THE NUGGET

Thursday, Sept. 21, 2006 Volume 44, Issue 3

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

STUDENTS SHINE!

Thousands of dollars raised in Shinerama for the Canadian Cystic Firosis Foundation. Coverage inside.



The Nest Upcoming Events

Every TUESDAY is NAME THAT TUNE & every WEDNESDAY is KARAOKE from 4 pm – 8pm @ The Nest.

ANNEX Party @ The Nest featuring Brown Brigade – Friday, Sept. 29

Former Sum 41 guitar player, Dave Baksh brings his new metal band The Brown Brigade to Edmonton in an exclusive preview before they hit the road on a cross Canada tour. Doors open at 8pm, entry is \$5 for ANNEX Students & \$10 for everyone else.

October's just a few weeks away which means Oilers & Octoberfest at The Nest...stay tuned for details!

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SA Senate!

The Senate will decide on what actions to take in order to meet the best interests of the students.

The Senate will consist of 18 elected student representatives from nine NAIT schools:

School of Business

School of Hospitality

School of Building Science

School of Academic Foundations and Bridging

School of Applied Media & Information Technology

School of Electronics Technology

School of Health Sciences

School of Manufacturing Technology

School of Resources & Environment Management

Nominations close September 22, 2006,

Jon Hoffman at: 471-7608 or e-mail: jonh@nait.ca

and Elections will take place September 28,

If you have any questions, please contact the NAITSA president,

Senators will be required to meet twice a month where current issues and problems around NAIT will be discussed. Food and refreshments will be provided as well as a monetary compensation for time.

Interested?

The Senate Election is taking place September 28. Drop by to the NAITSA Office (E-131 by the gymnasium) and pick up a nomination form today!

ATTENTION!!

Senate Election All Candidates mandatory meeting on Thursday, September 21 at 4:30 p.m. in X105

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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.

NEWS & FEATURES

NAIT overhauling security

By STACEY DOUGLAS Nugget Student Editor

A crazed gunman deciding to shoot up a school hallway is not something I like to dwell

on. However, after Montreal's tragic event last Wednesday it is hard not to wonder about the security in our own school.

My curiosity led me to Ken Snider, manager of Security Services at NAIT; who explained some of his resources, as well as a new security upgrade in our school's future. First of all it is Snider's job to administer the contract between NAIT and Paladin Security, who oversee the training of our campus security officers. At any given time there are at least 10 security officers on duty that communicate through radio to each other. Two are always available at the security services desk, while the rest patrol our main campus or travel between other Edmonton campuses

NAIT's principal security issue is found in every larger institution – the fact that our buildings are open to the public. Unfortunately, this means that there is the opportunity for similar mayhem like Dawson College in Montreal or Columbine in Colorado; but this is extremely unlikely.

If it did happen a school lockdown would be carried out. This involves classrooms and offices being locked, and



Smita Makwana extends her condolenses to the victims of the Dawson College shooting in NAIT's south lobby, Friday. The signed books will be sent to the college next week.

students and staff getting down on the ground until it is safe. Snider explained that because "...the security officers are still considered private citizens it would be a citizen's arrest..." if a situation occurred. In a crisis the police would be called in to take over control until the emergency had dissipated.

The more pressing issue is the opportunity the open doors give to thieves who take advantage of backpacks left while someone runs to the washroom, or a quiet hallway lined

with lockers to break into. This issue is an ongoing battle that involves the aid of students and staff by reporting any suspicious activities or people to Security Services.

As well, NAIT is a member in the International Association of Campus Law Enforcement Administrators or IACLEA. This is an organization based in the United States that coordinates between numerous post-secondary institutions worldwide; and is a resource towards better campus security

through the sharing of information gained from past crisis situations.

If Snider has a question he emails IACLEA, and within 24 hours they will email him a response. As well, IACLEA publishes a magazine quarterly and holds a conference annually. This group facilitates discussions regarding security procedures and issues ranging from random shootings to unpredictable weather like hurricanes. This organization allows access to information so

that NAIT's Security Services is better informed when generating its protocol.

NAÎT's current procedures and systems will be changing in the near future, because Snider and his team are involved in the design of a complete security overhaul. The Security Services building will eventually house a command centre that will not only remotely control buildings and classrooms on our main campus, but it will be able to access other NAIT campuses throughout Edmonton and northern

Access cards, alarm systems, and a surveillance system are important elements in this security upgrade. Snider mentioned that he begins training this week on the new command center, and "the security systems will be converted slowly throughout all of NAIT's campuses beginning with the NCAT building by the HP Cen-

Security at NAIT, like anywhere else, is not foolproof. No one can predict what may happen in the next hour, but preparation and access to resources are crucial. As Ken Snider explains, "staff, students, and visitors are our eyes and ears," so if you see something suspicious report it so we are all able to rely on each other to feel safer.

orientation lesson

By GARTH CRUMP NAITSA V.P. External

From strongman and grip strength to archery and a postural assessment, the four NAIT Metro Satellite Campuses were not left out this year from being welcomed with a hearty NAIT welcome.

Together NAITSA and the NAIT Student Life department were able to pull off four consecutive welcome barbecue and event lunches.

Starting at the NAIT Distribution Centre, on 120 Street, the festivities took flight with the Avionics and Aviation programs taking archery shots at a couple of helpless targets, with Robin Hood-like precision.

"We thought it was fitting to have accuracy games because aviation and flight is all about accuracy and precision," said Holley Christianson from Student Life.

