

TAKE IN FREEZE OVER, JAN 23

THE NUGGET

Thursday, January 22, 2009
Volume 46, Issue 17



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

TUITION TO RISE 4.1%

Hike means fees to increase by \$150 next year, Story page 2



Photos by Javier Salazar

TAKE THAT, MR. PRESIDENT!

NAITSA Advocacy Director Jason Roth, above, lays a pie on NAITSA President Brent Constantin Thursday, Jan. 15 during a fundraiser for the Bio Sci Club. Afterward, Brent, inset, seems none the worse for wear.

MULLETS, MUSTACHES AND SPANDEX
ROCKCONCERT

FRIDAY, JAN. 23 - 4:30 PM

- THE NEST - \$3 BEER ALL NITE -

NEWS & FEATURES

Hike a \$ign of the time\$



By MacKenzie Marshall
Issues Editor

Tuition is going up at NAIT. Fees will rise by 4.1 per cent – the maximum allowed by the provincial government – for the beginning of the 2009-2010 academic year.

The increase translates into a \$150 increase per student. The decision was made earlier this month and was presented at the NAITSA Senate meeting on Jan. 14. The provincial government sets the maximum allowable for tuition increases – it is tied to the Consumer Price Index.

Currently, NAIT students pay one of the lowest tuitions in Alberta with an average cost of \$3,684.

With the 4.1% increase, the average cost would be raised to \$3,835 dollars, lower than the current tuition at Grant MacEwan College, SAIT and BCIT.

Despite the low average cost of tuition, some students aren't happy with the increase.

"It sucks," said one NAIT student who chose to remain anonymous. "When it looks like I'm going to be getting a break with gas prices going down, the cost of tuition goes up. I'm already spending a fortune on books and now school is going to cost me more, too. I really don't like it."

Craig Ryan, a first-year student said that tuition is "high as it is, and with the downturn in the economy it's hard to afford school. The hike in tuition will probably reduce the amount of people that want to come to NAIT."

When I told Craig of NAIT's low average cost, he replied: "The fact that it's one of the lowest is irrel-

evant. The decision to raise tuition during a recession is illogical."

The recession, however, is one of the reasons for the rise in tuition. With the lower cost of oil, there may be less funding from the government for post secondary education. Another reason for the increase is the need for equipment at NAIT. With the amount of hands-on learning that happens at NAIT, new equipment is needed every year. NAIT doesn't currently receive any funding from the government to replace old or broken equipment. Geoff Tate, NAITSA VP Apprenticeship & External, says the rise is understandable, he but wants students to make sure the extra money is used properly.

"Our tuition makes up roughly only 10 per cent of NAIT's revenue. As a highly hands-on institute, the demand for new equipment, among many other things, exceeds what that 4.1 per cent increases represents. NAIT is justified in increasing



Geoff Tate
Make sure funds well spent

to the cap, but it is our obligation to make sure that these funds are spent on maintaining and improving the quality of education students receive while here."

Quality of education was one thing that was stressed at the meeting. NAIT's average class size is 23 students, one of the lowest in the province. We also have one of the highest number of hours in class receiving instruction. NAIT averages 945 hours for a full course load, compared with 650 hours at MacEwan and 583 hours at the University of Alberta.

To help students with the increase in tuition costs, NAIT will have a significant focus on increasing scholarships and bursaries. As of June 30, 2002 NAIT had \$5.4 million allocated for endowment. By June 30, 2008, that endowment allocation had increased to \$10.1 million.

If you are looking for more information about the increase in fees and the allocation of funds, you can attend the NAITSA Senate meeting Feb. 11, at 5 p.m. There will be another consultation meeting with the Senate on that date.

Find a career at the fair

By BRITTANY BLACK

It's your opportunity to put NAIT's real-world education into play. Over 115 corporate participants will be at NAIT on Tuesday Jan. 27 for the 2009 Career Fair. This is a great chance for you to drop off a resume, meet a few potential employers and get the information you need to make a career choice.

The session will run from 9:30 a.m. to 5 p.m., with booths set up in the gym, North Lobby and the South Lobby.

NAIT's President and CEO, Dr. Sam Shaw, proudly writes of the Career Fair that "NAIT students graduate with the skills they need to make an immediate impact in the workplace – which is why 97 per cent of employers surveyed say they would hire a NAIT graduate again."

These businesses are supporters of NAIT, so this is a great door-opener!

Come with an open mind and a willingness to meet new people. Browsing career oppor-

tunities and getting your foot in the door aren't the only things to look forward to.

There will be free door prize draws for a chance to win one of two interview wardrobes, priced at \$400 each. Also, running from 12:30-2:30 p.m. in Room O-120, a resume critique/interview skills session will be held.

This is an excellent chance to perk up your resume and get some expert advice on steps to do a successful interview.

Don't forget to pick up your free Career Fair Booklet throughout this week at various locations on campus. This will be your guide to all the attending corporations, their locations and very supportive job-seeking guidelines.

For more information, booklet locations or Career Fair tips, such as what to bring, questions to ask or how to prepare a resume, check out the website at www.nait.ca/careerfair.

Here's a tip: Electric companies are always looking for high energy employees!

The *School of Arts, Science and Communication* and the *School of Hospitality*

Need YOU!

One more student from each of the **School of Arts, Science and Communication** and the **School of Hospitality** is needed to sit on the NAITSA Senate to represent his or her school.

The Senate meets every second Wednesday at 5 p.m. for approximately two hours. We provide food and beverages at every meeting. You will receive a stipend for your time as well.

A large part of your duty as a Senate member is to review the NAITSA budget, bylaws, constitution and policies and to discuss and make recommendations through Senate sub-committees to the NAIT Administration. The three subcommittees – the Finance Committee, the Governance Committee and the Advocacy Committee – meet when required. NAIT President Dr. Sam Shaw addresses the Senate once each semester, which gives you a primo opportunity to obtain information pertaining to NAIT in general and more specifically about your school and what strides, if any, are being made to improve deficiencies.

As we go into the new year, the School of Arts, Science and Communication and the School of Hospitality are currently under-represented. If you would be willing to attend these meetings to represent your school this semester, please come to the NAITSA office (E-131) for more information or e-mail Rita Cain at ritac@nait.ca.



Photo by Mandy Kostiuk

DREAM RIDE

Shannon MacDonald and Luke Goistak check out a bike at the Edmonton Motorcycle Show at Northlands on Friday, Jan 16.

A show for all ages

By MANDY KOSTIUK

Warm weather and slush did not stop motorcycle enthusiasts from heading down to the Edmonton Motorcycle Show last weekend at Northlands.

The show ran from Friday, Jan. 16 to 18 and offered a variety of impressive features and exhibits to Edmontonians. Friday night kicked off the "She Rides Nite," at which female visitors were eligible to enter to win a new 2009 Kawasaki Ninja

250. The rest of the weekend offered many interactive attractions like the Yamaha Riding Academy, where certified instructors introduced kids between the ages of six and 12 to the world of off-road riding.

Motor Madness exhibited Canada's top-rated MX Freestylers performing jaw-dropping tricks and stunts. The 2009 CMA Canadian National Indoor Championship Series had racers from ages seven to 57 battling against each other for the

title of National Indoor Champion.

The Heritage Harley Davidson Fashion Show and Garage Party showed off the latest motorcycling fashions and accessories.

The one of a kind I, Robot chopper, designed by Orange County Choppers, was on display in the Alberta Cycle booth and had OCC fans flocking to take photos of the famous chopper.

NAIT Riders training instructors were on hand at the show with information for the general public about

motorcycle training and safety programs offered at NAIT.

Exhibits by Kawasaki, Suzuki, Honda, Harley Davidson, KTM, BMW Motorrad, Victory Motorcycles and Hyosung offered everyone to have a chance to hop on their choppers, hogs and bikes.

Overall, this year's motorcycle show was a huge success for biker fans of all ages, and it will draw another huge crowd for next year's show.

Thoughts on a conflict

By MacKenzie Marshall
Issues Editor

After more than three weeks of fighting in the Middle East, residents of the Gaza Strip will see some calm as a ceasefire agreement has been reached between Israel and Hamas.

During the fighting, 4,000 buildings were destroyed, 1,300 people lost their lives, and another 5,000 were injured. Israel and Hamas had a ceasefire agreement that lasted until Dec. 19, an agreement that Hamas decided not to renew. With no ceasefire in place, Hamas began launching rockets into Israel. On Dec. 27, Israel responded to the rocket attacks by bombing Hamas leaders, fighters and infrastructure. Fighting continued for 22 days, until Israel declared a unilateral ceasefire with Hamas on Jan. 18.

Israeli Prime Minister Ehud Olmert told the nation Hamas had been "badly beaten" and that Israel's goals "have been more than fully achieved." The goals had been to stop rocket fire into southern Israel and to change realities on the ground. Hamas presented a one-week unilateral ceasefire and militants fired 20 rockets into Israel, which caused Israel to respond with an air strike.

I'm sure, like me, most of you have seen some of your friends on Facebook supporting one cause or the other, be it Israel's or Palestine's. While I'm not Israeli, nor am I Palestinian, I do have friends on both sides of the conflict,

and I'm not sure whose side I should take, or if I should take a side at all.

Firing rockets into a country is an act of war, and a country has a right to defend its borders.

I don't want to lose any of my friends and I want their families to be safe.

Was the response to the rockets too harsh? A lot more Palestinian lives have been lost than Israeli. But Hamas was elected. If a group is elected and chooses to commit acts of war against a country, do the people who elected that group hold some responsibility for their decision?

I don't know how to answer those questions. It doesn't seem to get any clearer when speaking to people on either side of the conflict. An Israeli friend told me that the response from

Israel was too extreme and they needed to worry about all the lives being lost, while another thought the operation could be taken even further.

When I asked two of my Palestinian friends about the conflict, one suggested that Israel was committing war crimes and the other said that Hamas was to blame for the whole conflict. I can't say who's right and who's wrong.

I don't know all of the history dealing with Israeli and Palestinian conflicts, but I do know that I have friends living in the Middle East on both sides of the Gaza Strip. For their sake, and their families, I want the ceasefire to be permanent. I don't want to lose any of my friends and I want their families to be safe. Hopefully, resolutions can be made peacefully and quickly.



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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.

