

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

THE NUGGET

Thursday, January 29, 2009
Volume 46, Issue 18



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

WITNESS TO HISTORY

Nugget writer Landon Hommy covers the inauguration of Barack Obama, Story, pages 14, 15



Photo by Elyse Fiore

MAKING IT WORK

Members of the St. Benedict Benbots team check out their robot at the Western Regional First Lego League Robotics Championships, held at NAIT on Saturday, Jan. 24. Children between the ages of 10 and 14 competed with their programmed robots made out of Lego. Dozens of teams from Alberta and one from Yellowknife competed. The winner was The Storm, a group of home-schooled children from the Calgary region.

READING BREAK
IN Fabulous
LAS VEGAS
NEVADA

PRESENTED BY
NAITSA

FEBRUARY
14 - 20

\$389 only
PAYMENT DEADLINE
FEB. 2nd!!!
INCLUDES GST

NEWS & FEATURES

City idling bylaw stalls

By KATHARINE HAY

Edmonton's controversial anti-idling bylaw was put on hold in favour of another educational campaign.

During the Jan. 21 meeting of Edmonton's City Council, the anti-idling bylaw was indefinitely postponed in favour of continuing an educational campaign, which will be made ready for the city by March 19. If it had passed, the bylaw would have prohibited idling of personal vehicles for more than three minutes when the temperature is warmer than minus 10 C.

According to Ward Four Coun. Don Iveson, the main reason for postponing the bylaw were the exceptions.

"There were a lot of exceptions to the main bylaw, which was don't idle your car for more than three minutes," he explained, adding that enforcement issues were brought up as well.

"We didn't think there would be an appetite for bylaw enforcement officers to be part of the enforcement, but they will be gradually introduced, providing the bylaw does pass next time around," Iveson said.

The new educational campaign does not have a form yet, although Iveson said it will be different than the last one. "There seemed to be consensus (on council) that the one ran previously was not adequate."

This statement was echoed by NAIT Students' Association president Brent Constantine, who spoke about a need for more education and awareness about the effects of idling.

"An educational campaign on campus

and around the city is needed for success," he said, stressing that much of the information readily available online does not appear to provide a complete picture of the bylaw's potential.

The anti-idling bylaw was originally proposed in 2007 by sitting Coun. David Thiele and former Coun. Michael Phair. A benefit of the bylaw as it sits currently is that it will help schools, hotels and other facilities enforce anti-idling in their parking lots and drop-off zones.

"For example," said Thiele, "schools cannot currently put signs discouraging idling in child drop-off areas as sidewalks are city property. With this bylaw, they would be able to do so."

Thiele went on to describe the possibility of complete city blocks becoming idle free.

"It's not so much about enforcement as it is about education and enabling businesses to promote cleaner air and more environmentally conscious decisions," he said.

Iveson also touched on this issue as well, stating that the educational campaign would perhaps be directed at decreasing tail-pipe emissions around schools, hospitals and other sensitive areas.

Currently, tail-pipe emissions from an average automobile are 63 grams per minute, about the volume of a regular chocolate bar.

As the bylaw is currently written, there are provisions for safety such as extra time for windshields to fully defrost, the comfort of infants or elderly passengers and potentially dangerous situations.



www.cedo.ci.burlington.vt.us

After the educational campaign, there may be changes to these exceptions. A similar bylaw has been in effect for all city fleet

vehicles, transit buses and emergency vehicles within the City of Edmonton for the past two years.

Recall issued

By MACKENZIE MARSHALL

You may want to ask your mother to start making your lunch again. Hygaard Foods, a local company based in Sherwood Park, voluntarily recalled some of its products for the second time in four months because of listeriosis concerns.

The Canadian Food Inspection Agency (CFIA) announced the recall last week. Hygaard mini pizza subs and Hygaard Little John subs with a best-before date of Feb. 10 were pulled off shelves.

Both of these products were also removed from shelves last September in the first recall of Hygaard sandwiches. The products were on shelves in Northern Alberta and Saskatchewan.

George Paleologou, CEO of Premium Brands Inc., said in September that the earlier recall was prompted by Maple Leaf's break-out of listeriosis. He said that the company then added new guidelines surrounding the deep cleaning of meat slicers. He said that recall was a proactive measure.

So far the CFIA hasn't reported any ill-

nesses. Health Canada has issued a warning that any meats that are contaminated with listeriosis won't necessarily taste or smell funny, so if you have eaten one of these products, you should contact your doctor immediately. Eating the bacteria can cause severe headaches, nausea, neck stiffness and high fevers. The elderly, children, pregnant women and people with weak immune systems are most prone to listeriosis related illness. Pregnant women should be extremely careful because the effects of listeriosis can cause an infection that can lead to premature delivery, stillbirth or infection of the newborn.

The main means of preventing listeriosis is through the safe cooking, handling and eating of food. You should always wash raw vegetables and cook raw food thoroughly, as well as reheat left over or pre-made foods like subs until steaming hot.

Hygaard Foods could not be reached for comment on the recall.

For more information on the recall, contact the CFIA at 1-800-442-2342 or visit www.inspection.gc.ca



CALL FOR NOMINATIONS NAIT Honourary Diploma/Degree

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

Do you know someone who deserves such recognition?

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

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





Photo by David Wiens

HAPPY NEW YEAR!

Amanda Wang does a dance as part of the entertainment at the Chinese New Year festivities on Saturday, Jan. 24 in the Business Tower.

High hopes

By KATHARINE HAY

Parliament returned on Jan. 26 after being prorogued since early December, when Prime Minister Stephen Harper chose to prorogue (suspend) Parliament.

Prior to members of Parliament returning, the Conservative government leaked part of its budget, which includes a \$34 billion deficit. Also included in this budget is a reported \$1 billion in aid to smaller municipalities that rely on industry to keep them afloat. At press time, these industries were rumoured to include forestry, agriculture and the automobile manufacturing industry.

James Rajotte, Member of Parliament (MP) for Edmonton-Leduc, Rajotte, states his government's main focus for the upcoming year will be getting the Canadian economy moving again.

"We have felt it (state of the global economy) in the last number of months, so there will be huge challenges in various sectors," Rajotte said, adding that he could not be more specific about how much each industry would receive.

Education, it appears, will not receive as much attention in Budget 2009 as it did in Budget 2008. "The last budget had a lot of emphasis on PSE," said Rajotte, adding, "We did increase education transfers to the provinces – particularly for Alberta."

Rajotte cited a lack of funds coming into federal coffers as a reason for the deficit budget.

Alberta's lone opposition MP, Linda

Duncan of Edmonton-Strathcona, said she is frustrated with the way the government is handling the economic downturn. "We (the NDP) just don't believe they've changed, that they really understand the need for expedited action."

Duncan pointed to the GST and tax reductions as reasons that the government is being forced into debt. "Any money spared should be put into lower income projects to address the prosperity gap. It's all about affordability," she said.

As for post-secondary education, Duncan talked about taking a more holistic approach to affordability.

"It isn't just about bringing down tuition; it's about affordable rent, books and all the other things that go along with being in school."

Opposition MPs have also criticized the government for leaking the budget so early.

"The release of this budget information was irresponsible and costly to our economy," said newly minted Liberal Leader Michael Ignatieff in a speech he gave in Toronto. Ignatieff pointed to the contrast between the currently predicted deficit and the surplus that was predicted in late December as a reason to mistrust Conservative promises.

It is possible that all this budget talk will prove unnecessary – if the proposed coalition between the Liberals and the NDP does hold. According to their own press releases, the Bloc Quebecois (BQ) will support the coalition if it does remain intact.

Chef kicks off program

By MACKENZIE MARSHALL

Celebrity chef Rob Feenie, was at NAIT yesterday (Jan. 28) to announce the new Chef in Residence Program. The program is being made possible by a \$1 million donation from the Hokanson family, a long-time supporter of the Culinary Arts program at NAIT. They donated \$1 million in 2003 to redevelop the culinary centre, which is now named after them.

Chef Feenie, originally from British Columbia, studied at the Dubrulle Culinary Arts Institute in Vancouver after an exchange program to Europe in high school seasoned his interest in cooking.

After school, he studied under top chefs in Canada, the United States and Europe. He then opened very successful restaurants in Toronto, New York and Vancouver. He's published three cookbooks and in 2005, he became the first Canadian to win Iron Chef America.

The conference took place in the U building in Ernest's Dining Room from 10:30 a.m. until

11 a.m. Chef Feenie was not only here for the event, but he'll be back from Feb. 11-13 to spend some time in the kitchen and classroom with students.

During the press conference, students were able to speak to speak to Chef Feenie about being named NAIT's first

Chef in Residence, as well as briefly discuss his career highlights and endeavours. Perry Michetti, NAIT's Associate Dean of the School of Hospitality and Culinary Arts, talked about the Hokanson donation and the future of NAIT's Chef in Residence Program. Also announced was an

opportunity to win a private luncheon prepared by students under Chef Feenie when he returns in February.

A very interesting part of the conference was that you could follow the whole thing live via Twitter. Twitter was covered in our last issue by our editor-in-chief Chris Carmichael-Powell. It has also made headlines in

the past few weeks because new U.S. President Barack Obama used Twitter his whole campaign to let people know where he was going and to ask people to get out and vote. Don't forget that you can follow *The Nugget* on Twitter as well at www.twitter.com/thenuggetonline.

You can follow the conference at www.twitter.com/nait. The discussion is searchable with the (keyword) #naitchef.

A behind-the-scenes video will also be produced and posted to www.youtube.com/techlifemag and www.techlifemag.ca later in the week.



Rob Feenie

Thinking about
your future?

Definitely. And wondering —
What am I good at? What do I
want from my career? How will
I pay for my education? What jobs
are out there? Find the answers
at ALIS. Your next steps are just
a click away.

alis.alberta.ca

CAREER PLANNING • EDUCATION • JOBS

» Make the most of your future

Alberta



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Chris Carmichael-Powell
studenteditor@nait.ca

Sports Editor

Amber Tienkamp
sports@nait.ca

Assistant Sports Editor

Landon Hommy
landonh@thenuggetonline.com

Entertainment Editor

Bryce Althouse
entertain@nait.ca

Asst. Entertainment Editor

Leanne Truong
leannet@thenuggetonline.com

Issues Editor

MacKenzie Marshall
issues@nait.ca

Photo Editor

Javier Salazar
javiers@thenuggetonline.com

Online Editor

Kathleen Versteeg
online@thenuggetonline.com

Production Manager

Frank MacKay
fmackay@nait.ca

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged.

studenteditor@nait.ca

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.