From minuscule to massive, the welcome brigade – this time with the wonderful help of instructor Roger Ferrari and Ioe Skew – traveled to the great NAIT Patricia (a.k.a. Pat) Campus to create the scene for close to 300 students and teachers. The games also jumped in size with



Patricia Campus apprentices tugging for the Championship of the Universe.

teams of apprenticeship students putting their strength to the test with a Strongman Grip Strength and Tug-O-War contests. The next day, far away St. Albert Campus got the works; however, the barbecue did not show up at the scheduled time. Student Life brought a Postural Assessment person to test if these students have the posture that will or will not keep them safe in the workplace. NAITSA did, in time, get the barbecue running and some of the students were fed juicy

burgers. Once again, the welcome wagon jumped to another big apprenticeship campus as Slouch Campus was the last of the four to receive the barbecue and events. With most events, something always goes wrong... or at

least almost goes wrong. And the lesson from this barbecue is Do not set up a barbecue outside a door where the wind blows the smoke straight in the building. Yes, Slouch Campus did look a little smoke-ridden for while but it was resolved when NAITSA moved the barbecue into a better suited area.

So, the number one thing that I learned from this week of continuous barbecues is that a jacket can get very smelly after four big, greasy barbecues and they become hard to wash. However, on the good side things do happen and if you have the chance to learn from your mistakes or misfortunes then you become a better person and good things will come.

NAITSA Senate! For the Students, By the Students

By STEPHANIE TOFFOLO

Think you have what it takes to help lead NAIT Students' Association?

With the NAIT Students' Association Senate Elections right around the corner it's time to start getting involved and working on a solution rather than complaining about problems (soaring textbooks costs and parking – to name but a few!). Have a say in where your student money is spent, along with the money of your fellow students. The best way to get what you need from your student association is to get involved. Becoming involved with the NAITSA is a great way to connect with other students, as well as learn about issues at NAIT. Collectively you will decide what direction the NAIT Students' Association should follow, and comment on ideas or suggestions.

This years' Senate will consist of 18 elected student representatives from nine NAIT schools. Meetings will be held twice a month commencing on Wednesday, October 11th at 5

Getting involved in the Sen-

ate has many benefits along with improving your school. Your involvement will help to develop transferable skills such as leadership and communication. The experience and education gained from working with the highest of caliber NAITSA executives will be invaluable and never mind what it can do for your resume!

So if your interests' been sparked, it's time to get moving and get informed. Pick up your information and nomination package from the NAITSA Office (E-131). Next, get nominated; you only need ten students signatures from any of NAIT's programs.

Submit your nomination form by the deadline date of Friday, September 22nd. . Now if the thought of campaigning has you slowly backing away, don't let stage freight hold you back. There are no speeches or debates. Just get out there and talk to other NAIT students about issues that concern them.

Finally, remind them to vote on Thursday, September 28th! The Senate is YOUR organization, and it is up to you to work to make it as effective and efficient as possible.

SPORTS

NAIT sports gearing up

By JASON JONES News and Notes

NEWS

After a disappointing season last year, the Ooks men's hockey team seems poised to get back on track. They hosted the annual Blue/ Gold tournament last weekend and proved that they are the team to watch in the ACAC. On Friday, the Ooks lit up the lamp scoring nine times on Briercrest and won 9-0. Newcomers MacDonald and Driaduck combined for the shutout, while 3rd year defender Landon Dingle knocked in a pair of goals.

On Saturday, the Ooks managed even more offense, destroying Augustana 13-2. Sunday was supposed to be the big test, and it ended up the closest game, but the Ooks shut down MacEwan's high powered offense to win 4-0. Coming into the game, MacEwan had scored 15 goals in the weekend series.

It was an extremely impressive start for the Ooks and it has to make them optimistic coming into the season. They will be trying to win their first ACAC title since '95-'96. As impressive as last weekend was, the Ooks have not yet played the top two teams from last season. They'll do that with their two preseason games left, the first on Sept. 29 at home against last year's champs from Mount Royal College.

They finish the preseason on Sept. 30 in Calgary to take on SAIT. The regular season begins on Oct. 6 against MacEwan at the St. Albert Centre, with the home opener the next night against MacEwan again.

NOTES

•Former Ooks hockey coach (1966-67) Johnny Utendale (1937-2006) recently passed away. He was one of the first black athletes to sign a pro contract.

•Grande Prairie was in town to kick off the Ooks soccer seasons on the weekend. After both going 3 and 0 in preseason action, the men started the season off winning 5-0, while the women were narrowly beaten 3-2.

•The men will try to continue their winning ways with a home-and-home against King's College this weekend. Go to the NAIT soccer field on Saturday at 2 to catch the action. The women will also play a home-and-home against King's on the weekend, playing at NAIT Friday night at 5.

•Trevor Slack has accepted the position of assistant coach on the women's basketball team. With over 30 years of coaching experience, he will play a key role with the team. A publisher author, Slack was also the Canada Research Chair in Sport Management at the University of Alberta.

•The men's basketball team has finalized its roster.



akes the face-off

Ooks forward Jeremy McKibbon takes the face-off against the Grant Macwan Griffins Sunday afternoon at the NAIT arena. NAIT won the hockey game 4-0.

Coach Nwobosi said "this year we had to release at least 5 players from tryouts that were all good enough to play college basketball." The team gets going on Tuesday, Sept. 26 versus King's University College. Game time is 9 p.m. at the NAIT gym. The team then travels to Mount Royal in Calgary that weekend for 2 exhibition games.

• After only five practices together, the men's volleyball team lost 3-0 to MacEwan in exhibition play. The only two returnees Tim Ritsema and Chris Brouwer will lead this team, while Leslie Roastings Jr. and Ryan Zwarich are both

ready to play at the college level. It's anyone's guess as to who will be the dominant teams this year under a new format.

BEST BETS

•It's a big weekend for the NAIT golf team as they play their regional tournament this weekend. Last year, the team finished 4th at provincials.

•The women's Blue/ Gold hockey tournament is this weekend. NAIT is in action on Friday at 6:00 and Saturday at 5:30. They'll also play Sunday at a time determined by how well they do in their first two.

