

# The Nugget

Thursday, November 4, 2004

Volume 42, Issue 8

NAIT's OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Sports . . . p. 3

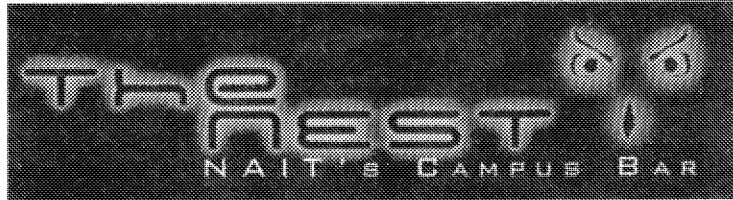
Arts &amp; Entertainment. . . p. 6

## Nest the Best?

Mark Cappis—NEWS



And he said, "... and the Nest at the Northern Alberta Institute of Technology."



Free plug on national TV! Our little ol' Nest, is in the running to be named the best campus pub in the country. Naturally, I had to speak to Nest manager Nic Wells to find out what he thought about it.

"I was shocked," said Wells, when he heard about it. "I was like 'Really? On Rick Mercer? What was the context?' Once I heard that it was mentioned in context for introducing his contest, I thought that if we were mentioned in the list, then we have a pretty good

chance."

Since I was talking to Nic, I had to find out why the Nest would be in the running for best campus pub. "Our prices are student targeted, so they're meant to hit the student budget, and include some of the things they like to do, like drink. It is owned by the students. It is their campus bar." Wells also mentioned that the goal of the Nest isn't to turn a profit, but just to break even. All the income that the Nest makes

goes back into hosting events and making the Nest a good place for the students to be.

about the Nest (eg. I met my wife and my girlfriend there). You can just say why the Nest rocks (eg. Thanks to their breakfast specials, I can hit on hot business students morning, noon and night!). You can even jazz things up by sending a few pictures of the Nest (eg. See how many hot business students are in this place?). The grand prize is a free trip out to Toronto to see a taping of *Rick Mercer's Monday Report*

And, who knows? If you win, the Nest might be so grateful for helping you plug them coast-to-coast, that they may throw a massive party in your honour. I'm only guessing...you'd have to talk to Mr. Wells about that.

Wells is planning to enter the contest, but he figures that the entry would best come from a student. So, here's the deal. Do you think the Nest truly is the best campus pub in the country? Do you want a free trip to Toronto? Here's what you've gotta do:

Head to Rick Mercer's website, [www.cbc.ca/mondayreport](http://www.cbc.ca/mondayreport), and follow the links to the contest. For your entry, all you have to do is write a couple of lines as to why the Nest is the best. You can tell a story

It all started a couple weeks ago when I was watching *Rick Mercer's Monday Report* on the CBC. Mercer was announcing his contest for the next month, which is "Which Canadian University Has the Best Campus Pub?" To get people's brains going, Mercer rattled off a few examples of good campus pubs.

## Coffee – A timeless favorite

KAREN L. Kay  
Guest Writer

MMMMMM! Can you smell that? No, it's not what your buddy has been cooking, or what happened after you pulled your uncles' finger—it's the aroma of coffee. Chances are you had one this morning or are drinking one right now. Walking around campus you can see many students and instructors clutching a cup of Joe as they make their way through the halls, or nurs-

ing a cup while lounging around. Coffee is available at the many food service areas throughout NAIT, and is hugely popular. Jennifer Livingstone, acting Food Manager says, "In a one week period, Food Services sold approximately ten-thousand cups of coffee." "The 12 ounce (340ml) is the most popular size with the exception of Tim Horton's, where large (14 oz) is the most popular."



Krystal Malkin, in Biological Sciences, was on her third cup of coffee at 2 in the afternoon, and drinks coffee every day. She says

she often shares it with her friend and doesn't have an emotional attachment to it, but "it is good, it tastes good". Her drink of choice is a "double, double, two creams and two sugars."

Sandy McAlpine, President of the Coffee Association of Canada, says students are overdeveloped for specialty drinks like cappuccino and lattes, "but still their fundamental choice is for a cup of regular roast and ground coffee,—there is a slightly larger amount of caffeine in a cup of regular coffee versus a specialty drink so the "lift effect" is slightly higher but taste seems the more essential

driver than any other." Lance Eiglar, in Chemical Engineering, says coffee is a special treat for him and was drinking it, 'cos I had a rough day'. "It helps give me energy thanks to the caffeine, and that energy really helps me focus on things that I'm doing and keeps my overall attitude positive." Lance says he drinks only a cup a week.

Hanging around bytes at the HP Centre, Automotives instructor Robert Ings says he drinks about 3 or 4 cups a day, and a full pot on the weekends. Ings says, 'he likes the high'.

continued on p. 2

## What's Happening This Week?

Thursday, November 4	Friday, November 5	Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11
Popjoy & Intricate Minds 3:00 p.m. at The Nest \$3 cover	Chemical Technology Cabaret at RUM Hospitality Management Bake Sale NAITSA Office 11:30 - 1:00	Nest Movie Night: Troy 4:30 p.m. at The Nest	Doc Walker - NAITSA Rodeo Party 7:00 p.m. at The Nest	Electrical Engineering Technology Cabaret at Iron Horse Respiratory Therapy Beer Gardens Naitrium at 4:00 pm • FREE Cabaret hosted by Instrumentation and Legal and Real time Reporting Nov. 10, 8 pm • Squires on Whyte Tickets: \$5	Petroleum Geological and Chemical Engineering Technology Cabaret at Iron Horse Get your \$5 tickets at the NAITSA office

## Chaos in Print

## Fun with Numbers

MARK Cappis—NEWS

For those who have the patience to read my 5,000 page rants, you may have noticed that, in several of these rants, I've drawn allusions to a young woman in my class whom I have a crush on. Apparently, this has become quite the hot topic of gossip in my class as to who my secret crush is. After all, I am the quiet, creepy kid. I'm sure that all the girls in my class, as they say their prayers every night, throw in the line, "And dear God, please, tell me I'm not Mark's secret crush!" Anyway, it's time for the rumour and innuendo to end. I told my class three weeks ago that I'd announce who my secret crush is right here, in this very issue, and this very article.

But first, I'd like to take a minute to talk about math.

If there's one thing that really ticks me off, it's people who don't like math. Math is such an integral part of everyday life. When you're trying to figure out if you've got enough money to buy more beer, that's math. When you're cruising down the highway, and you're trying to figure out if you'll stop in time before hitting that little old lady, that's math. So, since you use it every day, how come the main response I always get is this: "Math! Owe! Numbers make my brain hurt!"

