

HEY, LESS THAN 40 DAYS TO CHRISTMAS!

THE NUGGET

Thursday, November 17, 2005
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YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

BE AN APPRENTICE

The Apprentice star Bill Rancic featured at NAIT/NAITSA Young Professionals Conference Nov. 23.



Matt Kirkpatrick makes the save when the Oaks and Griffins squared off in the 109th Street Challenge. See story in Sports.

Photo: Lisi Monro

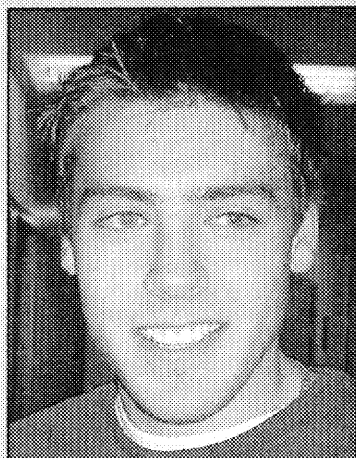
NEWS & FEATURES

SUPERHEROES REVEALED

Mouthing OFF

By TARA COPELAND

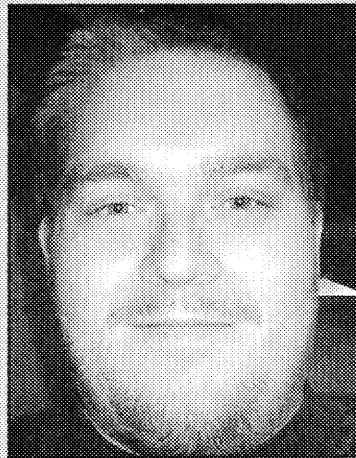
Well, it's that time of the semester - the time when we need to be saved. As such, this week, we asked who your childhood superhero was...and why?

**Sean Amato**

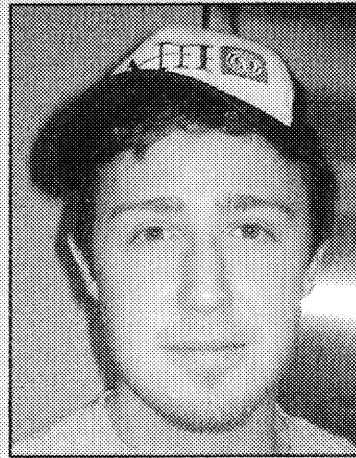
My childhood superhero was Thunder Cat, because I had the underwear.

**Tannis Ostermann**

I'd say Darkwing Duck was my favourite childhood superhero, because I watched that show religiously and it was something that I would actually almost be late for the bus watching. He was a very dynamic character and that show just made me laugh my ass off.

**Mike Cameron**

Spiderman. I don't know, he just kept on getting a whole lot of crap put on him and he still kept on doing the fighting.

**Robbie G.**

Mark Messier is my childhood superhero because he's a pimp and the best hockey player ever.

**Antonella Joy**

The Carebears were my childhood superhero. Because they were always saving people from their sorrows.

Blogging opens door to the world

By TARA COPELAND

How would you like to take a look into the life of a student in India, a transient hooligan, or a 20-something socialite in British Columbia? Now, a look in the life of these people and many like them is just a mouse click away.

"Darrell (the guy in the basement who I loathe with a passion), has acquired a rooster. Yes, a real, live, crowing rooster. It has been in our backyard for two days and it is time for it to go," Melissa writes.

Does Melissa live on a farm? Nope, she lives in Vancouver.

Melissa is one of the many people you can meet through the world of blogging. The question is why the heck would Melissa and many like her want to blog?

"Some days, it is a forum to rant and some days I am catching my friends up on my life," said Melissa.

Traditionally, blogging

seemed to be a sport reserved for computer nerds, but people like Melissa are taking that myth and obliterating it.

Melissa works at a doctor's office, she loves to go clubbing and she loves to go shopping - a far cry from your typical nerd.

"I started my blog because all my friends had one and for the first time since school, we were not all in the same town," said Melissa.

According to some bloggers, the ability to publish is a double edged sword - complete strangers can leave random messages on your blog.

Auren, a blogger based out of Merritt, BC has had some disturbing comments left on his blog.

"(I've had) something posted about a friend's mother's sex life," said Auren. "(I've had) something about how to buy a time share in Florida.

"I try to ignore the strangers, but it is in the back of my mind

when I write. I take solace in the idea that strangers would have no interest in my personal life and probably don't read it much, or carefully," said Auren.

You'd think that having the ability to publish copy at your own discretion would create an opportunity for complete freedom of speech, but bloggers say that's not the case.

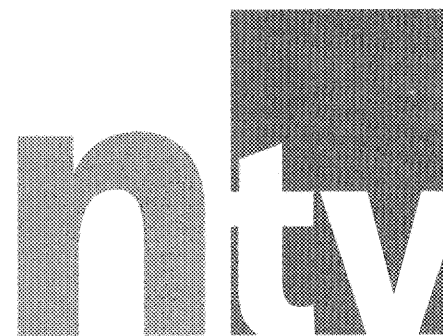
"My job and my family do get censored quite a bit. I don't reveal everything that I think so that I don't libel someone. I don't want to give someone a road map to my house," said Alain, a journalist in B.C. and a blogger. "I do hold back on lots of things. I don't need to get fired over my blog."

"This is a public forum so you can't always use names, or say what you are really thinking. You have to be careful on how honest you are," said Melissa. "The truth doesn't always set people free. It can sometimes get you into trouble."

YES!

NAIT has a *news show*

AND we want YOU to watch it!



SUNDAYS AT 5:30 PM

Shaw Cable

See the new face of NAIT!

'Quit robbing the cradle, chick'



Ask Maria

Dear Maria,

I want to ask my girlfriend of four years to marry me. I have a ring and want to ask her Christmas Eve. We are both in our second year of college and I wonder if it is fair to tie her down all these years until we graduate? Am I wrong to ask her?

Signed, Wedding Bell Blues

Dear Wedding,

If you both are committed to each other, the two years will go by quickly and you will have a good foundation built for your marriage. Chat about your dreams and aspirations. You have come this far, not only are you lovers but you are each other's best friend.

Dear Maria,

I am having an on-line romance with a wonderful and loving man. He has one problem. He is eighteen and I am 36. We have been corresponding for over one year. He is supportive, a dear and makes me happy.

Can the May/December relationship work between an older woman and a younger man? I care for him immensely and do not want to hurt him.

Should a woman in her thirties be involved with an older adolescent boy?

Signed, Prime

Dear Prime,

Please pardon my frankness but; you are robbing the frickin cradle chick!

May/Decembers rarely work out unless scads of money are involved. Then you are basically buying his company -- and we all know what that is called.

Let's be serious here. Mature, deep, loving relationships require commitment, trust, compatibility, and a future. There isn't a future here. Young men need to commit to preparing themselves for their future and future responsibilities. He should be focusing in school, and building his personality and character at this time, not playing house with someone whom could be his mother.

You sound as if you want to love and commit to a man who loves you deeply and well. In my opinion, I think it is time to let this go and look for someone closer to your age, interests, and maturity.

Dear Maria,

I just received a birthday gift from my boyfriend. I was so embarrassed when I opened it. He gave me some things that are really sexual (clothing, books, cards) and I don't know what to do. We haven't been having sex or anything. Help!

Signed, Blushing

Dear Blushing,

Is this cool with you? I know you were embarrassed, but...did you like it?

Do you want to go to this new level in your relationship? Cuz he has certainly made his plans for your relationship clear. It almost sounds like he bought himself a birthday present. If this is not something you wish to pursue, dump him!!

Dear Maria,

I met a guy on the Internet.

We are really starting to like each other. Ok, I must admit, we had cyber sex the first time we chatted. But it has turned into something really beautiful. Here is my dilemma; we want to meet. All my girlfriends are telling me not to and that he could be a rapist or a murderer. What say you?

Signed, getting it on the net

Dear Gettin it,

Continue to communicate. Look for stability and routine in him.

Make sure you have all his information, i.e.: cell number, telephone, work, address, etc

If you see that all these things work out, then I would pick a neutral place for your rendezvous. If he lives in another city, pick a hotel to stay in and don't let him know where you will be. If possible, check with the police department if he has a record.

Long ago, we use to meet people in a bar, hand out our phone number and then get picked up at our home for a date.

Hardly any information had been exchanged. At least you are establishing consistency by communicating on a regular basis before meeting. Have fun and be safe.

Maria Manna is has an etiquette and protocol company and has written advice columns for many newspapers and magazines in western Canada. She also writes advice for girlawhirl.com. If you have a question for Maria, e-mail her at: etiquette@shaw.ca

Herpes Vaccine Trial For Women Without Herpes



The Facts

- Approximately one in five Canadian women have genital herpes
- Many don't know they are infected with herpes
- Herpes can be spread to those you love
- In rare cases, women can pass herpes to infants during delivery

What Can You Do?

The *Herpevac Trial for Women* is investigating an experimental vaccine that might protect women against herpes. Participants receive:

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Who Can Participate In This Study?

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I.D. Study Nurse
at
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Email: serober@cha.ab.ca

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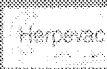
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OPINION

Grapevines sometimes walk a fine line at NAIT

As a campus newspaper, we have the luxury of pushing the envelope. It's our job is to provide the students at NAIT with a voice. It's our job to challenge the status quo.

But can we take that too far? Absolutely.

We have a very thin line that we need to walk and it doesn't take much for us to cross that line.

That's the problem with having a section like the Grapevines. People are going to write what they write. We don't want to censor people, but we can't be publishing things that are libelous or discriminative.

Sure, a lot of what you read in the Grapevines seems to be written in fun and humour. But what about the Grapevine submissions you don't read?

Some people are angry that we would have the audacity to refuse to publish their submissions. It's unfortunate they're not happy, but that's life.

On the flipside, even though we don't publish everything that comes to us, it's not enough for some. If they had their way, there wouldn't be a swear word or negative comment in the Grapevines.

But would we be providing the students of NAIT with a voice then? Would we be reflecting their concerns? Would we be relevant?

We can't please everyone, all the time. At the end of the day, there are some crotchety, grumpy people out there.

Yes, we'll continue to write for these people. Yes, it's unfortunate they're not happy. No, we won't forsake others and their freedoms to please these people.

If you don't like our policy, feel free to write a letter to the editor. If that letter is outright offensive or libelous, we'll just delete it.

Journalists need to be balanced. They need to be fair. They have a thin line they have to walk along each and every day.

Balancing the different wants of our readers is tough, but it's worth it.

Knowledge is power and it's our job to help make the NAIT student body powerful.

Letters welcome We want your views

We want to begin a weekly letters-to-the-editor page here at The Nugget.

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

Get those thoughts into print.

Keep them short and to the point. No more than 100 words.

Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and contact phone number to: nuggetsubmissions@hotmail.com

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

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



Gimme some space on the road



By CHARLES NOBLE
Humour Column

Wow, can people take any longer to cross the road or care less about being hit these days? These people need to be ticketed. I would say they need to be hit, but I think they'd sue.

Some people cross at the crosswalk, but don't use the crosswalk lights. What takes too long to push the little button that signals to drivers that you're walking?

Either that or they cross 10 feet away from a crosswalk. What's

up with that? Too cool to cross where you should? How about I drive up on the sidewalk sometime, would that be nice?

The worst of them all are the people that cross when the sign says don't cross, especially in front of NAIT. Sometimes it's OK if you really have to catch your bus, but not just because you don't want to wait two minutes.

Then there are the people that cross in front of flashing green turn signals, those same people when in cars usually get pissed off at other jaywalkers doing the same thing. Not so funny when your on the receiving end, huh?