Creating the **Mail** Academic Ceremonial Mace

NAIT students are invited to participate in the design of the NAIT academic ceremonial mace. We want your thoughts and ideas!

The NAIT academic ceremonial mace will represent NAIT's authority to grant certificates, diplomas and degrees. It will be a symbol that will have historical and contextual significance to NAIT and its graduates. It will embody NAIT's vision.

To contribute your comments and suggestions, please visit the website below and complete the online survey.

www.nait.ca/mace2

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Do Oilers have the Right Stuff?

By JASON JONES

Coming to within a game of winning the Stanley Cup last year, the Oilers have one goal in mind - to win it. But do they have what it takes to do it? Obviously, Dwayne Roloson is an improvement in net over Markkanen and Conklin (now in Columbus). Will either Dubnyk or Deslauriers emerge as an NHL goalie in the minors this season?

The signing of Peter Sykora now gives the forwards three legitimate lines and 8 forwards who should score 20 goals (Smyth, Horcoff, Hemsky, Pisani, Torres, Sykora, Lupul, and Stoll). You couldn't say that about the team last year, so they improved offensively.

But then there's the defense. With the departure of Pronger the team will now have to rely on team defense, with 4 guys playing 20 minutes a night and nobody playing 30. Hey, it worked for Carolina and Buffalo last year. Yet the defense remains the biggest question for coach MacTavish and GM Kevin Lowe.

The Oiler's other issue will be which young guys get cut before the season starts. Pencil in Reasoner and Moreau to the above 8, and you've got only four forward spots left. That means only 4 of Pouliot,

Jacques, Winchester, Mikhnov, Shremp, and Petersen can make it. On the back end, who, out of Hejda, Gilbert, Smid, Roy, and Syvret will get the 6th and 7th D spots?

ESKIMOS

After losing to the lowly Ti-Cats, the Eskimos are now in serious danger of missing the playoffs for the first time in 35 years. Why doesn't anyone seem to care about this? Is it because hockey is back, or are Edmontonians breaking their ankles jumping from the bandwagon.

Remember this - the Eskimos finished 3rd in the west last season and got hot in the playoffs to win the Grey Cup. And now they've suffered from the hangover - what are the odds that I'm writing that exact same sentence next year with the word Oilers instead of Eskimos?

PRO SPORT NOTES

• How is it that Baltimore, San Diego, and Chicago are the most impressive NFL teams so far? And how are Miami, Carolina, and Tampa Bay the most disappointing? Carolina was picked by almost everyone to win the Super Bowl, but so far

they couldn't win the lingerie bowl. And yes, Oakland is that

•Will Ryan Howard break Roger Marris's 61 home run record this year? That's right, he'll be the first without an asterix. And the Tigers need to take a lesson from the White Sox in how not to crash and burn a surprising season, but they won't listen.

•Roger Federer is the greatest athlete of our time and deserves more recognition.

BEST BETS

- Tiger and his American squad will try to beat the European's at the Ryder Cup this weekend in Ireland. Chances the Americans can play like a team - 0.
- •The Oilers host Calgary in pre-season action on Saturday - if you can actually get tickets, it will be your only chance to
- see Shremp this year. •Sunday is shaping up to be a battle for early division leads. Bears vs. Vikings, Bengals vs. Steelers, and Jags vs. Colts. Don't forget about Monday as either the Falcons or the Saints will suffer their first loss. Expect an emotional Monday nighter too, as the Saints return to New Orleans for the first time since hurricane Katrina.



ENTERTAINMENT & EVENTS

Shinerama was a huge hit



By SHANT CHAKMAKIAN

If you didn't attend this year's Shinerama...you missed out of an awesome experience, from the people, to the atmosphere to the very pretty ladies (mostly from respiratory therapy). If you were there, you enjoyed yourself.

What is Shinerama? "Shinerama is a student driven fund raiser, that goes out and benefits the Cystic Fibrosis Foundation, by shining shoes and washing cars," said to Shannon Marshall, Volunteer Center Manager for NAITSA.

What is Cystic Fibrosis? According to the Canadian Cystic Fibrosis Foundation website "CF affects mainly the lungs and the digestive system. In the lungs, CF causes severe breathing prob-

lems.

After eating our well catered breakfast, care of The Nest, Lars Larson, VP Student Affairs at NAITSA had us do the "straw test." It was simple, try taking a small straw and take a deep breath and exhale through the straw for 60 seconds. Needless to say I couldn't last 35 seconds (damn smoking), so give it a shot and see how it feels.

So needless to say we're fighting a good cause here, and I was honored to be a part of it (let alone covering it as well); and it's even better finding out we all raised "roughly \$11,000," according to Garth Crump, VP External at NAITSA. The funny thing is a lot of people think that volunteering is a pain in the ass, and I'll admit I thought it was too but man was I glad to be wrong - not to say it was a bit challenging getting donations at times, but it was a very rewarding experience and at the end of the day I felt truly glorified.

Again the people down there were awesome, especially all my homies down at West Edmonton Mall. There were many creative people indeed. For example a group of pretty ladies selling a

kiss (on the cheek) for donations; or my buddy Nate who's idea it was to go to 96.3 and K Rock and get interviews, to spread awareness about the event (and Brother Brett from K Rock is the coolest radio DJ I've ever met). All in all I can't express how amazing the people all were on that day. We weren't just selling balloons, stickers, kisses and asking for donations, we were making a difference and we were all having a blast at the same time.

In conclusion, volunteering is great! It really is. Helping people is awesome, and the awesome people you meet is mind boggling. On top of that it looks great on a resume. (Yhanks Dexx). And also needless to say, nothing impresses the ladies more than saying you spent all day being a part of a team that raised about \$11,000 for CF research!

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.

Charity effort shines bright

Bv LISI MONRO

NAIT student and staff volunteers came together this weekend for Shinerama, in support of the fight against cystic fibrosis – the most

common and fatal inherited disease affecting young Canadians.

