

# THE NUGGET

Thursday, Jan. 17, 2008  
Volume 45, Issue 17



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Brendan Abbott

## AT THE NET

The NAIT women go for a block against a Lakeland College player on Saturday, Jan. 12 during a volleyball game at the NAIT gym. The Oaks won 3-1.

# Winter's better with Freeze Over!

NAITSA's winter extravaganza on Feb. 1 features a survivor challenge, a tailgate party and a hockey game in the NAIT arena with bands and prizes  
Story, Page 10

## INSIDE:

**Arts and Culture:** Page 10

**Ask a Counsellor:** Page 18

**Editorial:** Page 5

**Grapevines:** Page 17

**Horoscope:** Page 15

**Hot Single:** Page 16

**Mouthing Off:** Page 20

**News:** Page 2, 3, 4

**Sports:** Pages 6, 7, 8

**THE NEST**

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

Look inside for ads on our january oilers game of the week & our new nest specials for '08

we're here...where the hell are you?





# NEWS & FEATURES

## NAITSA Life after president leaves office moves on



**GABRIELLE HAY-BYERS**  
Student Issues Editor

With NAITSA Executive Council elections looming just around the corner on Feb. 7, questions remain about former president Kerri Wyspianski's resignation. However, respect for her privacy remains tantamount within the NAITSA office.

"We have remained quiet regarding her departure, as that is what she had asked us to do. In her letter of resignation, she cited personal reasons and asked us all to respect her decision," says VP Apprenticeship and External Amanda Spearing.

As the *Nugget* reported last week, however, speculation has been rampant outside the NAITSA office about why such a talented person would choose to leave her job.

"Leaving was honestly one of the toughest decisions I ever had to make in my entire life, but I had to choose who came first and that was myself," says Wyspianski.

On the question of whether or not internal office conflict and personality differences led to Wyspianski's resignation, VP Student Affairs Brent Constantin said: "I don't think that personality differences is really the way to describe it ... there were problems with persons. I guess only Kerri can say why she left, but I'm guessing that you have to assume that whatever it was, it was enough to make her leave."

Constantin later continued his statement, saying, "For anybody, anywhere, the worst thing you can do if you have a problem is do nothing. She did something. Is it what I would have done? No. But I have to at least commend her for it."

Wyspianski said there were many issues.

"Lots of things could have been handled better, especially when it comes to working as a team and backing each other up on things ...," she said. "Just supporting each other, working as a team effectively instead of stubborn people being stubborn on both ends."

According to Spearing, good teamwork is a part of any executive's job, which inherently includes spending an enormous amount of time with fellow executives.

"When you work so closely with people, to the point that you are eating, breathing and sleeping next to the person (when on conferences, for example), it is very hard to separate your work life from your personal life. I know that this is something every executive struggles with, and will continue to struggle with for years to come."

VP Academic Lisi Monro agrees.

"We attend conferences together, we see each other 10-12 hours a day in the office. Personal life and professional life are melded together when you're on executive council."

Wyspianski says that being in an executive position "is very difficult, especially with four people becoming executives from students. It's a big thing. I've definitely learned more in these eight months than I have in all my schooling, not only about myself, but about people and how personality types interact, both on and off work."

Wyspianski wants to assure the students of NAIT that the projects that she had originally undertaken are still in the works.

"I'm still working on the ETS project. That was my promise and I don't make promises I can't keep. I'll be speaking on your behalf on Jan. 22 to councillors and the city about increasing resources and funding to ETS, along with (Senator) Aaron Brin."

NAITSA executives want to set students' minds at ease about the state of NAITSA, especially with the upcoming elections.

"There does need to be a focus on the positive. We're conscious of the fact that we're going into our elections in February and we need people to know that this has

happened, and that it's just a bump in the road," said Monro.

"There's nothing wrong happening here. The students' association still does exist without Kerri here, that we're moving forward in a strong way and that we're not having any problems."

Wyspianski wants to assure any student interested in running for Executive Council that working for NAITSA is an excellent experience.

"I don't regret running, it's one of the best things I've done, but go in with a strong head and a backbone, and always remember – you get more bees with honey than vinegar. Personal relationships go a lot farther in the long run. You'll meet a lot of great people and gain a lot of neat experiences."

NAITSA executive council elections are taking place on Feb. 7, and a nomination form can be found at the front desk of the NAITSA office.



**Kerri Wyspianski**  
Tough decision



Photo by Dorothy Carter

### HAPPY LISTENING!

Megan Hall, from Universal Music, gives away some CDs at the Nest CD release party last Thursday, Jan. 10.

# It's time to run.

NAITSA General Elections Nominations Now Open.

Deadline for Nominations January 31, 2008.

Information sessions to be held January 15, 22 & 29 at 4:30 pm in E129.



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



# Instructors show their stuff

Place third in community ice-sculpting event

**PATRICIA ANDRADE**

Approximately 1,000 Edmontonians were in attendance with their families at the Alberta Avenue Community Hall on Jan. 12 for a day of festivities running from 11 a.m. to 5 p.m. Activities included an ice sculpture competition, hay rides, broom ball, kids art workshops, art displays and a taste of Ukrainian cuisine.

NAIT culinary chefs de cuisine Michael Gobin and James Szutarski transformed a block of ice into a beautiful work of art in less than five hours. With only chainsaws and chisels to work with, both talented individuals displayed amazing work ethic, awing the judges and placing third.

The choice for their sculpture was inspired by the Julian calendar, which was made by Julius Caesar – the ruler of the Roman Empire – 46

years before the birth of Jesus.

The weather played an important role for all competitors, who also included Hinz Zadler, Fran Cuyler and Michael Rapati, Helen Rogers, Matt Vest, and Keith Turnbull.

“The weather was so warm, it was hard at times, but it worked out for us,” reported James Szutarski, speaking about the 5 C temperature Saturday afternoon.

Guest judge and Councillor Ed Gibbons stated, “The weather has been great.”

The panel of judges also consisted of members of the Sculptor’s Association of Alberta, Brian Mason (MLA and current leader of the Alberta New Democrats), Mayor Stephen Mandel, and Ward 3 Councillor Tony Caterina.

The top three winners were announced at 4 p.m., with Michael



Photo by Patricia Andrade

**NAIT culinary chefs de cuisine Michael Gobin and James Szutarski stand with their creation after placing third in an ice carving contest at the Alberta Avenue Community Hall during the neighbourhood’s Deep Freeze winter festival on Jan. 12.**

Rapati placing first, Helen Rogers second, and the NAIT duo third.

Brian Mason, Ed Gibbons and Tony Caterina had nothing but positive comments to share after the competition was over.

“The sculptures were beautiful,” said Mason.

“Please come out again and keep that culinary knowledge, and carry on from there,” said Gibbons.

“We thank everyone for attending,” said Caterina.

If you did not have a chance to attend, the sculptures will be on display throughout the week.

# Apprentices left out

**MICHAEL LOUGHRIN**

Tucked away in the farthest reaches of Nait, enclosed as if it were a secret. Special Ed, you may think but, no, not quite. Within the trades world at NAIT, many share similar opinions on the matter of an invisible apprenticeship program that seems to be getting pushed to the back shadows of the NAIT community.

NAITSA vice president of apprenticeship and external, Amanda Spearing, is finding the same thing.

“NAIT is one of the most prestigious technical institutes in Canada and the trades are the biggest part of that,” Spearing said. “We need to start taking better care of the trades.”

“There is a serious lack of knowledge on the apprentices’ end, concerning what is available to them – from types of funding, to NAIT involvement, to simply making the transition and being welcome at this institution.”

Maybe it is the allotted school time of eight to 10 weeks for the trades per year that make the trades undeserving, in the eyes of some, to receive true NAIT student and administration recognition, but Spearing doesn’t think that is the case at all.

She believes that the length of schooling at NAIT shouldn’t make a difference.

“All NAIT programs are important, but the trades are vital to the success of the school,” she said.

“Trade students need to be better cared for and recognized, because they are core to NAIT,” she added.

Spearing offered ideas on what she thought could be done to improve the trades situation at NAIT, ranging from transition to and from school each year (through a transition officer), more awareness on student finance, activities, funding and awards, as well showing off the trades’ involvement throughout the school campus.

## Welcome all new students!

Did you know we offer the following items?

- \* Clothing
- \* Gifts
- \* Confections
- \* Stamps
- \* ETS Transit Passes & Tickets
- \* Diploma Frames
- \* School Supplies
- \* NAIT Logo Merchandise

We’re more than just textbooks...



BOOKSTORE

**The Nugget**  
Room E-128B  
11762-106 Street  
Edmonton, Alberta  
T5G 2R1  
Production Office  
471-8866  
Fax: 491-3989  
E-mail: [fmackay@nait.ca](mailto:fmackay@nait.ca)

**Student Editor**

*Alistair Wilkinson*  
[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

**Sports Editor**

*Nahreman Issa*  
[sports@nait.ca](mailto:sports@nait.ca)

**Arts and Culture Editor**

*Geoff Tate*  
[entertain@nait.ca](mailto:entertain@nait.ca)

**Student Affairs Editor**

*Gabrielle Hay-Byers*  
[issues@nait.ca](mailto:issues@nait.ca)

**Photo Editor**

*Lisi Monro*  
[lisim@nait.ca](mailto:lisim@nait.ca)

**Production Manager**

*Frank MacKay*  
[fmackay@nait.ca](mailto:fmackay@nait.ca)

For advertising inquiries, please  
call 471-8866  
or e-mail: [fmackay@nait.ca](mailto:fmackay@nait.ca)

**The Nugget encourages submissions.**

[studenteditor@nait.ca](mailto: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](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.



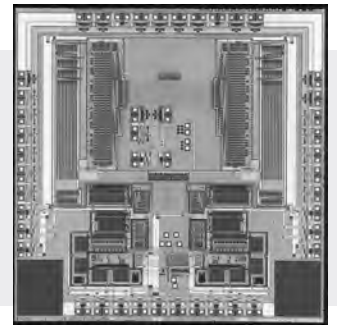


**Tech  
Talk**



SHANT CHAKMAKIAN

# Stay connected



In the information age (that's the one we live in, for those not in the know), there are a variety of ways to stay connected, and in today's feature we're going to take a look at a few of them.

