

PARTY'S OVER — GET TO WORK

THE NUGGET

Thursday, Sept. 14, 2006
Volume 44, Issue 2

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

OOFEST ROCKED!

Thousands partied hard for annual Oofest bash.
See story and photos inside.



Photo: Erin Bayus

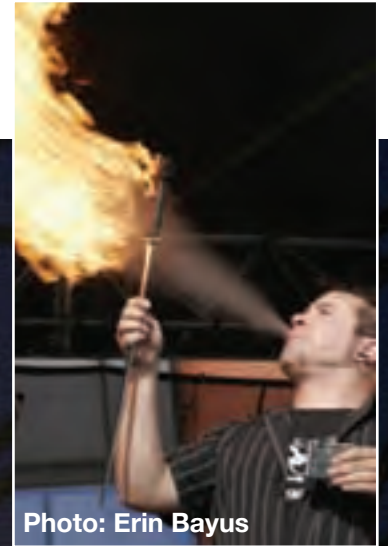


Photo: Erin Bayus



Photo: Lisi Monro

ROCK 'N ROLL: Yellowcard (main photo above) was among 18 bands that appeared at last Saturday's Oofest, billed as Canada's biggest campus party. Thousands of people swarmed over NAIT's main-campus soccer field to take in the bands and the sideshows with temperatures as hot as the music.

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Letters welcome

We want your views

We want to begin a weekly letters-to-the-editor page here at The Nugget. Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break! Submit your letters with your real name and contact phone number to: nuggetsubmissions@hotmail.com Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.

SPORTS

High hopes for Ooks basketball and soccer



By JASON JONES

Women's basketball Curtis Nelson



With only three returning players and a new look coaching staff, this year's team will be radically different from last year. Coach Nelson is optimistic heading into the year and says "the team is poised to experience an improvement on last year's record."

New to the coaching staff are Michelle Reader and Kip Petch. Reader is the first four-year player for Ooks women's basketball and also has 10 years of coaching experience. Petch has played and coached before and also brings 30 years of experience to his role as head trainer and athletic therapist.

The three returning players, Holly Bredo, Kriska Reyes, and Karen Watson will be looked on to lead the team. Watson won the rookie of the year award last year and will be critical to how well this young team does.

Nelson and his crew were aggressive in recruiting this summer, upgrading in size, athletic ability and raw talent. Natasha Ali, Dale-Marie Cumberbatch, Alyssa deRegt, Kelti Oviatt, Brooke Stuckey, and Stephanie Tremblay all come from major schools with winning programs.

Everyone is anxious to see what this team is capable of as they have great potential. Coach Nelson adds, "what this team lacks in experience, they will make up for in enthusiasm, effort and skill."

Men's basketball Chuma Nwobosi



The team lost a lot of key veteran players from last year, most noticeably their 4th year captain and leading scorer Shane Leman. But, after a good recruiting year, the team should be deeper and more balanced. Coach Nwobosi says "I think balance is probably the best word to describe what this year's attack will look like. Last year we were very predictable. Teams knew they had to try to shut Shane down in order to have a chance to beat us. This year I anticipate that our leading scorer will vary from game to game."

The addition of new recruits Sheldon McKinney and Aris Nunez will add to defence, while Mark Ganes, a top high school player out of Saskatchewan, will provide grit and versatility. Dave Kavanagh and Adrian Campbell also join the squad after short breaks from college basketball. Adrian is a former Ooks while Kavanagh played two seasons with the Concordia Thunder.

Add these recruits to the five returning players and the end result is a balanced team. Nwobosi adds, "I look forward to the opportunity of going deep into the rotation and always having fresh legs on the floor."

Women's Soccer Sue Melnyk



With nine returning players, coach Melnyk says that she expects to have a "perfect mix of rookies and veterans." She adds, "I'm extremely excited about the season with the addition of some very talented, skilled rookies." Two rookies have been to nationals with their club teams (goalie Lindsey Letendre and forward Courtney Rivet) while Kali Mackell went to nationals with MacEwan last year.