Also, to all the cyclists on the road: I know I'm suppose to share the road with you, but wow, sometimes I just want to hug the curb and see what you'll do. I'm pretty sure I'm not alone on this. You take up a lot of space. Not all the cyclists, some are rather nice

and even pull to the side so people can pass.

In rush hour, especially on 109 Street, why are there so many cyclists who want to take up the right lane? They insist on slowing down the already crawling speed in rush hour.

Well, winter is coming, so no more worry about the cyclists, but more worries about the bad drivers we share the roads with. Please people driving, don't use your summer tires and think that you'll have descent grip on the road.

The worst are the drivers who don't clean their cars. They just drive with two feet of snow on the top and rear thinking the wind will blow it off. The wind does blow it off, into the people behind you.

Please stop tailgating, especially you larger trucks that look like if you hit me I'd loose the back end of my car to your high bumpers.

My final complaint is with people that can't control their high beams, especially the people with one high beam light. How do you manage to do that? Those bright lights could be a hazard to on coming traffic, considering the light is almost blindingly bright. Please check your lights, turn them on, and keep them working properly.

If anyone took offence to any of my comments, I don't mind reading your opinions, email me at kileratwork@hotmail.com. Hey Lee, told you I'd mention you.

Your Student Newspaper



Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1

Production Office
471-7615

Fax: 491-3989

E-mail
nuggetsubmissions@hotmail.com

Editorial Advisor
Kerry Diotte

Student Editor
Tara Copeland

Sports Editor
Trevor Elliott

Entertainment Editor
David Mallett

Production Manager
Darrel Gregory

Advertising Manager
Linda Campbell

For Advertising inquiries
please call 471-8866

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

All submissions must be accompa-
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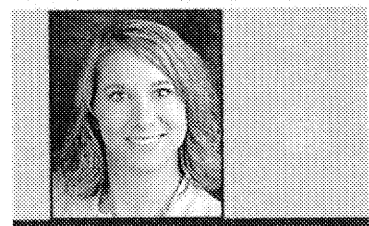
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tors to the Nugget are not necessarily
shared by NAIT officials, NAITSA or
elected school representatives.

STUDENT POLITICS

Some great events coming for students

By TARA COPELAND

This week, The Nugget asked NAITSA executives more of your questions, to help NAIT students get the inside scoop on NAITSA and everything else you wanted to know about the people that work so hard to make your experience at NAIT the best it can be.



CARRIE CREASER
V.P. Campus Life

1.) What can students look forward to from NAITSA in the next few months?

We have a lot going on around campus:

Nov. 21: Ski Bum Party in the Nest

Nov. 24: Sexual Awareness Day

Nov. 29: NAIT Factor

Dec. 7: Alcohol Awareness Day

Dec. 30 - Jan. 2: New Year's Ski Trip

Also, don't forget about all the beer gardens and fundraisers that your fellow students do every day. Support their efforts. Check out www.naitsa.ca for more details.

2.) What's a cause that students should get involved in right now?

I really think the best thing that students should get involved in is being active in the NAIT com-

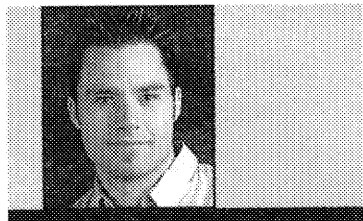
munity. Enjoy yourself while you are here at NAIT! Make it the best experience of your life!

3.) This is the best thing that has happened to me this year...finish the question.

The best thing that has happened to me this year...I have met so many amazing people this year. This job has given me the opportunity to meet fantastic individuals who are so unique. It has taught me so much!

4.) What is your biggest frustration as a student?

My biggest frustration is financial!



JON HOFFMAN
V.P. Student Affairs

1.) What can students look forward to from NAITSA in the next few months?

Something really soon is the Young Professionals Entrepreneurs Conference at the Winspear next Wednesday (Nov. 23). I know the title sounds intimidating, but it really is for everyone. Bill Rancic from the first Apprentice will be speaking about how to succeed in life. Sports fans will hear from my favorite goaltender growing up, Kelly Hrudey and NAIT legend Pat LaForge. There will be a three-time Female Entrepreneur of the year and some young important political leaders - Jim Dinning

and Peter MacKay speaking. You really can't go wrong for \$30, since the public price is \$60. Get your tickets at the NAITSA office or Nest soon, before it sells out!

2.) What's a cause that students should get involved in right now?

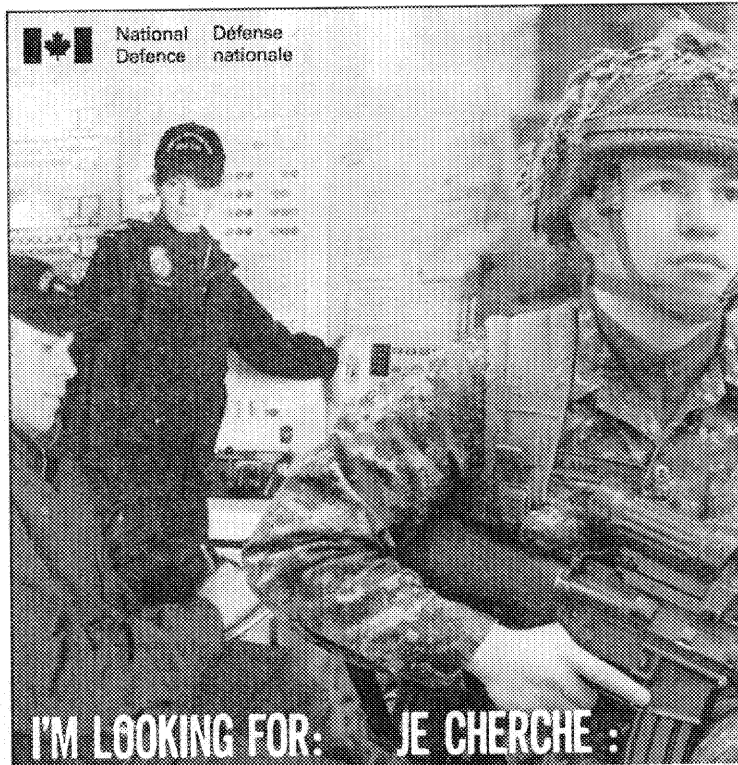
I'll give a local and a global cause. Locally, students should email their MLAs to tell them their viewpoints on the future of Alberta's post-secondary education system. It's pretty sweet that Ralph Klein over ruled Minister Hancock and continued the tuition freeze for 2006/2007, but there is still some debate going on about what the future education system will look like. Make your voice heard through your MLA. Come by our office if you don't know who that person is. On a bigger scale, we should be actively involved in the fight against global poverty and AIDS. The Make Poverty History campaign got a lot of hype with the Live 8 concerts, but we need to be continually supporting these important initiatives for change to take place. For ways to get involved go to www.makepovertyhistory.ca.

3.) This is the best thing that has happened to me this year...finish the question.

...is when the Nest created a sandwich bar with the best subs in town! Also, being able to go to Grenada and help rebuild homes for hurricane victims. It was an amazing and eye opening experience.

4.) What is your biggest frustration as a student?

Trying to figure out how to answer people when they ask me what exactly I am going to do next year - especially the in-laws!



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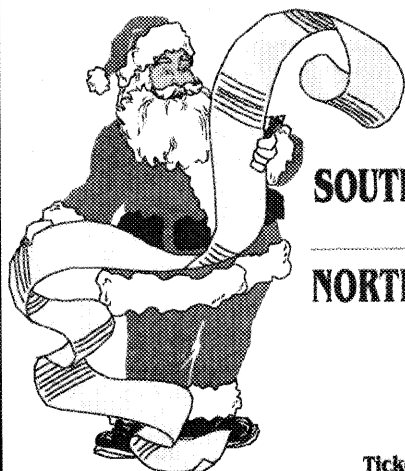
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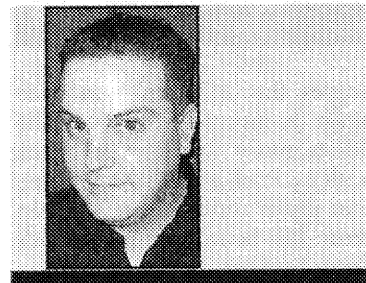
**MOLSON
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ROCKS**

JIM BEAM

THE NEST

ENTERTAINMENT

Fast and furious rise to the top



By DAVID MALLET

A couple of issues ago, contributor Kevin Gibson reviewed the EP from the Junction called *And With This Comes Tomorrow*. Lo and Behold, the band showed up in E-town soon after opening up for Bedouin Soundclash last week at the Starlite Room. I had a chance to sit down with a couple of members of this up and coming Canadian act.

Tired from the road, they had just stepped in the door when we sat down under the dark blue lights of the Victory Lounge, with a drum check pounding up above us.

It has been a fast and furious rise for this Brampton threesome.

"The whole thing has been a stepping stone process," said bass player Matt Jameson. "We released an EP called Three

Singles, sold a thousand of them."

The buzz heated up quickly as they began playing shows around Ontario with bands like Bedouin Soundclash, who they are currently criss-crossing Canada with.

Soon after, they recorded *And With This Comes Tomorrow*. A blend of folk, funk, rock and pop, it caught the attention of Maplemusic.

Before long, Universal Music came calling. Now they are ready to record a full length debut, set for release next spring.

The Junction is popping up at just the right time. Canada has never produced such great alternative music and the boys are aware they are riding the crest of a wave made by bands like Arcade Fire, Stars and Broken Social Scene. Some may see it as a movement, like grunge or electronica, but a band like The Junction has a sound too diverse to be lumped in with a label slapped on by SPIN Magazine or Rolling Stone.

Lead singer and guitarist Brent Jackson agrees that Canada is at the forefront.

"The last time I got into Canadian music was 1995 or '96. Y'know, there was The Age of Electric and Limblifter, and then

it seemed like it died for awhile. Then we had years with artists like Avril Lavigne, Nickelback, SUM 41. But, yeah, now we're interested. There are a lot of good things coming out of Canada right now."

And a lot of things coming out of Canada these days are intellectually driven, complex rock acts. The Junction feels this is true in their case, too.

Jackson said, "We respect music. It's a universal gift to mankind, to be able to break down the language barrier and connect with people. We want to unite people. Take our personal perspective and flip the focus so that anyone can relate to it." Jameson added, "You have an opportunity and you have to take advantage of it."

The band is doing just that. They take the privilege of being on the road, performing for their fans, seriously. "It's our first time in Edmonton and we want to give it 110 per cent," said Jameson.

Their latest EP is a bright, melodically solid collection of tunes with lyrics that show a band that has something on their mind other than sex, drugs and rock n' roll. Not a surprise considering their influences and favourites.

The Junction has drawn influences from an amazing array of sounds and it shows on their recorded output. Brent cited Smashing Pumpkins, the Beatles and Jamiroquai in the same breath. Matt mentioned the Chili Peppers, The Mars Volta and Elbow. Among other bands to shape their musical landscape were Radiohead, Daft Punk and the Dave Matthews Band. Great, you might say. What do I care?

Well, just a listen to *And With This...* brings those influences to bear. I guarantee the listener will be struck by how they blend disparate genres into a cohesive sound.

Soon, they will be in the studio putting the brew together.

"We're not rushing this album. We're taking our time," said Jameson. "You have one shot for a great debut."

But once it's completed, the band plans to market it where they know people will respond to it.

"When the record is finished, we will go international. The UK has a great market. They listen for quality, and we think it's beneficial to us".

In the meantime, the band intends to stay put in the Great White North, spreading their funk-folk goodness nationwide. And they also want to spread love.

Jackson said, "We wanna play music and hope people enjoy it. All we wanna do is spread the love."

Agreeing heartily, Jameson said, "We're working on spreading the love."

