

NAITSA EXECUTIVE ELECTIONS – TUESDAY, FEB. 12; SEE CANDIDATES, PAGES 6 AND 7

# THE NUGGET

Thursday, Feb. 7, 2008  
Volume 45, Issue 20



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## FREEZE OVER'S OVER

Story and photos, Pages 12, 13, 14

Chinese New Year in photos, Pages 18, 19

### TRAVIS TREATS

Travis Nesbitt of Social Code belts out a song during the band's set at Freeze Over Friday night.



Photo by Amy Bizovie

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# NEWS & FEATURES

## Teach and travel

Teaching English as a second language offers opportunities

MARTIE VANTOL

Perhaps you are dropping out of your program. Perhaps you are being thrown out. Perhaps you have committed an illegality of such monstrous proportions that you need to leave the country.

Possibly (and hopefully more likely than the last possibility) you have simply been searching for a means of having a year of adventure after graduating from your program (and before locking yourself into your carefully chosen career, 25 to life).

Whatever your current situation may be, there is a way to curb depression after failure, to get yourself out of the country, or to provide sought-after adventure! It is called TESOL.

### Blank stare

Judging by the blank stare I am imagining upon your face, it is necessary to elaborate. TESOL (Teaching English to Speakers of Other Languages) was actually founded in Edmonton, and has now spread throughout Canada and the world. You know that huge sign you see while cruising down Whyte Avenue that says "Teach English Overseas" in huge, bold letters? That sign is situated on the side of the Global TESOL College.

The general idea is that you can learn how to teach English, and then choose from over 85 countries. Not only do you get to choose which country you'd like to teach in, (which contributes to the determination of your pay rate), you also get to decide the amount of travelling you do while you are abroad, as well as the type of teaching in which you want to specialize.

During a passionate recount of her experiences, Mauve LaFleur, who is the facilitator of the Global TESOL College in Edmonton and who has spent nearly a decade abroad, enthusiastically explained how "... you get to design the job that you want."

No teaching experience is required, although as in most things, every little bit helps. There are a variety of programs to choose from, which can be completed online, through correspondence, or in a classroom.

Each program includes the Foundations TESOL course, and one or more specialization courses of your choosing. The specialization courses include Teaching Children English (part of which includes creating games to play with the wee little tykes!), Teaching Medical English, Tutoring English, as well as 13 other options.

The Foundations course is a .ve-day commitment, set after school hours and on week-ends. You have the next six months to complete the specialization course(s) you choose, which average 60 hours each. Admittedly, it would be quite difficult for a full-time student to tackle this, but it may work well with a part-time student's schedule, or be completed during the summer.

### Voila!

Then voila! After finishing your program at NAIT, you could be on an exotic adventure in Puerto Rico! And graduates from the program are guaranteed an overseas job, so lose no sleep over the idea of being a desperate and jobless TESOL graduate.

Not to mention when you get back, the line "Travelling the globe, expanding my knowledge of worldly culture and teaching English to small children," is bound to impress on a resume! (Oh, and I was just kidding about this being a good way to escape the country after committing a serious offence ... I'm pretty sure it would take too long ...)

If you'd like to find more info about the overseas opportunities available, go to [www.globaltesol.com](http://www.globaltesol.com), or call 1-888-270-2941 and ask about the free information seminars held weekly in Edmonton.

## Nugget's online!

LIAM CRESWICK

The *Nugget* has finally come stammering and stumbling into the 21st century. We are proud to announce the debut of the *Nugget Online*! Visit [www.thenuggetonline.com](http://www.thenuggetonline.com) to get the *Nugget* content you love without all those pesky pages to turn.

Along with the news, opinions, sports and entertainment that can be found weekly in the *Nugget*, there is also some web-only content featured on the new site. For those who just can't wait until the new *Nugget* is printed, each edition also has an RSS feed. NAIT Students can now also submit Grapevines through the *Nugget*

Online. That means everyone can hate the Business students faster and easier than ever before (I'm a business student, I'm allowed to say it)!

Expect more content as the site develops, including editor bios and "Contributor of the Week." (\*cough\* Creswick \*cough\*).

Speaking of contributors, this *Nugget Online* is a great way to get in touch with the editorial staff and submit an article of your own. The *Nugget* is always looking for new submissions and contributors, so put down this paper (after looking at all the messages from our fine sponsors first, of course) and check out the *Nugget Online*.

## It's time to vote.

NAITSA GENERAL ELECTION 2008

February 12, 2008

Voting from 9 am – 4 pm

### POLL STATION LOCATIONS:

- South Lobby
- Outside NAITSA Office – E131
- Outside Campus Reads & Needs
- Tower – 1st Floor
- Patricia Campus – P127
- Engineering Annex – Main floor by main stairwell
- Outside Bytes Cafeteria – HP Centre
- Outside Fresh Express Cafeteria
- South Campus – Z130
- St. Albert Campus

Watch for the February 7<sup>th</sup> issue of the *Nugget* for Candidate pictures and articles.

NAITSA  
ELECTIONS

See [naitsa.ca](http://naitsa.ca) for information





Photo by Nikole Berry

## Pay raise given to NAITSA executives

JOEL DETKA

The NAITSA Senate recently ended an ongoing debate over the executives' salaries, voting for a sorely needed pay raise.

Considering the current cost of living throughout the city, it becomes very hard for the executives to work a full-time job while being paid under the current minimum wage. The Senate and executives agreed that change was needed, given how long it has been since the last pay raise was awarded.

The Senate's finance committee chairman Terry Chiasson adds: "The executive are very deserving of an increase in wages. The economic reality in this province is that wages are just not keeping up with cost of living, and it being said that, they have not had an adjustment to their wages in the last two years that it is sorely needed."

The debate was posed to the Senate in late November, and was passed to be implemented for the new executives after the next election. So to any people who are considering running in future elections, this is yet another incentive for you to get out there and make a difference.

## Locker theft a growth industry

SHANT CHAKMAKIAN

Security has been busy coping with locker break-ins over the past couple of weeks, leaving student leaders concerned.

"I don't feel that there is enough security to protect students' property or to identify those responsible for thefts or other crimes," says Lisi Monro, VP Academic of NAITSA.

According to security officials, the locker break-ins are in mostly low-traffic areas around campus. Also, specific articles you have in your possession may make you a target because, in many cases, before the break-in happens, there is someone watching you put the item in your locker. Such things as laptops and other expensive electronics are examples of targeted items.

Security feels that basic prevention and common sense can help with stopping locker theft: Avoid bringing valuables, keep your combination confidential, use a good lock and make sure no one is hanging out and watching you place valuables into your locker.

If someone looks like they aren't a NAIT student, or is acting suspiciously, call security (471-7477) and at the very least they can identify if the individual is a student here.



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**Submissions encouraged.**  
[studenteditor@nait.ca](mailto: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!

Submit your letters with your real name and phone number to: [studenteditor@nait.ca](mailto: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.



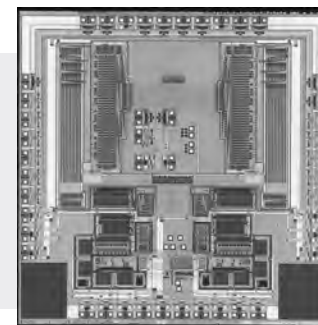


*Tech  
Talk*



SHANT CHAKMAKIAN

# Buying a PC



Buying a new PC can be a little bit challenging, especially for the newb, so let's look at what you need to consider before buying.

The most important questions to ask yourself are: how long do you need this PC, and what you will use it for. These will help you determine how much money you need to invest.

If your needs are simple, then you can buy a less expensive machine. Even if you need something that's more powerful, you don't necessarily need the top-of-the-line machine.

Luckily, the value associated with your computer isn't measured by the dollar sign attached to it. Go mid-range with the technology you buy, and you're generally in the area where you're not paying for the name on the box, nor for a useless piece of junk.

When selecting your technology, weigh the cost against the benefits. This is a good way to help make sure you get the features you need.

When selecting a brand, do your research and look for reviews from professionals and customers.

This can be as simple as Googling

"<brand or model name> reviews" to see what other customers think and how the product measures up with your needs.

Warranty and support are also important, although generally desktops don't need extra warranty. But big screen TVs and laptops should have all the extra warranty you can get.

For TVs, it's because packaging and then shipping back a 40-inch LCD TV to Korea for repairs isn't cheap.

For laptops, their portability can take away from their lifespan, especially when it comes to the screen, casing or ports.

Ports on laptops can be finicky after some wear, and they can become loose, worn or dysfunctional unless plugged in at a certain angle. When plugging something into your laptop, make sure you plug it straight in and never pull on the cords.

Nowadays, no matter what machine you buy, do not settle for less than 1 GB of RAM. I recommend 2 GB because everything ships with Windows Vista and Vista is a hog when it comes to RAM.

If you intend to hook up your TV to your new computer, make sure it comes with a video card. Most video cards have TV Out in the form of S-Video. That form isn't the best quality, but it will get the job done.

If you want to take the high definition route, make sure you get a video card with HDTV Out in the form of composite.

Most desktops come equipped with surround sound capability. You can hook it up analogue and get up to 7.1 surround sound out and a sound system starting at \$50.

Or you can go for the digital out and plug it into a receiver and get fully digital full surround sound. Both have the same result but the latter option is pricier.

If you're hardcore and want to build a custom system, as previously mentioned be particular on manufacturers, especially for your motherboard or hard drives.

The motherboard is the main board everything is connected to, so if that dies, it's a painful and generally costly procedure to get it fixed. The hard drive can be

just as bad or worse. It holds all your data, so if that goes, well, you might just lose everything.

The brands I recommend for motherboards are Intel, Asus and Gigabyte; for hard drives go with Seagate. They have the best warranty system and their drives are tough as nails.

Finding or building the right system can be a time demanding experi-

ence, but pays off a lot, whether it's for work, leisure or both. Do your homework, and you might find that your next machine is just as awesome as you hoped.

*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](mailto:shant_c@hotmail.com). I value and look forward to your input.*

## Dell pulls plug

In a desperate attempt to cut down costs and consolidate customer service, Dell closed down its Edmonton call centre, laying off approximately 900 employees. The move comes after EEDC (Edmonton Economic Development Corporation) gave Dell \$1.1 million and a land-lease agreement of \$1 a year for 20 years.

Dell currently has 25 call centres around the world, and announced in 2006 that they'd spend over \$150 million to hire more workers to respond to rising customer complaints.