As web surfing becomes more prevalent than channel surfing, RSS Feeds help keep us connected to the latest content on the Internet.

You can get the latest content

available on your favourite websites, such as YouTube's top videos of the week, BBC headline news or the latest on sewing.

Digg.com offers a variety of content from all over the Internet originating from other avid web surfers. No matter what topic, there's bound to be something that will interest you.

Although Yahoo has been around for a long time, people often over-

look the fact that it is a useful place for information. From being a search engine, to horoscopes source, to the yellow pages, Yahoo has been consistently one of the best deluxe search engines out there, closely rivaled by Google.

Yet Google remains the most popular and effective search engine (depending on who you ask). Even though it is mainly light in design, it

can be robust if needed.

Google queries can go a long way: google any publicly traded company's symbol and see up to date stock info. You can even type "Edmonton, AB weather," and get the latest weather and forecast.

For more information on Google queries, go to [www.googleguide.com](http://www.googleguide.com) for tips on getting the most out of Google.

There are many ways to enjoy the Internet on your terms and these are just a few. Tune in next week as I discuss how to turn your computer into an entertainment system.

*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.*

# The Nest's back in black

**GEOFFRY TATE**

Do you know what year this is? Besides the obvious answers of 2008, the Year of the Rat, or the year I decide to grow a moustache. You're right! It's the 20-year anniversary of our favourite family dining establishment that serves lots of booze – the Nest! And what better way to celebrate than to write a free article in a free paper with no monetary value? Can't think of one! Perhaps a card ...

Opened in 1988, the Nest has become one of the more fondly remembered locales of students' short tenures at NAIT. For me, the campus bar just happened to be the spot where I stumbled upon this job, and was forced to sign a piece of paper by our manipulative VP Campus Life, who would dictate what I would write (and misquote) for this paper on a weekly basis. Let it be known that "The Brad Harder Experience featuring Fifteen Seconds of Fame" is no longer an active karaoke power, having long since disbanded due to personality conflicts and a girl named Smelly.

Unlike most campus bars within the general vicinity (Where does power come from? Think about it), the Nest is holding its own against inflation villains, rising food and alcohol prices (you wouldn't think booze was that expensive the way those JD girls hand out those shots ... ) over-priced bands, and, of course, gingivitis.

I had a chance to sit down and have a

quick chat with Margot Saraya, general manager of the Nest, about her thoughts on life, microwaved cats and why the Nest is doing so well compared to other campus bars throughout Edmonton, and even Canada.

A quick side note: Ms. Berlinguette's little opinion piece from last week's *Nugget* has been posted right where all the staff could see it.

"Well, I've been here for a couple years now, as an assistant manager before this, so I got to see first hand what we were doing, and how we could maybe improve upon things," Margot said, pointing to the opinion piece on the Nest.

"We can always improve on things,

which is why I posted this here for all the staff to read."

And improve they have! After two consecutive years of loss in '05 and '06, totaling close to \$185,000, Margot and crew changed things around and are now walking away with a healthy profit.

"It's really all about the small things that can be cut back, like food and alcohol waste," she said.

"You also have to consider the bands coming in here. It used to be maybe \$2,000 to get them to play for the night, but now these same bands are asking for 10 times that. And it's just not feasible in a bar that only has capacity for about 250 people. That's a huge loss that just doesn't make sense."

# Food card debuts

**SHANT CHAKMAKIAN**

Early this January NAIT introduced the new Food Services Express Card, a new move welcomed by most students.

Food Services has been operating on a cash-only basis to maintain their speed of service, leaving students having to deal with the malfunctions and transaction fees of local ATMs.

"It's convenient, it's fast, saves people money at the bank machine ... it's just a swipe

and away they go," says Stephanie Thompson, Food Services main campus co-ordinator.

The new payment method has seemingly decreased wait times for customers as it promises to provide convenience.

Preloaded for sale in denominations of \$20, \$50 or \$100, the cards are available at the cash office, bookstore and Tech Store.

In addition, any Food Services location can put any denomination of cash on a Food Services Express Card or refill an existing one.

What that means to us is fewer big gigs showing up to rock at the Nest. With the loss of OokFest, and the overall cost of getting live bands here, the Nest is relying on the two major events at the beginning of each semester: NestFest (which was epic, by the way), and the upcoming Freeze Over (I love brackets) on Feb. 1.

As Jon Hoffman, finance director of NAITSA pointed out, "We aren't trying to make a profit off of the Nest, just break even."

"It's here for the students' benefit, not

to rob them. So where they are sitting right now is the ideal situation we want them to be in."

Anything else you want to add Mr. Hoffman?

"Actually, yes. I know Margot is really modest, so she probably didn't mention that the Nest uses non-hydrogenated oil."

Get out of here! Fun and healthy? Those non-microwaved cats down at the Nest sure do know how to party!

Now be sure to go check out Freeze Over and support your local eatery!

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

**January**  

Thu	Jan 10 vs. Coyotes	7:00 pm
Tue	Jan 15 vs. Kings	7:00 pm PPV
Tue	Jan 22 vs. Lightning	5:30 pm PPV
Tue	Jan 29 vs. Sharks	7:30 pm

\*PPV = Pay Per View

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



# OPINION

— Editorial —

## Shaken, not stirred



**ALISTAIR WILKINSON**  
Student Editor

No one will ever replace Sean as the one and only James Bond. Such style, so suave – rare in a rampant misogynist – that we found ourselves caught up in the story, forgetting our day-to-day mediocrity, wishing that we, too, could defend democratic stability with such worldly mien.

And we shouldn't forget the wholesome family values portrayed in the movies: promiscuity, alcoholism, snob-

business and wet works (far better than today's degraded morals, as shown by jokes about cocaine, drug abuse, and exotic dancers). Today, the Bond dynasty seems nearly farcical to the cynical, world-weary Westerner.

Connery/Bond stood for a stable existence, or at least convinced us that a stable existence (a capitalistic one, and that's the only valid kind) required the odd assassination, even if strictly in self-defence (SPECTRE started it, Your Majesty). Now, we're more likely to understand that democracy – even in miniature – isn't glamorous. It requires more than the odd war (Go Troops!), or bumping off someone whom you've just slept with, followed by a tasty martini.

We keep democracy alive by hard slog, by the work of clerks and self-dom-thanked (and often small-minded) public servants, by our own care and attention. The glamorous hero, the fervent visionary – they're gone, if they ever existed. The politician is someone we all despise, because he, or she, is the person who gets in the way of leaders; unfortunately, leading usually comes down to politics, and if we hate politicians, just imagine how they feel. They're surrounded by them.

Sadly, leaders fall victim to politics even in the small scale. In that sense, I'm happy that NAITSA models itself on their larger relatives (Alberta's government IS looking well-fed, now that I come to think of it). As pressures mount, they're as apt to suffer and let petty day-to-day wear them down as any other group. But here's the point – a true leader pushes past the politics and gets the job done. Bond didn't help himself to a martini BEFORE he killed the bad guy – even for really, really good vodka (I've looked – there isn't any such thing). Sure, he took the odd beating. It goes with the job. But he always got the job done.

— Letters —

## Sugar solution?

Dear Student Editor:

While reviewing last year's spirited *Nugget* letters I was struck with the notion that a spirit could dissolve sugar. So, I mixed sugar and alcohol. The mixture might be a cheap fuel. For example, a sack of sugar can dissolve in a gallon of alcohol. Heating helps the sugar dissolve. Automobiles have computers that adjust fuel-air ratio, and so the sugar-alcohol fuel should work well. I am guessing that

sugar costs less than gasoline if sugar is purchased in large quantities. Since sugar is half water it should burn efficiently in an engine, if injectors can handle its viscosity. What octane rating does sugar have?

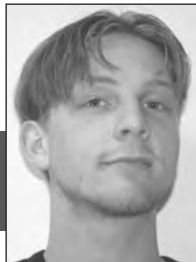
Sincerely,

R.Blakely@hotmail.com

**Editor's comment:** I don't know what octane rating sugar has, if any, but I really don't recommend trying this – on anyone you like, at least.



## Trades deserve respect



**MICHAEL LOUGHRIN**

These are people whose contributions to Alberta's foundations are never in question. People who, without really knowing it, are the invisible backbone to this whole operation called NAIT. They are people we call "The Trades."

Carpenters, electricians, welders, plumbers, so on and so forth. They form, bend, create, fix, install, fabricate and generate all things that we as a society hold dear, and without them we would surely collapse.

I am one of these angels of society (I'm a first year electrical student) that see the essentials lacking and dissipating within the Trades Foundation.

The apprenticeship programs for trades are the roots from whence NAIT grows. They are the main reason why this school has built such a prestigious reputation throughout Canada and the world for its amazing technical and skill-building training.

The trades are a big piece of the pie here, and that is without question. So why is it that apprentices and their

programs are being treated as second tier, late-night attractions? Why is it that the school involvement and recognition of the trades within NAIT is apparently invisible? Why does it seem that the trades are treated like cave men in captivity?

Do people think we are stupid, or that we are doing a trade because we have no other skills? Oh, and God forbid that perhaps NAIT may be trying to spare the embarrassment of being branded a traditional "trade school."

"How unfashionable and low-tech of them," NAIT could possibly fear the education community saying.

Yes, I guess that could hurt, in a way.

But the trades are just as complicated and mentally challenging (electrical for sure) as any other course you could take here at NAIT. Trust me. Don't think less of them.

That's not to say all the other courses and programs at NAIT should be in the back shadows instead, because there are lots of other great programs that NAIT runs and offers that are valuable, beneficial and nationally recognized in themselves. All this means is: Show more respect and value for the trades at NAIT.

