

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

THE NUGGET

Thursday, Jan. 31, 2008
Volume 45, Issue 19



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

BANDS ALL HERE!

Social Code and Tupelo Honey ready to rock at Freeze Over; Travis Nesbitt speaks, page 10



Photo by Romy Yamsuan

TYPE CASTING

Jessica and clinic assistant Sandra participate in last week's blood type testing in the North Lobby.

THE NEST



"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)

NEWS & FEATURES



Photo by Gabrielle Hay-Byers

These young scientists are engrossed in their work on Saturday, Jan. 26 at the annual Lego robotics competition held at NAIT.

Robo kids invade NAIT



GABRIELLE HAY-BYERS
Student Issues Editor

NAIT was abuzz on Jan. 26 as over 300 participants (or competitors) from all over Western Canada swarmed campus with one thing on their minds – robots.

For the second year in a row, NAIT has played host to a First Lego League (FLL) Robotics Competition (Western Regional).

“The Alberta Longhorn Robotics Society out of Calgary has won for the second year in a row and will be going to the Worlds in Atlanta in April,” says Rayne Kuntz, NAIT Department of Corporate Communications.

With reports such as Canadian Labour and Business in 2004 stating that over 400,000 workers would be needed in the manufacturing industry by 2020 due to retirement, the crunch is on to get Canada’s youth interested in technology.

Stephan Turnipseed, vice president and general manager for Lego Education North Amer-

ica, says that Lego Mindstorms (which was originally developed to be a toy but was integrated into schools, and is the robotic medium that is used for this type of robotics competition) allows kids to learn basic math and science while they work with their hands.

“Robots are cool. So, you get the kids trapped by their own imagination and suddenly they’re hungry to learn math and science because it helps them make cooler robots,” says a recent article in *Manufacturing Automation* magazine.

That would make NAIT a fantastic place to host these sorts of competitions, given that the competitors will hopefully be taking their schooling here.

One of the most innovative and socially conscious elements of the contest is that every year, the students must do a research project on an assigned topic. Last year, it was nano-technology and this year it was energy conservation. The research topic is also built into the robotic obstacle course section of the tournament.

Says Turnipseed of the FLL tournament: “It’s a very sophisticated programming and robotics event. I keep track of the top four or five because I’m going to have to hire some people one of these days.”

For more information about FLL and its tournaments, go to: www.firstlegoleague.org

It's time to vote.

NAITSA GENERAL ELECTION 2008

February 12, 2008

Voting from 9 am – 4 pm

POLL STATION LOCATIONS:

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

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

**NAITSA
ELECTIONS**

See naitsa.ca for information

Club 5 Star a winner

PATRICIA ANDRADE

Excitement poured through the hallways leading to the South Lobby on Tuesday, Jan. 22 as students gathered for NAITSA's annual Club Fair. Several clubs had their booths set up in hopes of earning the top prize of 400 "Giver" points, but more importantly, to recruit new members.

Between 10 a.m. and 1 p.m., club members had the opportunity to network with fellow NAIT students, thus promoting their clubs and establishing relationships within the school. The Ook, NAITSA's mascot, made a guest appearance as well. Tickets to NAITSA's "Freeze Over" and Oilers vs. Calgary Flames were among the many prizes.

Hospitality Management's Club 5 Star's booth was awarded the top prize of 400 Giver points, placing them in second place for the year with 3,085 points. The Construction Engineering and Technology Student Council remains in the lead for the year with 5,625 points, earned during the year for various community service projects the club has undertaken.

The NAIT Architectural Student Society came in second with its Club Fair Booth, with the Oriental Music and Arts Association following in third.

Brock Lehr, Club 5 Star president and second-year Hospitality student, was overwhelmed with the results and humbly accepted the points on behalf of all the members.

"I think for the most part, we (Club 5 Star), took an innovative approach when it came to not being



Photo by Graeme Reed

Hospitality Management students Marc Laviolette, Young Woo Cho, Felix Lui, Emily Williams, Stephanie Tremblay and May Zhgang from the winning booth at the Club Fair, held on Jan. 22.

behind the booth. Instead, we showcased our club in a creative way," said Lehr. "Providing refreshments, and having members going out within the crowd and actually speaking to people, face-to-face, was our approach. Not only were we having fun, but also getting the word of our club out there. We are very excited and look forward to winning it all."

Club 5 Star, established in 2004, recently launched a Book/Candy Cane drive on behalf of Eastwood Elementary. They successfully raised \$1,400 by selling candy canes at \$1 apiece

and gathered approximately 1,253 books.

Kelvin Singh, Vice-President and fellow first-year Hospitality student stated, "Club 5 Star is very open, and not only involved with the School of Hospitality but within the community as well."

Do you have a great idea for a new student club on campus, or wish to join an existing one? Visit www.naitsa.ca, and click on Clubs Manual for more detailed information.

For more Club Fair information, see Clubs Corner, page 14.

Transit fix?

SHANT CHAKMAKIAN

Public transit is about to become more accessible for future NAIT students, after city council approved an \$800 million LRT transit line to NAIT, starting with a new tunnel under 101 Street.

This new line is also proposed to go west through Grant MacEwan before reaching NAIT.

This expansion comes welcome among most student transit users: "It would be awesome! It would be faster and so much more convenient, seeing as how the buses never come on time," says Leland Creswell.

However other stakeholders such as Kingsway Garden Mall are very defensive about the expansion. Mall officials are citing that the original proposed expansion was such that the station would be on the northern end

of the mall property.

James Murphy, a lawyer acting for the mall, told the *Edmonton Journal* that the currently proposed land is needed for additional parking after a possible mall expansion.

Murphy also expressed concern that the mall parking will become a de facto park-and-ride, with the possibility of commuters leaving their cars in the Kingsway parking lot with the proposed LRT station's situation.

Although the ball is slowly rolling on this endeavour, only time will tell on how this plan will shape up. It's important to note, however, that no funding has been secured for this project yet.

But one thing is clear – there is a good chance that public transit to NAIT may actually become more convenient.

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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.

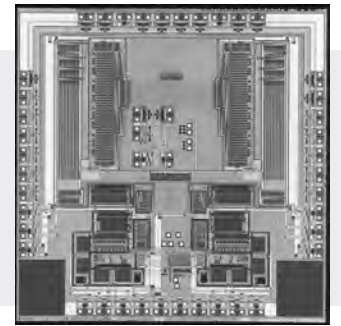


**Tech
Talk**



SHANT CHAKMAKIAN

PC central



Last issue I talked about video players, and how applications like Miro transform how you watch content on your PC. Now, it's time we talked about making your PC the centre of your entertainment system.

PVRs (Personal Video Recorders) are gaining popularity, whether it's TiVo for plain cable or Shaw's digital PVR for HD digital cable recording. PVRs give you full control of what you watch.

Whether you want to make sure you never miss a new episode of *Heroes* or want to have some *Simpsons* to watch when you come home, tell it what you want and the PVR will record it for you.

Allowing yourself to watch what you want, when you want, on your terms, makes life great. But what if you could do that with your PC, too? Well you can. In addition to recording TV shows when you want them, you can harness the power of the Internet as a media outlet as well.

Using Miro to download online streaming video, Azereus to acquire desired torrents and having all your MP3s on hand, make your PC the most powerful entertainment system imaginable.

Put that together with a great LCD TV, surround system and a fast Internet connection and you have it on lockdown.

Windows XP Media Center and Windows Vista Ultimate contain the application Media Center, which is a menu system designed for your TV and a special remote that allows you to control these functions.

You can also get applications allowing you to do some pretty snazzy stuff, like using Google Maps from your remote, or listening to Internet radio.

To record TV, your PC needs to be equipped with a TV tuner card which generally comes with most Media Center-ready PCs or PCs that ship with Vista Ultimate.

But the most important thing is that you must have the ability to hook

your computer up to your TV, which requires a video card that has TV out. Better yet, HDTV out, generally in the form of Composite, allowing HD output.

If you don't like a big box hooked up to your TV, then you can get custom PCs that are actually designed to look like stereo equipment.

For example, the Silverstone ML02 comes with a remote, a display that can tell you things like the weather, headline news and what track you're listening to, and it mounts conveniently on a TV stand.

It also employs a fanless design, allowing you to build a quiet running machine.

There are endless possibilities to setting up a home theatre system, I've just barely touched on it. If you have any questions or need suggestions, contact me and I'll be happy to give you some advice.

