

CLUB FAIR ON JAN. 15

THE NUGGET

Thursday, January 8, 2009
Volume 46, Issue 15



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Best of 2008!

Pretty girls, video games, news and sports events – we've got last year covered



NAIT photo by Amy Bizovie

CALM BEFORE THE STORM?

Over Christmas break the campus is quiet, awaiting the next influx of students.

THE NEST

—YOUR CAMPUS RESTAURANT & LOUNGE—

Daily Specials:

Monday to Friday Happy Hour 4 -7 pm

Domestic Jugs \$10.50

Domestic bottles \$4.25

NEWS & FEATURES

Top news stories of 2008

By MACKENZIE MARSHALL

Happy New Year, NAIT students! Welcome to all returning and new students! Thanks for picking up *The Nugget*. It's a great paper and a lot of hard work goes into each issue. To usher in 2009, let's take a look back at some of the biggest stories from 2008. Here are my Top 10 headlines.

10: Area code dialing and new area code comes to Edmonton

In September, Edmonton residents joined their fellow Canadians in Montreal, Toronto and Vancouver with the implantation of 10-digit dialing. The move was made by telecommunication companies to keep up with Alberta's growing population. Since 2005, Edmonton's population has grown by about 40,000 people. The demand for new phone numbers also added a new area code to our city. In December, the new 587 code started going out to new cell phone customers.

9: Rising movie star Heath Ledger dies of an overdose

With comic book movies coming back to respectability, most movie fans were curious; who was going to play the role of The Joker in the new Batman movie?

Many were surprised when the role was awarded to Australian actor Heath Ledger. When filming wrapped, whispers were everywhere of Ledger's chilling and amazing performance. The work took its toll on the talented actor, leaving him up most nights. Ledger used prescription pills to combat his insomnia. On Jan. 22, Ledger was found dead in his Manhattan apartment. The chief medical examiner of New York ruled the cause of Ledger's death was accidental acute intoxication. In July, we were all left with Ledger's bone-chilling portrayal of modern literature's most sinister villain. It was a performance for the ages and a shame it was Ledger's last.



Heath Ledger as the Joker

der before a judge alone. The random attack has prompted many to call for airport style security for bus passengers and for tougher regulations on mentally ill patients.

8: The Oilers are secure in Edmonton with new owner Daryl Katz

After financial trouble through the '90s and nearly moving to Houston in '98, the Oilers' future in Edmonton was secured with the sale of the team to local billionaire Daryl Katz. Katz bought the team from the Edmonton Investors Group (EIG), 37 Edmonton-based owners for \$200 million on Feb. 5. The NHL approved the sale on June 18, and Katz was introduced officially on July 2. Katz also pledged \$100 million towards the building of a new downtown arena, which is currently in the planning stages.

7: NDP gets seat in Conservative hot bed

The most shocking moment of the Canadian election for Albertans was Linda Duncan's victory over Tory incumbent Rahim Jaffer in the riding of Edmonton-Strathcona. Duncan received 42.6% of the vote, which translated into a 463-vote win. Jaffer had held the seat since 1997, and looked like he was going to win again, giving

the Tories a sweep of Alberta. However, late in the evening when the final votes were counted, Duncan's upset was announced. Jaffer conceded defeat two days later when the results were verified, giving the NDP its first seat in Alberta.

6: Terrorist attacks in Mumbai India

On Nov. 26, a terrible tragedy took place in India's largest city of Mumbai. Ten terrorists staged co-ordinated attacks by taking over several landmarks in Mumbai, including two luxury hotels. Arriving in the city by speedboat and armed with automatic weapons and grenades, Indian security forces battled the terrorists for three days. In the end, more than 160 people were killed, including 30 foreign nationals. A Pakistani-based militant group called Lashkar-e-Taiba claimed responsibility for the attacks. The attacks ramped up tensions between nuclear neighbours Pakistan and India. India demanded that Pakistan take swift action against those responsible. Tensions remain high between the neighbouring nations that have fought three wars against each other since 1947.

5: Greyhound bus killing

A typical Canadian summer night will be remembered for one the most gruesome and disturbing murders in Canadian history. Tim McLean was resting quietly in the back seat on a Greyhound bus on his way home after working a fair in Alberta when fellow passengers heard him scream "bloody murder" as he was stabbed over and over and eventually decapitated. This coming March, Vince Li will go on trial in Winnipeg for second-degree murder before a judge alone. The random attack has prompted many to call for airport style security for bus passengers and for tougher regulations on mentally ill patients.

4: Canadian election draws lowest turnout in history

More of the same. That was the result after the 40th Canadian General Election. After weeks of meetings, none of the other parties could find any common ground with the minority government and Stephen Harper asked parliament to be dissolved on Sept. 7 and an election to be called for Oct. 14. With little over a month to campaign and not much change coming on the horizon, only 59.1% of Canadians showed up to vote, the lowest in Canadian history. The Conservatives were able to pick up 19 seats, but not enough for a majority. All of the major parties lost votes, except for the Green party, which gained 280,000, but still didn't win a seat.

3: Global Financial Crisis

It's known as the worst financial crisis since the Great Depression, and like the Great Depression, the 2008 version started in the U.S., but soon spread worldwide. It with the sub-prime mortgage crisis of September, the situation soon worsened with the bankruptcy of the large investment bank Lehman Brothers. More banks failed, world stock markets plunged and panic

selling ensued. Companies collapsed or laid off workers – more than 500,000 jobs were lost in the U.S. in November alone. Leaders from 20 of the world's rich and developing economies met in Washington in mid-November to discuss a unified response. Calls were made for a dramatic overhaul of the world's financial architecture in what is being called a "once-in-a-century type of crisis."

2: Liberal, NDP and Bloc Québécois coalition almost takes over

After the election that left many Canadians scratching their heads wondering what the point was, Stephen Harper and the Conservatives' fiscal update was all the other three parties could take. The three little guys decided to get together and take down the big guy. The plan was formed by the Liberals and NDP, with the Bloc supporting the coalition but not participating. The plan was signed on Dec. 1, and left Governor General Michaëlle Jean with an historical decision. Three days later the decision was made to prorogue Parliament until Jan. 26 by the governor

general on advice from Prime Minister Harper. With Parliament coming back in a few weeks, who knows what will happen? It looks like the parties are going to have to work together, stop worrying about themselves and worry about the people who voted for them.

1: Barack Obama elected 44th President of the United States

It doesn't seem as historic in Canada that a black man was elected as U.S. president. We've been an ethnic, inclusive culture for years. But in the U.S., where as early as 40 years ago, blacks and whites were segregated, Obama's election is monumental. A year ago, not much was known about the senator from Illinois, but his charisma, charm and ideas for a new U.S. took our friends south of the border by storm and led him to a landslide victory on Nov. 4. It was a night that will go down in history, and one I'll never forget. Good luck to the new president, because he's got a mess left in his lap that he's going to have to clean up.

There you have it, the Top 10 of 2008. Good luck to all students in 2009!



Barack Obama

BRING THEM HOME!

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\$100 gift certificate for cakes
 and pastries from our award
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Photo by Leigh Frey

CONGRATULATIONS!

Hamid Raza, left front, Amanda Sullivan, Sylvia Forster and Fang Dong pose after they were awarded the Terry Cooke Law Text Bursary on Dec. 4. Each student received \$500. With the winners are Trevor Clarke, back left, co-author of *Business Law in Canada*, Kevin Nagel dean of the JR Shaw School of Business and Teresa Bereznicki-Korol, co-author of *Business Law in Canada*. Since 1999, 150 NAIT students have received the award.