NAIT is a great institute without question, but why is it that the rest of the country sees how great NAIT is for trades apprenticeship, but the NAIT community doesn't seem to

have a flippin' clue?

Is this something that could be going out with the past? We should hope not.

The feelings seem to be mutual from fellow apprentices and instructors alike.

Past generations learned more about the trades and their importance because they were always involved. It was a generation that has been replaced by computers and video games in modern times.

Oh, and this electronically-dependent generation might not know a thing about the trades or taking over in that department, but why should they? We don't positively promote it and recognize it enough.

So instead they will keep filling up the over-populated landscape of computers and business, because God knows society needs more of those people to step into those shoes.

If trades keep getting under-promoted and lacking the strong backing they deserve, awareness, respect, appreciation and recruitment will never come. It's time NAIT promoted and properly recognized the importance and opportunity that comes with the trades. Show them off and encourage recognition within the NAIT community. Prove that they are proud and supportive of having them at NAIT, and to damn well make sure they show it!



# SPORTS

## Griffins too much for Oaks



**NAHREMAN ISSA**  
Sports Editor

The 109 Street Challenge was a star-studded event with Edmonton Oilers forward Kyle Brodziak on hand to take part in the ceremonial faceoff. It was a shame he couldn't stick around and lace up for the Oaks. In fact, there was a whole slew of future NHLers in the making, as the Oaks played host to hundreds of minor hockey players. While getting shots on net wasn't a problem for the Oaks (they outshot the Griffins) the puck couldn't find its way into the back of the net.

Playing their first game since the Christmas break, the Oaks applied the pressure early on. The tension mounted as the game became dirty. Chad Richmond was involved in some pushing and shoving early on, with the fans chanting "fight, fight." The highlight of the first period came when Brad Sinclair came to the aid of goalie Matt Eaton, who was caught out of position, and blocked an incoming shot from the Griffins player, keeping the score at zero.

Grant Mac got on the board first, 12 minutes in, flipping the goal on a rebound past Eaton. Bret Pepler got the Oaks back in it with a goal 30 seconds later, getting it past Grant Mac's female goalie, Shannon Szabados. The tie would only last for 30 seconds as the Griffins once again got the go-ahead goal. It marked the end of the game for Eaton, as he was pulled from the net. Danny Gagne would get the nod in his first game of his season.

The Oaks were awarded a two-man advantage for one minute, with the shots coming hard from the point. But after three consecutive shots from the point, captain Ben Stokes couldn't get the puck past Szabados. Frustration started creeping into the game as the pushing and shoving continued.

In the second, the Griffins increased their lead with a power-play goal. The Oaks still brought the pressure with numerous two-on-ones, but their tally was still at one. With the Oaks on the power play, a Griffins player went in on a shorthanded breakaway. Stokes took a hooking penalty on the play, which ended the Oaks powerplay. The penalties continued to pile up, and it was standing-room only for the Oaks in the sin bin.

Three and a half minutes into the third period, the Griffins made the game 5-1. But the Oaks continued pushing to the net, with Jeff Topilko, the Oaks goal-scoring leader, notching his 12th goal of the season shortly thereafter.

The Griffins got yet another two-man advantage as Stokes got his third minor for the night. The Oaks would go on to kill the penalties, with Gagne flashing the leather with an unbelievable glove save.

Oaks top point-getter, Cedrick Duhamel-Flynn, would make the score a little more respectable on the power play, as Szabados was out of position, leaving the net wide open. Despite the Oaks putting on pressure in the last half of the third period, they just couldn't solve Szabados. The final score would be 5-3.

After the game, Stokes offered his explanation for the loss.

"We were undisciplined the whole game. We had our chances and we outshot them. We just had to bear down on our chances."

Player of the game for the Oaks was goalie Danny Gagne.



Photo by Codie McLachlan

**NAIT Oaks forward Scott Taje handles the puck during a game against the MacEwan Griffins at NAIT arena on Jan. 11.**

### THE WEEK IN NAIT ATHLETICS

## Fans support minor hockey

### HOCKEY

Over 750 fans packed the NAIT arena on Friday night as NAIT held a salute to minor hockey evening. Twenty teams and their parents attended the game as the men's hockey team battled the MacEwan Griffins. The large crowd boosted the NAIT fan total to 2,164 points and a commanding lead over MacEwan (1,632 points) in the 109 Street Fan Challenge between the two colleges.

In the game, the Oaks scored two late goals but lost 5-3 to the Griffins.

The injury plagued women's hockey team lost twice to the Red Deer Queens. They were beaten 6-1 on Thursday, Jan. 10, with Ashley Sochatsky notching the only NAIT goal. On Saturday, the short-staffed

Lady Oaks trailed 3-2 (Jurista and Curzon) after the first period and went on to lose by a 5-2 count to the Queens.

### BASKETBALL

The men's basketball team split a weekend double header against the Grande Prairie Wolves, taking the first game 83-59 and then dropping a heartbreaker 71-69. In women's action, the Lady Oaks were soundly beaten by scores of 94-60 and 86-60.

### VOLLEYBALL

The women's team continued to build on their recent positive results at the Mount Royal tournament and swept the Lakeland Rustlers in a pair of games on the Jan. 12-13 weekend. Friday night, the ladies won 3-1 (27-

25, 15-25, 25-22, 25-22). The men's team lost to Lakeland 3-2 by the narrowest of margins (23-25, 25-12, 25-18, 27-29, 15-13).

On Saturday, NAIT hosted minor volleyball night and a solid crowd of about 350 watched a great evening of volleyball action. The NAIT women continued their inspired play by beating Lakeland 3-1 (25-15, 25-23, 19-25 26-24) The Oaks were led by Jana Champagne, who registered 13 kills and Lindsay Cragg, who recorded eight kills, four digs and five blocks in the Lady Oaks' sweep of the No. 1 team in the White Division. In men's action, the Oaks lost another heartbreaker 3-2 to the Rustlers by scores of 25-20, 30-28, 26-28, 19-25 and 15-8.

Rory Ernewein led the Oaks with

11 kills, two service aces and six digs.

### On deck this week ...

NAIT basketball will host the Lakeland Rustlers on Friday, Jan. 18 at 6:30/8:30 p.m. The teams then travel to Lloydminster to complete the two game series on Saturday, Jan. 19. Tipoff is at 5 /7 p.m.



The NAIT men's hockey team will host the Concordia Thunder on Friday, Jan. 18 at the NAIT arena. Puck drops at 7 p.m. The return engagement

will be played Saturday, Jan. 19 at the Clairview arena at 8:15 p.m.

Women's hockey plays a week-end series with Mount Royal College. On Friday, the ladies play in Mount Royal at 8:45 p.m. and then the Lady Oaks will host the Cougars at the NAIT Arena on Saturday, Jan. 19 at 7 p.m.

NAIT volleyball will face the Portage College Voyageurs on Friday night in Lac LaBiche, then return to host Portage on Saturday, Jan. 19 at 6:30/8:30 p.m.

NAIT will also play host to Tournament No. 3 in ACAC badminton. Action gets under way on Saturday, Jan. 19 at 10 a.m. (until 5 p.m.), then resumes Sunday at 9 a.m., continuing until about 6 p.m.





# 2 minutes in the box



**NAHREMAN ISSA**  
Sports Editor

Is it just me, or are you feeling a whole lot better these last couple of days? Do you have a little extra spring in your walk? Is there a smile on your face for no good reason? Maybe it is just me. Or every other Oilers fan out there! The Oil are on a winning streak, beating not only the teams from New York, but the Phoenix Coyotes (who were on a roll), and the Calgary Flames. Yeah, sure we're still near the bottom of the conference, but who doesn't feel better knowing that our team is winning, not losing?!

•••

Can someone tell Robyn Regehr to get off Ales Hemsky? What, are you guys dat-

ing? You can't watch an Oilers/Flames game without Regehr being all over him, hitting and pulling him to the ice. Maybe I'm just jealous that he gets to do that and not me!

•••

Good time to be an Oiler.

Mathieu Garon has been named the NHL's second star for this week. Shawn Horcoff has been named to the all-star game in Atlanta. Sam Gagner is on the YoungStars roster for the all-star game. Oilers are on a win streak. Slowly but surely folks around the NHL are starting to take the Oilers seriously. The other teams in the league know what sort of damage the Oilers can do in the

playoffs, now the Oil just need to show them that in the regular season. Hopefully this is the beginning of the Oilers making their push to the playoffs.

•••

All this turmoil in the Centre of the Universe (a.k.a. Toronto and their beloved Leafs) sure puts a smile on my face!

•••

Curtis Joseph has officially signed with the Calgary Flames. It's nice to see they're using the Oilers' castoffs.

•••

Goodbye Colts. Thanks for coming last year! It would have been the game of the year

to see the Patriots play the Colts. At least we can look forward to seeing Peyton Manning in commercials.

•••

Terrell Owens crying during his press conference. Did anyone see that coming?

•••

I'm not a big fan of Tony Romo. I could care less about him. Mostly it's because I can't stand his girlfriend, Jessica Simpson. She is slowly destroying his career.

He may enjoy her Dallas Cowboys Cheerleader "pompoms" now, but they won't last forever.

What a joke!

## Oilers pay bonus

**NAHREMAN ISSA**

The 109 Street Challenge began Jan. 11 with a \$50,000 scholarship presentation to both the men's and women's hockey teams, as well as the Personal Fitness Trainer Program.

NAIT rolled out the red carpet for members of the Edmonton Oilers Community Foundation as well as Oilers forward Kyle Brodziak, who was on hand for the presentation. They were joined by NAIT representatives Linda Henderson (director of athletics) and Gregg Meropoulos (athletic co-ordinator). They presented one of the scholarships to men's hockey team captain Ben Stokes.

Stokes received a commemorative hockey stick to represent his win of the scholarship. This has been the fourth time Stokes has been honoured.

To be eligible for the scholarship, you must

be an athlete who is involved in the community, shows leadership and maintains a good grade average. (Both Stokes and I came to the agreement that he's a good guy!)

