

HAPPY HOLIDAYS — SAFE PARTYING

THE NUGGET

Thursday, Dec. 7, 2006
Volume 44, Issue 13



Please recycle this
newspaper when you
are done with it :)

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

WORLD CLASS

**NAIT program assists employee training in more than 60 countries.
See story inside.**



SEASON GREETINGS:
NAITSA President Jon Hoffman (left) and his executive wish everyone a great holiday.

With Jon are: VP External, Garth Crump,
VP Campus Life, Carrie Creaser and VP
Student Affairs, Lars-Erik Larsen

THE NEST

UPCOMING EVENTS

EVERY TUESDAY
IS NAME THAT TUNE
& EVERY WEDNESDAY
IS KARAOKE FROM
4PM-8PM@THE NEST.



Oilers Game of the Week at The Nest

Dec. 12 Oilers vs. Nashville – 6pm
Dec. 14 Oilers vs. Minnesota – 7pm*
Dec. 19 Oilers vs. Colorado – 7pm
Jan. 2 Oilers vs. Florida – 7pm*
* Pay-Per-View Broadcast

REMINDER
The Nest will be closed starting
Dec. 21 and will re-open on Jan. 2.
Don't miss the first Oilers Pay-Per-View
broadcast of the New Year!



NEWS & FEATURES

NAIT makes a world of difference



By ERIN MASTRE

“NAIT has the best enterprise unit in the Canadian educational system.”

According to Jeff Sundquist, Dean of Global Enterprise Solutions, “NAIT has the best enterprise unit in the Canadian educational system.” A bold statement perhaps, but not considering “the unique hands-on learning that goes on here,” Sundquist added.

NAIT’s unique competency-based training programs allows Sundquist’s team to “work with Canadian companies here and abroad, with Fortune 500 companies, and governments from around the world.” They work with industry to help meet global resources and human development needs.

The Global branch of NAIT is huge and an important part of everything the school does. Specializing in oil and gas, business administration, telecom-

munications and other skills they have “assisted in training skilled and productive workforces in more than 60 countries.”

There are now seven training operations around the world located in: Beijing, China; Baroda, India; Vancouver; Bonnyville; Peace River; Abu Dhabi, UAE; and Cairo, Egypt. Over 1,000 instructors are involved with these facilities and regularly teach overseas.

Sundquist says that Global Enterprise Solutions “takes an entrepreneurial approach to running these institutions” from which the success then allows them to do “close to \$30 million per year of financial revenue which is then invested into programs, people, and facilities.”

“NAIT is a global institution with strong roots in Alberta rather than an Alberta institution dabbling in International activities” he explained. With a background in Business Improvement

and Business Development Operations, Sundquist has been dean for just over five years.

He still finds his work exciting due in large part to the fact that “NAIT is such a strong brand with a strong reputation.” For example, NAIT played an instrumental role attracting DELL to Edmonton being selected from over 300 cities. “NAIT was the very first organization that DELL outsourced their new-hire training.”

The Egypt training facility opened in 2004. There is now one full-time contact living in Cairo while instructors work on rotation. The corporate training and building in Egypt and other countries helps these jurisdictions with their capacity development.

Subjects being taught in Cairo include “mechanical and electrical maintenance, vibration, and ideally instrumentation.”

“By getting in early with emerging markets and building relationships and community activity in a region, new doors are opened for both the country involved and our institution.”

Comments? E-mail Erin at erniebern@hotmail.com.



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91.7 THE BOUNCE

Smokers way out in the cold



By ERIN MASTRE

The smoking issue at NAIT continues, and while the snow helps to cover some of the mess the problem is not going away. I had the opportunity to speak with a group of smokers and then I took some of their comments to Ken Snider, Manager of Security Services.

Some students requested sheds outside their buildings where they could at least stand out of the elements. Others quipped in that these sheds could be heated and that much more comfortable.

Upon speaking of NAIT's smoking policy, all of the smokers said they were aware of the 10-meter rule from buildings where they should be smoking. While some responded they were too busy to walk out that far others stated they were just taking a quick puff.

When asked what it would take to improve the situation responses were similar. Some said that there were no seats near the designated smoking boxes. One person said that they felt "singled out" having to stand at a place that is often

"right next to the road." Snider feels that smoking "is an issue for a lot of staff and students" adding "ideally all we want is for smokers to use the receptacles (located at the 10 metre location) and put their butts where they belong."

When NAIT security move across campus, they will ask smokers in the wrong place to move.

On main campus, both the North and South lobby entrances are designated as smoke-free. Grounds staff, Snider explains have a "bigger problem in keeping up with the constant pick-up to keep facilities looking their best."

He also thought that image becomes a factor. "NAIT receives a lot of visitors and it is not a great thing to see piles of cigarette butts in order to get through to a building." Essentially "campus is here for the students and we would just like to keep it clean. We're promoting the 10 metre area out of courtesy for others."

At Grant MacEwan staff and students are only permitted to smoke in one or two locations depending on the campus. It is more of an extreme move but still better than the alternative of going totally smoke-free as far as smokers are concerned.

Comments: E-mail Erin at erniebern@hotmail.com



Photo: Michelle Yarham

Monday December 5th a group of NAIT students are found smoking outside the NAIT business tower.

Making a clean sweep A sobering thought on driving



By ERIN MASTRE

With Christmas just around the corner, the ol' pocketbook getting tighter, and exams fast approaching, who has the time? Well, if the family is coming to visit this holiday then a clean-up of your place is in order.

Instead of spending \$8 or \$9 on an expensive cleaner filled with chemicals that are bad for you and bad for the environment try using vinegar. When used regularly inside your oven, vinegar is all you need to keep it clean.

In the bathroom vinegar will keep surfaces shining and mildew off your nice shower curtain. It's a strong smell at first but don't worry it goes away fast. An old-fashioned cleaner called Borax is still found in the detergent aisle of many stores – it will clean just about anything.

Now, before you throw away your favourite shirt because of that big ketchup stain, buy a bar of sunlight soap. It's a mild soap but strong enough when mixed with cold water and elbow grease to get the tough stains out.

Dish soaps are also mild and effective cleaners, and they're good for everything from dishes to walls to windows. When cleaning mirrors or glass, if you are sick of looking at streaks try using newspaper. It's very good at absorbing excess cleaner and cheap too!

If there is an unmistakable smell coming from your fridge you have no choice but to clean it out. However, that smell may linger. Try putting a medium amount of baking soda in a bowl or dish in the fridge and let it sit there – no more smells.

You may not have a lot of money for groceries, but there are a few staples that can get you by and even impress your family. These are: milk, eggs, butter or margarine, fresh tomatoes, lettuce, peanut butter, cheese, Italian dressing, frozen mixed vegetables, chicken or an alternative, juice from concentrate, bread, rice and potatoes.

Maybe you are going away for the holidays. If that's the case, take an extra half hour and clean up before you go. You'll appreciate it by the time you get home and it will be a lot less work later.

Whatever you do, have a good holiday everybody and enjoy the time off.

Comments? E-mail Erin at erniebern@hotmail.com



By LIAM CRESWICK

The holiday season is fast approaching, and parties and get-togethers are sure to be part of many people's celebrations. But with parties comes alcohol, and we want to remind everyone to drink responsibly and never drive drunk.

Not only will Check-Stops be out in full force, but more importantly, it's dangerous to you, your passengers, and the rest of us on the road. So pick a friend to be the designated driver, or plan to call a

taxi or drive-home service. There is also the free, volunteer run, Operation Red Nose Program. Operation Red Nose runs every Thursday, Friday, and Saturday from now until Christmas, as well as Dec. 29 until Dec. 31. They will drive you and your car home with just a call.

Also Operation Red Nose is looking for volunteers to drive, answer phones, and more. For information on Operation Red Nose go to www.orn-edm.org.

Below is a card we encourage you to cut out and put in your wallet or purse. It has the numbers for Operation Red Nose, a few cab services, a 411 style connection service for cabs, and an empty space for you to jot down any other number you may want to remember. With this in your pocket, there is no reason to get behind the wheel while drunk. Until then though, cheers, and happy holidays!

If You're Drinking, Who's Driving?

- Operation Red Nose: 421 4444
 - Co-op Taxi: 425 2525
 - Barrel Taxi: 489 7777
 - #TAXI (#8294)
- on you cell for connection to first available taxi

Your Number: _____



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THE DEADLINE IS
12:00 p.m. on the last school
day of the week.
All submissions must be accom-
panied by your name & student ID
number

The opinions expressed by contribu-
tors to the Nugget are not necessar-
ily shared by NAIT officials, NAITSA
or elected school representatives.

Letters welcome

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break! Submit your letters with your real name and contact phone number to: nuggetsubmissions@hotmail.com Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.

Dr. Shaw keen on expansion

Ah, it's the end of the term and the last issue of The Nugget until 2007.

As such we thought it would be a good time to touch base with NAIT president Dr. Sam Shaw.

Nugget writer Shant Chakmakian caught up with the prez recently for a question and answer session.

What do you love and hate about your job?

What I love about my job is interacting with great staff and students...and every day is a dynamic opportunity to leverage these assets. I wish I had more time to walk around the halls.

Why did you initially take this job?

I knew about NAIT because I completed some accreditations in some of the health programs. I felt it was a golden opportunity to leverage some of the great talent at NAIT.

If you had three wishes for NAIT, what would they be?

Wish one would be so the government gives us the \$75 million a year so we can complete our \$750 million plan...Wish two would be we would look at implementing that plan as soon as possible...And thirdly it would be that we would have more celebrations of our successes.

What makes NAIT different from all other institutions and what's our edge? Why should students choose NAIT?

Clearly it's in our mission statement and it's the human touch. If you look at what happens in the classroom and the support staff to focus on student success and their success is a reflection of our success.

What's NAIT's impact on the world around it?

