

HAVE BREAKFAST AT THE NEST

THE NUGGET

Thursday, Nov. 1, 2007
Volume 45, Issue 10



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Gabrielle Hay-Byers

What to wear?

Pre-Business student Nova Paholek, left, dresses as she pleases and is pleased with the way she dresses.

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**Vote today in your
Student Senate
by-elections!
Candidates, Page 2**

THE NEST

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Rodeo Ho Down - Nov. 9

See full page ad inside for details!



NEWS & FEATURES

Student Senate by-election candidates ...

School of Health Sciences (One to be elected)



Tonia Leske

I will be your voice. I will be your eyes and your ears to what is going on around you. I will fight for you and represent you at every meeting where we discuss your life at NAIT and the changes that effect you.

I will put in the hours and the devotion in your name and in the name of honesty and fairness. I am not telling you to vote for me.

I'm asking you to think about yourself and the power you have to influence the decisions being made. If these decisions are being made for you, to help you and make NAIT a better place, you should have a say in those choices right?

You can voice your opinions and thoughts and suggestions through me. I am here for you.

Give me your ideas and I will voice those thoughts as a representative for the School of Health Sciences.

If you agree with having your voice being heard, then just say yes on November 1!

School of Hospitality (One to be elected)



Katie Berlinguette

School of Arts, Science and Communication (Two to be elected)



Patrick Warwaruk

My name is Patrick Warwaruk. I am class representative for group EF pre-technology and I want to represent my fellow students.

I am an approachable, kind spirited person who can be often found in the naitrium studying and helping fellow students with physics, algebra, trig & chemistry.

I have served as VP of Human resources in a micro-corporation called "FRAMED." This experience trained me to listen to my peers and see that their concerns are addressed.

I understand the bylaws and constitution and want to make them work for you. I can hear both sides of an issue and find the middle ground; when decisiveness is required, I will represent what benefits the majority.

SHORT-SWEET I'll speak for you!



David Wiens

School of Applied Building Science (One candidate running)



Andrew Latchuk

School of Applied Media and Information Technology (One to be elected)



Michelle Kirkwood



Joel Detka

Get out and vote!

SHANT CHAKMAKIAN

That's right!

Run and cast your ballot! Get

in there and get 'er done!

Another Senate election? Yes, but technically it's a by-election.

Unfortunately, not enough peo-

ple ran for all of the positions, so as a result there are still vacant spots for the School of Arts, Science and Communication and the School of Applied Media and Information Technology. Some schools, such as the School of Hospitality, had exact ties and need another vote!

If you are in one of those schools, please get out, check out the candidates here in the *Nugget* and cast your ballot accordingly.

It's only going to take five minutes of your time, but really you'll be doing a big favour to your student body.

Remember to bring your student ID card – otherwise, you won't be able to vote!

Apart from student fees, all NAITSA asks of you is to vote. Sure, everyone doesn't have time to get involved, but democracy is a peoples' responsibility.

Just remember if you don't vote, you can't complain about anything not being done, so go boldly and let your voice be heard!

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

Voting instructions for NAITSA Senate by-election today

- Student ID required – no exceptions.
- ID cards will be marked to indicate student has voted.
- Each student may vote only once.
- Voters: vote for ONE or TWO candidates in YOUR school ONLY.
- Mark your choice(s) CLEARLY!



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TREND HIRES ON AN ONGOING BASIS

Dress code case?



GABRIELLE HAY-BYERS
Student Issues Editor

Every day, as thousands of NAIT students roll out of bed and get dressed to come to school, some are wearing scrubs, some are wearing business attire, some are wearing lab or chef's coats and some are wearing blue jumpsuits.

For one NAIT Pre-Business student, Nova Paholek, getting dressed to come to NAIT means putting on what she'll wear to work at the bar that night.

"When I decided to come to NAIT, I looked all over online to find out about any dress codes – I found

nothing specific, so I wear what I'd normally wear."

With such a range of acceptable (and required) dress for NAIT students, it's not uncommon to look down a crowded hallway and see a huge variance in attire. With that in mind, it is often hard for a student to know what is "acceptable" to wear to a school like NAIT.

NAIT's Code of Conduct (which can be found online at nait.ca/29648.htm) simply states that:

"Students are expected to conform to dress and safety standards consistent with those of the career field for health, safety and sanitary reasons. NAIT reserves the right to establish codes of safety and health dress standards in addition to government or professional standards."

And that is where your program head comes into the mix. In various programs, it is the norm for an instructor to request that on specific

days, students dress in professional attire, in the style that is applicable for the program that the student is enrolled in.

Pre-Business program head Linda Hoffman says it best.

"We would like for all students to dress professionally according to what is appropriate and professional for the field they're going into. That includes instructors as well – what sort of message does it send if our instructors are less professionally dressed than our students?"

Still, the style gap exists. For Nova, hip hop influences her style greatly, and she's used to getting all kinds of feedback from others about her style choices.

"... I just wear clothes that are too small ... I've gotten negative reactions from people about how I dress before. I'm pretty comfortable with myself and I obviously know what I look like."

Have an opinion about dress codes here at NAIT? Write a letter to the editor, studenteditor@nait.ca



Nova Paholek
A style of her own

Get high on tuition

BRETT NESTMAN

Alberta is now home to the fourth highest tuition in Canada. Post secondary tuition has risen by 4.6% since just last year when Alberta was sixth highest in the country.

In other words, Alberta is \$430 above the national average where tuition is concerned. Between the cost of living and education, many students are left wondering when our "Alberta Advantage" will be seen.

NAITSA president Kerri Wyspianski feels that rising tuition costs can definitely deter students from attending post secondary.

"While some people will choose not to pursue a post-secondary education, other potential students don't even have that choice because they simply cannot afford it, which limits the accessibility of education to a smaller portion of the population.

"The cost of tuition will never be a perfect figure for everyone's financial situation, but an ideal tuition cost would be where finances are not such an insurmountable barrier for students."

Wyspianski also stated that while Alberta's tuition is higher than the national average, here at NAIT, tuition costs are quite reasonable when compared to other schools in the province, and that is something NAIT prides itself on.

For the tuition increase report you can visit www.statcan.ca/daily/english/071018/d071018b.htm



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The Nugget encourages submissions.

studenteditor@nait.ca

THE DEADLINE IS

Noon on the last school day of the week.

All submissions must be accompanied by your name and student ID number.

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

Letters welcome

We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print.

Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

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.



Habitat for Humanity

Making a difference

REID SCHMIDT

Education for real life, that's what NAIT's all about.

One of the prime proofs of that was NAIT's very own fleet of Construction Engineers last week. Thirty five of them went out for five days and helped build homes on three sites near main campus. Not only that, but they did it to help the Habitat for Humanity effort, a charity that provides affordable and safe housing. How did they fare?

These buildings have been going up since April and usually take over a year to finish, depending on how much help they can get from volunteers, be it through labour or donations, so the weather can get a little abusive. Take, for example, Thursday, when the winds were wailing.

Still, the Construction Engineers were all out there with their warm

clothes on (all but little ol' Reid) but more importantly, they were out there with smiles on. Whether because they were getting valuable hands-on experience rather than only straight, dry theory while helping their community (or maybe because I haven't realized that I'm the modern day emperor who wore no clothes) they were a jovial bunch.

But one cannot whistle whilst one works in the weather when one's stomach is withered and one's will is weary. Thus a cavalry from Culinary Arts came to our comrades' aid with bounteous masterpieces of meats and breads. These Civil Eng- oops, sorry guys. These Construction Engineers devoured the offerings with the utmost thanks.

Construction Management student Heather Lindsay had high praise for the project.

"It was wonderful training for us as this is our future job, to ensure from start to finish things are done right or that the alterations don't change the outcome," she said.

"Also I've always had the utmost admiration and respect for Habitat for Humanity. I actually hope to work on developing alternative building methods to not only help people afford homes in the short term, but in the long term as well."

While chatting it up with James Ayres, the organizer and an instructor on the 114 Avenue, 96 Street location, I was assured that this will be done annually since it's being seen as useful and a refresher for the Congs after their mid-terms.