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FINAL DAY

November 17

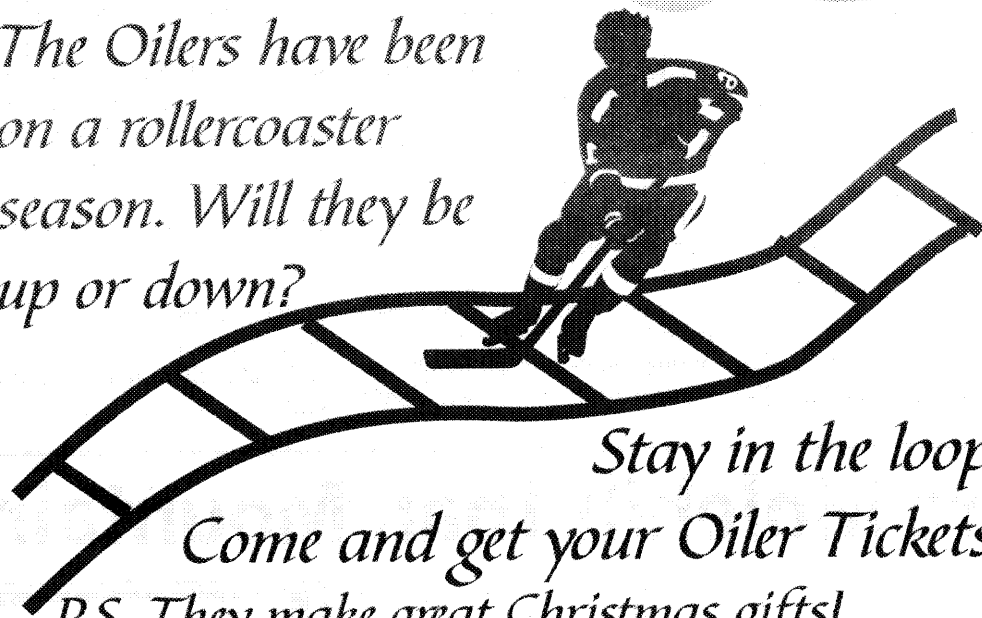
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The Oilers have been on a rollercoaster season. Will they be up or down?



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Nov 21 & 22 9 am to 4 pm just outside Campus Reads & Needs

**All table rental proceeds will go to Animal Health.
Door prize entries will be given with purchase.**

Neil Diamond sounds honest

By KEVIN GIBSON

12 Songs
Neil Diamond
COLUMBIA

Back in '96, the time was nigh for a Neil Diamond comeback: UB40's '86 cover of Neil's "Red Red Wine" was enjoying a resurgence in the clubs and The Urge Overkill's rendition of "Girl, You'll Be a Woman Soon" was massive. More important, alt-rockers such as Sonic Youth took part in a non-ironic tribute to the Carpenters. That album was one of the first of a glut of tributes cashing in on respectably kitschy nostalgia. It only seemed fair that Mr. Diamond be next in line for some respect. And then...nothing.

Maybe it's that whole James Dean/Marlon Brando thing. Dean died young, leaving a beautiful corpse - Brando, not so much. Same thing applies here. Where Karen Carpenter passed on at the height of her career, Neil Diamond has continued to record increasingly trite pap for the better part of three decades. All those solid pop songs with bewildering, sometimes laughable lyrics have somehow been diminished by years of glitzy bombast. Lucky for Neil, he's still got some fans in high places.

Rick Rubin's resume (Def Jam co-founder, producer of seminal recordings including the Beastie's *Licence To Ill*, The Chilli's *Blood Sugar Sex Magic*, Slayer's *Reign In Blood*, founder of Def American) reads like a musical who's who of the last twenty years. Perhaps most significantly, he helped Johnny Cash leave this world on a high-note. Rubin's work with Cash in the last years of his life introduced the Man in Black to a new generation and reminded the

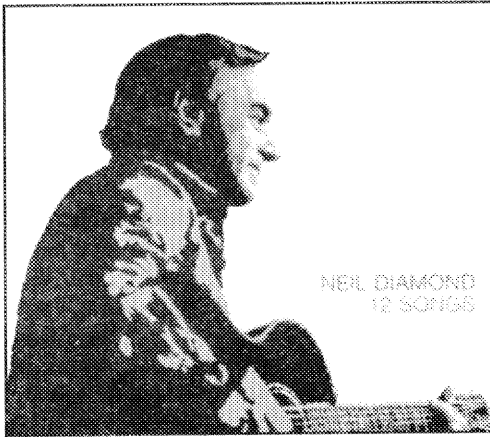
rest of us what made him so great in the first place. Cash had found his paunchy hirsute muse.

Now Rubin aims to do for Neil Diamond what he did for Cash and, for the most part, he's successful. Neil had his work cut out for him. Where Cash was known as an interpreter of songs and had the luxury of coming up with a couple originals per album, Diamond made his name as a tunesmith; therefore, all 12 songs on the aptly titled *12 Songs* are his own.

Where Cash could freely adapt tunes from the likes of Townes Van Zandt, Trent Reznor, and Glen Danzig, Diamond was on his own. According to the self-penned liner notes, Rubin was a taskmaster, prodding Diamond to rediscover the essence of why he wrote songs in the first place.

Granted, there's nothing here to rival classic compositions such as "Shilo," "I Am I Said," or even "Forever In Blue Jeans," but 12 songs is a great listen and, more critical at this juncture, not the least bit wince-inducing. Diamond's voice- always a low crooner croak- reveals his age, yet somehow imbues the material with a pensive authority previously unheard.

Litlingly reverent album opener, "Oh Mary" feels like it's always been - a sure sign of a strong song. "Evermore" is epic in the way only Neil can do it and "I'm On To You" has a cool faux-jazz feel akin to "Moondance." Most of the musicians enlisted had previously played on Cash's recordings, so the stately tasteful arrangements will be familiar to many. One almost wishes they'd



messed around a bit more with the formula. After all, this is a man who's defiantly dressed himself in sequin strewn leisure suits long after they were egregiously fashionable. Risk is his middle name and consequence be damned!

Many songs certainly echo previous Diamond hits: "Face Me" sounds a lot like "Cold Water Morning" (from the underrated "Tap Root Manuscript"), while "Delirious Love" recalls the classic pop sound of such hits as "Sweet Caroline" and "Cracklin' Rosie." In "Save Me a Saturday Night," Diamond even rips on "You've Lost That Loving Feeling."

Those of us who loved Diamond's grandiloquent way with words will thrill to lyrics like "If you're captain of a shipwreck, I'll be first mate to your shame."

Naturally, nay-sayers will contend that *12 Songs* is missing that spark of old, but who writes as well as they did thirty years ago? Not even Dylan and Young have entirely dodged the pitfalls of time and success. All told, Neil Diamond's never sounded so hungry and honest in a couple decades. I can't wait to hear what he'll come up with next - so long as the inevitable success doesn't re-inflate that once crippling ego.

Disco Still Cool?

By TRYSTAN MEYERS

Madonna: Confessions
On A Dance Floor



The most renowned female pop artist is once again on the tips of everyone's tongue. Having co-written and co-produced all 12 tracks on the new album, Madonna's new single, Hung Up is already atop many charts worldwide.

The song samples disco icons ABBA, which poses the question, "Is Disco Still Cool?"

Madonna answers that question and more by making the retro sound new again, heading straight for pop music's number one spot. The album hit shelves Nov. 15 and is expected to go platinum.

The dance oriented album pushes the barriers of modern music. Madonna reaches listeners through provocative songs like, Forbidden Love and Future Lovers.

The fresh new futuristic sound

proves that Madonna has once again re-invented herself. She boasts many in-your-face tracks such as, Push and Like It Or Not, that prove sticks and stones can break her bones, but names will never hurt her.

This album will leave you energized and sweaty on the dance floor and if you feel vulnerable at the end of the night, that's ok. Dial Madonna's toll free number at 1-888-2-Confess to call in your dirty confessions. You can also listen to other people's intimate confessions at Madonna.com

"Chick flick" makes the grade



By CHARLES NOBLE

Pride and Prejudice

Another book turned into a movie is Jane Austen's *Pride and Prejudice*. The movie is produced by Joe Wright. This adaptation is true to the novel's roots, for once, not changing the setting or characters with minor plot changes.

This is a chick flick, so beware if you're looking for action and mystery - there's none to be found here.

Set in a small British suburb around the 17th century, *Pride and Prejudice* starts with a family of five girls ranging from 15 to late

20s, all wanting marriage.

The music is very well done with a mix of orchestral symphony and piano that works incredibly with the movie's setting and mood.

The acting is excellent, especially Tom Hollander, who plays Mr. Collins, an incredibly foolish performance that leaves you laughing and hoping he's not like that in real life.

Keira Knightley plays the main character Elizabeth Bennet. Elizabeth falls in love over time with Mr. Darcy, played by Matthew McFadden. There are many other famous actors and actresses in this movie with other love stories built into the main plot.

Overall, the story is well-told but too drawn out at times when you're just watching the characters slowly figure out simple situations that shouldn't take so long.

For anyone that enjoys chick flicks with predictable yet funny romantic stories, this is the movie for you.

REVIEW RATING: B-

More Molehill Than Mountain

By KEVIN GIBSON

Sarah Harmer
I'm a Mountain
Universal
** 1/2

Billy Bragg slyly titled his fine b-sides/rarities album, *Preaching to the Converted*. Likewise, Sarah Harmer's latest isn't likely to gain any new fans, though it should placate the devoted.

A clearing house of sorts for some previously unreleased rootsy tracks, *I'm a Mountain* is neither a b-sides set, nor a follow-up proper to *All Our Names*. It's not that *I'm a Mountain* is bad; it's just not that great.

"The Ring" sets the tone with a sweet bouncy melody lacking

direction - pleasant enough and soon forgotten (kinda like the last couple Bright Eyes albums). One confection which lingers a little longer is live fave "Oleander" which feels like it belongs on one of Harmer's last two releases. The bitter resignation of "Escarpment Blues" proves she can craft an incisive protest song without proselytizing.

Of the two covers, Dolly Parton's "Will He Be Waiting For Me?" offers Harmer's strongest happy/sad vocal and serves to remind one of Parton's songwriting strengths which are too often er... overshadowed by her more obvious assets.

Much here is touched by melancholy, which is admittedly indicative of Harmer's work. Still, a shimmering propulsive tune like



You Were Here's "Lodestar" might help break up the monotony.

I'm a Mountain ultimately inspires indifference. It would certainly make for a pleasant listen while swinging on your front porch. Sadly, since the package contains no porch nor swing, I'll have to recommend it for completists alone.

Audioslave swag contest

Dean Kees is the
winner of our
Audioslave draw.

Congratulations
Dean!



EMERSON PUT ON A PARTY: Scores of fans turned out Nov. 10 at the nest to catch Emerson Drive cranking out the tunes. It was dubbed Rodeo Ho'Down – an event meant to help celebrate Canadian Finals Rodeo in Edmonton. You can bet that a whole truckload of students can't wait for next year's Ho'Down. Photo by Brian Roberts

Only ONE
more week
left to take
advantage
of the

Rapid Resume Review

booth sponsored
by NAIT Career
Services

Nov 23
HP Centre
(main floor by
cafeteria)

Career Advisors will
be available from
11:15 am to 1:
15 pm to provide
input on your
resume, cover letter
and job search.

Win some cool prizes on NR92

The first semester radio and TV people are launching some promotions that are fun and can get you some free stuff. Here's a sampling of what's going on.

Could you Repeat that?