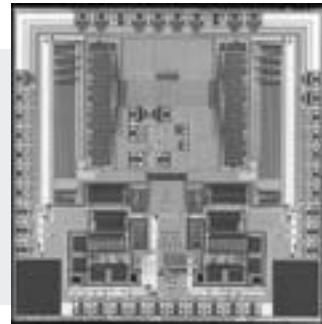
It's all good. Getting something off your chest is downright therapeutic. Write us.

*tech
talk*



SHANT CHAKMAKIAN

Call list fiasco



For those of you who hate telemarketers, you won't be delighted to hear that those who have signed up for the do-not-call list have been targeted.

The Consumers Association of Canada has been receiving complaints from people on the do-not-call list who are getting spammed with telemarketing.

Turns out that the

CRTC (Canadian Radio-television and Telecommunications Commission) sells the list online for the right price.

"You can buy any list you want of people who subscribe to the do-not-call registry online."

– Bruce Cran, president, Consumers Association of Canada

"You can buy any list you want of people who subscribe to the do-not-call registry online. The whole of Toronto costs you 50 bucks for 600,000 names," Bruce Cran, president of the CAC told the *Globe and Mail*.

"That's just perfect

for any telemarketer, because these are good names that they would otherwise have to pay money for to verify. In addition to that, there's no index list of cellphone numbers that you can get. However, people were encouraged to put their cellphone numbers on there as well," adds Cran.

Although misuse of the registry can mean fines up to \$15,000 for corporations and \$1,500 for individuals, it seems apparent that some fraudsters don't care.

What makes this situation worse is that cellphone numbers are not normally published, but

it's now easier than ever for fraudsters to get verified cellphone numbers.

The CRTC is currently investigating, while Canadians wonder if they are the ones who got sold out.

In the meantime, there is no magic way to protect yourself from someone trying to scam you, so the next time a telemarketer calls you, politely interject and asked to be removed from its list.

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.

Are you an Aboriginal student at NAIT?

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

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

Poll clerks – \$12/hour

Need extra cash after the Christmas drain?

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

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

All clerks will be paid to attend the training.

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

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

THESIS NIGHT 09

MONDAY, FEB. 2, 2009
7:00 PM
NAIT SHAW THEATRE + FOYER
FREE ADMISSION

This space is
Reserved
for your ad

Book your ad today and be seen.

Contact Shaun at : 1.866.867.0098
thenugget@cu-ads.org

cuadvertising

OPINION

— Editorial —

Change ... for our planet's welfare



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

The validity of global warming has been under scrutiny since its inception. Global warming is characterized as the warming of the earth by greenhouse gases emitted into the atmosphere, either naturally or by mankind. Many would argue that the negative effects of greenhouse gases are nothing but a sham. The one thing people are not arguing about is the fact the surface temperature of the earth has increased 0.45-0.6 C over the past century.

Should we be worried about the rise in global temperature? There are two sides in this argument, the believers and the skeptics. The believers would argue that as the greenhouse gases, such as carbon dioxide, increase, they're trapping heat in the atmosphere. If the temperature of the Earth keeps rising, it will eventually cause the ice caps to melt and sea levels to rise. This will be followed by the loss of coastlines, and an outbreak of disease in both animals and humans (among other things). I am sure there are many of you out there with a greater understanding of global warming than myself, and I encourage you to educate me. I would not consider myself a global warming expert (but I have seen Al Gore's *An Inconvenient Truth*. If you haven't, I recommend you give it a watch).

Skeptics are out there

For each and every believer out there, it is just as easy to find a skeptic. Skeptics believe global warming is not an environmental issue at all. Not only are they not concerned about the rise in temperature, they also believe our coastlines and ice caps will remain intact. "Predictions that global warming will spark epidemics have little basis," says an infectious disease specialist. Skeptics also argue that public health measures will inevitably outweigh the effects of the climate. They agree there has been a rise in temperature, but believe it is due to the observations being taken in cities and airports, which skew the temperatures higher.

A believer

I can't be sure if greenhouse gases have a significant effect on the environment, though I imagine they do. Like previously stated, I am not an expert. Nevertheless, I would consider myself a believer. Regardless of how accurate the scientists are about global warming, we all have a responsibility to the Earth and our environment as a whole. Whether it be recycling, driving fuel-efficient vehicles or using the reusable bags at Safeway, we all need to be accountable for our actions. Future generations are going to look back on the way we have treated our planet and consider us barbaric, as they should. We have polluted our oceans, cut down our rain forests and drive an average of 137 species of life into extinction every day in the rain forests alone.

It's upsetting to know we could be one of the last generations to have the opportunity to appreciate clean air and clean water. Global warming or not, we need to make a change and take care of our planet. Change starts one person at a time; let this change start with you.

The validity of global warming has been under scrutiny since its inception. Global warming is characterized as the warming of the earth by greenhouse gases emitted into the atmosphere, either naturally or by mankind. Many would argue that the negative effects of



www.topnews.in

NAIT network inadequate

By AARON NODELMAN

One would think that a school network for a technical college that pumps out more network technicians than any other college or university in town and possibly even in the whole province would have a network powerful enough to host supercomputers. If you were thinking that, then you're wrong. NAIT's networks are showing to be needlessly inadequate for the needs of the students of any field involving computers or networking.

An attempt made to download a 230 MB file at approximately 11 a.m. generally results in a download rate of between 0.2 kb/s and 0.8 kb/s on the wireless and around 5 kb/s to 10

kb/s on a wire. By the estimation of the download manager, it would take approximately one day and 11 hours to download the file on the wireless and about five hours to download it on the wire. This is unacceptable.

The file in question turns out to be a required resource for the courses I take and I'm damned lucky I have a solid connection at home or I'd never be able to download. But what happens when there are students without a solid connection at home? If all you have is the NAIT network, what can you do? Fail? No. This must be corrected.

In the past the network boasted some pretty spectacular stats, but sadly, the issue has become that there

are more and more people logging into the network every day and without increasing the resources given to the system, it will fail. It already heads that way when numerous people log into various Internet games on their breaks; anything ranging from a simple flash game or video to *World of Warcraft*. Either way, such tasks slow the already slow network down even further.

My advice? Run your downloads of anything larger than 10 MB either at home if you can, or before 9 a.m. and after 2 p.m. In the meantime, write a letter to the head of your department. If enough requests are received for a better network, it might actually happen.

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

SAIT ices NAIT's offence

By MIKE GARVIE

Despite the bone-freezing temperatures outside, the QE2 was a little hotter this weekend as the NAIT Ooks and SAIT Trojans duked it out in a home-and-home series, with SAIT winning Friday's tilt 8-2 and Saturday's rematch 3-2 in Calgary.

On Friday, Jason Gray's bullet shot deflected off Ooks goalie Travis Ziegler's glove at the 9:41 mark of the second period for the game-winner for SAIT and Kevin Lessard, Ryan Hyland and Kris Carver scored three goals before the third period was two minutes old to put the game out of reach for NAIT.

Mike Ullrich and Joel Barrett also scored in the third for the Trojans, while Blake Robson recorded two goals in the first. Ben Stokes and Brad Sinclair tallied NAIT's pair of goals, with Ziegler getting the hook in favour of Anthony Heuer after SAIT's first two goals of the final frame.

"The first two periods were a pretty good hockey game for both sides, though we took a few more penalties than perhaps we should have and they capitalized," said Ooks head coach Terry Ballard.

"I don't think we played bad, it's just some bounces didn't go our way in the third period and it unravelled."

"Do you want to lose 8-2? Not at all, but I saw good signs from some guys that didn't give up. No matter what the circumstances, they kept going forward. We thought about it yesterday and our goal in the weekend was to at least get a split out of these guys, they're a good hockey club, obviously."

Despite taking a 1-0 lead off Stokes' marker halfway through the first, NAIT was in the box for half the first period, taking five penalties, which allowed the Trojans to capitalize on the powerplay with 2:28 to go on a cross-ice pass down low to Robson to even the score. Then, with 1.5 seconds to go, Robson put SAIT ahead with a bank shot off Ziegler's right pad.

The Trojans expanded their lead to 3-1 halfway through the second on Gray's winner before exploding in the third period.

All the time spent in the box definitely slowed down the Ooks' momentum and kept some players from getting in the game as early as Ballard wanted.

"I don't think a lot of them were justified and if they were, then (SAIT was) doing things as well that the ref didn't see," said Ballard.

"We're not nearly as penalized as they are. They're the most penalized team in the league and he missed some calls and there's nothing

"I don't think we played bad, it's just some bounces didn't go our way in the third period and it unravelled."

— Ooks coach Terry Ballard



Photo by Carla Pearson

NAIT Ouk Brad Sinclair (25) takes on SAIT Trojan Mike Ullrich (9) during their game Jan. 23 at NAIT arena. SAIT won the game 8-2.

we can do about that."

Ballard's game plan for Saturday wasn't going to change much despite Friday's results. He was satisfied with the start, just not how the defence couldn't clear the puck before the period was out and save themselves a goal.

"It was a bad break at the end of the first period with Forsythe not getting that puck out. If it's out, it's a 1-1 game. That's a tough break to get over. We just want to make sure we're consistent throughout the game (on Saturday)."

NAIT was without the services of defender Kevin Reinholt for Saturday's game due to a suspension, which may have hampered the stamina of the rest of the defensive corps. Also missing from the lineup were forward Eric Son-

nenberg and Joel Henituik, both with shoulder injuries.

"That really hurts the back and that's where we suffered tonight, the back end suffered and they made some plays tonight they normally wouldn't with six D-men. Eric's a big loss, he's one of our top offensive guys and he can deliver, win faceoffs and produce."

The two forwards could return as early as next weekend, but may wait another week for precautionary reasons.

The Ooks return to action with a pair of games against the Grant MacEwan Griffins this weekend. Puck drops at 7 p.m. on Friday at Servus Place Performance Arena in St. Albert, then the action returns to NAIT Arena at 2 p.m. on Saturday.

Athletes of the week

Jan. 19-Jan. 25

Lacey Hollington Hockey



Lacey Hollington, a first-year power engineering student from Lloydminster, paced the Ooks women's hockey team to 2-1 win against the University of Calgary Dinos on Friday as she recorded a goal and an assist. Lacey also had an assist the following night in the team's 8-1 loss at home against the Dinos. "Lacey's play was as consistent as usual," said head coach Deanna Iwanicka. "We know that we can always count on her because she doesn't take any nights off. She's worked her way up to the top line and we rely upon her in all situations."

