

YOUR SOURCE FOR NAITSA PROPAGANDA SINCE 1963.

# THE NUGGET

Thursday, Sept 9, 2004  
Volume 42, Issue 1

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

**NAITSA Up Date: Page 3**  
Guess what we've been up to

**OOKfest: Page 6**  
The official show time schedule



## WE'RE BAAAAACK!!!

**COLLIN Perillo**  
Editor-in-chief

When the leaves start changing colour and students begin to focus out of the haze left behind by a thoroughly abused summer, we come to accept it is time to turn our gaze back to books for the next four months between now and Christmas break, and enjoy little other than the fulfillment of our educational ambitions .....?!!

That is only for those students who have forgotten about the biggest College Welcome Week concert in the country that will take place on the NAIT soccer field September 11! If you don't already know then you are probably

a first year student, but regardless the event to which I am referring is OOKFEST! This is our school's way of initiating its new students to the Rock N' Role exhibitionist culture that prevails over NAIT at it's finest.

In my many years of post secondary ed I have had the opportunity to frequent not only the NAIT welcome week festival but also Grant MacEwan's attempt at throwing a comparable concert as well as the U of A's shin-dig. Of my

experiences, good old Grant has thus far produced local ska sensations like The Mad Bomber Society and the Salads as well as a few other equally recognizable acts, while the U has matched suite by offering up a little Biff Naked.

The OOKFEST's unbridled reputation is the result of past years performances by international sensations like Nickelback, The Head Stones, Default, The Tea Party, Wide Mouth Mason, Not By Choice, American Hi-Fi, Lillix, Cereal

Joe as well as many others.

Our show has also served as a harvest of discovery for up and coming Canadian performers like Retrograde, Wil, Drive by Punch, The Getoblasters and the list goes on and on.

In expression of their shared attitude of relentless self improvement the NAITSA organizers of this event have now begun to experiment with the idea of marrying a Hip-Hop element to a festival that has traditionally been all about the Rock N' Role.

With the addition of headliner quality rappers like Kyprios, Kazzer, and Van-city's own Swollen Members this years OOKFEST promises to yield a new and welcome diversity to an increasingly influential tradition.

If nothing else September 11 is sure to be one of the best parties of the year, a great way to initiate your self to a new school, or to bump into last years school friends who got lost in the haze of summer, or simply a way to start off the school year with some good old fashion debauchery.

# OOKFEST



# Attention first time Nugget readers:

Greg Andrews

This is your forewarning. Towards the end of this paper, you may encounter an orgy of poor spelling and grammar. We call this the Grapevines section, an assortment of anonymous messages about everything and nothing, unedited and uncensored, for better or worse. You will see it all in the Grapevines: political or religious debates, admissions or secret admiration, singles ads, free advertising, and random shout-outs.

Things were not always this way. Tow years ago, the Grapevines were a quaint section consuming only a column or two. In the last year, it has grown to consume up to two pages.

One might be quick to dis-

miss this section as immature. Although that is tough to disagree with, I see it as something more. So often, the media is seen as something that distorts reality: fashion magazines can project an unrealistic image of beauty, or news magazine can present misleading articles for their own gain. The Grapevines are different. They are pure reality, complete with the misspellings and poor word usage of real people. They might not be pretty, but often, neither is reality.

Do not take it too seriously though, in the end, it is just entertainment. Enjoy the Grapevines like a soap opera, with a new episode every Thursday.

## Are you an energetic and enthusiastic individual with experience in the hospitality industry??

If you answered yes to this question then Food Services needs YOU! We are looking for:

- Catering servers
- Time Out concession staff

We pay \$11.99/hr and 11.2% on top of that in lieu of benefits.

A uniform is required but there is some reimbursement.

To join our awesome team, send your resume to Human Resources via mail, fax or drop off.

Check out under job opportunities at [www.nait.ca/hr/](http://www.nait.ca/hr/) for more information.

NAIT Food Services... Be a Part of it!

## Peripheral Vision

All the gear to get you there

Computer  
F A I R

NAIT South Lobby  
September 16 | 10:00 am  
7:00 pm

Door Prizes



Adobe

D-Link  
Link for less!

EPSON

hp  
invent

Kensington

PRINT  
MATCHING

SHAW  
Always On

StarTech.com

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tech store

Bring on  
the future

TRIGUS

NAIT  
THE NORTHERN ALBERTA  
INSTITUTE OF TECHNOLOGY



The staff at Campus Reads & Needs would like to welcome all students and wish you the best of luck in your classes!

We'd also like to invite you to the store to see all the products and services we have to offer!

Regular Store Hours: Mon 7:30 am to 7:00 pm  
Tue to Fri 7:30 am to 5:00 pm  
(closed on weekends and statutory holidays)

Website: [www.nait.ca/reads&needs](http://www.nait.ca/reads&needs)

Email: [bookstore@nait.ca](mailto:bookstore@nait.ca)

Phone: 471-7717



## Beer, and Food, and Limos...

## OH MY!!

DAYNE Williams

Free food, cheap beer, limos, and crazy NAIT students! Who!? What!? Where?! Well if you haven't heard, NAITSA is big on making sure our students get jobs after they leave NAIT. So we promote volunteer work as much as we can.

So? Well for all the people that decide to come out and help us raise money for Shinerama, our fundraising campaign to fight Cystic Fibrosis, they will receive the rewards mentioned above!

How? Well this all goes down on "Shine Day," a crazy day of car washes and shoe shining throughout the city. This fundraising event will be held on Saturday, September 25<sup>th</sup> 2004, everything being done for donations to Shinerama!

So you're thinking... "Great!"