Shoot from the hip with "Could you Repeat that." Record your rant on Nov. 23 in the North Lobby at lunch or email cyrtnr92@hotmail.com to get your rant in. Listen to "Could you Repeat that" from 8 a.m. - 9 a.m. on NR92 on Nov. 17 and 24 to see if your rant will be played on the air and get your friends to vote by emailing the show. The rant winners will win big prizes from the Edmonton Oilers and Edmonton Rush.

Beat the Babe

Watch for your chance to play Texas Hold'em Poker and "Beat the Babe". Listen to NR92 for poker tips of the day starting Nov. 21 and you can win some great prizes.

N-ihilation Team

The N-ihilation Team has just received its orders! We're coming after you! Spreading the NR92 musical revolution to your area. Be prepared, for massive prizes guaranteed to cause cosmic glee and, oh yes... N-ihilation!

Soundbusters

Join us on Nov. 30 at Royal Pizza (122 Street and 118 Avenue) to win over \$7000 in prizes! Need we say more?

Log on and listen to www.nr92.com for more details.

Be a Volunteer This School Year

On Campus Volunteer Opportunity:

On December 3, NAIT is hosting its annual **Kids Christmas Party**. Volunteers are needed to help with face painting, ticket taking, assisting in the craft area and at the fishing pond. If you are interested in helping out, please contact **Norine at 471-7713** or stop by the Student Services office in E-134.

Off Campus Volunteer Opportunities:

Networks Activity Centre is looking for volunteers who like playing pool, crib and other social activities. This weekly volunteer activity is located close to NAIT, for more information about becoming a Social Volunteer, please contact **Darlene at 479-1757**.

The Youth Emergency Shelter is looking for volunteers who like to wrap Christmas presents! From December 1 to 24, volunteers are needed at Mill Woods Town Centre to wrap gifts, shift times are 5-9 p.m. weeknights and flexible on the weekends. Help give youth at risk a chance! Contact **Melanie at 468-7186 ext. 234** for all the details.

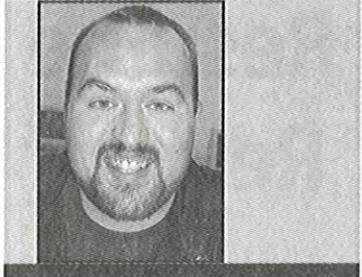
The Mill Woods Family Resource Centre is now recruiting volunteers for the following positions: Marketing Assistant and Homework Club Tutor. Please contact **Amanda at 413-4521** for all the details around these rewarding positions.

Crime Stoppers Association of Edmonton and Northern Alberta is now recruiting a volunteer for a Clerical Assistant for Gala/Annual Giving Campaign. Your duties would include entering donor information into a donor tracking system, assisting in mailouts to donors and sponsors, help at reception and securing items for a silent auction. If you would like to learn about this opportunity, please contact **Flavia at 425-8839**.

If you are interested in any of the volunteer opportunities listed above, please contact **Shannon at naitsavc@nait.ca or 491-3966**. Stop by the NAITSA Volunteer Centre in E-133 for all the details.

RODEO

Cowboys raised roof at Rexall Place



By **TREVOR ELLIOTT**
Sports Editor

Cowboys raised the roof at Rexall Place Nov. 9 to 13 as competitors at the 32nd CFR battled some of the best livestock in North America. Record breaking crowds witnessed the tough cowboys and cowgirls compete for a prize purse of over a million dollars.

CFR champions included 30-year-old bareback rider Alan Dacyk (Worsley, AB) who won his first championship in only his second CFR.

Lee Graves (Calgary, AB) passed up \$500,000 in Texas to compete in the CFR. Graves was the steer wrestling and high-point champion.

Team ropers Travis Gallais (Olds, AB) and Rocky Dallyn (Nanton, AB) wrapped up their second CFR championship in three years.

Rod Warren (Big Valley, AB) tied the great Kenny McLean by capturing his 13th major Canadian championship with his second saddle bronc title.

Rayel Robinson (Alix, AB) won her fourth Canadian barrel racing championship.

Chris Hansen (Barrhead, AB) completed his amazing season with his first Canadian championship. Hansen was the leading money winner of the weekend winning \$50,139.

Rodeo fans can get their adrenaline fix again Mar. 30 to April 1 as the Canadian National College Finals Rodeo rolls into the Northlands Agricom.



Photos: Trevor Elliott

Dallas Nitsch takes off for his eight seconds of fame.



Jill Bishop races for home.

SHOT Single of the week



We know it's tough to find that perfect relationship but there are tons of eligible people out there right on campus. Best part is? They're single! Here's our Hot Single of the Week:

By **MORGEN ZOELLER**

Hey single girls. You're all beautiful to us. We want to put your smiling face in the Nugget. See below for details on how to submit your photo.

Name: James, but i go by Jay. Seems like people remember letters better than names...

Age: Old enough to know better, young enough to do it again... and again and again... nah...25.

Program: G.I.P.P. (General Industrial Pre-Trades Program)

Likes: Comedy. The funnier the better. Life would be boring if we didn't have laughter.

Dislikes: Hmmm let's see... being bored. I hate having nothing to do.

Turn-ons: Women...lol. Sorry it was that obivous. Athletics and a good personality, but someone who's not too high on themselves...

Turn-offs: Snobs; they're boring and too high on themselves to take notice of the people around them.

Words to live by: Mistakes you make in life are no ones fault but your own, so don't whine about them; learn from them.

Hero: lol... That's easy...Me. Nothing says superman like watching me cook, do homework and watch TV all at once...lol.

Fun night out in Edmonton: Food, Drinks.. more food. Whatever between the club and home... I'm up for anything.

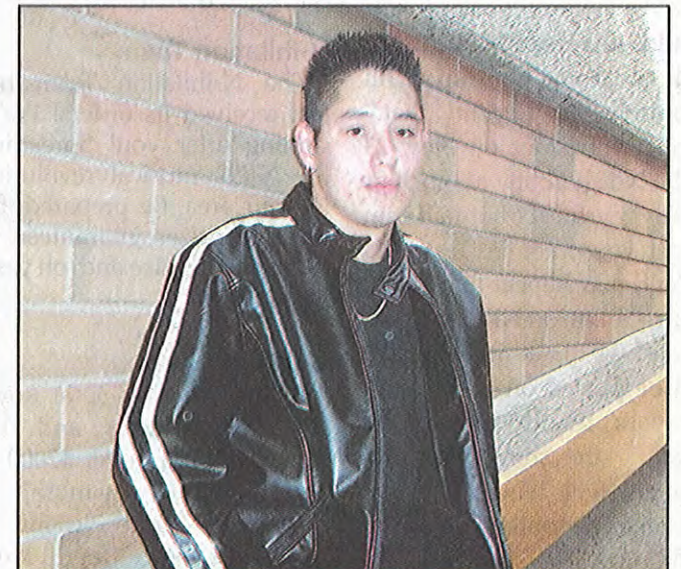
Dream job: Owning my own business. Working for myself and doing whatever it is i love to do at the time.

Why single: Hmmm.. let's see... Well, at the time there was a lot of BS that I just didnt have time for, so now I'm a lil' more focused on my future and looking for someone to spend my spare time with.

Which fictional character/ actor do you relate to: I'd have to say I relate to 2 people: one would have to be Johnny Depp and the other Keanu Reeves. Both have similar characteristics to myself.

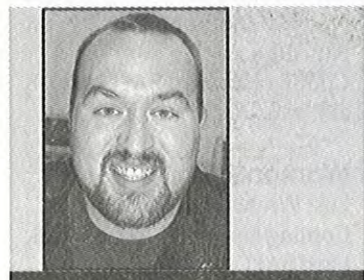
Jen or Angelina: Between Jen and Angelina I'd have to say it's a toss-up...because Angelina has that spontaneous side I love. More adventurous I should say. While Jen, she's the more stay home and watch a movie type I think. She likes to cuddle.Well, I think. I don't know. That's a hard one. But who says there had to be only one of them.

If you're an eligible single and you want to be featured here, submit your name and e-mail address to eligiblesingles@hotmail.com.



SPORTS

Ooks victorious in round one of 109th Street hockey Challenge



By **TREVOR ELLIOTT**
Sports Editor

The Ooks hockey club claimed the first round of the 109th Street Challenge on Nov. 10 as the team nipped the MacEwan Griffins 3-2 in a game filled with intensity and many bone-crunching hits.

The NAIT Arena was packed with fans who enjoyed the heated battle between the cross-town rivals.

The Ooks were caught off-guard to start the game as Chris Baker ripped one into the back of their net only 13 seconds into the game.

NAIT responded in true Ooks fashion - by raising the roof with some incredibly hard-hitting checks. The Ooks quickly sent a message home to the Griffins and to their fans. The Ooks were there to win, no matter the cost.

After failing to capitalize on a two-man advantage, the Griffins threatened to score once more. Ooks goaltender Matt Kirkpatrick played solid in net and kept the score at 1-0 after the first period.

"I was pretty comfortable after the first couple of minutes," said Ooks goaltender Matt Kirkpatrick. Kirkpatrick started the game after Rowe was forced out of the lineup by a suspected knee-cap injury on Nov. 9.

Adam Ferrante scored his fifth goal of the season on a perfectly executed power-play opportunity 7:13 into the second period.

The Griffins replied with their own power-play goal to re-gain the lead going into the second intermission.

Obviously motivated by some second intermission encourage-



Photos: Lisi Monro

The Ooks celebrate a third period goal.

ment by the coaching staff, the Ooks came out of the dressing room hungry for the win. Blaine Larson led the way and bent the twine for the Ooks 6:40 into the final frame.

Tied at two apiece, the Ooks got a lucky break as Trevor Mazurek lit the lamp with the eventual game-winner with 5:35 left in the game.

Kirkpatrick was named player of the game after a stellar performance, allowing just two goals off 40 shots. "It was awesome. (The player of the game nomination) was totally unexpected. The team really helped me out with that one. When you can see all the shots, it really makes your job easy. It feels great. I'm just thrilled."

"Staying out of the penalty box really helped us. We're a pretty powerful team when we're 5-on-5. Everyone stayed disciplined and it's nice to see everyone gel."

NAIT held the Griffins to just one power play goal off eight opportunities.

"We really worked hard today and got some good bounces when we needed them," said assistant captain Ryan Olynik. "We really did a good job with penalties. We stayed out of the box, for the most part and killed almost all of the ones we did take. We've really started to battle hard and things are starting to come together."

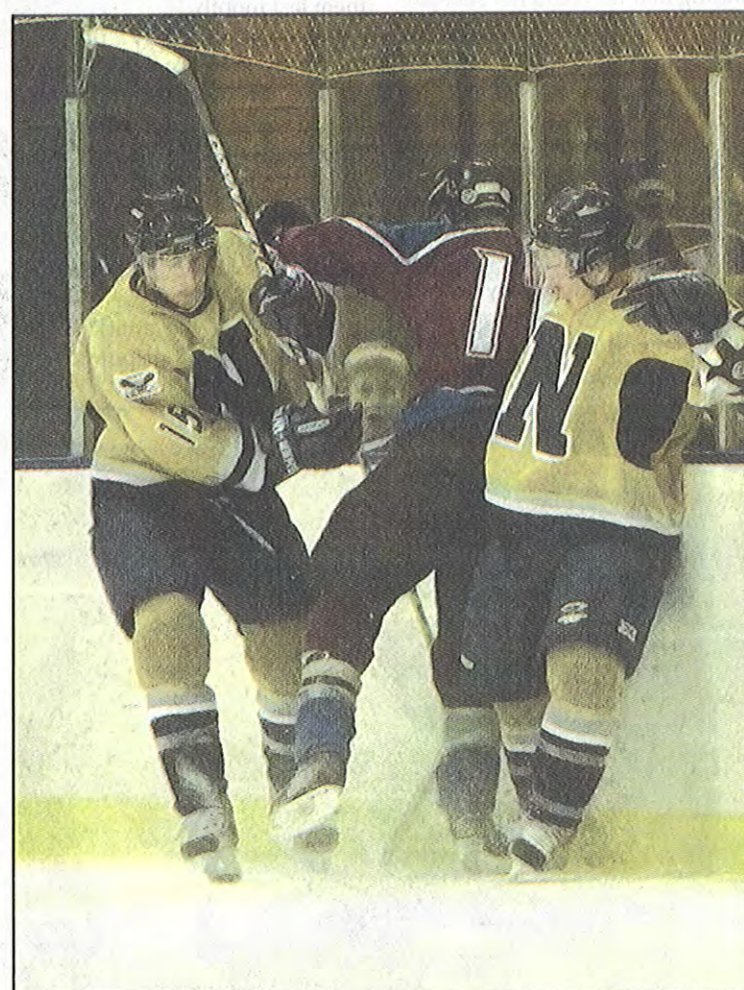
"I think we're going to turn things around here and start battling, playing more as a team. If we do that, I think we'll be a contender," said Kirkpatrick.