Last week's layoffs are a part of Dell's plan to cut 10 percent of its work force (8,800 jobs over 12 months), which Dell announced last May. Dell also scrapped a plan to create 1,200 jobs in Ottawa. With no end to the layoffs in sight, it seems working for Dell is not an option for most people in the near future.

—CHAKMAKIAN

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# OPINION

— Editorial —

## Short arms, deep pockets



**ALISTAIR WILKINSON**  
Student Editor

Unlike our premier, my brother's hindrance in the way of reaching for pocket change is genetic. Many Scots are unencumbered by an abundance of arm length, hence their reputation for thrift. But I swear, he's been that way since birth, so it's not his fault he's cheap. In Ed Stelmach's defence, he's not cheap when it comes to promises, but when has a promise (obviously, I'm displaying a wealth of ignorance on matters of global finance) ever fed anyone?

The arts, medicine and civic infrastructure all seem to be important to Stelmach — at least when his job is on the line — as do post-secondary institutions other than NAIT. Presumably, the premier feels that given NAIT graduates' contributions to Alberta's economy (in the billions, by the way) the best trades/technical institution in Canada does well enough without any provincial

investment. Besides, he has a lot on his mind. Who wants to be the first Conservative premier in 37 years to lose Albertans' mandate?

I very much doubt he's worried. Albertans traditionally lend a mandate to governments that stay out of the way and do their best not to blow the place up, or worse, lose business investments. Regardless of one's feelings for Ralph Klein, his government did neither, and any mistakes could be comfortably brushed under our giant petro-chemical umbrella. We've been making money for long enough that the thought of shifting the status quo strikes fear into our oil-blackened hearts. But at the very least, we must be aware that planning for the future at the level most significant for Alberta — that is, in the people upon whom Alberta's wealth rests — is crucial in order to maintain a comfortable status quo. NAIT isn't asking for a hand-out, but an investment in the people who mandate government.

I can think of no other reason why Stelmach would not include NAIT in his plans for government investment for the future than that he suffers, as does my brother, from short arms and deep pockets. Where they differ is that my brother has the foresight to keep those pockets deep.

— Letters —

## Locker headache

LETTER TO THE EDITOR:

Having been assigned lockers in the basement of NAIT, our program (Medical Laboratory Assisting) has quickly come to the realization that our belongings are not safe. Three of the downstairs lockers have already been broken into within the span of a week and a half. It is annoying and rude enough to have one's wallet stolen, but add the removal of one's backpack and corresponding coursepacks/textbooks and the phrase "kick me while I'm down," comes to mind. Especially considering coursepacks cannot be returned for a monetary refund and therefore are useless to anyone outside the specific program.

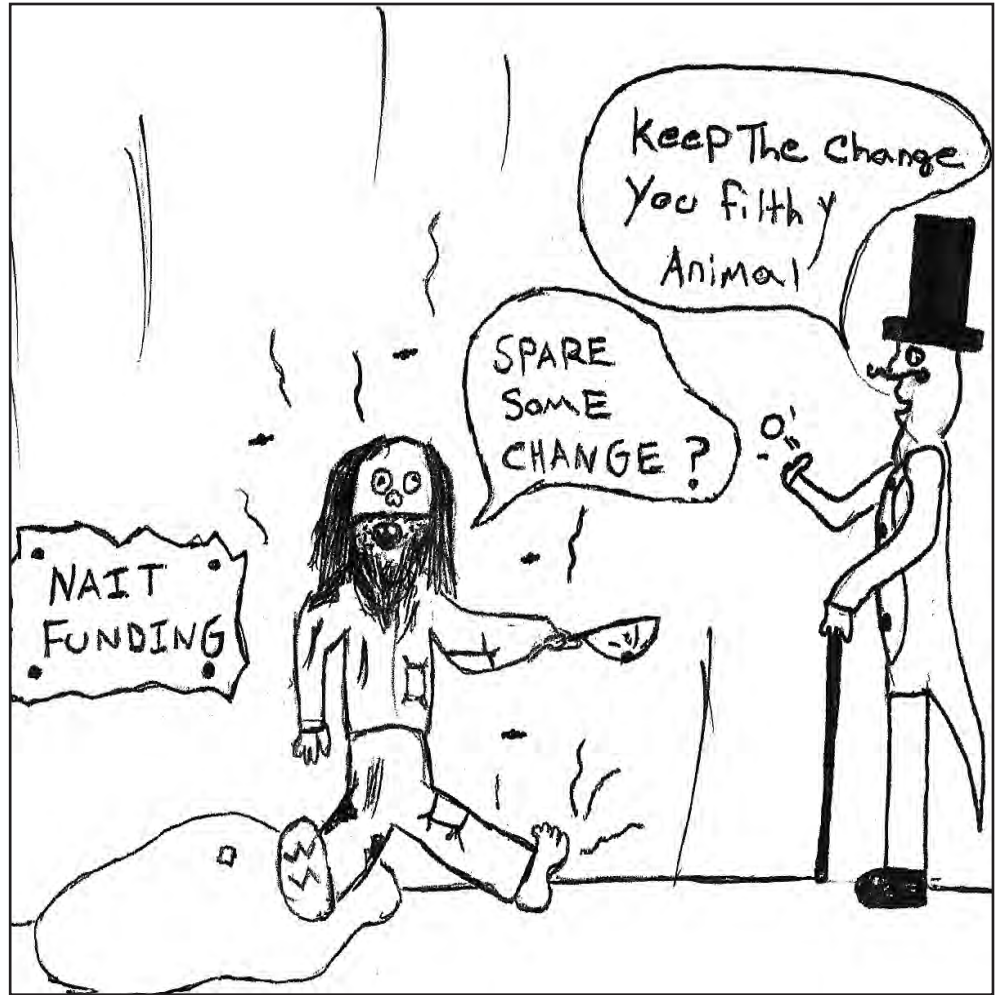
These incidents bring an obvious question to mind: What is the point of having a locker, if it is unsafe and not recommended to leave anything in it? It is very impractical and cumbersome to cart all our textbooks, binders, jackets, scrubs, shoes,

etc. to all our classes. A locker is required, therefore extra security precautions should be taken to ensure our belongings are kept safe.

Some suggestions we came up with would be to train security cameras on the banks of lockers that have been targeted, as well as any other areas that don't see a lot of pedestrian traffic. An added relief would be the knowledge that security guards are making a scheduled trip to the basement every 30 minutes or so. The hopeful result would be, of course, to scare off any would-be thieves.

Locker break-ins cause so much unnecessary grief and financial loss for a person. Students especially don't need the added strain on both the mental and financial level. We implore that NAIT acknowledges this very real problem, and takes immediate steps towards correcting it.

— Stephanie Judge



## NCAT concerns won't go away

**BIANCA THIERING**

What is the nature of corporate sponsorship? Well, in the name of professional development, it is typically money in exchange for a larger educated workforce.

On the other hand, what is to be expected of corporate dollars when used as a provision for educational institutions? Usually, and that term is used loosely, it arises out of a need to create or maintain structures that cannot be taken care of with campus funds alone. However, a big shiny sign with the company's name on it seems to be the real payoff. Simply said, when money is needed, big business will and can deliver.

Whether the funds are divvied up as a one-time lump sum or given as payments, it does still come. Right? Comments from certain student populations within the NCAT building seem to have a questionable tone.

In 2005, a donation of \$1 million was directed to NAIT president Dr. Sam Shaw. This donation helped create more opportunities for apprenticeship training and an advanced facility where students could learn all aspects of steel fabrication and installation. May I say "Mo' money, mo' problems." Yes, I will, and yes, I did.

With many varieties of aesthetic problems, the NCAT building proves Biggie's point. Concerns are in the air about the basic structural requirements that piece-by-piece make up this gift building. Cracks in non-tempered

glass windows are creatively and very temporarily fixed with Red's very own household adhesive ("if the women don't find you handsome, they should at least find you handy"). "The window tends to have a wobbling effect. If it did break, the glass could shatter right into the atrium," said one student.

The following is a list of concerns from students who take classes in the NCAT building. Corrugated steel flooring has cracking potential, (expansion and contraction is normal), though the concrete overlay will in time deviate and create mini cliff effects within the shop area. Tripping hazards in a highly industrial workzone do not make for slight mishaps, but instead add to the reasons why trades people have one of the highest on the job injury rates.

Secondly, there is a worry that high frequency decibels resulting from the compressor are only slightly below eardrum rupturing levels. The safe level of sound in an average eight-hour day is 85db.

Then there is the issue of unsecured, unfinished rooms containing equipment and open access to control boxes and wiring. Now to answer: What is the nature of corporate sponsorship? At the risk of egging on a riotous, anti-establishment mob, where are the maintenance funds? And exactly how much duct tape can you buy with corporate money? I guess just enough to bind the higher expectations of paying students.



# CANDIDATES – NAITSA

## President

Hello friends,  
You're reading my (Brent Constantin's) campaign article.

"Campaign?" you ask yourselves, forehead creased in a futile effort to comprehend the situation.

Yes, campaign! The time has come again for the NAIT Students' Association elections, this year featuring me (Brent Constantin) running for the illustrious position of President.

In case you don't know who I (Brent Constantin) am I'll recap a little bit. From Jan. 2006

– April. 2007 I was a Radio student, NAITSA Senate member, and entertainment editor for the Nugget before running in the 07/08 elections for VP Campus Life (I won.).

This past year has been a great time and learning experience for me (and I've realized just how short a year really is!). I've started some projects that I'm pushing forward (such as video display boards across campus, an expansion of our radio station NR92, renovations to the Dock in the Annex, plus more.) and it looks like it will take more time than I (Brent Constantin) thought to finish them.

But more than just that, I (Brent Constantin) love working here at NAIT and representing you (the students) and that's why I'd enjoy coming back next year as President of the NAIT Students' Association.

If you haven't been already, prepare to be harassed by me (Brent Constantin) as campaign week started Tuesday and runs until next Monday. Please be kind, smile and nod, and then get out and vote on February 12.

My eternal thanks!

–Brent Constantin (Brent Constantin)



**Brent Constantin  
(Unopposed)**

## VP Academic



**Lisi Monro (Unopposed)**

I'm running unopposed, so I'm able to avoid wasting everyone's time by trying to make myself sound smarter and more awesome than another candidate – instead I'm going to take this opportunity to let everyone know what kind of issues have come across my desk while I have been VP Academic for the past 9 months:

**Here is WHAT you should be angry about:**

**CAMPUS SECURITY** - There are no security cameras on NAIT campus, and security sucks big time. That's why when your locker contents get stolen, no one is able to give you any assistance unless you've been fortunate enough that someone has personally seen the crime.