Also, it gives them paper and television publicity. Who doesn't enjoy their few minutes of fame and signing little boys' hardhats? Soon,

the duplexes will be done and sold at reasonable prices (unlike everything else around here – \$200,000 for a garage with a mailbox? How do some people sleep at night?) That's why we need such efforts in this world and such people to make them happen. Maybe the students caught the volunteer spirit and will continue to stoke it by partaking in other projects throughout their lives. The seed has been planted and two birds have been hit with a solitary stone.

With their part in this mini-justice journey wrapped up, what now for the 35 musketeers? After preparing since August for that week and then putting it into practice, these students, now infused with the volunteer vibe, will go back to their classes to further build on their knowledge, its application and, of course, do a report while once again sinking to the level of blah



A NAIT Construction Engineering student on site.

that the rest of us are at. That is until finals! At which time the 'blah' will morph into a frustrated 'aaaaah.'

Either way, they'll always have the memories of the gone golden glees of their educational experience here at the cosy cottage of cognizance intake that will forever be known in the warmest walls of our hearts as NAIT.

For construction photos, see pages 12 and 13

Global News comes to campus

GABRIELLE HAY-BYERS Student Issues Editor

Thursday Nov. 1 brings the circus to NAIT. No, not the Cirque de Soleil, but Global News Hour. The whole six o'clock anchor team, as well as Global personality Kevin O'Connell, will be at NAIT for the broadcast, and will be doing a meet-and-greet after the broadcast (which will include signing autographs).

"It is really a highly rated television program, so to have almost that entire hour focused on NAIT is great promotion – it's a chance for us to tell our story to the broader community," says Rayne Kuntz, NAIT media relations specialist.

The *Global Edmonton News Hour* will be setting up shop in Bytes (HP Centre). The show is being put on with the help of NAIT television students, says Camille Weleschuk from Global.

"It's exciting – we're using the students from the NAIT television program to help us set up our show. When Nicola Crosbie does the weather broadcast, NAIT students will have been involved in setting that up. There will be around 10 students involved – with the audio,

lighting, cameras and just getting that live segment to air."

"It's quite intense. It's actually been described as bringing the shrine circus on the road. There are dozens and dozens of people in the background ... it's just an intense amount of people working behind the scenes to get this on the air. I've been working behind the scenes on this show for a month ... finding what makes NAIT unique."

NAIT Media Relations encourages staff and students to bring their entire family to watch the broadcast in an entirely new and exciting way.

There is seating for approximately 400 people in Bytes, and additional seating for other live viewers in the arena. Be sure to come out – not only will you get your news fix, but stories about people and programs at NAIT will be included as well.

So why NAIT? Says Rayne Kuntz: "We approached them. They've had this segment for a few years now, and they agreed to do this. We met with the producers ... and they thought it would make great, engaging television."

Weleschuk sheds light on another angle as

to "Why NAIT?"

"One really interesting thing, one of the reasons why we really wanted to come, is that over

30% of Global employees are NAIT graduates, so it's really cool for employees to get to come back to where they started."

Breakfast at the Nest?

SHANT CHAKMAKIAN

Whether you eat breakfast or not, I strongly recommend you do, and the best place to start your day is at the Nest.

Not only is the breakfast awesome but the service is unparalleled. The staff there will always make an excellent and positive start to your day.

My personal favourite is the breakfast special, which gets you two eggs (any style), two toast, homemade hash browns and ham or bacon or sausage, and it's all for \$5.25.

The Nest also recently changed their menu, and now just about everything they serve is not prepped, but made in-store.

"We've received great feedback on the quality of our menu," said Michelle Dirksen,

veteran waitress at the Nest for six years (and one of the best waitresses I've ever had).

If you don't have time to sit down and receive only the finest service, then come on down and try the Nest's new cereal bar.

If you're in a rush and want to get some cereal quick and for a great deal, just cruise on in. You can also get muffins, energy bars or granola bars for only a couple of bucks.

And keep in mind, no matter what time of the day it is, you can get energy drinks or coffee with a free refill all day for \$1.65.

Whether you're starting off your day, or ending a long one, the Nest is the place to be; so come on down and receive some of the finest hospitality our school has to offer.

Nutritious Energy Sustenance To-Go

Kellogg's
Cereal Bar

Frosted Flakes
Special K
Frosted Mini-Wheats
Vector
Fruit Loops
Raisin Bran

Small Bowl - \$2.75
Large Bowl - \$4.25

Add Granola (4 oz.) - \$1.25
Add Dried Fruit (4 oz.) - \$1.25

2% Milk (250 ml.) - \$1.10
Chocolate Milk (250 ml.) - \$1.50

Jumbo Muffins (Chocolate, Lemon
Poppyseed, Bran & Blueberry) - \$2.

Kellogg's Scratch & Win
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Start your day
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STUDENTS'
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Kellogg's

Royalty review fallout



By SHANT CHAKMAKIAN

Home of the wild rose, the hard working and prosperous; our proud province of Alberta has some significant changes in store with the announcement of the new royalty regime last week.

It goes without saying that this decision will affect the future of our province for decades to come, but before we look at this decision, let's look at the two sides.

First, you have the people of our province, the non-oil workers, the labourers, the businessmen and the average Albertan.

They haven't been getting their fair share due to outdated royalties based on a system from 1974 when oil was internationally \$12 a barrel and the risk for drilling was high.

Second, you have the oil companies, the oil workers the support

industry and even the oil related programs of NAIT.

These corporations have been investing billions of dollars in the oilfield, as these workers labour tirelessly in the field. Meanwhile, supporting industries and educational institutions like NAIT grow and meet their needs through generous corporate donations.

This expansion or "boom" is key to the long term growth of the Albertan economy and our nation's economy; but again the decision needs to be balanced and so does the sustainability of our growth.

Following an election promise, Premier Ed Stelmach called for a royalty review and an audit of the entire system, a bold and controversial move, but one that had to be made.

This "sliding scale" royalty rate, which is expected to increase government royalties by \$1.4 billion in 2010, will vary based on well productivity (on a monthly basis) and current oil prices.

When oil prices are high, Albertans will receive a greater share of the pie, and the same goes for the productivity per well. This seems like a reasonable measure consider-

ing that a flexible rate for both parties is mutually beneficial to all and seems economically balanced.

Natural gas will also follow the same "sliding rate" volume from 5%-50%, capped at \$16.59/GJ. The province will keep and revamp the Deep Gas Drilling Program to provide lower royalty rates for wells with higher expense and less productivity.

This is an effort to ensure profitability and employment for those who tap into these resources.

And to ensure that the playing field is fair for all parties, the government is currently renegotiating its contracts with Syncrude and Suncor. These crown agreements expire in 2016 and are part of the "non-grandfathering" policy of this new regime.

These decisions are clearly not everything the panel initially recommended, in fact the government shot down many of the recommendations from the panel.

Recommendations such as the Oil Sands Severance Tax, a base royalty

oil rate of 1% and a Freehold Mineral Tax of 6% were simply rejected.

The government's take on some of the rejected recommendations were on the grounds of being poorly justified, rigid or inflexible.

Not surprisingly, this decision generated mixed criticism, from industry and opposition parties alike.

The NDP's Brain Mason felt that the government should have gone "with all of the panel's recommendations," while industry feels it is not getting its fair share.

This comes amidst widespread threats that industry will significantly decrease investment and expansion in the oil patch given the current decision.

If that happens, it will threaten to slow down or halt our boom, to damage surrounding companies and industry including NAIT and its current expansion of oil programs.

At NAIT we depend on corporate donations and industry's demand for more skilled labor. If we lose these two factors, it may possibly prove

to be harmful to our growth and sustainability.

This also threatens new graduates, current workers and in turn the rest of our economy. Now, it does sound scary, but so far economic indicators are doing well.

Petro-Canada will be carrying on with \$15 billion worth of oilsands projects and so far Canadian markets and energy companies are holding steady on the TSX.

It seems that these decisions were made with a reasonably balanced and flexible approach. Although there will definitely be some fallout politically and economically, if everything holds steady our economy should hopefully be able to hold it and move forward.

If you are interested in getting more information on this decision, visit the Government of Alberta's website at <http://www.gov.ab.ca> and find out more on what this change means to you, because as an Alberta you too have a stake and a say in our future!