Our impact is dramatic and profound, certainly in the jurisdictions that we go to look at training, people's lives are changed by it, wherever they are in the world. It certainly affects their lives and their families and entire communities.

Do you think NAIT will be the next MIT?

We are certainly using DIT (Dublin Institute of Technology) as models of how we look at some of our programs, and we are certainly working with MIT on our bachelor of business enterprise as well as Harvard and Boston College.

How does NAIT work with business and industry, what are the benefits from that?

Well certainly we have a foundation with our program advisory committees that draw people from business and industry. We give quarterly reports to business and industry...business and industry want to be partners of NAIT...success breeds success.

So what's going on with the future southside campus? What programs may be included on that campus?

We are looking at is Crane and Hoist, the pipe trades, automotive, heavy equipment, marine, aviation programs and so forth. And beyond that we have the land to expand as we see the need of new programs 10-50 years from now.

What's NAIT's plan for expansion? What will it look like in 10 or 20 years?

We have certainly our 10-year plan that looks at \$750 million; certainly it will help us grow from the current 72,000 to 108,000. With that we have plans for main campus and as we recently announced we have plans for a south campus that's contained on 151 acres.



Dr. Sam Shaw greets Shant Chakmakian

How does NAIT intend to expand over the next 50 years?

Our extension plans look at the need for looking at the need for academic programs accessed by students and the infrastructure behind that. That looks at what we need to do on main campus and south campus and looking at all the buildings that will support all of the training we will do that is hands on.

How will more applied research make this a better institution?

Applied research is key to looking at good instruction because you can share what's going on with business and industry. And as we look at the four-year degrees, there will components of looking at a capstone project that will help students stay in touch with students looking at problems that businesses want answers to today not tomorrow...this for NAIT's faculty are very important and aligned with an excellent teaching institution.

How is NAIT funded aside from tuition? What does NAIT do to keep tuition prices down? What are other sources of funding?

Certainly on the tuition the government grants help us, but clearly when you look at the supplies on practical training we need business and industry...certainly looking at the capital campaigns have been key to ensuring that we can deliver some of the programs and scholarships to students.

What do you think NAIT needs to improve in the short and the long term?

As we look at our infrastructure, we need to be on course and on target with our 10-year campus expansion. That's No. 1. We must always look at reviewing the quality of our programs and certainly as we start looking at succession planning with our faculty, we need to hire the best and the brightest.

How does NAIT intend to maintain high quality as the institute expands?

Through our program reviews, KPIs (Key Performance Indicators) are done on all the programs as well as the program advisories make sure that the kind of curriculum in the program needs to be workplace-ready.

Many students complain about the quality of certain buildings (i.e. the business tower, the annex etc.) What will NAIT do to maintain the quality of our current infrastructure?

To address the business tower issue, it will be certainly to create a new business building and that's slated to hopefully start next year. Then there's the domino effect of refurbishing and renovating the current business tower for electrical, and once electrical moves in

we can expand health sciences.

What does NAIT intend to do on increasing quiet study spaces on campus?

One of the key things in all of our infrastructure planning is incorporating student space that is designated for learning and those kinds of amenities for students by students.

What's NAIT's greatest strength and obstacle?

Our greatest strength is the staff we've been able to attract and not just in the past but in the future. Our challenge is ensuring government support for technical education.

What's going on with the clocks?

What time is it? It's all GPS ready!

Hoffman wants involvement



By STACEY DOUGLAS

There's little time for reflection during this semester's current crunch time, but two of the NAITSA Exec spent a few moments to describe some highlights from the last four months.

"This semester has turned out very well. We have created some events on our satellite campuses, and created good contacts within the NAIT community," says Garth Crump, VP External.

Jon Hoffman, NAITSA's President adds, "These are pretty exciting times at NAIT with the possibility of degree programs next fall and lots of campus development in the works. NAITSA has been involved in providing input into the future of the school through various committees, specifically the Academic Plan."

To carry on that excitement Hoffman hopes to see more students involved in campus activities.

"One of the things that could be improved is seeing more students involved in leadership roles by starting new clubs on campus. Once again, whatever you are interested in, whether it's table tennis, the stock market, trying

to figure out your wife, makepoverty-history, floor hockey, Google Earth (oh yeah, these are clubs I should start). Come by our office and we'll help you get connected with students that enjoy the same things."

Of course the end of one semester soon means the beginning of another, and both are looking forward to the new projects they'll be developing in the New Year.

"One of the big things is working on re-developing the student spaces on our campus, and on the satellite campuses," explains Crump but he adds "We are also bringing in some great speakers for next year."

While Hoffman was busy lobbying for changes to the Advanced Education Affordability Framework through ACTISEC this past fall, he was also part of the development of the BeAware Committee. It will continue developing in 2007 and will "involve students and staff to promote and create initiatives for a safer campus."

Hoffman adds "We'll be starting a weekly Staff/Instructor Appreciation Award so students can nominate any top performer around NAIT. They will receive a surprise in their classroom/office, and a gift certificate from the Nest. Email me (jonh@nait.ca) or come by the NAITSA office next week to pick up an application form."

Both mention that there will be some exciting events in the New Year, so now you have something to look forward to while relaxing over your too short holidays.

READS & NEEDS

12 days of Christmas Sale

It's the 6th day of our 12 days of Christmas sale! Don't miss the savings! Come down today and everyday until it's over! November 30 to December 15 Surprise specials daily!

Semester's end brings stress

- A Voyeuristic View Into Canada's Dorm Rooms -

Pleasure has price

By STACEY DOUGLAS

The under eye dark circles seem to be permanent, your brow is constantly furrowed in concentration and you're not sure if your brain can take anymore information. It's that time of year, exam time.

"It's horrible," says RTA student Chelsea Niederlag when asked about the end of the semester.

According to the Canadian Mental Health Association three quarters of Canadians feel stressed out at least once a month, and for most students stressing out probably seems like a way of life right now.

Stress isn't all bad since it can be a motivator to get things done, but if it has become overwhelming

and you're losing sleep over that group project or thinking about the number of finals you have gives you a migraine Capital Health has a few tips to get you through the next two weeks.

First they suggest trying to avoid stress by being prepared and proactive, anticipating your needs, saying no more often, and allowing extra time before important deadlines or meetings.

Basically, you're busy, so create a schedule for studying and working, and then follow it. This will help you visualize what has to be done and when, so you're not up at 4 a.m. madly scribbling last minute details out.

They suggest relaxing by exercising, enjoying a hobby or participating in an activity you enjoy.

Make sure to make room for breaks – small and large – in your schedule. While you are studying, experts recommend focusing on the books for 45 minutes, and then taking a 15-minute break.

Sleep can be hard to come by during these last few weeks of the semester, so make sure to unwind before bed. Try to forget about school and its worries so that you're calm before you head off to dreamland. Stretching, a warm bath or shower, and reading are recommended.

If you've tried these hints and they don't seem to work, Capital Health has other helpful pointers on their website at www.capital-health.ca.



Ask the Sex Doc:

Dear Sex Doc;

I read on your website that some sex toys can be harmful to the body. Can you explain this? I'm a little worried because I have a jelly vibrator that I use occasionally.

Perplexed About Plastic Penetrators @ SAIT

Dear Perplexed About Plastic Penetrators @ SAIT;

You're right PAPP, not all sex toys are created equal.

What you need to be concerned about is the fact that your little friend is made from jelly.

You see PAPP, the sex toy industry is largely unregulated.

They sell sex toys as novelty items so they do not need to adhere to certain regulations. Unfortunately, most North Americans who purchase sex toys are not aware that these toys can burn your pleasure hole.

Besides the obvious adverse effects of poorly made sex toys such as sharp seams, allergies, decomposition, and bacteria infections due to porous toys, the most concerning issue is with off-gassing phthalates. Phthalates are a family of very common chemicals used in a variety of products, from polyvinyl chloride (PVC), children's toys, and sex toys made from jelly.

Phthalates are added to plastic (usually PVC) to increase their flexibility. Unfortunately, over time, the phthalates added slowly 'leak' out in a process called off-gassing.

They generally release lead and cadmium, which can be absorbed into the butt or vag.

In 2001, the popular German magazine, Stern, hired toxicologists to determine the safety of certain sex toy materials. They were alarmed at the high concentrations of phthalates, which were 100 times the acceptable European standard. The toxicologists warned that sex toys containing phthalates (i.e. anything initially made from PVC) would be absorbed into the mucous membrane of the front and back door and could lead to liver and kidney damage.

In 2006, Greenpeace Netherlands commissioned a study, which found seven out of eight vibrators and dildos tested contained phthalates in concentrations varying from 24 to 51 percent. Besides the affects mentioned above, the experts from this study indicated that vaginal or rectal exposure to these chemicals can harm hormone production and damage reproduction. They also indicated that phallic PVC poles might lead to cancer.

Now PAPP, I don't mean to scare you. If you really do use your jello vibe 'occasionally' you're probably fine.

But, you and anyone else out there who has a battery-operated boyfriend that can give you a chemical pussy peel should throw it away and replace it.

However, if your toxic twat tool gets you off like nothing else, you could always put a condom over it to keep the bad stuff out.

When purchasing an insertable sex toy you should make sure it is a good

one made of silicone or elastomer or you may come down with Chernobyl Coochy. So PAPP, a good motto to follow when it comes to sex toys is, "if it smells bad, don't buy it!"

For more information about the safety of sex toys or to purchase the very best adult products, check out Forever Pleasure's Ultimate Sex Toy Guide on the education section of www.foreverpleasure.com.

Dear Sex Doc;

You've got to help me Sex Doc because I'm really confused. I'm a 20 year old guy and I'm attracted to my best friend. The problem is that he's a guy too. I think I might be gay, but how do I know for sure?