**PARKING** - There are no immediate plans for any solutions to the major pain in the ass that is parking...why is this? Why should tuition paying students on this campus be forced to park blocks away, pay 3-5 dollars a day if they're lucky enough to find a spot. Why are parking pass holders forced to do the same when nobody will tow people who are illegally parked in spots that they've paid for?

**THE STATE OF OUR BUILDINGS AND FACILITIES** - I was in the gym the other day and water was leaking down the wall. When I have to study my only options are large and open noisy rooms, it's not a good idea to bring a microwavable lunch (I'll never make it back to class)...and don't even get me started on the Annex - I'm only allowed to write 500 words.

**THE MAJORITY OF STUDENTS AT NAIT DON'T**

**KNOW WHAT NAITSA IS OR WHAT IT DOES** – All NAIT students pay a membership fee. Fulltime students pay over \$200 to NAITSA. This is the only fee you pay while you're at NAIT that you have control over – take advantage of it and give us some direction.

**Here is WHY you should be angry about it:**

**BECAUSE THE GOVERNMENT DOESN'T THINK STUDENTS ARE IMPORTANT ENOUGH** – Money Doesn't fall from the sky for us to run this place. It's not like we have a wad of cash over here that we just don't feel like spending. Unless a respectable amount of student's start voting in the provincial election, the government won't have any reason to try and impress you.

**BECAUSE YOUR STUDENT'S ASSOCIATION DOESN'T HAVE ENOUGH VOICES BEHIND IT TO MAKE A DIFFERENCE SOMETIMES** – Don't get me wrong – I'm here to represent you...but when I go to administration and ask them to put water fountains in the NCAT building and nobody else is bitching beside me, I look lame – and they really have no reason to listen to me. You guys are the ones paying thousands of bucks to be here, you're the only ones who can affect change.

• **WHAT YOU SHOULD DO ABOUT IT** – Get angry at the stuff you're getting screwed on, vote even though you don't think it matters, come to the NAITSA office and talk to us.

Lisi

## VP Apprenticeship & External

In 500 words or less we are supposed to explain why you should elect us specifically for the NAIT Students Association...that's a tall order, so here goes:

First off, every apprenticeship student that is currently taking classes at NAIT is eligible to vote. Every single one of you! All you have to do is show your student ID card.

Second, being at NAIT is about having fun and getting the most out of your education to enhance your future careers. You are at NAIT to better your future and make a career for yourself. It is up to you and your future NAITSA representatives to make that the most fulfilling experience as possible for you. You pay for that experience when you pay into student services; put effective people in the four elected positions who will give you more bang for your buck.

My name is Amanda Spearing, I am running for re-election in the position of VP, Apprenticeship & External. Over the past year, as the only dedicated Apprenticeship advocate from a Students Association in the nation, I have worked on a

wide variety of issues that affect every apprenticeship student not only at NAIT, but also in Canada.

From trying to find & secure more federal, provincial and industry driven grant and scholarship funding for all periods of training, including Journeyman, to helping students fill out those applications and appeal letters, linking the satellite campuses back to the main campus and ensuring that they have the services students need, to going to Ottawa in November last year, to lobby the federal government on shorter Employment Insurance wait times for apprenticeship students. I still have more ideas on how to make things better and more work to do!

As the NAITSA VP, Apprenticeship & External I have been and will continue to always be open to listening to student ideas on how to help improve the programs and services not only at the main campus, but also at the Souch, Patricia and St. Albert Campuses.

You have a vested interest in what happens within your Student Association and the direction it takes. Remember to vote on February 12th.



**Amanda Spearing  
(Unopposed)**



# 2008-2009 ELECTION

## VP Campus Life



**Michelle Goulet**

Hello everyone my name is Michelle Goulet (And yes, I am related to Robert Goulet). I'm a 2nd year Architectural Technology student and I'm running for VP Campus Life. For the past two and a half years I have been working part time, after school, at The Nest. Presently I am the Vice President of the Nait Architectural Student Society. We hold different events to raise money for our program. Some of our fundraisers include beer

gardens, BBQ's, Foosball tournaments and one that is going to take place at the end of February, where I will be shaving my head for cancer. In my spare time I play soccer, snowboard, practice yoga, read and travel. After graduating from high school I participated in a program called Katimavik. Katimavik is Canada's leading national youth volunteer-service program. I traveled across Canada and acquired many leadership skills (I also met Brent Constantin in

the program). I've also done a bit of other traveling, backpacking through Europe. I enjoy hiking, last summer I hiked the Juan de Fuca marine trail, along the coast of Vancouver Island and I hope to do the West Coast trail this summer. I think I will bring a lively and positive attitude to the already successful NAITSA executive. Vote for me and I will work very hard to make sure the NAIT student body has to best college experience possible.

It's that time of year again; you get to read this and decide who you want in your student association. Except this time ... well, this is the only Vice President position, which has more than one person running. While Brent is running to be your President, he has left some big shoes to fill for the Campus Life position.

Why do I want to run for this position? I feel that I have a lot to contribute to you. I have spent the last few months involved with the senate representing the school of business, and feel that I can and want to expand that to represent the interests of you: the students. Being a part of the student body this past year has allowed me to see how the executive works, and despite NAITSA losing one of its executives, I still feel this is the best team because they have only your needs in mind. I want to be apart of that team; I know I can be a great asset to the association and to you.

Part of the Vice President, Campus Life role is to promote student involvement. So, what makes me qualify? At the beginning of this year, I hosted a successful low-budget movie night at the business tower. The money made at the front door went to the Youth Emergency Shelter. NAITSA had been kind enough to help me establish this event and I felt it was only appropriate to contribute to the outside community. Why am I telling you this? NAIT has given too much to me and it is time I give back, not to NAIT, but to you the students. As Vice President, Campus Life at NAITSA, you will get nothing but my best: dedication, commitment and, if I may, good looks.

Running for this position was difficult to decide; I won't lie to you about that. The idea of running programs in a school as large as this can feel overwhelming; however, I see opportunity in this school. With student enrollment growing each year and the school expanding all the time, there is an opportunity to give something back to you. I feel that Brent had seen this, as well, and performed in his position very well. I have never seen anyone work as hard as he has, with the amount of compassion he held. I will not try to imitate Brent in this position; I will do things differently and bring new ideas to the table while keeping the vision of the Campus Life, which is getting you, and other students like you, involved in the programs, events and clubs we have here at NAIT. So we can all have a good time while working so hard to reach our goals. I am ready to take this challenge, I am eager to do the work necessary; I will add a sense of easy-going fun to the office.

VOTE James Morningstar



**James Morningstar**

# It's time to listen.

Hear what candidates have to say about your student issues.

### CAMPAIGN SPEECH SCHEDULE

Wednesday, February 6

The Bistro, Engineering Annex (11:15am - 12:10pm)

Bytes, HP Centre (12:15pm - 1:10pm)

Thursday, February 7

The Business Tower, 8th Floor (11:15am - 12:10pm)

NAITrium, Main Campus (12:15pm - 1:10pm)

Friday, February 8

Fresh Express Cafeteria (11:15am - 12:10pm)

Common Market Cafeteria (12:15pm - 1:10pm)

Monday, February 11

North Lobby by the Common Market (11:15am - 12:10pm)



See [naitsa.ca](http://naitsa.ca) for information.

### VOTING INSTRUCTIONS

- There are four NAITSA Executive Council positions being filled in this election;
- You may choose to vote for a candidate in any one, two, three, or all four positions – You do not have to make a selection in every category;
- Please mark only one candidate for each position you are voting for;
- The candidates for President, VP Apprenticeship & External and VP Academic are running unopposed, and must receive more than 50% "YES" votes to be elected;
- Results will be announced in the Nest after 6 p.m. on Tuesday, Feb. 12.



## SPORTS

## A night to remember!



By **NAHREMAN ISSA**  
Sports Editor

Friday night was Freeze Over night, which turned out to be the best night to check out the Oaks men's hockey team. Freeze Over took place in the hockey arena, where fans got their money's worth with a kick-ass hockey game, as well as two kick-ass rock concerts (while I may not be a fan of Social Code and Tupelo Honey, they still put on a great show). On top of all that, the goal of the year was scored that night.

The boys were off to a brutal start as they found themselves down 2-0 to the Mount Royal Cougars in the first five minutes of the game. Captain Ben Stokes took a penalty for what looked like a harmless tap. While shorthanded, the Oaks took control of the puck and Scott Taje went in on a partial two-on-one, and got the Oaks on the board.

Once again the "Battle of Alberta" proved to be feisty, as the teams went after each other, getting involved in

a little pushing and shoving after the stoppage of play. Nothing crazy, but both teams were undisciplined at times.

Ooks got on the board again, as ACAC scoring leader Cedrick Duhamel-Flynn continued his scoring prowess, notching his 17th goal of the season. Two minutes later, Oaks Ted Unrau looked like he potted a goal, only to get it called back. After a couple of minutes of deliberation, the officials ruled it a goal. Jeff Topilko scored his 11th goal of the season late in the first period to make it four straight goals scored in the first.

The goal of the year was scored 10 minutes into the second period. Taje took the puck away from a Cougars' player, went around the defenceman like a pylon, deked the goalie and scored. Absolutely a highlight reel goal.

Another penalty kill for the Oaks didn't faze the team, as they got another shorthanded goal, courtesy of Tyler Kress. Twelve seconds later, Tyler Feakes continued the scoring barrage on the Cougars, making it 7-2.

The Cougars managed to get a goal past Matt Eaton, but the game was well out of reach. With 53 seconds left, Unrau got his second goal of the night, and with 6.3 seconds

left, Guillaume Martel got on the board as well.

Taje was fired up for the game, and the two goals showed it. As far as his highlight reel goal, Taje couldn't take full credit for it.

"The defenceman made a bad play," he said. "I kind of got lucky the puck went through the defenceman's legs."

With the Cougars ranked first on the power play and penalty kill, the Oaks managed to get two short-handed goals and a power play goal. But Taje was more concerned with

his team's discipline.

"We took too many penalties," he said. "We need to get more disciplined, especially towards the play-offs or it will be a short season."

Things are starting to work for the team and Eaton credits the players in front of him for that.

"It looks like we're turning it around and starting to win," he said. "The defence has been pretty good. We have the best forwards in the league, in my opinion. I'm finally getting the chance to play, and we are starting to see success."