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

It seems that these decisions were made with a reasonably balanced and flexible approach.

Ride the carpool express!

LEWIS MEHTA

NAIT students and staff flow out of all corners of the city and surrounding communities to attend. But for many, transportation is a serious issue due to factors such as limited parking or an unreliable (and expensive) transit system.

One first-year CST student living on the south end of the city admitted that he had considered taking an alternate program at another, closer, institution, simply to ease the pain of transportation.

Carpool.ca

However a resource, new to the city, is now available. "Carpool.ca," a B.C.-based service that successfully expanded eastward, has finally started up in the City of Champions. Since the beginning of September, the website has been matching up individuals with carpooling groups based on travel time and location.

Although a fairly new service to the city, there are a number of NAIT students already carpooling, thanks to the service. One such individual is second-year student Jackie.

"I used to spend over an hour and a half just going one way on the bus, and I would often miss my connections," he said.

Jackie adds that carpooling cuts his transportation time considerably, and the ride to NAIT and back is

much more comfortable.

To build student awareness, NAITSA president Kerri Wyspianski co-ordinated with representatives from Carpool.ca to host an Alternative Transportation Fair for their annual Rideshare Week campaign.

This last Tuesday, the hallway outside the Common Market was decorated with a long display table, colourful brochures and several friendly faces to hand them out and answer questions about the service. In addition, prizes were available for students correctly answering questions relating to both transportation options and vehicle efficiency. Kerri was also on hand, talking with students about the service, recognizing the fact that many students are concerned about transport issues.

"Parking and transit issues were part of my election platform," Kerri stated.

Viable solution

Now elected, she plans to hold true to her promise. Kerri believes the Carpool.ca service to be a viable solution for students concerned about transportation cost and reliability.

In addition to the personal benefits, carpooling is of environmental benefit as well. According to Carpool.ca, ridesharing helps cut down on the number of cars on Edmon-

ton roads, which not only reduces the amount of emissions, but also reduces general wear and tear on our roadways. Less wear and tear equals fewer of your tax dollars needed to do road repairs.

You get to save travel money, get more reliable transportation and feel that you're doing your duty for the planet. See? You can be self-centred

and environmentally conscious at the same time!

As NAITSA president, Kerri is currently trying to get a computer commons specifically set up for the purpose of allowing student registration on Carpool.ca. At present, NAIT does not offer specific parking for carpoolers, but Kerri hopes that eventually an arrangement can be made to

encourage the use of carpooling.

For more information on Ride-share or to sign up for the service, visit www.carpool.ca.

Have a complaint with the Transit service? Have a complaint with the complete lack of Transit service? NAITSA wants to know! Email the details to your Student Association president: KerriW@nait.ca.



Photo by Amy Bizovie

Crystal Jensen, a PFT student, left, and Grace McBride, Business, help promote a new online carpool service that is accessible at www.carpool.ca

OPINION

— Editorial —

Selling ourselves cheap



ALISTAIR WILKINSON
Student Editor

We're all prostitutes, in one way or another. Don't be offended; sex-trade workers (the new term that we're supposed to use when referring to people of flexible morals) get a bad rap. One feminist-Marxist perspective suggests that the prostitute occupies all levels of production. She (or he, for gender-equality sticklers) is owner, manager, labourer and resource all rolled into one emotionally damaged package. It's a nice parallel for Albertans to consider, as every Albertan sells him- or herself on a daily basis. If you're working at a job you wouldn't do for free, you're selling your body and your time to someone, like it or not. And every drop of your sweat should have a price attached, or you're selling yourself cheap.

Let's keep beating this metaphor: Alberta as a prostitute. She's young, naïve and largely ignored (if not abused) by her parents (the federal government), so she takes off to make it her own way. Alone in the wide world, she falls prey to a charismatic man who preys upon her weaknesses. Now Alberta has a pimp, who drags her into an unfulfilling and high-risk lifestyle, casually selling her at a fraction of her worth. When she's no good to him anymore, he leaves, and Alberta finds herself a new pimp, trapped as she is in a self-destructive cycle of addiction. This new pimp promises to do more for her, to give her all she deserves. And we know how trustworthy pimps can be.

I'll grant you, it's not the most fitting metaphor. Unlike the majority of sex-trade workers, Alberta profits by selling herself (or being sold) to wealthy Johns – sorry, drilling contractors, petroleum companies, Newfoundlanders – but she won't stay young forever, and the lifestyle is wearing her down. Ralph Klein's administration sold her resources cheap, and Premier Ed Stelmach's royalty plan doesn't target the guys who get the biggest piece of her, going after the small-time drillers (who probably think of Alberta more as a hooker with a heart of gold) instead of the big-time dangerous Johns (Suncor, Syncrude etc.), who threaten Alberta (and Albertans) if they don't get exactly what they want. Well, Alberta should be stronger than that. Forget about Brian Mason and Kevin Taft whining about Stelmach's timidity – where were they when that first pimp showed up? We are Alberta, and if we must sell ourselves, let's get every damn penny for our pains.

I'm not keen on the idea of selling myself, but if I were a sex-trade worker (professionally, not just on the weekends), I'd work in Amsterdam.

If there's one good thing that emerged from Amsterdam legalizing the sex trade, it's that the ladies run the streets. Whatever their personal problems, the workers run the trade. The pimps have turned into well-muscled employees, and no one sells herself cheap.

We're all prostitutes, in one way or another. Don't be offended; sex-trade workers (the new term that we're supposed to use when referring to people of flexible morals) get a bad rap. One feminist-Marxist perspective suggests that the prostitute occupies all levels of production. She (or he, for gender-equality sticklers) is owner, manager, labourer and resource all rolled into one emotionally damaged package. It's a nice parallel for Albertans to consider, as every Albertan sells him- or herself on a daily basis. If you're working at a job you wouldn't do for free, you're selling your body and your time to someone, like it or not. And every drop of your sweat should have a price attached, or you're selling yourself cheap.



— Letters —

Feeling the heat?

Dear Letters Editor:

A NAIT instructor has ignored a law. His "CO2 scare letter" appeared in the *Nugget* two weeks ago.

Up in the atmosphere, where air is cold, CO2 converts part of the infrared in sunlight into heat, so that less sunlight reaches the ground.

He implicated that the heat is not lost. Actually, the heat is

lost because the Second Law of Thermodynamics dictates that heat cannot transfer from cold air to warm ground.

Because of the Second Law, infrared energy going up from the earth is not completely blocked by CO2. Instead, CO2 is slowing post-ice-age warming by blocking some direct sunlight.

Sincerely,
Richard Blakely.

Your views are important

We want to hear from you

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. We're a newspaper, not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

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.

NCAT: Opportunity missed

DAVID J. PARKER
Instrumentation Instructor

The new NCAT building is well equipped, full of brand new toys and seems to be short of nothing it has or needs. There are lots of teething problems, but that is not because of any efforts at parsimony.

There are many really neat environmental features, too. In all the classrooms and toilets, the lights go off automatically and come on as soon as someone enters. I believe the toilets are low flush ones and the taps automatically turn on and off when the user's hands are inserted.

There are probably many other eco-features here that are also not directly apparent.

The problem is, though, that we are now in the 21st century and, when constructing a new building, triple bottom line accounting (1) must be the framework for design. Triple bottom line means that social, economic and environmental considerations are factored into all decisions without bias toward one or the other. They each have equal merit.

President Sam Shaw informed us that for the relatively paltry additional sum of \$200K the NCAT building could have been Leadership in Energy and Environmental Design (LEED) (2) certified. NAIT prides itself on being a corporate leader in both the city and the province and it was surprising that we didn't go for a building that would enhance that reputation and live up to our oft-quoted goal of the "pursuit of excellence."

One glaring example of ecological oversight in NCAT is the total absence of drinking fountains. Students are forced to either go down to the cafeteria to obtain water or purchase it in disposable plastic bottles. The former is inconvenient and the latter environmentally destructive. In North America, four in five bottles end up in landfill and it takes 1.5 million barrels of oil to manufacture all those bottles (3).

