

NEW NAITSA OFFICE HOURS: MON-THURS 8 A.M.-6 P.M.; FRI 8 A.M.-4:30 P.M.

THE NUGGET

Thursday, February 5, 2009
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Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

FIRMS WANT NAIT GRADS

Despite the recession, companies want what this school has to offer, story page 4



Photo by Carla Pearson

NEW LOOK FOR OOKS

Members of NAIT sports teams surround NAIT President Dr. Sam Shaw wearing their new uniforms with a redesigned Ooks logo just after the changes were unveiled to the public on Saturday, Jan. 31.

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**2009 NAITSA
GENERAL
ELECTION**

NEWS & FEATURES

NAIT teacher honoured

By MacKenzie Marshall
Issues Editor

If you're like me, then you've been at NAIT for half a year now and you love the hands on, practical learning environment that your instructors provide. If you're in the School of Business, you're especially lucky because you have an opportunity to take classes with Surjit Rai, NAIT's newest national award winning teacher.

This award isn't the first for Rai; he's already well decorated with NAIT Excellence Awards. He

became the first instructor at NAIT to be honoured twice in May 2008. He was singled out for his work in the JR School of Business and the School of Professional and Continuing Education. In order to be eligible for an Excellence Award, an instructor first has to be nominated by a student, have the nomination backed by colleagues and provide a portfolio showcasing his or her specific teaching style. Rai's style, which is very popular among his students, wasn't always one of his strong points.

"When I first started teaching I was very strict," he said recently. "I noticed that my students weren't having fun and neither was I. It was difficult to make a connection with students, so I decided to adapt and let my personality come through. I made class interesting by bringing in elements of fun, like doing activities instead of just taking notes from a presentation. It's important to make the students equals and value their ideas."

Soon after making the change, a great relationship developed between Rai and his students, which translated into awards at NAIT and ultimately a national award.

Most recently, Rai has been awarded a 2009 NISOD Excellence Award after being nominated by Berry Calder, NAIT provost and vice-president academic.

Founded in 1979, the National Institute for Staff and Organizational Development is "dedicated to the professional development of

faculty, administrators and staff; and to the continued improvement of teaching and learning, with the ultimate goal of student success."

Over 700 colleges worldwide are NISOD members, including the majority of urban and technical colleges in the United States and Canada. The first NISOD Excellence Awards were given out in 1989 and have become a strong tradition among colleges in North America. According to the NISOD website, "The Excellence Awards tradition allows us the distinct privilege of honouring so many of the world's best in higher education."

Rai, originally from the UK, says that his experience in the workplace helped him develop his own teaching style.

"I was a marketing manager for a British telecommunications company. I got real life experience there that helps me relate the lessons from the classroom to real life."

In addition to his style, Rai praises NAIT for its small class sizes and hands-on learning approach.

"I like to make students laugh and feel welcome and that's easy to do with a small class size. It's more alive than a university because you're not just a number," he said.

"I know all of my students by their first names and you can't slip through the cracks here. I see when a student needs more attention and I see when a student is full of energy but doesn't quite know how to focus it. Like I let my personality show, students here can do the same thing."

"It's great here too because when students graduate, they can get a job and start working right away. When I graduated from university, I was great at the theory of marketing, but putting it into practice was hard. It took me about two years before I was able to do that. That's not the case with students that graduate from here."

Rai says he's honoured to have received these awards and he's never been happier than when teaching at NAIT.

"I'm flattered that my students and colleagues nominated me for these awards, it's awesome. It's surreal to know that I'm playing a valuable part in so many people's lives. I love it here at NAIT. I've had jobs where I've made more money, had more toys and had things that were more esthetically pleasing, but I've never had this much fun and I've never felt more important. I'm one of the lucky people in the world who looks forward to Monday mornings."

"I'm one of the lucky people in the world who looks forward to Monday mornings."

— Instructor Surjit Rai

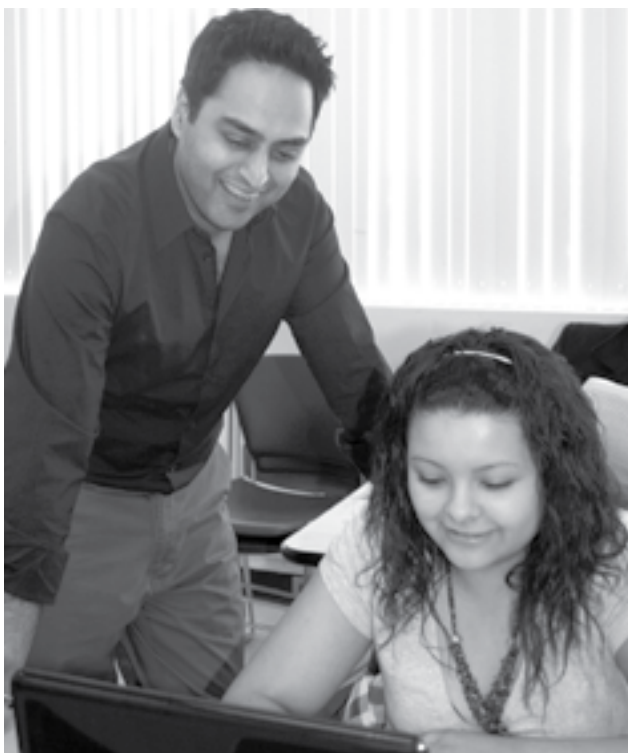


Photo by Chris Carmichael-Powell

Award-winning instructor Surjit Rai looks over the shoulder of Business student Lina Torres.

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CALL FOR NOMINATIONS NAIT Honourary Diploma/Degree

NAIT Board of Governors takes pride in awarding Honourary Diplomas/Degrees to individuals who have provided a significant contribution to the local, national or international community. Previous recipients have included JR Shaw, Ruth Kelly, Audrey Poitras, Thelma Chalifoux, Eric Newell and many others.

Do you know someone who deserves such recognition?

We invite your nominations. Please submit the form found at www.nait.ca/awardforms by Friday, February 13, 2009.

Recipients will be announced at NAIT's convocation ceremony in May, 2009.



York gets back to normal

By BRITTANY BLACK

Imagine getting your full tuition back from NAIT for the 2008-2009 year. That's what York University students are petitioning for after they lost almost 13 weeks of their education to a staff strike.

The majority of the 50,000 students were finally back in class this past Monday. All of the classes at York, with exception of select graduate programs, were cancelled after 3,400 faculty members walked away from their jobs in the beginning of November. The union was given an offer that included a 9.25 per cent wage increase over three years and the members rejected it.

Instead, they are believed to be seeking an 11 per cent wage increase over two years, more funding for graduate students, plus improved job security.

Now, after three months of no school and a dreadful strike, the government stepped in and passed Bill 145 (more commonly known as the back-to-work bill). This has forced the teachers back to their jobs, so that finally the university can get back on its feet.

Although some are sighing with relief, the faculty is still not happy, but has dropped legal threats against the back-to-work legislation. Some say that the provincial government took too long to respond to the situation. It has become the longest strike ever at an English university in Canada, not to mention that this is the third strike in about 12 years that has forced an institution to extend classes into the summer.

Patching things up

With the teachers back to school, both sides will continue to strive to reach an agreement. In the meantime, the institution will have to be pulled back together, as enrollment has significantly decreased and employee/employer relationships are quite unstable.

Abeera Savundararasa, a third-year Administrative Studies student, explained that one of her friends couldn't get into law school after she couldn't get transcripts in time.

Furthermore, the quality of the students' education has been compromised terribly. To try and compensate for this, classes are going to have to run until June to make up for lost days.

That means that students are going to have a rough time starting and keeping summer jobs; many will lose up to two months of work. In fact, a Toronto law firm is helping displeased students file a class-action lawsuit claiming that they are entitled to a full refund on their tuition.

Deserve a refund?

Even though the strike has finally ended, the students' window of opportunity to make money has significantly diminished. Some say that since it wasn't the choice of the students, they deserve some sort of refund after paying good money to study at York. Others say that a lawsuit against York won't salvage the school's reputation; rather it would hurt it even further.

York University spokesperson Alex Bilyk released a statement saying that the students would NOT be receiving any sort of refund on their tuition. Instead, they would squeeze in a complete academic term, cancelling reading week, condensing exam time and extending classes.

Many parents are saying that they should at least get some sort of reimbursement. Students want a minimum 12 per cent refund because the school year will be shortened to 23 weeks, and they are paying for 26. Other Canadian universities have given compensation after a strike.

Although back to school and back to work, the faculty, the students and the administration probably won't be at ease for a while.



Photo by Miriam Den Oudsten

PRIZE WINNERS

Three NAIT photography students have won prizes in the national Bridgestone Photo Contest. Shown following the award ceremony on Jan. 29 are photography instructor Fletcher O'Grady, left, program head Randy Zutter and students Doreen Thunder (1st prize, \$1,500), Romy Yamsuan (2nd prize, \$1,000) and Alex Ekkelenkamp (3rd prize, \$500).



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THE DEADLINE IS ...

Noon on the last school day of the week. (All submissions must include your name and student ID number.)

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

Letters

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. Write us.

Companies still look to NAIT

By **MACKENZIE MARSHALL**
Issues Editor

Keep sending your resume to employers across Alberta. Despite a recession happening across North America, Alberta included, a lot of Alberta companies are looking to hire NAIT grads.

Last week during the career fair, I took some time to check out some of the booths to see if it was going to be tough for us to get jobs while the economy is doing so poorly. While a few companies are feeling the squeeze, most aren't slowing down their hiring policies and they're eager to hire NAIT grads.

The recession, said to be the worst since the Great Depression, has affected nearly every industry out there. Gas has gone down, but things like food, clothes and tuition have gone up. There have been numerous layoffs and business closures, and I figured that jobs would be hard to come by. But after my meetings last week, I've got a more optimistic outlook for when I'm finished at NAIT.

Matt Sveinbjornson, a representative from ATCO, said that they're always look-

ing to hire new students.

"We really haven't been hit at all by the economy. It's different for us because we're in the utility business. No matter how bad the economy is, people are always going to need power."

Sveinbjornson went on to add that they'll be looking for students now and will continue to in the future. "Right now we've got a lot of baby boomers in our company, there are people retiring now and there will be quite a few in the next couple of years. We're always looking for NAIT grads."

My next stop took me to the South Lobby to speak with Patrick Turcot, executive chef at the Farimont Hotel in Jasper.

"We've been feeling some ill effects," said Turcot. "If you think about it, when people are short on money, the first thing they cut out is the extra expenses like vacations. It's also businesses too. We're having less conferences and meetings because companies are trying save money, so instead of travelling for meetings, they'll do them over the phone or by video conference."

In Jasper, Turcot said that things are better than

the other Farimont locations that are farther south because Jasper doesn't rely on American travelers as much as its sister locations do. Despite the crunch on the hotel industry, Turcot encouraged NAIT grads to apply for jobs.

"We have a great relationship with NAIT because in our line of work it's all about passion and NAIT students are full of it. The instructors do a wonderful job of not only teaching, but also preparing students for the real world. In many other places, students come out and can't make the change from school to the real world. That's not the case with NAIT students."

Back in the gym, Linda Marvin from Enerflex said the recession has been great for business because it's allowed her company to be pickier when choosing who it hires.

"It's great, because it's changed from an

employee to an employer market," she said, adding that NAIT grads shouldn't be worried about an employer market.

"NAIT grads come out skilled, well trained, and they're great to develop for long term careers. We're always looking for NAIT grads."