Orientation Overload @ UBCO

Dear Orientation Overload @ UBCO;

Thanks for having the courage to send me an email and ask this question. I know it can be difficult and scary as hell to be confused about your sexual orientation.

When I'm asked this question in a classroom I'll generally ask the individual "what do you fantasize about when you masturbate?" Now Orientation Overload, this might seem a little simple, but generally it is a good indicator of whether or not we want to have sex with men, women or both.

And I know it's not all about sexual attraction, because an individual's sexual orientation is their physical, emotional, spiritual, and sexual attraction to an individual of the opposite sex, same sex, or both sexes. So OO, where do you stand?

If you find yourself head over heels about your best guy friend you might be gay. However, many young guys who end up identifying as straight have a strong emotional connection with a buddy in their teens or early twenties.

In fact, lots of young guys play more than Tiddly Winks with their buddies. Same-sex play is perfectly normal and natural, especially in adolescence, and it does not mean that an individual will be homosexual in adulthood.

OO, the most important thing to realize is that you are perfectly normal regardless if you wanna play hide the sausage with guys and/or girls.

I'm pretty sure that you'll figure out your orientation over time. You're 20, you have lots of wonderful years ahead of you with whoever you choose to snuggle up with.

And OO, if you are struggling with your sexual orientation you might want to speak to a counsellor at school or in the community. And, most schools in Canada have clubs for gay, lesbian, bisexual, and transgendered students where you could find out more.

Satellite events plenty of fun

By GARTH CRUMP

Fists of fury with beers in hand was the look at NAIT-SA's beer gardens over the last two weeks. Souch and Patricia Campus drew in an apprentice crowd to a new endeavour from the NAIT Students' Association.

In the last 50 some odd years there has not been an event on any Edmonton satellite campus that was 'good time' related. 'Good time' meaning alcohol; and there

seemed to be a good time at Patricia Campus.

On Thursday, Nov. 30 Patricia Campus started the night with a local DJ, a BBQ to feed a small country, a Coors Light girl who could dance like she was in Coyote Ugly, and an inflatable boxing ring that knocked the wind out of some willing welders.

The night partied on and boxing became the sight to see with two ladies from the NAIT Student's Association faced off in the ring.

The big party scene, however, did not take as well at the Nov. 23 beer gardens at Souch campus. There were only about 40 people who stayed, which was probably due to the terrible weather that day.

All in all the two events were a success and NAITSA is planning to do a lot more events on the campuses through out the year.

(Garth is V.P. External of the NAIT Students' Association)

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Dr. Brian Parker is a clinical sexologist and sex educator and does enlightening and entertaining sex toy parties in the Edmonton area. To find out more visit the 'parties' section of www.foreverpleasure.com.

This column is made possible by the generous support of O'My Natural Lubricants. If you have a sexual question you want answered in the 'Ask the Sex Doc' column please email drbrian@foreverpleasure.com and watch for his response in this paper.

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OPINION

- Editorial -

Christmas break comes just in time

Time is a funny thing. Sometimes we need a slow-mo button and other times a fast-forward one.

Right now Christmas break cannot come soon enough. Most want to fast forward toward that moment when the last paper has been written, the last project completed, and the last final exam has been handed in.

On the other hand a pause button might be more useful – it'll allow us a chance to actually take those deep breaths the experts say are needed when one is stressed out.

Perhaps some want to fast forward through the holidays, because Christmas has its own special stress.

Many of us have had to body check our way through the malls searching for that perfect gift, yet ultimately resort to an impersonal gift card because Christmas' deadline waits for no one.

The overwhelming number of parties and gatherings is not only exhausting, but our face muscles can cramp from the perma-smiles

that we force during these soirees.

Maybe it's the other way around and Christmas is simply a lonely time. Whatever the case, time is probably not going at the right pace, and this only adds to our stress levels.

No matter how you're dealing with this semester's crunch time and the imminent Christmas break, we at the Nugget want to thank you for taking some of your time to glance at our pages throughout the semester.

Whether it was a contact for a Hot Single of the Week, a witty Mouthing Off, a scathing review, the exploration of fan support for the Ooks, or an interesting news story, we hope we filled a few of your spare moments with informative and entertaining nuggets of information.

This is it for 2006 from us, but we want to wish you the best of luck in your classes and we hope you have a relaxing break.

We'll see you in the New Year.

- Letter to the editor -

Nugget language A-OK

First of all I would like to thank you for asking your readers on this issue, it shows what is really important to this newspaper. This is a touchy issue, and it's good to see that you think a decision needs to be made.

I am opposed to having the Nugget censored. Even though I might not agree with, or particularly enjoy, some of the content published in the Grapevines I believe that free speech comes first.

That is, of course, within reason. There definitely should not be any racist comments etc. published. To comment on the comic you posted, I think the writer's humour is a little crude but I think he is making fun by exaggerating how desperate some guys can be. I didn't think it was particularly funny, just lame.

Overall I believe that the majority of students

at NAIT are adult enough to decide not to read the Nugget (or specifically the 'vines) if they find the content offensive. The students have been given a way to express themselves with the Grapevines. Let them use it how they want to. I enjoy reading the variety of rude, crude, silly, funny, serious, poetic, lame, stupid, dumb, and romantic entries in the Grapevines.

The Grapevines draw the most fire in this topic, but I say keep the Sex Doc.

I don't care about rude language, and I like all the articles. There is a good variety: current events, sports, music/video, opinion, sex, horoscopes.

Bottom Line: Keep the Nugget the way it is. Keep up the good work.

- Gary Light, Chemical Technology



- Opinion -

Size does matter for me



By ERIN MASTRE

Here is a staggering new fact: according to the Canadian Mental Health Association, 70% of women and 35% of men are dieting at any given time. Stand in any grocery store line and magazine covers attest to this fact.

Consistently those pages are plastered with pictures of models and actresses who are grossly underweight. Alternatively, in the last year we have also been hearing a lot about the growing obesity problem, resulting health implica-

tions, and associated costs.

Stats Canada confirms obesity rates in this country have nearly doubled in adults. In children, that rate has almost tripled in the last 25 years.

While these numbers are staggering, one question puzzles me. What about the rest of us?

The "average" sized and weighted person is apparently a dying breed. What exactly does that mean? As it stands, it seems society has forgotten us.

For example in the last four years, I have gone from a size 5/6 to a size 1/2. I will be the first girl proud to say that I am a healthy 5-foot-8, 119 pound female. Interestingly enough, my old 5/6 jeans still fit me just fine.

At first it was flattering to drop a size without putting in any work. Now, it's just ridiculous. Trying on clothes is a total crap-shoot.

As Forrest Gump would say "You never know what you're gonna get," and taking in three sizes of the same item of clothing is now normal.

Society's pre-occupation with numbers, especially in women's clothing has gone to the extreme. Shirt and shoe sizing are no better. Once a medium, depending on the store, today I am an xxs (extra extra small).

I can now forget about shopping at any major department store because they no longer sell clothes that fit me. How can I exist and be a size zero at the same time? What's next, 2007 brings us the -1 and below sizing? I'm dreading it already.

Comments? E-mail Erin at erniebern@hotmail.com

Entertainment editor wanted

The Nugget is seeking an entertainment editor to begin duties in January. This is a paid position.

If interested e-mail student editor Stacey Douglas ASAP at: studenteditor@nait.ca.

Include writing samples if you have them.

Astral Reflections



By TIM STEPHENS

Aries - (March 21-April 19)

Higher-ups, bosses and parents favor you until early January. Make proposals, seek favors or a promotion, or seek employment. The more managerial that employment - and the less hands-on - the better. Now through 2007, beware losing your focus - your "life" - in drudgery. Opt for travel, education, art or love instead - if you can, and it's likely you can, more than you know! Huge opportunities in these areas are triggered Monday, but you might not hear or perceive them until Wednesday/Thursday - act these two days, and Saturday. Show attraction and eagerness!

Taurus - (April 20-May 20)

A sweet mellow gentleness comes to love relationships now, even to sexy or lustful ones. If you meet and start a love affair now to January 2, it will have a "wedding flavor" around it, as well as strong financial and sexual drives. Still, guard against verboten temptations, extra-marital attractions, etc. Although you're in a very lucky period for investments (to August/07) don't be too impulsive through January 16 - this applies to debts, mortgages, etc. Monday stands out - careful! Tackle chores Wednesday/Thursday - caution with electricity. Relationships lure Saturday.

Gemini - (May 21-June 20)

Investments, large finances, mortgages and lifestyle commitments are favored now to January 2. So are health diagnosis, sexual intimacy, mysteries, research, and explorations into your subconscious. Listen to hunches! Combine these with a general atmosphere of cheerfulness, opportunity and great relationship doings, and you should see where your luck lies! (E.g., this is a great time to meet someone both sexy and friendly - who holds marriage potential.) However, go slow Sunday to Tuesday. (Send messages Sunday morning for good results.) Romance, love, pleasure draw you Wednesday/Thursday. Tackle major chores Saturday.

Cancer - (June 21-July 22)

Relationships grow sweeter now into January 2. Others will treat you with affection, so ask your sensitive questions. The few weeks ahead favor promotion, so ask for more work, ask to assume greater responsibilities - your performance will impress higher-ups. Now to January 16 is a good time to buy equipment/machinery to aid

your work. A small surgery might be scheduled for some of you, to occur in late January/February. If you can, schedule it before February 13. Go slow with communications Sunday-Tuesday. Home sweet home, Wednesday/Thursday. Saturday's romantic, pleasurable.