Hopefully the outstanding performance of the Ooks will continue on Nov. 18 and 19 as they play a home-and-home against SAIT. The Ooks round out 2005 with a pair of games at Caronport, Saskatchewan against the Briercrest Clippers.

"This is probably one of the worst starts we've ever had," said Ooks' Assistant Coach Dave Lascelle. "But, we aren't just going to throw in the towel and say that we're not going to make the play-offs. We've got a vision. At the end of the year, we want to be somewhere. We want to be

hoisting that cup at the end of the season. That's still our goal. (Our coaches) aren't giving up on these

guys. We believe in every one of these guys and they've got to believe in themselves."

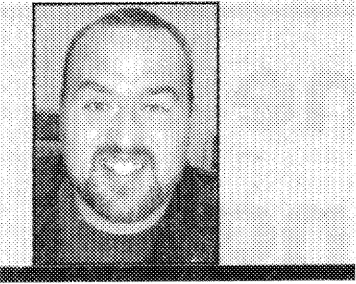


Blaine Larson gets some help as he takes on a Griffin forward.



The Ooks get pumped up for the third period.

Four Downs

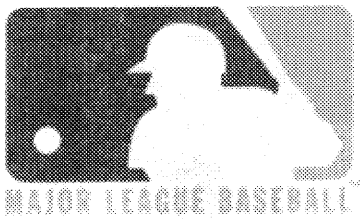


By **TREVOR ELLIOTT**
Sports Editor



MLB First Baseman Rafael Palmeiro

Thumbs down to Major League Baseball first baseman Rafael Palmeiro for providing a poor role model to younger players and for further damaging the reputation of the MLB.



Although losing the respect of many in the sports world, a Nov. 10 U.S. Congress investigation was unable to prove that Rafael Palmeiro lied under oath when he told Congress that he never used steroids - less than two months before failing a drug test. In May, Palmeiro tested positive for the anabolic steroid stanozolol, leading to a 10-day ban from Major League Baseball.

"We couldn't find any evidence of steroid use prior to his testimony," said Committee chairman Tom Davis (R-Va.). "That's not a finding of innocence, but it's a finding that we could not substantiate perjury."

Davis said Stanozolol - the same drug that Ben Johnson tested positive for at the 1988 Olympics - is detectable for up to a month. Because of the time between Palmeiro's Capitol Hill appearance and the failed test in May, Davis said, the steroid "could not have been in his system the day he testified."

The report raised questions about "confusing and contradic-

tory" evidence and the reputation of major league baseball is shadier today than ever.

The investigation into Palmeiro turned up information that amphetamines "may be a significant problem" in baseball, the report said. It also said Palmeiro and another, unidentified player raised doubts about baseball's drug-testing procedures.

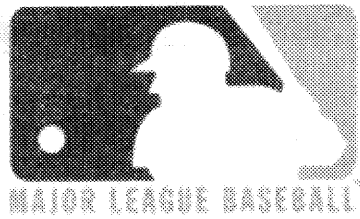
"The report identified previously unknown flaws in the league's drug testing policy and it found that baseball's drug problems include amphetamines as well as steroids," said Rep. Henry Waxman of California, the committee's ranking Democrat. "Federal legislation may be needed to restore confidence in the integrity of the game."



MLB Pitcher Ugueth Urbina

Thumbs down to free agent relief pitcher Ugueth Urbina after he was formally charged Nov. 9 with attempted murder.

Former Philadelphia Phillie, Urbina was sent to a detention centre in Los Teques, just west of Caracas. Urbina declined to comment on the charge. The 31-year-



old right-hander is accused of joining a group of men in attacking and injuring five workers with machetes and pouring gasoline on them last month.

Urbina voluntarily provided testimony to police before he was arrested Nov. 7. Urbina insisted he had nothing to do with the violence at his family's ranch about 40 kilometres south of Caracas on Oct. 16.

Lawyer, Jose Luis Tamayo, has called the arrest "inexplicable" and says the pitcher was sleeping at the time of the attack. Police said it began in a dispute over a handgun.

Tamayo said the pitcher surprised the workers by showing up at the ranch that night while they were bathing in the pool without permission. He said Urbina spoke sharply to them, but later left and went to sleep.

It was the second violent incident in a little more than a year for the Urbina family. Urbina's mother was kidnapped by drug traffickers in September 2004 and held for a \$6 million US ransom; she was rescued five months later in a mountainous zone in southern Venezuela.



Mike Tyson

Thumbs down to former heavyweight boxing champion Mike Tyson after a Brazilian judge ordered him to return to Brazil in March to face trial for allegedly assaulting a cameraman in a nightclub.

If found guilty, the much criticized former boxer could be fined or sentenced to community service in Brazil.

A lawyer representing cameraman Carlos Eduardo da Silva told the news service that Silva also plans to sue Tyson for damages in United States courts.

Silva, who works for the Brazilian television network SBT, alleges that early Thursday morning Tyson broke his camera and hit him on the head with camera equipment. Tyson acknowledged breaking the camera and destroying the camera's tape after asking Silva to stop filming, but denied pushing or hitting the cameraman, police said.

Tyson came to Sao Paulo following a trip to Argentina, where he was interviewed by Diego Maradona on his TV show. When Tyson arrived at the courthouse on Friday wearing a gift from Maradona - the jersey of the Argentine national soccer team, the archrival of Brazil - the crowd outside the court began to cheer, the Agencia

Estado news agency reported.

Tyson did not react to the fans' shouts but reportedly raised his middle finger to cameramen filming his arrival.

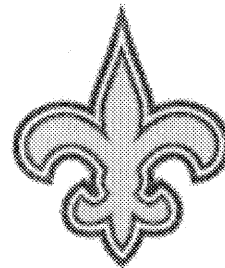
Haven't we heard enough from Tyson already? It seems that he just can't seem to keep out of the spotlight.



New Orleans Saint Fakhir Brown

Thumbs down to New Orleans Saints cornerback Fakhir Brown after his arrest on a charge of driving while intoxicated.

Brown, who was arrested Wednesday, is the second Saints player to face a DWI charge in San Antonio in two weeks. Linebacker Courtney Watson was charged with drunken driving on Oct. 26.



Brown was charged with DWI after he was pulled over for a moving violation early Nov. 9. Brown was later released on bond, according to the New Orleans Times-Picayune.

After hurricane Katrina, the Saints relocated to San Antonio, where they practice and have one more home game against Detroit on Dec. 24. Their next game is Nov. 20 at New England.

For a team that's going through a lot of turmoil right now, the players sure aren't helping the team's cause right now. This is definitely not a great way to thank the San Antonio district for their hospitality.

Ook Tracks

Men's Soccer

Last Week: Placed third at the National Championships in Burnaby, BC held Nov. 9 to 12.

Men's Hockey

Last Week: Traded home wins with Augustana losing 4-1 on Nov. 9 and winning 3-2 on Nov. 10.

Coming Up: Host SAIT Nov. 18 at 7 p.m. Visit SAIT Nov. 19.

Women's Hockey

Last Week: Bye Week
Coming Up: Visit SAIT Nov. 18. Host SAIT Nov. 19 at 7 p.m.

Men's Basketball

Last Week: Lost 74-65 and 104-77 to Concordia on Nov. 11 and 12.

Coming Up: Visit Lakeland College Nov. 18

Women's Basketball

Last Week: Lost 62-41 and 66-44 to Concordia on Nov. 11 and 12.

Coming Up: Visit Lakeland College Nov. 18

Men's Volleyball

Last Week: Defeated Lakeland College 3-1 on Nov. 11 and 3-1 on Nov. 12

Coming Up: Bye Week

Women's Volleyball

Last Week: Defeated Lakeland College 3-0 on Nov. 11 and 3-0 on Nov. 12

Coming Up: Bye Week

Microwave Cleaner Needed

Would you like a little extra spending money?

\$100/month.

Flexible hours.

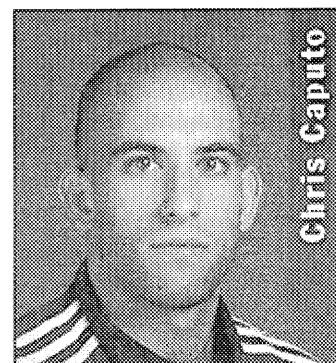
Apply at the NAITSA office...E131

Ooks of the week



Lady Ook of the week Megan Olesen

Cross-country running
First Year Mechanical Engineering
From Red Deer, AB
Captured silver at the CCAA National Championships Nov. 12 at Fleming College in Peterborough, Ontario. Captured bronze Oct. 29 at the ACAC Championships in Ft. McMurray.



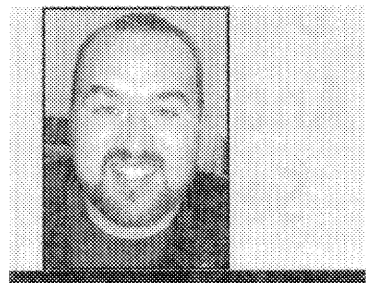
Ook Of The Week Chris Caputo

Soccer - midfield
Civil Engineering
From Edmonton
Scored all three goals for the men at Nationals and was named a Tournament All-Star.



Ooks win bronze at Nationals

Another legacy of excellence



By **TREVOR ELLIOTT**
Sports Editor

The NAIT Men's Soccer Club has had an amazing season.

From start to finish, the Ooks have demonstrated the same tradition of excellence that is a part of the NAIT Athletics Department mandate.

Behind the strong leadership of Canadian Colleges Coach of the Year Graham Wood, the NAIT Ooks brought their skill and sportsmanship to Burnaby, British Columbia Nov. 9-12. The Ooks proudly represented Alberta and the ACAC at the 2005 Big Kahuna/Adidas CCAA National Championships.

The men battled honorably for the right to earn a place on the medal podium. When all was said and done, the men held their heads high with pride knowing that they had earned a well-deserved bronze medal against a field of five other top programs in the nation.

After winning their first game of the tournament 2-0, in a well fought battle against noble opponents in the University of New Brunswick St. John Seawolves on Nov. 9, the Ooks turned their sights toward the ultra-defensive Douglas College Royals.

The Nov. 11 game against the Royals could have sent the Ooks to the final with a victory. NAIT controlled the play for the first 15 minutes but Douglas' stanch defense kept the club from any real scoring attempts. A free-kick proved to be too hard for goalkeeper St. Amand to handle and Douglas struck first blood of the juicy rebound.

The Royals tightened their defense even further and went on to win the match 4-0. The Royals were the eventual gold-medal winners, keeping the ball out of their net in three consecutive matches.