The foundation set up the initiative in 2000, and has donated a total of \$90,000 in student awards. A total of 66 students have benefited from the funding.

Meropoulos is quite proud of the athletes, and happy about the funding. He broke it down to us as to how the funds were being dispersed.

"Each hockey team gets \$5,000 per year. Three men and three women get \$1,500 each, while the Personal Fitness Trainer Program gets \$1,000."

If you check the NAIT web page, there are plenty more scholarships available for athletes. There are 30 to apply for, with categories for every type of sport.



Photo by Codie McLachlan

**NAIT OOKS hockey player Ben Stokes is awarded a special trophy hockey stick by Edmonton Oilers player Kyle Brodziak before the MacEwan-NAIT game at NAIT arena on Jan. 11.**

## Athletes of the week

**Lindsay Cragg**  
Volleyball



The NAIT female athlete of the week is Lindsay Cragg, co-captain of the women's volleyball team. Lindsay is a first year Medical Sonography student from Sherwood Park. However, she's not a rookie, having played two years of CIS volleyball for the U of Calgary Dinos. Last weekend, Lindsay had 13 kills, four digs and five stuff blocks to help the Ooks sweep the Lakeland Rustlers. NAIT coach Dusty Freemark describes Lindsay as a leader on the court, passionate about volleyball and committed to seeing the team be successful. She is a true asset to our team and NAIT athletics. Well done, Lindsay.

**Jeremy McKibbin**  
Hockey



The NAIT male athlete of the week is Jeremy McKibbin, a third-year forward for the NAIT Ooks hockey team. Jeremy hails from Edmonton and is completing his third year in Business Administration. Last weekend, Jeremy scored the overtime winner to earn the Ooks a split on their weekend series with MacEwan. Coach Terry Ballard characterizes Jeremy as a solid, reliable, two-way player who plays the game with a lot of heart, killing penalties and doing what needs to be done for the team to be successful. Congratulations, Jeremy.



Photo by Brendan Abbott

**Lady Ooks forward Tamera Rude carries the puck during a game at NAIT arena last Saturday (Jan. 12) against the Red Deer Queens. NAIT lost 5-2.**



# ACAC Standings

## MEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	16	11	4	1	23	73	46
MacEwan	16	10	4	2	22	74	60
SAIT	14	10	2	2	22	75	42
Concordia	16	7	9	0	14	45	69
Briercrest	16	7	9	0	14	51	81
<b>NAIT</b>	<b>16</b>	<b>5</b>	<b>8</b>	<b>3</b>	<b>13</b>	<b>57</b>	<b>67</b>
Augustana	14	4	9	1	9	47	57

Jan. 11

MacEwan 5, NAIT 2; MRC 5, CUCA 0;  
SAIT 7, BC 0

Jan. 12

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

## WOMEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Red Deer	14	10	3	1	21	49	26
Mount Royal	14	9	3	2	20	35	24
SAIT	14	8	5	1	17	36	36
U of C	14	7	5	2	16	31	32
MacEwan	14	6	7	1	13	24	34
<b>NAIT</b>	<b>14</b>	<b>2</b>	<b>10</b>	<b>2</b>	<b>6</b>	<b>20</b>	<b>43</b>

Jan. 10

RDC 6, NAIT 1

Jan. 11

SAIT 3, MRC 1

Jan. 12

RDC 5, NAIT 2; SAIT 4, MRC 2;  
MacEwan 3, U of C 2 (SO)

## MEN'S BASKETBALL

### North Division

Team	G	W	L	Pts	PF	PA
MacEwan	14	13	1	26	1162	962
Lakeland	14	12	2	24	1214	999
Concordia	16	10	6	20	1182	1061
Grande Prairie	16	7	9	14	1206	1254
<b>NAIT</b>	<b>16</b>	<b>6</b>	<b>10</b>	<b>12</b>	<b>1159</b>	<b>1204</b>
King's	16	6	10	12	1065	1215
Augustana	16	0	16	0	1060	1353

### South Division

Team	G	W	L	Pts	PF	PA
Mount Royal	12	10	2	20	1007	766
Red Deer	12	10	2	20	872	823
Lethbridge	12	6	6	12	988	942
Medicine Hat	12	4	8	8	780	898
Briercrest	12	4	8	8	892	1011
SAIT	12	2	10	4	856	955

Jan. 11

MacEwan 80, Augustana 78; MRC 69, LCC 62;  
RDC 70, MHC 60; BC 78, SAIT 77;  
CUCA 78, TKUC 55

Jan. 12

NAIT 83, GPRC 59; MHC 65, RDC 57;  
SAIT 93, BC 75; CUCA 85, TKUC 38;  
MRC 76, LCC 67; MacEwan 99, Augustana 55

Jan. 13

GPRC 71, NAIT 69

## WOMEN'S BASKETBALL

### North Division

Team	G	W	L	Pts	PF	PA
Concordia	16	14	2	28	1246	958
Grande Prairie	16	11	5	22	1179	1090
MacEwan	14	10	4	20	1037	904
King's	16	9	7	18	1142	1053
NAIT	16	4	12	8	1012	1279
Augustana	16	3	13	6	1068	1218
Lakeland	14	3	11	6	884	1066

### South Division

Team	G	W	L	Pts	PF	PA
SAIT	12	11	1	22	874	574
Mount Royal	12	10	2	20	867	599
Lethbridge	12	7	5	14	932	731
Medicine Hat	12	6	6	12	762	680
Red Deer	12	2	10	4	597	811
Briercrest	12	0	12	0	412	1049

Jan. 11

MacEwan 88, Augustana 73; MRC 88, LCC 49

MHC 55, RDC 43; SAIT 84, BC 19;  
CUCA 81, TKUC 69

Jan. 12

GPRC 94, NAIT 60; MHC 66, RDC 48;  
SAIT 80, BC 30; CUCA 66, TKUC 46;  
MRC 70, LCC 60; MacEwan 91, Augustana 76

Jan. 13

GPRC 86, NAIT 60

## MEN'S VOLLEYBALL

### Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	18	17	1	34	53	14
Red Deer	16	12	4	24	39	22
MacEwan	18	10	8	20	41	29
SAIT	18	10	8	20	41	29
Briercrest	16	6	10	12	27	33
King's	18	4	14	8	15	49
Grande Prairie	18	1	17	2	16	51

### White Division

Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	12	11	1	22	35	11
Lakeland	12	11	1	22	34	15
Keyano	12	7	5	14	26	18
Lethbridge	12	4	8	8	17	25
<b>NAIT</b>	<b>12</b>	<b>3</b>	<b>9</b>	<b>6</b>	<b>21</b>	<b>28</b>
Portage	12	0	12	0	0	36

Jan. 11

LC 3, NAIT 2 (23-25,25-12,25-18,27-29,15-13)  
TKUC 3, GPRC 2 (25-14,25-19,27-29,23-25,15-13)

MHC 3, LCC 1 (27-25, 25-19, 26-28, 25-22)  
MRC 3, MacEwan 1 (19-25, 32-30, 25-14, 25-19)  
KC 3, PC 0 (25-11, 25-11, 25-5)

Jan. 12

LC 3, NAIT 2 (25-20, 30-28, 26-28, 19-25, 15-8)  
GPRC 3, TKUC 0 (25-23, 25-22, 25-18)  
KC 3, PC 0 (25-13, 25-14, 25-9)

MHC 3, LCC 1 (20-25, 25-22, 25-18, 28-26)  
MRC 3, MacEwan 2 (16-25,25-20,25-19,23-25,15-10)

RDC 3, SAIT 2 (19-25,23-25,25-22,25-20,18-16)

Jan. 13

SAIT 3, RDC 0 (25-23, 25-21, 26-24)

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

## WOMEN'S VOLLEYBALL

### Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	18	16	2	32	52	12
Red Deer	16	14	2	28	42	19
MacEwan	18	12	6	24	41	27
Grande Prairie	18	11	7	22	41	29
King's	18	3	15	6	21	49
SAIT	16	3	13	6	15	43
Briercrest	16	1	15	2	14	47

### White Division

Team	MP	MW	ML	Pts	GW	GL
Lethbridge	12	9	3	18	33	11
Lakeland	12	8	4	16	30	19
<b>NAIT</b>	<b>12</b>	<b>8</b>	<b>4</b>	<b>16</b>	<b>24</b>	<b>19</b>
Keyano	12	6	6	12	21	19
Medicine Hat	12	5	7	10	21	25
Portage	12	0	12	0	0	36

Jan. 11

NAIT 3, LC 1 (27-25, 15-25, 25-22, 25-22)  
GPRC 3, TKUC 0 (25-16, 25-18, 25-21)  
LCC 3, MHC 1 (25-20, 22-25, 25-16, 28-26)

MRC 3, MacEwan 1 (15-25, 25-22, 25-21, 25-21)  
KC 3, PC 0 (25-7, 25-11, 25-18)

Jan. 12

NAIT 3, LC 1 (25-15, 25-16, 19-25, 26-24)  
GPRC 3, TKUC 1 (25-23, 17-25, 25-18, 25-21)  
KC 3, PC 0 (25-13, 25-7, 25-19)

LCC 3, MHC 1 (25-19, 21-25, 25-20, 25-12)  
MRC 3, MacEwan 0 (25-15, 25-23, 25-19)  
RDC 3, SAIT 1 (25-16, 22-25, 25-16, 25-22)

Jan. 13

RDC 3, SAIT 1 (25-9, 23-25, 25-20, 25-20)  
**NOTE** – Feb. 22-24: RDC hosts ACAC women's volleyball championship

## NAITSA Employment Opportunities

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



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

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 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)

## POSTER BOARD MAINTENANCE

Student needed to maintain and monitor NAITSA poster boards on the Main Campus. Duties include hanging posters & removing them upon stamped expiry date.

Application forms are available at the NAITSA Office. Competition closes Jan. 24.