Finally, I spoke to Gillian Hynes from Shell Oil and like the other companies, nothing much has changed.

"We haven't felt any effects and you can never stop hiring young talent, which NAIT is always producing. If you do, then your company will never last."

Even though times seem bleak, we're getting great training at NAIT and from the sounds of things, we'll make it through the recession with a few bumps in the road, but we'll be fine during these changing times.

Are you an Aboriginal student at NAIT?

If so, there is a centre right on Main Campus designed specifically to meet your needs! The EnCana Aboriginal Student Centre is a great alternative to many of the study and work spaces available on campus. Unique features of the centre include cultural awareness workshops, mentorship programs and many business services such as fax and computer access. Even if you are not self-identified through NAIT, you may still make use of all the programs and services offered!

The EnCana Aboriginal Student Centre is available Monday to Friday, 8 a.m.-4:30 p.m., Room E-121. Questions? Please feel free to contact Stephanie Bean, co-ordinator of Aboriginal Student Services (780) 471-7839, or at sbean@nait.ca. Come by the centre and we would be happy to give you a tour!

Poll clerks – \$12/hour

Need extra cash after the Christmas drain?

Poll Clerks needed for the NAITSA Senate Election polling stations on Feb. 10, 2009. (8:30 a.m. – 4:00 p.m.) Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

All poll clerks must attend a training session on Monday, Feb. 9, 2009 at 4:30 p.m. in E-129.

All clerks will be paid to attend the training.

Apply in person at the NAITSA office, E-131 between 9 a.m. and 4:30 p.m.



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OPINION

— Editorial —

Where are all of the NAITSA candidates?



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

It's time for change, but I have a feeling this election is not going to be nearly as exciting as the United States' presidential election of 2008. On Feb. 10, NAITSA will be having its annual NAITSA executive elections.

Could Geoff Tate be the next Barack Obama? Will he be the president who takes the NAITSA office to the next level? Well, I sure hope so because he is our only option.

Don't get me wrong. As far as I'm concerned, Mr. Tate will make a great NAITSA president. However, it is a little discouraging when no other students are opting for the opportunity to take over the NAITSA presidency.

The real question is, what kind of election is this? Only five students registered as candidates for the upcoming NAITSA election. This allows three of the candidates to run unopposed. The way I see it, if those three make salaries of \$3,000 a month for 12 months of the year, that's \$108,000 we are just giving away to random NAIT students who think they have what it takes to enrich our NAIT experience.

Always room for improvement

Is there really no one interested in making improvements to the Students' Association? Is there no one who thinks he or she could do a better job than the executive we currently have in office? I have personally grown close and quite fond of our current executive, but nevertheless, there is always room for improvement, regardless of the situation.

As previously mentioned, there is only one seat on the executive council that is not unopposed, VP Campus Life. This is one position that really can have a drastic affect on your college experience next year. Campus Life is the NAITSA VP who is responsible for organizing campus events that are supposed to "appeal to a broad range of student needs and interests," among other things. Plus, there is an additional reason to be excited about the Campus Life position; we have a choice of more than one candidate. It is the only position for which I feel that we, as students, will have the ability to exercise our democratic right to vote! This is unlike the YES and NO ballots we will be filling out for the rest of the execs.

Good luck to all

So where does this leave us as students? Well, if you ask me (which, I am well aware none of you have) we all have to vote and we have to get involved. I would much rather spend 15 minutes looking at the candidates' campaigns and voting NO if I felt they were an unfit match for NAITSA before I would feel comfortable sitting back and watching them stroll into office, then subsequently observe my NAITSA fees go down the drain.

On a more positive note – good luck to all the candidates. I wish you all successful campaigns. You have some big shoes to fill, as the NAITSA executives have done a fantastic job this year, and will be missed.

What would you like to see NAITSA improve on for the upcoming year? Let me know at studenteditor@nait.ca



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Your views are important

We want to hear from you!

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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

Jersey's got it!



AMBER TIENKAMP
Sports Editor

NEWARK, New Jersey – Maybe I'm just a proud Canadian hockey fan. Maybe I'm just one of those people who believe we own the sport, that no one can beat us when it comes to cheering for the home team, especially when it comes to hockey.

I've been to my share of games at Rexall. I've ridden the LRT to the games, with the fans, drunk or otherwise. I've pushed my way through the underground tunnel, past the guy with the electric guitar, the drummer with his plastic pail, and of course, the Gretzky statue. I've then slowly maneuvered my way to wherever my seats happen to be, inching my way through the crowds of fans in their mix of the home and away team jerseys.

Love the atmosphere

When I do make it to my seat, I realize that I'll have to go through it all again to go to the bathroom, and to grab myself an overpriced beer. But what I have always liked about Edmonton are the fans. The Oil are only my second favourite team, but when I head to the games, I love the atmosphere, even when I end up sitting in between the lady who screams every time someone touches the puck, and the guy who thinks he should be a commentator for Sportsnet.

The fans are always yelling at the opposing teams' fans that show up, which if the Oilers are playing Vancouver, I am one of those people donning a jersey or T-shirt that makes me a target. But it makes the game interesting and it shows that Edmontonians have pride. So maybe that's why I had this notion when I walked into the Prudential Center in New Jersey last Friday night, that I figured the fans, the crowds and the atmosphere

wouldn't even compare to what we've got up here.

First off, if we want a new place to call home for the Edmonton Oilers, the Prudential Center is what we should be checking out for options. The building is absolutely amazing. It seats roughly 500 more people than Rexall, and the space is unbelievable. I felt like I could do cartwheels through the halls, there was so much room between people walking, and not to mention the escalators and 25 bathrooms with the Devils symbol on the toilets. And there wasn't more space due to a lack of people. The place was packed.

By luck, I had worn a red T-shirt, and blended in. My counterpart however, was wearing white and stood out in the sea of red. The crowd was as loud and fired up as any I have seen at Rexall, even when they went down 3-1 in the first period against Pittsburgh (who had fans of their own in the building). Also, I don't know who hired him, but New Jersey has some guy who wears about 20 shirts at a time that say "Jersey's Team."



Shirts to spare

Then he proceeds to dance around different sections of the arena, taking the shirts off and wielding them around his head, tossing them to fans, who end up getting up and dancing, taking their own shirts off and throwing them around. This red-headed mystery man must have the energy of a five-year-old or he was all hopped up on Mountain Dew, because he did this for three periods straight. You might think that this would get boring. Well, let me tell you, IT DID NOT. And for you gentlemen out there who think you could get sick of watching some dude pull out the greatest dance moves ever, don't you worry, there were also cheerleaders in tight skirts and off the shoulder sparkly Devils tops.

With the fans, the amazing tying goal by Jamie Langenbrunner in the final seconds of regulation, the red-headed dancing man, the array of light-up Devil's horns on every kid in the building and finally, Langenbrunner's game winning goal four minutes into OT to beat the Penguins 4-3, this place rocked.

They had 40 oz. beers for sale, ice cream in hockey helmets and amazing fans. Whatever notion you might have about the States not knowing hockey, or not having fans, let me assure you that is not the case in New Jersey.

TWO MORE POINTS

NAIT Ook and athlete of the week Cyril Ashworth drives for a layup against the Augustana Vikings on Saturday (Jan. 31). NAIT went on to win 91-44.



Photo by Carla Pearson

SUPERBOWL

Knock, knock NFL off-season



By LANDON HOMMY
Assistant Sports Editor

Well, that was fun. Bring on the off-season.

What many thought would be a slow, lopsided Superbowl XLIII turned into a 27-23 festival with both the Pittsburgh Steelers and Arizona Cardinals swapping big touchdown drives in the final three minutes – a fitting end to a crazy NFL season.

If the past few off-seasons are any indication, then the wild and wacky should continue.

The last two summers have presented arguably the two biggest sports side shows in recent memory – Michael Vick's dog-fighting scandal and Brett Favre's retirement saga. Sports

media was so saturated with it in an effort to create news that by the middle of August even the most hard core football fan was looking for respite.

It's understandable since the summertime sports scene is pretty one dimensional. No disrespect to golf and tennis (and a lot of disrespect to NASCAR), but baseball reigns supreme. However, that isn't enough to satisfy my sports craving. Even so, the aforementioned accounts were ridiculous.

The NFL's combine and draft are always nice distractions, not to mention the free-agent signings and franchise tags. Yet I've come to expect more.

That won't be a problem. Ahead this off-season looms 10 doors behind which some new and recent headliners will emerge:

Door #1 – Vick's jail cell. Hate him or love, his time there is drawing to a close, and you will be smothered with talk of his potential reinstatement. He'll get it too. He's simply too explosive (and lucrative) to not be allowed back. People love

controversy and he epitomizes it. At least six teams crave his services, and one will be bold enough to get him.

Door #2 – A scenic Mississippi countryside, with a grizzled old Brett Favre sitting in a rocking chair on his porch in a brand new pair of Wranglers with the football game on. That'd be his retirement ... we can only hope.

Door #3 – The salt to Julius Peppers. That is, where's he going to play next year? He wants out of Carolina, thus becoming hands down the best defensive player available. Standing at six-foot-seven and 290 pounds with freakish speed and a Final Four appearance on his resume, he is quite possibly a mutant, and he plays like one too.

Door #4 – America's team without America's pain. Terrell Owens will likely be gone from Dallas soon, doomed to end his career with some sad-sack team like Oakland. Same old story, different team.

Door #5 – L.T., don't leave me. After two sea-

sons of diminishing production by the future Hall of Famer, San Diego's management has done the unthinkable by hinting at releasing him. It saddens me to think his career is on the decline, but he's 30, and such is life for NFL running backs.

Door #6 – Matt Cassel over Tom Brady. It's possible. New England is expected to put the franchise tag on Cassel, revealing how skeptical they are about Brady being the same guy upon returning from his knee injury. Cassel is good, but the Patriots without Brady are like fries without ketchup.

Door #7 – Toronto. Are the Bills here yet? No? Damn.

Door #8 – Pac-man finally out of the league. Wait, we've covered this. Who cares?

Door #9 – McNabb not in Philly. Another maybe. Four Conference Championship appearances may not be enough to keep the franchise's best all-time QB in town.

Door #10 – Another summer of ESPN, Jim Rome, SI and every other media entity chalking up hundreds of hours to exhausting yet glorious NFL drama. This one's a lock.





NAHREMAN ISSA

2 minutes in the box

Well, you as a *Nugget* reader aren't fired ... unless you're an apprentice student at NAIT by day and coach of the Ottawa Senators by night. The latest casualty adds Craig Hartsburg to the list of fired NHL coaches as the Senators went from first to one of the worst in the Eastern Conference. The Sens are definitely not the same team as the one that laced up for the 2007 Stanley Cup run and Hartsburg paid for it.

He's also the fourth coach axed

this season. Carolina Hurricanes, Tampa Bay Lightning and the Chicago Blackhawks have also fired their head coaches this season (Blackhawks' Denis Savard only lasted four games). So the question remains, who will be the next coach to get axed?

Craig MacTavish: Many fingers are pointing at Mac T. It seems whenever the Oilers lose, fans are calling for heads to roll and things don't look too good when your team loses 9-2 and 10-2 in the last two months. But

if you look at the overall picture, as of Feb. 2, the Oilers were sitting in eighth place. In fact, the team had 53 points, the same as the teams sitting in sixth to 10th place.

Barry Trotz: Nashville's Coach is the second longest-serving head coach in the league right now but may not live to see another hockey game. The Predators used to be a top-eight team but is now sitting second last in the Western Conference.

