

SEE YOU IN MARCH!

THE NUGGET

Thursday, Feb. 14, 2008
Volume 45, Issue 21



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YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

NAITSA EXECS CHOSEN

Results of vote, story, page 2



FAST AND FURIOUS

Students participate in the NAIT Architectural Student's Society Foosball Tournament Thursday night (Feb. 7) at the Nest.

Photo by Randy Scatterty

THE NEST

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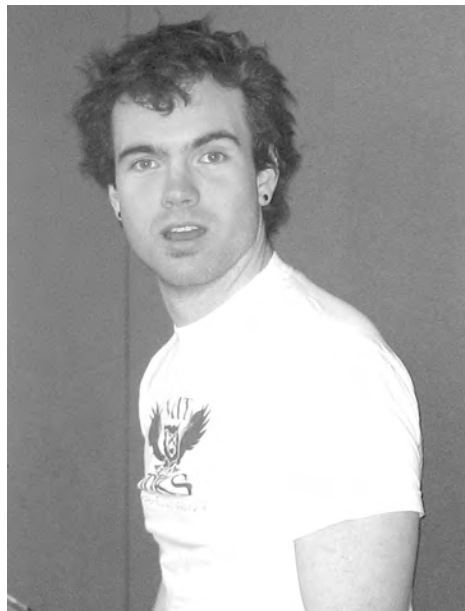
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NEWS & FEATURES

New face of NAITSA

Tuesday's elections selected a new executive group. Brent Constantin, formerly VP Campus Life, will serve as president, while Lisi Monro and Amanda Spearing return to the posts they have held this year. The new VP Campus Life is Michelle Goulet.



Brent Constantin
NAITSA
President



Lisi Monro
Vice President
Academic



Amanda Spearing
VP Apprenticeship
& External



Michelle Goulet
Vice President
Campus Life

Low turnout

GABRIELLE HAY-BYERS

Another NAITSA Executive Council election has taken place, and as of press time, the (unofficial) results can be seen above, with 75 percent of the 2007-2008 Executive Council team returning for a second term.

"I think it's really great to see three executives come back for a second term. I think that it'll be good for the organization and the students to have people who have experience and knowledge of how the organization works," said returning Vice President Academic, Lisi Monro.

While we have the results on who won, we also have results on how the students did as citizens of NAIT ... and the numbers aren't pretty. With a voter turnout of about five percent, the students of NAIT indicated a low level of commitment to the school that will grant them designations, diplomas and degrees.

NAITSA's Executive Director Chris Chelmick had this to say about low voter turnout: "There is a direct correlation between the annual turnout of voters and the number of candidates who run in the election ... And this year, we did have the fewest number of candidates run in the election that I can remember."

While there was a lack of voters on Feb. 12, there was no lack of students willing to talk about why they're not voting. There were a slew

of reasons (and excuses) offered when pollsters asked passing students why they weren't voting.

While my favourite response, personally, was "Vote for what?" the student who offered up, "They didn't come to my class to talk," also had a great point. Especially seeing as executive hopefuls are specifically prohibited from campaigning within a classroom setting. No, they were not in your class to speak because they were merely following the rules.

Perhaps the most memorable reasoning for not voting was this: "Maybe if they (the executives) did more than party and beer gardens (I'd vote)."

— Student

However, some would say that two beer gardens a year is not really excessive, and that the statement negates any good work that is done during the remaining 363 days of an executive's term.

It's probably a good thing, then, that this is the first year where the Executive Council elections have been in February instead of March, as the new executive team has their work cut out for them with finalizing NAITSA's budget for the 2008-2009 school year.

Do you think there's enough money in the coffers to add the course, "How to be a Responsible and Worthwhile Citizen" to the curriculum for all programs?

"Maybe if they (the executives) did more than party and beer gardens (I'd vote)."

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THE STUDENTS' ASSOCIATION

ASET session an asset



GABRIELLE HAY-BYERS
Student Issues Editor

The Association of Science and Engineering Technology Professionals of Alberta is storming NAIT on Feb. 28 to hold a third information session for students in Room X-107 from 5:30 p.m. to 7:30 p.m. ASET will be providing pop, pizza and doorprizes.

"These sessions are designed to tell technology students about their future careers, the professional credentials that they can achieve and give them a picture of what sorts of work they can expect to do," says Jay Fisher, communications director for ASET.

ASET Registrar Perry Nelson touts the benefits of the session.

"We're encouraging students to come out to this session to hear about what their

future careers are going to be like," Nelson says.

"We will have real, live, working technologists there to talk about their own backgrounds and help illustrate the type of work that students can expect. We also want to talk about the importance of holding a professional credential and how students can easily work towards that, starting today," he said.

"ASET membership is free to students while they are at NAIT, as well as until the end of their graduating year.

"They receive all kinds of benefits, from cheaper car insurance to free publications and store discounts, plus a job referral service to help them find work once they graduate and beyond," Nelson added.

"They also can attend local chapter meetings, network with other technicians and technologists, and start to make contacts for their working careers."

"Applying for ASET membership is simple – just go to www.aset.ab.ca and follow the link. It takes about a minute to do it, but students will be glad they did for years to come."

Programs targeted

Avionics Engineering Technology
Biomedical Engineering Technology
Computer Engineering Technology
Computer Systems Technology
Electrical Engineering Technology
Electronics Engineering Technology
Electronics Service Technician
Instrumentation Engineering Technology
Telecommunications Engineering Technology
Biological Sciences Technology
Chemical Engineering Technology
Chemical Technology
Geological Technology
Materials Engineering Technology
Mechanical Engineering Technology
Petroleum Engineering Technology
Power Engineering Technology
Architectural Technology
Building Environmental Systems Technology
Civil Engineering Technology
Construction Engineering Technology
Engineering Design and Drafting Technology
Geometrics Engineering Technology
Network Engineering Technology

Funding concerns continue

SHANT CHAKAKIAN

As the provincial election campaign season is upon us, NAIT students and their representatives are concerned about support for our institution.

"Without the proper funding from the provincial government, NAIT will not be able to provide the most up to date and comprehensive training possible" says Amanda Spearing, VP Apprenticeship & External for NAITSA.

NAITSA has shown great concern about our current level of provincial support and our need for capital. Recently the province has stepped up with some much needed cash.

"Capital funding of \$9.4 million has been received from the provincial government to address our top two

deferred maintenance priorities ... \$7.6 million is directed to modernizing and expanding the power plant on Main Campus ... the remaining \$1.8 million will facilitate roof repairs," says David Janzen, vice president of operations and CFO of NAIT.

"The funding recently announced will cover a portion of our deferred maintenance ... all eight campuses carry a price tag of \$79.9 million. Some of NAIT's buildings have not been upgraded since they were built in the 1960s," added Janzen.

Considering that NAIT only receives one percent of provincial post-secondary funding from 2002-2008,

NAITSA still has cause for concern.

"The provincial government has shown irresponsibility through its lack of funding dollars for this institution, as we continually feed the labour market by graduating as many skilled workers as possible," said Spearing.

"We have been left out of the 20-year plan for the province with regard to funding, and left off the province's top 10 priority list ... We train more than half the apprentices in the province, so we are very disappointed that this happened."

With no mention of NAIT in the government's 20-year plan, some wonder how sustainable NAIT's current level of output is, given current conditions.

"While it would have been nice to be explicitly mentioned in the plan, we are working really closely with the Right Honourable Doug Horner (MLA, minister of Advanced Education and Technology) in developing our 10-year plan, which responds directly to the growth required in our programs to meet the growth of the Alberta economy," explains Janzen.

Not all hope is lost, according to Gene Zwodzesky, associate minister of capital planning.

"A strategic capital plan is the blueprint, then we start

additional plans. The campus modernization project wasn't covered in the plan, but it is there, isn't it?"

"A strategic plan isn't a list of every single project for the next 20 years."

– With files from Gabrielle Hay-Byers

"We have been ... left off the province's top 10 priority list ...

– Amanda Spearing, NAITSA VP

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VALENTINE



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The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
Fax: 491-3989
E-mail: fmackay@nait.ca

Student Editor

Alistair Wilkinson
studenteditor@nait.ca

Sports Editor

Nahreman Issa
sports@nait.ca

Arts and Culture Editor

Geoff Tate
entertain@nait.ca

Student Affairs Editor

Gabrielle Hay-Byers
issues@nait.ca

Photo Editor

Lisi Monro
lisim@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

Online Editor

Kathleen Versteegt
online@thenuggetonline.com

For advertising inquiries, please

call 471-8866

or e-mail: fmackay@nait.ca

Submissions encouraged.

studenteditor@nait.ca

THE DEADLINE IS

Noon on the last school day of the week. (All submissions must include 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.

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!

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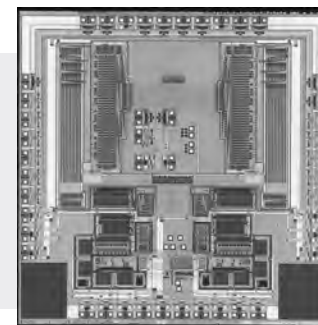


**Tech
Talk**



SHANT CHAKMAKIAN

Macs prevail



Although PCs dominate the computer market, Apple still holds 7.3% of the sales.

When retail computers first came out, Apple dominated with its superior quality and forward thinking technology. As time progressed, Apple has kept its commitment to keeping leading edge technology laced with value.

According to AppleMatters.com, if you sell your Mac within three years of purchase you can get up to 40 percent of your original investment.

