Bongo was unlike any nightclub I've ever seen anywhere. My friend compared Cancun and its nightlife to Las Vegas with an ocean. Truly incredible. The capacity of this nightclub was around 3,000 and that night we saw about 2,000 people dancing around the bar, on tables, on chairs, you name it. And in between songs ranging anywhere from old eighties classics to modern techno, these trapeze artists would fly into the air in costume throwing fire and twisting their bodies comparable to a Cirque du Soleil show. Incredible. The night ended around 3 am. Four days of Cancun was enough for me.

When you are in Cancun and your not stuck in an all-inclusive package, you must travel along the Mayan Riviera to a town called Playa del Carmen. It's about 45 minutes from the hotellera zone in Cancun, by cab. Negotiate your cab ride their before you leave, and you shouldn't pay more than 350 pesos or \$35.

Playa del Carmen is a smaller town, with a charming European flavor. Fifth Avenue is Playa's main shopping area decorated with tiny cafes and cozy restaurants serving a variety of food. My favorite of all is Babe's Noodle House. It's a thai restaurant, owned by a couple from Sweden. When we heard this we weren't sure how good the food could be, but it was the most incredible Thai food I've ever eaten, and you will agree. I will go back to Playa just to eat there again.

The beaches in Playa are spectacular. Many hotels and restaurants align the waterfront. If you venture away off the beach, you will discover some great little hotels for amazing deals. Some offer rates as low as \$35 a night. We stayed at a family run hotel called 'Posada Las Iguanas,' a small hotel, practical if you are on a budget. If you stay here, be sure to have breakfast at 'The Bip-Bip' (pronounced beep-beep) next to the hotel. I've met many amazing servers in the hospitality industry over the years, but I'm sure Pedro would have to be the best. Pedro is the kindest, warm-hearted, hard-working person. He works very long hours and doesn't expect much in return. Chances are he'll be there if you go. Tell him I say 'hello.' He even remembered meeting an instructor here at NAIT traveling in Playa. On my last day in Playa, he greeted me at breakfast by wearing a NAIT hat given to him by the instructor. So wherever you are, Pedro says 'hello.'

The Official
Student Newspaper of



Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1

Production Office
471-7615

Fax: 491-3989

E-mail
nuggetsubmissions@hotmail.com

Editor-in-Chief
David Fester

Production Manager
Darrel Gregory

Advertising Manager
Linda Campbell

Distribution Manager
Glenn Naca

VP Student Affairs
Dwayne Williams
President, NAITSA

For Advertising
Inquiries please call
471-8866

The Nugget encourages
submissions.

Visit:
nuggetsubmissions@hotmail.com
nuggetletters@hotmail.com
nuggetgrapevines@hotmail.com

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

The opinions contained in The Nugget are the opinions of the individual writers and do not necessarily reflect the opinions of the Nugget staff or NAITSA. The Nugget reserves the right to edit letters and viewpoints for brevity.

NAITSA presents...

SPRING BREAK

in Fabulous

LAS VEGAS



February 16th - 21st

Trip includes: Deluxe Ground transportation,
hotel, prizes and much, much more !!!

Sign Up @ The NAITSA Office Rm E131

Make your down payment ASAP

Only \$390

+ \$50 Damage Deposit

Look of the Week

Torri LaRocque

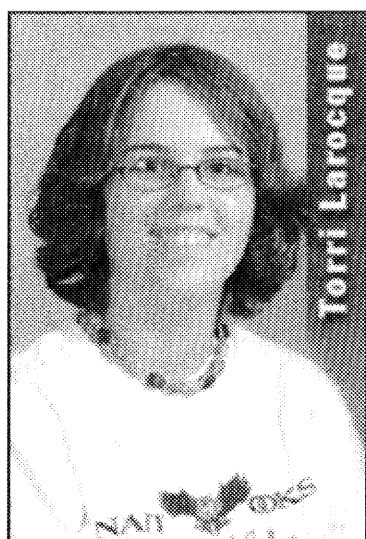
Trevor Elliott—SPORTS



Once in a very long while, a school will come by an athlete like Torri LaRocque. Torri is a second year badminton athlete with the Ooks and is an integral member of their team. In her first season with the Ooks, Torri won several badminton medals and managed to win a number of awards based on her performance, character, and academics.

Torri started playing the sport of badminton at a very young age. Torri attributes much of her success in the sport to the support and teaching she received from her parents and her three older siblings. Torri's entire family was involved in the sport and always supported her however they could. Torri's parents would always drive her to tournaments and practices whenever she wanted. Possibly, Torri developed into such a good player

because she was never pushed & just supported. Torri's love of the game can be initially traced back to grade 1 when teachers told her she was too young to play; however, she would not accept her



Torri LaRocque

teachers' opinion and began playing the sport on her own at home.

Torri's accomplishments begin last year when she won the silver medal in mixed doubles badminton with teammate Alan Chow. Torri also won silver in women's doubles with teammate Melissa Funk and bronze in women's singles. As a result of her outstanding performance, Torri was named to the ACAC All Conference team.

Torri's most prized award; however, was the Silver Torch award that was presented to her last April at the awards ceremony. The Silver Torch award is the highest recognized individual athletic team award. The award, which is an engraved silver ring, is awarded to the athlete on each team that has contributed the most to the overall success of the team. The winner for each team is chosen by the coach and by the team members. The award meant the world to Torri because it was presented to her based on her fellow teammates' votes.

Jordan Richey and Shannon Lim have been fantastic coaches for Torri and she gives them a lot of credit for their excellent coaching and terrific personalities. Her coaches haven't just been coaches. Both Jordan and Shannon have been very good friends and mentors and have always been there for her whenever she needed anything.

Torri is also an outstanding student in the Interior Design program. As a result of her academic performance along with her performance on the court, Torri was awarded an ACAC All-Academic award. Torri was very happy to be recognized for her academic success because the sport really consumed a lot of her time and is much like having a full-time job while going to school. Having most of her classes in the Annex, Torri consistently has to scramble to get over to main campus after class for her practices.

Torri decided on NAIT because of two factors. The first was that coach Jordan Richey approached her while she was in high school and promised her a spot on the team when she wanted to start post-secondary. Torri took a year off school and then came to NAIT. Torri decided on taking interior design because she wanted a career that would allow her to utilize her creativity. Torri is leaning towards attending Mount Royal next year to continue her education in the field. The two-year NAIT diploma will give Torri one year credit in the four-year degree program offered at Mount Royal.

