THE Thursday, Jan. 10, 2008 Volume 45, Issue 16



YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



VP Apprenticeship & External
Amanda Spearing





VP Campus Life
Brent Constantin

VP Academic



NAITSA PREZ STEPS DOWN

Kerri Wyspianski, NAITSA president, has decided to leave office before her term ends in April, citing personal reasons. Story, Page 2

INSIDE:

Arts and Culture: Page 12 **Ask a Counsellor:** Page 18

Editorial: Page 5
Grapevines: Page 14
Horoscope: Page 15
Hot Single: Page 16
Mouthing Off: Page 16
News: Pages 2, 3, 4

Ski Trip story, photos: Pages 10, 11

Sports: Pages 6, 7, 8, 9



Your Campus Restaurant & Bar Breakfast – Lunch – Nite Open 7am – 9pm Monday thru Friday Located next to the pool, NAIT Main Campus OOK inside for ads on our january oilers game of the week & our new nest specials for '03

we're here where the hell are you?



2 The Nugget Thursday, January 10, 2008

NEWS&FEATURES

Farewell, Kerri



GABRIELLE HAY-BYERS Student Issues Editor

In a letter addressed to the NAIT Senate, NAITSA President Kerri Wyspianski has resigned, stating personal issues as cause.

As of Jan. 1, Wyspianski has formally left her post as president of the student's association

NAITSA is going to be alright, assures NAITSA executive director Chris Chelmick.

"This isn't the first time that NAITSA has had its executive ranks reduced by one ... I think we'll do just fine. We have strong enough leadership in the remaining three ... our staff is here to support them and we have a pretty wicked staff."

A pretty wicked staff that includes an executive council that is supporting Wyspianski in her decision, says VP Campus Life, Brent Constantin:

"I think Kerri was doing a great job and I wish she had stayed, but I'm happy for her too, this was the decision that she felt she needed to make and she made it. It's a tough thing to do to leave a position like this, halfway through your term."

Lisi Monro, (VP Academic) affirms, "I still have a really good personal relationship with her ... I think we all learned a lot about what it means to work closely together as a team. I respect her decision to leave."

While rumours abound about Wyspians-ki's decision to leave, she wants to assert that NAITSA is an excellent place to work.

"I didn't quit because I hated my job, I loved my job. I won't just be out of there (the NAITSA office). I'm helping out with certain things still. The main reason I left there was the work environment, primarily in the office. Mind you, NAITSA is a great place to work ... the staff are phenomenal, definitely a lot of fun," she said Tuesday.

"I loved working for the students and for NAITSA, I loved it and I learned a lot from it. I'd recommend it to anybody. I'll be keeping in contact with many of the great people I met at NAIT. But I had to make the choice to take care of myself and do what is in my best interest."

As with any resignation of a public leader within an organization, however, speculation is rampant. However, there was full transparency within the offices of NAITSA, and while Wyspianski's departure was shocking, it was not a total surprise, says Constantin.

"There was a general idea within the executive council that there were some problems, but she did a good job of keeping those issues within the SA walls and focusing on her presidency as much as she could, which is why I think it was such a shock to most people outside of NAITSA when she resigned last month."

While Wyspianski has resigned, her dedication to the students of NAIT shows in how carefully she has chosen who will continue her ongoing projects.

"I'll definitely be there for everybody. I'm still hoping to help out with the ETS project. I left it in good hands with Aaron Brin (Senate). We talk to each other every day, a couple times a day, actually. I have full confidence in him. I know he'll take good care of it."

Any remaining workload that may have been previously delegated to the president will now be handled via teamwork, according to Lisi Monro. Wyspianski is currently enrolled in a final night course here at NAIT and plans to continue her education at the University of Athabasca in the near future. She is looking forward to presenting a business plan she drafted, and was chosen to represent NAIT at VenturePrize, an Alberta Venture entrepreneur competition.

Executive Council nominations are in the near future and Brent Constantin had some sage words about the pressures of the job.

"In an organization like a students' association, it's pretty much a gamble with who you'll get in office," he said.

"Students from the general population are elected by a small percentage of a student body, based on little to no information on the candidates, and then expected to be the voice of a whole school. No one is really qualified for it and it can be horrendously intimidating and overwhelming coming out of a classroom and into an office making decisions.

"Having said that, I think I can say that Kerri came in to work everyday and gave it 100%, which is all you can really ask of someone."

With such an excellent example for the next Executive Council to follow, fellow executive



Kerri Wyspianski Calling it quits

Monro has high hopes for the remainder of her tenure and new possibilities for the council after it.

"We're really excited about 2008 and NAITSA is a really fun and great place to work right now."

Kenya explodes

GABRIELLE HAY-BYERS Issues Editor

Kenya has erupted in political violence that some may allege is also ethnically based. The violence has left at least 485 dead and has displaced over 100,000 Kenyans to neighbouring countries. Kenya's opposition party reports more than 1,000 post-election violence related deaths.

The violence began after President Mwai Kibaki was named the winner of the Dec 27, 2007 vote, which opposition leader Raila Ondinga contests was rigged. International concern has been raised over the legitimacy of President Kibaki's narrow win over Ondinga.

Since the announcement of the outcome of the vote, The Associated Press has reported horrific attacks by young men with machetes, wandering the streets of Nairobi in gangs, and the burning of a church with children, who had sought refuge, inside.

The church was approximately 300 km from Nairobi. KTN journalist Tony Biwott told CNN that he counted at least 15 bodies, some of which were children.

Witnesses allege that the attackers were of the Kalenjin tribe, which voted in majority for Ondinga.

The Kikuyu tribe has dominated business and politics since Kenya's independence in 1963, and its members are now fleeing ethnically mixed areas fearing massacre at the hands of the Luo tribe, of which Mr. Ondinga is a member.

With reports of violence abounding, Ondinga vowed to go ahead with a "million man" march and protest rally, despite the fact that it was banned by the government because of fears that supporters and rivals would clash on the streets of Kenya's capital.

However, Ondinga has since called off all protest rallies



Book buyers go with the flow

ALISTAIR WILKINSON Student Editor

If any literacy groups had been paying attention to NAIT, they would weep for joy. Students lined up in their hundreds on Monday, Jan. 7, at Campus Reads 'N' Needs, all anxious to equip themselves for the new year. In the space of a single day, NAIT's campus bookstore took in \$700,000, serving 3,600 students. Most of them were as patient as Culinary Arts student Shawn Bain.

"I've only been waiting two minutes, and the line's moving pretty quick. They look pretty busy, so I don't mind."

According to Cris Basualdo, customer service supervisor for the bookstore, while not every student had so short a wait, the vast lineups weren't a problem for staff either.

"The longest wait time was 45 minutes, most students waited far less than that ... we were tracking the wait times to ensure the day went smoothly. Given how busy we were, it went very well."

Basualdo adds that Reads 'N' Needs will be open to 7 p.m. on Thursday, Jan. 10, and Monday, Jan. 14, and will be open Saturdays 10-2 throughout the month of January.

Best of luck to new and returning students from all the staff at the *Nugget*, who wish to remind you that a patient, courteous and understanding attitude is very irritating to the media.

The road to success

SHANT CHAKMAKIAN

A new year presents new opportunities and although some of us make New Year's resolutions and some of us don't.

Life is a constant journey and if one thing is certain the journey is generally better than the destination, but to know where you're going, you must know where you're coming from.

So ask yourself: "How have I changed in the past few years? What do I want out of life? And what has my current path taken me in relation to my goal?"

These are important questions because you need to envision your end result and that's what goal planning is all about.

"Think, believe and do," is what my dad told me when I was growing up, and as time passed I realized the importance of those three words.

Thinking is where you make the conscious choice to do something or go in a particular direction and planning it accordingly.

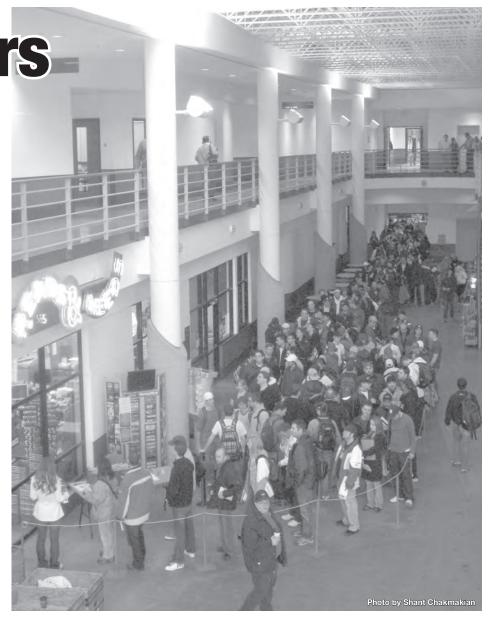
Believing is knowing that you can achieve your goals, for determination laced with resolve will bring you to your end result. If you don't believe, you can't do.

Doing is (obviously) executing your plan of action, going forth boldly yet wisely and evaluating the attainment of your goal.

