

GOT YOUR COSTUME YET?

# THE NUGGET

Thursday, Oct. 19, 2006  
Volume 44, Issue 7

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## HOUSE WARMING

Thousands flock to NAIT for annual Open House. See story, Page 6.



**TRICK OR TREAT:** Rayanne Forbes, who is in the RTA Program, gets a head start on Halloween. She might be a big for trick or treating but hey, we're all suckers for candy.

Photo: Stacey Douglas

## The Nest

### UPCOMING EVENTS

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

### OKTOBERFEST AT THE NEST WITH THE EDMONTON OILERS

GET YOUR OILERS FIX AT THE  
NEST WITH THE FOLLOWING  
GAMES:

MONDAY, OCT. 23 @ 7PM OILERS  
VS. PHOENIX COYOTES (HOME)  
THURSDAY, OCT. 26 @ 8PM OILERS  
VS. PHOENIX COYOTES (AWAY - PPV)  
PPV = PAY-PER-VIEW BROADCAST

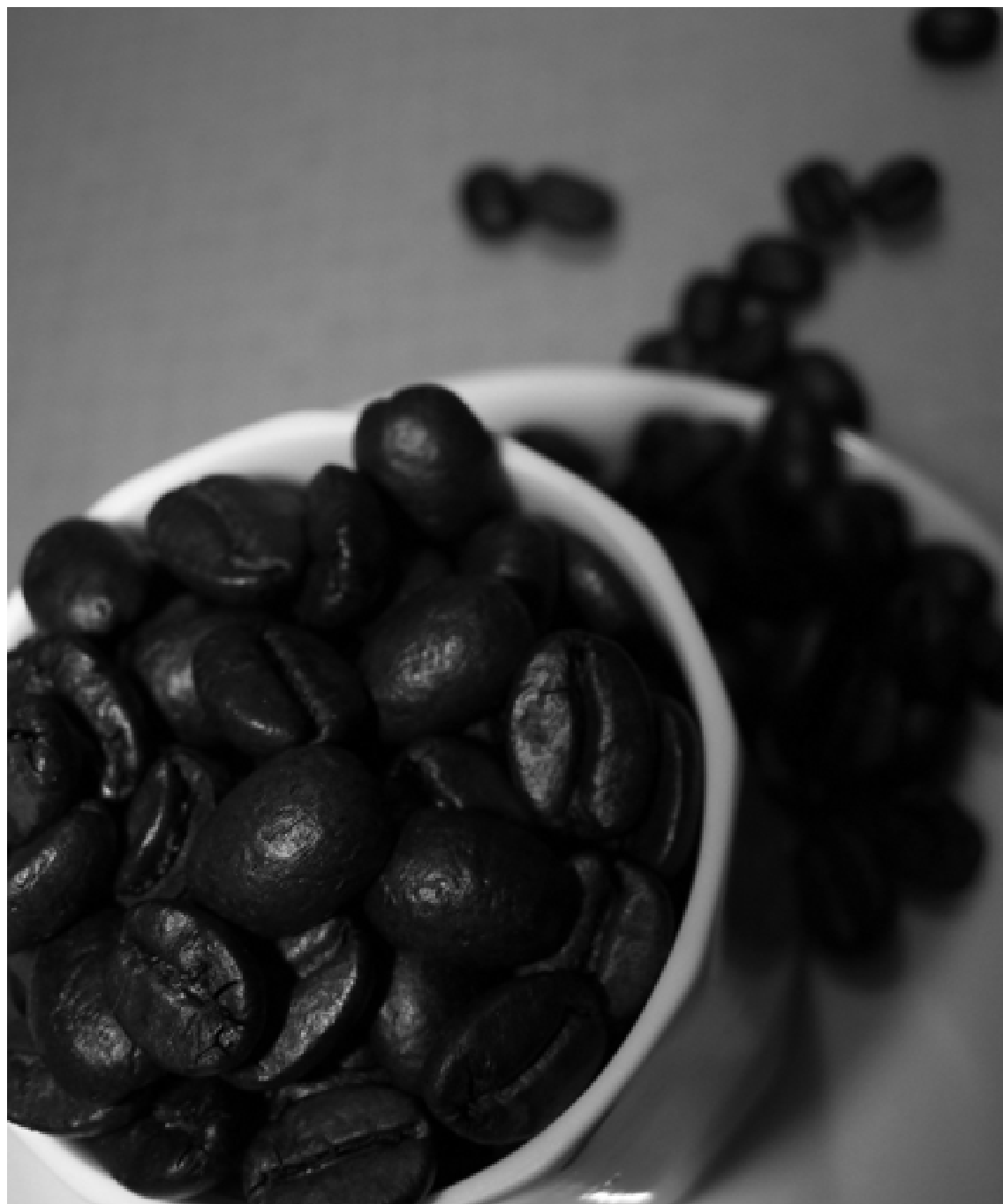
DON'T MISS YOUR CHANCE TO WIN 2 TICKETS  
TO OILERS HOME GAMES 1 HOUR BEFORE  
THE GAME!

OCTOBER 31ST - MARIE BRIZARD PRESENTS  
THE "VOODOO HALLOWEEN PARTY" WITH  
PSYCHIC DAN VALKOS & NAME THAT TUNE  
•DRINK SPECIALS, COOL PRIZES AND PRIZES  
FOR BEST COSTUMES

4:00 PM AT THE NEST.

# NEWS & FEATURES

## Caffeine: The Legal Drug



File Photo



By JUSTIN FRANCIS

Imagine it's 7:25 a.m. your eyes are barely open, and your posture is that of a zombie. You have a midterm in 35 minutes and you were up all night studying, hoping to do your best on this exam. I'm not sure about you but I know for myself the first thing I would think of is "I really need a coffee."

Luckily we have many choices of coffee to choose from across the NAIT campus. With many choices come decisions of what type of coffee you should get. As a coffee lover, I hope to help you choose the best one to give that extra kick to start your morning.

First off I will educate you on the benefits of coffee. Caffeine stimulates your brain, improves performance of simple tasks and postpones fatigue. The caffeine's effect hits you in about half an hour and metabolizes in about four hours. Studies have confirmed that in moderate consumptions coffee is actually a high source of antioxidants, which can help prevent cancer, heart disease, and even increase the immune system's efficiency.

As for your choices the two major ones are brewed coffee and espresso drinks. I find we have the most variety, and fresher, higher caffeinated drinks at our common market. Here, for brewed coffees, you can choose anywhere from a light to dark roast.

Remember that darker roasts are richer in flavor but actually have less caffeine, because the beans are roasted much longer to achieve that smooth taste. Lighter roasted beans are often flavored to make up for the bitter, higher caffeinated taste.

Espresso drinks are based on brewing a small amount - a shot - of very hot water under high pressure through a small amount of finely ground espresso beans. At the Common Market you have three choices.

**Latte:** A mixture of espresso shots and steamed milk, usually served with a small amount of the steamed milk's foam on top. This is usually the best choice taste wise, and no extra milk or sugar is necessary.

**Americano:** A mixture of espresso shots and hot water. The word derives from the Italian word for American - because often Americans did not enjoy the bitter taste of their straight espresso and had to water it down. This is a very strong drink, adding milk or sugar to this drink is very common.

**Cappuccino:** No, I am not talking about that wonderful drink from Timmies. The original cappuccino is a mixture of 1/3 espresso, steam milk, and foam. This drink is slightly stronger tasting than the latte and is easier to drink faster.

Now that you are up to par with the wonderful benefits and choices of coffee I feel it is important that you also know the health risks of consuming too much coffee. Caffeine increases the amount of gastric acids in your stomach. An excess of these acids can make you less hungry and possibly at extreme amounts cause stomach irritations and ulcers.

Caffeine also increases calcium loss in your urine which can be harmful for your bones over the long term. The healthiest way to enjoy that extra caffeinated boost in the morning is to make sure you eat a proper healthy breakfast and make sure you get plenty of milk and vitamin B12 to help with that calcium loss.

Pleasant drinking and good luck on your midterms.

affixthestars@gmail.com

- Health Fx -

## The Runner's high

By STEPHANIE TOFFOLO

You've heard about it and some of you may even have experienced it, so what exactly is "runner's high"?

It's caused by endorphins, natural opiates in the body, which create a feeling of euphoria. As one runner put it, "I would equate it to two Red Bulls and vodka, and three Ibuprofens!"

On that note, when you envision running you probably fall into one of two categories: either you love it or you hate it. Sometimes it is even a love/hate relationship.

But what makes people love it, and what makes people who hate it keep doing it? There are as many benefits of running as there are reasons that runners run.

It may be to lose weight or get

fit. Perhaps they run to stay healthy and happy. It could even be a way to meet people or to compete with themselves or others in races.

If you've ever entertained the thought of going on a run only to have given into any one of the many excuses (it's too hot, it's too cold, I'm tired, I don't want to go alone, or I'll start tomorrow) then it's time to get involved.

The Running Room has free weekly practice runs/walks that meet and depart from all five Edmonton locations on Wednesdays at 6 p.m. and Sundays at 8:30 a.m.

Practices are open to all runners and walkers, and the various groups are sent out under the leadership of pace group leaders.

It's a great opportunity to get in shape, and meet new friends while learning the art of motivation!

The Running Room also offers a wide range of clinics that cover topics ranging from nutrition to fitness assessment, as well as offering personalized training programs focusing on technique and conditioning.

For those ambitious types who have your sights set "high" check out the clinics that will help you to prepare for half marathons, marathons, and even triathlons!

For more information, locations, and local events check out [www.runningroom.com](http://www.runningroom.com).

See you at the finish line!

s\_toffolo@yahoo.com

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)



# We're violent in Alberta



by ERIN MASTRE

Statistics Canada says in a report released last week that Alberta is the most dangerous province for a woman to live in. The numbers were based on a 2004 survey, which read that 10% of females in this province face violence such as physical and sexual assault, stalking, and spousal homicide.

One of the reasons provided as explanation in this trend was Alberta's booming economy, and the added stresses it provides.

How does a booming economy contribute to an abusive relationship?

David Appell, a counselor here at NAIT, said that it makes sense. People from all over Canada are now calling Alberta home.

When people move they temporarily lose their immediate support network.

“

...10% of females in this province face violence such as physical and sexual assault, stalking, and spousal homicide.

”

“There is more of an inclination to feel trapped,” Appell says, adding that “the stress of moving introduces high stress into a relationship.”

When something is wrong, the same resources are not available and so the problem escalates.

NAIT has over 17,500 students in both apprenticeship programs and full-time studies. Many of these people are from out of town themselves.

Not only are they away from home but they also are under academic stress. When there is a period of chronic stress “any issues around violence can escalate” Appell noted.

Because students are constantly exposed to a variety of stress factors, it is important to manage those factors and know that help is available.

Many of these same students are also holding part-time jobs filling a plate that is already full.

From a counselor's point of view it is important to find an outlet for the stress. Appell suggested activities like talking it out with someone to exercising, and remembering to take time out for oneself now and again.

“Realistically removing some of the demands, and getting coping mechanisms in place is key” he says.

There are now Internet sites devoted to determining your stress level, so that if you have doubts you can see for yourself where you sit on the stress wheel.

It may also be useful to look up relaxation techniques in an effort to soothe one's mind now before it boils over, or before someone else takes the brunt of it.

For the women facing abusive relationships, and even men who find themselves in similar situations, help is available. While NAIT does not have a direct support network, Counseling Services are available to students. The number is (780) 378-6133.

There are also services offered through the Support Network, many of which come at no cost, and can be found at [www.thesupportnetwork.com](http://www.thesupportnetwork.com) under “Resource Lists.”

NAIT's Counselling and Career Services will also be offering a Stress Management workshop on Thursday, Jan. 18, 2007 at 11:15 a.m. or 12:15 p.m. in Room X203.