OPINION

Panning those panhandlers

By CURTIS BINKOWSKI

Does that man sitting at the intersection meridian holding a cardboard sign REALLY need your money? Is he really down on his luck, or is he just down on his good decision making?

Don't get me wrong here, bad situations happen. People get unlucky. We all know that some people have financial advantages over others based on what families they are born into. There isn't much dispute about that.

Sometimes people have disabilities that prevent them from entering the majority of the workforce. But what about those people at intersections that have two good legs to walk to your car window? And two good arms to hold up that pathetic sign?

I have a suggestion for these people: save up \$20 and head to a London Drugs. Purchase a razor blade, shaving cream, a comb and a deodorant stick. Tim Horton's and McDonald's are hiring.

If these intersection panhandlers are expecting the people who own vehicles and actually work for money to support them, why can't they support themselves? Instead of standing out in the cold, they could stand right next to a warm deep fryer or pour hot coffees all day.

No disrespect to the employees of these two companies; I use these examples only because they are always hiring. Heck, after one \$800 pay cheque, one could afford some new clothes, three meals a day and a bus pass. Save up over the next month and they could get a basement suite to call their own! In a few months after that raise, you'll be on the road in your own car. But it's not that easy, is it ... is it?

One summer I worked in the concrete business. Every morning my boss would get a phone call from a homeless man, Steve, who he said was his hardest worker. We'd pick up Steve downtown and head to our work site. There was only one thing that I ever remember Steve saying to me: He had made some mistakes in life, but now he's willing to work for a better life. So next time you're stopped at an intersection and catch yourself reaching for your change, save that money for the amateur musicians or the honest beggars who tell you they need whisky.

Stay warm & show off your
NAIT pride!

Use the coupons in your student
handbook and save \$5 off a
purchase of \$20 or more on NAIT
imprinted items, clothing &
backpacks.

**BOOKSTORE**

*For full details see the coupons in your student handbook.

**The Nugget**

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THE DEADLINE IS ...

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

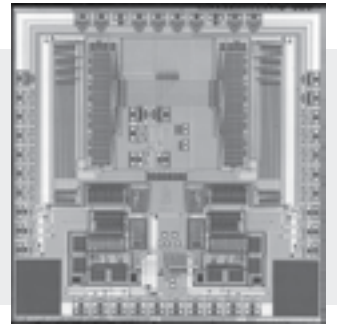
It's all good. Getting something off your chest is downright therapeutic. Write us.

**Tech
Talk**



SHANT CHAKMAKIAN

Apple drops DRM



Apple has recently become the latest retailer to remove DRM (Digital Rights Management) technology from its music store, which is a new woe for those who purchase music.

DRM has been a very unpopular technology for consumers since iTunes was launched in 2003.

It has tied the hands of consumers who legitimately purchase music but are not then able to copy it to other MACs/PCs or non-Apple devices. This latest move by Apple

obviously not only gives consumers choice but allows freedom for other manufacturers that make different music devices to play iTunes music.

This is also the conclusion of a long battle between Apple CEO Steve Jobs and various record labels to end copyright-protected music. The battle initially was over the price point – labels wanted to charge more than 99 cents for some popular singles.

For years now, the Recording Industry Association of America

has had a failing battle with DRM technology and suing Internet users for downloading songs.

In fact, in December the Recording Industry Association of America announced it will no longer be aimlessly suing Internet users caught sharing on peer-to-peer networks.

But the pain isn't over yet. For those who already paid for DRM music, Apple is charging around 30 cents per song to upgrade from DRM to the DRM free version.

One of the advantages is that the

DRM free songs will offer higher quality and be encoded at 256-Kbps instead of 128-Kbps. This pretty much means it's the best quality possible.

One setback is that some will notice music pricing is not 88 cents for all songs. Apple has adopted a three-tiered pricing model. Songs are now priced at 69 cents, 99 cents and \$1.29 respectively.

With eight million songs currently offered in DRM free formats, Apples looks to move at getting the

other two million DRM free by the end of this quarter.

Also Apple is now allowing music purchases for the iPhone to take place over the 3G network, not just Wifi. Let's see if purchasing music is still such a pain.

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

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.

The Nest's alcohol policy

The Nest is proud to be a responsible part of the NAIT student community, and as such we have been mandated to not serve alcoholic beverages before 3 p.m. to protect the health and safety of our students. Alcohol-related accidents can and have happened on the NAIT campus, and as our programs inherently require focus and awareness, student safety and preventative measures are very important to us. We work hard to make sure our pricing, entertainment and policies create an affordable, welcoming and friendly environment and represent that of a long term campus institution.

As you may have noticed, the minimum pricing and serving levels on alcoholic beverages has changed according to AGLC regulations that came into effect Aug. 1. Please come down and ask us about these if you have any questions.

We thank you for your understanding of these policies and your continued patronage of The Nest – your student restaurant and lounge.

Please have a wonderful and safe year at NAIT!

NAITSA Needs YOU!!

Special appointment meeting for
the **School of Arts, Science & Communications**,
the **School of Hospitality** and
the **School of Mechanical & Manufacturing**
on **Tuesday, Jan. 13, 2009 at 4:30 p.m.**

in Room E-129

One additional student from each of the following schools is needed to sit on the NAITSA Senate:

The School of Arts, Science & Communications; the School of Hospitality and the School of Mechanical & Manufacturing.

The Senate meets every second Wednesday at 5 p.m. for approximately two hours. We provide food and beverages at every meeting. A large part of your duty as a Senate member is to review the NAITSA Budget, Bylaws, Constitution and policies and discuss and make recommendations by Senate subcommittees to the NAIT Administration. The three subcommittees, the Finance Committee, the Governance Committee and the Advocacy Committee meet when required. Dr. Sam Shaw addresses the Senate once each semester, which gives you a primo opportunity to obtain information pertaining to NAIT in general and more specifically about your school and what strides, if any, are being made to improve deficiencies.

As we go into the New Year, the School of Arts, Science & Communications, the School of Hospitality and the School of Mechanical and Manufacturing will be under-represented if the remaining Senate seats are not filled.

If you know of a student or you yourself would be willing to attend seven meetings the coming semester commencing Jan. 14, please come to the NAITSA office (Room E-131) for more information or to pick up a nomination form.

What you need to know about

Alberta's Tobacco Reduction Act

Important information for Albertans, businesses and tobacco retailers.

Beginning January 1, 2009, the sale of tobacco products is prohibited in:

- pharmacies
- stores containing a pharmacy
- public post-secondary campuses
- health-care facilities

Alberta's Tobacco Reduction Act protects Albertans from the serious health risks of tobacco use.

It's an important part of the Alberta Government's commitment to keeping Alberta healthy.

For more information, call 1-866-332-2322 (toll free), or visit smokefreeplaces.com

Alberta

OPINION

— Editorial —

Smoking ban is No. 1!



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Hello NAIT students and staff, and welcome to the 2009 school year. 2008 was packed with NAIT accomplishments, policy updates and Students' Association demonstrations.

These are my Top 5 NAIT events of 2008.