What's in it for me?" Well here's what we have in store for the volunteers on Shine Day:

- 9:00 AM - Free breakfast in the Nest to kick off the day!
- Everyone splits into groups then heads out to Car Washes and Shoe Shine locations
- After the events are done, volunteers go home and relax (yay!)
- 6:30 PM - Volunteers come back to the Nest for cheap drinks
- 7:30 PM - Free Mystery Concert! (the volunteers will be in for a shock when they see who we got out to play!)
- 9:00 PM - Free Limos arrive for all the volunteers to whisk everyone away for a night of partying in the VIP rooms at the New Rum!
- 12:00 AM - Free Limos

become available to provide transportation from Rum back to the Nest.

What about friends? Bring as many friends as you want! Anyone can participate in our fundraising events! They don't even have to be NAIT students!

What about the technology clubs? For every volunteer that comes out from a technology for Shine Day (and other events), that technology will receive 100 points!! The tech with the most points at the end of the year will be able to hold their grad...at the Molson House!!

So come out and take part on Shine Day (Sept 25) or any other party! This year is going to be another amazing year of making awesome new friends and incredible memories!

## Got a Car? Then Win some Prizes!

DAYNE Williams

So you think you have a great car? Think it deserves to be put in the spotlight for all of NAIT to see? Then put your money where your mouth is! The Shinerama "Show n' Shine," an annual event, will be going down Sunday, September 19<sup>th</sup> 2004!

What is it? Basically it's competitions out the ying-yang for everyone to see who has what it takes to be bragging about their ride! There will be contests for things like:

- Highest / Lowest Suspension (How low can you go!)
- Paint Jobs
- Loudest Exhaust (No wussy exhaust systems here people!)
- Loudest Stereo (Shake the pants off people!)
- Best Detailing

- Best Engine
- And many more!

There will be a \$10 entry fee per vehicle, but the vehicles entered can be entered in as many classes as you want! Entry money of course going to help fight cystic fibrosis.

Don't have a car? Or maybe you do, but don't want to show off it's mad styles? Then come out and have a blast anyway! Beer, live bands, hot rides, and crazy people in masses will all be there to have some crazy fun this day! Stop by the NAITSA office for more information! The event will be held in K Parking Lot (between the Engineering Annex and the HP Centre) from 11 AM - 3 PM.

## The Low Down on Cystic Fibrosis

DAYNE Williams

So here's the deal, unless you've been living in your locker the past week, chances are you've heard of something called Shinerama. Yes? Great! Shinerama is a fundraiser here at NAIT to raise money for cystic fibrosis (CF). So far so good? Awesome!

Unfortunately chances are also pretty good that you have no idea what cystic fibrosis really is! So here's a "CF for Dummies" article for some of you!

### The What?

- Incurable disease that is inherited
- Affects lungs and digestion
- Everyone affected eventually die of lung disease
- One in every 2,500 Canadians has it
- One in 25 people carries the gene that causes CF

### The Cure?

- Currently non-existent

Breakthroughs in medicine have lead to extended survival periods

### Why Shinerama?

- Increase public awareness of CF
- Great way for students to meet other students
- Raise money for research to find a cure
- Skills and experiences to enhance current abilities

So there you have it! When you see Shinerama promotions and events happening around school, come over and check them out! Every little bit helps, and they are a blast to be around! Or better yet, come down to the NAITSA office and volunteer! You'll have a chance to win an awesome new car, along with awesome rewards! See you around!

## Vice President of Finance and Administration

ELAINE Devine

Hello, I am Elaine Devine your VP Finance and Administration. I would like to take this chance to inform all technologies and programs of one of the many services NAITSA will be offering you this year. We are in the pilot stage of our new Tech-Banking System. Tech Banking will be offered to all technologies and program clubs at NAIT. This service will provide clubs easier access to the monies they raise for their Technologies and Programs. The Tech-Banking system will work with technologies and programs holding their money with NAITSA. We in turn will work as a bank, not charging any service. There are many ways your clubs will benefit from this system such as:

- Signing authorities will be easier to change from year to year
  - The bank will be on campus and easy to access
  - Club funds are secure
  - Accounts will not be closed or forgotten if unused
- This system was created to take some of the stress off of clubs and we feel it will benefit all clubs. For more information, or to join Tech-Banking, please contact me at 471-7609 or email me at [edevine@nait.ca](mailto:edevine@nait.ca)
- Thank you.

## Vice President of Student Affairs Position Update

ALEESHA Jex

My name is Aleesha Jex and I am your VP Student Affairs. I strongly encourage you use NAITSA to your advantage at all times. Not only for events and volunteer opportunities, but also to use us if you are dealing with student grievances or to improve your life on campus. Like I said in our last issue, we are coming out with Speak Out! Forms. These forms will be available for you to state your problems, ideas, or solutions.

During the last couple of weeks, I have had a number of student grievances, and I strongly encourage anyone who is having a problem with his or her instructor,

or program, to make an appointment with me. Together we will find a solution that, hopefully, everyone will agree upon.

Within a week, we will have a new set of writer's for the Nugget. We now have a new Editor-In-Chief on board, Collin Perillo. Keep your eyes open for fresh, new ideas. Also remember, if you have suggestions for the Nugget, Letters to the Editor, Grapevines, or any comments; please submit them in the submissions box outside the Nugget office. We are currently trying to get our online submissions working. Keep your eye on the Nugget for more information!

## The New NAITSA

DAVID Fester

Welcome back to all the returning students and of course a brand new welcome to all of those who are entering the NAIT experience for the first time. I guess I'll start off by giving the low down on the past year and also the changes that happened over the summer. Well in the previous year NAITSA held elections

for a new executive for the year to come. As with every election there is your normal, run of the mill campaign speeches and so forth, but each candidate had their own techniques of persuading the voters. The one that comes to mind is the toga wearing Dayne Williams, now our president, walking through Bytes - located in the HP Center - with a megaphone during lunch.

