

NAITSA EXECUTIVE ELECTIONS – TUESDAY, FEB. 12; NOMINATIONS CLOSE JAN. 31

THE NUGGET

Thursday, Jan. 24, 2008
Volume 45, Issue 18



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Brendan Abbott

Dale-Marie Cumberbatch pots a couple of points in November against Augustana. She scored her 1,000th point against Lakeland College on Friday, Jan. 18.

NAIT'S 1,000-POINT EXPRESS!

Lady Ooks basketball player Dale-Marie Cumberbatch reaches the 1,000-point mark quickest in ACAC history – Story page 6

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THE NEST

Your Campus Restaurant & Bar
Breakfast – Lunch – Nite
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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

Finding the funds



SHANT CHAKMAKIAN

NAIT is ahead of schedule in its corporate donations program, says chief development officer George Andrews.

"We are currently just over \$70 million on our capital campaign," Andrews said this week. "We are pleased with the progress."

"The original plan was to raise \$50 million by April of this year. We are hoping to close off on a couple of other donations by our touchdown in April."

However, even those funds raised won't take care of the financial needs of NAIT.

This school is the third largest post secondary institution in the province, but only received one percent of post-secondary capital funding from the provincial government from 2002-2008, compared with the University of Alberta and the University of Calgary, which received 60 and 24 percent respectively over the same period.

This leaves students asking why we are getting such a small slice of the pie.

"I think we should get more funding ... the government should help pay (more) for school," said Jessika Houli.

According to a report prepared for NAIT by CCbenefits Inc. in July 2007, the "NAIT service area economy annually receives roughly \$4.1 billion in income due to the past and present efforts of NAIT."

The same report also states NAIT's cost effectiveness to the taxpayer, citing, "NAIT returns \$5.10 (to the local economy) for every dollar of taxpayer



Photo by Janna Van Dorp

FOR A GOOD CAUSE

Adelle Ramcharan, left, Shannon Crossland, Nicole Klita, Katee Mogensen, Alaina Maitland and Ashley Burley were handling both the chainsaws and the Women of Forestry calendar sales booth last week to help raise funds for the Forestry Club.

financial support."

Provincial and local government allocated \$131.1 million in support of NAIT in the 2006 fiscal year, leaving NAIT cash hungry in 2008, because this year's operating expenses are slated to be at \$284 million.

With tuition prices capped and operating costs only 46 percent government funded, NAIT has to find other means of covering costs. This can range from profits in food services to the book store.

Just as students benefit from their

education here, businesses benefit from their cash investment.

Government also has a great opportunity to expand on their investment, thus fuelling our province's growing economy with sustained growth.



Photo by Amy Bizovie

GOOD ADVICE

National Bank managing director Angus Watt is shown with Business instructor Pan Zhang after speaking to a group of students last week as part of the Finance Diploma Program's career seminar.

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.

**NAITSA
ELECTIONS**

See naitsa.ca for information.

SO NEAR AND YET SO FAR

A thirsty Mendel Perkins shows his frustration over a three-bottle jamup in the Common Market drink machine recently.



Photo by Ian Vaydik

Parking: a prickly issue



LIAM CRESWICK

The Notices portion of NAIT's "Current Students" homepage has a bulletin decreeing that security will be cracking down on all illegal parkers.

Vehicles without parking permits, daily fee tickets, and those in the way of emergency lanes and fire hydrants will suffer the mighty wrath of the NAIT Parking and Security Services.

Now, I don't wish to see anyone's vehicle towed, but with the shortage of parking at NAIT, those without permission and priority really need to move it or lose it.

In fact, after a visit to the NAIT parking office, I found there are no more parking passes being sold to students who don't carpool or have special priority. With parking space in short supply, what are the alternatives?

Public Transit is the most ecological and convenient option, but it may not be the most economical, considering NAIT isn't part of the U Pass program.

Many parking stalls are available at the Municipal Airport, but with only one shuttle bus travelling back and forth between NAIT and the Airport Parkade, it can be upwards of a 20 minute wait for the bus to arrive. That isn't including the time for the trip on the bus itself.

Aaron Brin, the senator for the

School of Electrical & Electronics Technologies, addressed a few of my questions on the issue. When asked about the problem as a whole, Brin said: "We are undersupplied for parking stalls for everyone," which, he explained, is due to the fact that "we are limited by our square footage at NAIT as to how many parking stalls we can have. The city regulates and limits the amount of parking stalls we can have, based on our area."

With regard to how best to address the situation, Brin says "students [and staff] need to take advantage of the carpool system that is running here at school."

He added that NAITSA and the Senate are currently working on a number of other options, such as bringing the LRT to NAIT, providing dedicated parking for carpooling and working on more effective bus transit service from downtown, West Edmonton and other key locations. He says due to land costs and availability, additional space will likely not take priority over more buildings and learning space.

There may not be adequate spaces for every NAIT staff member and student to drive to school, but it seems evident that if we all do our best to reduce the strain, the problem may not be as extreme. Brin also mentioned that any students who want to know what they can do should con-

tact their student executives or local councillor.

The *Nugget* would also like to remind students that due to the Career Fair on Jan. 29, parking will

be unavailable for those without permits. The parkade will not be accepting any daily entry parkers, but permit holders will be unaffected by the changes.

Show your NAIT pride while you get fit!



T-Shirts
Shorts
Pants
Tank tops

The Bookstore has a great selection of workout wear for men & women.



BOOKSTORE

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The Nugget encourages submissions.

studenteditor@nait.ca

THE DEADLINE IS

Noon on the last school day of the week.

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

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

Letters welcome

We want your views

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

Get those thoughts into print.

Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

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

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

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

Write us.

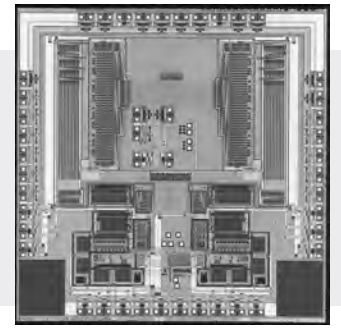


**Tech
Talk**



SHANT CHAKMAKIAN

Entertain me!



Today, our in-home entertainment is generally centred around two things: TV and the Internet. Whether you're watching a DVD or using YouTube, it's a great way to unwind.

But now, with the evolution of sites like YouTube and Torrents, acquiring entertainment is almost as easy as watching it.

If you want to play just about any video, VLC Player is a great free player that plays almost anything

and is loaded with features.

VLC Player, (available at www.videolan.org) works for most operating systems, including Windows and Mac. This product can play almost any downloaded movie you can throw at it.

But by far the most revolutionary program is Miro. When I first tried it I was blown away. This free product can download Torrents, play HD content and it also plays just about any

type of video as well.

But it doesn't stop there. Short of vacuuming your house, this product also can download videos from YouTube, Google Video, etc.

Miro, (available at <http://www.getmiro.com>) also incorporates RSS Feeds, which it treats like channels and downloads automatically at mind-blowing speeds.

This means you can add a feed and it automatically downloads all the videos of whatever you are interested in. You can also easily add channels, thus tailoring it to your entertainment needs.

All you have to do is leave it running, go to school or work and when you get back you will find you have hours of content at your fingertips waiting to be watched on your terms.

This is an easy way to get more

entertainment value out of your PC and all for free.