Colin Hodgson Curling



Colin Hodgson, a first-year Culinary Arts student from Lacombe, guided the Ooks men's curling rink to an impressive 7-0 record at the Winter Regional this past weekend at Red Deer College. The team's combined record now stands at 11-3, placing it first overall in the standings heading into next month's ACAC championship at Lakeland. "Colin was probably the best shooter all weekend," said head coach Jules Owchar. "I've watched him play throughout his junior career, and his talent was always apparent. His addition has really solidified this team into a contender."

A new ACAC record every game for Dale-Marie 1,743 points

On Nov. 7 against Augustana, Ooks forward Dale-Marie Cumberbatch broke the ACAC record of 1,407 total points in a career, which was set in 2001 by SAIT's Lisa Ozcan (Erickson). This past weekend (Jan. 22, 24) Dale scored 26 points in a 74-61 loss to the King's College Eagles at NAIT on Thursday, and scored 41 points in a 91-72 loss to the Eagles at King's College on Saturday. That brings her career total to 1,743 points.



Photo by Carla Pearson

Dale-Marie takes a shot.



NAHREMAN ISSA

2 minutes in the box

57th annual All-Star Game edition:

- Sheldon Souray received a standing ovation from the crowd in Montreal as he made his return to the city. Souray did not disappoint, as the blueline sniper got two goals and an assist. While he broke an Edmonton Oilers record for hardest slapshot during the club's skills competition (he clocked in at 106.7 mph), Souray finished in third with a shot registering 102.3 mph.
- Andrew Cogliano impressed

the hockey world by winning fastest skater in the league (14.31 seconds).

- Boston Bruin Zdeno Chara, standing at a towering height of six-foot-nine, broke Al Iafrate's record. The Slovakian one destroyed the competition with a blast of 105.4 mph.

- Alright, who here bet that Keith Tkachuk would get the first goal of the game? Alexander Ovechkin getting the first goal for the East makes total sense.

- Big controversy for the all-star game as both Nicklas Lidstrom and Pavel Datsyuk were suspended one game for skipping out on the game. While I feel the league needs to do something, because eventually players will start to abuse the system, I do feel badly for Lidstrom. He gets voted in every year, has been a top-player in the league, and he's tired. I understand that after he busts his ass all year, he may want a break.

- This was the largest audience for an all-star game in nine years.

More than 1.5 million people tuned in for the festivities. Saturday's skills competition earned the highest ratings ever with more than 1.3 million people watching. While critics may say the all-star game is dead, these numbers prove otherwise.

- East beats the West 12-11, needing extra time and a shootout to decide. Hometown favourite Alexei Kovalev nets two goals and the shootout winner, taking home MVP honours.

- The league really needs to

change the way they vote in players for the game. Four Habs players were voted in as starters. The NHL says this game is for the fans, as it should be. While fans should be able to vote for their top players, it needs to be fair. We don't need another Rory Fitzpatrick on our hands. What the league should do is get fans to register their vote. You'd only be allowed one vote per e-mail address. While this may not eliminate cheating altogether, I think it would be a good first start.

Hard weekend for V-ball teams

By **AMBER TIENKAMP**
Sports Editor
and **LONDON HOMMY**
Assistant Sports Editor

Losing starts kept the women's and men's volleyball teams from posting wins this past weekend during a home-and-home series against the Lakeland Rustlers.

Friday's game saw the lady Oaks come back from two sets down, including a tough 27-25 loss in the first, to force a final frame. However, it ended the way it began, as Lakeland eked out a 15-13 fifth set win.

Tied before matchup

The two teams were tied at eight points apiece in the ACAC North standings prior to last weekend's matchup.

Saturday's tilt began much the same way as the night before. Down a set, the teams swapped leads until Lakeland's Carmen Dubnick laid down a cheeky hit-net-ace, putting the Rustlers up two sets.

However, the Oaks looked poised to put together another comeback as star Katie Seys took over in the third. After knocking down two straight aces early in the set, Seys forced a Lakeland timeout with a big smash down the left court to put the Oaks up 21-17. The Lakeland timeout didn't help as Seys came right back with two more strikes to force yet another timeout, and completed the win with a huge block for her fifth straight point.

But Lakeland's consistent serving and strong net play proved to be the difference as the Rustlers closed out the win with a 25-20 fourth set win.

NAIT hopes to get back on track this weekend when they travel to Grande Prairie.

Meanwhile, the men, trying to redeem themselves after losing three straight to the Lakeland Rustlers the

night before, stepped onto the court. Tied with Lakeland for fifth in the North division and playing without leading hitter Ted Tourneur (broken elbow) the two points would either retie the two teams, or give Lakeland a four-point lead over the Oaks.

The first set saw the Oaks get down early in front of the home crowd with a disappointing score of 13-25. Head coach Simon Fedun moved his lineup slightly for the second set, which seemed to help the Oaks, and with the set tied 4-4, Scott Lefebvre picked up a point off a missed block, and the next two points were thanks to Daniel Franks, giving the Oaks a 7-4 lead, and causing the Rustlers to call a timeout.

The set continued to be close, with both teams blocking well but missing serves, which allowed each team to keep the game close. Unfortunately, with the set only a two-point game at the end, another missed serve and a missed dig by the Oaks left NAIT down 2-0, heading into a must win third set.

Weekend sweep

Lakeland came out ready to take the third set and the two points, and as the Oaks continued to serve the ball out or into the net and miss blocks, the Rustlers capitalized on every opportunity, and led the game 16-9. Lefebvre lifted the spirits of the team and the crowd for a few moments when he had a crushing hit straight down between two blockers, but Lakeland was just too strong.

NAIT never led the set, although they managed to pull close, 22-23, but the Rustlers walked away with two points Saturday and Sunday.

Come watch the last home volleyball games of the season as the Oaks take on King's College, on Feb. 2 at 6 p.m. and 8 p.m.

NAIT Oaks Dan Franks spikes the ball against Lakeland on Sunday at the NAIT gym. The NAIT men lost both weekend games by 3-0 scores.

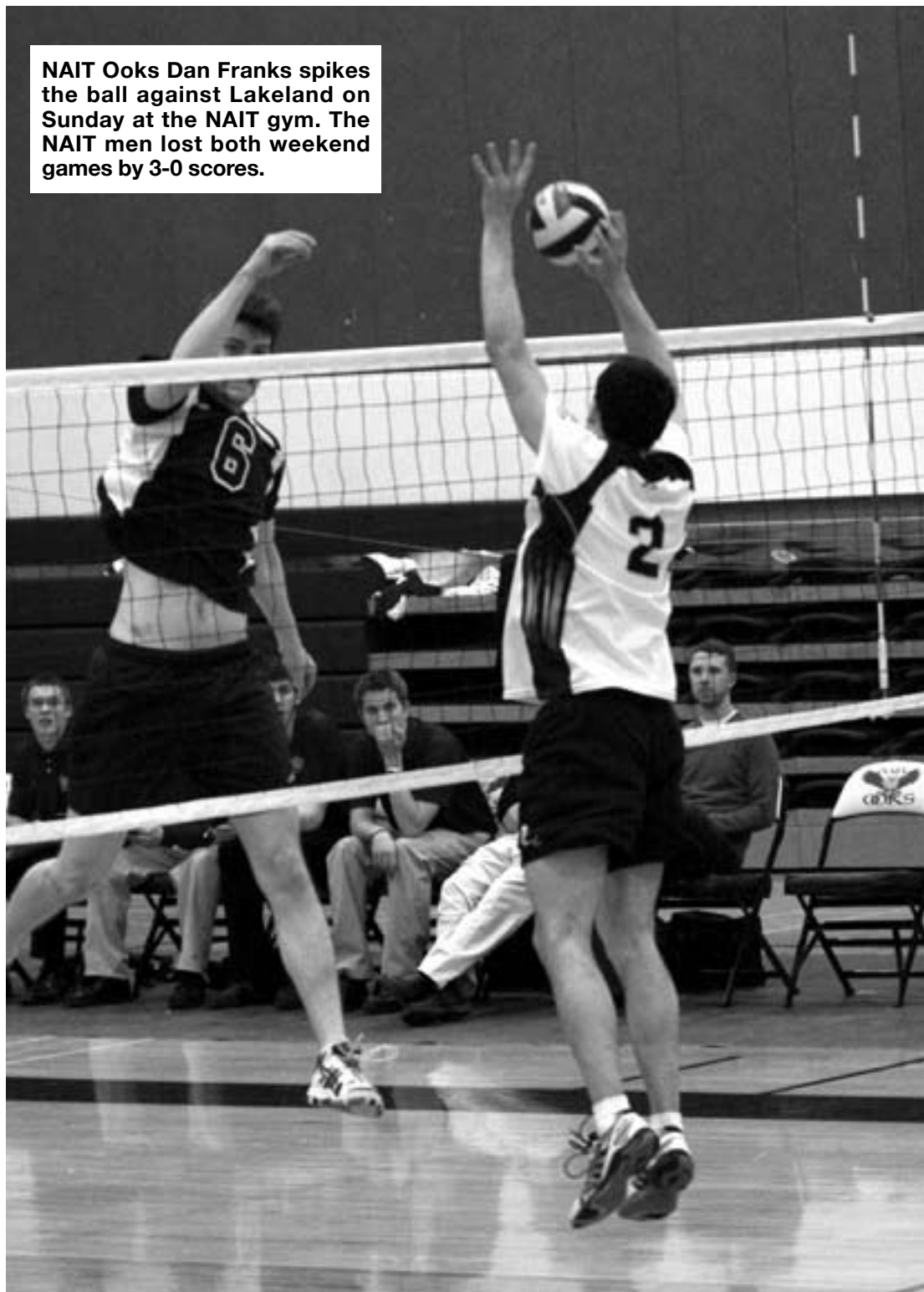


Photo by Carla Pearson

SUPERBOWL

Pittsburgh versus whom?

By CURTIS DIXON

The Superbowl has seen its fair share of surprises over the past few seasons. The sixth-seeded 2006 Pittsburgh Steelers' victory is one that comes to mind. The Giants' win last year as the fifth seed is another. However, despite the intrigue of these two underdog stories, neither would come close to what the Arizona Cardinals have a chance to do in this Sunday's Superbowl XLIII.

The Cards' may be division winners, but having only won five play-off games in its history, and having never been to the big game, if they won this weekend it would be one of the most surprising events in recent sports history.

This is a team that in the regular season couldn't stop anybody. They had the 19th best defence in the league and couldn't win a game without throwing the ball at least 60 per cent of the time. Those are not statis-

tics Superbowl teams are supposed to have. Or how about the fact that they posted a 9-7 record in not one of the weakest, but *the* weakest division in the NFL, the NFC West? Six of the Cardinals' 16 games were against bottom feeders Seattle Seahawks, St. Louis Rams and San Francisco 49ers – and they didn't even win them all.