#### Late hits ...

- Player of the game – Scott Taje – two goals, one assist
- Shots on goal – Oaks 37; Cougars 42
- In Game 2 of the home and home (on Saturday), the Oaks beat the Cougars 6-4.
- On hand to sing the national anthem was Tupelo Honey's lead singer, Matt Landry.
- Taking part in the ceremonial puck drop was Edmonton Eskimos OL Patrick Kabongo.
- "Matty likes to party!" – Here's to you Eaton!!!



Photo by NAIT Athletics

**NAIT forward Jeremy McKibbon takes a shot on the Mount Royal goaltender last Friday (Feb. 1) during the game played in conjunction with Freeze Over. NAIT won 9-3.**

## THE WEEK IN NAIT ATHLETICS

# Mens' hockey team picks it up

The NAIT men's hockey team swept both ends of its weekend series with the always tough Mount Royal Cougars. On Friday night, the Oaks jumped on the Cougars early and never let up as they coasted to a 9-3 win.

NAITSA sponsored the event, appropriately called Freeze Over, featured a concert by Social Code and Tupelo Honey following the game.

On Saturday night, the Oaks travelled down the QE II and renewed the college Battle of Alberta on the Cougar's home ice. In a hard fought affair the Oaks came away with a 6-4 win and in the process leapfrogged the Cougars into a tie for second place with the Concordia Thunder. The Oaks got a pair of goals from Jeff Topilko while Mark Nelson, Bret Peppler, Jeremy McKibbon and Cedrick Duhamel-Flynn chipped in with singles to round out the NAIT scoring.

NAIT goalie Matt Eaton made 67 saves over the weekend in picking up

the two wins. The Oaks, who now have won four straight, wrap up the regular season next week with a pair of games against the SAIT Trojans.

#### VOLLEYBALL

It was close but no cigar for the NAIT men's volleyball team, as they dropped two games to the Rattlers from the Gas City. On Friday night, the Oaks were beaten 3-1 (25-22, 25-17, 20-25, 25-17) and on Saturday afternoon they extended Medicine Hat College to five games, but lost 3-2 (25-20, 23-25, 25-23, 21-25, 15-9). Ted Tournour led the Oaks with 26 kills on the weekend.

On the women's side, the results were much the same, with the Oaks dropping their Friday match 3-0 (26-24, 25-19, and 25-17) and losing on Saturday 3-0 (25-18, 25-21, 26-24). Kaila Phillips had 17 kills to lead the Lady Oaks.

Both teams will wrap up league play next weekend with two games at home against the Lethbridge Kodiaks.

#### HOCKEY

The NAIT women's hockey team dropped their first of a two-game series last weekend 4-2 to the MacEwan Griffins. The Lady Oaks got a goal and an assist from Ashley Sochatsky, while Sarah Wanchuk had the other NAIT marker.

On Sunday night, NAIT got power play goals from Beth Pernsky and Sarah Wanchuk and goalie Lauryn Dzioba had 33 saves as the Oaks downed the Griffins 2-1.

#### BASKETBALL

The Oaks shot 54 percent from the field on Thursday night and went on to dump the Vikings 96-68. The Oaks, who had five players in double figures, got a game high 20 points from Brent Vriend, while Gary Thomas added 18 points and Morgan Gieni chipped in another 15 points. The Oaks also won the back end of the double header, 91-71 to run their record to nine wins and 13 losses.

The NAIT women's team was not

as fortunate, dropping two close decisions to the Vikings. Thursday night on their home court, NAIT lost 77-70. The result was even closer on the Vikings home court, where the Lady Oaks dropped a 76-74 heartbreaker. Both teams wrap up their regular league schedule next weekend when they meet the MacEwan Griffins for a home and home series.



#### On deck this week ...

The NAIT volleyball teams will square off in a weekend series with the Lethbridge College Kodiaks. Game times are Friday Feb. 8 at 6:30/8:30 p.m. and Saturday Feb. 9 at 12/2 p.m. All games are at the NAIT gym.

The men's hockey team travels to Calgary on Friday, Feb. 8 for a

matchup with the SAIT Trojans, then hosts the Trojans at the NAIT arena on Saturday Feb. 9 at 7 p.m.

The Lady Oaks hockey team also plays SAIT in a weekend series that kicks off at NAIT on Friday, Feb. 8 at 7 p.m. and wraps up on Saturday, Feb. 9 at the SAIT Arena.

The final leg of the 109 Street Fan Challenge with MacEwan goes this weekend, when the NAIT basketball teams play games against the Griffins on Friday night at 6:30/8:30 p.m. and then NAIT hosts MacEwan on Saturday (Feb. 9) at 6:30/8:30 p.m.

The Saturday game, sponsored by Boston Pizza, is a salute to minor basketball and all teams who register with Peter Stenstrom will receive free admission and free pizza.

The NAIT curling teams are in Lethbridge for their second ACAC bonspiel of the season.

The badminton team travels to Red Deer to compete in tournament No. 4 at Red Deer College Feb. 9-10.





# 2 minutes in the box

**NAHREMAN ISSA**  
Sports Editor

## SUPER BOWL EDITION

What happened to the high scoring and flashy contest many thought would come out of the 42nd Super Bowl? 17-14 for the New York Giants. Who would have thought it would be that close?

...

Eighteen and one, who wouldn't love that record? Well, besides the Patriots. To go undefeated the whole season only to lose in the Super Bowl game is heartbreaking. At first, I wanted the Giants to win (Oiler fans always cheer for the underdog!) but then I thought it would be great to see the Pats go undefeated.

How shitty! You work your ass off to win every game in the season only to lose in the biggest, more important game of the season.

...

I guess the only bright side for Tom Brady is that at the end of the day, he gets to go home with a supermodel. Too bad the same can't be said for the rest of the guys. No supermodels for them!

...

Peyton and Eli Manning can play football, not just shill Oreo cookies. For the first time, brothers have gone on to win the Super Bowl and MVP. Not only that, but in two consec-

utive years. I couldn't help but smile seeing Peyton cheering from the skybox, pumping his fists in the air and jumping around.

...

The Patriots have 23 players who have won at least one Super Bowl ring. The Giants had three.

...

Love this line – wideout Wes Welker says his initials cover the difference between playing for the Dolphins last year and the Patriots this year: "Weather ... Women ... Wins."

...

*Edmonton Sun* columnist Terry Jones said

it best: "Boston will clearly become America's City of Champions if the Patriots win their fourth Super Bowl in seven seasons. The Red Sox, after 86 years without winning the World Series, have won two of the last four." Not much happening with the Bruins, though.

...

Phoenix (where the game was played) was recently voted the city with the best development and investment promotion for the future. Edmonton placed fifth. FIFTH!!! Best development and investment ... for funeral homes maybe! Kidding, kidding!!!

# B-ball squad hopes stars align

The NAIT men's basketball team is playing like a desperate team as of late with their backs against the wall. After a dismal start to the second semester (1-4) while coach Chuma Nwobosi was serving a suspension, the team has rattled off three straight wins with an average margin of victory of 21.3 points per game.

"We need to be perfect for the rest of the season" says Nwobosi.

"And if it's not enough, then it's not enough. We need the stars to align just right for us to extend our season past the regular season."

The Oaks are sitting just two points out of the final playoff spot

behind the Grande Prairie Wolves. NAIT has only two games remaining, while the Wolves have four to play, which doesn't bode well for the Oaks. In order to make the playoffs, NAIT has to win both remaining games and hope that Grande Prairie does not win two of the last four.

This past weekend, the Oaks won two straight against the Augustana Vikings to keep their playoff hopes alive. In the first game, rookie forward Gary Thomas was tremendous, finishing with 18 points, 15

rebounds and three blocked shots to lead NAIT to a 96-68 decision. Brent Vriend led the charge offensively with 20 points. Morgan Gieni was also solid, chipping in 15 points off the bench.



In Game 2, NAIT came flying out of the gate again in the first quarter, but were thwarted in the second by an inspired Viking squad that cut into the lead before half. The third quarter was a see-saw battle, with the Vikings still holding a slight edge in the momentum. In

the fourth quarter, the NAIT veterans steadied the pace of the game and brought home a 91-71 victory. Cody Vermeulen was named player of the game with 24 points and six rebounds. Steven Lamont led all scorers with 28, while Sheldon Lawton and Vriend chipped in with 15 and 12 respectively. Rookie guard Cameron Burr was steady on the defensive end and finished with 10 rebounds to lead the Oaks.

Next weekend, the Oaks face the cross-town rival MacEwan Griffins in a two-game series. NAIT needs to win both to keep its chances of the playoffs alive, while the Grif-

fins need to win both to remain in the hunt for first place in the division to secure home-court advantage in the playoffs. Both teams are desperate for wins, which will make for an exciting contest. Game times are as follows:

Friday Feb. 8 @ MacEwan 8:30 p.m.

Saturday Feb. 9 @ NAIT 8:30 p.m.

Saturday's game is the 109 Street challenge. If you only make it to one game this year, this should be the one. The stands are going to be packed and the atmosphere will be electric!! See you this weekend!

## Athletes of the week

### Lauryn Dzioba Hockey



The NAIT female athlete of the week is NAIT Oaks goalie Lauryn Dzioba, who made 33 saves in backstopping NAIT to a 2-1 win over the MacEwan Grif.ns. A first-year Business Administration student from Spruce Grove, Lauryn has steadily improved throughout the year and has finally been rewarded for the hard work she puts into every practice. Congratulations, Lauryn.

### Matt Eaton Hockey



NAIT goalie, Matt Eaton gets the nod for the NAIT athlete of the week for his efforts in securing a couple of wins against the always tough Mount Royal Cougars. Matt stopped 67 of 74 shots he faced over the two-game series as the Oaks swept the Cougars and moved into a tie for second overall. Matt, who hails from Fort MacMurray, is a second-year Business Administration student. Well done, Matt.