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Students Serving Students

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**The Nugget encourages submissions.**

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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.

## NAIT needs tutors!



By SHANT CHAKMAKIAN

Want to make money? How about \$10 an hour for tutoring someone in a course you are proficient in, or do you need to be tutored in a course you are struggling with?

Either way, the Student Counseling office in W111PB can help you in more ways than one.

According to Joanne Peets “we have the peer tutor program for students who are doing well in their respective course(s) and are asked to come to W111PB to sign up to be a peer tutor.”

Peets mentions that “there is a three- page application to complete. Also I need your transcripts. You only need a 75% or better in any course to tutor it.”

Unfortunately there is a shortage of tutors. “Mainly we are lacking in the engineering and business programs such as: Biomedical, Computer Engineering, Network Engineering, Business Administration, Accounting, Finance Management and there is always a need for the programs within Pre-Tech.”

[shante@shaw.ca](mailto:shante@shaw.ca)

## 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.

*Come if you dare!*

READS & NEEDS

*Costume Party*

*Halloween, Oct 31*

Wear your Halloween costume to the bookstore and receive 20% off NAIT logo clothing and giftware and a ballot to win a \$25 gift certificate!

\*regular priced items only



# Go from Pole to Pole



By STACEY DOUGLAS

In 2000 the first "Pole-to-Pole" Journey took place. It saw a team of young adults, ranging in age from 18 to 28, traveling 35,000 kilometers from the North Pole to the South Pole through the Americas.

While trekking the Earth, using either human powered or wind powered modes of transportation, this group stopped to help various communities along the way.

Whether planting trees in L.A., or serving meals to those living in poverty in Lima, "Pole-to-Pole" provides the inspiration and ability for millions of the world's youth to take initiative and create concrete, positive change in their communities and around the world."

This April a team of 24 will again travel 35,000 kilometers, through Europe and Africa from the North Pole through to the South Pole. Scott Gluck, a NAIT alumnus, will be a part of it.

While working as a reporter in Fredericton, N.B., Scott was listening to the radio between interviews when he heard the founder of Pole to Pole, Martyn Williams, on CBC, "As stupid as it sounds, it was like time stood still for me while I listened to this incredible idea. I

began the application process that night."

"Coupling the adventure with the chance to create some positive change in the world was a combination that really appeals to me at this stage in my life," says Scott explaining his immediate attraction to the Pole to Pole Institute.

Scott expects to

be traveling for more than half a year, but is unsure if it will be in Europe or Africa.

The expedition is split into two groups. The first group begins at the North Pole traveling south to Mt. Kilimanjaro, where two members from the initial group will continue on with the second group towards the South Pole.

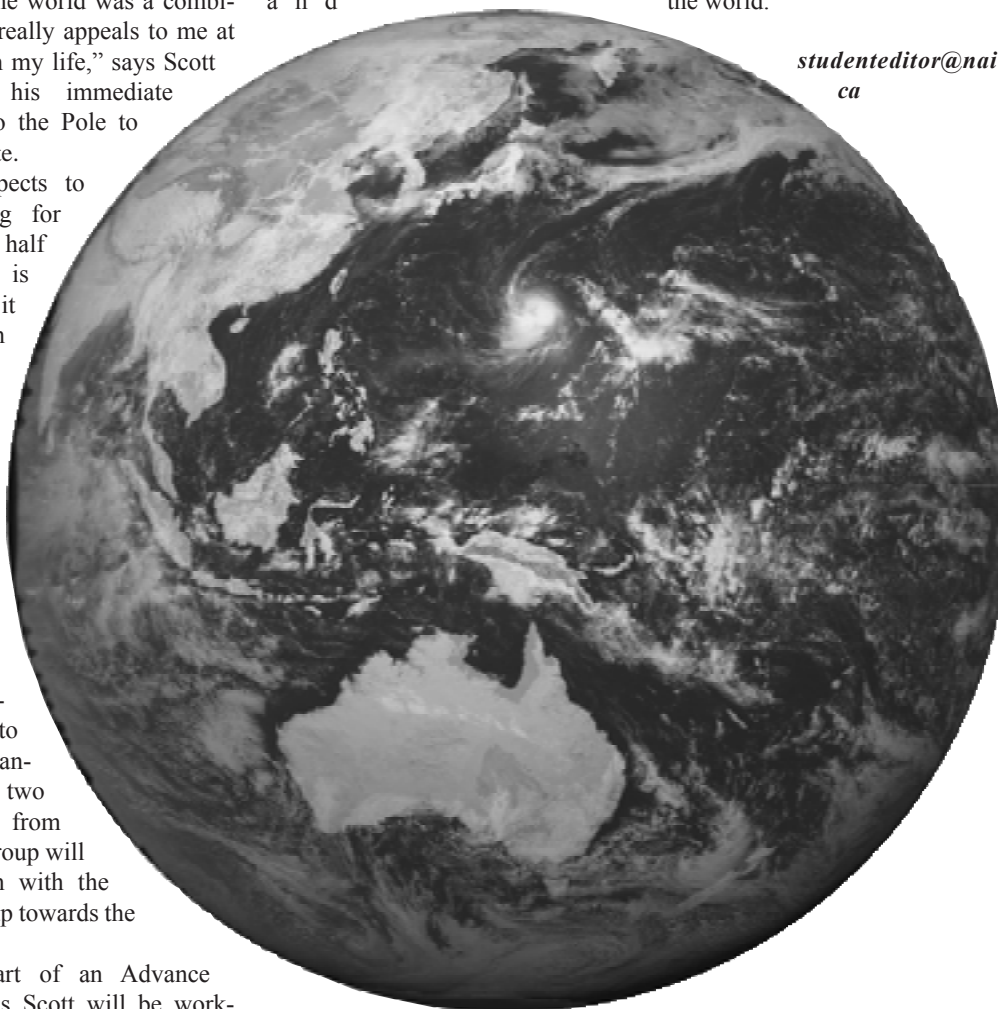
Being part of an Advance Team means Scott will be working on a charitable program in a community for six to eight months. The Expedition Teams will stop in on the Advance Teams as they travel southwards to help with the projects.

While the Canadian representa-

tive, Eric Welscher-Bilodeau, for the Expedition Team has been chosen, Pole to Pole is still looking for young adults to join the Education

and to Tanzania and do my own thing I could, but Pole to Pole is a chance to satisfy your 'traveler jones' while you do something positive in the world."

studenteditor@nait.ca



Advance teams.

The deadline to apply is Dec. 23, so if you're interested log on to [www.poletopoleleadership.com](http://www.poletopoleleadership.com).

As Scott says, "If I wanted to go

## NAITSA Volunteer Centre helping those in need



By LISI MONRO

Nugget Student Issues Editor

In continuing with the Christmas Bureau's 66-year-long tradition of helping Edmonton families throughout the festive season, the NAIT Volunteer Centre is teaming up with the local charity to help in delivering festive meals and services to countless Edmontonians this December.

Though the Christmas Bureau's annual fundraising, dollars have normally peaked around the \$1-million mark, this year the organization needs to raise 1.3 million in order to match the donations and hampers delivered out to Edmonton families in Christmases past.

Volunteering opportunities include, working at children's craft corners and at the donations desks, working as file clerks, certificate stuffing, being part of events teams and helping out with so-called walk-in days - where Edmonton families are able to apply for special help during the holiday season.

This is a great opportunity for students to get involved on their own terms as well. The Christmas Bureau suggests that Edmontonians can start their own fundraising initiatives for the charity - including setting up their own events such as 50/50 draws and Christmas gift exchanges.

Any additional information can be found at [www.christmasbureau.edmonton.ab.ca](http://www.christmasbureau.edmonton.ab.ca) or by visiting the NAIT Volunteer Centre in Room E 131 by the NAITSA office.

studentissues@nait.ca

### 2006/2007 Shinerama VIP Card



A must have in your wallet for CRAZY discounts at 13 local bars (including The Nest, all Hudsons locations, The Standard, Iron Horse and more!).

Available at the NAITSA Office Rm. E-131 for only \$10 or visit [www.naitsa.ca/shinerama](http://www.naitsa.ca/shinerama) for more information.

## United Way



### NAIT United Way Silent Auction

Friday, October 20th  
9:30am to 3pm  
South Lobby - Main Campus

Build your own baked potato served with chili and a pop for \$5.00  
11am to 1pm

It's not too early to think about Christmas! Bid on a fantastic selection of items: apparel from LuluLemon, a signed & framed Wayne Gretsky print, unique jewelry & watches, gift certificates, iPods and more!



# OPINION

- Editorial -

## Dangerous control of media

The Internet's once seemingly independent display of information is quickly being dissipated by major corporations purchasing popular websites.

This past week YouTube was purchased by Google for the hefty sum of \$1.65 billion. The website started by Chad Hurley, Steve Chen and Jawed Karim to showcase short films and such, became so influential that the most used search engine, Google, decided to acquire it.

As well, MySpace was purchased by News Corp. for \$580 million last year. Interestingly, on Aug. 8 Google paid \$900 million to have advertising as well as a Google search engine on MySpace.

This is comparable to the media convergence found in more mainstream outlets like newspapers, television, and radio.

In our city, the Edmonton Journal and Global TV are owned by CanWest Media, while CTV and CityTV are owned by Bell Globe-media. Two companies own our three major television stations as well as a daily paper. It doesn't exactly scream independence or objectivity.

Ideas, and especially the mediums that they are shared in, are hot commodities.

It is disturbing that our media outlets are controlled by a very powerful few; if the 'medium is the message', then it's all about the dollar. When we read the paper, watch the news, or log on to a website usually we are inundated with advertising.

For example, if you listen to the 630 CHED broadcast during their traffic update, the car sponsoring that segment can be mentioned up to three times. In trying to inform ourselves we become consumers, and the large corporations control our minds so we will buy their products.

"Two companies own our three major television stations as well as a daily paper."

However, is this really that different from the past? In early 17th century Britain, when newspapers were beginning to develop, they were seen as a danger to the monarchy's position. Their content was controlled.

An extreme example is Joseph Goebbels' work for the Nazi government, and his adeptness at creating propaganda.

Woodrow Wilson, the United States' president during WWI, hired Walter Lippman and Edward Bernays, two experts in the nuances of propaganda, to persuade popular opinion to favour entering the war on the side of Britain. Although they were shut down, it was very effective in changing the country's opinion regarding WWI.

The early 20th Century also saw the Harmsworth brothers, the Berry brothers, and Max Aitken own most of the print publications in Britain. Three groups owned the majority of newspapers in one country, which is not unlike Canada today.

Admittedly media allows for a discussion and distribution of ideas, but it is naïve to believe that it was ever independent from those in power. Whether it is government or business we are subject to what they want us to know.

It's depressing, but it does not mean that we stop reading, listening, observing and thinking. Compare, contrast, search, and question; because it is all we can do in trying to figure out what is happening in our world today.

studenteditor@nait.ca



## Practicum was unimpressive

By ERIN MASTRE  
Opinion Column

The first week of October was my week-long work experience practicum. Being a Landscape Architecture Technology (LAT) student, I was placed with a large firm in their landscape architecture department in Calgary.

Going in I wondered what I could possibly learn in only five days.

As it turns out I did not learn a whole lot. I applied many techniques and exercises from school and I did get to see the inner workings of a large office (being situated in one of six cubicles out of who knows how many, how could I not)?

They say that many students find a job or an avenue to a future job during these things. I accomplished neither but at the same time realized the kind of work I do not want to do, which made for an odd

sort of experience.

I was given my contact's description my first day of work. On Day 2, I passed by him in the hallway, and he did smile at me but walked away.

By the end of the five days, I still had not met my contact person. He, I was told, was very busy. After my second failed attempt at meeting this man I realized it must be true.