Leo - (July 23-Aug. 22)

Work, employment, repairs and health factors are mildly lucky now to January 2. But more noticeably, romance, creativity, and life's beauties and pleasures surge now to January 16. If you're a writer, filmmaker or artist, start that masterpiece NOW (after December 12 and before December 19). If you're single, you could meet someone you'll later wed (happily!). The best of these meetings (yes, plural) likely occurs before December 20. You might have to choose between amours! Take care with money, avoid purchases, Sunday eve through Tuesday. Home's best Saturday. back to top

Virgo - (Aug. 23-Sept. 22)

The major emphasis these days (and months) is on security, your domestic scene, real estate, Mother Nature, therapy and healing (and on a brand new life through these - that is, on major endings and new beginnings). The rest of December will also bring you sweet good luck in romance, love, beauty, creative and speculative ventures. It might be this whiff of new beauty, new loves, that makes you ultra-impatient on home, investment and sexual fronts for the six weeks ahead. Your motto will be: "Change - or bust!" Be gentle! back to top

Libra - (Sept. 23-Oct. 22)

Although you've just begun a year of lucky wanderlust and curiosity the few weeks until January 2 will mingle your restlessness with a "home sweet home" influence. Take a breather, contemplate, relax and plan your direction(s) and roadmap for the months ahead. This applies to emotional and intellectual explorations - and real travel. However, don't rest too much Sunday eve to Tuesday - doing so could make you abandon the great ideas and hopes of last Friday, Saturday, and this Sunday morning. Your energy and charisma surge Wednesday/Thursday - start big things!

Scorpio - (Oct. 23-Nov. 21)

Continue to chase money. Spend also, but judiciously, on machinery, equipment, published data, international telephony/internet equipment, home repairs, work supplies, etc. You'll almost unconsciously overspend now to January 16. If you aren't sure, bank it or pay down debt. Communications and casual relationships sweeten until January 2 - call a sibling or friend, renew acquaintance, return social favors, chat, design stationery or buy a phone or car. Be wary socially Sunday to Tuesday, though, and

retreat for a rest Wednesday to Friday. Friday night onward, your charisma and energy soar!

Sagittarius - (Nov. 22-Dec. 21)

You've just entered a hugely lucky personal year. You'll fare best if you "radiate outward" - speak up in class, communicate to friends, show the boss what you can do, express ideas, stand on the stage of life! Chase your "truest" goals. But there will be little variations in this great personal year. Two occur now: 1) luck in money, earnings and purchases increases through January 2, and 2) extra courage and luck boost your chances in romance, creativity, self-expression, teaching and "risk" through January 16. Let goodwill overcome temper!

Capricorn - (Dec. 22-Jan. 19)

You're tired, but your personal magnetism rises subtly now to late January - you'll attract a confidant, or a secret ally. If you're in love, welcome cozy snuggles. You might attract a new, quiet love - but you'll show a lot more passion in privacy than in public. Now to January 16, don't make an enemy of a fiery, idealistic and "mouthy" person. Diplomacy protects you. Civil servants, institutional workers, shut-ins and spiritual types befriend you, treat you graciously, beneficially for four weeks - and, somewhat, all year ahead. Be ambitious Wednesday/Thursday.

Aquarius - (Jan. 20-Feb. 18)

Strictly avoid investing Sunday afternoon through Tuesday (and generally, all December and 2007). The same goes for lust, secret attractions, investigations, mysteries, depths, research. Love, elevated thoughts, compassion, understanding, cultural events, distant travel, foreign-born people, religion or life philosophy, law - these enter your sphere (and heart) Wednesday to Friday, in a lucky, beneficial way. Be ambitious Saturday - your skills are apparent! Now to January 2, your inner life, spirituality, and private situations bless you with sweet harmony. But your social scene explodes with adventure, new people - embrace it!

Pisces - (Feb. 19-March 20)

You've just entered the luckiest career year in a decade, Pisces - but beware temperamental bosses, impatience and argument on career (and community, status, and parent-related) fronts through January 16. On the plus side, this same influence can give you the keys to riches, if you're clever, diplomatic and ambitious. You'll be helped, at least until early January, but an extra dollop of social skill and fellow feeling, and a mellow ability to persuade others. Be cautious toward relationships Sunday to Tuesday: independence best! Financial, sexual luck Wednesday/Thursday! Travel Saturday.

— Choose your own adventure —

"I'll prepare the guns"

By BRENT CONSTANTIN

You decide to make a break for it.

Summoning all of your courage, you knock the gun out of the hand from the slimy cheese-face and bolt down the hill.

Unfortunately your shoes are un-tied, and you don't see the cliff drop off in front of you.

At the last moment you decide to tie your shoe up instead of not running over the cliff - a fatal mistake.

The cheese covered rocks are still jagged and sharp cutting your body as you roll down the slope. Tiny insects fly into your open wounds and begin to lay eggs in your flesh.

When you finally come to a halt on an inconveniently placed bed of nails, you

notice the ground beside you shaking. Out bursts a half-zombie, half-robot, half-frog monster!

You don't stand a chance!

As you're devoured you think of how unrelated this outcome was to your decision to get away, how you never could have expected this outcome, and how it's totally anti-climactic.

Then you die, and don't think about it anymore.

THE END

Just like the real books the endings always suck.

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ENTERTAINMENT

- Denver madness - Part 2 -

In the presence of Jack Black



Last week, in Part 1 of a real-life Fear and Loathing-style odyssey, Nugget staff writer Jonny Five told how he and a group of pals headed to Denver, Colorado recently to catch a concert by Tenacious D. Here is Part 2 of the strange journey.

By JONNY FIVE

Two mics stood alone on stage. The curtain behind them rose, and we saw a set composed of a messy living room, eerily similar to the ones that we students generally have. Then, like a phoenix rising from the ashes, Jack Black and Kyle Gass arose from the couch, strapped on their guitars, and began a show that would captivate, instigate, and just rock our asses off for the next two hours.

The acoustic first half moved, cleverly, into an electric second half by way of a vignette in which the D died on stage as a result of the shoddiest electric guitar in existence.

The boys then traveled to hell where they met and recruited a band in order to defeat the devil and return to earth. With Colonel Sanders on drums ("I killed a million chickens"), Charlie Chaplin on bass ("I'm gay"), and the Anti-Christ on guitar ("You look just like Jesus" "I get that a lot"), JB and KG proceeded to battle the dark lord and prove who can rock the hardest, as though there was never any doubt.

This is, to me, the most captivating part of Tenacious D's music and concert. These guys know what showmanship is and they display it better than any band out there. They leave everything on that stage just as the bands that they draw inspiration from did. Led Zeppelin, Black Sabbath, Tenacious D, the progression is clear.

Jack Black and Kyle Gass took what started as a sketch in a comedy show and became everything that modern music is missing. They have taken rock back and made it cool for everybody. If guys that look like these two can rock this hard maybe there's hope for all those emo kids yet.

The concert ended too quickly for us. Especially for the one who had to go back to the hotel early due to over-indulgence coupled with lack of sleep... poor bastard. We waited outside the back of the club for a

chance at perhaps meeting the men themselves, but when we saw Jack Black carrying his infant daughter out to the waiting van our Canadian manners prevented us from yelling or causing a scene. A small nod of appreciation indicated we had made the right choice.

We made our way back to the hotel and tried to ready ourselves for the return trip. We still had a long way to go. It would be made even longer by the fact that we had just smoked our last joint. We would have to depend on the kindness of strangers if we were to remedy this crisis.

Sheridan, Wyoming is a town that you would probably never miss if it wasn't there. Well, I hope that's the case anyway because we're going to destroy it someday. We came to realize, thanks to Sheridan, that the only good Americans are old American ladies. The rest of them really seemed to hate us.

I doubt it had anything to do with the fact that one of us had "Fuck U.S.A.," "Osama Bin Lovin'," and "Die Bush Die!" written on his arms in black sharpie. What can I say, 48 hours in a van leads to some less than brilliant things sometimes.

A kid in Sheridan agreed to help us get some much desired pot for the rest of the drive back. Let me just say here that I'm not an idiot when it comes to this type of thing. I was fully prepared to get the shaft in terms of quantity or quality. But when some punk managed to give us the slip in an apartment building with our money, we proceeded to take the only possible next step: drunken knocking on doors looking for "Josh".

The most harmless looking girl in the group was compelled to knock on the door of a man who can only be described as a grizzly bear in overalls and a red shirt. The guy was about six foot eight, and 300 pounds. He looked like the Brawny Man for God's sake. My guess is that it was a mistake to knock on his door in the first place, but the larger error may have been when the girl was convinced to knock on his door a second time.

He proceeded to chase us away, and we left Sheridan \$50 poorer with nothing but a sour taste in our mouths to show for it. This is where the other crying like a little girl came in. A few of us did so for different reasons.

The liquor, over-the-counter speed, and diet of nothing but gas station cuisine was all we had to get us home. Once again we drove... and drove... and drove. The surreal nature of the time we spent in the van grew and grew. When we finally stopped in Calgary, we all looked like rotting piles of assholes.

We arrived back in Edmonton

some 55 hours after we had left. Forty-eight of which were spent in the van. We traveled 4,400 kilometers in all, and I was quick to sign the rental forms when we returned the van so as not to give them time to see what the inside looked like now.

We did all this under the flag of Tenacious D. The show was everything we hoped it would be, and the journey was more. We all grew closer and learned things we probably didn't want to know about each other, but are better off for knowing.

To paraphrase another of my influences: what a long strange trip it's been. Was it worth it? Absolutely. Would I do it again? In a heartbeat. What's next? If it's alright with you...I really need to get some sleep!

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- Citadel Theatre show -

New Year's bash with promise



Preview by TAZ DHARIWAL

I hate New Year's parties, because they never live up to the hype. I can honestly say that there hasn't been a NYE party that I've been to that's delivered.

For NYE 06, however, things may change. This year, Connected Entertainment is pulling out the stops. They're bringing an electro-rock throw down that will hopefully usher in another great year for music in Edmonton.

