

MOST OF US ARE LUCKY TO HAVE HOMES

# THE NUGGET

Thursday, Nov. 9, 2006  
Volume 44, Issue 9



Please recycle this  
newspaper when you are  
done with it :)

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## SHELTERED LIVES

**Nugget student writers got a taste of the homeless life at Edmonton's inner-city Herb Jamieson Centre men's shelter. See their tales inside.**



Edmonton's homeless count released this week showed there were more than 2,500 people with nowhere to live. Places like the Mustard Seed Church help out with hot meals.

Photo by Kerry Diotte

### 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!

Thur. Nov 16th  
Oilers vs. St. Louis  
7:00 pm





# NEWS & FEATURES

## Scary night with the homeless



People gather outside the Mustard Seed Church which provides free meals. Edmonton's homeless count this week revealed there are 2,600 people on the streets compared to 1100 about six years ago.

Photo: Kerry Diotte

## Fear and loathing in shelter



By JONNY FIVE

I have to admit when the story idea was first presented to me I thought it was crazy: another Nugget writer and I spending one full night as residents at a men's homeless shelter.

What would I possibly stand to gain? Yet, in some grandiose gesture of what can only be described as mental insanity I said yes.

I had a tremendous amount of fear about this idea, which is exactly why I wanted to do it. I said yes, and then immediately after I regretted it.

I started to lump every possible prejudice and misconception into what might happen there and anyone that I talked to about it didn't help: "Don't get shanked!" or "Enjoy the smell!"

I started to think about turning my back on the whole thing, but I didn't.

Instead, Brent, the other writer assigned to this story, and I did our best to dress what we thought was the part of two homeless men.

We had devised requisite stories to negotiate our entry, since we weren't homeless per se. As we are hardly qualified to call ourselves journalists we were hurried in, and claimed two available beds.

Let me take a moment to respond to the issue of Brent and I taking up two beds that other people actually needed.

Our hope is that by telling our experience we will cause some of you to react to what is a truly ugly situation and, perhaps, this publicity will contribute to things getting better.

None of the men I encountered inside was drunk. All races, creeds, and colours were represented and I did not feel threatened in any way.

Instead of scared I became horrified. Horrified not at these men, but at the rest of us for turning our backs on this part of the city we live in. It is for the worst reason possible: Our prejudices and our fears.

I saw men who worked full time jobs every day, and who simply needed a roof, a meal, and a bed.

I saw new arrivals to our city, who, for one reason or another, needed a pit-stop before starting a new life.

I spent the night in one of the many bunk rooms each of which easily housed 40 men. There were close to 100 men sleeping in the hallways head to toe, and there were many more turned away at the

door to return to the cold night.

This is the reality of the city we live in, and for the most part it is the same in every city. Our real estate prices soar, while these men get 30 days in this dilapidated, worn down building to turn their lives around before they are forced to move on.

The news is not all bad however; just recently the city released the following document: [www.edmonton.ca/COMPLETE/REPORTS/CC/Elected-1995/2005-07-05/2005CLR002.doc](http://www.edmonton.ca/COMPLETE/REPORTS/CC/Elected-1995/2005-07-05/2005CLR002.doc).

It guarantees 2,500 new long-term housing units by 2011, as well as more funding focusing on affordable housing projects.

So, it would seem that our city is doing their part. As an aside, I will not detail my feelings on a better use for city council's proposed 13% pay raise. Suffice it to say it would buy a lot of hot meals and beds.

It is incumbent upon us to try and create change, so get over your prejudice and misconception as I got over mine. Try volunteering your time at one of these organizations since they could use the help.

If not, at least look at these people differently when you walk past them on the street. They, like most things in life, are not what you think they are.

[Jonny5inthenugget@gmail.com](mailto:Jonny5inthenugget@gmail.com)



By BRENT CONSTANTIN

With a growing population and a severe housing shortage it doesn't take much to guess that Edmonton's homeless rate is high. Add to this the onset of sub-zero conditions over the past few weeks, and the question arises where can you go when you don't have anywhere to go?

One answer is the Hope Mission Herb Jamieson Centre, Edmonton's largest homeless shelter, located just a few blocks north from the Grant MacEwan main campus.

On Nov. 1 I spent the night at the shelter to see how someone uses the service, who was using the service, and how the shelter is holding up with a population boom.

Homeless people in any situation are welcome at this Christian organization. A meal is provided at 5 p.m. with beds being assigned at 7 p.m. Those visiting the centre for the first time are given priority to sleeping arrangements. The centre is divided into six rooms a floor with 13 bunk beds in each.

Newcomers also are subject to some quick paper work consisting of employment history, prior housing status, and a headshot. Bed check is at 10 p.m., and everyone lucky enough to get one of the mats must be on their beds at this time or they're given up to someone else.

Although it was impossible to tell just by looking at residents of the shelter, it seemed to be a mix of those unable to find work or were in-between pay checks and drug addicts. Most of the faces inside were either white or aboriginal with the average age being mid-thirties to early forties.

I spoke with one man, a recent arrival from Toronto, who had been kicked out of his apartment after he had been unable to make the rent.

"I have a job," he told me, show-

ing me a card that said X-S Wares, "I'm making good money, but I haven't been paid yet. I need a place to stay, but it's so far from where I need to go. There's nothing on the north side where I work. I don't know if I'll be able to make it to work tomorrow it's so far."

I asked him why he left Toronto and he cited family reasons.

"I need to make some money," he said, "but I should have at least brought my car with me. I didn't think before I came over here. I didn't do my homework. I should have done my homework before I came over."

Although the Herb Jamieson boasts 255 beds at capacity, it doesn't seem to be enough. The building was full of those unable to get a bed, sleeping in hallways, in bathrooms, on stairs, even outside of the building.

Men who do get the luxury of a room are given a 30-day limit before their beds are given to someone else. I spoke with a man on the street who had stayed at the Jamieson, and was now at another shelter.

"I was there until my time was up, now I'm over in an apartment downtown."

I asked him if he would go back to the shelter if he could.

"No, it's filthy. Disgusting. People everywhere you look. The only good part is that it's free, better than sleeping out in the street."

It's a problem that affects many of Edmonton's homeless. Going to a shelter means facing sometimes threatening and undesirable living conditions, or you can sleep in the cold.

The most recent homeless count (conducted this week shows there were 2,600 people in Edmonton without a roof over their heads. That's up from 2,200 in 2004 and way up from about 1,000 about six years ago.

If you or someone you know needs a place to stay, the Herb Jamieson downtown serves homeless single men aged 18 - 60. They provide food, shelter, and nursing services on a temporary basis. As well they offer treatment program for men with addictions.

## IMPORTANT NOTICE:

**Student Benefit Care Cards Are Now Activated For September Full Time Students. Please Go To Room E125 To Pick Yours Up! You Will Need To Fill Out A Personal Information Form To Activate Your Direct Pay Care Card.**



# Study groups mean strength in numbers

## Collaborative Studying



By SHANT CHAKMAKIAN

Midterms and finals...dreaded words for any student. Although they can be a stressful battle, if you play your cards right it can be a victorious one.

The art of business (and good international diplomacy) involves finding a common goal and solution that helps both parties overcome their problem.

On that note many courses at NAIT don't come easy. Whatever one takes whether it's engineering vs. business or vice versa (although everyone in the grapevines has a different view on that one – haha) in the end we have heavy course loads with intensive practical components.

The average NAIT student is getting roughly 900 hours of instruction time per year, while the average fulltime U of A student gets roughly 300 hours.