5. NAITSA President

Brent Constantin takes a stand against the high cost of student living. In late September, the NAITSA president spent a 24-hour period hoisted 30 feet above ground. In a joint effort with the Alberta College and Technical Institute Student Executive Council (ACTISEC), Constantin created awareness of the financial struggles of the everyday student. Temperatures dropped to a low of five degrees overnight. Nevertheless, supporters joined Constantin on the ground throughout the evening. This demonstration did not go unnoticed; the NAITSA president was greeted on the ground by a handful of friends, administration and local media.

4. NAIT receives \$4 million in donations. In September, Finning and Caterpillar made a \$3 million donation to NAIT's Heavy Equipment programs. This was followed by a \$1 million donation from Syncrude to NAIT's Spartan Centre for Instrumentation Technology in early October. NAIT will be naming a wing of the building in Syncrude's honour.

3. NAIT chefs gain international recognition at the World Culinary Olympics. The chefs, all recent graduates of the Culinary Arts Program, flew to Germany to compete on Sunday, Oct. 19. Proving both their individual talents and the quality of instruction provided at NAIT, they won five medals for their impressive dishes; gold for Jack Lee, gold for Tang Pham, silver for Norman Brownlee and bronze for both Jack Pelletier and Norman Brownlee. The grueling 24-hours competition was fierce, with 35 different countries showcasing the best of their countries' cooking talent.

2. NAIT Ook sets all time record! Women's basketball player Dale-Marie Cumberbatch smashes the ACAC scoring record in 56 games. On Nov. 7 against Augustana, Cumberbatch broke the ACAC record of 1,407 points in a career. The previous record was held by SAIT's Lisa Ozcan (Erickson), set in 2001. As of the Nov. 29 game, the Ooks played against Concordia, Cumberbatch was sitting at a staggering 1,545 points. Great job Dale-Marie, and keep up the great work!

1. Last, but certainly not least, is our No. 1 NAIT event of 2008. NAIT goes smoke-free! If you have not already heard, all NAIT campuses will be smoke free effective July 1, 2009.

"The decision was driven by the desire for a healthy, safe, clean and respectful learning and work environment for students and staff. It was also due in part to concerns brought forward by staff and students that the current smoking policy isn't working," a NAIT spokesman said at the time.

NAIT says that Human Resources will be responsible for helping staff and students with education and cessation programs for those that are hoping to "butt out" for good.

I have picked these specific events because I think it is important to recognize the consistent efforts of NAITSA staff and the rest of the student government, the support of companies such as Syncrude and Caterpillar, the outstanding accomplishments of our student body and finally, the efforts of our administration to provide us with a clean, safe, and smoke-free environment. Congratulations NAIT, on an exceptional 2008!



— Letters —

Smoking stand welcomed

Dear Editor:

I know there is going to be a lot of controversy over the smoking ban, but I being a non-smoker, am happy with it. I am not saying that you do not have a right to smoke, but I also have a right to breathe clean air.

There is a policy in effect now that there is no smoking within 10 metres of a doorway. That has been a

joke. Smokers step outside the doors, light up and I have to walk through the ensuing blue cloud.

If the smokers were using the designated smoking areas now, this would not be necessary, not to mention the mess they leave behind by not using the ashtrays provided.

Smokers are always screaming about their rights to smoke with no

regard for the non-smokers' rights to be able to get in and out of the building without having to hold your breath.

Bill Baker AME-M
Associate Chair - Avionics
School of Electrical and
Electronics Technology
NAIT

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 realnameandphonenumber 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

The best of 2008!



By **NAHREMAN ISSA**

NAIT's 2008 athletic season had its ups and downs. Several teams brought pride and hardware to the college, while other teams had seasons they would rather forget.

For the 2007-2008 season, NAIT brought home two national titles in both the men's and women's badminton singles and 13 ACAC medals in soccer, badminton, golf and curling.

Here are the top five best "NAIT athletic moments" for 2008:

5. NAIT FIRST IN CANADA TO HIRE SIX FULL-TIME COACHES

It was a big boost for NAIT's Athletic department when the school announced the hiring of six full-time coaches back in March. This put NAIT on the map as it's the only college level school in Canada to have a full-time coaching staff.

The six new coaches are: men's and women's basketball, Don Phillips and Curtis Nelson (returning coach); men's and women's volleyball, Simon Fedun and Keith Lundgren

and men's and women's hockey, Terry Ballard (returning coach) and Deanna Iwanicka.

In total, NAIT Athletics has six full-time coaches and six part-time coaches.

4. MEN'S SOCCER TEAM WINS THIRD STRAIGHT SILVER MEDAL

The men's soccer team had to win three games in as many days to get to the final. To top it off, all three games went into extra time. In the first matchup late in October, the Ooks took on the Lethbridge Rattlers on Friday night. The game went into overtime and with goals by Freddy Akok (2) and Joel Wickens, the Ooks pushed past the Rattlers.

Next up on the schedule saw the Ooks go head to head with Calgary rivals, the SAIT Trojans. Neither team could get on the board, including in the extra frame. The game was decided by penalty shots.

Freddy Akok, Joe Asarfo-Adjei and Brent Anderson scored to move the Ooks to within one win of a championship.

Sunday's final had them square off against cross-city rivals the Concordia Thunder. The Ooks played their third consecutive game with extra time. Early in the extra frame, the Thunder scored to win the championship and advance to nationals.

This was NAIT's the third straight silver medal and the fifth straight appearance in the championship final.

3. INDIVIDUAL PLAYERS HONOURED

While most NAIT teams failed to make the playoffs, many individual players were honoured for their personal achievements.

NAIT is home to the ACAC Athlete of the Year as Sun Yang from the badminton team was given that honour. She was also named the Badminton Player of the Year and Athlete of the Year for NAIT Athletics.

Also honoured by the ACAC:

All Canadian: Sun Yang - Badminton and Scott McLeod - Soccer

Women's Soccer All-Conference team: Lisa Martin, Alexandria Mah, Claire McWilliam and Lindsey Letendre

Men's Soccer All-Conference team: Lambert Suglo, Evans Asembia, Waldo Dutra and Scott McLeod

Women's Hockey All-Conference team: Alycia Monahan

Volleyball All-Conference team: Jana Champagne

Badminton all-Conference team: Romulo Yamsuan, Dan Kai, Natalie Neumann, Janci Templeman and Sun Yang

Men's Basketball Second All-Conference team: Steven Lamont

Women's Basketball First All-Conference team: Dale-Marie Cumberbatch

Men's Hockey All-Conference team: Ben Stoke and Cedrick Duhamel-Flynn

Curling all-conference team: Men's rink: Skip - Shawn Donnelly, Second - Bryan Carter and Lead - James Robertson

2. BADMINTON SUCCESS

The NAIT badminton team brought a winning record and national attention to the school. Sun Yang was awarded three individual honours (see above), while five players on the team were named to the badminton all-conference team.

The team finished the season in second place, and earned the silver medal. A record six medals were won, including the medals

won by both Yang and Dan Kai, who took the Male and Female ACAC Singles Championships. Yang and Kai headed to New Brunswick for the CCAA Nationals. Both took home gold medals and came home packing a couple of National Championship banners to hang up at NAIT.

At the start of the new season late in 2008, the team was sitting on top of the standings; 150 points better than the three-time defending champions the Concordia Thunder.

1. DALE-MARIE CUMBERBATCH BREAKS SCORING RECORD

Hands down the greatest story for NAIT Athletics is the headline grabbing Dale-Marie Cumberbatch and her record-breaking year, including her closing out the 2008 year sitting on top of the ACAC all-time scoring record.