Compatibility has improved significantly over the years. Most retail hardware today is compatible with Mac.

Sticking to standards is impor-

tant in the computer market because compatibility is an important factor to today's consumers.

As an IT guy, I've never cared for Macs but once they moved over to Intel processors, my main objection dissolved.

With Windows Vista boasting better improvements and a complete overhaul of the entire platform, there are serious compatibility issues. Completely new drivers are required for an upgrade and in many cases certain hardware isn't supported in Vista as compared to XP.

This hurts PCs and increases their rate of depreciation and the annoyance of users having to upgrade, buy new hardware and get used to a totally reworked interface.

Despite the setbacks, Vista is a great improvement. However, Macs have consistently had a solid operating system.

Mac OS X has been Unix-based for years, bringing to it industrial level stability and capitalizing on proven technology, laced with legendary performance.

Pioneering leading edge technology is a strong suit for Macs, with the premier of the MacBook Air, Apple has pioneered and marketed the ultimate compact notebook.

Among some of its most impressive features, the smart LED display consumes significantly less power than a regular display, reducing power consumption.

However focusing on compact-

ness can also be a weak point. The desktop platform iMac's upgradeability is hard to impossible.

With the screen built in, getting a bigger monitor means getting a new computer or going dual screen.

Another setback is opening the unit for upgrades. These units aren't designed for regular users to open and add or remove hardware. This is something I wouldn't recommend or want to do myself. I've seen laptops that were friendlier to dismantle.

As a result, you have to go to an Apple-authorized technician and pay the hourly rate and the cost of hardware.

Most PCs provide easy access and are easily upgradeable; whether you're adding RAM, hard drives

or video cards, it's reasonably straightforward.

But despite its ups and downs and relatively low adoption in the business and consumer market, Macs are here to stay. Providing the market with effective, easy-to-use machines that deliver great quality, Apple is here to stay.

Being famous for being stable, easy to use and just plain neat, it's apparent that most who use their Macs can't imagine life without it.

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.

The skinny on MacBook Air

GAVIN THOMAS

Another Macworld has come and gone, and once again Steve Jobs has us Fan Boys (like myself) drooling over some shiny new aluminum box. This time though, the box is not really a box, more of a really thin pancake. Yes, a pancake (I like pancakes with lots of syrup), or maybe a crepe ... Hmmmm, anyway, the fact of the matter is that thin is in, and no, I am not talking about models that go and eat a carrot and then complain about it going to their hips. So let's start with the basics.

Holy f***, this thing is thin. The MacBook Air consists of a 13-inch LED high def screen (LED screen equals more battery life), full back-lit keyboard and only weighs in at three flipping pounds. I took a poop that weighed more than that the other day.

As with all the new Macs, you are getting OS Leopard (not to be biased or anything, but it is probably the best operating system I have ever used. Cough, Cough. Vista sucks) and I-life 08 (which includes many fun goodies that let you do complex things, like making DVDs and recording things very easily) included in your thin little aluminum case.



MacBook Air is thin, thin, thin.

Along with that gorgeous keyboard, Apple has decided to take some of the concepts that made the iPod touch and iPhone such hits, and put it in the air. The new track pad is larger and more functional. If you are familiar with the MacBook and MacBook Pro track pads, you will know that you can two-finger scroll and two finger double tap. Apple has taken that a step further. With the air, you can now rotate, expand and minimize photos and documents with spinning, stretching and condensing your fingers (I demand an update for my Pro, I want to play with my fingers, too). Along with that, the track pad is much larger than normal, giving you more room to roam. Eat your heart out, PC.

As always, your new Mac will come with the eyesight camera and microphone, which is built right into the screen. For a small little sucker, this little guy has great quality. It is great for video conferencing, talking to friends or making those videos in your room that mommy does not know about.

If you look on the right side of the Air, you might think to yourself, "Hey, where are all the ports to plug my gizmos in?"

In a flash, a little pop down door swings open to reveal, to

your surprise ... Oh, the suspense ... I am going to keep doing this for little longer, but I am sure by now you have figured out what is behind the trap door ... Your slots! Included are a headphone jack, USB ports and a new micro DVI port. This port allows you to use DIV, Composite, VGA and S-video. WOW!

Alright, enough with the flashy things that distract us ADD children. Let's get to the guts. The Air is run off of an Intel Core 2 duo processor standard 1.6 GHz (sorry kids, nothing too crazy, but still good). If you are really feeling saucy, you can upgrade to 1.8 GHz. I dare you! Standard is 2 GB of memory, which is plenty. None of this "I'm Vista, I need four trillion GB of RAM to run me."

Hard drive space is slim with only 80 GB, but hey, this Mac was not designed to hold all of your porn (Editor's note: Gavin has A LOT of porn. He uses two 2 GB flash drives, and carries them around on his key chain). There is an option, however, to upgrade to a 60 GB hard drive. Now you are probably asking "Upgrade? From 80 to 60?"

Yes, this is an upgrade. Why, you keenly ask? Well, because the 60 GB drive is a solid state, meaning no moving parts, thus meaning you can give it to little Timmy and only worry about him cracking the screen and popping all the keys out.

Now the only thing you're going to be missing on this little tyke is an optical drive. But don't worry! With the power of wireless, you can take over the drive of any other Mac and send the files from the disc in one to the other. If you don't have anything it can hook up to wirelessly, there is an option for a drive you can plug in.

Starting at \$1,899 by ordering off the Apple website, it is not a bad deal for a nice little package. But wait! You're students, so you get DISCOUNTS! Check out the on-campus tech store for more information.

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OPINION

— Editorial —

Democracy makes me Yakov



ALISTAIR WILKINSON
Student Editor

At my age, just the possibility of getting an election sends a thrill down my spine. Provincial, federal, U.S. primaries, (what the hell is the point of those?) even NAITSA elections excite me. Really. Of course, my partner has never experienced the same joy in any election, but there's no accounting for tastes. Well, actually there is. Some call it democracy – rule by the

people – and it was established as a system because at some point in our history (forget about the Athenians, it's hardly democracy when all people are allowed to vote except women people, slave people, poor people, stupid people, crazy people and people who aren't "our kind of people" – and thank you, Terry Pratchett, for your insight), someone was upset enough about his or her position in society and stopped to wonder whose fault it was. All that stuff about "efficient transfer of power" is just academic, post-democracy rambling, akin to comedian Yakov Smirnoff's Soviet/U.S. comparisons. I love democracy, not because I think it's the best system of government (although it's better than anything else we've come up with thus far), but because I love choice. Even the wrong choice is easier to deal with when it's my choice (or it is if you're me ... is that confusing?). I would have thought everyone else felt the same way, but then, as I mentioned earlier, there's no accounting for tastes.

Hard to fault people

Of course, when considering NAITSA elections, I can hardly fault people for taking less than a healthy interest. Voter turnout was half what it was last year, about five percent of NAIT's student population, but why would anyone care about an election with no choices? Well, technically four choices (hooray for yes/no options, just like date night), so one could argue that NAIT students weren't so upset with the current execs to dislodge them, but surely an apathy mandate isn't much for a government to go on. NAIT must be hard on its student leaders to dissuade them so obviously from going for the job. Five people cared enough to make the attempt, so I wonder if the student body would get more suitors if it, I don't know, lost a little weight? Fixed itself up a bit?

Part of the political scene?

Perhaps it's merely part of the political Zeitgeist (good word, eh? I got it from a Gateway writer down on his luck) that when the people don't care to rule themselves, their leaders care even less.

Naturally, I have no wish to cast aspersions on those students with enough drive to run for office (after all, they pay me), but I would much prefer that I choose them, rather than vice versa. Some would argue that abstaining from democratic process is a political position, but to me, choice should be an affirmation rather than negation, active rather than passive (unlike date night). Otherwise, you're wasting what could be a good hard election in self-deception.

I was going to try to fit in another Yakov/election joke, but it's dead already.



Bingo needs a boost

MICHAEL LOUGHRIN

There is a game as famous as pickles at a picnic. A game that has been played for generations, and needs the haunting skill that only the best gamers offer. It is the almighty gift from the heavens for all those hard-ass gamblers.

A game called ... bingo.

What the young and middle aged don't know is the fierce challenge that can come with bingo. The sport is so intense that many bingo callers request a cage before working in any official bingo arena. Nasty eh?

Sure, you may dismiss it, as you have since elementary school. But there are groups that were formed before that time, still out there keeping the game alive, challenging the bingoing limits, striving for nirvana within the game. As well as the money, baby!

These are the hardcore bests, the ones that might have a mouthful of false teeth, wear a rain cap (Even when it isn't raining) and drive dangerously slowly while forgetting their chosen destination on our busy roads.

Without them, this great game would surely be lost with no one to pick it up. It is quite sad, indeed.

The truth is, bingo should be classified as a sport at this point. It is that unique, and that special that we need to pay it its due worth. I'm going to stress sport at this point because we have crossed that juncture. If there were a TV or radio ad promoting bingo, the tag line would be: "Bingo. Can you hear it?"

Man, catchy eh?!

So classified as a sport, the only aspect under question would be the physical training portion, but that is such a small fraction. And how can any argue as long as poker is played on TSN and Rogers Sportsnet respectively.

The training and preparation that goes into this sport (Damn, that sounds good) is gruelling.

There are the factors of dabbing technique (If not familiar, dabbing is the action to place a symbol/marker on a called number within your array of playing cards). I have seen many long-term wrist injuries from reckless dabbing. Hearing, vision, quick glance one over, fire in the belly and quickness of speech (obviously for

when you have to yell bingo).