Entertainment systems have evolved to the point that you can watch whatever you want, whenever you want, and with the right effort, your design can reflect exactly what works for you.

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.



Photo by Shant Chakmakian

Tuesday's Career Fair saw a big turnout from both industry and job seekers.

Career Fair a hit for employers, students

SHANT CHAKMAKIAN

As the first month of this semester comes to an end, it's a good idea to start looking for a job.

Whether it's summer work or a career, the NAIT Career Fair on Jan. 29 was a hit. Filling the Gym, North

and South Lobby with potential employers, many students were on hand to look at the possibilities that await them.

From ABB Inc. to the World Health Club, most programs here had a potential employer looking for

workers here at NAIT.

Given some of the current labour trends, most industries are hungry for workers.

This comes as NAIT tries to get support on its 10-year workforce development plan to address

some key issues in our province's future.

According to NAIT there is a 97 percent employment rate for those NAIT grads remaining in the labour force after five years.

Getting a job isn't hard for many

programs, with resources such as resume reviews, the NAIT careers site and many different types of job fairs.

In the long run, it's unwise policy not to take advantage of such resources.

OPINION

— Editorial —

It's cold comfort for NAIT parkers



ALISTAIR WILKINSON
Student Editor

Never drink Coke from a can in cold weather. Most of the time, doing so won't cause a problem. Lately, our spate of lamentably cold weather, which most of us were expecting despite knowledgeable meteorologists predicting mild temperatures, enjoying a nice cold Coke outside in 30 below weather (with or without the addition of rye) may well interfere

with the eloquence of your protests to NAIT-issued parking tickets.

I don't suffer the same parking woes experienced by a good portion of NAIT's students. Personally, I'd far rather endure the long transit times and that refreshing breeze ripping down the Whitemud. Or Calgary Trail. Or ... actually, it doesn't seem to make any difference in this city, because wherever you are, you're never in the lee.

Much the same here

It's much the same with parking at this institution. I'd always seen Edmonton as a city of hard edges, jagged lines of cold and concrete demarcating place and time. Nothing blends smoothly together, from the stark outlines of Refinery Row jarring the prairie to the homey, tree-lined avenues abutting chrome and glass. Those contrasts would be easier to accept if there were a kind of logic (any kind of logic) mediating the sudden transitions. Yet wherever you are, the cold wind hits you like a slap in the face ... and no matter where you park, you're likely to get another slap in the face.

Despite being a public transit user, I remember that I was offended when, earlier in the year, I found out that paying for a parking spot at NAIT by no means ensured a spot. Apparently, it was, and is, perfectly normal to see parking sneaks nip in and take spots that they haven't paid for while those who have given up hard-won earnings end up, as it were, in the cold. Granted, now that monitoring has stepped up a notch the situation will pop us less, but in the meanwhile, your parking spot still has some jerk forcing you to park on city streets as a last resort. That's when the wind hits you.

Diligently issuing tickets

While our parking services have been diligently applying tickets to windshields across campus, they can't compete with city bylaw officers in resources, nor in sheer vitriolic glee (I've seen them leave a ticket and run off giggling maniacally, like a deranged leprechaun).

So, while the opportunistic jerk who stole your spot returns to find a piece of paper that he/she contentedly shreds before driving off to park another day, you return to find your car towed and impounded. On the bright side, at least you've got a place to park, but it's more difficult than one might think to break into a vehicle impound lot. You could try to use logic to argue your way out of the fee, but unfortunately, the Coke can gets in the way, and the rye ... well, it doesn't help clarity.



STEPS TO SUCCESS

Fear's the enemy

SHANT CHAKMAKIAN

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

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

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

Courage laced with prudence is

an important quality, but finding that courage can be a challenge unless you look inside yourself.

First think of why you want what you want, what does it mean to you and why you're doing it.

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

Once you see that opportunity, the way around the obstacle, it begins to seem insignificant – so keep your eyes on the prize, that's why remembering "the why" is so important.

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

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

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.

— Letters —

Intersection savings?

Dear Student Editor:

It is legal to turn right on a red light. Nevertheless, Edmonton is jam-packed with people needlessly waiting at red lights. At a red light, if no one is coming, it should be legal to proceed through the inter-

section. Making it legal would save fuel.

Another way to save fuel is to shut our engines off more often. For example, at red lights and in heavy traffic, shutting the engine off can decrease city fuel consump-

tion by 10%. Newer cars start easily and reliably due to computer control, and so our driving habits should change to match the newer technology.

Sincerely,
R.Blakely@hotmail.com

SPORTS



V-ball teams on a roll

AMBER TIENKAMP

The NAIT Lady Oaks volleyball squad was the better team on Friday against the Keyano Huskies, but it took all five sets to prove it.

NAIT trailed the whole time in the first set, despite some strong hitting from Janelle Ewen and strong serving from Kimberlee Paul. In the end, poor communication on the Oaks side of the net cost them a close first set. The Oaks would dominate the second game with great setting from Sarah Veikle and some hard kills from Jana Champagne.

The Oaks would also take the third set with some great plays from Veikle and Paul, with Kaila Phillips hitting well from the right side.

The fourth proved to be the most entertaining as the points went back and forth between the teams. While both sides played defensively, the Oaks dropped the set 27-26.

The fifth set was quite similar to the dominant win from the second set. It was obvious that when the lady Oaks played to their full potential they were a much better team than the Huskies. The NAIT player of the game went deservedly to Veikle, who had six hits, four kills, two blocks and three aces.

The men's game followed right after and they too also had a successful night. With the help of some blown serves by the Keyano Huskies and some great kills by Adam Mishuk, the Oaks took a close first

set from Keyano.

NAIT also took the second set with some spectacular digs from Kevin Nixon and Oaks setter Ryan Zwarich. Despite missing a lot of serves, the match was entertaining,

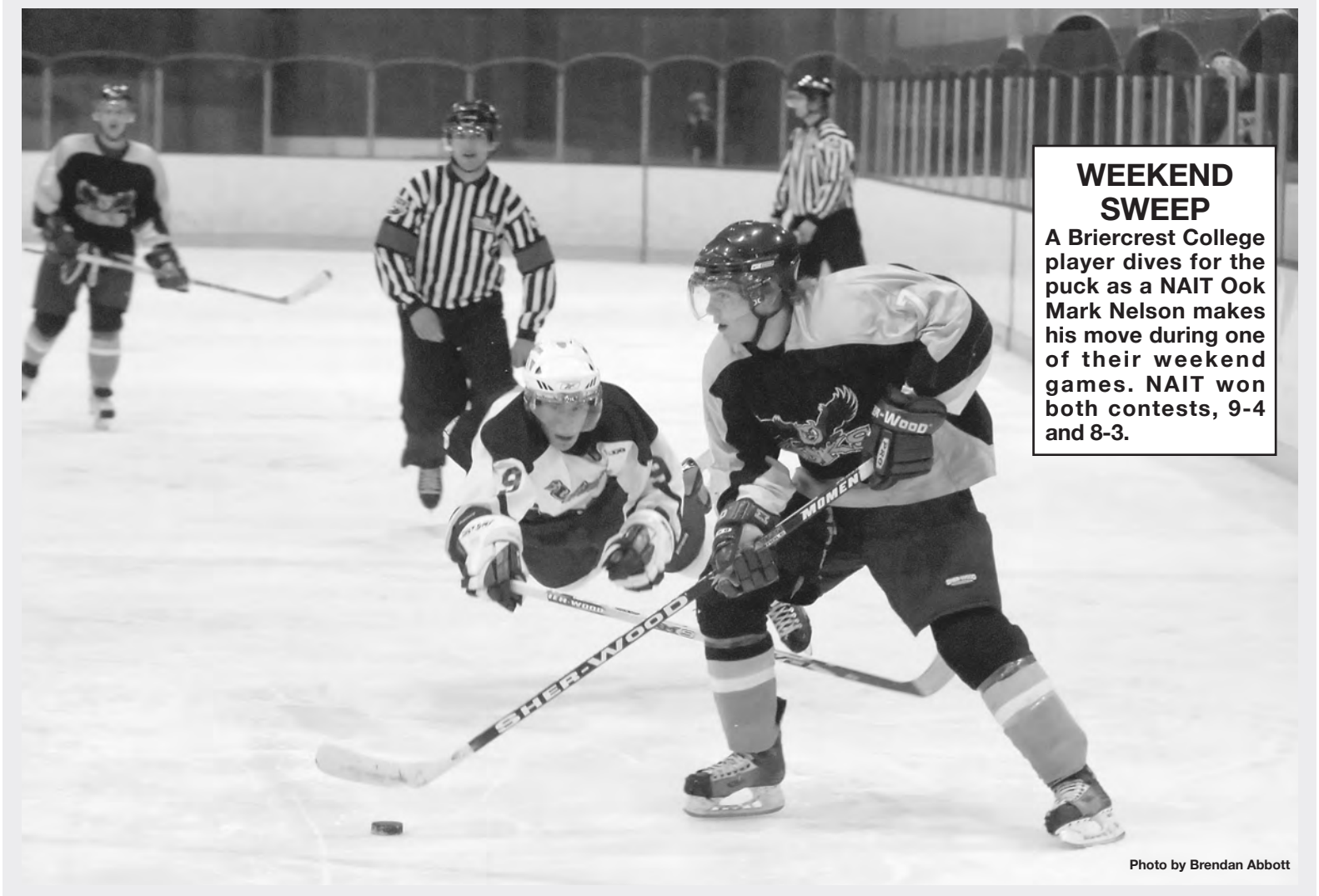
with two hard back row attacks from Ted Tourneur and some strong three-man blocks.

