

BETTER NOT CRY, BETTER NOT POUT ...

THE NUGGET

Thursday, Dec. 6, 2007
Volume 45, Issue 15



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newspaper when you are
finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Matter of degree

NAIT School of Business set to take next step, story page 3



Photo by Shant Chakmakian

WISHES CAN COME TRUE

These lucky kids met Santa and Mrs. Claus last Saturday at the NAIT children's Christmas party.

THE NEST

Your Campus Restaurant & Bar
Breakfast - Lunch - Nite
Open 7am - 9pm
Monday thru Friday
Located next to the pool, NAIT Main Campus

DAILY BREAKFAST SPECIAL - \$5.25
Includes: 2 eggs, bacon/sausage/ham,
hashbrowns & toast (drinks not included)
7am - 10:30am

NEST CEREAL BAR
Grab a bowl to stay or to go!

LUNCH LOYALTY CARD
- buy 6 lunches & the 7th is \$10 off.

KARAOKE
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3:30pm - 7:30pm

JACKED UP FRIDAY'S
\$4.50 Singles \$6.75 Doubles
JD GIRLS AT THE NEST FRI. DEC. 7!

OILERS GAME OF THE WEEK
Tues. Dec. 11
Oilers Vs. St. Louis
7pm
PAY PER VIEW



NEWS & FEATURES

Shell shines!



By SHANT CHAKMAKIAN

Education doesn't come cheap and neither do the facilities that support them, especially the equipment behind it.

Thanks to generous contributions, the new \$12.5 million Shell Manufacturing Centre at NAIT is now open.

Shell donated \$2.5 million to the centre, along with \$500,000 in trades bursaries and entrance scholarships. This is on top of \$3.1 million from Western Economic Diversification Canada and \$1.5 million from the Government of Alberta.

Western Diversification Canada Minister Rona Ambrose was on hand and announced an additional donation of \$1.1 million to NAIT's NCAT expansion.

"The Government of Canada recognizes NAIT's vital role training the highly skilled trades people who help drive Western Canada's economic growth and prosperity," said Ambrose.

This new facility hosts some of the best manufacturing equipment in the world in nine labs at a cost of \$4.4 million for new equipment and \$5.6 million for software.

"I think it presents an excellent opportunity for our students to be exposed to some advanced technology. It really gives us that global edge we need," says Mark Altrogge, current student in Mechanical Engineering Technology.

neering Technology.

Although this facility is welcomed by many, some students wonder why new buildings keep going up given NAIT's current maintenance issues.

"This place is falling apart ... don't even get me started on the Annex," said NAIT student Gavin Thomas.

"Every other post-secondary institution in Edmonton has been renovated, and NAIT just looks like it hasn't changed since it was first built ... I envy Grant Mac and U of A," Thomas said.

In an address to the student senate a few weeks ago, NAIT President Dr. Sam Shaw went over just how much money the institute needs.

"We have roughly \$80 million in deferred maintenance costs ... but we're looking to have those costs absorbed into our 10-year expansion plan, provided we receive the required funding from the (provincial) government."

Shaw also pointed out that it will cost NAIT \$284 million to operate this year alone. With fixed tuition prices and being only 46% government funded, other areas are needed to generate revenue, like increased enrollment.

In addition, NAIT procures millions of dollars in government funding and corporate sponsorship.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to email me any comments or suggestions at shant_c@hotmail.com I value and look forward to your input.

"It really gives us that global edge we need."

Mark Altrogge, Mechanical Engineering Technology student

LRT headed here?

ALISTAIR WILKINSON

Looking for an easy ride? The LRT may be headed to NAIT.

Today (Dec. 6) in the North Lobby from 3:30 to 5:30, NAIT students and staff can offer their ideas on the LRT extending from downtown to campus. Although the survey pleases NAITSA president Kerri Wyspianski, who has been focussing her efforts at improved transit options, she suggests that the LRT extension isn't all that is needed.

"I strongly encourage students to

go and offer their input, that way we all get are voices heard ... We want the LRT, but our focus is that we don't have the service we need right now, improving ETS service for students here immediately."

Wyspianski points that the budget for extension is still under discussion, so projections for development are, as yet, uncertain. She adds that Edmonton City Council continues to defer meeting with NAITSA and the Edmonton Alliance of Students

(EAS) on the subject of improved transit, although she has frequently met with ETS.

"It's suggested that it's not in the budget for ETS (to bolster service), but it's promising that ... some of the councillors are using the service themselves, so they can see how difficult it is ... and that will help when we meet with them on the topic."

NAITSA's prez would also like to remind everyone who uses transit to keep their passes for tax credit.



Photo by Shant Chakmakian

Edmonton-Spruce Grove MP Rona Ambrose and NAIT president Dr. Sam Shaw cut the ribbon on Thursday (Nov. 29) to officially open the Shell Manufacturing Centre.

Downtown to NAIT LRT Study

Find out more at the information table at:
NAIT, Central Building 'O', North Lobby

Thursday, December 6
3:30 p.m. to 5:30 p.m.

For more information, visit
www.edmonton.ca/LRTprojects
or call 496-4874



Biz gets a degree



GABRIELLE HAY-BYERS
Student Issues Editor

Many of us know that last month NAIT announced the inception of the first four-year baccalaureate degree offered by the JR Shaw School of Business.

The Bachelor of Business Administration in Enterprise Management (BBA) is a real coup for NAIT, says Elizabeth Lensen, associate chair for the JR Shaw School of Business.

"It is targeted at a very niche student group as it is focused on entrepreneurship, which is unique for Alberta," she says.

"I am very excited that NAIT is moving in this direction as this will not only give our young entrepreneurs a chance to get some very valuable training, and be very directed in their studies, but also move the JR Shaw School of Business into the realm of degree granting institutions."

Furthermore, "So many young people want to further their educations, but there are still not enough programs available," she said.

That very fact leads up to a brewing concern amongst students taking management and business-based programs outside of the School of Business.

Some students are left to wonder why NAIT won't allow them to complete their degrees in management and business with a 2+2 model, in which a student can get a degree in four years (two years at NAIT and two years in university), or even a modified 2+2 model.

Luckily, Leroy Russell, Program Head of Hospitality Management, can explain.

"The Bachelor of Business Administration degree will not be available for students before 2008 and it would have been presumptuous on our part to demand students be guaranteed access to a program before it was approved by Alberta Learning."

Students in Russell's program can look to a great many schools to complete their degrees in less than the six years it would take at NAIT, after their industry-specific training.

Such schools include the University of Lethbridge, the University of Victoria, the University of New Brunswick (Saint John), Ryerson University (Toronto), Thompson Rivers University (Kamloops) and Griffith University (Brisbane, Australia).

Many of these schools have clear policies regarding entrance requirements for NAIT programs. According to Russell, there are other key factors in determining where one might decide to complete a degree.

"The School of Hospitality and Culinary Arts is primarily interested in seeking agreements with universities that offer degrees in tourism or hospitality management, because



Elizabeth Lensen

we believe this strategy gives our graduates the advantage in building careers in the hospitality industry."

So, while NAIT students would have to eat the extra two years to stay at our home away from home (and sometimes just straight-up home), it just might be worth it when we consider the weight a NAIT education carries in our job market.

The Nugget
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The Nugget encourages submissions.

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THE DEADLINE IS

Noon on the last school day of the week.

All submissions must be accompanied by your name and student ID number.

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

If you're drinking, who's driving?

LIAM CRESWICK

The holiday season is upon us, and parties and get-togethers are sure to be part of many busy schedules.

But with parties comes alcohol, and the *Nugget* wants to remind everyone to drink responsibly and never to drive after drinking. 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 throughout December, as well as New Year's Eve. They will drive you and your car home with just a call. In addition, Operation Red Nose is looking for volunteers to drive, answer phones, and more. For info go to <http://www.operationnezrouge.com/en/>.

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, cheers, and Happy Holidays!

Operation Red Nose: 421-4444
Checker Cabs: 484-8888
Barrel Taxi: 489-7777
(#TAXI #8294) on your cell for connection to the first available taxi)

Your Number: _____



Rush tickets available at
the Bookstore starting
January 4th, 2008!



First home
game is
January 19th
versus Toronto.



BOOKSTORE

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 phone number to: studenteditor@nait.ca.

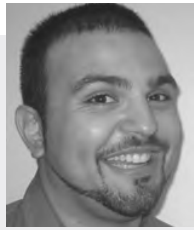
Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Trust us on that.

Write us.

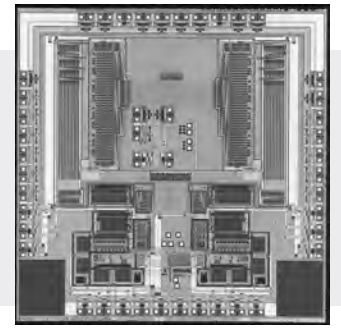


**Tech
Talk**



SHANT CHAKMAKIAN

Popups ... not!



Do you get popups? Is your Internet Explorer full of eight different toolbars, all or most of which you never wanted?

Well, you most likely have some adware/spyware and it's a common problem for most users.

Spyware, simply put, is software that monitors what you do on your computer and reports back to companies for the purpose of selling your personal information for marketing purposes.

Adware is software that constantly, and probably annoyingly, pops up advertisements on your computer.

Computers can get these pesky critters from such careless activities as Googling "free porn" and going to the first site that comes up; fortunately, free software like BearShare comes with adware/spyware removal applications, among other ways of catching these nasty setbacks.

The best way is prevention: stop using Internet Explorer and switch to Firefox or Netscape. Internet Explorer is completely integrated with Windows, so when you visit the wrong site it has direct access to Windows.

The best way is prevention: stop using Internet Explorer and switch to Firefox or Netscape.

Thus the wrong website can get you into a whole lot of trouble. Using Firefox offers little to no chance of such an event.

I strongly recommend using SpyBot Search and Destroy (available at www.safer-networking.org); it's free and it works. After a quick install, it won't take you too long to figure it out. Windows Defender is also a great way to ward off pesky critters, but a combination of the two wouldn't hurt.

There are other removal tools worth paying for, such as Adaware, but if you're going to pay for something, get antivirus software.

McAfee VirusScan is one of the more popular programs, but if you want a quick fix you can download Antivir. Antivir (available at www.avira.com) is free for the first year, so it would be good measure to download it and give it a shot until

you fix your problems.