When asked why this egregious oversight occurred, the VP Administration and CFO of NAIT, David Janzen, stated that drinking fountains were "unsanitary" and that there are precedents for omitting them. The only precedent that could be found when investigated by Lisi Monro, VP Academic of NAITSA, was in the intensive care unit of the Royal Alex Hospital – definitely a different level of sanitary criteria than needed at NAIT.

I pointed the obvious fact out to Mr. Janzen that if drinking fountains were unsanitary in the NCAT building, then they must be equally so in the rest of the campus, and consequently should be removed. The second and last e-mail received from Mr. Janzen merely contained the following "Thanks for you (sic) input." It seems decisions are written in stone and cannot be revisited, whatever reasoning mitigates against them.

So, the end result is that however environmentally conscious and con-



File photo

The Loyal Edmonton Regiment drummers were on hand for the official opening of the NCAT building on Sept. 18.

cerned an NCAT student may be, she is forced to either bring her drinking water from home, fill her container elsewhere or buy water at incredibly inflated prices. At this point one has to notice the ubiquity of drink vending machines, not only in NCAT but all over the campus.

This article may seem critical at a time when we are all supposed to be trumpeting our virtues and accentuating the positive, as the well known song goes. But we must constantly remember that the ecological crisis we are presently in is not getting

any better. Back in the year 1990, Dr. David Suzuki, supported by former USSR president Mikhail Gorbachev, stated that we have 10 years to get back on track and address these problems. It is now nearly 18 years later and the situation has only become progressively worse.

It is true that generally less energy and resources are used per unit of output, but that output continues to inexorably increase.

Some tentative steps are being taken in the name of ecological sustainability. NAIT now has a sus-

tainability officer, and small signs of awakening appear often. Perhaps we can turn this thing around, but not by being a follower and waiting for others to make the difficult steps first.

1. http://en.wikipedia.org/wiki/Triple_bottom_line
2. <http://www.theage.com.au/news/national/bottled-water-the-new-ecodisaster/2006/02/25/1140670303250.html>
3. <http://www.suntimes.com/life-styles/health/348952,CST-NWS-eat-water19.article>

Stand up for water fountains!



AARON BRIN

For some, it is a relief, and for others ... well ... it sounds the unexpected run to Tim's. For NCAT, it was an unexpected interruption at exactly the right time (or wrong time, depending on whom you ask). I'm talking about the two fire alarms this week.

Tuesday and Friday, NCAT experienced fire department calls concerning the fire alarm system unexpectedly going off and interrupting apprenticeship exams as well as driving a nail into the coffin of the late afternoon Friday classes.

The good news, there was no fire. The alarms both seemed to be due to problems with the maintenance of the elevator. While it is unclear how the repairs on the elevator caused both outbreaks, and despite reports of the elevator mechanic high-tailing it quite a bit faster than the students, it is clear that being a service man has its downfalls. Imagine making a very

simple logical mistake and having five fire trucks called in. Yikes!

Yet we should all be patient, because this is the least of the worries that they deal with at the apprenticeship training centre.

Currently, there is a more primary concern. You see, the very sustenance of life is currently being withheld; NCAT has no water fountains.

Every hour, droves of both millwrights and instrumentation students make their way down the pedway to the HP Centre in search of this precious fluid.

The poor water fountain on the other side weeps with overuse as

the students are left with no other choices. Oddly enough, it seems that the only source of beverages located along the walls of NCAT is Coca-Cola products.

Coca-Cola, donating a substantial sum to the NCAT building, is the monetary equivalent of liquids in the building. While some have whispered of the conspiracy behind this, I for one say that there is but one choice for those students who tire of the morning walk to the dying fountain in the opposing building.

Cease your expensive purchases of water from the Coca-Cola machines.

Hold out for what you deserve and what you require, a proper drinking fountain. Make everyone know your dissatisfaction at the lack of choice left to you by some bureaucrat during the design process, stand out against an empire which seeks to fill you with water benefiting some huge conglomerate instead of your local town. Boycott the machines for water fountains!

With our combined voices strong, perhaps Coca-Cola will do us the service and convince those people in charge that indeed, the students need their water! After all, what service is there in dis-service?

SPORTS

V-ball: 'Tis the season



By **NAHREMAN ISSA**
Sports Editor

I once tried out for volleyball, but decided the spandex booty shorts were just not for me. The volleyball coaches are next up on the court to “serve” their answers (sorry, I can’t promise I won’t use stupid puns in the future). Both coaches are starting their first years head coaching with NAIT.

TREVER TURNER

While Trevor Turner may be a newbie when it comes to coaching here at NAIT, he is a seasoned veteran in the ACAC coaching department with 19 years experience. So with a new men’s team that needs to learn a new system, how does Turner go about it?

“Right now, we are taking strides forward with our mental toughness and it will continue to get better as

the season progresses,” he says.

There are only five returning players, of which only two were starters last year, so they are still learning how to play the game. But all of them have taken on a leadership role to the first-year players.”

So how does Turner set the fine line between school and athletics?

“When talking with a recruit and his parents, I always stress that they are a student first and an athlete a close second. I want parents and the recruit to understand that their career is more important to them when they finish at NAIT but I also want them to enjoy their time at the institution. That is why playing a sport is important.”

As far as the captaincy goes, Turner took a different approach. The two team captains were chosen

by their teammates. Andrew Devries and Ryan Zwarich are both second-year students.

“I think they were chosen because of their experience of playing last year,” Turner said.



Trevor Turner
Veteran ACAC coach

“They are both leaders on and off the court. They both have a strong work ethic and it helps to have your leaders push the other players to do their best every day.”

So who is the men’s team’s main rivalry? “In our division, I think Lakeland College would be our main competition. They beat the men’s team last year in the playoffs. I think the returning athletes have something to prove to them.”

In the end, Turner’s overall thoughts are positive. “I believe our team has the skills and work ethic to be very competitive as the season moves forward. We need to learn how to finish at the end of sets and once we do that, we will be tough to beat.”

DUSTY FREIMARK

With a new league format, the lady Oaks have a playoff berth already guaranteed. That does not mean Dusty Freimark is going to take it easy on the season.

“For me, who we play and when we play is not as important as preparing these girls for competition and performance,” she said recently.

“We are trying to achieve consistency on our side and eliminate our unforced errors.”

Freimark may be new to the head position, but she had a great mentor to learn from. “I have been fortunate enough to have been part of the University of Alberta Pandas program where I learned a lot from Laurie Eisler and the coaching staff over there.”

Experience is not so much an issue with this team, which has four returning players this season. In addition, four new players who have joined the team have previously played either CIS or ACAC volleyball.

“In addition to the experience, we have four first-year players that are bringing a lot of hustle and com-

mitment to the team.”

With respect to rivalries, seeing how this is her first year coaching, she wasn’t sure yet.

“ACAC volleyball is a strong program and every weekend you need to be prepared to compete. It’s all about performance and who is going to show up to play. That is what I love about this sport, the outstanding level of competition.”

Freimark is quite excited about the challenges ahead, and is looking forward to the competition.

“Having a new coach, the girls have had to do some adjusting from their previous experiences.

We have had to get to know one another and figure each other out,” she said.

“The girls are working hard in practice and making the commitment to the team to get better and support one another. I have a talented group of athletes that have the ability to win. I am looking forward to this season and watching my athletes perform.”

Each coach is beginning the season with a brand new team, and each team needs to learn a new system. But they are willing to do whatever it takes to make it to the ACAC championships, one serve



Dusty Freimark
Comes from U of A

at a time.

Athletes of the week

Sarah Wanchuk Hockey



one herself on Sunday. Her value is measured in hard work and passion for the game. Sarah hails from Edmonton and is enrolled in Culinary Arts.

The NAIT female athlete of the week is Sarah Wanchuk, forward with the NAIT Oaks hockey team. Sarah is a fourth-year player with the Oaks who has taken a leadership role with the team as captain. She leads by example on the ice with her hard work and is a role model for “OOK Tradition” off the ice. On Saturday, Sarah helped set up a power play goal to tie the game and scored

Waldo Dutra Soccer



medal final, Waldo notched NAIT’s only goal and continued to set up scoring chances throughout the game as NAIT pressed for the equalizer. Waldo is a third year Instrumentation student from Sherwood Park.