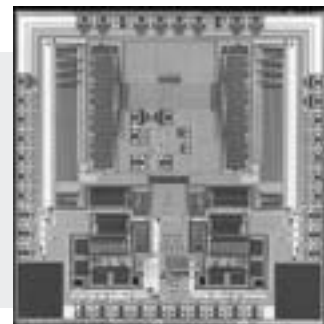
It's all good. Getting something off your chest is downright therapeutic. Write us.

**tech
talk**



SHANT CHAKMAKIAN

Games are on!



Despite the economic downturn, Canadians spent roughly \$2 billion on video games last year with \$500 million of that at Christmas time.

The video game industry has been described as somewhat “recession-proof,” as most people don’t really care about their stock portfolio when it comes to simple entertainment.

Although I doubt that someone with a foreclosed home is likely to buy a video game, if you look at the entertainment value gained by spending \$46 or \$60 on a game, you get way more.

New release DVDs retail for about 20 bucks, and so do CDs, but that only provides an hour or two of fun. Video games give us hours of fun that we can share with friends and family and in some cases save money on going out.

Last year, hardware and software sales for video games totalled over \$2 billion in Canada alone, increasing 32.7 per

cent over 2007, with over \$1.5 billion spent, according to the NPD Group.

However, Americans bought over \$21 billion worth of video game systems, software and accessories last year. Last year’s sales were 18 per cent more than the recorded \$18 billion last year.

Last December marked a first where revenues for the gaming industry topped \$5 billion in a single month. In comparison, the entire year of 1997 had industry sales of \$5.1 billion.

Nintendo is currently a strong competitor in this huge market as the video game giant increased Wii production by 50 per cent in July. This is after having had sold 2.2 million units, up about five per cent from November’s levels. The Nintendo DS was the stron-

gest selling gaming system in December.

Total gaming hardware sales increased by two per cent in December to over \$1.8 billion. In third place was the Xbox 360, which sold 1.4 million units, up 14 per cent from December 2007.

Finally, Sony, the big loser in the mix, sold only 726,000 units of the PlayStation 3, down nine per cent from December 2007.

This multibillion dollar industry isn’t just an industry, but has sparked a huge cultural revolution. Look at how many people now beat the cold weather by playing Guitar Hero

instead of going out some nights. As a result, many bars have now adopted that game and many others as part of their entertainment on slower nights.

So, if you’re sick of partying, want to hang out with some buddies and score some points for the team, grab a game and check it out!

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

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.

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY | PHOTOGRAPHIC TECHNOLOGY | THESIS NIGHT 2009

**THESIS
NIGHT
09**

MONDAY, FEB. 2, 2009

7:00 PM

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VISIT WWW.NAITSA.CA
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E-NEWSLETTER.

YOU’LL RECEIVE UPDATES ON CAMPUS CLUBS,
ADVOCACY WORK, EXECUTIVE BLOGS, NEXT
HAPPENINGS, EVENTS, AND CHANCES TO WIN
LOTS OF SWEET PRIZES, LIKE OILERS TICKETS
AND NAITSA SWAG!



OPINION

— Editorial —

Twitter time!



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Every day brings constant reminders of how fast the electronic communication revolution is happening. New technologies are frequently emerging, and I feel like I am getting lost somewhere in the middle. It feels like only years ago I downloaded my first copy of MSN Messenger onto my home computer. MSN Messenger allowed me to send and receive messages with my friends instantaneously, all while I should have been doing my homework. In the business world we like to call this “multi-tasking.” My dad, on the other hand, called it a waste of time. Waste of time or not, I thought it was great.

A few years later SMS messaging started to emerge. I remember thinking to myself I would never use the text messaging feature. If I wanted to talk to someone, I would simply call him or her. Well, anyone who knows me now can tell you that this school of thought did not last. It wasn't long before text messaging became my primary method of communicating with my friends.

Social networking sites

These days almost everyone has a smart phone. Whether you have an iPhone or a Blackberry (my personal choice), we currently have the power of the Internet, GPS navigation and e-mail, all at our fingertips. Something tells me when Alexander Graham Bell invented the telephone, the iPhone is not what he had in mind.

Then, social networking sites started popping up all over the place. I thought MSN was great, but nothing could have prepared me for Facebook. Facebook should be required to have a giant red warning screen that flashes repeatedly while you are signing up for a new membership, that reads:

WARNING: FACEBOOK IS HIGHLY ADDICTIVE AND WILL CONSUME COUNTLESS HOURS OF YOUR VALUABLE LIFE THAT YOU WILL NEVER GET BACK

I think it's Facebook's moral obligation! I became Facebook obsessed, how could I help it? There is nothing more satisfying than Facebook creeping an ex's Facebook page, or looking through all of your new friends' photos. Don't act like I'm the only one who takes part in these activities, you all know you do it too. And it's fine to do so, that's what Facebook's all about!

New networking site

Over the past few months I have been flooded with information about a new networking site (well, new to me) called Twitter. It's been said that Twitter is the future of social networking sites. From what I understand, the way Twitter works is you can send messages 140 characters long (the equivalent of a standard text message) back and forth to your Twitter page as personal updates. The messages can also serve as a medium to have quick one-lined conversations, appropriately called tweets. I didn't realize how big a sensation Twitter has become. Twitter also allows users to send tweets to their account via cellphone, similar to a mobile Facebook update. Although I like Twitter, I'm not 100 per cent convinced Twitter is the future of social networking. Who knows? Like I said, I didn't think text messaging would catch on either.

Where do you see electronic communication going? Who tweets? Tweet me, tweet the *Nugget*! Any random Facebook stalking stories that are eating you up inside, and you're dying to share? Well you're in luck, I'm all ears!

Thank you to all of the readers who submitted a letter to the editor last week. I would like to encourage the rest of you who read this editorial every once in a while to do the same! Contact me at studenteditor@nait.ca, or submit an online contribution at thenuggetonline.com.



— Letters —

Greenhouse effect? Can't be!

Dear Student Editor:

Good, bad and ugly, too. Wikipedia is fantastic, NAIT instructors don't read e-mail and Climate Change Central is a racket.

But the weather has improved. Yesterday a warm batch of air moved

over Alberta and warmed us up. I pointed my infrared thermometer at the sky to measure that thermal inversion. The measurement read minus 38C for the clear sky temperature. Ground temperature was minus 7C that day.

Normally, in winter, the sky temperature is often too low to get a reading with my optical thermometer. How can anyone believe in a greenhouse effect when the sky is so cold?

Sincerely,
R.Blakely@hotmail.com

Your views are important

We want to hear from you!

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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

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

Trust us on that.
Write us.



SPORTS



Photo by Carla Pearson

Ryan Sherman, the latest addition to the NAIT men's basketball team, was judged to be ineligible for the two games he played against Grande Prairie on Jan. 9 and 10 and the games, won by NAIT, were forfeited.

Paperwork costs basketball team

NAIT's men's basketball team has a record of 10-6 and sits in third place of the ACAC. Well they did, until last Monday night. The Oaks faced the Grande Prairie Wolves this on Jan. 9 and 10, and beat them handily.

They won Friday night 89-52, and destroyed the Wolves the next night with a 90-51 victory. Unfortunately, head coach Don Phillips received a call on Monday (Jan. 12) to inform him that his team was not going to receive points for the wins and that the two Ws from that weekend were going to be revoked. It turns out, unknown to coach Phillips, that one of his players was not registered properly with the ACAC.

Ryan Sherman, who joined the team at the beginning of this semester, had a combined 26 points and 11 rebounds in the two games, but was deemed an ineligible player by the ACAC, which in turn ended up costing the Oaks their victories.

Coach Phillips said he filled out the transfer form when the six-foot-seven, 220-pound player joined the team in January but didn't know that there was another form to be submitted.

"I was unaware of the second form, and unfortunately my inexperience got the best of me," Phillips said, "but it's a



By AMBER TIENKAMP
Sports Editor

mistake I won't make again."

Sherman, a high school graduate of Edmonton's Archbishop O'Leary, played for the Grant MacEwan Griffins team for two years, and sat out last season. The regrettable "loss" to the Grande Prairie Wolves was put down as a 2-0 winning score for Grande Prairie, and

with the Oaks forfeiting the points.

When asked how the team reacted to the decision, Phillips responded that the team "took it well. I was actually shocked at how well, and our spirits are high, our confidence is high."

Coach Phillips says the team will concentrate on the rest of the season and he looks forward to whichever team they meet in playoffs, saying that they are a stronger squad than other teams think.

"We are a much better team than our record shows, so whoever we play we will come out playing hard."

The team split its games this past weekend against the Lakeland Rustlers, winning Friday 92-67 and losing Saturday 97-83, putting them in fourth place in the division with 18 points.

NOTE: The Oaks play this Thursday night (Jan. 22) against the King's University College, with the women's game at 6 p.m. The men's game follows at 8 p.m.

Athletes of the week

Jan. 12-Jan. 18

Stephanie Fedoruk Hockey



Stephanie Fedoruk, a first-year personal fitness training student from Leduc, scored a pair of big goals for the Oaks women's hockey team in its matches against the Mount Royal Cougars last weekend. Stephanie scored in the Oaks 3-1 win over the Cougars on Saturday, and scored the game winner in the Oaks 3-2 win on Sunday. The wins gave the team its first three-game winning streak of the season. "Stephanie has a knack for scoring big goals when we need them, and is consistently one of our hardest working players, both on and off the ice," said head coach Deanna Iwanicka.

Noelle Kenny Volleyball



Noelle Kenny, a fourth-year medical lab technician student from Cornerbrook, NL, was instrumental in leading the Oaks women's volleyball team to its first weekend sweep of the season. Noelle had 11 kills, six digs and two blocks in her team's 3-1 win over the Keyano Huskies on Friday, and was named player of the game. In Saturday's rematch, Noelle notched 18 kills and eight digs in the 3-2 victory. "Noelle did an awesome job," said head coach Keith Lundgren. "She was great at passing the ball, and she was able to find the floor. She's been working hard on her offence all season and it's nice to see it come together for her."

Athletes of the week

Jan. 12-Jan. 18

Cyril Ashworth Basketball



Cyril Ashworth, a first-year ironworker apprentice from Calgary, was a standout for the Oaks men's basketball team in their weekend matches against the Lakeland Rustlers. Cyril led his team to a 92-67 victory on Friday night at Lakeland with 18 points and five rebounds while being named the player of the game. In Saturday's rematch, Cyril contributed 10 points and four rebounds as the Oaks lost 97-83. "He played a typical Cyril Ashworth game this weekend," said head coach Don Phillips. "You don't really know just how good he was until the game is over and you look at the stats."