It may be no shock that our programs are intense and stressful, but how does one effectively master their program while staying sane?

My answer is collaborative studying. The best thing to do is to form a study group of people with a common schedule and make regular meeting times. I'm not just suggesting this for exams, but also for homework and assignments.

Each person in your group will have different interests and proficiencies in any given course, and it is this diversity of knowledge and interest that you can collectively capitalize on.

Taking it a step further if your group, or you in particular, find an "educational roadblock" or something you don't understand go to student counseling W111PB at the far end of the HP Center in section C. Speak with Joanne, and if she has a tutor that can help she'll be more than happy to hook you up.

In the end if you and your "study homies" work together to fill each others knowledge gaps - even if you are having many difficulties in a class - as long as you stick with it you should pass.

For example I barely knew a calculation for Electronics II two weeks ago. However with the help of all my homeboys in CNT, especially Dominique and Eric who hooked me up with awesome notes; and my buddies Ken and Doron for tutoring me I can do some pretty decent calculations now.

It goes to show you that if you pool your resources effectively even the hardest course is passable, as long as you execute your goals cleverly and with precision...nothing will stand in your way!

*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](mailto:shant_c@hotmail.com) I value and look forward to your input.*

– Healthy FX –

## Backpack snacks really fit the bill

By STEPHANIE TOFFOLO

Your stomach is growling, but lunch is hours away. You're eyeing the cookies on the counter knowing that you'll feel guilty if you indulge.

If you think your best option is to avoid a snack altogether and wait for lunch think again. A wide variety of snacks can fit into a healthy diet, so you don't need to avoid having them.

Rather, plan them with convenience, variety, moderation and balance in mind. Not only will you improve your eating habits, but you can save money too.

Backpack snacks can be a healthy way to fuel your body while you're on the go. If you have plenty of snacks packed then you won't have to grab food from a vending machine, or fast food restaurant that may not be as healthy for you.

You can create backpack snacks using foods in all of the food groups to supply your body with energy and provide important nutrients.

It's also important to know the right kind of snacks. As a general rule, try to choose a snack that contains foods from at least two of the four food groups in Canada's Food Guide to Healthy Eating. Their website address is [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html).

The combination snack is the best. The carbohydrates are good for some quick energy, while the protein and fats provide energy that

will last longer.

Take a bite of these super snacks that are sure to tackle your hunger pangs:

- Low fat cottage cheese with fruit
- Whole wheat English muffin with peanut butter & banana
- Pita bread with goat cheese & tomato
- Apple wedges with a handful of raw almonds/nuts
- Whole grain bagel with cream cheese
- Slice of whole grain bread with lean turkey breast
- Fresh veggies & low fat yogurt dip
- Rice cakes with almond butter
- Grapefruit with hard boiled egg
- V-8 juice with Melba toast and low fat cheese
- Apple with peanut butter
- Frozen fruit smoothie with a scoop of protein powder
- Whole grain crackers with a cheese string
- Trail mix

Make your own trail mix using foods from three of the food groups by mixing cereal, nuts, and dried fruit. Be creative! Use different types of cereal (look for ones that have at least three grams of fiber), or mix in ingredients like soy nuts or mini chocolate chips.

Pre-pack all of these snacks in re-sealable bags or Tupperware containers along with a water bottle to grab as you run out the door.

[s\\_toffolo@yahoo.com](mailto:s_toffolo@yahoo.com)

## Food for thought: feed the hungry

By ERIN MASTRE

The Edmonton City Food Bank feeds an average of close to 13,000 Edmontonians each month. As the weather steadily gets colder and as the calendar approaches Christmas that need increases. Accordingly, the Edmonton City Food Bank has had to be pretty resourceful in order to keep up to demand.

They are now registered with CanadaHelps, meaning, they can accept charitable donations online. Another interesting program is taking in used inkjet and laser print cartridges which can then be refilled and resold and turned into money for needed families and individuals. Visit [www.think-food.com](http://www.think-food.com) for details.

Their newest initiative involves collecting and recycling used cell phones. One cell phone equals a carton of milk, a jar of peanut butter or even an entire meal. For more information visit [www.phonesfor-food.com](http://www.phonesfor-food.com).

NAIT too is now doing its part to combat hunger and help out hungry students. The program, in its very first season of existence is being pioneered by Shannon Marshall. Approval came from NAITSA last summer with additional recognition

from the Edmonton Food Bank.

Marshall says that "students can access this program through the Volunteer Centre in E-133 on main campus". Office hours there are 8:30 to 4 p.m. Monday through Friday. When asked what the criteria for determining need are Marshall said that there are a series of questions supplied by the Edmonton Food Bank.

"Students need to bring their student ID" she emphasized adding that "for additional family members to be on the hamper you need to bring their healthcare numbers as well." Please be aware this program is open to all NAIT students, even those on satellite campuses.

However, with exams approaching and colder weather, the NAIT food bank program needs your help. There is a drop box located in the Volunteer Centre in Room E-133.

If you find yourself with an extra can or two of veggies, or an extra box of macaroni, please take it to the drop box and help out. Any of your extra or unwanted non-perishables will be greatly appreciated and possibly, by someone you might even know.

**NAITSA**  
Students Serving Students

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

Production Office  
471-7615  
Fax: 491-3989  
E-mail  
[nuggetsubmissions@hotmail.com](mailto:nuggetsubmissions@hotmail.com)

**Editorial Advisor**  
Kerry Diotte

**Student Editor**  
Stacey Douglas  
[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

**Sports Editor**  
Jason Jones  
[sportseditor@nait.ca](mailto:sportseditor@nait.ca)

**Entertainment Editor**  
Taz Dhariwal  
[entertainmenteditor@nait.ca](mailto:entertainmenteditor@nait.ca)

**Student Issues Editor**  
Lisi Monro  
[studentissueseditor@nait.ca](mailto:studentissueseditor@nait.ca)

**Media & Production Designer**  
Graeme Reed  
[graemer@nait.ca](mailto:graemer@nait.ca)

**Advertising Manager**  
Linda Campbell

For Advertising inquiries please  
call 471-8866 or e-mail:  
[lindacam@nait.ca](mailto:lindacam@nait.ca)

**The Nugget encourages submissions.**  
[nuggetsubmissions@hotmail.com](mailto:nuggetsubmissions@hotmail.com)  
[nuggetgrapevines@hotmail.com](mailto: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](mailto: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.

**TANNING SALE**

**300 minutes \$19.95**

(Details at the Salon)

**GOLDEN BEACH**

*Suntanning Salon & Esthetics*

(Make-up, waxing-eyebrow, lip, leg, Brazilian)

**471-2550 \* 10412 - 118 Ave**

(Next to ABC Weddings, Across from the Annex)

**1 month unlimited - \$14.95**



# OPINION

- Editorial -

## Let's give peace a chance

By STACEY DOUGLAS

Sunday Saddam Hussein was sentenced to death – and while many discuss the convenience his sentence has for the Bush regime during its midterm campaign it is also timely when thinking about Remembrance Day.

Like Hitler before him, Saddam is the epitome of a maniacal dictator. Both leaders captivated the world as they infringed on the sovereignty of neighbouring countries, but they are cemented in history for their merciless attempts at wiping out groups of people based on religion, race, and culture.

Both these tyrants have forced soldiers overseas and many do not return. Leading up to Remembrance Day we wear the poppy to honour the sacrifice made by our military and their family members.

Since the Napoleonic Wars the poppy has been connected to the fallen soldier because it grew in close proximity to their graves. In fact the lime released into the soil from the rubble of buildings destroyed by war helps these flowers grow.