Tune in next week as we discuss how to hook up your computer to your TV and sounds system. Until then, download Miro and try it out and I

guarantee you will be impressed.

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



Correction
The photo on the Dec. 6 cover of the *Nugget* was incorrectly credited. This photograph was taken by Javier Salazar.

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TREND HIRES ON AN ONGOING BASIS

Thur. Jan. 31

Unplugged Café featuring
RODY WALKER of



Acoustic performance
12:30pm – 1:30pm
The Nest Restaurant & Bar

FREE



NAITSA PRESENTS
FREE MOVIE NIGHTS
TUES. JAN. 29 - SHAW THEATRE

30 DAYS OF NIGHT
BASED ON THE GRAPHIC NOVEL

4:30PM
FREE POPCORN &
POP IN SHAW FOYER

5:00 PM
MOVIE STARTS

CAST: MELISSA GEORGE, DANNY HUSTON, BEN FORSTER, MARK BRONKE JUNIOR, BRIAN BEITZEL, JESSIE JAMES HOLLAND, CLIVE SMITH, TED ADAMS, ART JONES, PAUL BENHAM, AUSTIN DERRY, JOE WILLIAMS, JOE BRANE, NATHAN KARAN, JAKE RICHARDSON, AUDREY HENDERSON, STEVE NILES, BEN TEMPLESMITH, STEVE NILES, STUART BEATH, BRIAN NELSON, SAM RAHAL, ROB TAPERT, DAVID GLADE

30DaysOfNight.com

OPINION

— Editorial —

Security not an easy job



ALISTAIR WILKINSON
Student Editor

ies (still waiting for it).

I love money. I like taking my girlfriend to nice places. I like not worrying that this next purchase – be it a meal, new winter tires or a night at an establishment where illicit substances are enjoyed in close proximity to a performance artist – won't be an expense that breaks me. That said, I'm keenly aware that money can't replace a single moment of experience. If the job doesn't pay well, or I don't like it, I'll get a different job (I'd make a great reverse-exotic-dancer ... anyone would pay me to put my clothes back on).

Doesn't work for everyone

Of course, the Alberta advantage doesn't work for everyone. It seems like (surprise, surprise) employers like money, too. The frequency with which one hears businesses complaining about labour shortages would indicate that they're willing to pay a wage that matches Alberta living costs. Anyone who believes that sort of logic would do well to speak with NAIT's security service.

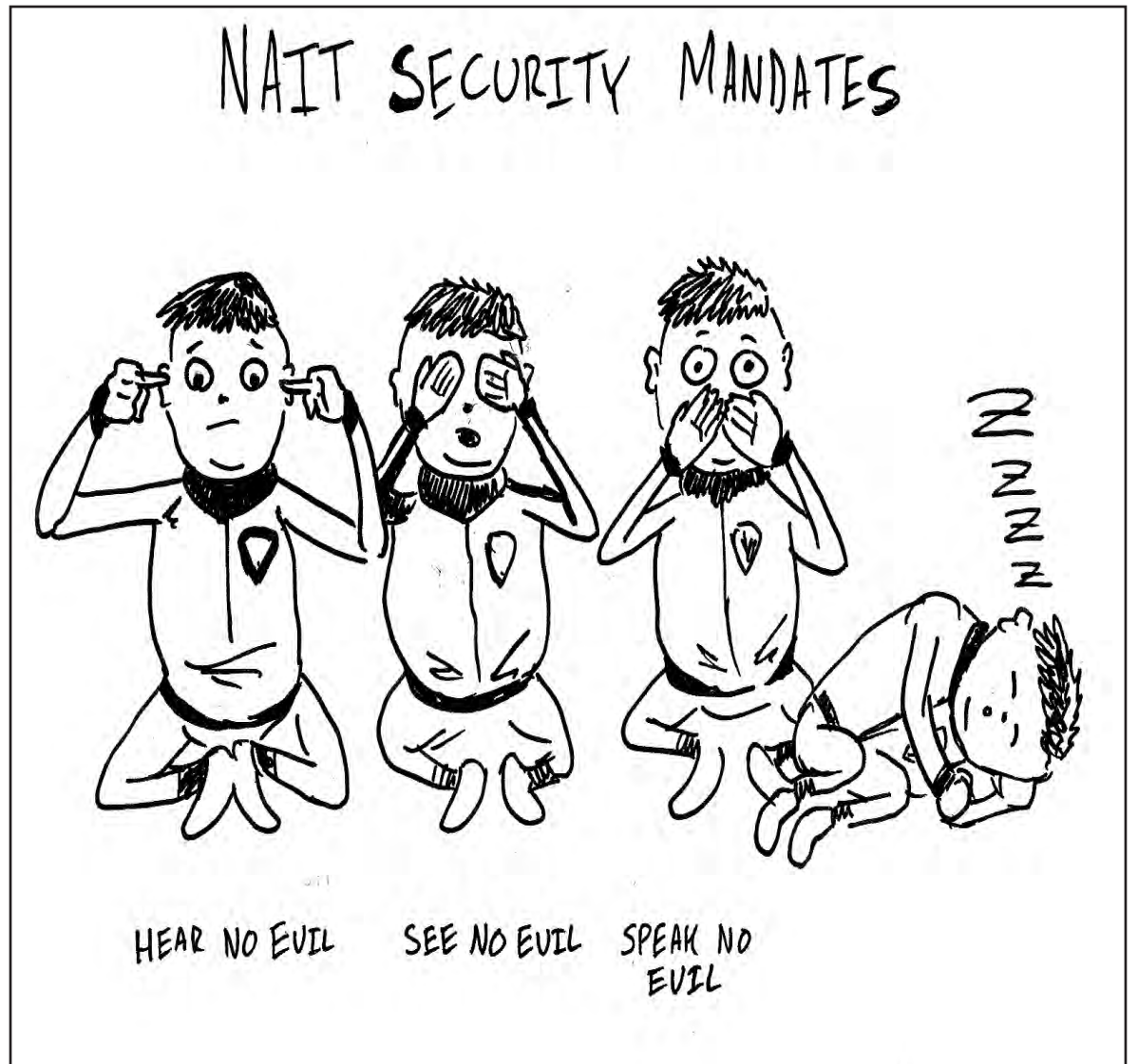
Sure, there have been complaints: efficiency, effectiveness, confinement to silly rules, unwillingness to speak with *Nugget* reporters (you know who you are), but by no means am I surprised. On the contrary, I sympathize with NAIT's chosen security personnel, at all levels. They're underpaid, understaffed and undertrained (in NAIT's probably existent safety/security provisions).

Minimal budget

They operate with a minimal budget that by no means stretches to both staff numbers and adequate salary, a budget afforded them by a large company that, once they agreed to take NAIT's outsource offer, were more likely to be concerned about their profits than the stress their employees suffer attempting to operate within the parameters supplied to them. Speaking personally, I wouldn't take much stress for less than \$10/hour. I don't think I'd even get out of bed.

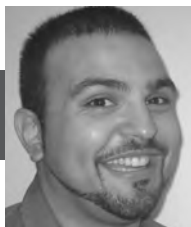
That's why, when security stays mum on what plans they and NAIT come up with to ensure a safe campus, when they continue to display effectiveness that suggests a lack of communication with NAIT administration and NAITSA, and even when, say, they harass *Nugget* staff, I don't blame security. I only blame the organ grinder.