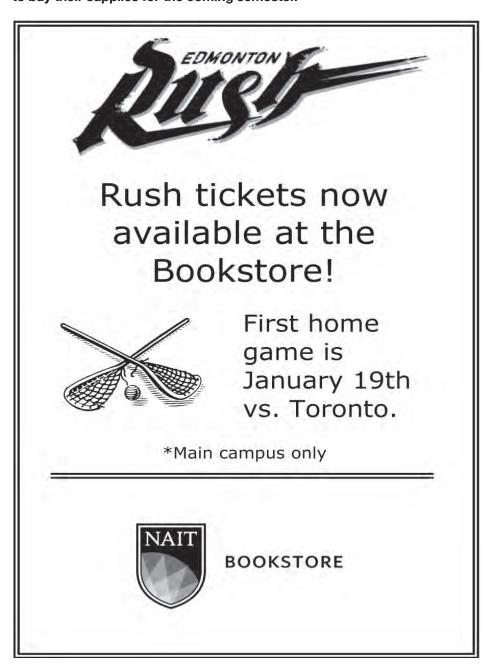
Once you have a clear direction and goal you will be able to better evaluate your growth in relation to that of past years and really take it to the next step.

With these in mind you will harbour success and foster achievement, as long as you think, believe and do.

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 lineup was long, but spirits were good as students waited for a chance to buy their supplies for the coming semester.



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 EditorAlistair 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

For advertising inquiries, please call 471-8866 or e-mail: fmackay@nait.ca

The Nugget encourages submissions.

studenteditor@nait.ca

THE DEADLINE IS

Noon on the last school day of the week.

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

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

Letters welcome

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break! Submit your letters with your real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic. Trust us on that.

Write us.

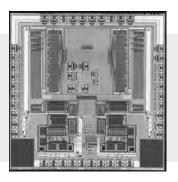


The Nugget Thursday, January 10, 2008



Fired up for IE

SHANT CHAKMAKIAN



By popular request, I'm taking the Internet Explorer challenge. After putting Internet Explorer 7 under the microscope. It's obvious this browser had a big makeover.

Unfortunately, this makeover comes at the expense of user familiarity, as many organizations have had to train personnel on how to use the reinvented browser.

But the features are the clear payoff, catching up to some features that FireFox pioneered (ie. tabbed browsing, RSS feeds etc.).

Tabbed browsing makes browsing easier, allowing you to look at multiple web pages in a single window. This will make surfing the web practically clutter free. Another welcome feature is RSS feeds; however, IE7 makes using RSS feeds inconvenient in comparison to FireFox.

Some other features Firefox and IE7 share: a built in search box, browser add-ons and a phishing filter, to name a few. I also found that some of IE 7's highest rated add-ons were just amazing. In addition, after years of security flaws, Microsoft has decided to stop integrating Internet Explorer 7 into the core Windows interface, preventing many potential security problems. This is big news, considering that going to the wrong web page allows an attacker almost direct access to your system and could seriously compromise security.

The decision evens the playing field in terms of security between IE and Firefox. For many years, Firefox has been recommended over IE for IT professionals to avoid security risks

but that is changing.

Firefox has had more security issues over the years than IE, but Firefox has a shorter time to update meaning that updates get out fast and are applied quickly compared to IE. This makes is a bit safer for the single user because Firefox takes care of it for you instead of you having to apply Windows Updates and restart your computer. On the other hand, for the enterprise IE 7 is the way to go, as centralized update management ensures that all systems in your orga-

nization are up to date with the latest security fixes.

I feel both browsers offer unique features and experiences independent of each other.

So whether you use IE 7 or Firefox all the time, try switching for a bit and you might be surprised and impressed. I certainly was!

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.

— Opinion —

Just give me a damn beer!

KATIE BERLINGUETTE

After a hard day of hitting the books, cramming for tests or finishing yesterday's assignments, I know I like to go and have a nice tall cold one. And where might the closest place to indulge in this pastime be? That's right – the Nest, right here on campus!

So why is it that every time I go there after class, it's either quiet, or filled with disgruntled customers? Maybe it's due to the fact that it takes up to 45 minutes just to get a basket of fries? Or maybe because once I order my drink I cannot seem to find my waitress to get another one? Or to ask where my drink even is? Or for the tab?

I know times are tough and sometimes serving can be stressful, but let's be real now.

From what I've learned about serving, you want to make the tips to pay for school, so you've got to please your customers.

customer disservice at the Nest, so I spoke to a few students who told me about their attempts to dine at our campus pub.

Fellow Hospitality Management student Patricia Andrade said: "We ended up going to the vending machine and eating a candy bar because we never got our

Having just over an hour to kill before a test, she and a friend decided to grab some fries at the Nest. However, after 45 minutes of not receiving their fries and failed attempts to track down their waitress, the students got up and left for class.

Another student, Tim Boris, who is currently taking Material Engineering, had similar problems when going for a pint after one of his exams.

"All I wanted was a beer, but once I got there, all I wanted was damn server." One of his friends had to finally go to the bar and ask for a server.

I don't want to sit here and critique the fine wait staff at the Nest. As a server, I too have had bad serving days, customer complaints and

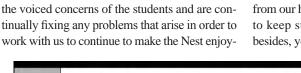
> walkouts. Sometimes when you're busy you're busy, and if people don't have the patience to wait for you, then you just don't need their business. I've had some negative experiences at the Nest waiting for service, but I've also had plenty of good experiences.

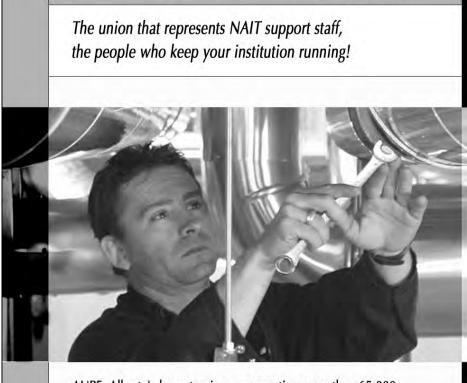
Manager Andrew, who was shocked to hear of such shoddy service, had nothing but good things to say about his staff and the level of ser-

vice provided. While management is clearly doing its best to keep improving customer service and also to keep the atmosphere of the Nest I decided to look into this ongoing issue of lively, relaxed and chilled, there will always be a few things that need to be tweaked. It is no different with any pub and restaurant.

The Nest is a campus establishment that is dedicating its time to fulfilling the needs of its clientelle – you, the students. They appreciate the voiced concerns of the students and are continually fixing any problems that arise in order to

able and a place where we can feel welcomed. The Nest is on our campus to help us meet and interact with fellow students and to get away from our hectic schedules. This is reason enough to keep supporting them. Try it out yourself; besides, you might just be pleasantly surprised.





The Alberta Union of Provincial Employees

AUPE: Alberta's largest union, representing more than 65,000 members province-wide, more than 8,000 Education sector employees and more than 1,100 members of Local 038 at NAIT.

www.aupe.org 930-3300 1-800-232-7284





I've had some

negative expe-

riences at the

Nest waiting

for service, but

I've also had

plenty of good

experiences.

Edmonton Oilers' Community Foundation backs athletics and education

The Edmonton Oilers' Community Foundation is donating another \$50,000 in scholarship money for players on the men's and women's NAIT Ooks hockey teams, as well as students in NAIT's Personal Fitness Trainer Program. The donation will be made at the start of the 109th Street Challenge Men's Hockey game between the NAIT Ooks and the MacEwan

WHY:

WHERE: NAIT Arena

Building S www.nait.ca and click on campus maps

WHEN: Friday, January 11, 2008

7:00 PM (just before the puck drops)

The Foundation has given \$90,000 to NAIT in student awards since 2000. The Edmonton Oilers' Community Foundation has similar scholarship programs at a number of post-secondary institutions in the Edmonton area

OPINION

— Editorial —

Funding, and where it all goes



ALISTAIR WILKINSON Student Editor

nly pure, vicious, drippinggreen-with-hatred vitriol can ever get me to overcome the January blahs (although doing a line of blow off of an exotic dancer's back is also fun). Whatever the rest of you do is fine by me, but most of us are feeling the crunch, both emotionally and financially, from our Christmas/Hannukah/ Kwanzaa/I-hate-consumerism holiday binge. Speaking personally, I'm skint,

depressed, and fatter than a very fat man swimming in a pool of fat (relatively speaking).