This week the nod for NAIT male athlete of the week goes to Waldo Dutra, a third-year mid-elder with the NAIT Oaks soccer team. Waldo played his best soccer of the season when it mattered most; in the conference championships. The ACAC All Conference player was all over the pitch on Saturday, laying off balls to strikers and setting up plays in NAIT’s 3-2 win over SAIT. In Sunday’s gold

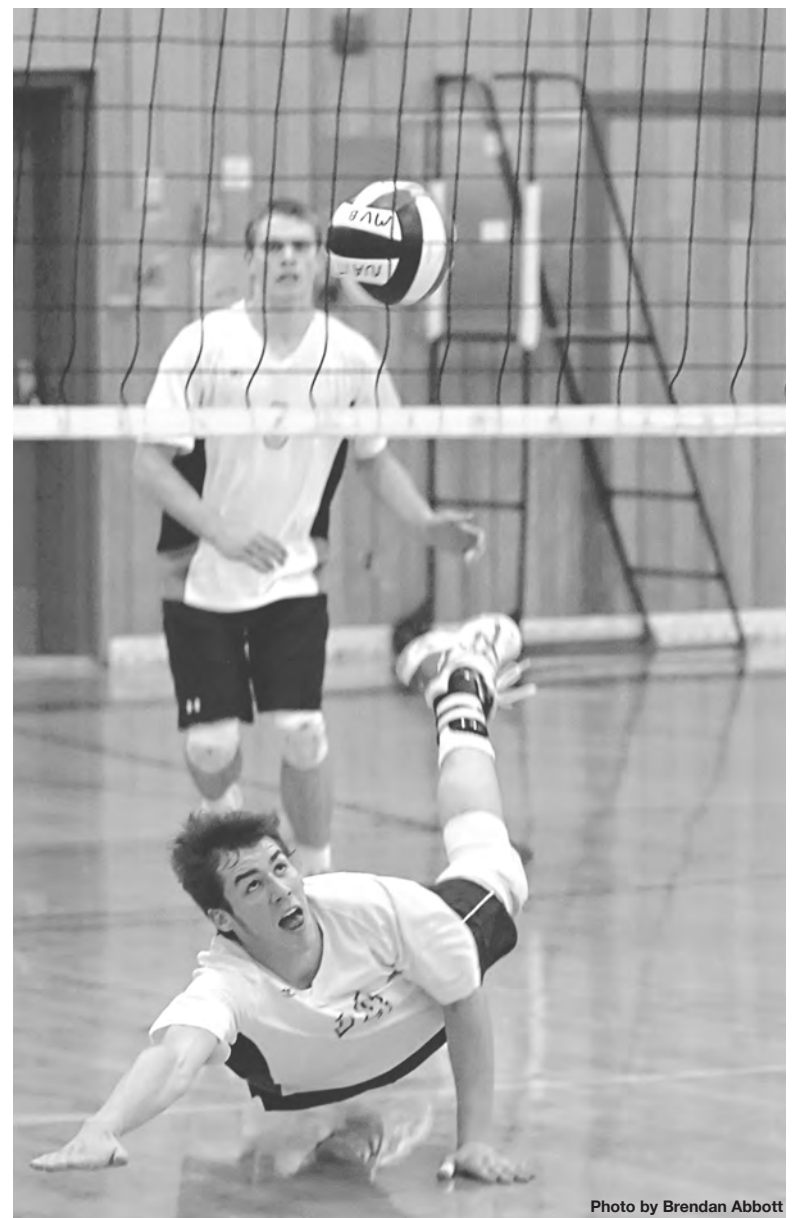


Photo by Brendan Abbott

Ooks Ted Tourneur dives in front of the net during last Friday’s game against Lakeland College. Lakeland won 3-2.

THE WEEK IN NAIT ATHLETICS

ACAC soccer championships

Silver and bronze finishes

For the second year in a row, the Oaks men's soccer team has had to settle for silver in the ACAC championships after dropping a hard fought 2-1 decision to the Mount Royal Cougars on Sunday, Oct. 28.

The Cougars jumped out to an early two-goal lead, while NAIT struggled to finish off some great scoring chances in the first half. The second half was all NAIT as Mount



Royal was intent on sitting on the lead. After numerous scoring opportunities, NAIT got one goal back when Waldo Dutra chipped the ball over the goalkeeper.

The Oaks pressed until the final whistle only to have time run out on them. The Oaks beat SAIT 3-2 on Saturday to advance to the gold medal game getting an outstanding header from Scott McLeod in the first half and two second-half goals from Phil Pivovic to round out the scoring.

At Mount Royal, the women's soccer team destroyed Medicine Hat College, 7-1 on Friday and then dropped a tough 2-1 semifinal decision, (decided by goal kicks) to Mount Royal College. The Oaks then rebounded to win the bronze medal with a 1-0 victory over the GPRC Wolves.

NAIT women's soccer head coach Sue Melnyk was named the ACAC North Division coach of the year and a total of eight NAIT soccer players were selected to the all-conference team: Lisa Martin, Alexandria Mah, Claire McWilliam and Lindsey Letandre from the women's team were joined by Lambert Suglo, Evans Asembia, Waldo Dutra and Scott McLeod from the men's team.

HOCKEY Men

The Oaks men's team lost a pair of close

Ooks in 2nd place

The Oaks travelled to Calgary last weekend to take part in the season's first ACAC badminton tournament at Mount Royal College. This tournament was an individual tournament with team points being awarded for placement. The Oaks had a strong showing, finishing second behind last year's ACAC champions, the Concordia Thunder.

The Oaks were led by first-year player Sun Yang, who captured the women's singles title and then teamed up with mixed-doubles partner Dan Kai to finish second. Dan Kai also finished second in men's singles and teamed up with Romulo Yamsuan to finish third in men's doubles.

Other highlights from the weekend were Kyanne Perrett, Maricris Quitiviz and Travis Nasby, all picking up their first ever ACAC badminton victories. Second year veteran Nat-

alie Neumann also had an outstanding tournament, finishing fifth in women's singles and partnering with Janci Templeman to finish third in women's doubles.

Next up for the team is an Alberta badminton exhibition tournament in St. Albert on Nov. 9-11. The team will then see its next ACAC competition the following weekend (Nov. 17 and 18) at the first team event, hosted at Concordia College. The Oaks will then prepare for its Florida trip in late December where it will play exhibition matches against Florida State University and University of Central Florida.

VOLLEYBALL Women

The ladies were able to salvage a split with the Lakeland Rustlers, losing 3-0 on Friday and rebounding for a 3-2 road win and now are tied for first in the White Division with three wins and just one loss.

Men

The Oaks men's team took the Rustlers to five sets both nights, losing the fifth and deciding set 15-13 on Friday and 16-14 on Saturday. The NAIT men now sit at 1-3 in league play.

BASKETBALL Women

The games between NAIT and Lakeland women could not have been much closer. On Friday night, the Oaks edged the Lady Rustlers 77-75 only to have the tables turned as they dropped their home game 71-69. The ladies now are in third place with a 3-3 record.

Men

It was tough sledding for the men's basketball team who faced a formidable lineup from the Lakeland Rustlers and dropped a pair of games 93-72 and 90-73. The guys are in fourth place in their division with a 2-4 record.

On deck this week ...

- The men's hockey team travels to Caronport, Sask., for games against Briercrest College on Friday at 7:30 p.m. and Saturday at 2 p.m.
- The women's hockey team plays a home and home series with the SAIT Trojans, travelling to Calgary on Friday for a 7 p.m. start, then hosting the Trojans at the NAIT Arena Saturday at 7 p.m.



ACAC Badminton Overall Standings:

1. Concordia	195 points
2. NAIT	159 points
3. MRC	125 points
4. RDC	73 points

• Basketball plays host to Kings College on Friday at 6:30/8:30 p.m., then travels across town for Saturday games against Kings at 5:00/7:00 p.m.

Our Volleyball teams travel to Lac LaBiche for Friday night games against Portage, (6:30/8:30 p.m.) then host the Voyageurs on Saturday at 5/7 p.m.