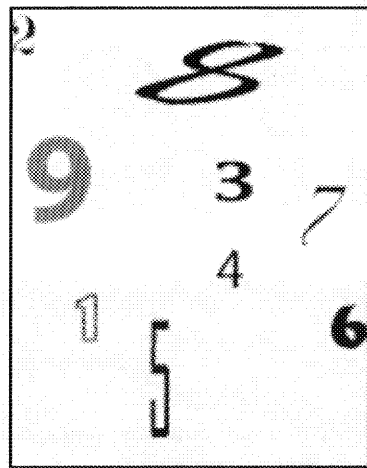
I've made no secret that I've been through this post-secondary education thing once before. Got my degree in math, of all things. That's where you learn how all the great philosophers and scientists feel about numbers. The sign over Plato's academy read,

**When the average person hears the words "long division," they run screaming from their desks.**

"Let no one enter here who is ignorant of math." Galileo once wrote that math is the language in which God wrote the universe. I much prefer something that one of my more arrogant professors said. Math, he said, is the master science that underlies all. With a good understanding of math, a person can pick up any textbook and get the gist of it.

Yeah, knowing math does tend to give a person a superiority complex. But then, can you blame us? When the average person

hears the words "long division," they run screaming from their desks. But we, the few, the proud, the mathematical, we roll up our sleeves and get to it. Mathematicians are like firefighters and police officers in that sense. When others run from danger, we run towards it.



I don't run towards danger as much as I used to. After being

thrust into the real world, I found that there's not much call for mathematicians these days. Even now, as I learn the delicate art of piecing together a radio commercial, there's not a lot of math involved. Now, I'm a hobbyist mathematician. I tackle math problems the way you work at a crossword or a jigsaw puzzle. I scratch out the odd solution to Fermat's Last Theorem, and then go outside and get a breath of fresh air.

I still love numbers. Numbers are my playthings. They dance for me. And they can dance for you, too. So, dear people of NAIT, I only have this one humble request for you. Math is fun and a lot easier than you think. Next time you're staring down at the page at a math problem, don't run screaming. Remember, you have the skills. You have the knowledge. You can work through the problem. And, once you're on the other side and you see you have

the right answer, you'll wonder what you were so afraid of to begin with.

And, let's not forget my absolute favourite part of math: cryptography. That's making and breaking secret codes. So, without further adieu, I'd like to say that my secret crush in my class is:

42 57 57 67 22 107 22 87 97 22 57 57

Get to it, hackers. If anyone out there actually manages to break this code, let me know. E-mail me at [chaosinabox@gmail.com](mailto:chaosinabox@gmail.com). Or, you can call my radio show, *Chaos in a Box*, every Wednesday at 5 p.m. on NR92. The number is 471-8833. Let's sweeten the pot. If you actually can break the code, I'll buy you lunch at Ernest's. Remember, not only will you win a free lunch, you will make a woman in Radio & Television very, very embarrassed.

## Coffee – A timeless favorite

continued from p. 1

Doug Bell, Automotives instructor, says he has about two large cups a day during the week, "it's something to do, it's an event more than a beverage."

Oh, and if you like your java, you're in luck, there are some health benefits to it. Information released from the Coffee Association of Canada, states coffee:

- Improves attention and concentration (and test scores) a physiological outcome if not a health benefit directly
- Positive impact on asthma – coffee functions as a bronchodilator
- Boosts metabolism – in effect a "thinning / diet impact"

McAlpine, with the Coffee Association says the jury is still out on any bad affects of coffee, such as:

- Generalized negative coverage for being addictive – despite the fact that it is not classified by

health authorities as an addictive substance due to lack of psycho-social impacts, no increased tolerance to dose, very limited withdrawal symptoms

- Heartburn / stomach troubles – based on a small minority of people who are sensitive to coffee's acidity

McAlpine says, "If one were trying to cram through the night for an exam it would be better to have a coffee every few hours rather than one extra large one at the beginning of the study haul." Coffee is the number one beverage choice of adult Canadians (over 18) and much more popular in Canada than the US where soft drinks are number one.

Crystal Eggert, in Environmental Sciences says she could start the day without a cup, "but definitely prefer not to."

READS & NEEDS

# KEEP WARM

# LOOK HOT

**NAIT Melton Jacket**  
Available at your bookstore  
Show your NAIT pride with style!

# Ook of the Week

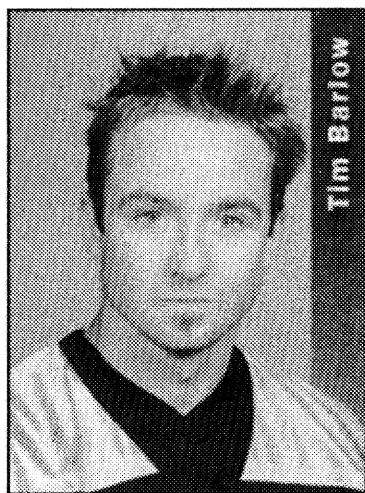
## Tim Barlow

Trevor Elliott—SPORTS



With his goaltending equipment on, Tim Barlow looks like a towering menace standing in front of the Oaks' goal. The goaltender is extremely quick and agile as well. Tim is a very valuable member of the Oaks' men's hockey team as he can, and does, stop nearly every single shot sent his way.

One needs to look no further than his opening weekend's success to realize that the Oaks possess a quality goaltender in Tim Barlow. Tim stopped 47 shots on opening weekend and shut-out the Briercrest Clippers in the Oaks' first game of the season. The goaltender opened the season with a 2.00 GAA and a 91.5% save percentage.



Tim Barlow is a third year student and veteran of Oaks. Tim is currently in his third year of Power Engineering and loves every moment of his time here at NAIT. Tim decided to invest his time here at NAIT because he had a lucrative scholarship given to him because of his playing time in the WHL. Tim chose to study Power Engineering primarily because of the money; however, Tim admits that Power Engineering is a very challenging and rewarding career.

Before joining the Oaks, Tim played hockey for the Moose

Jaw Warriors of the Western Hockey League and played a season for the Fresno Falcons of the West Coast Hockey League. Tim would have loved to have played longer in the WHL; however, had he done so, Tim would have lost all of his scholarship money that he had been granted by the WHL.

Barlow accepts his leadership responsibility with the Oaks this season. Tim is extremely impressed with the work ethic and accountability of the team. Tim was quick to point out the vast amount of talent of the club. Barlow feels that his team should be very successful this season just because of the hard-working mentality of the club.

Tim admits that Power Engineering is a very difficult course. Tim must spend a great amount of time outside of his classes just to study, complete assignments, and keep up with the class. Tim is very grateful that all Faculty members of the Power Engineering program are very willing to help him whenever necessary and that the Faculty is willing to share their vast knowledge from their extensive field experience. Tim is also impressed with his fellow students for always being willing to help out each other.

Unsure of what his future has in store for him, Tim plans to complete his Power Engineering in the spring and then weight his options. Tim will then either choose to find a career minded job, relevant to his Power Engineering training, or he could go back down south and spend some more time in the WHL. Either way, Tim will bring with his newly acquired work ethic and will be ready for life after hockey.