Unfortunately, depending on how bad the spyware situation is, in many severe cases more professional work may be required. That could range from reinstalling Windows to more advanced removal. It's best to give it

a shot yourself first, but if it doesn't work out, you can try the Tech Store.

Although computer critters are a pain, removing them shouldn't be (most of the time); so give it a shot and you might not be as frustrated next time you surf the web.

Santa's calling you

GABRIELLE HAY-BYERS

Every year, approximately 15% of NAIT's apprentices drop out of their programs.

According to Amanda Spearing, NAITSA's vice president external, the bulk of that 15% is from this intake, because of Christmas and the holiday season. Students and apprentices quickly realize that they may have to choose between having Christmas gifts and going to school, or in more extreme cases – paying for groceries or rent and going to school.

This year, NAITSA is accepting both food bank and Santa's Anonymous

donations at the NAITSA office and at NAIT satellite campuses.

"Everyone who makes a donation to either the food bank or Santa's Anonymous at the designated spots can enter to win two tickets to the NAITSA New Year's ski trip," says Spearing.

If anyone would like to use these services, contact one of your instructors, who will then contact

Amanda. Everything is completely confidential and discrete, and the services are available to full and part-time students alike.

NAITSA's goal is to fill the entire student lounge with non-perishable foods and new toys. Stop by the NAITSA office (E-131) to make it happen! And don't forget to fill out your ski trip draw entry form while you're there.



Amanda Spearing

NAITSA IS ACCEPTING DONATIONS FOR THE EDMONTON FOOD BANK & SANTA'S ANONYMOUS UNTIL DEC. 13

LOCATIONS:

- ★ NAITSA Office (Main Campus Room E-131)
- ★ Patricia Campus
- ★ South Campus

ENTER TO WIN!

For each donation made to either organization, NAIT students can enter to win A TRIP FOR 2 on the NAITSA New Year's Ski Trip (Dec. 30 – Jan. 2)

Draw to take place at 10am, Dec. 14 at the NAITSA Office.

For more information go to www.naitsa.ca



PACKAGE INCLUDES:

- 3 nights accommodation at the Days Inn, Kelowna
- Continental breakfasts included
- All rooms non-smoking
- 5 minute walk to amenities
- 2 days lift tickets for Big White, 1 day lift ticket for Silver Star
- Return luxury coach transportation
- December 30 pub crawl
- New Year's Eve party at Gotcha Night Club, Kelowna
- Backside Tours professional guide services

COST PER PERSON:

- \$370 - 2 per bed, includes taxes
- \$470 - 1 per bed, includes taxes

Contact NAITSA to sign up:

- 780.471.8855
- naitsaevents@naitsa.ca
- Visit BacksideTours.com for more information on this and other tours

HURRY, SPACE IS LIMITED!



OPINION

— Editorial —

Goodbye Christmas, hello bland



ALISTAIR WILKINSON
Student Editor

At this time of year, I like (or rather, I am required, by guilt) to think of my family, how they rose from working-class thieves and black-marketers to ... well, upper-middle class thieves and black-marketers. This is the time of year when the people of my bloodline shine ... and always have, from ancient days when Druids needed someone to find them a virgin to sacrifice to the sun on the solstice, to now, when an illegally acquired bottle of scotch speeds the onset of Christmas cheer (or in my case, bathes my depression in happy pink clouds).

Thieves revel

Thieves revel in Christmas. It's dark, there are so many goodies just a-layin' around – plus everyone's strapped for cash and less apt to question why stereo amps, sold from the back of a truck, are so cheap – and one can feel almost justified in nicking merchandise from the gouging, wrenching, clutching, heartless corporations that have destroyed any meaning Christmas ever possessed.

Bad enough that thieves lay in wait for the unwary – at least they only steal material goodies – even worse that the holiday has been gradually settling into an empty shopping spree (at least with virgin sacrifices, you knew what to shop for). The most offensive aspect that Christmas has begun to carry is the bland face of inoffensiveness.

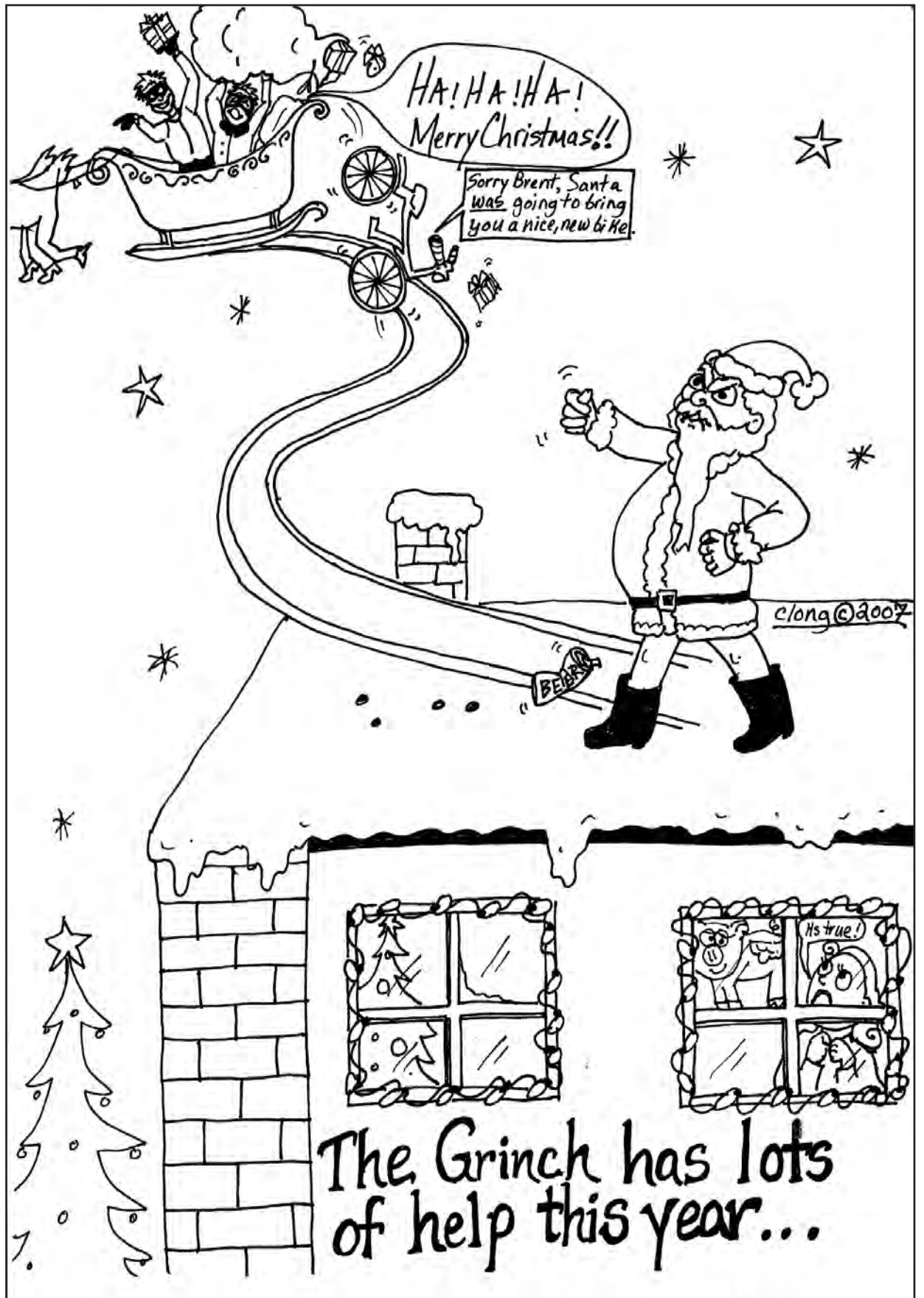
The politically correct era has come, but not gone. It lingers like the girl (or guy) you took home after a wild night of boozing, and hoped would be gone before the drunken haze lifted. You don't want to hurt any feelings, but, you know, you've got things to do, look at the time, etc. No more do the cards I write (with loathing, yes, but I still write them) have anything to do with Christmas, except in a bland, wintry kind of way. Goodbye, wassailing and mummers, goodbye Twelfth Night and the Feast of the Bean, farewell to any word, any tradition that has the least aspect of offensiveness, potential for danger, or, for that matter, happiness.

Empty waste of money

I recognize that Christmas has changed as the years have passed, but at least it transformed into something vibrant, a true celebration with all the folly and mishap a celebration needs, instead of this bland and empty waste of money.

The thieves (my family included) are welcome to it, but I doubt that all the trappings will give them any more satisfaction than they give to me.

This year, do yourself a favour. Embrace a tradition that hasn't been damaged by corporate greed, popular media, or administrative blindness. Set a bonfire in the middle of the halls, and deck a guy for his apparel. Run amok. Hang Rudolph, and then eat him. Trust me; it'll give the holiday meaning and substance. And if you run into my brother, don't turn your back on him.



— Letters —

Posters promoting racism?

Dear student editor,

The Nugget suggests that we write if we have a beef with Nait or the world ... well my beef is what I consider racism.

I find it weird that our student government would stamp posters promoting racism against another race to be posting around our school for all people to see. Don't they read what they are stamping ... or can any crazy person post whatever junk they want??? The poster in question is one that is

asking for students to come to meetings in order to help stop the free trade between Canada and Colombia ... and has pictures of drug lords and a corrupted gunner.

What are people suppose to think of Colombians if all they see are pictures of killers/kidnappers and hear that we're doing something bad by helping the people there? I personally know many people from there and they are not anything like what those "ads" say. I'd feel the same way if it were against

anyone of another culture, whether it be Latin, Asian, or even American. I think that before anything should be posted in the school for the student body to see, our student government should check to make sure it is not allowing the promotion of DISCRIMINATION. Everyone is suppose to be equal and free from racism in NAIT. Let's keep it that way ... PLEASE!

Thank you for your time and consideration,
J. Irvine

SPORTS

Mumps all around us



NAHREMAN ISSA
Sports Editor

Mumps vaccinations didn't come soon enough for Calgary, where six different hockey teams have been affected by the virus.

The Calgary Dinosaurs, who confirmed that six players from their hockey team had the mumps, were the worst hit. The Dinosaurs also have 14 other players who have shown symptoms of the mumps. To stop the spread of the virus, they postponed a Canada West hockey series.