ACAC Women's All-Conference Soccer Teams			
North		South	
Forwards		Forwards	
Lisa Martin, NAIT		B. Ahearn, MRC	
K. Spencer, GPRC		Kelsey Donald, RDC	
A. Weicker, MacEwan		Heather Lund, RDC	
Mid. elders		Midfielders	
K. Herzog, CUCA		M. Choptain, MRC	
Alexandria Mah, NAIT		Erin Giordana, RDC	
Claire McWilliam, NAIT		T. Hutchinson, MHC	
L. Monkman, CUCA		Kim Kuijper, MRC	
Ashley Piggot, GPRC			
Defenders		Defenders	
K. Bottriell, MacEwan		Ashley Dixon, MRC	
Leah Sartison, CUCA		Kelsey Sereda, MRC	
Ariel Veldhuisen, King's		S. Vockeroth, RDC	
Goaltenders		Goaltenders	
Lindsey Letendre, NAIT		J. Young, MHC	
Coaches of the Year			
North - Sue Melnyk, NAIT			
South - Jim Loughlin, MHC			

ACAC Men's All-Conference Soccer Teams			
North		South	
Forwards		Forwards	
F. Mahulo, CUCA		Amir Omerovic, MHC	
K. Stenger, MacEwan		Piotr Peska, SAIT	
Lambert Suglo, NAIT		Justin Tawtel, MRC	
Midfielders		Midfielders	
Evans Asembia, NAIT		Cole Hepburn, SAIT	
D. Drummond, MacEwan		Brett Hockley, SAIT	
Waldo Dutra, NAIT		Brendan Lutz, MHC	
Gordon Garritty, CUCA		M. Timotijevic, MRC	
Defenders		Defenders	
Scott McLeod, NAIT		Neil Bainbridge, MHC	
P. Ramsankar, CUCA		M. O'Donnell, MHC	
D. VanBerkel, King's		R. Peszneker, MRC	
Goaltenders		Goaltenders	
Tristan Ilko, CUCA		Bryan Klaus, RDC	
Coaches of the Year			
North - Murray Orvis, MacEwan			
South - Grant Stevens, SAIT			

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Tuesday	Caesar's \$4.25	R&C Wheat Ale \$4.50	Gladiator \$4.00	Pizza Tuesday Choice of 3 \$11.00
Wednesday	Paralysers \$4.25	Keiths Keiths Amber \$4.50	Jack Daniels \$4.00	Wing Night min order 12 \$3.5 ea
Thursday	Long Island Tea \$4.25	Sleeman Pints \$4.50	Baha Rosa \$4.00	Sliders min order 3 \$1.00 ea
Friday	Vodka Slime \$4.25	Traditional Ale \$4.50	Crown Banana \$4.00	Fish & Chip Friday \$9.00
Saturday	Hiball Night \$2.50*	Red Stripe Bottles \$4.00	Jagermeister \$4.00	Nacho Platters \$10.00

G.S.T. not included. Dine in only. No substitutions.

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ACAC Standings

MEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	6	6	0	0	12	36	8
SAIT	4	3	0	1	7	19	13
MacEwan	4	3	1	0	6	18	15
Concordia	6	3	3	0	6	19	28
NAIT	6	2	4	0	4	22	23
Briercrest	6	1	5	0	2	18	35
Augustana	4	0	4	0	0	8	18

Oct. 26

MacEwan 6, NAIT 5; BC 5, SAIT 4 (OT);
CUCA 2, MRC 10

Oct. 27

MacEwan 5, NAIT 4; SAIT 6, BC 4;
MRC 4, CUCA 0

WOMEN'S HOCKEY

Team	GP	W	L	OTL	Pts	GF	GA
Red Deer	6	4	1	1	9	17	8
Mount Royal	6	4	1	1	9	10	7
SAIT	6	3	2	1	7	12	15
U of C	6	3	3	0	6	13	13
MacEwan	6	3	3	0	6	12	13
NAIT	6	1	4	1	3	8	16

Oct. 25

RDC 3, MRC 1; SAIT 3, UofC 2

Oct. 27

MacEwan 2, NAIT 1 (OT); UofC 3, SAIT 2 (SO);
MRC 1, RDC 0 (SO)

Oct. 28

MacEwan 3, NAIT 2

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Concordia	6	5	1	10	465	389
MacEwan	4	4	0	8	342	257
Lakeland	4	4	0	8	355	283
NAIT	6	2	4	4	452	490
King's	6	2	4	4	385	455
Grande Prairie	4	1	3	2	282	320
Augustana	6	0	6	0	389	476

South Division

Team	G	W	L	Pts	PF	PA
Red Deer	4	4	0	8	272	247
Mount Royal	2	2	0	4	188	114
Lethbridge	2	2	0	4	199	148
Briercrest	4	2	2	4	317	359
Medicine Hat	4	0	4	0	286	314
SAIT	4	0	4	0	235	315

Oct. 26

LC 93, NAIT 72; CUCA 79, Augustana 70;
BC 82, LCC 102; MRC 97, MHC 48;
RDC 76, SAIT 64; MacEwan 85, TKUC 56

Oct. 27

LC 90, NAIT 73; LCC 97, BC 66;
CUCA 73, Augustana 52; MacEwan 84, TKUC 70;
MRC 91, MHC 66; RDC 69, SAIT 62

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Concordia	6	5	1	10	477	368
MacEwan	4	4	0	8	293	262
NAIT	6	3	3	6	242	462
Grande Prairie	4	2	2	4	295	274
King's	6	2	4	4	411	419
Lakeland	4	1	3	2	271	304
Augustana	6	1	5	2	363	445

South Division

Team	G	W	L	Pts	PF	PA
SAIT	4	4	0	8	318	150
Lethbridge	2	2	0	4	197	74
Mount Royal	2	2	0	4	132	86
Medicine Hat	4	2	2	4	243	227
Red Deer	4	0	4	0	184	297
Briercrest	4	0	4	0	135	375

Oct. 26

NAIT 77, LC 75; CUCA 93, Augustana 56;
LCC 97, BC 40; MRC 79, MHC 45;
SAIT 66, RDC 45; MacEwan 74, TKUC 67

Oct. 27

LC 71, NAIT 69; LCC 100, BC 34;
Augustana 62, CUCA 59; MacEwan 76, TKUC 73;
MRC 53, MHC 41; SAIT 74, RDC 44

MEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
MacEwan	6	5	1	10	17	8
Mount Royal	4	4	0	8	12	2
Red Deer	4	4	0	8	12	2
SAIT	4	3	1	6	10	5
Briercrest	6	2	4	4	10	13
Grande Prairie	6	0	6	0	3	18
King's	6	0	6	0	3	18

White Division

Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	4	4	0	8	12	1
Lakeland	4	4	0	8	12	4

Keyano	4	3	1	6	10	4
NAIT	4	1	3	2	8	10
Lethbridge	4	0	4	0	1	12
Portage	4	0	4	0	0	12

Oct. 26

LC 3, NAIT 2 (25-22,25-20,19-25,20-25,15-13)
MacEwan 3, BC 1 (25-17, 25-23, 19-25, 25-17)
RDC 3, GPRC 0 (25-23, 25-15, 25-17)
KC 3, PC 0 (25-15, 25-15, 25-9)
MHC 3, LCC 1 (25-19, 17-25, 25-14, 30-28)
SAIT 3, TKUC 0 (28-26, 25-13, 26-24)

Oct. 27

LC 3, NAIT 2 (25-9,24-26,29-27,12-25,16-14)
MacEwan 3, BC 1 (25-27, 25-20, 25-19, 25-17)
RDC 3, GPRC 0 (25-21, 25-15, 25-19)
MHC 3, LCC 0 (25-19, 25-20, 25-23)
KC 3, PC 0 (25-15, 25-15, 25-18)
SAIT 3, TKUC 0 (25-20, 25-21, 25-17)

WOMEN'S VOLLEYBALL

Blue Division

Team	MP	MW	ML	Pts	GW	GL
MacEwan	6	6	0	12	18	5
Mount Royal	4	4	0	8	12	1
Red Deer	4	4	0	8	12	4
Grande Prairie	6	2	4	4	10	13