Volunteers who normally participate in car washes and shoe shining, were restricted to the indoors for canvassing Saturday due to poor weather – but still managed to raise over \$11,000 by the end of Saturday afternoon.

NAITSA set up volunteer groups at various locations throughout the city – one of them being at Heritage Harley Davidson in south Edmonton where Caroline Lavoie, Daniel Dyer, Spencer Nelson and Diana Comparelli raised over \$200 shining shoes and collecting donations from Harley

The volunteers found Shinerama to be a valuable experience in different ways.

Lavoie is in her first year at NAIT and had a friend who suffered from cystic fibrosis. She joined the volunteers to help out a great cause and meet new people.

"We had to learn how to come out of our comfort zone and approach people...and not offer to shine anything other than their shoes," said Lavoie.

Shinerama was headed this year by Lars-Erik Larsen, vice president of student affairs.

Larsen also sent good NAIT representation to West Edmonton Mall, where a large group of respiratory therapy students sold items and promoted Shin-

In addition, international students overcame cultural differences and the cold weather to help support the fight against a disease that affects thousands of Canadians every year.

erama on radio stations.



Sinclar gets everyone moving and rocks his party



Bob Sinclar w/ Nestor Delano **The Starlite Room** September 15/06

In the past couple of years, Bob Sinclar has become a mega top 40 superstar DJ, demanding high prices for his services, and 100% attention from an eager audience in a packed house, as he pumps out his legendary jams, both mainstream and underground.

Back when I was wearing phat pants, sucking on soothers, and going to raves just for the massage trains, Bob Sinclar was shrouded in mystery to me. Rumors were widespread of who he really was. Some thought he was one half of the famous French duo, Daft Punk (Thomas Bangalter from the aforementioned duo helped produce Bob Sinclar's breakout track, Gym Tonic, back in 1998)

Gym Tonic hit that summer and was one of those tracks that were played everywhere, regardless of scene. You'd hear it at big shiny fuck-off raves, to indie nights, on chill-out compilations, to Jock Jamz vol. 93. The main attraction, besides

the driving French house beat, was the illegally obtained sample from the classic Jane Fonda Workouts from the 1980s. Listeners to Sinclar's recent musical exploits don't even remember Jane Fonda, let alone her workout videotapes, but when he dropped Gym Tonic near the end of his blistering DJ set

last Friday, the crowd gave respect when respect was due.

Sinclar, currently riding high thanks to remixing the classic house track, Everybody Dance Now by C & C Music Factory, into Rock This Party, dropped his current single early on in the night. This gave a chance for the new millennium fashionistas to shake their collective asses in their skinny jeans. As sweat dripped off the walls, Sinclar dictated the night, going from his current hits, to sexxxy Jamaican dancehall, from bass-heavy breakbeats to all-time club bangers, but the musical path eventually led back to his French house, which brought him his fame in the first place.

With a filtered mic, Sinclar asked for praise from his audience, which they provided with unabashed enthusiasm. A smile went across his face, and he kept the people dancing until early in the morning, as 3 am came around, and people were still dancing, wanting more and



Fear fuels Last Kiss

The Last Kiss 4 out of 5 By JONNY FIVE

"Terrifying!" This is how my girlfriend described "The Last Kiss" (a remake of "L'Ultimo Bacio," a 2001 Italian film) from writer Paul Haggis and director Tony Goldwyn. At first, I was tempted to agree with her. Let's face it, a movie about people facing extreme doubt and fear over their relationships is, on the surface, an odd choice to watch with the one you love. Upon further reflection, however, I found that there was much more under the surface of this film than an attempt to scare the hell out of people my age about the uncertainty of love.

Zach Braff, of television's "Scrubs" and 2004's "Garden State," plays Michael. He is an architect on the verge of turning 30. His girlfriend Jenna, played by Jacinda Barret, is pregnant with his child and they are on the road to the rest of their lives together. Michael, however, is uncertain of his feelings about all of this. He is scared that all of the things that he thought would make him happy are failing to do so. Over the

surrounding this fear that allow him to realize what it is he truly wants.

Fear is the central theme which drives this movie. Not only are we shown Michaels fear that ". there's no more surprises..." but all of the supporting players are dealing with their own fears as well. His friends show us boys becoming men who are all scared to death. We get the new father who fears he hates his wife, the recently dumped guy who is afraid he has lost what he thought was supposed to last forever, and the non-committal one who is too scared to settle down. In spite of the strong performances, these characters can't help but feel slightly one dimensional as they are used merely to illustrate extremes. This is especially true of Casey Affleck's Chris who we really cannot be sympathetic for, in spite of his best efforts.

Rachel Bilson, of Television's "The O.C.," makes her screen debut here as the last temptation of Michael. Her sweet co-ed Kim represents everything Michael is afraid of losing: excitement, surprise, and youth. She is the opposite of the life that he sees in front of him and he agonizes over but seem slightly "by the numbers" however, as she is presented as a personification more than she is as a person.

Tom Wilkinson and Blythe Danner turn in what are, in my opinion, the strongest and most defined performances of the film. They play Jenna's parents who are now facing their own fears over their listless relationship. It is Wilkinson who clearly defines what this film is really saying: "How you feel only matters to you... It's what you do to the one's that you say that you love that matters."

The message here is that relationships are always hard. Fear and uncertainty are assured. The real world does not lend itself to the traditional romantic notion that things just work out. It is the effort we put in and the examination of these fears that cause our human relationships to flower or wither. The choice is ours.