Shut out of the championship final, the Ooks turned their attention towards the Champlain St. Lambert Cavaliers who they faced Nov. 12 in the bronze-medal match. Both clubs garnered several terrific scoring opportunities.

Scoreless after regulation, the Ooks captured the bronze medal on a golden goal after an offensive flurry by the Ooks. Sinisa Matic hammered the ball low to the right and Chris Caputo made no mistake as he drove the winner into the back of the net.

Waldo Dutra, CCAA Player of the Year and CCAA Nationals all-star, had a lot to do with the success of the Ooks this season. The 5'10" rookie midfielder finished third among NAIT players, and

fourth in the ACAC, with eight goals in 12 games.

"The selection of Waldo Dutra as CCAA Player of the Year was a reflection on the impact this first year Ouk had on the team and the conference," said NAIT Athletics Director Gregg Meropoulos. "He has an intensity and physicality that intimidates many opponents and his will to win makes him a natural team leader."

Forward Sinisa Matic, defenseman Chris Caputo and goaltender Mike St. Amand were also shining stars in this incredible journey.

"I was extremely pleased with the performance of our Ooks this past week," said Meropoulos. "They were as talented, perhaps even more talented than the Douglas team that beat them in the semi's and went on to win it all."

"It is every team's goal to get to the nationals and bring home the gold, a lot of good teams never even qualified for this championship and our Athletic Program takes great pride as should all of NAIT in the accomplishments of the team."

The outstanding team was orchestrated mainly from the outstanding recruiting accomplished by four-time ACAC Coach of the

Year Wood. "The Ooks enjoyed perhaps their best recruiting year ever and it could bode well for the boys as they return to the pitch next season," said Meropoulos.

"Our team play and deportment both on and off the field was first class, something I have come to expect from a team coached by

Graham Wood. (Wood) is first class guy who expects nothing less of his team." The mastermind of the Ooks soccer club shares the credit with his coaching staff of assistants Jeff Paulus and Sean Dowling as well as 15-year manager, Kevin Jones.

This was the men's seventh

ACAC Championship since Soccer started in 1986.

The men have earned five medals at the CCAA national - a gold in 1987/88 and now four bronze (86/87, 88/89, 01/02 and 05/06).

Congratulations men for another contribution to the Ooks' tradition of excellence.



Terry Cooke Law Text Bursary



Could you use Financial Help?

- ➡ **Are you a full-time student in Year 1 of Business Administration or Legal and Realtime Reporting or Bilingual Business Administration?**
- ➡ **Did you start full-time studies (Day or CED) in January 2005?**
- ➡ **Are you currently enrolled in Semester 2 (September - December 2005)?**
- ➡ **Did you have an average of 65% or higher in your first semester with no course failures?**
- ➡ **Did you have at least an 80% course load?**
- ➡ **Can you prove financial need? (Main Prerequisite)**

Apply now for a **\$500**

Terry Cooke Law Text Bursary!

Pick-up an application form in Room T500

Deadline: Monday, Nov. 21, 2005, 4:00 p.m.

Successful recipients must attend the awards ceremony to receive the bursary.

ACAC Standings

As of Nov. 14

MEN'S HOCKEY

Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away
Mount Royal	10	7	2	0	1	15	43	34	3 1 0	4 2 0
Augustana	8	5	2	1	0	11	39	28	1 2 0	4 0 1
SAIT	8	4	3	1	0	9	33	25	2 2 1	2 1 0
Concordia	9	3	5	0	1	7	29	38	3 3 0	0 3 0
Briercrest	8	3	5	0	0	6	25	29	1 3 0	2 2 0
MacEwan	7	2	3	2	0	6	22	26	1 1 1	1 2 1
NAIT	8	3	5	0	0	6	22	28	2 2 0	1 3 0

WOMEN'S BASKETBALL

South Division										
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak	
Lethbridge	6	6	0	12	397	310	2 0	4 0	W6	
Mount Royal	5	5	0	10	383	196	3 0	2 0	W5	
Medicine Hat	6	4	2	8	324	297	1 1	3 1	W4	
Red Deer	6	2	4	4	292	334	0 3	2 1	L3	
SAIT	5	0	5	0	254	328	0 3	0 2	L5	
Briercrest	6	0	6	0	231	416	0 4	0 2	L6	

WOMEN'S HOCKEY

Team	Games	Wins	Losses	Tie	OTL	Points	GF	GA	Home	Away
SAIT	6	5	1	0	0	10	34	13	3 0 0	2 1 0
NAIT	6	5	1	0	0	10	18	13	2 1 0	3 0 0
Mount Royal	6	4	1	0	1	9	19	16	2 1 0	2 1 0
Red Deer	6	2	3	0	1	5	14	13	1 2 0	1 2 0
MacEwan	6	2	4	0	0	4	14	21	1 2 0	1 2 0
U of C	6	0	6	0	0	0	7	30	0 3 0	0 3 0

MEN'S VOLLEYBALL

North Division											
Team	MP	MW	ML	Points	GW	GL	Home		Away		Streak
NAIT	8	7	1	14	23	8	3	0	4	1	W6
MacEwan	8	6	2	12	18	6	3	1	3	1	W5
TKUC	8	6	2	12	20	8	4	1	2	1	W2
Grande Prairie	6	5	1	10	15	3	1	1	4	0	W4
Lakeland	8	3	5	6	11	16	2	3	1	2	L5
Keyano	10	1	9	2	5	27	0	4	1	5	L9
Portage	8	0	8	0	0	24	0	5	0	3	L8

MEN'S BASKETBALL

North Division										
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak	
Concordia	8	8	0	16	661	545	5 0	3 0	W8	
MacEwan	8	7	1	14	632	565	3 0	4 1	W4	
Lakeland	8	6	2	12	645	569	4 1	2 1	L2	
NAIT	8	4	4	8	614	634	1 2	3 2	L2	
Grande Prairie	10	3	7	6	772	794	3 3	0 4	L1	
Augustana	8	1	7	2	526	633	0 4	1 3	L4	
TKUC	10	1	9	2	691	801	0 4	1 5	W1	

South Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Red Deer	6	6	0	12	18	1	3 0	3 0	W6
Mount Royal	6	4	2	8	13	8	1 1	3 1	L2
SAIT	6	4	2	8	12	8	2 1	2 1	W4
Briercrest	6	2	4	4	8	14	0 2	2 2	W2
Lethbridge	6	2	4	4	6	15	1 3	1 1	L4
Medicine Hat	6	0	6	0	7	18	0 4	0 2	L6

WOMEN'S VOLLEYBALL

North Division										
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak	
TKUC	8	7	1	14	23	4	5 0	2 1	W5	
MacEwan	8	7	1	14	22	5	4 0	3 1	W5	
NAIT	8	7	1	14	22	8	3 0	4 1	W6	
Grande Prairie	6	5	1	10	16	6	1 1	4 0	W4	
Lakeland	8	2	6	4	6	20	2 3	0 3	L6	
Portage	8	0	8	0	4	24	0 5	0 3	L8	
Keyano	10	0	10	0	4	30	0 4	0 6	L10	

WOMEN'S BASKETBALL

North Division										
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak	
Concordia	8	7	1	14	554	440	5 0	2 1	W6	
MacEwan	8	6	2	12	578	483	1 2	5 0	L1	
TKUC	10	6	4	12	658	636	3 1	3 3	L1	
Augustana	8	4	4	8	516	529	1 3	3 1	W1	
Grande Prairie	10	4	6	8	664	729	3 3	1 3	W1	
Lakeland	8	3	5	6	543	597	2 3	1 2	L2	
NAIT	8	0	8	0	475	573	0 3	0 5	L8	

South Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Mount Royal	6	6	0	12	18	2	2 0	4 0	W6
Red Deer	6	4	2	8	14	8	2 1	2 1	L2
SAIT	6	4	2	8	12	12	2 1	2 1	W4
Medicine Hat	6	2	4	4	11	14	2 2	0 2	W1
Lethbridge	6	1	5	2	10	16	1 3	0 2	L4
Briercrest	6	1	5	2	3	16	0 2	1 3	L1

ATTENTION STUDENTS

Free PC Diagnosis And Repair Services

November 15 to
December 9

In Room WA-318,
the third floor of
the HP Centre

Monday
3:30pm – 6:00pm
Wednesday
4:30pm – 6:00pm
Friday
1:30pm – 6:00pm

In Room WA-306,
also on the third
floor of the
HP Centre

Tuesday
3:30pm – 6:00pm
Thursday
4:30pm – 6:00pm

For questions or
information, e-mail us at
BAISTtech@gmail.com

CHRISTMAS BUREAU OF EDMONTON

The Christmas Bureau of Edmonton provides festive meals and promotes the spirit of Christmas sharing and caring to those in need who live in the City of Edmonton. There will be approximately 2700 food hampers provided to Christmas Bureau Clients, on a first come, first-served basis.

Client Eligibility Criteria for 2005

Families with Children:

1. Parents on Alberta Works, with dependents living at home are to be given first priority for help.
2. Parents who are not on Alberta Works, yet are in need and have dependents living at home, will be considered eligible by a referring agency/social worker using information including, but not limited to the following: financial need, family size, in addition to various social concerns. Parents may be employed, unemployed or may be students.
3. Parents living in Edmonton receiving full or partial subsidy for day care from Region 6 Child and Family Service Authority and/or out of school care from the City of Edmonton and/or receiving Alberta Child Health Benefit.

Application Forms; are available in Room E121, the Encana Aboriginal Student Centre;

1. The Client Application Form must be completely filled out, Please list all names and ages of the family members.
2. DEADLINE for submission is December 1, 2005

All food hampers will be delivered to clients on Saturday, December 17th between 8:00am and 2:00pm. The Christmas Bureau asks that you be home for that day. Deliveries will be made all day throughout the city, please understand that because of the large amount of deliveries they cannot give a specific time of drop off. If you cannot be home that day please ensure someone is there to receive your hamper.

Continuing Education Business Students

interested in applying for admission to daytime
Business administration, year 1,
Semester 2, January 2006

Please ensure you apply to the Registrar's Office by

November 18, 2005

with the following:

- 1) A completed NAIT Application for Admission form available from the Registrar's Office. The application should specifically identify Semester 2 of Year 1.
- 2) A high school transcript (if available).
- 3) Transcripts from other post-secondary institutions when advance credit is requested.
- 4) Application processing fee of \$40.

FOR FURTHER INFORMATION CONTACT

Vicky Day
Chair, Winter Programming
Business Administration, Year 1
T500A, Business Centre
Northern Alberta Institute of Technology
Edmonton AB T5G 2R1
Telephone: 471-7840 Fax: 471-7857
E-mail: vickyd@nait.ca

SEX WITH SUE



Sue Johanson

main campus

NAIT GYM

Thursday, November 24th, 2005

11:15 a.m. - 1:10 p.m.

Drop in anytime
FREE!!!

Brought to you by
NAIT Students' Association

Y P E C

YOUNG PROFESSIONALS & ENTREPRENEURS CONFERENCE

Brought to you by

NAIT & NAITSA
Students Serving Students

**November
23, 2005**

Event Time: 6-9 p.m.

A conference
that will help you gain the
competitive edge
in business and in life.