These talented rookies are expected to fill some holes and Melnyk says, "our team is solid and strong in every position on the field, we have a top notch goalie and back-up with equal talent on the forward line. We also have a tough, competitive midfield and defence."

Since the skill level on the team is so high, coaches will be trying to mold the team into a contender that makes

the post-season and goes even further. Melnyk says "we'll work hard at the technical part of the game and we have to instill hard work as the league is extremely competitive."

Recently, the team competed in a pre-season tournament and looked very strong, winning three times without losing a game. They beat King's college 2-0, MacEwan 2-1, and Red Deer College 6-0. Goalies Lindsey Letendre and Megan McMillan each had a shutout, while Courtney Rivet scored three goals and Nancy Korpany netted 2.

Melnyk added "it was an excellent weekend of soccer and team bonding. Everyone is excited about the upcoming week and the start of the regular season. This team has huge expectation and have set their sights high."

Men's Soccer Graham Wood



Coming off a hugely successful year, this team will have to replace two of their key players. Sinisa Matic scored 14 times last season, while Mario Guzman was a top defender. Those players helped the team capture gold at provincials and bronze at nationals, but coach Wood is confident that the team can win without them.

Even with those losses, the team has quite a few return-

ees. Notably, Waldo Dutra will return after scoring eight goals and being named the male intercollegiate athlete of the year.

Last year seemed to be a rebuilding year with only two returning players, but the team gelled early to produce positive results. With a year under their belt, the team seems poised to have another very successful year.

One of the keys to the team is coach Wood, who has 30 years of coaching experience, including 10 at NAIT. He says, "the team is well-rounded and balanced, but you're only as good as your last game." Wood takes nothing for granted, saying, "there's a lot of good teams in this league who recruited well this summer."



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ENTERTAINMENT

OOKFEST hits high note

By TAZ DHARIWAL

I think the music festival Gods are smiling brightly upon NAITSA as one of Western Canada's premier music festivals, Ookfest, entered its ninth year with a bang that could be heard from Nelson, BC's Shambhala to Toronto Island's Virgin Festival.

This year's lineup provided the extra boost Ookfest sorely needed after the last few years of disappointment when it came to needed headliners to insure there was enough rocking on the NAIT soccer field.

Metric, who are still riding high from last year's Live it Out, and Yellowcard were a couple of the headliners that really attracted both fans and partiers alike to this year's festivities. Rounding up the lineup were a slew of local performers and nationally known artists such as Danko Jones, Thornely, Maestro, Cocksaw, Cadence Weapon, and Broken Nose.

The day boded well as the three stages were in full effect by midday. Wandering the venue, I was in awe of how great the venue looked. I'm a veteran of music festivals, from small-fries to Big-Boys, and it's in this author's honest opinion, that Ookfest is definitely past that small fry stage and closing in on Big Boy status. With three major stages, two fully stocked bars (if beer was not your libation of choice,) bleachers for the tired and weak-limbed, and food concession stands that didn't gouge the living crap out of your wallet. In addition to the lovely weather the music fest Gods blessed us with, we also had main attractions that rocked the ever loving crap out of us.

With three stages, Ookfest never got stale or boring. There was always something going on, and watching the rushes of people going from stage to stage was always a treat if you weren't smack dabbed in the middle of the crowd. As for the crowd, I don't think I've ever met a group of drunken crazies rowdies that were actually really decent folk who looked out for their fellow festival go-er. I saw a number of people going down in the moshpits, but everyone was supercool and got the fallen back onto their feet without incident or injury. It's a far cry from some of the pits I've seen where it's every man (or woman) for themselves.

Many of the highlights of this weekend's festivities include Ryan Stock's Mayhem, a balls-out freakshow meets comedian that entertained the Jagermeister stage three times getting us all prepared for his new series on the Discovery channel called "Guinea Pig."