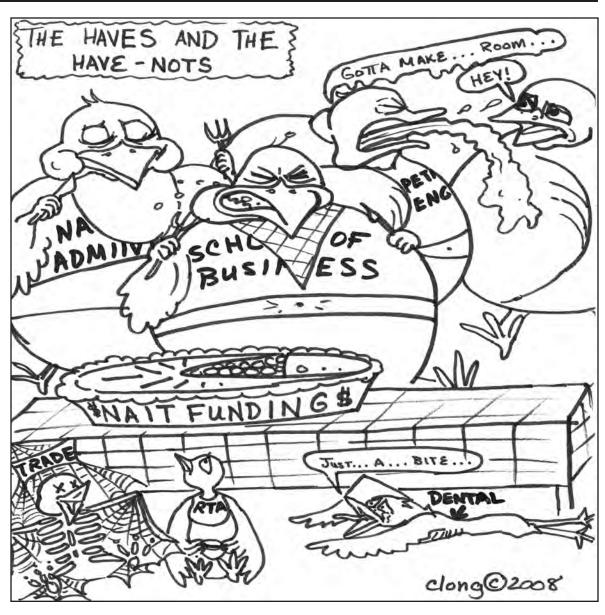
Yet if Christmas (here I'll confine myself to speaking of the winter holiday with which I am most familiar) is a time to appreciate what one has, then January is a the time to envy everyone else (e.g. "How come that single, childless guy can afford to snort powder off the nice lady?") It's a time when the former "haves", now "have-nots" thanks to Wii and Rock Band (or in French, le Bande de Rock), cast suspicious gazes on anyone not sweating Visa bills.

With that in mind, I'll funnel my bile into NAIT (and, so they don't feel left out, NAITSA), but not without first adding a touch of consideration (something that I normally avoid).

Regardless of which post-secondary institution one examines, funding never comes in large enough quantities to keep everyone happy. As provincial and federal funding to education diminishes, schools at every level are seeking moneys farther afield, becoming more and more reliant on private or corporate sponsorship – and the problem with corporate sponsorship is that strings seem often to slither in between the money and the outstretched hand. At the very least, private sponsors want some kind of control over which hand closes on the cash, and understandably so. Besides, drafting software costs less than a pre-fab shop (I hope), so inevitably one program/school will need more funds than another.

I understand fiscal relativity and priority allocation, but unmitigated and unwarranted favouritism only serves to create dissension (of course, so does the media). NAIT's wisdom has dictated an imbalance in funding and consideration, at the cost of educational development, economy and even student safety. The so-called "10-year plan" for NAIT's expansion (it started out as four) has thus far yielded only offensively ugly buildings that do little to benefit the students who attend them. The trades programs can barely cope with industry's demands for skilled workers (not that it matters, as our corporate friends employ unskilled workers at the cost of tradesmen). And perhaps, if corporate sponsors wish to promote educational development to aid Alberta's economy and workforce, they might bolster NAIT's infrastructure so that more students graduate alive (anyone remember those fires? Yeah.) Oh yeah, and NAITSA? Screw your Senate approved pay-raise! You can work the streets for your food-money like every other student (OK, maybe that's just me who does that, but I look great in a miniskirt).

It could be just the post-Christmas blahs, combined with envy, but I see far more disparity in funding allocation than should be present. Just like presents, you should get everyone in the family something they'd like, and can use. I'm not asking for a Ferrari, just don't blow the whole budget on Christmas booze and the "good" sibling. Then we can go back to envying the Joneses as one big, broke, collection-agent-avoiding family.



Enough is enough!

SHANT CHAKMAKIAN

Violence has long plagued our city and it's time for us as a community to stand up and say enough.

Whether it's an elementary school fight or a cocky jerk at a bar, words, not violence, need to set us apart as a city from the rest.

Last year, our city was plagued with 33 murders and even though it is down from 2006, as a community we need to make a stronger effort to fight violence.

We need to show each other how to be a lover not a fighter. Just about everyone in our city knows someone who has been victimized by violence.

Even though some incidents are preventable, if you use your words wisely, you can prevent violence.

What can you do to prevent it? Simple; exercise common courtesy and encourage others to be polite, whether you bump into someone or you accidentally spill someone's drink at the bar. Apologize and be polite.

When you see two people fighting, try to encourage them to relax, offer a better alternative such as going separate ways.

Speak in a calm relaxed non-

threatening voice and do not take sides. If it's safe, encourage a nonviolent resolution. If there is no choice, notify police.

Cage your rage. What do you have to gain from fighting? Some people have confidence issues and feel they have to prove themselves.

If it's anger issues, get counselling, exercise, try to avoid fighting. Your body will thank you and no one needs a criminal record.

It's much better than the alternatives, such as facing charges, getting brutalized, etc. Everyone has the right to defend themselves, but that does not justify excessive use of force.

If you have to defend yourself, do what it takes to neutralize your threat and walk away. Do not seek retribution

Talking goes a long way, even when someone tries to start a fight with you for no reason. Simply being polite takes away a reason they look for to justify confrontation.

Stand your ground, but do it gently. There is an old saying: "Speak softly, but carry big stick."

Another major problem in our city is drugs and group related violence. If you know a friend involved in questionable activities, encourage him to quit.

Although it isn't as easy as it sounds, it's best to be supportive and offer a better alternative.

Finding a lucrative tradeoff isn't hard and when it comes to money, it shouldn't be "easy come, easy go." Remind your friend of that and give a better option. You'll be thanked for it later

Just like Ice Cube says, "cops get in a fit when your shit is legit." The only way to win is to quit; not dig in deeper. Ensure you convey that and you might just change a life.

Obviously drugs can lead to escalating gang violence. That's what can cause things to spiral out of control.

The sad part is the chain of revenge serves nothing as the friends and families of one person after another lose someone they care about

As I got more involved in this community, I learned that we are responsible for the city we live in, not someone else.

Whether it's something big or small, we all need to contribute. Let's work together and make our city a safer place.

SPORTS

Athletic director on board



NAHREMAN ISSA **Sports Editor**

NAIT is proud to welcome to its family Linda Henderson, the new director of athletics.

Henderson is in charge of overseeing NAIT's varsity sports teams, in addition to the wellness programs, which include intramural sports, the exercise centre, the swimming pool, the arena, recreational classes and drop-in activities.

She has years of experience under her belt and is looking to pass on that expertise to the athletic department here at NAIT.

She comes to us from Victoria, where she was employed at the University of Victoria as a recreation coordinator for 18 years. During the last 15 of those years, she was also head coach of the men's volleyball team at Victoria's Camosun College.

Henderson has two main

"I will be evaluating the sports

programs and the teams, and look here at NAIT." at their overall outcomes. See what works and where we can improve and work on," she says.

She will also be looking at how to improve certain programs.

Her second objective is to get some student input when it comes to the facilities and programs here at NAIT.

"I want to make our presence on campus known to students. I want the students to know where they can go when they want to use the facilities."

Linda Henderson

"I want to make our presence on campus known to students. I want the students to know where they can go when they want to use the

Henderson believes that student involvement is very important.

"I'm looking into whether or not there is a liaison partnership with NAIT students and job employment know.

Henderson is interacting with Brent Constantin, NAITSA VP Campus life, to determine how best to promote student involvement. She wants to get the message across to students that there should be a fine balance between studies and health.

As all the services in the school (the workout gym, the pool, etc.) have been paid for with students school fees, Henderson would like students to use what they have paid for.

When it comes to the space being utilized in the school, Henderson wants to take a different approach. "Originally there was a 10-year plan, but at the time being, it is on hold. I would like to look at using the space in the school more efficiently. There is a shortage of space, but there are places where we can use, where we can branch out."

That is where you, the student, comes into play. Henderson wants your input when it comes to the athletic and recreational departments at

You can reach Linda in E-134 or Brent Constantin in the NAITSA office. If you have any ideas or suggestions you would like to pass on or inquiries, speak to them and let them



Linda Henderson

THE CHRISTMAS BREAK IN NAIT ATHLETICS

Non-conference games in review

Happy New Year from NAIT Athletics!

Here are some of the results from non-conference play over the holidays.

Volleyball

The women's volleyball team travelled to Calgary for the Timberland Classic at Mount Royal College. They suffered a Game 1 loss to GPRC 1-2, managed a Game 2 win over UCFV 2-1, and then lost Game 3 to MacEwan 3-1.

They came back with a Game 4 win over UCFV 3-0, a Game 5 win over Algonquin 3-0 and Game 6 win over Lakeland 3-0.

The men's volleyball team played in a tournament at Malaspina College in Nanaimo, B.C., where the results were as follows: Malaspina 3, NAIT 0 (25-19, 25-22, 25-22); UBC Jr Birds 3, NAIT 0 (25-15, 25-16, 25-12); Camosun 3, NAIT 0 (25-19, 25-22, 25-18); Douglas 3, NAIT 1 (25-22, 25-16, 23-25, 25-23; NAIT 3, Camosun 2 (22-25, 26-24, 22-25, 25-22, 15-13.

Basketball

The Ooks men's basketball team played three games at the SAIT Coke Classic and the results were: Camosun 77, NAIT 60; Lakeland 84, NAIT 61; Malaspina 80, NAIT 76.

No results were available from either the women's basketball team playing in Los Angeles or the NAIT badminton team, which was in action in Florida.

Hockey

The lady Ooks hockey team were at SAIT for a tournament and recorded a 1-0 win over U of C Dinos.