They also cancelled two games that were to be played in Edmonton, and several additional games were cancelled to prevent the disease spreading to more teams.

With the mumps affecting several southern Alberta teams, Ooks men's hockey coach Terry Ballard isn't concerned.

"There's no need to worry about anything until it happens," he said.

Ballard has taken a pro-active approach to keeping his team healthy.

While he confirmed that 90% of the team has been immunized, he set some rules early on in the season.

"Everyone has their own water bottle, which is marked clearly with their name," he said. "Also, I told them no kissing each other!"

This approach was put in place mostly to avoid the flu and cold from affecting his players, but is also effective for avoiding contagious viruses like the mumps.

"Regardless of the precautions you take, if one little bug sneaks by ... " Ballard didn't have to finish the sentence. He knows that no matter what precautions one takes, viruses can spread like wild fire.

As of Thursday, Nov. 29, there were 111 confirmed cases of the mumps, most of which were in southern Alberta. Alberta usually sees three to 16 cases of the mumps annually. There were no confirmed cases affecting students here in Edmonton.

With a mumps outbreak all over Alberta, especially in southern Alberta, the province has set up clinics for free mumps shots. Mumps is a highly contagious virus spread through saliva,

and causes fever, swelling and pain. For men, it can also cause extreme

pain in the testicles (hence the posters with the basketballs on fire!) and

sterility. In rare cases, it can lead to brain inflammation.

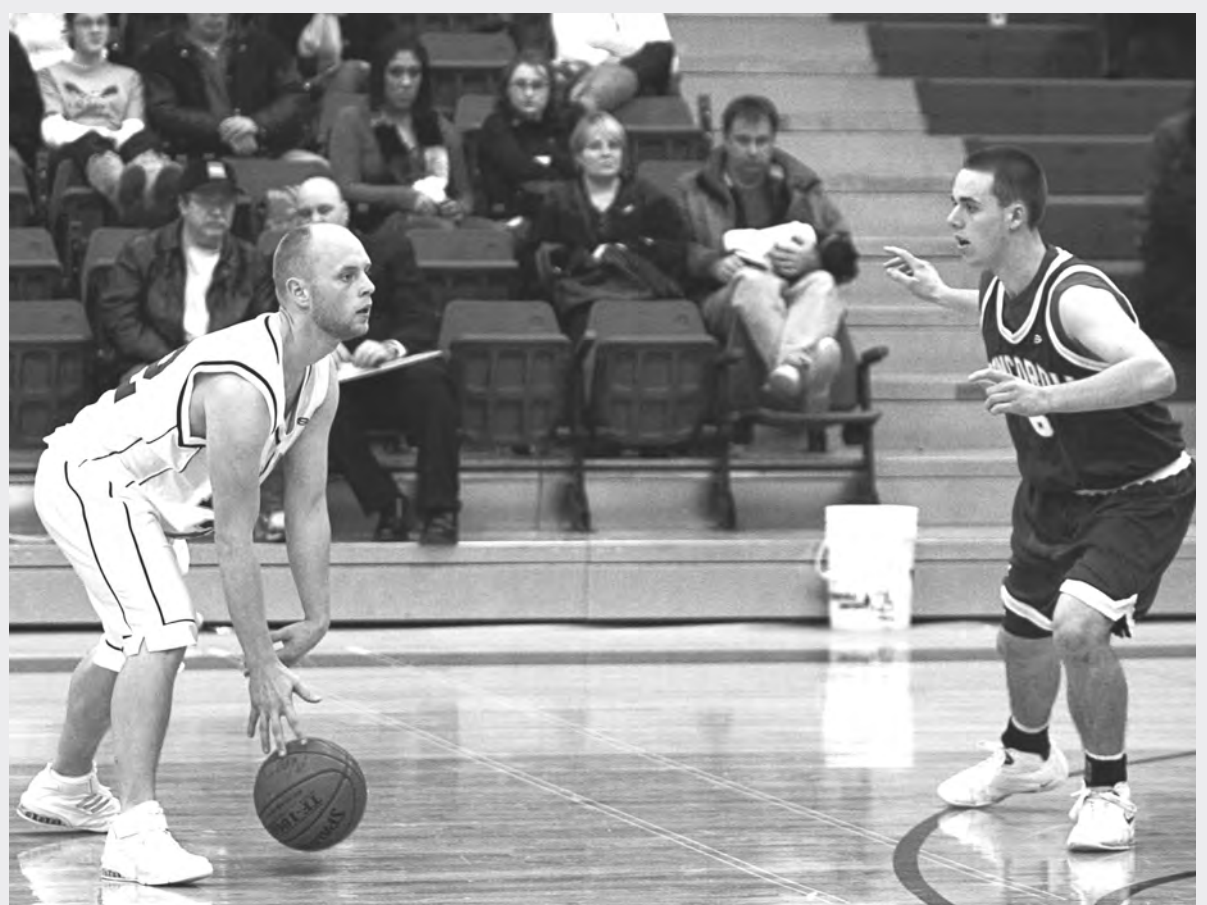


Photo by Javier Salazar

ALL EYES

Ooks guard Cameron Burr looks to make a pass last Saturday at the NAIT gym during a game against Concordia University College. The Ooks lost the game 80-62.

Athletes of the week

Kelli Heavenor
Basketball



The NAIT female athlete of the week is Kelli Heavenor, rookie forward with the Lady Ooks basketball team. Playing at home to Concordia on Saturday night, Kelli hit on six of 13 from the field and seven of seven from the foul line to lead the Lady Ooks with 19 points. Kelli was raised in Vanderhoof, B.C., and is enrolled in Interior Design Technology. Congratulations, Kelli on being selected the NAIT Athlete of the week.

Mark Nelson
Hockey



The NAIT male athlete of the week is Mark Nelson, first year defenceman with the NAIT Ooks hockey team. Mark had a goal and an assist to pace the Ooks in Friday's game against the Augustana Vikings. Mark hails from Hayter, Alberta, and joins the Ooks after three years of junior hockey, most recently with the Melville Millionaires of the SJHL. Well done, Mark.

THE WEEK IN NAIT ATHLETICS

Stormy weekend for Ooks

The Concordia Thunder swept through the Ooks basketball teams last weekend, taking all four games of the home and home series with our men's and women's teams.

In women's action, the Lady Ooks dropped a 77-54 decision on Friday and lost 72-54 at NAIT on Saturday. Kelli Heavenor led NAIT scoring with 19 points, while Dale-Marie Cumberbatch chipped in with 16 points.

The NAIT men were defeated 72-61 at Concordia and 80-62 back at NAIT on Saturday.

Jonathan Honey had a game high 15 points and eight rebounds and Sheldon Lawton had 12 points for the Ooks, who see their record drop to 5-9 going into the Christmas break.

Augustana Vikings, only to come out on the short end of a 4-2 score. The Ooks fired 41 shots at Vikings goaltender Travis Ziegler, while Matt Kirkpatrick stopped 11 of 15 shots in the Ooks net.



NAIT got a goal and an assist from Mark Nelson, while Nick Stermer potted the second Ooks goal. Jeremy McKibbin and Ben Stokes picked up assists.

On deck this week ...

The Ooks men's hockey team is in Camrose on Friday Dec. 7 for a 7:30 p.m. matchup with the Vikings.

That will complete league play for this semester and the season will resume Thursday, Jan. 11 when the Lady Ooks hockey team travels to Red Deer.

NAIT Athletics would like to wish each and every one of you a Merry Christmas and a Happy New Year.

HOCKEY

On Friday night, the Ooks outshot and outplayed the

Same old ...

SEAN SZOPA

The same old story is getting even older. The Oaks were coming off a week-long break as well as a victory against SAIT on the road. However, all season long the inability to create winning streaks has left them near the bottom of the ACAC standings.

Friday night (Nov. 30) was game night and the Oaks played host to last place Augustana Vikings. Going into the game, the Vikings had recorded a league low of only two wins, but had been playing better, with a recent shutout win against Concordia.

Oaks Assistant Coach Joe McFayden talked about some of the principles going into the contest against the Vikings.

"Going back to the basics, and to the forecheck, are some of things we are looking at tonight," he said.

McFayden mentioned that the key players to look at on the offensive end would be Jeff Topilko and Guillaume Martel.

NAIT started Matt Kirkpatrick in net and the Vikings went with Travis Ziegler. The Oaks created most of their opportunities in front of the net, but Ziegler's butterfly style proved to be a strong obstacle for NAIT.

Augustana scored the first goal after the

Oaks were unable to move the Viking players away from the net on odd-man rushes. Not only were the Oaks down early in the game, but they were also without Brent Upshall.

Upshall earned a game misconduct early in, creating more problems for the Oaks. Before the end of the first period, the Oaks were still applying a lot of pressure, but Augustana capitalized on another odd-man rush and went up 2-0. The second period saw the Vikings score once more, to move up 3-0.

The Oaks picked up their play heading into the third.