## IMAGINUS POSTER SHOW JAN. 31 & FEB. 1

Student workers needed for the Imagnus Poster Show. Three students needed for Jan. 31 set-up; 7am – 10am in the North Lobby  
**\$11/hr (heavy lifting)**  
Two students needed to hand out flyers on Jan. 31 & Feb. 1; 11am – 1pm  
**\$9/hr**  
Three students needed for Feb. 1 teardown; 5pm – 7pm in the North Lobby  
**\$11/hr (heavy lifting)**

Please see Rita Cain at the NAITSA Office to apply or e-mail at: ritac@nait.ca

ONLY THOSE WHO ARE RELIABLE & ABLE TO COMMIT TO TIMES SPECIFIED NEED APPLY!

## CAMPUS CLUBS CLERK

Student needed for this newly created PART-TIME position. Duties include assisting clubs with start-up information, forms, club banking and equipment loans. We are looking for an organized, friendly, detail oriented person with strong customer service skills and is reliable.

Application forms are available at the NAITSA Office. Competition closes Jan. 24.

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







# CAREER FAIR

JANUARY 29.2008 | 9AM - 4PM

## EMPLOYERS AND BOOTH NUMBERS

### GYMNASIUM

1 Halliburton	20 Imperial Oil -	38 Triton Projects Inc.	59 [To be confirmed]
2 RBC Royal Bank	Strathcona Refinery	39 Shaw Conference Centre	60 Stream-Flo Industries
3 Newcap Radio	21 EXH Engineering Services Ltd.	40 Eaton	61 IKON Office Solutions
4 Prairie Mines & Royalty Ltd.	22 Mullen Group Inc.	41 TELUS	62 Johnson Controls
5 Aman Building Corporation	23 Canadian Forces Recruiting	42 Supreme Steel Ltd.	63 EnCana Corporation
6 Sawridge Inn &	Centre Detachment	43 Alberta-Pacific Forest	64 City of Edmonton
Conference Centre	(CFRD) Edmonton	Industries Inc.	65 Scotiabank
7 Shaw Cable	24 J.R.Paine & Associates Ltd.	44 [To be confirmed]	66 Colt Worley Parsons
8 Capital Health	25 Calgary Health Region	45 Orbis Engineering Field Services	67 Public Service Commission
9 Northern Industrial Insulation	26 Suncor Energy Inc.	46 ABB Inc.	of Canada
Contractors Inc.	27 Stantec Consulting Ltd.	47 Certified Management	68 Lehigh Inland Cement Limited
10 Strathcona County	28 Stantec Consulting Ltd.	Accountants	69 Kelowna Flightcraft Ltd.
11 Works Alberta	29 Cougar Tool Inc.	48 Shell Canada	70 World Health Club
12 Northern Lakes College	30 Hobart Food Equipment	49 Coca-Cola Bottling Ltd.	71 Voice Construction Ltd.
13 Alberta Infrastructure	Group Canada	50 Magna IV Engineering	72 Kasian Architecture Interior
& Transportation	31 ATCO Power	51 Alberta Blue Cross	Design & Planning
14 [To be confirmed]	32 Canadian Western Bank Group	52 Invensys Systems Canada Inc.	73 Industrial Paramedic Services
15 Alliance Pipeline	33 Marmot Canada Western	53 Siemens Canada Limited	74 Wajax Industries
16 Schlumberger Oilfield Services	34 Dow Chemical Canada Inc.	54 Delnor Construction Ltd.	75 ATB Financial
17 Matrikon Inc.	35 Finning (Canada) Ltd.	55 Total E&P Canada Ltd.	76 Petro-Canada
18 North American	36 Dynacare Kasper Medical Labs	56 Brandt Tractor Ltd.	
Construction Group	37 RAE Engineering	57 National Oilwell Varco	
19 GLM Industries	& Inspection Ltd.	58 Diversified Staffing Services Ltd.	

### SOUTH LOBBY

77 PCL Family of Companies	90 EPCOR
78 West Fraser Mills Ltd.	91 [To be confirmed]
79 Schneider Electric	92 The Fairmont Hotel Macdonald
80 Alberta Sustainable	93 Gateway Mechanical /
Resource Development	PACE Industrial
81 [To be confirmed]	94 Acklands-Grainger Inc.
82 EBA Engineering	95 Enerflex Systems Ltd
Consultants Ltd.	96 Bantrel
83 ATCO Electric	97 Liebherr Canada Ltd.
84 IDEXX Laboratories	98 AT Plastics Inc.
85 Sprague-Rosser Contracting	99 Dacro Industries Inc.
86 ConocoPhillips Canada	100 ASET
87 Lafarge Canada Inc.	101 Meloche Monnex Inc.
88 Engineered Air	102 PCL Family of Companies
89 EPCOR	

### NORTH LOBBY

103 Peter Kiewit Sons Co.	118 [To be confirmed]
104 Government of Alberta	119 [To be confirmed]
105 UFA Co-operative Limited	120 Exterran
106 Terus Construction	121 CHIP Hospitality
107 Peace Hills Trust	122 Jacobs Canada Inc.
108 Umicore Canada Inc.	123 NAIT-CYBF
109 JV Driver Projects	124 McCoy Corporation
110 [To be confirmed]	125 United Rentals
111 [To be confirmed]	126 Progressive Engineering Ltd.
112 [To be confirmed]	127 Peace Country Health
113 Resume Consultation	128 A.D. Williams Engineering Inc.
114 Resume Consultation	
115 Resume Consultation	
116 Resume Consultation	
117 [To be confirmed]	

### FOR MORE INFORMATION CONTACT

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

# Main Campus: Gym | North Lobby | South Lobby

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS  
www.nait.ca



# ARTS & CULTURE

## Freeze Over is hot!

**BRENT CONSTANTIN**  
VP Campus Life

While I was seriously misquoted in last Thursday's issue of the *Nugget* by Arts and Culture Editor Geoff Tate, I harbour no ill will. In fact, I relish the opportunity to get back to my roots reporting on something (I was an editor of the *Nugget* back in the day, or, as we pronounced it back then, la "Nu-jhay").

Of course, as most of you know by now, NAITSA's big second semester event, Freeze Over, is fast approaching. On Friday, Feb. 1, the NAIT arena (did you know we had an arena?) will be transformed into a spectacular display of light, magic and sweaty men on ice.

Focused around a men's Ook hockey game against hated rival the Mount Royal College Cougars (from Calgary) Freeze Over starts off around 3 p.m. outside the Nest with Ultimate Outdoor Survivor, a chance for you and a

team to win a Molson Skybox at an Oilers game. To register for some fun times in the snow, come down to the NAITSA office by Jan. 30, 4 p.m., and register. For all the details on that you can also check out our webpage (easily enough, [www.NAITSa.ca](http://www.NAITSa.ca)).

Then, at 5 p.m., we've got our tailgate party down at the Nest, featuring live music and great specials for those of you who like to get there early before the doors to the arena open at 6.

Many will tell you that in any given matchup, a cougar will easily rend an Ook/owl wing from wing, but, I defy this common thought right here and now with my proclamation that our Ooks will, at the end of the night, bask

in the glory of their fallen feline foes. We highlight this fact with a production not seen in ... let's say EVER.

The entire game will be broadcast live into the Nest if you can't get a ticket, but the real fun is up in the arena where NAITSA ups the production value of your standard Ook game with lights, sound, video screens and fantastic inter-period action. Without saying exactly

what you'll have the chance to be a part of, we have Firefly theatre (an acrobatic/theatre troupe based here in Edmonton) performing, as well as the grand prize draw of a trip to Cancun for the Ooks Nation promotion.

Another huge part of the show are the live musical performances by Tupelo Honey and Social Code up at the arena.

So, if you're a fan of the bands, or are interested in seeing what we do with the rink, come check it out!

Music, prizes, entertainment



Photo by Chuck Erman

**Brent Constantin, VP Campus Life can only imagine the scene at NAIT arena when Freeze Over comes to campus.**

and hockey, all brought to you by the NAIT Students' Association. These are your student fees that support these events, you're paying for it, so come check it out and let us know what you think.

Tickets went on sale this Monday, so mosey on down to the Students' Association office (E-131) and pick up a few (just \$10 too, amazing isn't it?).

If you're strapped for cash, but still want to go, we're looking for

volunteers to help out with the event. If that tickles your friendship bone, e-mail [naitsavolunteers@nait.ca](mailto:naitsavolunteers@nait.ca) for more info.

**Another huge part of the show are the live musical performances by Tupelo Honey and Social Code up at the arena.**

If I forgot anything, it only means that there's too much happening, so come down to Freeze Over Feb. 1 at the NAIT arena, and help us fill the seats to make this a great time for everybody.

P.S. I'll be there. That's how big a deal this is.

**I'm Not There**

## Bob Dylan, many times over

**BIANCA THIERING**

This pseudo biopic, directed by Todd Haynes and backed by Killer Films, showcases the supposed multi-existences of the prince of protest, Bob Dylan.

The ensemble cast of Heath Ledger, Richard Gere, Christian Bale and an androgenous Cate Blanchette bring to life the super and not-so-super personas of an artist and man who is often imitated but never duplicated.

Spanning 135 minutes, *I'm Not There* is chock full of reminiscent images such as Martin Luther King speeches (even without volume it is quite obviously the words "I have a

dream" coming off his lips), to vividly horrifying footage pulled from the Vietnam War.

With contrasting themes of young green leaves in deep south poverty to the swinging psychedelia of '60s drug culture, the film does not fall short on complexity.

Julianne Moore cameos as a fellow folk rocker as she comments, biography style, on Christian Bale's interpretation of Dylan.

I'm not totally sure why a small population of the audience broke into laughter at this sight, so I must've missed the joke.

Overall, the six-layer story is sweetened with endless Dylan-isms

like "All they want is finger-point songs, and I've only got 10 fingers." and a matter-of-fact Dylan congratulating a groupie for ending a hostile bellboy situation with *Just Like a Woman*.

Dylan's simple and riotous sounds fill the whole of the production and complete the experience.