These are what bingo trainers like to call the Safer Six, a sacred title within any official bingo establishment. The true bingo player knows that there are three levels to the sport. 1. Beginner, 2. Amateur, 3. Professional.

It takes time, training and commitment to rise through the ranks, but sadly, fewer and fewer professionals remain. Bingo needs to grow and the training needs to be taken to the next level for the sport to reach its true potential.

The problem, as implied above, is that this sport is ruled by seniors. A base population that occupies at least 75 percent of the total players. Like Canadians in hockey.

So what is the problem with seniors? Well, nothing really. It's just that the sport needs new blood. It comes across as something that you would do if you were bored, lonely, tired or complacent.

That is the image and the image is what needs to be changed. The young and middle aged is what this sport needs. Seniors must stay, because we will need the gurus to pass along the training and skill, but we need a larger backing to take some of the burden of the older generation.

These are skills that are equal to shooting and dribbling a basketball but not as physical, they just need people to develop them and gain an understanding. Once that is done respect can come. Oh, did I mention the money? Ya, the better your skills, the better your chances. I would name a few successful bingoers but none come to mind just now.

This statement might make you think it isn't intense enough for you. Well you ain't seen nothing till you've seen a Bingo brawl!

There are so many roads bingo can take once it is on the open market and taken seriously. We just need some newer generations to step up and grab the sport by the balls. The potential is endless.

Look at it this way. If you have absolutely no interest now, just think that when the time comes for you to sign those retirement papers, you might just get the urge to pop into an arena near you. So why not build the skills now, because by then you could be laughing to the bank!

SPORTS

Katz ices Oilers deal



By **NAHREMAN ISSA**
Sports Editor

Batman bought the Oilers! How bad ass is that?! Well, not quite, but there is a Facebook group called "Billionaire Daryl Katz is Batman." Rumours have been flying that he is the illusive superhero Batman. C'mon, his initials are D.K. (Dark Knight, the name of the new Batman movie). Katz wears leather ... well, that we don't know, but Batman does, and he looks damn good.

But what we do know: Katz made an offer of \$200 million to the Edmonton Investors Group to buy the team. After months of debate, the EIG finally gave the OK to sell their shares. All that is needed is the go-ahead by the NHL, expected in two weeks to two months.

Katz also says that he will put up \$100 million towards a new arena. Everyone knows that Rexall Place is one of the oldest arenas around the league. It is badly in need of a facelift, espe-

cially in the arena department. There's a farm and an avenue filled with hookers right next door! Katz wants to build the arena downtown (yay, homeless beggars!) but would need to get additional funding. According to Mayor Stephen Mandel, he will not put any money towards the building of a new arena. He has no problem throwing millions of dollars for stairs at the Art Gallery or for those horrendous crooked pyramids he wants to use to replace the "Welcome to Edmonton" signs, but

a new arena, he has a problem with. Katz has also promised to build a practice facility for the Oilers and spend the maximum amount allowed under the salary cap.

The team stays here. Katz says he has no interest in moving the team at all.

"I'm one of those who is old enough to have gone through the five Stanley Cups. The *Boys on the Bus* were a big part of my life and I lived and died by the Oilers for a number of those years."

That was one of the biggest concerns the EIG had, that the team wouldn't be moved. He also gave his assurances that Kevin Lowe and Craig MacTavish are safe.

Born and raised in Edmonton, Katz became a billionaire buying the rights to Medicine Shoppe and creating Rexall Pharmacies. He lives in a \$20 million home overlooking the river valley, with two swimming pools and 11 bathrooms. What do you need 11 bathrooms for?!

What we don't know: Katz. That's it. You barely know anything about him. He wants to keep everything on the downlow and as frustrating as that might be, as long as he keeps the team here, I'm OK with his reclusive ways.

So, what do you think? Most people around NAIT agree Katz buying the team is a good thing. Friends Brad Williams and Blair Barzeele both have high hopes for the team.

"It's a great deal" said Williams. Barzeele welcomes the change.

"This will be very beneficial to Edmonton. Katz is contributing his own money. The Oilers could use a change".

Brittany Hopkins agrees with Katz, but not on the MacTavish front. "It's good, but MacTavish needs to go."



Daryl Katz
No interest in moving team

So there you have it, Batman, I mean Daryl Katz is the new owner of the Edmonton Oilers.

THE WEEK IN NAIT ATHLETICS

Men make V-ball playoffs

VOLLEYBALL
Men

The Oaks punched their ticket to the ACAC playoffs with a couple of clutch wins over the Lethbridge Kodiaks. The Oaks swept the Kodiaks three straight on Friday night by scores of 25-22, 25-13 and 25-17. Rory Ernewein paced the Oaks with eight kills, two digs and a service ace. The Kodiaks picked their game up on Saturday, but the Oaks withstood the challenge and clinched a playoff spot, winning 3-1 (25-20, 25-17, 18-25, 25-23). Once again, Rory Ernewein led NAIT with 20 kills and seven digs.

The Oaks now move on to play the Kings Eagles in a best of three qualifier next week.

Women

On the ladies' side, the Oaks dropped both of their games to the Kodiaks; losing 3-1 (26-28, 25-21, 25-17, 25-23) on Friday night and 3-0 (28-26, 25-18, 25-20) on Saturday afternoon. The Oaks were led by Kaila Phillips who had 20 kills, two service aces and eight digs over the weekend.

HOCKEY
Men

The Oaks dropped their first game 3-1 in Calgary, then responded with a solid 4-2 win on home ice to earn a split in their weekend series with the first-place SAIT Trojans. Tyler Kress had the lone NAIT goal in the loss to the Trojans at SAIT. On Saturday night, NAIT got goals from four different players (Jeff Topilko, Josh Schellenberg, Cedrick Duhamel-Flynn and Bret Pepler) to wrap up their regular-season record with 12 wins, eight losses, one overtime loss and three shootout defeats. Matt Eaton stopped 36 of 38 shots for the win. The Oaks have a bye next week.

Women

The NAIT women were shut out in their weekend series with the SAIT Trojans, dropping a 5-0 decision on Friday and losing 4-0 on Saturday. The ladies will be in action next weekend in the first round of the ACAC playoffs.

BASKETBALL
Women

In their last series of the year, the Lady Oaks came out firing Friday night but could not keep the ball out of

their basket and dropped a 108-78 decision to the Griffins. In front of a packed NAIT gym on Saturday night, the girls led 46-44 at the half, but could not hold on to it and fell 83-72 to MacEwan. Once again, the Oaks were led by Dale-Marie Cumberbatch, who scored a game high 32 points and added eight rebounds and two assists while picking up "player of the game" honours.

Men

It was "close, but no cigar" on Friday for the men's basketball team who fought back to within three points late in the game only to lose 84-75. On Saturday night on their home court, the Oaks kept the game close for three quarters but could not find the net and faltered down the stretch to the Griffins, losing 74-53. Cody Vermuelen contributed 13 points and was selected NAIT player of the game.

BADMINTON

Over the weekend, NAIT's Dan Kai and Sun Yang both won ACAC Gold and qualified for the CCAA Nationals to be hosted at Mount Allison University Feb. 29-March 2. Natalie Neuman from the NAIT squad had an outstanding weekend as well

and captured ACAC Bronze in women's singles play. NAIT finished 2-1 in team play and enter next week's ACAC championships ranked second behind Concordia.

CURLING

In their second meet of the year, the NAIT men's team finished 3-3 and in second-place overall. The women's team went 2-3 and are in fourth overall, while the mixed team went 5-1 and sit in second overall in the conference.



109 STREET CHALLENGE

Minus-30 C weather was not enough to stop over 25 minor basketball teams from taking in the NAIT/MacEwan basketball game at the NAIT gym on Saturday. An estimated crowd of about 750 took in the event that was sponsored by Boston Pizza and Coca Cola. Teams received free pizza and pop as well as a large number of give-

aways, with one lucky team winning the grand prize of a free Blue-Sky Limo to the Old Spaghetti Factory for a complimentary team dinner. With this promotional success, it appears the Oaks will wrap up their third consecutive Challenge Cup win over MacEwan

On deck ...

The ACAC volleyball best-of-three qualification playoffs kick off on Thursday, Feb. 14 when both NAIT teams travel across town to face the Kings Eagles at (6:30/8 p.m.). On Friday, Feb. 15, NAIT will host the second game of the best-of-three series. The women's game is 6:30 and the men follow at 8:30 p.m.

The ACAC women's hockey quarter finals begin this weekend and the NAIT Oaks will square off against the U of C Dinos in the first round. The Dinos will host the first game on Thursday, Feb. 14, while the second game is at the NAIT arena on Saturday, Feb. 16 at 7 p.m. A third game, if necessary, will be hosted in Calgary on Sunday, Feb. 17 at 2:00 p.m.

Men's hockey has a bye this week

Basketball teams wrapped up their season this past weekend.



NAHREMAN ISSA
Sports Editor

2 minutes in the box

HAPPY VALENTINE'S DAY!!! So, who would I choose to be my Valentine? That's easy. SHELDON SOURAY!!! I would love to lick chocolate off of his ... OK, this conversation is headed towards an R rating.

The Edmonton Investors Group has decided to sell the Oilers to Billionaire Daryl Katz AKA Batman. As hard of a decision that was for them, in the end, it was the right thing to do. All I can say to the EIG is THANK YOU! Thank you to all 38 members who came and rescued the team in 1998, when the team was threatened to be sold and moved to an American city. You

guys are every Oilers fan's heroes!