If you haven't heard by now, Death from Above 1979 are dead. After being hailed as Canada's best band during the year 2005, they decided that they had done all they could've done musically. Granted there's only so far you can go when your band consists of bass and drums.

What came next from DFA79 bassist, Jesse F. Keeler, was the formation of MSTRKRFT (mastercraft). It's a dance music project with DFA79 producer, Al-P. The Toronto duo started making their mark on the electro-dance scene in 2006 in a big way, and Keeler hasn't looked back. I talked to Jesse Keeler in his Toronto studio.

Taz: Hey, Jesse, whatcha doing?

Jesse F. Keeler: Right now I just had a breakthrough on this remix we're

doing for The All-American Rejects. However, when we got the song, it was only 88 bpm. The average dance track is 120 bpm or more.

T: 88 bpm? What?!

JFK: I know! I couldn't believe it, but I guess we gotta do what we gotta do.

T: You're well-known for remixing rock artists ranging from your label mates, Metric, to bigger bands like Wolfmother and Bloc Party. Is there anyone out there that you'd want to remix?

JFK: There's a U.K. dance act called Space Cowboy. We'd love to remix them. However, when it comes to remixes, we love playing remixes people do for our tracks. We play Para-One's remix of our track, Work on You, more than we play our own original mix.

T: I read on Wikipedia, that you're recording another album. You just released The Looks (on Last Gang records) earlier this year. Do you feel now that with the Internet making music a lot more accessible that you have to follow up quicker than bands did before?

JFK: The Beatles recorded Revolver and Rubber Soul in one year, so why can't we?

T: Next thing you know, you'll be bigger than Jesus.

JFK: We're not there...yet. I think the world is getting back to that point where singles and 45s ruled the music game. Obviously, with the dance scene singles rule, but now there's more pressure thanks to the internet and it's setting us up to be more competitive.



T: You're playing NYE in Edmonton. Why Edmonton?

JFK: NYE always sucks. In Toronto there's always a million parties, and it's never banging.

T: The last couple of times you've been here you guys have torn us a new one.

JFK: Yeah, that's pretty much the reason why we decided to come out west. Everyone is always receptive of us, and we have a great time. We can't wait for NYE.

Shout Out Out Out's Nik Kozub is a busy man these days. When he's not robot-voicing the hell out of an audience while he's on tour, he's producing bands in the Edmonton area on his label Nrmls Wlcm (Normals Welcome).

SOOOO released their first album, Not Saying/Just Saying, to some rave reviews this past August even though Pitchforkmedia.com claimed it was 'kinda meh.' The hybrid of electro and rock continues the dance floor domination that rock'n'roll is going through right now on both sides of the Atlantic.

SOOOO are co-headlining the NYE06 bash at the Citadel with MSTRKRFT. The electro-rock outfit

that boasts two drummers and a bevy of multi-instrumentalists recently released their first 12" remix. I talked to Kozub in his Edmonton studio.

Taz: Tell me about the remix.

Nik Kozub: This is our first 12" to be released for our album, Not Saying/Just Saying. The remix was done by German electro artist Malente. We sent him four tracks, and he picked to remix Self Loathing Rulz.

T: Your album dropped back in August. What has been the reception of it?

NK: It's pretty interesting touring for an album release. When you go to other cities you can really see what other places outside of your home think of it. So far, we've been pretty happy with the response, and it really shows when we play our gigs. It's really stunning to see the response from our first tour for the album to our third tour.

T: Edmonton has been getting a lot of attention as being the next big thing music-wise. What do you think of that?

NK: Well, I think people are always looking for the next big thing. But who can say? I don't think that saying that

necessarily puts any truth to it. I think what puts truth to it is that there's a lot of quality artists here, and if they get their stuff together, and tour, then I think there's a great potential for Edmonton.

T: What about other cities? Have you dealt with any static because of this growing attention?

NK: Oh man, Edmonton bands are getting a hard time in Montreal. Thanks to that Globe and Mail article, it's like "Focus on Edmonton, forget about Montreal!" And that has translated to us getting a lot of static when it comes to touring.

T: What does Edmonton have that other bigger cities are missing?

NK: The fact that our scene is smaller. When you go to shows, you always see the same people. In Toronto or Vancouver it's a larger scene, so you might not see the same people over and over. But here it's like we all help each other out. I think that's what's making our scene a little more noticeable. Everyone's not going for the jugular, and stepping on other bands to make it.

Taz Dhariwal



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- TV's Golden Age Part III - The geek shall inherit the Earth



By TAZ DHARIWAL

Like most nerds I delved into the world of sci-fi when I thought the real world dictated that I was an outcast. Later in life I realized that I was wrong, so out went the Star Trek T-shirts and I lost interest in anything sci-fi.

Then in 1995 sci-fi went a little crazy, when Buffy the Vampire Slayer was released on an unsuspecting audience. All those sci-fi geeks went haywire.

I got into the show, and for years I was sucked back into the sci-fi world. Buffy was different. It had hot chicks, yes, but it also had its acerbic dialogue which was always amusing and never compromised its integrity as a cheap grab for ratings.

You can see Buffy's influence in the new substitute for Buffy, Veronica Mars. Despite its seemingly sci-fi name, Veronica Mars is more of a neo-noirish comedy mystery that continues Buffy's tradition of smart dialogue and complex storylines. It has kept me glued to my set for three

seasons running.

Appearances can be deceiving. Veronica Mars is a perfect example of that. When Battlestar Galactica was re-imagined three years ago, I dismissed it as another Star Trek wannabe. However, I am glad to say that I was completely and utterly wrong.

BSG is the best television show on right now. Forget about The Sopranos, which has alienated a lot of its audience by taking too long of a break between seasons. 24 and Lost are great escapes from the world around us, yet it's a sci-fi show that has broken a newly-formed mold within this new Golden Age.

BSG is like a mirror for what is happening in the world politically right now. When it is magnified on an intergalactic scale it can't help but suck the viewer into a world that seems so familiar to what is happening south of the border.

Forget that BSG is a Canadian venture as it's filmed in Vancouver, and that more than half of the cast are from Canada including Alberta's own Tricia Helfer.

This sci-fi story about the near-obliteration of the human race has connected a large group of fans now rabid in their obsession. So much so the show is able to take potshots against the US government that will last longer than a segment on The Daily Show.

Evening with Kevin Smith 2 DVD review

Vulgar, crass, smart and witty



By LIAM CRESWICK

Kevin Smith, director of such films as *Clerks*, *Clerks 2*, and *Jay and Silent Bob Strike Back*, makes appearances in Toronto, Canada and London, England to talk to fans in a Q&A format. This is the second DVD collection of his Q&As. The first of which were college appearances throughout the U.S.

Smith takes simple questions from fans, and turns them into long, highly entertaining anecdotes about his life as a filmmaker and family man. He shares his opinions and stories about things like photographing his wife for *Playboy*, past and future movie projects, the *Passion of the Christ*, and life with a kid.

Smith is an excellent storyteller, turning simple stories and observations into stand-up style comic gold. In fact, it is as much stand-up as it is Q&A.

A question about doing a DVD commentary for Donnie Darko can quickly turn into a story about Bears (the hairy and gay kind, not the Grizzly kind). His stories/answers are as vulgar and crass as his movies, but also as smart and witty.



Appearances by Jason Mews (Jay, of *Jay and Silent Bob*) add to the experience, as his warped take on the world gets added to the mix.

There are only two performances on this DVD, as opposed to the numerous US college appearances collected on the first edition. Surprisingly, there is just as much quality material here as the last. (Surely, the countries he appears in have nothing to do with it.)

Smith plays to his foreign audiences well especially the Canadian crowd. There were times though, that Smith was a bit patronizing to the British audience.

Whenever he couldn't make out a question due to the crowd member's accent, he would laugh, ask them to say it again, and then laugh some more and tell the crowd what he thought he heard. I was a little disappointed to see

such a smart guy be somewhat disrespectful.

Surprisingly, there is little in the way of DVD extras, especially for him. His DVDs are usually packed with very good bonus content, but there was not much on this one. Each disc has a short piece where he hits the streets and talks to the locals, asking them things like "What is Canadian cuisine?" or "Would Jason Mews pick up lines work on British women?" It is quite funny, but that's all we get.

Smith's stories and observations are, once again, quite entertaining and interesting. Some people may not dig watching a fat guy swear and answer questions for over four hours though. However, if you liked the first "Evening With" DVD, or are a fan of his work this is a definite must.



Funky and fun album

By LIAM CRESWICK

Artist: Ok Go
Album: Oh No [Limited Edition]
Release Date: November 7, 2006
Label: Capitol Records
Website: <http://www.okgo.net>

Ok Go has been recording for a number of years, but it's only recently that they have rocketed to fame thanks to viral play of their videos for *A Million Ways* and *Here it Goes Again* on YouTube.

Even this album, *Oh No*, has been kicking around since 2005. It was re-released recently with a bonus DVD when their music increased in popularity, and it's not without good reason.

Ok Go bucks the trend of angst and

anguish seen in a lot of recent modern rock, with very high energy, catchy, tunes. Songs like the infamous *Here it Goes Again* (a.k.a. the treadmill song) are so funky and fun you find you just can't turn them up loud enough.

Some of their tracks are pretty mellow too, and this makes for a decent mix of energy and emotion so no song sounds the same as another.

The band plays with some pretty original sounds. The late '60s pop-rock style song *The House Always Wins* is lead by a single piano key keeping the beat with a synthesizer in the background.

This song and others like it are interesting experiments, but they don't really hold their own against some of the more straightforward, simpler songs on the album. After a few tracks you realize Ok Go wears their inspira-

tion on their argyle sleeve.

Many songs feature riffs and vocal structure very similar to bands like Weezer.

The "Limited Edition" DVD has some interesting content. There are official music videos, dance videos by the band and fans, and the most amusing, a behind-the-scenes of the treadmill video. Little extras like this are a great incentive to buy the disc instead of downloading it.