**STUDENT BENEFITS PLAN**  
Info session at the Shaw Theater on September 16, 2004 at 10:00 am to 11:00 am. All students should attend to find out information on their student benefits plan.



# Steps to Figure this NAIT Thing Out

## A first year student's experience

PEGGY Polancec

Does anyone else want to smash the alarm clock when it goes off at what could not possibly be the time to wake up? I'm too tired to make the effort to smash the thing anyway.

### STEP ONE: Register

August 24 / 04, 7:07 AM  
Start to remember why I'm getting up so early: finally time to register at NAIT. You can tell I'm a 'newbie' (first year student) since I rush to register on the morning of the very first day I can. OK, made it to campus...now what? I follow some people who seem to know where they're going and find myself in a short line (hooray) in what I hope is the right place to register for my program. It is and the girl there says that now I just have to get my ID card. Not fair that that line is endless but at least I can people watch while I wait. I wonder what program that cute guy in front of me is in? Get my ID card along

with a bunch of useful info on scholarships, volunteering, part-time jobs, athletics, counseling services and even the city's transit system.

### STEP TWO: Orientation

August 27 / 04, 9:02 AM  
OOPS, got turned around, headed down the wrong hallway and now I'm late for orientation. Luckily another student is in the same boat and we skulk in together. Despite our faux pas of arriving late, we are greeted warmly by the speaker. At the break the other late student and I chat about what attracted us to NAIT and why we chose our programs. We exchange email addresses and I'm happy that I've found one friend at NAIT already. Whew! the stream of speakers continues and we find out more about all the great services available to students...hope I can remember some to this when I need it!

### STEP THREE: Check out NAIT website

August 27 / 04, 2:12 PM  
Utilize my newfound knowledge while it was still fresh so I logged on to the school's site. I found a link to scholarships and applied right online for a couple awards. The Awards Office speaker at orientation said a lot of awards were under-applied for so I figured I had nothing to lose by applying. Then I took a look at the Careers link, NAITSA, libraries and MyNAIT Portal. Saved the NAIT site as a 'Favorite' as I'm sure I'll be returning to it a lot.

### STEP FOUR: I need books

August 28 / 04, 11:58 AM  
Luckily, Reads and Needs has extended open hours so I started to get some of the astronomical number of books on my course list. Strap the load to my back...gotta keep the chiropractors in business after all, make it back to my place and collapse. If the airport would

just let me cut through their field I could get home in probably 20 minutes. Hey, why should pilot, passenger and innocent stand-bier safety take precedent over my convenience anyway?

### STEP FIVE: Go to class

August 30 / 04, 1:15 PM  
Well, here I am in the midst of my first official day studying at NAIT. After the third 'ice breaker' class exercise I managed to learn a couple of my classmates' names but am somewhat chagrined when the fourth class instructor actually wants to teach us stuff. Come on now, my brain is stuck in summer mode; it's still August for gosh sake! OK, OK, time to get it together and become 'the World's Best Student' or at least a reasonable facsimile.

### STEP SIX: Breathe

Everyday  
Must take time to relax and find ways blow off steam. I make a

commitment to myself that I'll head down to Campus Sport and Wellness a couple times a week to work out, or swim, or play squash and have some much deserved fun.

### STEP SEVEN: OOKFEST Plans

September 1 / 04, 4:15 PM  
Speaking of fun, I've got to remember to get my OOKFEST ticket soon. Looks like it'll be a blast and a good way to meet some of my fellow students too. Hey, this back to school thing wasn't as traumatic as I'd imagined. Looks like I've gained the skills to survive being a clueless 'newbie', succeed in a very intense program and to even come out of it with practical experience, a diploma and be well on my way to a great career.  
Now I only have to figure out one more thing: where's the complete list of all our school holidays? Just asking.

## STUDENT SUCCESS SEMINARS Room X111

SESSION	DATE	TIMES
HOW TO STUDY	Wednesday, Sept. 15 <sup>th</sup>	11:15 to 12:15 <u>or</u> 12:15 to 1:15 <u>or</u> 4:30 to 5:30
MEMORY, LEARNING & CONCENTRATION	Wednesday, Sept. 22 <sup>nd</sup>	11:15 to 12:15 <u>or</u> 12:15 to 1:15 <u>or</u> 4:30 to 5:30
TIME MANAGEMENT/ MANAGING PROCRASTINATION	Wednesday, Sept. 29 <sup>th</sup>	11:15 to 12:15 <u>or</u> 12:15 to 1:15 <u>or</u> 4:30 to 5:30
STRESS MANAGEMENT	Tuesday, Oct. 5 <sup>th</sup>	11:15 to 12:15 <u>or</u> 12:15 to 1:15 <u>or</u> 4:30 to 5:30
EXAM WRITING/ MANAGING EXAM STRESS	Wednesday, October 6 <sup>th</sup>	11:15 to 12:15 <u>or</u> 12:15 to 1:15 <u>or</u> 4:30 to 5:30

All sessions are free and on a drop-in basis.

For more information contact the

## STUDENT COUNSELLING CENTRE

Room 0117; phone 471-8921

**Alert:** The Following Article Is Intended For Nerds Only. Cool People Need Not Proceed.

### JENNY Annett

Ahoy-hoy! Welcome, to all first time and returning students. I am so happy you are reading this today because I have a confession to make: I am a nerd. That's right. I'm a lame-o, super square, ghastly geeky, extra drippy NERD. I know what you're thinking. There you are, sipping champagne with your striped boat neck shirt, a red scarf wrapped loosely around your neck to accent your playfully tilted red beret, and your thin waxed moustache glistening in the sunlight. (You are of course, male or female: this is a French stereotype, after all). "But Jenny," you say, "this is so very tres bizarre! How can someone admit to being a nerd! How very non-trendy of you!" <Insert sound of French laughter>.