Winspear Centre

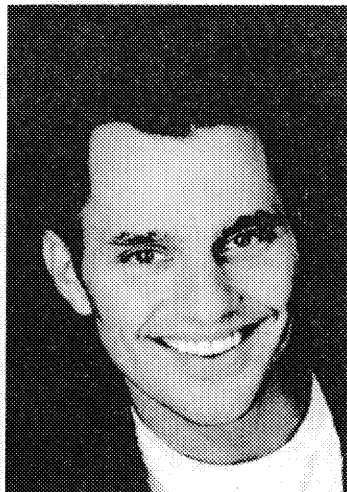
Discounted Tickets:

\$30

(students, staff, & alumni)

@ the NAITSA Office

After 4:30 p.m. tickets available
at **The Nest**



Bill Rancic
Entrepreneurship and working
with Donald Trump



Jim Dinning
The Growing Alberta Economy



Luan Mitchell-Halter
Leadership



Kelly Hrudey & Patrick R. Laforge
Building a team in the new NHL



Peter Mackay
Youth in Politics



Victor Dodig
Building Wealth



Ski Bum Party

**Wanna meet fellow NAIT
students coming on the
NAITSA New Years Ski Trip to
Fernie?**



**Come to The Nest November 21
@ 5:00 p.m. in your best ski
bum outfit!**

THIS WEEK AT THE NEST

OILERS NIGHT @ THE NEST

\$9.75 Jugs \$5.00 Nacho's
of Molson
\$1.00 OFF Molson Jugs Everywhere the Oilers Score
Dry Ribs

SCHEDULE

Day	Date	Opponent	Where	Time
Thursday	November 16	Detroit	home	7:00 P.M.
Monday	November 21	San Jose	home	7:00 P.M.

Do Like it a Rockstar Karaoke Night

Every Wednesday @ The Nest

Starts @ 4:30 p.m.

Complimentary 1 ounce party favor
for every Karaoke participant!!!

Chicken Wings

25¢

Presented by **ASA**

Open Mic Night with Nick Zyla



Oct. 6th - April 20th
Enter to win a Paul Stanley edition
Silverstone Guitar with a purchase
or performance!

THE NEST
Original DRAUGHT
COLD-REFRESHING TASTE

DO YOU want to know what NAITSA does with YOUR MONEY?

Join us for NAITSA's
Annual General Meeting

November 22 • 5 pm
Shaw Theatre

There will be FREE FOOD!!!
Anyone can attend"

TEST YOUR INSTRUMENT CABARET

With the Instrumentation Engineering Techs
and the Ladies from Combined Med Lab/X Ray
& Med Lab !!!

Tickets: \$10 Available @ NAITSA
Includes two FREE drinks and FREE admission

the standard



**FRIDAY
NOVEMBER
25th**

the standard

438 CLUB www.the-standard.ca 6107-104st.

Astral reflections



By TIM STEPHENS

Nov. 20 - 26, 2005

Aries March 21-April 19

Though life's mysteries continue now throughout 2006, the month ahead brings relative enlightenment, sense out of chaos. You'll feel mellow. Love, compassion and culture will draw you. So will foreign countries, international affairs, law and learning. But until Dec. 4, let all these be "nostalgic" - chase and embrace what was, rather than what might or will be. (As noted last week, don't start new projects through Dec. 3. But travel to an old haunt, or reconnecting with an old love - even, next week, an old financial "deal" - can reward.)

Taurus April 20-May 20

The month ahead accents life's mysteries, occultism, dreams, sexual desires, research, diagnosis, large finances, debt, investments, lifestyle changes, critical health and consequential commitments. These matters are closely tied to your relationships now and they also offer you a great way around the "boredom" or restrictions that confront you on home and family fronts. For example, if your home bores you, invest in a new one or start a dream diary. This message should make sense Monday/Tuesday. Your romantic, sensual side surges Wednesday to Friday. An uplifting friend is coming!

Gemini May 21-June 20

The four weeks ahead emphasize relationships, relocation, contracts, public dealings, negotiations, competition, co-operation, litigation, challenge. Any of these can help you overcome an impasse in work, health or dependent-related duties. To succeed, communicate in a friendly way, travel, and handle paperwork "immediately." Remember this for the entire 12 months ahead, when those impasses could arise. Continue to protect ongoing projects, to deal with the past and to avoid new starts, through Dec. 3. An "ex" phones - or more likely, a former duty returns. Home and nature reward you deeply Thursday.

Cancer June 21-July 22

An old flame or creative, speculative, pleasure project might briefly appear this week or next - he/she/it's not important, so give it little room in your life. Meanwhile, watch work and health matters

for glitches, mistakes or missed appointments - and start no new projects - through Dec. 3. Though work, machinery and health areas are a bit frustrating or slowed now, they represent a "solution" over the year ahead - tackling these things vigorously can reduce the monetary restrictions that would otherwise dampen your growing romantic, creative, child-related and "sports" luck.

Leo July 23-Aug. 22

An old flame (or former adventure, creative project) might re-appear to tempt you. But this romance or project will run into the realities of home, family and security by next week. New romantic notions will come also, probably with new people, now through late December. But remember: family, home and security, retreat and rest will benefit you all 2006, while true romance waits until 2007. Still, during 2006, when home and family issues face obstructions, be a little romantic, creative, adventurous - these will offer a route around an obstacle.

Virgo Aug. 23-Sept. 22

Start nothing before Dec. 4. Monday night begins a month that will draw you into home, real estate, family, security and Mother Nature. Your body will slow to a "digestive" pace; your mind and heart will downshift to contemplative, "soul renewal" levels. During the 12 months ahead, you can use this "domestic" or security mode to get around the restrictions piled upon you by government agencies, head office and officious types. For example, if head office cuts your travel budget, some homebound brooding could bring an idea that "replaces" travel.

Libra Sept. 23-Oct. 22

Avoid new starts in any area before Dec. 4. The month ahead emphasizes travel, writing, paperwork, communications, siblings, distribution, errands, details and office systems. Study these areas, for they contain a hidden gem, a "profitable path." During the 12 months ahead, your earnings are greatly favored, but your social contacts or networks (or shortcomings in these) could strongly restrict your money luck. But at the same time, your travel, writing, distribution and communication efforts will offer a way around the social/network restrictions and a "forward path" for more money!

Scorpio Oct. 23-Nov. 21

Don't start any new projects through Dec. 3, especially in money, earnings, purchases, casual intimacy and rote learning (memorizing details), as mistakes, delays and false starts are rampant. However, this area also

offers a hidden benefit, a clue for the future. The 12 months ahead bring you optimism and good luck, but parents, bosses or heavy duties keep clamping a lid on your buoyant spirits. During this time, if you focus on earning and spending, memory or casual intimacy, etc., you'll likely find a productive way around those restrictions.

Sagittarius Nov. 22-Dec. 21

A month of climbing energy, charisma, and optimism starts now! Still, your effectiveness will be mildly blunted until Dec. 3 - others are indecisive, and contracts, negotiations, relocations, public dealings and relations with VIPs, bosses and parents "go backwards." So instead of starting new projects, return to a spiritual, health, charitable, institutional, administrative or governmental task for the two weeks ahead, to sew up loose ends. Sometimes, during the year ahead, you could feel tired and despondent. The cure is simple: get up, out, and

"burn energy." Happiness comes Saturday/Sunday (26/27th)!

Capricorn Dec. 22-Jan. 19

Monday begins a month of quietude, rest and spiritual, charitable or red tape activities. Save new starts in these areas for Dec. 4 onward. Until then, deal with old, former or ongoing ventures. In the year ahead, your social life will expand luckily, but secrets, sexual urges, financial situations or health demands could put a lid on your expanding popularity. Study what comes up over the next four weeks - it could give you a way around these restrictions. A confidential, governmental, administrative or institutional link might play a key role.

Aquarius Jan. 20-Feb. 19

Your career is tremendously favored now to November/06, but a relationship, a competitor, or the reluctance of others to trust you, could impede your career luck. From Sunday night through Tuesday, that impediment stares

you right in the face - see it; know it! (It's most obvious around 8 to 9 p.m. Monday, PST.) There's a way around this impediment, all year, and it's what you do best: socialize, schmooze, praise others, seek popularity, network, treat others (peers, parents, bosses, important clients) to entertainment tickets, etc. "Divine" the future Thursday!

Pisces Feb. 20-March 20

Monday begins a month of VIP relations, ambitions, career pressures, and status goals. These will "turn backwards" through Dec. 3 (so start nothing) - but they also provide you with a valuable clue. For the whole year ahead, you can use career and relations with higher-ups to minimize workplace or health restrictions. For example, work will seem lighter, less boring, if you ambitiously engage the boss. Handling these work duties is important - otherwise, you'll reduce your luck in travel, higher learning, international affairs, publishing and love for the year ahead.

Friday!!

November 18th!

Call 453-7320

To Sign Up Now!

Enfaldas

Join Us On The Gwen Stefani Hollaback Bus!

And For the Gwen Stefani After Party!

Limited Seating

Call Now!

GRAPEVINES

(Care to give someone the business? Got a crush on a hot guy or girl? Ticked off at something and want to get it off your chest? Send your rants here to: nuggetgrapevines@hotmail.com)

Ha! Ha! Ok, I can stop laughing for a minute just for you. Little miss Paris Hilton wannabe. By the way, no matter how conceited you are, you will never be like Paris Hilton, no matter how hard you try and no matter how highly you think of yourself, (We're not all like that guys, really). It was you who started all of this by replying to something that had nothing to do with you, so really it just makes you look like you have no life, which I'm sure you don't. And I judge that on the fact as it looks like you spent at least half a day trying to insult me and your efforts were in vain. I did however get a good laugh at your expense and it also amuses me at how you say name calling is pathetic, but wait, OMG, what did you do in your little reply? You are so sad and my class finds you highly ridiculous. I'm sorry that you feel like you have friends and that people care what you think, but guess what? They don't, so please by all means continue to write. It gives us all a good laugh, at the pathetic girl with no friends who has nothing better to do than poke her big fat nose into other peoples' business. I don't have to insult you to get my point across - you do a good job of making an ass of yourself all on your own. So maybe you should find one of those imaginary guys you keep talking to and get a life.

- Laughing

What's with the Nugget editor? The grapevines shouldn't be all edited and stuff. There were way too many left out this time around. What does everybody think? Send a letter to the editor and protest!

- Luke

So...it is okay to throw in "cracka" as an insulting context? Apparently, in NAIT's official student newspaper. I sincerely hope, as a result, that this means we can freely use other racial epithets - you know, the ones that our Asian, Middle-Eastern and African friends enjoy hearing so much. Wouldn't want to set a double standard now, would we? I'm being sarcastic here but it does get the point across, doesn't it?

It might be politically incorrect, but it is not a term that puts down a race.

- Editor

Hey ex-boyfriend of mine, I want my coat! Gee, it's winter now and I need my coat!

To the person complaining about pre-tech: Have you been to any pre-tech club meetings? You obviously haven't or else you wouldn't be complaining. If you're pre-tech group doesn't have a class rep, I suggest you take the job. In response to your question, we here at the pre-tech club plan parties and fundraisers. It has been hard to get anything going because of poor

attendance at meetings. If people want trips and events, then we need people to help out. To the six or seven people who do attend meetings, thanks for your participation. If anyone else has anymore complaining to do, come to our meetings. The next one is scheduled for Tuesday Nov. 15, in Room E120 at 4:15 p.m. If anyone has questions about the club, please email me - mholand1@ookmail.nait.ab.ca

Hey Waterlogged, who calls someone a crack whore? What are you, 15? - M

I am a Japanese student learning English. my name Yusuke. I'm looking for people to meet in Edmonton. I made a file on Nexopia. Name: UNEVIL-AURA. Please talk me and show me good time around Edmonton. -Yusuke

To all the ladies in the digital interactive media design program at NAIT. I'm having a sexy party on the 26th and would love for all of you soft and delicious ladies to attend. We'll be bobbing for something, but not apples. - Adam C

P.S. Bring towels.

Dear CST Section 11, You all look like a bunch of girls. Except for the girls, who look like men. We are absolutely going to wax you, just like we waxed your mom's back. Hopefully you enjoy our powerful balls as much as she did last night. - Sincerely, Section 13

Dear CST Section 11: We are going to kick your ass at dodgeball, but there better not be any dirty play. Just because your mothers like it that way, doesn't mean we do. From: You know who P.S. I had sex with all of your mothers.