Alycia Monahan was outstanding in goal for the OOKS, stopping all 55 shots. It was a very competititive game with lots of action in both ends. Tamera Rude scored for NAIT midway through the first period and the OOKS rode the goaltending of Monahan the rest of the way for the shutout. Alycia was named player of

Saturday afternoon, the Ooks lost 4-1 to the SAIT Trojans. The game was a penalty filled affair. NAIT started a little flat in the first period and found themselves down by two goals. They did get stronger as the game went along. Beth Pernsky scored for NAIT closing the gap to 2-1. The OOKS gave up several

power play goals and couldn't generate the much needed offence to even the score and wound up on the losing end of a 4-1 game.

Sunday afternoon, the OOKS defeated the Saskatoon Kodiak Jrs by score of 3-2. Once again Alycia Monahan was solid in nets for NAIT stopping 29 of 31 shots in the victory. Player of the game was Alyssa Balaski who scored the winning goal.

The men's hockey team beat Augustana 3-2 and lost 10-0 to the University of Alberta Golden Bears.

Upcoming ...

ACAC action resumes Jan. 10, when the women's hockey team travels to Red Deer to play the RDC Queens.

On Friday, Jan. 11, the NAIT men's hockey team will host MacEwan in the 109 Street Challenge. The game is being promoted as a minor hockey night and all teams registered will receive free admis-

sion, free Funky Pickle pizza and be entered in a draw for a Blue Sky limo ride and meal at the Old Spaghetti Factory. Call 471-7713 to register

NAIT volleyball teams play a home-and-home series against Lakeland College, with the first game at Lloydminster on Friday night and both teams playing at NAIT on Saturday. The evening is being promoted as a minor volleyball night. Register your group of eight or more to receive free entry, free hotdog and entry into the draw for a team limo trip and meal at the Old Spaghetti Factory. Call 471-7713 to register your team. The women's game kicks off at 6:30 p.m. and the men will follow 20 minutes after the conclusion of the women's game.

NAIT basketball teams are on the road for a double header in Grande Prairie against the Wolves.

On Saturday, Jan. 12, the women's hockey team hosts the RDC Queens to complete their weekend series. Puck drops at 7 p.m.

Lars living his dream

Former NAIT soccer goalie Lars Hirschfeld has found his niche playing professionally in Norway

NAHREMAN ISSA Sports Editor

"My boy's gonna play in the big league."

I can't believe I just quoted Canadian rocker Tom Cochrane with his hit *Big League*, but for Lars Hirschfeld, the dream did come true. Hirschfeld, a former goalkeeper for the NAIT Ooks, is now playing soccer for the reigning Norwegian champs, Rosenborg.

Hirschfeld is garnering some worldwide attention now that his team is playing in the UEFA Champions league. Situated in Group B, Rosenborg competes with Chelsea (who are the English titleholders), Schalke (Germany), and Valen-

cia (Spain). Hirschfeld has played in all six games, and has a record of two wins, three losses, and one draw. Both wins came against Valencia, with the draw coming against Chelsea. He has allowed 10 goals against in six games.

The Edmonton-raised Hirschfeld was a member of the Ooks for two seasons, in 1996 and 1997. While he was with the team, he was twice named to the ACAC All Conference team and in 1997, was selected as the CCAA All-Canadian.

Manager Kevin Jones reminisced about the goalkeeper:

"Lars gave us a chance to win every game we played. Even if our

team was out-matched technically, with Lars in goal, the team played more confidently and often won games when we shouldn't have," Jones said.

"During his time at NAIT, Lars was a first-class person. He was humble in all his success and an excellent team member. He never put himself above the other players on the team. Lars was dedicated to his studies, preparing for his exams while he was at evaluation camps in Europe and returning to NAIT to finish his studies."

After his stint at NAIT, Hirschfeld went on to play professionally in Germany. He play for six other teams before settling down with Rosenborg – (Tottenham, Luton Town, Gillingham, Leicester (all in England), Dundee United (Scotland), and Tromso (Norway).

He also played for the Canadian National Team in the Gold Cup in 2002. The accolades continued as he was named top goal-keeper for the tournament. In total, Hirschfeld played in 21 games for Canada.

Hirschfeld's professional career couldn't be more exciting. Not only is he is playing soccer in a top league all the way across the Atlantic Ocean, but he is the starting goalie who looks like he's got plenty of game left in him.



Lars Hirschfeld Plenty of game

It's challenge time again!

It's that time again. It's time to show MacEwan College who has the better fans and the better product on the ice. This Friday, the men's hockey team takes on MacEwan's team. This is for all students to come out and support your team and your school. This is going to be a big one, so the Ooks need all the fan support they can get.

For those who are unfamiliar with the 109th Street Challenge, the NAIT athletic web page couldn't have explained it better.

"It's a joint initiative between NAIT and MacEwan developed to determine which school has better fans.

The way it works is that every fan that attends a designated 109th Street

Challenge game gets to vote for the school they are cheering for. Each vote is worth two points. During the game, NAIT fans are put up against MacEwan fans in various contests. The winner of the contests earns 10 points for their school.

Lastly, the team that wins the actual game earns 20 points for their school. NAIT has taken the Chal-

lenge both of its first two years."

According to NAIT's web page, MacEwan entered last weekend with a small lead. But with the women's hockey team beating MacEwan 3-2 in the shootout on Nov. 23, NAIT in now in the lead.

The men's team last played Dec.
7. They are going into this contest with a record of four wins, seven

losses, and three overtime losses.

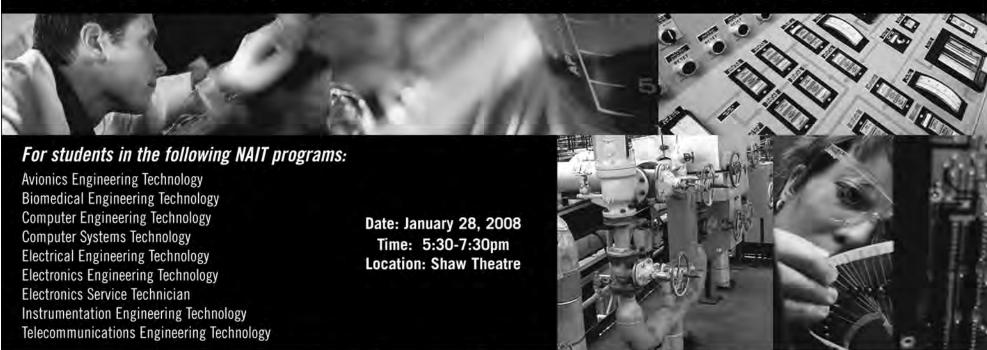
So come out and support the team, and let's continue the winning tradition with the 109th Street Challenge.

The game is this Friday, Jan 11, at 7 p.m. Admission is free for all NAIT students.

Go Ooks, Go!!!

- ISSA

STUDENT INFORMATION SESSION



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!

Your way ahead.



ACAC Standings

MEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mt Royal	14	10	3	1	21	67	44
MacEwan	14	9	4	1	19	65	53
SAIT	12	8	2	2	18	63	41
Briercrest	14	7	7	0	14	50	69
Concordia	14	6	8	0	12	43	63
NAIT	14	4	7	3	11	50	58
Augustana	14	4	9	1	9	47	57
		D	ec.	7			

Augustana 7, NAIT 6 (SO)

WOMEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mt Royal	12	9	1	2	20	32	17
Red Deer	12	8	3	1	17	38	23
U of C	13	7	5	1	15	29	29
SAIT	12	6	5	1	13	29	33
MacEwan	13	5	7	1	11	21	32
NAIT	12	2	8	2	6	17	32
Dec. 1							
MacEwan 2, UofC 1 (SO)							

MEN'S BASKETBALL

IVI	WIEN S DASKE I DALL					
	North Division					
Team	G	W	L	Pts	PF	PA
Lakeland	14	12	2	24	1214	999
MacEwan	12	11	1	22	983	829
Concordia	14	8	6	16	1019	968
Gr. Prairie	14	6	8	12	1076	1102
King's	14	6	8	12	972	1052
NAIT	14	5	9	10	1007	1074
Augustana	14	0	14	0	927	1174
	So	uth [Divisi	on		
Team	G	W	L	Pts	PF	PA
Red Deer	10	9	1	18	745	698
Mount Royal	10	8	2	16	862	637
Lethbridge	10	6	4	12	859	797
Briercrest	10	3	7	6	739	841
Med. Hat	10	3	7	6	655	771
SAIT	10	1	9	2	686	802