I can easily admit I swing with the undesirables for a very good reason: I am actually excited to be coming back to school. HA HA! It's true. I know liking school is totally weirdo, but NAIT is too excellent. I have met so many people here who share the same interests as me. (At least I think they do. Does anyone know how to get down from the roof of the Annex? Some of my friends tied

me up and left me here yesterday).

Not only have the people been neat-o, but there are also tons of things to do. Beer gardens, anyone? The first one of the year is going to be at the Engineering Annex and will run for two days. (Ladies of the main campus, listen up: the Annex is teeming with hundreds of eligible bachelors who are waiting for you. Don't thank me. Proceed to the Annex ASAP! Tell them the Sultan of Swing sent you).

There are a lot of things in store for us this year and I'm sure it will be gosh darn swell. To my fellow Nerdonians, I wish you a fun and memorable year. (LAT students: 'HOLLAH!') Yeah, yeah, and the same goes for all you hipsters too. I hope you enjoy being cooler than me, just don't step on the back of my shoes anymore. I'm laughing on the outside but crying on the inside.

Well, I have to put my text books under my pillow so they get used to my scent. If that makes me a nerd, so be it.

Good luck everyone!



## Microwave Cleaner Needed

to clean  
microwaves on main  
campus once a week.  
Some  
lifting required as  
applicant must be  
able to change-out  
microwaves that aren't  
working. Rate of pay  
is \$100/month. Please  
contact Rita Cain at  
471-8960 or email  
ritac@nait.ca to apply.

## Mature Student Orientation

Have you  
been out of  
school  
for a few (or  
quite a few)  
years?

**ATTEND:**  
"STRATEGIES  
FOR SUCCESS"

**DATE:**  
THURSDAY,  
SEPTEMBER 9<sup>th</sup>

**TIME:**  
4:30 TO 5:30 P.M.

**PLACE:**  
ROOM E225

Presented by...  
NAIT COUNSELLING  
0117, SOUTH LOBBY  
471-8921

## NAIT Golf Teams

2003-04 ACAC Champions

NAIT needs: Men's Team (5 golfers) Ladies Team (3 golfers)

Men: Handicap of 8 or less • Women: Handicap of 20 or less

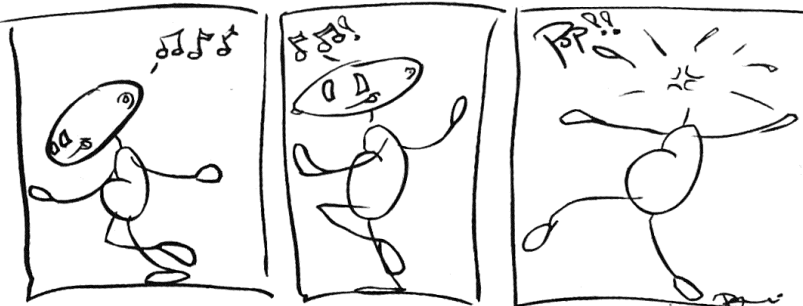
Contact Jules immediately. Office - 5105, Ph: 471-8531

**Practice Schedule: Mon & Thurs 4:30 - 8:00 pm - 9 holes**

**Cost for tryouts: \$20/yr.**

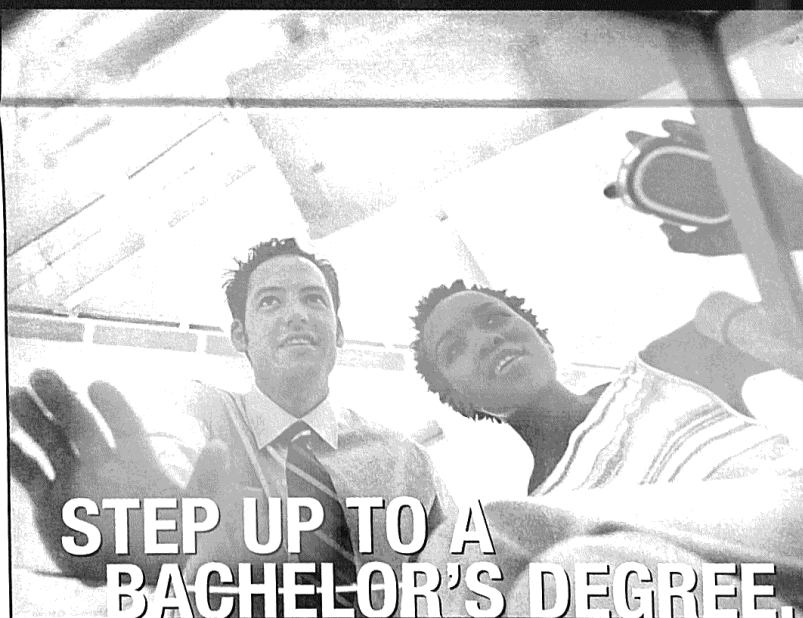
**North Qualifying Tournament**  
Saturday, September 25, 2005  
Lac La Biche, AB

**ACAC Championship**  
Sundre Golf & Country Club  
October 1st & 2nd, 2004



*Sometimes Billy gets over excited.*

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The Nugget  
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submissions.