Scott Gordon: The New York

Islanders are dead last in the NHL. 'Nuff said.

Andy Murray: Yes, he's dealing with a lot of injuries to St. Louis's top players (Paul Kariya, Eric Brewer and Manny Legace) but he just can't buy a break. Sitting last in the Western Conference isn't a pretty sign.

John Anderson: The Atlanta Thrashers will never get it right. It'll only be a matter of time before the franchise folds. Please come to Edmonton, Ilya Kovalchuk.

Tony Granato: My, have the mighty fallen. The Colorado Avalanche used to be a powerhouse, but not anymore. While they may be the "Mile High City," they're sitting nowhere near the top of the standings.

Finally, the one coach who should have been on this list but will live to see another day is Dallas Stars' Dave Tippett. The team was dead last in the Western Conference but has now regained its form and is sitting in a playoff position.

St. Pierre pounds Penn in title match

By MACKENZIE MARSHALL
Issues Editor

While it wasn't the most exciting fight in UFC history, it was awesome to watch George "Rush" St. Pierre (GSP) pick apart and destroy BJ "The Prodigy" Penn Saturday night at UFC 94.

The fight, which was billed as one of the biggest in UFC history, was a rematch three years in the making. GSP won a split decision over Penn in 2006 at UFC 58. The win propelled GSP to No. 1 contender status in the welterweight division while Penn dropped down to the lightweight division. Despite each fighter having great success in their respective divisions, Penn never let go of the loss, continually claiming he won the fight. When the rematch was announced, Penn immediately began trash-talking, going as far as calling GSP "a little bitch." GSP chose to take the high road and let his talking happen in the ring.

The first round was more or less evenly

matched. GSP pushed the pace by taking Penn to the fence and putting him in a clinch. GSP tried several times for a takedown, but Penn's takedown defence was solid and the two ended up trading blows until the bell. The round was scored 40-38 GSP.

When the second round began, GSP's domination of the match began. He took Penn down within the first minute and, while on the ground, GSP easily landed elbows, punches and knees to the body that heavily damaged Penn. The round was scored 40-35 GSP.

A jab to Penn's face at the beginning of the third round bloodied his nose and set up an

easy takedown for GSP. Punches and elbows to Penn's face softened up him up more, and



kockeywear.com

George St. Pierre

and punches to Penn's face. During the last 15 seconds, GSP had Penn's arms pinned and he was raining elbows as hard and as fast as he

could, trying with everything he had to finish the fight. Penn was able to survive the onslaught until the bell and GSP got up and punched the fence, partly in frustration that Penn didn't tap out and partly because he was pumped up.

Penn's corner had seen enough and decided to throw in the towel, giving GSP the TKO victory. "Last time I won by decision. This time I really wanted to take him out and I'm glad that I did it," said GSP in his in-ring, post-fight interview.

Next up for GSP will be a fight against No. 1 contender Thiago "Pitbull" Alves, who has won his last seven fights. It should present a tough challenge, but most MMA fans want GSP to take on middleweight champion Anderson "The Spider" Silva.

For this fight, GSP would need to move up in weight class to 185 pounds, something that will take time. Until then, I'll be happy to watch GSP continue to dominate the 170-pound weight class.

Ooks sweep season series vs Griffins

By CURTIS BINKOWSKI

The men's Ooks hockey team took both games in the 109th Street rivalry with the MacEwan Griffins this past weekend.

The Griffins, who lost in the finals to first-place SAIT the last two seasons, are a shadow of their former selves. The Friday night game in St. Albert (MacEwan's home rink) was close only because of fantastic goaltending by Shannon Szabados.

The 2010 Olympic Canadian woman's hockey team hopeful has made her way into the ACAC after spending some time in the WHL with the Tri-Cities Americans. Her stellar performance was not enough Friday night as the Ooks won 4-3.

Saturday afternoon was the same story with a worse result. The Ooks pumped over 50 shots at Szabados for the second consecutive game, outshooting the Griffins 56-35. Anthony Heuer didn't face too many quality scoring opportunities but

was nonetheless solid in goal, recording the Ooks' first shutout of the season.

Rightfully so, Szabados was awarded the Griffins player of the game despite allowing seven goals. The Griffins defence was often out of position and lacked any sort of pressure, but five of the seven third period odd-man Ooks rushes were stopped by Szabados in spectacular fashion.

Ben Stokes of the Ooks had a nice game on both sides of the ice, finishing with three assists. The Ooks gained ground on first place SAIT, who somehow lost 9-1 to fourth place Mount Royal.

Four games are left in the regular season with two games against seventh place Briercrest and fifth place Portage. The Ooks have had their struggles against both teams this season, needing a shootout in both victories over Briercrest (5-13-6), and losing 8-3 to Portage (8-13-3) the night before defeating them 8-1.



Photo by Carla Pearson

The NAIT Ooks wait in their new uniforms before taking the ice against the MacEwan Griffins Saturday night (Jan. 31). The Ooks obviously liked their new outfits, as they won 7-0.

Athletes of the week

Jan. 26-Feb. 1

Dale-Marie Cumberbatch Basketball



Dale-Marie Cumberbatch, a third-year computer network administration student from Edmonton, once again showed why she's one of the most dominant players in the ACAC as she averaged 33 points, 9.5 rebounds, five steals and two blocks in a pair of losses to the Augustana Vikings over the weekend, while also being named the Oaks player of the game in Friday's match. "She played the whole weekend in double coverage, and to still post the stats that she did is a testament to her talent," said head coach Curtis Nelson. "She gutted it out and did her best to try to lead us to pair of wins."

Sun Yang Badminton



Sun Yang, a second-year ESL student from NaNing, China, successfully defended her ACAC gold medal during the season's final singles tournament hosted by the Concordia Thunder over the weekend. Sun had a 6-0 record and defeated Oaks teammate Ogul Kaltakci in the final in a close three-set match (15-21, 21-17, 21-19). "Sun competed this weekend with an injury to her quad and still managed to win her second consecutive ACAC gold," said coach Jordan Richey. "She has improved her skill-set tremendously since last year and we're looking forward to her attempt at defending her CCAA gold medal next month."

Athletes of the week

Jan. 26-Feb. 1

Cyril Ashworth Basketball



Cyril Ashworth, a first-year ironworker apprentice from Calgary, led the Oaks to an 89-81 victory over the Augustana Vikings with 19 points and seven assists on Friday night, and was named the Oaks player of the game for his efforts. He also added 13 points and four rebounds in Saturday's 91-44 win over the Vikings. "Cyril really brought his 'A' game this weekend when we needed these victories to secure a playoff spot," said head coach Don Phillips. "He contributed in so many different ways. If he wasn't scoring, then he was assisting, he was defending and he was rebounding."

Dan Kai Badminton



Dan Kai, a second-year ESL student from Xi'AN, China, retained his ACAC men's singles gold medal over the weekend in the badminton season's final singles tournament. Dan had a 4-0 record in singles matches and didn't lose a single set all weekend as he defeated Jie Sim of Concordia in the final in two sets (21-17, 21-18). "Dan was a machine this weekend," said coach Jordan Richey. "He just disposed of everyone he played despite playing through a foot injury. It didn't even faze him; his mental toughness is unlike anybody I have ever seen on the badminton court. He just took care of business."

ACAC Standings

MEN'S HOCKEY

| Team | GP | W | RW | L | OTL | GF | GA | Pts |
|-------------|----|----|----|----|-----|-----|-----|-----|
| SAIT | 23 | 20 | 18 | 1 | 2 | 126 | 55 | 42 |
| NAIT | 24 | 17 | 14 | 5 | 2 | 109 | 83 | 36 |
| Concordia | 24 | 16 | 15 | 6 | 2 | 99 | 62 | 34 |
| Mount Royal | 23 | 15 | 10 | 8 | 0 | 86 | 72 | 30 |
| Portage | 24 | 8 | 5 | 13 | 3 | 69 | 99 | 19 |
| Augustana | 24 | 7 | 5 | 14 | 3 | 71 | 102 | 17 |
| Briercrest | 24 | 5 | 5 | 13 | 6 | 58 | 98 | 16 |
| MacEwan | 24 | 7 | 4 | 16 | 1 | 68 | 115 | 15 |

Note: SAIT forfeits Jan. 24 game vs. NAIT.

RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)

RESULTS

Jan. 30

NAIT 4, MacEwan 3; SAIT 5, MRC 3;
Portage 5, Augustana 3; Briercrest 3, Concordia 1

Jan. 31

NAIT 7, MacEwan 0; Briercrest 4, Concordia 2;
Augustana 4, Portage 3 (SO); MRC 9, SAIT 1

WOMEN'S HOCKEY

| Team | GP | W | RW | L | OTL | GF | GA | Pts |
|-------------|----|----|----|----|-----|----|----|-----|
| U of C | 18 | 15 | 12 | 3 | 0 | 59 | 22 | 30 |
| SAIT | 18 | 13 | 13 | 5 | 0 | 59 | 44 | 26 |
| MacEwan | 18 | 8 | 7 | 7 | 3 | 48 | 50 | 19 |
| Red Deer | 18 | 8 | 7 | 8 | 2 | 44 | 43 | 18 |
| NAIT | 18 | 6 | 5 | 10 | 2 | 40 | 63 | 14 |
| Mount Royal | 18 | 4 | 2 | 13 | 1 | 33 | 61 | 9 |

RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)

RESULTS

Jan. 29

SAIT 2, RDC 1

Jan. 30

MacEwan 3, NAIT 2; U of C 2, MRC 1

Jan. 31

MacEwan 4, NAIT 3; SAIT 3, RDC 2; U of C 6, RC 0

MEN'S BASKETBALL

North Division

| Team | G | W | L | Pts | PF | PA |
|----------------|----|----|----|-----|------|------|
| Concordia | 22 | 19 | 3 | 38 | 1822 | 1493 |
| MacEwan | 20 | 15 | 5 | 30 | 1660 | 1462 |
| Lakeland | 20 | 12 | 8 | 24 | 1727 | 1668 |
| NAIT | 22 | 11 | 11 | 22 | 1552 | 1465 |
| King's | 20 | 7 | 13 | 14 | 1493 | 1625 |
| Grande Prairie | 20 | 5 | 15 | 10 | 1367 | 1619 |
| Augustana | 20 | 3 | 17 | 6 | 1533 | 1822 |

Note: NAIT forfeited games (Jan. 9 & 10) vs. GPRC

South Division

| Team | G | W | L | Pts | PF | PA |
|-------------|----|----|---|-----|------|------|
| Mount Royal | 16 | 14 | 2 | 28 | 1313 | 1021 |

| | | | | | | |
|--------------|----|----|----|----|------|------|
| Red Deer | 16 | 12 | 4 | 24 | 1253 | 1043 |
| Lethbridge | 16 | 11 | 5 | 22 | 1284 | 1084 |
| Medicine Hat | 16 | 6 | 10 | 12 | 1197 | 1295 |
| SAIT | 16 | 4 | 12 | 8 | 1096 | 1266 |
| Briercrest | 16 | 1 | 15 | 2 | 896 | 1330 |