Dan Kai Badminton



Dan Kai, a second-year ESL student from Xi'An, China once again dominated the men's singles format during the season's second individual tournament hosted by Mount Royal. Dan won all of his matches, losing just one set to Jon Vandervet of Concordia in the final, before storming back to win the next two sets and the match. "Dan was his usual self this weekend," said head coach Jordan Richey. "I'll give Jon (Vandervet) a lot of credit, because he played very well in the first set, but when it really mattered, Dan came through and earned the win."



NAHREMAN ISSA

2 minutes in the box

It may not have been the biggest upset in NFL playoff history, but the game between the Philadelphia Eagles and the Arizona Cardinals proved to be more than just who would advance to the final.

With their win, the Cardinals will compete for the Vince Lombardi Trophy for the first time in 61 years, an NFL record.

A championship/playoff drought for the Cards made me think of other teams who are in the same boat. Their drought though may not have anything to do with

the fact they are named after tiny red creatures described as “robust, seed-eating birds, with strong bills.” Ooh, scary!

But the record for the longest playoff drought in North American sports goes to baseball’s Chicago Cubs. That team hasn’t won a championship in a century ... a full 100 years! Not since 1908 has the team seen what a World Series win looks like. They finally made the playoffs in 2008, only to get swept by the Los Angeles Dodgers.

In the NHL, the distinction for

longest drought goes to the Chicago Blackhawks (again with Chicago sports teams ... where are the Bulls of the ’90s when you need them?). The last time the Hawks hoisted the Stanley Cup was in 1961.

On the hardcourt, the Sacramento Kings are the complete opposite of California’s other team, the Los Angeles Lakers. The Kings haven’t won a championship since 1951. This includes when the team was playing in three other cities.

...

Did you know? Tiffany and Co. isn’t just a creator of fine jewelry. It is also the company responsible for making championship trophies for three of the four major North American sports. None of them come wrapped up in a little blue box though ...

... The Lombardi trophy (NFL) is made entirely of sterling silver and is worth \$12,500.

... The Commissioner’s Trophy (MLB) is sterling silver, while the

30 flags are gold-plated. It’s valued at \$15,000.

...

The Larry O’Brien Championship Trophy (NBA) is made of sterling silver and vermeil in a 24-karat gold overlay. It’s worth \$13,500.

...

The Stanley Cup, while not made by the jewelry company (donated in the late 1800s by Frederick Stanley), is made of a mix of silver and nickel alloy. It’s pretty much priceless.

Hockey Ooks take 2

By KITA MURU

On Friday night, NAIT goalie Travis Ziegler faced off against his old team, the Augustana Vikings and came away with a 7-4 victory.

The Vikings scored first on a point shot from Jody Halas with 16:53 left in the first. The Ooks received great chances later, including a three-on-one, only to be turned away by Augustana goalie David Ritz.

Joel Henituik tied the game at 1-1, then NAIT scored again to give the Ooks the lead with 5:51 left in the first. The period ended with Augustana outshooting the Ooks 19-9.

In the second period, the Ooks pulled away with the help of special teams.

While Jeremy McKibbin was in the

penalty box, Eric Sonnenberg sprang Josh Butt on a breakaway, and he beat Ritz for a shorthanded goal at 13:39.

Jeff Topilko made it 4-1 on a power play goal, assisted by Nick Stermer and Chevan Wilson.

Augustana replied shortly after, with a goal from Tyler Bellamy assisted by Jim Starbuck and Jody Halas, which made it 4-2 at the end of the second. Augustana’s Luke Boyer received a game misconduct as the second period drew to a close.

In the third, the Ooks power play put the game away. Jeremy McKibbin scored on the PP at 18:10, Henituik put up his second goal at 13:52 and another PP goal was scored by Chevan Wilson with 11:52 left.

Ziegler shut the door until near the end of the game, when the Vikings received goals from Travis Simpson and Richard Dupre.

Josh Butt was sent off for roughing and was given a game misconduct with 2:12 remaining in the game. The final shots on goal were 45-39 in favour of Augustana.

The player of the game awards were handed out to Bellamy of Augustana, and Henituik for NAIT.

NAIT also won the game on Saturday by a score of 4-3.

The two wins leave the Ooks in third place in league standings, just one point behind Concordia and eight points back of SAIT, which leads the league with an 18-0-2 record.

Look Bret Pepler catches up with the play Friday against Augustana.



Photo by Carla Pearson

The 'Stache tells all about the Smyth affair

By NYKI SCHEUERMAN

ANAHEIM – The most celebrated mustache in modern day sports has finally broken its silence over its relationship with George Parros, its Pantene addiction and the scandalous affair with the Ryan Smyth mullet.

After months of rumours, the mustache, also known as 'Stache, Big Daddy and Andrea, spoke to the media about its recent struggles. The 'Stache flew under the radar for most of its career, until George made the shocking decision to shave him in 2007, sending shock waves throughout the NHL.

George stayed silent on the issue, citing needing a change as the reason for the catastrophe. However, the 'Stache couldn't hold its silence, and came out to the media with the truth behind the shaving.

"It may sound odd, but George was in fact saving me by shaving me. It was a last resort to pull me out of my down-

wards spiral."

His downfall, he explained, all began when he started seeing the Smyth Mullet, or Moolay.

"We went out a few times, and it was innocent enough. I didn't think much of it at the beginning, but as months past, I really fell for her."

Unfortunately for the 'Stache, the feelings weren't mutual.

"I thought everything was going great, but when I told her I wanted to trim hairs with her, she freaked out," the 'Stache explained. "We got in a huge

fight and I found out she was a facial-hair bunny. She never cared about me; she was just boosting her image."

The scandalous truth rocked the 'Stache's otherwise normal life, and the ensuing breakup was too much for him to take.

"I couldn't handle it. I had to find something to help me deal with how the relationship died."

Regrettably, escape for the 'Stache came in the form of the highly addictive

shampoo – Pantene.

"I had heard a lot about it, and

I knew a lot of users. I didn't think it could be that harmful, so I convinced George to buy it."

The casual use quickly turned into a hard-to-break addiction for the 'Stache.

"I couldn't stop. I would constantly be shooting up. In bed, at dinner, even on the ice. I had no concept of time, just that I needed Pantene. And I needed it bad."

Luckily for the 'Stache he had his friends looking out for him. George watched the slow decline of his moustachio and made one of the hardest decisions of his life.

"I had to shave it. I couldn't stand by and watch him slowly kill himself. The only way I could help was to give him a fresh start."

As painful as it was, the 'Stache knew it was for the best. After a month's recovery, the 'Stache was back in full force.

"I can't express how lucky I am to

have George. He is always looking out for me. There are some guys who just couldn't care less about their hair. Like Smyth, he just lets Moolay run all over the place. Just because she's on the back of your head, doesn't mean you can ignore what she's doing."

We tried to contact Moolay for comments, but she declined. Since her breakup with the 'Stache, it has been hotly rumoured that she's become involved with the Stortini eyebrow twins. Some even believe she had an affair with them during her five-month relationship with the 'Stache. The 'Stache claims he doesn't care, because he feels he has moved on with his life.

"It doesn't matter anymore. All that matters is that George and I are in perfect sync. We started giving moustache rides again, I drink his beer froth, I bristle his Starbucks, it couldn't be better. Right now I'm full force ahead and I'm excited for the future."



George Parros

WOMEN'S VOLLEYBALL

Two weekend wins

By AMBER TIENKAMP
Sports Editor

Playing at home this past weekend, the women's volleyball team won twice against the Keyano Huskies, who are sitting behind the NAIT Oaks in last place in the North division. Despite their lack of points, the Huskies have a strong team, with some great defence.

Three of their players rank in the top 10 for digs in the ACAC North Division, and they have some strong offence, especially from hard-hitting Robyn Denney. The NAIT ladies took the first set, with a score of 25-20. The second set was even closer. With the score sitting at 14-16 for the Huskies, out of bounds hits and missed serves on both sides kept the teams close, with the game eventually tied at 19 apiece.

Katie Seys stepped up, hitting a few balls into the face of Keyano and Noelle Kenny, who sits in fourth for kills in the ACAC North Division, also played a strong role up front.

A missed serve by Keyano with the game at 23-21 didn't do the Huskies any favours as the Oaks looked ready to take

the set. But the Oaks also missed their next serve, keeping the Huskies hopes alive, but only for one more point, as they were called on a carry and NAIT took the second set 25-23.

Looking to end the game with a solid three sets in a row, the Oaks came out to finish off Keyano. Unfortunately, the game was close again and NAIT seemed to lose focus, going down 10-15.

The game was entertaining, as each point was hard fought, with some long rallies and great defensive plays that were expected. But each time the long rallies ended, the Oaks seemed to just fall short. They did make a surge near the end, and seemed to get going, but it looked like nothing was going the Oaks' way, as ball after ball was called out of bounds, and the Huskies won the set 25-17.

The fourth set was close, with the Huskies battling for a win to take the game to five sets and the Oaks only needing one more win to take the match.

Right from the start, the Oaks stepped it up with some huge hits and points from Seys and Alison Warick. Even though the

Oaks trailed, they seemed to be the stronger team and after Seys put up a huge block against Keyano to go up 11-10, it was all NAIT from there.

Everyone seemed to get going as Kenny and Kate Bilodeau both played well up front, with Kenny coming up with some great digs in the back row.

The Oaks won the fourth and final set 25-23 off a service ace that just grazed the line. Coach Keith Lundgren said after the game that teams like Keyano can be deceiving.

"They are a much better team than they are on paper, and they are well coached. We need to focus on generating momentum and taking control of the games."

The next night the Huskies pushed the Oaks to five games, but NAIT was the eventual winner, bringing their weekend record to 2-0. The Oaks face Lakeland this weekend, a team Lundgren looks forward to playing.

"We match up well with Lakeland and so we will practise hard, and just keep focusing on staying strong on games and keeping momentum."



Photo by Carla Pearson

Oaks Alison Warick slams a spike past Keyano blocker Stephanie Jackson during the first game of their match on Jan. 17. NAIT won both of its weekend matches against the Huskies.