I just flew in from Ottawa and, man, is my soul corrupted. I did ask Ottawa residents (Ottawans? Ottawanites? Ottamatons? How does one refer to them?) if they could please, please give Alberta's money back, but despite the gnashing of teeth and disgusted comments relating to my gun rack (I need to feel safe), it was easier getting money out of the oil compa-



Ste PS t o SUCCeSS

Keep eyes on the goal



SHANT CHAKMAKIAN

Managing priorities is a key factor in achieving any goals, especially broader ones.

Many people try to make New Year's resolutions but always end up forgetting them by the end of the month because they lose sight of their goal and their vision.

That's where a priority list comes in. With a pen and a sheet of paper, list all the things that are priorities in your everyday life.

Then, number them off in order of importance, emphasizing the urgency of any priority at any given time.

Then focus on each priority and place key points under them, detailing what you specifically need to work on.

For example: if you listed "school" as a priority, under that you can place "do homework daily" and "study regularly" as key points; or whatever else you think you need to focus on to achieve success in that priority.

Now keep it in a place where you can see it regularly and read it regularly, memorize it, and keep it in mind as you schedule your day and execute your tasks.

As you go about it, arrange your agenda accordingly and ask yourself if it aligns with your priorities and help you with your goals.

But it shouldn't be set in stone. You can be flexi-

ble with it, using it as an outline to guide your personal priorities.

From time to time you can re-evaluate it and re-prioritize it accordingly, to ensure you keep on course with your goals.

If you follow this method, you can find it as an excellent companion to the Think, Believe and Do method.

Coupled with a personal mission statement, this method can bring you better results on a daily basis as you move forward with your goals.

Your views are important

We want to hear from you

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. We're a newspaper, not an encyclopedia. Give us a break!

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

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

SPORTS

Dale-Marie's magic!

**AMBER TIENKAMP
and ZACH PENDERGAST**

At the beginning of the Oaks game on Friday Jan. 18, you could feel the tension in the stands. It was a chance to see the home team win and the home town girl break an Alberta Colleges Athletic Conference record.

The night belonged to Dale-Marie Cumberbatch. She started on a high note, by receiving the NAIT athlete of the week award before the game against Lakeland College. She took the tipoff and scored the first two points of the night. She continued to be a presence all game with some great offensive and defensive boards and by the end of the third quarter she had netted 22 points. Halfway through the fourth quarter came the highlight of the night, as Cumberbatch scored her 24th point of the night and her 1,000th in the last year and a half, reaching the mark faster than any other player in ACAC history. And to the delight of her fans, she got to do so on home court. Helping to lead the Oaks to a 75-72 victory, Cumberbatch finished the night with 27 points, 10 rebounds and 15 assists.

The rising ACAC star has clearly established herself as a scoring machine in the ladies' basketball game. Scoring 1,000 points is hard enough for anyone, but even more outstanding is that she only took a season and a half to do what has taken the top scorers in the ACAC a full four years.

In just 24 games in her first year (2006-2007), Dale-Marie tallied more than a few records. Among them, this ultra impressive list of single-season accomplishments: 602 points, most free throws made at 168 and most two-point field goals made (196) in a single season. Game night for her generally means around 24 points and just to put that in perspective, her nearest rival, highly touted all-Canadian Keira Lintz of MacEwan, averages just 17 points a game.

Quick to credit her teammates with their play, Dale-Marie knows that her accomplishments are largely a result of coach Curtis Nelson's ability to bring out the best in her and loads of team work ethic. She is in fine company as only four other



Photo by Kelsey MacKenzie

Dale-Marie Cumberbatch shoots from the foul line Friday night (Jan. 18) against Lakeland College on her way to becoming the women's player to score the fastest 1,000 points in ACAC history.

women have ever managed to score over 1,000 points in their careers. By the second half of her third season, she is on track to crush that record, leaving herself another season and a half to put that scoring title firmly in her grasp for good.

Having been courted nationally by numerous teams across

Canada and south of the border, Dale-Marie chose to stay in Edmonton due in part because of the scholastic choice of Digital Interactive Media Design afforded her by NAIT. As inspired as her play is, perhaps even more impressive are her high academic grades, achieved while performing so well on the court.

THE WEEK IN NAIT ATHLETICS

V-ball teams sweep Portage

Both NAIT teams dominated the weekend (Jan. 18-19) matchup with Portage College, winning handily each night. The NAIT women took Friday night's games in three straight (25-15, 25-19, 25-19), then cruised through the Saturday matchup, winning again in three straight games (25-7, 25-11, 25-17). In the Saturday game, Janelle Ewan led the NAIT attack with eight kills and three service aces.

The NAIT men won 3-0 at Portage (25-12, 25-12, 25-17), and on their home court, the Oaks won 3-0 (25-12, 25-13, 25-14). Ted Tourneur paced the Oaks with 11 kills, two service aces and two digs.

BASKET BALL

The NAIT women's basketball split a pair of weekend games with the Lakeland Rustlers, winning 75-72 at NAIT. The Oaks were led by Dale-Marie Cumberbatch, who had 27

points, 10 rebounds and five assists. Amber Kassian chipped in with 14 points. In the fourth quarter, Cumberbatch recorded her 1,000th career point in ACAC in just a season and a half. The Lady Rustlers avenged the Friday night loss on Saturday as they dropped the Oaks 69-55 in the rematch.

On Friday night, the NAIT guys hit some clutch free throws to send the game into overtime, but faltered in the extra frame to lose 95-87. Leading the Oaks were veterans Sheldon Lawton with 21 points and Steve Lamont, who chipped in 18 points and 10 rebounds. Back on the Rustlers home court in Lloydminster, the Oaks were beaten 102-78.

HOCKEY

On Friday night, the Oaks battled the Concordia Thunder to a 4-4 draw through three periods and and

a five-minute overtime session, only to lose 5-4 in a shootout. NAIT got goals from Scott Taje, Jeremy McKibbin, Cedric Duhamel and Josh Schellenberg. The rematch on Saturday, at Clairview arena, was not so close, as Concordia beat NAIT 5-2.

The NAIT lady Oaks were in tough against the top-ranked Mount Royal Cougars on the weekend. On Friday night, the Oaks were beaten 4-1, with Kendel Jurista picking up the lone NAIT goal. On home ice, NAIT got a goal from Tamera Rude, but came up on the losing end of a 5-1 decision.

BADMINTON

The NAIT badminton team finished second behind Concordia in a meet hosted at NAIT over the weekend. Oaks highlights included NAIT's Dan Kai and Sun Yang winning the men's and ladies singles events,

respectively. Dan also finished second in men's doubles and fourth in mixed doubles events.

**On Deck this Week ...**

There is plenty of intercollegiate action on campus this weekend, kicking off on Thursday, Jan. 24, when NAIT basketball hosts the Kings College Eagles. Tipoff for the ladies' game is 6:30 p.m., with the men following. The Eagles will host NAIT on their home court Saturday evening at 5/7 p.m.

On Friday Jan. 25, the Briercrest College Clippers square off against the NAIT men's hockey team in the

first game of an important two-game series. The puck drops at 7 p.m. Both teams are back on NAIT ice for a Saturday matinee to wrap up their weekend. Game time is 2 p.m.

The women's hockey team will travel to the U of C on Friday night for a game with the Dinos. Both teams are back on the ice at NAIT on Saturday, Jan. 26 for the back end of their two-game series. Game time is 7 p.m.

