

Who's Going To Be The New King Ralph?

THE NUGGET

Thursday, Nov. 30, 2006
Volume 44, Issue 12



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newspaper when you
are done with it :)

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

King Ralph gives a speech in the Shaw Theatre during the announcement about NAIT's South Campus last week. The new campus will be named after the exiting Premier.



Photo courtesy NAIT

FAIR OR FOUL?

Is the language in your Nugget student paper too coarse or just edgy enough? Is it free expression or too obscene? We want your feedback.

See editorial P5

Jonny 5 hits the road
for a wild weekend.
Story Inside



THE NEST

UPCOMING EVENTS

EVERY TUESDAY
IS NAME THAT TUNE
& EVERY WEDNESDAY
IS KARAOKE FROM
4PM-8PM @ THE NEST.



Oilers Game of the Week at The Nest

Oiler 'er up! The best place on campus to scream at the other team!

Wed. Dec. 6 Oilers vs. Carolina 7:30pm



NEWS & FEATURES

Klein campus coming for NAIT Wanna be a movie star?



By LISI MONRO

In response to the increasingly high demand for technical training in our province, it has been announced that NAIT will be building a new campus slated to be completed by 2016 in south Edmonton.

Amidst the hype of the announcement was the controversy that came over the campus name.

It was NAIT's choice to name the campus after outgoing Alberta Premier Ralph Klein. Not everyone is thrilled with that.

There is some skepticism and disagreement among students who question Klein's commitment to education during his time as premier during the 1990s when government funding cuts led to increased tuition.

The naming of the campus has been given the approval of NAITSA president Jon Hoffman, who can also see why some people might be frustrated by the idea.

"I can understand how some students would be upset with the announcement, considering Klein promised Albertans and students that tuition here would be the most affordable in the country and that promise never came through," said Hoffman in response to some of the feedback coming from post secondary students. One student was front and centre with his thoughts – and he thinks it's not appropriate to name a campus after Klein.

"It boggles my mind as to how an educational institution could name a building after a man who undermined, drastically cut and underfunded educational infrastructure

and resources over his time in office," said NAIT student Andrew Snelgrove "You would never see this happening at the U of A. The guy didn't even graduate from high school. What a joke."

But NAITSA does see the positives in this new announcement and Hoffman feels that the new name will end up benefitting apprenticeship students who attend the campus in the future.

"I see the positive contributions the Kleins have made to NAIT. Colleen Klein was a huge part in the introduction and building of the aboriginal centre here.

"I can see how NAIT could benefit from having its new campus named after an individual like Klein, as opposed to a corporation – and I value that concept," noted Hoffman.

The announcement was made as part of a \$750-million campaign to consolidate 10 NAIT facilities across the city into three larger schools.

The new campus will eventually be home to over 12,500 apprentices from across the province and country. Trades that will be taught are said to include equipment and auto body repair, piping, forestry, rig technology and crane and hoist technology.

The new campus will cover 151 acres including a residence and enough parking to accommodate almost 3,500 vehicles.

It will be located south of Ellerslie Road near the QE2 Highway. Construction is set to begin in 2008.



PHOTO COURTESY NAIT

Students split on Klein campus

Recently it was announced that a new NAIT campus would be named after Premier Ralph Klein who's retiring from politics. We surveyed numerous NAIT students for their reactions. Here's what they said:

I don't like the name. I don't think they should name a post secondary school campus after someone not related to the school. - Tony Nayyer, Business Finance.

I don't see why not. - Carla Dee, Office and Records Administration.

We think it's funny. What did he do for post secondary to deserve it? - Frameen and Frameeza, Finance and Telecommunications Engineering.

I don't have an issue with it. I never minded Klein like many people. - Gavin Thacker, EET.

I don't think Klein deserves it. A high school dropout gets a college campus named after him? Screw that! - Kani, Culinary arts.

Ralph Klein deserves it. I think it is awesome. He did a lot for this province. - Neil Lenko, Instrumentation.

We think there are more deserving people. It should be named after someone who contributed more to NAIT. - Claire and Melissa, Animal Health Tech.

I'm all for it. He deserves it. He gave Gretzky a road, so we can give him a campus. - Jamie Snow, Finance.

It's an easy way to get Klein's support. - Krystal Maggard, Office and Records Administration.

I like the guy. He gave me 400 bucks. - John, Auto Service Tech.



By ERIN MASTRE

Have you ever dreamed of bathing in the glow of Hollywood? That chance may be just around the corner. Western Directives will be shooting an upcoming movie right here at NAIT. Mark down Dec. 13 and 14 in your calendars because extras are needed.

The most notorious actor on set those days is expected to be Lorne Davis. CTV's "Corner Gas" fans may recognize the name as the actor who plays Davis the RCMP of. cer.

The scene is a Canada-Russia hockey game set towards the end of the '80's during the Cold War. Extras are needed to help fill the NAIT Arena for the simulated game for about three hours each day. Shooting goes from 7 a.m. until 10 a.m.

"Obviously there would be some costuming issues and the average age of a Russian crowd would be slightly older. However, we could plant enough older looking folks to pull it off and the winter attire might work in some instances," said Tim McKort of Western Directives.

They are also hoping to use the Bear Radio Station to help promote the event. This would attract members of the public as well to help get a better mix of ages in the crowd.

Entitled "Sure Shot Dombrowski" the feature-length film is described by McKort as "a high definition hockey mockumentary/comedy, centered on Canada's national game of hockey."

More information is still coming in. Posters will soon be appearing around campus advertising for the shoot and for extras. If you are interested in more information, or to sign up, e-mail wdsureshot@yahoo.ca for specific details.

Comments? E-mail Erin at erniebern@hotmail.com



Student Feedback on the NAIT Academic Ceremonial Mace Design

www.nait.ca/macefeedback2

Thank you to those who participated in the design process of the NAIT Academic Ceremonial Mace through our online survey. From your comments and suggestions the committee has come up with a design that has been captured by one of our own, NAIT staff member and artist – Warren Wenzel.

We have created a website that contains renditions of the proposed design. Please take a few minutes to review the NAIT Academic Ceremonial Mace Symbolism Guide and view the respective images by visiting the hyperlink below.

Once you have had a chance to study the design, please take a few minutes to complete the NAIT Academic Ceremonial Mace Design Online Feedback Survey. A link to the survey will be available at the website until Friday, December 1, 2006. Your comments and suggestions are welcome.

NAIT Career Fair a hit



On November 23rd NAIT hosted a Career Fair in the North Lobby, South Lobby as well as in the Main Gym. There were 135 companies that came out to try and recruit potential employees.

PHOTO: MICHELLE YARHAM



By ERIN MASTRE

Brendan Wilson wishes he had done one thing differently.

"I wish I would have brought some resumes but I didn't think of it," said Wilson.

However that did not stop him from learning about his options.

Wilson was just one of many students at the Career Fair on Nov. 23 where dozens of employers manned displays throughout the day. The City of Edmonton was also there. One representative, Amal Jamal, said that she received lots of interest from students.

Jamal even spoke with professors looking for information to give students in their programs. Deftly handing out pamphlets and advice on opportunities with the City she was also taking applications on the spot.

For the City of Edmonton it is a new approach. "For those individuals with experience we will take their resumes today. That's something new, but recently it's been working really well for us," she said.

Jamal added that even though the City has 8,000 employees "many people do not know what we are about and breaking it down let's them know what direction they can go." She found that many students were excited about what they could do next.

For Rodrigue's Directional Drilling Projects it was their first showing at a NAIT event but not their last. Melissa Bell said they would definitely be coming back again. They too were taking in applications and resumes from interested students.

Common questions asked regarded summer employment, job access after graduation, and general industry questions. Bell commented that she even had professors asking for information to pass on to their students.

Organizer Pat Quilley called the event "a great success," adding that "turnout from students exceeded our expectations and that was reflected in the employer evaluation forms."

Quilley said employers were impressed by the support they received throughout the day from everyone involved. She also mentioned that "student feedback was overwhelmingly in favor of the career fair becoming an annual event."

Comments? E-mail Erin @ erniebern@hotmail.com

MRT goes digital



By STACEY DOUGLAS

While talking on your cell phone you will absorb 60% of the radiation given off by it. According to a study carried out by the Medical Radiation Technologist students this past fall only seven NAIT students out of the 81 randomly polled knew the answer.

The survey was conducted in part to promote Medical Radiation Technologists Week from, as well as inform people about the MRT program at NAIT.

Shalene Creighton, an instructor in the MRT program, says the poll isn't surprising.