Not wanting the fans to go home early, the Oaks dropped the third set to keep the game going. This came

about not without lack of trying. The Oaks played with great hustle and hard defence, but it was not good enough.

The men's team convincingly won the fourth set with Tourneur

and Mishuk helping with some nice blocks and kills, and some smart setting and tipping from Zwarich. The NAIT player of the game went to Tourneur, who helped out with 16 kills and two serving aces.



WEEKEND SWEEP

A Briercrest College player dives for the puck as a NAIT Ook Mark Nelson makes his move during one of their weekend games. NAIT won both contests, 9-4 and 8-3.

Photo by Brendan Abbott

THE WEEK IN NAIT ATHLETICS

Basketball teams tamed by Kings

The Oaks basketball teams were in tough this past weekend going up against strong Kings squads. On Thursday night, the girls put together a strong performance, but fell just short in overtime with a final score of 81-76. Of note in this game, Dale-Marie Cumberbatch continued her scoring assault on the league, pouring in 41 points. The men also dropped a close contest 77-71. On Friday, the ladies failed to find their legs, losing 73-58 while the men made no mistake, winning their game 77-71. Jonathan Honey lead the way for the Oaks, shooting an impressive eight for 12 and picking up 17 points and eight rebounds.

VOLLEYBALL

Both of NAIT's volleyball teams have elevated their game in the sec-

ond half. Coming off decisive wins against Portage College, the squads needed to continue their momentum, and they did just that. The women disposed of the Huskies in two marathons with a score of 3-2 both times (Friday: 23-25, 25-18, 25-20, 26-28, 15-5; Saturday: 25-21, 14-25, 15-25, 25-16, 15-12). The men had less trouble finishing both contests with 3-1 victories (Friday: 25-22, 25-15, 23-25, 25-15; Saturday: 25-21, 19-25, 25-19, 25-21). The ladies are just back of first in the White Division, while the men need to continue to make up ground.

HOCKEY WOMEN

The NAIT women's hockey team played well this past weekend, but ended up losing a couple more tight

games. On Friday night, the story was the play of U of C's goalie. The Oaks were stymied all game and ended up losing 3-0. On Saturday, Tara Swanson ended the Oaks' scoreless drought, picking up a goal. Unfortunately, U of C picked up two, so the Oaks lost 2-1. A lack of offence and timely scoring have plagued the Oaks all season long. It is remarkable the number of one-goal losses they have encountered.

MEN

Briercrest entered the weekend two points up on the Oaks, but leave two behind. The Oaks came out firing on Friday night, clicking on all cylinders. The Oaks pounded the Clippers by a lopsided score of 9-4. The goals kept coming on Saturday as they won again by a score

of 8-3. The Oaks offence was lead by Cedrick Duhamel-Flynn, who scored a remarkable four goals and added three assists over the two games.



On deck this week ...

The NAIT basketball teams square off against the Augustana Vikings on Thursday, Jan. 31. Tipoff for the women's game is 6:30 p.m., with the men to follow at 8:30 p.m.

Both teams will hook up again on Saturday, Feb. 2, in Camrose for the back end of their two-game series.

Game times are 5 p.m. and 7 p.m.

Next action for the women's hockey team is Sat. Feb. 2, when they face the MacEwan Griffins at Servus Credit Union Place in St. Albert. Game time is 7 p.m. On Sunday, both teams will play again at the NAIT Arena. Puck drops at 6:30 p.m.

The NAIT men's hockey team hosts the Mount Royal Cougars on Fri. Feb. 1 at 7 p.m. During the game a draw will be made for \$2,000 in travel vouchers. To qualify, you must be a member of Oaks Nation and be in attendance at the game.

Our Oaks volleyball teams are on the road this weekend for a two-game series with the Medicine Hat Rattlers. Game times are Friday 6:30/8:30 p.m. and Saturday at Noon/2 p.m.



NAHREMAN ISSA
Sports Editor

2 minutes in the box

All-Star Edition

Good ol' Shawn Horcoff and Sam Gagner!!! They made all of us Oiler fans proud. Who knew Horc would win "fastest player?" If he was fast on Atlanta ice, imagine if it were Rexall?

...

The game started off strong and finished up just the same. Final score was 8-7 for the East, with the West out-shooting the East 51-33. But how exciting were the last two minutes of the third period? The action went back and forth. Marc Savard, for the East, ruined it for everyone by getting the game-winning goal late in the third period, 21 seconds left to be exact. Who here was hoping

for either overtime or a shoot-out?

...

Everyone seems to be hating on the All-Star game. Why? I find it to be entertaining. Yeah, there's no body checking, but you get some amazing goals, non-stop action, and most times, all the best players in the league are in one rink. I love the All-Star game. When is it coming to Edmonton? Is it 118 Avenue they are afraid of? Trust me, we all are.

...

Rick Nash scored a hat trick, all on breakaways. But did you see how beautiful the goals were? Definitely highlight reel goals, especially the last goal where he went backwards, and backhanded the puck

top shelf. Just beautiful!!!

...

Eric Staal-MVP. He had two goals and one assist. I really wish he didn't win; I'm still not over the whole Stanley Cup incident. I hate Carolina. Now he gets a new truck, like he needs it. "I was saying to the guys on the ice if I do give it [the truck] to my parents, I would for sure be the favourite of the family for at least a little while," Staal said with a laugh. With four boys in the hockey-playing family, he'd better start sucking up now for mom and dad's affection. But he's got a damn Stanley Cup ring, so I'm assuming he's their favourite.

...

Ilya Kovalchuk getting stoned by Evgeni

Nabokov was one of the highlights of the night. Especially with the amazing glove save, which made Kovalchuk fall on his back in exasperation! I wanted Kovi to get a goal. To actually see someone get frustrated at an All-Star game for not scoring just showed you how seriously he was taking it.

...

Speaking of falling, how funny was it seeing six-foot-six Chris Pronger fall on his face on national TV. But sadly, it made me miss him! Whhhhyyyyyyy???? I want him out of my life, I don't want him back. Like I mentioned a while ago, I finally got over my breakup with Mike Comrie. When is it Pronger's turn?

ASK THE TRAINER



Robin Willier

Stretch!

Why should you stretch before exercising and what types of stretches should be done?

This is a very common question people have. There are several reasons for stretching before doing any sort of activity, including at work (even if you don't do any manual labour) or doing something as simple as moving furniture.

Most people don't stretch when doing minor activities or chores because they might feel stupid, but as a person gets older their muscles tend to be more prone to injury. Overstretched or "pulled" muscles are one of the most common injuries. Stretching before an exercise will not only prevent an injury, it can also be used to treat an injury as

well. Stretching has also been known to minimize the onset of muscle soreness caused by doing physical activity.

There are three different types of stretching you can do:

Static Stretching

- Slowly bring a joint to its end range of motion until a stretch, not a pain, is felt and hold for 15-30 seconds.
- Can be done to increase range of motion
- Should be done during and after exercise, not before
- Can also be used for corrective purposes

Dynamic Stretching

- Repeatedly taking a joint through its full range of motion in a constant, controlled manner.