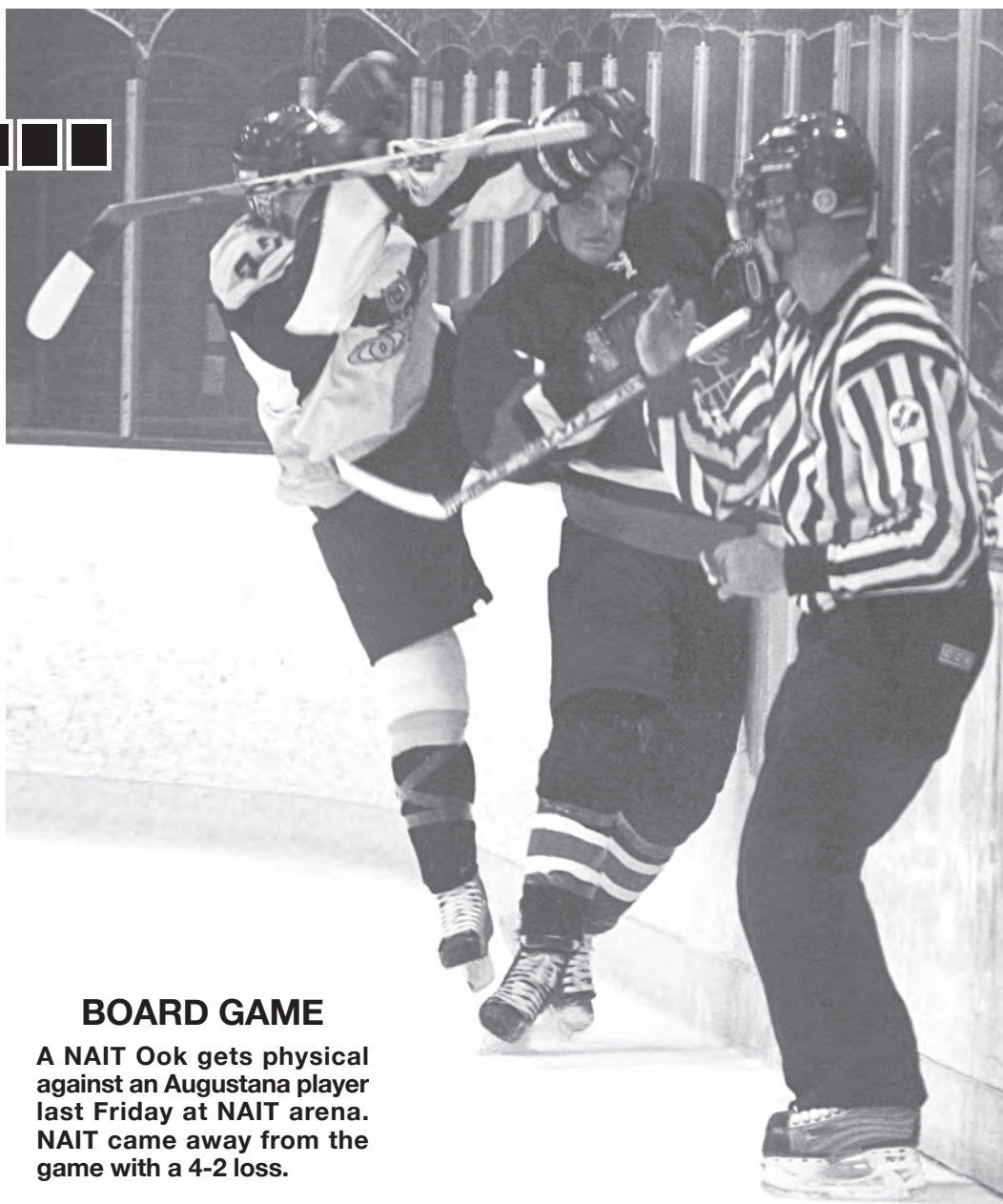
Mark Nelson got the Oaks on the board after sliding the puck into the net while on his knees. Augustana did not back down, and quickly made

it a three-goal lead once again. The Oaks did add another, but it was just a little too late as they fell to the Vikings 4-2.

NAIT now sits second last in the ACAC standings with a record of 4-7-2. They have one game left in Camrose against Augustana to close out 2007.

The first half of the year hasn't been what the Oaks were hoping for, but with three months of hockey still ahead, the Oaks will be looking forward to writing a new story in 2008.

The first half of the year hasn't been what the Oaks were hoping for, but ... the Oaks will be looking forward to writing a new story in 2008.



BOARD GAME

A NAIT Ook gets physical against an Augustana player last Friday at NAIT arena. NAIT came away from the game with a 4-2 loss.

Photo by Javier Salazar

Ask the trainer

ROBIN WILLIER

Overweight? Fatigued? Depressed?

These are just some of the problems that being physically active can help you overcome. Even a moderate amount of activity on a regular basis can improve one's own health and quality of life, whether the activity is washing and waxing your car, or walking to work instead of driving. The more activity that an individual does, and the higher the intensity of the activity, the more benefits are received.

The following are just some of the health benefits received from physical activity:

- Prevention of diabetes, cardiovascular disease, hypertension, and more.
- Increased energy.
- An improvement in your body's range of motion, thus enhancing independence.
- An overall improvement in one's own psychological well-being.
- An improvement in posture.
- Increased stamina (for the guys who love the ladies).
- Decreased fat and increased lean muscle



Robin Willier

mass.

For many individuals, good health means only the "absence of disease."

This is only one part of good health. Good health can be more accurately defined through the concept of wellness, which goes beyond preventing disease to a process of continuously moving towards one's potential for optimal physical, mental and social functioning.

Factors that affect our well-being include the foods we eat, whether or not we engage in physical activity, how we deal with stress and our social surroundings. Therefore, in order to achieve optimal personal wellness, a person needs to practise a healthy lifestyle.

I am currently a second year PFT student and also work as a trainer for the World Health Club. This section will give you an opportunity to ask me any questions you might have.

I will also have a "Feature of the Week" which will either be an exercise, a stretching technique, a myth or a fact.

You can e-mail me your questions at askthetrainer@thenuggetonline.com

EDMONTON
OILERS
GAME OF THE WEEK
-AT THE NEST-
WATCH the GAME on our 10' SCREEN

Molson jugs DROP \$1 when the OILERS SCORE

DECEMBER
Weds. Dec. 5 Pittsburgh (H) 7:30pm
Tues. Dec. 11 St. Louis (A) 7:00pm*
Tues. Dec. 18 Dallas (H) 7:00pm
Weds. Jan. 2 St. Louis (A) 6:30pm*
*PPV = Pay Per View (h) = home (a) = away

THE NEST
MOLSON

BOOKETS
DANCE

Facebook contest draws fire

SARAH MILLAR
CUP Ontario Bureau Chief

TORONTO (CUP) – A contest on the popular social networking site Facebook was forced to close early under harsh criticism from university students and administrators.

The contest held by Molson Canada invited students from colleges and universities across the country to post pictures of themselves partying on campus. The school that posted the most pictures would win the title of the number one party school in Canada before judges picked the best picture from that school to win a spring break trip.

The contest did not run as planned.

Students and university administrators spoke out against the contest and Molson pulled the contest after only half of its original three-week run.

“I’m disgusted,” said Jason Laker, associate vice-principal and dean of student affairs at Queen’s University, in an interview with the *Globe and Mail*.

‘Dangerous disregard’

“It is such an apparent and dangerous disregard for the way it promotes an abusive use of alcohol. In order for the photos to be eligible, to be notable, would require outrageous behaviour or profoundly dangerous levels of drinking, and of course the kind of decision making and behaviour that follow that. [Molson] are either unaware of it or simply placing profits above ethics,” Laker said.

Molson Canada, however, argued that it was simply an effort to engage their target market with socially-oriented advertising.

“Our take is that this whole social media realm is new. There’s going to be some experimentation, there’s going to be some learning,” said Cynthea Galbraith, a spokesperson for Molson Canada.

“I don’t know if surprised is the word, but we learn from these things. Our intention is to become a leader in that area and we’ll go back and develop some new innovations in communications for next time,” said Galbraith.

“Social interaction is key with that [demographic], it seems to be all the rage right now.”

‘Stupid and childish’

David Myers, a fourth-year student at Queen’s University, disagreed with both the approach to marketing and the incentives for people to take part.

“I think it’s stupid and childish to come up with immature reasons to drink for the sake of getting drunk,” he said.

“If you want to relax and have a few drinks, fine. But the goal shouldn’t be to get completely trashed so that you do something stupid for the sake of a photo op.”

Jason Poole, a second-year student at Brock University, said he heard about the contest through a Facebook advertisement.

“I thought it was kind of silly to have the opinion of a beer company determine where I could be having the most fun. And also [I didn’t want to be] influenced by the results which may consider my own school to be bottom of the barrel. University is what you make of it. I don’t need to have thousands of drunk people to have fun,” he said.

Myers also expressed concern with schools being labelled party schools.

“I get annoyed when people equate Queen’s with being a party school because of [the 2005 homecoming] and I’m sick and tired of people coming to Queen’s because that’s their perception of the place,” Myers said.

Molson explained that the contest was misrepresented and misunderstood, and for that reason decided to end the contest early.

“We were just concerned the intent of this contest was being misrepresented. We really want to promote responsible choices and we are pretty proactive with our universities in promoting that kind of thing. We have a website – that’s sort of our main thrust – and we just feel this kind of got mis-shuffled around a bit,” Galbraith said.

She said while she did not have final photo tallies yet, universities on the East Coast were in the lead to win.

A winner is expected to be announced by the end of next week.

Dumb Rules?

Is there a policy or practice at NAIT that you think is dumb? Does an inefficient process need to be changed? If so, we want to hear from you!

The NAIT Dumb Rules Committee has been established to ensure NAIT policy and practices continue to be effective and efficient for both students and staff.

To make a submission to the Dumb Rules Committee, please go to the student portal and complete the online feedback form or complete the form below and submit to the NaitSA office (E131) attention Lisi Monro.

DUMB RULES SUBMISSION FORM

Please submit a separate form per dumb rule. This will help us respond more quickly.

Although you may submit the form anonymously, without your contact information for clarification we cannot guarantee a response to your concern. If you do include your contact information, your submission will remain confidential, that is, you will be identified only to members of the Dumb Rules Committee.

Questions or concerns about how the information will be used may be directed to Kevin Shufflebotham, Chair of the Dumb Rules Committee, via e-mail at dumbrules@nait.ca

1. Description of dumb rule:

2. A specific example of why the policy or practice is dumb:

3. Suggested changes to the dumb rule:

4. Your name and contact information:
(will only be used for clarification and follow-up purposes)

Name:

Phone Number:

E-mail:

Thank you for taking the time to complete the Dumb Rules Submission Form. Please submit this form to the NaitSA office (E131) attention Lisi Monro.

ARTS & CULTURE

Pedal pushing pays



GABRIELLE HAY-BYERS
Student Issues Editor

Dr. Scientist Sounds is a global enterprise that is based in Edmonton – but more importantly, it's a business venture spearheaded by two NAIT graduates.

Almost a year ago, Ryan Clark and Tanya Bach started Dr Scientist's Sounds using their combined skills from Clark's education in Electronic Engineering Technology and Bach's in Graphic Sign Arts to create custom guitar pedals that are the favourites of amateur and professional musicians.

'A big fan'

"I am certainly a big fan. They seem a lot more versatile than others. I can say that there's a couple of their pedals that I'd be useless without. They're just really well-made pedals," says Ryan Podlubny of Whyte Avenue's Acoustic Music Sho, and local band Passenger Action. Podlubny also owns all seven pedals that Dr Scientist Sounds has put out.