On the Molson Canadian stage, Canadian Hip-hop legend Maestro kicked it oldskool with his set which was pretty much like a best-of album performed on stage. Even his hypeman threw the crowd into a hip-hop frenzy. Indie darling Cadence Weapon and DJ Weazel threw down another vicious set, showing that local hip-hop can make waves throughout the world without having to relocate to Toronto or Vancouver.

Danko Jones turned Ookfest into the Danko Jones festival for his blistering set of sex rock. Broken Nose took punk rock and gave Ookfest a spiked-fisted enema of awesome. Thornley and Cocksaw gave awesome performances as well, and naturally, Metric and Yellowcard held the festival goers in their palms of their hands, and finished off their night with electrifying shows.

Overall, Ookfest gave everyone a piece of what they were looking for. Whether it be punk rock, freakshow, hip-hop, and alt.rock, Ookfest delivered, and hopefully, they can crank it up again next year, and take all of us to the next level.



Photo: Erin Bayus



Photo: Lisi Monroe



Photo: Erin Bayus



Photo: Erin Bayus



Photo: Lisi Monro

Roots inspire rock

By Julie Phillips

After a wild summer fling with the pubs and hotel bars of western Canada, The Grassroot Deviation (The GRD) is ready to kick it Edmonton-style. From Vancouver Island to Saskatoon, The GRD rocked 22 shows in 33 days, but, says lead guitarist and vocalist Brian Parker, “there’s nothing like a hometown Sidetrack gig.” While he feels at home on the road, and in the “hip little communities” that have warmed up to the band’s unique roots-blues groove infused sound, Parker says he can’t help but feel a strong connection to his prairie roots.

“The GRD is all Alberta,” says Parker, “at a surface level, the music we play may stray from the rootsyness of this prairie province, but I feel there is always an underlying Alberta vibe.”

The Grassroot Deviation, an Edmonton-based four-piece composed of Parker, guitarist and vocalist Dan Smith, Mike Barer on the bass and

the fiddle, and Vinay Jhass on drums, released their debut self-titled CD earlier this year, and it has already experienced radio play on CJSR, CKUA and on the Bear’s Red, White and New.

When it comes to the creative process, Parker takes credit for the preliminary writing, but modestly admits that “once something has been brought into the rehearsal space... everyone carves out their own unique and necessary part.”

Never quite sure how the set will turn out, the Grassroot Deviation smoothly improvises song transitions, and through extended jams, showcases each band member’s cool, natural musicality. This is why Parker believes the music translates better live. “There’s a certain should I say... ballsyness that we haven’t been able to capture on tape yet.”

The Grassroot Deviation w/ Kent McAlister and his band @ Sidetrack Cafe (10238 104 St.), Fri. Sept 15, 9 p.m., \$10

Ookfest: A personal voyage



By SHANT CHAKMAKIAN

Most (if not all) of us know about Ookfest, some NAIT students have been to it, some have never, yet many other students and non-students alike flock to the event. But when it comes down to it Ookfest is as Edmontonian as green onion cakes, Whyte Ave or a playoff riot. For over a decade Ookfest has given us one of North America’s largest campus band events. And while other schools like U of A have the beer gardens for their welcome month and Grant Mac. has kumoniwannalaya (not cum I wanna lay ya’) it is more than evident that we at NAIT know how to party better than everyone else. Why? Well because a good portion of the people I met that night were from other schools and even some from other provinces.

The Ookfest band lineup has always been top notch, and although I heard a few complain of the lineup (although I un-

fortunately didn’t go last year in protest of Vanilla Ice. ha!), last year the Senate approved a lucrative increase in the Ookfest budget to allow for a larger lineup, a third stage, a larger compound and an increase from 6,000 to 8,000 patrons. This increase delivered with success and so did everyone’s personal investment of their time and money...lucratively.