RESULTS

Jan. 30

NAIT 89, Augustana 81; Concordia 90, Lakeland 69;
MacEwan 81, GPRC 68

Jan. 31

NAIT 91, Augustana 44; MacEwan 91, GPRC 75
Lakeland 84, Concordia 68

WOMEN'S BASKETBALL

North Division

| Team | G | W | L | Pts | PF | PA |
|----------------|----|----|----|-----|------|------|
| MacEwan | 20 | 18 | 2 | 36 | 1530 | 1301 |
| Concordia | 22 | 17 | 5 | 34 | 1747 | 1463 |
| King's | 20 | 13 | 7 | 26 | 1405 | 1268 |
| Grande Prairie | 20 | 13 | 7 | 26 | 1435 | 1433 |
| Augustana | 20 | 4 | 16 | 8 | 1277 | 1532 |
| NAIT | 22 | 4 | 18 | 8 | 1458 | 1666 |
| Lakeland | 20 | 3 | 17 | 6 | 1245 | 1434 |

South Division

| Team | G | W | L | Pts | PF | PA |
|--------------|----|----|----|-----|------|------|
| Lethbridge | 16 | 15 | 1 | 30 | 1272 | 931 |
| Mount Royal | 16 | 12 | 4 | 24 | 1135 | 880 |
| SAIT | 16 | 10 | 6 | 20 | 1098 | 1035 |
| Medicine Hat | 16 | 8 | 8 | 16 | 957 | 964 |
| Briercrest | 16 | 2 | 14 | 4 | 889 | 1184 |
| Red Deer | 16 | 1 | 15 | 2 | 817 | 1174 |

RESULTS

Jan. 30

Augustana 74, NAIT 69; Concordia 84, Lakeland 68;
MacEwan 89, GPRC 68

Jan. 31

Augustana 65, NAIT 53; MacEwan 70, GPRC 59;
Concordia 87, Lakeland 55

MEN'S VOLLEYBALL

North Division

| Team | MP | MW | ML | GW | GL | Pts |
|----------------|----|----|----|----|----|-----|
| MacEwan | 18 | 15 | 3 | 50 | 18 | 30 |
| Grande Prairie | 18 | 14 | 4 | 44 | 19 | 28 |
| Keyano | 18 | 13 | 5 | 40 | 23 | 26 |
| King's | 18 | 6 | 12 | 26 | 45 | 12 |
| Lakeland | 18 | 4 | 14 | 23 | 44 | 8 |
| NAIT | 18 | 2 | 16 | 17 | 51 | 4 |

South Division

| Team | MP | MW | ML | GW | GL | Pts |
|--------------|----|----|----|----|----|-----|
| Medicine Hat | 18 | 13 | 5 | 47 | 30 | 26 |
| Mount Royal | 18 | 12 | 6 | 45 | 23 | 24 |
| Red Deer | 18 | 10 | 8 | 40 | 34 | 20 |
| SAIT | 18 | 9 | 9 | 32 | 36 | 18 |

| | | | | | | |
|------------|----|---|----|----|----|----|
| Briercrest | 18 | 7 | 11 | 30 | 43 | 14 |
| Lethbridge | 18 | 3 | 15 | 21 | 49 | 6 |

Note: Keyano College forfeited 2 games (Oct. 24 & 25)

RESULTS

Jan. 30

Keyano 3, Lakeland 2 (20-25, 19-25, 25-23, 25-21, 15-11)

Medicine Hat 3, Lethbridge 1 (25-17, 25-19, 17-25, 25-20)

SAIT 3, MRC 2 (25-15, 12-25, 25-23, 18-25, 15-13)

Briercrest 3, RDC 2 (23-25, 25-23, 26-24, 24-26, 15-10)

MacEwan 3, King's 0 (25-22, 25-15, 25-19)

Jan. 31

GPRC 3, NAIT 0 (25-17, 25-21, 25-11)

Keyano 3, Lakeland 0 (25-15, 25-18, 25-16)

RDC 3, Briercrest 1 (25-19, 25-16, 20-25, 25-20)

MacEwan 3, King's 1 (31-29, 25-21, 24-26, 25-21)

Medicine Hat 3, Lethbridge 0 (25-19, 25-15, 25-16)

MRC 3, SAIT 1 (25-17, 20-25, 25-17, 25-13)

Feb. 1

GPRC 3, NAIT 1 (22-25, 25-22, 25-22, 25-17)

WOMEN'S VOLLEYBALL

North Division

| Team | MP | MW | ML | GW | GL | Pts |
|----------------|----|----|----|----|----|-----|
| MacEwan | 18 | 17 | 1 | 52 | 13 | 34 |
| Grande Prairie | 18 | 13 | 5 | 44 | 26 | 26 |
| King's | 18 | 10 | 8 | 38 | 29 | 20 |
| Lakeland | 18 | 7 | 11 | 27 | 39 | 14 |
| NAIT | 18 | 5 | 13 | 25 | 46 | 10 |
| Keyano | 18 | 2 | 16 | 16 | 49 | 4 |

South Division

| Team | MP | MW | ML | GW | GL | Pts |
|--------------|----|----|----|----|----|-----|
| Red Deer | 18 | 17 | 1 | 52 | 12 | 34 |
| Mount Royal | 18 | 15 | 3 | 48 | 14 | 30 |
| SAIT | 18 | 6 | 12 | 29 | 40 | 12 |
| Briercrest | 18 | 6 | 12 | 24 | 41 | 12 |
| Medicine Hat | 18 | 5 | 13 | 23 | 43 | 10 |
| Lethbridge | 18 | 5 | 13 | 19 | 45 | 10 |

RESULTS

Jan. 30

Lakeland 3, Keyano 1 (18-25, 25-22, 25-16, 25-21)

Medicine Hat 3, Lethbridge 1 (19-25, 25-14, 25-21, 26-24)

MRC 3, SAIT 1 (25-20, 30-28, 15-25, 25-22)

RDC 3, SAIT 1 (18-25, 25-14, 25-19, 25-16)

MacEwan 3, King's 0 (25-15, 25-21, 25-22)

Jan. 31

GPRC 3, NAIT 2 (25-16, 27-29, 25-18, 28-30, 15-8)

Keyano 3, Lakeland 1 (25-21, 18-25, 25-20, 37-35)

RDC 3, Briercrest 0 (25-14, 25-20, 25-23)

King's 3, MacEwan 1 (25-23, 21-25, 25-15, 25-23)

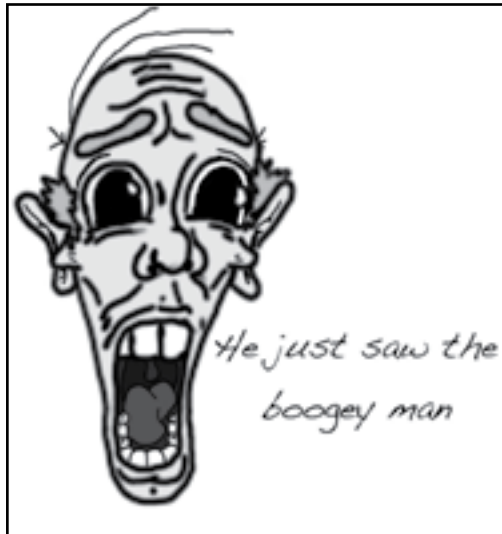
Lethbridge 3, Medicine Hat 1 (25-22, 25-22, 24-26, 25-19)

MRC 3, SAIT 1 (25-16, 21-25, 25-13, 25-13)

Feb. 1

NAIT 3, GPRC 2 (13-25, 20-25, 25-22, 25-15, 15-11)

NUGGET COMICS



CLUBS CORNER

Upcoming events ...

PFT 2010
Event: Bake Sale
When: Wednesday Feb. 11;
 Noon to 2 p.m.
Where: NAITSA office
CLXT
Event: Bake Sale

When: Thursday Feb. 12;
 11 a.m. to 1 p.m.
Where: NAITSA office and
 second floor HP Centre
Bakers Club
Event: Bake Sale
When: Friday Feb. 13;

10 a.m. to 3 p.m.
Where: South Lobby
Biological Sciences
Event: Bake Sale
When: Friday Feb. 13;
 11:15 p.m.
 to 1:15 p.m.

Where: NAITSA office
 and Reads & Needs
Biological Sciences
Event: Silent Auction
When: Feb. 23-27;
 12:15 p.m.
 to 1:10 p.m.

Where: South Lobby
CETSC
Event: Hockey Tourney/Beer
 Garden
When: Friday Feb. 27;
 3 p.m.
Where: The Annex Dock

Valentine's Day flower sale

Don't forget your sweetie this Valentine's Day.

The Landscape Architectural Technology Program has got you covered.



Feb. 13, 2009
 Single flowers \$5
 Bouquets \$25

Sale Locations:

- Bottom of the main stairs Engineering

Annex

- Cafeteria area in the Spartan Centre
- Common Market on Main Campus
- Outside the Computer Lab in the HP Centre

Bake Sale



(YUMMY)

NAIT Bio Sci Bake Sale

Friday, Feb 13

11:15 to 1:15pm

Outside the NAITsa Office &
 Reads and Needs

PGC SILENT AUCTION



Where: Engineering Technologies Annex,
 Main Staircase

Date: February 11, 2009
 Time: 9:00a.m. - 2:00p.m.

Come see all the great items!



Reel Minutes Movie Club Reviews The Uninvited

"The movie had an OK story line. The 'scary' parts were like typical horror films, NOT scary. BUT the ending had a very surprising twist which saved the movie's reputation. I give this movie 2 out of 5 stars. NEED BETTER HORROR FILMS!!!!"

— Bruce Wayne

"This movie was very poorly done. It had absolutely no substance to it at all. I was hoping for a more psychological thriller and it fell flat. I would not recommend this movie to anybody, unless you want a good laugh"

— Mrs. Lovett

"The Uninvited was a movie that kept me on my toes, with many twists and turns and the ending was unexpected. I would recommend this movie."

— Bobby Joe (DD)

"Considering this movie is classified as a 'horror,' it was not very good. It was more of a thriller, reminding me of the movie *Secret Window*, with Johnny Depp. *The Uninvited* is alright. The twist at the end was the best part. All in all, I give it 2 out of 5 popcorns; and that is being generous."

— Mrs. Marvel

"The Uninvited was a great edgy thriller. The twists in this movie keep you guessing until the end."

— Anonymous

"I was slightly disappointed with this remake of the 2003 Korean horror, *A Tale of Two Sisters*. I think the movie would've been better if it had a little bit more suspense and if it had a lot more horrifying scenes. However, if you like horror/thriller movies like *The Ring*, then you would likely enjoy *The Uninvited*."

— C. Wong

NOTE: The NASS beer garden scheduled for Feb. 6 has been cancelled.

CAST 
YOUR VOTE
FEBRUARY 10th

2009 NAITSA GENERAL ELECTION

Your vote will help to decide the **2009-2010** Student President, Vice President Academic, Vice President Apprenticeship & External, and Vice President Campus Life. These Executives, in turn, will **advocate** on the student body's behalf for **important issues** such as **transit, land use, student fees, book costs, and parking.**

ELECTION DAY
WILL BE ON FEBRUARY 10

POLL STATION LOCATIONS:

- Outside Common Market
- Engineering Annex
Main floor by main stairwell
- Outside NAITSA Office
E131
- Outside Fresh Express
Cafeteria
South Foyer
- Outside Campus Reads
& Needs
- Outside Bytes Cafeteria
HP Centre
- T Building
1st Floor
- South Campus
Z130
- Patricia Campus
P127
- NCAT Building
cafeteria

HOT SINGLE OF THE WEEK



Photo by Brittany Black

Leah Oldham, 19, Respiratory Therapy

- 1) What are the qualities you look for in a guy?
 - Funny
 - Romantic
 - Tall
- 2) What do you notice first when you meet a guy?
 - Smile
- 3) Do you kiss on the first date?
 - Depends on the guy

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Alberta



Geoff Tate (Unopposed)

NAITSA EXECUTIVE

President

Welcome once again to your favorite in-house family makeover: Executive Election '09. Here I am again, begging you, my most favorite person in the world, to go out and vote the heck out of the upcoming NAITSA Election on FEBRUARY 10th. Please, do this for me, and more importantly, my mother. She needs this.