For the dumb-ass at Ezzies on Tuesday that got lippy in the line-up after budding in front of 80 people. If you don't want to get beat up, shut up and don't ask someone to punch you and then act surprised when they do. And to the guys looking to pick up girls by writing into Grapevines, remember "Desperation is a stinky cologne" try talking to them, I've heard that works. - Jebus

To the domination females: I am intrigued in what you have to offer. Reply here. - Interested

If you'll excuse me for a moment I feel there are a few areas of student behavior I must address: "To the girl with the big titties and nice ass...you are hot, go out with me." It's time to show some creativity fellas, the line isn't funny to read anymore.

Last issue, there was a comment made towards the idiots with the wheelie bags and I'm going to have to agree 100 per cent, especially those of you who enjoy letting it trail far behind you as it slams into every leg it passes(ok, it's really not that bad but whatever), if you can't put forth the effort to lift your backpack over your shoulder, you may as well stay at home, drink coffee, eat doughnuts, watch The View and wonder why

your ass is getting bigger.

Also, it would be great if the douche bags that like to walk shoulder to shoulder down the stairs in the business tower could maybe get the fuck out of the way when someone is trying to go the other way, thanks.

Cell phones, is it really necessary? Am I the only student who does not have or want one? Do you really need to call your friend and let them know that you are on the fourth floor? And could those of you who do feel the need to constantly be on your phone maybe pay attention to where you are going and the speed at which you travel, I've been both walked into and gotten stuck behind girls busy telling their mom how hawt the dude from the OC is.

Lastly, ladies when running on treadmills, it might be a good idea to wear a tight sports bra. Don't get me wrong, I'm not complaining by any means, it's just a little distracting and I know I don't like it when boys oogle my boobies.

- I'm done. Keep it fresh kiddies.

Hey, some random girl in the tower: I saw up your skirt on the stairs. Nice polka dots! - Love Scott.

Warning! I lost my Monty Python in the HP centre. Be careful, he bites and answers to the name Monte! - Sad and snakeless

Dear Geological Engineering Boys, Rocks, rocks, rocks, rocks, rocks, rocks, rocks, do do do doot do do...rocks! - Chemical Engineering Girls

Dear Beastly, We will get those Carebears at the county fair this weekend. We're so bad. - Shrieky

I am in search of a roommate. I have an apartment right across street from NAIT. Asking \$400 a month, utilities included. If interested, please email me at iampluim@hotmail.com.

To the girl that was on the fourth floor of the business tower: on Nov 8. I was talking with your friends and you looked at me. I try to make eye contact with you, but you looked away. I try to talk to you, but each step I took, you walked one step a way. I'll try to express my emotion in this poem:

In this quiet night, I'm waiting for you / During that time, your smile has faded away / Now that a little time has passed, / Fond memories start to resurface.

At the place where stars fall, / I'm always wishing for your laughter. Even though we're apart now / We can meet again, right?

From when has my smile faded this much / Since it was shattered by one mistake / Change only the precious things into light and / Go beyond the sky with fortitude.

To the place where stars fall, I want my thoughts to reach you.

I am always by your side Since I will embrace that coldness. Even though we're apart now, We will definitely be back together. In the quiet night... - Mu-La-Flaga

This was written by a young girl who was in jail for drug charges, and was addicted to meth. She wrote this while in jail. As you will soon read, she fully grasped the horrors of the drug, as she tells in this simple, yet profound poem. She was released from jail, but true to her story, the drug owned her. They found her dead not long after, with the needle still in her arm. Please keep praying. This thing is worse than any of us realize...

I am meth. I destroy homes, I tear families apart, / I take your children, and that's just the start.

I'm more costly than diamonds, more precious than gold, / The sorrow I bring is a sight to behold.

If you need me, remember I'm easily found, / I live all around you--in schools and in town

I live with the rich, I live with the poor, / I live down the street, and maybe next door.

I'm made in a lab, but not like you think, / I can be made under the kitchen sink.

In your child's closet, and even in the woods, / If this scares you to death, well it certainly should.

I have many names, but there's one you know best, / I'm sure you've heard of me, my name is crystal meth.

My power is awesome, try me you'll see, / But if you do, you may never break free.

Just try me once and I might let you go, / But try me twice, and I'll own your soul.

When I possess you, you'll steal and you'll lie, / You do what you have to--just to get high.

The crimes you'll commit for my narcotic charms / Will be worth the pleasure you'll feel in your arms. You'll lie to your mother, you'll steal from your dad, / When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised, / I'll be your conscience, I'll teach you my ways.

I take kids from parents and parents from kids, / I turn people from God and separate friends.

I'll take everything from you, your looks and your pride, / I'll be with you always--right by your side.

You'll give up everything--your family, your home, / Your friends, your money, then you'll be alone.

I'll take and take, till you have nothing more to give, / When I'm finished with you, you'll be lucky to live.

If you try me be warned--this is no game, / If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind, / I'll own you completely, your soul will be mine.

The nightmares I'll give you while lying in bed, / The voices you'll hear, from inside your head.

The sweats, the shakes, the visions you'll see, / I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart, / That you are mine, and we shall not part.

You'll regret that you tried me, they always do, / But you came to me, not I to you.

You knew this would happen, many times you were told, / But you challenged my power, and chose to be bold.

You could have said no, and just walked away, / If you could live that day over, now what would you say? I'll be your master, you will be my slave, / I'll even go with you, when you go to your grave.

Now that you have met me, what will you do? / Will you try me or not? It's all up to you.

I can bring you more misery than words can tell, / Come take my hand, let me lead you to hell.

- Judy West

Classifieds

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THE BACK PAGE

You'll learn from cream of the crop

Youth-focused conference brings big names to town

By TARA COPELAND

Next Wednesday, aspiring entrepreneurs will have an opportunity to learn from some of the best in the business at the Young Professionals & Entrepreneurs Conference.

There will be seven guest speakers, including Bill Rancic of the hit TV show *The Apprentice*, Deputy Leader of the Conservative Party Peter McKay and Hockey Night in Canada's Kelly Hrudey.

The workshop is set to provide entrepreneurs with some insight so that they can succeed. According to Kelly Hrudey, young entrepreneurs face their own unique challenges.

"They face a lot of roadblocks along the way. I think it's almost gratifying to hear that a lot of successful people have found it difficult at times," said Hrudey. "You

can still have success."

Dianne Bohaichuk, a student at NAIT, understands the difficulties many entrepreneurs are up against. Her husband Terry has written a book called *Your Life*. The book is about goal setting and achieving.

"We had this book published last May, so one of the challenges we face is advertising and word of mouth," said Bohaichuk.

Another barrier is fear. Bill Rancic says this is understandable.

"One of the challenges they face is fear. They think they're going to make mistakes. They're right, they are going to make mistakes, but they need to learn from them," said Rancic.

Hrudey offers some advice for those thinking of going into business.

"I think the most important thing

is to do anything well, you have to have an interest and a passion in it. There's no sense getting involved in a business if you really don't have a passion for that industry."

Bohaichuk has some advice of her own for entrepreneurs.

"Persevere," said Bohaichuk. "If there's somebody who says no, there's always somebody who's going to say yes."

Your Life is available at book stores city-wide.

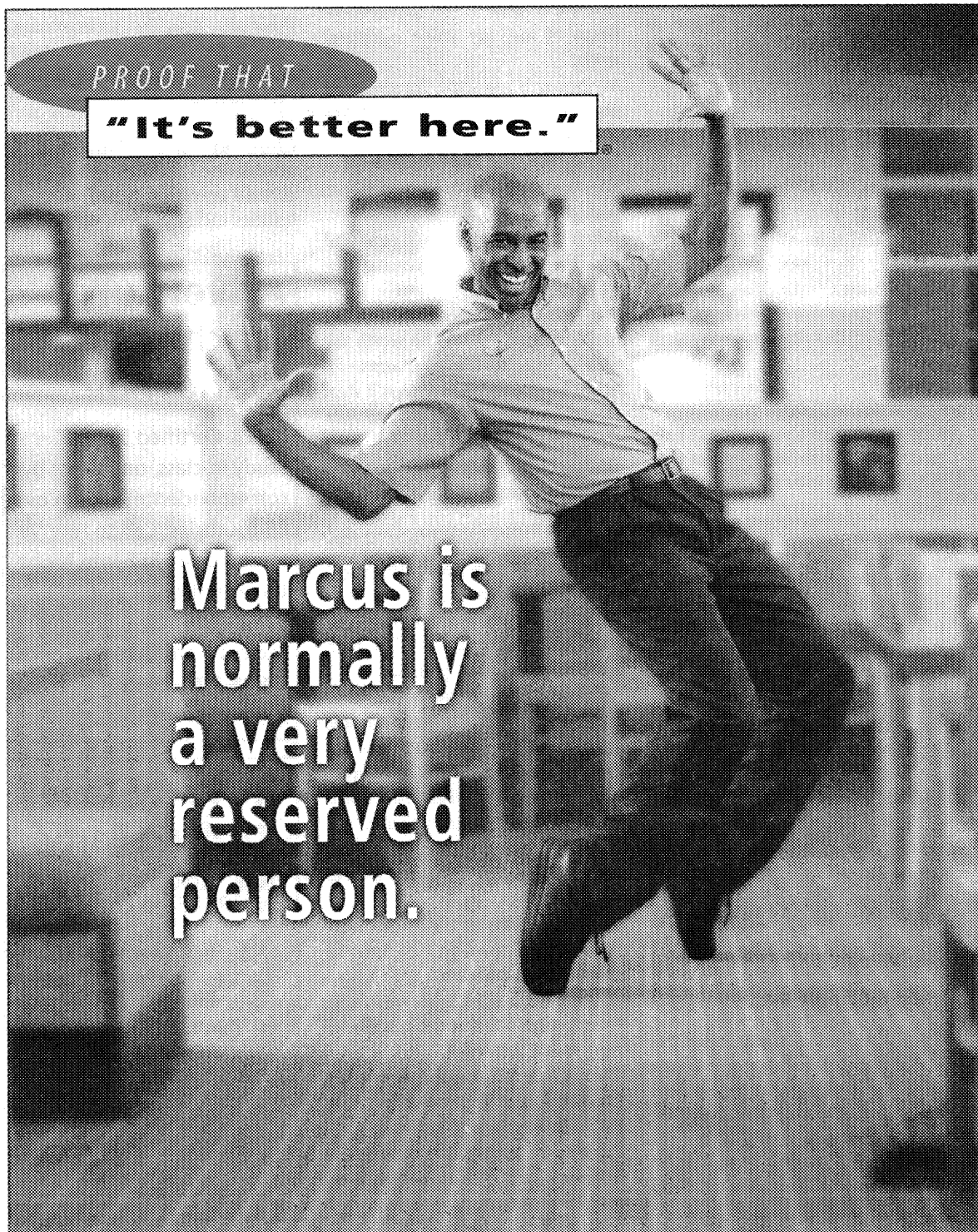
The workshop is slated to take place on Nov. 23 at Winspear Centre. Tickets are \$55 and are available online at www.winspearcentre.com or by phone at (780) 428-1414.

NAIT students, staff and alumni can scoop \$30 tickets at NAITSA's office or The Nest.

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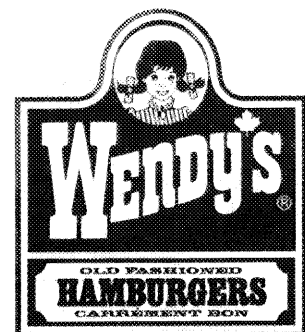
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