Near the very end of the First World War Moina Michael, an American woman, read John McCrae's *In Flanders Fields*, and was inspired to wear a poppy year round to honour the soldiers.

In 1921 Earl Haig, the primary founder of the British Legion, adopted selling the poppy as an official fundraising program for poor and disabled veterans. He had been convinced by a Madame E. Guerin, who in turn had been inspired by Moina Michael. Canada adopted this tradition in

the same year.

The poppy has a relatively short history in honouring those who have sacrificed during times of war, yet it too has a fractious nature.

In 1933 the Women's Co-operative Guild, which is now run by Britain's Peace Pledge Union, created the white poppy campaign to, in part, to parallel the red poppy's meaning. While the red poppy only honours soldiers, the white poppy includes an appeal for peace.

The Peace Pledge Union's members must believe "War is a crime against humanity. I renounce war, and am therefore determined not to support any kind of war. I am also determined to work for the removal of all causes of war."

Lofty ideals, indeed, and while currently not necessarily plausible, it does not mean we should discount the PPU as naïve.

Rather than fighting about whether we should be in Iraq, Afghanistan, or wherever, we should be figuring out how to create dialogue within these situations so peace is attained. The white poppy symbolizes the individual sacrifices in war but also highlights the need for action towards creating a lasting peace.

Hitler and Saddam have become symbols of evil while the red poppy has become a symbol of sacrifice. But perhaps it is time to create room in our collective consciousness for the white poppy's symbol, not only as a commemoration for our fallen soldiers but also a pledge to work towards a lasting peace.



## Tuition policies are murky



by LISI MONRO  
Opinion column

What was originally promised by Advanced Education Minister Denis Herard last spring, as a tuition framework plan that students would be "extremely happy" with, has turned out to be a mediocre and disappointing affordability proposal.

There are no major changes being made that will realistically offset the burden on Alberta's students and post secondary institutes.

Not only does this affordability framework proposal fall short of what was described by Herard as a "landmark day for students," details in the proposal are largely missing in two key areas - when these changes are to be implemented and to what degree.

To add to the uncertainty in this

tuition fee policy and affordability announcement, it should be noted that it has been released at a politically uncertain time. The entire proposal could be scrapped as quickly as Nov. 25 when the PC leadership vote is held.

The candidates for leadership of the party have substantial differences of opinion on how post secondary education should be run in this province:

Dave Hancock's main policies on advanced education include the creation of a fund that will pay for Alberta resident students' first year tuition right after high school, as well as giving tuition rebates upon completion of post secondary education.

One of Hancock's leadership opponents, Ed Stelmach, has a platform that focuses more on the cost of living and the absence of affordable accommodation that limits Alberta student's right to post secondary.

Lyle Oberg speaks of creating an endowment fund to make the rate of student loan availability higher, and adjusting the current loans system by limiting parental income factors

in the outcome of loan granting.

Mark Norris touches on efficiency within the province's institutions and reducing competition among them, while Gary McPherson is one of the few candidates that speaks about funding to attract top quality faculty and teachers to our universities and colleges.

Another point to mention in regards to the framework announcement is the fact that any tuition increases will be tied in relation to the consumer price index. Considering that the general level of inflation in Alberta is one of the highest in the country there is no doubt that tuition is going to continue to rise significantly.

Combine the above with the fact that the passing of Bill 40 earlier this year, which gives the premier the ability to change tuition policy without any kind of legislative control or debate, means Alberta students are no better off now than they were 18 months ago, when they were promised by Ralph Klein the "most innovative, entrepreneurial and affordable tuition policy" in the country.



### MARKET RESEARCH INTERVIEWER

- Conduct interviews over the telephone from our centrally located call centre, accurately enter data into a computer system.
- Absolutely no sales involved.
- Position requires excellent telephone manner and typing skills.
- Flexible scheduling with shift choices.
- Company benefits plan.
- \$10.50 / hour to start, with performance based reviews.

Please mail, fax or email your resume to:


Address: 2nd Floor, 10304 - 108 Street, Edmonton, AB T5J 1L9  
Fax: 780-485-5085, Email: HR@TrendResearch.ca, Phone: 780-485-6558

TREND HIRES ON AN ONGOING BASIS

**Do you have a story lead for the Nugget? Maybe you just want to contribute an article.**

Send us your story ideas or written submissions to [nuggetsubmissions@hotmail.com](mailto:nuggetsubmissions@hotmail.com).

As always you can send your rants or random thoughts to [nuggetgrapevines@hotmail.com](mailto:nuggetgrapevines@hotmail.com)




# Buck Wild

WEDNESDAYS

**\$1 HI-BALLS**  
8-MIDNIGHT

STUDENTS NEVER PAY COVER  
ON WEDNESDAYS WITH VALID STUDENT ID



**WHERE THE WEST  
GETS WILD**  
WEDNESDAY, FRIDAY AND SATURDAY

6107~104 STREET    [THERANCHROADHOUSE.COM](http://THERANCHROADHOUSE.COM)



## - A Voyeuristic View Into Canada's Dorm Rooms -

## Ask the Sex Doc:



Dear Sex Doc;

I've heard some girls like anal sex. What the hell could they get from that? Wouldn't that miss all their girly parts?

Confused Girls Cornhole @ UNBC

Dear Confused Girls Cornhole;

Yeah CGC, most people have already heard why guys might like getting their A-Spot (prostate gland) tickled by a penis, dildo, or finger, but a lot of you have no idea why a girl might enjoy getting her back end played with.

Just like for boys, a girl's anus has a ton of nerve endings making this area super sensitive to stimulation. A little pucker massage could send your lady lover over the edge.

The rectum and vagina also share an internal wall together.

And, those all important vaginal nerve endings are sometimes easier to 'connect with' from the back side.

A women's G-Spot can also be stimulated from the rectum.

Remember, that the G-spot is analogous to the male prostate gland, which is easily stimulated through the bum. Many women have amazing G-Spot orgasms through butt sex.

A woman can also have an anal orgasm. This is distinct and different from a clitoral, vaginal, or G-Spot orgasm. This too, makes booty sex fun for girls.

Further, when a man or woman orgasms, they have contractions that is also felt in their rear end. This whole pelvic region has lots of pleasurable zones that make it fun.

So CGC, bone smuggling might not be your cup of tea, but some girls totally get off on it. It's best not to judge.

Everyone has different likes and dislikes in and out of the bedroom.

Dear Sex Doc;

I'm a HIV positive male and I still want to have a good sex life. What can I do?

Positive, but not Negative @ GMC

Dear Positive, but not Negative @ GMC;

First, thank you for seeking safer sex information on how to further protect yourself and your partners. It's great you realize you can still have an enjoyable and satisfying sex life even though you are HIV positive.

You didn't mention whether your partners were male, female, or both, so I'll respond trying to be inclusive of all sexual orientations.

There are many sensual (and highly satisfying) acts that we can do with another individual that

carry no risk of HIV transmission. Remember, we are sexual beings from the ends of our hair to the tips of our toes.

We can give our partner a sensual massage, have a hot 'make out' session, or feed them an erotic meal.

Becoming more intimate, we can masturbate our self or our partner.

When it comes to HIV transmission and sex we have to be aware of our bodily fluids. The HIV virus is present in blood, semen, vaginal fluid, and breast milk. Any time an HIV infected fluid gets into our bloodstream we are at risk of becoming HIV positive.

For dudes, it's important to use condoms anytime you do anything sexual, including oral sex. Individuals are at risk if they have little cuts in their mouth (from flossing their teeth, etc.) and if pre-ejaculatory fluid or cum is present on the penis.