Bach and Clark are literally international pedal pushers, and their wares carry a pretty hefty price – their custom sound and graphic pedals come at a cost of as much \$250 Cdn each.

Custom sounding

These pedals really are "custom" sounding, as well. In a November interview with the *Edmonton Journal*, Clark said: "I didn't want to have to get a mass-produced reverb pedal. I wanted my own. All the sounds we make aren't necessarily sounds you've ever heard before, but they're our spin on it."

Depeche Mode, The Cure and Duran Duran inspired the sound for what is arguably the company's most popular pedal – the Radical Red Reverberator. The pedal inspires an '80s vibe while producing a smooth echo not unlike one that'd be produced by a guitarist in a church.

Some celebrity fans of the pedals include The Receiving End of Sirens, Alexisonfire and Shout out

out out out. Also, local band Whitey Houston has jumped on the Dr. Scientist Sounds bandwagon.

Clark and Bach began making their pedals from scratch, a process that initially involved making their own circuit boards.

"We used to make them in the kitchen of my apartment," says Clark, "using dangerous chemicals ... It wasn't long before I said, 'We're going to die doing this.'"

Luckily, the duo now uses prefabricated circuit boards from

our neighbours down south in the States, but Clark still attaches each diode, transistor and capacitor (amongst other inner components) by hand.

Dr. Scientist pedals are available for sale at exclusive shops around the world, but you can find your own in Edmonton at Acoustic Music Shop on Whyte. According to Podlubny, customers at the store appreciate the pedals in a big way.

"We certainly go through a lot of them here at this shop. We focus

on a boutique angle."

Thankfully, Dr. Scientist Sounds is not planning on farming out the parts to make more pedals – Clark and Bach truly believe in the boutique approach to creating pedals.

"We're doing this because we want to make pedals every day," Clark told the *Journal*. "That's a big part of the boutique industry – there's people here who have touched every pedal, really thought about the finished product, (and) built it just for you."



Free stuff for Nugget readers

GEOFF TATE

Merry Christmas ya' bunch of hooligans! As my gift to society during this oh-so-special time of year (happy birthday, Jesus!) I'm giving away a little gift pack for you to enjoy.

A must-have for any budding fan of Swedish garage rock, this little prize pack consists a couple legally created compact discs and a DVD featuring mostly (that means

only) a group known as The Hives, straight out of Compton! Or Sweden! Whatever works. How do you get your greedy little fingers on this tubular gift from Geoff (the Arts & Culture Editor, for those of you – most of NAIT's campus – reading the *Nugget* for the first time) himself? I'm not too sure yet, but hopefully something comes to me within the next 150 words. This pack includes the Hives' last two CD

releases, being, respectively, Tyrannosaurus Hives and The Black and White Album, with a complimentary side dish of their two-hour DVD entitled, deliciously, Tussles in Brussels.

And thank God, I HAVE come up with a way for you to claim this prize! Find yourself a box-headed girlfriend (computer) and e-mail me the following information at entertain@nait.ca: name (your real

name), phone number, and your favorite colour. The third person to get their e-mail to me will then subsequently be stalked to the ends of the Earth by yours truly, where I will then hand you this package.

Bribes are expected, so be sure to have a pocket full of change or candy. And remember, send me your contact information!

Seductively yours,
The "Arts and Culture Editor"

Jordan Lee speaks

JESSIE PATRICK

Jordan Lee is a talented guitarist, singer and songwriter.

Born and raised in Edmonton, Jordan began building up a wide-ranging collection of original songs throughout his teens. In 2007, he got together with producers, mixers and engineers, and started work on his debut self-titled album. The album is now complete and is available around the city and on iTunes!

NR92, NAIT's campus radio station, is proud to welcome such an incredible artist onto our campus, and I was lucky enough to have a one-on-one with the man himself.

Q: How would you describe your music?

A: John Mayer meets Wilco meets Jimmy Eat World.

Q: It's a little-known fact that you are also a professional artist. When you were little did you grow up wanting to be a rock star or an artist? Astronaut? Fireman?

A: To tell you the truth, when I was a kid I always wanted to be a pirate ... but things fell through and I ended up writing songs and making paintings.

Q: OK, so I'm gonna dig right in there to the nitty gritty questions ... Are you single?

A: No comment ... (lol) I hate these questions.

Q: Prefer blonds or brunettes?

A: I always say brunettes, but for some reason I end up dating blonds. I still say brunettes, though.

Q: Best spring/Christmas break?

A: Spring break in San Francisco. Ben Kwellner concert, Pinot in Napa and the beach in Carmel.

"The self-taught musician has a gift for clever lyrics and infectious melodies, and a voice that evokes James Blunt and Jack Johnson ... world-class talent."

— Rob Christie (Magic 99.3 Edmonton)

Q: If you could have dinner with three people, living or not, who would they be?

A: Jim Beam, Jose Cuervo and Jack Daniels.

Q: When did you start writing your own songs? Did you start with covers?

A: I've been writing songs for about 10 years now. An old friend of mine, Daniel Carriere from Ten Second Epic, taught me how to play guitar when I was about 12. I think the first songs we ever played were all Nirvana

tunes because they usually only had three or four chords.

Q: How's the album going?

A: The new album is doing really well. I've sold about 1,500 locally and a bunch more world-wide, thanks to iTunes and CD Baby.

Q: Have you heard yourself on the radio yet? What was it like?

A: I actually had my radio debut about a month ago on EZ Rock 104.9. It was definitely cool to hear ... just like in *That Thing You Do*.

Q: I love that movie!! Any artists you look up to/have inspired you?

A: I gotta say that Danny Michel has been my biggest influence over the years for my songwriting. He is a singer/songwriter from Ontario. If you ever get the chance to see him live, I definitely suggest it! Lately, I've been listening to artists like Wilco and Brett Dennen. I also just picked up an album by an Edmonton band, Five O'Clock Charlie, and I gotta say they're by far my favourite Edmonton band in a long time.

Q: If I wanted to get some of your songs or buy your album, where should I go?

A: You can pick up my album online at iTunes or at CD Baby.com ... A few local cloth-



First full length album coming this fall, for more details myspace.com/jordanleemusic jord@jordanlee.ca

ing stores and Hair Salons are also selling the album (Icon Hair Gallery, Shanti Hair Therapy, Identity Clothing, Yu Fashions and Lords Shoes)

So make sure to stop by the North Lobby (across from the Common Market) TODAY!! Thursday, Dec. 6 from 11:45 a.m. to 12:45 p.m. to check out Jordan playing some songs from his album in a free, live, acoustic performance! And keep on listening to NR92 @ www.nr92.com to catch even more of Jordan.

A great year!

AMIT SHARMA

This semester has been an exceptionally great one for NR92. I am very proud of what was accomplished in my third and last semester as part of the campus radio station.

With only two weeks left on the airwaves, there are still some huge highlights this semester. One is the show NITROHOLIC'S ANONYMOUS, hosted by Kellen Nitro. NITROHOLIC'S ANONYMOUS is one of the highest rated shows on NR92.

As soon as Kellen is done his live show, he podcasts and receives up to 100 or more downloads per episode.

Another amazing highlight from this term was the formation of the NAITSA street team, made up entirely of first semester Radio and Television students.

And, of course, the amount of prizes we gave away this semester – everything from T-shirts, movie passes and huge gift certificates. By the way, we're still giving the Spasation gift certificates away every month. Just call 471-8833 to qualify.

Make sure you're listening to www.nr92.com for the next two weeks, because before we

break for the holidays, we are gonna go out with a BANG! NR92 is gonna be off the hook as we really kick into high gear to entertain you guys with our day and evening programming.

It's also going to be the last chance you get to hear some of your favourite shows coming from me and other third semester students, such as Catching Fries, Half-time, The Show with No Name, It All Comes Out In The Swash, and Can't Knock the Hustle!

Look for NR92 expanding all over campus next semester. We already dwell in major hot spots like NAITSA, the South Lobby, Campus Reads and Needs, Business Tower Lounge,

and, of course, the V-Wing, but this expansion is going to make NR92 the station for all the students!

I'm not trying to be cheesy, but I guess you can say the end of the semester is bittersweet because it's been a really good run for me and other students leaving.

Make sure to check out NR92 all around campus and on www.nr92.com during these last two weeks and next semester.

Have a good Christmas and New Year, y'all!



NR92's Randy Tourett hard at work.

NAITSA PRESENTS
FREE MOVIE NIGHTS
NOVEMBER 13 - SHAW THEATRE

THE REBELLION BEGINS

4:30PM
FREE POPCORN &
POP IN SHAW FOYER

5:00 PM
MOVIE START

Harry Potter
AND THE ORDER OF THE PHOENIX

www.HARRYPOTTERORDEROFTHOPHOENIX.COM

CARTOONS

BACK OF THE RACK

Superman's death a letdown



LIAM CRESWICK

Welcome to Back of the Rack, a look at lesser known movies new on DVD. As college students, I am sure many of our Saturday mornings don't begin till 2 p.m. (or are spent nursing hangovers). Yet I still have fond memories of waking up early on weekend mornings and watching heroes kick ass, Coyotes take anvils to the head and colourful bears shoot rainbows out of their chests. So grab your Spider-Man underoos and a big bowl of Lucky Charms and let's rock some cartoons on DVD.

Superman: Doomsday

The Death of Superman is one of the greatest stories in comic history. Its retelling in animated form, however, rightfully belongs at the back of the rack. When Lex Luthor accidentally uncovers the murderous alien Doomsday, not even Superman can keep the beast from terrorizing Metropolis. The biggest problem with the movie is the pacing. Superman's fight with Doomsday appears in the first 20 minutes of the film, and while the action is good, there is no excitement knowing that Superman is destined to kick the bucket. The rest of the film shows Lois Lane, Lex Luthor and the citizens of Metropolis reacting to the big guy's absence, none of which is

particularly interesting. The animation quality is pretty basic, and the character design is even worse. Superman looks like he didn't sleep for a week and then had his face beat in with a kryptonite baseball bat. Adam Baldwin and Anne Heche provide voices, but even quasi-talented actors can't rescue this DVD.