Her experience at NAIT will always be memorable and Torri will always be remembered by her teammates for her fantastic attitude and warm smile. Torri is a gem to the NAIT badminton team and is sure to have success wherever her life leads her.



Ook Tracks

TREVOR Elliott—SPORTS

MEN'S HOCKEY

Last Week: The Ooks opened the second half of their season with a 4-1 victory at Augustana University on Friday and defeated the Vikings 5-2 at home on Saturday.

Coming Up: The Ooks travel to Mount Royal tonight and host the Cougars 7pm on Saturday at the NAIT Arena.

WOMEN'S HOCKEY

Last Week: The Lady Ooks lost 5-3 at Red Deer College and shutout the Grant MacEwan Griffins 3-0 at home on Friday.

Coming Up: The Lady Ooks travel to SAIT on Friday and host the University of Calgary 2pm on Sunday at the NAIT Arena.

MEN'S BASKETBALL

Last Week: The Ooks defeated Grande Prairie 85-79 on Friday and 85-78 on Saturday.

Coming Up: The Ooks take the weekend off to prepare for a series against Concordia on February 4th and 5th.

WOMEN'S BASKETBALL

Last Week: The Lady Ooks crushed Grande Prairie 61-48 on Friday and 80-49 on Saturday.

Coming Up: The Lady Ooks take the weekend off to prepare for a series against Concordia on February 4th and 5th.

MEN'S VOLLEYBALL

Last Week: The Ooks traveled to Keyano College for two games last weekend. The Ooks defeated the Huskies 3-0 (25-13, 25-20, 25-16)

Friday and 3-0 (25-23, 25-20, 25-19) on Saturday.

Coming Up: The Ooks host Lethbridge Community College in a pair of games at the NAIT Gym this weekend. Game times are 8:30pm on Friday and 3pm Saturday.

WOMEN'S VOLLEYBALL

Last Week: The Lady Ooks traveled to Keyano College for two games last weekend. The Lady Ooks defeated the Huskies 3-2 (25-18, 25-13, 15-25, 18-25, 15-12) Friday and 3-0 (25-17, 25-19, 25-17) on Saturday.

Coming Up: The Lady Ooks host Briercrest Bible College in a pair of games at the NAIT Gym this weekend. Game times are 6:30pm on Friday and 1pm Saturday.

BADMINTON

Last Week: NAIT hosted the third ACAC interlock last weekend. NAIT Finished 3rd with a record of 3-2.

Coming Up: Individual play-offs will be held at Red Deer College February 12th and 13th.

CURLING

Last Week: NAIT travels to Olds College for the second ACAC bonspiel.

Coming Up: ACAC provincial championships will be held at Augustana February 18th to 20th.

SWIMMING

Last Week: NAIT hosted the first ACAC swim meet Saturday.

Coming Up: The second swim meet will be held at Keyano College on February 12th.

Student Helpdesk (NAIT Technical Support)

The Student Helpdesk is the newest helpdesk at NAIT and is a collaborative effort between Technology Curriculum Innovation and ISD Customer Support. This helpdesk was designed to provide students with a single, primary point of contact for technology related issues. Assistance can be provided by phone, email or through our Feedback form located on www.nait.ca/help.

Support analysts are able to provide assistance to students with questions on the following:

- MyNAIT (logins, navigation, etc.)
- Student Email
- Student Storage
- LOGs Online
- WebCT
- TLM
- Wireless – "NEW Wireless Pilot Project" beginning November 10. Contact the student helpdesk and make an appointment (offered on Wednesdays only), if you require support with your wireless connection.

Phone: (780) 491-3182
Toll Free 1 (866) 491-3182
Email: techsupport@nait.ca

Where do you want to go?

ISIC cards
 travel gear
 guidebooks
 eurail passes
 HI hostel memberships
 hostel reservations
 flight bookings (Travel CUTS)
 FREE TRAVEL TALKS!!!
We've been there! Ask us.

25% off
 Buy 1 item & receive
 the 2nd item of equal or
 lesser value*. Just cut out
 this ad & bring to the
 HI Travel Shop!
*does not include Travel
 Shop services

The HI Travel Shop
 10926 88 avenue (right next to the sugar bowl)
 780 439 3089
www.hihostels.ca/travelgear

Ooks 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 22, 2005

Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away
Mount Royal	14	10	3	1	0	21	52	28	4 2 0	6 1 1
Red Deer	13	10	2	0	1	21	48	29	6 2 0	4 1 0
SAIT	13	8	2	2	1	19	37	28	5 1 1	3 2 1
NAIT	14	6	8	0	0	12	48	47	3 4 0	3 4 0
Grant MacEwan	14	3	7	2	2	10	23	40	1 4 1	2 5 1
U of C	14	1	10	1	2	5	18	54	0 6 1	1 6 0

MEN'S BASKETBALL

as of January 22, 2005

North Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Lakeland	16	16	0	32	1403	1151	8 0	8 0	W16
Grant MacEwan	18	15	3	30	1473	1224	8 1	7 2	W6
Concordia	18	13	5	26	1466	1341	7 1	6 4	L2
NAIT	18	7	11	14	1419	1478	4 5	3 6	W2
Augustana	16	5	11	10	1120	1180	2 5	3 6	L2
The King's Univ College	16	3	13	6	1244	1403	3 6	0 7	L7
Grande Prairie	18	1	17	2	1258	1609	0 10	1 7	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	W6
SAIT	18	12	6	24	1447	1274	8 1	4 5	W3
Mount Royal	18	12	6	24	1433	1304	7 2	5 4	W2
Lethbridge	16	9	7	18	1288	1228	6 2	3 5	L2
Briercrest	18	7	11	14	1362	1483	3 5	4 6	L3
Prairie Bible	18	5	13	10	1244	1402	4 5	1 8	L1
Medicine Hat	16	2	14	4	963	1304	1 8	1 6	W1