However, not every track on this album is a winner. The ones that do stick out are either high energy or smooth and mellow, but either way they're pretty damn catchy. The band gets kudos for trying something original and adding bonus content for fans. If you dug the song in the treadmill video this is worth picking up.

- TV's Golden Age Part IV -
You ain't seen
nothing yet

Battlestar Galactica



By TAZ DHARIWAL

The following is a list of TV series that you may have not seen yet. Some are old, while others are new. With the advent of DVD, HDTV, and TiVo, we get television in a way that fits our schedule.

Get on these now:

Spaced – There are two seasons of eight episodes each. It's from the makers of *Shaun of the Dead*. If you love pop-culture and the rapid-fire editing that made *Shaun of the Dead* a hit, then check out this British sitcom which is available on torrents and amazon.com

Veronica Mars – It's currently in its third season with 22 episodes each. Mix *Buffy the Vampire Slayer*, *Murder, She Wrote*, and *Twin Peaks*, and you've got what is the best mystery, neo-noir series that you won't be ashamed to watch with your friends. It's currently on the CW and DVD.

Extras – There're two seasons of six episodes each in Ricky Gervais' and Stephen Merchant's follow-up series to *The Office*. Each episode features a famous movie-star from Patrick Stewart to Samuel L. Jackson to Orlando Bloom. It's very

funny stuff, and is available on DVD.

Battlestar Galactica – This sci-fi series is currently in its third season with 22 episodes each. This is the best show on TV right now and is shown on Space or DVD

The Venture Bros. – A great cartoon that's featured on Adult Swim in the States, and finally got picked up by Teletoon this past year. With pop culture references ahoy, it's probably the best cartoon since *The Simpsons*. It's shown on Teletoon, or available on DVD.

Arrested Development – There are three seasons ranging from 20 to 10 episodes per season. This Fox show was the best comedy on the air, and is probably one of the funniest shows I've ever seen. It ranks up there with *Seinfeld*. It's available on DVD.

It's Always Sunny in Philadelphia – With its two seasons there are 14 episodes. When *Seinfeld* left the air there was a void in comedy. Besides *Arrested Development*, this show picked up where *Seinfeld* left off. It's been called *Seinfeld* on crack, and that's exactly it. It's available on Showcase and torrents.

Penn and Teller: Bullshit! – Three seasons of 10 episodes each. Illusionists Penn and Teller de-bunk everything from organized religion to death industries to swear words. If you're a non-believer in everything and anything, Penn and Teller's show is your voice. It's aired on the Men's channel and available on DVD.



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SPORTS

NAIT is a good sport to Kenya

By ROBIN EGERTON

Most of us have it. Stuff. Lying around in piles, tucked away, swept under, stored, stashed, squirreled, whatever you want to call it – you know you don’t need most of it.

Donating it is a gesture of goodwill, and a great form of recycling especially in this material-mad society. A NAIT staff member is taking that theory and applying it to a whole different hemisphere of thought.

Ooks Athletics Game Day Coordinator Peter Stenstrom lived in Kenya, Africa (his family still does) and he still travels back there a few times a year. This trip, however, will be different.

Stenstrom has kicked off a pilot program that will see used NAIT athletics equipment and gear find a new home, and new life in far-away Kenya.

“I’m reminded of a time when I gave a friend (in Kenya) my old Michael Jordan basketball back in the day,” said Stenstrom.

“I was done with it,” he said. “It



Ooks Athletics Game-day Coordinator Peter Stenstrom is taking old sports equipment to Kenya

had no grip left on it and held no use for me, but for him, he used it every time I went back there.

“He and his friends were still kicking it around like a soccer ball. It held so much value to them, just

because it was round and held air.”

“Right now I have 30 soccer balls, 30 basketballs, and about 20 volleyballs plus three sets of uniforms,” he said.

That’s a lot of equipment to take on an international flight, but it’s only the tip of the iceberg.

NAIT, with its strong athletics department, constantly sees cycles of sporting goods that can

now be turned into useful objects which are appreciated dearly by those receiving them – rather than the equipment being thrown out or ending up in a thrift store’s discount bin.

Despite the profound effect this will have in Peter’s Kenyan hometown he doesn’t view it as ‘charity work’ at all. It’s just common sense. “I was going over anyway and this stuff isn’t getting used, so it was more of an extension of the thought well, who could find value in this.”

That’s when the memory of his old friend with his Michael Jordan basket/soccer ball inspired him to start this program. Peter expects to be well received with his new cargo, and this writer expects he’ll have a new fan club when he gets there.

Email Robin at e_uphoric@hotmail.com

Athletes of the week



Erin Kerschbaumer
Women's Volleyball

The NAIT Women’s athlete of the week is Erin Kerschbaumer of the Women’s Volleyball Team. The third year veteran recorded 33 kills, three serve aces, two block stuffs and 27 digs in a weekend split with King’s. Now in her third season at NAIT, Erin has been recognized as CCAA Academic All Canadian, First Team All Star, and NAIT Female Athlete of the Year. She’s the current ACAC record holder for career kills, so look for Erin to play a key role in the Ooks challenge for an ACAC medal.

The NAIT Male athlete of the week is Ryan Zwarch of the Men’s Volleyball team. Ryan calls Vegreville home, however he did win a national under 18 volleyball championship while playing with the Sherwood Park Volleyball Club. In his first year of the Personal Fitness Training program, Ryan has emerged as an on-court leader from his setter’s position. This weekend Ryan did an excellent job of running the offense in a couple of tight matches with Kings. He spread out the NAIT attach so no one player had to carry the load by themselves. Ryan also contributed four kills, eight digs and a service ace.



Ryan Zwarch
Men's Volleyball

Why no NAIT football?

By JORDAN MAKSYMIC

From badminton and basketball to golf and hockey, our school’s athletic department boasts a total of 13 competitive sports teams. However, one team that has never existed here at NAIT is an Ooks football squad.

As a matter of fact, not a single college in the ACAC, the athletics conference that NAIT competes in, has ever fielded a gridiron gang. Knowing the enormous amount of football talent in Alberta I found this fact very surprising.

Now I know what you’re thinking, “Since when is Alberta such a football hotbed?”

Well, I will have you know that our province produces some very impressive football players. Let’s start at the high school level, Team Alberta, a squad made up of high school all-stars, has placed in the top three at the Football Canada Championships every year since 1995. They’ve won the tournament five times.

Moving to Canadian junior football, there has been an Alberta representative in their national championship for the past three years. The Edmonton Huskies made appearances in 2004 and 2005, and this year the Edmonton Wildcats capped off their undefeated season with a trip to the big game.

At the university level, the U of A Golden Bears have been consistently ranked in the CIS Top 10 for the past couple of seasons, even



capturing the nations No. 1 ranking back in 2004.

And finally, at the professional level, there is Alberta born talent all over the CFL. Here in Edmonton, the Eskimos have one of the game’s most talented young defensive players in safety J.R. Larose. Larose graduated from Strathcona High School right here in Edmonton, and even spent a couple of seasons with the Huskies before going pro.

The Esks also have long snapper, Taylor Inglis, and running back, Jarred Winkel, on their roster. Both players are Edmonton born, and graduates of the Wildcats’ and Golden Bears’ systems.

So, with all of the talent out there, why is it that the University

of Alberta and University of Calgary are the only post-secondary institutions with football teams?

Well, after talking to NAIT’s athletic director, Gregg Meropoulos, it turns out the answer is pretty simple. It would cost a whole lot of cash!

To put things into perspective for you, the funding a 40-man football team would require is in the same neighborhood as the operating cost of NAIT’s entire athletics program, all 13 teams.

However, even with the sport being the budget breaker that it is, back in 2000 an Ooks football team was almost a reality. A group made up of people from Football Alberta, and headed by an instructor from here at NAIT approached the ACAC with the idea of a new football division.

The conference was not opposed to the plan, but ordered that at least three other colleges would have to add football to their athletic programs before competitive play could begin. After the costs were made known to other institutions, the group was unsuccessful in convincing anybody to even think about starting up a football team, thus quashing the idea.

With the ACAC recently lifting a three-year freeze on the addition of new sports teams, talks of a new football division may begin to surface again. However, according to Meropoulos, the poor financial status of many athletic programs in the province will be the deciding factor in a football division once again getting the cold shoulder.

- Around NAIT -

- Basketball Diary Entry #3 -

Women's hockey Athlete gives personal view on a roll



By JASON JONES

Men's hockey hosted the 109 Street Challenge Cup game with MacEwan in front of a packed arena, coming out on the short end of a 6-2 decision. Good effort from the NAIT fans, who came out in droves. All the seats were full and it was standing room only. Saturday the team rebounded to defeat the Griffins 4-2.

The second half of the season has a jumbled playoff race with Mount Royal, Concordia, MacEwan, and NAIT tied in second place with 17 points.

Women's hockey is on a roll, and they got themselves back in the playoff hunt. They swept Mount Royal 3-2 and 4-3.

Lakeland was tough competition for Oaks basketball. The women managed a hard fought split while the men got swept.

The volleyball teams had a weekender with King's and mirrored the basketball teams. The men lost both while the women managed one out of two.

That's it for the first half of Oaks athletics. Many NAIT teams are poised for a playoff run, so it'll be interesting to see how it all pans out. Remember the women's soccer team though – just get in and you never know what'll happen.

Some teams are taking their show on the road over the break. Some places are nicer than others, but I'll let you decide what I mean by that.

Women's Volleyball
- San Francisco

Women's Basketball
- Toronto

Badminton
- Hawaii

Men's Hockey
- Winnipeg

Men's Basketball
- Calgary



By BRIE BURROWS

It's our time.

This weekend against the Lakeland Rustlers posed a huge threat to our opportunity for a chance at the playoffs. Having played them before, our team knew exactly what we were up against.