Arizona's only real victory over a powerhouse team came against the Dallas Cowboys, who, I might add, missed the playoffs. However, given that Dallas was playing well at the time, it was a big upset – even though the Cardinals needed a rare blocked field goal to win it.

Granted, the Cardinals' defence has improved immensely, forcing turnovers all over the field. But you can't assume they will keep it going after wallowing in mediocrity all season long.

Now here's the obvious reason why Arizona is in tough ... they're

playing the Pittsburgh Steelers. This Pittsburgh team has the capability of making the Cardinals look just as bad, if not worse, than they have all year long. Everyone always talks about the "Steel Curtain" of the 1970s. Well, I have news for those people: this Pittsburgh defence is making its own case as one of the best ever. No team allowed fewer passing yards, rushing yards or points per game this year than the Steelers. When was the last time a defence could say that?

Some would say that the combination of Kurt Warner and Larry Fitzgerald/Anquan Boldin is too much for any team to handle. But if we know that, you can bet that the Pro Bowler stacked Steeler defence does too. Lamar Woodley, Troy Polamalu, James Harrison and Casey Hampton will be so aggressive in pressuring Warner and smothering his receivers that it's difficult to imagine Arizona putting together a lengthy drive.



www.bidalimo.com

Let's not forgot about the offence, either. True, Pittsburgh's No. 1 wide receiver Hines Ward will be out of the lineup.

But quarterback "Big Ben" Roethlisberger, with his calm and cool demeanour, will be comple-

mented by a solid rushing attack and should have no problems in posting up some offence.

All this considered, I foresee the Pittsburgh Steelers picking up their second title in four years. The score? Let's say 29-17.

ACAC Standings

MEN'S HOCKEY								
Team	GP	W	RW	L	OTL	GF	GA	Pts
SAIT	22	20	18	0	2	124	53	42
Concordia	22	16	15	4	2	96	55	34
NAIT	22	14	11	6	2	99	83	30
Mount Royal	22	15	10	7	0	83	67	30
Portage	22	7	4	13	2	61	92	16
Augustana	22	6	5	13	3	64	94	15
MacEwan	22	7	4	14	1	65	104	15
Briercrest	22	3	3	13	6	51	95	12

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

RESULTS
Jan. 23
SAIT 8, NAIT 2; Augustana 4, MacEwan 3 MRC 5, Briercrest 0; Concordia 4, Portage 0
Jan. 24
SAIT 3, NAIT 2; MRC 4, Briercrest 3 (OT)
Portage 4, Concordia 3 (SO); MacEwan 4, Augustana 3 (OT)

WOMEN'S HOCKEY								
Team	GP	W	RW	L	OTL	GF	GA	Pts
U of C	16	13	10	3	0	51	21	26
SAIT	16	11	11	5	0	54	41	22
Red Deer	16	8	7	6	2	41	38	18
MacEwan	16	6	5	7	3	41	45	15
NAIT	16	6	5	8	2	35	56	14
Mount Royal	16	4	2	11	1	32	53	9

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

RESULTS
Jan. 22
RDC 2, MacEwan 1
Jan. 23
NAIT 2, U of C 1; SAIT 4, MRC 3
Jan. 24
U of C 8, NAIT 1; RDC 3, MacEwan 2; SAIT 2, MRC 1

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia	20	18	2	36	1664	1340
MacEwan	18	12	6	24	1477	1336
Lakeland	18	12	6	24	1591	1499
NAIT	20	9	10	18	1309	1269
King's	20	6	13	12	1422	1562
Grande Prairie	18	5	13	10	1224	1447
Augustana	18	3	15	6	1408	1642

South Division						
Team	G	W	L	Pts	PF	PA
Mount Royal	16	14	2	28	1313	1021
Red Deer	16	12	4	24	1253	1043
Lethbridge	16	11	5	22	1284	1084
Medicine Hat	16	6	10	12	1197	1295

SAIT	16	4	12	8	1096	1266
Briercrest	16	1	15	2	896	1330

RESULTS
Jan. 22
King's 74, NAIT 71
Jan. 23
Concordia 95, Augustana 68; Medicine Hat 73, Briercrest 63; Lakeland 82, MacEwan 79; MRC 74, RDC 71; Lethbridge 75, SAIT 56
Jan. 24
King's 71, NAIT 63; Medicine Hat 80, Briercrest 69; Concordia 107, Augustana 49; Lethbridge 94, SAIT 56; MacEwan 90, Lakeland 65; MRC 77, RDC 59

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
MacEwan	18	16	2	32	1371	1174
Concordia	20	15	5	30	1576	1340
King's	20	13	7	26	1405	1268
Grande Prairie	18	13	5	26	1308	1274
NAIT	20	4	16	8	1336	1527
Lakeland	18	3	15	6	1122	1263
Augustana	18	2	16	4	1138	1410

South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge	16	15	1	30	1272	931
MountRoyal	16	12	4	24	1135	880
SAIT	16	10	6	20	1098	1035
MedicineHat	16	8	8	16	957	964
Briercrest	16	2	14	4	889	1184
RedDeer	16	1	15	2	817	1174

RESULTS
Jan. 22
King's 74, NAIT 61
Jan. 23
Concordia 65, Augustana 49; Medicine Hat 63, Briercrest 47; MacEwan 64, Lakeland 51; MRC 83, RDC 58; Lethbridge 82, SAIT 37
Jan. 24
King's 91, NAIT 72; Medicine Hat 71, Briercrest 63; Concordia 65, Augustana 50; Lethbridge 87, SAIT 71; MacEwan 72, Lakeland 62; MRC 81, RDC 43

MEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan	16	13	3	44	17	26
Grande Prairie	16	12	4	38	18	24
Keyano	16	11	5	34	21	22
King's	16	6	10	25	39	12
Lakeland	16	4	12	21	38	8
NAIT	16	2	14	16	45	4

South Division						
Team	MP	MW	ML	GW	GL	Pts
Medicine Hat	16	11	5	41	29	22

Mount Royal	16	11	5	40	19	22
Red Deer	16	9	7	35	30	18
SAIT	16	8	8	28	31	16
Briercrest	16	6	10	26	38	12
Lethbridge	16	3	13	20	43	6

Note: Keyano College forfeited 2 games (Oct. 24 & 25)
RESULTS
Jan. 23
SAIT 3, Lethbridge 1 (25-20, 24-26, 25-21, 25-21)
MacEwan 3, GPRC 0 (25-12, 25- 23, 25- 21)
Medicine Hat 3, Briercrest 2 (22-25, 25-23, 23-25, 25-22, 15-13)
MRC 3, RDC 0 (25-22, 27-25, 26-24)
Keyano 3, King's 1 (22-25, 28-26, 25-17, 25-13)
Jan. 24
Lakeland 3, NAIT 0 (25-20, 25-15, 25-18)
MacEwan 3, GPRC 0 (25-16, 25-16, 25-18)
Briercrest 3, Medicine Hat 2 (25-21, 25-23, 20-25, 20-25, 15-10)
Keyano 3, King's 0 (25-18, 28-26, 25-16)
RDC 3, MRC 2 (26-24, 25-18, 23-25, 19-25, 15-12)
SAIT 3, Lethbridge 1 (25-22, 26-24, 27-29, 25-22)
Jan. 25
Lakeland 3, NAIT 0 (25-13, 25-21, 25-23)

WOMEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan	16	16	0	48	10	32
Grande Prairie	16	12	4	39	21	24
King's	16	9	7	35	25	18
Lakeland	16	6	10	23	35	12
NAIT	16	4	12	20	41	8
Keyano	16	1	15	12	45	2

South Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer	16	15	1	46	11	30
Mount Royal	16	13	3	42	12	26
SAIT	16	6	10	27	34	12
Briercrest	16	6	10	23	35	12
Medicine Hat	16	4	12	19	39	8
Lethbridge	16	4	12	15	41	8

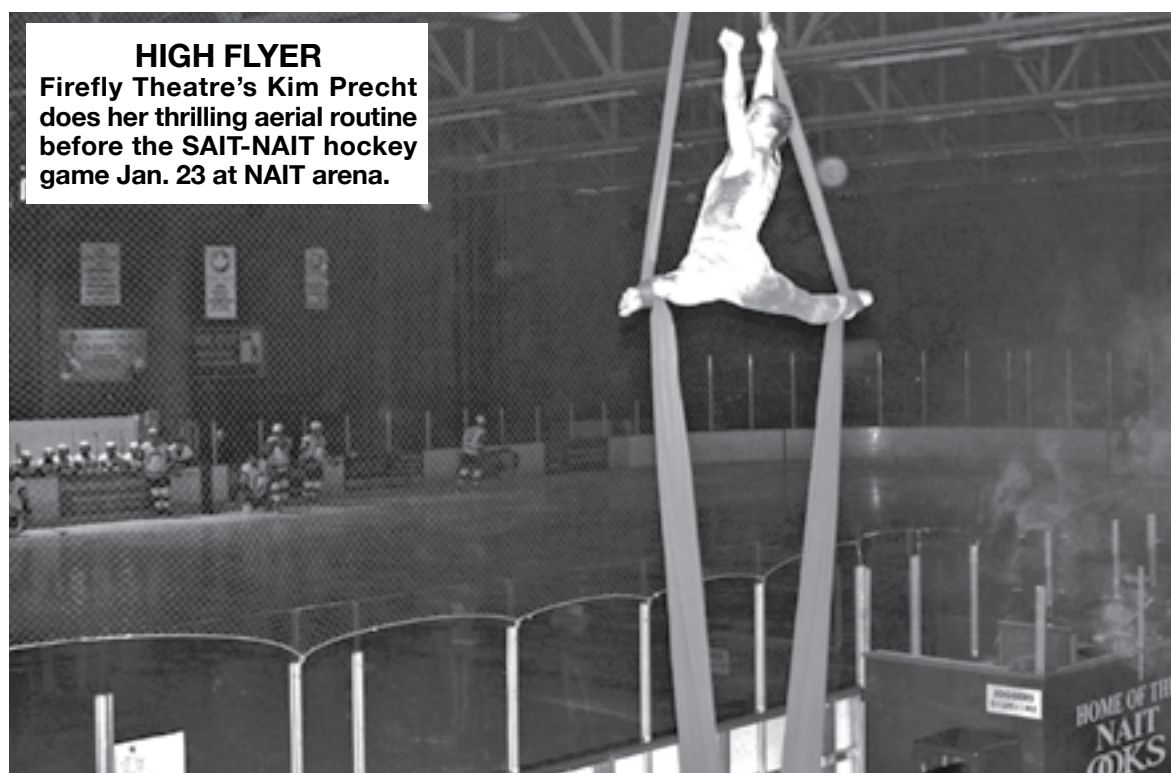
RESULTS
Jan. 23
Lethbridge 3, SAIT 2 (25-20, 25-22, 19-25, 22-25, 15-12)
MacEwan 3, SAIT 2 (25-21, 20-25, 25-27, 25-15, 15-8)
Medicine Hat 3, SAIT 2 (25-15, 26-24, 25-18)
RDC 3, MRC 2 (21-25, 27-29, 25-19, 25-17, 15-13)
King's 3, Keyano 1 (25-18, 25-15, 20-25, 25-19)
Jan. 24
Lakeland 3, NAIT 2 (27-25, 25-11, 14-25, 14-25, 15-13)
MacEwan 3, GPRC 0 (26-24, 25-15, 25-17)
Medicine Hat 3, Briercrest 1 (25-16, 28-26, 23-25, 25-23)
King's 3, Keyano 0 (25-18, 25-20, 25-16)
RDC 3, MRC 0 (25-21, 25-15, 25-18)
SAIT 3, Lethbridge 0 (25-22, 25-19, 25-21)
Jan. 25
Lakeland 3, NAIT 1 (25-22, 25-23, 17-25, 25-20)