So, if you're craving a bit of musical education, dig up some *Slow Train Coming* (1979), listen to it loud, and sink into the style of an undefinable icon before you get your popcorn.



**Cate Blanchette as a young Dylan.**



**Richard Gere as an older version of the folk singer.**



## CONCERT REVIEW

Big &amp; Rich, Terri Clark, Cowboy Troy, Emerson Drive

# Four hours to remember

KRISTI MINGO

Four hours of wild music, screaming fans, and long waits for beer! Monday's big show at Rexall lit up Big & Rich, Terri Clark, Cowboy Troy and Emerson Drive.

Sweaty men playing instruments, and a drop dead gorgeous hunk from Grande Prairie, Alberta. Ah! Row 9 floor seats at Rexall Place! Not bad for \$76.69. As we settled in, opening act Emerson Drive – the first Canadian country band ever to receive a Grammy nomination. – was already kicking into high gear. Lead singer Brad Mates rocked out with his bandmates to a moderately exciting set. They played some old stuff, and a couple of new songs like their Grammy nominated *Moments*. Again, I must reiterate that Brad Mates is a fox.

After a long wait, Medicine Hat's own Terri Clark took the stage; she did not disappoint. A few songs in, she began telling us where she was from, mostly for the benefit of the four

people in Rexall who didn't know (my boyfriend included). She played some new songs, including one from her new album due out in April called "Gypsy Boots." She's incredible! My only complaint is that she didn't play long enough and I have to wonder when she'll be headlining Rexall. I know it would be a sellout.

Cowboy Troy opened up for Big & Rich, and I have to say, he was pretty entertaining, although he rapped so fast I couldn't always understand what he was saying. But the crowd really seemed to get into it. Rapping to country beats – who would have thought people were making money at that?

Big & Rich came up through the platform in unorthodox cowboy fashion. Top hats with feathers, glittery jeans and a giant fur coat (which I'm sure was fake) were the first things I noticed. They were completely full of energy and ran back and forth across the stage while giving shoutouts to Edmonton.

The energy never quit while they performed. I don't know how they did it! I was exhausted just watching them. They played favourites like *Coming To Your City* and *Big Time* and the awesome ballad *Lost In This Moment*, where the fans were encouraged to slow dance with their loves. At one point in the show, they called two little kids up from the crowd and gave each autographed guitars for them to practise "16 hours a day so [they] could be on stage with Big & Rich next time [they] come to town." Or as John Rich mentioned, they could "sell them on E-bay and pay for college."

They did an amazing encore, which included Big Kenny wearing a jacket that lit up with mini lights. *Love Everybody* was on the back. The show ended with John Rich setting a



John Rich and Big Kenny (Alphin) of Big &amp; Rich.

guitar on fire, waving it around, and with Cowboy Troy's help, smashing two guitars on the supplied "Acme Guitar Smashing Anvil." Yeah, they do that in country music.

For a four hour concert, the fans definitely got more than their money's worth and were not at all disappointed.

TRAVIS

## This Travis album won't collect any dust

JOEL DETKA

Just because I learned about Travis on an episode of *One Tree Hill*, it doesn't mean I wouldn't give a good listen to them. So I'll clear up a common misconception. Travis is a band, and I'm sure it's also the name of some guy. And I'm sure you and Travis may have had a "good time"

at that party. But this isn't a weekend of insane house parties, and there is no need for contraceptives while listening to this Travis. High school is indeed over, so let's get back to the music.

"The Boy With No Name," aptly named, since the band's name is a boy's name. Whoa, coincidence or

what? But you know, it's not half bad. It won't end up in a Christian music bonfire with a Jerky Boys' CD, and it won't be in my garbage. Travis surely won't collect dust either.

Yeah, I'll be the first to applaud and say, "Good work out there. Very good life decision on this one, Travis."

I didn't want the album to end. From start to finish, it's a good album. And no, I'm not saying that just because my iPod is low on batteries and my bus ride is only half done. Stupid No. 8 ... Just go buy this album.



NAITSA  
**FREEZE OVER**  
Fri. Feb. 1

**NAIT LOOKS vs. MRC COUGARS**

with  
**TUPELO HONEY**

NAIT Arena - Doors open at 6pm Game starts at 7pm

It's the battle of Alberta as our NAIT Looks take on Calgary's Mount Royal Cougars. Tupelo Honey & Social Code rock the arena after the game!

Tickets now ON SALE at the NAITSA Office (E131) & The Nest

Visit [www.naitsa.ca](http://www.naitsa.ca) for Freezeover info

with special guests

**FREEZING YOUR STUDENTS' ASS. OFF!**

Join the NAITSA Facebook page  
[facebook](#)

**\$10**

**VOLUNTEERS NEEDED FOR FREEZE OVER**

Help us and get some sweet perks.  
Contact Heather at:  
[naitsavolunteers@naitsa.ca](mailto:naitsavolunteers@naitsa.ca)



## SCIENCE FICTION

## BACK OF THE RACK

# Paprika's nearly perfect



LIAM CRESWICK

Welcome to *Back of the Rack*, a look at lesser known movies new on DVD. With the New Year upon us, many may be looking forward to what the future holds. So what better genre to explore than Science Fiction? Whether it's killer robots, death stars, or a post-apocalyptic dystopia, there is no pick-me-up for the post Christmas blues quite like a good sci-fi movie.

## Paprika

This is easily one the most visually stunning animated films I have seen. *Paprika* is about a group of scientists who have created a device that records and displays a video of the patient's dreams. When the unfinished device is stolen, the thief then has access to the subconscious of anyone who has worn the prototype. The dream sequences are brilliantly surreal, and it only gets more captivating and bizarre as the "dream world" merges with the real world. The crime-mystery plot serves as an interesting backdrop to these strange dream animations that make the best movie drug trip scenes look like mere sugar buzzes. Even if you have no interest in anime, like me, this is definitely worth watching. In my opinion, *Paprika* is the best animated movie of 2007.



## Dragon Wars

*Dragon Wars* (or D-War, as no one but the inept filmmakers call it) chronicles the return of two ancient Korean serpents, one good and one evil, each trying to swallow a young woman who has the power to turn one or the other into a bona fide dragon. The audience has an ancient legend forced on them for the first third of the movie to set up this premise. All you really need to know though is two hapless rubes spend the bulk of the movie running from a poorly animated CG serpent, an evil warlord and his army of foot soldiers and smaller dragons with rockets on their backs.

The cast performs with all the charisma and conviction of a high school production of *Peter Pan*.

The two leads (Jason Behr and Amanda Brooks) were trying so hard to act believably that I was expecting one of them to pull a muscle. This film's biggest shortcoming, though, is that it is just good enough to not be laughable. With the right friends, ripping on a crappy movie can be

fun, but *Dragon Wars* is just passable enough as a feature film that it is only a boring train wreck, nothing more.



## Battlestar Galactica: Razor

There is no show on TV today that is a harder sell than *Battlestar Galactica*. Fellow fans will likely know that no matter how much you tell people about this great show, they tend to tune out after you say, "So there is this race of robots called Cylons ..."

Nevertheless, this spinoff movie is as engaging and exciting as the TV series. You don't need to have watched the series to enjoy the film, but it really helps. *Razor*'s main plot follows the discovery of some obsolete models of Cylon Centurions that escaped being turned to scrap. (Stay with me on this ... ) Now, with little direction, these robots have set up base and continue to do as they were programmed; create human/Cylon hybrids. The writers' inclusion of the old-looking Cylons from the original BSG series was a nice touch. The movie overall does a good job building on number of plot points from the series, such as the discovery of the Battlestar Pegasus and its former commander's horrible actions.

If you are a fan of the series, this is well worth a watch, and if

you have never given *Battlestar* a chance, this flick may be a good place to start.



Have a theme or new movie you'd like to see in *Back of the Rack*? Send your suggestions, questions, hate-mail and inappropriate photos to [lcreswick@gmail.com](mailto:lcreswick@gmail.com).



Scenes from *Dragon Wars*, top right, and *Paprika*, above.

This space is  
*Reserved*  
for your ad

Book your ad today and be seen.

1.866.867.0098

[thenugget@cu-ads.org](mailto:thenugget@cu-ads.org)



**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**

**Teach English Overseas**

Internationally Recognized TESOL Certificate in 5 days In-class or Online

**1-888-270-2941**

FREE Information Seminar Tuesday @ 7pm

Overseas Job Guaranteed!

[GlobalTesol.com](http://GlobalTesol.com) **Call NOW**

**Moosomin Dental Centre**

Mooseman Dental Centre is currently seeking a full time lab Technion.

- Fully equipped lab for porcelain crown, bridge and dentures.

Please call Dr. Rob Austin at 306-435-3330 for inquiries.



# WELCOME BACK NAIT STUDENTS

**2008  
VIP CARD  
PARTY**

**ONE NIGHT ONLY!**

**FRIDAY JANUARY 18TH**

**ROCK  
STAR  
CARD**

Get your  
2008 Union Hall

**VIP Card**

for **50% off!**

**UNION HALL**

**VIP  
WILD CARD  
PARTY**

**FRIDAY, JANUARY 25TH**



**50% OFF  
ONE NIGHT ONLY!**





# How close is too close?

## LOVE INCORPORATED

You're lying in your bed watching the tube in your sweatpants (which have multiple stains from dinner, as well as a couple of tears) eating potato chips and drinking coke from the bottle. Jake, your boyfriend, walks in and neither of you take any notice of your comfortable state. Pretty great relationship, don't ya think?

Not necessarily.

So you've decided to move into a place with your man, which should make your bond better, right? I

believe it does; however, just because you start living together, it does not mean that all romance should fly out the window.

Remember the first three months of your relationship when everything was new? You planned all of your outfits for hours, you got butterflies when you saw each other, you couldn't wait for the next kiss and you made extra sure that you always smelled fantastic.

Well, just because things moved to a new level does not mean that these feelings have to go

away. Obviously, some things will change: you're not nervous around each other anymore and a "friendship" is built. I believe that comfort is very important in a relationship, but being "comfy" to the point of turning off your man completely (who will never admit that he is turned off by his love muffin) can drastically turn a relationship around.