SAIT	4	1	3	2	5	11
King's	6	1	5	2	7	15
Briercrest	6	0	6	0	3	18

White Division

Team	MP	MW	ML	Pts	GW	GL
Lakeland	4	3	1	6	11	7
Medicine Hat	4	3	1	6	9	5
NAIT	4	3	1	6	9	6
Keyano	4	2	2	4	7	6
Lethbridge	4	1	3	2	9	9
Portage	4	0	4	0	0	12

Oct. 26

LC 3, NAIT 0 (25-22, 25-18, 25-22)
MacEwan 3, BC 0 (25-20, 25-18, 25-18)
RDC 3, GPRC 0 (13-25,25-18, 27-25,25-27,15-11)
KC 3, PC 0 (25-23, 25-17, 25-23)
LCC 3, MHC 0 (25-23, 25-17, 25-23)
SAIT 3, TKUC 2 (14-25,24-26,26-24,25-22,15-13)

Oct. 27

NAIT 3, LC 2 (25-19,18-25,21-25,25-21,15-10)
MacEwan 3, BC 1 (25-16, 25-27, 25-11, 25-22)
RDC 3, GPRC 1 (25-20, 17-25, 25-23, 26-24)
MHC 3, LCC 2 (25-13, 19-25,23-25,25-15,15-3)
KC 3, PC 0 (25-20, 30-28, 25-14)
TKUC 3, SAIT 0 (25-22, 25-22, 25-12)

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JULIE PHILLIPS
Nov. 1–Nov. 8

Virgo (Aug. 23–Sept. 22)

This is a good week to pee somewhere public.

Libra (Sept. 23–Oct. 22)

You may be thinking “what-ever happened to saying “Hi, How are you?” You’re not alone. Join the “Kindness-Revolution,” but do everyone a favour and don’t ask unless you actually care.

Scorpio (Oct. 23–Nov.21)

I don’t care if it’s near your birthday, you still don’t get an effing horoscope this week.

Sagittarius (Nov. 22–Dec. 21)

You’re opinionated, but you’re usually right. Become a secret-shopper.

Capricorn (Dec. 22–Jan. 19)

Ninety seven percent of

Your horoscope

Capricorns say they don’t read their horoscopes, so Capricorn, if you’re reading this, thank you. Thank you.

Aquarius (Jan. 20–Feb.18)

Everyone’s tired of listening to you whine. Start a blog.

Pisces (Feb. 19–March 20)

S-A-T-I-S-F-A-C-T-I-O-N (find it this week)

Aries (March 21–April 19)

If you don’t know something, it’s best not to ask than to risk the embarrassment of looking stupid.

Taurus (April 20–May 20)

Think about what makes you feel “warm and fuzzy”.

Gemini (May 21– June 20)

A new situation may arise that will allow you to “un-leash cross-media architectures”. (yeah, I don’t get it either, but for more BS check: <http://dack.com/web/bullshit>.

html <<http://dack.com/web/bullshit.html>>)

Cancer (June 21–July 22)

Time to “order roomservice”, man. (It’s a metaphor. For life. Figure it out).

Leo (July 23–Aug. 22)

Doesn’t really seem like you need any advice or affirmations or anything right now, so here’s a martini recipe I found on the web:

Alternatini Martini Recipe
6 parts vodka
1/2 tsp sweet vermouth
1/2 tsp dry vermouth
1 tsp white creme de cacao
Sweetened cocoa powder
Hershey’s kiss
Mixing Instructions:
Rim a chilled cocktail glass with sweetened cocoa powder. Combine liquid ingredients in a cocktail shaker with crushed ice and shake well. Strain into a cocktail glass and garnish with a Hershey’s kiss.

Campus Sport & Wellness
Get physical for FREE!

FREE Nutrition Session
Tuesday November 6th
12:15-1:00pm in W202

COED VOLLEYBALL INTRAMURALS
Evening Edition
Starts Nov. 12
Registration Deadline, Nov. 7
Register at E026 (Sports Equipment Centre)

Rush will play this year after all!

NAHREMAN ISSA
Sports Editor

Last week I wrote an article on the National Lacrosse League lock-out, and what it meant to the Edmonton Rush. Well, some last-minute wheeling and dealing has managed to save the 2007-2008 lacrosse season. The NLL and the Professional

Lacrosse Player's Association have agreed on a new Collective Bargaining Agreement. The agreement is a seven-year term that begins in 2008 and run through the 2014 season.

The Rush, and team President Duane Vienneau, are looking forward to putting the lock-out behind them.

"This is tremendous news for everyone involved with the Rush.

"To our fans and our corporate partners, thank you for being extremely patient during this time and we are extremely thrilled to say that we are ready for the 2008 season and are looking forward to having our best season yet both on and off the floor."

The new schedule will be released within the week, after arena dates have been worked out by the league. Also, the 2008 All Star Game will still be held in Edmonton.

"We are ecstatic that we are still

able to host the All Star Game. Our fans and city deserve the best and the all star game definitely is a showcase of the best in the league."

Season tickets for 2008 are now on sale. Call (780) 732-RUSH.



Call enrages Esks fans

GABRIELLE HAY-BYERS

In the biting Albertan cold, a controversial holding call caused a backlash amongst Edmonton Eskimos fans on Oct 26. Well, the ones that weren't too hypothermic to be upset.

With a precious seven seconds left in the tied game between the Saskatchewan Roughriders and the hometown Edmonton Eskimos, Sean Fleming seemed as though he kicked a winning field goal from the 47 yard line and the crowd erupted in cheers.

However, as Eskimos fullback Mike Maurer was alone in blocking two Roughrider defenders from the right side of the line, Tad Kornegay was allegedly hit in the shoulder. That action resulted in a flag being thrown.

That flag pushed the Eskimos significantly out of field goal range, and subsequently the game was lost to the Roughriders 36-29. That final holding call also signified a negative ending of Fleming's 16-year career at Commonwealth Stadium.

That began a brutal backlash of e-mails and calls directed towards the CFL's head officials, and criticism of Andre Proulx, the official on the field who made the call. Head Eskimos coach Danny Maciocia said that he doesn't have enough money to say what he thought of the decision. Fans even have threatened to stop watching the CFL if the officiating doesn't improve.

It is still undecided as to whether any Eskimos or officials will be fined

for their comments about the now notorious call.

So what does George Black, CFL head of officiating, think of the call?

"The nature of sport is that there will always be unpopular calls which cannot be altered after the fact to change the outcome of a game or a play. That being said, we will always strive to get the call right and improve the quality of officiating," he said.

Black said the league would have preferred for Proulx to use discretion and not have issued the flag, because while the hold did impede the rusher, Kornegay probably would not have been able to block the kick, regardless.

Have something to say about the call, or the Eskimo's not making the playoffs? Sound off in the Grapevines! nuggetgrapevines@hotmail.com



Photo by Brendan Abbott

NAIT Ooks Tamera Rude and Laura Dickson come up ice during the team's 3-2 loss to MacEwan at NAIT arena on Oct. 28.

EDMONTON OILERS

GAME OF THE WEEK

-AT THE NEST-

WATCH the GAME on our 10' SCREEN

Molson jugs
DROP \$1
when the
OILERS
SCORE

NOVEMBER		
Weds. Nov. 7	Colorado (A)	7:30pm
Thurs. Nov. 15	Minnesota (H)	7:00pm
Thurs. Nov. 22	Colorado (H)	7:00pm*
Fri. Nov. 30	Anaheim (H)	7:00pm

*PPV = Pay Per View (h) = home (a) = away

NAITSA SENATE BY-ELECTIONS!

VOTE TODAY!

In the schools of...

- \$ Hospitality
- \$ Applied Building Science
- \$ Arts, Science & Communications
- \$ Applied Media & Information Technology
- \$ Health Sciences

Poll Stations

Main Campus:

- Outside NAITSA office - E131
- Business Tower - 1st Floor
- Outside Common Market
- Outside Fresh Express - south foyer
- South Learning Centre
- Hp Centre outside Bytes cafeteria
- Engineering Annex by main stairwell

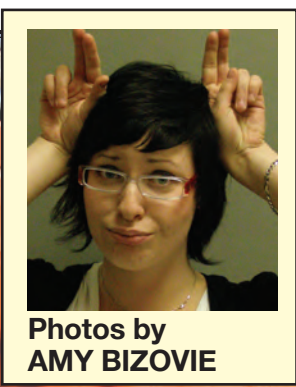
Satellite Campuses:

- Souch Campus - Z145
- Patricia Campus - P127
- St. Albert Campus - Rm. 105

For more information contact Rita Cain at the NAITSA office (E131) or email: ritac@nait.ca

Unofficial results of the By-Election will be announced in the Nest at approximately 7 p.m. on November 1st.