- Should be done before exercise and all sports along with a proper warm-up

- Improves the joint's range of motion, thus improving performance

Active-Isolated Stretching

- This is done by actively contracting muscles opposite the targeted muscle, which automatically relaxes the specific muscle in preparation of its stretch. Active Isolated-Stretching is performed by gentle and quick stretches, and releases the muscle before it has a chance to protectively contract.
- Also improves the joint's range of motion thus improving performance.
- Should be done after exercise and sports.

I'll finish this week with a joke:

When an job applicant asked if the company had a fitness program, the human resources manager replied, "Oh, our employees don't need one. They are routinely jumping to conclusions, flying off the handle, beating around the bush, running down the boss, going around in circles, dragging their feet, dodging responsibility, passing the buck, climbing the ladder, wading through paperwork, pulling strings, throwing their weight around, stretching the truth, bending the rules, stabbing others in their backs and pushing their luck!"

I would like to help educate everyone on improving their health and quality of life so don't hesitate to e-mail me your questions at askthetrainer@thenuggetonline.com.

Athletes of the week

Kaila Phillips Volleyball



The NAIT female athlete of the week for Jan. 21-28 is Kaila Phillips of the women's volleyball team.

The Spirit River product factored in both of the Oaks' wins on the weekend, especially on Saturday, when she picked up an astounding 18 kills and 13 digs. Ook's head coach Dusty Freimark said of the second-year Chem. Tech student's play in the absence of star Lindsay Cragg: "With the adversity that our team has faced in the past couple of weeks, Kaila has elevated her play and been a key factor in our successes. She is a true team player."

Well done Kaila! We wish you continued success.

Ted Tournour Volleyball



The NAIT male athlete of the week is Ted Tournour of the men's volleyball team.

Over the weekend, Ted led the Oaks to a couple of huge wins, picking up 26 kills and 6 digs in the process. With the wins, NAIT moved into a tie for third in the White Division, keeping their playoff hopes alive.

Ted is a first year Carpentry-Millwork student from Drayton Valley.

Great work Ted!

Good luck as you take aim at the playoffs.



Photo by Brendan Abbott

Ook forward Bret Pepler carries the puck during a weekend game.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
SAIT	18	12	3	3	27	91	54
Mount Royal	18	12	5	1	25	79	49
Concordia	20	12	8	0	24	63	74
MacEwan	20	10	8	2	22	71	64
NAIT	20	9	7	4	22	76	75
Briercrest	18	7	11	0	14	58	98
Augustana	18	4	13	1	9	52	75

Jan. 25

NAIT 9, BC 4; MacEwan 2, Augustana 1;
SAIT 3, CUCA 1

Jan. 26

NAIT 8, BC 3; CUCA 6, SAIT 5 (SO)
MacEwan 5, Augustana 2

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

WOMEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	18	12	4	2	26	49	32
Red Deer	18	11	6	1	23	57	38
SAIT	18	11	6	1	23	47	43
U of C	18	10	5	3	23	41	37
MacEwan	18	8	9	1	17	32	43
NAIT	18	2	14	2	6	24	57

Jan. 24

SAIT 3, RDC 2

Jan. 25

U of C 3, NAIT 0; MacEwan 4, MRC 3

Jan. 26

U of C 2, NAIT 1; SAIT 4, RDC 2;
MRC 2, MacEwan 1

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Lakeland	18	16	2	32	1573	1316
MacEwan	18	15	3	30	1459	1254
Concordia	20	12	8	24	1478	1357
Grande Prairie	18	9	9	18	1364	1385
NAIT	20	7	13	14	1472	1539
King's	20	7	13	14	1333	1508
Augustana	18	0	18	0	1198	1518

South Division

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

Jan. 24

TKUC 77, NAIT 71

Jan. 25

NAIT 77, TKUC 61; GPRC 83, CUCA 58;
LCC 75, SAIT 68; LC 76, MacEwan 74;
BC 86, MHC 73; MRC 80, RDC 75

Jan. 26

GPRC 75, CUCA 73; BC 74, MHC 65;
LC 86, MacEwan 78; RDC 69, MRC 63;
LCC 70, SAIT 65

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Concordia	20	16	4	32	1540	1217
MacEwan	18	14	4	28	1329	1140
Grande Prairie	18	12	6	24	1300	1228
King's	20	11	9	22	1408	1333
NAIT	20	5	15	10	1276	1574
Augustana	18	4	14	8	1206	1374
Lakeland	18	4	14	8	1149	1342

South Division

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

Jan. 24

TKUC 81, NAIT 76 (OT)

Jan. 25

TKUC 73, NAIT 58; CUCA 75, GPRC 55;
SAIT 81, LCC 54; MacEwan 78, LC 57;
MHC 100, BC 35; MRC 74, RDC 44

Jan. 26

GPRC 66, CUCA 63; MHC 94, BC 32;
MacEwan 68, LC 67; MRC 64, RDC 46;
SAIT 62, LCC 54

MEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	20	19	1	38	59	15
Red Deer	20	16	4	32	51	25
SAIT	20	13	7	26	44	35
MacEwan	20	11	9	22	44	34
Briercrest	20	6	14	12	30	45
King's	22	6	16	12	22	55
Grande Prairie	22	1	21	2	22	63

White Division

Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	16	15	1	30	47	16
Lakeland	16	12	4	24	41	26
Keyano	16	7	9	14	31	30
NAIT	16	7	9	14	33	30
Lethbridge	16	7	9	14	28	30
Portage	16	0	16	0	0	48

Jan. 25

NAIT 3, KC 1 (25-22, 25-15, 23-25, 25-15)

MRC 3, BC 0 (27-25, 26-24, 25-21)

MHC 3, LC 0 (25-20, 25-19, 25-23)

LCC 3, PC 0 (25-16, 25-12, 25-8)

RDC 3, TKUC 0 (25-17, 25-18, 25-10)

SAIT 3, GPRC 2 (25-18, 25-20, 17-25, 18-25, 18-16)

Jan. 26

NAIT 3, KC 1 (25-21, 19-25, 25-19, 25-21)

MRC 3, BC 1 (19-25, 25-18, 25-19, 25-19)

MHC 3, LC 2 (25-19, 25-23, 21-25, 21-25, 15-13)

LCC 3, PC 0 (25-5, 25-18, 25-15)

SAIT 3, GPRC 2 (25-17, 25-20, 19-25, 19-25, 15-9)

RDC 3, TKUC 1 (25-17, 12-25, 25-17, 25-18)

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

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

WOMEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
Mount Royal	20	18	2	36	58	12
Red Deer	20	17	3	34	51	23
MacEwan	20	14	6	28	47	27
Grande Prairie	22	12	10	24	46	38
SAIT	20	6	14	12	26	50
King's	22	4	18	8	27	60
Briercrest	20	1	19	2	14	59

White Division

Team	MP	MW	ML	Pts	GW	GL
Lethbridge	16	13	3	26	45	14
NAIT	16	12	4	24	36	23
Lakeland	16	9	7	18	37	30
Medicine Hat	16	8	8	16	32	29
Keyano	16	6	10	12	25	31
Portage	16	0	16	0	0	48

Jan. 25

NAIT 3, KC 2 (23-25, 25-18, 25-20, 26-28, 15-5)

MRC 3, BC 0 (25-8, 25-8, 25-16)

MHC 3, LC 1 (22-25, 25-22, 25-19, 25-19)

LCC 3, PC 0 (25-11, 25-10, 25-8)

RDC 3, TKUC 0 (25-23, 25-23, 25-21)

SAIT 3, GPRC 1 (20-25, 25-18, 25-12, 26-24)

Jan. 26

NAIT 3, KC 2 (25-21, 14-25, 15-25, 25-16, 15-12)

MRC 3, BC 0 (25-17, 25-17, 25-22)

LC 3, MHC 2 (29-27, 25-23, 23-25, 17-25, 15-9)


LCC 3, PC 0 (25-10, 25-15, 25-15)

SAIT 3, GPRC 1 (19-25, 25-16, 25-22, 28-26)

RDC 3, TKUC 1 (16-25, 25-14, 25-17, 25-17)

NOTE - Feb. 22-24: RDC hosts ACAC

women's volleyball championship



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BREAKAWAY

NAIT forward Josh Schellenberg swoops in on the Briercrest College netminder during the teams' weekend series. NAIT won both games 9-4 and 8-3.