As part of my plan for re-election, I am going to promise you the world. Things you and I are going to do, together, this upcoming year. And even though you may not physically be by my side, I know you will be there in a spiritual sense. At least you better be, because I can find you! Haha, just kidding. But seriously, I totally can.

Here are the things you and I are going to work on next year:

- U-Pass! Let's finally get one, eh?!
- Closing down that airport!
- EI reform for all you trade students out there.
- Renovate and improve ALL of the student spaces on campus, external campuses included.
- Create a Segway rental shop (very, very, very tentative, but super awesome if it happened).
- More poster sales!!!
- Lots of other things that you will tell me about.

So get out and vote February 10th! Do it for my mom! Oh, I thought of a couple more things we can do!

- Include bulleted points in every document I write.

- Close down the Annex!
- Punch asbestos in the face.
- Something about microwaves.
- Grow a moustache.
- Milk, eggs, Nestle Quik chocolate milk mix.

That is all, see you at the polls friends.



VP Apprenticeship & External

There is no wisdom in silence.

My name is Tess and I'm running (unopposed) for VP Apprenticeship and External. I have spent the school year (so far) as an active member on the

NAITSA senate and as a student representative on the NAIT Academic Council. As a Senator, I have seen many of the day-to-day issues, as well as some of the more major issues. It has been an incredible learning experience that

will benefit you (the students). Here's why.

You pay for a NAIT education, but isn't education more than just paying to sit in classes all day? It means being part of a bigger community. The NAITSA community needs direction, and that direction is debated and chosen by those who you (as a member) have voted for. Take your place as a significant member of NAITSA, and have a say in what direction you want NAIT to go. You pay to be here, and your voices are the only ones that can affect change. Let me be your collective voice.

With my experience and my knowledge of how things work, what needs to be done, what should be changed, and what pressing issues need to be dealt with, students can be involved and make a difference. I will strive to improve your programs, improve NAITSA services, and improve the school as a whole.

I want to be your VP Apprenticeship and External. I want to help NAITSA. I want to

help you.

Let your voice be heard. Vote Yes for Tess.



Tessa Cocchio (Unopposed)

VOTING INSTRUCTIONS FOR NAITSA GENERAL ELECTION

Tuesday, Feb. 10, 2009

- There are four NAITSA Executive Council positions being filled in this election; ID cards will be marked to indicate student has voted.
- You may choose to vote for a candidate in any one, two, three or four positions – You do not have to make a selection for every position. Voters may vote for ONE candidate for each executive position only.
- The candidates for President, VP Apprenticeship & External and VP Academic are running unopposed, and must receive more than 50% "YES" votes to be elected. Mark your choice CLEARLY!
- Please mark CLEARLY the candidate in each position you are voting for.
- Valid student ID card required. No exceptions.
- Results will be announced in the Nest after 6 p.m. on Tuesday, Feb. 10.

Questions regarding voting procedures?
Come to the NAITSA office, E-131, prior to Feb. 10, 2009.

POLL STATION LOCATIONS

9 a.m. – 4 p.m.

- Outside Common Market
- Engineering Annex – Main floor by main stairwell
- Outside NAITSA Office – E-131
- Outside Fresh Express Cafeteria (south foyer)
- Outside Campus Reads & Needs
- Outside Bytes Cafeteria – HP Centre
- Tower – 1st Floor
- South Campus – Z-130
- Patricia Campus – P-127
- NCAT Building (cafeteria)

THE CANDIDATES 2009-2010



Timothy Jobs (Unopposed)



Joel Chanin

Hey guys and gals! I'm Joel Chanin and I am running to be your V.P. Campus Life. I guess the question is, what do I want to bring to N.A.I.T. over the next year? That answer is relatively simple, a great experience, whatever that may be to you.

When I first came to N.A.I.T., I remembered the epic Ookfests I had attended in the past and how much fun they were. I

expected nothing less when I came in September. Great concerts and events are my experience, what's yours? I believe that you all will have a different answer as to what it is you want from your time here. Some people want to have more parties and beer gardens. Some would like improved study spaces. Some want more sporting events and activities. A lot of you, I'm sure, are like I was when I first arrived at N.A.I.T. and didn't even know most of these events were happening. It is important to me that over the next year, we improve upon the major events (such as NAIT-fest and the Week of Welcome), but I would also like to take on new opportunities that come

VP Academic

Hello fellow NAIT students. My name is Timothy Jobs and I am running for the position of VP Academic in the NAITSA Executive Council election on Tuesday February 10, 2009. I have dedicated myself to being a determined advocate for all NAIT students in the coming year. My post-secondary career has been long and diverse and I will use my knowledge and experience to make your stay at

NAIT productive and rewarding. During the past few months I have been an elected member of the NAITSA Senate representing the School of Business. Sitting on the Senate has given me insight into student governance as well as exposure to the challenges students face while attending NAIT. I am determined to protect your rights and interests as a student. Accountability is of utmost importance and I will approach the position

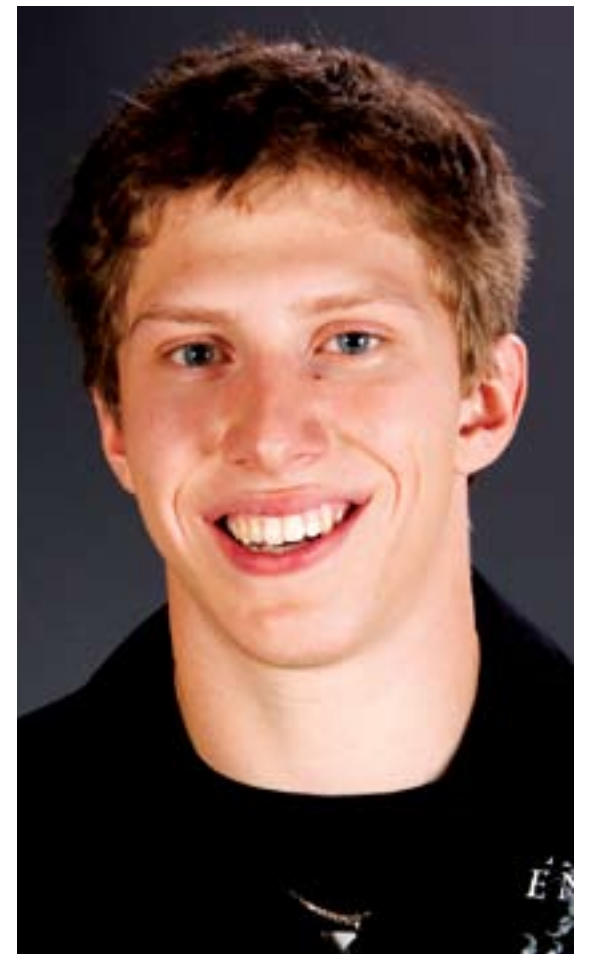
of VP Academic with vigor and enthusiasm. I encourage you to e-mail any questions to tjobs1@ookmail.nait.ca.

As I am running unopposed, I need you to vote "YES" on Tuesday February 10, 2009 for Timothy Jobs VP Academic. Above all else, get out and vote. I wish you all success in the current semester and I look forward to serving you in the year to come.

VP Campus Life

Hi I'm Bryce Althouse, and you might remember me from such previous Nugget articles as 5 Girls for Bryce's Bed and 3.99 Mixtape. Now that I've done my best Troy McClure impression and made you aware of my current position of Entertainment Editor, this is when I drop the bombshell that I am running in this upcoming NAITSA election for the position of VP Campus Life. Now I'm sure you are all just heartbroken (or cheering) now that you know I won't be putting shoddy articles into the paper next year and some of you might be asking, "But Bryce why did you choose to run for VP Campus Life?" Simple, I want to step in where the previous VP Campus Life left off, bring my media and music expertise to the table, and continue developing the awesome events we have going down at NAIT. I want to bring you concerts to suit all different music tastes, with bands you listen to and respect. On the same note, I want to take the established Indie Night events (at the Nest) and make them multi-genre, including local hip-hop artists, metal groups, and other independent and unsigned artists. I want to increase student par-

ticipation in NAITSA events and start getting more people to stay at NAIT beyond their classes and schoolwork. That is to try and plan events that you and your friends will consider coming out to, that are affordable, and that you can have a good time at. I also want to encourage and further the different club events that go on all over campus, and find ways to increase the amount of people they draw in as well. Basically, I want to bring the "life" back to the campus. I am going to make no promises, except one, as I am NOT a politician and I don't like breaking my word ever. That promise is, if you vote for Bryce Althouse as Campus Life VP I will give it my all to make sure that you, the student, have the most excellent year of on-campus events that this school has seen in a long time. In the meantime, feel free to say "hello" to me if you see me around campus, and to pitch your ideas to me for improvements to campus life. I want to hear your feedback, and then see it in concrete data when you go and vote on Tuesday, February 10th, 2009. So with that parting sentence, I'm Bryce Althouse signing off, you stay classy NAIT.



Bryce Althouse

VP Campus Life

up through conversations with you, my fellow students.

We only have a few years to have the best years of our lives. I want to be a part

of your experience here at N.A.I.T. and make sure that when you leave here, you will always remember the fun you had. Thanks, and stay classy!

**Thank you
for voting!!
Valid student ID required**

ENTERTAINMENT

Multicultural barley night



BRYCE ALTHOUSE
Entertainment Editor

It should come as no surprise to any of you that I enjoy a good beer. In fact, if the beer is good, I will regularly enjoy 12 to 18 of those little multicoloured bottles until I wake up on someone's couch missing my pants and cell phone. So when I was informed that there would be an International Beer Night (as a part of last week's Multicultural & Diversity Awareness Week) held on Friday, Jan. 30 at the Nest, I jumped at the opportunity to squander even more of my already limited study time by taking part in downing a few "brownies."

As always, I arrived grossly past the start time and managed to miss a decent offering of the beers that were being handed out, either in sample cups or full bottles, for the amazing price of FREE. Luckily for me, there were some beers left that I could sample and talk about for the purposes of this article. So without further adieu, here is a list of all the beers I sampled and a few notes about them.

Red Stripe (Jamaica) – This is an interesting Jamaican lager, who's stubby little bottle takes me back to the ancient short-neck Pilsner bottles I used to find in old shops and granaries as a kid. I found it similar to the heavier flavours of our traditional lagers here in Canada, but with a lighter body and a bit more drinkability. It also went well with the fish and chips I was eating.

Tsingtao (China) – I found this Chinese Pilsner to be an interesting brew. It has the qualities of many German lagers, but also reminds me of Budweiser (they actually use rice in Budweiser's brewing process ... and Anheuser-Busch does have a 27 per cent stake in Tsingtao). It also has a light body and excellent drinkability. However I'm not much of a fan of rice-based beers, and I didn't care for this as much as my usual German beer choice of Beck's.

Warsteiner Premium Verum (Germany) – I'm not going to lie. I'm predisposed to like this beer. If no one has noticed by my last name (originally spelt Althaus, and which literally means "old house") I am technically German by ancestry, so therefore I love German beer. Warsteiner is no exception either, as it is another Pilsner-style lager with a medium body and a distinctly "hoppy" (from the hops in the brewing process) taste. Goes excellent with steak, in my opinion, and is an all around enjoyable brew.