Richard Zednik of the Florida Panthers was sent to the hospital on Sunday after a horrifying incident against the Buffalo Sabres. Teammate Ollie Jokinen's skate caught Zednik in the side of his neck, causing blood to rush out like a bad horror movie. The doctor who did life saving surgery on him described his carotid artery as "hanging like a thread." Zednik is in the intensive care unit in Buffalo.

If you would like to send a message of support to Zednik and his family, the Panthers

website has set up one up. Just go to NHL.com and connect to their web page.

With the incident, talks around the league will surely be about the safety of its players. Neck guards will be debated as to whether or not they should become mandatory as part of the players uniform. It seems that most players are against it though.

So now the Oilers are without Shawn Horcoff and Sheldon Souray. Both require shoulder surgery, which would totally make sense. Horcoff injured his shoulder this year after carrying the Oilers on his shoulders for most of

the season. As for Souray, he carried the Habs all of last season. Starting to see a trend here?

The majority of hockey fans and analysts think the Oilers are done for the post season. In fact, most called it even before the season started. But don't count them out just yet. Eighth place isn't so far away. We just need to get a win streak going. Yeah, I may sound delusional, but Oiler fans never say die. We had two pretty good wins against the Flames and Hawks at home, and who knows, by the time this article comes out, we might have beat the Wild and the Sharks ... or not.

ASK THE TRAINER

Functional vs. isolation training



Robin Willier

First of all, some of you might be wondering what functional and isolation training is. They are two different training styles that are approached in two different ways. The purpose of functional training is to mimic movements that the human body will do in everyday living, specific activities or sports. This type of training will help increase balance and control, as well as strengthen the muscles and joints. It uses the core to stabilize the body while performing tasks in the three anatomical planes of motion. Here is some equipment that can be used in functional training: medicine ball, bosu ball, resistance tubing, free

weights, balance board, stability ball and cable machines.

Isolation training focuses on one plane of motion, specific to one muscle or muscle group. Machines and free weights are typically used. This type of training is most commonly used by bodybuilders, because it is the best way to isolate the muscle that you want to build, thus allowing maximum potential growth.

Both types of training will decrease the chance of injury as well as provide cardiovascular benefits, although certain types of functional training can have significant benefits on cardiovascular health. I believe a combination

of both, if properly designed, can be the most beneficial to anyone.

Functional training is often ignored by people. At first it can be hard for some people to do or can make some people feel awkward or silly, depending on the exercise. I believe that for everyday life and for sports, functional training is the most effective, but if you want your girlfriend or boyfriend to smile every time you take off your shirt, then isolation training can make that happen! If you want to know more about either of these two training methods, e-mail me at askthetrainer@thenuggetonline.com.

Gym Tip ...

Every gym I go into, I notice someone on the seated row doing it wrong. Their backs are curved or they consistently flex at the waist. This week I decided to explain how to do a seated row exercise:

- Keep back straight and use legs to get into position, NOT your back.
- Maintain a slight bend in your knees.
- DO NOT curve back while performing exercise movement at any time.
- Bring handle to your bellybutton while engaging your core.
- Breathe, do not hold your breath.

Athletes of the week

Dale-Marie Cumberbatch Basketball



The NAIT women's athlete of the week is Dale-Marie Cumberbatch from the women's basketball team. In her final two games of the year against the MacEwan Griffins, Dale-Marie scored 69 points and added 17 rebounds and three blocked shots and went on to break three of her own ACAC records established last year. Dale-Marie scored 620 points this season, to beat her old total of 602 points. In addition, Dale-Marie set ACAC records for two-point field goals (199) and free throws made (186). Dale-Marie is an Edmonton resident, and is in her second year of Media Design. Congratulations on a record setting year.

Ryan Zwarich Volleyball



The NAIT male athlete of the week is Ryan Zwarich, setter on the Oaks volleyball team. With a playoff spot on the line, Ryan responded to the challenge and led the NAIT squad over Lethbridge. Ryan, who hails from Vegreville and is in his second year of Personal Fitness Training, kept the Kodiaks off balance all weekend by mixing up the attack and putting the ball in the right position for his hitters.

Well done Ryan and all the best in the playoffs!



ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
x-SAIT	22	14	5	3	31	103	67
x-NAIT	24	12	8	4	28	96	87
x-Mount Royal	22	12	7	3	27	91	71
x-Concordia	22	13	9	0	26	72	78
x-MacEwan	22	12	8	2	26	78	69
Briercrest	22	9	12	1	19	73	116
Augustana	22	6	14	2	14	69	93

x-clinched playoff spot

NOTE: MRC forfeits game vs. Concordia (Jan. 11); MacEwan forfeits game vs. CUCA (Oct. 13); MacEwan Forfeits game vs. NAIT (Oct. 26 & 27).

Feb. 8

SAIT 3, NAIT 1; BC 5, Augustana 2;
MacEwan 4, MRC 3 (OT)

Feb. 9

NAIT 4, SAIT 2; Augustana 7, BC 6 (OT)
MacEwan 3, MRC 2 (OT)

ACAC Men's Hockey Playoffs

Feb. 22-24

Quarter-Finals (Best of 3)

Series 1: 5 vs. 4

Series 2: 6 vs. 3

Feb. 29-March 8

Semi-finals (Best of 5)

Series 3: lowest ranked winner vs. #1

Series 4: 2nd lowest ranked winner vs. #2.

March 14-22

ACAC Championship (Best of 5)

Series 4 Winner vs. Series 3 Winner

Bronze - highest ranked team knocked out in
Series 3 or 4

WOMEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
SAIT	22	15	6	1	31	61	46
Mount Royal	22	14	5	3	31	56	39
U of C	22	12	6	4	28	48	43
Red Deer	22	11	9	2	24	62	51
MacEwan	22	11	10	1	23	44	49
NAIT	22	3	17	2	8	28	71

Feb. 7

MacEwan 3, Red Deer 2 (SO)

Feb. 8

SAIT 5, NAIT 0; U of C 2, MRC 0;

Feb. 9

SAIT 4, NAIT 0; MacEwan 4, Red Deer 0
U of C 2, MRC 1 (SO)

ACAC Women's Hockey Playoffs

Feb. 14-16

Quarter-Finals (Best of 3)

Series 1: 5 vs. 4

Series 2: 6 vs. 3

Feb. 21-23

Semi-Finals (Best of 3)

Series 3: lowest ranked winner vs. #1

Series 4: 2nd lowest ranked winner vs. #2

Feb. 28-March 8

ACAC Championship (Best of 5)

Series 4 Winner vs. Series 3 Winner

Bronze - highest ranked team knocked out in
Series 3 or 4

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Lakeland	21	18	3	36	1829	1543
MacEwan	21	17	4	34	1686	1474
Concordia	22	13	9	26	1624	1517
Grande Prairie	21	11	10	22	1570	1580
NAIT	23	9	14	18	1734	1762
King's	21	7	14	14	1385	1569
Augustana	21	0	21	0	1418	1801

South Division

Team	G	W	L	Pts	PF	PA
Mount Royal	18	15	3	30	1478	1151
Red Deer	18	13	5	26	1291	1218
Lethbridge	18	12	6	24	1429	1351
Briercrest	18	6	12	12	1305	1470
Medicine Hat	18	4	14	8	1186	1372
SAIT	18	4	14	8	1252	1379

Feb. 8

MacEwan 84, NAIT 75; MRC 80, BC 52;
GPRC 61, TKUC 52; LC 96, Augustana 81;
LCC 67, RDC 65; SAIT 82, MHC 74

Feb. 9

MacEwan 74, NAIT 53; MRC 89, BC 66;
GPRC 74, TKUC 62; LCC 77, RDC 76;
Augustana 71, LC 103; SAIT 73, MHC 71

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
x-Concordia	22	18	4	36	1691	1327
x-MacEwan	22	18	4	36	1671	1425
x-Grande Prairie	22	14	8	28	1586	1515
x-King's	22	11	11	22	1544	1484
Augustana	21	6	15	12	1433	1601
Lakeland	21	5	16	10	1340	1563
NAIT	24	5	19	10	1572	1922

South Division

Team	G	W	L	Pts	PF	PA
x-SAIT	18	16	2	32	1308	902
x-Mount Royal	18	15	3	30	1329	900
x-Lethbridge	18	11	7	22	1378	1076
x-Medicine Hat	18	10	8	20	1189	999
Red Deer	18	2	16	4	916	1293
Briercrest	18	0	18	0	650	1600

x-clinched playoff spot

Feb. 8

NAIT 78, MacEwan 108; BC 50, MRC 103;
GPRC 73, TKUC 64; LC 81, Augustana 70;
LCC 75, RDC 55; MHC 50, SAIT 47

Feb. 9

MacEwan 83, NAIT 72; MRC 83, BC 38;
GPRC 78, TKUC 72; LCC 92, RDC 64;
SAIT 67, MHC 60

MEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
xy-Mount Royal	24	21	3	42	67	23
x-Red Deer	24	19	5	38	61	29
x-SAIT	24	15	9	30	52	43
x-MacEwan	24	11	13	22	48	46
z-Briercrest	24	9	15	18	39	51
z-King's	24	6	18	12	24	61
z-Grande Prairie	24	3	21	6	28	66