Photo by Carla Pearson

AN OILER'S NIGHT OFF

Oilers' star Ales Hemsky takes in the Oaks mens' hockey game against the SAIT Trojans on Jan. 23.

**HIGH FLYER**

Firefly Theatre's Kim Precht does her thrilling aerial routine before the SAIT-NAIT hockey game Jan. 23 at NAIT arena.

Photo by Jenna Turner

NEW!**5 minute Videos:**

- How to be Successful at Math
- How to Get the Most Out of Reading
- Make the Most Effective Use of Study Time

Go to: www.nait.ca/counselling

Interested in
student
politics?

Yes?

Run for the NAITSA 2009 General Elections!

- Nominations Open: **January 6th**
 - 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

ENTERTAINMENT

Hot time at FreezeOver



BRYCE ALTHOUSE
Entertainment Editor

Two hundred dollars. I still cannot believe that I managed to spend \$200 in one day without much to show for it beyond a couple of new T-shirts, a VIP card from the Ranch and a hang-over that lasted a good part of the weekend. This incredible adventure was definitely kicked off and made possible by the “Mullets, Mustaches and Spandex” party down at the Nest on Friday night.

There were key ingredients at the Nest which led to the later drunkenness and debauchery of the evening: \$3 cans of beer, classic bar tunes provided by “the Kickit Bros.,” the good company of random people I met and an unpublicized appearance by a dance troupe that was apparently called the “Fly Girls.”

Now, the Kickit Bros. were alright and had impressed me with their numerous Beastie Boys references in their cover songs, but

feed me a large amount of cheap beer (and rye) and then throw in a troupe of less than fully clothed women (who did an EXCELLENT and well choreographed dance routine) and you have the makings of a FUN time. It was also worth noting, that even after we got kicked out of the Nest at closing time, we were still left with enough time that we were able to catch the third period of the hockey game and attempted to cheer on the Ooks to rally back against SAIT.

When asked about her thoughts on the turnout at this FreezeOver event, VP Campus Life Michelle Goulet replied: “There was a great turnout at the event. I think the biggest draw was the \$3 beers. The cover band and dancers were great, everyone seemed to enjoy them ... especially the dancers. The performer from Firefly Theatre at the opening ceremony was awesome. I think the crowd really enjoyed that! Even though FreezeOver this year was a much smaller event than last year, it was still a sweet night!”

So there you have it, the entertainment side of FreezeOver was a blast and you missed out if you were not there. Not all is lost though. Check the NAITSA website for upcoming events, add NAITSA on Facebook for event invites and maybe stop by the Nest once in a



Photo by Jenna Turner

Stew Kirkwood, left, and Neil MacDonald of Kickit Bros. entertain at the Nest on Friday night (Jan. 23).

while and check the chalkboard by the bar.

Otherwise, you'll keep missing out on the start of many fun adventures. As for my adven-

ture, maybe I'll be able to tell the story after I'm sure that the police and fathers of many daughters are no longer looking for me ...

NAITSA Presents...

INDIE NIGHTS

@ THE NEST

chasing jones

FEB. 5
@ THE NEST
4:30PM

FREE CONCERT SERIES

STUDENTS' ASSOCIATION www.naitsa.ca THE NEST facebook Visit us on facebook

zen 禅 retreat

March 6th – 8th
relax. rewind. rejuvenate.

FAIRMONT HOT SPRINGS

2 NIGHTS at the Fairmont Hot Springs with access to all amenities

TRANSPORTATION

TWO SPA TREATMENTS:

- facial with lip treatment • sports pedicure
- 1/2 hour relaxation massage • mud soak

Visit the NAITSA office (E131) to book your spot. Final payment must be received by Feb 27.

\$300

STUDENTS' ASSOCIATION www.naitsa.ca facebook Visit us on facebook

FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



LEANNE TRUONG
Assistant Entertainment Editor

This week on \$3.99 mix-tape, I wanted to put together a list that was influenced by memorable moments from the past week. If you were the only person who was hiding under a rock and not tuned into the 24-hour broadcast of Barack Obama's inaugu-

ration, you would have missed out on Beyonce's awesome rendition of Etta James's *At Last*. The original song always seems to appear on cheesy food commercials when an actor is shown, in slow motion, delightfully stuffing a highly fat saturated and caloric piece of food into his or her mouth.

But that wasn't the vibe I was getting when Beyonce serenaded the scene as Barack and Michelle danced their First Dance. It was quite beautiful and it brought warmth to my heart to see so much love radiating from the couple. It brings back the "old school" era when music was classic and tasteful.

Another musical influence was when rap was at a better time ... no shoutouts, no silly rhymes ... no money flaunting and no product endorsement. I'm talking *Notorious*, that is. The movie was of course packed with most of his songs,

but it was reminiscent of my good ol' junior high days when anyone who was anybody listened to these songs non-stop. Included are also current songs you might want to check out. Enjoy!

1. Beyonce – At Last
2. Notorious B.I.G - Notorious
3. Jason Mraz Ft. Colbie Caillat – Lucky
4. Danny Fernandez – Fantasize
5. Notorious B.I.G – Hypnotize
6. Kanye West – Heartless (R.Kelly remix)
7. Britney Spears – Circus
8. Kelly Clarkson – My Life Would Suck Without You
9. Notorious B.I.G – Party & Bull----
10. Puff Daddy & Faith Evans – Missing You

Indie Night one of the best

By **BRITTANY BLACK**

Last Thursday's Indie Night at the Nest was an interesting juxtaposition of bands. MOBADASS: Bob Marley meets Jack Johnson – and The Faunts: a Mogwai/Sigur Ross hybrid. Nonetheless, the unusual mix of bands made it possibly the best Indie Night the Nest has ever presented.

Earl Pereira, the lead singer of the Saskatoon band, MOBADASS, is the former bassist and co-founder of the well-known Canadian band, Wide Mouth Mason. Earl, along with his band members, Ryan Unger and

Jason Hattie, proved to be energetic, in-your-face, crowd pleasers.

When asked if they could open for any band in the world, dead or alive, they answered "Sublime and No Doubt." And there is no doubt that Earl has been influenced by both of these bands when writing his songs. Their newest album, *Island Rock*, has the ability to smooth out original, edgy sounds.

Island Rock is available on iTunes, so you should check it out. Songs like *Reggae on Broadway* (whose lyrics sounded very much like a dedication song to my high school

dream, Brittany's on Broadway) and *We Shall Live*, will give you a good idea of what these guys are all about.

Next, the Faunts f-L-aunted their ability to craft avant-garde, alternative and, most importantly, good music.

You may have heard about the Faunts after they were exposed to over a million people worldwide when their track M4 was featured in the closing credits of the popular Xbox 360 game, *Mass Effect*. I asked bassist Scott Gallant how

they felt about so often being associated with video games since the eruption of M4. He replied: "We don't necessarily



Photo by Melissa Carriere

Earl Pereira

want to be associated with video games. We're a band that gets together to have fun and write music"

The "boy band" of five includes the Batke brothers, Rob, Tim and Steve, bassist Scott Gallant and drummer Paul Arnusch. They play exceptionally well, with exclusive guitar sounds, exotic loops and the epic Theremin (an

electronic instrument that is controlled without any contact from the player). Artists they look up to: Tim said Phil Collins and Paul said Lee Hazelwood.

Most of the songs they played were from their previous album, *High Expectations/Low Results* but they did play a few new songs that will be featured on their upcoming album *Feel. Love. Thinking. Of.* to be released Feb. 17.

Overall, The Faunts were the ideal way to end this or any other night. They are playing again on Thursday, Jan. 29 at the New City Likwid Lounge at 9 p.m. with Cadence Weapon. Tickets are \$5.

Nursing
Accounting
Early childhood care and education
Arts and cultural management

**Learn at your own pace.
And place.**

15 Alberta colleges and technical institutes
400+ online courses
30+ online programs
1 location

Online learning gives you the flexibility to:

- Complete your courses and program at your own pace
- Learn from home without having to travel to a campus
- Pick up a course that's not available on your home campus

You may be able to apply an online course offered by any eCampusAlberta member to your current program of study. Or, begin a new program entirely online.

Our 24-7 technical support ensures you're never on your own.

Register now or learn more at:
[**www.ecampusalberta.ca**](http://www.ecampusalberta.ca)

eCampusAlberta.ca
 Where life and learning click

Marketing
Human resources management
Travel counsellor
Virtual assistant

A Notorious rise and fall



LEANNE TRUONG
Asst. Entertainment Editor

I have a confession to make ... I acted like a child longing for a lollipop, and because of that, I went to watch the movie *Notorious*.

Sigh, now that I have that off my chest, let me elaborate on my analogy. Viewers are like children, a movie trailer is like the lollipop and the flavour is like the moral of the story ... and sometimes there are mystery flavours, which usually turn out to be the really good movies.

Notorious, however, was no mystery flavour. It was more like cherry flavour, a typical biopic with a meaningful message, but rather bland and nothing more.