Harp Lager (Ireland) – This is a beer that I no longer like. I feel even more ripped off after learning that the Harp Lager we get here is brewed right here in Canada (possibly Edmonton?) by Labatt's. When I first started drinking international beers (besides Beck's, Corona and A Marca Bavaria) I bought a Guinness sampler pack, which got me Guinness, Kilkenny Ale and Harp's Lager. I thought Harp's wasn't too bad at first (I even bought 24 of them for a St. Patrick's

Day celebration), but shortly after I started drinking better German lagers I realized that Harp's was utter garbage. It tastes kind of like Lucky lager and shares a similar body, but with a strong aftertaste that I dislike. Also, when I store it in my cold room it seems to go skunky fairly quickly, so I give it "two thumbs down."

This wraps up my experience from what was left when I came to the beer night, and the limits of which I could drink and still function somewhat normally that evening. There were plenty of other brews in attendance, such as Brahma (Brazil), Zhu Jiang (China), Pilsner Urquell (Czech Republic), Hoegaarden (Belgium), etc. One country I noticed that seemed to be underrepresented was Mexico, as I saw no bottles of Sol or Dos Equis XX (my current personal favourite) but I may just have neglected to see the empties sitting around. If you missed out on this event, and would like to know when NAITSA (and the Nest) will be offering you refreshments and a good time on a Friday evening anytime soon, check the NAITSA website, add NAITSA on Facebook or check out the signs posted in front of the NAITSA office. As for me, I'll keep hitting the front lines and letting you know about these things as they happen. Maybe you'll even be blessed with the chance to call me a taxi someday ...



Weighing in on Jessica



LEANNE TRUONG
Assistant Entertainment Editor

Old people say the darndest things ... well not really. Aside from my wonderful job here at the *Nugget*, I juggle a second job (ahh the struggles of having a student loan) and last week, as I was removing a pair of pneumatic stockings from my client's legs, he was watching the news and commented, "What goes on must come off, just like the stock market ... what goes up must come down."

Although his stockings have quite a substantial effect on his health ... the comparison to the dramatic recession is incomparable ... but the old man speaks words of wisdom. Such a simple theory, but true ... it ultimately supports Newton's Law, and, well, every other aspect of life.

On that note, it brought to mind Jessica Simpson. I admit at one point I was a Jessica Simpson fan. She was good in the beginning and she does have killer vocals.

As her career progressed, so did her fame and when she and Nick Lachey got hitched, that was when it all began. From a reality show to her own line of hair extensions, she made it big time ... but what goes up must come down, right?

Recently, she performed at a chili cookoff in Florida, and she looked a little plumper, but really, she just looked more like an average all-American girl. Her career has kind of spiralled downward since she overloaded in the spotlight before and during her infamous divorce from Lachey. And now that she's found her medium, she just gained a few pounds or maybe stopped going to the gym.

To me she looks fine, but to the media, she is being ridiculed left and right. Yeah, the girl clearly put on some weight, but why is it attracting all this negative attention? The day after her performance, the *New York Post* featured a comic of an overly obese Simpson breaking it off with Tony Romo in favour of Ronald McDonald (ouch!).

Simpson has been currently dating the Dallas Cowboys' all star for a while now, and maybe she's comfortable and has relaxed her diet. Everyone could relate as you just let yourself go sometimes when you find the right person you feel natural with.

But all is not bad. All sorts of stars have spoken out and supported Simpson. Another voluptuous celebrity, Kim Kardashian, said "Jessica looks hot" and even President Obama dipped into the subject during a recent interview. Hopefully, more stars can have a more average outlook on their bodies and help break borders for people of all body types and promote a healthier body image.

Simpson is just going through the Britney backlash, but look at the comeback kid now. Spears is back on the pop star pedestal like she was never a train wreck at all. Kudos to Simpson, being down isn't always bad; it just brings us back to reality. Just give it a month or two and she will have dropped the excess weight and bring herself back to her



www.batchplease.com

Jessica Simpson

stardom status where she will again prance around in hot shorts and cowboy boots and headline her successful weight loss story.

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BRYCE ALTHOUSE
Entertainment Editor

This week on 3.99 mixtape, I'm back at the helm and ready to lay down a few funky beats for you to go play some pool to. Now I know what you are thinking, "Say what? Funky beats to play pool to? Are you crazy?" And

my answer is yes, I am certifiably crazy.

I was watching the cult-classic *Poolhall Junkies* the other day and it got me to thinking what kind of funky soul music you need to play while you are hustlin' some poor fool out of his hard earned dollars in a game of 9-ball. I figured it's got to be funky and it's got to make you look like the suavest cat out there chalkin' a cue. I also came up with the idea that it needs to be down tempo and somewhat transparent in the background, so when you are making that crucial game winning shot, it doesn't mess with your concentration.

Armed with those criteria, I led a raid on my music vault and came up with the following tracks for your auditory pleasure. Hope you all were looking for some James

Brown in your diet, because there's a heaping plateful of him splattered all over this list.

1. James Brown – The Payback
2. Lee Dorsey – Everything I Do Gohn Be Funky
3. Al Green – I'm So Tired of Being Alone
4. Charles Wright – Express Yourself
5. James Brown – The Boss
6. Beck – Where it's At
7. Beastie Boys – Car Thief
8. James Brown – Cold Sweat
9. Lee Dorsey – Give It Up
10. Bill Withers – Use Me
11. Parliament – Dr. Funkenstein
12. James Brown – Funky Drummer

Kings of Leon rock MSG

By **AMBER TIENKAMP**
Sports Editor

NEW YORK – The mix of pure happiness and anticipation that comes when you are standing surrounded by other people waiting for the same thing as you is a unique feeling.

And when those lights dim down, the crowd around you starts to jump around and cheer and you watch as the band takes up their instruments and play the opening chords that you have been waiting for what feels like forever to hear, you can't help but jump up and down and scream.

I am, of course, talking about getting the chance to go watch one of your favourite bands. Some of us are lucky enough to make it to the concert that has had us excited since the moment Ticketmaster sent us that confirmed e-mail that said, "Yes, your tickets are on their way."

I was lucky enough to see the band that I have been trying to get an opportunity to watch since I fell in love with them back in Ireland in 2004. I am talking about Kings of Leon. I know many people out there have been subjected to their *Sex on Fire* tune from their most recent album *Only by the Night*. But this band has been around much longer than their last album. The three Followill brothers and their cousin from Tennessee have been putting albums out since 2003, and are well known in European countries, as well as Australia, New Zealand and the U.S.

As a fan on the floor in Madison Square Garden last Thursday night at their concert, I can't even describe to you how amazing they were. Their opening act, the Whigs, a band also from the South, was the perfect band to start the night. They have a sort of '80s rock meets the South, and they defiantly set the stage for the headliners, with their cut off T-shirts and wild untamed hair.

I was lucky enough to see the band that I have been trying to get an opportunity to watch since I fell in love with them back in Ireland in 2004.

The roar that came from the crowd in New York was so loud I couldn't even hear myself screaming and shouting as Kings of Leon took the stage. I wondered if lead singer Caleb Followill's voice would be as scratchy and raspy as it sounds on my iPod and CDs. It took two seconds for my thought to subside, as he belted out every tune in his perfectly drawling voice.

From the screeching song *Charmer* on their 2007 album *Because of the Times*, to newer songs such as *Use Somebody* from their most recent album, Caleb, his brothers Jared and Nathan, and cousin Matthew played every song to perfection. They were also humble and seemed to be in awe that they could sell out a venue such as this.

Surrounded on the floor by people from Toronto, England and New York itself, it became obvious that most of these people were as ecstatic as I was to hear the band play. This was never more apparent than when the slower starting song *Milk* from Aha Shake Heartbreak started to play. The crowd clapped to the beat, singing along, and when the chorus hit with the line "She saw my comb over, her hourglass body," I could barely hear the actual lyrics over my own voice and that of the sold-out crowd.

Not one song went without a chorus of backup singing from the audience, and with the band playing over 15 songs and an encore, the crowd left more than satisfied. The bluesy/rock sound that the band has completely mastered is truly amazing. I would go to see them every night of the week.

So, if you have been solely listening to the two radio tunes *Sex on Fire* and *Use Somebody*, take a second to look back into their earlier stuff, because this latest record is at the top of an unreal pile of music by Kings of Leon.



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Kings of Leon

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Do we settle for less?

"We have lowered our standards for what constitutes a good film."

By **BRYCE ALTHOUSE**
Entertainment Editor

Recently, I gave a fairly scathing review to the new Kevin James flick

Paul Blart: Mall Cop, as I felt that it was yet another bad film awash in the sea of low-quality cinema that is our current movie landscape. Appar-

ently most critics felt the same as I, as I found that it only had a 27 per cent fresh rating on movie-review aggregator Rotten Tomatoes.

But the public proved us all wrong, as the movie has pulled in \$83.2 million, according to recent reports. I could not believe it. I was even dumbfounded to believe that the public could take such a terrible movie and ... "love it?"

Then it hit me, like an Al Iafate slapshot from back in the day – perhaps people have been seeing so many substandard movies in the last decade that we are beginning to forget what an actual "great" movie is all about.

So where did we go wrong? Can I find something to scapegoat if I'm going to make such accusations? Well, I thought of trying to scapegoat the films of the late '80s and '90s as it was really the era of the box office bombs, but I couldn't, mostly due to the fact that the bad movies DID go down hard if critics thought they were flawed.

There were exceptions, such as the big-budget action blockbusters (anything with Wesley Snipes), movies that later turned into cult classics (*Reality Bites* and

Tank Girl anyone?) and others (3 *Ninjas*, etc.).

But really, you had to make a quality film in the '90s to pull in a good profit, as illustrated by filmmakers like Quentin Tarantino and Kevin Smith and it's even those films that are still getting labelled as "classics." What from this last few years would you call epic? Maybe *The Departed*, *Brokeback Mountain* or *Pan's Labyrinth*; but it really becomes tough to pick out something that might become as epic as *Casablanca*, *Easy Rider* or *Citizen Kane*. I could easily blame creative stagnation and say that all the good ideas have been done, but that would be untrue as surely there are good ideas out there that have not been put onto film yet. I think we end up back where we were before, placing the blame simply on the end users of a movie, which is us ... the general public.