Last November, Cumberbatch broke a seven-year-old record, becoming the ACAC top scorer. This honour was achieved in fewer games than the previous record holder from SAIT, Lisa Ozcan, who took 80 games to get the record while Cumberbatch did it in only 56 games. The best part is Cumberbatch still has plenty more games to play to add to this total to solidify her record in ACAC record books.

Earlier in the year, Cumberbatch broke three all-time ACAC records (ones that she previously set herself). She was also the fastest and youngest player to reach 1,000 points in the shortest time frame. Not only that, she became the first player to record back to back seasons of at least 600 points. She also earned CCAA Academic All-Canadian honours for posting a 3.8 GPA in Digital Media design.

In addition to all of her records, Cumberbatch will be playing on the Barbados National Basketball team, competing in international competitions like the Olympics and the World Championships.

And to finish it off, she was named to the ACAC first all-conference team.

Cumberbatch is well deserving of all the records, not only for her talents, but also for the way she represents herself. She is the most selfless, team orientated player to suit up for the Ooks.

This was a record breaking year for NAIT Athletics ... let's hope 2009 brings much more success and national championship banners to NAIT!

A new ACAC record every game for Dale-Marie

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). Follow her progress as she sets a new mark every remaining game this season.



Athletes of the week

Dec. 1-Dec. 7

Rosalina Hicks Basketball



Rosalina Hicks, a first-year Personal Fitness Trainer student from Edmonton, had a strong effort in the Ooks' 82-60 loss to the Lakeland Rustlers on Friday, Dec. 5. Rosie had eight points, played 31 minutes and was named player of the game for the Ooks. "We think that Rosie is an important part of this team's future," said head coach Curtis Nelson. "She works hard, has a great attitude, and has a lot of skill. She's one of the players that I think we can really build our program around. It was nice to see her step up and play a great game."

Klaus Figueiredo Basketball



Klaus Figueiredo, a first-year Geomatics student from St. Albert, was a key component in the Ooks' 87-83 win over the Lakeland Rustlers on Friday, Dec. 5. While he didn't light up the scoreboard, scoring five points with six rebounds, three assists, and three steals in just over 23 minutes of play, he did enough to impress Ooks head coach Don Phillips. "Klaus's play was very mature tonight," said Phillips. "He played like a true point guard. He had a lot of deflections and steals, and distributed the ball well; everything that was necessary to help us win."



2 minutes in the box

NAHREMAN ISSA

Happy New Year! Ah, the start of a new year signals a new beginning. And what would 2009 be without a few resolutions to make ourselves look and feel better? Who here vows to lose weight, quit smoking or stop swearing? The real question is, who here will still be working on their resolution two months from now?!

When it comes to the NHL

though, what would some players and personnel have for New Year resolutions?

Sean Avery: Resolves to have more "sloppy seconds" for other NHL players to enjoy.

Joe Sakic: Vows to hire somebody to shovel his sidewalk ... or get traded to the Florida Panthers. No snowblower required there.

Daryl Katz: Resolves to build

a new arena, have a winning product on the ice, shut down every Shoppers Drug Mart and get rid of crime plaguing the streets of Edmonton.

Ales Hemsky: Resolves to not be a target for fourth line guys' hits.

Sheldon Souray: To line up modelling gigs during the off-season.

Brian Burke: To lose weight ...

in his big head. Most of it is his big ego, squishing his brain.

Mike Modano: To stop wearing a facecloth as a towel around his waist (that's for you Nyki!)

The All-Star game: To install a system where fans can't stuff the ballot. Four Montreal Canadiens are on the starting lineup. Mike Komisarek is a starter?!

Martin Havlat: To be able to

play the entire season without getting injured ... never mind. That would never happen.

Sidney Crosby: To be better than Wayne Gretzky ... or at least Alexander Ovechkin.

Mats Sundin: Resolves to start a new hockey career without having the Toronto media up his ass.

Mike Comrie: To become an Edmonton Oiler again ... Psych!

In case you missed it ...



By AMBER TIENKAMP
Sports Editor

Holidays are a time to relax, kick back and eat some turkey. Now if you spent your holi-

days laying on the couch watching mindless television, then you

probably know everything that's been going on in the world of sports ... but just in case you missed it, here are some things that have been going on in the world of sports since we ran out of NAIT a few

weeks ago:

- The Canadian Junior team won the gold medal game in the World Juniors in Ottawa (if you missed this, where were you??)
- Bill Parcells, the Miami Dolphins coach, has decided to stay with the team for 2009.
- Sticking with



Sheldon Souray

the Dolphins, they are in the surprise Wild Card matchup facing the Baltimore Ravens.

• Quebec's own Georges-St. Pierre won Sportsnet's 2008 Canadian Athlete of the Year award.

• The third regular season outdoor NHL game was played at Wrigley Field between the Red Wings and the Chicago Blackhawks (Wings win 6-4).

• Detroit Lions complete their season, going a dismal 0-16.

• Peyton Manning is named MVP by the Associated Press for 2008.

• Mats Sundin signs with Vancouver.

• Souray keeps the title as the Oilers hardest shot and Erik Cole is the quickest around the rink.

• Jimmy Mohlal, a South African soccer official, was shot dead outside his house. Mohlal blew the whistle on an allegedly corrupt construction project.

RESUME CONSULTATIONS

WEDNESDAY, JANUARY 14, 11:00AM - 2:00PM, SOUTH LOBBY

In preparation for the campus wide career fair, professional recruiters will be on campus to provide resume consultations for NAIT students.

FOR MORE INFORMATION CONTACT

Student Employment Centre | Phone: 780.471.8899

BRING YOUR RESUME.
MEET WITH EMPLOYERS.



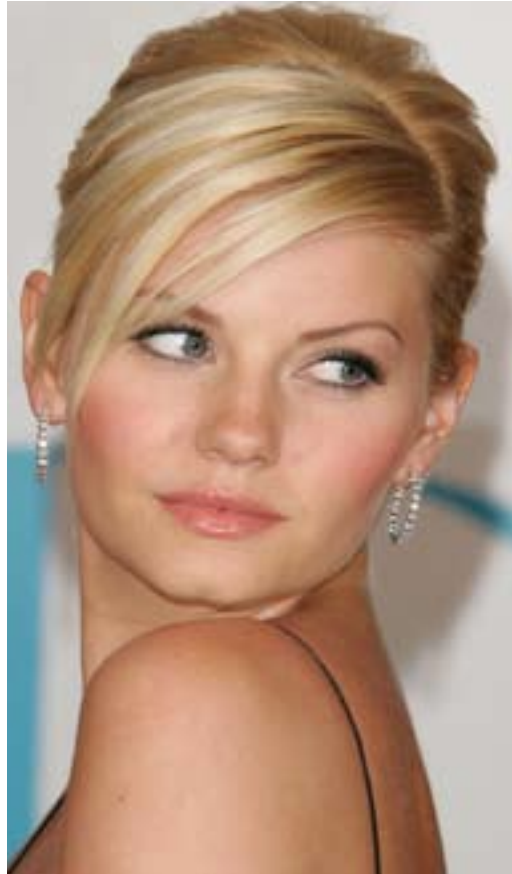
ENTERTAINMENT

Top 5 women for Bryce's bed



Megan Fox

this Brazilian tour-de-force of modelling, she is one of the main faces of Victoria's Secret and is probably one of the top reasons that CBS airs the Victoria's Secret Fashion Show to the acclaim of men around the world. In 2008, she graced the runway in that aforementioned show not long after giving birth to her first child. Sadly, this does mean that she is engaged to one lucky dude and is (as always) no longer somehow attainable by the ordinary joe. My take? She apparently loves seeing bands and surfing, which somehow leads to a fantasy involving a panel van on the beach while listening to all of Pink



Elisha Cuthbert

Sean Avery for a chance to spend a night with Ms. Cuthbert.