Pixar Short Films Collection Vol. 1

Unless you've just come out of a 15-year coma, you should know Pixar, the animation studio that teamed with Disney to make great CGI animated movies like *Toy Story* and *Monsters Inc.* While the company's claim to fame may be big screen family films, it has also made many charming and fun short films, all of which are collected on this DVD. Some of these short animated works date back over 20 years, but are still very entertaining today. Films like *Red's Dream* show just how far computer animation has come since the late '80s. All of their modern shorts are showcased on this disc as well. Some of these originally appeared as extras on Disney DVDs, such as *Jack-Jack Attack* from the *Incredibles*, but I personally enjoyed the ones with original stories and characters the most. *One Man Band* and *Boundin'* are a lot of fun, especially when they are viewed all in one sitting. This is a great DVD for animation enthusiasts and Disney fans of all ages.



Futurama: Bender's Big Score

Like *Family Guy*, *Futurama* found its audience when it was syndicated on the Cartoon Network a few years ago. Unlike *Family Guy*, there wasn't enough demand to revive the series.

The alternative? Four feature length films that will go straight to DVD. *Bender's Big Score* is the first of those four. Here the cast meets a group of slimey space shysters who con them out of their belongings and company. Meanwhile, they find a tattoo of Bender the Robot on Fry's ass, which, when looked at closely, has the code for time travel. The com- men send Bender to travel through time and steal artifacts from every era. The movie starts out as funny and fun as you could expect, but

the second act of the movie is incredibly dull and boring, almost to the point of making me want to get up and leave (or just press stop – aren't DVDs great?). But if you stick it out, the ending is incredibly satisfying, and actually makes for one of the most interesting and well-planned time-travel movies I have ever seen. The concept still works better as a 30-minute format, but as a fan, I am happy to see more of these characters.



Have a theme or new movie you'd like to see in Back of the Rack? Send your suggestions, questions, hate-mail and nude photos to lcreswick@gmail.com.

NAIT
Instructional Excellence
Award

Does your instructor...

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

Nomination Deadline
Jan. 31, 2008 @ 4:30pm

Go to www.nait.ca for a nomination form. Printed forms will also be available at:
Main Campus
NAITSA - Room E131

Bah, humbug

LIAM CRESWICK

There's nothing like Christmas Muzak. Maybe you like the festive mood it puts you in, but no one truly enjoys songs like *Deck the Halls*, no matter who sings them.

So while I commend the producers of this album for trying to bring some energy and cred into the holiday music genre, the result, for the most part, is unfortunately just as trite and contrived as the Jingle Bell Schlock that gets pumped through mall speakers.

Some fairly big names in alternative rock make appearances on this album, such as Jimmy Eat World, The Dandy Warhols and Everclear. Even Grammy winning folk singer Sinead O'Connor has a track.

Generally speaking, these are talented musicians, but here their holiday songs seem either phoned in or beyond their talent range.

Despite the album's title, the majority of this compilation neither rocks nor makes me feel all Xmas-y inside. The biggest lump of coal comes from The Decemberists.

Their song *Please Daddy Don't Get Drunk This Christmas* is a failed attempt at holiday comedy, and is unfortunately the first track on the disc, setting a horrible pre-

cedent for the rest of the album. The songs from The Specials, Luscious Jackson, The Alarm and the second track by The Decemberists are about the only enjoyable tunes here.

Some of the music on this disc is a tolerable alternative to the holiday standard, but for the most part, Alternative Rock Xmas is as artificial and dull as everything else this time year. Bah, humbug to this CD.



CD REVIEWS

Indeed dear, let it reindeer

KATIE BERLINGUETTE

Relient K has jumped on the holiday bandwagon and I must admit – I like it. The band has just released a holiday CD entitled *Let it Snow Baby ... Let it Reindeer*. Amidst all of the Hallmark holiday crap and over-sung songs is hidden this tiny jewel.

Relient K reinvents old favourites but also adds a few new ones to the list. This album is chillin' rockin' but also maintains a smidgin of that old school spirit without being cheesy or over-done. I think this is one of those few holiday CDs that secretly fills you with a bit of cheer and joy without being aggravatingly annoying and average.

From *Jingle Bells* to *Santa Clause is Thumping To Town*, you are sure to be pleasantly surprised to find that Relient K hasn't given up their punk/

rock sound to completely sell out with a holiday album. They've definitely discovered a delicate balance between maintaining their individual style but with a twist of something seasonal.



If you're looking to get a little more merry, pick this one up.

It'll make you laugh, cry, reminisce and everything else that's nostalgic.



The Bled badly misses the mark

JOEL DETKA

I've never really been a huge fan of this genre, whatever we're going to call it. But we'll also call this my tolerant bias against this CD, since I don't completely get it. But I'll try.

Don't let my bias interfere with listening to this CD for yourself, though. The first track is exciting, it's fast paced, and the duelling vocals are just, well, they are intense. I completely adored the song ... but it couldn't put a shawl on the rest of the CD.

It gets progressively repetitive. I just couldn't bring myself to listen to each and every track in its entirety. Slowly, all the tracks just become a small piece of everything else you've heard and probably didn't comprehend.

The Bled have put out so many good songs, but why'd they go so wrong this time?

Is it the attempt at chaotic and bloodthirsty riffs? Somewhere along

the line they became a cross between Comeback Kid, a poorly done Norma Jean and Poison The Well ... only they fell off of a pendulum and missed the mark.



But you know, although this album really didn't hit me as well as their previous releases, I wouldn't mind seeing them on Dec. 6 with Alexisonfire, Anti Flag and Saosin. I'd just much rather hear them lead with all their old material, and forget they even wrote this album.



Photo by Amy Bizovie

Kandice Little, a Grant MacEwan student, enjoys browsing the Photographic Technology students' print sale in the south lobby last week.

Photos on display

ALISTAIR WILKINSON

Anyone who has a deep-seated fear that photographs capture the soul would have been able to confirm their phobia by checking out the Photographic Technology students' show and sale last week.

Running from Nov. 30-31, this year's display sold a record-breaking 90-plus prints (at \$40 apiece), with a portion of the sales going to Edmonton's Youth Emergency Shelter service.

The show also gave NAIT's photog students a chance to display their command of the artform, and by proxy, the soul (which, according to the students overseeing the event,

they use as slaves rather than trading them to Satan).

"There's some pretty amazing stuff up this year ... I'm especially impressed with the first semester students' work," observed Randall Scattered, third semester Photography student.

Ranging from the elegantly sentimental, like *Mug Heart* by Javier Salazar, to the macabre (Morgan Haley's *Famous Last Words*), the show was a wonderful display of talent and mastery over light, form and colour (which none of the students will use to attain world domination ... yet)

Romy Yamsuan's *Freedom Mag-*

pie expressed his feeling on the nature of art.

"It's about a passion for what you do ... not love, per se, at least it doesn't have to be, but ... strong emotions lead to making that connection with subject and audience ... each photograph is, in itself, a perfect moment, but the effort that goes in after, that's where that connection comes from."

Students and staff also had a chance to vote on their favourite pictures and they chose the aforementioned *Freedom Magpie*. Yamsuan, a first-year photography student, received a gift certificate for his winning photo.

Dealing with the ex from hell

LADY LOVE

Have you ever had an ex that won't go away? Of course I have, but usually after I ignore them for long enough, they get the point.

Apparently not all exes think that "it's over" when you say "it's over." You've got the ex who keeps calling for a month or two after you break up. You've got the ex who won't even accept the breakup.

The case of my man's ex is a lot worse than any ex I've ever had to deal with. Have you ever had a conversation that went something like this:

"This isn't working, it's over", and the other person replies, "No, it's not."

I've had some crazy exes, but I have never had someone say I could not end things with them, nor have I told someone that they could not end things with me.

When a man wants to go, the doors are always open. As far as I'm concerned, as soon as the thought of breaking up with me crosses his mind, it's over and done, sans discussion or question.

My partner's ex has threatened to kill herself for him. Why? Why

would a woman do that?

I know my man is fine and sweet, but am I missing something here? I don't think there's a man out there worth killing yourself over. Yet she (the ex) has actually jumped out of a car, and nearly lost her life, just to prove her point. She claims she can't live without him.

I don't think there's a man out there worth killing yourself over.

I couldn't even fathom the thought of losing weight for a man, and this girl is willing to put everyone who loves her through all this pain for someone who doesn't. It's confusing, but even more, it's frightening.

As much as you may want to laugh about this and call this girl crazy, that is exactly what she is. If a person is capable of hurting themselves to that extent, what the hell are they gonna do to those surrounding them?

What are they going to do to the new girlfriend when they figure out who she is? What are they going to do to the ex-boyfriend?

You've seen *Vanilla Sky*, right? Some bitches are K.RAZY! and I'm certain she's one of them.

Share the Warmth

Please help local charitable organizations by dropping off your donation of **NEW Mittens, Toques, Scarves and Socks.**



NAIT ACADEMIC STAFF ASSOCIATION

DROPOFF LOCATIONS

A-140/141, B-103, C-103, Distribution, E-101, E-133, E-134, E-214, E-220, K-116, Kingsway – ILM, L-101 – ODS, L-131, L-223, Mailroom (Metro), O-102 – Executive Office, Reads & Needs, T-110, T-700, U-105, Library, V-239, W-111, W-205, W-309, Y-308, Fairview Campus, Patricia Campus, Souch Campus

Share the Warmth campaign will run until Dec. 19, 2007



TREND RESEARCH

MARKET RESEARCH INTERVIEWER

- Conduct interviews over the telephone from our centrally located call centre, accurately enter data into a computer system.
- Absolutely no sales involved.
- Position requires excellent telephone manner and typing skills.
- Flexible scheduling with shift choices.
- Company benefits plan.
- \$11.00 / hour to start, with performance based reviews.

Please mail, fax or email your resume to:

Address: 10147 – 104 Street, Edmonton, AB T5J 0Z9

Fax: 780-485-5085, Email: HR@TrendResearch.ca, Phone: 780-485-6558

TREND HIRES ON AN ONGOING BASIS

CLUBS CORNER

Twelve weeks to fitness!

Body For Life (BFL) Fitness Club

Twelve short weeks ago, I began my career at NAIT; at that point, I was in a proverbial rut in the road of my life. I suffered from low energy levels, due to a lack of physical fitness. I needed a change.