Pea Splits From The



Artist: Fergie Album: Dutchess Release Date: September Label: Interscope/Universal Urban Official Webpage: www.fergie.com

stuff **Jurassic** New for

By TRYSTAN "DJTBONE.CA" **MEYERS**

Artist: Jurassic 5 Album: Feedback Release Date: July 25th 2006 Label: Interscope/Universal Official Webpage: www.jurassic5.com

Their third major release is now under there belt. Jurassic 5 (J5) is ready to break out after years of feeding the underground. It's evident in there slightly more commercial sound. This is definitely a transition album for the group.

The five-man collective group includes Akil, Zaakir (Soup), Chali 2na, Marc 7, and producer/DJ Nu-Mark won't apologize for not making gangsta rap music. They are however making more popish/radio tracks than they used to. Many underground followers are skeptical because super producer Scott Storch laid his blessings on this record but they will be glad to know he only produced one thunderclap filled track called

"Brown Girl." They haven't totally strayed from



beats and cuts from Di Nu-Mark and classic lyrical trickery. There first single "Work It Out" is sure helping there radio airplay with help from The Dave Matthews Band. The album has 15 tracks and runs

just over 50 minutes. The low point of the album was when I heard "Red Hot." Dj Numark and Rob The Viking (Swollen Members) must have bidding the same beat. Instead of being "Too Hot" it was just played out.

Is J5 ready for there shot at mainstream stardom? That's for the people to decide. If you are a die hard J5 fan they are coming to Edmonton Nov. 2 at the Venue formerly known as Red's.



By Trystan Meyers

The entire pod is at Rexall Place Oct. 4, but all the talk is surrounding the lone female "Pea" and her debut solo record. The Dutchess is expected to rival the likes of other since-parted superstars like Beyonce & Gwen Stefani. The lead single "London Bridge" is reminiscent of an old school beat made mainstream, with a dash of crunk. The recipe for this album follows with strong sensual vocals from Fergie alongside pop beats. Almost every song is danceable, including covers of the nursery rhyme London Bridges in the track "Pedistal" and The Temptations, "Get Ready" in her rendition of "Here I Come."

Ludacris is the only household name of the album helping Fergie with the sing along track "Glamorus." Most of the record has good upbeat feel that is radio friendly while holding a mellow sound. The one track that threw me for a loop was the punk influenced "Mary Jane Shoes." Of course the album is not free of tracks like, "Hands Up" and "Clumsy" that will become staples.

Overall this album has all the right spices to be "Fergalicious" but let's thank God that Will I Am is in the kitchen with his special blend of production ingredients, otherwise this album would just be cookie

Thank You from SHINER

search. NAITSA would like to thank the following businesses & organizations for helping make this year's Shinerama campaign bigger and better than ever!

- Alberta Carpet Cleaning
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- Fabutan
- FantasylandFox Searchlight
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- •Keg Steakhouse & Bar
- Kingsway Garden MallMC Music Productions
- •NAIT Campus Sport and Wellness
- •NAIT Reads & Needs
- •NAIT School of Applied Building Science

- NAIT Staff & Students
- •OOKFEST
- •Pizza 73
- •Royal Alberta Museum
- SONY BMG
- •Sorrentino's
 •TELUS World of Science
- •The Nest
- Tony Roma's & Alberta Family Restaurant
- •Warner Bros.
- •Woman's Rugby World Cup '06
- **XBOX Summer Rush Tour (CIM Ltd)**

A big shout out to all the locations that allowed our Shinerama volunteers to be in their malls or businesses. We couldn't have done it without you!

No need to go limp

Ask the Sex Doc:



Dear Sex Doc;

The last time I was getting head from my partner I lost my wood. To make matters worse, this happens quite often. Why does this happen to me and what can I do to stop it from happening in the future? Fanshawe Flaccid Fellow

Dear Fanshawe Flaccid Fellow;

This can be a very common experience. In fact, many men also lose their erections during sexual intercourse. The brain is actually your primary sex organ so when your brain is off somewhere else or you're worrying about your English paper your arousal level will decrease and that raging hardon goes into hiding. This is perfectly normal. Although, pharmaceutical companies would love you to pop a pill to solve your limp ways, this is usually not necessary.

The blood quickly drains from a dude's pipe for a number of reasons, but most likely when they're concerned about their penis (is it big enough? too big? does it still smell like moldy cheese curds? what if I cum?, or worse, what if I can't cum, etc.).

When you are receiving oral sex, try to concentrate on the wonderful feelings and sensations. Don't put too much pressure on yourself to perform, just relax and enjoy yourself. If you focus on the pleasure, the veins will be a poppin' for a long time.

Dear Sex Doc;

Help! I'm 31 years old, I've been married to the same man for nine years, and I have never had an orgasm during sex. This is putting a huge strain on my relationship with my husband. Whenever my husband wants sex I use the excuse that I'm too busy with school. I really want to do it, but I also want to enjoy it. What can I do? Determined to Cum at SAIT

Dear Determined to Cum at SAIT;

This is more common than you may think. Studies have found that only about a third of woman consistently have orgasms through penis-vagina sex. You girls out there might not be aware of this, but most guys don't know squat about a female's erogenous zones. They talk the talk, but if guys really knew do you really think

33% of you would be staring at the ceiling in total boredom during sex?

Here's the scoop. The woman's clitoris is her pleasure organ. The only reason it exists is for pleasure. It has no other function. The clitoris has more nerve endings than the entire penis – 8,000 in fact. Stimulation of the clitoris is the easiest and most reliable way for most women to attain orgasm. The clitoris purrs best with quick movements like from a tongue, finger, or vibrator.

During penis-vagina sex the clitoris is often ignored. Experts have determined three, sexual positions in which the clitoris and the G-spot are much likelier to be stimulated resulting in greater orgasm consistency for women. The positions are: woman on top facing their partner, doggystyle, and man from behind in the spooning position.

And remember, hetero sex is not just penis and vagina. Either partner can stimulate the woman's clitoris with their hands or a vibrator during penetration to ensure she gets to Planet O. Try these suggestions Determined to Cum, and you'll be whistling in the hallways of SAIT.