ACAC Standings

MEN'S HOCKEY								
Team	GP	W	RW	L	OTL	GF	GA	Pts
SAIT	20	18	16	0	2	113	49	38
Concordia	20	15	14	4	1	88	50	31
NAIT	20	14	11	4	2	95	72	30
Mount Royal	20	13	9	7	0	74	64	26
Portage	20	6	4	12	2	56	84	14
MacEwan	20	6	4	13	1	59	98	13
Augustana	20	5	4	13	2	58	88	12
Briercrest	20	3	3	12	5	48	86	11
RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)								
RESULTS								
Jan. 16								
NAIT 7, Augustana 4; MRC 3, Portage 2 (SO); SAIT 4, Briercrest 3; Concordia 9, MacEwan 1								
Jan. 17								
NAIT 4, Augustana 3; SAIT 3, Briercrest 1; MRC 4, Portage 2; MacEwan 6, Concordia 4								

WOMEN'S HOCKEY								
Team	GP	W	RW	L	OTL	GF	GA	Pts
U of C	14	12	9	2	0	42	18	24
SAIT	14	9	9	5	0	48	37	18
MacEwan	14	6	5	5	3	38	40	15
Red Deer	14	6	5	6	2	36	35	14
NAIT	14	5	4	7	2	32	47	12
Mount Royal	14	4	2	9	1	28	47	9
RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)								
RESULTS								
Jan. 15								
U of C 4, RDC 3								
Jan. 16								
MacEwan 4, SAIT 2								
Jan. 17								
NAIT 3, MRC 1; MacEwan 2, SAIT 1								
U of C 2, RDC 1 (SO)								
Jan. 18								
NAIT 3, MRC 2								

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia	18	16	2	32	1474	1204
MacEwan	16	12	4	24	1319	1172
Lakeland	16	10	6	20	1427	1341
NAIT	18	9	9	18	1238	1195
King's	18	5	13	10	1348	1491
Grande Prairie	18	5	13	10	1224	1447
Augustana	16	3	13	6	1272	1452
Note: NAIT forfeited games (Jan. 9 & 10) vs. GPRC						
South Division						
Team	G	W	L	Pts	PF	PA
Red Deer	14	12	2	24	1123	892

Mount Royal	14	12	2	24	1162	891
Lethbridge	14	9	5	18	1134	972
Medicine Hat	14	4	10	8	1044	1163
SAIT	14	4	10	8	984	1116
Briercrest	14	1	13	2	764	1177
RESULTS						
Jan. 16						
NAIT 92, Lakeland 67; Concordia 70, GPRC 45; Lethbridge 77, Briercrest 55; MRC 93, Medicine Hat 90; RDC 69, SAIT 57; King's 66, MacEwan 60						
Jan. 17						
Lakeland 97, NAIT 83; Concordia 92, GPRC 56; Lethbridge 80, Briercrest 65; MacEwan 80, King's 67; MRC 87, Medicine Hat 78; RDC 97, SAIT 76						

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
MacEwan	16	14	2	28	1235	1061
Concordia	18	13	5	26	1446	1241
Grande Prairie	18	13	5	26	1308	1274
King's	18	11	7	22	1240	1135
NAIT	18	4	14	8	1203	1362
Lakeland	16	3	13	6	1009	1127
Augustana	16	2	14	4	1039	1280
South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge	14	13	1	26	1103	823
Mount Royal	14	10	4	20	971	779
SAIT	14	10	4	20	990	866
Medicine Hat	14	6	8	12	823	854
Briercrest	14	2	12	4	779	1050
Red Deer	14	1	13	2	716	1010

RESULTS						
Jan. 16						
NAIT 71, Lakeland 67; GPRC 86, Concordia 80 (OT); Lethbridge 88, Briercrest 60; MRC 57, Medicine Hat 49; SAIT 63, RDC 45; MacEwan 61, King's 53						
Jan. 17						
Lakeland 65, NAIT 57; Concordia 88, GPRC 71; Lethbridge 87, Briercrest 49; MacEwan 75, King's 72; MRC 69, Medicine Hat 44; SAIT 72, RDC 52						

MEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
Grande Prairie	14	12	2	38	12	24
MacEwan	14	11	3	38	17	22
Keyano	14	9	5	28	20	18
King's	14	6	8	24	33	12
NAIT	14	2	12	16	39	4
Lakeland	14	2	12	15	38	4
South Division						
Team	MP	MW	ML	GW	GL	Pts
Medicine Hat	14	10	4	36	24	20

Mount Royal	14	10	4	35	16	20
Red Deer	14	8	6	32	25	16
SAIT	14	6	8	22	29	12
Briercrest	14	5	9	21	33	10
Lethbridge	14	3	11	18	37	6
Note: Keyano College forfeited 2 games (Oct. 24 & 25)						
RESULTS						
Jan. 16						
Keyano 3, NAIT 0 (25-23, 25-13, 25-13)						
Briercrest 3, Lethbridge 2 (25-17, 23-25, 25-17, 23-25, 15-9)						
GPRC 3, King's 0 (25-23, 25-12, 25-22)						
MacEwan 3, Lakeland 0 (25-23, 25-20, 25-18)						
Medicine Hat 3, MRC 0 (25-21, 25-13, 25-22)						
SAIT 3, RDC 0 (25-23, 25-15, 25-22)						
Jan. 17						
Keyano 3, NAIT 1 (25-18, 25-12, 21-25, 25-20)						
Briercrest 3, Lethbridge 1 (25-19, 25-19, 23-25, 27-25)						
GPRC 3, King's 0 (25-17, 26-24, 25-22)						
Lakeland 3, MacEwan 1 (25-21, 25-22, 13-25, 25-21)						
MRC 3, Medicine Hat 2 (30-28, 25-21, 23-25, 23-25, 15-10)						
RDC 3, SAIT 0 (25-13, 31-29, 25-23)						

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
MacEwan.....	14	14	0	42	8	28
Grande Prairie	14	12	2	37	15	24
King's.....	14	7	7	29	24	14
Lakeland	14	4	10	17	32	8
NAIT	14	4	10	17	35	8
Keyano	14	1	13	11	39	2

South Division

Team	MP	MW	ML	GW	GL	Pts
Mount Royal	14	13	1	40	6	26
Red Deer	14	13	1	40	9	26
Briercrest	14	6	8	22	29	12
SAIT	14	5	9	22	31	10
Lethbridge	14	3	11	12	36	6
Medicine Hat	14	2	12	13	38	4

RESULTS

Jan. 16

NAIT 3, Keyano 1 (25-20, 25-23, 17-25, 25-23)

Briercrest 3, Lethbridge 1 (27-25, 25-15, 20-25, 25-14)

GPRC 3, King's 2 (26-28, 25-13, 22-25, 25-15, 15-9)

MacEwan 3, Lakeland 0 (25-12, 25-22, 25-11)

MRC 3, Medicine Hat 0 (25-19, 25-13, 25-12)

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

Jan. 17

NAIT 3, Keyano 2 (25-22, 24-26, 24-26, 25-23, 15-10)

Briercrest 3, Lethbridge 0 (25-19, 26-24, 25-16)

GPRC 3, King's 1 (25-17, 23-25, 25-21, 25-19)

MacEwan 3, Lakeland 2 (21-25, 28-26, 25-15, 21-25, 15-10)

MRC 3, Medicine Hat 0 (25-23, 25-16, 25-14)

RDC 3, SAIT 0 (25-11, 25-20, 27-25)

HOCKEY

NHL all stars league's best?

By JOEL MITCHELL

The stars won't be aligning any time soon. The NHL all-star game is where the top-tier players of the league join together to put on a breathtaking show for its appreciative fans ... right? Unfortunately, the past few years have not lived up to the all-star game hype.

Some of this discouragement could be because of the way that players are chosen. The NHL chooses all-star options based on the previous year's stats, then fans can write in their votes for their favourite players and/or hometown players. This is where the problem lies.

Montreal is hosting the 56th All-Star Game this Sunday, celebrating the franchise's 100th anniversary. Because of the NHL's bogus vote-now, vote-often online voting format, four Montrealers were chosen to play – all game starters! The worst of it all is that heavy hitting defensive defencemen Mike Komisarek was included on defence.

What will he compete in at this Saturday's Skills Competition? He's practically a lumbering Neanderthal that eats skilled players for breakfast and now he will be participating in a skills oriented competition showcasing the NHL's best!

He's not fast. He might have a hard shot, but he doesn't know how to use it as shown by his 11 career goals in six years. The breakaway competition? The accuracy challenge? The pylons relay? No. Nope. Nada. All NHL players have skill, but for a competition of this magnitude, a player has to average more than two goals a year.

In the 2007 all-star game, a site was set up called voteforrory.com. This was a sweeping Internet campaign to get journeyman defencemen Rory Fitzpatrick into the all-star festivities.

Fitzpatrick outpaced elite defencemen Dion Pha-

neuf, Chris Pronger and Nick Lidstrom with an astronomical 428,832 fake votes. I say fake votes because in all honesty, Fitzpatrick was a minor league player who was the seventh defenceman for the Vancouver Canucks and should never even have been considered. In the end, Fitzpatrick did the right thing and stepped down and did not participate.

And on top of Komisarek's entry, many highly skilled NHLers were left off the original ballots. Jeff Carter and Phil Kessel are two up and coming highly skilled snipers who are amongst the league leaders in goals. They were left off due to the reliance on last year's numbers, which were average. And what about Jean-Sebastien Giguere as a starter after he posted sub average numbers out of the league's top 20? And three Chicago Blackhawks players are Western starters, beating out the cream of the crop such as Joe Thornton, Jarome Iginla and Dan Boyle.

The NHL needs to make some changes, such as to forget completely about players' past numbers and focus on rising stars of today and not old war horses, cap fan voting so fans cannot vote more than once, effectively putting the NHL all-star game back on the sporting world's map.

But alas, whatever the situation and how you may feel about it, the all-star game is always an enjoyable experience and the star power and utter skill that the players possess is mind boggling. This is where players can show off their immense arsenal of moves, dekes and shooting ability. Even though changes must be made to improve credibility, the game and the skills competition will be extremely fun to watch.



Getty Images

Mike Komisarek



Photo by Carla Pearson

HIGH FLYER

Ooks Rory Ernewein (11), seems to float as he leaps to tip the ball over the Keyano Huskies blockers on Friday Jan. 16. Keyano won 3-0 and went on to win Saturday's game 3-1.

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 - Nominations Close: **January 29th**
- These are paid, full-time positions, with so many opportunities!
- Election Day: February 10th



Positions available:

- **President**
- **VP Academic**
- **VP Campus Life**
- **VP Apprenticeship & External**

See the NAITSA Bylaws @ www.naitsa.ca for information regarding an overview of the duties for each position.