White Division

Team	MP	MW	ML	Pts	GW	GL
y-Medicine Hat	20	19	1	38	59	19
z-Lakeland	20	16	4	32	53	28
z-NAIT	20	9	11	18	42	37
z-Keyano	20	8	12	16	38	41
Lethbridge	20	8	12	16	34	41
Portage	20	0	20	0	0	60

x-clinched playoff spot; y-clinched division

z-clinched spot for Playoff Qualification Weekend

Note: MacEwan forfeits game vs. King's (Jan. 5)

Feb. 8

NAIT 3, LCC 0 (25-22, 25-13, 25-17)
LC 3, KC 1 (25-20, 25-23, 18-25, 25-18)

MHC 3, PC 0 (25-10, 25-12, 25-12)

SAIT 3, MRC 2 (25-22, 24-26, 16-25, 25-22, 15-6)

RDC 3, MacEwan 0 (25-18, 28-26, 25-15)

BC 3, TKUC 1 (25-23, 25-22, 22-25, 25-12)

Feb. 9

NAIT 3, LCC 1 (25-20, 25-17, 18-25, 25-23)

LC 3, KC 1 (19-25, 25-17, 25-16, 25-21)

MHC 3, PC 0 (25-4, 25-10, 25-19)

BC 3, TKUC 1 (25-27, 25-23, 25-17, 25-20)

RDC 3, MacEwan 1 (23-25, 30-28, 25-19, 25-20)

MRC 3, SAIT 1 (25-20, 23-25, 25-19, 25-17)

Qualification Weekend (Feb. 14-17)

Series 1: GPRC vs. LC

Series 2: NAIT vs. King's

Series 3: KC vs BC

Feb. 22-24

MRC hosts ACAC Men's Volleyball Championship

WOMEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
x-Mt. Royal	24	21	3	42	69	16
x-Red Deer	24	19	5	38	57	32
x-MacEwan	24	17	7	34	57	30
x-G. Prairie	24	12	12	24	46	44
z-SAIT	24	8	16	16	33	59
z-King's	24	6	18	12	33	60
z-Briercrest	24	1	23	2	17	71

White Division

Team	MP	MW	ML	Pts	GW	GL
y-Lethbridge	20	17	3	34	57	15
z-Med. Hat	20	12	8	24	44	30
z-NAIT	20	12	8	24	37	35
z-Lakeland	20	12	8	24	46	34
Keyano	20	7	13	14	29	40
Portage	20	0	20	0	0	60

x-clinched playoff spot; y-clinched division;

z-clinched spot for Playoff Qualification Weekend

Feb. 1

MHC 3, NAIT 0 (26-24, 25-19, 25-17)

SAIT 3, BC 1 (19-25, 25-16, 25-23, 25-23)

MacEwan 3, GPRC 0 (25-22, 25-18, 31-29)

LCC 3, KC 0 (25-18, 25-23, 25-17)

MRC 3, RDC 0 (25-16, 25-23, 25-21)

LC 3, PC 0 (25-13, 25-16, 25-15)

Feb. 2

LCC 3, NAIT 1 (26-28, 25-21, 25-17, 25-23)

KC 3, LC 0 (25-16, 25-21, 25-18)

MHC 3, PC 0 (25-20, 25-9, 25-13)

MRC 3, SAIT 0 (25-18, 25-13, 25-16)

RDC 3, MacEwan 1 (21-25, 25-15, 25-15, 26-24)

TKUC 3, BC 0 (25-21, 25-13, 25-20)

Feb. 9

LCC 3, NAIT 0 (28-26, 25-18, 25-20)

LC 3, KC 1 (25-17, 25-21, 18-25, 25-22)

MHC 3, PC 1 (25-14, 20-25, 28-26, 25-14)

TKUC 3, BC 0 (25-21, 25-12, 25-21)

MacEwan 3, RDC 0 (25-20, 25-23, 25-17)

MRC 3, SAIT 1 (25-19, 17-25, 25-21, 25-22)

Qualification Weekend (Feb. 14-17)

Series 1: BC vs MHC

Series 2: NAIT vs KING'S

Series 3: LC vs SAIT

Feb. 22-24

RDC hosts ACAC Women's Volleyball Championship

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Feb 25 - Mar 14, 2008

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*PPV = Pay Per View

THE NEST MOLSON

VOLLEYBALL

Men serve up 2 wins, ladies lose

AMBER TIENKAMP

After an extremely hard fought 28-26 first set victory last Friday, the fans of the Lady Oaks were hoping for a possible "W" against the Lethbridge Kodiaks. The Oaks led the second set with setter Sarah Veikle making some nice digs and Kaila Phillips picking up some points with a few hard hits. The Oaks, however, struggled to get off a hard Kodiak serve that let LCC back into the game. They eventually took it 25-21.

Set No. 3 held some hope for the Oaks as they rallied for every point and dug deep to stick with LCC. The ladies had it until the end, when some miscommunication allowed LCC to pull out a 25-

17 win. A tough fourth set saw the Oaks leading again for the first half of the game, with some nice swinging from Phillips, and great passing from libero Olenka Toroshenko and Janelle Ewan.

The Kodiaks proved to be too much as they took a very close third set 25-23. Toroshenko commented on the team's ups and downs.

"It was hard for us to gain back momentum, we would have it, and then we would get blocked or miss a serve, and we couldn't get it back. The game was a rollercoaster."

On Saturday, the ladies couldn't get untracked and lost 3-0 to LCC.

The NAIT men would fair better on Friday night, with hard hitting from Ted Tourneur and Rory

Ernewen. With some great passing, the Oaks took a close first set 25-20. NAIT also won the second and third sets, 25-13, and 25-17 respectively. The Oaks were pure domination with every player on the floor playing extremely well. NAIT definitely deserved to win, hardly missing any serves and getting some excellent defensive plays.

Ryan Zwarich set extremely well, and with some amazing offence from Tourneur, Adam Mishuk and Andrew Devries, LCC didn't stand a chance as the Oaks took three in a row from the first-place team.

On Saturday, the men continued their domination of LCC, winning 3-1.

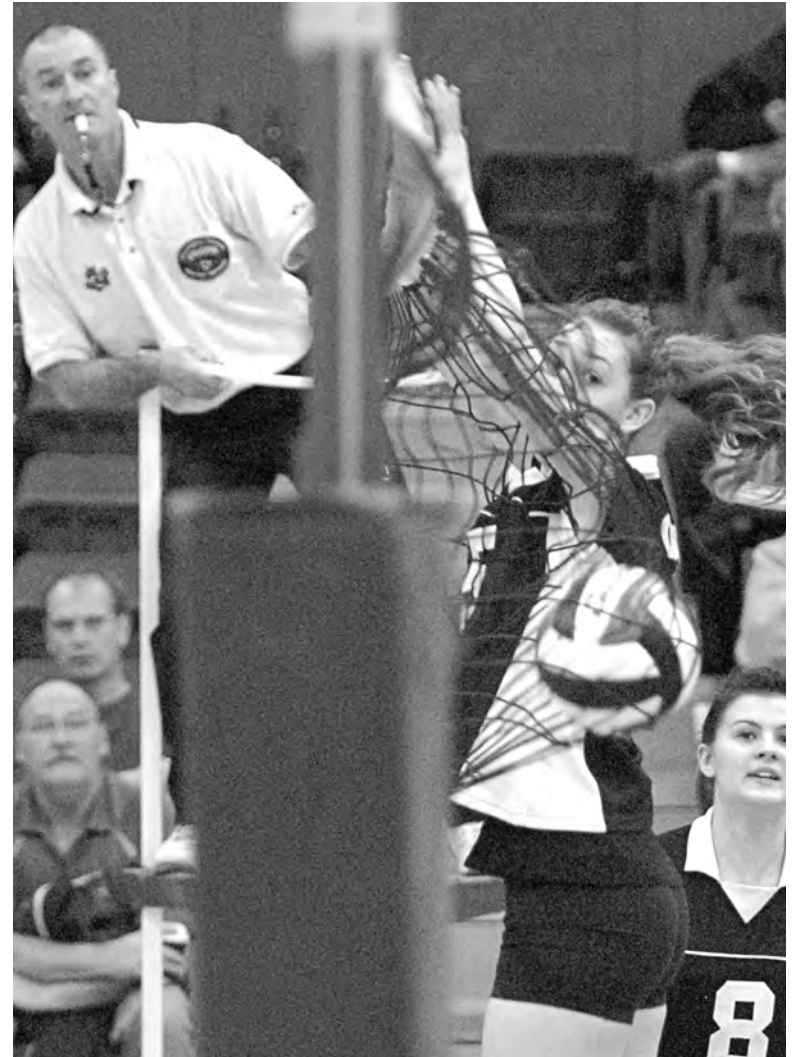


Photo by Brendan Abbott

Volleyball Oaks Jodie VanMeetelen and Sarah Veikle, 8, play one of their two games against Lethbridge last weekend at NAIT gym. The Lady Oaks lost twice, 3-1 and 3-0.

Time for playoffs

NAHREMAN ISSA

It's that time of year again ... playoff time!!! Usually when playoffs are here, spring is just around the corner. While Warton Willie, the groundhog, didn't see his shadow (yay, spring is coming) it's hard to believe that when it's -40 outside. But what is certain though is that the Oaks are in the playoffs.

VOLLEYBALL

Both the men's and women's teams are in the playoffs. The men's team finished the season 9-11, women's team at 12-8, which qualifies them for a quarterfinal matchup versus the King's University. The best of three begins on the road as they play today at King's University.

The women's game starts at 6:30 p.m. while the men's game follows right after at 8:30.