Experts used to say that you could swallow cum because the stomach acids would kill the HIV virus. New reports suggest this may not be true. So, always use condoms for oral.

The same is true for oral sex on a woman. Dental dams (or a condom cut down the center) should be used to protect both partners.

When it comes to penis-vagina and penis-anus sex, individuals (whether HIV positive or not), should always use condoms to protect both people. The vaginal and/or rectal canal can have little cuts, which are open to the bloodstream and can easily transmit HIV.

And for all you girls out there that like girls, you should be using condoms on your sex toys if you are sharing them with a loved one.

Positive, but not Negative, and anyone else out there regardless of your HIV status, you really need to be using condoms. Condoms can be fun, sexy, and erotic. Finding a way to incorporate condoms into your sex life that makes them hot and not a chore will make them a lot easier to use.

And remember, condoms aren't 100% effective. They do break occasionally. Using a generous amount of lubricant for all of these acts will not only make sex more enjoyable, but it will also reduce the likelihood of breakage.

So Positive, but not Negative, you certainly can enjoy a fantastic sex life. Follow these suggestions and you and your partners will be safer.

*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](http://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](mailto:drbrian@foreverpleasure.com) and watch for his response in this paper.*



By STACEY DOUGLAS

It's hard to take advantage of the 'best years of your life' and make those college memories everyone talks about when your nose is permanently stuck behind a book.

However, there is help to give your life more balance while in

school.

NAITSA's VP of Campus Life Carrie Creaser explains, "My main role is to support clubs here on campus and help those who wish to start up new ones. I work all NAITSA events as well as planning and executing them."

A veteran of NAITSA's Executive Council, Carrie says "I ran again to have an amazing experience like the one I had last year."

Her knowledge from last year will aid in achieving a primary objective for this year's Executive Council.

"A major goal for this year is to make every student that visits our office have a valuable and smooth

experience. We have a lot of glitches in our system that we are working on right now."

Stop by NAITSA's website, [www.naitsa.ca](http://www.naitsa.ca), because Carrie wants to hear from you.

"There are so many things I would love to ask the students! What kind of events would they like to see here? What kind of speakers do they think they can learn from? What kind of problems are they having with their events that I can help with? The list could go on and on."

[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

**NAIT Petroleum Slicks Up The Slopes**  
**Panorama Jan 26-28, 07**

**Only \$229 per person**  
Based on Condo 4, 6 or 8 stay  
Price per person plus GST and subject to change  
Non-skiers welcome take \$50 off!  
Cancellation coverage available for \$10

Includes: 2 nights on mtn stay, transportation  
2 days lift tickets Panorama  
prizes and one epic adventure!

**\$50 deposit up front, final pymt due Dec 8**  
Contact: Jamie 983.2117 or [jamielc@nait.ca](mailto:jamielc@nait.ca)  
Pam 221.1705 or [scammy83@hotmail.com](mailto:scammy83@hotmail.com)  
Matt 288.7437 or [propanesam.com](mailto:propanesam.com)  
Darryl 642.6510 or [norisknodangernofun@hotmail.com](mailto:norisknodangernofun@hotmail.com)

**16,000 ways Alberta measures success.**

Alberta technicians and technologists have a powerful ally in their quest for a lucrative and rewarding career. ASET, the Association of Science and Engineering Technology Professionals, is made up of over 16,000 men and women. They're the difference between 'On' and 'Off' in the oil and gas sector, telecommunications, construction, computers, chemistry and dozens of other industries in full growth mode. When you join ASET, you put yourself in the forefront of the wave of technicians and technologists who are being eagerly sought by employers in today's hot economy. To find out more about the many benefits of ASET membership, call 780-425-0626 or visit our website at [www.aset.ab.ca](http://www.aset.ab.ca)

**Your way ahead.**

**ASET** The Association of Science and Engineering Technology Professionals of Alberta





By SHIRLEY TSE

# What is your worst fear?



Name: Alyssa Nider  
Program: Business Admin.  
"Big planes or any planes hitting the business tower."



Name: Chris Dingwall  
Program: Business Admin.  
"My worst fear are clowns because they're really creepy and too friendly."



Name: Josh Coss  
Program: RTA - Radio  
"My worst fear is Abraham Lincoln. I don't like his hat. It scares me."



Name: Sean Hoffman  
Program: Pre-Tech  
"My worst fear would be waking up without my penis."



Name: Tannis Dukart  
Program: College Prep  
"My worst fear would be to find out that my boyfriend cheated on me. I would rather die than have to find that out."

NOW DOWNTOWN

EVERY DAY IS CANADA DAY

CANADIAN

Hudsons

TAP HOUSE

NOW OPENING

11248-104 AVE.



# Sharp-shooters win!

Wow! We've got some talented photographers here at NAIT.

We had scores of quality entries for our Nugget Photo Contest and it was hard picking just three.

But our illustrious panel did just that.

**First prize goes to Francis McIsaac** for a stunning close-up photo of a dandelion shot in Caden, Alberta.

Francis scoops a pair of Oilers tickets.

**Second prize goes to Mark Hall** for a photo he shot in Heidelberg, Germany.

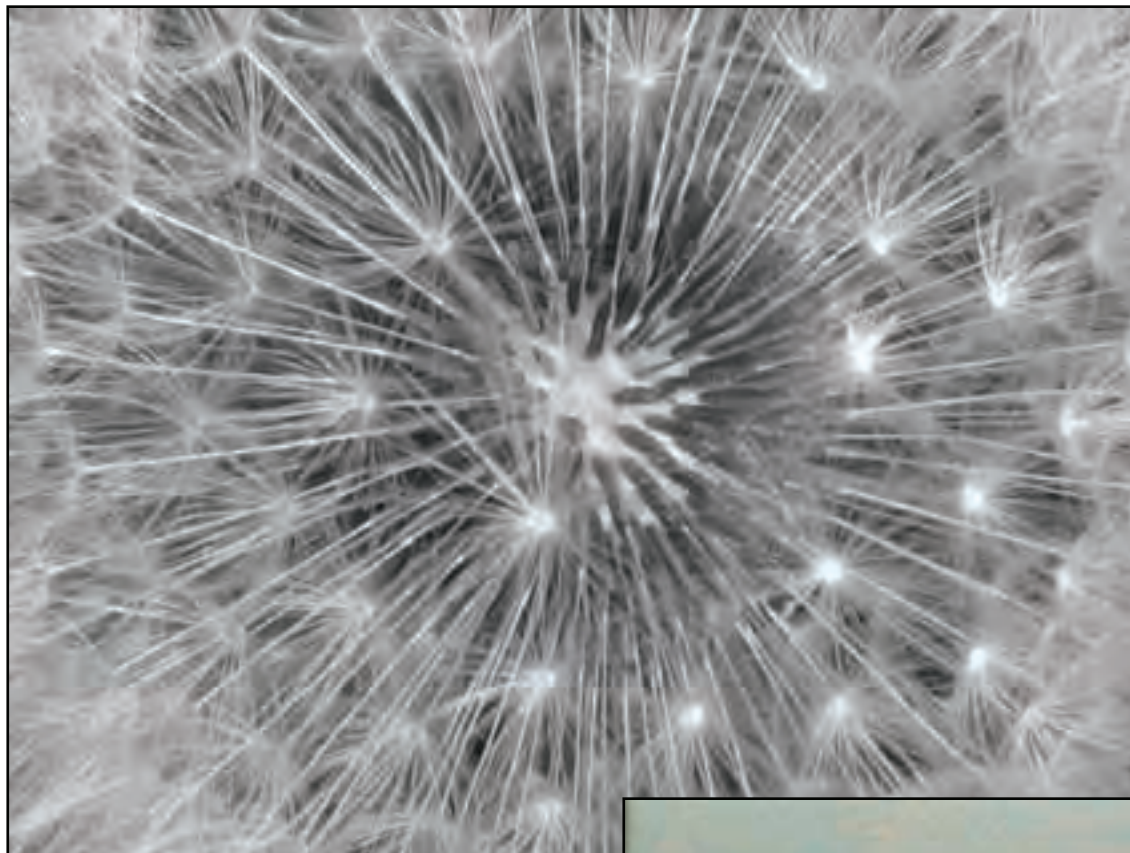
Mark scoops three newly released CDs.