...

A booking conflict with the NAIT gym has forced the volleyball teams to play their weekend series against the Keyano Huskies at Concordia College. The Lady Oaks will play the Huskies at Concordia on Friday, Jan. 25 at 6:30 p.m., with the men's game to follow. On Saturday, the back end of the two-game series will also be played at Concordia College, with the women's game starting at 1 p.m.



Photo by Brendan Abbott

Sun Yang serves during last weekend's (Jan. 18, 19) badminton tournament at NAIT. Yang earned female athlete of the week honours (below) for her performance.

Athletes of the week

Sun Yang
Badminton



This week's female athlete of the week is Sun Yang, from the NAIT badminton team. Sun has battled a bout of the flu since returning from the team's trip to Florida, but still had enough strength to win the ACAC women's singles event over the weekend.

A first-year ESL student, Sun comes to NAIT from China and is working hard to improve her English. Look for Sun to qualify for the CCAA Nationals which are being held at Mount Allison University this year.

Congratulations, Sun Yang!

Dan Kai
Badminton



The NAIT male athlete of the week is Dan Kai, from the NAIT badminton team. Dan won the men's singles event on the weekend, finished second in men's doubles, and fourth in mixed doubles for a great weekend.

Dan, a first year student in the ESL program, comes from China and trains extensively at the Royal Glenora Club in addition to his commitment to the Oaks. Coach Jordan Richey is pleased with Dan's weekend performance and is confident that Dan will qualify for the nationals.

Strong second in badminton tournament

KATIE BERLINGUETTE

NAIT hosted last weekend's badminton tournament and although we did not win every game, the team finished second overall. The two new students from China, here to compete with full scholarships, are an added strength to the already strong team.

Dan Kai, new to the Oaks badminton team, cleaned up in men's singles during the tournament. He also placed second in men's doubles, along with Romulo Yamsuan. Sun Yang, our other international student, also cleaned house with a first-place women's singles win.

Yang and Janci Templeman finished with a nice second place in women's doubles. And Kai, along with partner Natalie Neumann, rounded out with a fourth place in mixed doubles.



Although badminton is not a high profile sport in Canada, it is the second most viewed sport in the world (just behind soccer). The Oaks have come a long way in the last 10 years, with coach Jordan Richey at the lead. He is extremely pleased with his team this year and hopes to see a few players place for nationals.

"In the past we've come out with seconds and thirds but never on top," Richey said about the team's chances at Nationals (held in New Brunswick later

this year).

While NAIT holds second place in the league to cross-town rival Concordia, with the added strength of two very experienced international students, along with a great team dynamic, first place could be within sight.

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

THE NEST MOLSON

ACAC Standings

MEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	18	13	4	1	27	84	48
SAIT	16	11	3	2	24	83	47
MacEwan	18	11	5	2	24	79	68
Concordia	18	9	9	0	18	55	75
Briercrest	16	7	9	0	14	51	81
NAIT	18	5	9	4	14	63	77
Augustana	16	4	11	1	9	49	68

Jan. 18
CUCA 5, NAIT 4 (SO); MRC 6, Augustana 0;
SAIT 6, MacEwan 2

Jan. 19
CUCA 5, NAIT 2; MacEwan 3, SAIT 1;
MRC 5, Augustana 2

WOMEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	16	11	3	2	24	44	27
Red Deer	16	11	4	1	23	53	31
SAIT	16	9	6	1	19	40	39
U of C	16	8	5	3	19	36	36
MacEwan	16	7	8	1	15	27	38
NAIT	16	2	12	2	6	23	52

Jan. 17
UofC 3, RDC 1

Jan. 18
MRC 4, NAIT 1; SAIT 4, MacEwan 2

Jan. 19
MRC 5, NAIT 1; RDC 3, UofC 2 (SO)
MacEwan 1, SAIT 0

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
MacEwan	16	15	1	30	1307	1092
Lakeland	16	14	2	28	1411	1164
Concordia	18	12	6	24	1347	1199
Grande Prairie	16	7	9	14	1206	1254
NAIT	18	6	12	12	1324	1401
King's	18	6	12	12	1195	1360
Augustana	18	0	18	0	1198	1518

South Division						
Team	G	W	L	Pts	PF	PA
Mount Royal	14	12	2	24	1166	889
Red Deer	14	12	2	24	1006	931
Lethbridge	14	8	6	16	1140	1077
Medicine Hat	14	4	10	8	903	1057
Briercrest	14	4	10	8	1027	1163
SAIT	14	2	12	4	964	1089

Jan. 17
MacEwan 77, TKUC 64

Jan. 18
LC 95, NAIT 87; CUCA 85, Augustana 72;
LCC 70, BC 58; MRC 75, MHC 59;
RDC 65, SAIT 51

Jan. 19
LC 102, NAIT 78; LCC 82, BC 77;
CUCA 80, Augustana 66; MRC 84, MHC 64;
RDC 69, SAIT 57; MacEwan 68, TKUC 66

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia	18	15	3	30	1402	1096
MacEwan	16	12	4	24	1183	1016
Grande Prairie	16	11	5	22	1179	1090
King's	18	9	9	18	1254	1199
NAIT	18	5	13	10	1142	1420
Augustana	18	4	14	8	1206	1374
Lakeland	16	4	12	8	1025	1196

South Division						
Team	G	W	L	Pts	PF	PA
SAIT	14	13	1	26	1051	684
Mount Royal	14	11	3	22	1005	722
Lethbridge	14	9	5	18	1103	814
Medicine Hat	14	7	7	14	885	818
Red Deer	14	2	12	4	707	988
Briercrest	14	0	14	0	495	1220

Jan. 17
MacEwan 79, TKUC 55

Jan. 18
NAIT 75, LC 72; CUCA 83, Augustana 64;
LCC 83, BC 42; MHC 79, MRC 69;
SAIT 88, RDC 55

Jan. 19
LC 69, NAIT 55; LCC 88, BC 41;
Augustana 74, CUCA 73; MRC 69, MHC 44;
SAIT 89, RDC 55; MacEwan 67, TKUC 57

MEN'S VOLLEYBALL						
Blue Division						
Team	MP	MW	ML	Pts	GW	GL
Mount Royal	18	17	1	34	53	14
Red Deer	18	14	4	28	45	24
MacEwan	20	11	9	22	44	34
SAIT	18	11	7	22	38	31
Briercrest	18	6	12	12	29	39
King's	20	6	14	12	21	49
Grande Prairie	20	1	19	2	18	57
White Division						
Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	14	13	1	26	41	14
Lakeland	14	12	2	24	39	20
Keyano	14	7	7	14	29	24
Lethbridge	14	5	9	10	22	30
NAIT	14	5	9	10	27	28
Portage	14	0	14	0	0	42

Jan. 18
NAIT 3, PC 0 (25-12, 25-12, 25-17)
MHC 3, KC 2 (25-22, 23-25, 25-18, 25-16)
LCC 3, LC 2 (22-25, 25-19, 25-21, 15-25, 15-11)
MacEwan 3, BC 0 (25-22, 25-15, 25-20)
RDC 3, GPRC 2 (22-25, 17-25, 25-23, 25-23, 15-11)
TKUC 3, SAIT 0 (25-17, 25-20, 28-26)