Photo by Brendan Abbott

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CAMPAIGN SPEECH SCHEDULE

Wednesday, February 6

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

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

Thursday, February 7

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

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

Friday, February 8

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

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

Monday, February 11

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



See naitsa.ca for information.

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ARTS & CULTURE

FREEZE OVER

Speaking in Code

Social Code's Travis Nesbitt is upbeat about the band's new release



GABRIELLE HAY-BYERS
Student Issues Editor

Freeze Over is seriously moments away in the big scheme of things. With pretty girls 'trolling campus selling tickets at our farther main campus reaches – the Annex, for example – excitement is on the rise.

Now, I really hope that everyone has their tickets, because a Tupelo Honey show with Social Code as special guests doesn't roll around for a \$10 price very often. If you're behind on it, grab your ticket at the Nest or the NAITSA office.

Travis Nesbitt, lead vocals for Social Code, expanded on the band's connection to NAIT, mentioning that Social Code has

played Ookfest (which is now called Campus Chaos) a few times before.

"It (the reception to their 2007 release) has been great! You know that you've done a good job when people are singing along to tracks on the record that haven't been released as singles ... like Track 9 or 10."

In addition to releasing a new album in 2007 and a January tour with Three Days Grace and State of Shock, Social Code is going on a March tour with Sum 41 and Die Mannequin. The reception of Social Code's self-titled second album has been massive, especially considering the three-year wait between projects.

The band tore apart bass player Logan Jacobs' basement and built it into their own studio to record the Social Code album, which would appear to have paid off, as the 2007 album has garnered three single releases. Jacobs teamed up with Budd Grayson Arnold (who has been their sound man and tour manager in the past) to produce the album.

When Nesbitt was asked how a personal studio affected the way the band approached recording their album, he replied: "Yeah, we had to learn how to build a studio before recording in it!"

With such massive hits such as *Bomb Hands*, *Beautiful* and *Everyday* (Late November) released in the past four years, Social Code (formerly known as Fifth Season), has seen fan groups set up on Facebook and on their official website.

"The Internet is a great way to connect with fans. We do our best to meet and greet after our shows when we're on tour and with things like Facebook and MySpace you can continue to connect with those people when we're home. It's a great way to meet new people as well."

Head on out to Freeze Over this Friday. The hockey game starts at 7 p.m. and it can't possibly be colder inside the rink than it is outside! Also, check out the tailgate party in the Nest at 4 p.m., with The New Weapon playing a double set.



Social Code, top photo, and Travis Nesbitt, lead singer, above.

Rody's ready!

GABRIELLE HAY-BYERS

Rody Walker from Protest the Hero is taking a break from his band's two night stand in Edmonton to play an unplugged show in the Nest, your campus bar and restaurant.

When the *Nugget* caught up with him last week, and asked how his day was going, Rody had this to say:

"(It's) going pretty well, I got two hours of sleep last night and am terribly hung over. We play MTV tonight. This is our third time playing, so it's the same old song and dance. One of the people just took us out for lunch so I'm excited (that) there's free food involved."

Playing on MTV isn't the only exciting thing that Protest the Hero has been up to. They began a tour on Jan. 28 and released a new album on the 29th. Their remaining Edmonton show (and unplugged show at the Nest) is on the *Nugget's* date of publication – Jan. 31.

This tour promises to be a good time; Rody informed the *Nugget* that almost every concert is followed by an after-party, complete with Rody Walker acoustic sets, DJs and tons of booze. Luckily enough for NAIT students, one is taking place in the Nest!

And especially lucky for female NAIT students, because Mr. Walker is

single and looking.

An inexperienced Protest the Hero concert-goer myself, I asked Rody what to expect at one's first Protest the Hero show.

"Well, for those of the fans that haven't seen us, there's a lot of gratuitous swearing on my part and ambiguous sexual hilarity."

Good to know. While the concerts and shows seem like they'll be a blast, Rody had a lot to say about the maturation of the band and their sound.

"We're making music that isn't exactly conventional, there's no industry or genre standards. It (the new album) is definitely a progression into heavier music. It's more technical and serious, more shred, I suppose."

"The track *Limb from Limb* is certainly some of the best material we've ever written."

Not only is the new album serious, so is the band's professional and mature approach towards each other.

"We get along better than most bands I think, considering that we hate each other," he said, laughing. "We practise the art of being civil."

Check out Rody Walker, unplugged in the Nest, on Jan. 31 from 12:30 p.m. to 1:30 p.m. No cover charge.



Rody Walker

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Rody Walker of
Protest the Hero

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

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CLOVERFIELD

MOVIES

Hand-held horror



LIAM CRESWICK

If there has ever been a movie that you must see in theatres, *Cloverfield* is definitely it.

That is not to say this is a "must see" movie, because it isn't for everyone, but seeing it on the big screen helps the movie achieve what it sets out to accomplish.

Cloverfield takes the concept of a big budget monster movie and flips it on its ass.

The audience is given a realistic, point-of-view representation of a giant monster attack on New York City. We follow a group of yuppies as they evade the danger and run for their lives, all while trying to

rescue their friend across town. The entire film is shot through a camcorder, giving an incredibly hard-to-follow, jerky, in-and-out presentation. At first, I found the camcorder view annoying, but when the attack starts going down, the erratic POV camera makes the events that much more intense, confusing and exciting.

Like the best horror movies, *Cloverfield* only gives fleeting glimpses of the monster and its spawn, which also adds to the mood.

When this movie was announced, there was a lot of hype and speculation as to what the monster could be, if anything. Godzilla? Cthulhu? The Stay Puft Marshmallow Man? I won't spoil it for anyone still guessing, but just say that the filmmaker's choice of monster makes the flick even more effective.

The biggest disappointment for

me was the story, though. I really had to suspend my disbelief that all these people would trek all the way through New York, instead of evacuating, to find their friend who may or may not be alive. I think the characters just trying to escape would be exciting enough if done right.

Since showing a monster movie through the eyes of the people, not the hero, is such a different and unique concept, this will likely be a movie that people will either love or hate.

Like *Napoleon Dynamite* or *Snakes on a Plane*, some will get it, some won't.

If *Cloverfield* does sound like an interesting concept for a flick to you, I highly recommend that you see it in theatres, as it may lose something in the translation to DVD.



UNTRACEABLE

Lame and hokey at the end

JACQUELINE KITZAN

I remember watching the preview for this movie and thinking it was going to be another *The Ring* – Completely PG-13. Scary – but only in one dimension. To my pleasant enjoyment, the boo-factor of *Untraceable* was low, whereas the realism was somehow raised to a point where I was engrossed in what was happening and the thought of "Well this could never happen," was lingering at the back of my mind. Not

to say that this movie was the be-all-end-all of horror flicks, but with a PG-13 concept they pulled out some major R-rated content.

The movie follows one cyber-FBI agent – "Marsh" (Diane Lane) – and a superhuman, know-it-all genius murderer as he abducts victims and tortures them in his basement while broadcasting it over the Internet. The more Americans that visit the site, the quicker and more gruesome the death.

And "more gruesome" it is. The movie starts out with an oh-so-cute little kitten's death sprawled all over the web (too soon after the cat/microwave incident for me). He quickly (but not soon enough) moves onto humans, snatching them and murdering them one by one, faster and faster, uglier and uglier. The most despicable part of this movie was, by far, the comments from "fans" posted on the site while the murders took place. The lack of indignation is

what makes this movie pour into realism. It's the most frightening part of the film.

The acting was forced in some places. The drama came through strained facial expressions and over-emphasized terror that I could have done without. Lane started out strong but continuously got weaker throughout the picture. By the end, after a few less-than-stellar dramatic performances, I was kind of expecting something lame

and hokey. I was not disappointed.

I waited the entire movie for the sparks to ignite between Marsh and her hunky FBI agent. I won't tell you if anything comes of this. You'll have to watch for yourself – and I suggest you do. It's worth the 11 bucks ... Eighty-five if you're a poor student like me (which you probably are) and buy your movie tickets from NAITSA.



AQUA TEEN

Reason to stay home

GEOFF TATE
Arts and Culture Editor

So, there's this animated show on the colour television about a medium-sized box of fries, a milkshake, and a ball of ground beef (I'm assuming lean). Oddly enough, this show only airs at 11:45 p.m. Sundays and lasts for just under 15 minutes. Somebody somewhere has deduced that this show may not be suitable for a primetime audience, figuring that 15 minutes is still too long for them to show some fries, a milkshake and

a meatball taking on serious issues such as: being raped by dogs, nuclear powered barbecues, Tera Patrick eating a hot dog and smoking tires to treat glaucoma.