WOMEN'S BASKETBALL

as of January 22, 2005

Women's North Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Concordia	18	16	2	32	1211	822	9 0	7 2	W1
Grant MacEwan	18	14	4	28	1146	827	7 2	7 2	W7
Augustana	16	12	4	24	1135	903	5 2	7 2	L1
Lakeland	16	7	9	14	961	1095	4 3	3 6	L1
NAIT	18	7	11	14	934	1107	5 4	2 7	W2
Grande Prairie	18	3	15	6	949	1160	1 9	2 6	L6
The King's Univ College	16	1	15	2	645	1067	1 8	0 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	L1
Mount Royal	18	14	4	28	1231	836	5 3	9 1	W1
SAIT	18	12	6	24	959	889	6 3	6 3	W2
Medicine Hat	16	8	8	16	965	887	5 4	3 4	W2
Red Deer	16	7	9	14	911	891	3 6	4 3	W1
Prairie Bible	18	2	16	4	838	1275	2 7	0 9	L2
Briercrest	18	2	16	4	728	1230	2 6	0 10	L8

MEN'S VOLLEYBALL

as of January 22, 2005

Provincial Pool

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

Provincial Pool

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 23, 2005

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

Ooks Set For Most Exciting Series of the Season

TREVOR Elliott—SPORTS

The Ooks faced the Augustana Vikings last week in their first ACAC action of 2005. The Ooks came out with guns-a-blazing like they'd never missed a beat. The Ooks managed to finish a season sweep of the Vikings with a 4-1 victory at Augustana on Friday followed by a 5-2 win at home on Saturday.

Tim Barlow continued his outstanding season this season with two victories. Keith Reade impressed with a three goal weekend and Colin Johnson had a big weekend with 2 goals and 2 assists. Ryan Yarmuch, Ryan Gilmore, and Calvin Brown all had two-point weekends.

A scary moment for the Ooks occurred mid-way through the third period when Keith Reade, a top scorer on their team, went down after an open-ice collision with a Viking. Reade fell to the ice, grimacing in pain as he clutched his right knee. Keith was helped off the ice and did not return to the game. No official word on the injury was given by the team; however, teammates are confident that Keith will be ready to go again this weekend.

Finding themselves 5 points back from league leading Sait with two games at hand, the Ooks now focus on their series against

Mount Royal this weekend. In their first series, both home teams won as Mount Royal won 8-5 and the Ooks returned home to defeat the Cougars 4-1. The Cougars have struggled on the road this season, while the Ooks have played strong regardless whether they were at home or on the road.

The series should be fast paced and high scoring. Fans can also expect to see some hard-hitting checks and tempers could rise as the two teams battle for second place in the ACAC. The Ooks can expect their league-leading power play unit to have some opportunities against the most penalized team in the ACAC; however, mistakes on the power play could cost the Ooks a short-handed goal as the Cougars have also been dangerous in penalty-killing situations. The Ooks also have an edge in the goaltending department with the duo of Tim Barlow and Marc Alain.

The series will be interesting to watch with regards to the overall ACAC scoring race. Ooks Ben Stokes and Adam Ferrante along with Cougars Jesse Bennefield, Morod Radmacher, and Jeremy Robinson make up the top five in ACAC scoring.

The Ooks face Mount Royal tonight in Calgary and return to

host the Cougars on Saturday at 7pm at the NAIT Arena. Admission is free for NAIT students when they present their student ID card.

The Lady Ooks split their games last weekend with a 5-3 loss against the Red Deer College Queens on Thursday and a 3-0 shutout at home against Grant MacEwan. The two-points against Grant MacEwan were crucial as it puts the Lady Ooks up by two points in their fight with the Griffins for the 4th and final play-off spot.

Samantha Smith recorded the shutout for the Lady Ooks and Kerry McDonald scored three goals last weekend. Miranda Miller recorded a goal and four assists and Kelsey MacMillan recorded two goals and an assist last weekend.

The Lady Ooks now turn their attention to their games this weekend as they travel to Sait tomorrow night and return home to host the University of Calgary Dinos Sunday at 2pm. Sunday's game will be played at the NAIT Arena and admission is free to students when they present their student ID cards.

NAIT Student Awards Office

Winter Bursaries and Scholarships

Must have 60% course load for bursaries

Must have 80% course load for scholarships

Award Value:
\$200 - \$5,000

Number of Awards:
Approx. 200

Total Disbursements:
Approx. \$160,000

Application forms are available at the NAIT Student Awards Office December 13, 2004.