TKUC 86, Augustana 82 Nov. 30

CUCA 72, NAIT 61; LC 96, GPRC 56; LCC 85, MRC 79; TKUC 77, Augustana 54 Dec. 1

CUCA 80, NAIT 62; GPRC 102, LC 96 (OT); MRC 103, LCC 53

WOMEN'S BASKETBALL

North Division						
Team	G	W	L	Pts	PF	PA
Concordia	14	12	2	24	1099	843
King's	14	9	5	18	1027	906
Gr. Prairie	14	9	5	18	999	970
MacEwan	12	8	4	16	858	757
NAIT	14	4	10	8	892	1099
Augustana	14	3	11	6	919	1039
Lakeland	14	3	11	6	884	1066
	So	uth I	Divis	ion		
Team	G	W	L	Pts	PF	PA
SAIT	10	9	1	18	710	525
Mt Royal	10	8	2	16	709	490
Lethbridge	10	7	3	14	823	573
Med. Hat	10	4	6	8	641	589
Red Deer	10	2	8	4	506	690
Briercrest	10	0	10	0	363	885
		Nov	ı. 2 9			
Т	KUC 7	73, A	ugus	tana 64	ļ	

Nov. 30

CUCA 77, NAIT 54; GPRC 80, LC 68; MRC 69, LCC 68; TKUC 83, Augustana 58 Dec. 1

CUCA 72 - NAIT 54; GPRC 62, LC 56; LCC 72, MRC 57

MEN'S VOLLEYBALL

	DIL	ie Div	13101			
Team	MP	MW	ML	Pts	GW	GL
Mount Royal	16	15	1	30	47	11
Red Deer	14	11	3	22	36	17
MacEwan	16	10	6	20	38	23
SAIT	14	9	5	18	30	25

Briercrest	16	6	10	12	27	33
King's	16	3	13	6	12	44
Gr. Prairie	16	0	16	0	11	48
	Wh	ite Di	visio	n		
Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	10	9	1	18	29	9
Lakeland	10	9	1	18	28	11
Keyano	10	5	5	10	20	18
Lethbridge	10	4	6	8	15	19
NAIT	10	3	7	6	17	22
Portage	10	0	10	0	0	30
		Jan.	4			
DD0 0 D0 0	OF 0			470		

RDC 3, BC 2 (25-20,23-25,25-17,20-25,15-13) MRC 3, GPRC 0 (25-20, 25-20, 25-18) Jan. 5

RDC 3, BC 1 (26-28, 25-22, 25-21, 25-20) MRC 3, GPRC 2 (25-19,25-27,25-12,20-25,15-9) MacEwan 3, TKUC 0 (25-20, 25-16, 25-19)

WOMEN'S VOLLEYBALL Blue Division

MP MW ML Pts GW GL

ı	MacEwan	16	12	4	24	40	21
	Red Deer	14	12	2	24	36	17
	Grande Prairie	e 16	9	7	18	35	28
	King's	14	3	11	6	13	37
	SAIT	16	3	13	6	20	43
	Briercrest	16	1	15	2	14	47
		W	hite D	ivisio	on		
	Team	MP	MW	ML	Pts	GW	GL
	Lakeland	10	8	2	16	28	13
	Lethbridge	10	7	3	14	27	9
	NAIT	10	6	4	12	18	17
	Medicine Hat	10	5	5	10	19	19
	Keyano	10	4	6	8	15	19
	Portage	10	0	10	0	0	30
			Dec	. 4			
		/OO O	- 0- 4	~ 4 ^	05 05	40 45	441

RDC 3, BC 2 (20-25,25-16,19-25,25-12,15-11) MacEwan 3, TKUC 1 (22-25, 25-18, 25-20, 25-17) GPRC 3, MRC 2 (25-21,23-25,21-25,25-23,15-11)

Dec. 5 RDC 3, BC 0 (25-16, 25-18, 25-19) MRC 3, GPRC 0 (25-6, 25-14, 25-17) MacEwan 3, TKUC 1 (25-19, 25-22, 23-25, 25-15)

NAITSA Employment Opportunities

Poster Board Maintenance

Maintain and monitor NAITSA poster boards on campus. Hang posters and remove them upon stamped expiry date.

Campus Clubs Clerk

This person will assist clubs with start up information, forms, club banking and equipment loans while the Campus Clubs Manager is away from the centre. This part time position requires an organized, friendly, detail oriented person with strong customer service skills and is reliable.

Application forms are available in E-131. Competition closes Jan. 24.

NOTICE OF NAITSA GENERAL ELECTION 2008

Vote February 12, 2008 9 a.m. – 4 p.m.

POLL STATION LOCATIONS:

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

Watch for the February 7th issue of the Nugget for candidate pictures and articles.

Thank you for voting on February 12!



Book your ad today and be seen. 1.866.867.0098 thenugget@cu-ads.org















2 minutes in the box



NAHREMAN ISSA **Sports Editor**

Mike Comrie. When you hear the name, most people's first reaction is to boo. Hey, I did too when he first came to town, but I don't bother anymore. Don't get me wrong. I don't like Comrie, but I feel like I need to move on from our breakup.

While he has moved on, it seems that most fans haven't. He now lives in the Big Apple; he played in the Stanley Cup final, and is now dating Hilary Duff.

So while he doesn't care that Oiler fans don't like him, he can at least revel in the fact that he appears in more entertainment magazines than in hockey mags.

This is all too ironic for me.

the limelight, but he's dating a big-time celebrity. Why even bother wasting your breath on this guy?

started. I'm still not over that one. He is definitely worthy of a booing.

I'm going ahead of myself here, but when it comes to the Masterton Trophy, the NHL better name Fernando Pisani the winner. The trophy is awarded to "whichever

player best exemplifies the qualities of perseverance, sportsmanship, and dedication

Pisani missed the first 26 games of the season due to ulcerative colitis, lost 30 pounds, couldn't even climb a flight of stairs, and has managed to make a

Amongst other signs the earth is coming to an end, Ty Conklin was just named the third star by the NHL. He's the Penguins' starting goalie now, and has won seven in a row with a save percentage of .939 and a goals against average of 2.00.

Not only that, but he was the winning goalie for the Winter Classic (the outdoor

Where was this when he was playing for the Oilers? Is the future looking bright for Conklin? Well, yeah, because with this news, the sun is going to be crashing towards the earth.

So the New England Patriots went 16-0 He wanted out of Edmonton to escape in the regular season matching the Miami Dolphins record (with an additional two games played and won).

The Associated Press named Bill Belich-As for Chris Pronger, don't get me ick coach of the year and Tom Brady NFL MVP. What a waste it would be to see them lose this Saturday. In a way, I want to see

> Where are the "Cinderella" teams to take out the "stepsisters?"

Hey, it happens in hockey, why not



HELP!! We need some bodies. HELP!! Not just any bodies.

\$10/hour

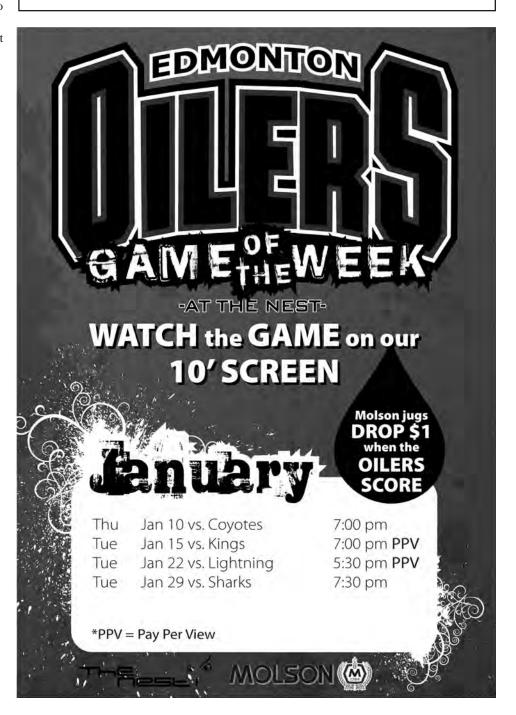
Poll Clerks needed for the NAITSA Election polling stations on Tuesday, February 12, 2008.

Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

All poll clerks **must** attend a training session on Monday, February 11 at 4:30 p.m. in E129. All clerks will be paid to attend the training.

We are also looking for ballot counters to count ballots from 4 p.m. to approximately 7 p.m. on Election Day, Tuesday, February 12.

Apply in person at the NAITSA office, E131, to Rita Cain between January 14 and February 8, 8:30 a.m. - 4:30 p.m.



Thursday, January 10, 2008

NAIT HITS THE SLOPES

Great people, service downhill



By SHANT CHAKMAKIAN

After a grueling semester, NAIT's students embraced Alberta's "work hard, play hard" tradition with another new year and another NAITSA ski trip. This year we enjoyed the beautiful town of Kelowna and the beautiful mountains of Big White and Silver Star.

If you've never boarded in Big White, you've never really boarded. I found Silver Star easier for beginners, but it was made mostly for skiers. But the runs and the sheer size are second to none

Teaching myself how to board within a week was quite a challenging (and painful) experience, but well worth it. Making the change from Snow Valley to Big White was very intense, testing the durability of my body. Snowboarding is truly an awesome sport, and what makes it even better is the people. Most boarders are awesome, fun-minded people who love to push the limits of boarding and celebrate with their homies.