"There are so many misconceptions and misunderstandings about radiation," said Creighton. "We wanted to find out what our general populous was thinking, and have the opportunity to dispel rumours and educate the general public at the same time," he said.

Like most technologies change is a constant, and in MRT there has been the addition of digital technology allowing X-rays to be viewed on the computer rather than on film.

"Since the industry is quickly moving towards a more digital focus we are very excited to be able to offer our students experience with this new technology."

The MRT program produces radiologic technologists who are responsible for creating the X-rays that a radiologist reads to diagnose a patient.

"When our students complete this program they will be eligible to write the national certification

"...we are very excited to be able to offer our students experience with this new technology."



PHOTO: STACEY DOUGLAS

exam, which, if passed, makes them licensed within Canada to work as an X-ray tech."

Creighton adds "As with most areas of the health care profession we are experiencing high demand right now due to the increase of an aging population requiring medical services, and many current technologists reaching retirement age." Over 90% of MRT graduates find a job in their chosen area of the health sciences.

If you're interested in finding out more about MRT you can call 471-7036, or Creighton welcomes you to head down to the F wing's basement which is MRT's headquarter.

studenteditor@nait.ca

Project Factory & McNally Library Holiday Hours

December 2 & 3:

Project Factory Only (McNally Library regular hours)
Saturday, December 2, 2005: 10:00 am - 6:00 pm
Sunday, December 3, 2005: 10:00 am - 8:00 pm

December 9 & 10:

Project Factory and McNally Library
Saturday, December 9, 2005: 10:00 am - 6:00 pm
Sunday, December 10, 2005: 10:00 am - 8:00 pm

December 16 & 17:

McNally Library Only (Project Factory regular hours)
Saturday, December 16, 2005: 10:00 am - 6:00 pm
Sunday, December 17, 2005: 10:00 am - 8:00 pm



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The Nugget encourages submissions.

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nuggetgrapevines@hotmail.com

THE DEADLINE IS

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

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

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

Letters welcome

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break! Submit your letters with your real name and 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.

- Senate Q&A -

Denny Robertson



By STACEY DOUGLAS

Denny Robertson figured students in his program didn't have enough of a voice with the students' association.

He figured he could cure that by running for office.

"I want to make a better name for electrical engineering, provide feedback from students to make NAIT better, and understand NAIT better so I may allow other students

to understand," said Robertson, the Senate representative for the school of Electrical and Electronics Engineering.

Robertson's major goal has already been realized by ensuring NAITSA helps to fund the Electrical Engineering Technology 'Meet and Greet' budget this year.

While it is time-consuming for the Electrical Engineering student "it is rewarding because of the work and participation in helping students and programs in NAIT."

Robertson already sees improvement in the student government. "One main reason is the seminar that was held to provide help in running the Senate which allows us to focus more on topics that are major concerns."

studenteditor@na.it.ca

Party time for NAIT kids



By ERIN MASTRE

It's that time of year again when we see mistletoe and start thinking about jolly old Saint Nick. On Dec. 2, NAIT will be holding its annual Children's Christmas Party from 12 to 4 p.m. for students and staff with young families.

Tickets are \$5 for adults and \$10 for children. Included in the price is a meal and for the kids a \$20-\$30 gift from Santa Claus. There will be carnival games, clowns, animal balloons, gingerbread making and more.

Leanne Telford, an event organizer, calls it "a wonderful NAIT Family event." Telford says that it has been a NAIT tradition for over 20 years adding "Children of staff and students come together for a fun filled day of activities."

There are also crafts kids can do to take home with them. Staff and volunteers work together to make the event a continued success. The North and South Lobby are filled with great Christmas activities.

Sponsored by NAIT, AUPE, NASA, NAITSA, and Campus Sport and Wellness children are sure to have a fantastic time as no one leaves empty-handed. For more information or to buy tickets call Campus Sport and Wellness at 471-7713.

Comments? E-mail Erin at erniebern@hotmail.com

NAIT wireless expands



By ERIN MASTRE

"We also have to make sure it operates at a maximum level for everybody...this is really for and about NAIT students."

know that changes are coming. There's a NAIT authentication page followed by the future usage policy," he said. "Stage II is the implementation of the process in September."

The main changes involve security. There will be a log-in screen to the wireless network requiring a NAIT login and password to verify you indeed have access. The system would then ensure your computer has up-to-date virus definitions and a patch.

"In the future, if a student's system is not up to date with anti-virus software or Microsoft patches then that student would not be allowed on the network until they are installed on the computer," said Hauge.

The team hopes this will make Internet access faster and safer. Instead of waiting for a lab or to go home for Internet access, students can easily log on. A password system eliminates outside users so the service is readily available.

"Our job is to ensure the network

is reliable and as safe as possible," said Poier.

"We also have to make sure it operates at a maximum level for everybody," Kasprzak added, "this is really for and about NAIT students."

Making information readily available is also a top priority. By September, the Information Services Division is hoping to have handouts ready for students at fall registration regarding operations of the wireless system.

In addition, they hope to have a support website and a computer commons established where students have access to wireless and computer support. Currently, the service is just being organized but if students require help they can call 491-3182.

"Sometimes we have challenges with different makes of computers but we'll do our best to help you," explained Hauge.

Comments? E-mail Erin at erniebern@hotmail.com

12 days of Christmas

November 30 to December 15

Surprise specials daily!

OPINION

- Editorial -

Should we censor language in Nugget?

How edgy do you want your student paper to be?

Does the F-word in print bother you or is it so commonplace that you don't flinch?

Do graphic discussions in our weekly sex column delight you or disgust you?

Is our Grapevines forum offensive or interesting?

Grapevines has long been the most popular feature in this paper – a feature that lets contributors mouth off at other students with a no-punches-pulled approach.

Sometimes the language is a little raunchy. Sometimes insults between students in various program fly hard and fast.

Are those barbs too pointed or just an amusing read?

These are the kinds of questions we editors of the NAIT Nugget have been wrestling with lately.

Those discussions recently came to a head when a student cartoon was submitted that some editors felt was too far over the line. Others thought it was edgy and kinda funny.

After much discussion, we held that cartoon last week but we'd like your views on the cartoon and the whole issue of graphic language in your student newspaper.

You'll see the cartoon below.

Some Nugget editors and contributors believed it was clever and argued that we shouldn't be censors of the artist.

Others thought it was "demeaning to women" or offensive to people with strong religious beliefs.

You be the judge.

The very word, censorship, is a hot button in newspapers.

Few people like to think their reading material should have to be run through a censor in a country where freedom of speech is enshrined in the Constitution.

Still, there are those who feel coarse language has no place in a student newspaper at a reputable institution such as NAIT even if it appears in other student papers or local urban weeklies.

Any debate about censorship usually comes down to the big question: What are the community standards of good taste?

It's generally acknowledged that the definition of good taste to a 65-year-old reader of a daily newspaper would be dramatically different than the definition of good taste in a student paper as seen through the eyes of a 21-year-old.

But this is your student paper – so we want you to tell us what you think.

Should cartoons such as the one on this page be tossed in the trash heap or put out there for everyone to see?

Should we sanitize the language used by writers or contributors to Grapevines?

It's your newspaper, so we want you to be the judge.

Let us know.

Send your thoughts to studenteditor@nait.ca and we'll try to do what makes you, the reader, happy. Let's get this debate going. Regardless of whether you love edgy, foul language or hate it, discussion is what democracy is all about.

And democracy is good.

That's something I think we can all agree upon.



- Opinion -

We need solutions to violence



By ERIN MASTRE
Opinion

The streets of Edmonton were "Running Red" according to a headline published in the Edmonton Sun last week. As a resident of this city who has lived here all her life, it could not seem further from the truth.

There are shootings. There are stabbings. There are break and enters, and car-jackings. Edmonton's booming economy boasts both the good and the bad of society. It is ugly and the general populace bears the brunt of it.

With a desensitized nature we listen to the news – news that is hitting closer to home. One of the four stabbings two weeks ago was

just one block from my apartment. The crime had taken place at 1 a.m.

Sure, I was temporarily mortified. After reading the story and accompanying circumstances I thought to myself "well at least I wasn't out that late." Then I proceeded to carry on with my day.

It is a problem, but when it comes down to it what am I prepared to do? What are you prepared to do? What can be done? It almost seems that this is the price we have to pay for the 'Alberta Advantage' Ralph Klein is so fond of.

But, apparently, Stephen Harper thinks it's a problem. His government has announced new legislation forcing criminals, especially those convicted of gun crimes, to prove why they should get bail.