Do you want a healthier, more energetic, better quality of life? I stand before you, offering you a way ... I have completely transformed myself, inside and out. I'm just your ordinary, run of the mill person ... normal parents, no superhuman genetics. I've realized on my journey that it's my duty to help others realize the success that I've attained. My goal is recruit an army of healthy, energetic, and successful people.

I'm calling on anyone who wants to make a positive change in their life to join the

BFL Fitness Club! Please join us on Tuesday, Dec. 11 at 4:30 p.m. in room E-129 for an information session.

Hope to see you there!



Basket of
Holiday Cheer
Fundraiser

Tickets: \$2.00

First Prize:
\$350 liquor basket

Second Prize:
\$150 liquor basket

Ticket Sales:
Tuesday Nov 20th 9-10 @NAITSA office
11-1 @Bytes
Tuesday Nov 27th 11-1 @Bytes
Thursday Nov 29th 11-1 @Bytes
Tuesday Dec 4th 11-1 @Bytes

Draw Date: December 13

Must be 18 years of age to purchase tickets and win prizes. Proof of age is required at time Prize is awarded

**POST-FIRE
PIG ROAST
DINNER**

Thursday B Street Bar
December 6, 2007 11818 - 111 AVE NW, EDMONTON
@ 7 pm
\$15.00 Phone: 414-0545

Info or Tickets:
Diane 471-7682, Erin E205 or NAITSA E131
Welcome Everyone Drink responsibly

Like to speak?

Want to polish up your public speaking skills?

Toastmasters is an opportunity to develop skills in speaking and presenting. These skills are valuable in both your personal and professional future. Here at NAIT we have the privilege of having resources (some NAIT staff) that are representatives in Toastmasters.

If you are interested, please contact me via e-mail roseb@nait.ca in order to get a Toastmaster's Club established for the next semester.

Upcoming Events

MLT/CYTO

Event: Jelly bean guessing game. Grand Prize – Oiler Ales Hemsy's signed jersey

When: Nov. 29 – Dec. 13

Where: Lunch time, campus hallways with Club Tent. Keep your eyes open.

CLXT

Event: Bake sale.

When: Thursday Dec. 6 – 11 a.m. to Noon

Where: Outside NAITSA office

AHT 2008

Event: Bake Sale (Goodies for humans, pets)

When: Thursday Dec. 6 – 11 a.m. to 1 p.m.

Where: Outside Campus Reads and Needs,

South Learning Centre

PGC

Event: Silent Auction (Fundraiser for PGC and the Strathcona Youth Shelter)

When: Wednesday Dec. 5 – 8 a.m. to 12:30 p.m.

Where: The Annex, main floor stairs.

NAIT Baking Club

Event: Cookie sale

When: Monday Dec. 10 – 10 a.m. to 1 p.m.

Where: South Lobby

Rose Martin Baumgartner

NAITSA Campus Clubs Manager

Room E133; Ph: 471-8871; Fax: 491-3989

E-mail: roseb@nait.ca

Like to listen?

Music Club

Do you love music? We have a great semester planned next year for those interested in a Music Club. We have partnered with Universal Music's Black Top Guerillas to present CD Listening Parties twice a month at The Nest. Have you ever been to a Listening Party before? These are opportunities to hear a CD that has just been released or, depending on timing, is a CD Release Party.

Of course there are CD giveaways, T-shirts, posters and possibly concert tickets. Music Club members get first crack at winning prizes.

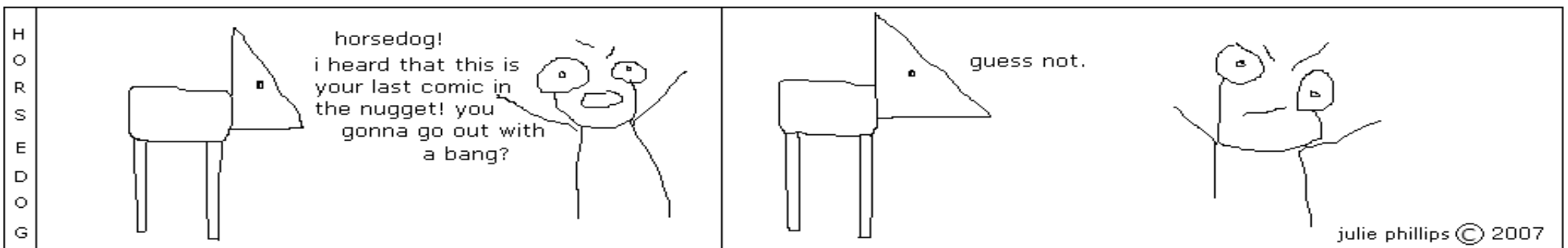
First Listening Party is Thursday Jan. 10, 2008 at 4:30 p.m. in the NEST. If you would be interested in leading this club, please contact Rose Baumgartner via e-mail roseb@nait.ca or stop by the Campus Clubs Centre E-133.

**BLACKTOP
GUERRILLAS**

**BLACKTOP
GUERRILLAS**

NUGGET COMICS

Lucky/Unlucky Clong ©2007



*thank you all - fans and critics - for your continued readership of horsedog over the past year & a half. it's been wonderful. -jp



Your horoscope



JULIE PHILLIPS

Dec. 6-13

Virgo (Aug. 23-Sept. 22)

Keep your finances in order. Find creative ways of treating those you love around the holidays, but keep a portion for yourself in case travel plans open up in the next few weeks. Have a great December!

Libra (Sept. 23-Oct. 22)

Not a good time to buy into other peoples' drama. Let your natural wisdom infuse a situation, but if others go on for too long about something, take it as your cue to leave. Invest into some good winter footwear.

Scorpio (Oct. 23-Nov. 21)

There will be many opportunities to be an angel in the next few weeks. I'm talking about lending a hand, helping other people out. There's no such thing as too much merry-making, or too much cheer this year, Scorpio! Enjoy it!

Sagittarius (Nov. 22-Dec. 21)

There's no doubt about it—you are loved, Sag. Let others spoil

and entertain you, and enjoy the company and joy. It'll keep your mind off the shit weather and bad driving conditions. Happy-birthday-season!

Capricorn (Dec. 22-Jan. 19)

Not time to celebrate your birthday yet, so in the meantime, spoil your Sagittarian friends, dress warmly, take every opportunity you can to snuggle up, and spread appropriate affections. Seasons Greetings!

Aquarius (Jan. 20-Feb.18)

Something's outta whack. Try exercising or yoga or something to try to fix something in your body that might help you work with something in your mind. Once your thoughts are in order, you'll know what to do.

Pisces (Feb. 19-March 20)

Everyone is put in challenging situations, but right now, it's overwhelming, hey Pisces? Take it piece by piece, step by step, and before you know it, you'll have a nearly complete puzzle to look back on. It's hard, but try to balance your vision of "the bigger picture" with all the little things you have to get done. You can do it.

Aries (March 21-April 19)

Don't worry about hurting other people's feelings. It's a good week for absolute honesty, but still, use your discretion to figure out the best way to tell

someone. That's the key. Don't be unnecessarily cruel.

Taurus (April 20-May 20)

You really gotta buckle down. Keep your eyes on the prize and please – try and forget that I just wrote such a cheesy (and rhyming! Ew!) cliché. You're a natural star, but you have to put the effort and practice in so that when the true test comes, you can make it look easy.

Gemini (May 21-June 20)

Others turn to you for guidance and empathy and whatever you're doing, it's working. You don't even know how appreciated you are right now. Consciously take time out of your schedule to do an extended nice thing for yourself this week. Also, the *Nugget* it still looking for a horoscope writer for when my karmic-nugget-energy runs out (ie: now), and I still really want it to be a Gemini. If you're interested, seriously write to nuggethoroscopes@gmail.com and begin your cosmic journey now.

Cancer (June 21-July 22)

Avoid becoming involved with gossip this week, even though it seems like it's everywhere. Don't participate in the conversations, or go drastic and leave the room. Something that's also everywhere this week is holiday baking. Avoid gossip and fill up on sugar cookies with red and green sprinkles. Trust me.

Leo (July 23-Aug. 22)

You are great at coming up with little ways of letting others know they are loved. On another totally unrelated topic, environmentally efficient energy choices (from light bulbs to appliances to furnaces) are

really chic right now. Sure it might cost a bit more in the moment, but in the long run, it will save you money and help with this massive issue called "global warming." Look on www.ec.gc.ca/education to see what you can do.

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Office hours: Monday to Friday, 8:00 a.m. to 4:30 p.m.

ALBERTA CO-OP TAXI LINE
STUDENTS' ASSOCIATION

HOT SINGLE OF THE WEEK



BRENT CONSTANTIN
Getting really fat

The last issue of 2007!

That means, due to classes continuing for a couple more weeks after our publication of this issue, this will be the most read paper of the year. You might find it crumpled up in a recycle bin, lining the porcelain of one of our fine NAIT urinals, or maybe just folded into a lovely pirate hat. But, take the extra time you have with this issue to reread all of the articles, focusing on the great offers our advertisers have for you.

In fact, don't even read the articles, just focus on the ads, and then, go buy/consume something that's shown in the paper.

Our final HSW of '07 had a problem with some comments I wrote a few issues back about there being no girls in the instrumentation pro-

gram. Turns out she is one, and she isn't really a dude or anything. My mistake!

So help me give Kaytlin a big Hot Single of the Week welcome [please clap now].

B: Hello-o-o!

K: Hi

B: So, you're obviously not a man. But you're in the instrumentation program. How's that work?

K: I love the program, I'm in my second year and it's great. I was always interested in mining and engineering, so my dad helped me pick this when I was back in high school.

B: Now, from what I hear, there are certain areas of the school that young women such as yourself, receive quite a lot of "negative attention" would you say that the Y building (where you are) is one of those places?

K: There aren't a lot of girls over there for sure, but I think it just depends on who you are. If you dress in really revealing clothing, of course guys are going to look or say something. I don't have a problem, except that I'm the butt of every joke my friends make.

B: That's a shame. So Kaytlin,

tell me, why are you hot?

K: Because I'm a girl in the NCAT building.

B: So as long as you stay in the NCAT building, you're the best looking girl there? Fair enough. And what kind of guy are you looking for?

K: I have a very specific list. He has to be taller than me, blue eyes, blond hair, nice arms, a nice personality, accepting of my country ways and cuddly.

B: Cuddly usually means fat.

K: No, I said he had to have nice arms, so he wouldn't be fat.