Visit:  
[www.thenugget.ca](http://www.thenugget.ca)

**THE DEADLINE IS**  
12:00 p.m. on the first  
school day of the week.

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

The opinions contained in The  
Nugget are the opinions of the  
individual writers and do not  
necessarily reflect the opinions of  
the Nugget staff or NAITSA. The  
Nugget reserves the right to edit  
letters and viewpoints for brevity.



# SHINEAPALOOZA

COMMUNITY FAIR

6 DIFFERENT RIDES, INCLUDING A PONY RIDE, A CASTLE, AND MANY OTHERS!!!

## THE DAYS SCHEDULE

- 11:00AM - MIDWAY OPENS  
 11:30AM - COOPER STUDIOS SHOWCASE  
 -YOUNG LOCAL PERFORMERS SHOWCASE THEIR TALENTS  
 1:00PM - UNPLUGGED STAGE W/  
 SOCIAL CODE, TUPELO HONEY, & KAZZER  
 3:00PM - HARRY POTTER 3 THE PRISONER OF AZKABAN  
 -SHOWING IN THE SHAW THEATER

\$5

FOR UNLIMITED RIDES!!



Calgary  
Stampede



Edmonton  
Eskimos

Friday, Sept 10, 2004

### TAILGATE PARTY

HOSTED @ THE NEST

3:00 PM no minors  
rain or shine!!

Shuttle Service

to commonwealth Stadium - 6:30 pm

LATHER UP  
AFTER THE GAME



Tickets \$20  
for both

Available at NAITSA Office

MOLSON  
CANADIAN

rock star

AIR BANDS  
competition

Who? You & Your Friends

What? Molson Air Band Competition

Where? Engineering Annex  
-@ the dock

When? Thursday, Sept, 9th  
-doors open @ 3pm  
-competition starts @ 5pm

Why? The winning AIR BAND receives  
passes for the Molson Rock Star  
suite!!!

for more contest information  
and your application form visit  
[www.ookfest.com](http://www.ookfest.com) and follow the links!

# OOKFEST FOAM PARTY



NAITSA  
gone  
WILD

Who? You & Your Friends  
-no minors

What? Foam Party

Where? NAIT Soccer Field

When? Friday Sept, 10th  
-doors open 8:30pm

Why? Party in foam with  
rest of NAIT!!!

\$10 advanced tickets

\$15 @ door



# Return of the Pessimist

MARK Cappis

Welcome back to school! Whoop-de-friggin'-do. You'll forgive my lack of enthusiasm. Between elementary school, junior high, high school, university, and now NAIT, I figure this is my nineteenth first day of school. Maybe I should come back next year to make it an even twenty. What can I say? A math degree has given me a fetish for even numbers. Fetishes aside, though, very little about a first day gets me excited anymore.

But still, I do know that the first time can be rather stressful for a student. You're wondering where your classes are...how you'll pay for your textbooks...bewildered when those hot accounting students get offended when you ask to check their figures. It's not too long before we're all running around like Bender on that episode of *Futurama*: "I'm sober and I'm stupid and I don't know what I'm gonna do!"

So, it's times like this that I reflect on my fifteenth first day of school. That was my second year of university, and my physics professor decided to share with me

continued on back page

## Microwave Cleaner Needed

to clean  
microwaves on  
main campus once  
a week. Some  
lifting required as  
applicant must be  
able to change-  
out microwaves  
that aren't work-  
ing. Rate of pay  
is \$100/month.  
Please contact Rita  
Cain at  
471-8960 or email  
ritac@nait.ca to  
apply.

NAIT Students' Association Presents

# OOKFEST

## SATURDAY, SEPTEMBER 11



Finger Eleven

[www.fingereleven.com](http://www.fingereleven.com)

**Swollen Members Emerson Drive**  
**Social Code Out of your Mouth**  
**Kazzer Corb Lund Kyprios**  
**Tupelo Honey Jason Gogo**  
**Incricate Minds LETO Seventeen Against the Dealer**

[www.Ookfest.com](http://www.Ookfest.com)

**TICKETS ON SALE NOW @ TICKETMASTER**  
**No Minors. Gates open at 2PM. NAIT Soccer Field.**  
**Tickets are \$29.00+s/c.**

Proceeds from the event go towards the NAITSA Shinerama Cystic Fibrosis Campaign





# Changes to your Health and Dental Plan

This important information affects all returning Students that are covered under the Health and Dental benefits provided through the Students Association/Union at (Your School). Over the summer Great West Life Assurance Company acquired Canada Life. Great West Life will be the new Company providing the Students with Health and Dental benefits. There are no changes in the Student's coverage during this transition. However, the Group Policy number, Insurer name, and Care

Cards have changed. The new policy number is 330823 and the member ID is the students ID#. All returning students must pick up a new Care Card at the Onsite Benefits Office, as the old ones will not work in September. You can also visit [www.gallivan.ca/studentnetworks](http://www.gallivan.ca/studentnetworks) for all the details on the plan. The Onsite office is located in room E 125 9:00 am to 4:30 pm and the students are encouraged to visit the office for any further enquiries.

**STUDENT BENEFITS PLAN Info session at the Shaw Theater on September 16, 2004 at 10:00 am to 11:00 am. All students should attend to find out information on their student benefits plan.**

## NAIT Counselling

promotes.....

### "STUDENT SUCCESS"

- Improve your study skills
- Reduce Stress
- Make the most of YOU
- Graduate

#### Individual Counselling

- Academic
- Career
- Personal

#### Student Success Seminars Peer Tutoring

Counselling Centre  
Room 0117 South Lobby  
Phone: 471-8921  
TTY: 474-5883

Weekdays: 8:00 am – 4:30 pm  
(Appointments in person or by phone.)