As much I enjoyed the boarding, I do not feel that students received value for their money on this trip. NAITSA chose the Backside Tours trip this year over Downhill Riders (last year's choice). I never mind paying more for better value, but Backside Tours did not deliver. Compared with last year's ski trip, this one cost \$100 more, even though we stayed one night less than the previous year, had two parties instead of three and the accommodations and planning were lousy at best.

We arrived three hours late the first day and missed the pubcrawl. Of course, we still went out to a great club, called Level, in Kelowna (check it out next time you're in town). We were also late arriving back.

Most patrons agreed that last year's tour with Downhill Riders was much better and superior in value.

But the biggest peeve we all encountered were the accommodations, the Days Inn at Kelowna. I have stayed with that chain many times before but have never experienced the "quality" this negative 2-star hotel could offer.

But despite the incompetence, the lousy accommodations and at times lack of customer service, this was an awesome trip, thanks to the people on it, celebrating the promise of a new year!



Anticipation is high as the bus makes its way to the slopes.



CAREER FAIR

JANUARY 29.2008 | 9AM-4PM

Main Campus: Gym / North Lobby / South Lobby

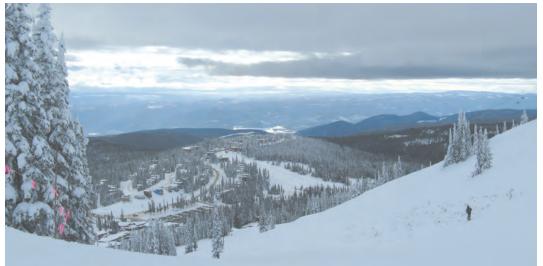
FOR MORE INFORMATION CONTACT

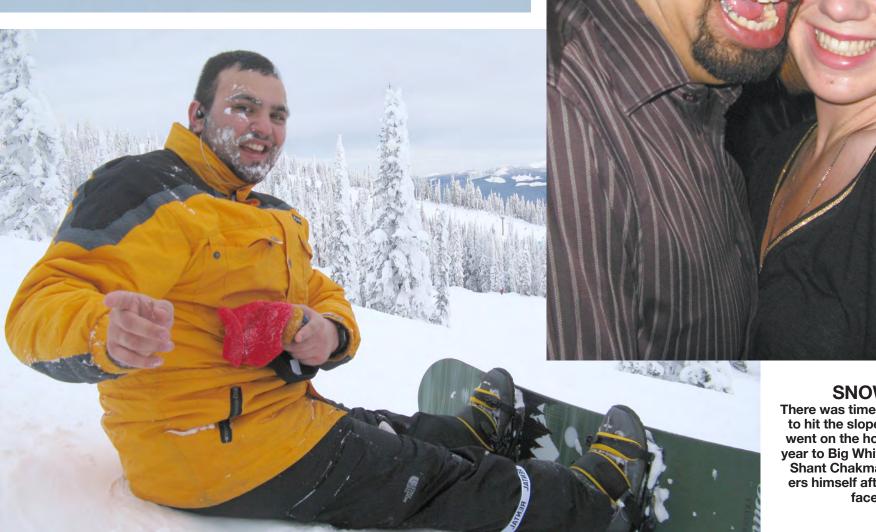
Lori Pratt
Department of Advancement
Phone: 780.378.1280
Email: lpratt@nait.ca

NAIT HITS THE SLOPES









SNOW FUN
There was time to party and time to hit the slopes for those who went on the holiday ski trip this year to Big White and Silver Star. Shant Chakmakian, left, gathers himself after a spectacular face-plant

Photos by Shant Chakmakian

Warm up to Freeze Over!



GEOFF TATE
Arts and Culture Editor

Welcome back my posse, great to see you once again. It really has been too long! I don't actually know how to write, so any skills I may have accidentally picked up last semester are long gone, those neural paths replaced by Settlers of Catan strategies and an abundance of nog-related recipes.

Hopefully the awesomeness of my news will blind you to my improper sentence structure and incorrect use of words such as Reaganomics and floofy, and we can all get along this semester without the fear of legal action in the form of lawsuits.

That being said, let's us get off (you're disgusting) on the right

track and bust out the first major event announcement of 2008, Freeze Over! Happening Feb. 1 right here on the NAIT campus, NAITSA will be pulling out all the stops, once again trying to outdo themselves from last semester's NestFest.

Freeze Over will be starting at 3 p.m., Feb. 1 at the NAIT hockey rink, completely stealing the show from the hockey game that will be taking place between the NAIT men's team and Mount Royal College. Brent Constantin, NAITSA's VP Campus Life, says if you make one game this year, make it this one.

"We will have giant hamster balls down on the ice for any who want to use them, and Cirque-like people climbing down the rafters! We are also setting up an Ultimate Survivor team competition with the winner taking home skybox tickets for an Oiler's game."

If you are interested in entering a team for this competition, be sure to stop by the NAITSA office for more details. And it doesn't stop there! Around 5 p.m., the party will be moving down to the Nest to be entertained by Edmonton's own Tupelo Honey.

"We also have a couple bigger bands in the works to be playing as well, and those will be announced a little later."

For those of you who are a part of Ooknation, you might also be interested to know that the trip to Cancun prize will be drawn during the intermission of that night's game, and you must be in attendance to win. You can still enter to be a part of Ooknation and be eligible for the trip; you just need to stop by, once again, the NAITSA office

Tickets for Freeze Over go on sale this coming Monday for \$10 each.

And, as always, volunteers are greatly appreciated, so contact Heather at naits avolunteers@nait. ca if you are interested in helping out at Freeze Over, the event of the year!

FEEL GREAT @ NAIT FACEBOOK

Join our Facebook group to view the Winter Wellness Guide

First Color Field C



Become a Fan on FEEL GREAT @ NAIT before Jan. 14 and you'll be entered to to win a Lululemon gift card!







Dine

When I first came to post-secondary I was excited, maybe it was all the stuff I've read, but, I had this idea about colleges and universities being hotbeds of political and social change. What happened?

Has this always been a myth or

are we here at NAIT just so con- used to getting everything they sumed by ourselves we have no interest in anything larger? Everywhere I look the only issues people are interested in tackling are what to buy and how to beef up their resumes. But maybe it's unfair to ask anything of people that are so

want at a click of a mouse that they could care less about anything outside of that.

Why would you risk rebelling against your soft hedonistic lifestyle for an unknown result?

I don't have answers for other

people, all I know is that there are problems on campus (and of course the world) that I don't see being addressed here.

Does no one at NAIT see any problem with having to stare at an ad for Hudson's Tap House while they urinate? That the only

prayer space in the school exists in a glorified broom closet? That our green space is limited to the grass in between sidewalks? That you have to walk a city block to recycle a piece of paper? The list goes on ...

- Tristan Bonncent

In Grapevines, you can speak anonymously to other students. Contributions: nuggetgrapevines@hotmail.com

Club Fair

There will be a Club Fair on Jan. 22, from 10 a.m. to 1 p.m. in the South Lobby.

We want to showcase the current clubs on campus and

get people interested in possibly starting more. There will be draw for Oiler tickets and swag for those that attend and visit each booth (passport type stamps at each booth).



PACKAGE INCLUDES:

2 night's

Accommodations in Stanford Condo 2 Lift Tickets

Fernie Alpine Resort Return Luxury Coach Transport **Evening Activities** Professional Tour Guides

S290 Per Person

GST Included Payable at NAITSA office E131



IS LIMITED!

Contact Info:

Laureta Boychuk Lboychuk2@ookmail.nait.ca

For the clubs, we are offering the following to encourage you to register to showcase your group:

Each club registering and in attendance at the Club Fair will receive 25 GIVER points.

There will be:

- Grand prize of 400 GIVER points for best booth
- Second prize of 200 GIVER
- Third prize of 100 GIVER

Criteria for the booth competition:

A club representative is to be present at each booth during the Club Fair (10 a.m. to 1 p.m.) You can have people working shifts, it doesn't have to be one person only, but someone must be there. Booths must be creative, innovative and attention-getting.

Please register for a table/ booth space with the campus clubs manager by 4 p.m. on Jan. 11.

Club Mailboxes

A friendly reminder for current Clubs to check their mailboxes. These mailboxes are found in the NAITSA lobby (E131)

GIVER POINT Update

The Giver Program gets student clubs involved in their school and greater Edmonton Community by either volunteering or donating supplies/funds to a charitable cause.

Here are the Giver Point a time to meet.

standings as of Jan. 7:

1st - Club 5 Star 2nd - AHT 2008 889 pts 3rd - NAIT Baking Club 732 pts 4th - PGC 330 pts 5th - MRT 61 300 pts 6th - Dental Assisting 264 pts 7th - ORAS 100 pts

8th - LAT 14 pts 9th - MECSA 7 pts 10th - NAIT Hip Hop 7 pts

Curling Club:

For NAIT students interested in curling at the Avonair (Right across Princess Elizabeth Avenue, Kingsway Garden Mall

Mondays from 4:30pm to 6:30pm contact the NAITSA Campus Clubs Manager first, and you will then be set up with the organizer.