Deadline:
February 4, 2005



architecture & interior design

Girls of NAIT Calendar Party

@THE NEST
NAIT'S CAMPUS BAR

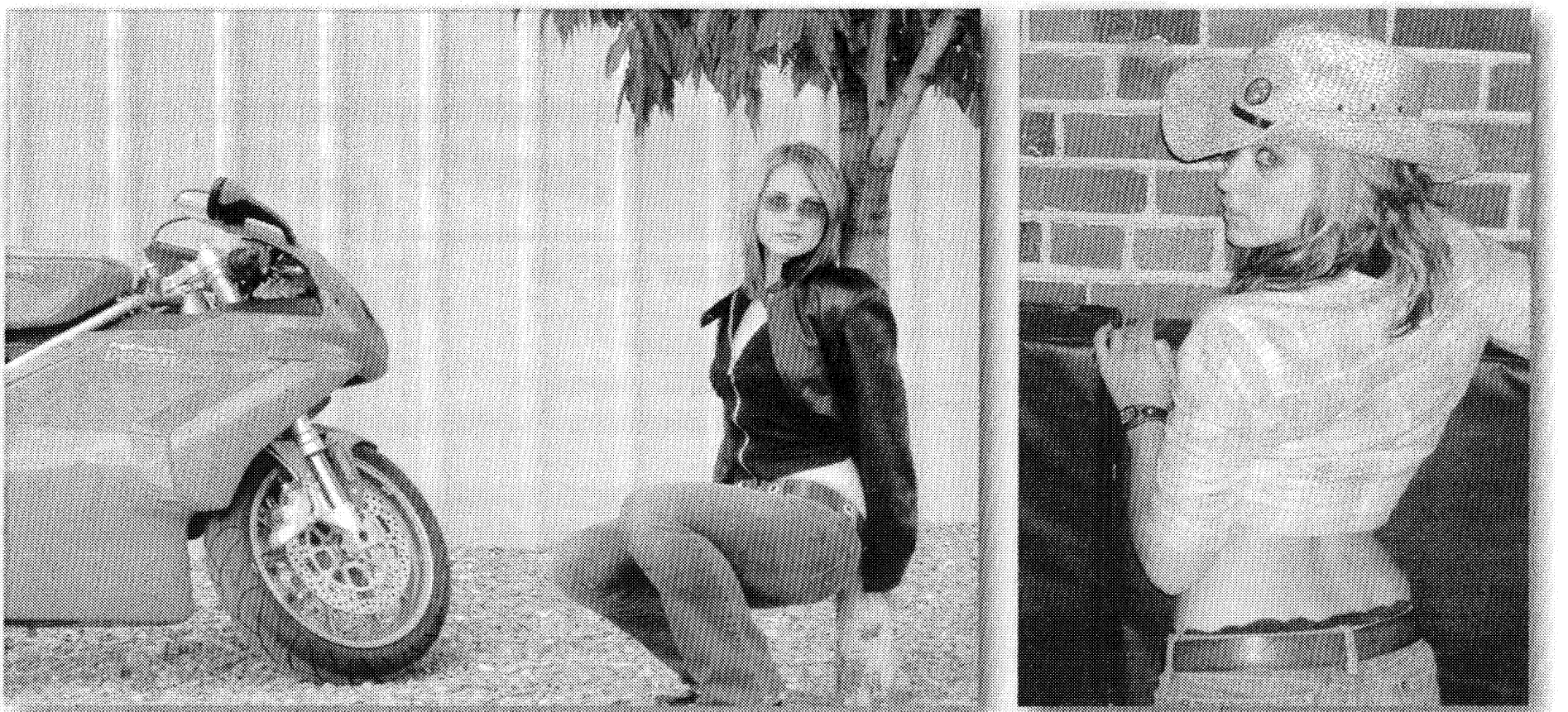
Tuesday, Feb. 1st

Doors 3:00 p.m. - Show 5:30 p.m.

Come see the best that NAIT has to offer!!!

There will be a show & calendar signing!

\$1 Draft and \$2.⁵⁰ Highballs \$5.⁰⁰ Doubles



F**k You and your Woolly Balls:

That was my Saturday Night

Jenny Annett
HEALTH & LIFESTYLES



The pact I had made with myself was simple: never date an idiot again. Actually, the pact had several parts to it, including never date idiots, losers, weirdos, etc. ever again. That being said, my girlfriend and I came up with a scheme to meet the men that were the opposite of this description. We opted for a sophisticated night out, to mingle with the *metrosexuals*. This is how we ended up at *Fluid*.

Fluid is a trendy upper class establishment on 109 st. and Jasper ave. The atmosphere is relaxed, with the music quiet enough that you can hear the person talking to you. (No danger of the infamous 'Bad Breath Lean In'.) Thinking we were in for a night of intellectual conversation with the fashion conscious men of Edmonton, we tried to dress sophisticated. (That meant a strategically placed off-the-shoulder top for me and a boat neck green sweater for Sally.) Of course, we soon realized that typ-

ical bar skank attire was acceptable for the girls, with trucker hats being disappointingly acceptable for the guys.

Our visit was short, with Sally being outraged at the price of our trendy martinis. "8 ¾ for a

...we soon realized that typical bar skank attire was acceptable for the girls, with trucker hats being disappointingly acceptable for the guys.

martini? What the f**k does that mean? What? \$8.75! That's outrageous! We are so leaving after this!" (I should point out that the drinks were **two ounces**, so they really weren't expensive at all.) So, we drank our 'Latex' martinis (with a ju jube in the bottom) and left our trendy lounge for a less sophisticated, more comfortable setting: O'Byrns.

Sigh. What started as a potentially exciting, stimulating night turned into us cramming into a log chair next to a group of guys chant-

ing, "Do it! Do it! Do it!" (Do what, I'm not sure, but I'm sure whoever it was that did 'it' with gusto.) Still in our fancy clothes, we bought a couple drinks and tried to send out the vibe to a couple of guys sitting near us. They picked up our signal, but failed to notice which direction it came from. When I came back from the bathroom, they were sitting with two other girls. (Those girls had, like, no game at all! They didn't even vibe anything! I'm not bitter... I'm not bitter...)

Our night continued pathetically. We had arrived late meaning the sober people were long gone, and the drunken people were already making out and grinding with each other on the dance floor. I opted to forget about our search and simply focus on drinking and people watching. Our watch turned into gazing starry eyed, when a group of guys in suits showed up. I was particularly attracted to the blond

one, until I heard him say, "Man, my balls are super cold. I wish I was wearing underwear, man. Or maybe, I could get someone to knit me a wool 'ball sock' so I wouldn't have too!" (Sigh, if that wasn't enough, his pants were too short as well.)

The ugly lights finally came on, and we decided to make the trek back to the car. Disappointed and frustrated, we complained all the way about the snow and men and life in general. Half way to the car, we heard slurred voices behind us. "Yeah, man. The dark haired one is super cute. Nice ass. Yeah. Shake it baby." Not in the mood for talking with idiots, we were walking faster when they started pushing each other into us. On my last nerve, and totally pissed with my shitty night, I exploded, "Will you pricks f**k off! F**k you!" The guys smirked at us and then one called me an 'uppity bitch'. Well fine.

Our evening was officially over. We hadn't met anyone worth talking to. We hadn't experienced anything new. We hadn't anything to drink, so we didn't even have a buzz on to ease the pain. All we had was wet pant cuffs and hair that smelled like smoke. Was it worth it? Kind of. New experiences don't have to be good ones. We realized that *Fluid* could be a cool place to hang, O'Byrns could be a good place to get drunk, and walking in heels in the snow was not always a good idea. Maybe we held our expectations too high. Maybe we held our heads too high. Either way, I learned a valuable lesson. There's no better place than the corner by 'When Pigs Fly' to be called an 'uppity bitch'.

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

Here's your opportunity
to save lives.