Jan. 19
NAIT 3, PC 0 (25-12, 25-13, 25-14)
MHC 3, KC 2 (23-25, 25-17, 25-23, 20-25, 15-10)
LC 3, LCC 2 (21-25, 25-16, 25-21, 19-25, 15-12)
MacEwan 3, BC 2 (13-25, 25-22, 25-16, 23-25, 15-11)
RDC 3, GPRC 0 (25-18, 25-9, 25-14)
SAIT 3, TKUC 0 (25-21, 25-20, 25-23)
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	18	15	3	30	45	22
MacEwan	20	14	6	28	47	27
Grande Prairie	20	12	8	24	44	32
King's	20	4	16	8	26	54
SAIT	18	4	14	8	20	48
Briercrest	18	1	17	2	14	53
White Division						
Team	MP	MW	ML	Pts	GW	GL
Lethbridge	14	11	3	22	39	14
NAIT	14	10	4	20	30	19
Lakeland	14	8	6	16	33	25
Medicine Hat	14	7	7	14	27	25
Keyano	14	6	8	12	21	25
Portage	14	0	14	0	0	42

Jan. 18
NAIT 3, PC 0 (25-15, 25-19, 25-19)
MHC 3, KC 0 (25-23, 25-23, 25-19)
LCC 3, LC 2 (25-11, 25-21, 24-26, 15-25, 15-13)
MacEwan 3, BC 0 (25-22, 25-16, 25-17)
RDC 3, GPRC 0 (25-21, 25-19, 25-17)
TKUC 3, SAIT 2 (24-26, 18-25, 25-22, 25-16, 15-7)

Jan. 19
NAIT 3, PC 0 (25-7, 25-11, 25-17)
MHC 3, KC 0 (25-17, 25-14, 25-16)
LCC 3, LC 1 (17-25, 25-21, 25-13, 25-21)
MacEwan 3, BC 0 (25-11, 25-15, 25-19)
GPRC 3, RDC 0 (25-22, 25-21, 25-23)
SAIT 3, TKUC 2 (22-25, 25-13, 25-17, 22-25, 15-9)
NOTE - Feb. 22-24: RDC hosts ACAC women's volleyball championship



Photo by Javier Salazar

SPIKE TIME

Ooks Adam Mischuk hits a winner last Saturday during a game against Portage College. NAIT came away with a 3-0 victory.



Photo by Walter Hryciun

DUHAMEL NOTCHES ONE

Ooks forward Cedrick Duhamel scores on Concordia during a 5-4 loss last Saturday at NAIT arena.



2 minutes in the box

NAHREMAN ISSA
Sports Editor

The citizens of Ottawa are quite the law-obeying bunch. According to Ottawa Bylaw No. 2004-253, "No person shall make any unusual noise or noise likely to disturb the inhabitants of the City." And they didn't break the law at the Senators game last Saturday. Sens' fans suck when it comes to cheering on their team. Especially so, given the fact it was a Saturday game!

I went to the Sens vs. Lightning game with the *Nugget's* own Geoff Tate (the awesome Arts & Culture editor) while we were in Ottawa for the Canadian University Press conference. After scoring tickets through a scalper at \$70 apiece (for \$40 seats) we were off to Kanata.

Scotiabank Place, their arena, is a 30-minute trek by bus. When we arrived, the first thing we noticed is that it's MUCH nicer than Rexall Place. (Mind you, every arena is nicer than ours.) From the outside, they have photos of every player on individual banners and they have painted a huge Sens logo on the brick pavement right in front of the building.

When you walk in, you need to climb about three flights of stairs before you make it to their concourse. But when you do, you're in for a treat as they have everything. They

even have a Tim Hortons!!! How Canadian is that? A double double and a hockey game ... throw in a beaver and it's Canadiana at its best. (Wait a second, that's probably why they have girls who look underage cleaning up the ice during breaks! Hmmm, interesting ... I think I stumbled upon something!) Not only do they have the coffee shop, they also have several restaurants and beer stands that completely stand out (bad puns – that's what we do here).

Fans who wanted to show off their creativity could make their own sign for the game. I wanted to make a sign that would say "Nuggety would kick Sparty's ass any day," but decided no one would know who Nuggety is (no one in Edmonton knows either).

The game was quite quick, but boring. The Sens were without their top players, Daniel Alfredsson and Dany Heatley, and even the likes of Vincent Lecavalier and the Bolts' top line couldn't make this game fun. The end result was a 2-0 shutout for Johan Holmqvist and the Bolts.

My dream is to watch a hockey game in every arena in the NHL. This was my first outside of Edmonton, so only 28 other arenas to go!!!



Photo by Brendan Abbott

Mike Accursi (44), Edmonton Rush assistant captain, causes some headaches for Toronto Rock goaltender Bob Watson during a Jan. 19 game at Rexall Place. Toronto won 14-9.

Rock too much for Rush

The Toronto Rock defeated the Edmonton Rush 14-9 Saturday night (Jan. 19) at Rexall Place. Blaine Manning powered the Rock with a three-goal, three-assist performance. Aaron Wilson, Chris Driscoll and Kasey Beirnes added two goals each to boost the Toronto offence. Bob Watson earned his second victory of the season in goal for Toronto.

For Edmonton, Kyle Goundrey found the back of the net three times on the night. Chris McElroy and Chris Gill scored two goals apiece in the loss.

Edmonton (0-2) will travel to Chicago next week for a Saturday night game against the Shamrox.

Game time is 8 p.m. EST.

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ARTS & CULTURE

Cloverfield ... from the inside

BIANCA THIERING

As far as fear-mongering goes, the visual chaos and computer generated assault on a sleepy little place known as NYC is yet another reason to wonder why more Manhattanites aren't moving to the suburbs.

Vancouver born and raised Jessica Lucas (CSI) brings the mystery monster movie, *Cloverfield*, to life with her strong set of lungs and believable "I'm terrified" stare. Her role as "Lily" – the type A, leading girl – can be described as her breakthrough to the big screen and a deep stretch for her acting muscles.

Michael David-Stahl (*The Black Donnellys*) plays "Rob" and has a heroic role as he struggles to rescue Odette Yustman's (*Walk Hard: The Dewey Cox Story*), "Beth."

Since character development in a largely special effects movie takes imagination and a knack for interpreting the director's vision, it was

important that the actors involved had the whole package deal. I got the chance to ask three of the stars of *Cloverfield* (Michael Stahl-David, Jessica Lucas and Odette Yustman) some questions about the whole experience (before and after) of filming this behemoth picture.

Q: OK, let's start at the beginning. How did you hear about this role? Auditioning? Script reading?

JL: It was just a typical audition like any other audition, I think, except that we didn't know at all what we were auditioning for. They just said it was a JJ Abrams project.

oY: You know, we had to sign different confidentiality agreements that we wouldn't say anything; keep the secret. And our scripts – when we finally got our scripts – the script was in all red pages with our names, you know, typed on every page. So if we

lost it, we were completely screwed.

MDS: Which I thought I did at one point. It nearly gave me a heart attack. But yes, I mean it was in first reading the script, it was sort of like, oh whoa, how are we going to kind of pull this off? And we were able to improvise a lot and when I saw the style that we were shooting when the trailer came out, I thought OK, wow this is really different. This is exciting.

Q: What message is this movie trying to convey?

MDS: I guess the message is, if anything – I don't necessarily think there is one message – is just that when something terrible happens, what's most important to you becomes clear. And the rest of the stuff, petty stuff, drops away.