Benefits to being a NAITSA Student Executive:

- Decent salary earned while studying & Tuition Paid!!
- Valuable Experience
- Leadership Development
- Travel Opportunities
- Networking
- Resume enhancement



NAITSA is run
by students who
are elected by
other students in
annual elections.

In fact, the NAITSA GENERAL ELECTION for the 2009-2010 academic year is right around the corner and there are four annual positions up for grabs!

These positions are:

- President
- Vice President Academic
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PUSH YOURSELF

Still undecided? Just go for it. Come to one of the Candidate Info Sessions (see below) and our current Student Leaders and staff will answer your questions.

VOTE!

It's critical that you get involved either by running in the election or by voting.

The Nomination period runs from January 12 – 29, 2009. Come to the NAITSA office at E131 to pick up your nomination form or to ask for more information.

Election Day will be on February 10, 2009

NEED MORE INFORMATION?

Come to the NAITSA Office, E131, check out naitsa.ca, or drop by one of the Info Sessions.

Information Sessions:

January 12, 20, 27
4:30 – 5:30 p.m. in E129



CAREER FAIR

JANUARY 27 · 2009 | 9:30AM-5:00PM

EMPLOYERS AND BOOTH NUMBERS

GYMNASIUM

1 Engineered Air	19 Wajax Industries Limited	37 West Fraser Mills Ltd.	57 AT Plastics Inc.
2 AltaLink Management Ltd.	20 Imperial Oil Strathcona Refinery	38 Sherritt Metals	58 Hobart Food Equipment Group Canada
3 Matrikon Inc.	21 CEDA International Corporation	39 Sherritt Coal	59 Nexen Inc.
4 City of Edmonton	22 Northern Health	40 KBR Canada Company	60 Alberta Blue Cross
5 Ledcor Group of Companies	23 Calgary Emergency Medical Services	41 Alberta Health Services - Edmonton Area	61 Northern Industrial Insulation Contractors Inc.
6 Federated Co-operatives Limited	24 Stewart Weir & Co. Ltd.	42 Cohos Evamy	62 Suncor Energy Inc.
7 Mammoet Canada Western Ltd.	25 North American Construction Group Inc.	43 Energy Resources Conservation Board	63 Alberta Health Services
8 Husky Energy Inc.	26 Servus Credit Union	44 Convergent Technologies Ltd.	64 Johnson Controls Ltd.
9 Alliance Pipeline Ltd.	27 Progressive Engineering Ltd.	45 ConocoPhillips Canada	65 Alberta Infrastructure & Transportation
10 Certified General Accountants Association of Alberta	28 Government of Alberta	46 Stuart Olson	66 EBA Engineering Consultants Ltd.
11 RCMP Recruiting	29 EnCana Corporation	47 Bantrel Co.	67 Canada Revenue Agency
12 Health Sciences Association Of Alberta	30 Peak Energy Services Ltd.	48 SGS Canada Inc.	68 Shaw Cablesystems
13 Enbridge Inc.	31 Aecom	49 TELUS	69 National Oilwell Varco Ltd.
14 National Energy Board	32 Department of National Defence	50 Shell Canada	70 PowerComm Inc.
15 Alberta Transportation - Commercial Vehicle Enforcement	33 Alberta Sustainable Resource Development	51 Fluor Canada Ltd.	71 Voice Construction Ltd.
16 Enerflex Systems Ltd.	34 Dow Chemical Canada Inc.	52 ATCO Gas	72 ATB Financial
17 Canadian Forces Recruiting Centre Detachment Edmonton	35 Certified Management Accountants of Alberta	53 ATCO Power	73 EPCOR
18 FT Services	36 Siemens Canada Limited	54 ATCO Electric Ltd.	
		55 Stream-Flo Industries Ltd.	
		56 Strathcona County	

SOUTH LOBBY

74 PCL Constructors Inc.	81 SimplexGrinnell	88 Fairmont Jasper Park Lodge
75 Edmonton Police Service	82 Jacobs Canada Inc.	89 Colt Worley Parsons
76 Collins Industries Ltd.	83 UFA Co-operative Ltd.	90 Halliburton
77 Flynn Canada Ltd.	84 Petro-Canada	91 Bird Construction Company
78 E.H. Price Limited	85 McCoy Corporation	92 SMS Equipment Inc.
79 Works Alberta Ltd.	86 Fountain Tire	93 Syncrude Canada Ltd.
80 Lafarge Canada Inc.	87 Weatherford Canada Partnership	

NORTH LOBBY

95 Flint Energy Services Ltd.	105 Schneider Electric	113 Gateway Mechanical Services Inc.
97 Agrium Inc.	107 Safety Codes Council	116 NAIT-Btech Program
96 Canadian Home Builders' Association - Saskatchewan	108 Sureway Construction Management Ltd.	118 Finning (Canada)
100 Read Jones Christoffersen Ltd.	109 Peter Kiewit Sons Co.	



MAIN CAMPUS: GYM | NORTH LOBBY | SOUTH LOBBY
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ENTERTAINMENT

Clubs for all tastes



LEANNE TRUONG
Assistant Entertainment Editor

Growing up, I was never a part of any cool clubs but rather the unappealing ones were always trying to lure me into joining, like the chess club or the marbles crew (never really got the concept of hitting marbles against each other, but I do currently appreciate a good game of chess).

But until last Thursday, after attending NAITSA's Club Fair in the south lobby, I was introduced to some extraordinary clubs of the 64 that NAIT has to offer. Aside from 12 interesting booths to visit, there was a chance to win Oilers tickets by completing a Club Fair visitor pass and also a chance to witness NAITSA's own Brent Constantin (aka President Extraordinaire) get massacred by pies in the Common Market.

Club 5 Star

First visit was to Club 5 Star, which is hosted by the Hospitality Program and mostly caters events to raise money and awareness for long-term care of children at the Glenrose Hospital. During Christmas, they sold candy canes and last semester hosted a fine dining event at Ernest's restaurant.

Second was the NAIT International Club, which welcomes everyone but is mostly composed of ... well, international students. This club (currently in W-301, due to relocation of their quadrant until an unannounced date) is an awesome way for cultures of all kinds to meet in the middle and connect with one another's heritage.

Naturally, I next came upon the Outdoors Club, which appeals to the outdoor loving, tree hugging individuals who share their interests and plan trips together.

Then there was the NAIT Christian Club, where you can attend Bible studies and celebrate the religion every Friday.

Beside that booth was the Chinese Student Association or CSA NAIT for short. This group welcomes all students, especially to join in the festivities at the upcoming Chinese Spring Festival Gala evening on Jan. 24 in the Business Tower to celebrate the Lunar New Year.

The Big Brothers and Big Sisters Club also has a home here at NAIT, and if you have some spare time and would like to hang out with a little buddy, this club is for the do-gooder in you!

For those who want to better themselves at speaking in front of others, take part in The Speakers Club to help you appeal to a wide range (and group) when making speeches or

presentations.

Beside them was the Aboriginal Student Club, which last semester threw a very successful bannock burger BBQ (as I recall very yummy!) This club currently resides in the vibrant Encana Aboriginal Student Centre located close to the NAITSA office. They like to keep themselves grounded by reconnecting with their culture.

You can start your very own compost (worms included) for \$5 through the Biological Science Council. They also partner up with the Common Market, and they use leftover salads or skin scraps for composting in the Eco Lab down in the basement of NAIT. They usually go through 40 kg of processed organic waste and are about to embark on selling reusable bags. To inquire more of this eco-friendly club, check out their upcoming art auction.

Here's a name to ponder – the DeFeYe Art Club is all about painting and drawing, and it recently hosted the Lascivious Burlesque troupe at The Nest. The members enjoy general art and attend most of the plays performed in Edmonton.

The last club I visited was SIFE Nait (Students in Free Enterprise). It is a corporate entrepreneurial club that wants to introduce financial literacy to the trades programs. SIFE won first place and an award of \$5,000 for their project COPS (Career Opportunities in Police Services). They also want to increase awareness of global issues with an idea of an Environmental Club.

Much to do

If there is a general idea that can be taken away from my experience, it is that we, the students, can become much more active during our time at NAIT through the many inviting clubs that were presented at this fair. Congrats to Club 5 Star, which won first place in the Club Fair, the Aboriginal Students Club, which nabbed second and the Biological Science Council that took third place.

With that in mind, don't forget about FreezeOver, which takes place tomorrow (Jan. 23) and for the people who are still trying to find somewhere to go during reading week (and who are most likely not going to use that time to study) you might want to consider the "Viva Las Vegas" spring break road trip.

For more information on these clubs or upcoming events, stop by the NAITSA office, which is almost always open and ready for your questions.



Photo by Raymond Ip

This aspiring artist takes part in an exercise set up at the DeFeYe Art Club booth at the Club Fair on Jan. 15.



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The event will be at NAIT (Main Campus) on Saturday, March 7, 2009. Volunteer registration deadline is February 6, 2009.

To volunteer, contact: Erin Hasenbank
Phone: 780.471.8499
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Paul Blart, mall flop



BRYCE ALTHOUSE
Entertainment Editor

If you are looking for a mindless family movie with minimal action, idiotic laughs and jokes at the expense of minorities, then by all means *Paul Blart: Mall Cop* (PB:MC) is right for you. If you are like me, however, Kevin James's latest attempt at being funny is an idiotic adventure filled with romantic comedy clichés, *Die Hard* rip-offs, and bad 80's rock ballads.

The premise of PB:MC is that of an overzealous, yet utterly pathetic single-father mall cop who takes his job way too seriously (when no one else does) due to the fact that he really aspires to be a state trooper but cannot pass the physical.

Why can't Kevin James's character of Paul Blart pass the physical? Not because he's grossly overweight and out of shape. That would be too simple. No, instead we have what I call "movie-hypoglycemia" (a terrible parody of an ACTUAL medical condition) wherein he passes out if he does not have sugar on a regular basis, but yet if he does begin to lose consciousness, we get a Pop-eye-esque moment where he gets sugar and he's ready to fight the bad guys. No hospital trip, no ill-effects; just Hollywood magic which ranks up there with guns that never need reloading and hot

wiring cars with just two wires under the dash.

But aside from that glaring oversight, you think the rest of the movie might not be too bad. Instead, we have the strained romantic sub-plot between Blart and kiosk owner Amy (which is *Epic Movie* actress Jayma Mays) who we hardly get to see as a person, and rather ends up being seen more through Blart's borderline creepy obsession until she inevitably (as with all romantic comedies) sees past the 200 pound weight difference and falls in love with the title character at the end (due to his terrific personality).