This is a tricky stage in a relationship because you both think that you love each other so much that it doesn't matter what you look like. The fact of the matter is, if you're always dressed like a slob, chances are (to him) you will be a slob in his eyes.

I am not saying that when you're at home you shouldn't be in sweatpants, by all means you should be.

The problems arise when you two go out together and neither of you change out of the sweatpants. Keep the spark alive while living together by getting ready to go out together in different rooms, and planning at least one night a week of "magic." Even if that magic is only a movie, it'll make a difference.

Here is a list of 10 "living with a partner" rules to go by:

- 1) It is not OK for your man to be on the throne while you are in the shower (or vice versa). Bathrooms are always private.
- 2) Going out together in sweatpants should not happen more than twice a week.
- 3) If you can smell yourself, you should definitely wash!
- 4) Eating in your bed should never happen, Beds are used for

three things: sleeping, screwing, and slouching (notice digesting is not there).

5) Compromise on movies and television (find a balance between the blood and the mush).

6) Clean up after yourselves.

7) Girls: Keep your monthly visits to yourselves (he'll know, he doesn't need details).

8) Keep the spark by dressing up for each other on purpose every now and again.

9) Accept your partner's faults. You've got some too, so don't accuse!

10) Share the household responsibilities!

Bottom line: Live, Laugh, Love, and find out for yourselves ... how close is really too close?



Photo by Codie McLachlan

## GETTING ORGANIZED

Christine Walper, a third year apprentice in Culinary Arts, readies some of her tools in the bakery wing near the Common Market.

## STEPS TO SUCCESS

# Prioritizing's key

## SHANT CHAKMAKIAN

Personal priorities are key to your success: written planning, evaluation and effective execution can be paramount to succeeding in a given goal.

As discussed last week, the "Think, Believe and Do" method is a great way to pursue a goal. Think about what you want, believe in it and execute accordingly.

Planning will give you that extra help for success and provide a sense of organization. This can be as simple as writing something down and posting it where you can see it, for example: "I will achieve 80% or higher in all of my courses."

Look at it every day, say it to

yourself, and evaluate your progress to that goal. Another helpful method is also putting down why you want it: "I will achieve 80% in all of my courses because I want an honours diploma."

As simple as that sounds, that was a personal mission statement – a statement that sums up your goal and reason for effort. Now that you know where you want to go, you need to examine how.

Ask yourself what needs to be done to achieve the stated goal, then write down your strategy and evaluate it regularly.

Identify your strengths and weaknesses in that endeavour, what makes

you able to achieve the goal, as well as what holds you back.

Keep all this in mind as you execute your mission, and when you make a mistake don't dwell on it, but identify it and move on. The same is true when you do the right things: pat yourself on the back, but keep up the momentum.

If you follow this simple, yet effective approach, you will find that success isn't a matter of luck, but simply of planning and determination.

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

**FERNIE**  
WITH SNOW BUDS  
NAIT'S SKI AND SNOWBOARD CLUB  
FEBRUARY 29 - MARCH 2 2008

**PACKAGE INCLUDES:**  
2 night's  
Accommodations in Stanford Condo  
2 Lift Tickets  
Fernie Alpine Resort  
Return Luxury Coach Transport  
Evening Activities  
Professional Tour Guides

**\$290 Per Person**  
GST Included  
Payable at NAITSA office E131

**HURRY SPACE IS LIMITED!**

**Contact Info:**  
Laureta Boychuk  
Lboychuk2@ookmail.nait.ca

## Bible Study Group



Weekly meetings every Friday at 12:15 pm in room E124  
For more info contact David  
[lazarus197925@hotmail.com](mailto:lazarus197925@hotmail.com)

## Upcoming Events

**Forest Tech Student Assoc.**  
Event: Forestry Girls Calendar sales.

**When:** Thursday and Friday Jan. 17, 18; noon to 1 p.m.

**Where:** Fresh Express Cafeteria

**MECSA & KVA**

Event: Beer Garden

**When:** Friday Jan. 18; 3-8 p.m.

**Where:** The Tower Lounge, 8th Floor

**Club Culinaire**

Event: OOK men's and women's hockey 50/50 draw

**When:** Saturday, Jan. 26; 2 p.m. and 7 p.m.

**Where:** NAIT Arena

**CETSC**

Event: OOK men's hockey 50/50 draw

**When:** Friday Jan. 18; 7 p.m.

**Where:** NAIT Arena

**Music Club**

Event: CD Listening Party

**When:** Thursday Jan. 24; 4:30 p.m.

**Where:** The Nest

**Def'Eye Arts Club**

Event: Art Exhibit Viewing

**When:** Thursday, Jan. 31; 5 p.m.

**Where:** Art Gallery of Alberta

For more information, or to join, contact Jonathan Berube at [jberube5@ookmail.nait.ca](mailto:jberube5@ookmail.nait.ca) or call 718-2142

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





# Your horoscope



**KATIE BERLINGUETTE**

## Jan. 17-24

(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)

If you've been having a slow week in the love department, then this is your time to shine! Take a leap and go for that person who keeps catching your eye. Don't be shy; they've been waiting for you to make the first move. If you already have a significant other, dust off your dancing shoes and take them for a spin.

Lucky mythological creature: Unicorn

### Taurus (April 20-May 20)

The last few days may have

been a blur, Taurus. However, in the coming weeks, look forward to a renewed sense of energy and awareness. Take this week to catch up on things you keep pushing to the side, or start tackling that big project. By the end of the week you will feel much more relaxed.

Lucky mythological creature: Centaur

### Gemini (May 21-June 20)

Being tight on funds is never fun, Gemini. Take what you do have and invest it wisely. Or take the selfless route and donate it to a good cause. Either way, you will feel better about yourself. Show off your strong morals; they are something to be proud of.

Lucky mythological creature: Mermaid

### Cancer (June 21-July 22)

A slow week is likely to give you plenty of room for second chances. Remember what you learned last week about being cautious? Take those experiences and apply them to today. This is your time to redo what you did wrong. Besides, there is always room for improvement.

Lucky mythological creature: Fawn

### Leo (July 23-Aug. 22)

The impending doom of last week seems to have cleared up. You may now be left to embark on a new and exciting adventure. Opportunity often shows itself in strange and mysterious ways, but don't be fooled, Leo. Jump on that chance and it will lead you to something truly great.

Lucky mythological creature: Dragon

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

The stars are showing a time of change in your sign, Virgo. Quite often you can misinterpret clear signs. It's high time that you stop reading between the lines and just take everything literally. It can't get any clearer than that.

Lucky mythological creature: Liger

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

Focus your time and energies on family this week. You might find that the blood that runs through your veins doesn't define family. Friends, loved-ones and close relations are just as much

a part of your life as your mom and dad. Quite often they can offer you a place of respite.

Lucky mythological creature: Goomba

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

Stop being so pushy. The people around you don't appreciate it, Scorpio. Being kind, thoughtful and courteous are all attributes that will benefit you immensely. You will succeed when you master the skills of diplomacy.

Lucky mythological creature: Griffin

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

If you find that you are stuck between a rock and a hard place, turn to your friends. If you don't have any friends, now is a good time to start making some. You are confident and clever, so relying on others should come easily for you.

Lucky mythological creature: Fairy

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

Life is good for you right now. There is no reason that you shouldn't be happy. You are a go-getter, Capricorn. So go

get that promotion or raise that you deserve. Do your best to be diplomatic and you will always get what you want. The stars believe in you.

Lucky mythological creature: Platypus

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

Your creativity is at an all time high right now. You may be seeing things in colours and shapes. Go with it. Put them down on paper and you could be pleasantly surprised. To avoid creative blocks, go somewhere you have never been before. The sights you will see will be of great value to you.

Lucky mythological creature: Smurf

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

Don't be so cautious. The outside world is safer than you think. Letting loose will help you to relax and enjoy the interesting things around you. The stars show an increase in your ability to trust. Use your sense of foresight to find positive energies to benefit your peers.

Lucky mythological creature: Sphinx

## STUDENT INFORMATION SESSION



### For students in the following NAIT programs:

Avionics Engineering Technology  
Biomedical Engineering Technology  
Computer Engineering Technology  
Computer Systems Technology  
Electrical Engineering Technology  
Electronics Engineering Technology  
Electronics Service Technician  
Instrumentation Engineering Technology  
Telecommunications Engineering Technology

**Date: January 28, 2008**  
**Time: 5:30-7:30pm**  
**Location: 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



# HOT

## SINGLE OF THE WEEK



**BRENT  
CONSTANTIN**  
*Part of a balanced breakfast (?)*

Hello reader, how are you doing? That's great, thanks for telling me.

Don't forget, loyal readers, the Students' Association elections are only about a month away. So, if you like reading the *Nugget*, that means that you'll love running as an executive (it does mean that), so, do it.

Or else don't, I can't force you.

Or can I?

No, I can't.

Our HSW this week is Nikki, an Office and Records Administration student currently in her third year.

**B:** Hi Nikki, and welcome to the article.

**N:** Hi.

**B:** So, Nikki, I can't help but point

out that O&RA is a two year program, isn't it?

**N:** Yeah, I was held back a year, or I'm making up some classes.

**B:** How come?

**N:** I slept in too much; hung out with drug dealers.

**B:** What did you cut out of your life for this year to help you catch up?

**N:** A little of both.

**B:** When was the last time you were seeing someone?

**N:** Like, a "real" relationship?

**B:** Whatever you want to talk about.

**N:** Well it was maybe about a month ago, it was more like friends with benefits though ... wow, I sound like a slut.

**B:** Don't worry about that, so what happened?

**N:** Well, at first we were fine with how things were going, and then I started to have feelings for him and I guess it freaked him out and we just stopped seeing each other ...

**B:** A similar thing happened between

my cat and me. So what about your longest relationship?