Q: How long did it take? The whole shooting?



Michael Stahl-David, Jessica Lucas and Odette Yustman during a tense moment in *Cloverfield*.

JL: For the amount of shots we were trying to do, it was extremely quick.

Q: When playing a character in love, what are some of the feelings and thoughts you use to bring us, the audience, into the relationship?

oY: Well, you know, it's interesting because we didn't really have a back story. We sat down with our director, Matt Reeves, and we kind of talked about what did happen in our lives that led us to the point where you see us in the movie. You know, we came up with different situations ... we were both so in love with each other but we could never make it happen, basically. And

finally we do and that's at the point where you see us. So we'd come up with, you know, on our own personally what may have happened with our relationship. And before we shot the movie, we were shooting some gorilla-style footage, you know, on the train and on subways ... just trying to develop our characters. And we obviously have so much chemistry, so it just really worked, we really lucked out.

Q: Why do you guys think it had to be shot in NYC?

JL: I just think New York is so iconic and it's someplace that's instantly recognizable no matter where you live.

NAITSA
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Fri. Feb. 1

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MAD Money Y

MOVIES

It's funny, but forgettable

LIAM CRESWICK

When Bridget Cardigan (Diane Keaton) and her upper-middle-class husband (Ted Danson) find themselves jobless and in debt, she is forced to take a janitorial job at the Federal Reserve Bank in the new movie *Mad Money*.

Not that watching Diane Keaton scrub urinals wouldn't be entertaining, but the movie follows the much more funny and interesting story of her scheme to steal her way to happiness. With the help of Queen Latifah's and Katie Holmes's characters, the three burglarettes hatch a plan to loot wads of worn-out cash destined to be destroyed.

Part comedy and part heist movie, *Mad Money* exceeded my expectations of another schlocky chick-flick. Though the film has a defiantly feminine appeal, I found that having three female protagonists didn't prevent me from appreciating or relating to the story. Keaton is a strong lead, but I found the Katie Holmes character a little over the

top. Steven Root's role was the highlight for me as the stubborn, over-zealous head of security.

Mad Money is by no means deep or insightful, even with its comments on the nature of greed and consumerism. Like the characters in the movie, the film itself doesn't know when to quit while it's ahead, and goes on a bit longer than necessary.

For such a blandly directed flick, I did find the cash-themed music chosen for the soundtrack to fit the heist-comedy motif very well. *Mad Money* offers quite a few laughs and some suspenseful scenes, but overall was not a particularly memorable film.

I would recommend this as a good gender-neutral date movie, or a solid DVD rental. Unlike a visit from Publisher's Clearing House though, *Mad Money* is nothing to get excited about.



Supplied photo

Characters played by Queen Latifah, left, Diane Keaton and Katie Holmes celebrate with their ill-gotten gains.

Free movies, treats for students!

That headline is not a ruse to get your attention; a ploy to lull you into a false sense of security and trick you into reading a boring article about the senate's controversial decision to change the fish sticks at the Nest. The NAIT Students' Association really is holding free movie screenings!

All year long, NAITSA will be

presenting screenings of major movies in the Shaw Theatre for free! Some flicks that have already come and gone include *Superbad*, *300* and most recently, the Ben Stiller comedy *The Heartbreak Kid*. The next film to hit the NAIT theatre will be the gruesome vampire romp *30 Days of Night* on Tuesday, Jan. 29.

"We wanted to provide something to do after school that's free and entertaining. When you think about it, there really isn't too much out there that falls into both those categories," says Brent Constantin, VP of Campus Life, in regards to the movie screenings. He also mentioned that after *30 Days of Night*, NAITSA is looking

at showing a romantic movie, since the next show is on Feb. 12, two days from Valentines Day.

Not only are the seats free, but pop and popcorn are also handed out at no cost to all students in attendance. So come see a movie that's not only free of charge, but also free of commercials, sticky floors and

crying babies. (Unless they show the *Notebook*. I always cry my eyes out at the end.)

The doors open at 4:30 p.m., and the movies start at 5 p.m. in the Shaw Theatre, across from Reads and Needs. Until then, the balcony is closed.

— CRESWICK



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JANUARY 29.2008 | 9AM-4PM

FOR MORE
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Department of Advancement
Phone: 780.378.1280
Email: lpratt@nait.ca

Main Campus:
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Angels & Airwaves

25 years and nothing's changed

KATIE BERLINGUETTE

So here we have it! I-Empire is the second worst album of the year. I say second only because Prince clearly gets first place.

While Tom DeLonge and friends have managed to survive drugs, bad choices and 25 years of whining about how bad it is to be an adolescent, they're still rocking hard to the screeching sounds of youth.

Angels & Airwaves have painted themselves with a new mandate to be fresh, positive and oh so fly. Yet they miss that mark by a long shot.

This CD is absolute garbage. If I wanted

to hear the same song 12 times about how it's OK to want to cut yourself, yet you probably shouldn't, I'd buy Dr. Phil on tape. Sure they want emo kids to stop hating life and everyone in it. But I for one won't buy it. What's the point in listening to something that fails to identify with my angst?!

You would think that with four people, all with impressive resumes, someone might imagine a day when there is a new sound out there; one that I have not heard, perhaps one that is innovative, passionate and cries out to that begging desire in my emo heart.

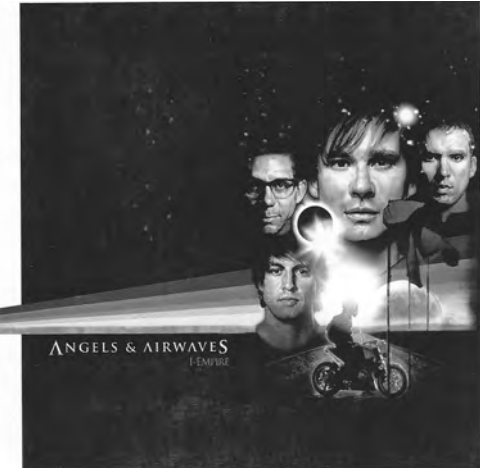
I just want to turn something on and listen

to it loud, make it my msn name and feel good about being young and angst.

These days it seems like the spiteful artists of our past are coming back full of redemption. I don't want that right now, and even if I did, I don't think that I would find it in a retro cover design, or a marketing ploy to hit up the optimistic people out there.

I for one don't plan on becoming an optimist any time soon; therefore, I see no hope in Angels & Airwaves' future.

☆☆☆☆☆
(no Stars)



nr92 shows a new face for a new semester

JOEL DETKA

A new semester and, I guess you can say a new nr92. We're all looking forward to making this a semester to remember.

With many of our shows continuing into the new year we're ready to rock. If you've been loyal to any shows like: Good Times with Mr. D, Dazed and Confused, It's Time for Waffles, the Weekly Stereo, or Nitroholics Anonymous, they're back among a load of other new shows. Check out nr92.com to see if the times have changed.

Our on-air personalities have grown and the radio kids of NAIT will give you that hallway music you

need. And don't forget to listen to the Gong Show on Thursdays to get the newest NAIT news. A new image

and a new crew. Let's make Season 2 a hit, throughout NAIT.