The film's marketing team targeted viewers like me through their appetizing trailer, so I went to watch the movie ... even though I, like everyone else kind of knew what happened to Biggie Smalls during his rise and fall. The movie was just as I expected, it had it all ... rap, vio-

lence, sex, profanity, drugs and nudity ... (all the good stuff of course) all packed into two and a half hours.

Jamal Woolard, who played Biggie, aka Christopher Wallace, to the T, looked and acted the part of the rapper (especially when he had the Versace shades on with the thug smirk). Biggie's real son, Christopher Jordan Wallace, was the actor who played him at a young age. His performance was short, but impressive. The movie depicted Wallace's upbringing by his single mother, Violetta (Angela Bassett) as they struggled to survive in Brooklyn. He, of course, got influenced by the wrong crowd and chose the thug lifestyle, had brushes with the law and turned to rapping to support his newborn child, Tyanna.

The journey through Bad Boy Records begins, and along with the life, are also all the women ... from his fierce protégé Lil' Kim (Naturi Naughton) to the widowed Faith Evans (Antonique Smith) and the cat fights and bickering that made them shine in the movie.

Puff Daddy was played by Derek Luke, and although he looked nothing like Puffy, he had the awful dancing and Puff Daddy likeness down to the bone. Most of Biggie's entourage was included in the film, along with real clips from the media. They also tied

in the conflict with the Death Row clan, which ultimately (and apparently) brought the notorious rapper down. The movie had my attention for the most part, but towards the end when I knew what was going to happen and was anticipating the end, it just kept on going. The film, however, was trying to portray Biggie as more of a man of redemption ... and towards the end of his life, was just trying to make good in everything he did and with the people in his life.

This movie wasn't as gangster as I thought it would be, but strives to make people have more understanding of what really happened between two of the best rappers that ever existed. The movie coincidentally came out the weekend before Obama's inauguration and Martin Luther King Day, and perhaps tied in with the whole theme of change in America. *Notorious* did start off with impressive box office charts as it reeled in \$21.5 million in tickets to finish its opening week at No. 4, making it the biggest opening weekend for the production company Fox Searchlight Pictures.

Overall, *Notorious* was a tad long, but the music was awesome and it was entertaining, especially with all the little details that weren't already known to the public. But for the mega Biggie fan, this will be that delectable



music.aol.com

Notorious BIG

lollipop with a satisfying flavour.



LAUNCH OF THE NEW OOK

To be followed by:
109th Street Hockey Challenge:
NAIT vs MacEwan College
Sat. Jan. 31 at 1:50 p.m., NAIT Arena

ONE NIGHT ONLY!
VIP
CARD PARTY FRIDAY JANUARY 30TH

GET YOUR 2009 RANCH VIP CARD FOR ONLY \$25!
ENJOY FREE ADMISSION, PRIORITY ENTRANCE FOR YOU
AND GUEST AND SPECIAL VIP DISCOUNTS ALL YEAR LONG!

THE RANCH

6107 104 ST. THERANCHROADHOUSE.COM 780-432-2582



UFC⁹⁴
WORLD WELTERWEIGHT CHAMPIONSHIP
ST-PIERRE²
VS PENN
SATURDAY, JANUARY 31ST
DOORS AT 7PM • SHOW AT 8PM
LIVE ON UNION HALL T.V.
Argyll and 99 St. • 780.702.2582 • unionhall.ca



Miller XLT
GENUINE DRAFT 4.00

SUPER BEER PARTY
SUNDAY FEBRUARY 1ST

FIRST QUARTER SPECIAL
35¢ WINGS HOUSE RULES APPLY
\$16 BUCKETS OF MGD
4 BOTTLES/BUCKET. \$4 EACH.
PLAY PREDICT THE FIRST TOUCHDOWN AND WIN!

Hudsons
CANADIAN TAP HOUSE



INAUGURATION 2009



Hope and celebration

Nugget Assistant Sports Editor Landon Hommy travelled to Washington last week to cover the inauguration of Barack Obama as the 44th president of the United States and the first black person to receive this honour. He also managed to attend some of the festivities surrounding the event.



By **LANDON HOMMY**

WASHINGTON – “Is the purpose of your trip primarily business or pleasure?”
“Pleasure.”

“You here to see a little history, huh? Good for you,” said the man before me, and smiled.

I hesitated while taking back my passport. I’d never seen a U.S. Customs officials smile, let alone invite a feeling other than trepidation upon entering the country. For someone who travels, it was the equivalent of Paul McCartney throwing you a private concert. I expected a pat-down, bag search or a game of 21 questions. Not a “good for you.” Airport security should exploit this week of celebration and reinforce their nation’s decaying image of power by way of the rubber glove and fingerprint pad. After all this wasn’t an ordinary day of security checks and stressed out travellers. This was the week of Barack Hussein

Obama’s Inauguration as the 44th President of the United States of America. And yet the official smiled.

It was Sunday, Jan. 18, two days before one of the most significant dates in our lifetime, and I was on my way to Alexandria, Virginia, about a 15-minute drive from downtown Washington. Like so many other beginnings in a foreign place, it often starts with a cab driver.

I’ve always liked cab drivers. They’re the pulse of a city; the litmus of the people, hearing the confessions and opinions of both rich and modest, conservative and liberal. This one was no different. Earlier that day the big star-studded concert at the Lincoln Memorial had wrapped up. He couldn’t stop talking about how he’d never seen anything like it. There were bridge closures, road closures and naturally, a huge increase in taxi fares. “How many people are in town this week? I asked. “Some say 2two million, maybe more,” he blurted out as if he’d answered it a thousand times already. I echoed his awe by repeating the number, but I couldn’t really comprehend what it meant. After all, I’d never seen that many people.

We rolled up to my home-away-from-home, a Victorian-

It was amazing how much hope and excitement could be held by so many people and directed toward one man.

style townhouse straight out of a Charles Dickens novel. The couple who opened the door, Jeff and Linda, whom I’d never met or spent more than a minute on the phone with, seemed to confuse me with a family member they’d seen at Christmas. Food was on the table, my room was set up and their chance to offer up a local’s perspective on

the events to come and how to get around was clearly something they were looking forward to. They were friends of a friend and everything from supplying me with metro maps to giving mini-tours around town was their way to help a college kid from Canada feel comfortable. I couldn’t help but smile.

MONDAY, JAN. 19: Martin Luther King Jr. Day. For those of you living on the moon for the past 50 years, there’s irony in that. The great clergyman and social activist once expressed a hope, that in 40 years time, America would see its first black president. Now, almost to the day, that wish came true. And yet a veil of something incomprehensible followed me around that day; a history of pain meeting a future of change seeped from every line of people, every television broadcast and every office of government around the city.

I was with Mike Evans, the man who invited me down there in first place. Originally from Hawaii, he’s a radio personality out of Hollywood. A pretty good one too, if the number of stations he reports to daily is any indication. Celebrity gossip is his shtick you might say, but the Aloha spirit is his birthright. Throughout our time there he would strike up a conversation with countless people, ask where they were from and just get them to loosen up. I could tell right away that the classic Canadian mild manner wasn’t an option around this guy. He was nothing but smiles.

We were on our way to Capitol Hill to meet Hawaiian Senior Congressman Neil Abercrombie. We witnessed a sign of things to come as we snaked around the various buildings in endless lines of people who were hoping to score a ticket to the big show from their representative in office. It was cold too, even for me. But with Mike at the ready, it didn’t take long to have a half dozen people on either side of us talking college football or how Obama was going to make everything alright. It was amazing how much hope and excitement





INAUGURATION 2009



Chip Somodevilla/Getty Images – www.boston.com

Sen. Barack Obama at a rally in the Taco Bell Arena at Boise State University in Boise, Idaho during his campaign.

could be held by so many people and directed toward one man. Scratch that. It was becoming clear that Obama's strength lies not in drawing positive feelings toward himself, but in forcing others to bring them out in each other. It dawned on me that, no matter how cold the weather, how long the lines or how bad things were in the last little while, there was hardly a sour face, hardly a negative attitude or rude comment amongst those thousands of people. In all seriousness, by the end of the day, I hadn't encountered one.

Inside Abercrombie's office, I was sure the secretary was going to throw down a case of beer and turn on the game. It was a party not a work-day. Aside from answering a few calls or turning away people in search of ceremony tickets, the staff's main occupation that day was schmoozing with local Hawaiians. Mike didn't mind that, and neither did I since I've always been a fan of tropical islands as a topic of conversation.

When the congressman took us into his office, he sat us amongst the Hawaiian memorabilia, spread around a can of macadamia nuts and spoke to us as though he had nothing else to do that day – as though we were his only appointment. He was a stout man, physically commanding nothing more than a gentle glance. But when he spoke, people listened. He told us of Obama's father, whom he'd known well when he first arrived on the island from Kenya. He spoke of his days as a taxi driver and a janitor, conveying the sense of pride he felt toward Obama's own humble beginnings. Indeed, he embodied the excitement of an entire state of people, the new cool kids in class, revelling in the stardom of sharing Obama's birthplace. He smiled.

After lunch, a trip to the office of Sen. Daniel Akaka took us a few blocks to the other side of the Capitol. We endured another bout of long lines, and cold and excited Americans before reaching the company of the senator's press secretary, John Yoshimura. In the interests of not repeating myself, I'll say it was a great experience. He reeked of generosity and kindness, and it wasn't because of the inauguration. The simple presence of people made him smile.

Between stories and pictures in the senator's chair, Yoshimura gave us tickets to the inauguration ceremony and invited us to his place the next evening for a champagne party before

attending the Home States Ball. He hooked us up with those tickets as well. It must be a Hawaiian thing.

Upon returning to Alexandria, Mike and I took our hosts to a dinner on the edge of the Potomac River. It was a great meal – and even better conversation. Jeff works at the Pentagon, so he gave me some insight into working for the big bad wolf that is the American military. He spoke of the turnover that comes with a new president – how Obama will avoid so many problems by keeping the transition slow and smooth. Considering 23,000 people work at the Pentagon, that made a lot of sense. Talk soon turned to Canadian differences in policy, both on a foreign and domestic scale, and considering Obama's plan to implement America's first system of health care, that became the main topic of discussion. I praised its successes. I explained its problems – the waiting lists and misuse of services. It didn't matter. The thought of having a system of their own couldn't keep them from smiling.

TUESDAY, JAN. 20: What will go down as one of the most significant days in American history began at 4:30 a.m. Sure I had a ticket, but it was first-come-first-served standing room only, and 200,000 people wanted the same spot I did. It was colder than the day before and the lines had mutated into something resembling a concert floor crowd. The tensions were higher too, but considering the circumstances, they never rose beyond the point of conformity. By 11:30 a.m., after everyone had negotiated their chunk of elbow room, we were standing 400 metres from the stage. Everyone smiled.