Tim Barlow is an outstanding goaltender and a very valuable member of the Oaks' hockey team. With Tim between the pipes, the Oaks should find themselves vying for a championship in March.

## Ook Tracks

### TREVOR Elliott—SPORTS

#### Men's Hockey

Last Week: The Oaks remain undefeated as NAIT crushed the Augustana Vikings 6-1 on Friday night in Augustana and 6-2 at home on Saturday.

Coming Up: The club now travels to Mount Royal tomorrow night and host the Cougars on Saturday night at 7pm

#### Women's Hockey

Last Week: The Oaks defeated the U of C 4-1 at home on Friday night. NAIT lost to the Cougars 4-2 at Mount Royal on Saturday night.

Coming Up: The Oaks travel to Red Deer tonight and host Grant MacEwan on Saturday night at 7pm.

#### Men's Basketball

Last Week: The Oaks traveled to

Kamloops this weekend for the UCC Invitational Tournament.

Coming Up: The Oaks host Grant MacEwan on Friday night at 8:30pm and play at Grant MacEwan on Saturday.

#### Women's Basketball

Last Week: The Lady Oaks had the weekend off.

Coming Up: NAIT hosts Grant MacEwan at 6:30pm tomorrow and play at Grant MacEwan on Saturday.

#### Men's Volleyball

Last Week: The Oaks defeated Keyano College 3-0 (25-16, 25-11, 25-17) on Friday and won 3-0 (25-22, 25-22, 25-18) on Saturday.

Coming Up: The Oaks travel to Grant MacEwan on Friday and host the Griffins at 7pm Saturday.

#### Women's Volleyball

Last Week: The Oaks defeated Keyano College 3-1 (25-18, 25-21, 16-25, 25-19) Friday and 3-0 (25-21, 25-20, 25-21) on Saturday.

Coming Up: The Oaks travel to Grant MacEwan on Friday and host the Griffins at 5pm Saturday.

#### Cross Country Running

Last Week: The Oaks competed in the ACAC Cross Country Championships at Concordia College Cross Country run on Saturday. Rodney Al finished first out of a 5-man NAIT squad, and 26<sup>th</sup> overall. Rodney finished 3:22.0 behind the winner. The men's team finished 7<sup>th</sup> out of 7 teams. Julie Rosser was the only woman competing from NAIT and finished 21<sup>st</sup> overall. Julie finished 3:12.0 behind the winner.

## Canadian Finals Rodeo

# mike's Hard Rodeo

## Ride

### Thursday, November 11, 2004

Come Party with **Esplanade's**  
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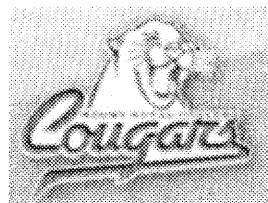




# Undefeated Ooks Face League Leading Cougars



VS.



## TREVOR Elliott—SPORTS

The Ooks continued their winning ways last weekend as they crushed the Vikings 6-1 in Augustana on Friday and 6-2 at home on Saturday.

Veteran goaltender Tim Barlow continues to lead the league in goaltending after 4 games as he has only allowed 7 goals in 4 games. Team points leader, Ben Stokes, scored a goal and assisted on three others on Friday night.

The Ooks now turn their attention towards the Mount Royal Cougars who currently sit in first place in the league. The team must continue its disciplined defensive play and the squad must make a conscious effort to stay out of the penalty box if they want to win this weekend. Barlow also must continue his superior performance in order to shut down the potent Cougars' offense.

Mount Royal visits NAIT on Saturday at 7 p.m. and the club

would love nothing better than to crush the Cougars on home ice in front of a packed house and have the support of those hockey lovers that are missing out on the NHL.

The Lady Ooks split their two games last weekend with a 4-1 victory over the U of C Dinos and a 4-2 loss to Mount Royal on Saturday. The Ladies struggle to find consistency in their game and must continue to improve their play if they want to stay close to the other teams in the league.

The next test for the Lady Ooks will be a home game on Friday night against the winless hometown rival Grant MacEwan Grifins. The game is a rematch of their overtime win two weeks ago and should be very entertaining to watch. The game starts at 7pm Friday night at the NAIT Arena. Admissions to Ooks home games are free for students when they show their Student ID cards.

## Student Helpdesk (NAIT Technical Support)

The Student Helpdesk is the newest helpdesk at NAIT and is a collaborative effort between Technology Curriculum Innovation and ISD Customer Support. This helpdesk was designed to provide students with a single, primary point of contact for technology related issues. Assistance can be provided by phone, email or through our Feedback form located on [www.nait.ca/help](http://www.nait.ca/help).

Support analysts are able to provide assistance to students with questions on the following:

- MyNAIT (logins, navigation, etc.)
- Student Email
- Student Storage
- LOGs Online
- WebCT
- TLM
- Wireless – "NEW Wireless Pilot Project" beginning November 10. Contact the student helpdesk and make an appointment (offered on Wednesdays only), if you require support with your wireless connection.

Phone: (780) 491-3182  
Toll Free 1 (866) 491-3182  
Email: [techsupport@nait.ca](mailto:techsupport@nait.ca)

## BEAUMONT CHIEFS JR. B HOCKEY CLUB

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## NAIT's Annual

*Children's Christmas Party*

Saturday, December 4, 2004

12 Noon to 4:00 pm



SOUTH LOBBY

Santa Claus & Mrs Claus  
Gift Booth & Crafts

NORTH LOBBY

POOL  
ARENA

12 - 4 pm  
12:15 - 3:45 pm  
1:00 - 3:00 pm

Ticket includes: Gift and Meal

Tickets  
\$10.00

Tickets  
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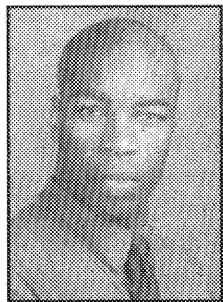
**OR... come to City Centre Campus on Sat, Nov 6 from 10 am - 4 pm for**

**MacEwan's Fall Open House** where you can speak with program advisors from our wide range of program offerings to help determine the right program for you!

[www.MacEwan.ca](http://www.MacEwan.ca)

# Snow, Ice, NAIT, and You!

Dwayne Williams



NAITSA President

NAITSA received a lot of complaints about the snow and ice removal in the parking lots and parkade after last week's dump of snow. We'd like to thank all of you for voicing your concerns, as we can't know about 100% of the problems in the school without help from our fellow students! However, on this issue, we aren't the ones that can solve the problem, but I'll tell you who can!

So in my quest to keep the students informed, I decided to write this article to explain what exactly happens after it snows. To do so, I asked Robert Kolba, Maintenance Services Coordinator with Facilities Maintenance, to give me some information I could pass along to the students.