With the arrival of Aqua Teen Hunger Force Vol. 5 onto DVD just this Tuesday, I have found another reason to stay home, covered in my protective cocoon of blanket. This box set brings the Aqua Teen series up to over 65 episodes, one full-length feature movie, and a video game available on the PS2. And by my calculations, that gives me at least an hour of things to watch, which I most certainly will.

Not straying far from the flawless episode designs of yore, Vol. 5 is laced with the same graphic imagery and jolting plotlines as every

other season. The box set contains all 14 episodes from Season 5 and is injected with a butt load of extras to make it that much more appealing to the everyday person who isn't incredibly high at all times. You get to see Tera Patrick eat a hot dog, a music video entitled *I like your booty, but I'm not gay*, and play the aptly named *Worst Game Ever*.

I would not rate it as high as previous season box sets however, due to the lack of any really new bad guys worth bringing back, and the unfortunate disappearance of Dr. Weird.

Nonetheless, it is a must-have for any smoker of the devil's lettuce you may know, or just fans who maybe enjoy fast food more than they should (is a meatball fast food?).



Photo by Kate Fair

EASY LISTENIN'

Chris Neil and Dean Rejesky enjoy some shots at last Tuesday's (Jan. 24) CD Listening Party at the Nest.

BACK OF THE RACK

ANTHOLOGIES

A veritable smorgasbord



LIAM CRESWICK

Welcome to Back of the Rack, a look at lesser know movies new on DVD.

Anthologies are great for picky movie watchers. If you don't like the flick you're watching, it's only a few minutes until you get a new one. This also makes them very difficult to review though. Nevertheless, here are some new short film collections.

Paris, Je T'aime

Next to good cheese and surrendering, the French are best known for their passionate love. *Paris, Je T'aime* features 18 short films about love, set in the city of love. The directors include some big American names such as Wes Craven and the Coen brothers, as well as directors from France and Britain. Though always themed around love and Paris, the scenes range from serious, to comedic, to outright bizarre. Some of my favourites include Steve Bus-

cemi getting into a fight in the subway, Nick Nolte meeting his grandson for the first time, and a couple in Père Lachaise Cemetery seeing the spirit of Oscar Wilde. Not every film is a winner, but the ones that work offer enough emotional highs and lows to make the film a memorable and enjoyable one.



Scenes of a Sexual Nature

This film's title sounds sort of like a warning you'd see on a dull, British porn, but really, it's just a dull, British comedy.

Scenes of a Sexual Nature follows seven couples all having a romantic day in a sunny park. The scenes, to name a few, are about a divorcing couple, an impromptu screw, and a sweet old couple accidentally meeting again after decades apart. Each story weaves in and out of the others, which helped keep my attention.

Ewan McGregor is the biggest star amongst this ensemble cast, playing a surprisingly convincing slutty gay man.

There are a few laughs spattered throughout the film, and I really enjoyed the parts with the old couple, but it wasn't the fun, witty,

British comedy I was expecting.



The Ten

While the last two films were about people getting to know each other "in the biblical sense," *The Ten* takes that theme one step further. This comedy presents 10 short stories based around the Ten Commandments. The flick straddles the fence between blasphemous and truly religious, which I think makes it enjoyable to both faithful and secular audiences.

Its comedic strength is showing very ridiculous premises delivered with dead serious performances, such as Winona Rider's affair with a ventriloquist's puppet. We also see a prison rape love triangle, a man permanently stuck in the ground, and Jesus prolonging the end of times because he likes having sex.

The amiable Paul Rudd introduces each story, and this is where the movie falters. These transitions, as well as a completely unnecessary musical number at the end, fail to tie each story together, but instead make the film feel choppy and contrived. The scenes



themselves are a lot of fun, though.

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 lcre-swick@gmail.com.



Winona Ryder has an affair with a puppet in *The Ten*.

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For students in the following NAIT programs:

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

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

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

Topics will include:

- Professional credentials issued by ASET
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- Process for becoming professionally certified
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- Questions and answers

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

Refreshments will be served. See you there!

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

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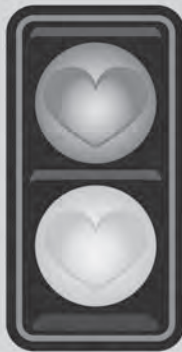


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CLUBS CORNER

Club Fair

The first NAITSA Club Fair was a great success! We had 17 clubs showcasing themselves and drumming up membership interest.

Thank you for taking the time to stop in and visit our clubs. The energy and displays from the clubs certainly made it worthwhile.

Congratulations to Amber Baxter on winning two tickets to Freeze Over and to Kelvin Singh, who won a pair of Oilers tickets for participating in the Club Fair Visiting Pass.

I'd like to congratulate the clubs in the booth competition. There were four secret judges who went around and scored the booths.

The placements are as follows:

First-place booth – Club 5 Star (Hospitality Management) winning 400 Giver points + registration/participating points (25)

Second-place booth – NASS-NAIT Architectural Student Society, winning 200 Giver points + registration/participating points (25)

Third-place booth – Oriental Music and Arts Association (OMAA) winning 100 Giver points + registration/participating points (25)

Honourable mentions:

Def'Eye Arts Club, Snow Buds, BFL Fitness Club

GIVER Point Standings

as of Jan. 28: Top five Giver point earners are listed. I thank all clubs for participating in the Giver program and look forward to seeing many more points coming in.

Club	Total Points
CETSC	5,625

Club 5 Star	3,085
AHT 2008	889
Nait Baking Club	732
PGC	330

GIVER Opportunity

English as a Second Language Program is looking for those outgoing students who would like to volunteer their time for meeting our students and chatting with them. We have a lot of international students who are desperate to find a conversation buddy to improve their speaking skills.

Our students would greatly benefit from occasional meet-

NOTICE

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

ings at any NAIT cafeteria, library (or any other place) to chat on any casual topic.

Lack of good listening and speaking skills prevents our students from joining different clubs. They would feel more confident having one on one meetings. Make a difference in somebody's life!

Please contact Iryna Bura-chok, Instructor, English as a Second Language, School of Professional and Continuing Education.

Phone 780-491-3193
 Fax 780-471-8998

Upcoming Events

Def'Eye Arts Club
Event: Art Exhibit Viewing
When: Thurs. Jan. 31 – 5 p.m.
Where: Art Gallery of Alberta

Event: Meeting
When: Mon. Feb. 4 – 4:30 p.m.
Where: Room E-201 (Second floor E-wing)

For more information or to join, contact Jonathan Berube at jberube5@ookmail.nait.ca or call 718-2142

NAITSCAPE

Event: Meeting/Game (HeroScape board game)
When: Thurs. Jan. 31 – 3 p.m.
Where: NAITRIUM

Chess Club

Event: First Meeting
When: Thursday Jan. 31 – 4 p.m.
 (Games every Thursday thereafter)

Where: Room E-020
 (Basement E-Wing)

MRT61

Event: OOK Men's 50/50 draw
When: Fri. Feb. 1 – 6:30 p.m.
Where: NAIT Arena

CSA (Chinese Student Association)

Event: Spring Festival (New Year Celebration)

When: Fri. Feb. 1 – 7:30 p.m.

Where: NAIT Gymnasium

BFL Fitness Club

Event: Meeting
When: Tues. Feb. 5 – 4:30 p.m.
Where: Room X-107

PFT 2008

Event: Dome Cake Sale
When: Wed. Feb. 6 – 12:15 p.m.-2:15 p.m.

Where: Table outside NAITSA office

Petroleum/PGC

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

NAIT Baking Club

Event: Bake sale
When: Friday, Feb. 8 – 10 p.m.-1 p.m.
Where: South Lobby

AHT 2008

Event: Cabaret
When: Saturday Feb. 9
Where: Union Hall (Tickets at X-202, for info, 965-2343)

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

Bible Study Group



Weekly meetings every Friday at 12:15 p.m. in Room E-124
 For more info, contact David
lazarus197925@hotmail.com



Photo by Patricia Andrade

Brock Lehr, president of Club 5 Star, which represents students from Hospitality Management, hams it up with the NAIT Ook at the Club Fair, held Jan. 22.