**Blood Donor Clinic
Friday, January 28**

**North Lobby
11:30 am - 3:00 pm**



Call 1 888 2 DONATE
for more information or to book an appointment.
bloodservices.ca



LADIES NIGHT

Friday's

2 Lucky Ladies
Will Win Packages
Worth Over \$500 Each

Doors Open 8 pm

Cut Out This Ad...
And Ladies Get No Line, No Cover Access
Until 10 pm

Esmeraldas

Sunday, Feb. 6th 12 Noon

THE LOCKER ROOM

Join Us To Win:
2 Official NFL Jerseys
A PS2 and Madden Football 2005

Call (780) 453-7320 To Reserve Your Table

Wednesday's

30 Cent Wing's
Game Starts at 9 pm

Name That Tune

\$5 All You Can Eat

Chili and Hot Dogs

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 bonnya.ndguest@hotmail.com

This week's guest: The Drunkest Guy at the Party

Dear Bonny and Guest,

This is not a relationship question, as I do not currently have a boyfriend. That is the problem. Where are all the eligible men? Every time I go out, I am surrounded by immature children who have no idea how to initiate conversation, let alone date a lady. What can I do to get a real man?

- Eternally Searching

Dear Eternally Searching,

Bonny: First of all, I think it is necessary for me to explain something: this is not a new problem. Ever since the boundaries between the roles of men and women have been blurred, the 'proper man' identity has become a mystery.

Drunk Guy: I'd just like to say, yer HOT! Not like Palmala Handerson hot, (I LOVE YOU, PALM!), but like do-able hot... Like, I'd do you.

Every time I go out, I am surrounded by immature children who have no idea how to initiate conversation, let alone date a lady.

Bonny: Ugh. Anyways, because women have fought for their independence in the work place, as well as in life, (both rightfully deserved), it is difficult for men these days to decipher the appropriate actions to take around a lady. (Some girls like to pay, others don't. Some want to be in control of dates, want the evening planned out.)

Drunk Guy: You girls need a drink... You're so uptight! WHOOOOO! Did you see that? I just grabbed that chick's ass. She wanted it. What? NO! Don't touch me! I'm not gonna puke...


Bonny: With more and more girls comfortable with initiating dates, what we end up with is an attitude from the guys that girls WANT to do the work... They think if a girl wants to go out with them, they will ask.

Drunk Guy: I know what yer thinking, you think I'm drunk, but I'm not. Look. I'll touch my nose. Oops. Ha ha! I just poked my eye. K, I'll touch your eye... Whoops! Was that your boob? HAHHAHA! What is that bra, like Victoria's Secret, or something? Hey, where are you going?

Bonny: In the end, I don't know what to tell you. Generally, older men have more experience in dating and are willing to go the extra mile to make you happy. Try going to a different bar or lounge, to mingle with men from different circles.

Drunk Guy: I was looking for my coat, but then I found this peanut... You think it's old? Gimme five bucks and I'll eat it... No? K, I'll eat it anyways... Wait, this isn't a peanut, it's an eraser! K, gimme five bucks and I'll eat it...

Bonny: If the bar doesn't work, don't fret. Enjoy your single life while trying new things. Usually, things tend to come up when you least expect it. He's out there somewhere!



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

SPEAK OUT!

Here at NAITSA, we want to serve you better. For this to happen, we need to know what suggestions and feedback you have to improve your quality of life at NAIT. All of your feedback will be kept confidential. If you would like to know how we are making the changes you suggest, you can leave your contact information. We will also be providing articles in the Nugget for you to see what changes other people have recommended. If you would like to take a hands-on approach to your suggestion, drop by the NAITSA office (E131) so you can join one of our many committees. Please return completed forms to the NAITSA office. Thank you for your time!

WWW.NAITSA.CA

Date: _____ Name: _____

Phone: _____ Program: _____

What campus are you on? _____

Suggestions or Feedback: _____

Recommendation: _____

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

One in a Million

Laura Johnston



Million Dollar Baby (PG-13)
137 minutes

Starring: Clint Eastwood, Hilary Swank, Morgan Freeman, Jay Baruchel, Mike Colter, and Lucia Rijker

Directed by: Clint Eastwood

Do you like watching girl-on-girl action? If it's not of the female feather-weight boxing variety, please accept my apologies as you will be tragically dissatisfied. None the less, it's no reason to miss out on *Million Dollar Baby*, possibly one of the best films of the year. That's right, I said it — I actually *enjoyed* watching a critically-acclaimed media-unified prodigy <cringe>. Excuse me while I go put a bullet through my sad, little, hypocritical skull.

Among the likes of *Mystic River* and *Unforgiven*, this film shall reign as Clint Eastwood's 25th consecutive directoral masterpiece. I am a firm believer that his films are successful for the same reason as Mel Gibson's. They have both thrived as actor prior to becoming a director, there-

fore, are equipt with the underlying knowledge of what makes a movie great. The film has already done exceedingly well in the U.S. box office since December 15th and is likely to do the same in its Canadian release.

Now there's something to rant about — why in the world does the United States keep getting films released a month and a half before we do? I thought we were politically-diverse, economically-dependant, BSE-exchanging friends! Just because we can only afford to produce our crappy wilderness survival films in exchange for their expensive hollywood-produced, corporate-sponsored repetitive clone flicks doesn't mean they have to hog the good stuff for half of the film season. This one had already won golden globes for best director and best actress in a drama before I even got a chance to view it as an invitational preview. If that wasn't enough of a Canadian-targeted insult, I got harassed by the sadistic theatre personnel commissioned by Warner Bros with their cruel fake exit-polling ("So, what did you think of the movie <snicker, snicker>?"). That's about as productive as trying to lick your elbow — it just doesn't work. As if they *actually* care about OUR opinions a month before the Oscars.

Now, due to an unwritten journalistic code which forbids me from spoiling the ending, it has come

the time to provide you with a vague overview of what you're in for. Long gone are the "make my day" spaghetti westerns of the 1960's. Instead they are replaced by Clint Eastwood's balsy, yet sweet, crusty, yet sensitive character Frankie Dunn — boxing manager extraordinaire. After a long series of gifted male boxers repeatedly abandon Frankie for a younger, richer manager, he is unwillingly tricked into instructing 31-year-old Maggie Fitzgerald (Swank) by his long-time friend and former apprentice, Eddie 'Scrap-Iron' Dupris (Freeman). Clearly objective to teaching women to box, Frankie reluctantly agrees to teach the eager Maggie the basics of the sport he knows so thoroughly. After overcoming Frankie's doubts, Maggie begins her ascent in the boxing world with a continuous string of first-round knock-outs. Frankie finally begins to learn to take chances at more money and bigger fights as Maggie climbs higher and higher towards the top.