I will say it without shame. We have lowered our standards for what constitutes a good film. We have become so fixated on entertainment and a cheap laugh that often we forget that we should be a bit more critical of the "product" being offered to us. This is so that

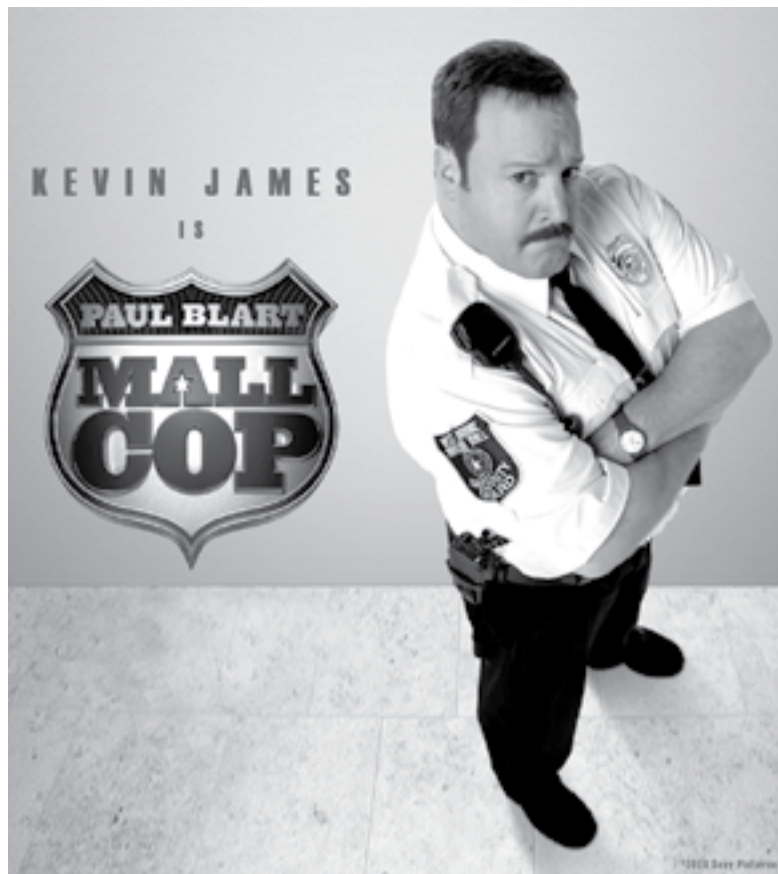
the market realizes that quality is better than quantity.

But, that is how our current lifestyle plays out, like the old adage that you can have any service in a combination of "quality, cheap or quick" but you can't have all three (If it's quality and cheap, it won't be quick ... and so forth).

So I propose a change. We need to start ignoring these movies that are bad and start spilling forth the ideas from our head to make decent films. No more slapstick comedies every year, less disappointing sequels and remakes ... let's actually use a valid and original idea from our own heads and make a movie.

Digital video cameras are becoming cheaper each season and most new computers (such as Macs) usually have a basic video editing suite installed from the factory so the time is ripe to go out and make your idea into a fictional reality.

But don't be discouraged if your first attempts fail. Many famous filmmakers took a long and challenging path filled with "flop" movies to get to where they are today. Of course, this is just my opinion though, so take me with a grain of salt ...



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Bento Boom Box: musical feast

By COLLEEN NUC

So here's a little secret that you may or may not know – NAIT has a radio station. Now, I know you're thinking to yourself "a radio station? This is the best day of my life!" as you're eating your daily special wrap from Fresh Express (which, by the way, has been ham and cheese since September), but there's more. It's an online radio station completely

run by NAIT Radio and Television students. And they're all extremely attractive. And they want you ... real bad ... to listen to their radio shows.

This past week I had the pleasure of sitting down with all three members of Bento Boom Box, a Monday night show run by three RTA students. The leader, Lance Fabiosa, is a striking young lad who claims to have "bigger dreams than Rhianna's forehead," Jen Muranetz, a young and feisty brunette who looks like she's walked straight out of an Urban Outfitters catalogue and Vicky Tong, a stunning Asian with a face that says "your parents will love me" and a bad ass lip ring that screams "don't mess with me or I'll f#*k you up."

Nugget: So when is Bento Boom Box on the air?

Jen: Every Monday night from 7-9

p.m. on www.nr92.com.

Nugget: How did you guys come up with the name?

Lance: I came up with the name Bento Boom Box after the Japanese food dish a bento box, which is like a lunch box with compartments in it for different foods. So the idea behind Bento Boom Box is we play a variety of music, like hip hop, house, remix and indie

music.

Nugget: I love those Japanese bento boxes. If you could have any kind of bento box, what would you choose?

Vicky: I would be a Chinese take-out box with a fortune cookie in it.

J: I'd be the whitest Asian box you could find.

L: I would have Tila Tequila's box.

J: Lance doesn't like boxes ...

N: What makes your radio show different from any other show?

L: We play killer music and we're super sexy.

N: How do you promote your show?

V: We have a Facebook group, Bento Boombox, where we post entertaining video's each week, we have a blog (www.bento-boombox.blogspot.com), we podcast all of our



Photo by Colleen Nuc

Vicky Tong, left, Lance Fabiosa and Jen Muranetz are the three zany cutups who bring you Bento Boom Box on www.nr92.com every Monday night from 7-9 p.m.

shows (bentoboombox.podomatic.com) and we have a contest each week called "win a date with BBB," where we've taken winners to the movies, Chuckie Cheese and even smoked a hookah.

L: Yeah, we have a couple of restraining orders out on us now.

N: But with restraining orders and hookahs comes fame, right? Have you become local celebrities since starting

the show?

J: We are such NAIT celebrities; we can't even walk across campus without being stopped by at least five people. But not really, we like to think we are NAIT celebrities, but we haven't reached that level of fame ... yet.

N: It's really only a matter of time. How many people listen to your show?

V: We usually have about a mil-

lion and 47 listeners a week ... minus the million.

N: Well, you can make that 48 listeners, because I know what I'll be doing next Monday. After Bromance, of course.

L: I love that show.

N: We all do, Lance, we all do.

Listen to Bento Boom Box every Monday from 7-9 p.m. at www.nr92.com

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TOP 10 TIPS

On being more assertive



MARGARET MAREAN
NAIT Student Counselling

Do you have trouble saying no? Find yourself trying to please others and/or putting others' needs above your own? Think it is important not to make waves? Get irritable or lose your temper when you feel unheard? These can be signs that you could benefit from communicating more assertively. Assertive communication is the ability to express your feelings and needs openly and honestly without being aggressive.

1. **Body language** sends a message, not only to others, but to you. If you are hunched over, avoiding eye contact and talking quietly you are sending a completely different message than if your body posture is erect, you are facing the person directly and you are making eye contact – and that is before you even say anything!
2. Using a **calm steady tone of voice** sends an assertive message. Whining and talking softly or yelling and arguing send the opposite message.
3. Communicate with **'I' messages**. Rather than "You never listen to me" you might say "I feel hurt when you don't pay attention to what I am saying".
4. **Send direct messages**. Don't expect the other person to read between the lines or hear what you really want to say.
 - a. **Eliminate "should" and "have to" statements** and substitute that with "choose to" or "want to" statements.
 - b. **Avoid qualifying statements** such as "This probably sounds silly" or tag questions such as "Is that OK?"
 - c. **Be nonjudgmental**. Statements that blame or insinuate will only get the other person into a defensive mode.
5. **Focus on behaviours, not personal attributes**. Rather than "You are such a slob" you might say "Will you please keep the bathroom clean and tidy". Stick to factual information.
6. Stick to the **present**. Bringing up past behaviour or old arguments will likely get right back to old patterns of communication. Focus on the behaviour you are concerned about now.
7. Be prepared to **repeat your message**. Don't get sucked into arguing, having to explain yourself or giving up. You often have to use the "broken record technique" which means repeating your point in a calm, even manner.
8. Deal with **criticism without taking it personally** or buying into it. Making excuses or feeling like you have to explain your performance can lower your self-esteem. Instead, leave it at statements such as "You are right, I did not do my best work on that assignment." Evaluate criticism to see if it is justified. If the criticism is valid look at how you can use

it to improve; if it is not valid or important, ignore it.

9. **Learn to say "No."** Don't feel you need to elaborate or justify. If you are unsure if you want to do something don't commit right away. (e.g. "I'll check my calendar and get back to you" or "I'm not sure. I'll let you know later"). Take some time to think about where your boundaries are in various areas of your life and then stick to them. If you find yourself becoming irritable or angry it is often a sign that you have been too passive or that you are going outside of your boundaries.
10. **Learn from the past**. You can't expect your communication to change overnight. Evaluate how you feel after an interaction. If you

don't feel good about yourself think about what you could have said or done differently, and then mentally rehearse a more assertive response. And if you know an uncomfortable interaction is coming up mentally rehearse your assertive response beforehand.

It isn't always appropriate to use assertive communication. And it doesn't always work to get you what you want. But practise becoming aware of when you are feeling unheard, mistreated or unsatisfied with results, and gradually take steps to increase appropriate assertive communication

– Some of the above information is adapted from the University of Iowa website: www.uiowa.edu and the Texas Women's University website: www.twu.edu

EDMONTON

CENSUS WORKERS NEEDED 2009 MUNICIPAL CENSUS

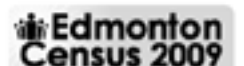
Pick up a few weeks of work outdoors this spring! Census workers are needed this April to visit Edmonton homes and record information from residents.

If you are a people person, detail-oriented and enjoy walking, this is a great way to make some extra money on a short-term project.

Covering a census area will take approximately three weeks. Hours are flexible, but you must visit all the homes in your area within a fixed time period.

For more information, visit www.edmonton.ca/census or call 780-496-8008.

Applications are available on the website or at the Election and Census Office (16304-114 Avenue) or at the Office of the City Clerk (third floor, City Hall). Office hours are 8 a.m. to 4:30 p.m., Monday to Friday.



EDMONTON

Downtown to NAIT LRT Study

Share your ideas for the design of the temporary NAIT LRT station.

The Downtown to NAIT LRT plan has been approved, and the next stage of the study has begun. A workshop is planned to discuss design features for the temporary NAIT LRT Station.

Join your neighbours to find out more about plans for this temporary station. Share your input on aesthetics, landscaping, and other features to balance the needs of the community with the requirements of the station.

Date: Wednesday February 11, 2009

Times: 6:00 p.m. to 8:00 p.m.

Where: Polish Hall, 10960 – 104 Street

You must register to attend. RSVP to 780.496.4874, or lrtprojects@edmonton.ca, by noon Monday February 9, 2009

Learn more about and get involved in City issues affecting you and your neighbourhood. Go to the calendar at www.edmonton.ca/PublicInvolvement for a list of City of Edmonton public involvement opportunities.

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STEPS TO SUCCESS

Slow's the best way to go



SHANT CHAKMAKIAN

In today's high-paced society, the need to be fast and constantly on top of things is now an expectation. We all struggle to keep pace as our BlackBerrys keep buzzing, our classes pile on more and more proj-

ects and our overall commitments grow. Added to that, there is an overall need to do things faster – fast food, fast driving or a high heart rate, thanks to caffeine. As a result, we have a higher rate of obesity, a higher rate of auto collisions and a higher rate of heart problems as we struggle to find purpose, meaning and fulfillment in life. We often get so caught up that we lose enjoyment of what it truly means to live, to be happy and to grow. This takes away from our overall

quality of life, it robs us of our pleasure for school, work and friends. It takes away the zest in a life so generously given to us and enslaves us to requirements and time. Some businesses fail to notice the billions of dollars spent on sick days, medical bills, employee turnover and improperly completed tasks. And we often fail to see the cause of our failing relationships, our increased stress and in some cases, our depression. However, more people are taking notice and certain organizations exist solely for the purpose of encouraging people to slow life down. One such

organization is called Slow Food, which is a non-profit organization battling fast food, fast life and the disappearance of local food traditions. Some people also take up meditation, yoga or listening to classical music as they enjoy a glass of wine. When you are enjoying yourself, try to live in the moment. Take it all in, listen to every sense, feel every beat and slow time down. We all have the same 24 hours, and can do with it what we wish. The question you should ask yourself is, what do you do with it? It's important to get the most out of your day,

but it's also important to keep consistent momentum as you strive to meet your goals. Managing your time is also key. Know when to take on tasks, learn when to say no, schedule your time and try to leave free time in your schedule. Try putting your phone in silent mode or even turning it off. Remember not everyone needs to be responded to instantly. It's a challenging feat to slow down a little in a world that puts so much emphasis on getting faster, but it's essential for a better quality of life.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Harassment: What to do