My temporary colleagues were very helpful, and the person looking after me even more so. He found work for me when I ran out, and made sure I at least had something to do. Although I did not fully know what was expected of me, I at least knew who to go to when asking my questions.

One afternoon I was sent out to attend site visits of projects currently underway. The two women I was with never left their vehicle – apparently due to the high heeled

nature of their shoes and recent poor weather.

We visited five sites, drove around them, and never left the car until we returned to the office. I thought all of this very strange.

When I inquired about wages, I was blatantly refused answers. No one would disclose a figure close to what they made. I think, I deciphered that wage is based on productivity.

Although I learned some new features about AutoCAD, I do not want to sit in front of the computer forever, especially if I am only fixing up someone else's mistakes.

I would rather make my own mistakes, fix them myself, or have someone clean them up for me. So I finished my practicum and though short-lived, I returned to school with renewed vigor to meet my new goal.

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

**NAITSA Annual General Meeting will be held on Wednesday, Nov. 8 at 5pm at the Shaw Theatre. Please note that the AGM is open to ALL students who pay NAITSA fees.**

**NaitSA**  
Students Serving Students



# NAIT Open House a hit!



By SHANT CHAKMAKIAN

Whether you were at the NAIT open house or not, it was definitely a hit. This seemed to be one of the most successful open houses we have had to date according to many participants.

The patrons of the open house ranged from 14-year-olds to 40-year-olds. I had the opportunity and honor to welcome the high school kids on Friday as they came to visit.

I distinctly remember telling them all, "It may be great that today is a day of no academic related learning, but today you will learn the educational and occupational related options you have in life, because at NAIT we work hard and play even harder!"

And though many of them didn't exactly understand what I meant,

I'm sure most of you do. From our intense programs that may almost seem unbearably heavy at times, to the hard partying of Ookfest here at NAIT we git' 'er done!

And as I worked, I saw that no one in this institution was exempt from duties; from the instructors to the administration, and down to many of the students - we all gave 'er.

Even Dr. Sam Shaw, our NAIT president, personally oversaw some of the operations.

Of course you don't need to ask him twice - our NAITSA president, Jon Hoffman, personally greeted each and every patron that came here from any school on Friday.

It's clear that our institution is not only among some of the elite in the country, but has some of the most amazing people working for it and learning in it. As I told each and every high school kid I talked to how much NAIT would change their lives, I realized how profoundly it had changed and became so much a part of my own.

shantc@shaw.ca

# - Opinion - No fan of the bus



By JONNY FIVE

I think the wisest thing anyone has said to me regarding the clientele of the Edmonton Transit System is that it is comprised of "anyone with \$2." I can think of no better way to describe my experiences this year riding the bus.

Perhaps I should explain. You see, up until attending NAIT I had a full time job, which I commuted to in my car everyday.

I have had my own car since I was 16, and I'm...well let's just say significantly older than that now.

As a result, I have been very spoiled in terms of never having to utilize Edmonton's public transit. That is, until I came to NAIT.

I decided to not worry myself with the Sisyphus-like task (he was the guy who had to roll the rock up the hill for eternity) of trying to find parking around here or to continue getting molested by car insurance payments.

Instead, I made what I considered the responsible decision to buy a bus pass and take the bus to school. No longer would I be among the fossil fuel slaves, nor would I contribute to killing my future kids' planet.

I was making a good decision, but as it turns out I am a complete idiot. The term "freaks" doesn't even begin to describe the horrors

I have seen. It's like stepping into the Mos Eisley cantina every day.

And maybe it's just me, but being forced to grind with a 300-pound man, who smells suspiciously like spoiled cabbage, is not exactly the best way to unwind after a tough day at school.

It's not my way anyway. If it's yours, then I suggest the #9 north-bound at around 4:30 p.m., or perhaps the young gentleman I happened upon the other day is more your style.

He was your typical "I'm so dark and disturbed" Goth kid. Typical except that he periodically took out a black felt marker and drew upside-down demon faces on his hands - really badly.

Then, as he got off the bus and walked away, he held up the backs of his hand to the bus in what can best be described as a salute.

He may very well have been casting some sort of evil spell on the bus for all I know, but I'm betting he still doesn't have that elusive girlfriend he's been wishing for.

I'd also like to take this opportunity to thank the kid that bumped me the other morning spilling my coffee all over. It's very classy to not even turn around to acknowledge something like that.

People say that the real heroes are the police or the fire department, but I will gladly go to bat for the bus drivers in that argument any day. These selfless champions deal with the lowest common denominator of society all day, every day. They're like garbage collectors except the garbage can talk.

I hear rumblings that there are going to be parking discussions soon by the Powers That Be. Let's hope that they build a bunch more



Vintage ETS

spaces.

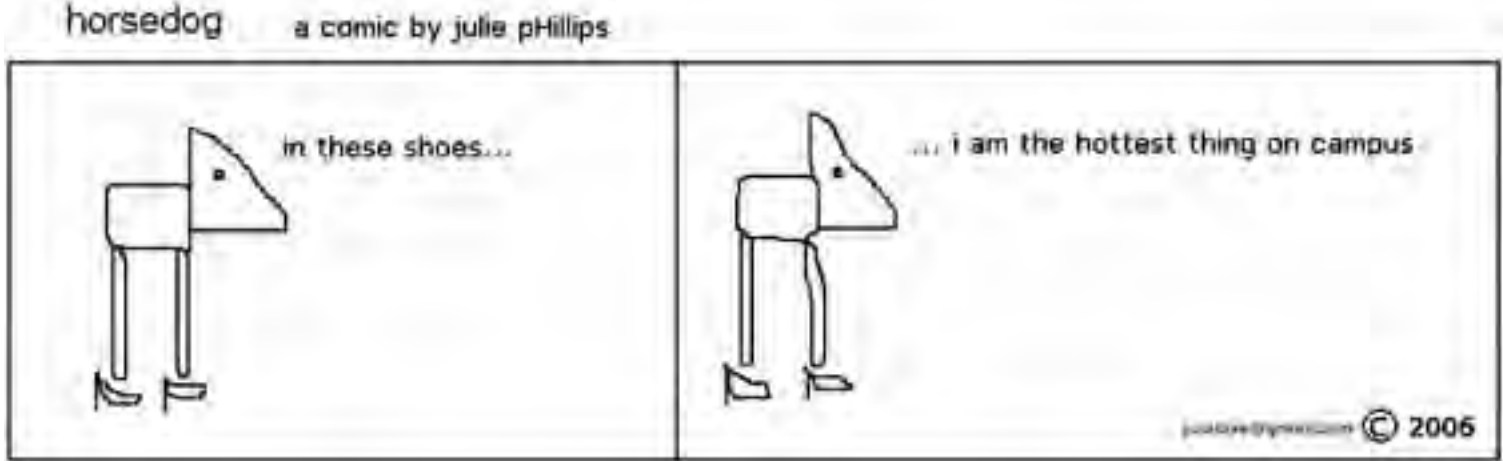
That will remove parking as a reason for anyone deciding to take the bus to NAIT in the future, and if we can save one person it will all be worth it.

I got into this thing with the best of intentions...but the more days I ride the bus the lower my faith in humanity goes.

Frankly, I don't think I can take it much longer. Sorry future kids, it's just not worth it.

To contribute to my "Get Me the Hell Back in A Car" fund for insurance, gas, and parking, or for any other comments/questions, send your emails to: [jonny5inthenugget@gmail.com](mailto:jonny5inthenugget@gmail.com)

# - COMICS -





NAITSA PRESENTS...

# WAKE THE DEAD

HALLOWEEN PARTY

with...

## DEFAULT

& GUESTS AT THE NEST

### SATURDAY OCTOBER 28

DOORS 8PM

**TICKETS \$20** AVAILABLE AT THE  
NAITSA OFFICE (E-131)  
& THE NEST

Best Costume wins **\$1000 CASH**

 **NAITSA**



DR. BRIAN PARKER



- A Voyeuristic View Into Canada's Dorm Rooms -

## Ask the Sex Doc:

Dear Sex Doc;

Okay, I'm not neurotic or anything, but I'm sure my boyfriend is cheating on me. He's being really weird with me and it doesn't seem like he likes me anymore. I've seen him with some of his girlfriends and I swear they are talking about me behind my back. How do I know if he is cheating?

Only Slightly Neurotic at NAIT

Dear Only Slightly Neurotic at NAIT;

So you think your guy is diddling the neighbour, his ex, or your sister? You never know, he may be ball deep in some hotty, but you'd better not accuse him of riding the town bike till you get all the facts.

Many guys do cheat – 21% admit to cheating on their partners compared to only 11% of girls. There are many reasons for this, but basically, it's easier to be a dick when you've got one.

Proving your dude is sneaking around isn't always the easiest thing to find out, but here are some signs that might help you discover if your boy's been getting his willy wet elsewhere.

The most common sign he's found another playmate is when he becomes disinterested in banging you. He will probably seem emotionally distant in and out of the bedroom and stop pawing at you like a sex crazed lunatic.

When a partner moonlights their daily routine generally changes. So, if your dude's suddenly saying he's 'studying' at the library till midnight every night, you might want to pop by to make sure he ain't learning about the internal anatomy of some girl's precious.

And OSN, if your guy is acting suspicious, he might be double dipping. If he has a hard time looking you in the eye, you'd better run cause he's no doubt hiding something from you.

Has he accused you of getting pounced by someone else? People who play musical beds often do this to try and hide their guilt and shame and to send blame elsewhere.

If your guy suddenly starts to take better care of his appearance he might be laying pipe down the road. So, if he's all-of-a-sudden trimming his unruly bush, there's probably another set of eyes on his twig and berries.

OSN, the most important thing to do in this situation is to listen to your gut instinct. If your gut is telling you his wiener smells like someone else's love juices, you'd better confront him.

These are some of the signs, but many of these can happen naturally in the course of a relationship. So OSN, the only way to really find out if he's visiting another beaver dam is to ask him.

Don't go off the handle and say something like "you scumbag, I know you stuck it in some dirty skank this weekend. If you're cheating on me I'm gonna wax your pucker hole!"

Try to be a little less accusatory. Say something like "I've noticed you've been a little distant lately. Is there something you'd like to talk about?" You could add, "are you happy with our relationship?"

You might get an answer, but trying to get most guys to talk about relationship stuff is about as much fun as having a raging case of crabs.

He might not tell you the truth, so you're gonna have to listen to your gut instinct. Remember, relationships are built on trust and open and honest communication. If you don't have this, you might want to move on.

And, to be honest OSN, if your guy is good at covering up his 'dirty dick' tracks, you might not really know he is cheating on you unless you catch him with his pants down.

So OSN and all you students out there, it is important to always use condoms with your partner even if you 'think' you are monogamous. Since 16% of people cheat, your partner might be bringing lots of nasty STIs into your relationship from their outside tricks.

And, as an aside for all you students out there who want to screw the entire men's volleyball team or women's swim team (or both if that's your fancy), don't be a dick or a pussy.

If you want multiple partners or an open relationship be honest with your partner. If they are willing to go along with your sexual merry-go-round, cool. If not, find a partner who is.

And remember, if you play, play safe.

*Dr. Brian Parker is a clinical sexologist and sex educator and does entertaining and enlightening sex toy parties in the Edmonton area. To find out more visit the parties section of his website [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.*



### Instalment #2

## - Choose your own adventure -

By BRENT CONSTANTIN

You sink your teeth into a huge marshmallow shaped like your mother's face. You try to bite down, but your bottom jaw falls off and shatters on the floor like a ceramic plate.

A bird lands upon your back and begins to peck incessantly at you. You swat at it but your but your hands change into fog.

"Doctor, wake up! Wake up!" The bird says in a voice oddly similar to your assistant, Jennifer.