NAIT will host the second game of the series on Friday Feb. 15. The times for both games are the same as Thursday's games.

WOMEN'S HOCKEY

The women's team is in the playoffs with a not so great record of 3-17, but all can be redeemed if they make it past the quarter finals. The lady Oaks will be playing in a 'Battle of Alberta' as they take on the University of Calgary Dinos. The Dino's are host for the first game today, while the Oaks home game takes place this Saturday Feb. 16, at 7 p.m.

MEN'S HOCKEY

The men's team finished second in the standings, going 12-8. This means they get a bye for next week's playoffs. They will

be back in action for the best-of-five semifinals, playing from Feb. 29-March 8.

Sadly, both the men's and women's basketball teams didn't make

it into the post-season this year. So get out there and support your Oaks while they try to bring the silverware home!!!

GO OOKS, GO!!!

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ARTS & CULTURE

Rock Band really rocks!



GEOFF TATE
Arts and Culture Editor

Perhaps this game has been out for awhile. Perhaps you could have bought a bootlegged version for one hundred billion dollars around Christmas time. Perhaps you just bought it before me. Regardless, it wasn't until last weekend that I was blessed with this magical concoction of plastic and more plastic called Rock Band. It kicks ass. Kind of.

Now if you haven't heard of another game called Guitar Hero, stop reading now. And get out more, there is a lot more to life than school and whatever the hell else you are doing.

Rock Band is a lot like Guitar Hero in design and the songs you get to play, but the way you go about

unlocking them is somewhat askew. It's not the linear method found on Guitar Hero, where beating one song unlocks the next. Not with the multi-player anyways, which is easily the funnest (word?) part of the game. And that kind of pisses me off.

I like to consider myself a fairly patient individual, but Rock Band tested my limits. I mean, if I was trying to get to the next level in Halo or something, and managed to beat the one I was just on, I would expect to move straight to the next level. What I wouldn't expect is to have to play every preceding level one more time until I get to this next level. And in some cases, you may have to play it more than twice.

Sure, Rock Band does a great job of lengthening the game for you, but if Halo did the same thing trying to expand their hours, we would all be playing that goddam second level another five times. Trust me, a couple of hours into Rock Band and playing the same music set over and over again, and you will pray to the rock deity that you never hear *Say It*

Ain't So or *Creep* again for the sake of all around you.

You can, however, just beat it all in solo mode, then just quick-play with all your "friends" that don't have Rock Band (ask yourself if you would have hung out with these people if you didn't own it). But what kind of a loser plays Rock Band by himself?

Yeah, don't feel bad, I do too ...

But all in all, I really do love this game. You got a plastic drum kit, a plastic guitar, and a semi-real microphone to bring together everyone you know and love. And as luck would have it, the Guitar Hero guitars also work, so you can make some sorry loser the bassist of your stellar band. Get a couple single malts in ya', per-

haps do a rail of PEZ, and you and your band can party like real rock stars. And get this, the f***ing thing comes with REAL drumsticks! Nothing like REAL sticks of wood to make your fake band sound that much better to your fake audience whilst playing your fake instruments.

And that's why I think Rock Band and Guitar Hero are so popular. You have achievements thrown at you, thousands of "fans," and through a sophisticated system of levers and pulleys, the little people inside your game system of choice tabulate a score that helps you determine just how good you are at your fake instrument of choice. Now DOESN'T that sound better than trying to play a real instrument? And you get the odd review that tells you if you can play said instrument on said difficulty, you can totally master the real thing. Just wait kiddies, the time of the Rock Band international superstars is on its way. Rock Band rocking Rexall? It'll happen, just wait and see.

★★★★★



The Love Nest

2nd Annual Valentine's Day Fundraiser for the Alberta Heart & Stroke Foundation

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Bachelor & Bachelorette Auction featuring The Bear's Paul Brown and Yukon Jack Charity Challenge.

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- ♥ **\$2 Love Potion #9 shots**

STRANGE WILDERNESS

This flick is hard to sit through

LIAM CRESWICK

Much like the jungle, Hollywood is all about survival of the fittest. Movies like *Spiderman* and *Sweeney Todd* rise to the top of the food chain each year, while movies like *Strange Wilderness* are left at the bottom, dumped by Twinkle Town in the dead months of January and February. Sure, the post-Christmas season has a few gems amongst the debris, like *Cloverfield* and *Persepolis*, but for the most part, February is a time to drop bad movies to the jungle floor like so much dead foliage and monkey shit. At the top of this dung heap is *Strange Wilderness*, that is to say, the best of the worst. And now that I have run this nature analogy into the ground, let's bring this back into the sunlight with a brief plot synopsis.

When a crew of morons and stoners have their half-assed nature documentary cancelled, they make one last attempt to save the series by hunting down Big Foot. Filming more footage along their journey, and trying to catch up to a rival nature doc crew, these lovable failures have a series of madcap mishaps and funny dilemmas. At least I'm sure that's how it looked on paper.

There are some laugh-out-loud bits scattered throughout the film, especially when we see the characters' grossly ill-informed nature facts put to animal footage. There is also an impressive group of comedians cast as this ragtag crew, such as Jonah Hill, Justin Long and the fantastic Ernest Borgnine. But it's the film's flimsy story, over-the-top end-

ing and painfully choppy pace that causes it to fall behind the pack.

It is almost ironic how poorly slapped together this film is in regards to editing, pacing and direction, considering it is movie about a bunch of guys who slap together a nature documentary with just as little effort and skill. This is especially disappointing, considering *Strange Wilderness* was made by the same guys who brought us the hilarious flick *Grandma's Boy*.

Strange Wilderness rightfully deserves to be released amongst movies about 60-year-old 'Nam vets and haunted eye transplants. There is some good comedy and talent behind *Strange Wilderness*, but the flow, direction and more-than-frequent over-the-top visual gags make this film about as easy to sit through

as "Mating Week" on the Discovery Channel. I think it's best just to stock up on DVDs and go into movie theatre hibernation, emerging in May at

the start of the summer blockbuster season.



Family Guy DVD rips off Star Wars

GEOFF TATE

Unbeknownst to most people, the original script written for the first Luke Skywalker and Princess Leia encounter in *Star Wars: A New Hope* was: "Aren't you a little fat to be a stormtrooper?"

"Well, stay here and rot, ya' stuck-up bitch."

Unfortunately, this line stalled the entire bi-trilogy (real word?),

and would have cost George Lucas and Co. a few billion dollars.

Fortunately, there exist shows with exceptionally low standards/morals that have no problem with creating an entire (almost) feature-length film based close to/entirely around a quote such as this.

Family Guy's latest DVD release chronicles the exploits

of all your favourite *Star Wars* characters (minus Bobba Fett and Jar Jar Binks) in a 50 minute rip-off of *Star Wars: A New Hope*. Pimped out TIE fighters, used couches and a potent Sith/shit interchangeable dialogue run amok in this film, topped off with a musical number by Obi Wan Kenobi, played by Herbert the Perv.

Seth MacFarlane even manages to get an interview with Lord Lucas himself, which is somewhat entertaining. At one point MacFarlane hums tunes from a variety of *Star Wars* scenes and asks Lord Lucas if he can identify where they were played. Funnily enough, George doesn't get one, potentially due to his lack of caring and buttload of money wait-

ing for him back home. Apparently he has seen the movies maybe four times, thus making him not nearly as huge a nerd as the rest of us.

And seeing as St. Valentine's Day is coming up right around the corner, I would highly recommend this for that man in your life (or yourself). And don't start arguing with me, guys should get shit



on Valentine's Day too. Besides sexy time (it's a given, isn't it?).



STUDENT INFORMATION SESSION





For students in the following NAIT programs:

- Architectural Technology
- Building Environmental Systems Technology
- Civil Engineering Technology
- Construction Engineering Technology
- Engineering Design and Drafting Technology
- Geomatics Engineering Technology
- Network Engineering Technology

Date: February 28, 2008
Time: 5:30-7:30pm
Location: NAIT Main Campus- Room X107




Plan to attend this free presentation regarding The Association of Science and Engineering Technology Professionals of Alberta (ASET).

Topics will include:

- Professional credentials issued by ASET
- How to become a member (it's free for students!)
- Benefits of becoming an ASET member
- Process for becoming professionally certified
- Recognition of previous education and experience
- Accredited programs vs non-accredited programs
- Questions and answers

ASET staff and certified members will be on hand to provide their real-life experiences and take your questions about the organization and the value of an ASET credential.

Refreshments will be served. See you there!

For more info, or to apply for free membership, go to www.aset.ab.ca

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BACK OF THE RACK

COMEDIES

Romance and arcade games



LIAM CRESWICK

Welcome to Back of the Rack, a look at lesser known movies new on DVD. Today is Feb. 14, so here are two off-beat romantic comedies for couples staying in this Valentine's Day. Since not everyone has a Valentine, and because I couldn't sit through three romantic comedies (even good ones), there is also a funny documentary for people with no use for this Hallmark holiday.

2 Days in Paris

If I were to read this film's script sight unseen, I would think it was the next Ben Stiller romantic comedy, save for the hair gel-type gross-out scenes. Most of the jokes and premises are similar, but it's the indie cinema style, direction and performances that makes *2 Days in Paris* unique. The hilarious Adam Goldberg plays Jack, a neurotic, jealous New Yorker travelling with his girlfriend on a terrible trip through Paris. He

Julie Delpy and Adam Goldberg in *2 Days in Paris*.

has to deal with suave ex-boyfriends, perverted in-laws, and the general difficulties Westerners have in a foreign country. The middle of the film drags a bit, but the bittersweet ending makes this a funny, off-beat alternative to the cookie-cutter chick-flick standard.