"Our crew is mobilized by a call from the Services building (D) which is staffed 24 hours. Once the call is received, the grounds crew usually has all sidewalks and entrances at main campus cleared within 2 hours. In the case of [last] week (and many other cases) the snow does not stop and you end up in a catch-up situation throughout the day dealing with hotspots and high priority areas."

On the Facilities Operations web-

site, the priority areas are listed as:

- Sidewalks, ramps, curb cuts and parking stalls that are used by disabled persons.
- Main building entrances and emergency road access points.
- Sidewalks.
- Roads and parking lots.

He also mentioned that, "temperatures that are hovering at the freezing mark also impair our ability, in that slush will turn to ice and the ice is harder to remove. Our grounds crew consists of 5-7 individuals that are supported by other areas when required."

Some advice he has for students and staff on campus: "In my career, I have had the opportunity to investigate several slips from ice (not NAIT related) and I have a few tips to pass along..."

- Footwear should be adequately treaded.
- Soles made from the right material. Some rubber actually hardens in cold weather making them more slippery.
- Use handrails when available.
- Keep hands out of your pockets and free of coffee cups and bags. This is in case you slip you will have a method to break your fall.
- Keep your eyes on the ground especially when crossing bumpy parking lots. Some degree of snow blindness takes over here as its difficult to judge the depth of holes.

Students and staff can contact maintenance at 7566 to report any trouble spots that need to be addressed. Hope this helps clear up some confusion!

—Your NAITSA Prez

## Vice President of Finance and Administration Position Update

Elaine Devine



Aleesha and I just went to Grande Prairie for our progression conference for ACTISEC. The conference was very valuable. We worked on Wise up, a coalition campaign for the Federal Election. The coalition represents over 200,000 eligible voters. We

also checked out the web site at [www.wiseup.ca](http://www.wiseup.ca). The purpose of the campaign is to get students more involved in the election and to get more students to vote.

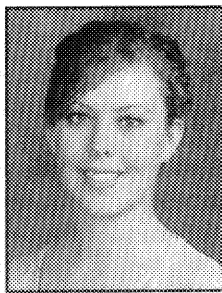
I am also working on the budget that will be presented to General Council on Nov. 23, at the Annual General Meeting.

If you have any questions on Wise Up or on the Annual General Meeting, please stop by the NAITSA Office E131.

Elaine Devine  
VP Finance and Administration  
471-7609

## Vice President of Campus Life Position Update

Jen Grundke



The activities department has been kept very busy as usual in an effort to keep all you crazy partiers well entertained. We have some wicked events planned for your near future that all of you should definitely check out. Dates to mark in your calendars include:

Thursday Nov. 4: Popjoy & Intricate Minds concert @ the Nest. Popjoy is this amazing up-and-coming female rock-star that is touring campus bars. You can get more details on this band at [www.popjoy.ca](http://www.popjoy.ca). Accompanying Popjoy is NAITSA's 2004 Battle of the Bands winners, of which most of you saw at OOKFEST "Intricate Minds"—students from

NAIT bustin' out some wicked hip-hop tunes on stage. Make sure you check out this kick ass show!

Monday Nov 8- Movie Night @ the Nest- Troy. Need some fun cheap entertainment? Head down to the Nest and catch this flick and some popcorn for FREE!!! (As all movie nights in the Nest are). Why not bring someone to cuddle? Hold close—okay maybe that's going too far, but why not?

Tuesday Nov 9- Doc Walker @ the Nest. Well Thursday offered you a bit of rock and hip-hop, and since the CFR is on we thought we would put on our cowboy hats and go country! Pick up your tickets at the NAITSA office soon as we are close to being sold out!!!

Well that is the schedule lined up for all you party dazed students. If anyone has any questions, stop by my office or catch me at a NAITSA event... and until next time- keep on rockin'!

## Vice President of Student Affairs Position Update

Aleesha Jex



The Nugget would like to welcome Dave Fester as our new Editor-in-Chief. Both Dave and I encourage students to participate in the Nugget by submitting letters to the editor ([nuggetletters@hotmail.com](mailto:nuggetletters@hotmail.com)), grape vines ([nuggetgrapevines@hotmail.com](mailto:nuggetgrapevines@hotmail.com)), or any student submissions or suggestions ([nuggetsubmissions@hotmail.com](mailto:nuggetsubmissions@hotmail.com)). After all, this is NAIT's student newspaper; you

should have your say!

For all of you who are wondering where the Nugget was last week, let me set your mind at ease. During midterms and finals, we do not publish a Nugget. Now, some of you are thinking to yourselves "that's not when I had my midterms." Well, not all students at NAIT have midterms at the same time. In fact, some students don't even have any midterms. It all depends on your program.

In the end, the Nugget was not published last week. We hope you enjoy this one.

For questions or comments email Aleesha at [aleeshaj@nait.ca](mailto:aleeshaj@nait.ca) or phone 471-7607.

**Note:**  
**There will be**  
**no Nugget next**  
**week.**

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12:00 p.m. on the last school  
day of the week.

All submissions must be  
accompanied by your name &  
student ID number

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NAITSA. The Nugget reserves the  
right to edit letters and viewpoints  
for brevity.



# Wake Up Call from The Waking Eyes

MICHAEL Cristello—FEATURES WRITER

Do you realize what you missed at the Nest on Thursday, October 28? Two fantastic, up and coming bands, rocked the stage and blew the crowd away. For two hours the Nest was filled with tunes, music lovers, and an excellent light show.