This team could shoot from the outside but also had a dominant post presence. Our team would have to play a great game to have a chance at beating our opponents.

We would have to challenge every shot and also play physical in the post. We would have to be ready both physically and mentally for this weekend or we would be in trouble.

This week's practice should have been the hardest both physically and mentally of the season so far. Knowing that our opponents were hungry for a win makes individual preparation essential. This preparation had to be happening before and during every practice and every game.

This means all teammates would

have to budget their time carefully. Being proactive instead of reactive in schoolwork is key for success on the court. I say this because if you are done all your schoolwork then you can focus solely on basketball. This focus on and off the court is what makes a team stronger.

Monday's practice was difficult for our team. Being sore from the weekend battle before, our team seemed to want to excel, but the enthusiasm and focus was not there in our warm-up and overall practice habits.

I was not worried. It was the first practice after an excruciatingly hard-fought weekend. Our team would have to pick it up for the rest of the week. These practices were more mentally draining than physically demanding. It was all about strategy and fundamentals.

Being a 'young team' we are in great physical shape, but it's the mental focus which we seem to lack sometimes. This weakness emerged throughout the week of practice.

With must-win games this weekend our team would have to show up and be ready to play. On Friday night we struggled to play a complete game as a team, and although we fought hard we came up short.

Losing by two points and seeing the smug smiles on the opposition's faces after our game must have lit something within our team. It was

payback time, and we had them in our gym Saturday night.

Coach Nelson tried something different during this game. He started players he wouldn't usually. This was a great switch up move, letting our players know that they have to work hard and no position is ever final.

We started the game pissed off. Right off the tip we dominated the game. Any doubts that our team had from the night before were starting to diminish along with the hope of the other team.

Leading at the half just wasn't enough for us. Our locker room was filled with anticipation. Our third quarter has been our weakest in the past, but we weren't going to let the past repeat itself.

Playing a fantastic second half, we crushed any hope of the team coming back to beat us.

This success came only from hard work and dedication in the weeks before, and the desire to win. Finally, our team had played an entire game, four quarters, as a team.

With Christmas break now upon us, this is not time for a let down. We have to work harder in order to not take any steps back. It's what you do outside of practice that makes you great in this league both as a team and an individual.

Love sports?

The Nugget is seeking a sports editor to begin duties in January. This is a paid position. If interested, e-mail student editor Stacey Douglas ASAP at: studenteditor@nait.ca. Include writing samples if you have them.

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Oilers need a defenceman



By JASON JONES

Think the Oilers are serious about getting a puck moving defenceman? They played Toby Petersen on the blue line last Saturday against Columbus in hopes that he could make a pass.

I think that was a message to Kevin Lowe from MacTavish saying “do I have to use forwards on the points or are you gonna get someone?”

Trouble is there’s not a lot out there. There aren’t many trades so far this season, so the prices are likely steep.

Brad Stuart’s a great choice out of Boston, but the player that would fit the best is L.A.’s Lubomir Visnovsky. Because he makes less than \$2 million though, the Kings will demand at least one player on the roster and a prospect or high draft pick.

I’ve said before that Toronto has to be the surprise team of the NHL thus far, but how about the Islanders? Nobody took them seriously when they hired their back-up goalie to be GM, but as of Monday they’re first place in the Atlantic division.

Here are some predictions for the Christmas break:

New England, Baltimore, Indy, San Diego, Cincinnati, and the

New York Jets will make the AFC playoffs, and the Chargers will play in the Super Bowl.

Dallas, Chicago, New Orleans, Seattle, Carolina, and Atlanta will make the NFC playoffs, and the Cowboys will beat the Chargers for the Super Bowl.

Canada will finish no better than third at the World Juniors this Christmas.

Ohio State will kill Florida in the BCS championship and everyone will complain that Michigan wasn’t in the game.

Best Bets

There’s no better way to spend Christmas than watching the NBA and NFL. Start things off at 12:30 p.m. with the Lakers at Miami, and then follow it up with Philly in Dallas at 3 p.m., and finally the Jets in Miami at 6:30 p.m.

On Boxing Day don’t forget to watch Sweden take on Canada in the World Junior Hockey Championships at 11 a.m.

Florida takes on Ohio St. in the BCS Championship game on Jan. 8 but the best game will be Michigan and USC in the Rose Bowl on Jan. 1 at 3 p.m.

The TEAM 1260 AM is adding some pizzazz to their lineup starting Jan. 2. What’s Going On? will be the wildest sports/entertainment talk show. It’s on from midnight to 2 a.m. Monday to Friday. How do I know this? I’m hosting it, along with another NAIT grad, Corey Graham.

I’m out as sports editor after this issue. Thanks to the athletics department, the Nugget staff, and all those who lent their time to make the sports section interesting this semester. Play safe.

I Volunteer!

Rm. E-133 Ph: 491-3966

Canadian Breast Cancer Foundation is currently accepting applications for the Run Director for the CIBC Run for the Cure event. Run for the Cure last year in Edmonton alone raised over 1.2 million dollars. If you would like more information on this volunteer opportunity please contact Debbie at 452-1166 ext 305 or you can go on-line at www.cbcf.org.

New Year's Eve Downtown is Alberta's biggest civic New Year's Eve Celebration. Join the fun and excitement, volunteer today! This is a one day event with a time commitment of only 5 hours. Contact Scott at 423-2822 for more details.

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ACAC Standings

MEN'S BASKETBALL as of December 2, 2006

North Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	14	11	3	22	1214	1036	4-2	7-1	L2
Lakeland	14	11	3	22	1099	1038	4-2	7-1	W7
Concordia	14	9	5	18	1053	980	4-3	5-2	W6
NAIT	14	6	8	12	1066	1069	4-5	2-3	L3
Grande Prairie	12	6	6	12	947	916	2-4	4-2	L4
Augustana	13	3	10	6	1024	1116	2-4	1-6	W2
The King's Univ College	13	1	12	2	888	1136	1-6	0-6	L9
South Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Mount Royal	10	9	1	18	835	681	4-0	5-1	W5
SAIT	10	7	3	14	775	699	5-1	2-2	L2
Red Deer	10	7	3	14	807	748	5-1	2-2	W5
Lethbridge	10	4	6	8	733	809	1-2	3-4	L3
Briercrest	10	2	8	4	722	813	0-6	2-2	L4
Medicine Hat	10	1	9	2	680	802	0-5	1-4	W1

WOMEN'S BASKETBALL as of December 2, 2006

North Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	14	12	2	24	1066	802	5-1	7-1	W3
The King's Univ College	13	11	2	22	954	838	5-2	6-0	W11
Grande Prairie	12	9	3	18	803	760	5-1	4-2	W2
Concordia	14	5	9	10	896	914	3-5	2-4	L4
NAIT	14	5	9	10	901	938	4-4	1-5	W1
Augustana	14	3	11	6	800	1002	2-4	1-7	L1
Lakeland	13	2	11	4	838	1004	1-5	1-6	L5
South Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Mount Royal	10	9	1	18	737	471	4-0	5-1	W2
SAIT	10	7	3	14	655	542	5-1	2-2	W1
Lethbridge	10	6	4	12	678	533	2-1	4-3	L2
Medicine Hat	10	6	4	12	652	589	3-2	3-2	L1
Red Deer	10	1	9	2	478	719	0-6	1-3	W1
Briercrest	10	1	9	2	455	801	1-5	0-4	L1

MEN'S HOCKEY as of December 2, 2006

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
SAIT	13	9	0	3	1	22	76	34	4-0-2	5-1-1
Mount Royal	11	8	2	1	0	17	67	33	6-0-1	2-2-0
Concordia	14	8	5	1	0	17	57	48	5-2-1	3-3-0
MacEwan	14	8	5	1	0	17	49	45	2-4-0	6-1-1
NAIT	14	8	5	1	0	17	74	59	5-3-0	3-2-1
Augustana	14	1	10	0	3	5	37	81	0-6-0	1-7-0
Briercrest	14	1	11	1	1	4	32	92	1-5-0	0-7-1

WOMEN'S HOCKEY as of December 2, 2006

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
SAIT	14	8	3	3	0	19	49	31	5-1-1	3-2-2
MacEwan	14	9	5	0	0	18	57	40	5-2-0	4-3-0
Mount Royal	14	6	6	2	0	14	39	36	3-3-1	3-3-1
Red Deer	14	6	6	2	0	14	40	33	4-2-1	2-4-1
U of C	14	4	8	1	1	10	23	40	3-3-1	1-6-0
NAIT	14	5	9	0	0	10	63	63	3-4-0	2-5-0

MEN'S VOLLEYBALL as of December 2, 2006

Blue Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	14	13	1	26	40	11	7-0	6-1	W12
Red Deer	14	11	3	22	37	14	5-2	6-1	W9
Grande Prairie	14	9	5	18	30	20	3-3	6-2	L2
Mount Royal	12	7	5	14	25	19	3-2	4-3	L2
Briercrest	14	4	10	8	17	35	3-5	1-5	L2
The King's Univ College	14	3	11	6	18	35	2-5	1-6	W2
NAIT	14	1	13	2	7	40	1-7	0-6	L7
White Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
SAIT	10	10	0	20	30	8	4-0	6-0	W10
Lakland	10	8	2	16	28	11	3-2	5-0	W4
Medicine Hat	12	5	7	10	22	25	2-4	3-3	W2
Keyano	12	5	7	10	22	22	4-3	1-4	L4
Lethbridge	10	4	6	8	16	23	1-3	3-3	L2
Portage	10	0	10	0	1	30	0-6	0-4	L10

WOMEN'S VOLLEYBALL as of December 2, 2006

Blue Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	14	14	0	28	42	9	7-0	7-0	W13
Mount Royal	12	10	2	20	33	7	5-1	5-1	L2
Red Deer	14	9	5	18	28	17	4-2	5-3	W1
Grande Prairie	14	8	6	16	27	27	3-3	5-3	L1
The King's Univ College	14	4	10	8	17	34	2-5	2-5	L1
NAIT	14	3	11	6	17	37	3-5	0-6	W1
Briercrest	14	0	14	0	9	42	0-8	0-6	L14
White Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Medicine Hat	12	10	2	20	31	15	5-1	5-1	W7
Lethbridge	10	8	2	16	27	15	3-1	5-1	W6
Lakeland	10	6	4	12	22	15	4-1	2-3	L2
SAIT	10	6	4	12	23	16	3-1	3-3	W2
Keyano	12	2	10	4	18	30	1-6	1-4	L8
Portage	10	0	10	0	0	30	0-6	0-4	L10

Grapevines

Classifieds

‘Congrats on fine student rag’

I just want to make sure regarding names again – there is a full name but it’s a compliment about her photography do we still run it?