**Third place goes to Sean Sager** for the Business Administration students photo of the Coliseum in Rome, Italy.

Thanks to all who entered.

The winners can contact Student Editor Stacey Douglas at [studenteditor@nait.ca](mailto:studenteditor@nait.ca)

to find out how to claim their prizes.



NAIT IS

## Kicking It Up in Golden

### New Year's '07

Dec 30-Jan 2 '07

# FROM ONLY \$299!\*

\*Non-skiers welcome. Take off \$80

**Includes transportation, 2 lift tickets, parties  
3 nights stay, New Years kicker & an epic adventure  
(prices per person, plus GST and subject to change)**

For more info & to book check out [www.naitsa.ca](http://www.naitsa.ca),  
Call 471.8855 or visit the NAITSA office  
\$100 to book your spot\*\*Final Pymt by Nov 30  
Cancellation insurance available for \$25  
Book Today, Space limited










# ENTERTAINMENT

## Taking it off for charity



By SHIRLEY TSE

NAIT's own Alison Mettam, part of the Lascivious Burlesque Show which raised money for the Canadian Breast Cancer Foundation, poses during an evening of entertainment this past Friday, Nov. 3 at the Roost. The Star Wars themed show was definitely a blast including a balloon popping routine, a top hat and black tie chair act, and snippets from the Rocky Horror Picture Show performed by Mettam. The show set your socks on fire. The supportive audience that witnessed the Lascivious Burlesque Group "shakin', struttin', dancin', and takin' it off" on stage to raise donations for the Canadian Breast Cancer Foundation cheered them on all night long.



The Lascivious Burlesque Group performs at the Roost to raise money for the Canadian Breast Cancer Foundation

Photo: Shirley Tse



### On-line Survey

Hey – if you were at this year's OOKFEST (and can remember what the day was like) we want to know what you thought of it. Go to [www.naitsa.ca](http://www.naitsa.ca) for a short on-line survey. All on-line participants will be entered to win 2 tickets to the Nov. 28th Oilers home game against the Anaheim Mighty Ducks. Winner will be announced on Thurs. Nov. 23.

**NAIT SA**  
Students Serving Students

## BioWare's game for college grads



By BRENT CONSTANTIN

BioWare is an electronic entertainment company specializing in creating computer and console video games based in Edmonton. They currently employ more than 340 people.

Recently BioWare participated in a \$300 million US merger with Pandemic Studios to form one of the strongest independent game development companies in the videogame industry.

Over the past decade BioWare's games – including Star Wars: Knights of the Old Republic and Jade Empire – have sold more than 15 million copies.

I had the opportunity to speak with Erik Einsiedel, public relations coordinator for BioWare, to find out what it takes to get a position in the software industry.

What existing relationship does BioWare have with post-secondary institutions?

We've hired many of our

employees and interns straight out of various post-secondary institutions, and we're very supportive of any post-secondary education that helps train the next generation of game developers.

What sort of a student would be hired by BioWare after they graduate? What sorts of qualifications does a graduate need?

We're a game developer, so first and foremost we want people who are passionate about games. Depending on which department they wish to apply to (art, programming, animation, etc.) a strong portfolio is very important.

Are there any existing internship programs at BioWare and how have they benefited BioWare so far?

We have been known to hire interns on occasion, and it's a great way for us to get the support we

need. But it also allows us to get a sense of that person, and how well they'll fit within our company should we decide to offer them anything permanent. It gets the intern's foot in the door, gains them some terrific experience that looks great on resumes, and also lets them get a sense of BioWare to see if we're a good fit for them.

If a current student is interested in interning at BioWare what would be the best method of making this known to BioWare, and successfully securing a job placement?

The best way is to start with our jobs page at [www.bioware.com/bioware\\_info/jobs/](http://www.bioware.com/bioware_info/jobs/). We're growing as a company so there are many exciting positions available at all the development houses making up BioWare/Pandemic Studios.



File Photo



# There's 'calm in his calamity'



K-Os Preview  
The Starlite Room  
November 9th and 10th

Preview by TAZ DHARIWAL

Toronto's K-Os is arguably Canada's leading hip-hop export. With his third album, Atlantis, out this past September, K-Os is touring and spreading the word that not all hip-hop is made by misogynistic members of the nouveau riche – a stereotype that K-Os has worked hard to shatter.

His two night stand at the Starlite room this week will hopefully usher a new group of hip-hop devotees to seek an often-ignored path to hip-hop greatness. What K-Os manages to do is break new ground, philosophically and musically, while keeping a sense of old-school abundant in his works.

K-Os grows with each record he releases. Initially, when Heaven Only Knows broke out, many saw K-Os as a kitschy, almost novelty rapper.

A guy from Toronto dressed up



as Gilligan, rapping about how much angst he has with the music business? Instead of having a hard, driving break beat ripping the club apart, he's gone with an acoustic guitar giving us a sense of calm in his calamity.

Then he went the way of the throwback and brought back the old school, jazzing it up for Superstar. He brought back breakers dressed up as mimes, while he took his Castro-inspired look to new heights. Donning fresh suits, long before Will.i.am and his black eyed cronies decided to flood the mainstream with their overplayed

schtick

If you already know about K-Os, then there's not much sense in trying to persuade you to go to the Starlite room tonight or tomorrow to get your fill of what's good in the world. However, don't whine and complain the next time you hear music that is void of both knowledge and effectiveness when it comes to relaying a message to the masses.

- [www.myspace.com/tazthefurnace](http://www.myspace.com/tazthefurnace)

# Still on fire

Artist: Jerry Lee Lewis  
Album: Last Man Standing  
Release Date: Sept. 26, 2006  
Label: Artist First  
Official Webpage: [www.jerryleewis.com](http://www.jerryleewis.com)

By TRYSTAN "djtbone.ca" MEYERS



His name can be mentioned in the same breath as Elvis, Johnny Cash, and Roy Orbison, and at 71 Jerry Lee Lewis is the last man standing. The album, Last Man Standing, celebrates his illustrious career. The way he shaped rock and roll music, and of course how he can play the piano like no other.

The record has 22 tracks, and 21 of them are duets with current rock legends like Jimmy Page, BB King, Kid Rock, Toby Keith and Mick Jagger to name a few. Even now his ability to play the piano and pump out pure rock and roll is like fine wine. It got better with age.

Astonishingly his voice sounds just like the Jerry Lee Lewis a lot of us grew up listening to on our dads' old 45s or 8-tracks. This music makes me miss the good

ol' days before instant oatmeal and cookie cutter pop stars.

The album covers country with Willie Nelson on the song "Couple More Years," blues on the track "You Don't Have To Go" with Neil Young and of course rock 'n' roll with the 'shake what your momma gave ya' classic "Travelin' Band" featuring John Fogerty.