Your horoscope



KATIE BERLINGUETTE

Feb. 1-7

(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)

Last month you took a great many risks; however, not all of them were the right kind. You may have gone a little overboard, but it's not too late to start again. Stay indoors this week and work on a positive plan to get energized.

Lucky Article of Clothing: Toque

Taurus (April 20-May 20)

You're currently facing an obstacle, Taurus. In order to overcome this, look deep inside. Think long and hard. Life is short,

so don't let it go to waste. Life happens when you live through those obstacles, not after.

Lucky Article of Clothing: G-string

Gemini (May 21-June 20)

You may have been relying on others too much. Start standing on your own two feet for a change, Gemini. While it's good to be on your own, don't forget the people who have helped you before. There might come a day when you'll need them again.

Lucky Article of Clothing: Wool Socks

Cancer (June 21-July 22)

Your greediness is not being well received. Close companions are unimpressed with your selfishness. You may have gone to the extreme last week, but it's time to head for some sort of stability in your hectic life. Think about what others want for a change.

Lucky Article of Clothing: Lacy Bra

Leo (July 23-Aug. 22)

A small lie may be turning into something big. You might not

realize that you're hurting someone very close to you, but you are. If you'd just stop conforming and learn to be yourself, you wouldn't have to make up petty lies. The stars are showing a great deal of warning this week. I recommend that you make note of it.

Lucky Article of Clothing: Parka

Virgo (Aug. 23-Sept. 22)

Watch out! You may stumble across a tantalizing secret this week, Virgo. You can either spread it around or keep it to yourself. Talking about someone else's business is always easier than talking about your own, but it's occasionally beneficial to focus on just you.

Lucky Article of Clothing: Wife Beater

Libra (Sept. 23-Oct. 22)

When is the last time you looked at the stars? They're saying that it's time to get down to your bluegrass roots. No time like now to get a little old school. It's the simple pleasures that are the most satisfying, Libra. You can only gain by looking up and

looking back.

Lucky Article of Clothing: Your Favourite T-shirt

Scorpio (Oct. 23-Nov. 21)

There is such a thing as showing too much emotion. If after every beverage you find yourself weeping alone in a corner while listening to bad country music, or maybe you keep texting old flames, this is a good time to decide if you have a serious problem. The stars recommend figuring it out. If you can't figure it out, when in doubt, watch Dr. Phil.

Lucky Article of Clothing: Footed PJs

Sagittarius (Nov. 22-Dec. 21)

You went from nothing to everything in the blink of an eye. You might be finding that you have more than one important choice to make and trying not to hurt anyone will just hurt everyone. When faced with so many decisions, the stars recommend an age-old practice that solves all problems – rock, paper, scissors.

Lucky Article of Clothing: Tightie Whities

Capricorn (Dec. 22-Jan. 19)

Don't be left in the dark this week. There is a lightbulb turning on, leading you to plenty of ideas. Go with it. It's a good time to take this omen and create something fantastic. Inspiration will only evade you for so long.

Lucky Article of Clothing: Tied-dyed T-shirt

Aquarius (Jan. 20-Feb. 18)

A flaring temper is only going to get you into trouble with authority. Think about the consequences for a change, Aquarius. You might think that you look tough, but in reality, you look like a jackass. If you get knocked down, stay down.

Lucky Article of Clothing: Striped Pantsuit


Pisces (Feb. 19-March 20)

A chance for travel may be coming your way! Hurrah! Take it and don't look back. Try not to worry so much about leaving people behind, because they will always be there. This is your opportunity to grow and learn about who you really are, and who you want to be. Pack plenty of sunscreen.

Lucky Article of Clothing: Stretchy Jeans

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)

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



GRAD PORTRAITS

Feb 25 - Mar 14, 2008

www.nait.ca/tci

HOT SINGLE OF THE WEEK



BRENT CONSTANTIN

I own all three different kinds of screwdrivers now

Wow, it's cold outside, and not just regular "wow, it's cold outside," this is actual freeze-to-death weather. For most of us, the only time we spend outside in winter is when we walk from our house/work to the car (and perhaps the inverse as well) and, when the weather is to the point where that 30-second journey makes the flesh in your ears pop as it crystallizes, then you know it's fairly cold out (you could always wear a hat, but then it would mess up your cool hair-do).

Where was I going with this? Oh yeah, I remember ... no, I forgot ... just kidding, I really never forgot at all, this article is planned to the tee. While it's so bloody frigid outside, why not enjoy the festivities inside at

the NAITSA Freeze Over event, this Friday at the NAIT arena. Honestly, if you don't show up, I'll have to leave the school, so please do. Tickets are \$10 at the NAITSA office.

I'd also like to take this opportunity to relate to you the magic of newspapering, although for you no time at all has passed between this line and the one before. I actually just went to the bathroom.

This week's Hot Single is a change for me, mostly due to the addition of a penis on our subject. Yes, after a long sea of estrogen this year, I'm breaking routine with a manly man. Perhaps the manliest man? Perhaps not.

Please put down your copies of the *Nugget* and help me (by clapping loudly) welcome Casey to the article. He's an 18-year-old first-year Business student who enjoys lying to me about being a racecar driver.

B: Hi, Casey

C: Hi.

B: So, you like lying to me about being a racecar driver. Tell us about that.

C: Well I'm heavy into drag racing, and I've been doing it pretty much all

my life, since I was eight years old.

B: Why don't we say since you were two years old instead? That sounds even better. So tell me, why doesn't a man that's been drag racing since he was only two have a girlfriend? When was your last relationship?

C: It ended back in September, after about a year and a half.

B: And why was that?

C: I just realized what being young was all about.

B: So, just to clarify, you realized the benefits of being a huge slut? I'm going to quote you as saying something like "I wanted to be a bee that got to pollinate a few different flowers." How do you feel about that?

C: I just saw what was out there and decided to go for it. Does that make me sound sleazy?

B: I don't judge. So what kind of lucky girl are you looking for, Casey?

C: I'm looking for a girl who knows how to have a good time.

B: Wow, really?

C: Well, can I say, "five feet tall,



blonde and smoking hot?"

B: You could, but it would eliminate everyone not blonde, like a horrible round of Guess-Who? The Mystery Face Game. Moving on though, tell me why you're hot.

C: Just look at me (he said with a grin)

B: Alright, that should be enough.

For your chance to meet Casey in

person and throw yourself at him, e-mail me here at bconstantin@nait.ca and you'll be having the time of your life in no time.

Ditto for those of you who would like to become the newest HSW, just send me an e-mail at that same address and you (or a friend you want to nominate) could be gracing us all with their presence. Until next time, go buy Freeze Over tickets.

Out and about



GAVIN THOMAS

What was your New Year's resolution? Did you keep it?



Quit smoking. And it's been one month.

Jason Mandujano
Machinist



No resolution – never had one.

Jeff Thul
Denturist



To work out. But ... no.

Josh Young
Radio and Television



To drink coffee black with no sugar or cream. No, I have not.

Brad Atkinson
I.H.E.T.



To not puke, and yes, I have kept it.

Kristen Glines
Pre-Tech

U of Sask. facing lawsuit

REGINA (CUP) – P.R. Developments Ltd. Has launched a \$30 million lawsuit against the University of Saskatchewan, alleging that a landfill operated by the university has contaminated the surrounding land.

The landfill, which was operated by the University of Saskatchewan in the 1970s and 1980s, was decommissioned in 1988.

Judy Yungwirth, the university's director of corporate administration,

said that the university followed all regulations to clean the site.

"We were operating in accordance to all the regulations at the time," she said, adding that they complied with the regulations of the City of Saskatoon and Saskatchewan Environment Resource Management, now Saskatchewan Environment, when they closed the site.

"We do follow all regulations and we take health safety regulations and the environment very seriously," she

said.

The real estate development firm introduced the lawsuit in June 2007, claiming the university contaminated their property. The university made an application to the court to have the suit dismissed due to the amount of time between the closure of the site and the suit being filed. It was denied.

Yungwirth said there was no information in the claim of how the developers came up with the num-

ber of the \$30 million they are suing for. She also said that nothing in the claim referred to soil samples to support their case or prove soil contamination.

The university has denied any accusations of improper clean up or use of the site. She said the university has not had any problems with the soil of the old landfill site and has conducted many activities there over the past 20 years.