It's called the 'Reverse-Onus' system, which instead of the Crown trying to prove your guilt, you have to prove to the judge yourself why you should remain out of custody until trial. Is he serious? Wouldn't longer sentences and less parole

make more sense?

While most of Harper's examples are based on Toronto statistics he also has a problem with the Charter of Rights and Freedoms. The motion as it stands, contradicts an individual's right to a defence and seemingly violates a Charter right to be considered innocent until proven guilty.

Leave it to Stats Canada to put things in perspective. Their numbers say recorded gang activity is most prevalent in Ontario and Alberta. Guns in those provinces were used in two thirds of homicides while 16% of all killings in Canada were gang-related in 2005.

Crime no matter what the severity or its nature, breeds fear and corrupts even the most integrated of communities. We must find real answers to these problems and we need them now – before the names we read about become people we know and love.

Comments? E-mail Erin at erniebern@hotmail.com



ATTENTION ALL STUDENTS PLEASE NOTE NEW DATE!!!!

The NAIT Students' Association
Annual General Meeting

will take place on Wednesday, December 6th at 5 p.m. in the Shaw Theatre. The NAITSA Audited Financial Statements will be presented at this time. Please come and see how your Students' Association fees are spent. This is a great opportunity to ask questions and get answers. All students who pay NAITSA fees are encouraged to attend.

FREE PIZZA WILL BE SERVED

- A Voyeuristic View Into Canada's Dorm Rooms - Pleasure can come with a price



Ask the Sex Doc:

Dear Sex Doc;

I read on your website that some sex toys can be harmful to the body. Can you explain this? I'm a little worried because I have a jelly vibrator that I use occasionally.

Perplexed About Plastic Penetrators @ SAIT

Dear Perplexed About Plastic Penetrators @ SAIT;

You're right PAPP, not all sex toys are created equal.

What you need to be concerned about is the fact that your little friend is made from jelly.

You see PAPP, the sex toy industry is largely unregulated.

They sell sex toys as novelty items so they do not need to adhere to certain regulations. Unfortunately, most North Americans who purchase sex toys are not aware that these toys can burn your pleasure hole.

Besides the obvious adverse effects of poorly made sex toys such as sharp seams, allergies, decomposition, and bacteria infections due to porous toys, the most concerning issue is with off-gassing phthalates. Phthalates are a family of very common chemicals used in a variety of products, from polyvinyl chloride (PVC), children's toys, and sex toys made from jelly.

Phthalates are added to plastic (usually PVC) to increase their flexibility. Unfortunately, over time, the phthalates added slowly 'leak' out in a process called off-gassing.

They generally release lead and cadmium, which can be absorbed into the butt or vag.

In 2001, the popular German magazine, Stern, hired toxicologists to determine the safety of certain sex toy materials. They were alarmed at the high concentrations of phthalates, which were 100 times the acceptable European standard. The toxicologists warned that sex toys containing phthalates (i.e. anything initially made from PVC) would be absorbed into the mucous membrane of the front and back door and could lead to liver and kidney damage.

In 2006, Greenpeace Netherlands commissioned a study, which found seven out of eight vibrators and dildos tested contained phthalates in concentrations varying from 24 to 51 percent. Besides the affects mentioned above, the experts from this study indicated that vaginal or rectal exposure to these chemicals can harm hormone production and damage reproduction. They also indicated that phallic PVC poles might lead to cancer.

Now PAPP, I don't mean to scare you. If you really do use your jello vibe 'occasionally' you're probably fine.

But, you and anyone else out there who has a battery-operated boyfriend that can give you a chemical pussy peel should throw it away and replace it.

However, if your toxic twat tool gets you off like nothing else, you could always put a condom over it to keep the bad stuff out.

When purchasing an insertable sex toy you should make sure it is a good

one made of silicone or elastomer or you may come down with Chernobyl Coochy. So PAPP, a good motto to follow when it comes to sex toys is, "if it smells bad, don't buy it!"

For more information about the safety of sex toys or to purchase the very best adult products, check out Forever Pleasure's Ultimate Sex Toy Guide on the education section of www.foreverpleasure.com.

Dear Sex Doc;

You've got to help me Sex Doc because I'm really confused. I'm a 20 year old guy and I'm attracted to my best friend. The problem is that he's a guy too. I think I might be gay, but how do I know for sure?

Orientation Overload @ UBCO

Dear Orientation Overload @ UBCO;

Thanks for having the courage to send me an email and ask this question. I know it can be difficult and scary as hell to be confused about your sexual orientation.

When I'm asked this question in a classroom I'll generally ask the individual "what do you fantasize about when you masturbate?" Now Orientation Overload, this might seem a little simple, but generally it is a good indicator of whether or not we want to have sex with men, women or both.

And I know it's not all about sexual attraction, because an individual's sexual orientation is their physical, emotional, spiritual, and sexual attraction to an individual of the opposite sex, same sex, or both sexes. So OO, where do you stand?

If you find yourself head over heels about your best guy friend you might be gay. However, many young guys who end up identifying as straight have a strong emotional connection with a buddy in their teens or early twenties.

In fact, lots of young guys play more than Tiddly Winks with their buddies. Same-sex play is perfectly normal and natural, especially in adolescence, and it does not mean that an individual will be homosexual in adulthood.

OO, the most important thing to realize is that you are perfectly normal regardless if you wanna play hide the sausage with guys and/or girls.

I'm pretty sure that you'll figure out your orientation over time. You're 20, you have lots of wonderful years ahead of you with whoever you choose to snuggle up with.

And OO, if you are struggling with your sexual orientation you might want to speak to a counsellor at school or in the community. And, most schools in Canada have clubs for gay, lesbian, bisexual, and transgendered students where you could find out more.

Dr. Brian Parker is a clinical sexologist and sex educator and does enlightening and entertaining sex toy parties in the Edmonton area. To find out more visit the 'parties' section of www.foreverpleasure.com.

This column is made possible by the generous support of O'My Natural Lubricants. If you have a sexual question you want answered in the 'Ask the Sex Doc' column please email drbrian@foreverpleasure.com and watch for his response in this paper.

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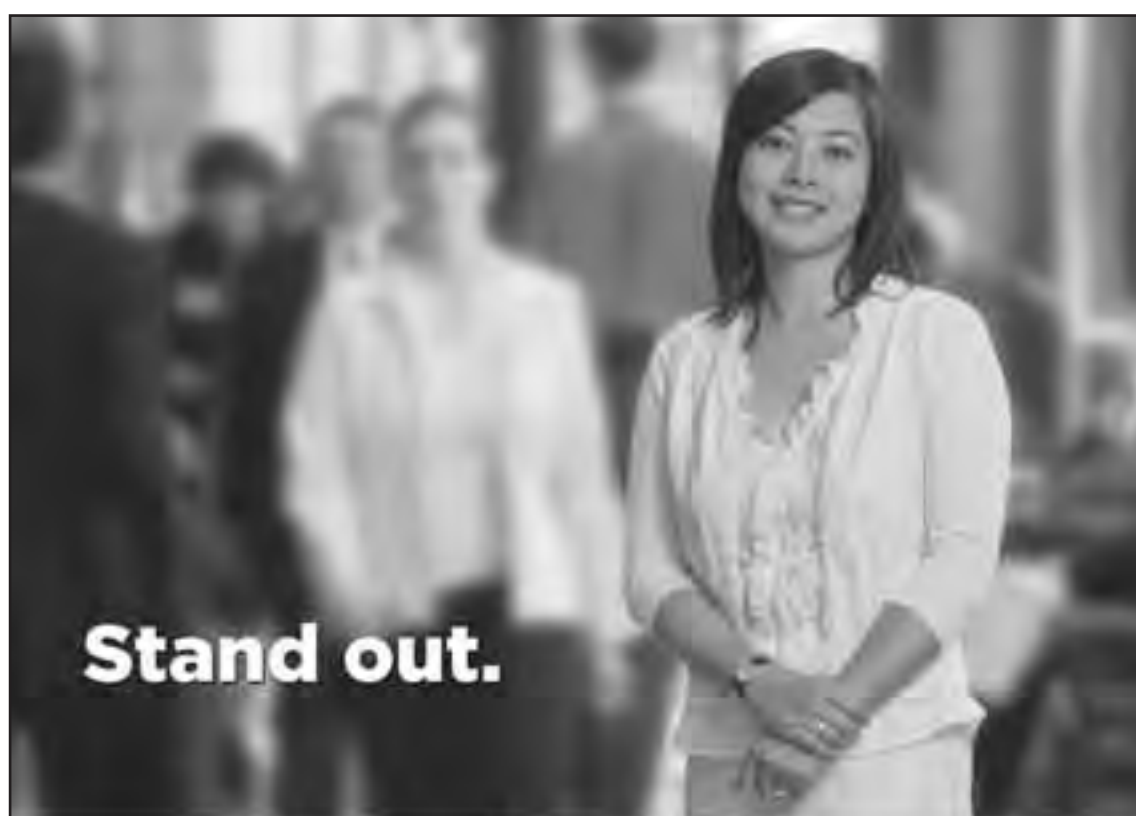
By SHANT CHAKMAKIAN
Opinion

Computing can be a pain at times...even here at NAIT with such a solid infrastructure supporting us, the students, nothing can be perfect for everyone.