If it wasn't for this man we would have no bands like Pearl Jam, or the White Stripes. In his day rock 'n' roll was the music his parents hated which is the music we all listen to today, so give credit where credit is due for this last man standing.

[trystan@djtbone.ca](mailto:trystan@djtbone.ca)

READS & NEEDS

LEST WE FORGET

REMEMBRANCE

They shall not grow old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them. Author: Laurence Binyon

Remembering...

those who fought for freedom and  
supporting those who still fight

Support Our Troops car/fridge magnets  
and pins will be available at your bookstore.  
All proceeds will go to the Edmonton  
Garrison Military Family Resource Centre.

Support Our Troops

ATTENTION  
ALL  
STUDENTS  
GET IN THE  
KNOW!!!

The NAIT Students' Association  
Annual General Meeting  
will take place on  
Wednesday, November 22 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



# SPORTS

## Growing pains for NAIT V-ball

By ROBIN J. EGERTON

What is going on with both of NAIT's volleyball teams? If you were to look at the ACAC standings for college volleyball, you might notice that NAIT occupies a spot more familiar to the Edmonton Eskimos this past year - dead last.

Both the men's and women's teams have played a total of five games each and have lost all five leaving them in last and second last place respectively. So what's the deal?

Craig Wourms, head coach of the men's team, attributes it to normal growing pains. Since college athletics teams are constantly cycling through players this kind of bumpy start is normal.

Especially so considering that the men's team has only two returning players as opposed to their league's opposition teams, which all have had three or four returning senior players.

This 'freshness' in a team is a double-edged sword for any coach. It's the chance to observe and develop key skills in new players; which can turn into professionally competitive qualities. But that takes time, time which can prove rough when playing against more 'settled' teams.

It is common for a college team to take a full three years to reach their peak effectiveness.

Don't worry, NAIT's competitive edge is, as always, still there; and players are already getting better at developing personal as well as team dynamics. Wourms expects both men's and women's teams to "take their lumps" for the first half of the year, but when things click fur will fly.

In the meantime, expect to see the volleyball teams digging in, getting more comfortable with each other, and focusing on those second and third effort plays that will turn games into NAIT victories. There's no question that the skill exists on the team, but the players have to execute it to win.

Email Robin at [e\\_uphoric@hotmail.com](mailto:e_uphoric@hotmail.com)



File Photo

## Bet on trouble from Internet gambling

By BRAD SLATER

Sports Internet gambling has gone from nowhere to everywhere in the last five years. One possible reason for this sudden rise is because you can see advertisements for it everywhere.

A college senior sits at his laptop. His wife is in another room thinking her husband is writing a term paper. Instead, he's on an Internet gambling website, where he's able to bet on virtually any professional or college sports event by charging the wagers to a credit card. His losses have reached \$25,000. His tuition money is gone, and he can't stop.

That's how one person I spoke with described his gambling addiction. The person who wanted to remain nameless put his addiction into these words, "Internet gambling is probably the most dangerous thing we've got going at this

time. It's available 24 hours a day. You can do it in your pajamas or your birthday suit."

No one can be certain just how big the industry has become, but government officials and industry insiders estimate overall losses on Internet gambling among Canadians and Americans will amount to more than \$5 billion this year.

That number is simply outrageous, but when you think about the TV, radio, and newspaper ads it's like we're being brainwashed. I can also speak of this, since I can sometimes spend up to \$30 dollars on Sports Select tickets with that famous line everyone uses: "I have so many tickets how can I lose."

Well, on your five tickets you spent \$20 dollars and have the unbeatable Sabres lose to the Leafs. Then the unstoppable Minnesota Wild loses to Nashville, and you're out twenty bucks. The reason they play the game is because any team

can win on any given night; and the ability to predict winners is harder each year.

That's why the online betting web sites have suddenly taken off. Instead of needing three teams to win in order to cash in you can simply just bet the Oilers over Columbus. You can put down whatever you want, and if the Oilers win then your wallet is full. I did a little bit of research to see what stars gamble and here's what I found out:

- Jaromir Jagr - in June 2003 the Washington Capitals but current Rangers hockey star admitted he ran up a \$500,000 debt betting on sports events five years before with the Belize-based CaribSports Web site.

- Don't forget that ugly scandal with Janet Gretzky and Rick Tocchet, which is still far from being over.

- Pete Rose betting on baseball has kept him from being inducted

into the Hall of Fame.

The problem is not going to go away, especially with stories like the woman from Ontario last week that had never watched a football game or gambled in her life. She went 13 for 13 on NFL Sunday and won over \$400,000.

Who's to say if it's right or wrong? If you're good at it and win then play, but if you can't then the creditors are going to love you.

If you find you can't stop, seek help.

It's not a problem for everyone if it remains fun and you're not blowing your tuition money.

Personally, I have won on Sports Select the last three Saturdays, so take a Toonie this Saturday and bet these games.

- Sabres over the Flyers
- Wild over the Kings
- Thrashers over Tampa Bay

I'll see you next week when we all have brand new cars!

### IMPORTANT NOTICE!!!

The NAITSA Annual General Meeting originally scheduled for Wednesday, November 8 has been rescheduled for Wednesday, November 22 at 5 p.m. in the Shaw Theatre.

We urge all students who pay NAITSA fees to attend!!!

**NAITSA**  
Students Serving Students




- Wide world of pro sports -


McGeough's retarded?




By JASON JONES

 Was it the worst call in the history of the NHL or the worst call in Oilers history? What MacTavish labeled as Mick McGeough's "spastic attack" and "retarded call" cost the Oilers at least a point, but remember how poorly the Oil played up to that point. They are struggling and have to pick it up.


Less than a quarter of the season has passed so far, but already Calgary is pretty much out of it. The Oilers can't let things slip away like the Flames did. They have to use Mr. McGeough's brutal judgment as a wake up call that they have to earn their victories, and not just get lucky in the final nine seconds.

 I know that nobody's watching the CFL now that the Eskos are done, but those weekend games were actually pretty entertaining. And even though the regular season was a cure for insomnia, the playoffs may be worth checking out.

 What is definitely worth checking out is the NFL every week. Who could've predicted Sunday's games: Detroit over Atlanta, Miami over Chicago, and what about that Colts-Pats game? It really lived up to the hype. That's probably the AFC final match-up.

In the NFC, who knows anymore? Can anyone believe in the

Bears after struggling against bottom feeding Arizona and Miami? I'm going with the Giants, who've won five in a row; and the Saints, who have the top rookie in the league - no, not Reggie Bush, it's Marques Colston. By the way, Mario Williams doesn't look like a stupid number one pick anymore does he now that he has 4.5 sacks, and Bush still has no offensive TDs.

 Does anyone care that the NBA has started? As of Sunday night there were only four undefeated teams left (Philly, Utah, New Orleans, and the Lakers). Philly's a surprise and so is L.A. because they won two without Kobe; but Utah is much improved and could win the weak Northwest division.

What about New Orleans? Why can't they do what their NFL counterpart has done? They've got the rookie of the year Chris Paul and the unheralded David West. Watch out for the Hornets - I think they're for real.

Best Bets

Who'd have thought that San Diego and New Orleans could essentially end Cincinnati and Pittsburgh's seasons in week ten? I think it'll happen. And don't forget about another memorable Sunday night, the Bears travel to New York to play the red-hot Giants.

The Oilers are on the road for five in a row. They have to win at least three of them to stay in contention, and they've played a lot of home games already.