# ACAC Standings

## MEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
SAIT	20	13	4	3	29	98	62
Concordia	22	13	9	0	26	72	78
<b>NAIT</b>	<b>22</b>	<b>11</b>	<b>7</b>	<b>4</b>	<b>26</b>	<b>91</b>	<b>82</b>
Mount Royal	20	12	7	1	25	86	64
MacEwan	20	10	8	2	22	71	64
Briercrest	20	8	12	0	16	62	107
Augustana	20	5	14	2	12	60	82

### Feb. 1

NAIT 9, MRC 3; SAIT 4, Augustana 3 (OT);  
BC 2, CUCA 1

### Feb. 2

NAIT 6, MRC 4; CUCA 8, BC 2;  
Augustana 5, SAIT 3

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

## WOMEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	20	14	4	2	30	55	35
SAIT	20	13	6	1	27	52	46
U of C	20	10	6	4	24	44	42
Red Deer	20	11	8	1	23	60	44
MacEwan	20	9	10	1	19	37	47
<b>NAIT</b>	<b>20</b>	<b>3</b>	<b>15</b>	<b>2</b>	<b>8</b>	<b>28</b>	<b>62</b>

### Jan. 31

MRC 3, Red Deer 1

### Feb. 1

SAIT 2, UofC Dinos 1 (SO); MRC 3, Red Deer 2

### Feb. 2

MacEwan 4, NAIT 2; SAIT 3, UofC Dinos 2

### Feb. 3

NAIT 2, MacEwan 1

## MEN'S BASKETBALL

### North Division

Team	G	W	L	Pts	PF	PA
Lakeland	20	17	3	34	1733	1462
MacEwan	20	16	4	32	1602	1399
Concordia	22	13	9	26	1624	1517
Grande Prairie	20	10	10	20	1509	1528
<b>NAIT</b>	<b>22</b>	<b>9</b>	<b>13</b>	<b>18</b>	<b>1659</b>	<b>1678</b>
King's	20	7	13	14	1333	1508
Augustana	20	0	20	0	1337	1705

### South Division

Team	G	W	L	Pts	PF	PA
Mount Royal	16	13	3	26	1309	1033
Red Deer	16	13	3	26	1150	1074
Lethbridge	16	10	6	20	1285	1210
Briercrest	16	6	10	12	1187	1301
Medicine Hat	16	4	12	8	1041	1217
SAIT	16	2	14	4	1097	1234

### Jan. 31

NAIT 96, Augustana 68

### Feb. 1

LC 82, CUCA 63; MacEwan 67, GPRC 63

### Feb. 2

NAIT 91, Augustana 71; GPRC 82, MacEwan 76;  
CUCA 83, LC 78

## WOMEN'S BASKETBALL

### North Division

Team	G	W	L	Pts	PF	PA
Concordia	22	18	4	36	1691	1327
MacEwan	20	16	4	32	1480	1275
Grande Prairie	20	12	8	24	1435	1379
King's	20	11	9	22	1408	1333
Augustana	20	6	14	12	1363	1520
<b>NAIT</b>	<b>22</b>	<b>5</b>	<b>17</b>	<b>10</b>	<b>1422</b>	<b>1731</b>
Lakeland	20	4	16	8	1259	1493

### South Division

Team	G	W	L	Pts	PF	PA
SAIT	16	15	1	30	1194	792
Mount Royal	16	13	3	26	1143	812
Lethbridge	16	9	7	18	1211	957
Medicine Hat	16	9	7	18	1079	885
Red Deer	16	2	14	4	797	1126
Briercrest	16	0	16	0	562	1414

### Jan. 31

Augustana 77, NAIT 70

### Feb. 1

CUCA 79, LC 66; MacEwan 77, GPRC 63

### Feb. 2

Augustana 80, NAIT 76; MacEwan 74, GPRC 72  
CUCA 72, LC 44

## MEN'S VOLLEYBALL

### Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	22	20	2	40	62	19
Red Deer	22	17	5	34	55	28
SAIT	22	14	8	28	48	38
MacEwan	22	11	11	22	47	40
Briercrest	22	7	15	14	33	49
King's	22	6	16	12	22	55
Grande Prairie	24	3	21	6	28	66

### White Division

Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	18	17	1	34	53	19
Lakeland	18	14	4	28	47	26
Keyano	18	8	10	16	36	35
Lethbridge	18	8	10	16	33	35
<b>NAIT</b>	<b>18</b>	<b>7</b>	<b>11</b>	<b>14</b>	<b>36</b>	<b>36</b>
Portage	18	0	18	0	0	54

### Feb. 1

MHC 3, NAIT 1 (25-22, 25-17, 20-25, 25-17)

SAIT 3, BC 0 (25-23, 25-21, 25-23)

GPRC 3, MacEwan 2 (25-16, 24-26, 24-26, 25-20, 15-13)

LCC 3, KC 2 (29-31, 23-25, 25-19, 25-18, 15-13)

MRC 3, RDC 1 (25-22, 25-16, 21-25, 25-16)

LC 3, PC 0 (25-7, 25-12, 25-17)

### Feb. 2

MHC 3, NAIT 2 (25-20, 23-25, 25-23, 21-25, 15-9)

BC 3, SAIT 1 (29-27, 22-25, 26-24, 25-23)

GPRC 3, MacEwan 1 (22-25, 25-21, 25-23, 25-21)

KC 3, LCC 2 (25-22, 19-25, 25-22, 23-25, 15-11)

LC 3, PC 0 (25-16, 25-11, 25-22)

RDC 3, MRC 0 (25-21, 26-24, 25-18)

**Note:** MacEwan forfeits game vs. King's (Jan. 5, 2008)

**Feb. 22-24:** MRC hosts ACAC men's volleyball championship

## WOMEN'S VOLLEYBALL

### Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	22	19	3	38	63	15
Red Deer	22	18	4	36	54	28
MacEwan	22	16	6	32	53	27
Grande Prairie	24	12	12	24	46	44
SAIT	22	8	14	16	32	53
King's	22	4	18	8	27	60
Briercrest	22	1	21	2	17	65

### White Division

Team	MP	MW	ML	Pts	GW	GL
Lethbridge	18	15	3	30	51	14
<b>NAIT</b>	<b>18</b>	<b>12</b>	<b>6</b>	<b>24</b>	<b>36</b>	<b>29</b>
Lakeland	18	11	7	22	43	30
Medicine Hat	18	10	8	20	38	29
Keyano	18	6	12	12	25	37
Portage	18	0	18	0	0	54

### 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

MHC 3, NAIT 0 (25-18, 25-21, 26-24)

SAIT 3, BC 2 (25-18, 25-16, 13-25, 17-25, 17-15)

MacEwan 3, GPRC 0 (25-23, 25-23, 25-18)

LCC 3, KC 0 (25-15, 25-14, 25-20)

LC 3, PC 0 (25-12, 25-8, 25-5)

RDC 3, MRC 2 (25-19, 19-25, 25-21, 16-25, 15-12)

**NOTE - Feb. 22-24:** RDC hosts ACAC

women's volleyball championship

# Series split

Saturday evening the Lady Oaks drove across town to the St. Albert Servus Centre Arena to face off with the MacEwan Griffins.

NAIT roared out to a 1-0 lead with only 25 seconds gone off the clock. Tara Swanson and Ashley Sochatsky worked the puck down low in MacEwan's end and fed Sarah Wanchuk in the slot for the first goal of the game.

MacEwan tied the score and that's the way the first period ended, 1-1. MacEwan outworked the Oaks in the second period and scored two goals late in the period to take a 3-1 lead.

Early in the third period, Ashley Sochatsky stole the puck near centre ice and broke in alone on the MacEwan goaltender and scored to make it a 3-2 game. MacEwan sealed the deal with a late goal to win the game 4-2. Alycia Monahan was in goal for NAIT and faced 31 shots.

Ashley Sochatsky was named player of the game for NAIT.

Sunday evening, the battle of the crosstown rivals resumed at the NAIT arena. Lauryn Dzioba started in goal for the Oaks and was solid.

The Oaks scored a power play goal with only 57 seconds remaining in the first period. The audience saw great work by defenders Laura Dickson and Chelsea Lande as they moved the puck to Tamera Rude at the side of the net. Rude in turn fed the puck across to Beth Pernsky at the back door for NAIT's first goal of

the game. The Oaks went to the dressing room with the momentum in their favour and a score of 1-0.

MacEwan scored their first goal of the game on a short-handed effort early in the second period to tie the game 1-1. Both teams fought hard and the game remained tied after two periods.

On the power play, Ashley Sochatsky fed the puck to Sarah Wanchuk in front of the net where she made the game winner at the eight-minute mark.

NAIT held on to record a 2-1 victory. Lauryn Dzioba faced 34 shots in net for her first win of the season as an Oak. Lauryn was also named player of the game for the NAIT Oaks.

The Oaks face SAIT next weekend for their final two regular season games.



**Lauryn Dzioba**  
First win of the season

# EDMONTON OILERS

## GAME OF THE WEEK

-AT THE NEST-

### WATCH the GAME on our 10' SCREEN

# February

**Molson jugs**  
**DROP \$1**  
when the  
**OILERS SCORE**

Wed	Feb 6 vs. Blackhawks	7:00 pm
Tue	Feb 12 vs. Wild	7:00 pm
Fri	Feb 22 vs. Stars	6:30 pm PPV
Tue	Feb 26 vs. Red Wings	7:00 pm PPV

\*PPV = Pay Per View





Photo by Brendan Abbott

### A GOAL TO CELEBRATE

Edmonton Rush's assistant captain Mike Accursi celebrates a goal during a 11-10 loss to the Portland Lumberjax last Friday Feb. 1. at Rexall Place.

**YOU WANT A PIECE OF ME?**


**Don't go hungry...  
earn Nest money!**

**Volunteer for NAITSA events and you can eat like a king (or queen) at The Nest! For every 5 hours you volunteer, you'll get \$20 of NEST CASH. Some restrictions apply**

 **STUDENTS' ASSOCIATION**

**NAITSA  
Employment  
Opportunities**

HERE ARE A FEW  
JOBS FOR  
STUDENTS TO  
MAKE SOME  
EXTRA CASH



**POLL CLERKS &  
BALLOT COUNTERS  
\$10/hr**


Campuses (Souch, Patricia & St. Albert)

\*All Poll Clerks MUST ATTEND a training session on Mon. Feb. 11 @ 4:30pm in Rm. E129. This will be a PAID training session. Ballot Counters are needed to count ballots from 4pm to approx. 7pm on Tues. Feb. 12/08 at the NAITSA Office

APPLY IN PERSON AT THE NAITSA OFFICE TO RITA CAIN BETWEEN JAN. 14 – FEB. 8 (8:30AM – 4:30PM)

Poll Clerks & Ballot Counters are needed for the NAITSA Election on Tues. Feb. 12/08. Poll Clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process. Poll Clerks will be needed on the Main Campus + Edmonton Satellite

NAIT Students' Association (NAITSA) Rm. E131  
P: (780) 471-8855 [www.naitsa.ca](http://www.naitsa.ca)

 **STUDENTS' ASSOCIATION**



# FREEZE OVER FREEZE



Photo by Janna Van Dorp



Photo by Amy Bizovie

## A GOOD TIME WAS HAD BY ALL

There was lots of entertainment last Friday (Feb. 1) at the NAIT arena during NAITSA's Freeze Over event. Performing were the New Weapon with Blake Berglund, top left, the Social Club, top centre, the NAIT dance team, left, and a twirling aerialist from Firefly Theatre, right. Members of the crowd, top right, enjoyed the proceedings and Matt Landry, far right, of Tupelo Honey, sang the anthem before the hockey game between NAIT and Mount Royal. The Oaks won the game 9-3.