Wait a minute! It is Jennifer!

You open your eyes slowly, and try to lie as still as you can hoping that she'll go away.

"Sir! You have to get up! The entire station is on lock down! What's going on?" Even beneath the pile of jackets that you're hiding under you can sense the panic in her voice.

"It's Skipjack! The Major's finally going to shut us down! We're finished!" You sob gently, rocking back and forth on the floor, "Mankind will never know the glorious wonders of space!"

As you pull yourself out from

your fabric nest a look of disgust is spread across Jennifer's face.

"Jennifer," you stammer, "even with the Dolphin Space program gone we can still be together. Don't think I've never noticed the way you look at me."

Jennifer pushes you away and takes a step back, "Doctor, isn't there anyway to save our research?"

"You're right," You say firmly, "We need to protect our findings. They may shut us down, but I'll make sure that those bastards never take a thing from me."

You move to your desk and find a bottle with some liquor still inside, "Things are about to heat up in here Jennifer!"

Taking a swig of vodka you swallow a handful of pills and pour the remnants of the bottle onto the computer processor. A smile creeps onto your lips as you throw down a match.

"Look at it Jennifer! This computer houses all of my findings from the past 10 years, and the master copy of Windows Office Edition. It will be decades before the fools can get back up this level

again!"

"Doctor," Jennifer yells, "That fire's out of control, it'll kill everyone in the compound!"

"Pish-Posh Jennifer!" you say, staring intently at the flames, "I'm sure that my staff was replaced years ago with spy robots."

Jennifer tries to run, but you grab her around the waist.

"You're right!" You say that, deep in thought as Jennifer struggles against you. "We have to escape! But which way should we go?"

**Choose your adventure, now.**

If you try to get to your escape vehicle through the main halls, e-mail "main hall" to [bconstantin1@ookmail.nait.ca](mailto:bconstantin1@ookmail.nait.ca).

If you want to try to disable the security system e-mail "security" to [bconstantin1@ookmail.nait.ca](mailto:bconstantin1@ookmail.nait.ca). (By majority most of you voted last time to sleep under your desk until your problems fixed themselves).

## Student Business Plan Competition - 2007



The CEFE (Centre for Entrepreneurship & Family Enterprise) Student Business Plan Competition is a community building initiative designed to encourage entrepreneurship amongst post-secondary students in Northern Alberta.

**1st place winners  
receive \$6000 &  
\$2000 for runner-up**

Registration Deadline is Friday, Oct. 20th at 5pm. Visit : <http://www.bus.ualberta.ca/entrepreneurship/> for details or to download a registration form.



# STUDENT POLITICS

## - NAITSA Senator Q&A -

# Senator Brent sounds off



By LISI MONRO

LM: As a student in Radio/Television, are there any issues pertaining to your program or that directly involve your program, that you feel the need to being up within the Senate?

BC: Right now I think the main issue in the RTA program is the lack of good-looking people in the industry. Over the past few years there has been a serious decline in the number of attractive young people entering the program, since Alberta's economy will let kids straight out of high school make ridiculous amounts of money up north in Fort McMurray prostituting.

Honestly I couldn't speak for the Television side of things, but something that I'm trying to look into is the expansion of our campus radio station NR92.com. Right now we're playing outside of the Radio Booth in V-Wing, in the South Lobby, outside of NAITSA and sometimes at the Reads and Needs.

We'd like to be a larger presence at NAIT, with NR92 playing every place the students are. Hopefully we'll be able to table something in the Senate that will help our expansion, but right now you can all listen at home, at NR92.com (my show is on Thursdays at 6:30!)

LM: What made you decide to run for student government? Have you had any previous political experiences?

BC: I just thought it would be a fun experience that would let me meet some interesting people. I'm always up for helping out, so hopefully the Senate will allow me to get in touch with people that I wouldn't have had a chance to otherwise.

As far as political experience, I was once the assistant to Mayor

McCheese. He's been a personal hero of mine for years, and I've always admired his career.

How he's supported his people through their darkest hours has been phenomenal. Back in the late '90s the Hamburglar was their top criminal, going around and eating the people of Hamburger-Land. I still remember the screams late at night, and the smell of pickles dropping to the ground.

LM: Have you seen much involvement or feedback from students since the Senate elections?

BC: Only praise, Lisi, only praise. My people are simple. They harvest their crops, and go to bed with their tummy's full. They prefer that the matters of governance be left in my hands.

I really don't think that most people know the Senate elections even happened, which is all right. I hope to get some more feedback as the Senate actually starts to do something, and other students can get involved with their problems.

4) What do you feel is the main issue at NAIT that is affecting students in a negative way? What are some of your ideas for solutions to this problem?

Besides the raccoons that live in my locker, maybe the lack of a real community spirit at school. I'm sure it's the same at most schools, but I think it's tough for most people at NAIT to really care what's going on when some of them are here for only a few months to a couple of years.

To solve this maybe we could have some sort of...ummm...friendship...parade?

LM: You seem like a guy with a pretty good sense of humor. Do you find that humor, or your dashing good looks have helped you relate to other students, and in turn helped you get a place on the Senate?

BC: I think you're thinking of one of the other senators. Maybe Shanky-Frank? He's hilarious, what with his shankings and all.

What I think helped me get

a place on the Senate was pity mostly. Sweet, sweet pity. It's helped me so much in my life. Pretty much all of my relations with women can be linked to pity.

I hope that now I'm a celebrity around campus people won't be shy in coming up and talking with me. I'll let you touch my arm and everything!



BRENT CONSTANTIN  
RTA - Radio

ntv

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- o has wheels
- o likes to get a jump on the day
- o all of the above

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# Finish the sentence:

You know what really grinds my gears...



By ERIN BAYUS



A: Cellphones.  
I hate when people talk on them on the bus. Hello! The whole bus can hear you and we don't care. I hate when people sit there and text message for hours when they're supposed to be hanging out with me! Oh, and mouth breathers. They just walk around with their mouths open, breathing.  
Jacki Flaata, Open House Guest

A: Balls!  
Cara VanRamshorst, Photographic Technology

A: When I think I've found my soul mate and then I realize my heart is so much blacker than his. Sometimes I feel like I could be capable of loving but not being loved.  
Emo Girl, Business

A: Bad drivers. You know, the slow ones that leave too much distance between them and other traffic. He prevents you to change lanes. If the speed limit is 70, most people go at least 75 but then you always get the ones who ruin everything and go 50! So that's my bitch and that's my beef.  
Stephan, Welding

A: I don't know I'm pretty laid back. Plugged sinks and bath tubs I guess, because girls get their hair stuck in the drain. That's about the only thing that grinds my gears. Why? What grinds your gears?  
Elie Newman, Pre-Golf Turf Management




INFORMATION SESSION

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HOT SINGLES  
OF THE WEEK

Sausage  
Festival Edition

By BRENT CONSTANTIN

This is good people! You're starting to contact me! Honestly I think you're all being scared for nothing.

Think about all the benefits of being in the school paper. For one you get to meet me, and I'm a friendly guy. I'll friend up a storm with you. You need someone to pre-chew a stick of Trident? I'm there dude. Think about it.

So, I think what I'm trying to say to the rest of the school, is that you should be more like these guys. These two attractive young men took a plunge into adventure and came out soaking wet.

Landon Bowness

Landon (Electrical Engineering Technology) is a fine example of a great volunteer. He was so interested in becoming the Hot Single of the Week, that his friends set up a fake account and contacted me pretending to be him. He had no idea that I was coming to interview him until I arrived. After he saw the knife I carry with me he was more than pleased to play along.

Look at Landon on the snowmobile!! VROOM! We set off an alarm getting on that thing.

B: Hi Landon!  
L: Hey. I'm glad I'm sort of dressed up today. I guess it's pretty lucky.

B: You're quite the snappy dresser Landon.  
L: Yes, I dress to impress.

B: And nothing impresses the ladies like a button down shirt. Besides operating buttons, what else makes you hot Landon?  
L: Well, I'm a nice guy who knows what he wants. I'm dedicated to what I'm doing right now. I like sports and I'm the president of our KVA club for our program.

B: Wow! A president! What sort of girl are you looking for Landon?  
L: Just a nice, normal girl that's into her schooling. Someone that's easy-going and I can get along with her.



Landon Bowness

Brendon Wilson

Another fantastic volunteer, Brendon is in his first year of the Industrial Heavy Equipment program.

One of Brendon's friends dared him to enter himself into the hot single column. That doesn't really seem to be that much of a dare. It's sort of like daring someone to wait at the bus stop, and then when the bus comes, get on it. But I guess everyone lives at different speeds.

Brendon currently resides in Fort Saskatchewan with his parents, whom he plans on leeching off of for as long as he can. Good for you Brendon! The trick is to live with them until you eventually inherit the house.

B: Brendon, why are you hot?  
W: I like to take care of my body, I'm confident and I'm independent too.

B: Independent except living with your parents, right?  
W: Yeah, except that. I'm looking for new people around campus to make friends with, just meet some new people.

B: Or, more specifically, you want to meet girls? It's okay, there's no need to say anything, I understand. Did you just get out of a relationship Brendon?  
W: In the early summer I split up with my girlfriend of two years.

B: What happened?  
W: She was going on a trip, and right before she started telling me how she was "lost" and needed some time apart to "find herself."

B: That's a total lie man.  
W: Oh yeah, so she broke up with me, but it wasn't a big deal. She had been getting really controlling and wouldn't even let me hang out with any of my friends or anything.

B: You're a brave man to try dating again Brendon; I wish you the best of luck.



Brendon Wilson



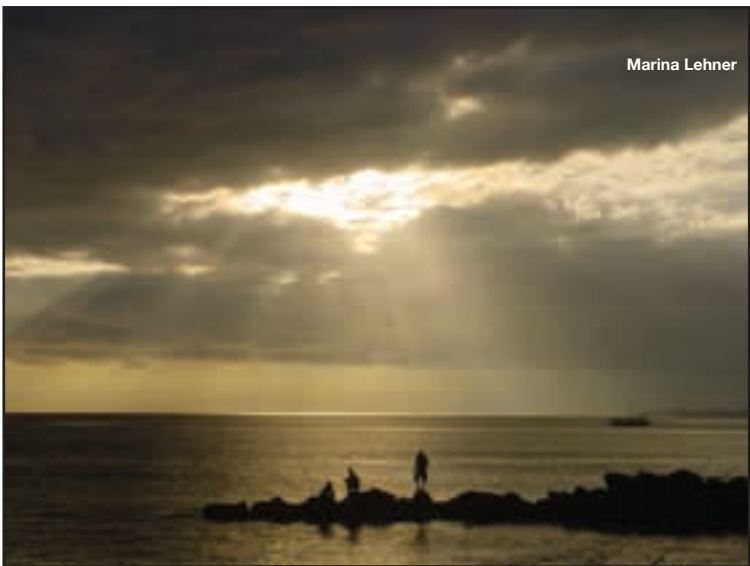
# It's a photo



Kristine Monteiro  
School of Hospitality  
Photo taken in Vigan, Ilocos Sur Philip-  
pines, a World Heritage Site. Sepia shot



Athabasca Falls, Jasper



Marina Lehner

This photo was taken in Iloilo City, Philippines, 20 November 2005



Kristine Monteiro  
School of Hospitality

Kyle Adams

Atop Wistler Mountain



We're talking picture perfect!  
Keep those entries coming for the Nugget Photo Contest.  
Time's ticking down.  
We've asked students to send in their great photos that they've taken within the last two years and we're running some of the better entries.  
Any student at NAIT is eligible to enter.  
We're offering a host of prizes including a pair of tickets to an Oilers game.  
Keep 'em coming ya'll.  
We'll feature some of the best ones over the next few weeks and announce a winner and runner ups when it's all over.  
Include some caption information and make sure you send us your name and phone number.  
Contest closes Oct. 31.  
You may enter two photos. Send them individually to studenteditor@nait.ca and make sure each photo is no larger than 2 megs in size.  
Remember to put your name under each photo and include where and when you shot them.