**N:** Maybe ... two months?

**B:** Pretty good.

**N:** Most of the guys I get are losers. All they want is sex, just like every guy. They all just expect me to lose my V-Card. I'm not going to just give it up.

**B:** Of course not, hold on to it until you have at least six stamps, then you get a free sub. So, what kind of guy are you looking for?

**N:** Well, I'd like to find someone who's taller than me (five-foot-10), a good sense of humour, likes music, nice, has style.

**B:** I'm guessing that by "style" you mean tight, tapered jeans?

**N:** Yes!

**B:** Wonderful. We need more people wearing those. And why are you hot, Nikki?

**N:** \*motions to her face\*

**B:** Anything more specific?

**N:** I'm confident, tall, nice blue eyes, I'm friendly to be around, and I enjoy my body.



**B:** I'm sure a lot of people do.

And, that's that! Contact with me, Brent Constantin, is the way to contact Nikki. So e-mail me, Brent Constantin, at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) and

I'll forward your message on!

And please e-mail me as well if you, the loyal reader, would like to be featured in Hot Single! It's the best and only way to legitimately say "I was in Hot Single of the Week."

## 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 – 1<sup>st</sup> Floor
  - South 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!**

## NAIT Instructional Excellence Award



### Does your instructor...

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

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

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



# Grapevines

Dear Tristan Bonnecent:

I agree with you completely. Those are some major injustices that you listed in last week's submission. Advertising in the washroom is top priority on my list of problems as well. About your second problem, there is paper recycling all over the place. Maybe you were too busy raging about the Hudson's Tap House advertisement in the washroom to notice.

About your prayer space, NAIT is always talking about wanting people to start new clubs. You have already

done the hard part, you bitched about something. You are a true revolutionary. Now someone just needs to do the rest of the work.

You nailed the problems here at NAIT perfectly. Paper recycling, advertising, and grass. Good job, lol. Public transportation to NAIT, outdated infrastructure, parking, tuition cost and vehicles getting broken into is of much lower priority than your "problems." lolz

Don't worry about beefing up your resume during class, no one would hire you anyways when you

make it to the interview.

—Tristan (I am ashamed we share the same name : ( )

To the brown haired girl from second year accounting:

I never thought I'd see the day when I'd be one of those guys posting in the grapevines in search of someone. However, with the amount of students in this school, it gets pretty hard to track a specific person down. This is targeting the brown-haired girl from accounting I helped last week in the bookstore. If you remember, you

were wondering about the accounting textbooks and wanted to buy the package, but ended up having to buy volumes of the textbook separately. I also saw you outside the store after your purchase.

Hopefully this has jogged your memory a bit.

I was just extremely curious if you'd be willing to grab some coffee sometime. I'd like to get to know you a bit better. Anyways, give me an e-mail if you're interested. My e-mail is: thebookstoreguy@hotmail.com

To the guy I saw stuffing his bag full of forks at the Common Market; Are you really so poor you needed to take all of those? Why not just steal one real fork? It'll save you time.

— Kristen B.

Why is there hate propaganda all over the inside of the men's bathroom stalls? I guess I'm alone on this one, but when I go to defecate it doesn't make me angry against minority groups. You must be doing it a different way.

— Rob

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

## NUGGET COMICS



**NAITSA CLUB FAIR**

**JAN. 22**

**SOUTH LOBBY**

**10AM - 1PM**

Come check out our current clubs, form a new club, meet people, great prizes and more

STUDENTS' ASSOCIATION

**2008**

**THE NEST**

**COMBAT KARAOKE**

**"Mad Cow" Mondays:**  
Burger and a Beer \$8.00  
(Cheeseburger and a 16oz pint of domestic draft)  
Karaoke 3:30 - 7:30pm  
(Combat Karaoke for prizes)

**"Tijuana" Tuesdays:**  
Soft Taco's 2 for \$2.50  
\$4.50 Corona's, \$4.50 shots of Tequila

**"Fire and Ice" Wednesdays**  
30c Wings (Minimum order 10)  
\$4.50 Smirnoff Ice  
\$4.50 Captain Morgan Spiced  
Karaoke 3:30 - 7:30pm

**"TGIAF"**  
(Thank goodness it's almost Friday!)  
\$1 Coors Light Draft  
(8 oz glass)  
Every 2nd Thursday Universal Music  
Listening Party

**GUITAR HERO**

**"Jacked Up Fridays"**  
Jack Daniels \$4.50 singles/ \$6.75 doubles  
\$4.00 Sour Jack shots  
Guitar Hero Competition (compete for prizes)



## Ask a Counsellor

# How not to be perfect ...



Margaret Marean

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments? ... consider yourself a failure if you get a 'B'? ... put things off because you can't get them perfect? ... avoid giving your opinion for fear of looking dumb?

If so, you may be a perfectionist. Perfectionism is a self-defeating cycle. Perfectionists set unrealistically high standards, fail to live up to these standards, feel bad about themselves and then blame themselves for not being good enough or trying hard enough. To offset this, they feel compelled to set more unrealistic goals in order to try and feel better. Perfectionism is not the healthy pursuit of excellence, but rather, as Dr. David Burns states in his bestseller *Feeling Good*, the compulsive striving towards unrealistic goals.

Why not strive to be perfect?

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied, and even if they get some temporary satisfaction, they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right.

Perfectionists tend to be all-or-nothing thinkers, believing that if they don't get A+ marks or do a job perfectly, they are failures. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life.

Perfectionists are very self critical and usually value themselves based on the approval of others. Because their self esteem comes from outside approval, the perfectionist is vulnerable.

Perfectionists often have problems with relationships because they apply their own unrealistic stan-

dards to others and can be critical and demanding.

Perfectionism is also a major cause of procrastination. Fear that they cannot do a task perfectly, or anticipation of the effort involved to achieve perfection often causes perfectionists to avoid tasks. Tasks become arduous rather than rewarding. Perfectionists may think that it is better to put in a half-hearted effort and maintain the belief that they could have done a great job, than to give their full effort and risk getting a mediocre mark.

The constant pressure that perfectionists put on themselves, as well as the lack of joy or sense of satisfaction they get from doing tasks, is wearing and makes perfectionists more susceptible to anxiety and/or depression.

## Making Changes ...

All of this isn't to say that you shouldn't strive to do well. Setting realistic goals based on what you want, rather than on what you perceive others expect of you, is good. Healthy achievers take pleasure in pursuing their goals rather than feeling

stressed that they might not achieve perfection. Perfectionists can change. If you have tendencies towards perfectionism:

- Look at what you have accomplished in the past and set small, achievable goals based on past performance.

- Decide on several things that are really important to you and put your effort into those goals. Lower your standards on other tasks.

- If you are feeling highly stressed, feel like giving up or find yourself avoiding necessary tasks, use this as a warning signal that you may have unrealistic expectations such as taking on too much or trying to do everything perfectly.

- Remember that people learn by making mistakes. If you're not taking risks because you think you might fail, you are probably missing out on a lot of growth and learning.

- Set limits on how much time you will spend on a project – and stick to them!

- Judge yourself by who you are, not by what you accomplish.

- Lighten up by scheduling free

time for fun and relaxation. (This actually makes you more creative and productive).

- Ask yourself "What is the worst thing that could happen if I don't do this perfectly?", "or if I fail?"

- Stop chasing the impossible dream. No one is, or ever will be, perfect.

Perfectionists often fear letting go of their high expectations, thinking that they will become total slackers. Don't worry – people almost never move from one end of the continuum to the other.

Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you'll probably find yourself having a lot more fun!

*Counsellors at Student Counselling can help you work towards healthy goal setting. We also offer academic, personal and career counselling. To book an appointment, drop by Room W111-PB, HP Centre or book an appointment at 378-6135*

## LOL (Learn Over Lunch) Workshops

### Improve Your Reading

Tuesday, January 22<sup>nd</sup>

Get practical tips to evaluate and improve your reading

### Learn to Relax

Thursday, January 24<sup>th</sup>

Experience guided relaxation exercises to teach self-relaxation, as well as some quick tips to prevent stress from escalating.

### What Is Your Learning Style?

Tuesday, January 29<sup>th</sup>

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 5<sup>th</sup>

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

### 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

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



TECHNIQUES  
TO MAXIMIZE  
LEARNING POTENTIAL  
COUNSELLING SERVICES

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



## 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.

## 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+



### Extra! Extra! Who's Coming to Career Fair 2008

Receive a list of companies attending the NAIT

Career Fair on January 29th as well as helpful tips

and tricks to make yourself stand out to Employers.

Pick up your copy in these locations:

**11:15 am - 1:15 pm**

Jan 18	Spartan Centre - main floor
Jan 21	Business Tower - main floor
Jan 22	Engineering Annex - main floor
Jan 23	South Lobby
Jan 24	HP Centre



**Student Employment**  
[www.nait.ca/studentemployment](http://www.nait.ca/studentemployment)  
careers@nait.ca 780.471.8899



## Rapid Resume Review

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](http://www.nait.ca/studentemployment)  
471-8899

## VOLUNTEER?

### 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).

### 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](mailto: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](http://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.

### 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).



# Out and about



GAVIN THOMAS

Will you be following the NAITSA executive elections, on Feb. 7?



I haven't looked into it yet.

Blair Barzeele  
Business Administration



Not likely, I have too much other stuff on my mind.

Morgan Macdonell  
ELT



None of the presidents come to the Annex.

Jana Champagne  
Architecture Technology



Because I am a night student, it won't really affect me.

Slawomir  
EMT



I only know Brent (Constantin, VP Campus Life).

Jamil  
Engineering Design  
Drafting Technology

## 3PM START NEST PARKING LOT

Teams compete for a **Molson Skybox** to an **Oilers game**. First 16 teams to register get to play!

Visit [www.naitsa.ca](http://www.naitsa.ca) for details & team forms

## ULTIMATE SURVIVOR CHALLENGE

FRIDAY FEBRUARY 1

NAITSA FREEZE OVER

## TAILGATE PARTY

5PM AT THE NEST

with **The New Weapon**