4: Rihanna

What would I do for a Klondike Bar? Sleep with Rihanna, because as much as I'm not overly fond of her catchy music, I am fond of her hotness. However, some of the people out in the "real world" must love her music, as she was nominated for two American Music Awards in 2008 and subsequently won both. It was also in this last year that I watched the Umbrella video on MUTE and pondered how someone that same age as me could look so hot. It's also worth noting that in the 2008 Maxim Hot 100, Rihanna placed 15th and beat out Megan Fox. (Who was 16th). She also appears to be currently single too, so this places her highly in the fantasy realm of men everywhere. Look for her to drop a new album in 2009, and for me to start hanging around her tour bus.

5: Courtney Hansen

OK, so this is my wildcard on the list. Some of you may lambaste me and say that she is not hot, and some may agree with my assertion of incredible hotness (probably some of the dudes in the Automotive programs). Regardless, Courtney Hansen is, in my books, a complete bombshell. The daughter of Jerry Hansen (winner of 27 SCCA national club racing championships) she grew up in the pits of racetracks and therefore much of her life and work has revolved around automobiles. This is evidenced by her work as former co-host of TLC's *Overhaulin'* and her current position as the host of Spike TV's *Powerblock*. This is also

the only girl on the entire list who graced the walls of my bedroom as a teenager (thanks, *HOT ROD* magazine!) and therefore makes her awesome. She also does write a nationally syndicated car column and writes a column for *FHM* magazine, making her a writer's wet dream. Personally, I would consider giving a kidney to sleep with Ms. Hansen (who is single, but also 30 years old) but I also feel that she is the most "real" person on the whole list of people I have selected, so she gets my top pick of people I would sleep with. Plus, she'd be able to tune the carburetor on my '68 Meteor Montcalm and could give me a hand with replacing the head gaskets.



Rihanna



Courtney Hansen

Floyd's *Dark Side of the Moon*.

3: Elisha Cuthbert

Dion Phaneuf is a lucky man. Regardless of what Sean Avery claims about "seconds" I'm fairly certain that most members of the male population would jump at the chance to date Ms. Cuthbert.

It also does not hurt that she is Canadian and was originally born in Calgary. Her involvement in Avery's remarks in December secured her a nomination on this list as did her No. 6 position on the 2008 Maxim Hot 100. Unlike most other girls to grace my list, she is not currently engaged to anyone either so technically some average dude could try to sweep her off her feet in some far fetched fantasy. Look out for her to return to Season 7 of the TV series *24* this year, reprising her role as Kim Bauer. Personally, I'd consider going 12 rounds against



Alessandra Ambrosio



BRYCE ALTHOUSE
Entertainment Editor

I know what you are thinking. Beside your ideas on global warming and that strange vampire porn film you watched the other day (oh WAIT, that wasn't *Twilight*?) you are wondering why I'm not doing a Top 10 of the best entertainment news items of the past year. Well, that's what *Entertainment Tonight* is for. This is *The Nugget*, a prestigious journal of articles pertaining to student issues and interests. We will not stoop to the level of common filth. In fact, we will go lower. That is why I am proud to present my list of the Top 5 people I would sleep with from 2008.

1: Megan Fox

Dear god, Megan Fox is hot. No seriously, not even modern plastic surgery can make just ANYONE that attractive to the human eye. It was in 2007 that Ms. Fox was introduced to us in *Transformers* as a cultural bombshell (best remembered as leaning against the front of the world's luckiest Camaro) but in 2008 she managed to grace the covers of *Maxim* and *GQ*, which sent her to the top of *FHM* "Sexiest Woman in the World" of 2008 and the subsequent adornment of her scantily clad photos to iPhones and bedroom walls of most males aged 12-85. The only crime in all of this is that she is engaged to Brian Austin Green, and therefore will soon be out of reach of the common man.

2: Alessandra Ambrosio

She makes Tyra Banks look like trash. Enough said? Now, if you aren't familiar with

FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



BRYCE ALTHOUSE
Entertainment Editor

It's back and no better than last year. Still filled with songs by artists most of you have never heard of and the lowest readership of ANY section of the *Nugget*, it's the illustrious 3.99 mix-tape. Now, to kick off this new year, I felt that I should proba-

bly do something different than usual and mix it up. You know, maybe change up the way I present these tracks or start listening more to outside criticism. But that would be too ... logical and then we have to deal with the fact that I just feel like throwing some tracks together before the deadline for articles. There will be no rhyme, reason, order or even stuff of the same genres. So without further adieu, this is what I've been listening to over the holidays while dealing with the SEVERE temperature decline in Saskatchewan and you can f@\$k off if you don't like it.

1. Weezer – Undone (The Sweater Song)
2. The Chemical Brothers – Block Rockin' Beats
3. Primus – To Defy The Laws Of Tradition

4. Dead Prez – Hip-Hop
5. Deftones – Be Quiet And Drive
6. Mudhoney – Touch Me, I'm Sick
7. Die Apokalyptischen Reiter - Friede Sei Mit Dir
8. Green Day – Brain Stew (The Godzilla Remix)
9. Killswitch Engage – Holy Diver
10. Black Label Society – Funeral Bell
11. Bad Brains – Banned in D.C.
12. KMFDM – Megalomaniac
13. The Immortals – Techno Syndrome (Mortal Kombat Theme)
14. Metallica – Jump In the Fire
15. Sublime – Cisco Kid

Best video games of 2008

By KITA MURU

This last year was more solid than 2007, so picking the top five games of 2008 was easier than expected but still a difficult task. However, the games on this list made it because not only were they favourably rated, but they had a little of something special, which the other games could not attest to.

Fallout 3

Simply "The Elder Scrolls IV: Oblivion with guns," Fallout 3 is Bethesda studios nail-

ing the living world mechanic in a video game. You can go set out to find your father, or scrap that and wreak havoc in post-apocalyptic Washington. A dark and gruesome, yet wonderful and imaginative action RPG in almost all aspects, Fallout 3 is not perfect, but it is close.

Grand Theft Auto 4

After April 29 at 12 a.m., no game in 2008 would proceed to set the world on fire like GTA4. It was a definitive lock for No. 1. Old hand Jack Thompson and his new best friends. Glenn Beck and Mothers Against Drunk Driving (MADD), couldn't keep Niko Bellic from critical acclaim and commercial success in search of the American dream. The best story yet, stellar aesthetic and technical design and a brand new Liberty City from GTA 3 ... oh yeah, and hookers, too. GTA 4 is a whole different beast from the rest of the family.

Little Big Planet

The biggest problem with Little Big



Fallout 3

Planet is explaining what it is. It's essentially a platformer like Super Mario, and depicts the sack people and the worlds they try to survive. Little Big Planet is all about expression and user-created content, being able to create, customize and share content is so simple, and ingenious that the very experience of it will unleash the creativity in gamers and non-gamers alike. Little Big Planet is why the PS3 was made.