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# ENTERTAINMENT

## Industry has no rules

By JULIE PHILLIPS

By far, the most exciting new culture bite this month is The Mobile Phone Film industry. Now is the best time for you to create a short film for mobile phones, and I'm talking short like 40-90 seconds. The technology is easy and the demand is hot.

During the Edmonton International Film Festival, or EIFF, I had a chance to interview Shane and Duncan Kennedy, cousins and founders of Mobifest – Canada's first made-for-mobile film festival; as well as Mieko Ouchi, director, writer, and actor, about their exciting contributions to the Mobile Film world.

It went something like this:

JP: How did you come up with the concept for Mobifest?

DK: Like a lot of great ideas it was really stolen from another place. In fact, in 2003 Nokia started the first mobile film fest, Nokia Shorts.

JP: What's so awesome about this industry?

DK: There are no rules! No one knows what the best technique is. It's still evolving.

SK: It's really the creation of a new language. We're gathering with some really brilliant minds. We're trying to invent what works. The new inventions of what a mobile film should be... will only really occur in the next

few years.

JP: Would you say you are creating this new language?

SK: We're part of it. There are a million people out there, or ten million, or a hundred million people creating that language right now; and they're figuring that out by presenting that movie to a friend, and they see that their friend gets it or doesn't get it.

JP: What advice can you give to NAIT students interested in making Made-For-Mobile films?

DK: If I was a student now at NAIT, for example, I would look at a couple of things. I would look very closely at what works on youtube.com, but I would think about that being very different than what might work on my phone. It's the shortest form of attention span.

JP: Do you recommend using sound or text in these films?

DK: You need to be able to understand story without the sound (since these films are being shared in a number of environments). Titles are actually very helpful in making these short films.

JP: How about length? I take it you don't have the luxury of developing plots or complex characters when the attention span associated with the medium is so short.

DK: What we're finding is that some of the most successful

mobile films are 40 seconds to a minute and a half.

JP: How do you make a Made-For-Mobile film?

DK: The easiest way for a student to do it... is to actually try it. If you've got a video phone already, go for it! Try and make something. Copy it to your PC, edit it in iMovie, and put it back on your phone. It's not that hard, and then show it to your friends. If you can make them laugh, maybe you're going to be the next director in this.

JP: Do you think comedy translates best in this medium?

DK: There are people doing a very wide range of them. There are people who are doing experimental, artistic things; there are people who are doing little journalistic, documentary type things. I think the most successful commercial medium now is comedy because it's vital. If it's something that you want to share with your friends, it's more likely to be popular.

Check out: [www.mobifest.ca](http://www.mobifest.ca) or [www.mobilejamfest.com](http://www.mobilejamfest.com) for guidelines, more info, and how to submit your film!

(Photo: Mobifest)

Photo by: Julie Phillips

Photo tag: Duncan Kennedy, Mieko

Ouchi and Shane Kennedy, Mobile film buffs, October 2006)



NAIT IS

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- Concert Preview -

# Starlight has Pretty Girls



**Pretty Girls Make Graves**  
Oct. 25, 2006  
By TAZ DHARIWAL

OK, before I begin, if you're down with the indie and you haven't already, go get yourself some music by The Smiths. If you've been brought up right in musical terms, you should've started there and then worked your way chronologically to the year 2002, when Seattle-based band, Pretty Girls Make Graves, released their first LP, *Good Health*.

Have you ever played that game, I like/you would like? It's where you say you like a band or movie, and then someone refers you to another band/movie that you may like based

upon your initial reveal.

If you like the Yeah Yeah Yeahs, but haven't been able to see them live (if you get the chance drop everything you're doing, buy a show and a plane ticket on your credit card and do it) Anyway, I digress. If you like the Yeah Yeah Yeahs, you'll like Pretty Girls Make Graves.

PGMG's lush, near-orchestral sound combined with lead singer, Andrea Zollo's, weighty vocals makes the band sound like The Dears and the YYYs got together to make beautiful, yet tragic music.

Hit the Starlite Room on Wednesday, Oct. 25 to check out Pretty Girls Make Graves.

I'll be going, but don't expect me to be the most rabid fan there. I might be after the show, but not during. I'll leave that to those who've worshipped them for years now. The proof is that their Myspace has over 25,000 friends, which isn't too bad considering that I only have 570.



Pretty Girls Make Graves

- Concert Preview -

# Islands play Starlite

By BRENT CONSTANTIN

If you're looking for something to do this Halloween (and really it's on a Tuesday what could you have planned?) go check out Nick Diamonds. He's formerly of the Unicorns, and his constantly changing line-up in Islands is coming to Edmonton in the thick of their Canadian/US/Iceland tour.

Losing former Unicorn collaborator Jamie Thompson in May, Diamonds has continued with the band Islands, who continue to climb in popularity following the release of their album *Return to the Sea* last April.

Diamonds describes the record as having "some dancehall influences, some calypso ... It's more diverse and sprawling and ambitious."

Islands toured with Metric in early 2006 before their first headlining tour, this spring with Edmonton-based Polaris Music Prize nominee Cadence Weapon.

In terms of future recording, Diamond said they may get into the studio this winter, "Yeah, we're thinking January or February. I've got high hopes for a producer... This guy Jeff Lynne. He gets such great sounds and vocals. Just the sound of the guitar and the drums is a perfect pop sound. I really want this record to be a good, good pop record."

Islands play the Starlight Room Oct. 31 with The Besnard Lakes and Subtitle. It's an all-ages show. Doors open at 7 p.m. and tickets are \$15.

bconstantin1@ookmail.nait.ca

# Cut loose at Nest karaoke



By LIAM CRESWICK

In Japanese it means "Empty Orchestra," but you won't find any Japanese businessmen butchering "Everybody" by the Backstreet Boys Wednesday nights at the Nest. You will, however, find NAIT stu-

dents trying to sing equally goofy songs, but that's what makes Karaoke Night fun!

"We come here every Wednesday," says Interior Design student Natalia after belting out a rendition of "Bad Touch" by the Bloodhound Gang, with her friend Daniel. "It's a tradition!" she continues.

The evening is hosted by Mr. Entertainment (the music store not the person). They offer a huge list of songs to choose from; everything from Ace of Base to ZZ Top, so there is little chance you won't find a song you like.

There are also contests and giveaways. Last Wednesday there was a draw for Oilers tickets, where for every Molson product you purchased you got an entry form. The more you drank the better your odds, and that, friends, is a win-win situation.

You don't need pipes like Aretha Franklin to grab the mic and sing your favourite tune, but some may need to indulge in a few bottles of liquid confidence first. Those drinks may also come in handy when a less "vocally inclined" performer takes the spotlight.

Not everyone screeches like a cat in a dishwasher mind you. Quite often there are some genuinely talented singers that do pick some great tracks.

But whether the singer or their song is good or bad, Karaoke Night at the Nest is a great way to cut loose and have some fun on hump day with fellow NAIT students.

Karaoke runs from 4:30 p.m. to 8 p.m. every Wednesday night at the Nest lounge.

lcreswick@gmail.com

# Art for art's sake

By Kim Van Nieuvenhuysse

Some of Europe's most famous artists are at the Art Gallery of Alberta (formerly the Edmonton Art Gallery). Rembrandt, Ruben's, and El Greco are among the artists currently on display at the gallery until Nov. 26.

This is a once-in-a-lifetime opportunity for Edmontonians to experience first hand the work of artists many have seen only in books. One painting on display has the AGA staff especially excited. "The Penitent St. Jerome in His Study" by the Pensionante del Saraceni hasn't been exhibited anywhere in the world for over 200 years!

The painting, which languished in a German castle until it was purchased by the National Gallery of Canada, makes its debut in Edmonton. The paintings date from between 1600 and 1730 and were created by artists from Italy, France, Spain, and the Netherlands.

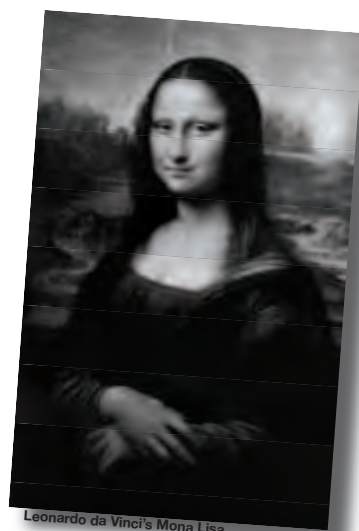
There is a discount for students (with a valid student I.D.) and the admission price includes access to the other exhibits at the gallery. There are also guest lectures Thursday nights for those who want to

deepen their knowledge of Baroque art - and come on, who doesn't!

So, you better check out this exhibit while you can, because when else will you have a chance to see a Rembrandt in Edmonton?

For more information check out the Art Gallery of Alberta's website at [www.artgalleryalberta.com](http://www.artgalleryalberta.com).

kfv10@yahoo.com



Leonardo da Vinci's Mona Lisa

# Win Default tix!

Have we got a deal for you from your pals at The Nugget.

You can win a pair of free tickets to catch Vancouver post-grungers Default. (Now aren't you glad you loyally read your student paper?)

The tix are courtesy of your NAIT student association - and the dudes and dudettes there wanna give 'em to a couple of lucky students.

Default's playing The Nest Oct. 28 to celebrate Halloween at NAIT's main campus.

## Here's how to enter.

Just send us an e-mail to [nuggetsubmissions@hotmail.com](mailto:nuggetsubmissions@hotmail.com) giving us your name, phone number and student ID number (to prove you really do attend school here).

Headline your e-mail DEFAULT TIX CONTEST. If it's not headlined that way we might accidentally overlook your entry.

Get your e-mail entry in by Wednesday Oct. 26 at 12 noon.

We'll do a random draw and two lucky students win pair of tix each.

We'll call the winners after the draw.

It's that easy.

Fire off an e-mail right now!

Oh, and if you want to cover your bases, you can call NAITSA to find out how to purchase tix for Default The Nest.





- Fashion rules -  
**Culture Bites with Julie Phillips**

By JULIE PHILLIPS

It is a standard mid-October in Edmonton. Our extensive river valley, which according to Wikipedia.org, is “the longest stretch of connected urban parkland in North America,” is torn between seasons.

Grocery stores are stocked with miniature chocolate bars. The air is charged with the energy of the new Oiler’s season where “every game feels like the playoffs,” to loosely quote a fellow spectator at the Oct. 12th’s exciting match against the Sharks.

And, as usual, the creative realm is under attended and overlooked.

I have spoken with individuals in several fields including visual communications, photography, advertising, film, business, government and urban development; and it seems there is a unanimous plea to ignite interest in community arts and culture events in Edmonton.

As a believer that “a vibrant society gains meaning and direction from it’s creative thinkers” (Thomas J. Vilsack), I have compiled an opinionated list of diverse and interesting local events to keep all you cuties-on-campus (yes you) in the know.

Ideas

Kicking your self for missing fashion week this past September? Then you should check out the Rocky Horror Fashion Show tonight (Thursday, Oct. 19) at the Savoy (10401 82nd Ave).

This wild, artsy, and “interactive” (I don’t know what that means) fashion show is presented by Morse Code and advertises “a night out you’re going to remember for a very long time.”

I hear the runway is a series of high-top tables. Between 7-8 p.m. there will be appetizers, 8:15 wine/props and 8:30 p.m. show time. Tix are \$15, available at Morse Code, the Savoy, or at the door.