It is difficult to explain what it feels like to be surrounded by that many people, stretched along two kilometres of lawn from the Lincoln Memorial to the Capitol Building. To have that many people echo in both silence and cheer was something I will never experience again. Watching the ceremony on television some time later, I felt that Obama's "Yes We Can"

speech on election night was a better illustration of his oratory skills. But then I decided that television has a long way to go, since, in person, you'd think Tuesday's presentation was the greatest thing you could ever hear. Quotes such as "You'll be remembered for what you build, not what you destroy" and "We'll extend a hand if you unclench your fist" will be repeated for a long time to come. But it was the people that made it special. Try to imagine, if you can, two million people hanging on in silence to every

It is difficult to explain what it feels like to be surrounded by that many people, stretched along two kilometres of lawn from the Lincoln Memorial to the Capitol Building.

word of one man. Try to comprehend the cries of "Yes we can!" or "Obama, Obama!" in unison from a few hundred thousand people, or the feelings of endured frustration toward the Bush regime as "nah, nah, nah, nah, hey, hey, hey, goood-bye!" reverberated throughout the National Mall.

My host, Linda, had told me of an elderly black woman who a few days earlier had revealed to her near the church where she worked what these events meant to her. As a young child in a small town in the south, she had witnessed her father beaten and taken to a nearby tree where he was stripped naked and lynched. That was 75 years ago. Now, after harbouring that memory nearly all her life, the woman sat on the brink of an event so profound – so unprecedented – with the belief that her nightmares might soon be rectified. Her tears were as real and plenty today as they were then. And yet, she smiled.

The racial implication of swearing in the first African-American president of the United States was another thing only comprehensible amongst the crowd. Primarily black, Washington hosted countless more people of colour from around the world, many of whom felt as if they had been summoned, as if by the memories of their ancestors, in order to share in the joy of that day. The passion of their plight could be heard in prayers, screams and the cute and emphatic "mm-hmm's!" everywhere I went. The racial tensions, still present despite the positive atmosphere, were consciously loosened. On a day sig-

nifying so much change, people wanted to honour it by setting aside differences and embrace the message of man on the dais, who was making all of it possible – all the while smiling.

That evening, after enjoying some cocktails at Yoshimura's apartment amidst some well-to-do Hawaiians, we strolled over to the Washington Convention Center for the Home States Inaugural Ball. The crowd exuded the same sense of hope and excitement as the one at the ceremony, only it was a much different group of people. Senators, congressmen, celebrities and the wealthy elite covered the hall floor, garbed in a manner befitting their positions as some of the most powerful people in the nation. And yet they felt the same feelings of awe toward Obama as the average American. The tension and silence stood on the same precipice of elation before Obama took the stage as it did just a few hours earlier before the eyes of the world. Here stood, only 50 feet away, the apotheosis of the average man, humbling the most powerful.

On our way back from the ball, Mike and I came upon a man name Lee, accompanied by his sister, in a wheelchair waiting for the metro. He'd been down on his luck, struck with sickness and hardship, and had endured 14 hours of cold and crowd to cheer on a man who gave him optimism. They were humble people, not of the means to attend a ball of tuxedos and gowns. But then Mike wasn't one to point that out, and he began praying with them. Praying for Lee. I haven't seen a smile like that in long time.

I tried to imagine such a scene taking place here at home, but could only imagine its awkwardness and how people would be insulted by such spiritual demonstration. But here, on this day, it seemed awkward not to.

WEDNESDAY, JAN. 21: I remember in the late '90s – when history will show America being at its strongest, between the Berlin Wall and Sept. 11 – when the world's contempt toward its only superpower was clearly heard. I was travelling with my family to California, and we didn't hide our assumption of arrogance, ignorance and a stubborn stance in every American we met. Sure we weren't always wrong, but then we weren't always right. My point is that in terms of this perceived attitude, while standing amongst some 2,000,000 people in the National Mall, it became clear a) how wrong we had it or b) how far America has come in the decade since.

Sitting at my gate in Washington Dulles Airport, I realized that, Americans, underneath their proud and often uninformed attitudes, are actually more caring – more eager to love than the rest of the world gives them credit for. It just takes the combination of the collective to manifest it: The customs official's vulnerability, Linda and Jeff's care of the ordinary and the cab driver's recognition of the extraordinary; the elderly woman's strength and Mike Evan's sincerity, Congressman Abercrombie's humility, and John Yoshimura's generosity; Lee's hope and President Obama's ability to give it are all there, just waiting to be spread out, waiting to bring smiles.

Back in front of another U.S. Customs official, I had a bit of déjà vu:

"What were you doing in Washington?"

"Catching some history."

"The inauguration, hey? Good for you," he smiled.

A short while later, sitting before my gate, I realized I hadn't noticed. I was used to it.

STEPS TO SUCCESS

Paint a picture of your business



SHANT CHAKMAKIAN

Many of us dream of starting a business in the future and many people that start one are relatively successful, but they still cannot take their businesses to the next level.

The Painted Picture is a proven concept that allows a business to define where it wants to be in three to five years. This allows one to write a

detailed statement listing every facet of a company to clearly define what a business leader wants from his/her organization.

After a proper Painted Picture is finalized, a business owner should create or adjust the company's mission, vision and values statement to align with this direction.

While painting a long-term goal is a great start, it's a minor means of achieving one's goals. Every major goal needs to be broken down further. Using the "Painted Picture" as a final outcome, break down all the company's goals over the entire year.

Identify what you want, why you want it, how to get it, habits needed, the obstacles and the opportunities.

Then prioritize these goals. List the steps needed to execute these goals and then set monthly targets that may then be used to meet each of these goals individually.

Show this to staff members or senior staff and have them bring the relevant goals to their departments and set goals with each of their members. Have at least two staff and/or department meetings a month, one to evaluate the previous month's goals and to set new goals, the other to perform a half-time review.

The half-time review can be used to adjust goals and targets if necessary, but it is mostly for gauging progress and assisting people if necessary. This needs to be done

for every month of the year until the final product can be evaluated and adjusted against the year's goals.

The secret to success is having the monthly goals apply to every single individual in every department. This allows your company to have a better performance by encouraging every individual unit within their organization to perform and adjust to the direction of the company as it grows.

To further your success even more, the individual goals should apply to every facets of the employee's life. Encourage them to set personal, mental, health goals, etc. This encourages a better work-life balance and strengthens each person as a whole; meaning every day your people come

in to work they don't just love their jobs, they love their lives.

This helps build stronger organizations and brings your team closer together by building a solid direction. Everyone ultimately knows where you're going and works together to make the bigger task of being successful easier to do.

Using this method in your future business and personal lives will essentially give you everything you strive for, provided that it's realistic.

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.

TIP OF THE WEEK



Keeping your vehicle safe



Do you know where your car is in Edmonton? Are you sure? Did you know ...

- Every day more than 45 vehicles are stolen and nine are never seen again.
- Everybody's vehicle is a target for thieves, including family sedans and trucks.
- Vehicles are stolen whenever the opportunity presents itself, but mostly between the hours of 1 a.m. and 5 a.m.
- Statistics Canada reports NO criminal charges are laid in more than 80 per cent of vehicle thefts in Alberta.

How do you keep your vehicle safe?

No vehicle or anti-theft device is 100 per cent theft-proof and discouraging thieves is not an easy task. A thief's greatest enemy is time. The more difficult your vehicle is to steal, the more time it takes to be stolen.

Courtesy of Edmonton Police Service and AMA, here are some tips to make that thief move to an easier vehicle:

- Always lock your vehicle, even when you are only going to be a "minute."
- NEVER leave your vehicle running.
- Park in a well-lit area unless you have a garage.
- If you have a garage, USE IT.
- Be careful with your keys, put them in

your pocket.

- Secure your registration and insurance documents; they have your home address.
- Completely close car windows, including sunroof, when parking.
- Install a car alarm or steering wheel locking device.
- Turn your stereo off before you get to the parking lot.
- Park with your wheels turned towards the curb.
- Back into your driveway if you have a rear-wheel drive or four-wheel drive vehicle.
- Never leave valuables where they can be seen and remove portable items.
- Engrave expensive accessories – join Operation Identification.
- Join the STOP THIEF program sponsored by AMA.
- Drop business cards, address labels or other ID inside vehicle doors.
- Activate your vehicle's security system.

Visit www.nait.ca/security for more helpful tips.

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.

NAITSA happenings

As of Monday, Feb. 2, the NAITSA office will be extending its office hours. We will now be open from 8 a.m. to 6 p.m. Monday to Thursday, and from 8 a.m. to 4:30 p.m. on Fridays.

Come visit us just to say "hi," to get great deals on movie tickets and passes to Marmot basin or to purchase your ticket for the Vegas trip on Reading Break!

Need more info on that Reading Break vacation in Vegas? From Feb. 14-22, NAITSA is hosting a bus trip to Las Vegas, Nevada,

for only \$389. That's a great deal for a road trip to Vegas with a group of other NAIT students, a stay at the Imperial Palace on the Vegas strip and the most fun you've ever had on Reading Break!

Tickets will be on sale until Monday, Feb. 2 in the NAITSA office.

Plus, if you volunteer for any upcoming NAITSA events, you will be entered in a draw to win the Vegas trip for free!

Visit www.naitsa.ca to peruse our volunteer opportunities!

STUDENTS' ASSOCIATION

NEW HOURS
Monday-Thursday: 8 a.m.-6 p.m.
Friday: 8 a.m.-4:30 p.m.

THERE'S NOTHING OFFENSIVE ABOUT THIS LINEMAN.

SHARK CLUB
 SPORTS • BAR • GRILL

EXPERIENCE THE SUPER BOWL LIKE NEVER BEFORE.

17328 Stony Plain Road • 780.487.4275

CLUBS CORNER

Upcoming events

The Gamers of Dungeons and Dragons

Event: Meeting
When: Every Thursday; 4-10 p.m.
Where: WC312

Petroleum Club

Event: Beer Garden
When: Friday Jan. 30;
3 p.m. to 11 p.m.

Where: The Annex Dock

DeFeYe Arts

Event: Meet and greet
When: Tuesday Feb. 3;
4:30 to 5:30 p.m.

Where: Room X-216

EETS

Event: Speed Cabling
Competition

When: Monday Feb. 9;
noon to 1:15 p.m.

Where: NAITRIUM
NASS

Event: Beer Gardens
When: Friday Feb. 6;
3 p.m. to 11:30 p.m.