We also get to sit through a forgettable main plot ripoff (which borders on un-inspired plagiarism of *Die Hard* rather than satire) wherein "Santa's Helpers" take over the mall (and take Blart's crush Amy and his rarely seen daughter hostage) on Black Friday in order to steal \$20 million in credit-card sales ... wait, did I just say \$20 million? Yes, yes I did, and beside the fact that I doubt that even West Ed Mall could make those numbers in one day (somebody prove me wrong, I dare you) how the scheme works is never really explained, other than that they are heading to the Cayman Islands.

Other than the above, PB:MC is a fine movie for those under the age of 10 (or lovers of the overused rock ballads). Why under 10? Well, this is the age which I've deduced allows something that resembles a moving picture show with a semblance of a plot to be passable as a good family film.

But when the main character is unable to break up a cat fight in Victoria's Secret without getting beaten up or making weight-insensitive



www.paulblartmallcop.com

comments, and in the next frame is saving a mall from baddies with skateboards, guns and sweet free-running moves then it's not unexpected when the 10-year-old behind me started blurt-ing out the obvious plot holes and his criticism. So, I feel that it's fitting that this film was produced by Adam Sandler's production company,

Happy Madison, when I sum up my opinion by saying that everyone who attended the screening is now dumber for having watched *Paul Blart: Mall Cop*. So, now I want the 120 minutes of my life back that I wasted ...



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Finding that perfect poster

By COLLEEN NUC

Well gentlemen (and gentle ladies) that time of year has once again come and gone, the time when excited NAIT students fill the North Lobby in hopes of enriching their lives. That's right, this past week was the semi-annual Imaginus poster sale. This is the day that truly defines who you are as a human being. Because we all know that at the poster sale, you don't just buy duplicate artwork, you buy a lifestyle. Here were the four most popular categories that NAIT students thought about when deciding on a poster that best suited their personality.

1. The Band Poster – Nothing else represents your dedication to music and the music lifestyle quite like the band poster. Declare yourself as a reggae loving pothead with a Bob Marley mosaic poster or represent Alberta and NAIT simultaneously with a wicked Nickelback poster. With the band poster, you can pigeonhole yourself as a punk, pop, Goth, heavy metal or hipster for about 20 bucks.

2. The Tough Guy Poster – You are a real man, who does real manly

things. What better way to showcase how tough you are than with a tough guy poster. Have you recently overcome obstacles? Then you are probably the new proud owner of a Muhammad Ali knocking out Sonny Liston poster. Do you love to fight people? Then a Brad Pitt *Fight Club* poster is right up your alley. Have you recently moved here from Colombia and are looking to start up a drug trafficking ring? Then Al Pacino's intimidating stare in *Scarface* complements your personality perfectly. Believe me, with one of these posters, nobody will ever question your love for hunting, antlers or your inability to cry ... ever.

3. The Frat Boy Poster – You love to get wasted. And because of this, there is only one poster in this category that best represents you: The periodic table of mixology. This clever little spoof on the periodic table shouts out that you single handedly put a waitress from The Nest through school, and that you will most likely be in Alcoholics Anonymous by 2011.

4. The Misogynist Poster – A popular choice for studs. Contrary



Photo by Javier Salazar

Interest was high this past week at the Imaginus poster sale.

to popular belief, women in little clothing and suggestive poses doesn't scream out "I'm a sexist pig who objectifies women!" It screams "Hey guys! I'm a heterosexual and

I'm not afraid to show it!" Showcase how much you're not getting by hanging one of these beauties above your bed. Your right hand won't be disappointed.

As for me, I picked up an inspirational footprints poster, cause like my dad always says, "Reach for the stars Colleen, reach for the stars."

Global warming at The Nest

By BRYCE ALTHOUSE
Entertainment Editor

With Edmonton temperatures rising to almost unheard of levels in the past few days, is it not surprising then that we have some thermodynamics (heat in transit) going down around NAIT?

First off, things are heating up in The Nest on Thursday, Jan. 22 @ 4:30 p.m. with another edition of the bi-weekly "Indie Nights." The first band to crank up the thermostat in this lineup for this event is actually a bit of déjà vu for regular attendees as we have the island rock heavy-weights MOBADASS (fronted by Wide Mouth Mason bassist Earl Pereira) coming back for another go on The Nest's stage.

Then, to further stoke the fire, we have the up and coming Edmonton experimental indie rockers Faunts, whose claim to fame is that the title track from their album M4 was featured in the Xbox 360 game *Mass Effect* amongst other accomplishments.

Now that I've got you excited, this is what Earl Pereira himself had to say about playing at Indie Night: "We are always pumped to play where we are wanted and the colleges are the exact type of crowd we try to make fans from. Hopefully people will remember MOBADASS from playing the back to school bash with our friends Daniel Wesley and Current Swell, which was a wicked good time! For (this) Indie Night we'll bring more of that same energy which will change your mood and vibe to partying, drinking and dancing! Oh and we'll make sure to slip in some Sublime and Marley this time ..."

Sounds like the heat will definitely be hitting tropical levels.

Roll ahead one day to Friday, Jan. 23 and sud-

denly the mercury begins to dip below zero with the entertaining side of FreezeOver down at The Nest. Following the general theme, there should be "mullet, mustaches and spandex" aplenty with cover band Kickit Bros providing chilled tunes from a repertoire that ranges from '60s classics, '80s rock, '90s alt rock, to even covers of recent rock hits.

There will also be a contest for "the best rock 'n' roll gear" wherein you can win Oilers tickets, swag and other stuff. So now you have a slight excuse to make public your fetish for leopard print, tight leather pants, sleeveless shirts and the excessive use of hair spray (bonus points in my books if you brave the roads to arrive in a Camaro or Firebird). Make sure to drop in between 4:30 -7:30 p.m. to grab a cold beverage and to party like it's 1986.

So there you have it, two excellent thermally opposite events BACK TO BACK, thanks to your friendly neighbourhood Students' Association. But don't just think I'm hyping these events without ever stepping foot into them, as I will be on the front lines drinking rye with the best of you.

Look for me, your Entertainment Editor Bryce Althouse (the tall white dude with long hair ... which REALLY narrows it down), and if you feel so inclined you can buy me a drink or dare me to hit on someone's girlfriend. You all know I'll write about anything, even about getting my ass kicked by someone's boyfriend.

Also, if you feel so inclined to check out this Indie Night's lineup in advance, check out MOBADASS at www.mobadass.ca and Faunts at www.faunts.com. Now, I have to go find my *Ride the Lightning* T-shirt for Friday and make sure I have my NAIT Health Plan card ...



Photo by Brendan Klem

Scott Cook entertains Jan. 15 at the Nest at the last Indie Night. The next one is Thursday, Jan. 22. See ad on page 16.

Great replay value for CoM

By KITA MURU

With the PS3 well into its life cycle, I thought the PS2 would have died off after God of War 2 was released in March 2007. However the system still keeps ticking, and bringing out games like Kingdom Hearts Re: Chain of Memories.

If you know about KH, then you'll probably know that Re: CoM came as a part of the Japanese exclusive Kingdom Hearts 2: Final Mix and the North American version of Re: CoM doesn't come as part of KH 2: FM. That was a complete misstep from Square Enix considering there were two games for the price of one if you got the Japanese version.

Re: CoM fits in between KH 1, and 2, and

continues the story of Sora, Donald and Goofy as they set out to find King Mickey and Riku who had wound up in the Realm of Darkness at the end of KH1. The heroes get lured into Castle Oblivion by a stranger in the hopes of finding their friends. As they progress up the castle they will not only gain lost memories, but lose others (hence the title "Chain of Memories"). Re: CoM is a full 3-D remake of the Gameboy Advance version that came out years ago; it is an action RPG which consists of travelling to rooms that resemble the worlds previously explored in KH 1, and defeating enemies with the help of ... trading cards.

The card battling holds its own during game play. The cards consist of attack cards, magic cards, item cards, summon cards for allies and heartless cards, which have various effects. There is also a reload card in which you hold down the X button to reload the cards back into your deck, which in practice adds a decent amount of challenge to the mechanics, although the game is still an action RPG.

There are also world cards, and specific cards which you use to open doors throughout the various worlds, which could have bonus effects (like a room to buy, sell and trade), or not (like a room full of monsters). These additions add an extra set of strategy to the experience. The presentation, art design and sound-track aren't as great as KH 2, but it holds its own throughout the experience. After the game is

finished, there is a second play-through of the game called Reverse/Rebirth mode in which you experience the side story of Riku and his endeavours after the events of KH 1.

Overall, Re: CoM is a good mix of decent production values with an innovative battle system and great replay value but you might want

to try KH1 before getting into Re: CoM. For the fans who have played KH1 and 2 on the PS2, but weren't able to play Chain of Memories on the GBA, you might want to try this out to tie up loose ends.



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<div></div> <h2>NAITfye (First Year Experience) Workshop Schedule–Winter Semester</h2> <p>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.</p>			
January-09			
28	Wed	Women in Technology Meet and Greet	12:15-1:10pm X215
30	Fri	Student Award Application Process - We will walk you through it!	12:15-1:10pm X215
February-09			
2	Mon	Student Award Application Process - We will walk you through it!	12:15-1:10pm WA110
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			

Trash or a meal?

By **MEAGHAN KERR**
The Martlet (University of Victoria)

VICTORIA (CUP) – I get my food out of garbage cans.

It can be a necessity, a social activity or a way of life. It draws a cult-like following from all backgrounds. And in Victoria, B.C., where laissez-faire attitudes and consumer-environmental concerns mix with balmy weather and bike lanes, you've got the perfect conditions for an underground culture: dumpster diving.

Its attraction is as varied as the individual divers themselves. There are those who can't afford food, period. There are freegans who choose to eat only free food.

'Surplus of food'

Then there are university students subsidizing their studies with a little dumpstering on the side. Most agree on one stance, though: Dumpstering food circumvents the commoditized assembly line of store shelves that have become our society's food source.

"There's a surplus of food available in the world, and the production of more food is completely unnecessary when so much is thrown away," said Barry McEwan, dumpster diver.

His roommate, Nate Carrick, agrees.

"Throwing away food is basically wrong," Carrick said. "There's so much energy that goes into [producing] it. I don't want to support a system like that – one that's so wasteful and harmful to the environment."