More Rocky Horror?  
Where: Garneau Theatre (8712 109 Street)  
What: The Rocky Horror Picture Show  
When: October 28, 2006, call 433-0728 for show times and ticket prices.

Edmonton is home to an interesting cinematic subculture. Tucked away in the Citadel Theatre’s Zeidler Hall downtown (9828 101 A Ave), Metro Cinema “exhibits an eclectic blend of film, video, and media arts that are not screened anywhere else in the city.”

Metro Cinema is an awesome alternative to Hollywood’s blockbusters, and offers viewers “a broad selection of educational, cultural, and innovative works.”

Shows typically run Thursday through Monday and cost \$6 for students (bring your student ID). Check out <http://www.metrocinema.org/> for upcoming shows, times, and volunteer info.

Music?  
Support live music. The Cat Empire is playing on Friday, Oct. 20 at the Starlite Room. (10030 102 Street). From Australia, this six-piece blends hip-hop, reggae and jazz. According to a review by Brohan on amazon.com “Everything about this band screams “hell yeah!”

I’m going to go with Brohan on this one. I’ll see you at the show.

“A statement about the current art scene in Edmonton... where is it?” - Robert Harpin, artist

Do you know where to find it? Email me (Julie) at [julalove@gmail.com](mailto:julalove@gmail.com). Share your cultural awareness, unique tastes, stimulating events & artistic insight in the Nugget’s “mid-month-culture-jam”.

# United Way



## United Way 50/50 Ticket Sales

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- HP Tech Store – Debra Cowenberg, W101
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- Business Tower – Bozena Pomorski, T403 or Kathie Casavant, T600
- Engineering Annex - Connie O’Leary, L131
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- Movie review -

# No grudging admiration



By Taz Dhariwal  
Review  
The Grudge 2



If you went and paid to see The Grudge 2 this past week since it has been released, and liked it, don't ever ever ever ever talk to me. I am willing to give up the chance of developing a friendship which could be quite profitable for the both of us in the future. I am even willing to give up a chance that we could have a long-lasting and emotionally and physically intense relationship that would eradicate any feelings of anger and dejection left over from previous partners.

I was tricked into watching the first Grudge movie when it came out. I had just seen The Ring and was on a big Asian horror kick, so I figure I would continue to ride the

wave with the American remake of the film, Ju-On. But, I was totally fucking screwed over by the first Grudge.

The script has three storylines, all which are kinda contrived and pointless. There's a journalist who wants to find out the secret of the grudge along with the Sister of Sarah Michelle Gellar's character, who needs to find out what happened to her sister to make her go crazy. A group of schoolgirls who decide to check out the Grudge house from the first movie, and then for some unknown reason, the grudge kids decide to start haunting an apartment in Chicago. It goes all Tarantino in the story, jumping from one to another without reason, it seems, but overall, it tries to wrap itself up while giving enough evidence to show that there needs to be a sequel, but honestly, there's no need.

The special effects are top notch, however. The Grudge girl physically moves at such a fast pace that makes zombies look like sloths. The kabuki kid still gives enough of a fright that your date will be clutching on your arm until well after the movie has finished. But



that's not enough to make a movie good, and even though it was number one at the box office this past weekend, it doesn't mean that it's good at being scary.

I've seen things and have had experiences that would put the first Grudge low on that list. Number one is being tied up and forced to

watch Monster with a group of feminazis who've just had a powerful breakthrough that their daddies raped them when they were babies. Try leaving a party like that with your balls intact! Compared to that, seeing a scared Sarah Michelle Gellar, who had been such a white-hot-power-fuck in her Buffy days,

running away from a couple of creepy kabuki contortionists is very very far down on that scared list.

Don't waste your time, people. Better yet, go and see what's new at the Garneau or the Princess, and get your money's worth there.

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# SPORTS

## Trevor's no Slack-er

By ROBIN J. EGERTON

A new and wise face will be gracing the sidelines at the Oaks basketball games this season. His name is Dr. Trevor Slack, and there's no better person to fill the job of assistant coach.

Dr. Slack has a strong history of achievement, diversity, world travel, education, and success; but not without his own struggles. He is one of Canada's finest assets right in line with the likes of Terry Fox; and brings invaluable experience to both Oaks basketball teams.

Dr. Slack was born in Darbyshire, England, and resided there for 21 years. While there, he made the most of a society rich in education.

Trevor was an athlete from a young age, attending the prestigious University of London for track; and dabbling in basketball on the side. As well he has succeeded immensely in the world of business management and organizational studies.

He became a world class distance runner, and was so successful that the University of Nevada headhunted and eventually recruited him for their track program in the early 1970's.

He made his way to the U.S.A. But he remained there for a short period of time, due to the unfolding



Trevor Slack

political drama that was Vietnam and the subsequent threat of being drafted into the military.

A friend of his who resided in Medicine Hat contacted him, and Slack promptly picked up and relocated to Alberta, where he found a job as a substitute teacher for Crescent Heights High School in 1972.

It was there that his interest in basketball was sparked again. He took over as coach of the school's basketball team, which would go on to become provincial champions.

Trevor didn't stop there. He left Medicine Hat and moved to Edmonton to attend the University of Alberta. It was at the U of A, that Mr. Slack became Dr. Slack when he completed his PhD. in Sport Management in 1983.

His contributions and presence as a professor at the U of A were immense and include:

- Awarded Canada Research Chair in Sport Management (U of A)
- Adjunct Professor at U of A School of Business

- Heads International Institute for study of Sport Management
- Awarded the North American Society for Sport Management's Zeigler
- Award for outstanding services to the field of sport management (1995).

Throughout his life, Dr. Slack has been known as one of the world's foremost scholars in sports management, but nothing could have prepared him for the terrible setback he would soon encounter.

He had an aneurysm that led to a

stroke, and consequently left him in a wheelchair. The rapid change in his life opened up an unexpected world of learning and interaction, but it didn't come without disappointment.

Dr. Slack experienced the cold side of human nature - the side that assumes that a person with a disability is a person "that has something wrong with them."

It's a case that permeates every pore of our society; because it involves the simple, but for some people incomprehensible, acts of human compassion and decency.

For complex psychological reasons, some people would rather not know about, or begin to understand the world of disability; because they'd rather not deal with it.

It is with great honor that the NAIT Athletics Department, and both men's and women's basketball teams welcome Dr. Trevor Slack.

He is a wonderful role model to all. His support for the teams and love of the game is moving, and his unwavering spirit and determination to never give up is inspirational.

The next women's basketball home game is Fri. Oct. 20 at 6:30 p.m. against Lakeland College.

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

### - Around NAIT -

## Ooks sports looking up

By Jason Jones

The big story of the week has to be the men's soccer team, who had to forfeit their first two games of the season. Worst part is, they dominated those games, beating Grande Prairie 5-0 and King's 3-0. It looks like other teams had to forfeit some games to, so it'll be interesting to see what the league says about it. We'll keep you informed as soon as the information is released.

Good job by the team though, to keep focused and win a pair over Keyano on the weekend. Lambert Suglo and Joel Wickens were NAIT players of the games. They've got a fantastic team and are one of the favourites to win it all.

The women are also really coming on strong and should make the playoffs too.

Men's hockey continued their strong play beating Concordia 6-5. They look really good but they'll be in tough because of stiff competition.

Mixed results with basketball openers. The men squeaked out a

win while the women lost. From men's coach Chuma Nwobosi: "It was a hard-fought game with an exciting finish. All 12 players that were dressed for the OOKS were able to see the court and the result was a very balanced attack with 10 players registering points on the score sheet. Dave Kavanagh was named player of the game with 8 points, 9 rebounds and 6 blocked shots in his first game back at his old school. Steve Lamont and Aris Nunez-Ruiz gave solid defensive efforts against one of the best post players in the league. Nunez-Ruiz also led all NAIT scorers with 12 points. Sheldon Lawton, Danny Lang and Scott Ironmonger were very composed down the stretch as they were instrumental in holding on for the slim victory."

### Best Bets Volleyball

Every team except for NAIT got their volleyball seasons started last week, and so this weekend it's the Oaks turn. The women play Friday and Saturday against Mount Royal.

The home opener is Saturday night at 5 p.m.

### Badminton

The first Badminton Tournament of the year is hosted at Concordia on Sat/Sun.

### Soccer

Our Soccer teams host Concordia on Sat. at 12 noon (guys) and 2 p.m. (gals). The next day they are at the Victoria Soccer Fields for games against MacEwan at 12 p.m. (guys) and 2 p.m. (gals)

### Hockey

The NAIT Oaks Women's hockey team hosts Mount Royal College on Friday, Oct 20 at 7 p.m then travel on Saturday to Mount Royal for an 8:45 p.m game.

Men's Hockey are at Clairview arena on Friday night for an 8:15 PM game against Concordia.

### Basketball

The Basketball teams host Lakeland on Friday, 6:30 p.m. and 8:30 p.m. Saturday they travel to Lloydminster for games 5 p.m. and 7 p.m.

## Athletes of the week



Sarah Wanchuk

Sarah scored twice for the Oaks as they opened their season against the Queens this past weekend. Now in her third year of eligibility, Sarah has developed her game to the point where she is now called one of the team leaders. A graduate of W.P Wagner High School Sarah played for the Edmonton Ice prior to joining the Oaks.

### Dave Kavanagh


Dave Kavanagh's debut in a NAIT uniform was against his old team, the Concordia College Thunder. He turned in an all around effort and secured the win for the Oaks. His 8 points, 9 rebounds, and 6 blocked shots helped sway the closely fought game in NAIT's favor. Originally from Germany, Dave is a graduate of Morinville Composite High School, where he played hoops for Ciff Rowein.






- Wide world of pro sports -

Edmonton Wildcats are your best bet

 The Eskimos are officially eliminated from the playoffs for the first time since 1971. Whether you care or not, this was an important record, and one that's not likely to be broken any time soon. It was the longest consecutive playoff streak by a North American professional team.

 The Oilers are truly a new team this year. They are now winning games they shouldn't because of their skill. Last year they were losing games that they should have won because of goaltending.

It reminds me of how teams like Colorado or Dallas have played in the last few years. They didn't have to play a strong 60 minutes, the Oilers always outshot them, but could never get the timely goals. This is the new NHL indeed.


What did you think of Cassie Campbell's debut on colour on Hockey Night in Canada? It seems that Harry Neale got caught in the snow in Buffalo and couldn't make it, but I say good.

On short notice, and on only her second week of broadcasting, Campbell was superb. She didn't sound out of place and offered

some fresh comments that CBC hasn't had since Howie Meeker left.


CBC needs to do something because its in danger of losing the only thing that people care about on the network. The contract is up soon and CTV will take a real run at it because they're now hooked up with TSN. CBC needs less commentators who watched the original 6, less goalies, and more youth, energy, and passion.

We all know that Chicago is the best team I the NFL right now, but who's number two? Is it San Diego, Indy, Philly, New Orleans, New England, Denver, or Seattle? Quite the list, but my money's

 on San Diego because, like the Bears, They can score and defend. They were just so impressive against a good 49ers team last weekend.

This years baseball playoffs have been unpredictable to say the least. All I know is that whoever plays Detroit I the world Series will lose. The AL is just better league and look at who has won the last few years: the Red Sox and White Sox.

“ The key to this game will be if the Huskies defense can handle Tristan Jones, who re-wrote the record book this year in rushing and TDs. ”

 It just makes sense that baseball will give us another great story to rally around. No one thought the Tigers would do anything this year, an they're only three years removed from losing 119 games. Its good for Detroit because their football team stinks.

**Best Bets**  
Yeah sure, the NHL and NFL are in full swing and baseball has playoffs; but you need to watch the Edmonton Huskies and Edmonton Wildcats do battle for the Prairie Football Conference title this Sunday at Clarke Park.