Just go to nr92.com and see

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(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
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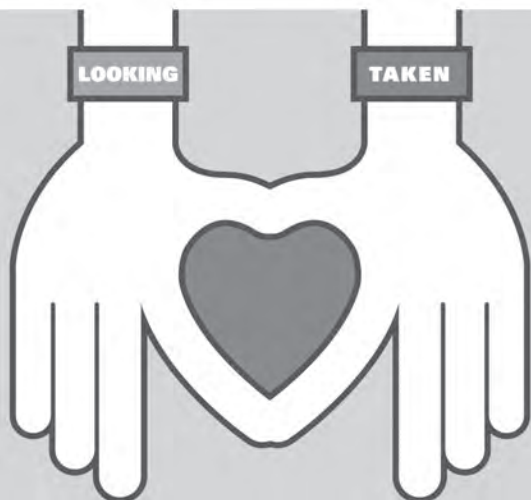
Nomination Deadline
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Go to www.naitsa.ca for a nomination form. Printed forms will also be available at:
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Bible Study Group



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lucius187925@hotmail.com

Upcoming Events

Music Club

event: CD Listening Party
When: Thursday Jan. 24; 4:30 p.m.
Where: The Nest

Club Culinaire

event: OOK men's and women's
hockey 50/50 draw
When: Saturday Jan. 26;
2 p.m. & 7 p.m.
Where: NAIT Arena

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, con-
tact Jonathan Berube at jberube5@
ookmail.nait.ca or call 718-2142

--- note ---

Club Grant Deadlines: Jan. 25,
Feb. 29

**GiVer point cutoff deadline for
all documentation:** March 14

Rose Martin Baumgartner
NAITSA Campus Clubs Manager

Room E133;

Ph: 471-8871;

Fax: 491-3989

E-mail: roseb@nait.ca

NAITSA Employment Opportunities

HERE ARE A FEW
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POLL CLERKS & BALLOT COUNTERS \$10/hr

Poll Clerks & Ballot Counters are
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complete and clear understanding
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Poll Clerks will be needed on the
Main Campus + Edmonton Satellite
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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
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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
Imaginus 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
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24.

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Workers needed for FreezeOver Friday, February 1

Door ticket sales (5:30 p.m. – 12
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\$12/hour

Apply in person at the NAITSA office - E131
8:30 a.m. to 4:00 p.m. Monday to Friday



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





Your horoscope



KATIE BERLINGUETTE

Jan. 24-31

(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)

Stop doubting yourself, Aries. If you just grit your teeth, close your eyes and go for it, you will be pleasantly surprised. The stars are showing a state of wariness in your sign that can easily be overcome if you just take the plunge. If you don't now, you never will.

Lucky Mode of Transit: Submarine.

Taurus (April 20-May 20)

The world that you have worked carefully to create is going to spontaneously combust if you don't tread carefully. Take care to

be aware. Focus on your precarious state, rather than on someone else's. This is a great time to tackle issues one at a time.

Lucky Mode of Transit: Blimp.

Gemini (May 21-June 20)

Go back to your roots, Gemini. What you will find may be shocking. Getting to the core of something is always a long and arduous path. However, it's fascinating to understand something that so few people ever will. Knowing this will give you the upper hand this week. It doesn't happen often, so enjoy it while it lasts.

Lucky Mode of Transit: Tractor.

Cancer (June 21-July 22)

You may feel like you're swimming with the fishes, but the stars are giving you something to keep you afloat this week. If you manage to keep your head above water, you will do just fine. In fact, you may surprise yourself. You might look selfish by not extending a paddle to someone else, but hey, we all have to worry about self preservation sometimes.

Lucky Mode of Transit: Canoe.

Leo (July 23-Aug. 22)

Your complete inability to be selfless is depressing. Sure, being flashy is cool and fun, but it doesn't last forever. It's high time you got off your high horse and did something for someone else. If you're currently working on a good cause – the people that you are helping appreciate it more than they let on. If you're finding it hard to let go of those selfish attributes, then I recommend asking for help.

Lucky Mode of Transit: Smart Car.

Virgo (Aug. 23-Sept. 22)

The stars are offering you a simple reminder this week: Take pleasure in the simple things. Easy does it, Virgo.

Lucky Mode of Transit: Bicycle.

Libra (Sept. 23-Oct. 22)

How does it feel to be the centre of attention? Pretty good, I bet. Just roll with this new state of awareness. In fact, the more you get noticed, the better. If you're having problems standing out, then I recommend standing on something tall and proclaiming to the world that you are a great person. They

have a right to know the truth.

Lucky Mode of Transit: Lamborghini.

Scorpio (Oct. 23-Nov. 21)

Your maternal instincts are at a strange high right now, Scorpio. If you find yourself cooing at small children or baking an obscene amount of cookies for friends and family, don't be surprised. This is a good time for emotional and spiritual growth.

Lucky Mode of Transit: Dodge Caravan.

Sagittarius (Nov. 22-Dec. 21)

If you are struggling to keep New Year's resolutions, all is not lost. Starting over again is easier than hating yourself for never starting at all. You will eventually learn that on the road of life there are no shortcuts or easy fixes. Watch your step around the 26th, as a dip in the road will interrupt your path.

Lucky Mode of Transit: Two shoes and a heartbeat.

Capricorn (Dec. 22-Jan. 19)

Promptness is an asset. Be on time and you won't miss out on pivotal moments. You may doubt

the validity of this statement, but if you just give in to a little blind belief, you will be better off. Progress follows promptness. This is going to make you or break you, so don't forget it.

Lucky Mode of Transit: Train.

Aquarius (Jan. 20-Feb. 18)

Fatigue or illness could be a burden at this time. Looking to an old friend who understands you will put you at ease. This is important, as you are sometimes temperamental. You always seem to find some comfort in a familiar face, Aquarius. The only way to survive this week is to be patient, understanding and careful.

Lucky Mode of Transit: 1967 Ford Ranger.

Pisces (Feb. 19-March 20)

You're speeding along on the path to success, dear Pisces! This is exciting and scary, all at once. However, there is currently no sign that your newfound success will crash and burn. Just keep passing those who fall behind, don't look back and before you know it, you will be No. 1.

Lucky Mode of Transit: Racecar.

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

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

Your way ahead.

ASET The Association of Science and Engineering Technology Professionals of Alberta

HOT

SINGLE OF THE WEEK



**BRENT
CONSTANTIN**

A modern example of mythology

many may expect HSW to delve directly into the recent death of Heath Ledger. But unfortunately, I'm not going to do that, because I don't know anything about Heath Ledger and refuse to learn.

Today's HSW is Mallory, a second year Marketing student. This paragraph looks a little bare so I'm going to type this here to fill it out a bit. There, that's better.

B: Hello

M: Hi

B: So, Mallory, tell me a little about yourself.

M: I don't know what to say really ...

B: Just tell me some of your hobbies, interests, things like that.

M: Well, I don't know ... I like sports, dancing, I'm a cheer coach at Edith Rodgers Junior High school.

B: That's on the south side right? What high school did you go to?

M: Trinity.

B: Oh really? I went to Page. I heard that in that walkway that connected Trinity to the Rec Centre kids would stand on the sides of the corridor and beat the hell out of anyone that tried to walk through. Truth to that, at all?

First off, howdy and hello to you my literate friends, and to those who may find letters a challenge; YOU-GOOD-McCHICKEN.

With a reputation as the cultural touchstone of our generation,

M: I don't really know...

B: OK. When was your last relationship Mallory, and how long was it?