## NAIT STUDENT COUNSELLING WELCOMES YOU!

The Counselling Staff is committed to supporting and facilitating student success.

Counselling services focus on skills for academic success, career planning and personal balance and growth.

We are here to facilitate your transition to NAIT and to assist you in making the most of your educational experience as you embark on your chosen career path. Through the provision of individual counselling, seminars, and peer tutoring we strive to make your educational experience at NAIT successful, positive and enjoyable.

We look forward to being a member of your team to enhance your success. We wish you the best for the 2004-2005 academic year!

#### COUNSELLING SERVICES:

Room 0117 South Lobby  
Phone 471-8921  
TTY 474-5883  
Web: [www.nait.ab.ca/counselling](http://www.nait.ab.ca/counselling)  
Office Hours: Monday – Friday, 8:00 am – 4:30 pm

#### Services Available:

##### Individual Counselling:

- Academic Counselling – Assistance with study skills, examination preparation, examination writing techniques, time management and other skill-building techniques to enhance academic success.
- Career Counselling – Assistance with career exploration, career planning and career management.
- Personal Counselling – Assistance with personal concerns that impact you and influence your success as a student. Enhancement of your personal growth to succeed in an increasingly complex environment.

\* Our services are confidential  
\* When appropriate, referrals may be made to outside agencies and services.

##### Seminars:

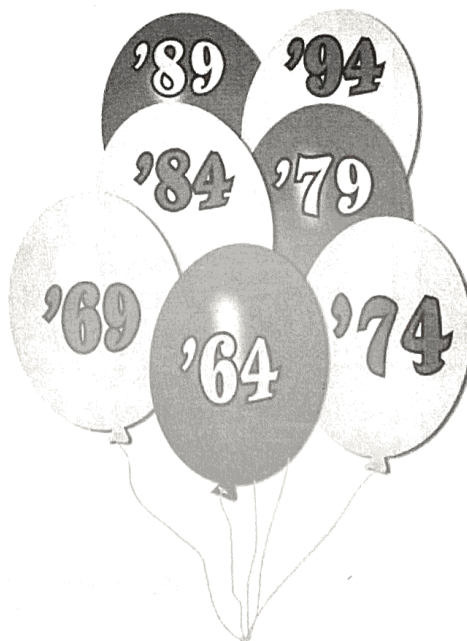
Seminars are offered in the areas of study skills, examination preparation, examination anxiety, time management and memory, stress management and other relevant areas.

##### Peer Tutoring:

A roster of names of students who will tutor is available at the Counselling Centre. Also, if you would like to tutor other students, inquire at the Counselling Centre.

## Join us for NAIT Homecoming 2004 October 1 – 3

*You don't want to miss out on the fun.*



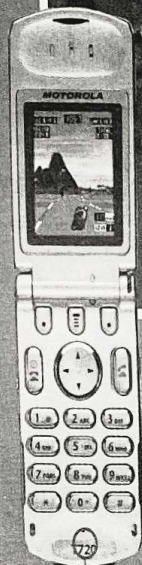
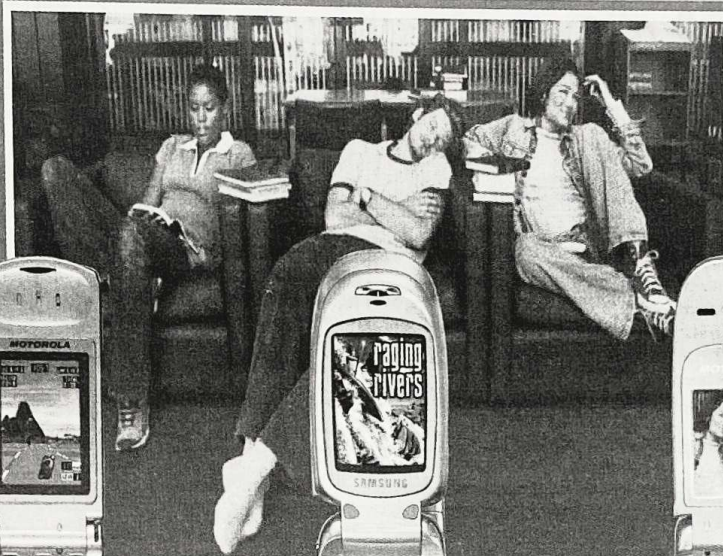
#### Get Involved Today!

- Welcome Reception
- Classes without Quizzes
- Campus Tours
- Gala Banquet & Dance
- President's Brunch

All NAIT staff and students are invited to attend or participate as a volunteer. This year the graduating classes of... 1964 • 1969 • 1974 • 1979 • 1984 • 1989 and 1994 will be honored.

For more information or to purchase tickets contact the Alumni Office at (780) 471-8539 or drop by the office in Trailer 3.





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**FREE\***

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## NAIT STUDENTS

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Campus in the  
**SOUTH LOBBY**  
on September  
7th, 8th, 9th,  
and 10th.