Its the first time rivals have met in the finals and I promise it won't disappoint. The Cats dominated the league this year, going undefeated, and beat down the Huskies in both meetings in the regular season.

But the Huskies are 2-time defending national champs, and

have the experience. The key to this game will be if the Huskies defense can handle Tristan Jones, who re-wrote the record book this year in rushing and TDs.

Email Jason: [sportseditor@nait.ca](mailto:sportseditor@nait.ca)



Tristan Jones - Edmonton wildcats

NTV

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Swim team off to a good start



The swim team traveled to Fort Mc Murray this past weekend to compete in the first of 3 ACAC swimming competitions. With solid performances across the board the Men's Team captured a significant lead in the season scoring race (151 versus 126 points for the next closest MacEwan). NAIT's top three men Michael NG (Bus), Jason Kincaid (CET), and Keith Syryda (NET) were our event winners and combined for 66 points with the other 5 of the 8 man team and relays accounting for the rest.

Sarah Williams was also an event winner and our top female point scorer with 19.

The women's team is currently sitting in 3rd behind MacEwan and a surprisingly strong women's squad from Fort McMurray. The next competition will be in Grande Prairie on October 28th. The challenge will be for the men to expand their lead in the title race and as a team to close the gap between NAIT and MacEwan for the combined team title.

Final competition is in Edmonton On November 18th. GO! OOKS!

Whats happening with NAIT Clubs this week!

Calling all Clubs!

Dental Tech Raffle for Oilers Tix

Edmonton Oilers tickets for games on Oct. 28, Nov. 21 and Dec. 30 Raffle tickets only \$2 each OR 3 for \$5. The draw will be held on October 25, outside of the NAITSA Office at 12 noon. Proceeds go toward Dental Technology Grad.

\*To buy tickets – look for us in The Annex (Oct 16-19) and outside of NAITSA Office (Oct. 23-25).

Opening Ceremony – CSANAIT

FREE Sandwich, Coffee & Cookie + Guest Speakers

We sincerely invite you to attend to the Chinese Student Association of NAIT Opening Ceremony, which will be held on Sunday, October 29, from 15:00 to 17:00 at the Shaw Theatre.

Currently we are more than 700 Chinese students studying at NAIT, over half of which are international students. Our association has more than 100 members. Our goal is to represent all Chinese students at NAIT and to improve our relationship between Chinese students and NAIT.

Please contact us at (780) 471-7551 or view our website at [www.naitchina.com](http://www.naitchina.com) to learn more about us.

Do you have an idea for a club on campus? How about a “Please, someone help me navigate my new cell phone (all 3,000 functions)” Club or something a little less ulcer-inducing like, oh, say, a Bird Watching Club? Whatever your idea for a club, we can help you get it started and we'll also help you keep it going. All clubs must be NAITSA sanctioned in order to be recognized as a club at NAIT. So call Rita right away at 471-8960 or email me at [ritac@nait.ca](mailto:ritac@nait.ca) and we'll discuss the tools you'll need for your club to run smoothly and successfully.



- Men's soccer mid-season report -

# Soccer team comes together

By ANDREW DUNAJ

The NAIT Ooks Men's soccer team has reached the half way point. Although the team started 4 and 0 on the season, the Ooks suffered a huge set back with some league technicalities. The details of the two forfeited games will be made available once the league finalizes the issues.

The team's playoff chances were really good until recently. Coach Graham Wood says "the commissioner's decision to reverse the results of two wins due to an administration error has set us back somewhat, and winning all remaining games is now paramount to us reaching the playoffs."

The team was in cruise control for most of the year, and believes that they have played well for the most part having had plenty of chances to score. "This success is encouraging and something to build from," adds Coach Wood.

Having to win pretty much the rest of the season, the coaching staff of the Ooks is looking towards players like Captain Chris Caputo, Scott McLeod, and leading scorer Phil Pavicic to step up and lead the

Ooks into the playoffs.

Grant MacEwan, Concordia, Mount Royal, and SAIT are expected to give the Ooks their greatest challenge competing for the soccer championship. It would be a big boost (especially under the circumstances) for fans to come out and support the team. Coach Wood says "I'm sure they would enjoy the level of skill and the passion shown by the players."

Although the team now has a record of 4-3-1, as of Mon. Oct. 16, due to errors out of the players hands, coach Wood still believes that the group has come together quickly responding well to the coaching staff. He says that "They have been a pleasure to work with through all the adversity."

With surprise stars like Shane Faria, Brent Anderson, and Brendan Hutchinson the NAIT Ooks, who have been pushed into a hole in the ACAC, are hoping they can contend for a playoff spot. They certainly have a legitimate chance to go all the way and capture the championship trophy.

Email Andrew at [andrew\\_dunaj@hotmail.com](mailto:andrew_dunaj@hotmail.com)



Photo: Lisi Monro

Ook Graeme Dickson battles for possession against a MacEwan Griffin sept 24th at NAIT soccer field

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)

# I Volunteer!

Rm. E-133 Ph: 491-3966

NAIT's United Way Campaign is underway and volunteers are needed at lunch hours to help sell 50/50 tickets and help out with other special events around the campus. If you have some time and would like to help out, please contact Trish at 471-8608 or by email at [trishL@nait.ca](mailto:trishL@nait.ca)

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 YWCA Edmonton is now recruiting for their Board of Directors. Are you a woman who is creative, likes to influence and shape the world around you, who can think strategically and wants to make a differences in the lives of other woman around the City? If you have answered yes to these, this volunteer role if for you! Call Sher Hiller at 423-9922 ext.234 or go on-line to learn more at [www.ywcaofedmonton.org](http://www.ywcaofedmonton.org)

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

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# Astral Reflections



By **TIM STEPHENS**  
All times/dates are PDT.

**ALL SIGNS:** After October 25, the “prosperity-denying” influence of 2006 fades, and you can take practical action. But key elements are missing through November 17; so wait until November 24 onward - when life’s best response will greet your efforts!

**LEO,** the 13 months that begin late in the day on November 23/06 (and end December 18/07) will boost your luck in love and romance, creativity, speculation, gold and jewelry, sports, teaching (and raising) children, pleasure, beauty, theatre, games, art, luxury goods and - well, in everything that you’re good at! You might fall in love in a lasting, deep way. (A co-worker is not excluded.) A new love will combine cheerfulness with a deep yet subtle sexiness. The two of you would naturally and easily share finances, mortgages, etc. But one warning: avoid anyone who, in your first few meetings, shows signs of a possible problem with alcohol or drugs - or reality! On your part, reject baseless feelings of suspicion or mistrust, or you could chase away happiness! Your creative efforts are bound to succeed, your love for children will grow, and risks will tend to pay off.

This particular luck cycle holds a bonus: for what you succeed at now will tend to last for many years, will bring a stability and practical benefit that deepens and supports your life. It might also “sew up” or bring a successful “next step” to a project you began in 2000 or 2001.

**VIRGO,** the upcoming luck cycle (November 24/06 through December 18/07) will offer you a new, prosperous, cheerful, invigorating and honorable place to stand, a place that will become a lasting benefit in your life for at least the next 12 or 13 years, and possibly for the next three decades or longer. This “place” will tend to solve the constant shifting and dislocation of the last decade, and will either end or improve the situation that you stepped into in 2000 or 2001. This “place” will tend to be an actual location, a new home or property. But it could be a place in your soul, or in your family; it could manifest as a healing, or a birth for new parents, as a big, significant renovation of your house, or as a move from a shoddy or uncomfortable rental to a better one. Whatever the case, you will feel invigorated, strengthened and solidified by the events of this luck cycle - which puts you in great shape for the huge love of 2008!

I urge you to buy real estate this year - **BEFORE** September/07, for this month through December 18/07 brings an impractical, restrictive and unrewarding influence for any new projects, though it should not overly affect any ventures already solidly begun.

**Start Nothing:**  
**Before 0:54 a.m. Sun., 11:56 p.m. Mon. to 11:53 a.m. Tues., 11:02 a.m. to 8:47 p.m. Thurs., and after 6:30 p.m. Sat.**

**Aries - (March 21-April 19)**  
The weeks ahead accent mysteries, hidden matters, underlying structures. So your mood and mind naturally will turn to sexual intimacy, investigation and research, diagnosis of problems, occultism, dreams and your subconscious (which will rise obligingly to the surface to provide clues and heighten your intuition). But one doesn’t enter this place without consequence, and

you can find you’re also making commitments, binding yourself to another, mingling lifestyles, providing (or getting) funding, etc. Expect confusion and delays but - after October 25 - benefits also! Dig into the past, until November 17.

**Taurus - (April 20-May 20)**  
Now to late November, expect relationships, opportunities, negotiations, partnerships, relocation themes, and dealings with the public (from one-on-one, as in a hairdresser’s, to one-on-a-million, as in fame). Be diplomatic, eager to join - all your luck will come through others. You might waver between opposition and co-operation - pick the latter. Now, nothing will be easy, as new projects and relationships meet delay and confusion until November 17. (But old or ongoing ones - especially ones from the past - can succeed **AFTER** October 23.) An old flame heats up! Complete tasks immediately.

**Gemini - (May 21-June 20)**  
Mercury retrogrades Saturday (October 28) so complete all chores now, immediately, and avoid new starts, new projects and new relationships before November 18. A job or employer from the past - or a neglected chore or health problem - might return. Protect on-going projects from mistakes, missed schedules, misunderstandings and supply disruptions. Have “Plan B” ready. Buy **NOTHING** (except food, etc.) - lemons abound! A co-worker flirtation might arise. Okay, but maintain an even keel. The best relationships will begin between November 24/06 and August 31/07 - and they will be huge! Wait!

**Cancer - (June 21-July 22)**  
Domestic friction disappears. Romance heats up for four weeks. An old flame returns. Or you’ll hear from a long-gone child, revisit a favorite vacation spot, rediscover an old creative project, or

spend hours poring over old photo albums. Beauty floods into your life, and much of it mixes with nostalgia. This isn’t the best time (to November 17) to start a new relationship, love affair, or creative or speculative project - although it would provide a lot of enjoyment, just not long-term stability. Married Cancers feel joy flowing all month!

**Leo - (July 23-Aug. 22)**  
Domestic matters fill the month ahead: home, property, family, gardening, diet, stomach and soul. Steep yourself in Mother Nature; contemplate where you’re been and where you’re going, in the largest terms. Complete domestic tasks and renovations this week. (DON’T start renos.) From October 28 to November 17, mistakes, slow-downs and confusion will enter this area (so will nostalgia and old friends). If you want to buy/sell property or move premises, do it November 18 to 24. A sexy person might enter your home: consider consequences! Job perks Friday?

**Virgo - (Aug. 23-Sept. 22)**  
Take care with communications and travel now to November 17 - mistakes, delays and misunderstandings are possible. Re-read your words before you send them. Complete tasks in these areas this week. Start **NOTHING** (in any area) October 28 to November 17. A past contact or friend might look you up. If you’re single, a friendly, light romance could occur, but it might not be permanent. Your luck soars Sunday, but Monday’s tough - be cautious, separate what’s working from what’s not. Romance, beauty and pleasure flood in Thursday night to Saturday!

**Libra - (Sept. 23-Oct. 22)**  
Complete money and purchasing chores before Saturday (October 28). But don’t buy anything large or important now through November 17. A past money source could appear - so could past unpaid bills. Expect delays, confusions in money. Payment or employment promises about a “new project” probably won’t be kept. I told you “hot romance” was over. But now it’s time for “hot sensuality” - physical gratification awaits you over the month ahead. But is your heart involved? Shop Sunday; not Monday. Your home, family and property interests meet sweet ease Friday/Saturday!