Although this may sound like a snooze-fest, it's truly worth seeing. I'm only telling you the bare minimum so I don't spoil the story. Dramatic, sad, and unexpected, the ending will certainly not dissappoint you. If you enjoy award-winning films, don't hesitate to see this one. It offers something satisfying for both the guys and the ladies. Just be warned that very few dry eyes will remain by the time the credits start rolling.

Cool Things

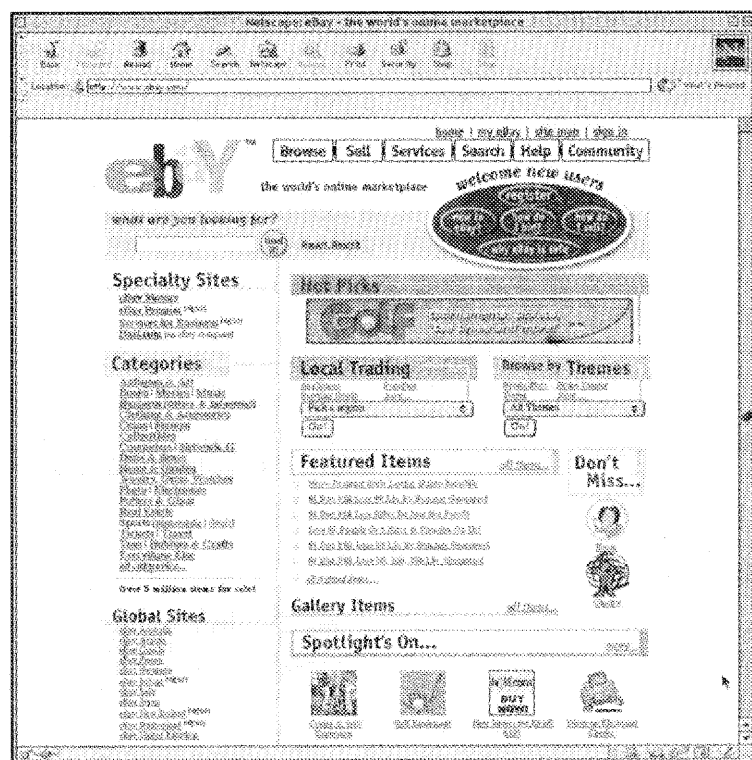
continued from p. 1

http://www.navigammatron.org
Developed, designed and content provided and by a close friend and former NAIT writer James Olson now attending the U of Vic. With a George Orwell 1984 feel to the site navigammatron is sure to make you think of political and social issues we face today. Extremely cool site, but make sure you have some extra time to surf this one.

http://www.photo.net

Can I say this is a must? If your bored during class check out this site. It features photography from thousands of amateur and professional photographers. Signing up is free, as is posting photos. Features included categorized galleries, classifieds, learning areas, critique areas and several other features. This is the best and coolest photo website on the net.

http://www.limewire.com
This Cool little downloading gem follows in the foot steps of the original Napster and virus sending Kazza. Limewire is free and works like a charm. I have never downloaded a virus and now thanks to Limewire have a couple thousand songs sitting on my ipod. It's easy to use and can pretty much find anything you want on the net... The best is that at time of print the site is LEGAL! Ultra cool.



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.

10% OFF EVERY ITEM IN THE STORE, INCLUDING

- Levi's • Carhartt • Helly Hansen
- Dakota • Windriver • Denver Hayes
- Mark's • Point Zero

Mark's Work Wearhouse

**Mark's Work
Wearhouse**
Clothes That Work.

Kingsway Garden Mall location only.
(Next to Bank of M.) Ph: 479-2478
Expires August 31, 2005. NAIT ID required.

this week at

THE NEST
NAIT'S CAMPUS BAR

Monday's
DINNER & movie

Jan 31st

All you can eat Pasta **\$7.95**

4:30 - 6:00

LADDER 49

Wednesday
Karaoke Night

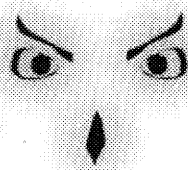
Feb 2nd

5:00 p.m. - 9:00 p.m.

Plus NEVER forget!!!
Every Wednesday at the Nest is Wing Night
3:00 p.m. - close. 25¢ wings

THE REST

NAIT'S CAMPUS BAR



Ladies Night

February 3rd

Doors 3 p.m. Show 5 p.m.

Hot Guys
in even



Hotter Outfits

Entertainment, Flowers
& much much more for
the Ladies

Cheap Shooters
\$5.50 2 ounce Martini's

Chance to Win a beauty &
entertainment prize packages!



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.



Work out for Free!

Did you know your student ID card gives you free access to the Nait recreation facilities? Stop by the Sports Equipment Desk, exchange your ID for a wristband. We have facilities for squash and racquetball, a full size swimming pool with saunas, and an indoor running track and arena. That is all in addition to our well-equipped weight area and cardio room. The gymnasium is also available during the day for recreational usage, check the schedule posted by the gym doors! Got a group together and want to get a weekly game of volleyball going? Ask us how you can book the gym.

The draw date for our give-aways will be Jan 31, 05, with the winners listed in the Nugget the first week of February.

Entry for Locker Draw

Full size locker service for semester.

Name:

Program:

ID Number:

Entry for Athletics Package

Water bottle, shirt + lanyard

Name:

Program:

ID Number:

To use the facilities you MUST have a wristband from E-026

Wear appropriate clothing and shoes. Jeans and sandals are not allowed.

Be clean ! Put weights and equipment away after use, and wipe down station with rags provided when you finish.

*Gym bags and piles of clothing are not allowed in the weight room, they are a safety and health risk. Please use the lockers provided.

Eating and drinking are not allowed, water bottles only

Dropping or smashing the weights will damage them and could hurt you or those around you. Exercise under control!

Help us prevent theft, report suspicious activity to security at 7477 on the beige phone. Please leave your valuables at home.



Hey everyone, I just wanted to let you know that there is a bible study/ question time going on. It is at roughly 4pm on thursdays at the upper eastern part of the naitrium. everyone is welcome, no matter what you believe in or don't believe. take care and God bless.