**NOTE:** The New Weapon begins a tour Feb. 28 with stops in Winnipeg, Brandon, Regina, Saskatoon, Edmonton and Calgary.



# ...E OVER FREEZE OVER



Photo by Amy Bizovie



Photo by Gabrielle Hay-Byers



Photo by Janna Van Dorp



Photo by Janna Van Dorp

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# ARTS & CULTURE

## The bands played on ...



**GABRIELLE HAY-BYERS**  
Student Issues Editor

Excitement was rampant on Friday as students geared up for Freeze Over. After the Ooks mens hockey team smeared their opponents all over the ice, Social Code and Tupelo Honey took to the stage. And this was all following a double set by the New Weapon in the Nest during the tailgate party.

I've said it before – if you missed out on Freeze Over, you missed out on a lot. The unique plus to a NAITSA-run event is that it is fun for everyone, regardless of what they're coming into the event with.

Take Blake Berglund of the New Weapon, for example. Normally the band's lead vocalist, Berglund was working double-time as a bassist that night as well.

"Our bassist is sick, you know. I figured I could probably figure the bass out, but I'd never played the bass for our songs before. So we ended up playing only two songs in soundcheck and then it was time to go. I wasn't 100 percent sure what I was doing, but we had a pretty good set anyway."

Playing in a college arena is something new for the band Social Code, as well.

"We've never played in an arena before ... there's hockey players everywhere, dancers doing the hand thing ... what is that? And people hanging from the roof. It's crazy business,"

says lead singer Travis Nesbitt.

One would think that with so many young, male musicians around, it would be a dream come true for NAIT's female population. According to Berglund and Nesbitt, that's not so.

"We don't go for the groupies. We have this term – groadies. They're the girls that love the band and would be sweet to hang out with after the show, that "somehow" end up helping us reload our gear into the van. Groupie plus roadie equals ... groadie!" explains Nesbitt.

"Do you bring your partner with you to work? No. Tours and shows are the same. But Morgan (Gies) does get all the hot chicks, anyway."

Blake Berglund has a slightly different take on the groupie situation.

"You don't want to let the girls down, or have them be disappointed, but why fool around on tour just to come back home to an empty place and no one to call? It's not a good situation. Sure, there are plenty of girls that like our music that we definitely hang out with, but nothing happens there."

Berglund also says that while his job title is musician, he works longer hours than one would expect. It's an 8 a.m. to 11 p.m. workday on average for Berglund alone. The job is a tough one, but Berglund says Sundays are his day off.

"Sunday ... Sunday we don't touch an instrument at all. For me, it's a go-to-church and resting day. In the summer, sometimes it's Saturday, too."

"Right now, the days are so long and we are working at it so hard because we really want to establish a good, strong, lasting home base of support. Fans mean everything. They're what really makes or breaks a band."



Photo by Gabrielle Hay-Byers

Travis Nesbitt, lead singer of Social Code, does his thing during the band's performance at Freeze Over.



Photo by Gabrielle Hay-Byers

Social Code drummer Ben Shillabeer gets a workout Friday night.

## BRING THEM HOME!



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Edmonton Tourism and the Shaw Conference Centre want you to be part of Edmonton's tourism team, by helping to bring conferences home:

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**EDMONTON**  
ECONOMIC DEVELOPMENT  
CORPORATION



# Not so bad

AMBER TIENKAMP

Luckily I was on a five-hour drive back to Edmonton or I might not have made it through every track on Matt Costa's CD, titled *Unfamiliar Faces*.

Despite procrastinating reading my textbook, sheer boredom, and the hilarious less-than-enthusiastic comments coming from my passenger about the album, I continued to let it play.

First up, *Mr. Pitiful*, really wasn't all that bad, something I might turn on and listen to while washing the dishes. The first few songs, regardless of the lyrics, had both of us tapping our fingers and toes whether we wanted to or not.

Costa has a bit of a more up-tempo James Blunt sound, with the ability to raise his voice to an octave similar to that of Mikka. As you get through the CD, Costa's music starts to get a little slower, almost something you would turn on to help you fall asleep.

Vienna (Track No. 5) in particular made me want to recline my seat and pass right out.

As my travelling buddy was screaming at me to turn it off and to simply send my editor two words "it sucks!" I continued dutifully on, listening to the last seven songs.

To be honest, some of the songs you almost started to sing along to, because you would swear you had heard it before, as some of the melodies sounded oddly familiar to several other popular songs.

Overall, I really liked No. 11, *Heart of Stone*. Now in saying that, I would really like it if I had just had my heart broken and wanted to cry in the dark alone (which the editor does every night). Not a terrible CD, but I would recommend downloading some songs before buying the whole package just to see if it suits your personal taste.



# What's new with 92? Read on!

JOEL DETKA

I often hear, "What's new with nr92?"

Well, the answer is never clear cut. To be honest, does anyone really know? Well, there's an easy way to answer this. Go to nr92.com right away, and see for yourself. With the new DJs, your campus radio station is pumping out. nr92 is definitely jumping into a whole new realm of radio.

Our music selection has grown, and we are all excited about every little bit of it. Now, I am going to begin showing you something new and exciting every week, and in addition I will be highlighting a different show.

This week I'll begin by showing you the world of Good Time With Mr. D. Jaye, Brett and I (when

I have the time open) offer you the best music, whether it be punk, metal, grunge, rock or stuff that just makes no sense. You may already be thinking to yourself "holy crap, when can

I hear this amazing stuff?!" And the answer is easy, Wednesday nights of course. Just keep listening to nr92.com (I assume it should be on your

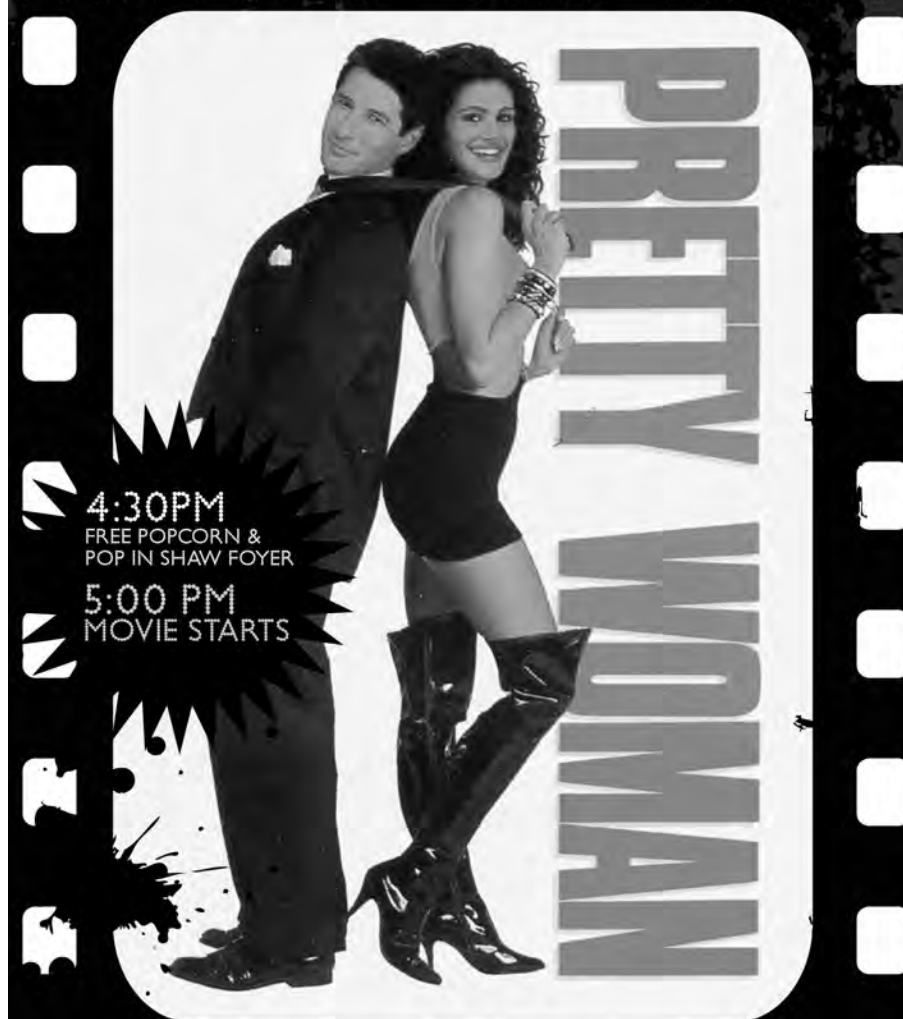
computer all the time anyway, so why should this be your first time logging in?) and you'll hear the three amigos hit the air at 4:30, on nr92.com, your campus radio station. (please help me, the editor is forcing me to write this as some sort of bizarre plan to attain control of a multi-media conglomerate, and the only thing keeping me happy is listening to nr92).

This is simple, nr92 is here to

hear your requests. We won't ignore you and act above the world. So call us with your requests. One call to 471-8833 and you'll be hearing your music all the time. And, if you see us sitting in the South Lobby or by Reads and Needs, don't be too shy to stop by and make your move. Or just say hi. I promise we don't bite. Just watch out for Alistair, he likes to spew propaganda like the filthy editor he is.



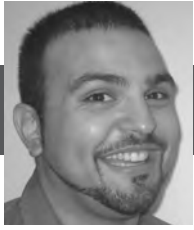
NAITSA PRESENTS  
FREE MOVIE NIGHTS  
TUES. FEB. 12 - SHAW THEATRE





## STEPS TO SUCCESS

# Diet, exercise, sleep and water



SHANT CHAKMAKIAN

Finding the energy is sometimes hard when you're givin' 'er, but it is the most important thing you need in order to accomplish your goals, especially on a day-to-day basis.