B: What if it was a fat guy that slept on his belly, and used his arms to lift up his massive blubbery frame each morn? That would make his arms pretty ripped.

K: I don't think so.

B: What about the guys in instrumentation with you? Not interested in any of them?

K: It's more like family there, we're all such good friends it just wouldn't work.

B: I'll just assume you meant to say "too ugly in class."

K: ...

B: Anything you'd like to say to



Kaytlin

finish it up?

K: Yeah, I promised that I'd say "Check Jumpers." And, girls in instrumentation do exist and we don't turn into men.

B: Is that fair to say? Some may eventually become men.

K: OK ... girls in instrumentation may become men, but I'm sure it's a rare occurrence.

B: That's all I wanted to hear.

If you fit Kaytlin's very specific idea of the Aryan superman and would like to meet her before she becomes a man, e-mail me here at bconstantin@nait.ca I'm also taking submissions for next year, be the first HSW of 2008 by e-mailing me today!

Also I'd like to congratulate my last HSW for having the most responses for a male Hot Single EVER! Way to go Pat, you go get 'em, tiger.

Out and about



AMY BIZOVIE

Did you get your mumps shot? Why or why not?



I didn't get it done because there wasn't enough information about it.

Jennifer Melo
College Prep



Yes, I got it. I have to because of my program.

Jenn Sooley
Med Lab Assisting



I'm going to go get it in the next half hour.

John Gushie
College Prep



Yes, I did. Well, it's a disease, and I don't want the mumps.

Scott Ward
Power Lineman



I've gotten it because it's good to be protected.

Tina Garvey
Business Administration

“UNDEFEATED”
MAYWEATHER VS. HATTON
THE WELTERWEIGHT CHAMPIONSHIP
SAT. DEC. 8, DOORS AT 7

UFC 79
NEMESIS
SATURDAY DEC. 29

UNION HALL

Ask a Counsellor

Surviving those final exams



Margaret Marean

Most students feel pressure mounting towards the end of the semester. Here are some suggestions for handling the weeks before and during final exams:

1. Write up a schedule for the weeks before and including exams:

2. Start early. Schedule your study periods to avoid last-minute cramming. Start studying at least two weeks prior to your final exams.

3. Make a study guide for yourself. Include lists of key points, terms and ideas, as well as any other important information you find difficult to remember.

4. Allow enough time to study each subject thoroughly. Schedule large blocks of time so that you have time to understand concepts and basic relationships.

5. Learn information in the same form that you need to remember it for exams. For example, brainstorming questions from your notes and making up a mock test similar to the one you expect will be given is one of the most effective ways to study. Ask instructors if they have practice tests available.

6. Vary what you study. Don't study for two similar courses consecutively and don't study any one subject for too long.

7. Schedule breaks. Taking a short break every 45 to 60 minutes is recommended. Your brain cannot learn effectively without breaks.

8. Use short periods for review. When waiting for the bus or in the shower, recall and review material that you have studied. Remember, the more frequently you review material the more easily you will remember it and the more it will broaden your understanding.

9. Stay with your routine. Stick to your normal daily routine as much as possible. Avoid staying up all night or going to bed really late; it is better to get up a couple of hours earlier than to continue studying late at night.

Take care of yourself ...

1. Think positively about your abilities. Don't allow yourself to get down on yourself about all the studying you should have done in the past, or to compare yourself to others who you perceive as smarter or more organized than you are.

2. Be assertive about your needs. Let family and friends know that you need time to study and that you will be putting yourself first until finals are over.

3. Eat properly. A well balanced diet, including regular meals and snacks, can keep you feeling alert.

4. Exercise. A regular exercise program helps with stress. Running on the spot or dancing during study breaks increases blood flow and oxygen to your brain.

5. Moderate stimulants. Coffee, tea and cola drinks contain caffeine and may cause jitters or prevent sleep if taken in large quantities. Water is the best way to keep your brain functioning effectively.

6. Beware of taking drugs. Try not to start any new prescription medications unless absolutely necessary. Over-the-counter stimulants may increase alertness but reduce retention of material.

Deal with tension ...

A certain amount of tension is normal and is to be expected. Tension heightens your awareness, motivates you and can enhance your performance. However, it can work against you if it escalates too much.

1. Take time to relax. Exercise, meditation and relaxation exercises are a few ways to release nervous energy and maintain your stamina.

2. Anxiety is contagious. Keep away from students or other people who are highly anxious; their nervousness may increase your own stress.

3. Plan rewards. Between exams, schedule an activity to look forward to such as coffee with a friend or a walk. Plan a treat for when finals are over so that you have something to look forward to.

4. Book an appointment with a counsellor at Student Counselling if you're feeling highly anxious or overwhelmed.

The night before ...

1. Spend your last hours calmly reviewing what you've already learned. Try not to tackle new material the night before an exam.

2. Avoid staying up all night. The shorter you are on sleep the

less clearly you will be able to think and write what you know on the exam.

3. Cram selectively. The night before an exam when you are more anxious than usual is one of the least effective times for study. Your ability to deal with concepts and synthesize material is greatly reduced, and your ability to memorize is impaired by anxiety. Cramming only serves to make you more frantic about the exam and less prepared to do your best. If you do come up to exam time unprepared, use your last minute studying as a review of key concepts instead of trying to learn it all.

4. Don't go to the movies or get involved in any other activities that might either interfere with what you have been learning or make you feel guilty. Review and relax!

Note – Some of this information has been adapted from University of Texas and Harcourt Brace College Publishers handouts

The NAIT Student Counselling Centre is located in Room W111-PB, HP Centre. To schedule an appointment phone 378-6135 or drop by the office. Hours are 8:00 to 4:30 Monday to Friday.

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Parking Services will start to prioritize carpoolers for main campus parking, based on availability. Priority will be given to carpools consisting of three members or more who are currently attending NAIT and riding to school together.

*Please come see us at Parking Services, Room O-112
or call us at 471-7539 for more information.*

Where can I find
an apartment?

Try naitsa.ca





Rapid Resume Review

Drop in between **11:15 am and 1:15 pm** to speak with a Student Advisor about your resume, cover letter and job search

November 13	Annex
November 20	South Lobby
November 27	Business Tower
December 4	HP Centre

Brought to you by NAIT Student Employment Services
471-8899

NEED A PART TIME JOB THAT SUITS YOUR SCHEDULE?

Our busy downtown call centre is hiring for all shifts. Conveniently located at 103 Street and Jasper Avenue, directly connected to the LRT. Free, secure indoor parking, great deals on pizza. Shift premiums plus commission.

We require good keyboarding skills and a pleasant telephone manner. Training is provided.

Send your resume along with your hours of availability to hr@pizza73.com

PIZZA 73

Extended Hours for Project Factory, Library (for exams) December 8, 9

(Project Factory and McNally Library)
Dec. 8: 10 a.m.- 6p.m.; Dec. 9: 10 a.m.-8 p.m.

December 15, 16

(McNally Library Only)
Dec. 15: 10 a.m.-6 p.m.; Dec. 16: 10 a.m.-8 p.m.
(Project Factory: regular hours)

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VOLUNTEER?

Snowflake Gala

The Stollery Children's Hospital Foundation requires over 300 energetic and creative volunteers to help prepare for the magical winter wonderland of Snowflake Gala on Dec. 10. Sign up as a group or individually – call or e-mail Billie-Rae Hill at 431-4623 or bhill@stollerykids.com

Christmas Bureau of Edmonton

This year the Christmas Bureau anticipates providing festive meals for over 21,000 families and 1,800 seniors, more than 67,000 less fortunate Edmontonians. To meet the commitment to raise \$1.4 million, we require 600 volunteers to put in some 6,400 hours in under six weeks. Volunteer opportunities include:

Incoming Donation Clerk Adopt-a-Teen
Receptionist
Walk-In Days
Donation Desk Clerk
Team Leader
File Clerk

Certificate Stuffer
Private Sponsor Clerk
Volunteer Services Clerk
Events Team
Hamper Driver

For more information, contact Lana Nordlund at 414-7682 or go to christmasbureau.ca.

St. Michael's Health Group

The St. Michael's Health Group presently has two volunteer opportunities that are available. If you are interested in helping as a Hydration Cart Volunteer (weekdays 7 to 8 p.m.) or Pastoral Care Volunteer (Sundays from 1-4 p.m.) contact Pat Wilkes at 476-5621 ext. 3556 or pwilkes@smhg.ca.

Volunteer Panel Member

The Edmonton Youth Justice Committee (EYJC) is seeking community volunteers who are interested in becoming panel members. The EYJC is non-profit society engaged in assisting in the communities of Edmonton in the diversion of young offenders from Court. You would be helping youth to learn accepting responsibility within the guidelines of the Youth Criminal Justice Act. Panel member will be working with offenders, age 12 to 17 who have admitted responsibility for their criminal act. The task for EYJC panel members will negotiate an agreement with conditions for the Young Person to compensate for their unlawful behaviour. To avoid formal prosecution, the Young Person has to be successful. Please call Jolanta at 944-5479 or 298-6136 for more information and or an application. Training will be provided.

Adopt a Grandpa or Grandma

Help a senior shovel snow in your community. The Westend Seniors Activity Centre needs volunteers to assist the day after a snowfall and shovel seniors' steps and walks. Volunteers are needed mainly on the west end, however, you will be paired with a senior in your community. For more information, call or e-mail Heather Miller at 483-1209 or volunteers@interbaun.com.

Peer Mentor for Asthma Teens

This is an excellent opportunity if you are between the ages of 17 and 20, have or have had asthma and/or life threatening allergies, have access to a computer and are interested in helping youth. An online research study is being developed to support/educate youth with asthma and/or life threatening allergies. As a peer mentor, you will share your experiences of asthma and/or allergies with the youth in online discussions. You will receive eight hours of training and attend a project orientation. Contact Jody Macdonald at 492-8945.

New Year's Eve Downtown

Are you looking for something to do for New Year's? Why don't you volunteer for Events Edmonton? Volunteers are needed to help on December 31 at Sir Winston Churchill Square. Volunteer opportunities include:

Booth Attendant (outdoor) Stage Assistant
Security (indoor and outdoor) Craft Assistant

If any of these sound interesting, contact Danielle Nobert at 423-2822 ext. 22 or dnobert@eventsedmonton.ca.