A common misconception that many students have is that the computer commons are a lab replacement, but instead they are meant to be a general facility according to Wayne Hoffman from TCI and Helga Kinnaird from Academic Learner Services.

This makes total sense, because it would be impossible to install every possible piece of software ever needed for every program in all of NAIT on every workstation. The licensing would be too expensive and Windows XP is too poorly engineered to handle so much software (it really is). If you want to know which software is available where, go to: <http://www.nait.ca/tci/computers>. There you will find more specific information about the commons, the library, and the project factory.

What students need to do is encourage more open lab time within their programs, because those labs are designed for whatever purpose required. The best way to do this is raise the issue with your instructors, program heads, student coordinators and deans.



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Things don't always compute

I'm sure most would be happy to look into whatever reasonable options there are to help ensure your success, if you need help making a better point on the matter sign a petition within your class. What does it take? A pen, a sheet of paper, and a bunch of people in the same room with a common problem!

Another thing to do is e-mail me with your concerns, and which program and school you are from. I will voice your concerns as best as I can. I am still working with TCI to look at any other options, and I need your input to make sure I can help as many people possible.

However TCI is more than happy to put on the programs that it can in the commons that NAIT has a site wide license for (a site wide license being for the whole institution not just a particular program or department). Examples of that would be programs like Microsoft Office etc.

Another example is since I initially raised the issue, all (if not most) of the workstations in the NAITSA commons now have Visual Studio 2005 (not 2003). So all my CNT, CST, NET homies can get back at having at 'er on their programming projects...enjoy!

Also turn around time to get a physically defective workstation back up and running was on average a week, but since I raised the issue TCI is going to keep a spare allocation of parts to help lower the turn around time for broken workstations to a day or half a day. This will help a lot in the computer commons and especially in the business tower for all you business homies out there frantically trying to get



those projects done.

It's clear TCI and ISD do the best job they possibly can, even though it may be an uphill battle at times. There are other options out there, so please email me everyone I look forward to hearing your input, and also don't forget to check out my blog. I've got tons of awesome software for you to download, from free antivirus to great online reference sites! So don't miss out, come on down and hopefully I can help take out the frustration of your personal computing as well...cheers!

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

Astral Reflections



By **TIM STEPHENS**

DECEMBER 3 – 9, 2006

Aries March 21-April 19

You might get hung up on an old love affair, a conformist approach to children's affairs, or a stiffly unadventurous creative or speculative venture now to April/07. This "trap" is deeply rooted in your desire to appear strong and reliable, or to climb in status/career. It can make you miss a new and lucky expansion that's just starting to barrel into your life – it comes from the direction of far away, from a philosophical or broad-minded approach, from gentleness and a hunger to learn. Be cheerful, open – adventure beckons!

Taurus April 20-May 20

December brews mystery, new depths, research, investigation, intimacy, commitment and consequence, diagnosis, surgery/drug regimes, therapy, and "large finances" (investments, debt, mortgages, inheritances, etc.). And all of these co-operate with, or flow smoothly with, your domestic, property, family – and even your philosophical and love interests! The seed of great, life-affecting change will be sown. Huge things loom. Be courageous, honest, true, and active. Delve, strike calmly and in accordance with your hunches. Sunday-to-Tuesday's opposition shows you the boundaries. Wednesday to Saturday opens the door – step in! Pregnancy looms for some.

Gemini May 21-June 20

Read Taurus' message (directly above) – that's exactly what you will NOT face this December. Instead, everything's open, aboveboard, with huge vistas and cheerful talk, camaraderie and welcoming strangers. Nothing's mysterious except in the sense of exotic – you'll soon meet an exotic, exciting person or an exotic new place, perhaps far away. Look for opportunities, especially in love, employment, health, fame and contracts – and be hopeful and eager enough to chase them! Love attractions will be open, obvious, social. Every travel ad will look like a bargain – for you, it is!

Cancer June 21-July 22

Three choices face you: 1) You can take a huge step forward in employment (or in projects related to machinery, health, service trades, dependent's needs, repairs, renovations, domestic work, etc.) this month – and what you envision, start, or set up will expand luckily for the eight months following.

2) Even if you don't pursue these things, they will expand, but not as luckily. For example, your workload will increase in December. Or, 3) you can fight against these trends, grumble about work, etc. – but why prevent your own luck?

Leo July 23-Aug. 22

December is made for love – love of children, of the world's beauty, self-expression or creativity, love of a gamble. If you're single, romantic vibes begin to come in like waves on a beach. You could meet the love of the century. What you start in December can blossom for another 8 months, even for a lifetime. One caution: job, restrictions, the whole conservative urge in you, will try to hinder your embrace of the new, bold and passionate. If you allow this, you'll "walk backwards" for five months.

Virgo Aug. 23-Sept. 22

The lucky accent, this month and throughout 2007, will be on security, food, shelter, real estate, home, family, agriculture and such areas. But don't construe this to mean withdrawal, retreat, planning, privacy, or "looking at the world from a distance" – in these areas (and in government links, institutions, red tape, spirituality and meditation) expect delays now through April/07. And now throughout 2007, do not be independent: be other-oriented. So go out, explore new regions in distance, emotions and intellectually – and, in one of these, your "happy new home" will appear!

Libra Sept. 23-Oct. 22

Sunday daytime isn't much, and truthfully, Sunday to Tuesday isn't much – but Monday/Tuesday do bring you a mellow, loving, understanding mood. Just avoid significant commitments. Career, status, short travel and friends (especially co-workers) proceed well Wednesday. You hear an echo of destiny Thursday. Popularity, social delights, optimism and wish fulfillment arrive Friday/Saturday! (However, these meet impediments December to April/07, so enjoy without extending them.) Any paperwork, writing, communications, delivery, office systems, computer, telephony, travel, intellectual or similar projects you begin in December will grow luckily over the year ahead.

Scorpio Oct. 23-Nov. 21

Chase money this month. Try to make your gains permanent – a long-term pay raise is better than one month of overtime. Purchases are lucky – think big and "growing" – e.g., buy something that will drip money into your life – a dividend-paying stock, a machine to increase production, a status car to impress your clients, etc. Be wary of investments and any financial arrangements Sunday to Tuesday. Wisdom, love and sensual attraction come Wednesday. Friday/Saturday boost your ambitions, status, career. But now to August, chase

the money, let the prestige follow.

Sagittarius Nov. 22-Dec. 21

Get out, approach others, ask favors, issue orders, start important projects – you've stepped onto the winning wheel! This month (and '07) marks the end of a long, enflaming, difficult decade, and the beginning of a massive new era. It's your life's biggest turning point. Be brave, honest and true, envision what you really want – then pursue it. Travel, learning, a cultural event, publishing, fame might be involved. Hard work will be required! Before Wednesday, co-operate rather than fight. Wednesday onward, luck, love, intimacy, secrets, understanding and joy arrive!

Capricorn Dec. 22-Jan. 19

Now to April/07, it might be difficult to tear yourself away from power struggles, investments, lifestyle changes, secrecy, deep research, occultism, a sexual fascination or a collusive atmosphere. But all these will go a) nowhere; or b) backwards. So steer yourself instead toward an emotionally similar but different arena: toward spirituality, forgiveness, surrender, bureaucracy, planning sessions, government liaisons, institutional involvements, warehousing, mass production, and charity. In these, luck, expansion and growth occur through August/07 – especially if you dive into them in December. Work/health need caution Sunday-Tuesday. Relationships excite, reward, Wednesday-Saturday!

Aquarius Jan. 20-Feb. 18

A door will open to a new circle of friends in December; step through! Plan your future, envision, hope, dream – wishes will tend to be fulfilled within nine months. (Wait until you're alone and calm. Write your two biggest, most "true" and courageous wishes on a piece of paper. Fold the paper twice and put it under your mattress. Leave it there until you forget it's there. Your subconscious will aid you from this point on.) Romance, gambling and creative urges need caution before Wednesday. Friday/Saturday bring exciting meetings!