She stressed that "the university

is, and always has been, concerned with safe environmental practices and all acts are carried out in a responsible manner."

The case is still under litigation and the next step before heading to court is mediation.

Representatives from P.R. Developments Ltd. were not willing to comment and said they had no comment other than the information already available on the notice of claim.

Pendant alarms given a tryout

OTTAWA (CUP) – A pendant hanging from your neck could also be the latest in campus security.

A new pendant alarm developed by the Carleton department of university safety has security officers at your fingertips. Literally.

The new system allows students working late at night on campus to don pendants with a button which, when pressed for two seconds, sets off sirens, flashing lights and triggers a response from campus safety in less than two minutes.

'Unique'

"Each pendant is unique to the room it is designated to," said campus safety director Len Boudreault, adding that the new system is currently only set up for rooms in Instructional Media Services, which houses television suites often used by students late into the night.

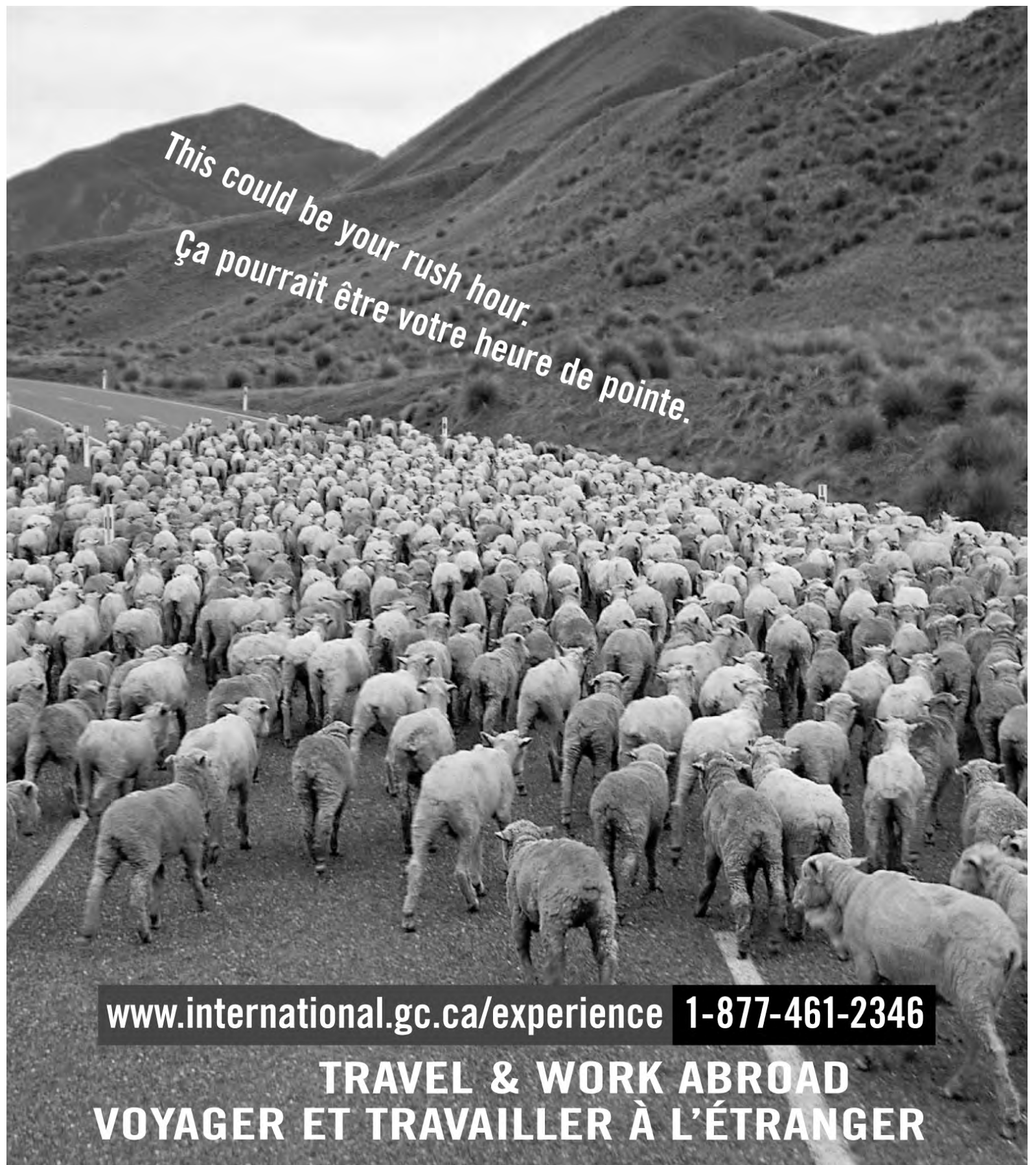
Expansion of the system will depend on demand. Students hoping to use the system will have to register with the safety department, provide contact numbers and the location where they will use the alarm.

Free

"Requests will be assessed on the basis of threat, not convenience, to protect the integrity of the system," said Boudreault.

The service, which is free to students, has to be wired into existing alarm systems but only takes a few days to install so it can easily cater to student requests, he said.


"This isn't a money-making venture, it is a safety venture," Boudreault said. "Now we have to see if it has a life."



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Ask a Counsellor

Managing procrastination



Margaret Marean

Question: I have a bad habit of putting things off. I managed to get through last semester, but this semester I am having an even more difficult time doing homework and studying. Is there anything I can do to change this pattern?

Answer: Most people struggle with procrastination to some degree. It is one of the biggest factors in determining how students do at school and later in their careers and in other parts of their lives. The good news is that procrastination is a habit and, like any habit, it can be changed. However, to change you will need to be diligent in taking action and doing the tasks that need to be done when you had planned to do them.

Here are some tips to deal with procrastination:

1. Never label yourself as a pro-

crastinator. Giving yourself the procrastinator label just reinforces procrastination.

2. Get into a routine of studying and doing homework at the same time each day.

3. Make a daily to-do list and prioritize the items on the list.

4. Always work on your most important tasks first.

5. Recognize how you procrastinate (watching TV, talking, phone calls) and use these as rewards. Don't let yourself do other activities until you have completed the work you need to do.

6. If you are feeling overwhelmed,

break tasks down into small chunks and work on one chunk at a time.

7. If you feel really unmotivated, use the five-minute method. Commit to doing something on the project or studying for five minutes. When the five minutes are up, decide if you are going to continue for another five minutes. (You almost always will because the hard part is getting started!)

8. Be aware of making excuses. Challenge faulty reasoning every time and get right back on task.

9. Do not reward yourself for procrastinating. Every time you do another activity, such as watching television, visiting with friends or wash-

ing your car instead of working on your goal, you are rewarding yourself for procrastinating.

10. Get enough rest. Fatigue is one of the biggest contributors to procrastination.

11. Recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

12. Take action now!! Never put off important tasks until tomorrow,

even if it means just doing a small portion of the task.

13. See a counsellor. If you need help on this or any other personal, academic or career concern don't put it off!

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.



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HELP WANTED

The NAIT arena requires a part-time arena attendant.

We require:

- Zamboni/Arena operation experience (We will train suitable candidate)
- First aid/CPR/AED training (or ability to obtain)
- Good customer service and work ethic

We offer:

- \$13.77/hour, under review
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For more information, or to drop off your resume, contact:

TERRY BAUMGARTNER, Arena Operations Supervisor
 Room S-218, Ph. 471-8699, e-mail terrybau@nait.ca



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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

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 CARPOOLERS

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

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

TUITION TAX RECEIPTS 2007

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

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

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

Classifieds

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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**

VOLUNTEER?

Volunteer Tax Preparers for Dickinsfield Amity House

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

Youth Emergency Shelter Society (YESS)

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

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.

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.



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



NAITSA FREEZE OVER

Fri. Feb. 1

NAIT OOKS vs. MRC COUGARS
 with **SOCIAL CODE & TUPELO HONEY**
 NAIT Arena - Doors open at 6pm - Game starts at 7pm

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

Tickets on sale now at the NAITSA Office (E131) & The Nest

\$10

Ultimate Outdoor Survivor
 3pm start - Nest Parking Lot

Teams compete for a Molson Skybox to an Oilers game. First 16 teams registered will compete. Visit www.naitsa.ca for details & team forms.

Tailgate Party at The Nest
 with The New Weapon
 5pm



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