Eagle vs Shark

While I am sure the filmmakers are tired of this comparison, there is no better way to describe it. *Eagle vs Shark* is New Zealand's answer to

Napoleon Dynamite. Lily is an adult fast food employee who gets cruelly fired from her job, but not before getting an invitation to a party hosted by the man of her dreams, Jarrod. After almost beating Jarrod at his favourite video game, they spend the night together and fall in love. But Jarrod's inferiority complex and insane revenge quest on his high school bully makes their relationship a difficult one. *Eagle vs Shark* is full of enough odd imagery, awkward pauses and strange character traits, I'm sure it would make Pedro and Uncle Rico feel right at home. If you didn't enjoy *Napoleon Dynamite*, you probably won't enjoy *Eagle vs Shark* either, or vice versa.



The King of Kong: Fist Full of Quarters

This film is living proof that if a documentary is made well, it can be on anything!. Since the '80s, an arrogant and prideful American entrepreneur named Billy Mitchell has held the world record on a number of classic arcade games. The most notable of them is a score of 874,300 on Donkey Kong, a record that was so high it went unchal-

Jemaine Clement, left, as Jarrod and Loren Horsley as Lily in *Eagle vs Shark*.

lenged for decades. Enter Steve Wiebe, a family man and science teacher with some time on his hands and a drive to be the best at something. *King of Kong* follows Wiebe's near tragic quest to beat and then re-beat Mitchell's world record in the surprisingly shady and cutthroat world of competitive arcade gaming. It would be easy for the filmmaker to get laughs at the expense of these men's seemingly silly obsession, but instead he paints the competitors in a fair and noble light. Their competition is presented in such a

dramatic way that it makes *King of Kong* one of the most intense and gripping movies of the year. It is also a wonderful comment on the nature of competition and success. *King of Kong: Fist Full of Quarters* is highly recommended.



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

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NOTICE

Club Grant Deadline: February 29
GIVER Point Cutoff Deadline for
all documentation: March 14

Chinese New Year Gala a memorable event

On Feb. 1, the Chinese New Year Gala was hosted by CSANAIT and JLS Canada International Culture Exchange in the NAIT gym. This is the second anniversary for CSANAIT to host a Chinese New Year celebration since Oct. 29, 2006 when it was established.

The distinguished guests were: Mr. Jianxin Wu, Consulate General of the People's Republic of China in Calgary; Mr. Jianping Mei, the Education Counsel P.R. of China in Calgary; Mr. Amarjeet Sohi, Edmonton city councillor; Mr. Bill Donahue, Government Relations; many presidents from Chinese communities;

Mr. Kirk Quan, President of the China-Canada Business Association; Mr. Jinshang Ma, President of the Canada China Friendship Association; Mr. Frankie Lee, President of the Hong Kong Canada Business Association, Edmonton; and others. Also, many of NAIT's deans, program heads and instructors from different departments, and around 400 NAIT Chinese students attended the Gala. Tina Zhao, the president of JLS Canada International Culture Exchange and the honoured president of CSANAIT made a special trip from Beijing NAIT office to attend this important celebration.

Mr. Jianxin Wu made a speech at the beginning of the celebration. He sang high praise for the CSANAIT for its active role in the past year's activities, such as helping students' lives and enriching students' spare time, and expressed best wishes to Chinese students and their families for the coming New Year. Mr. Wu also encouraged the NAIT Chinese students to study harder to become a friendship bridge between the Chinese people and Canadian people.

Mr. Amarjeet Sohi, on behalf of Mayor Steven Mandel and Mr. Peter Lawler, on

behalf of NAIT president Dr. Sam Shaw, also made speeches to express their best wishes to the Chinese students.

At 7:30 p.m., the president of CSANAIT, Catherine Teng, announced the opening of the Gala with the happy melody *Full of Joy*, accompanied by the Edmonton Chinese Philharmonic Orchestra. Students performed various dances, songs, talk shows and played musical instruments, etc. The atmosphere of the celebration was heated and active. The two-hour Gala ended with the chorus *Unforgettable Tonight*.

Upcoming Events

Chess Club

Event: Chess Game
When: Thursdays; start 4 p.m.
Where: Room E-020 (Basement classroom of E wing)

PFT 2009

Event: Bake Sale
When: Wednesday Feb. 13; 11 a.m.-1 p.m. Outside NAITSA Office (E-131).
 Thursday Feb. 14; 12 p.m.-1 p.m. Annex Dock

Chemical Technology

Event: Bake Sale
When: Thursday Feb. 14; 11:15 a.m.-1:15 p.m.
Where: South Learning Centre (Floor space in front of Campus Reads and Needs)

Chemical Technology

Event: Movie Night showing: *Dirty Dancing* and *How to lose a guy in 10 days*
When: Thursday Feb. 14; 6 p.m.
Where: Shaw Theatre (across from Campus Reads and Needs)

WINTech

Event: Popcorn sales
When: Friday Feb. 15; ~10 a.m. – 1 p.m.
Where: HP Centre

Biological Sciences

Event: Fruit Loop Guess Contest
When: Friday Feb. 15, Feb. 25, Feb. 27 ~10 a.m. – 1 p.m. time range
Where: Outside Common Market

Legal and Realtime Reporting

Event: Cinnamon Heart Guess Contest

When: Friday Feb. 26, Feb. 29 ~12:15 p.m. – 1:15 p.m. range
Where: Outside Common Market

NAIT Music Club

Event: CD Listening Party
When: Thursday Feb. 28; 4:30 p.m.
Where: The Nest

NAITSCAPE Club

Event: Heroscape Game
When: Every Monday 3 p.m. (except reading break week)
Where: NAITRIUM

Rose Martin Baumgartner
 NAITSA Campus Clubs Manager
 11762-106 St., Room E-133
 Edmonton, AB T5G 3H4
 Ph: 471-8871 Fax: 491-3989
 E-mail: roseb@nait.ca

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 TARA AT TARA@CEILIS.COM OR 780.907.9033
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Your horoscope



KATIE BERLINGUETTE

Feb. 14-21

(Warning: Nugget horoscopes are not written by an accredited astrologer; however, believe them if you like, as they are absolute and unquestionable.)

Aries (March 21-April 19)

Financial crisis could have you scared out of your wits this week. Don't despair, Aries. The stars are showing change near the end of the week. Things may start to turn around in your favour towards Tuesday. You could turn it around faster if you rely on the people you normally wouldn't.

Lucky Fairy Tale: Thumbelina

Taurus (April 20-May 20)

Don't be jealous, Taurus. You can't be the best at everything,

although you can be pretty darn good at it. This week, you should work to attract positive energy. With a re-energized view on life, you can forget about what you don't have.

Lucky Fairy Tale: Snow White

Gemini (May 21-June 20)

You would do well to use your talents this week, Gemini. The people surrounding you will appreciate it. However, appreciation only lasts so long. Keep in mind that betrayal is a necessary thing and acting on it isn't necessarily a wise thing. Try not to lead others astray.

Lucky Fairy Tale: Pied Piper

Cancer (June 21-July 22)

Take care not to leave your favourite things unattended. Also, it would make more sense to be content with what you have. The grass may look greener on the other side, but it probably isn't. The stars would just like to remind you that there isn't always a perfect fit for everything.

Lucky Fairy Tale: Goldilocks and the Three Bears

Leo (July 23-Aug. 22)

The stars may have left you with very little to console yourself with last week. However, Leo's are typically strong individuals who are capable of forging their own path. For that reason, you are left with a simple reminder: communicate with the people you leave behind. If you don't, you may find yourself in a situation you can't escape.

Lucky Fairy Tale: Hansel and Gretel

Virgo (Aug. 23-Sept. 22)

There has never been a better time in your love sector. Due to the alignment of Mars and Venus, you are likely to develop strong feelings towards someone. This will feel like an epiphany of sorts. Try not to let it go to waste, Virgo. You don't know what you have until it's gone.

Lucky Fairy Tale: Sleeping Beauty

Libra (Sept. 23-Oct. 22)

A solid foundation can get you through the worst of times. Fortunately, this week will offer

you a chance to test your foundations. The stars recommend that you triple-check your work.

Lucky Fairy Tale: Three Little Pigs

Scorpio (Oct. 23-Nov. 21)

Asking for favours isn't exactly a bad thing. Just beware of poor decisions this week. Taking a risk on something strange and unusual could lead you to something great. However, taking too large a risk could leave you with nothing in the end. Tread carefully.

Lucky Fairy Tale: Jack and the Beanstalk

Sagittarius (Nov. 22-Dec. 21)

You might be feeling trapped and alone this week. Be resourceful, Sagittarius! By using what you have, you will be sure to attract the right kind of people.

Lucky Fairy Tale: Rapunzel

Capricorn (Dec. 22-Jan. 19)

Beware of strangers with large ears this week, Capricorn. You would be foolish to go down the most travelled path.

Just because everyone else went that way, doesn't make it the best route. Don't believe all that others have to say and do it your own way.

Lucky Fairy Tale: Little Red Riding Hood

Aquarius (Jan. 20-Feb. 18)


There is no reason to race through things. If you just slow down for half a minute you might stop missing out on things. By taking your time with important people, your relationship sector is likely to expand exponentially this week. Don't discount the simple pleasures in life, Aquarius.