Pisces Feb. 19-March 20

Approach VIPs, higher-ups, important clients, and/or your parents this month – after Tuesday, but before December 21. Ask for their faith, for a chance to show your abilities, to take on new responsibilities – seek a promotion, or an investment in your business – try to open up a newer, wider channel to the top. Forget drudgery, the daily grind: it will get you nowhere now to April. Your ambitious efforts will have a beneficial – perhaps a gigantically lucky – effect now or later! Do NOT "shut down" your position/prospects Sunday to Tuesday.

www.astralreflections.com.

Email: timstephens@shaw.ca.
For a reading: 604-261-1337.

NAIT Children's Christmas Party

Saturday, December 2, 2006
12 Noon to 4:00 pm

SOUTH LOBBY Santa Claus & Mrs Claus
Gift Booth & Crafts

NORTH LOBBY ARENA 12-4 pm
1:00-3:00 pm

Ticket includes: Gift and Meal

Presented by NAIT, AUPE, NISA, NATSA, CAMPUS SPORT & WELLNESS
For information call Campus Sport and Wellness 471-7713

Tickets \$10.00
Games & Popcorn \$5 for \$2.00 or 50¢ each

– Choose your own adventure –

"I'll prepare the guns"

By **BRENT HOLOMEW A. CONSTANTIN**

You decide to take the major's advice, and begrudgingly turn the controls of your small aircraft.

As you cruise over the desolate, cheese-covered landscape beneath you can't help but think about all that's happened today. Your post as head space-dolphin researcher was stripped from you, you've killed a man in a wheelchair and now the entire planet is covered with cheese.

What a Wednesday! You begin to tell the major that you'll have to cancel your gynaecologist appointment, and then you remember that your gynaecologist is probably dead and that you're not a woman.

The major yells at you to peer out of the window, "Look!" He points frantically, "Down below us, I see a light flashing, I think it may be survivors!"

"Right," you say, "I'll prepare the guns."

The major holds you back, "Slow down, we don't know if they're dangerous. They could be the last people on the planet for all we know! We'll need to take a closer look."

"Yes, of course major," you think to yourself of how sweet it would be to rid yourself of the meddlesome man. An orgasmic shudder runs through your body. Soon, you think, soon.

You manoeuvre your ship back down to the cheesy planet, landing nimbly on top of what was once a Dairy Queen. When you open the hatch to the outside world the overpowering stench of Gouda enters the cabin.

The Major suggests that you tread carefully, "Who knows what kind of danger awaits us on the

ground. We may run into a mozzarella stick the size of a car, or a slice of brie large enough to crush a man."

Climbing off the step ladder your feet hit the soft, gooey ground. The temptation overcomes you and in a frenzy you run barefoot through the rolling orange hills, gleefully giggling to yourself.

"I feel so free!" You shout, smiling. "And all it took was for the Earth to get covered with cheese and everyone to die. It's been missing my whole life, yet the answer was right in front of me all along! How obvious!"

But as soon as you begin to take off your pants the familiar feeling of a gun barrel at your temple is apparent.

"Stop right there fly-boy," says a chewy voice, "you're coming with us."

You turn to witness the most horrific sight you've laid your eyes upon in the last half an hour.

Before you stand five men, at least they're roughly the same shape as men. But where their faces should be is a huge gaping wound dripping open, and their bodies are covered not with skin but a reddish glop that is constantly bubbling. They look like some sort of humanoid pizza.

"Save me Major!" you shout, but the Major and Jennifer have disappeared, and just before you had the chance to murder/impregnate them – the traitors!

If you decide to take your chances with the pizza-faces e-mail "Domin-oh-no, pizza!" to brent_constantin@yahoo.ca

If you want to make a dash for it e-mail "order to go" to brent_constantin@yahoo.ca

NAIT PHOTOGRAPHY SHOWCASE



Photo: Jenna Lamb



Photo: Erin Nilsson

Stop by the South lobby between 9am and 5pm today and tomorrow to have a look at the photographic technology program's annual print show and sale. Portions of the proceeds go to the Youth Emergency Shelter Society of Edmonton.



Photo: Jenna Lamb



Photo: Sarah Chung



Photo: Greg Phillips

ENTERTAINMENT

An odyssey of D



By JONNY FIVE

We were somewhere just outside of Billings, Montana in the middle of the prairies when the drugs began to take hold.

I've always wanted to start an article with a variation of that line... no one can chronicle an odyssey like Hunter S. Thompson could. It was with Hunter in mind, therefore, that I agreed instantly when the idea arose to organize a trip to Denver, Colorado to see a concert.

The days when I would use a road trip like this, as Hunter would, to indulge in every mind-altering substance known to man were far behind me. However, I knew the journey would be an experience that I had to embrace and would provide some great material for an article if nothing else.

It didn't take long to find other Radio/Television students in my class who were as crazy as I was and the trip soon began taking shape. There was even a brief period where we attempted to secure the services of a NAIT van and a "chaperone" in the form of one of our teachers.

Surprisingly, this did not happen and we were compelled to rent a van privately. As I turned out to be the "elder statesman" of the group, this responsibility fell on me.

So it was agreed, we would set out Tuesday night after school and drive approximately 24 hours straight in order to arrive in Denver in time for the 8 p.m. concert. The eight of us would make the journey in a seven-passenger mini-van.

Three of us would share in the

driving time as we were the only ones over 21 and, thus, the only ones insurable. Then the next morning, after sharing a room with two double beds, we would turn around and come home.

Now I know what you might be saying. "What would possibly make that worthwhile?" Well, there are only a handful of bands around that would, and I believe that we saw the best one around: the one and only Tenacious D.

We were not naïve enough to think that staying awake while driving overnight would be an easy feat...over the counter caffeine pills and ephedrine were purchased in order to ensure that we would complete our journey.

Also along for the ride: about \$150 worth of booze (we will swear in court nobody was drinking and driving) and about four grams of pot. We found out very quickly that neither of these was in a large enough quantity.

Perhaps you are now wondering how we would get drugs across the border...suffice it to say that we have a new appreciation for Pepsi.

We arrived at the airport to pick up our rental van at 5:30 p.m. on Tuesday evening and were told that the rental agency with which we had the reservation closed at 5 p.m. and that we may not get a van.

The clerk at the counter saw the desperation in my eyes, however, and he knew that he had to do whatever it took to help us fulfill our destiny. As I stood weeping like a little orphan girl, he dispatched one of his soldiers to break into the lot where our van was stored and "borrow" the keys. Forty-five minutes later, we were on the highway en route to worship at the altar of The D. This would not be the last time something was stolen, or that someone cried like a little girl.

Unless you have ever done it, there really isn't a way to help you understand what 24 hours in a van with too many people in it feels like. The closest comparison I can make is that it's like hanging out in the smallest bathroom of the smallest apartment you've ever seen with seven of your friends. The liquor was flowing, which, inevitably, led to some very revealing details coming out about everyone. This, coupled with a screening of the movie "The Aristocrats," set the tone for the trip early.

And so we drove, and drove, and drove - each town looking suspiciously like the last. We hit one gas station after another for 24 hours. The drivers took shifts and then tried to get whatever sleep they could in between (i.e. none at all).

We sang, we drank, and we formed a bond that will last at least the next week or so. Twenty-four hours after we left Edmonton we finally reached the bright lights of Denver. The bright lights of Denver, incidentally, look exactly like the bright lights of Calgary. In fact I'm pretty sure Denver is Calgary when Calgary isn't fighting crime.

We rushed to the hotel and did our best to clean the filth of the road off in as little time as possible. Eight people, one bathroom...you can do the math. We arrived at the concert at around 8:45 p.m. and were relieved to find that the band had not taken the stage yet. The venue (The Fillmore Auditorium) was amazing and exactly the type of place that every concert should occur in.

The requisite T-shirt and drink purchases were made and we waited for what we had traveled so far to witness.

Be sure to check out Jonny's conclusion in next week's edition of The Nugget



Photo: Pat Laporte



FREE OOKFEST 2006 SWAG

We're getting ready to start planning OOKFEST 2007 and we want to hear from YOU on what you liked or didn't like. Take our short on-line survey at naitsa.ca before November 30th and your name will be entered to win one of 10 Ookfest 2006 shirts.



Bond film a royal flush



By **TRYSTAN MEYERS**

With Pierce Brosnan having the most successful Bond run since Roger Moore, it was time for a new Bond to step up to the table. With George Lazenby and Timothy Dalton being the forgotten one-two punch, and Sean Connery being the man who started it the door was wide open for Daniel Craig.