**Scorpio - (Oct. 23-Nov. 21)**  
Your energy, charisma, and romantic and sexual magnetism soar now through November! You could be surprised whom you attract - and you’ll attract almost anyone, if you give him or her a bit of a nudge! However, notice I didn’t say “effective” - don’t start new projects or ventures now through November 17. (After the 17th is fine.) Until then, protect ongoing projects from delays, supply disruptions and mistakes, and reprise the past.

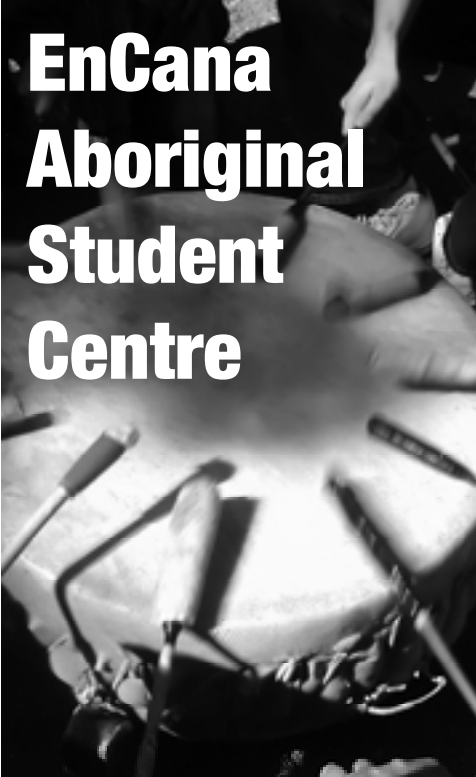
Old flames, investments, hopes, old sources of information and old mysteries return. Use the present week to complete affairs.

**Sagittarius - (Nov. 22-Dec. 21)**  
Retreat - rest, contemplate, study motives, seek spirituality, and plan (vaguely only, please!) the grand, great, freeing, huge, lucky future that you’re going to chase after November 23 into 2007! Be charitable, forgiving - that’s the best way to go into your lucky year (2007) “clean,” not trailing brambles of resentment and chains hooked on guilt’s dead weights. Complete any red tape tasks this week. **DON’T** start any new projects or relationships (except with therapists) now to November 17. Research goes well. “Secret love” will call you - be aboveboard, and “free!”

**Capricorn - (Dec. 22-Jan. 19)**  
Your popularity surges during the weeks ahead. Expect social joys, optimism, entertainment and flirtation - that last could be meaningful, even lead to a major love affair. But in such an affair, if a wedding is your “itinerary,” your might never reach it - indecision will blow you off course. Enjoy it for itself. A former friend, even a whole social group you once connected with, might reappear. Complete all tasks this week, if you can. **DON’T** start new ventures, projects October 28 to November 17. You attract love, goodwill Friday/Saturday!

**Aquarius-(Jan. 20-Feb. 18)**  
The month ahead emphasizes career, relations with higher-ups and VIPs, your worldly status, reputation and ambitions generally. Try to complete any chores relating to these zones this week. Start **NOTHING** now through November 17, especially in career and ambitious areas. Instead, reprise the past (e.g., contact a former boss) and protect ongoing projects from delays, supply disruptions, schedule snafus, and mistakes. You might feel a peculiar attraction to a higher-up: this could turn to a steamy love affair, but you’ll be better off if it doesn’t. Happiness visits Tuesday-Thursday!

**Pisces - (Feb. 19-March 20)**  
Law, religion, philosophy, cultural events, international travel (or contacts) higher education, compassion, wisdom, and love of a gentle, mellow, yet deep, intense kind - these visit you in a big way now to late November. But all that bigness might run around in circles. Complete all chores associated with these areas this week, and avoid starting any new ventures in them (and in domestic or property areas) October 28 to November 17. After that, especially November 18-23, charge ahead! An old flame might appear. Tackle ambition’s chores Tuesday-Thursday. Happiness Friday/Saturday!



**Location:** **E-121**  
**Admin. Phone:** **491-3917**  
**Liaison Phone:** **471-7613**

The Aboriginal Liaison provides support and information services for all students and staff. The wide range of services provided include, but are not limited to:

- Academic/Career Advising
- Information on financial aide
- Personal support services
- Aboriginal Student Council
- Cultural Awareness/Elder support
- Social gatherings
- Referral and advocacy services to appropriate resources on campus or within the community.



# Grapevines

## - People have issues -

...  
Problem #12.5  
To the ass clown KidDynamite, who wrote complaining about my grapevine, dude shut the hell up. It's just a little problem, so small for your childish remarks; but then you're probably used to the whole smallness issue. So keep talking, and someday you'll say something intelligent. I mean, listen you, all you know is sex and you're a 20 something year old virgin. In fact, your paedophile talk makes me sick; so tell me this, how many books on sex did you have to get? Well, all I can say is keep reading pal. But no matter what, you'll never get any anyhow... Problem Solved!  
- Nugget Boy

...  
This is to Braden W.  
I see you every day in the hall, and I am so scared to approach you. But I thought the Nugget might give me the chance to reveal myself to you, without the embarrassment of the first personal encounter. You walk pass me every day on your way to your locker, and I look at your wonderful glutes daily. I'm the girl sitting on the floor eating her lunch alone. Sometimes I hide my face behind a book as my acne can sometimes flare up, but I cannot hide my large figure. Next time you walk by please talk to me. I need you to come and maybe someday make me a lady.  
- Big Cakes

...  
Hey HVA Squeek: You know who you are. I cannot stop thinking of you. You are the finest piece of man meat I have ever seen. I know you are recently single, and if you are interested I can be too. When I am alone at night, and even when I am not I am always dreaming of you. Take a step of faith and let me know if you are interested, you won't regret it.  
- Yours in waiting;  
Your piercing Princess

...  
PARKING ISSUES  
To the losers who PARK in the parkade without passes: You guys are RIDICULOUS -- we pay to park in there and YOU don't? Now that's not fair. Security step up your game, stop being so conscious of the smokers who are smoking for themselves; and be more concious on the parking because hell its eff'n stupid. Please get your game rolling and let's see some improvement.  
- Parking Annoyed Student.

...  
First year ORA students are ANNOYING as hell. GET REAL -- learn to give us second year students some time to study in the OPEN labs. Don't barge in and "wait" for us to

get up. And thanks to all the RATS, we're in college not HIGHSCHOOL grow the HELL up. You're annoying. Start more drama and we'll bring it. HAAA!  
- Annoyed 2nd year Students

...  
To Ryan E. from first year bio sciences, I'm in your invert zoo class and I'm in love with you. I dream about you all the time. I even have a picture of you on my phone that I stare at when you're not around. I even noticed your facial hair, and it looks really sexy and turns me on. I think it's in your best interests to respond to this. I love you. XOXOXOXOX  
- The Girl of Your Dreams!!!

...  
OK, this is for all the engineers that think they are so smart. YOU'RE ENGINEERING TECHS! You obviously aren't that great, why didn't you go to university and be a real engineer? Why don't you shut your faces and go back to your little calculations and shit. In closing, some of us are getting a real education, and you're jealous of what we are going to be able to achieve. When you have your own company and you're making millions of dollars a year, then go hard and bitch at us until then shut your word hole.  
With love  
- The Tower

...  
To Emo Kids:  
If you want to wear skin tight pants, and shirts with bleeding kittens; or wear eyeliner and dye your hair black or pink; or whatever the fuck, that's fine with me. Dress however you like. But I swear to god, I'm going to kick the next person who denies being emo right in their little shriveled emo nut-sack hidden in their skin-tight emo pants. I don't care if you say that emo is not a "style." Maybe once upon a whenever emo was a type of music, or a lifestyle, or whatever the fuck you want to say. The fact of the matter is that corporate America has made it into a style. Those are emo clothes you're wearing, so admit it. You aren't different. You're not unique. You're not special. You are exactly the same as a million other spoiled, little kids from the suburbs, whose parents completely ruined your lives by giving you everything you could ever want. The fact of the matter is that if your parents were really nice they would have beaten you; so at least you would have a reason to be so fucking depressed.  
If you have a problem with that, then why don't you just go home and listen to some Taking Back Sunday, cut your wrists, and cry into your cock-shaped pillow.

P.S. Being depressed isn't the same as being deep.  
- Bitter Man

...  
What NAIT needs is more cars parked around campus with those massive mufflers on \$30 cars that make it sound just bitchin sweet. I love that high pitch zzzzz. Yaa, fuck ya, put a groovy spoiler and carbon hood on that ride man/ and just lay us all to rest. To the guys whose white hats just barely sit on their head, and are crooked like they have gone insane with power and sweetness: it must be hard being so gangster and living in the suburbs. And you chocolate milk, what the hell, how can you be so cruel just elevating that price, damn you. But the real hurting fag of the week, are the loners in the annex and the trades. Let's hear that joke about managing McDonalds again - funny and original. I wish I went to school with a million other guys, so I can get a job with a million other guys. You just know you're in it for the sex with men. Can we fit some more guys in the place, that's you, that's what you say.  
Sincerely  
- Mark

...  
Q: Why did the business student cross the road?  
A: His dick was stuck in the chicken.  
Yours truly,  
- Turd Ferguson from the Annex

...  
To my big, sexy bearded geologist: I saw you the other day in the parking lot. Although, I did not think you could possibly be more breathtaking, when I saw you drive away in your explorer XLT my heart stopped  
P.S Me,you, a jar of skippy peanut butter, and a plunger(think about it).

...  
Engineers vs. Business Students Therom:  
Engineers and scientists will never make as much money as business executives. Proof Postulate 1: Knowledge is Power. Posulate 2: Time is Money. As every engineer knows, Work = Power/Time. Since Knowledge = Power, and Time = Money, we get Work = Knowledge/Money. Solving for money, we find Work=Money/Knowledge. Thus, as Knowledge approaches zero, Money approaches, infinity regardless of the Work done. Conclusion: The Less you Know, the More you Make.  
- Love: Your Future Boss ( Handle)  
P.S Have fun bending each other over in that fucking sausage fest of a program.

...  
To person complaining about piss on the 3rd floor of the HP center: it was

the business students. And to the person bitching about the security guards, those are business students preparing for their future. Be nice. KidDynamite, don't bitch so much. Nobody likes you. You're a business student right? Finally, Positive Girl, you're right, Nugget Boy bitches lots. I also think he should shut up. He is probably a business student. HAHHAHA!!!  
- James

...  
To the two girls in the first year ELT course: I can't stop thinking about you when I touch myself. You have me mesmerized me by your uncanny beauty. I want you two to message my dandruff covered head, and then roll around together using my tools any which way you please. I have never kissed a girl, and dream of my first time to be with both of you. It is redundant, that I know you but you don't know me. Maybe we can shower together, and you can bring the 'HEAD' AND SHOULDERS. I may not move fast, but slow and steady wins the race. If you girls are interested meet me by the middle section of lockers in the elt hallway..I'll be waiting!  
xoxoxoxoxo  
- Creepy Dandruff Guy

...  
Hey Miss Haley, Happy Birthday!  
- HA HA HA HA  
...  
To the mental midgits, who insist on writing parking tickets instead of ensuring the safety and well being - the very SECURITY - if you will of staff and students at NAIT: it is nice to see that the power of your minimum wage job is put to such good use. I, for one, will sue your asses if there is ever a violent incident at NAIT in which you do not respond; because you are busy in the parking lot harassing students. Get a life, get a haircut, and get a real job!  
Your mental superior,  
Beamer Phil

...  
Join for FREE "Chix on Stix" Edmonton's exclusive ladies ski and snowboard club. This club encourages Chix ages 18-99 to get out and enjoy the mountains.  
- Tammy - Chix on Stix  
...  
To the Mec E Tech dirtying the Civil tech program: You don't think that the real Mech E's at university consider what you are doing to be the same fall back scenario? You aren't skilled enough to be pompous.

## Classifieds

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