For example, here at school,

most of the engineering trades have about six to eight hours a day of class on average, truly a hard feat to conquer on a daily basis.

Sometimes they find their day more like a season of 24, except with books and calculators instead of gunfights and terrorists, but almost as stressful.

After a while it gets tiring. That's where four things come in: diet, exercise, sleep and water. Sure many of you have probably heard this before, but it's still important.

Sleeping enough every night is

important, but sometimes you need a power nap, and if you can find a time and place to squeeze in 15 to 30 minutes of shut-eye, you can't go wrong.

Make sure you drink enough water, at least 10 cups a day, seriously. Generally when you're thirsty you're practically dehydrated and sometimes when you're tired it can be because you're thirsty.

Exercising regularly makes a world of difference.

Try going on a stationary bike 20 minutes a day and see how you feel;

I guarantee it will be great!

Diet is also a major key. Try eating six meals a day consisting of smaller portions. Eat whole grains and lean meats, avoid all deep fried and processed food and avoid vending machines.

What you put into your body is what you'll get out of it. Keep that in mind when you select your daily eating choices.

But aside from the physical aspect, there is the mental aspect and that is also vital. Self motivation is key, remind yourself of your

goals and why you want to reach them.

Find what fires you up, whether it's a song, a quote or, in my case, the final battle speech in 300. Use that to motivate you, to fill you with energy and you'll find that on a daily basis there's no feat you can't accomplish.

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](mailto:shant_c@hotmail.com) I value and look forward to your input.

## CLUBS CORNER

### Upcoming Events

#### Chess Club

**Event:** First Meeting  
**When:** Thursday Feb. 7 – 4 p.m.  
**Where:** Room E-020 (Basement classroom of E wing)

#### NAIT Music Club

**Event:** CD Listening Party  
**When:** Thursday Feb. 7 – 4:30 p.m.  
**Where:** The Nest

#### Petroleum/PGC

**Event:** Ski Trip to Kicking Horse, Golden, B.C.  
**When:** Feb. 8-10

#### NAIT Baking Club

**Event:** Bake Sale  
**When:** Friday Feb. 8 – 10 a.m.-1 p.m.  
**Where:** South Lobby

#### NASS

**Event:** Foosball Tournament  
**When:** Friday Feb. 8 – 4 p.m.  
**Where:** The NEST

#### Chemical Technology

**Event:** Cabaret  
**When:** Friday Feb. 8 – 8 p.m.  
**Where:** Esmeralda's (Next to Ramada Inn) No tickets required, show up between 8 and 10 p.m., drink specials.

#### OOKETS

**Event:** OOKS Home Game 50/50  
**When:** Saturday Feb. 9 – 7 p.m.  
**Where:** NAIT Arena

#### PFT 2009

**Event:** Bake Sale

**When:** Wednesday Feb. 13 – 11 a.m.-1 p.m. Outside NAITSA office (E-131) Thursday Feb. 14 – Noon-1 p.m. Annex Dock  
**Chemical Technology**

**Event:** Movie Night showing: TBA

**When:** Thursday Feb. 14 – 6 p.m.  
**Where:** Shaw Theatre (across from Reads and Needs)

Rose Martin Baumgartner  
NAITSA Campus Clubs  
Manager, Room E-133;  
Ph: 471-8871;  
Fax: 491-3989  
E-mail: [roseb@nait.ca](mailto:roseb@nait.ca)

#### NOTICE

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

dental technology class of 2008  
grad fundraiser  
**feb 14 bakesale**  
personalized valentines day cookies  
and other tasty baked goods  
noon-1 pm in front of NAITSA



**ANIMAL HEALTH**

**THE HOME STRETCH CABARET!**

**SATURDAY FEBRUARY 9TH**  
**\$5.00 TICKETS INCLUDE**  
ADMISSION, 2 BEVERAGES AND PRIORITY ENTRANCE  
TICKETS AVAILABLE AT X-202 OR FOR MORE INFORMATION CALL 965-2343

**UNION HALL** PLEASE ROCK RESPONSIBLY

**PARTY LIKE A ROCKSTAR**

**NAIT DENTAL ASSISTANT**  
ROCK YOUR TEETH OFF FUNDRAISER

**SATURDAY, MARCH 8, DOORS 8PM**  
**\$5.00 TICKETS INCLUDE**  
PRIORITY ENTRANCE, ADMISSION, AND 2 FREE BEVERAGES BEFORE 10PM  
TICKETS AVAILABLE IN THE NAITSA OFFICE ROOM E131 OR CALL SANDY AT 938-9418

**UNION HALL** PLEASE ROCK RESPONSIBLY

**ceili's**  
Irish Pub & Restaurant

CEILI'S IRISH PUB AND NAIT PHOTOGRAPHIC TECHNOLOGY INVITES YOU TO...

**READING WEEK KICK OFF**

**FRIDAY, FEBRUARY 15TH, 2008**  
8 PM AT CEILI'S IRISH PUB

TICKETS INCLUDE ADMISSION WITH NO LINE, NO COVER AND ONE BEVERAGE.

TICKET VALUE: \$10.00  
ALL PROCEEDS GO TO A GRAD FOR PHOTO TECH

FOR MORE INFORMATION PLEASE CONTACT  
TARA AT [TARA@CEILIS.COM](mailto:TARA@CEILIS.COM) OR 780.907.9033  
OR PICK UP TICKETS FROM NAITSA (E131)





# Your horoscope



KATIE BERLINGUETTE

## Feb. 7-14

(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)

Sometimes you might feel that you don't stand out, Aries. There is nothing to worry about. This week you'll start to notice that while you've always been there, the people around you will make note of it. It only takes one person to make you feel important.

Lucky Word: Hypotenuse

### Taurus (April 20-May 20)

Having a sense of humour will not go unappreciated this week, Taurus. Keep in mind that there is a difference between being clever, witty and rude.

Lucky Word: Facetious

### Gemini (May 21-June 20)

Have you ever wondered what it would be like to be famous? The stars are showing you signs that it's time to put aside pipe dreams and stick to what is attainable. Doing anything else would be a waste of your time.

Lucky Word: Irrelevant

### Cancer (June 21-July 22)

With a million and two ways to express who you are, don't get overwhelmed deciding on just one. Words are colourful, powerful, forceful and any other number of things. The simple truth is: they evoke feeling. Where words fail, pictures can fill in the rest.

Lucky Word: Eloquent

### Leo (July 23-August 22)

Sometimes people \*\*\*\*t on you. That's life. Try not to take it personally this week.

Lucky Word: Bedpan

### Virgo (Aug. 23-Sept. 22)

So much to do; so little time. It's a common expression and it describes this week to a T. Prioritize and it'll go a little smoother. Before you know it, you will be caught up and ready to tackle your next big project.

Lucky Word: Plethora

### Libra (Sept. 23-Oct. 22)

Relax, Libra. If you would just take a breather and do what you enjoy, things wouldn't seem so bad. It's so easy to get caught up in the regular ho-hum. Having a routine is one thing, but never deviating from the norm is wasting your time in this place. Believe it or not, there is a way to balance the best of both worlds. Try again.

Lucky Word: Mollify

### Scorpio (Oct. 23-Nov. 21)

So you think you're special? Or maybe you think that everyone is just out to get you? Maybe you keep thinking that the cosmos can change its order just to make you sleep better at night? Truth is, life doesn't work that way, so stop thinking it does.

Lucky Word: Narcissist

### Sagittarius (Nov. 22-Dec. 21)

Going on a date any time soon? If you are, that's great! If not, the start of something good is near the horizon. No matter what your relationship status, the stars are giving you the go-ahead in the relationship sector. Remember to be yourself, think creatively and take a risk.

Lucky Word: Reciprocate

### Capricorn (Dec. 22-Jan 19)

Your life is saturated with useless and trivial drama. Get over yourself this week, Capricorn. You can do this by being selfless. Remember that the environment is our friend. You can

also try to focus your energies on consistency. If there's one thing the stars know, it's that some things are always going to be there, and sometimes some things should end.

Lucky Word: Moist

### Aquarius (Jan. 20-Feb. 18)

It's the end of one thing and the start to another. Such is life. A good way to get into the swing of things, Aquarius, is to focus on any self improvements that need to be made. How can you expect to keep others happy, when you're not happy?

Lucky Word: Dawn

### Pisces (Feb. 19-March 20)

You're only human, Pisces. You might feel it limits you to this time and this place. It's OK to dream of something else, but don't forget to face reality. If you keep trying to forget about it, you'll lose yourself to something that might not ever happen. However, don't despair, hope is out there.

Lucky Word: Ardent

## The Alberta Union of Provincial Employees

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# CHINESE NEW YEAR CELEBRATION ...



Photo by Janna Van Dorp

**A SPECIAL NIGHT**  
The NAIT Chinese Students' Association partnered with the JLS Canada International Culture Exchange Centre to host a Chinese New Year celebration last Friday night (Feb. 1) at the NAIT gym. Included in the entertainment was Mon Young, left, who performed "The Sound of Horses" on the zheng, and music by the Edmonton Chinese Philharmonic.



Photo by Janna Van Dorp



Photo by Janna Van Dorp



Photo by Amy Bizovie



Photo by Amy Bizovie





The Mongolian dance "The Beautiful Grassland, My Warm Home," is performed by the Guangxi visiting teachers group.

Photo by Janna Van Dorp

# The Love Nest

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

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

**Bid on these boys or a Nest hottie - proceeds going to charity.**

**Thur. Feb. 14**  
3pm - The Nest Restaurant & Bar  
\$2 donation at the door, no cover charge

**Interested in being auctioned off?**  
Sign-up at The Nest or NAITSA Office for details.

**Laugh Factory XXX comedians**  
Kathleen McGee & Kerry Unger  
NO MINORS

**Nest Specials**

- ♥ Pasta for 2 11.95
- ♥ \$1 Coors Light draft night
- ♥ \$2 Love Potion #9 shots

THE NEST | Coors LIGHT | The Bear



# HOT SINGLE OF THE WEEK



**BRENT  
CONSTANTIN**  
*I'm so sorry*

Due to a combination of me being really sick, unable to find someone to fill in as HSW and being preoccupied with something I'm not allowed to talk about in the paper (see page 6 of this issue for more information) I'm forced to use a "Classic" edition of Hot Single of the Week.