The 21st film based on Ian Fleming's double "0" secret agent, Bond....James Bond, was the super smash that summer was missing.

The fact that Craig has blonde hair and blue eyes doesn't seem to bother anyone, his brilliant acting and blunt mannerisms were more

than up to par. He has revived the Bond franchise and engaged a whole new generation of Bond fans. Like every character he has a fatal flaw and Bond's lust for women lands him in a predicament that may have us seeing a love struck Bond.

The opening chase scene where Bond weaves in and out of a consruction site, on to a crane and over the rooftops was amazing. This sets the tone for the rest of the movie, including my favourite scene where Bond gets tortured but still has the gall to make funny and cocky comments. Classic!

It's action packed from front to back with all the usual players: Le Chiffre, (Bond's nemesis), Vesper



Lynd (Bond's sexy accountant), and of course M (Bond's assignment officer). The plot is based on \$150 million that Bond has to win back in a single high stakes poker game. If he loses the game the money goes to fund terrorist activities.

Casino Royal appeals to so many people on so many levels including the fast cars, cool gadgets, sexy enemies, exotic locations, and the fact poker is one of the hottest games around right now.

It could also be the simple, timeless fact that many of us grew up

watching Bond during the 15 day marathon of 007 on TBS. Casino Royale is probably my favourite Bond film since A View to a Kill.

4.5/5
trystan@djtbone.ca

Edmonton's club scene heats up

By **JULIE PHILLIPS**

In our culturally challenged mini-metropolis, a well-cultivated realm of live music offers its pulse to anyone searching for a sign of life.

Great musicians routinely rock out on the city's scattered stages.

Upcoming singer/songwriters entertain at weekly open mics.

Genre-bending bands with obscure names play to crowds of complicatedly-dressed hipsters.

Rexall expertly hosts concerts for the masses, and all-ages shows energize unique urban locations (www.killvanity.com for shows like this).

Edmonton's concert promoters consistently provide a diverse

lineup for anyone interested in enjoying a live music experience. Take a look at the following soul-soothing shows, and find your colour this week:

Dark & Light Blue: To loosely quote one of my teachers, "student-weekends start on Thursdays", therefore there's no excuse to miss east-coast-cuties Wintersleep tonight (November 30) at the Starlite Room (10030 102 St.). Check out a few tunes on the band's myspace or at www.wintersleep.com. Both "heavy and delicate" (from the website), Wintersleep is a band that will compliment your

eyes while trying to get in your pants. The cost is \$14 ^ playing with Calgary's Vailhalen. Doors at 8 p.m.

Orange & Red: For all you fiery alt-country fans, check out the Uncas, the Fabulous BeeFeeders and guests the Secretaries at the Sidetrack (10238 104 St.) on Friday, December 1 and let these experienced performers conspire to make you "shake what your mother gave to you" (BeeFeeders website). \$10, 9 p.m.

Hot Pink & Black: Saturday Dec. 2 Throw on your cons and

push your hair out of your eyes for a rivetting, boppy electro-rock sound and sight experience from Montreal's Duchess Says (with Les Georges Leningrad) at the Velvet Underground (under Starlite). \$12, 8 p.m. doors.

Purple: Toronto's the Hidden Cameras and guests Born Ruffians will be smoothly empowering the Power Plant Wednesday, Dec. 6. 8 p.m. doors, \$14.

A great site for staying up-to-date with Edmonton's less-obvious shows: <http://www.moregoat-thangoose.com/listings.ph>

Rapid Resume Reviews

Drop in and speak to a Student Advisor about your resume, cover letter and job search.

Tuesday, December 5
South Lobby
11:15 am to 1:15 pm

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SPORTS

Hunting for Oaks fans

By JORDAN MAKSYMIC

If you tuned in last week, you probably noticed the bulk of reading here in the sports section concerned the low attendance numbers that sporting events at NAIT are getting.

Well, we could have gone on complaining about the lack of support our athletic teams are getting and kept pointing fingers and placing blame for another article or so, just to fill up some space this week.

But, as much fun as that may be, I instead decided to put my journalist hat on and try to find out what exactly was being done to try and fill more seats when the Oaks are in action.

I met up with NAIT's athletic director Gregg Meropoulos and had a large portion of my questions answered very early on in our discussion.

"Things are changing every day," Meropoulos said of the athletic department.

NAIT athletics he said, is not ignoring the low-attendance issue, but is constantly brainstorming, trying to think up new ideas to help increase the student support of their teams.

What new ideas, you ask? Well, they have realized that the vandal-

ism-prone posters and stand-up signs are a thing of the past, and along with the help of NAITSA, are planning on installing flat screen television monitors in highly populated areas of the campus that will show the dates of upcoming games and possibly even highlights from previous Oaks action.

Also, the start times of some rivalry games may soon be moved to earlier on in the day. Currently, the bulk of Oaks games take place on Friday and Saturday nights at 7 p.m. This change would see a series against cross town rivals like MacEwan and Concordia switched to Thursday and Friday with a 4 p.m. or 5 p.m. start time in order to better accommodate student fans.

Lastly, with the formation of a new dance team, students can look forward to seeing more 'pep rally' type events throughout campus promoting upcoming home games. The first of these rallies will take place Dec. 1, and the women on the dance squad will be in the south lobby to help hype up some mens hockey action, since they have a tilt that night against the MacEwan Griffins.

However, even if the athletics department goes through with all of these potential changes, as Meropoulos brought up, the problem may not be solved. Meropoulos

went on to say that "people want to watch winners" and that putting a competitive team on the field is the main objective of any school's athletic department.

This was a point that I overlooked throughout all of this, and a point that I greatly respect. Sure the athletic department is somewhat responsible for bringing out fans, and good on them for thinking up the changes that they have, but shouldn't they be more concerned about the quality of teams in their system? I think so.

With every single Oaks team, there are many hard-working people trying to create an entertaining and competitive product from the athletics department behind the scenes, to the players, coaches, and training staff on game day.

All we have to do as students is go out to a game and support these hard-working individuals. They deserve to look into the stands and see signs with their team colors painted on it. They deserve to hear the chant of their school name. They deserve fans!



GPRC player spikes the ball at NAIT November 25th at 2pm in the main gym. Photo: Michelle Yarham

Athletes of the week



Dale-Marie Cumberbach
Lady's Basketball

The NAIT Women's athlete of the week is Dale-Marie Cumberbach. Dale-Marie was a one-woman wrecking crew in leading the Lady Oaks basketball squad to a weekend sweep over the Augustana Vikings. She followed up her 38-point performance on Friday night with a 40-point performance on Saturday. Dale-Marie is leading the conference in scoring and blocked shots in her rookie year, and has served notice to the league she will be a force to contend with. A graduate of the high school basketball factory at Harry Ainlay, Dale-Marie is pursuing a career in Digital Interactive Media.

The NAIT male athlete of the week is Aris Nunez-Ruiz, who was a force in the middle for NAIT during this weekend's split with the Augustana Vikings. Though a rookie with the OOKS, Aris had a veteran-like presence and sparked the team when needed. He led the team in rebounding on both nights and finished with a strong game on Saturday with 11 points and 10 rebounds. Born in Honduras, Aris played his high school ball at Queen Elizabeth high in Surrey, BC.



Aris Nunez-Ruiz
Mens Basketball

I Volunteer!

Rm. E-133 Ph: 491-3966

Capital Care Dickins. eld is now recruiting volunteers for the following positions: Physiotherapy Volunteer Porter, Music Therapy, Recreation Helper and Tea Time Volunteer. If you would more details please contact Sandra at 496-3330.

Chrysalis: An Alberta Society for Citizens with Disabilities is now recruiting volunteers to work with their clients. Please contact Maureen at 454-9656 for all the details.

Edmonton Food Bank is now recruiting volunteers for a wide variety of positions. Hamper makers, sorter and drivers, close to NAIT. Contact Judy at 425-2133 for more information.

Edmonton Brain Injury Relearning Society is now recruiting volunteers for the following positions: Computer Technician and Computer Instructors. Shift times are . exible, close to NAIT. Please contact Lauryn 477-7575 for all the details.

Fun Team Alberta is now recruiting volunteers to help out in the following roles: Office Assistant, Group Leader and Special Events Assistant. For more details around these positions please contact their office at 490-0242.

- Around NAIT -

NAIT women rule!



Photo: Michelle Yarham

Steve Lamont goes in for a lay-up against Augustana during Saturday's game at 7pm. NAIT found themselves 4 points short of a win with a final score of 85-81 Augustana.