Dear Sex Doc;

I've been having sex with my boyfriend for the past 6 months using only condoms. Now, my best friend tells me that condoms don't work. She said that condoms have holes in them larger than sperm and most STD viruses, including HIV. Is this true? Perplexed Patty at UBCO

Dear Perplexed Patty at UBCO;

No, this is misinformation if you are talking about latex or polyurethane (plastic) condoms. Almost all condoms are made with these materials. However, you can also get lambskin condoms, which could have holes that these things could pass through. Also, any condom labeled 'for novelty purposes only' will not protect an individual from pregnancy or STIs. So if a condom glows in the dark, has a huge plastic daisy at the tip, or if it sings happy birthday as Mr. Happy gets busy, it isn't a real condom.

If used perfectly, latex and polyurethane condoms are 90% effective against pregnancy and greatly reduce the chances of getting a sexually transmitted infection. A great website to learn more about safer sex and STIs is www.sexualityandu.ca.

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.

Whats happening with NAIT Clubs this week!

NAIT Christian Association

Alpha - Tuesdays @ 4:00 in E 129

Alpha is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening setting.

Phone 492-7504 for more info.

Confirm your attendance by email (22194849@collegeclub.com) or phone Greg @ 231-1640

Investment Club

Looking for anyone interested in joining a special interest club on investing (includes Real Estate & Wealth Management). Vice President and Treasurer positions available.

Some knowledge recommended, entry based on first come first served basis. For more information please contact Roger Letourneau at (780) 886-2732 or Email: rrletourn@hotmail.com.

Calling all Clubs!

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 and we'll discuss the tools you'll need for your club to run smoothly and successfully.



Cost Engineering Training Opportunity for Recent Graduates

The Cost Engineering Training Program has been created to develop employees with a broad cost engineering skill set necessary to deliver exceptional services to our customers. Participants in this program are supervised, trained, and mentored for a period of approximately two years, after which the will be qualified to move into a variety of challenging roles within Cost Engineering and/or Project Management.

Flint has established the following objectives for the Cost Engineering Training Program:

- Understand and demonstrate commitment to the Flint Safety Management System (SMS).
- Learn and understand the various disciplines and protocols within Cost Engineering
- Develop good work habits, strong interpersonal skills; good customer relations, ethical and honest practices along with building credibility with colleagues, supervisors, and customers;
- Learn to complete assigned tasks on time, on or under budget safely and accurately.

Pre-Requisites for the Program

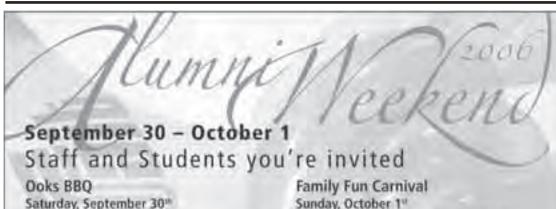
- Recent graduates of a university or a technical school diploma program with training in either
 of the disciplines of Civil/Structural, Piping/Mechanical or Electrical/Instrumentation.
 Construction experience would be an asset, particularly on large Industrial projects.
- Flint employees lacking the academic qualifications may apply or be recommended for the Cost Engineering Training Program if the employee has:
- Demonstrated technical skills required to perform in Cost Engineering
- ✓ Related skills or experience suitable for a role in Cost Engineering.
- ✓ The prior endorsement of his/her Manager.
- All applicants must be willing to spend significant amounts of time working on Industrial construction sites in Northern Alberta.

Applications for the Cost Engineering Program must include:

- A detailed resume,
- · Confirmation of academic standing,
- Copies of any training certificates, diplomas, or degrees, and
- Three references.

Please submit your resume to:

Filmt Energy Services Ltd. 700, 300 - 5th Avenue SW Calgary, Alberta T2P 3C4 Call our Hot Line: 1-866-GO -FLINT E-mail: careers@ffint-energy.com Website: www.flintenergy.com Fax: 403-265-4737



Saturday, September 30th NAIT Soccer Field & NAIT Gym

Show your OOK picks, Come out and meet members of the current NAIT OOKS arthletic troates; Join them at a BBQ hosted by NAIT Athletics, then cheer on the Mes's (2:00 pm) and Women's (4:00 pm) Socon teams or watch the Women's Volleyball town (2:00 pm) in an exhibition match against Tioms Canada Masters.

55 pm person

Children 12 and under FREE

Sunday, October 111 NAIT Gym & NAITrium; Noon to 4:00 pm

Join us for an affirmoun of ten for dialown of all ages. Bring your children or grandctvillines or just mergle with your class instru There will be carrivel games and prizes, fare pourting halloon averals, family sweenskate, pione-style lunch and returnments plus much more. Members of the 2006/2007 OOFS Afficient with be in attendance to all of your blow

\$5 pm 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



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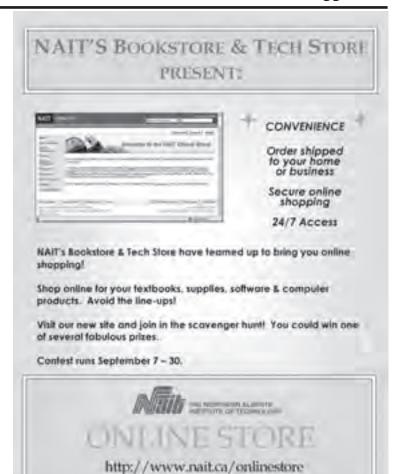
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for more information.







Monday, Sept. 25 @ the North Lobby 7am - 9am \$5 at the door All proceeds will go to support the United Way.