Lucky Fairy Tale: Tortoise and the Hare

Pisces (Feb. 19-March 20)

Romance may be a far-fetched idea to you, Pisces. This week, however, will be surprising in more ways than one. While you feel you're getting nowhere, you may really be somewhere. Look to someone unlikely and you won't be disappointed.

Lucky Fairy Tale: Cinderella



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SHANT CHAKMAKIAN

"The only thing we have to fear is fear itself," was a phrase first coined by U.S. President Franklin D. Roosevelt in his inaugural speech in 1933, when the Great Depression had reached its depth.

Yet it still holds true today. It's not only what threatens us, but also how we react to that and fear is a big challenge.

Whether it's not having the courage to do (or start) something or even having what you want so bad in front of you but being unable to act on it, fear can paralyze you.

Courage laced with prudence is an important quality, but finding that courage can be a challenge unless you look inside yourself.

First think of why you want what you want, what does it mean to you

and why are you doing it.

Then think of the obstacles but look at them as challenges, not dead ends; remember unsuccessful people generally see dead ends and successful people see opportunity.

Once you see that opportunity, the way around the obstacle seems insignificant, so keep your eyes on the prize; that's why remembering "the why" is important.

Life is clearly what you make of it, challenges are inevitable and so is stage fright.

To some people courage comes with more difficulty than others; all the more reason to confront fear, to build confidence. Every time you feel afraid, remind yourself of your triumphs, look at your strengths and go boldly towards your destiny.

Meet and greet

Meet and greets are an excellent way to meet employers, and on Feb. 3, Electrical Engineering Technology hosted its annual meet and greet.

"We got to meet a lot of companies and got to see what is out there," said Sayri Melendez, a second-year student.

With certain industries needing skilled electrical workers, casual job fairs have proven a great way to boost the employment rate of graduates from the Electrical program.

According to NAIT's grad placement survey, roughly 80 percent of graduates were working within six to nine months after graduation in 2005.

But industry is showing no signs of slowing down its recruiting process, as previous grads return to hire new grads.

"It was a great turnout. We were looking for eight people and we have eight people," says Landen Bowness from Siemens Canada, a recent graduate from Electrical.

As this province grows economically, so does the need for people.

Employment related mixers and fairs such as this are a practical and effective way to feed both industry with the manpower it needs and graduates with the jobs they want.

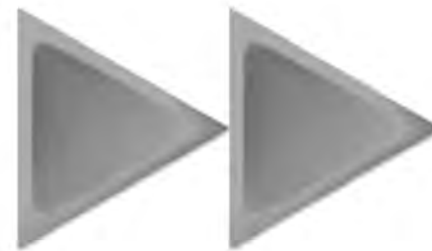
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Ask a Counsellor

Is your relationship healthy?



MARGARET MAREAN

Valentine's Day is a time when we often get warm, glowing images about love and relationships. It is also a great opportunity to evaluate how happy you are with your relationships, romantic and otherwise. Good relationships don't just happen. They take effort.

Every relationship is different. However some common characteristics occur in most good relationships. If you can honestly answer 'yes' to the following, you are probably in a healthy relationship:

- I feel like I can be myself
- I feel comfortable sharing my feelings with my partner
- We respect each other's differences (opinions, feelings)
- We can negotiate and compromise when we don't agree
- We don't hold grudges
- We can say "I'm sorry"
- We enjoy each other's company
- We both have an equal say in the relationship
- We trust each other
- We are honest with each other
- We don't take each other for granted
- Humour and fun are part of our relationship
- I look forward to seeing my partner
- My relationship brings out the best in me.

However, if you are staying in a relationship because you think your partner "has potential," will change, or you don't want to be without a boyfriend/girlfriend, re-evaluate. By staying with your partner you are actually reinforcing the negative behaviours. The following are warning signs of unhealthy relationships:

- I have felt pressured to do things that I find uncomfortable
- I have been threatened
- I feel controlled in this relationship
- My partner is very jealous
- My partner does not respect me
- We often shout or yell

when we disagree.

- I often feel put down by my partner
- My partner tries to isolate me
- I feel like I am losing my identity in this relationship.
- I am dependent on my partner to make me feel good about myself.

In most relationships there is

a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you to potential problems. People in healthy relationships are willing to work at the relationship. They give without keeping score, have a strong sense of commitment to their partner, communicate openly, express affection, can compromise without

losing their individuality and are sensitive to each other's needs.

No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful, get out now. Relationships should be one of the most rewarding parts of your life – you

deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication? See a counsellor for this or any other academic, career or personal concern. Appointments can be made in person at Student Counselling, Room W111-PB, HP Centre; phone 378-6135.

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TUITION TAX RECEIPTS 2007

STUDENTS: The T2202A Tuition Tax Receipts for the 2007 calendar year will be made available on the student portal at www.nait.ca/MyNait in late February 2008. Instructions are provided on line to assist in creating your NAIT login and printing your T2202A.

Please note: Tax receipts will not be mailed. Students requesting a printed T2202A form will be charged \$10.

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Volunteer Today

NAIT SS Benefit Cruise 2008 Needs You!

The NAIT SS Benefit Cruise is an annual fundraising event in support of teaching and learning at NAIT. All funds raised at the event go directly to program needs to benefit students.

The event will be at NAIT on Saturday, March 1, 2008 and is supported by members of the Edmonton and greater area community.

To volunteer please contact
Heather Davis - 780.471.8617,
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The CIBC Run for the Cure

The Canadian Breast Cancer Foundation CIBC Run for the Cure is seeking various Run Committee Coordinators in Edmonton. Become a leader of Canada's largest, volunteer led fundraising event dedicated to creating a future without breast cancer. Visit their website at <http://www.cbcbf.org> for more information.

Winnifred Stewart Association

This organization helps the people who have developmental disabilities. Support them by volunteering on Saturday, March 1 (11 a.m. to 5 p.m., can be split shifts) at the Safeway We Care Fundraiser – 'We Care Day.' It is located at the Safeway on 81 Avenue and 118 Street. Volunteer positions include interacting with Safeway customers and staff; providing information on the Winnifred Stewart Association and bagging groceries. If you're interested and available, please call 453-6707 ext. 246 or by e-mail nicholej@winnifredstewart.com.

Volunteer Tax Preparers for Dickinsfield Amity House

Make a difference by completing tax forms for individuals and families who meet low-income guidelines. Taxes are prepared and filed electronically. Free training is available. Contact Carol at 428-5022 or by e-mail at carolamity@telus.net Dickinsfield Amity House is registered with the Canada Revenue Agency Community Volunteer Income Tax Program and completes over 500 returns annually.

Youth Emergency Shelter Society (YESS)

Volunteer at one these great events that supports YESS. They are looking for people to sell 50/50 tickets for the Oiler's 50/50 (March 4 from 4:30-10 p.m.) and the St. Patrick's Day Run (March 16 from 9 a.m. to 12 p.m.). For more information, contact Dana Myers at 468-7186 ext. 234 or visit www.yess.org

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.

HOT SINGLE OF THE WEEK



BRENT CONSTANTIN
Guess who?

Hello kittens, 'tis I, Brent Constantin, with another edition of everyone's favourite part of the *Nugget*, the Hot Single of the Week.

I've hidden three secret keys in today's photo. If you can find them all, you'll win a fabulous prize.

This week's HSW is a second year Electrical student, Andrea. Let's go in for a closer look, shall we?

B: Hello, Andrea.
A: Hi.

B: Your appearance marks a strong new trend in Hot Singles – forced participation by their friends. You still don't seem like you want to be

here. Are you afraid those guys you came with (two strapping young men waiting for her in the lobby) will be angry if you don't do this?

A: No, but they're still making me.

B: Well, let's try and make it as painless as possible, then. Tell me about yourself, Andrea.

A: Well, I'm from Legal. I now live on the south side of the city, and I like to stay active and play soccer.

B: All great stuff. Tell me about your last relationship. How long ago was that?

A: It ended at the end of this last summer and went about four months.

B: And what happened there?

A: He moved away to a different province to work and then never came back.

B: Ouch.

A: Well, I ended it, he didn't.

B: And what was your longest relationship?

A: Nine months.

B: And how did that end?

A: He actually moved away as well ... everyone moves away on me.

B: And what are you looking for in a guy besides a stable address?

A: Just someone who can make me laugh and I can have a fun time with. Someone taller than me (five-foot-four), and probably somewhere in the 21-29ish age range.

B: And why are you hot, Andrea?

A: Well, my friends told me to tell you because "I make more money than you do and I have tits."

B: So is that what you're saying?

A: No, they told me to say a whole bunch of stuff, but I wasn't listening to them.

B: Fair enough.

If you'd like to meet Andrea, e-mail me here at bconstantin@nait.ca. And, that's the same address to nominate yourself or force a friend to do it! It's easy, just set up a time with me that works when we can do the interview and take a photo. But hurry, the year's almost over and there aren't many issues left!

There are also no secret keys in the photo.

I'm a liar.



Out and about



SHANT CHAKMAKIAN

What's your worst Valentine's Day memory?



My girlfriend slept with my best friend. I walked in on her when I was bringing flowers.

Brad Harder
Geological Tech



I drove five hours to see my ex-boyfriend so he could take off for the whole night.

Heather Davis
Biological Sciences



I spent my toilet paper money on beer.

Phil Cheesman
Biological Sciences



I got dumped on MSN.

Drew MacRae
Materials Engineering



He forgot the day altogether, typical man.

Dena Marcoux
Health Sciences