They play from January 7 to March 3, 2008 for only a nominal fee of \$20 (that is for the whole period during that timeslot).

Chess Club:

Mike Sekuloff, a NAIT staff member and president of the Alberta Chess Association, would like to get a Chess Club started.

He will offer basics to get you started in chess, information to running a tournament or to prepare for a competition.

Please contact Mike via email mikesek@nait.ca and set up

Note: These Clubs have sub-2,660 pts mitted volunteer/donation documentation for their Giver Points. The cutoff date is March 14.

The top three Giver Point earners win the following: First place \$1,000; second place \$600 and third place \$400.

Music Club

We have a great semester planned for those interested in a Music Club. We have partnered with Universal Music's Black Top Guerilla's to present CD Listening parties twice a month at The Nest. Have you ever been to a Listening Party before? These are opportunities to hear a CD that has just been released or depending on timing is a CD Release Party. Of course there are

CD giveaways, T-shirts, posters and possibly concert tickets. Music Club members get

first crack



at winning prizes. Register with the Campus Clubs manager to get first dibs!

Check it out! The first listening party is Thursday, Jan. 10, at 4:30 p.m. in the NEST.

Upcoming Events

Music Club

Event: CD Listening Party When: Thursday Jan. 10, 4:30 p.m.

Where: The Nest

Petroleum Club

Event: OOK Men's Hockey 50/50 Draw When: Friday January 11, 2008 Start 7:00pm Where: NAIT Arena

MECSA & KVA

Event: Beer Garden

When: Friday Jan. 18, 3 p.m. – 8 p.m. Where: The Tower Lounge 8th Floor **CETSC**

Event: OOK Men's Hockey 50/50 Draw

When: Friday Jan. 18, 7 p.m. Where: NAIT Arena

Rose Martin Baumgartner NAITSA Campus Clubs Manager Room E133; Ph: 471-8871; Fax: 491-3989 E-mail: roseb@nait.ca

Toastmasters

Toastmasters is an opportunity to develop skills in speaking and presenting. These skills are valuable in both your personal and professional future.

Here at NAIT we have the privilege of having resources (some NAIT staff) that are representatives in Toastmasters.

There have been some inquiries this group, but we need 12 people for the Toastmaster activities to work successfully.

If you are interested, please contact the NAITSA Campus Clubs manager.



Your horoscope





KATIE BERLINGUETTE

Jan. 10-17

Aries (March 21-April 19)

You have been thinking about going back to your roots lately. Don't. You probably won't like what you find. While learning about your past is a good thing and can teach you a lot about yourself, how you interpret that information can be destructive. Instead, look to the future and a fresh start this year.

Lucky Number: 2896.3

Taurus (April 20-May 20)

Tie your shoes. You'll trip if you don't.

Lucky Number: 89

Gemini (May 21-June 20)

You are very creative, Gemini. Try using your knack

for thinking outside the box Virgo (Aug. 23-Sept. 22) to benefit you this week. Take each challenging situation and tackle it in a new way. You'll soon find that your ingenuity will surprise those around you. Let colours and words describe your feelings,

Lucky Number: 7

Cancer (June 21-July 22

Take care around bus terminals and knife-wielding pedestrians. The world is a dangerous place and you should take special care to be ready for it. Unexpected things happen and being an adaptable individual will benefit you this week.

Lucky Number: 8

Leo (July 23-Aug. 22)

The stars are showing impending doom in your sign. There are two ways to avert said impending doom: eat plenty of carrots and watch the sky warily and start digging an emergency shelter. It never hurts to be prepared. However, you are doomed.

Lucky Number: 6

Your patience will be stretched to the limit this week. It's OK, though! If you focus on the tasks at hand, you'll make it through. If that still doesn't help, stand on a windy rooftop. Good luck.

Lucky Number: 0

Libra (Sept. 23-Oct. 22)

Beware of strange men wearing blue. Remember that you shouldn't take candy from strangers or go for rides to the park with them. This week you should try having some good clean fun with an old friend. Staying in will help you avoid the strange men.

Lucky Number: 12

Scorpio (Oct. 23-Nov. 21)

You should find religion. If you already have - congratulations! Faith is good for the soul. Keeping faith is better for the

Lucky Number: 72

Sagittarius (Nov. 22-Dec. 21)

Debate everything. Fighting the "man" this week will help you stand up and stand out. Holding your own opinion will

really show others that you can be your own person. By the end of the week you'll be leading the pack and that's a good thing.

Lucky Number: 100

Capricorn (Dec. 22-Jan 19)

You probably won't be feeling well right now but there is an end in sight! Just remember not to eat questionable meat. In fact, if you kick-start 2008 with a healthy diet and plenty of exercise, you will not only look better, but also feel better. This will give you more energy and a renewed zest for life.

Lucky Number: 12.6

Aquarius (Jan. 20-Feb. 18) You might be looking for a little

more Zen in your life. The good news is: it is possible to find it. With a little Feng Shui and meditation, the answer will be revealed to you in a mysterious and obscure way. It will be a beautiful epiphany. The bad news is: if you don't have that beautiful epiphany, you will wander the earth in lonely despair until you find it.

Lucky Number: 2

Pisces (Feb. 19-March 20)

Don't believe everything you hear this week. The people around you aren't always honest and don't want the best for you. It's best if you decide on a direction and go with it. Besides, it could work out for you.

Lucky Number: 171/2







SINGLE OF THE WEEK



BRENT CONSTANTIN My friends call me Brent

The Writer's Guild may be on strike in America, but thankfully we here at the Nugget are non-union, and even if we were, we'd all cross our own picket lines as filthy scabs. Does that make sense? It shouldn't.

I hope your break went well; personally I'm a bit disappointed that apocalypse didn't happen this New Years. Each December I prepare for the coming end to existence, and each January I'm a little bit disappointed. I'm glad to still be alive, don't get me wrong, but each time Armageddon doesn't happen the anticipation for next year is horrible. I have a good feeling about 2009 though. Go apocalypse '09.

If you're new to NAIT this year and this is your first issue of the Nugget, welcome, firstly, and let me introduce you to the Hot Single of the Week article (HSW to those in the know). Each week I get the chance to meet a new friend on campus that also happens to be hot and single. I do a little interview with them, and then you, the reader, gets the chance to contact these beautiful slabs of human flesh. Up to speed? Fantastic.

Our first HSW of the new year is Candace, a first year dental assistant. I met her during her first time at our campus pub the Nest before the Christmas break, so, I'm glad I took notes.

B: Hi, Candace C: Hello

B: So ... tell me ... about ...

C: OK, well, I'm a farm girl from Adrossan. Ummm ... I love to sing, rollerblading, buckhunter.

B: Kay, cool, sounds like a wellrounded list of activities. What kind of guy are you looking for?

C: Someone funny, honest, independent, not cocky, compromising, and they have to like to dance, too. Someone not afraid to be themselves,

someone that likes to do something more than just stay at home, and, if it's possible, a genuine good person.

B: Do you have a name for this mythological being you've created? Just kidding, I'm sure there are some really nice guys out there; they're just all over 60. What was the last relationship you were in?

C: We broke up maybe a year ago after we had been dating for around

B: And what happened there? Why did you break up?

C: Well ... he was just really selfish

B: What do you mean?

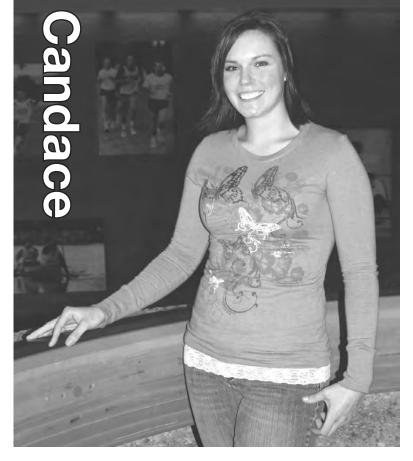
C: It's kind of embarrassing ...

B: That's good, don't worry it'll just be between you and me and everyone who reads the paper.

C: Well for the longest time he just wouldn't sleep with me, and then I caught him jerking off. Isn't that

B: That's actually really funny. You broke up with him over that?

C: Yes, what's wrong with that?



B: No, nothing ... So tell all of our faithful readers why you, Candace,

C: Well, I'm sweet and funny, I'm a giver not a taker, I have nice eyes, I think a bit higher, I have really good values, I don't cheat and I have great respect for people that deserve it.

B: Plus you're a lovely young woman, I'm sure you'll only stay single as long as you want.

So, now, you (the reader) have the opportunity to get in touch with Candace through me. E-mail me at Bconstantin@nait.ca and I'll forward those messages on to her.

AND if you would like to appear as an upcoming HSW (or nominate a friend) email me at the same address, and let your life blossom to the next

Out and about





BERLINGUETTE

Would you write for the **Nugget? Why or why not?**



Yes, because I read it.