While I was on my Nyquil fuelled last night, trying to figure out what to do for this issue, a lot of ideas (two ideas) went through my head. I thought maybe I could do a big recap article making up lies about what happened to all the past HSWs, or feature a melted, individually wrapped slice of cheese (get it?!?!), but then, I realized that this was a lot less work, and all I had to do was copy and paste. (But I hope you

like those other ideas too, because I'm pretty sure I'm going to use them if this happens again).

This week's Hot Single is the Lady Ook. Hailing from the storage closet in the sports equipment offices, she spent many years entertaining sport fans, first as the Ook then (after some discreet surgery) as the Lady Ook. After a brief absence from the public eye to concentrate on her family life, and write a series of short stories on the back of beer bottle labels, the Lady Ook has returned with lovin' on her mind.

**B:** So tell me a little about your last relationship.

**LO:** Well, after I took some "me time" off from NAIT, it freed up my position on campus until I returned, so they hired the Ook (NAIT's current mascot) and we met each other during a swim meet.

**B:** So it was love at first sight?

**LO:** We had so much in common! We both loved team spirit, we both had no peripheral vision, and neither of us really cared for changing our facial expressions.

**B:** So where did things go wrong? It sounds like a match made in heaven.

**LO:** Well, we were cheering silently at

the pool one morning, we were doing some of our classic capering (the bit where we take some logo item from the other team and deface it in some way) when all of a sudden I'm pushed into the pool! Now I'm not sure if you've ever tried to swim with a mascot costume on, but it isn't fun, I ballooned up to 500 pounds and sank like a stone. But, the worst part ...

**B:** It's OK if you need to cry, get it all out, it's healthy. What happened?

**LO:** It was the Norquest ESL-Seal! That little tart stole away the only man I'll ever love!

**B:** Yowch! I didn't know that the ESL-Seal was female ... or that it existed for that matter ... But obviously, you've recovered, and you're ready to move on.

**LO:** That's right Brent. I've realized that I'm a woman (ish owl creature) that deserves better, so I'm putting myself back on the market.

**B:** And what kind of man are you looking for?

**LO:** I'm looking for someone that can appreciate what a real woman has to offer. I may be a little older, and smell a little like mildew, but I sure make up for it in experience!



**B:** Any words to men out there that may be intimidated by the concept of dating a huge, colourful owl mascot?

**LO:** Well, I'm pretty quiet. I usually do all of my communication through exaggerated pantomime, so you don't have to worry about me talking too much.

**B:** Well, that's always a plus, and hey, you don't wear pants either!

So, if you'd like to see where things

might go with you and Lady Ook, give me an e-mail at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) and explain to me what's wrong with you.

And, if you want to be a non mascot Hot Single get in touch with me soon! There are only a handful of issues left this year, and I'd rather not ever so this again. These pictures scare me so much.

## Out and about



**GABRIELLE  
HAY-BYERS**

### How well do you think NAIT maintains its buildings?



The electrical end of things aren't so good. When it was minus-30, it was 10 degrees in our classrooms. You had to wear jackets inside.  
**Mark Klimochko**  
Fourth-Year Electrical



Pretty good.

**James Francey**  
Pre-Tech



Nothing's fallen on me yet.

**Shawn Foisy**  
Pre-Tech



I think NAIT fixes things that need to be fixed, and that's it.

**James Morningstar**  
Business Management



They're alright. I don't really care about the building. I care about the people in the building.

**Fedir Burachok**  
Business Administration



**4X4**  
FRIDAYS  
PRESENTS  
**ACMA THE ULTIMATE FLYAWAY**

**THIS FRIDAY, FEBRUARY 8<sup>TH</sup> QUALIFY TO WIN A TRIP TO THE ACADEMY OF COUNTRY MUSIC AWARDS IN LAS VEGAS!**

**4 TRIPS TO LAS VEGAS**

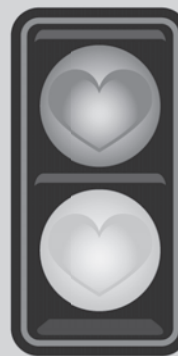
**X**

**4**

**TICKETS TO THE AMERICAN COUNTRY MUSIC AWARDS**



**RED LIGHT**



**GREEN LIGHT**

**VALENTINE'S PUB CRAWL**  
**either way, it's one helluva party.**

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**Tickets \$25** | Call 70-CRAWL, visit [edmontonpubcrawls.com](http://edmontonpubcrawls.com) or our ticket centre at Hudsons Campus 11113-87 Ave

**SAT. FEBRUARY 9**



PH: 70-CRAWL EDMONTONPUBCRAWLS.COM



## Ask a Counsellor

# What is your learning style?



RHONDA GORA

Have you ever felt frustrated with trying to learn the material in a course, while noticing that other students seem to be quickly catching on to what the instructor is teaching? One reason for this can be a clash between your preferred learning style and the teaching style of your instructor. Understanding your learning style and applying the information to your academic work can help you "learn how to learn" more effectively and improve your academic performance by building on your learning strengths as well as helping you to develop a wider range of learning strategies.

One inventory that has been used by many college students is the Index of Learning Styles developed by Dr. Richard Felder and Dr. Barbara Soloman. You can complete this web

based questionnaire at: (<http://www.engr.ncsu.edu/learningstyles/ilsweb.html>).

After completing the online Index of Learning Styles questionnaire, you will immediately be provided with information on your own learning preferences on four continuums, including active/reflective; sensing/intuitive; visual/verbal; and sequential/global (detailed below).

...

**ACTIVE/REFLECTIVE****Active**

- Remember information by doing something active
- Learn by trying things out
- Like group work

**Re. ective**

- Remember information by thinking things through
- Prefer to evaluate options
- Like to figure out problems alone

...

**SENSING/INTUITIVE****Sensing**

- Like information connected to

real world

- Like memorizing facts
- Like solving problems
- Patient with details
- Like having procedures
- Practical and careful

**Intuitive**

- Like theory
- Bored with memorizing
- Prefer learning new information
- Impatient with detail
- Look for the meaning
- Work fast

...

**VISUAL/VERBAL****Visual**

- Learn through what is seen
- Prefer written instructions
- Prefer graphs, pictures, diagrams, videos and text with lots of pictures

**Verbal**

- Learn through listening to verbal explanations or speaking
- Prefer to hear information or read information aloud

...

**SEQUENTIAL/GLOBAL****Sequential**

- Like learning step by step
- Like facts presented in an orderly manner
- Put together details to understand the big picture

**Global**

- Learn in large jumps
- Solve problems in their own way
- See the big picture first and then fill in details

Your scores on each learning styles continuum will give you information about the ways in which you prefer to learn, as well as ideas about

areas in which you can become a more effective learner. The website also includes information on strategies that you can use to make the most of your own blend of learning styles, and describes how to develop a more balanced approach to learning by using and further developing your less preferred learning styles. This knowledge will help you to function more effectively both in college and in your employment.

*The NAIT counsellors located in W111-PB in the HP Centre can assist you with further information about learning strategies and effective study skills.*



**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](mailto:HR@TrendResearch.ca), Phone: 780-485-6558

**TREND HIRES ON AN ONGOING BASIS**



Have you got your free copy?  
 Pick one up at NAIT Student Counselling  
 W111-PB in the HP Centre

## LOL (Learn Over Lunch) Workshops

**Assertiveness**

Thursday, February 7<sup>th</sup>

Learn the basics of assertive communication.

**Giving & Receiving Feedback Effectively**

Monday, February 11<sup>th</sup>

Get helpful information as well as an opportunity to practice the important communication skill of giving and receiving feedback.

All sessions are free

Pre-register at [counselling@nait.ca](mailto:counselling@nait.ca)

or in-person at W111-PB

11:15-12:05 or 12:15-1:05

Location TBA

**NAIT STUDENT COUNSELLING**

W111-PB, HP Centre,

Telephone: 378-6135

Website: [www.nait.ca/counselling](http://www.nait.ca/counselling)

e-mail: [counselling@nait.ca](mailto:counselling@nait.ca)

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

...facilitating student success





## Rapid Resume Review

**11:15 am to 1:15 pm**

January 31 HP Centre Lobby  
February 7 Business Tower – main floor  
February 14 Spartan Centre – main floor

Drop in between **11:15 am - 1:15 pm** and speak with a Student Advisor on your resume, cover letter and job search techniques.

Brought to you by NAIT Student Employment  
[www.nait.ca/studentemployment](http://www.nait.ca/studentemployment)  
471-8899

## Classifieds

### After Hours Singles Party

Meet New and Interesting People  
The Edmonton Party Line  
Dial: 44-Party  
Ads\* Jokes\* Stories & MORE!  
Free Local Call \*Ladies-R-Free\* 18+

## BE PART OF SOMETHING BIG! 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,  
[naitsavolunteers@nait.ca](mailto:naitsavolunteers@nait.ca)

## VOLUNTEER?

### 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](mailto: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](mailto: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](http://www.yess.org)

### The Support Network

If you are a person who is looking for a unique challenge, thrives on developing new skills, enjoys people and variety, consider joining our volunteer team. The crisis line operates 24 hours a day, seven days a week to be available to individuals and families in distress. Without highly skilled and caring volunteers, the Distress Line would not exist and over 1,500 calls per month would go unanswered – that’s more than 50 calls a day! Interested volunteers are asked to go to our website for more information, and to apply [www.thesupportnetwork.com](http://www.thesupportnetwork.com).

### Youth Centre in St. Albert, Mentors Needed!!!

St Albert Youth Community Centre requires students who have one hour a week to help a child. This is an “In School Mentoring Program” which provides one-on-one help to all children from Grade K-9. Please contact Shelley at 418-0678 at the Youth Centre in St Albert.

### Glengarry Childcare Society

Want to add some volunteer service to your resume? This organization is looking for a website designer and someone with Microsoft Office Access experience to teach staff the program. If you are interested, contact [bwgcs@telus.net](mailto:bwgcs@telus.net).

### 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](mailto:volunteers@interbaun.com).

## ATTENTION CARPOOLERS

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.*

### 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](http://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.



## STUDENT INFORMATION SESSION



### For students in the following NAIT programs:

Biological Sciences Technology  
Chemical Engineering Technology  
Chemical Technology  
Geological Technology  
Materials Engineering Technology  
Mechanical Engineering Technology  
Petroleum Engineering Technology  
Power Engineering Technology

**Date:** February 11, 2008  
**Time:** 5:30-7:30pm  
**Location:** NAIT Main Campus-  
Shaw Theatre



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](http://www.aset.ab.ca)

*Your way ahead.*

**ASET** The Association of Science  
and Engineering Technology  
Professionals of Alberta

## 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
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