Our next closest  
locations to  
serve you are:

**DOWNTOWN**  
10176-109 Street  
426-2355

**STONY PLAIN  
ROAD**  
12302 Stony Plain Rd  
488-6622

OR FOR MORE  
INFORMATION  
AND FREE  
DELIVERY CALL:  
Steve Tidd  
902-2511

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# Esks Looking Forward

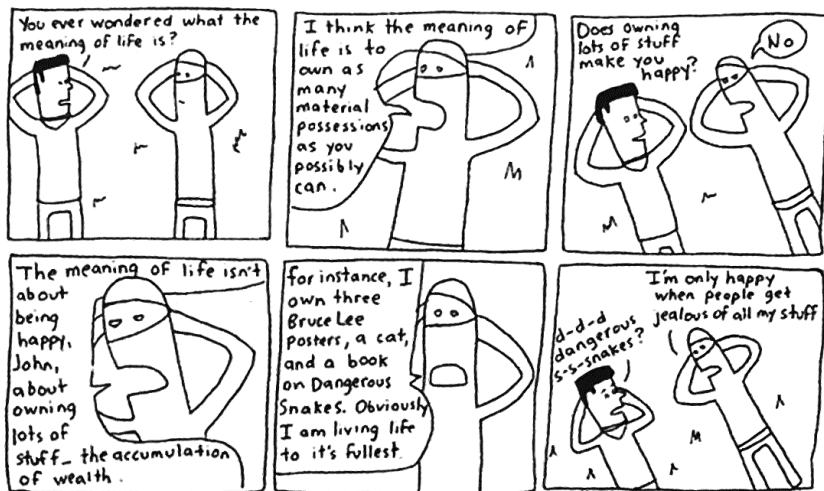
CODY Paton-Perkins

After a shaky 0-3 start for the Edmonton Eskimos they seem to have worked out the kinks and have won their last two straight to come to 5-5. The Ottawa Renegades were the latest victim of an Eskimos team that is firing on all cylinders. Sundays game opened up with Kerry Joseph hooking up with Yo Murphy on a deep play that an unhealthy Crutchfield could not defend putting Ottawa up by 6. After a couple missed field goals and not one but two highlight reel grabs in the end zone by Darrel "Mookie" Mitchell. The Esks took control and didn't look back on their way to a 57-16 victory.

With last weeks blow out of the Ottawa still fresh the Edmonton Eskimos need to look ahead to weeks 12 and 13 of the CFL season where they will face the Calgary Stampeders at McMahon Stadium and then make the trip back home to Commonwealth. Statistically the green and gold should sweep Calgary quite easily, however during the battle of Alberta anything can happen.

To see how the Esks are preparing for the upcoming weeks I spoke with veteran offensive lineman Chris Morris. From the interview this is what I can tell you, the Edmonton defence has

been preparing to face a healthy Marcus Crandell. This addition to the Calgary line up will be a hard one to deal with as Crandell is a proven competitor in the CFL. The key to the Esks success is providing Jason Maas with sufficient time to set up. "If he has enough time he's like a surgeon." Morris's biggest challenge this week will be defending against Joe Flemming one of the CFL's top defensive linemen.



"Supplied by <http://www.whiteninjacomics.com>"

## General Council

September 14, 2004  
4:30 - 6:00 pm  
Rm X-107

All Technologies need Representation at G.C.

**NO Rep=**  
Bad Standing with  
NAITSA

Bad Standing=  
**NO** Technology  
Parties or  
Fundraisers

Come out and have  
a say on how NAITSA  
spends YOUR Money!

(For this meeting: Tech  
Reps—If your class ends  
at 5:15 come to G.C.  
ASAP. A discussion will  
then take place on how  
to accommodate these  
respective technologies  
fairly)

DEFINITI PRESENTS

REVIVAL

SATURDAY | 09.11.04

STUDIO

definiti  
Event 80s

Tickets | In advance at Cowboys > \$8  
At the door > \$12

10102 180<sup>TH</sup> ST.  
OPENS > 8 PM

COWBOYS





What's with all the stupid excel promotion posters around school? Don't people know how big of a scam pyramid scheme that thing is? Just go look at this: <http://www.kron.com/Global/story.asp?S=1416705>

Man what's with all the hot ladies this year!? 2004/2005 is going to G-R-R-REEATTT  
-Tony the Horny Tiger

I lost my Virginity...can I have yours?  
-Stu

OOKFEST is going to be Craaaa-zyyy!! I cant wait to drool all over those amazing Swollen Members!

Ugh, another year, another crap load of expensive books. F\*ck I hate how much this shit costs!!

Anyone planning to get knocked up in the foam pit again this year?!? Haha!!!  
-Dirty Mr. Foam

If anyone has found a lost bus pass at the Common Market, please drop it off with Security! (Slim chance I know, but that thing is expensive!)

Pooky-Bear you mean the world to me! Here's to another great year being in the same class!  
-Cuddly Stud

SoI just checked out my time-table, and I have the worst class schedule ever. THREE HOUR SPARE from 9-12?? Way to go brainiacs in CST.

Let's Go!! Eskimos!!  
WOOOOOOO!!

Posters that aren't stamped will be taken down, get them stamped at NAITSA!!  
-NAITSA

Dwayne from NAITSA thanks for making our Orientation a lot more entertaining!! You and Aleesha made our day!!

5,500 people at OOKFEST this year?? Last year was insane, but this year...hollllyyy shiiitttt!! Haha!! I can't wait!!  
-Random Drunk Guy

I can tell the elevator problem wasn't explained at Orientation. Listen up all your first year Business Tower losers...if you only need to go up ONE FLOOR then WALK!!!! Quit taking up valuable elevator space for those that need it...actually just stop breathing and take up less space in general!  
-Annoyed

Wanna makeout?

Hey for those of you looking for ROOMATES or looking to RENT

OUT your Apartment / House. Use the NAITSA housing website:<http://www.rentingspaces.com>

Yummy yummy, I love my Timmy's!!! Coffee = My reason for living!!  
-Addicted for Life

Anyone care to join me for a conversation in my pants?

For those new to NAIT, come Volunteer for Shinerama!! I did it last year and it was a total blast!! Especially the Shine Day pubcrawl last year! If you are new and want to meet and make awesome new friends, come out and help the rest of us!  
-Tom

Is school almost done yet? I miss my summer! Bah!