The members of McEwan and Carrick's household are not only seasoned divers, but also boast a chicken coop in their backyard, constructed from foraged wood. They estimate that

95 per cent of their food is free and self-sought.

These days, Carrick only goes into grocery stores to buy ice cream.

"I don't feel tempted to buy food at all anymore," he said. "When I do, it's special."

My own freezer is stocked with bread loaves and cases of identical teriyaki sauces, while the fridge houses baffling varieties of hummus – all loot from various dumpster scores over the past semester.

Grocery store managers are reluctant to comment on the amount of food discarded each day, but all it takes is a look in the dumpster to see what sort of swag is available.

Milk and tofu days before due, canned chickpeas with torn labels, bananas ripened to a golden hue. Of course, there's also the rotted tomatoes, meat rinds, bathroom garbage bags, and more.

There are perks to the dumpster life. A dumpster diet doesn't equal a sacrifice in food quality. In fact, it enhances it, incorporating high-quality cheeses, organic produce and fine deli selections.

Ready compost

Divers who garden also have a plethora of ready compost at their – ahem – disposal. The back-alley biking is fun and initiates a back-of-the-hand knowledge of city streets. Then there's the meals.

"Dumpstering leads to more interesting culinary creations, [and] forces you to work with what you've got," said Casteneda.

McEwan reminisced about his own concoctions. "I'd normally never make a lobster tail sandwich," he said. "I mean, lobster tail is 20 bucks. Who's going to waste it on a sandwich?"

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STEPS TO SUCCESS

It's your mindset



SHANT CHAKMAKIAN

We often find ourselves idolizing people who are successful, people who "have it all."

Each person has a different idea of what success is. Some see being wealthy, happy or famous as what makes one successful.

But is success a destination, or a state of mind?

Being truly successful is a state of change that describes an upwards direction in one's life or particular undertaking. However, it is often an arbitrarily selected milestone in one's life.

As a result, success is a state of mind or a constant state of change. This state of change gives rise to the forward motion that allows one to build upon events in life; to take them toward a particular milestone.

This mindset is a healthy mix of positivity, growth and passion. The consistency of those three elements allows you to maintain an upward direction of growing momentum.

By being positive you have a dream, you see a vision and you believe in it. By always growing, you plan, evaluate and learn from your journey every step of the way. With growth, you never lose even when you miss a goal.

With passion, you always have the drive to follow through on your desires and the ambition to look for more. A healthy level of passion can be used to fuel growth and positivity.

The best test of a successful mindset is time and your consistency during that journey. This is simply because over time you are faced with many obstacles, challenges and situations; it takes someone who is dedicated to success to conquer them.

As you work on developing and mastering a successful mindset, it's important to ensure you are always working towards various milestones.

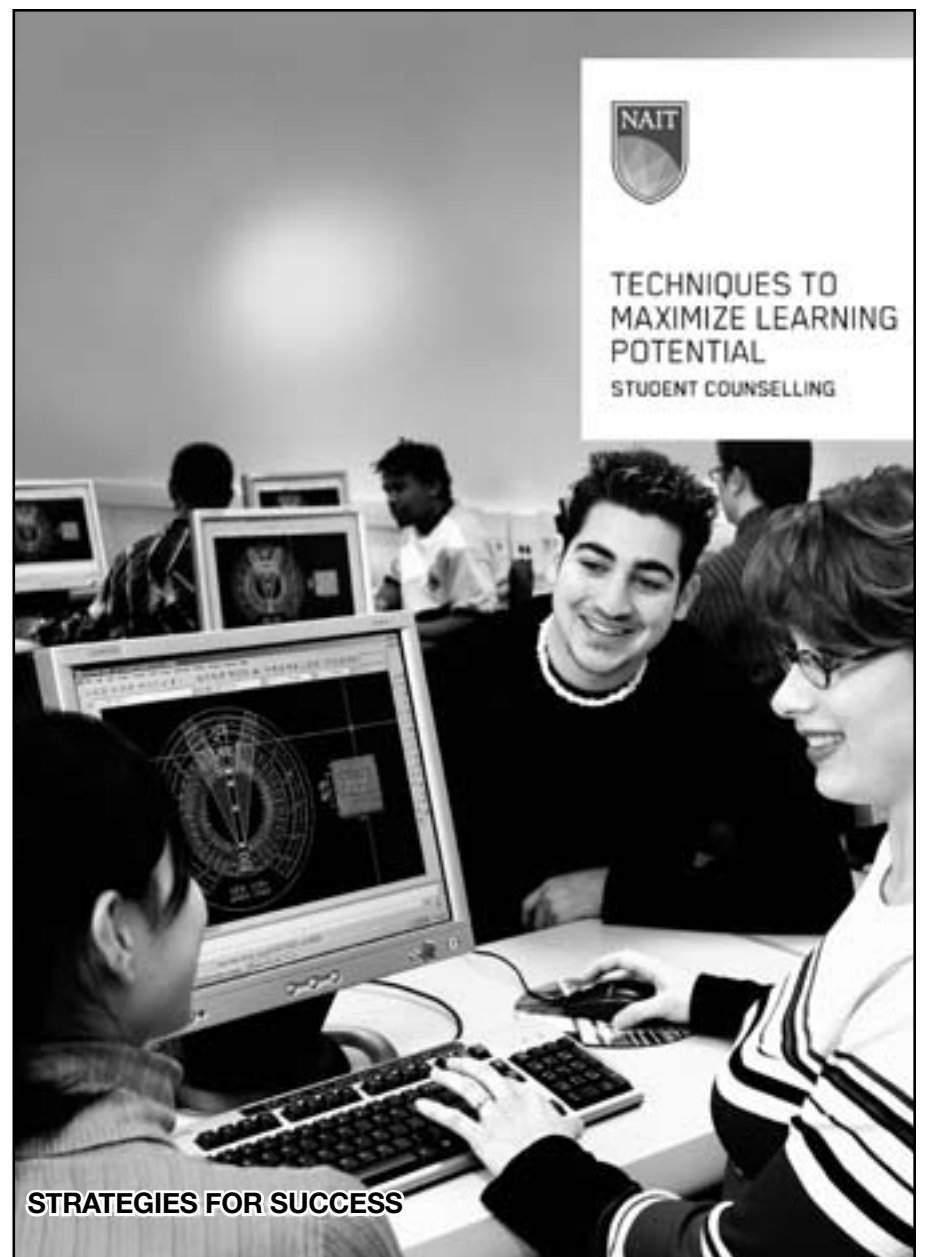
So as you move forward, always visualize what you want, plan accordingly, don't be afraid to make sacrifices, evaluate along the way and conquer your target.

It's really easier said than done. In fact, anyone can talk about it all day. However, it truly takes someone dedicated to the principle of being more than what they are for the rest of their lives to master it.

Just remember, because you conquered a few goals doesn't mean you're "successful" per say, it's just the product of a mindset. The biggest mistake most people make is to achieve something and stop, but the defining point is avoiding complacency of revelling in personal triumph and moving forward.

Always strive for more. The bar is as high as you set it and your life is only as good as you make it.

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



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CLUBS CORNER



NAITSA President Brent Constantin, left, presents Oiler tickets to visitor pass winner Evan Kontuk. Meanwhile, the DeFeYe Arts Club booth, right photo, was staffed by Jennifer Girvan, who answered questions from interested visitors.

CLUB FAIR 2009

CLUB FAIR WINNERS
First Place: Club 5 Star (Hospitality)
Second Place: Aboriginal Students Club
Third Place: Biological Sciences



Campus Culture Director Jennifer Grundke talks to students about NAITSA's FreezeOver to be held on Jan. 23.



Upcoming events

MECSA

Event: Beer Garden
When: Friday Jan. 30;
 3:30 p.m. to 8:30 p.m.
Where: 8th floor Tower Lounge
Petroleum Club

Event: Beer Garden
When: Friday Jan. 30;
 3 p.m.-11 p.m.
Where: The Annex Dock
Petroleum Club

Event: Ski Trip
When: March 6-8
Where: Kicking Horse,
 Golden BC
 Note: price is \$295/person,
 due Feb. 1

KVA

Event: Ski Trip
When: March 7 & 8 weekend
Where: Panorama/Jasper

NASS

Event: Beer Garden
When: Friday Feb. 6;
 3 p.m. to 11:30 p.m.
Where: The Annex Dock



Art Auction

Come Place Your Bid
Jan 19, 20, 22, 23
12:15-1:10
South Lobby

Mechanical & Electrical (MECSA Club) (KVA Club) Engineering Technologies

Invite you to their

Beer Gardens

FRIDAY JANUARY 30TH

AT THE TOP OF THE TOWER
 DOORS @ 3:30 PM



3 Drinks for \$10
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**If You are Drinking
 Who's Driving?**



**Chinese Spring Festival
 Gala Evening**

Just on Jan 24th, 2009, Sat
 T-8th, JR Shaw Business Tower
 Start from 6pm

2009

Tickets Sale on Jan 12th, 13th, 15th
 South Lobby
 Tickets Delivery
 Contact: benitaw@naitchina.com

TOP 10 TIPS

Managing depression



MARGARET MAREAN
NAIT Student Counselling

Feeling worthless, helpless, hopeless and constantly fatigued? Occasionally feeling sad, lonely or down is a normal part of living. However, if your symptoms last for more than two weeks, and are not due to a significant loss, there is a chance that you are suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

- Difficulty concentrating, remembering details and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Persistent sad, anxious or “empty” feelings
- Thoughts of suicide, suicide attempts

Be aware, though, that symptoms of depression can be similar to symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and mood swings.

If it is depression, try the following:

1. Develop a routine. When you are depressed it is difficult to make yourself do things, however, inaction makes depression worse. It is important to pick small goals and work on one or two of them. It is often

easier to take action when you have a routine for things such as homework, exercise, relaxation, eating and sleeping.

2. Seek supportive relationships. Most people with depression feel like withdrawing from people and activities. However, isolation and loneliness make depression worse so it is important to reach out. While you might not want to burden others with your problems, people who are close to you will want to help. Find at least one person you trust to ask for help and support. If there is no one you feel you can reach out to, you might want to consider joining a support group. Try to keep attending social activities even though they might not seem as pleasurable as they did in the past. Whenever possible, surround yourself

with people who have a positive outlook on life.