Jackson Wu Chemical Tech.



No, we're too busy, but otherwise we would.

Katie More Janaia Hinchey DMS



No, because I'm a part-time student.

Mark Forestier Carpentry



I've never written before, but I hear it's wonderful.

Anonymous



No, I'm not into writing.

Amelia Heuchert Personal Fitness **Training**

UGGRIGO

SIMPLE MATH



Need money after the Christmas drain??

Student workers needed for the Imaginus Poster Show.

- Three students needed for Jan. 31 setup; 7 a.m. to 10 a.m in the North Lobby. \$11/hour, heavy lifting.
- Two students needed to hand out flyers on Jan. 31 and Feb. 1; 11 a.m. to 1 p.m.
- Three students needed for Feb. 1 teardown; 5 p.m. to 7 p.m. in the North Lobby. \$11/hour, heavy lifting.

Please see Rita Cain in E131 (NAITSA office) to apply or e-mail her at ritac@nait.ca. ONLY THOSE WHO ARE RELIABE AND ABLE TO COMMIT TO THE TIMES SPECIFIED NEED APPLY!!

DENT SUCCESS SEMINARS Room X111

SESSION	DATE	TIMES
EXAM WRITING/ MANAGING EXAM ANXIETY	Thursday, Jan 10 th	11:15 to 12:15 <u>or</u> 12:15 to 1:15
TIME MANAGEMENT/ MANAGING PROCRASTINATION	Tuesday, Jan 15 th	11:15 to 12:15 <u>or</u> 12:15 to 1:15
STRESS MANAGEMENT	Wednesday, Jan 16 th	11:15 to 12:15 <u>or</u> 12:15 to 1:15

All sessions are free and drop-in. For more information, contact

STUDENT COUNSELLING

Room W111-PB, HP Centre Phone 378-6135

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:

www.bring-them-home.ca

or phone: (780) 917-7610

Address: 10147 - 104 Street, Edmonton, AB T5J 0Z9 Fax: 780-485-5085, Email: HR@TrendResearch.ca, Phone: 780-485-6558

TREND HIRES ON AN ONGOING BASIS



The Nugget Thursday, January 10, 2008

Ask a Counsellor

Starting off on the right foot



Margaret Marean

It's a new semester and a great time to evaluate what went right and what went wrong last term. Here are some areas to look at:

Attitude

- Am I prepared to put schoolwork as my priority and to work

Discipline

- Do I have regular study and
- Am I getting into a good study routine right at the beginning of the semester?
- Do I procrastinate? If so, highest? how can I change this habit?

Organization

- Do I use a daytimer to write boost your success: down all assignments, appointments, exams, etc.?
- Do I make a daily to-do list? - Are my books, locker and
- workspace organized?

Interference

- What were the major sources of interference last term?
 - How can I limit phone calls,

television time, computer games, interruptions from family and

Focus

- Am I concentrating and learning during classes and study periods, or is my mind wandering?

 Do I get adequate nutritious food, sleep and exercise?

Resources

- Could I make better use of the services available such as the Library/Learning Resource Centre, the Tutorial Centre (Room A133), Student Counselling, peer tutors, and instructors?

Finances

- Have I budgeted for the semester so I am not stressed about finances toward the end of term when school stress is the

Here are some suggestions to

- Give yourself credit for your academic strengths. Evaluate your weaknesses and decide on one or two areas that are realistic to improve. Don't expect perfection.
- Attend student success seminars starting on Jan. 8. See details in the Nugget, at the student counselling office or at www.nait.

ca/counselling/seminars.

- Rate your study skills online at www.nait.ca/studyskills and see tips for enhancing your
- Pick up your copy of Techniques to Maximize Learning Potential, which is available free of charge at the student counselling office and includes information on basic study skills, time management, procrastination and memory, exam writing and exam
- See a counsellor for any academic, personal or career choice
- Be realistic. Most New Year's resolutions are abandoned because they are too grandiose. Set small, achievable goals for change, monitor regularly and reward yourself.

Have a great semester!

Student Counselling Room W111-PB. HP Centre Appointments can be booked in person or by calling 378-6135

Do you have an academic, personal or career-choice question you would like answered? Send your questions to counselling@

LOL (Learn Over Lunch) Workshops

Improve Your Reading

Tuesday, January 22nd Get practical tips to evaluate and improve your reading

Learn to Relax

Thursday, January 24th Experience guided relaxation exercises to teach self-

relaxation, as well as some quick tips to prevent stress from escalatin

What Is Your Learning Style?

Maximize the use of your personal learning style by identifying and understanding how you learn and process information, and become informed about learning styles that are different from your own.

Enhance Your Self-Esteem

Tuesday, February 5th
Self-esteem impacts confidence, mood and relationships. Get some strategies to start feeling better about yourself and enjoying life more

Assertiveness

Thursday, February 7th
Learn the basics of assertive communication.

Giving & Receiving Feedback Effectively

Monday, February 11th
Get helpful information as well as an opportunity to practice the important communication skill of giving and receiving feedback.

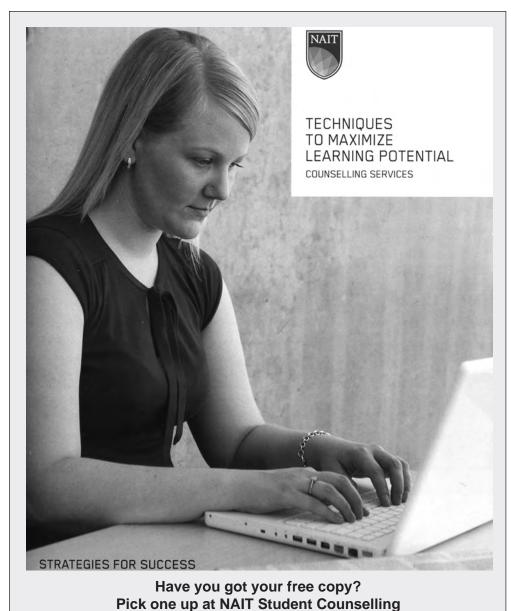
All sessions are free Pre-register at counselling@nait.ca or in-person at W111-PB

Location TBA

NAIT STUDENT COUNSELLING

W111-PB, HP Centre, Telephone: 378-6135 Website: www.nait.ca/counselling e-mail: counselling@nait.ca Office Hours: Monday to Friday: 8:00 a.m. to 4:30 p.m.

...facilitating student success



W111-PB in the HP Centre

Mature Students Welcome and Welcome Back

Whether you are new or returning for another semester, please join us for cookies, beverages and an opportunity to meet other students who have been out of school for a few years.

Share experiences & get tips for success.

Date: Wednesday, Jan. 16 Time: 4:30 - 5:30 **Location: International Centre, W301, HP Centre (3rd Floor)**

This event is free and you don't need to preregister.

For more information, contact:

Student Counselling

at 378-6135 or counselling@nait.ca

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 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.

NEED A PART TIME JOB THAT SUITS YOUR SCHEDULE?

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

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

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





Rapid Resume Review

January 10 Engineering Annex Main Floor

January 17 South Lobby

January 31 HP Centre Lobby

February 7 Business Tower Main Floor

February 14 Spartan Centre Main Floor

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

Brought to you by NAIT Student Employment

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+

VOLUNTEER?

Ice on Whyte

Do you enjoy children and the outdoors? This volunteer experience may be for you. Ice on Whyte is looking for people to be a part of the welcoming committee, ice slide sheriffs, competition assistants and warm-up buddies. The festival is January 17 to 27, from 10 a.m. to 10 p.m. (four-hour shifts). Just call or e-mail Angela at 987-0394 or angelabennett@shaw.ca to let her know your availability.

School Program Teaching Assistant Volunteers at TELUS World of Science

Volunteers interact with school groups attending pre-booked, curriculum-based interpretive programs. Working with program instructors in a classroom setting, School Program Teaching Assistants demonstrate their ability to inspire and motivate children through the use of guided questioning and personal support. Volunteers are asked to commit to a minimum of one, four-hour weekday shift per month. For information about our volunteer program and the placement process, and to apply directly online, check out our website @ www.telusworldofscience.com/edmonton or contact Volunteer Resources at 452-9100.

ElderCare Edmonton

If you can spare a few hours each week and would like to meet new people and have fun, this is for you! This non-profit organization provides day programs for seniors, with the goal of assisting them to remain independent and active in their communities. A few ways you may be able to help include:

- Greeting and assisting clients as they arrive.
- Socializing with clients. (Reminiscing, playing a card game and chatting)
- Assisting with lunch and coffee break.
- Sitting with clients and encouraging activity participation (crafts, exercises, etc.)

To apply for a volunteer opportunity or to receive more information, please contact by phone at 434-4747, ext 4.

St. Michael's Health Group

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

Volunteer Panel Member

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

Adopt a Grandpa or Grandma

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

Peer Mentor for Asthma Teens

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

Thursday, January 10, 2008