To the girls who thought it would be funny to go around flashing everyone at Oookfest, I hope you DON'T come this year, you make women in general look bad.  
-Annoyed with Immaturity

Here's to another CHAMPIONSHIP Year for our OOKS!!!

Anyone else notice that weird smell in the basement?

Why does it seem like everything is more expensive this year...yet the school seems crappier...  
-Dazed and Confused

'Bout time the damn Nest wall came down. Now let's see some more NAIT Factor events!! Haha!!

A NAITSA that doesn't look like it'll fall apart by the end of the year? Well this is a change...keep up the great work in their you crazykids, so far I'm impressed!  
-BAIST Bastard

Who stole my shoes??!! Like seriously, who steals shoes?!!  
-Pissed Off

I did three year at UofA, and in my first week here at NAIT, I'm already having more fun then I have before! Awesome, my friends were right!

## Be Part of Something BIG!

**Big Brother / Big Sister:** Share a few hours a week doing fun things with a child/youth.

**In-School Mentor:** Read with a child for one hour a week in a school close to where you live or work.

**TEAM:** Have fun doing weakly group activities.

Call Big Brothers Big Sisters today at 424-8181 or apply online at [www.bbbsedmonton.org](http://www.bbbsedmonton.org)



Shinerama presents:

# WIN A CAR!

**Shinerama Volunteers will receive a ballot for each hour that they work to enter into a draw... to win a car! A car YOU could drive... and want to be seen in!**

**NO STRINGS ATTACHED!**

But not just any car... Crosstown is donating a "typical" student vehicle to Shinerama, and other sponsors are pimpin' it out! Keep posted online at [www.naitsa.ca/shinerama](http://www.naitsa.ca/shinerama) for more details!

**To get involved visit the NAITSA Volunteer Centre!**

**The Shine Mobile**



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\* SOME CONDITIONS APPLY. ASK FOR DETAILS.

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# Return of the Pessimist

continued from p. 5

the tale of Archimedes. I think it just contains good advice for well, everyone here at NAIT.

Now, my boy Archimedes, he's one of the O.G.s of physics. I forget if he was from ancient Rome or ancient Greece...he was from one of those ancient party civilizations. All the O.G.s of physics are. Anyway, one day, the king called Archimedes to his court. It seems the king had a dilemma. He wanted to know exactly how rich he was, so he wanted to know exactly how much gold made up his crown. The king presented this dilemma to Archimedes, and Archimedes, he took it all in stride. "No problem!" said Archimedes. "I just have to melt that sucker down and turn into a shape I can easily determine the volume of, like a sphere or a cube. Just let me fire up my blowtorch here, and I'll get to work."

The king was horrified, of course. "You're bein' whack, man!" said the king. "Y'ain't melting down my crown, G! Find another way!" So, Archimedes put away his blowtorch and went back to his basement workshop to puzzle over this.

Hours passed. Days passed. Archimedes sat hunched over his worktable, trying all kinds of methods. But, he just couldn't figure it out. It seemed like a simple enough problem. He had to determine the volume of the crown. But, crowns are such odd shapes, unlike a sphere or a cube. It seemed there was no solution to this problem...unless the king let Archimedes melt down the crown.

Finally, Archimedes' wife came down into the workshop. "Hey, baby," she said. "You've been down here for far too long working on this. What you need to do is chill, baby. I got a nice warm bath for you upstairs. Why don't you come on up and relax?" Now, Archimedes never could say no to his wife, so he took a break. Archimedes went upstairs, took off his toga, and jumped into the tub.

But, when Archimedes got into the water, he noticed something unusual. We've all noticed this. When Archimedes got into the tub, the water rose, even spilled over the edge a little bit. Archimedes reflected on this as he soaked in the tub. And, like all good physicists, he began to develop a theory. His body had a certain volume. The water had a certain volume. Therefore, when he got into the tub, the amount the water rose was exactly the same as the volume of his body! Archimedes discovered displacement.

Archimedes was now tripping. He had a way to figure out

the volume of the king's crown. All he had to do was dunk that sucker in a bowl of water and see how much water spilled over the sides. The volume of water that spilled over would be exactly the same as the volume of the crown! Genius! Archimedes wanted to get this done right away, so he jumped out of the tub and ran naked straight to the palace, screaming "Eureka!" all the way. ("Eureka" is ancient Greek for, "I've got it!" so I guess it was ancient Greece after all.) Yup, in that day, Archimedes made two of

the greatest discoveries in physics: displacement and streaking.

Now, like me on that fifteenth first day, you're probably wondering, "What the hell does this have to do with anything?" As my professor said, there are two important lessons we can take from this. 1) If you're faced with a problem and the answer just ain't coming to you, then dude, it's time to take a break. Relax, and the answer will come. 2) Always listen to your wife. That was ironic advice from him, considering he was divorced a year later.

So, to the new and returning students of NAIT, and the staff even, that's my advice to you. You've just got to take a break once in a while, folks. Relax, chill, or whatever the slang term is these days. But I know, there are times when a hot bath and a soothing significant other just aren't enough to get you through those, "I'm sober and I'm stupid and I don't know what I'm gonna do!" days. Then let me point out that our Student Counselling Centre is now open for business. If you think you've just stripped

all your gears, then head on down and have a chat with them. They can help to point you in the right direction and sort things out. The Student Counselling Centre, think of them as your nice, hot bath.

And that's it for now. My advice for you on this new semester, take a break every once in a while. As another great philosopher said, "Life moves pretty fast. If you don't take some time to smell the roses every once in a while, it could pass you by." Next week, I'll tell you about my homie Galileo. The original rebel, yo.

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call whenever she wants.  
You sissy.



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