What’s done is done, and what’s said is said, ding dong the witch is dead... OK, the freedom of expression subject has been raised and I have to admit that we who say stuff have the right not to say the things we said. But with freedom of expression is freedom of choice. Unless you need to be lead around and told what not to do, you also have the choice to put down the “offensive” material and choose not to read said material again. There is also a choice of whether you should tell all your friends to read it or maybe say, “You know what, it’s kind of a tacky issue, maybe you should skip it.” I like the Nugget. This is my first year here and so far I really enjoy the school and the people involved in the school. I can tell there are some people who are really being pushed hard to their limits with school work, and to those people I say congratulations. Isn’t it nice to sit back with a newspaper that can make you laugh? If you want to read something tasteful maybe try the Sun...ok, maybe the Journal.

- Thunderbolt

...

To the Student Editor: Congratulations on running a fine student rag. The language used in the Nugget is a topic that is quite expansive. There can be little qualm that your journalists do a fine job of accurately portraying the psyche of the student body. But when the language of the student body crosses the bad-tempered and fine imaginary line, it does not portray the collective whole. Many of us may think those thoughts, and a few may even voice them on a regular, daily, hourly and inappropriate basis. But many of the students (I use the term loosely) still would never voice them publicly, especially for the partial but immense audience of the undergraduate and faculty. Maybe, out of a sense of pride or respect for those around us and the life we chose to live. But for those that do, a special hell is reserved for you, along with

people who talk in movie theaters, cheaters, and egg eaters. K, I just made that part up, but I hope they don’t talk to their mothers that way.

- Jackass

...

Dear Jenna Lamb,

You had some amazing shots at the expo this week. Reflection got my vote for best in show. I couldn’t stop coming back to it. I wanted you to know your work is appreciated and that I hope you keep shooting.

- Wannabe Photographer

...

To D. Jam:

Some people I know think you are quite strange, And there’s a strong possibility your mind is deranged. Sometimes I wonder if truth this might be, But that is what makes you so perfect for me.

I remember the past as our friendship grew strong And secretly, I lusted for you all along. Now as time has passed I can plainly see You were never the man that I thought you would be.

You are kinder and stronger and full of appeal, And I am consumed by a love I can hardly conceal.

As for the record, I don’t like to rhyme, So this here poem took a freakin’ long time.

There’s one last thing that I’d like to say I have to agree...business is totally gay.

PS: As for my sister...Bessie and I will deal with that later

PPS: Stay away from the dog...the howling wakes me up at night

...

To those people who want to write poetry in the Grapevines, please make it worth while to read. For example, the poem that the Bio Sci wrote to the chem techs, what are you guys thinking? Who ever wrote that, you are the laughing stock of our class. That is twice Bio Sci has written in the Grapevines. The first time was actually funny. We thought anaerobic ass wipe was very clever, but now this lame ass poem to the grapevines. Man, get a sense of humor.

Learn how to take a joke, and laugh because it burns up more calories.

-From very avid Grapevine readers

...

To Emo Girl, I’ve been heartbroken once and turn downed so many times. This world is getting colder & colder, and I’m turning into an Emo like you. But, I’m still here, hoping that one day I will meet someone who will take care of this tired, lonely heart, and this cold body will feel the warm embrace of a woman once again. Until then, I can only keep my heart open...

- Promethius

P.S. “The heart gets tired, but it doesn’t give up...”

...

I know what you’re going through since I’m not easy on the eyes, and all of these punk bitches in this institution wouldn’t have me on the singles of the week. None of these bosses and engineers would think twice about hooking up with a lowly, crude mouth, stinky ass, erectile dysfunctional, little dick, peasant of a tradesman! Since I am trained in handling all types of heavy equipment, and love being trapped and suffocated by DDD’s I’ll be your friend. If you’re big enough to burn diesel I’m cool with that. If you like choking on small bones, come to A wing by the library before 8:15am. Gump is my name and big girls are my game.

...

Two weeks left so I better get this out. White Chick, find a white guy will you? The black meat was meant for the black caverns not the white one. Emo girl, for fucks sake grow up! The world is not bleak! It is a beautiful, majestic world that happened to break your heart, twice. I’ve had my heart broke many a time, but I’m not complaining! Of course, I must not be mature enough to understand your suffering so I’m sorry. Just seems to me that you’re following a trend like every other spoiled brat out there who thinks the world hates them, because they got rejected in high school. It wasn’t you with the toilet paper clinging to

your shoe?

...

Can’t find a boyfriend ladies? Try the trades’ cafeteria. We’re young, have money, and are generally looking for someone to share it with – except for the broke divorcees. I’m 19, single, and athletic. I’m a Carpenter so I’m good with my hands and I love cuddling. :) I would love it if I could find a nice girl to be with. I’m 6’4”, 200lbs, have bluish green eyes, and a set of wings on my head. Personality is a must, and beauty an asset. Please, no one that outweighs me...Interested? Drop me a line at halfback_@hotmail.com.

- A.P.E

...

The posting by ‘The Pissed Off Workaholic Business Student’ who complained how the Bio Meds supposedly do no work must have been a joke or something. Even if you biz peeps do do more work, 85% of the other courses here do 10 times what you do. So the next time you try to pull the straw out of another’s eye, make sure you can see past the rafter in your own.

- Mr. Mech

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By ERIN BAYUS



A: There’s no respect anymore. The youth are getting mouthy and the justice systems are polite.

Mike Cristello, CSW

A: Bush is wrong with the world today. Umm, that’s about it. Oh and dirty guys like Liles who cheap out on guys like Ryan Smyth. That’s worse than Bush.

Tom Fooz, Cosmotology

A: Lack of Respect...yeahhh! Have you been lipped off by eight year olds lately? I think parents need to start hitting their kids again - if we had respect and justice it would be good, and hit your kids (you should put that in bold).

Team Tenacious Three,
Electronics Engineering
Technology

A: Those tickets were \$160!

Justine Hudson, Pre-Tech

A: I think it’s stupid Bush is setting an example that war is OK – and that you guys don’t come watch basketball. If you’re a student it’s free!

Kriska Reyes, Basketball Business

Heather seeks grounded guy

By BRENT CONSTANTIN

We made it you guys! We made it through a full semester of looking through the paper to sit and stare at the Hot Single of the Week. This may be the last issue of 2006, but let's not forget all the great times we had together.

Go ahead, take a moment. Great times, huh? Oh, yeah. Okay...are you done not forgetting? Now?

Wow, you take forever. Let's get on to this week's Hot Single! I had to travel all the way over to the Annex for this one, and I'll tell you the staircase there sure does smell funny. I think the closest I can describe it would be sex at the pool.

Heather is a first year Architectural Technology student who I found at the Nest one afternoon and FORCED to do this (like most people).

B: So here we are Heather. Are you excited?
H: Sure...

B: Oh come on! Try and show some enthusiasm! You did agree to let me force you to do this.
H: I know.

B: Tell me about yourself Heather! NOW!
H: Well I think I'm a pretty fun person to be around, pretty easy-going. I'm up for anything.

B: Those are horrible answers! That's what everyone says! Try again.
H: Ummm...I'm really nice? I've got a great sense of humour, I...ummm...I'm spontaneous. I like going to movies.


B: Do you sometimes spontaneously go to movies?
Okay, I get the picture. How about we spice you up a little bit? Would you be opposed to me writing that you cut yourself?
H: I don't though.

B: Right, but what if I wrote it?
H: ...
B: Can you talk about what type of guy you're looking for?

H: The last guy I was going out with sort of had me as a part-time girlfriend for two years. I'd like to meet a guy who's grounded, and someone who if they're interested in a relationship can commit to it.
B: Heather, I'm sure that a lovely girl like yourself will have no problems finding a horrible, horrible new boyfriend. But hold out for a great one, okay?
Now let's go take your picture in front of the elevator so people can't use it.

That's it, that's all! You know the fire drill, buddy up, line up outside in the parking lot, and, if you want to meet Heather, e-mail me at brent_constantin@yahoo.ca.
For those of you back next year, it's still the same e-mail to submit yourself! Unless I'm hit by a car, or something I'll be back in January!





NAIT Instructional Excellence Award

Does your instructor:

- Respond to the individual student in & out of the classroom?
- Promote a quality & positive learning environment?
- Demonstrate appropriate teaching methods?
- Knows their subject matter?
- Model a professional attitude & values?


NOMINATION DEADLINE
FEBRUARY 28, 2007 @ 4:30pm

All nominations must be received in the Human Resources Office, Rm. L101, Annex Technologies Building – Main Campus
Phone: 471-8666

Go to www.naitsa.ca for a nomination form

COMICS

happy holidays love horsedog



Can you draw? Do you have a comic you would like to submit to The Nugget?

Send us a high resolution copy of your work to nuggetsubmissions@hotmail.com and we'll try to get it in for you.