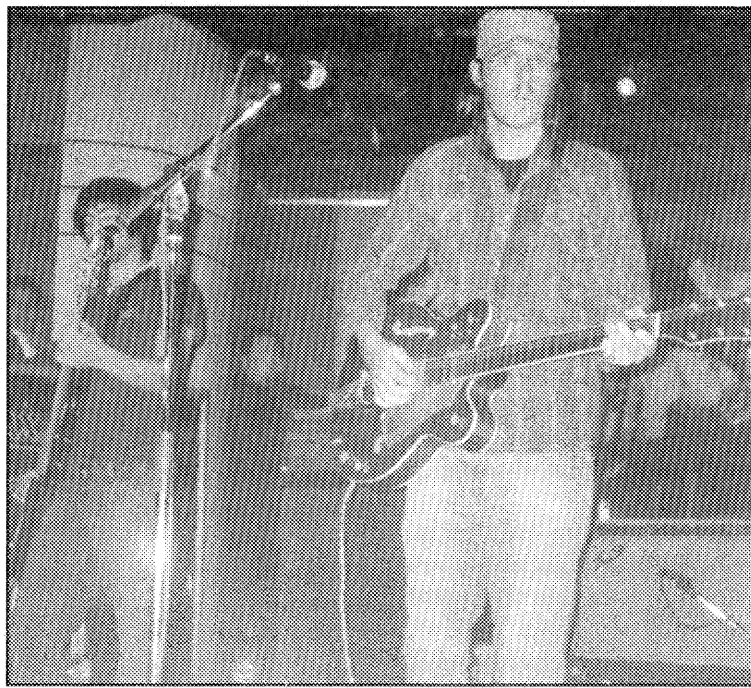
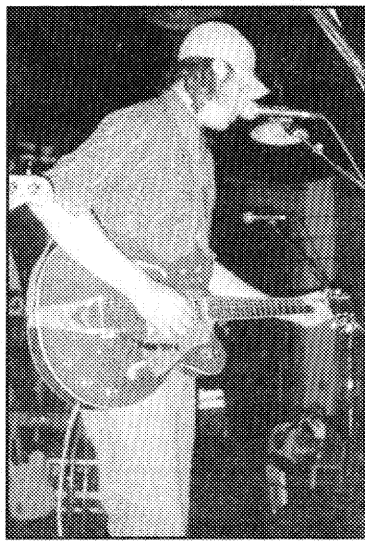
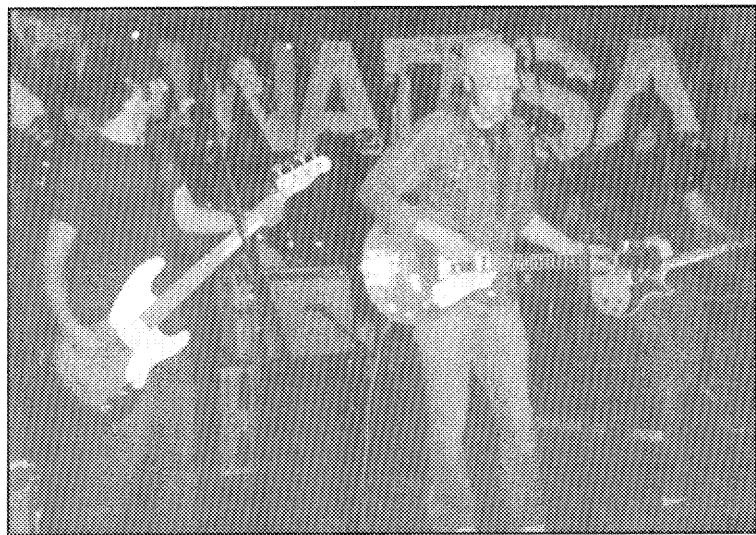
First to grace the stage was a band from Dartmouth, Nova Scotia called, "Matt Mays & El Torpedo." These good ol' Canadian boys rocked the place from front to back, with their sounds of classic rock and a mix of country.

They sounded a bit like the Wallflowers, but with more of a rock attitude. These five guys from Eastern Canada had the crowds screaming for more. They had a variety of music, it was slow and mellow, rock/country, very energetic at times and it was just an all out awesome show. Their final song, "Cocaine Cowgirl," had the crowd bobbing their heads and getting into the music. The Nest's new strobe lights and lighting system is unbelievable. It had you feeling like you were at a big shot concert at Rexall Place.

The night's headliner, "The Waking Eyes," took to the stage at 6 p.m. and this foursome from Winnipeg took no prisoners. Their loud, garage rock/punk style, was heart pounding and exciting, even though they had a slow start, they didn't take long to exceed my expectations and blow the roof off of the Nest. They had a couple cover songs from "The Who" and "The Beatles," but with their upbeat music, the band mixed it up with electric guitars, a keyboard and a trumpet. As "The Waking Eyes" finished their last

song, the crowd was chanting for more, and called for an encore. The group was pleased to do so, and they went out with bang by covering White Snakes, "Here We Go Again." The fans gathered and sang along, some getting to their feet and rising a glass to an up and coming Canadian band. The night was a success, great

music with great people. For \$3, you could have heard some quality concert music, and had seen these bands before they make it big. Most students missed out on a phenomenal show, but hopefully you can attend the next big concert at the Nest, which has Doc Walker headlining on November 9. See you there!



## There's more to NAIT than you think!

MICHAEL Cristello—FEATURES WRITER

You know, NAIT isn't just a place to gain knowledge, expand on a hobby or get a career; it's also a place where you get your sports, parties, entertainers, movies and a whole lot more. NAIT has expanded their horizons, in bringing students what they want and need. Students want to enjoy the college life, so finish your studying and got out and about NAIT.

Check out the sports here at NAIT, the OOKS are always in action. The men and women's hockey is a fast paced game, watch some men's and women's high intensity basketball, and also catch both the men's and women's volleyball and soccer. So catch a game or look in on a practice and think about trying out next year. Also being a student her at NAIT, you get great prices on Edmonton Eskimos football tickets.

Most of you know that parties at NAIT are like no other. OOKFEST is extreme and you can't party that hard on during welcome week anywhere else. NAITSA

brought you the "Wake the Dead" Halloween party, which had a big turn out, with great costumes and while most people stumbled home and a lot weren't alone. NAIT has come together with Maxim and Coors Light, to bring you some of the hottest women this school has to offer, in the "Maxim Club Tour" model search. That party will give anyone a reason to drink on a weekday.

Have you ever been hypnotized? If not, you should be! It's an awesome experience that can't be explained, and just to be there and watch you friends make an idiot of themselves is worth it. So far NAITSA has brought you a couple of hypnotists to check out at the Nest, it's a great way to get a laugh on a weekday evening.

Bands, bands, bands! Other than OOKFEST, the best college party in Canada, NAITSA brings you big bands, to our very own school. You get to rock out with local bands, and others that come far and wide to play for the stu-

dents. If you attended Shinerama, you had the chance to see three fantastic bands play unplugged in the Nest. Everyone that attended that night said that the show alone was worth volunteering for Shinerama. The newly installed lighting system in the Nest, gives the concerts a little more flavor, and it makes you feel like your watching the big shots entertain.

The other great things that NAIT offers are movie nights at the Nest. You get the benefit of seeing movies that are offered in the cheap theater, here for FREE! The movie is played on all the TV's, with surround sound. Plus the Nest has popcorn and you can still play pool, chat, drink and eat great food with friends.

NAITSA is working hard to make your college experience memorable, so get out and attend these awesome events. Bring your friends and enjoy all that NAIT has to offer, and remember live your college life to the fullest.

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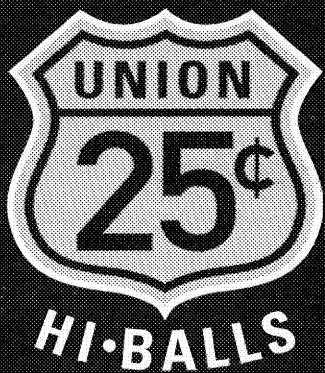




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# The World Through Different Eyes

Laura Johnston



Still feeling awful about missing out on the Edmonton International Film Festival? Maybe you were one of the lucky ones who sacrificed your precious spare time to catch a few flicks but you're still looking for something to please your cinematic palette. Either way, now is the chance to redeem yourself. The National Film Board (yes, those lovely people who bombarded you with those strange, animated commercial breaks such as 'The Sweater') are the proud force behind this weekend's Global Visions Film Festival.