Where: The Annex Dock
CLXT

Event: Bake Sale
When: Thursday Feb. 12
11 a.m. to 1 p.m.

Where: HP Centre and
NAITSA office

PGC

Event: Silent Auction
When: Wednesday Feb. 11;
8 a.m. to 3 p.m.

Where: The Annex,
main floor stair lobby

Baker's Club

Event: Bake Sale

When: Friday Feb. 13; 10 a.m.

Where: South Lobby

Bio Sci

Event: Bake Sale
When: Friday Feb. 13;
11:15 a.m. to 1:15 p.m.

Where: NAITSA office and
outside the Reads
and Needs

KVA

Event: Ski Trip
When: March 7 & 8
Where: Panorama – Jasper
Petroleum Club

Event: Ski Trip
When: March 6-8

Where: Kicking Horse –
Golden, BC

Note: \$295/person;
money due Feb. 1

Harcourt House Studio Days



**Next Date Saturday January 31
12:00-8:00**

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
Tequila Shots \$2.75

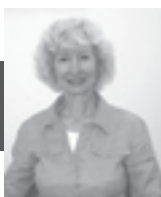


If You are Drinking
Who's Driving?



TOP 10 TIPS

Overcoming perfectionism



MARGARET MAREAN
NAIT Student Counselling

Perfectionism: a self-defeating cycle where individuals set excessively high standards for almost everything they do, often fail to live up to their standards, and blame themselves for not being good enough or not trying hard enough.

While setting high standards is good, aiming for compulsively high targets is harmful to your mental, emotional and physical health. Here are some tips for setting realistic standards:

1. Set boundaries on the amount of time you put into projects and studying, and stick to

those boundaries. Perfectionists often put two or three times the time and effort into projects, even if the projects are minor, and all of that extra effort usually leads to minimal improvements (two or three per cent). In the meantime, they get stressed about not working on other projects and lose balance in their lives through not spending time with friends or doing activities they enjoy.

2. Decide on one or two things that are most important to you and put your effort into those things. Practise doing a mediocre job, or even a bad job, on other things that are not important to you.

3. Try new activities. Remember that we learn by making mistakes. Often perfectionists don't try new things because they don't want to make a fool of themselves.

4. Know your overload warning signs. If you are having symptoms of stress, are feeling

like giving up, are avoiding necessary tasks or are feeling tearful or irritable, you may be setting standards that are unrealistic or taking on too much.

5. Schedule time for fun and relaxation every day. This actually makes you more creative and productive in the long run.

6. Alter your negative self-talk. Be aware of how hard you are on yourself and practise giving yourself more praise and changing negative self-talk to positive, or at least neutral, messages and using gentler language.

7. Ask yourself: "What is the worst thing that could happen if I don't do this perfectly?" "or if I get a mediocre mark?" Usually the consequences are not that critical.

8. Make a list of how perfectionism is hurting you and those around you. Some common examples include low self-esteem, micro-managing, negativity, isolation, difficulty making

decisions, not taking risks and keeping relationships distant.

9. Watch for positives. Perfectionists are usually wonderful at spotting flaws in themselves and their work, as well as in others. Make a conscious effort to see more good than bad in everything and everyone you evaluate, and to alter that negative inner voice to have a more positive, realistic viewpoint.

10. Stop chasing the impossible dream. Judge yourself by who you are and not by what you accomplish. No one is, or ever will be, perfect. You are wonderful just the way you are!

Counsellors at Student Counselling can help you work towards setting healthy standards. We offer academic, personal and career counselling. To book an appointment, drop by Room O-117 in the south lobby or book an appointment at 780-378-6135.

STUDENT SUCCESS SEMINARS

Room X107

SESSION	DATE	TIMES
MANAGING EXAM STRESS	Thursday, Jan. 29th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
STRESS MANAGEMENT	Thursday, Feb. 5th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>NO 4:30 seminar</u>

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

For more information contact

STUDENT COUNSELLING

Room O117, South Lobby

Phone 780.378.6135

ROOM FOR RENT

Fully furnished – in two-bedroom condo

Parking, washer/dryer

Downtown

Own bathroom

Phone: 780-443-8012

Job Opening

The NAIT Campus Concession is currently seeking an 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:

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).



Brittany Black
and
Colleen Nuc

What's the best way to get rid of a one-night stand?



Oh, by the way, you'd better get yourself checked out.

Logan Burnes
Personal Fitness



I'm in love. When are we getting married?

Carrie Robinson
Personal Fitness



Go poo and not flush the toilet the next morning.

Deven Jones
Personal Fitness



Leave the country.

Peter Li
Instrumentation



Tell her that my parents will be home any minute and I have to clean my room.

Corey Ochsner
Instrumentation

Deeply in debt

By TAYLOR BENDIG
The Carillon (University of Regina)

REGINA (CUP) – Canadian student lobby groups have announced the country's student debt has climbed to well over \$13 billion.

According to the Canadian Federation of Students, the amount of unpaid student loans owed to the government of Canada broke the \$13 billion mark on Jan. 21.

But the true amount of student debt in the country is much higher, says Julian Benedict of the B.C.-based Coalition for Student Loan Fairness.

"As far as we know, the number is much larger, because that \$13 billion only includes the federal portion of these loans," Benedict said.

"Most debt-ridden students have provincial and federal loans, as well as credit cards and private student lines of credit. So people are grappling with all different forms of debt," he added.

CFS estimates the amount of provincial debt alone at a further \$5-8 billion.

"This is an unfortunate milestone in Canadian history and in the history of post-secondary education, but it was inevitable when you take into account that student debt is increasing at a rate of \$1.2 million a day," said Kristy Fyfe, VP external relations for the University of Regina Students' Union.

URSU, CFS, and the Coalition all maintain that the massive and ever-growing debt is harming the future of both Canada's youth and the country itself.

"What we're doing is discouraging people from going to school, because they know that they're going to have a debt that can take them up to 15 years to pay back," said Benedict.

Of those who do attend post-secondary school, CFS reported that significant numbers leave their studies early to escape mounting debt. Many others see their grades and mental health deteriorate, because of stress associated with debt levels and the employment necessary to minimize them.

Benedict says Canada falls behind countries such as New Zealand in its efforts to reduce

student debt, and that Saskatchewan is doing less to reduce the burden than other provinces.

Saskatchewan's provincial student loan program is integrated with the federal program, meaning that all who apply automatically take out both a federal and a provincial loan – each at the federal interest rate of 2.5 per cent above prime. In provinces where the loan systems are independent, provincial interest one per cent above prime – can be substantially lower.

TUITION TAX RECEIPTS 2008

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

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

Please note: Tax receipts will not be mailed. Students requesting a printed T2202A form will be charged \$12.

International Beer Night

January 30th
4:30 @ The Nest



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

NAITSA presents
Multicultural & Diversity
Awareness Week
January 26th - 30th



www.naitsa.ca

facebook
Visit us on facebook





EDMONTON
CENTRAL
10176 109 St.
(780) 426-2355
12302 Stony Plain Rd.
(780) 488-4622
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
6011 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) 752-6001
NORTH
9715 137 Ave.
(780) 456-5339
WEST
West Edmonton Mall Phase I
(lower level near
Galaxy Land entrance)
(780) 484-4758
West Edmonton Mall Phase II
(by skating rink)
(780) 413-9855
West Edmonton Mall Phase III
(by London Drugs)
(780) 443-3040
West Edmonton Mall, Chinatown
(next to T&T Supermarket)
(780) 483-8838
10013 170 St.
(780) 408-8917
Mayfield Common
10408 170 St.
(780) 489-2255
GRANDE PRAIRIE
Prairie Mall
(780) 513-2355
Gateway Power Centre
11620 100 Ave.
(780) 539-7148
FT. MCMURRAY
Peter Pond Mall
(780) 754-6150
LEAKUC
6104 50 St.
(780) 986-0986
RED DEER
Southpointe Common
(403) 348-5777
Bower Place
(403) 374-5500
ST. ALBERT
Inglewood Town Centre
(780) 419-2355
340 St. Albert Rd.
(780) 459-0660
SHERWOOD PARK
993 Fir St.
(780) 417-2355
SPRUCE GROVE
4112 181 Highway 16A
(780) 962-3980



EDMONTON
Kingsway Garden Mall
(780) 471-3807
Londerville Mall
(780) 476-5266
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
6370 28 Ave. NW
(780) 469-1377
Jasper Gates Shopping Centre
(780) 484-1191
Heritage Village Shopping Centre
(780) 432-9288
Clareville Town Centre
(780) 453-1331
Trail South Corners
(780) 435-8099
Lakeside Landing Shopping Centre
(780) 476-3925
5818 Terrace Rd. NW
(780) 469-1133
FT. MCMURRAY
Thickwood Shopping Plaza
(780) 791-1017
Northern Lights Shopping Centre
(780) 743-5133
RED DEER
Parkland Mall
(403) 309-3700
Village Mall
(403) 342-5008
GRANDE PRAIRIE
9521 100 St.
(780) 532-1100
SHERWOOD PARK
Sherwood Park Mall
(780) 416-1775
Lakeland Ridge Shopping Centre
(780) 449-1750
Sherwood Centre
(780) 416-2330
SPRUCE GROVE
Grove Plaza
(780) 962-1458
ST. ALBERT
St. Albert Centre
(780) 418-1681
Inglewood Centre
(780) 458-3636

HOT SMARTPHONES FOR HOT, SMART PEOPLE.



NOW GET

UNLIMITED TXT, EMAIL & IM*

ONLY FOR A LIMITED TIME



BLACKBERRY® CURVE™ 8320
\$99⁹⁹ | \$549⁹⁹ no term



ALL NEW
BLACKBERRY® CURVE™ 8900
\$199⁹⁹ | \$599⁹⁹ no term

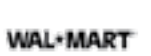
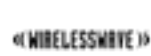


BLACKBERRY® PEARL™ FLIP 8220
\$49⁹⁹ | \$399⁹⁹ no term

EXCLUSIVELY FROM ROGERS

rogers.com/unlimited

CANADA'S MOST RELIABLE NETWORK;
FEWEST DROPPED CALLS, clearest reception



*On select 3-year plans. Offers subject to change without notice. *Available with any BlackBerry device with subscription to select plans and activation with BlackBerry Internet Service. Includes unlimited personal e-mail (up to 10 accounts) while using BlackBerry on the Rogers Wireless network. See rogers.com/unlimited for plans and details. Usage subject to Rogers Terms of Service & Acceptable Use Policy available at rogers.com/terms.
™Rogers & Mobius Design are trademarks of Rogers Communications Inc. used under license. All other brand names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.