M: Maybe two years ago, for around 10 or 11 months.

B: And what happened there?

M: It was one of those things where you just settle for someone because you're bored. Eventually you just drift out of touch with the person.

B: And anything since then?

M: Not really anything, just on dates with guys. Usually I have pretty bad luck. Guys will just try and use me for sex.

B: So you're looking for a guy who won't use you for sex, then I'm guessing. That's aiming pretty high.

M: I'm looking for a trustworthy guy, that's fun, athletic, likes to go out and has a good sense of humour. I'm also not looking for anything too serious. I'm just tired of games and wasting my time.

B: And why are you hot Mallory?

M: Well, I don't know, I was a cheerleader, so that's something. I also look like I'm 13 so I guess that makes me cute more than hot.

B: So are you saying that pedophiles can take advantage of your youthful looks to curb their horrible urges?

M: No.

B: Yeah, me neither.

So, if you're a nice guy looking for a lady friend, e-mail me at Bconstantin@nait.ca and I'll forward your message on to Mallory.

And, if you or a friend would like to be a future Hot Single of the Week, e-mail me at that same address, and let the adventure begin!

Mallory



NOTICE OF NAITSA GENERAL ELECTION 2008

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

POLL STATION LOCATIONS:

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

BE PART OF SOMETHING BIG!
Volunteer Today

NAIT SS Benefit Cruise 2008 Needs You!

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

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

**To volunteer please contact
Heather Davis - 780.471.8617,
naitsavolunteers@nait.ca**

Ask a Counsellor

Improving concentration



Margaret Marean

Concentration, or the ability to focus, is a learned habit. This is good news because everyone can improve their concentration. However, to improve, you must be persistent in developing better concentration habits.

Step 1: eliminate distractions.

- Take some time to evaluate your study environment. Ideally you should have a desk or table used only for study. Is your study area large enough? Well lit? Away from noise and other distractions such as TV or telephone conversations? (If you have a phone on your desk, move it – it will just remind you of phone calls you would like to make. Also move distracting pictures or doodads). Is your study space comfortable? You want to study sitting up, not lying

on your bed, and you don't want to be so comfortable that you get drowsy.

- Ask yourself if there is a better study location. For many students it is better to stay at or return to NAIT to study as there are too many distractions at home ... the phone, the fridge, the sports section of the newspaper ...

- When you are studying at home, make your study time a priority. Alert roommates or family members that you are not to be disturbed.

Step 2: Analyze other reasons for poor concentration

- Note the exact time you start to study and then note the time when you first find your mind wandering. Jot down the length of time you were able to concentrate, then analyze what it was that distracted you. Was it hunger, drowsiness or boredom? Were you feeling overwhelmed or anxious? Were personal problems interfering with your concentration? Did you start daydreaming, or is your mind just out of the habit of focusing for lon-

ger periods of time?

Step 3: take action

- Getting into a regular routine may be the single most important thing you can do to improve concentration. If you get into the habit of sleeping, eating and studying at regular times, your mind automatically focuses more easily.

- Adult concentration spans last from 20 to 50 minutes. This means that you should take a 10-minute break at least every 50 minutes. Try doing something physical and/or having a glass of water during your break – both will help you focus.

- Use your peak energy times for studying and start with your most difficult or most tedious tasks.

- Alternate subjects. Do not study for longer than 50 minutes on a subject. If you need to go back to that subject, do it after you have worked on a different subject (e.g. Physics, English, Physics).

- Eat regular, healthy meals with snacks in between to prevent hunger and drowsiness.

- If you get distracted because your workload is overwhelming, break tasks down into small chunks – try setting small, achievable goals with a small reward after the completion of each goal.

- If personal problems are interfering with your studying, take some time to deal with these. Identify the problem, brainstorm solutions, come up with a plan and then get right back to work. Ask for help if you need it from friends, family or counsellors at Student Counselling.

- Daydreaming is a problem for most students – every time you find yourself daydreaming, yell “stop” in your head and get right back to studying. Although this sounds simple, it will improve your concentration. Give yourself some downtime to daydream outside of study sessions.

- Bored with what you are studying? Study your most tedious subject first. Alternate that subject with one you find more interesting. Challenge yourself to find something interesting in that course.

You may want to try studying in a group or with a buddy for less interesting courses.

- Make your study sessions as active as possible – set goals, visualize as you read, read out loud, ask yourself questions, close the book and recite main points – anything that helps prevent your mind from drifting.

- At your next study session, challenge yourself to concentrate for two or three minutes longer than you originally concentrated. Set a timer or alarm clock. Practise at that length of time for a few sessions and then add additional time. Don't set the goal of studying for more than 50 minutes at one session though – you will get less and less effectiveness out of your study session.

Remember, counsellors are available to help with any academic, personal or career choice concerns. Phone 378-6135 to book an appointment or come in person to Student Counselling, Room W111-PB, HP Centre.



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

LOL (Learn Over Lunch) Workshops



Learn to Relax

Thursday, January 24th

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 29th

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

Enhance Your Self-Esteem

Tuesday, February 5th

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

Assertiveness

Thursday, February 7th

Learn the basics of assertive communication.

Giving & Receiving Feedback Effectively

Monday, February 11th

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

All sessions are free

Pre-register at counselling@nait.ca

or in-person at W111-PB

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

Location TBA

NAIT STUDENT COUNSELLING

W111-PB, HP Centre,

Telephone: 378-6135

Website: www.nait.ca/counselling

e-mail: counselling@nait.ca

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

...facilitating student success

Attention Car Poolers

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

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

Tuition Tax Receipts 2007

STUDENTS: The T2202A Tuition Tax Receipts for the 2007 calendar year will be made available on the student portal at www.nait.ca/MyNait in late February 2008.

Instructions are provided on line to assist in creating your NAIT login and printing your T2202A.

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

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+

Attention Students! PART TIME WORK

\$17.00 base appt.
flexible sched., conditions apply ,
no exp. needed, customer sales/svc
Apply @ workforstudents.com
CALL 409-8608

VOLUNTEER?

The Support Network

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

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

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

Glengarry Childcare Society

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

School Program Teaching Assistant Volunteers at TELUS World of Science

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

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.



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
careers@nait.ca 780.471.8899



January 29, 2008

12:30-2:30

North Lobby

Industry professionals and NAIT
Human Resources representatives will
be available to review your resume
and give you helpful tips and advice
to improve your job search success.

Make your mark at Career Fair 2008!



Student Employment
www.nait.ca/studentemployment
careers@nait.ca 780.471.8899



Rapid Resume Review

11:15 am to 1:15 pm

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

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

Brought to you by NAIT Student Employment
www.nait.ca/studentemployment
471-8899

Out and about



AMY BIZOVIE

What do you think about the NAITSA president's resignation?



That's awesome. I want to run for president.

Jason Stickley
CST



It's great because Jason can run for president.

Kyle Myck
CST



I don't really feel like it affects me much because I'm a trades student.

Mike Crochetiere
Electrical



I'm sure she did a great job, but I don't shed tears over NAITSA happenings.

Scott Paradis
Photo Tech



I don't know much about it because I just started.

Sundeeep
Pre-Business



ULTIMATE SURVIVOR CHALLENGE

FRIDAY FEBRUARY 1

NAITSA FREEZE OVER

TAILGATE PARTY
5PM AT THE WEST

with **The New Weapon**

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 for details & team forms