What is harassment?
Harassment is described as conduct or comments which are intimidating, threatening, demeaning and may be accompanied by direct or implied threats to a person's grades, status or job. The most common form is sexual harassment and can include:
• Sexist or racist jokes.
• Display of offensive material.
• Derogatory name-calling.
• Persistent and unwelcome requests for "dates."
• Unwanted touching, patting or pinching.
• Verbal threats or abuse.
How do you deal with harassment?
Most people involved with this behaviour only want the activ-

ity to stop. This requires action and may create some discomfort as most times the people work or have classes together. Some methods known to work are:
• Tell the harasser what the negative impact of their action is and ask them to stop. This can be done verbally or by a written letter. An example is "When you make suggestive comments, I feel so uncomfortable that I can't concentrate on my work. I don't like these comments. Stop saying these things to me."
• Keep a written, chronological account of all incidents of harassing behaviour. Note what occurred, when, and names of any others who may have witnessed the incident. Keep any inappropriate letters, jokes, pictures or objects that

the harasser gives you.
• Many people who experience harassment feel uncertain or embarrassed, however, ignoring or minimizing the problem won't make it go away. Ask for help. Talk to someone. Seek the assistance of a School Resource Officer or Counsellor. NAIT students can call Counselling Services at 780-471-8921. NAIT staff members can call the Employee Assistance provider, Wilson Banwell, at 1-800-663-1142. In extreme cases, call the Sexual Assault Centre at 780-423-4121.
How about abusive or obscene telephone calls?
If you should receive an abusive/obscene phone call:
• DON'T REACT. Most of the time the caller is looking for a

reaction to the call.
• Don't ask questions of the caller, (i.e. Who is this?), as this is what they want you to do.
• Hang up the receiver promptly and gently.
• Never blow a whistle or yell into the phone. The caller will know you are angry and will probably call back. As well, you may face possible lawsuits.
• Never talk to anyone you don't know or are uncomfortable with.
• Consider subscribing to call display so you can see the number of the caller.
• Notify police of any calls you received. If the calls are regular make a log of dates, times and what was said.
If you are being harassed or

are receiving abusive or obscene telephone calls, contact Campus Security Services to file a report. We can also provide assistance by offering a Safe Walk. Visit our website for more information on the Safe Walk program and personal safety tips at www.nait.ca/security.
Everybody benefits, except the criminal.
If you have information a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.



NAITfye (First Year Experience) Workshop Schedule–Winter Semester

NAITfye is a new initiative developed to help students transition to life on campus. We have developed workshops on a variety of topics chosen with your specific needs in mind and theme oriented based on the time of year. Please attend as many of the following workshops as you wish. The sessions are free and no registration is required.

| February-09 | | | | |
|-------------|-------|---|--------------|--------|
| 9 | Mon | Secure the Perfect Job with Interview and Job Search techniques | 12:15-1:10pm | T112 |
| 12 | Thurs | Secure the Perfect Job with Interview and Job Search techniques | 4:30-5:30pm | X215 |
| 23 | Mon | Taxes 101 | 4:30-5:30pm | X111 |
| 24 | Tues | Taxes 101 | 4:30-5:30pm | W301 |
| 25 | Wed | Women in Technology Meet and Greet | 12:15-1:10pm | X111 |
| March-09 | | | | |
| 9 | Mon | Re-apply for your Grant Funding | 12:15-1:10pm | X215 |
| 11 | Wed | Re-apply for your Grant Funding | 12:15-1:10pm | WA110 |
| 17 | Tues | Run the Show! Learn leadership skills that will help you in the workforce | 4:30-5:30pm | X205 |
| 19 | Thurs | Run the Show! Learn leadership skills that will help you in the workforce | 12:15-1:10pm | T112 |
| 25 | Wed | Women in Technology Meet and Greet | 12:15-1:10pm | X215 |
| April-09 | | | | |
| 6 | Mon | Meditation Basics- Learn how to relax before exams | 12:15-1:10pm | Studio |
| 7 | Tues | Meditation Basics- Learn how to relax before exams | 4:30-5:30pm | Studio |
| 15 | Wed | Women in Technology Meet and Greet | 12:15-1:10pm | X203 |

QUESTIONS?? EMAIL askfye@nait.ca OR VISIT www.nait.ca/fye

STUDENT SUCCESS SEMINARS**Room X107**

| SESSION | DATE | TIMES |
|-------------------|---------------------|--|
| STRESS MANAGEMENT | Thursday, Feb. 5 | 11:15 to 12:05 or 12:15 to 1:05 <u>NO 4:30 seminar</u> |

All sessions are **free** and **drop-in**

For more information contact

STUDENT COUNSELLING

Room O117, South Lobby

phone 780.378.6135

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**NEW HOURS
FOR NAITSA**

NAITSA has set up new, more convenient office hours for students. The Students' Association office at E-131 is now open from 8 a.m. to 6 p.m. Monday to Thursday and from 8 a.m. to 4:30 p.m. on Friday. With the new hours, Continuing Education students who want to make contact can do so by dropping by before their evening classes begin. Any other students who have late afternoon classes will also be able to access the receptionist later in the day.

**TUITION TAX
RECEIPTS
2008**

STUDENTS: The T2202A Tuition Tax Receipts for the 2008 calendar year will be available on the Student Portal at www.nait.ca/MyNait by February 27, 2009.

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 \$12.

Want to volunteer?**SATS of Edmonton**

"They won't hire me because I don't have any experience, but how do I get experience if they won't hire me?" How often have we heard that lament? If you have one day a week (or two) to learn office skills, come and see us. Hands-on training is provided. Help answer the phone, record calls, input information into the computer, arrange rides for seniors and gain experience in a small, friendly office. Build your resume and help seniors. Call Bev at 780-732-1221.

It takes a special kind of person to drive seniors to their essential appointments. If you like people, want to join our terrific team, own your own vehicle and can spare three hours to assist seniors – we need you! MAKE A DIFFERENCE. SATS 9907 108 Ave.

Tutor an Adult

Want to increase your confidence, better your reading and writing skills and improve your job opportunities? The Centre for Family Literacy is dedicated to helping families grow and prosper. The programs, training and research help families in Alberta achieve what they imagine – improved education, jobs and health. Tutor an adult one-on-one in reading and/or writing one hour a week.

Elder Care

Help your community by helping an elder. ElderCare Edmonton is a non-profit organization that assists seniors to remain independent and active in their communities. This organization is actively seeking volunteers to assist with daily programs. You can contact Shauna Beauchense at 434-4747, ext. 4 for more information.

"Dumb Rules" Submission Form

Dumb rules getting to ya??? Just answer the following three questions, cut out this form and submit it to NAITSA VP Academic Lisi Monro (Room E-131) or check out the online submission form on the NAIT student portal at www.nait.ca

1. Description of dumb rule:

2. A specific example of why the policy or practice is dumb:

3. Suggested changes to the dumb rule:

All submissions must include your name and contact information. Your contact information will be kept confidential, and will only be used for clarification and follow-up purposes.

Name:

E-mail:

LIFESTYLE HELPING HANDS

We are a non-profit organization serving seniors in Southwest Edmonton. Our goal is to assist seniors in remaining independent in their homes. We need snow shovellers, housekeepers, handymen and seasonal gardeners. Snow shovelling is currently our main priority. Pay for the above positions would be negotiated. An average amount would be approximately \$20 per hour.

We are also seeking volunteer drivers (honorarium) to transport seniors to various appointments and to do shopping. The amount for an hour and a half of a drivers' time would be \$9. Contact:

Lifestyle Helping Hands Seniors Association

4069 106 St.

Edmonton, AB T6J 2S3

Phone: (780) 450-2113

CALLING STUDENT FILMMAKERS!

The Alberta Student Film Festival 2009 has opened its call for submissions. To enter your film or for info, visit asfilmfest.ca or e-mail asfilmfest@gmail.com. The festival is open to student filmmakers from all over Alberta and across Canada, from any high school or post-secondary institution. Films can be any genre and any length. Deadline: Feb. 9 (\$15 entrance fee); late submissions Feb. 23 (\$20 entrance fee).



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CENTRAL
10176 109 St.
(780) 426-2355
12302 Stony Plain Rd.
(780) 488-6622
Westgrove Shopping Centre
14822 Stony Plain Rd.
(780) 443-3022
Edmonton City Centre
10200 102 Ave.
(780) 421-4540
EAST
Capilano Mall
(780) 450-6880
6839 83 St. (Angyll Rd.)
(780) 465-5271
SOUTH
Millwoods Main Street Mall
6558 28 Ave. (by Tim Hortons)
(780) 440-2812
6031 Gateway Blvd.
(780) 438-2355
Southgate Centre
(780) 434-5620
Southgate Centre
(780) 439-0435
South Edmonton Common
(780) 485-9812
3120 Parsons Rd.
(780) 702-6001
NORTH
9115 137 Ave.
(780) 456-5339
WEST
West Edmonton Mall Phase I
(Lower level near
Galaxy Land entrance)
(780) 484-4758
West Edmonton Mall Phase II
(by skating rink)
(780) 413-9855
West Edmonton Mall Phase III
(by London Drugs)
(780) 443-3040
West Edmonton Mall, Chinatown
(next to T&T Supermarket)
(780) 483-8838
10013 170 St.
(780) 408-8917
Mayfield Common
10608 170 St.
(780) 489-2255
GRANDE PRAIRIE
Prairie Mall
(780) 513-2355
Gateway Power Centre
11020 100 Ave.
(780) 539-7148
FT. McMURRAY
Peter Pond Mall
(780) 714-6150
LEDUC
6104 50 St.
(780) 986-0986
RED DEER
Southpointe Common
(403) 348-5777
Bower Place
(403) 314-5500
ST. ALBERT
Inglewood Town Centre
(780) 419-2355
740 St. Albert Rd.
(780) 459-0660
SHERWOOD PARK
993 Fir St.
(780) 417-2355
SPRUCE GROVE
#112 183 Highway 16A
(780) 962-3980



EDMONTON
Kingway Garden Mall
(780) 471-3807
Londonderry Mall
(780) 476-3266
Northgate Mall
(780) 475-2724
Bonnie Doon Mall
(780) 463-0864
Millwoods Town Centre
(780) 436-7766
North Town Mall
(780) 476-6844
10660 82 Ave.
(780) 439-7223
7629 38 Ave., PO Box 199
(780) 462-4559
11204 Jasper Ave.
(780) 423-5530
6570 28 Ave. NW
(780) 469-1377
Jasper Gates Shopping Centre
(780) 484-1191
Heritage Village Shopping Centre
(780) 432-9288
Clareview Towne Centre
(780) 457-1331
Trail South Corners
(780) 435-8099
Lakeside Landing Shopping Centre
(780) 476-3925
5818 Terrace Rd. NW
(780) 469-1133
FT. McMURRAY
Thickwood Shopping Plaza
(780) 791-1017
Northern Lights Shopping Centre
(780) 743-5133
RED DEER
Parkland Mall
(403) 309-3700
Village Mall
(403) 342-5008
GRANDE PRAIRIE
9521 100 St.
(780) 532-1100
SHERWOOD PARK
Sherwood Park Mall
(780) 416-1775
Lakeland Ridge Shopping Centre
(780) 449-1750
Sherwood Centre
(780) 416-2330
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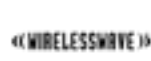
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If you could get with any celebrity, who would it be?



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Television



Oprah.

Johnathan Lennox
Television



Obama.

Victoria Ciu
Business Admin



Jake Gyllenhaal.

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