From tonight until November 7, various independent world-stage documentaries will be on display at several local venues:

## What Remains Of Us – Thursday, November 4 @ 8:00pm (76 min, 37 sec)

Francois Prevost and Hugo Latulippe are responsible for the festival's opening feature. Focused around present day Tibet, the film explores the Dalai Lama and the genocides that have resulted from his forced absence. Winner of the Best Documentary Award at the 2004 Hollywood Film Festival, this film makes it clear that Tibet needs freedom and why we're the only ones who can help. Garneau Theatre (Opening Gala) <http://www.nfb.ca/whatremainsofus/>

## Scared Sacred – Friday, November 5 @ 9:00pm (110 min)

Director Velcrow Ripper travels abroad to some of the world's darkest regions. Taking place over a five-year period, the mine-shafts of Cambodia, post 9/11 New York, worn-torn Afghanistan, Bosnia, and Hiroshima are searched for signs of hope in these times of distress. It's no surprise that this amazing film was winner of the Special Jury Prize at the 2004 Toronto Film Festival. Metro Cinema <http://www.nfb.ca/scaredsacred/>

## Shipbreakers – Saturday, November 6 @ 3:00pm (72 min)

This emotionally hypnotic feature concentrates on this piece-by-piece dismantlement of freightliners in the Arabian Sea that has been a daily occurrence for the past two decades. Each day, one ship is taken apart by hand, resulting in death through explosion and chemicals. Economics and humanity battle once again in Michael Kot's newest creation. Stanley A. Milner Library <http://www.nfb.ca/shipbreakers/>

## A Call to Action – Saturday, November 6 @ 5:00pm (12 min, 22 sec)

Toronto's brutal attacks against the homeless in the Sherbourne/Dundas region are highlighted in Carl Theriault's short documentary. Gaetan Heroux, political activist and member of the Ontario Coalition Against Poverty, engages in the fight for decency in one of Canada's poorest neighborhoods. Stanley A. Milner Library <http://www.nfb.ca/acalltoaction>

## Women on Patrol – Saturday, November 6 @ 7:00pm (54 min)

Since Indonesia occupied East Timor in 1975, the country has been thrown into a turmoil of suspicion and genocide. This film focuses on the efforts made by female Canadian peacekeepers as they try to create order in a world of destruction. Edmonton Art Gallery <http://www.nfb.ca/womenonpatrol/>

## The Talespinners Collection – Saturday November 6 & Sunday November 7th @ 1:00pm

An animated compilation of children's shorts from favorite authors such as Robert Munsch, Paul Yee, and Itah Sadu. The richness of Canadian culture is beautifully illustrated in all 8 films. Stanley A. Milner Library <http://www.nfb.ca/talespinners/>

## No Place Called Home – Saturday, November 6 @ 5:00pm (57 min)

Continuing with the theme of humanity, the film is centered around the Rise family and their struggle for survival. An angry landlord threatens to strip them of all they've worked for and a difficult legal mess ensues. Stanley A. Milner Library <http://www.nfb.ca/noplacecalledhome/>



## Elle's Eye On Edmonton

Concert Listings

- Thursday, November 4th ---  
 --- Jimmy Swift Band w/ Red Stag Carpet ---  
 --- Sidetrack Cafe (10533-112 Street) --- Show @ 8pm ---  
 --- Chromee ---  
 --- Victory Lounge (10030-102 Street) --- Call 628-1099 for Details ---  
 --- Dry Kill Logic w/ Chuck and Mervyn Albyn ---  
 --- Starline Room (10030-102 Street) --- Doors @ 7pm ---  
 --- Friday, November 5th ---  
 --- Old Reliable w/ Cordoba ---  
 --- Sidetrack Cafe (10533-112 Street) --- Show @ 8pm ---  
 --- Columbus w/ 7 & 7 is and Division & Wollenley ---  
 --- New City (10081-100 Ave) --- Call 681-6620 for Details ---  
 --- The Guaranteed w/ The Doors ---  
 --- Seedy's (10316-106 Street) --- Call 621-0992 for Details ---  
 --- Pilate w/ Bog and Memory Bank ---  
 --- Starline Room (10030-102 Street) --- Call 628-1099 for Details ---  
 --- Saturday, November 6th ---  
 --- Forbidden Dimension w/ Black Market Inc. and The Skinny ---  
 --- Sidetrack Cafe (10533-112 Street) --- Show @ 8pm ---  
 --- Sinclair w/ The Drogues and Drop ---  
 --- The Peasants (U of A Campus) --- Doors @ 8:30pm ---  
 --- Dr. Hook w/ Guests ---  
 --- Red's (West Edmonton Mall) --- Call 681-6620 for Details ---  
 --- Twin Fangs w/ Guests ---  
 --- Seedy's (10316-106 Street) --- Call 621-0992 for Details ---  
 --- The Sessions ---  
 --- Urban Lounge (8111-105 Street) --- Call 439-3388 for Details ---  
 --- Toga w/ Dusty Grooves, David Stone, Luke Morrison and Erin Eden ---  
 --- Victory Lounge (10030-102 Street) --- Call 628-1099 for Details ---  
 --- Sunday, November 7th ---  
 --- Lowest of the Low w/ Marble Index and Devilsplendor ---  
 --- Sidetrack Cafe (10533-112 Street) --- Show @ 8pm ---  
 --- Wednesday, November 10th ---  
 --- Les Tabernacles w/ Knucklehead, Our Mercury, Dance Floor Disasters, and Down for the Count ---  
 --- New City (10081-100 Ave) --- Call 681-6620 for Details ---
- Have a road? Follow to the local club scene?  
 Send us the details by November 7th to be in next week's listings!  
 Email: ellejohnson@edmonton.com

# Bake Sale!!!!

## Club 5Star



## Friday, Nov 5

### Outside NAITSA Office 11:30 - 1:00

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## -NO MINORS-

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# *HALLOWEEN HIGHLIGHTS AT THE NEST*





# Synchronized Swimming

## The Glory Days

Jenny Annett  
HEALTH & LIFESTYLES



Nobody cares about synchronized swimming anymore. What ever happened to the glory days? Whatever happened to packing up your sequined swimming suit and trudging next door to Jimmy's house for a pick up game of musical water dance? Unfortunately, with the increasing popularity of other sports such as hockey, soccer and football, synchronized swimming has been forced to take a back seat.

Synchro wasn't always ostracized. Before it became a female dominated sport, synchronized swimming was well received by the male community. With men as the main participants, locker room chats weren't dominated by the talk of women, cars, and weight lifting as they are today. Instead, men were comfortable sharing stories of shiny hair pieces, performance make up and ballet poses. Synchronized swimming flourished, and soon had the largest following out of any activity in Canada.