But the entire Ookfest didn’t just play well. I chilled with some of the bands and it really comes down to the fact that they were all mostly awesome down to earth and chilling people. Matthew Landry (lead singer of Tupelo Honey), was such a chilling guy and fun to talk to and had a great sense of humor. Danko Jones was freaking hilarious on stage, and all my homeboys of Diffinity were awesome – turns out I was previously acquainted with half their crew (small world). I met one of the guys from Yellowcard (the guy with the Dreadlocks) and he was chilling but I’m told the rest of the band was pretty stuck up and I learned that from experience after attempting to shake hands with their lead singer. And last but not least I met a really cute girl named Naomi (from I believe Emily Haines). She was so cute, that was my introduction.

But the entire Ookfest

experience didn’t stop there, apart from a kickass, warm and inviting after-party held up by the amazing staff of The Nest. I was also out there last Thursday and Friday setting it all up and of course Sunday, for quite a while tearing it all down, (as I dragged my injured leg from the mosh pit).

And as I saw the stages go up and the stages go down, I got to see and work with the amazing Ookfest crew run by Mike Anderson, and many eager hard-working volunteers. And it not only gave me a knowledge of how it all works, but such an appreciation for those people and the NAITSA (and Nest) crew who all so eagerly and passionately gave heart and soul to do one of the things that makes our institution and our city so awesome.

As you have read this article you see that I’m obviously not a rocker (or at least wasn’t), but I now appreciate the culture and the people. From the music to the moshing, and the crowd surfing (thanks NAIT for holding my huge ass up ha-ha). I realize that rockers are awesome!

Please feel free to visit my blog at shantc.blogspot.com or to e-mail me any comments or suggestions at shantc@hotmail.com I value and look forward to your input.

Sexy Is Back! But For How Long?

By Trystan Meyers

Artist: Justin Timberlake
Album: Future Sex/Love-Sounds
Release Date: September 12th 2006
Label: RCA/Jive
Official Webpage: www.justintimberlake.com



We have not been “Justified” since 2002 and the once N’Sync member, better known as JT is back to prove himself again. His first Timbo produced single “Sexy Back” was undoubtedly the biggest summer hit of ‘06. His promotional campaign is

obviously on par, putting JT on the cover of Rolling Stone and GQ magazine.

The album definitely has a futuristic almost electronic sound to it. With appearances by TI, Three 6 Mafia, Snoop Dogg Will I Am and Timbaland the album is well

rounded, full of club bangers, ballads, pop and tracks with an uncanny reflection to his idol MJ’s love of guitar and funk riffs.

The track “My Love” and “Pose” are the closest thing to his first solo release, while tracks like “Another Song” and “Loosing My Way” reminds you of his boy band days. The rest of the record pushes the boundaries of new wave and top 40.

“Damn Girl” is a club banger for sure and “Chop Me Up” has that dirty south flavor. FutureSex/LoveSounds is a true JT classic that has a little something for everyone. It’s one of those albums that will take a few listens to understand the production ingeniousness. Go Ahead, Get Your Sexy On!



Bedouin Soundclash Shows Little Soul



By Jonny Five

Bedouin Soundclash is a band whose proverbial star is rising in the Canadian music scene. Since their win for “Best New Group” at the 2006 Juno awards in Halifax, they have been touring Canada extensively playing the university/hall circuit. Their blend of reggae, dancehall, and punk influence is clearly evident on their latest release “Sounding a Mosaic” from SideOneDummy records.

Sunday night’s show at the Dinwoodie Lounge provided a full helping of their eclectic

sound, but failed to display the soul of the music that the members of the band clearly love. Reggae and punk music are founded on rebellion and spiritual upheaval. While the music that Bedouin plays has the aural ingredients of its ancestors, there is one vital component missing in their live show. I couldn’t help but be distracted from the band on stage by a young couple in front of me deeply involved in a heated argument. This passion, I realized, was what I was not receiving from Bedouin.