Metal Gear Solid 4: Guns of the Patriots Tactical Espionage Action

Not much to say about MGS 4. It's only the reason to own a Play Station 3. The end to one of gaming's greatest icons in Solid Snake. Add Metal Gear online to the mix, and MGS 4 is Hideo Kojima's masterpiece, and probably the best movie (no joke) of 2008.

Super Smash Brothers Brawl

It was the first triple-A title to kick off 2008, the fastest selling Wii game within a week, and wound up being one of the highest selling games all year. Once the disc is in, Brawl is possibly the multiplayer game with the most staying power. The all-star cast of

Nintendo characters, plus Solid Snake and Sonic the Hedgehog, the stages plus stage editor, the gigantic soundtrack. Brawl is just possibly the best amount of fan service to anyone who has known and loved the word Nintendo.



Grand Theft Auto 4



Metal Gear Solid 4



Super Smash Brothers Brawl



Little Big Planet

STEPS TO SUCCESS

Set realistic expectations



SHANT CHAKMAKIAN

In the business world, people tend to deal with people's expectations, whether it's their supervisor's, their client's or their boss's, everybody expects something, especially results.

But even outside work there are still expectations to be met, by you,

your family, your friends, school and society. All these expectations added on top of each other can be conflicting and stressful if not managed properly.

Expectations are the primary measure of success and value in any relationship in whatever you do. If expectations aren't met, you end up lowering your perceived value, which ends up devaluing any effort you made in the relationship that you are trying to maintain.

For example, if your roommate always expected you to clean the house and you always did, you just set an unreasonable expectation. That means that no matter how good you

are to that person, you risk devaluing all of your efforts by not meeting an expectation that was unrealistic in the first place.

This also applies professionally. If you work overtime all the time, or go out of your way for clients or other staff, you risk devaluing not only your time but setting the expectation that you will always do that. It looks bad when people count on these things and there comes a time you can't help them. You then are stuck or have to reset expectations.

That is why setting expectations in any relationship is paramount. Gauging and testing expectations are

always a good start.

Finding out what the other person expects out of any relationship is best, especially if you take the time to understand similar relationships of that nature the other person has had. Trying to understand the other person's needs and wants is also crucial while attempting to keep a channel of communication.

Setting and monitoring expectations is an obvious but crucial role in managing expectations. It is always important to make sure the expectations are realistic and fair for both sides.

Also keep in mind that when you

over-promise and under-deliver, you will consistently devalue everything you do. But if you always under-promise and over-deliver, you will always look like a hero.

Managing the expectations of everyone in your life is not easy, but it is a secret to success. Once you master it, you will find that you always get the credit and praise you deserve, while moving up quickly.

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.

In 2009, I resolve to ...

It's a new year, and that means it's time to set some resolutions. NAITSA, as always, is here to help.

Maybe you're interested in meeting new people, having more fun or learning about other cultures?

Well for one thing, the Club Fair on Jan. 15 will be a great opportunity to meet other students who have similar interests as you, and to get more involved in campus life. If you don't see any clubs that appeal to you, you

can always talk to Rose, the Campus Clubs Manager, or the Campus Clubs Clerk, Kjersten, about starting one up! They are available from 8:00 to 4:30 in the NAITSA office.

The bi-weekly Movie Nights and Indie Nights are also a great way

to have fun for free on campus. The first Movie Night of the New Year is at the Shaw Theatre on Jan. 13, showing *American Teen* and the first Indie Night is at the Nest on Jan. 15, starring Scott Cook and And He Is Us.

On Jan. 23,

the Nest and the NAIT Ooks hockey team will also be hosting Freeze Over. This event is sure to be a good time, as we're having a street hockey tournament featuring a mustaches, mullets and spandex theme, prizes for the winning team and the best dressed team, and plenty of prizes for the fans as well! Then the NAIT Ooks men's hockey game will finish off the evening.

From Jan. 26-30, NAITSA is also

hosting Diversity and Multicultural week. This is your chance to experience other cultures or celebrate your own! Stay tuned for more details on the events that will be happening around campus.

To learn more about NAITSA happenings, you can visit us in person at E-131 (by the Gym), come and hang out in our living room by the fire and watch TV if you like, or visit us online at www.naitsa.ca.



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CLUBS CORNER

Student clubs on campus

The student experience

Welcome! You have chosen NAIT in launching your future professional path.

Who says you can't have fun? While hitting the books is important, your time on campus should also be equally rewarding for you to enjoy your time at NAIT.

Getting involved with other students with like-minded interests (i.e. clubs) allows an outlet for building friendships, and enhancing your experience at NAIT between studying.

Another reason to get involved is building leadership and social skills

highly valued by employers.

Types of student clubs

There are two types of clubs on campus that are equally important.

Technology based clubs represent students in their program. They primarily host events to raise money for graduation celebrations while providing community within the program, some host industry nights where students can network and interact with future employers.

Special interest clubs are exactly that. If you have interests/talents that you are absolutely crazy about, why not meet others with the same passion. Before you know it, your time

at NAIT will fly by, instead of crawl by. Let's say you have a passion for biking; well, join the NAIT Cycling Club!

Join or start a club!

Have we got you going yet? Check out our club list (both technology and special interest) from last year. Our club centre is new, therefore our club numbers are growing. If you don't see a club on the list, why not start one? We welcome new groups. It's easy to start. You just need a minimum of three people to register. If you need help getting the word out, we're here to help you. Stop by Room E133,

which is the NAITSA Campus Clubs Centre.

Benefits of a student club

Students are connected in a community offering activities

- Meet new people/friends
- Have a great time socializing
- Stress relief from studying
- Club leadership and involvement a highlight for your resume and student awards.

Services for Student Clubs

- Start up support

- Advertising on campus
- Equipment loans
- Funding opportunities
- Club banking
- Club appreciation and recognition

• Room bookings

For students involved or wanting to start a club,

visit the Campus Club Centre!

Rose Martin Baumgartner,

Campus Clubs Manager

Room E133-Main Campus

Phone: 780-471-8871

E-mail: roseb@nait.ca

Web: www.naitsa.ca

Collect points for giving

The GIVER Program is designed to get students involved in their school and the greater Edmonton community. Students volunteering for NAITSA/NAIT events or out in the community can earn valuable points that benefit both themselves and their club.

Towards the end of the school year, all points for each club are totalled and the top three point earners will receive money for their club. Documentation verifying volunteerism or donations need to be submitted. Sample letters are available in the club handbook appendix. Deadline for submission of all points is March 13, 2009, and the top three will be announced at NAITSA Appreciation Night.

First prize: \$1,000

Second Prize: \$600

Third Prize: \$400

Point value breakdown:

One volunteer hour equals one point.

One dollar donated equals one point.

Resource donations (i.e. book drive – one book equals one point)

Activities for GIVER points:

These are common key activities for earning GIVER points:

- Volunteer hours worked in the community i.e. church work, other volunteer jobs (with any off campus volunteer hours please have orga-

nization provide letter detailing your involvement. A sample letter is shown)

- Volunteer hours worked at NAIT Events;
- Volunteer hours worked at NAITSA events;

- Volunteer hours required for awards;

- Donations of food or clothing (bring food/clothing to Campus club centre, if possible please pre-weigh food/clothing);

- Blood donation at Blood Donor Clinic (please have a letter or form for a group of students going together to a donor clinic and have nurse sign off witnessing the donation, sample found in the club handbook appendix).