Don't forget about the Edmonton Wildcats bid to win their first national junior football championship in 20 years. They play the Vancouver Island Raiders on Sat. Nov. 11 at noon.

- Around NAIT -

Big challenge for NAIT

By JASON JONES

It was a wild weekend for Ooks basketball as they played a week-end series with Grande Prairie. The men won the first game 103-90. Head coach Chuma Nwobosi said "It was bizarre. I don't think I've seen two teams shoot so well as they did on Friday night."

Brent Vriend led the way with a career high of 20 points. Steve Lamont and Arash Sharghi chipped in with 14 and 13 points respectively, while Scott Ironmonger and Aris Nunez-Ruiz both had 10. Sharghi was named player of the game, since all 13 of his points came late in the game in a timely fashion while they fought to hold off Grande Prairie.

The team wasn't as fortunate though in the second game. Coach Nwobosi concedes that "We played a tighter style of defense in the second half but had no answer for one hot shooter. We managed to hold their team to 35 points in the second half but the problem is that 20 of those points came from the same guy."

NAIT lost the contest by a score of 85-74. Scott Ironmonger was named player of the game as he was aggressive all night, and did a great job getting into the heart of their defense to create havoc.

The women's team also kept things with Grande Prairie close; but they lost both of them, 73-60 and 49-43.

The Ooks women's hockey team continues to struggle. They dropped a pair of games to SAIT, who's a pretty good team, 7-1 and



File Photo

4-2. The men faired a bit better, edging Augustana, 6-5 and 4-3, both in overtime. Scott Taje came up huge again, netting a hat trick in the second game. He and Cedric Duhamel-Flynn now have nine goals in the Ooks eight games.

What's going on with the 109 St. Challenge Cup? MacEwan is kicking NAIT's butt. So far the score is 2116 to 710 for MacEwan. Your next chance to participate isn't until December. It's going to take a lot to win the cup for the second straight year.

Best Bets

Men's hockey will face a stiff test against SAIT as they play a home series this weekend. They're home Sat. night at 7 p.m. The women have a rare week off and they'll try to find a way to get back on track after starting one and seven.

Both basketball teams play King's twice on the weekend. The home games are Sat. night.

The volleyball teams may have found the medicine they're looking for as Briercrest comes to town this weekend. Combined, Briercrest volleyball has only won one match so far.

I Volunteer!

Rm. E-133 Ph: 491-3966

NAITSA is looking for volunteers to act as greeters/security on Thursday, November 16th at the HP Centre between 3:00 to 3:45 at our Google Earth presentation. Please contact Shannon via email at [naitsavc@nait.ca](mailto:naitsavc@nait.ca) if you are interested in helping out.

Volunteers needed to support the successful execution of the NAIT Career Fair, a variety of positions and shift times are available. If you would like to help or just get your questions answered please contact the Student Employment of.ce in E 134 or by email at [careers@nait.ca](mailto:careers@nait.ca)

Child and Adolescent Services Association is now recruiting volunteers for the following positions: Academic Volunteer Mentor - ADP, Classroom Volunteer TIES, Assistant for Research/Program Evaluation. For more details please contact Barbara at 430-2654.


The Support Network of Edmonton is now recruiting volunteers who want to answer some really important phone calls as a Distress Line Listener. Volunteers must be 18 years of age or older, have a clear police information check & a child welfare check. Be willing to commit to required training and sign an oath of confidentiality. For more information about this rewarding volunteer role, please contact Janice Bell at 732-6648.

The Christmas Bureau of Edmonton is now recruiting volunteers for their up coming campaign. Volunteers are needed in the following areas to help make this year's campaign a huge success; we need outgoing and motivated folks to be on our Events Team. If you like to craft then the Children's Craft Corner is for you, are the details more up your ally then try our File Clerk or Certificate Stuffers roles. And finally, like to handle money for a good cause, Donation Desk Clerks are needed for mall locations around the City. More details about these roles are available from Lana at 414-7682 or on-line at [christmasbureau.ca](http://christmasbureau.ca)

Athletes of the week



Pearl Grabski  
Women's Volleyball Team



Scott Taje  
Men's Hockey Team

This week's Female Athlete of the Week goes to Pearl Grabski of the Women's Volleyball Team. The third year PFT student had a great weekend defensively for the OOKS picking up an astounding 31 digs over two matches. What makes this accomplishment even more remarkable is the fact that she did this hobbling on one leg. The Boyle, AB native has had a nagging leg injury that has limited her ability to play aggressively on the net. Coach Turner then moved Pearl into the Libero position and she has adapted quickly providing stability and leadership to her team.

This week's Male Athlete of the Week goes to Scott Taje of the Men's Hockey Team. The first year Telecommunications student had quite the weekend picking up five goals in two games. Even more remarkable was the fact that two of those goals were OT winners. The Wetaskiwin product impressed NAIT coach Terry Ballard, "Scott worked extremely hard on both ends of the ice. He led by doing more than just scoring."



# Trading places, network-style



NBC's broadcast team has given Sunday night football new life  
By JORDAN MAKSYMIC

With the 2006 NFL season already past its halfway point, a lot of things have remained the same from one year ago. The Colts are dominant, Chad Johnson has yet to find a player that can cover him (according to him, at least)and the T.O. Show is as entertaining and annoying as ever.

However, even with all of these similarities there are some things that have changed from last season. Ben Roethlisberger is struggling for the first time in his career, undrafted Tony Romo is the new quarterback of the Cowboys, and hey, Michael Vick can pass! Something else has changed, the league's two biggest broadcasts of the week, Sunday and Monday Night Football, have swapped networks.

To refresh your memory Sunday Night Football, previously aired on ESPN, has switched to NBC and Monday Night Football left ABC after 35 years and made the move to ESPN.

Now that they have been on the air for just over half of their inaugural seasons, I took a closer look at each of the new broadcasts.

Starting with the Monday night game, the crew over at ESPN had some tough shoes to fill after taking over the classic weekday broadcast made famous by ABC. The network decided to make Mike Tirico their play-by-play man, putting him in a booth with the always entertaining Tony Kornheiser, and ex-NFL quarterback, Joe Theismann.

There are no problems with Tirico so far and Kornheiser may not know football but he keeps

things entertaining. However the comments from the supposed football expert on staff, Theismann, have, at times, been comparable to that of an assistant peewee coach.

A few games ago he said "a quarterback's job is to get the ball into the hands of a receiver." Thanks Joe. A less than exciting schedule of games makes the new Monday Night Football on ESPN bearable, but nothing special.

As for NBC's first venture back to the gridiron since the failure that was the XFL, Sunday Night Football the broadcast has been fairly impressive so far. The first thing done right by those over at the peacock network was reuniting long time broadcast partners Al Michaels and John Madden.

Michaels is arguably the greatest play-by-play man in history, and love him or hate him, John Madden does know his football.

Another impressive point about Sunday night is the unique "flexible scheduling." This means for the last half of the season, NBC has the ability each week to pick what match-up they would like to broadcast in their primetime slot.

Along with "Football Night in America," the new pre-game show, NBC has created a very entertaining product.

Though Sunday Night Football may have a slight edge on the Monday night game, all in all, there is really not too much to complain about with either of these new broadcasts. And if you do feel like complaining, just think about one thing: At least you're not watching football on FOX.