Make no mistake, the band did manage to marginally win over the audience during the course of its hour and a half set. Looking at the crowd, however, I couldn’t help but notice that they were much more in tune with the catchy rhythms than with any perceptible meaning behind them. The soul of the

music was lost completely. The various pleas from lead singer Jay Malinowski for the audience to dance were met with mixed results and his inter-song banter tended to drag the evening out instead of enhancing it. It raises the question of whether a band who plays music which inherently induces movement should have to remind us to move.

And in case you were worried about them, by the first song of the encore (a surprisingly inspired version of U2’s “New Year’s Day”), the couple in front of me had made up and were displaying some serious public affection. If only the members of Bedouin Soundclash possessed the same intensity as that couple, they would be closer to growing beyond their influences instead of being so overshadowed by them.

Ask the Sex Doc: Dr. Brian Parker

A Voyeuristic View Into Canada's Dorm Rooms

Dear Sex Doc;
I'm 18 and in my first year of university and I think I'm addicted to masterbating. Is it normal for me to want to do that every day? I'm sorry, but I'd rather play with myself than do Calculus.
Sore Dick Failing Math at UNB

Dear Sore Dick Failing Math at UNB;
I'm not knocking math, but who in their right mind would rather figure out partial derivatives than pop a good one off? Masturbation is perfectly normal and natural to do at any point in your life. In fact, experts generally say that "99% of boys masturbate and the other 1% lie!" This doesn't mean that every single guy masturbates, however many do. In 1990, the Kinsey Institute found that 94% of men regularly masturbate to orgasm.
Once a day doesn't sound like an addiction unless you're whacking nonstop. You're generally not addicted unless your obsession with your member hinders other aspects of your life. So if you find yourself

pulling your pud instead of attending classes or doing chores you might need to schedule your 'play' time around school.
Another issue with perpetual penis play is chaffing. If your swollen member is too raw you shouldn't continue spanking the monkey. And, you probably shouldn't try to have sex with someone since you'll probably suck in bed. To make matters worse, your bed buddy will take one look at that thing and assume you've got an STI.

Dear Sex Doc;
What and where is this elusive G-spot I've heard so much about? I've failed to find it myself and even had a boyfriend who said he was an expert miss it. Does every woman have a G-spot?
Frustrated Miner at U of A

Dear Frustrated Miner at U of A;
The G-spot or Grafenberg spot (named after Dr. Grafenberg who is credited with discovering the G-spot) is either the nerve endings of the clitoris or the paraurethral gland that produces lubrication. Experts

aren't positive what it is, but millions of screaming woman have discovered where it is.
The latest research on the G-spot makes a good case for it being the paraurethral gland which is analogous to the prostate gland. The prostate gland contains 90% of the fluid in male semen.
You can find the G-spot by inserting a finger into the vaginal canal. Gently bend your finger straight up towards the urethra in a 'come hither' motion and search for a bean-shaped gland. The G-spot will be raised.
Research shows that women have their G-spots in different locations. It can be anywhere from directly inside the vaginal canal to about 2 inches back. You'll have to do some exploration to find yours.
It is easier to find a woman's G-spot when she is aroused. Clitoral stimulation is the best way to achieve this. During arousal, the vaginal canal expands in length to about 6 inches. During this time, the G-spot swells with fluid and is more sensitive to touch.

Many women find this area extremely pleasurable when touched. The G-spot area responds best to firm pressure with a mild vibration. So guys, unless you've got a wacky shaped dick, you'd better use your finger or, better yet, a silicone dildo or vibe designed for G-spot stimulation.
Dear Sex Doc;
I've recently started having intercourse with my boyfriend and almost every time my vagina passes gas. This is extremely embarrassing, to the point where I don't feel like having sex anymore. Is there anything I can do to stop this? Please help.
Gassy Girl at UBC

Dear Gassy Girl at UBC;
What you are talking about is vaginal flatulence (farts) or what is often referred to in slang as 'quiffs.' Basically, when a woman is having intercourse, air can easily make its way into the vagina when the penis is thrusting in and out. The air has to eventually come out. How loud the 'quiff' is depends on how much air has entered the vagina and the force

at which it comes out.
If your guy won't stop complaining about your love noises, just hit him where it hurts. Tell him that you wouldn't 'fart' if his dick were bigger. Actually, you'd better not. Guys are extremely sensitive about the size of their manhood.
So, unless you're letting them rumble louder than a 747 it really isn't a big deal. Understanding that this is just 'air' should make you and your partner more comfortable when this happens. Don't worry, relax, and enjoy yourself.