3. Challenge negative thinking. Depression colours our thinking, emotions, self-esteem, behaviours and relationships with others. People with depression often see themselves, their current situation and their future in a very negative way. Recognize that, while you are depressed, you see things as if you are looking through dark lenses. Thinking patterns for people who are depressed include exaggerating negatives, minimizing positives, overgeneralizing, engaging in black and white, all-or-nothing thinking and taking things too personally. Self talk has a big impact on how we are feeling. Be aware of your negative thoughts and ask yourself if you would talk to your best friend the same way you talk to yourself. If not, practise using gentler and more supportive messages to yourself. It is often helpful to keep a journal of negative thoughts and what triggered them, and then to look back at the thoughts and try to find more balanced, realistic and positive messages to replace the negative ones. For example, “My best friend doesn’t like me anymore because I am no fun. She hasn’t called me this week,” could be replaced with “I know my best friend is having a really busy week and she does not know how low I have been feeling. I will call her and see if she wants to get together after she is finished her project.”

4. Do things you enjoy, or used to enjoy, doing. While you may not get the same pleasure out of previously enjoyable activities, it is important to include these in your day. Make a list of activities you used to enjoy, such as going for a walk, playing with your cat, window shopping, listening to music, watching a favourite movie or reading, and set the goal of doing something on your list each day.

5. Take care of yourself. While you may feel like you just don’t care what you look like or how you are eating, taking care of yourself can make you feel just that little bit better – and feeling a little bit better can give you the energy to accomplish another small goal.

Sleep, exercise and proper nutrition all have an impact on our mood. People generally need at least seven hours of sleep each night but it is not healthy to get more than 10 hours. Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression. To get the most impact, aim for 30 minutes a

Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression.

day, but if that seems overwhelming, start with 10 minutes – walking, dancing, stationary biking or yoga – as long as you are moving, it doesn’t matter what exercise you do. Be aware that overtraining can also be a cause of depression. Eating regularly and making sure you have a balance of carbohydrates, proteins and fats in your diet is also important. Certain nutritional deficiencies can exacerbate depression or cause symptoms that mimic depression. Sugary snacks can cause mood and energy crashes.

6. Manage stress. Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression, identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for stressful times such as mid-

terms and finals. Learn to say “no” and to ask for help. Build at least a few minutes of relaxation into your daily routine.

7. Understand that you are not your depression. Depression is a set of symptoms that cause you to think, feel and act differently than you normally do. Once you get the resources and skills to manage depression, you will think, feel and act differently.

8. Be prepared to educate others. Understand that people who have not had depression will not understand what you are going through, and will not understand that “snapping out of it” is not something you can do. Letting friends and family members know what is helpful (and what isn’t) will benefit them and you.

9. Get informed. There are many good books and manuals on depression. *Feeling Good* by Dr. David Burns or *The Depression Workbook* by Mary Ellen Copeland are excellent resources. You can also print out a self help manual at <http://www.changeways.com>. Another way to get informed is to get to know yourself. Observe which people, situations or things trigger your mood to deteriorate and which tend to uplift you. Be on the lookout for things you can do that make you feel better about yourself. If you get repeated depressions, make yourself aware of the early warning signs. Depression is easier to resolve if you catch it early.

10. Seek professional help. Depression can be difficult to self-diagnose let alone resolve on your own. Don’t lose hope. Feeling better takes time but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don’t seem to be getting better, or if you are feeling too blue to make changes, it is time to seek professional help. Staff at Student Counselling are all qualified professionals experienced in working with depression and other personal, academic or career areas. You can make an appointment at Student Counselling, Room O-117; phone: 780-378-6135.

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TIP OF THE WEEK



Nervous? Take a Safe Walk



The Safe Walk program provides a safe and reliable alternative to walking alone at night on or around campus.

Safe Walk service is free of charge and is available to any member of the campus community – students, staff and faculty.

We exist so that access to the NAIT campus and surrounding

areas is never compromised for those who do not want to walk alone at night.

To use Safe Walk, call 780-471-7477 and a Control Centre officer will take your name, location and destination.

They will then dispatch a radio-equipped security officer wearing a bright yellow jacket to walk you to your destination.

You can also call from any courtesy phone or HELP phone.

Individuals requiring a Safe Walk have the option of booking walks in advance, which means an officer would be waiting for you at the predetermined place and time to walk you to your destination. If you would like to set up a pre-booked appointment, please come by the secu-

rity office.

Safe Walk’s boundaries extend from 118 Avenue to Princess Elizabeth Avenue and from 102 Street to 109 Street. Our security officers will also walk with you to the nearest bus stop.

Safe Walk: 780-471-7477

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.

STUDENT SUCCESS SEMINARS

Room X107

SESSION	DATE	TIMES
EXAM PREPARATION & WRITING	Thursday, Jan. 22	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
READING, LISTENING & NOTE TAKING	Monday, Jan. 26	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
MANAGING EXAM STRESS	Thursday, Jan. 29	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
STRESS MANAGEMENT	Thursday, Feb. 5	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20

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

For more information contact

STUDENT COUNSELLING

Room O117, South Lobby
phone 780.378.6135

Job Opening

The NAIT Campus Concession is currently seeking a outgoing, responsible, sports enthusiast to team lead our concession.

This weekend position requires a strong attention to detail, a passion for customer service and experience in food preparation and handling and sales.

If this describes you, please drop off your resume at NAITSA in E-131, attention Shannon or e-mail it to me at ShannonM@nait.ca

Closing Date: Jan. 30, 2009 at 4:30 p.m.

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: _____

Classifieds

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).



Fedor vs Arlovski
DAY OF RECKONING
FEDOR VS ARLOVSKI
JANUARY 24
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NUGGET COMICS

HIGHLY DESTRUCTIVE REPTILES		STORY RECAP...	
<p>LAST SEMESTER ON HPR...</p> <p>AS THE POP CULTURE FAIR APPROACHED SOME OF LEOMANE'S FRIENDS WERE WORRIED THAT HE MAY SPEND TOO MUCH MONEY AT THE FAIR, SO AS A CROEL PRACTICAL JOKE AND PREVENTATIVE MEASURE THEY SNUCK UP AND SHOWERED HIM INTO A CRATE.</p>		<p>AFTER BEING LEFT IN THE CRATE FOR 3 1/2 WEEKS, AMBER THEN ARRIVED HOME FROM HER EXCURSION AND LET HIM OUT. AT THIS POINT LEOMANE TOLD HER WHAT HAPPENED. THE CULPRITS STILL REMAIN A MYSTERY.</p>	
			
		<p>REVENGE, ALTHOUGH HARMLESS NERF FUN, WAS VOWED ON THOSE WHO HAD FORGOTTEN ABOUT HIM. UNSURE OF WHO LEFT HIM THERE, THE MOST LIKELY SUSPECTS WERE THIN TARGETED AND TAKEN CARE OF, THE FIRST VICTIM BEING KAMOKELIAN.</p>	
			
		<p>ONCE HE RECOVERED FROM THE SEVENTY-PART BARRAGE, KAMOKELIAN WENT OFF TO TELL THE OTHERS THAT THEY MIGHT BE TARGETS. THE FIRST ONES HE MET UP WITH WERE LARNA AND SIBILL.</p> <p>AND NOW THE CONTINUATION...</p>	
			

© 2k8/2k9, Kyle 'Leomane' Gooding

<http://hdreptiles.comicgenesis.com/>

NAITSA presents

Multicultural & Diversity Awareness Week

January 26th - 30th

International Grub Crawl - Jan. 27th

Take a tour to some of Edmonton's most unique ethnic restaurants

4:30 - Meet @ The Nest

International Fair - Jan. 28th

Check out a showcase of international performances

11:00 a.m. - 1:00 p.m.

International Beer Night -

Jan. 30th

Come to The Nest and taste some of the finest beers from all over the world.

4:30 @ The Nest



Brittany Black
and
Colleen Nuc

**If you were Barack Obama,
what is the first thing you
would do as president?**



Make friends with the Cana-
dians.

Matthew Couture
Electrical



Put out a rap album.

Janet Hoang
Accounting



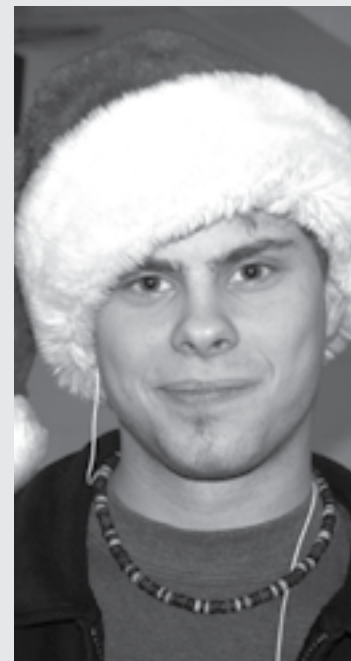
Increase spending and pro-
vide day care in post-second-
ary institutions so parents can
go back to school.

Megyn Nimcan
"Nursing" first year



Help improve the economy and
help out developing
countries.

Sahil Verma
Computer Systems Tech



Go for a cheeseburger.

Kyle Deverill
Pre-Technology

FREEZE OVER

FRIDAY, JAN. 23

**STREET
HOCKEY** 5 ON 5
TOURNAMENT

STARTS AT **3:30PM**

1ST PLACE **\$500**
2ND PLACE **\$300**
3RD PLACE **\$150**

\$50 registration fee per
team

For full event details and
team registration form
visit us at the NAITSA
Office E-131 or online at
www.naitsa.ca



6:30 PM
PRE-GAME SHOW
7:00 PM
HOCKEY GAME

**MULLETS, MUSTACHES
AND SPANDEX
ROCKCONCERT**

4:30-7:00 PM
THE NEST

DRESS UP IN YOUR BEST
ROCK N' ROLL GEAR
TO WIN!!!

PLUS WIN!
- BILERS, TICKETS
- SWAG
- AND MORE!

CHECK OUT WWW.NAITS.A.CA FOR FULL EVENT DETAILS





EDMONTON
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. (Argyll 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
8715 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 139 St.
(780) 408-8917
Mayfield Common
10608 179 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
#102 183 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) 452-1331
Trail South Corners
(780) 435-8099
Lakeland Landing Shopping Centre
(780) 476-3925
5818 Terrace Rd. NW
(780) 469-1131
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
Shenwood Centre
(780) 416-2330
SPRUCE GROVE
Grove Plaza
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(780) 458-3634

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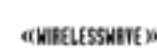


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