The following list of points are those submitted from the Clubs. Points were also allocated for attendance at Club training sessions.

Club	Total Points
MECSA.....	4,028
NAIT Baking Club	1,004
CETSC	820
Dental Assisting.....	575.5
Biological Sciences.....	575.5
DeFeYe Arts.....	464.5
MRT 62.....	246
Club 5 Star	132
Dental Technology.....	81
Aboriginal Student Assoc	46
AHT 2009	30.5

BFL Fitness..... 29

Club Culinare..... 29

WINTech..... 25

Christian Club..... 25

LAT 17 |

Photo Technology 7 |

Upcoming events

Bio Sci

Event: Nominate a teacher to get pie'd

When: Thursday Jan. 15; 3:15 to 5:15 p.m.

Where: Common Market

Bio Sci

Event: Art Show

When: Monday Jan. 19 to Friday Jan. 23; 12:15-1:15 p.m.

Where: South Lobby

AHT 2010

Event: Bar fundraiser

When: Saturday Jan. 17

Where: Union Hall

DMS 2010

Event: Cabaret

When: Friday Jan. 16

Where: The Ranch

NAIT Christian

Association

Bible Study, Fridays @ 12:15
Room E-020

Meet new people.

Find out about activities.

Discover service

opportunities.

"G.E.T." RIDIN' IN GOLDEN SKI/RIDE KICKING HORSE JAN 16-18, 2009

Ponderosa Quad \$289.00

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CLUBS CORNER



Club Fair is coming!
This is a photo from last semester's enormously successful Club Fair. Plan to attend this year on Jan. 15 for an even more memorable Club Fair. It will be held from 11 a.m.-1 p.m. in the South Lobby.

Photo by Kjersten Saude

Fight the fear

Do you get nightmares at the thought of speaking in front of a group? Did you know that the greatest fear of North Americans is that of public speaking? Yes, it ranks above spiders, and even death. You are not alone. Do you want to conquer that fear? It is a fear that millions have conquered, and you can too.

Think of the advantages that being a fearless speaker can bring

you. No matter which path in life you choose, there will be a time when you are faced with the need to express yourself in front of a group in

a formal setting. Here's your chance to learn and practise how to be an effective, comfortable speaker. Learn by doing. Learn by helping others.



Join the NAIT Speakers Club.

Contact Steve: stephens@nait.com or Rita: ritaa@nait.ca

What is SIFE? Read on ...

Here is what you need to know about SIFE. SIFE stands for "Students In Free Enterprise." In essence, this club is about letting students get their first real taste of the business world during their post-secondary studies. The not-for-profit club brings students together from different fields to work on various projects serving SIFE, NAIT, business and the

community. These projects provide you with outlets to put your education to use and in the process develop teamwork, entrepreneurial, financial and business skills. Some SIFE projects already in the pipeline include the Recruiting Alberta Police (RAP) project, as well as numerous other projects (we can't give them all away, this is a competition don't ya know).

On the topic of competition, the projects allow SIFE members to partake in regional and national competition by pitting them against the projects of other colleges and universities across Canada. This year, SIFE NAIT will be going to Toronto to compete in the SIFE National Exposition. At these competitions, the hard work of each SIFE organization is judged by a

panel of prestigious members of business. Not a bad way to get some face time with some of the most influential business men and women in Canada. However, a major endeavour of SIFE is adding to collegiate life by bringing together like-minded students to meet and have some fun. We've had a great start so far and we hope to see some new faces to help us keep the

ball rolling. I think we'll definitely open some eyes at the national competition. Thank you, and hopefully this sparked your interest in SIFE NAIT. Next meeting is going to be in January and will be announced. If you're interested in hearing updates, please e-mail sife@nait.ca

Thanks,
Matt Bell SIFE President

Outdoors Club needs help

From recent discussions within the Outdoors Club Executive it's been decided to recruit an Events Co-ordinator. The individual we need does not need to be an expert, or have any level of passion for any particular activity but be an organizer by nature.

Some of you out there thrive on getting things organized by asking questions and solving problems, arranging meetings, sending e-mails and making phone calls.

Perhaps you have organized surprised birthday parties or possibly wedding receptions; maybe even the blind date or venue for the proposal! The Outdoors Club needs YOU!

We want a management expert; someone who can select a suitable date outside of any college exam season, write and send out motivating e-mail adverts to all Outdoors Club members giving details of a specific event and encouraging them to sign up. Then, as interested members reply, be able to book accom-

modations, book transport or organize car-pooling, hire or arrange loan of equipment and be able to motivate those interested to committing themselves to take part in the organized activity. You would also have the opportunity to research and propose lesser known, or more exotic, venues for a popular activity.

Do not think you would be left to do all of this alone as this would be done in conjunction with other executive members, having their help and support. The president holds all members' e-mail addresses on file, the communications

manager is responsible for any articles or adverts added to the club website.

Any requests for grants for activities made to NAITSA has to be agreed upon and made by the Outdoors Club executive.

If you are interested in this position and would like to become the Outdoors Club Events Co-ordinator, then please contact me by e-mail.

Sincerely,
Alistair Brown,
President, NAIT Outdoors Club
alibrown@shaw.ca

Chinese Spring Festival Gala Evening

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

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

2009

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SKI/RIDE TOUR!
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TOP 10 TIPS

Setting and achieving goals



MARGARET MAREAN
NAIT Student Counselling

January is a common time for setting goals and making resolutions. It is a great time to evaluate the past semester, not just academically but in a variety of areas of your life (education, career, fitness, personal, family, financial, ethical ...) and to determine how you can make this semester more fulfilling.

1. Make sure your goal is something you really want. If you are setting goals based on someone else's advice or on what you think you "should" want, you are not likely to succeed. Outlining why you want the goal and what the benefits are will enhance your determination and enthusiasm.

2. Write your goal(s) down. Writing helps you to clarify your goals. People with written goals report far greater success than those who have goals that are not written down.

3. The mind responds better to positive goals. Write down what you will do rather

than what you will not do, and write in the present tense. For example "I do physical activity for 30 minutes every day" is more motivating than "I will stop being a couch potato."

4. SMART goals are Specific, Measurable, Attainable, Realistic and Timed. What exactly do you want to achieve, how will you know when it is accomplished and when do you want to achieve it by? Instead of writing "I will get better marks," write "I am getting four A's and one B in my courses this semester" or "I study a minimum of two hours per day, five times a week this semester." Performance goals are often more realistic than number goals. (For example, you have more control over studying more rather than getting certain marks or eating properly rather than losing a certain amount of weight).

5. Aim high. While goals should be realistic, it is better to shoot for the moon and only get to the stars than to make goals that are not challenging. Even if you don't get all the way to the moon you will have made significant progress.

6. Determine possible barriers to success. If you have had the same or a similar goal in the past and have not succeeded, what do you need to do differently this time? If it is a new goal, what potential obstacles could get

in the way of success? How can you make your goal more fun or rewarding rather than viewing it as all hard work and drudgery? Procrastination is one of the main reasons for not reaching goals – but the good news is that procrastination is completely avoidable.

7. Take action. Ask yourself what you need to do NOW to achieve your goal. New habits begin stabilizing within 21 days. If you can take action towards your goal every day for three weeks you will be well on your way to success. To do this, it is best to have an action plan in place which includes what you will do, when, where and how you will do it, and possibly what other resources or people are necessary for your success.