Dr. Brian Parker is a clinical sexologist and sex educator and the co-creator of two sexual intimacy board games "Embrace" and "Pillow Talk." The games are available on his website, www.foreverpleasure.com which features original erotic art, high-end sensual products and adult sex education.

If you have a sexual question you want answered in the 'Ask the Sex Doc' column please email drbrian@foreverpleasure.com and watch for his response in this paper.



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Saturday, September 30th
NAIT Soccer Field & NAIT Gym

Show your OOK pride. Come out and meet members of the current NAIT OOKS athletic teams: Join them at a BBQ hosted by NAIT Athletics, then cheer on the Men's (2:00 pm) and Women's (4:00 pm) Soccer teams or watch the Women's Volleyball team (2:00 pm) in an exhibition match against Team Canada Masters.

\$5 per person
Children 12 and under FREE

Family Fun Carnival
Sunday, October 1st
NAIT Gym & NAITrium; Noon to 4:00 pm

Join us for an afternoon of fun for children of all ages. Bring your children or grandchildren or just mingle with your class mates. There will be carnival games and prizes, face painting, balloon animals, family swimskate, picnic-style lunch and refreshments plus much more. Members of the 2006/2007 OOKS Athletic teams will be in attendance to cheer your blue and gold.

\$5 per person
Children 12 and under FREE

To register, call Alumni Relations at (780) 471-8539 OR Register online at www.nait.ca/alumnait/aw06.htm

JOBS / EMPLOYMENT OPPORTUNITIES

Need extra cash while studying? NAITSA has two opportunities for you.

Two positions are open at the NAIT Students' Association.

1. Microwave cleaner.

- Microwaves on main campus to be cleaned once a week (flexible hours as per your schedule) and replaced when breakdowns occur.
- Some mildly heavy lifting required.
- Approx. time commitment per week: 3 hours

2. Poster board maintenance and Nugget Distribution.

- Maintaining poster boards as required through NAITSA office and taking them down upon expiry.
- Distribute Nugget every Thursday morning on main campus.....7:30 a.m. – 10:30 a.m.
- Approx. time commitment per week: 5-6 hours

Application Forms may be picked up at the NAITSA office (E131).
Please contact Rita Cain at the NAITSA office (E131) for more information....or email your inquiries to ritac@nait.ca



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www.MacEwan.ca/residence

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Visit our new site and join in the scavenger hunt! You could win one of several fabulous prizes.

Contest runs September 7 – 30.



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NAIT Christian Association

Date: Wednesday, Sept. 20
Time: 12:15pm
Place: NAITSA Office Rm. E-131
Meet new people
Confirm your attendance by email (22194849@collegeclub.com) or phone Greg @ 231-1640

SESSION	DATE	TIMES
EXAM WRITING/ MANAGING EXAM ANXIETY	Thursday, Sept. 14 th	11:15 to 12:15, 12:15 to 1:15 <u>or</u> 4:30 to 5:30
TIME MANAGEMENT/ MANAGING PROCRASTINATION	Tuesday, Sept. 19 th	11:15 to 12:15, 12:15 to 1:15 <u>or</u> 4:30 to 5:30
STRESS MANAGEMENT	Thursday, Sept. 21 st	11:15 to 12:15, 12:15 to 1:15 <u>or</u> 4:30 to 5:30

All sessions are **free** and **drop-in**.
For more information contact
Room W111-PB, HP Centre
phone 378-6135

Astral Reflections



By TIM STEPHENS

SEPTEMBER 17 – 23, 2006

Aries March 21-April 19
Your work phase comes to an end this week (by Friday) – and so, to some degree, the danger subsides that you’ll “over serve,” that you’ll let kids and bosses run your life and dictate your hours. Be faithful but free, Aries – encourage others to fend for themselves, for their own sake (and yours). Romance calls Sunday / Monday: what seems deceptive or elusive (or boring) could work out in the end. Work duties re-appear mid-week – don’t volunteer! Friday / Saturday bring exciting relationships, accurate intuition, and the start of an exciting autumn!