By JASON JONES

It was a great weekend for a couple of NAIT teams. The women's hockey team beat MacEwan 5-3 and Red Deer 3-2, while the women's basketball team swept Augustana (86-72 and 83-75).

In hockey, Kristin Sugiyama made 25 and 26 saves for the wins and was player of the game against Red Deer. Also, Ashley Sochatsky played well and picked up player of the game against MacEwan.

NAIT will continue to pick up wins if they can keep the puck out of their net. They're dead last in goals against, and have given up more than two goals per game more than the next worst team MacEwan.

In basketball, Dale-Marie Cumberbatch is lighting up the league in her rookie season.

Men's basketball saw two close games against Augustana. They won 75-71 on Friday and lost 85-81 on Saturday. Both volleyball teams continue to struggle as they both fell to a tough Grande Prairie squad.

NR92 and NTV hosted the fourth annual Sportsnet Sports Excellence Conference last weekend. A solid turnout of over 100 students from NAIT, SAIT, and Lethbridge soaked in the experience and advice offered by the panel. Gene Principe,

Kevin Quinn, Jamie Campbell, Bryn Griffiths, Jake Daniels, Deb Sanderson, and Dave Rashford all attended the event.

Best Bets

We've been talking about how MacEwan is beating NAIT in the 109 St. Challenge Cup so far. Well, here's our chance to make up some points. On Friday Dec. 1 men's hockey takes the stage at the NAIT arena against MacEwan. It's also minor hockey night and free for those 17 and under.

This is also a big game in the standings as these teams are tied for third with 15 points. The biggest match-up will be the Oaks high-powered offense against MacEwan's great defense. Game time is 7 p.m.

Women's hockey travels to Calgary for a Friday night match-up with the Cougars from Mount Royal, and then host them on Saturday evening at the NAIT Arena. Game time is 7 p.m..

The Basketball teams are in Lloydminster on Friday night and return to NAIT for Saturday afternoon games against the Rustlers. Women play at 5 p.m. while the men play at 7 p.m.

Oaks Volleyball is at Kings College on Friday at 6:30 p.m. and 8 p.m. and return to NAIT for a Saturday afternoon match up with the Eagles at noon and 2 p.m.

- A diary -

Life as a student athlete



By BRIE BURROWS
Diary entry #2

This is our time. Having a week-end off, a bye weekend, now is our time to work on everything. Coach decided that we were going to go back to the basics. The fundamentals are what we need to refine in order to reach the success in which we as a team have to come up with. Two weeks of practice without a game can be mentally draining.

Although coach gave us a three-day weekend, it is still physically and mentally demanding for a team. Think of it. You practice so you can implement what you've learned or perfected in a game situation. The game is what you strive towards during the week.

It's always in the back of an athlete's mind and helps them push through the demanding practices of the week. To know that we have two weeks of practice without a game in between can change the focus of a team.

This was not the case with our

team. We had a team meeting including coaches and decided how we were going to deal with this next two weeks. We made sure we were all on the same page mentally and physically.

These last two weeks of practice were the most demanding practices of the season yet. With play-offs hanging in the wind, we knew that we'd have to work harder than ever.

Coming to practice and knowing that it was going to be that much harder allowed me to get mentally focused every day. A strong warm up before every practice helped me become focused for every drill and every aspect of that day of practice. I had a midterm, a quiz on Thursday, and a practice at 9 p.m. until 11 p.m. Wednesday night.

During Wednesday night's late practice I had to push that out of my mind. The way I think is I'm going to be at the gym for two hours, and there is nothing I can do other than basketball so I might as well go hard in whatever I'm doing. This allows me to get the most out of the practice possible.

Always getting better in every aspect of basketball is what I strive for. In order to do this I have to keep up with my homework and studies in order to be eligible to play basketball during the season.

Game time! With an extremely good two weeks of practice I was ready to play. Our team came

together with a fantastic game on Friday which was a result of our hard work in the previous weeks of practice. Finding the open players, hitting the open shots, having a positive atmosphere, and playing team defense proved to be our strength during this game. Our team was ready to play.

Coming out after an exhausting win the night before our Saturday game seemed to be missing something. The positive and energetic atmosphere seemed to be lacking throughout this game. Being exhausted and sore could have been a contributing factor in this.

Nevertheless, our team pulled together and toughed it out. Working together and not getting down on each other is a trait which is rare to find in many teams. Our team has this rare characteristic. Not playing as well as the night before, this characteristic helped to contribute to the win of that Saturday night.

The first sweep of the season! This is a huge stepping stone for our team. It allowed us to see that winning is about sacrifice and not necessarily about the celebrating.

Looking around our room at our team after the Saturday game we were all icing and lying around resting. This shows the sacrifice that was made for these two important games. Now the team got a taste of what it is like to sacrifice, but also the taste of success.



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Pronger boo birds

A-OK with me



By JASON JONES

I'm sick of listening to people who say that Edmonton should've taken the high road and not booed Chris Pronger.

Give me a break. Isn't that what sports is all about?

That's exactly why we like it, because it's emotional and cathartic.

Let it out every time he's here Edmonton. Take out all your frustrations on him because that's exactly why we watch sports.

Ladislav Smid might be better than Pronger in five years. He's only 20 and bringing out the best in every defensive partner he plays with. At the end of the year he'll be the Oilers number one defence-man.

What's the biggest surprise in the NHL so far? Not Buffalo's winning streak or Anaheim's undefeated streak. It's the Toronto Maple Leafs.

Who knew they would be this good?

The top five NFL teams are: Indy, Dallas, San Diego, Baltimore, and New England.

Top five NFL QBs are Peyton (not to be confused with the second worst QB Eli) Manning, Drew Brees (who makes Devery Henderson look like T.O.), Tom Brady, Phillip Rivers, and Tony Romo (brought to you by Bryan Hall).

And what's with all the young QBs starting these days? This is really

a new generation led by Brees, Rivers, Romo, Cutler, Leinart, and

Young. It sure makes for good competition at the position especially since coaches are not afraid to send the young gun in there when the team has a winning record.

If you thought the NL West was bad in baseball just look at how terrible the NBA's Atlantic division is – the Raptors are terrible at 4-9 but are just one game back of first place (as of Monday, Nov. 27).

That's brutal.

Bryant Gumbel is the worst football announcer in history and the NFL network should move quickly to replace him on their Thursday night games.

Best Bets

The NFL this week: Dallas vs. NYG (with NY's season on the line), Seattle vs. Denver, and watch out for the 49ers and the Saints. If you like offense, you'll love that game.

On Wednesday, Dec. 6 the Oilers face the Hurricanes for the first time since Game 7 of the Stanley Cup final. Your best place to watch it is at the Nest.

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OILERS' GAME OF THE WEEK

AT THE NEST

GAMES AT THE NEST

Thur. Nov 16	Oilers vs. St. Louis	7:00pm
Tues. Nov 21	Oilers vs. Calgary	7:00pm
Tues. Nov 28	Oilers vs. Anaheim*	7:00pm
Wed. Dec. 6	Oilers vs. Carolina	7:30pm
Tues. Dec. 12	Oilers vs. Nashville*	6:00pm
Thur. Dec. 14	Oilers vs. Minnesota	7:00pm
Tues. Dec. 19	Oilers vs. Colorado	7:00pm
Tues. Jan 2	Oilers vs. Florida*	7:00pm

*PAY-PER-VIEW BROADCAST

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ACAC Standings

MEN'S BASKETBALL as of November 25, 2006 North Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	12	11	1	22	1068	877	4-1	7-0	W2
Lakeland	12	9	3	18	951	916	3-2	6-1	W5
Concordia	12	7	5	14	894	834	3-3	4-2	W4
NAIT	12	6	6	12	944	921	4-4	2-2	L1
Grande Prairie	12	6	6	12	947	916	2-4	4-2	L4
Augustana	12	2	10	4	935	1048	1-4	1-6	W1
The King's Univ College	12	1	11	2	820	1047	1-6	0-5	L8

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
Mount Royal	8	7	1	14	653	552	3-0	4-1	W3
SAIT	10	7	3	14	775	699	5-1	2-2	L2
Red Deer	10	7	3	14	807	748	5-1	2-2	W5
Lethbridge	8	4	4	8	604	627	1-1	3-3	L1
Briercrest	10	2	8	4	722	813	0-6	2-2	L4
Medicine Hat	10	1	9	2	680	802	0-5	1-4	W1