With participation at an all time high, synchro became ruthless. Anybody who was anyone swam to music, and those who didn't were shunned from the community. John, a hockey player at the time of the Synchronized Swimming Revolution, relates his story: "I remember coming home after hockey practice to find all my school mates counting through their routine in the street in front of my house. They turned up the music and laughed at me, throwing bobby pins and nose plugs. One of them said he was going to

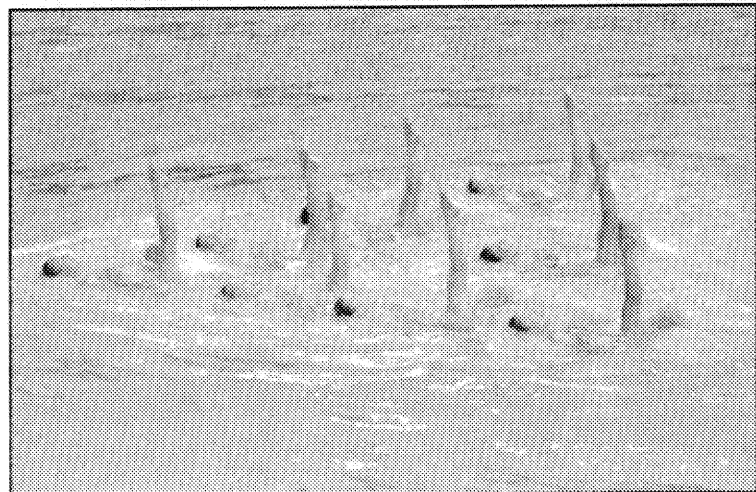
beadazzle my skates when I was asleep. I was terrified."

This mindset spread through all facets of the synchro world. Coaches were merciless, and nothing was spared to have the perfect routine. One ex-synchronized swimmer, who did not want to be named, comments: "Synchro was life. To be a synchronized swimmer, you had to be thick skinned. I remember the guys and I were practicing our technical components once, when my coach told me I would never be able to point my toes like a ballerina. Comments like those could cut deep."

Though coaches could be hurtful, the worst was from the parents of synchronized swimmers. Every couple wanted their child to be a star and some would stop at nothing to ensure their swimmer would receive a gold ribbon. At competitions, these 'Synchro Parents' would yell obscenities at the judges, demanding re-swims and recounts. Alex, a former swimmer, recalls an incident involving his mother: "She told the judge he better get some glasses, because my sailboat combination was ten times better than the guy who swam before me. After that, she chanted 'Daryl' until she was escorted out of the pool. I wasn't allowed to swim for the rest of the year. That hurt."

With such high demands and pressure, many athletes buckled under the stress. Swimmers began to play other sports in the evenings to release frustrations from synchro. As more swimmers became players in these little known sports, synchronized swimming became less and less popular. Parents who caught their children playing such games were intrigued and interested in the simplicity of 'scoring', 'skating', and 'running'. Soon, playing

continued on back page

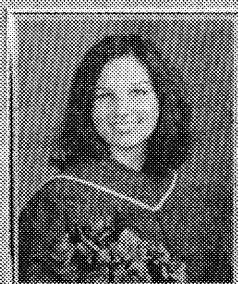
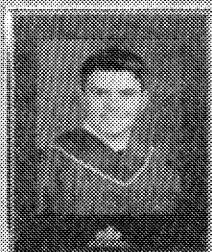


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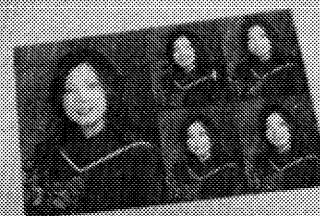


Appointments may be made by contacting the Graduation Portrait Studio in Room U209E

or by telephoning (780) 471-8732

For more information look for our posters at all NAIT Campuses or check our WEB page at:

[www.nait.ca/tci](http://www.nait.ca/tci)



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THE NORTHERN ALBERTA  
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hey mr\_show\_on\_hbo stop writing to the nugget or else the paper might get better than the Sun that they give away for free.

THOMAS from.... Geology?? Dude I never see you, and we need to have a lunch date! Call Lisa, we lost your number. Hope you read this junk! - Erin from Apparel

Mr. Mellon: You + the color green = tasty. Keep up the good style, and the energy. You amuse me.

Ladies, I am Marshall. Civil first year ... if you wanna get jiggy, or just hang loose, I'm game. Eat your hearts out and you won't be disappointed. Catch me in the Annex anytime.

THIS GOES OUT TO ALL THE PFT'S FIRST YEAR, CLASS B RULES YO, CLASS A ARE ALL SUCKA'S , HAHAAHAHA....We are gonna kick class a's Gluteus maximus in out next comps, so if y'all see some very sad people then y'all know what course they're in

To the guy with the blue mesh CORONA hat.

I've seen you in and around the Fresh Express, I am very interested in finding out your name for starters then hopefully get the chance to know you. if you are interested in going out for a drink or coffee please reply to the Grape Vines.

Sincerely  
the girl with the Jessica Rabbit Tatoo

To all the people that walk blindly into traffic between the main campus and the HP Center: WHAT IS WRONG WITH YOU?! Did your parents not teach you how to cross the street?! I don't even want to TRY to count how many times I've seen some idiot almost get hit by a bus because he just assumes it's going to stop for him. Now that there's ice on the street, this is going to be even more entertaining. Although I believe in natural selection, I think there should still be ~real~ crosswalk lights. Think about it, if that one idiot gets hit by a bus, who's going to supersize your fries at McDicks?

To the dark haired guy who comes and works out in the gym, in a white t-shirt and blue shorts. You are so hot!

to the coverall wearin souch campus boys:

this is the coverall lovin girl from main... i've always wanted to know one thing... what do you (really) wear under the coveralls?

curious coverall lover

To the girl in the pink and white tank top with dark hair that was in the commons on the 22nd in the morning. You with two of your friends at the computers. Women like you are the reason why I don't get my work done on the computer. THANK YOU!!! Just when you think that it could only get worse in this sausage fest ( hp center) you come in.

i have one word for you.. WOW... you single???  
europeanguy

Hello hello,

Nice idea! So bi-curious.....what are you willing to try?

I have, also, yet to do anything like this but I have dreamt about it.

Also 5'7, brown eyes, 125-130lbs.....tattoos and perciengs aswell.

Red hair.....carpet matches the blinds...

Hit me back, just to chat, truley yours.....ME

ATTN all Paramedic cuties....where do you guys hide all the time? I mean, who can resist a man in an ambulance?