To the 23 female from last week's grapevine ... I find it hard to meet people because I am not from here. We should meet sometime. I am 20, and a guy, 5'10 175 cheers

listen up retards! to everyone that arms their car alarms the parkade; you are all a bunch of useless twats! what good is it doing going off everytime a peice of shit car with no muffler bags by? nobody pays any attention to them anyways to serriously, whats the purpose, to kill you battery and any the piss out of everyone for miles away?

-ARC ARSENAL-

I am a guy thats been hearing about this marshall guy in civ .. you know that i can get the ladies better than you man. Lets see who can get the most grapevines in the next few weeks, and maybe we can get some girls all over us. bring it on - from, Latral Massimo

has anyone else noticed that the taller,dark haired girl who works at second cup is just f&*king gorgeous!!! i don't know your name sweetie, but you catch my eye everytime i walk by.....i would very much love to get to know you.

I'd like to know which "Dave" you speak of. Can you be more specific as there may be dozens, possibly hundreds of Daves at NAIT who are all thinking that a lovely lady would like to "hook up" with one lucky "Dave" regardless of whether he is single or not. I am just a little curious since I also go by that name. Who are you? Could you let "Dave" know?

Classifieds

Is your computer having problems like registry errors, spy ware, ad ware, virus problems, frequent crashes. Unsure how to customize the window installation to your needs. Unsure if your windows based system has all the latest fixes. I can access your system and recommend fixes that will ensure your system runs smoothly. For more information contact Shahid Bhinder @ 462-5907 or send an email to sbhinder48@hotmail.com

Adventure! Teach English Worldwide.

TESOL Certified 5 days.
Study In-class, on-line
or by correspondence.
Jobs in over 85 countries.
Call to reserve a seat for
a **FREE** Info Night this
Monday and Tuesday
@ 7 pm, 10762-82
Ave. **1-888-270-2941**
www.globaltesol.com

Valentine's Day Gift Certificates

Golden Tan

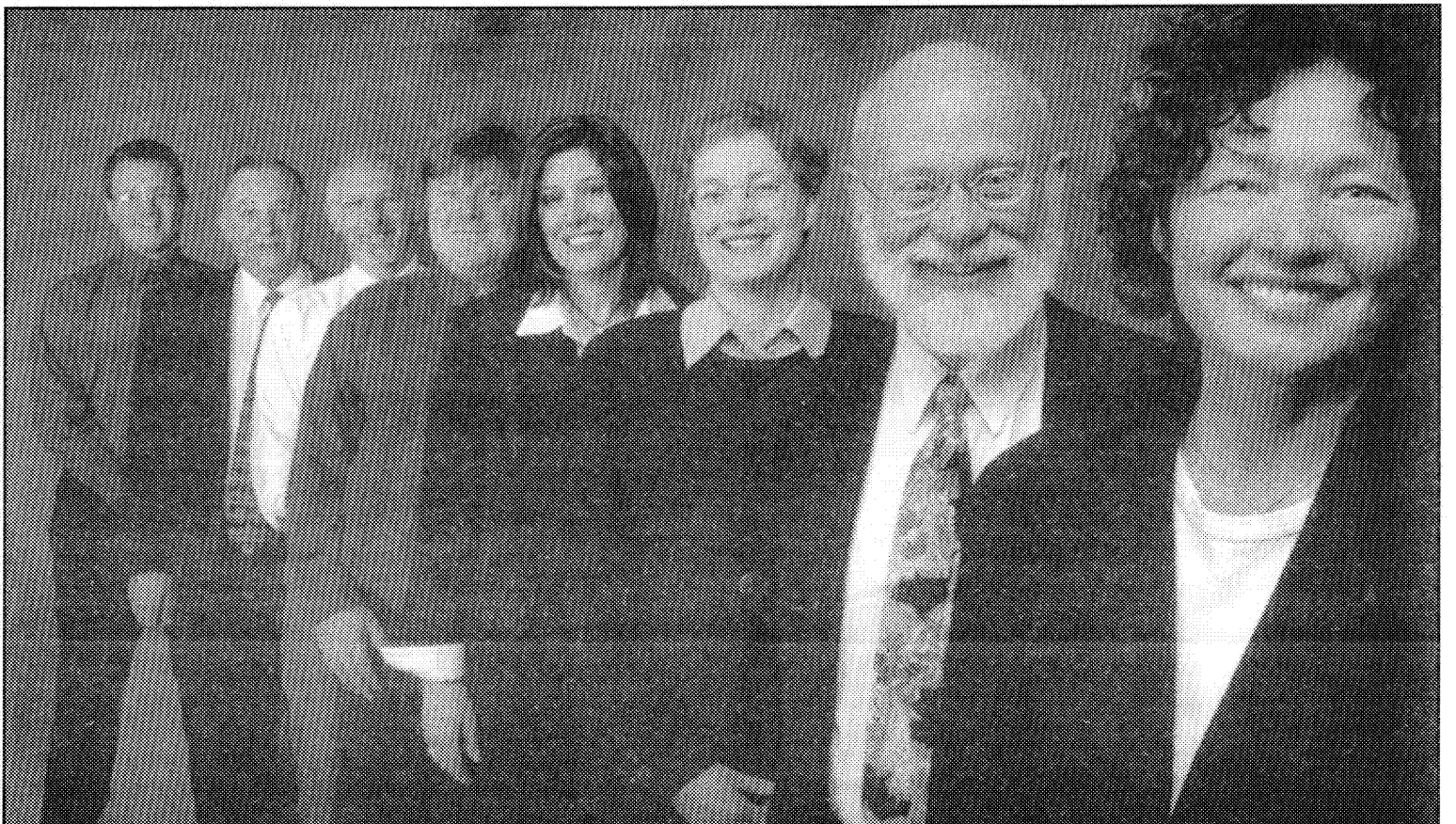
Suntanning Salon & Esthetics

600 minutes - \$39.95

476-7706

9006 - 132 Avenue

New Beds & Bulbs



nomiNAIT

If your instructor significantly impacted your education and you want the world to know it... honor your instructor with a nomination for the Instructional Excellence Award 2004-2005

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

Main Campus
Registrar's Office
Kathy Manderson - 471-2558
NAITSA Office
Rita Cain - 471-8980
Room 5223
Linda Townsend - 491-3023
NAIT HP Centre
for Information and
Communication Technology
Room W309
Jeannette Morozuk - 478-5353
Dr.
Jennifer MacDonald - 378-8305
Fairview Campus
Room 2122
Reception - 458-5565