WOMEN'S BASKETBALL as of November 25, 2006 North Division

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	12	10	2	20	911	675	4-1	6-1	W1
The King's Univ College	12	10	2	20	870	768	5-2	5-0	W10
Grande Prairie	12	9	3	18	803	760	5-1	4-2	W2
Concordia	12	5	7	10	769	759	3-4	2-3	L2
NAIT	12	4	8	8	744	819	3-4	1-4	W2
Augustana	12	2	10	4	768	920	1-4	1-6	L4
Lakeland	12	2	10	4	681	845	1-4	1-6	L9

Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
SAIT	10	7	3	14	655	542	5-1	2-2	W1
Mount Royal	8	7	1	14	600	359	3-0	4-1	L1
Lethbridge	8	6	2	12	566	396	2-0	4-2	W1
Medicine Hat	10	6	4	12	652	589	3-2	3-2	L1
Red Deer	10	1	9	2	478	719	0-6	1-3	W1
Briercrest	10	1	9	2	455	801	1-5	0-4	L1

MEN'S HOCKEY as of November 25, 2006

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
SAIT	11	7	0	3	1	18	60	32	4-0-2	3-1-1
Mount Royal	11	8	2	1	0	17	67	33	6-0-1	2-2-0
NAIT	12	7	4	1	0	15	68	51	5-2-0	2-2-1
MacEwan	12	7	4	1	0	15	41	39	2-3-0	5-1-1
Concordia	12	6	5	1	0	13	47	43	4-2-1	2-3-0
Augustana	12	1	8	0	3	5	32	71	0-5-0	1-6
Briercrest	12	1	9	1	1	4	30	76	1-3-0	0-7-1

WOMEN'S HOCKEY as of November 25, 2006

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
SAIT	12	7	2	3	0	17	42	24	4-1-1	3-1-2
MacEwan	12	8	4	0	0	16	50	33	4-2-0	4-2-0
Mount Royal	12	6	4	2	0	14	34	29	3-2-1	3-2-1
Red Deer	12	4	6	2	0	10	30	31	3-2-1	1-4-1
U of C	12	4	6	1	1	10	21	30	3-2-1	1-5-0
NAIT	12	3	9	0	0	6	28	58	2-4-0	1-5-0

MEN'S VOLLEYBALL as of November 25, 2006 Blue Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	12	11	1	22	34	11	6-0	5-1	W10
Red Deer	12	9	3	18	31	12	5-2	4-1	W7
Grande Prairie	12	9	3	18	28	14	3-1	6-2	W2
Mount Royal	10	7	3	14	25	13	3-1	4-2	W10
Briercrest	14	4	10	8	17	35	3-5	1-5	L2
The King's Univ College	12	1	11	2	12	33	1-5	0-6	L8
NAIT	12	1	11	2	5	34	1-6	0-5	L5

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
SAIT	10	10	0	20	30	8	4-0	6-0	W10
Lakland	10	8	2	16	28	11	3-2	5-0	W4
Keyano	10	5	5	10	20	16	4-3	1-2	L2
Lethbridge	10	4	6	8	16	23	1-3	3-3	L2
Medicine Hat	10	3	7	6	16	23	0-4	3-3	L1
Portage	10	0	10	0	1	30	0-6	0-4	L10

WOMEN'S VOLLEYBALL as of November 25, 2006 Blue Division

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	12	12	0	24	36	6	6-0	6-0	W11
Mount Royal	10	10	0	20	30	1	5-0	5-0	W11
Red Deer	12	8	4	16	25	13	4-2	4-2	W6
Grande Prairie	12	7	5	14	23	24	2-2	5-3	W2
The King's Univ College	12	3	9	6	13	30	1-5	2-4	L2
NAIT	12	2	10	4	13	33	2-5	0-5	L4
Briercrest	14	0	14	0	9	42	0-8	0-6	L14

Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Medicine Hat	10	8	2	16	25	13	3-1	5-1	W5
Lethbridge	10	8	2	16	27	15	3-1	5-1	W6
Lakeland	10	6	4	12	22	15	4-1	2-3	L2
SAIT	10	6	4	12	23	16	3-1	3-3	W2
Keyano	10	2	8	4	16	24	1-6	1-2	L6
Portage	10	0	10	0	0	30	0-6	0-4	L10

Steve offers food for thought

Steve is a third-semester culinary arts program student, who, like most of the culinary arts students isn't fat at all. If I was in culinary arts making all those delicious croissants and...cheese...croissants, I'd weigh like five pounds more. I know it doesn't sound like much but croissants are basically deep fried air, so you have to be eating a lot of croissants to add up to five pounds. I'm going to stop using the word "croissants" now.

B: So, Steve, here we are at last. I almost feel bad putting the best-kept secret at NAIT on the market, but I do this for the good of the people.
S: Thank you.

B: Steve, before we get started, is there any way that you can get me free food at all? Sometimes I black out from hunger during class, and I'm too weak to walk back home to Beaumont after school.

S: We throw out the old stuff at the end of the day around back. Does that help?

B: My children thank you.
To change topics entirely, tell me about yourself.

S: Well I love food, that's why I'm in the program. I'm a pretty friendly guy too. I like to stay active. I run triathlons. My last one was a few month ago and I came in fourth out of 30.

B: Hey! That's only three places away from first place, so by my powers of "rounding" you pretty much won the race. Nice work.

Steve, what sort of girl deserves such a thoroughbred champion?

So that's Steve. If you like his style then send me an e-mail at brent_constantin@yahoo.ca then I'll send your info onto him.

That's the same address to submit yourself as the single of the week, too, so keep those requests coming to me. Every time you send me an e-mail I add your name to the "Get Urkel a New Show" petition, so far we have five.

S: I want to find a girl who I can spoil – someone who I can take out on the town.

B: You are such a sweetheart Steve! How come you're not involved with anyone?

S: Well, my last girlfriend was a Mormon, and one time I went over to her house for dinner. Long story short her dad kicked me out of the house for not being Mormon, and I never saw her again.

B: So are you looking for a girl without religion or just one without parents?

S: Not really that choosy, just no emo girls, and no cats. I can't stand them.

B: How do you feel about Thundercats?
S: Not unpleasantly.

B: Any final thoughts?

S: Sure, I hate Nickelback and people who wear their hats incorrectly.

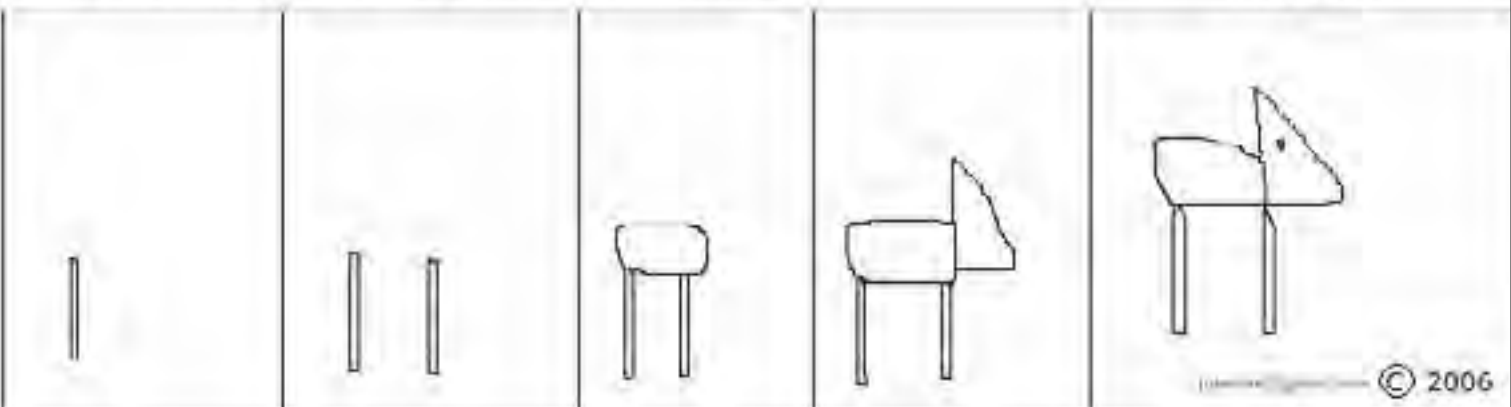
If you have a problem with this you can find me and take a ride on the Pain Train!

(At this point Steve pumped his hand in the air above his head and shouted "whooo whooo." I was quite frightened.)



How to draw horsedog (this week's horsedog dedicated to craig)

love julie p.



COMICS

Can you draw? Do you have a comic you would like to submit to The Nugget?

Send us a high resolution copy of your work to nuggetsubmissions@hotmail.com and we'll try to get it in for you.