Taurus April 20-May 20

Enjoy this last week of romance, creativity, pleasure and “vacation mood,” especially Tuesday eve to Friday dawn. But let go what’s going; don’t try to increase or firm up a situation that is meant to dissolve. Early week (Sunday to Tuesday) rest, relax, putter around the house. Friday begins a month of hard work and many chores – though it starts with an eclipse, it should be a successful month. But make sure your direction is logical, not “a whim.” The eclipse removes “lingering threads” and ends the indecision you’ve felt.

Gemini May 21-June 20
Now to September 25, don’t let travel, daydreams, big vague (weirdly sensual?) ideas – or the search for a perfect home – interfere with your work duties. The recent domestic focus will intensify Tuesday to Friday morning; before it subsides, you might change homes, redecorate or buy furniture. Chase nothing here; just respond to pressures, needs. Friday’s eclipse might try to launch a whole new domestic project or involvement – don’t bite!

Say NO. Friday also launches a month of romance, love, beauty, joy and creativity! You’ll take a risk, and win!

Cancer June 21-July 22
This week intensifies – and ends, by Friday, if luck is with you – a recent spate of travel, communications, details, errands and paperwork. Someone might attempt to resurrect another such project late week – say no, thanks. You’ve succeeded, your busy efforts brought fun and affection, but “another run” will bring confusion, indecision and dead-ends. Earlier, Sunday’s excellent for ordinary shopping, but don’t buy cars, swimming pools, or waterfront properties. Friday begins a month of rest, quietude, domestic happiness, and nature’s beauty. If you feel testy, start renovating, decorating, or landscaping.

Leo July 23-Aug. 22
The emphasis lies in money, earnings, spending, possessions and casual sex – these matters grow in importance Tuesday eve to Friday, then ebb for quite a while. You might change what you own, or “change

partners” in a casual way, or you might even change how you earn money. Okay – but avoid chasing results (chasing indicates you have the wrong goal). Friday might tempt you to launch a new project in these areas – don’t! The profit’s over. Friday begins a month of illuminating travel, friendship, communications and learning – be curious!

Virgo Aug. 23-Sept. 22
Your energy, charisma, effectiveness and luck remain high, especially Tuesday night to Friday morning! (Rest, contemplate and plan Sunday to Tuesday p.m., in order to increase the effectiveness of your actions Tuesday eve onward.) Aim your energies toward accomplishing a bond, a connection with others – chase someone, make a friend, respond to an exciting member of the opposite sex, mail your resume, apply for positions, seek opportunities and new horizons. This might or might not bring you anything concrete – but it’s a prelude to 2007’s big, lucky change!

Libra Sept. 23-Oct. 22
Your last week of weariness, lowered clout and dimmed charisma occurs now. It might get worse before it gets better, too, Tuesday eve to Friday dawn. Ah, well. Just tackle chores and work quietly. Try to aid others. Give advice where asked. Don’t withdraw. Sunday to Tuesday is quite social, and gives you a foretaste of the attention you’re going to receive Friday onward, when a month of soaring charisma, energy, determination and effectiveness rockets you forward! Start important projects, see and be seen, and ask favors, Friday into October!

Scorpio Oct. 23-Nov. 21
Sunday to Tuesday dawn favor your ambitions – strongly! Rouse yourself; charge forth. A recent surge of socializing (and flirtation, popularity, work-related social events, wishes and hopes, and optimistic plans) climaxes this week but also ends, Friday. After Thursday, don’t try to crank up the party again, nor seek further social horizons – someone might urge you to it, but the result would disappoint, in subtle, inescapable ways. Instead, seek rest, contemplate, ponder the future, and catch up on your neglected obligations – for four weeks. Domestic worries and hopes are overblown!