To the sexy tree planter in my Business class - I want to help you plant your seeds. Love the Business Nympho

we know this guy named Rob who loves to play with his knob he likes it rough so he can act tough but really he's just a sob  
FROM: EDIBLE ESPIONAGE & SNEAKY SUSPENDER

ok yall, it's been nearly two months of school and i have already recieved 5 door dings to my new car. you people in the L parking zone should learn how to open and close doors properly instead of having it to bang against my car. this seems to happen whenever i park right next to a shitty car. so peeps, open and close the door with care.

ticked off student

To the BCSWF who wrote in last week. I am a 22 year old female who is bi-sexual. I'm 5'9, hazel eyes, average build, my tongue is peirced, as is my belly button. I'd be will-

ing to show you the ropes. Reply through the grapevines, or send me an email at milf81@hotmail.com MILF81

This message is directed to everyone at NAIT.

On Monday a tragedy occurred. I accidentally left my cd's in the Hp center.

Has anyone seen them?? Please.

It's a black case, 2 cd's high with a red "Angry, Young and Poor" sticker on it.

There's about 48 cds in there, and if you want I will list them all.

I'll give a reward to anyone who knows anything about it.

I'm pretty sure I was on the far left hand side of Hp that Monday.

Please, help a fellow student out, that music is my life.

If you have any information you can reach me at:

burnmeinthestars@hotmail.com

Thanks for your consideration, I hope they come home soon.

To the guy who was asking for a ladies opinion on genital piercing I think that it is a BIG turn on!

To the girl in class T503, I have been watching u l8tly at swim practices in the morning and ur pub crawl I wish I could have came, u stole my heart the first day I met u! I just wanted to say.....WILL U MARRY ME?! love u forever :)

\*LUV the girl in front of u\*

To the hot EYE candy in the computer commons, I love the way u look at me with your beautiful eyes. I was wondering what you think when you smile at me like that. Can we hook up.

MR. CRENSHAW

What's up with all the smutty posters on campus?

To Daniella and the posse:

As people get older, it's the little pleasures in life that bring the happiest thoughts. Hmm could I possibly be talking about an offer of coffee from Timmy's??? Please remember the older people when you decide its time for a Timmy Run. From The Old Guys

to all guys walking around with touques on...take off your fucking touque! we're inside, and it's warm. does wearing a touque make you cool? also, if you're wearing a hat/cap, whatever, wear it backwards or forwards, not sideways. it makes you look like you cant dress yourself. - annoyed

## Classifieds

Attention all students with a heart beat!

The second year Instrumentation students have teamed up with the beautiful ladies in court reporting to put on the biggest party of the year! Squires is shutting its doors for an exclusive ticket only event on Wednesday, November 10. 5 bucks gets you a free beverage and most important, access to the best party on Whyte. 17¢ wings all night, and prizes to be won. Contact James @ 919-3695 or see Johnny in the Nest for your ticket.

Roommate wanted: No pets, Non-smoker, \$350/mth (incls heat + water) + 1/2 power. Available Dec 1. Email [naitroommate@hotmail.com](mailto:naitroommate@hotmail.com)

### The Experience Hair Team is NOW OPEN!

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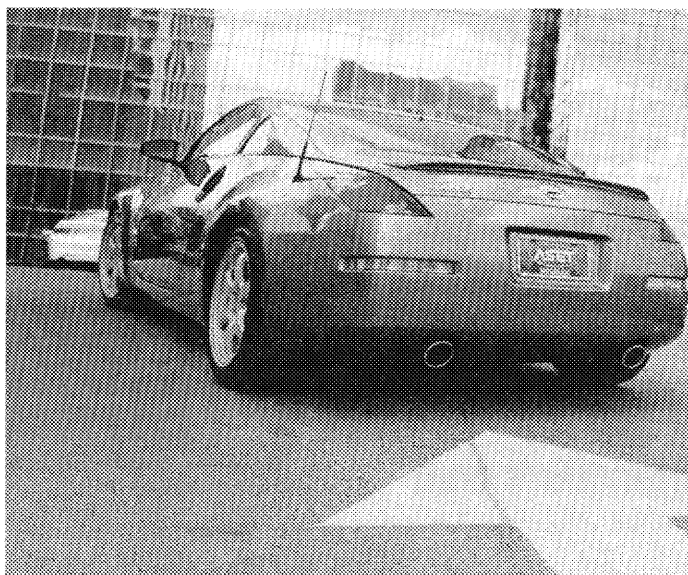
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# Dear Bonny and Guest

The hilarious column where you can seek advice from a normal, unaccredited NAIT student and her zany weekly guest! To submit your questions, email us at [BonnyandGuest@hotmail.com](mailto:BonnyandGuest@hotmail.com)

**This week's guest: Rocky**

Dear Bonny and Guest,  
I have a very good friend with one very annoying habit. Every time my girlfriend and I sit down for dinner, he 'pops in' uninvited. I don't want to offend him, but I can't afford to keep feeding him.  
-Hungry Hamish

Dear Hamish,

**Bonny:** It is always difficult to tell a good friend how you feel in matters such as these. Usually, these surprise visits are for another reason other than simple hunger.

**Rocky:** I 'd tell ya one way to get rid of this guy... ONE TWO! Right in the kissah! Maybe a flurry to the kidneys...

**Bonny:** Or, rather than smash-

ing your friend's face in, simply ask him why he always shows up for dinner... Maybe he's lonely.

**Rocky:** Yeah! Lonely for a punch in da face!

**Bonny:** It could be he is lonely and shows up because he knows you'll be home. Guys aren't usually good at calling and talking about feelings.

**Rocky:** Unless they're feelin' my right hook, **then** they're talkin' about feelings. They're talkin' like, "NO! No more right hooks! Ow! My face!" Heh heh.

**Bonny:** Are you kidding me? Right hooks? How can Hamish even take your advice seriously?

**Rocky:** Watch out for my left uppercut... He's got a friend, my *right* uppercut.

**Bonny:** Okay... To close, I'd like to leave you with this, Hamish: Talk to your friend. Simply say that you would like to have quality time with your girl-

friend. Tell him, if he would like to see you, he can visit *after* supper.

**Rocky:** Or ya could tell him he can come for suppah, but it's gonna be his *last* suppah after I get through with him! ONE TWO!

**Bonny:** <Blank stare> I just don't know where they get these people...

Do you have a  
**Question of  
the Week?**  
Submit your  
questions to  
nugget  
submissions  
@hotmail.com

## Synchronized Swimming

continued from p. 10

other sports was no longer taboo and parents began putting their children on community league teams. Hockey, the most popular of these new sports, became the new 'en vogue' activity, replacing synchronized swimming as the top Canadian pastime.

In a flash of a toothy grin, synchronized swimming went from the top of the ladder to the bottom of the barrel. The success of synchronized swimming, though

it seemed to last one day, lasted **four** days, impacting many Canadian athletes. However, like many things of the past, the passion and dedication to the sport slowly dwindled with the passage of time. Gone are the days of musical dance, of precise movements. Like many of our forgotten pastimes, the glory days of synchronized swimming will soon be pushed into our subconscious, becoming nothing more than a tiny drop in the pool of life.

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