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1 Free session for new clients

Success Seminars 11:15 to 12:15, STRESS Thursday, 12:15 to 1:15 or Sept. 21st MANAGEMENT 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

Aries March 21-April 19

The month ahead features intensified relationships on all fronts: love, war, competition, negotiations - and dealings with the public. Diplomacy will be essential! So will an astute understanding of others' needs and desires (the key to all salespeople's - and many executives' - and many warlords' – success). Join to win .You might have to make an adjustment in a co-worker association Sunday/Monday. Sunday night through Tuesday brings secrets, power plays, large finances and lust - be friendly, realistic and skeptical. Wisdom, love, far travel, learning, publishing reward you Wednesday-Friday. Ambition, not aggression Friday/Saturday!

Taurus April 20-May 20

Work fills the weeks ahead. Care for your dependents, and guard your health. Re-institute vitamins, nutrition, exercise and sensible habits (e.g., 8 hours sleep). Don't over-exert, though, as this and sudden changes of temperature could lay you low. You might face minor surgery - it's a good time for it, especially September 27/28, and October 2, 4 (early) 10, 11 (before noon) 12, and 20 thru 22. Handle paperwork, details, and "working travel." Romance has one last interlude to play: relationship excitement pre-Wednesday; lust/secrets midweek; and wisdom/love (or anger!) Friday/ Saturday.

Gemini May 21-June 20

The weeks ahead emphasize romance, creative urges, risk-taking, pleasure and beauty, teaching, and charming children. You'll ride a winning streak! Your romantic and artistic courage will climb to a two-year height. You might dare the waters of serious love for the first time in a long time. If you meet someone new Wednesday, it will excite but might not survive. Thursday's relationship offers long-term stability. In the

general, big picture, the best prospects come in the December 2006 to January 2010 period. (2008 ends a 13-year period of relationship struggle.)

Cancer June 21-July 22

A month of domestic concerns begins now. You've probably already felt some friction or strife in home, family, property, security and similar areas. Now that friction can blossom into production, can boost you into determined action – to renovate, landscape, carve out your children's future, etc. Soon (September 30 onward) snarls will transform to sweet affection! Sunday brings a romantic-sexual quandary, and Monday/Tuesday a minor love (or computer, car, travel, communication) disappointment - but Monday evening grows friendly, dreamy. Tackle chores mid-week. Let a relationship "shut down" briefly late

Leo July 23-Aug. 22

You start this week wondering about security, love, finances and sex – all together. (E.g., sexual gratification comes from secure love which is supported by finan-

cial success, or any of these can be threatened if one link falls apart – etc.) My advice: don't worry. The reality is much healthier than it appears! (Single Leos, for example, are VERY likely to fall in love from late November into 2007. Parenting Leos will – same period – rejoice in their children's success. Creative Leos will create a masterwork, or at least a seminal piece.)

Virgo Aug. 23-Sept. 22

The four weeks ahead focus on possessions, buying/selling, earnings, rote learning, memory, and casual sensual encounters. A lot of money could rush toward you – and away from you, if you don't bank it! Refuse to spend needlessly. Sunday to Tuesday mingles success with blockages. Don't over-worry about home, job, or news - the report's mistaken. You sense changes are in the wind, and you feel good about them, but they won't start (in a good way) until late November onward. Tackle domestic issues mid-week. Romance, creativity hit some bumps Friday/Saturday.

Libra Sept. 23-Oct. 22

The four weeks ahead bring you energy, charisma, effectiveness and favor. You'll impress people, you'll gain co-operation, and you should start or tackle important projects. (But not ones which are exclusively practical or which involve real estate. 2008 will be your big, profitable year for property.) Your sexual magnetism grows. You could attract someone (even more powerfully in October) who sincerely wants to be your partner. But sincerity isn't everything! This person would increase your money, but might dampen your social hopes. Still, he/she could be the best in years!

Scorpio Oct. 23-Nov. 21

Take a breather, Scorpio. During the four weeks ahead, withdraw from the hustle and bustle, lie low, contemplate, study the lay of the land, and make plans. A very lucky money year will begin in November: plan for this. Renew your soul and spiritual outlook, be charitable, visit shut-ins, hospitals, interface with government agencies, settle with the tax department, etc. It's also a good few weeks to seek counseling, ask advice, and to hold management or closed-door meetings at work (but contain yourself around a temperamental functionary). Grab money Wednesday/Thursday!

Sagittarius Nov. 22-Dec. 21

You might hear rumors or seem to spy a spiritual truth Sunday, but wait and see. False impressions abound. Your reputation rises on others' well-meaning affections early week, but you might have other intentions, and could even purposefully alienate someone. Your best approach is simple: relax, withdraw, and watch rather than do, Sunday to Tuesday. Your energy rises Wednesday onward, your charisma and enthusiasm return, and life's good! It's especially good in the weeks ahead, as popularity, light romance, entertainment, happiness and optimistic plans flow in! Be money-cautious Saturday.

Capricorn Dec. 22-Jan. 19

The four weeks ahead accent your career, ambitions, prestige and relations with higher-ups. Those relations remain dicey, as touchy tempers abound until late October. (Probably because some important project, begun in the last two years, has not succeeded - not your fault, in this instance.) Unfortunately, that temperament - or simple haste - could burn rather than promote your ambitious plans. Be diplomatic (but be ready to end an unprofitable relationship). Your hopes rise Sunday eve to Tuesday - be realistic. Rest, contemplate mid-week. Your energy and effectiveness return Friday/Saturday - start things!

Aquarius Jan. 20-Feb. 18

Continue to avoid legal hassles for four weeks. Then this influence will dissolve - but so will all the other, great sides of it: love, cultural events, far travel, philosophizing, success at school, advertising, etc. Plunge into these arenas; they're lucky now, luckier in October! (A lawsuit, if you're in one, improves in your favor in October.) Sunday brings career anxieties - or ambition's big "promises." Neither is true. Early week isn't the best time to pursue intimacy. Save your urges and desires for Wednesday/ Thursday, when flirtations and friendships soar happily!