Sagittarius Nov. 22-Dec. 21
Sunday and pre-dawn Tuesday are great times to begin studying a new subject. You’ve probably faced a spate of events on your career scene over the last month. Fortunately, things went well for you. Now a new surge

of career / ambition / prestige events occurs, Tuesday eve to Friday dawn. Let these occur, don’t force or chase them. Friday might try to draw you into a new career project or ambitious plan – evade it. Friday begins a month of social joys, popularity, optimistic plans, flirtations and entertainments – you’re going to be happy!

Capricorn Dec. 22-Jan. 19
Investigate Sunday to Tuesday dawn – the secrets of life, of financial success, or even mere secrets – are available. Your religious, learning, far-travel, international, legal, publishing or advertising affairs are emphasized Tuesday eve to Friday dawn – this is like a “late nova” of a month that has been pretty benevolent in these matters. But let it end there – don’t let someone nudge you into further, bigger ideas, concepts, travel, etc. Friday starts four weeks of ambition, prestige, and career events – be astute, willing to change your approach. Money worries are exaggerated.

Aquarius Jan. 20-Feb. 18
Exciting meetings / opportunities occur Sunday to Tuesday. These lead naturally to the depths of mid-week (to Friday dawn). These depths – financial, sexual, research, diagnostic or health – have brought you benefits over the past few weeks – but only accept what comes here, without chasing it. And especially, do not try to prolong the party Friday. You’ve got what’s good; the rest isn’t worth it (and could be the entry to a trap or dead-end). Friday begins a month of understanding, learning, cultural events, far travel and love – it’s swift, perhaps argumentative!

Pisces Feb. 19-March 20
Tackle chores Sunday to Tuesday dawn. Partnerships of all types, opportunities, relocation themes, contract negotiations and litigation are areas I’ve warned you away from through December 2007 – but these areas have actually benefited you for the last month, and they come to a climax this Tuesday to Friday. Good. But don’t increase your involvement; a new project in these areas would be “stillborn.” (BTW, Pisces, my warning does NOT include romance, sensual involvements, friendship or fun – just “partnering.”) Friday starts a month of secrets, lust, finances, and big changes!

www.astralreflections.com.
timstephens@shaw.ca

For a reading: 604-261-1337.

I Volunteer!

Rm. E-133 Ph: 491-3966

Shinerama is seeking volunteers to help out on Sat. Sept 16 with our annual Shine Day. This event is a great way to meet people and support a worthwhile cause! Contact Shannon at the NAITSA Volunteer Centre E-133 for more details!

The NAITSA Volunteer Centre is looking for a referral clerk to assist with the operations of our volunteer centre.
For more details contact Shannon at naitsave@nait.ab.ca

OOKFEST 2006 – Would like to thank all the volunteers that made this event possible! NAITSA and the OOKFEST organizing committee really appreciate all your hard work!

NAITSA
Shinerama campaign!

VOLUNTEER
ONE DAY ONLY - SAT. SEPT. 16
AND HELP SUPPORT THE FIGHT
AGAINST CYSTIC FIBROSIS

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	-T-Shirt	

COME OUT AND MEET NEW FRIENDS WHILE YOU
WASH CARS AND SHINE SHOES

Visit us at www.naitsa.ca/shinerama for
more information & sign-up!



Classifieds

OK ya'll we know Grapevines is probably the most popular feature in the Nugget. But we need some damn submissions. You have a crush on someone on campus? Send them an anonymous message. Wanna mouth off about something bugging you? Send it our way. We're free and easy on this feature but we won't put up with submissions that are threatening or racist. Other than that, go for the gusto. Send your e-mail to nuggetgrapevines@hotmail.com and we'll publish a selection of the best ones every week.

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