Swack Campus
Room 2130
Tina Chorney - 430-5105
CED Centre
Room K116
Angela Patterson - 471-7043
Technologies Annex
Room 1101
Elena Durbat - 471-8060
7th Street Plaza
508 North Tower
Ellen Nicol - 495-9980
Continuing Education
and Business Development
Room W111
Carle Guellet - 378-5024

Fairview Campus
Registrar's Office
435-5805
Grande Prairie Campus
Room 102
Cecile Girard - 539-2075
High Level Campus / La Crote
Campus
Fraser Duncan 341-3603
Peace River Campus
Linda Hoggan 618-2510
St. Albert
Patty Telford 458-6449

Deadline for submissions: February 28, 2005

Bring on the future



Fun, Friendly, Affordable
Now Playing www.cinemacity.ca

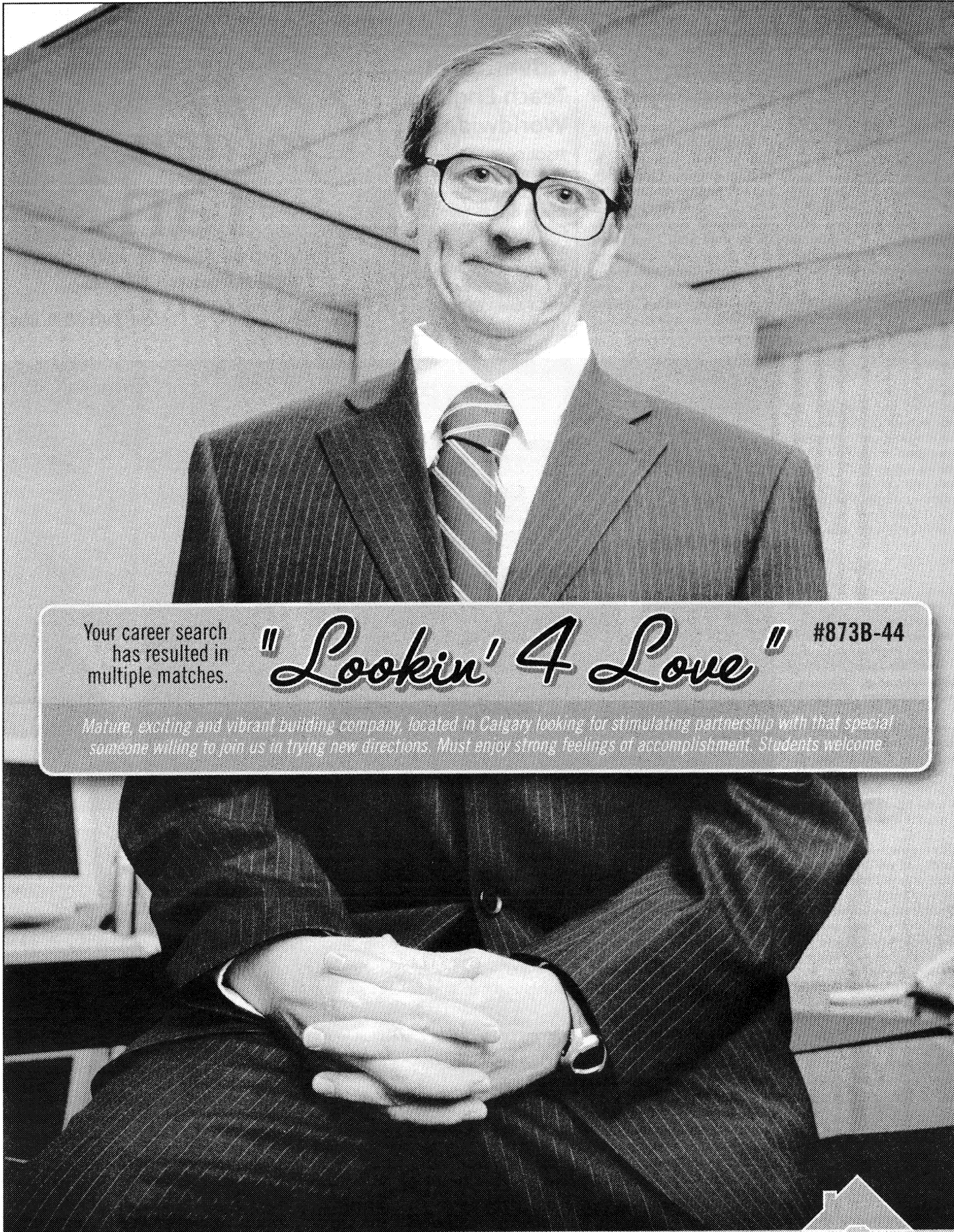
CINEMA CITY 12 3633-59 Street Movie Info Line 463-5481	Movies 12 3674-130 Avenue Movie Info Line 472-9779		
\$2.00 Tuesday Special	\$2.00 Daily Matinees	\$3.00 After 6PM	\$3.50 Fri/Sat Midnight Movies

\$1.00 Admission

EXPIRES February 10, 2005
one admission per coupon
no reproductions-no cash value
valid anytime monday to thursday

\$4.67 Plus tax
**Medium Drink
Medium Popcorn**

EXPIRES February 10, 2005
one coupon per purchase
no reproductions-no cash value
valid anytime monday to thursday



Your career search
has resulted in
multiple matches.

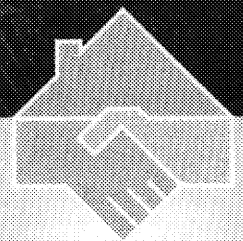
"Lookin' 4 Love" #873B-44

Mature, exciting and vibrant building company, located in Calgary looking for stimulating partnership with that special someone willing to join us in trying new directions. Must enjoy strong feelings of accomplishment. Students welcome.

Dozens of companies in the Alberta home building industry are looking to meet and hire people like you right now!

Nearly 15,000 jobs were filled in our industry in 2004 alone, and more are being created every day. Hook-up with albertabuilderconnect.com to find your perfect career match, whether it's in new home sales, interior design, marketing, office administration or any number of other interesting and stimulating occupations. You're also going to love how registration is free, and job opportunities are e-mailed directly to you.

Find your perfect career match at albertabuilderconnect.com



**ALBERTA
BUILDER
CONNECT**