Pisces Feb. 19-March 20

The month ahead emphasizes the mysteries of life: intimacy, sex, subconscious regions and urges, other people's wealth, and critical health situations. Sex and finances will probably hold your attention this week, but in October the other manifestations of this area will arise - luckily. You might meet an affectionate (not just sexual) lover, you might solve a old puzzle, you can invest profitably (but not in anything big, old, established, conservative, international or educational) you can research, change your lifestyle, improve your health or obtain valuable advice. Ignore Sunday's idea.

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

I Volunteer!

Rm. E-133 Ph: 491-3966

A Huge Thank You goes out to all Shine Day volunteers for your help last weekend!

NAITSA is now recruiting for 6 highly motivated, energetic and committed students to serve on our **Academic Student Council**. Contact Lars-Erik Larsen in the NAITSA of.ce E-131 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 naitsavc@ nait.ab.ca

NAIT Alumni Weekend is now recruiting volunteers to help with this annual special event. Information and volunteer applications forms are currently available in the Volunteer Centre for interested students and staff to access.

Make a difference to an Elementary or Junior High Student, become a Study Buddy. We're recruiting volunteers who are willing to spend at least one hour a week, during the school day to help students learn. Do you have time this semester? Call Barbara at 930-6765 or Marlee 419-2677 by Sept 23rd to volunteer.

CIBC Run for the Cure is still looking for volunteers to assist with walk day activities on Sunday, Oct 1st. You can sign up to volunteer online at www.cibcrunforthecure.com.

The **City of Edmonton Youth Council** is now recruiting interested youth between the ages of 13 to 23 to sit on the council. You would provide input on the development of policies that affect you! More info and applications are available online at www.ceyc.ca or visit the NAITSA Volunteer Centre in E-133!

vines

Since there have been a shortage of Grapevines I have finally come out of my hole and began, against all better judgment, to start writing an article

about whatever the hell I feel like.

It will very from week to week, upon my mood, or if I believe a subject needs attention. This week I have decided that I shall write about something that is beginning to piss me off.

Is anyone else getting all that junk mail on our ookmail accounts? I am almost ready to completely forget I have an account, considering that I have

to sort through about 30 a day looking for the one message I actually care about. Most of this crap is investment junk that I am beginning to believe came from some idiotic business student hoping to get rich. If one of you

readers is responsible for this stupid waste of time stop it, before somebody replies by sending a Trojan right up you and your computer's ass.

Sincerely Pissed, Demented, and Annoyed (PDA)

If anyone wishes to reply to my opinions, or such you can feel free to write to me at my new hotmail address, nugget_nut@hotmail. com, hell I have given up on my ookmail.

Volleyball isn't a sport.

- Chess Man

Damn is it ever great to be back

at N.A.I.T, the best college in the province. Not computer engineering, but a personal fitness trainer. Remember all the problems that I mention last year, for those who are returning students? Well there are none just yet. A 3:1 ratio from girls to guys in this program, no complaint there. But I shall say the NAIT problems is just around the corner.

- Nugget Boy

This is to the guy that took me home after Ookfest. You're a loser. I can't believe you did that. NO girls don't like it, and yes your friend was better than you. Before I left, I took \$40 bucks out of your wallet. Oh and by the way ... I have crabs.

Wholly crap (no pun intended) butt have you seen the washrooms in this place?! Have they never heard of a pressure washer, elbow grease or even soap? That's my two cents, centless@gmail.com

Mic check 1,2 what is this Snook d's back and he's not in business

www.purevolume.com/snookd

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contact: **TERRY BOUMGARTNER ARENA OPERATIONS SUPERVISOR** RM S218 PH. 471-8699

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Edmonton Pop Culture Fair.

Sunday October 1, 2006. **Edmonton Aviation Heritage** 11410 Kingsway Ave.

10am - 4:30pm.

Records, toys, comics and more! Admission \$5 Seniors 65+ and kids 12 & under free! Door Prizes! Free Parking!

Contact Colin at 780-960-0272 or visit www.popculturefair.com



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By BRENT CONSTANTINE

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

Morgan Demers

If any guys are interested in Morgan, feel free to email The Nugget at nuggetsubmissions@hotmail.com and maybe we can set something up.

Morgan is in the radio and television program at NAIT and aspires to be a news anchor on a major network. She's been a traditional Chinese dragon dancer since she was five years old and routinely performs across the province. Morgan's favourite colour is pink and she wants the Eskimos to go all the way this season.

I asked Morgan a few questions and I got a few answers:

- B: Hey Morgan, how are you doing? M: I'm pretty good.
- B: Yeah, I'm fine too, thanks. So Morgan, why are you hot (or Hawt, as it's spelt in some circles)? M: I think it all has to do with genetics. My mom is pretty attractive, and so is my grandma, they've passed it down to me, I guess.
- B: I don't know if I'd ever call my grandma attractive, but I guess that's why my picture isn't in the paper. So, what do you look for in a guy? M: I like a family oriented guy, ummm...someone who likes to spend time with me I guess...
- B: Wow, all he has to do is not hate his family, and spend time with you? You sound pretty easy to please.
- M: Yeah, I guess it doesn't really take too much.
- B: Morgo, can I call you Morgo? What does a

- young virile woman like yourself like to do in her spare time?
- M: Well I like just going out with my friends, hanging out. I like going down to the Union Hall or Cook
- **B**: Is that to get totally wasted, or for the two-stepping? M: A little bit of both sometimes! But like I said, I love
- B: Right, you said you were into "Traditional Chinese Dragon" Dancing. Can you tell me about that? M: Sure! Well you know those people that put on the big dragon costumes and dance down the street, usually on Chinese New Year? That's pretty much what I do!
- M: Yeah, I'm usually the tail.
- **B**: Okay, well thanks Morgan, hopefully the date requests come pouring in!



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

You do the math.



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