# ACAC Standings

## MEN'S BASKETBALL(as of November 4, 2006)

North Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	8	8	0	16	732	565	4-0	4-0	W8
Grande Prairie	6	5	1	10	507	440	2-0	3-1	W1
Lakeland	6	4	2	8	462	486	2-2	2-1	W2
NAIT	8	3	5	6	611	619	3-3	0-2	L1
Concordia	6	2	4	4	436	434	0-2	2-2	W1
The King's Univ College	6	1	5	2	435	552	1-3	0-2	L2
Augustana	8	1	7	2	644	731	1-2	0-5	L5
South Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
SAIT	6	5	1	10	477	416	4-0	1-1	W5
Red Deer	6	3	3	6	458	450	3-1	0-2	W1
Mount Royal	4	3	1	6	321	287	2-0	1-1	L1
Lethbridge	4	3	1	6	327	320	1-0	2-1	L1
Briercrest	6	2	4	4	436	456	0-2	2-2	W2
Medicine Hat	6	0	6	0	414	504	0-3	0-3	L6

## WOMEN'S BASKETBALL(as of November 4, 2006)

North Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
MacEwan	8	7	1	14	612	438	3-1	4-0	W1
Grande Prairie	6	5	1	10	405	373	2-0	3-1	W4
The King's Univ College	6	4	2	8	413	388	2-2	2-0	W4
Concordia	6	2	4	4	344	361	1-2	1-2	W1
Augustana	8	2	6	4	495	605	1-2	1-4	W2
Lakeland	6	2	4	4	356	397	1-2	1-2	L3
NAIT	8	2	6	4	458	521	2-3	0-3	L5
South Division									
Team	Games	Wins	Losses	Points	PF	PA	Home	Away	Streak
SAIT	6	5	1	10	396	292	4-0	1-1	W1
Mount Royal	4	4	0	8	289	168	2-0	2-0	W4
Medicine Hat	6	4	2	8	405	315	2-1	2-1	W2
Lethbridge	4	3	1	6	293	189	1-0	2-1	L1
Red Deer	6	0	6	0	238	438	0-4	0-2	L6
Briercrest	6	0	6	0	241	460	0-2	0-4	L6

## MEN'S HOCKEY(as of November 4, 2006)

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
Mount Royal	8	7	1	0	0	14	55	23	5-0-0	2-1-0
SAIT	7	5	0	1	1	12	39	19	3-0-1	2-1-0
NAIT	8	5	3	0	0	10	34	37	3-1-0	2-2-0
Concordia	8	4	4	0	0	8	32	28	2-2-0	2-2-0
MacEwan	8	3	4	1	0	7	22	31	1-3-0	2-1-1
Augustana	9	1	5	0	3	5	28	52	0-4-0	1-4-0
Briercrest	6	1	4	0	1	3	19	39	1-1-0	0-4-0

## WOMEN'S HOCKEY(as of November 4, 2006)

Team	Games	Wins	Losses	Ties	OTL	Points	GF	GA	Home	Away
Mount Royal	8	6	0	2	0	14	27	14	3-0-1	3-0-1
MacEwan	8	6	2	0	0	12	39	19	3-1-0	3-1-0
SAIT	8	4	2	2	0	10	27	18	2-1-1	2-1-1
Red Deer	8	3	4	1	0	7	21	21	2-2-0	1-2-1
U of C	8	1	6	1	0	3	12	24	1-2-1	0-4-0
NAIT	8	1	7	0	0	2	18	48	1-3-0	0-4-0

## MEN'S VOLLEYBALL(as of November 4, 2006)

Blue Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	9	8	1	16	25	9	5-0	3-1	W7
Grande Prairie	8	6	2	12	19	10	3-1	3-1	W2
Red Deer	8	5	3	10	19	12	2-2	3-1	W3
Mount Royal	6	4	2	8	15	7	1-0	3-2	W1
Briercrest	8	1	7	2	7	23	1-5	0-2	L7
The King's Univ College	6	1	5	2	6	15	1-3	0-2	L2
NAIT	5	0	5	0	0	15	0-1	0-4	L5
White Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
SAIT	8	8	0	16	24	6	4-0	4-0	W8
Lakland	8	6	2	12	22	9	3-2	3-0	W2
Keyano	4	2	2	4	7	6	1-0	1-2	W2
Lethbridge	4	2	2	4	7	10	1-1	1-1	W2
Medicine Hat	6	0	6	0	7	18	0-4	0-2	L6
Portage	6	0	6	0	0	18	0-2	0-4	L5

## WOMEN'S VOLLEYBALL(as of November 4, 2006)

Blue Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
MacEwan	9	9	0	18	27	5	5-0	4-0	W9
Mount Royal	6	6	0	12	18	0	2-0	4-0	W6
Grande Prairie	8	5	3	10	16	16	2-2	3-1	W3
Red Deer	8	4	4	8	13	12	1-2	3-2	W2
The King's Univ College	6	1	5	2	6	15	1-3	0-2	L2
NAIT	5	0	5	0	4	15	0-1	0-4	L5
Briercrest	8	0	8	0	3	24	0-6	0-2	L6
White Division									
Team	MP	MW	ML	Points	GW	GL	Home	Away	Streak
Lakeland	8	6	2	12	20	9	4-1	2-1	W2
SAIT	8	4	4	8	17	14	3-1	1-3	L1
Medicine Hat	6	4	2	8	13	11	3-1	1-1	W1
Keyano	4	2	2	4	8	6	1-0	1-2	W2
Lethbridge	4	2	2	4	9	9	1-1	1-1	L1
Portage	6	0	6	0	0	18	0-2	0-4	L6

# 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, NASA, NAISA, CAMPUS SPORT & WELLNESS

For information call Campus Sport and Wellness 471-7713

Tickets \$10.00

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



# UP COMMING MUST SEE NAITSA EVENTS

NAITSA PRESENTS



**AARON PRITCHETT**

WITH  
AARON PRITCHETT  
&  
GUESTS

**FRIDAY, NOVEMBER 10TH**  
DOORS 8PM



**TICKETS \$20**  
AVAILABLE AT  
THE NAITSA OFFICE (E-131)  
& THE NEST  
- NO MINORS -

NAITSA CANADIAN ROCKS THE NEST

**MR. LAHEY and RANDY**  
from **THE TRAILER PARK BOYS**

**\$20**

**FRIDAY, NOV. 17**  
**AT THE NEST**

DOORS @ 8PM


Available at the NAITSA Office  
& The NEST

NAITSA CANADIAN ROCKS BEAR

## FREE EVENTS YOU DON'T WANT TO MISS

- THURSDAY, NOVEMBER 16

NAITSA Presents



*The Talk Sex Tour  
with Sue Johanson*

**Thurs. Nov. 16**  
11:15am - 1:10pm  
NAIT GYM - main campus

**FREE**  
drop in anytime

NAITSA

NAITSA & NAIT invite all staff & students to a  
**FREE PRESENTATION**  
with  
**MICHAEL JONES**  
CTO OF **GOOGLE EARTH**

**Thursday, November 16**  
**3PM - 4PM**  
HP Centre/Bytes Lounge

REGISTER ON-LINE AT:  
[www.naitsa.ca](http://www.naitsa.ca) Limited Seating Available

**What is Google Earth??**  
Google Earth combines satellite imagery, maps and the power of Google Search to put the world's geographic information at your fingertips.  
<http://earth.google.com>

Presented in cooperation with NAIT's GIS Earth Day 2006

NAITSA NAIT









Treat your friends to breakfast in bed.



**\$1.39**  
PLUS TAX

Sausage McMuffin<sup>®</sup> breakfast sandwich\*  
or Coffee & Muffin

*it's got people talking.*

\*Available during breakfast hours only. At participating McDonald's<sup>®</sup> restaurants. ©2006 McDonald's