8. Take responsibility. No excuses! You will likely be sidetracked when reaching a long-term goal and you may need to come up with alternative ways to succeed, or even revise the goal, but in most cases you have control over reaching realistic goals. Be prepared to find yourself sliding back into old habits – instead of counting that as a failure, get right back on track.

9. Believe in yourself. Our own minds are the biggest barriers to our success. Past failures, lack of confidence and putting off taking action often lead to lack of motivation and, potentially, failure. Visualize your-

self succeeding. Share your goals with supportive people and act as if you have already succeeded. Tom Watson, the founder of IBM, attributed IBM's exceptional success to these steps: 1) He created a very clear image in his mind of what he wanted his company to look like; 2) He asked himself how a company like this would have to act on a day-to-day basis; 3) In the very beginning of building his company, he took day-to-day actions as if the company were already a success.

10. Celebrate your successes on an ongoing basis. Break major goals down into smaller segments and reward yourself. Rewards along the way can help enhance motivation and highlight the success you have already made.

Need more help in setting and achieving goals? Would assistance with personal, academic or career concerns benefit you? Student counsellors are available to assist you from Monday to Friday, 8 a.m. to 4:30 p.m. To book an appointment, come in person to Room O-117 or call 780-378-6135.

P.S. Attending Student Success seminars starting on Monday, Jan. 12 will give you some valuable tips for succeeding this semester. They are free, you don't have to pre-register and you can bring your lunch. (See ad on facing page)

TIP OF THE WEEK



Safety begins with you



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. Campus Security Services cannot be everywhere and are usually involved only after the crime has been committed.

The NAIT Security website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit www.nait.ca/security.

To avoid theft, Campus Security Services suggests the following:

AT HOME

- Lock your doors/windows whenever you leave your room or residence.

- If you live in an apartment, do not allow unescorted strangers inside.

- Be suspicious of unknown persons loitering in the area of your residence.

- Never leave an exterior door propped open.

- Keep a record of your valuables, including descriptions and serial numbers.

AT WORK OR SCHOOL

- Do not work alone in an unlocked office or classroom.

- Do not bring large sums of cash with you to work or school.

- Do not leave your valuables, such as a laptop, purse or wallet, in your desk or locker.

- Secure your locker with a good quality lock.

AT THE LIBRARY

- Do not leave personal property unat-

tended, even for a minute.

- Keep personal property in view at all times.

- Do not bring valuables with you to the library.

AT THE GYM

- Secure all personal property in a locker. Invest in a good quality lock.

- Avoid carrying large sums of money or valuables with you.

- Lock valuables in the high-security lockers provided or leave them at home.

- Keep your locker locked whenever it is unattended.

FROM YOUR VEHICLE

- Lock your vehicle every time you leave it.

- Don't leave your windows rolled down, not even a crack.

- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.

- Park in well-lit areas.

- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.

- Affix your parking permit to your window.

- Consider investing in a car alarm. 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.

Need extra cash?

The Imagnus Poster Show is looking for reliable help with setup, tear-down and lunchtime marketing for their upcoming Jan. 19 and Jan. 20 show in the North Lobby. Here are the time slots and rate of pay for each:

Jan. 19-Setup	(3 students)	7 a.m. to 10 a.m.	\$11/hour (heavy work)
Jan. 19-Advertising	(2 students)	11 a.m. to 1 p.m.	\$9/hour (light work)
Jan. 20-Advertising	(2 students)	11 a.m. to 1 p.m.	\$9/hour (light work)
Jan. 20-Takedown	(3 students)	5 p.m. to 7 p.m.	\$11/hour (heavy work)

Please see Lianne Mills at the NAITSA office (E-131) or call 471-8855. Please be sure that if you sign up, you show up. It's extremely important! If for some reason you sign up and you can't make it, PLEASE call by Jan. 15 and let us know. Thank you.

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GLOBAL TESOL COLLEGE

STUDENT SUCCESS SEMINARS

Room X107

SESSION	DATE	TIMES
STUDY TIPS TO IMPROVE MEMORY, LEARNING & CONCENTRATION	Monday, Jan. 12th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
WHAT IS YOUR LEARNING STYLE?	Thursday, Jan. 15th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
TIME MANAGEMENT/ MANAGING PROCRASTINATION	Monday, Jan. 19th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
EXAM PREPARATION & WRITING	Thursday, Jan. 22	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
READING, LISTENING & NOTE TAKING	Monday, Jan. 26th	11:15 to 12:05 <u>or</u> 12:15 to 1:05 <u>or</u> 4:30 – 5:20
MANAGING EXAM STRESS	Thursday, Jan. 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>or</u> 4:30 – 5:20

All sessions are **free** and **drop-in**
For more information contact
STUDENT COUNSELLING
Room O117, South Lobby
phone 780.378.6135

Job Opening

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

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

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

Closing Date: Jan. 16, 2009 at 4:30 p.m.

Instructor offers help for students

N. Pas Paskaran is an instructor in the Physics program with 30 years of teaching experience and has delivered seminars on “Being An Effective Student” for over 20 years. The material he has collected is available for free download as audio material in MP3 from his web page.

The audio material consists of titles such as: “How to write exams,

Increase your memory power” and “Effective study skills.” Each of this audio material is three hours long.

Students can access this free download material and benefit from the ideas covered by the above topics.

See web page address:
<http://humanpotential.cjb.net>
to access the material.

“Dumb Rules” Submission Form

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

1. Description of dumb rule:

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

3. Suggested changes to the dumb rule:

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

Name:

E-mail:

Classifieds

LIFESTYLE HELPING HANDS

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

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

Lifestyle Helping Hands Seniors Association
4069 106 St.
Edmonton, AB T6J 2S3
Phone: (780) 450-2113

CALLING STUDENT FILMMAKERS!

The Alberta Student Film Festival 2009 has opened its call for submissions. To enter your film or for info, visit asfilmfest.ca or e-mail asfilmfest@gmail.com. The festival is open to student filmmakers from all over Alberta and across Canada, from any high school or post-secondary institution. Films can be any genre and any length. Hurry!

Interested in student politics ?

Yes?

Run for the NAITSA 2009 General Elections!

- Nominations Open: **January 6th** These are paid, full-time positions, with so many opportunities!
- Nominations Close: **January 29th** Election Day: February 10th



Positions available:

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

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

Benefits to being a NAITSA Student Executive:

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



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

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

These positions are:

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

Visit naitsa.ca for full Election details!



"LEADERSHIP HAS ITS PRIVILEGES"

SALARY & TUITION

If you get the job, you will get your tuition paid while you serve, and we'll pay you a monthly salary of \$3,000. Need more convincing?

EXPERIENCE

You came to NAIT for an education and to get a great job, right? Well, try putting "President" or "vice President" on your resume. Ask any employer; they'll want to talk to you when you graduate over all the other resumes. Your resume will stand out, guaranteed!

LEADERSHIP DEVELOPMENT

Who can be a student leader? Any student, no experience required. Really. NAITSA has a great support system and training to help you develop your leadership skills.

TRAVEL

NAITSA offers training over the summer which involves travelling to meet other student executives from across Canada at various conferences.

NETWORKING

As a student leader you get to meet and work with business leaders, government officials and sometimes celebrities. This can give you key networking opportunities you wouldn't otherwise get as a student.

PUSH YOURSELF

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

VOTE!

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

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

Election Day will be on February 10, 2009

NEED MORE INFORMATION?

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

Information Sessions:

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