Photos by
AMY BIZOVIE



A HELPING HAND
Some of the 35 NAIT construction students who recently helped build homes for Habitat for Humanity lend their skills on the job site.
For the story, see page 4.



ARTS & CULTURE

Halloween: A happy day



GEOFF TATE
Arts and Culture Editor

Is there a festival that brings as much happiness to as large a male demographic as Halloween? What other gives so much, and demands so little in return? To my knowledge, there is no such thing. It doesn't exist; it belongs in the realm of ligers, Star Trek and effective conservative governments.

Lost in the translation of time, the ultimate goal of this holiday is no longer to "conceal" yourself from evil spirits whipping about. It is now, more or less, a festival celebrating the creation of Spandex, and its ability to infiltrate the tiniest of crevasses, in addition to showcasing the technological advances made in indoor tanning. A little different from when you were five years old, hoping to god you didn't get a goddam orange in your pillowcase, Halloween has since evolved to the point where we as "men" can just sit back and enjoy the eye candy. If "men" so desire, they may partake in the Spandex wearing, or even display their total lack of knowledge about the potential benefits of artificial tanning. But there is no pressure on you to do anything besides sit back and enjoy the view.

This is fantastic considering how badly we get shafted on every other holiday that I am currently aware of. Christmas demands giving, and you never quite get back what you manage to give out. Valentine's Day just straight up sucks ass for the majority of us all, and when you do decide to try and get a little something out of this lamest of lame corporate holidays, you get yelled at for assuming a porno and some lingerie made of string was what she meant by "something romantic."

Halloween is there for the 45-year-old pervert in all of us, so take some satisfaction in

that. I'm assuming I saw some bootylicious outfits yesterday, as this is being written Monday (Colin, you better have put out dude), so I am going to jump the gun and thank all you lovely ladies who did dress up beforehand, because I know more than a handful of you will.

"It's the one time of the year you can dress up like a slut, and it's OK," says the only female I could find wandering the halls late on a Monday evening.

"Everything has a 'sexy' in front of it, no matter how unsexy it actually is."

And how true it is! Sexy farmers, sexy construction workers, sexy girls dressed like prostitutes and sexy Transformers are all on the menu nowadays, and these seemingly unsexy characters are altered into explicit variations of their former selves. Sometimes it is hard to tell what they may be, due to the "simplicity" of these costumes, but guessing is half the fun. I have always been a fan of guessing games, especially the grown up, adult orientated ones.

What other holiday appeals more to a college-aged crowd, what with the unabashed nudity, mandatory alcoholism and guarantee of several wardrobe malfunctions. Besides maybe the expensive, ritzy spring break in Cancun, Halloween is your one guarantee of free entertainment for the year brought straight to your doorstep.

People no longer carve out turnips or pumpkins with as much enthusiasm as they once did, nor do they aim at scaring the bajesus out of each other. We are now content with our annual dose of diarrhea pumped out by Hollywood (can you say Saw 4?) to satisfy the "scary" aspect of Halloween. "Scare" has now turned into "shock," and what better time of year to see just how far you can get away with stuff than the one day "you can dress up like a slut, and it's OK."

Thoughts on the subject? Feel like venting about it? Let The Nugget know! Nugget Grapevines gratefully accepted from anywhere that isn't a cave.

Send your thoughts/comments via email to nuggetgrapevines@hotmail.com and be sure to let people know how bad they suck.



Thanks to hard work by staff members, the NAITSA office is in full Halloween mode this year.

Ultimate Santana

Ultimate reminiscence

MARTIE VANTOL

If you've ever experienced deja vu, then you'll understand what I'm talking about. Although it is to be expected of a greatest hits style album in any musical group, Ultimate Santana goes one step further. Not only have you heard many of this album's songs in Santana's previous albums, but also in the albums of many other successful artists.

The album offers a wide variety of genres that can suit most any mood. Particularly if you're feeling reminiscent.

Carlos Santana first became famous in the 60s for his hot acoustics in the group "Santan's

Blues Band." He also undoubtedly displays notable acoustic talent in his latest album, featuring artists such as Chad Kroeger, J Lo, Rob Thomas and Michelle Branch. However, even though there are four new recordings included on the 18-track album, it still leaves a very distinct already-heard-ring in the listener's ear.

Although the music itself is quite pleasing, and many of the songs very enjoyable, it is more like a mixed CD burnt off a friend's computer than an actual new album worthy of the 20 bucks you pay to purchase it.



**Global
EDMONTON**

ON THE ROAD

Comes to NAIT!

Today - Nov. 1st

BYTES - HP Centre

NAIT Arena

Seating starts at 4:30pm



Admission is FREE, but food donations to the Food Bank are encouraged.

Join the entire Global anchor team as the 6pm news is broadcast LIVE from NAIT.

Get in on the action!

Audience members are needed for Bytes & the NAIT Arena for the sportscast with John Sexsmith. Avoid disappointment, get your seat early.

Serj Tankian - Elect the Dead

Serj is the best

NAHREMAN ISSA

This is the first solo CD for Serj Tankian, the lead singer from System of a Down. This CD consists of 12 tracks, with *Empty Walls* being the first single released. While Tankian may not have strayed far from SOAD's formulaic ways, he did manage to add his own personal touch. Amazingly, Tankian wrote, performed and produced every song on the album in his home studio. SOAD drummer John Dolmayan contributed on tracks 2, 4 and 5.

Tankian continues to push politi-

cal boundaries with this album. His view on war shows with such heated tracks as *Feed Us*, *Honking Antelope*, and *Empty Walls*. *The Unthinking Majority* is a song about the failing democracy in America. Environmental issues were also addressed in *Sky is Over*. But really, who can resist the title tracks *Beethoven's C*nt*, and *Praise the Lord and Pass the Ammunition*.

Tankian's voice is quite haunting and chilling, which works amazingly with the theme of his CD. This album is a must for any music lover. Serj Tankian, in my opinion, is the most

brilliant, most talented man in music.

From his voice to his message, Tankian is a messenger of truth. On his MySpace page, Tankian wrote a note for all to read. In it, he talks about governmental and global issues. I strongly suggest you read it.

From his song *Honking Antelope*, Tankian stated it best.

"We are the cause of a world gone wrong. Wouldn't it be great to heal the world with only a song?"

SERJ TANKIAN FOR PRESIDENT!!!

★★★★★



Prizes and contests to warm up November

AMIT SHARMA

October has come to an end and it was definitely a blast! With November upon us, make sure you guys keep your eyes open for the start of our NR92 promotions. The major ones are Spot the Jock and Tattoo You! We will be giving away a ton of prizes and having some fun contests.

The Gong Show is gonna be off the hook tonight! We have some seriously

exclusive stories regarding NAIT and Edmonton. Plus, we're gonna have some seriously exclusive movie reviews and sports news.

This week's New Music Nooner is Jen Lane, a singer from Saskatchewan who has performed at many festivals during the past few years. Her album is a mix of acoustic sounds

with a relaxed rhythm. Some people even call her the female Ryan Adams.

While Lane has a soothing voice like Norah Jones, the greatest thing about her is her song writing. Check out Jen Lane every day at 12:30 for the New Music Nooner.

If you're a fan of wrestling, you'll be a huge fan of this week's featured show: *Nitroholics Anonymous*, hosted

by Kellen Nitro. In his second season, Kellen provides you with a healthy dose of rock and metal! Plus he fills you in on all the latest pro wrestling and racing news. Kellen's favourite wrestler at the moment is Randy Orton, but he also lists Bret "The Hitman" Hart and the late Chris Benoit as others that he likes. Nitro also is restoring a 1955 Chevrolet Bel-Air. He's an avid gamer and is super-

psyched for Guitar Hero 3!

Recently, Kellen has been playing a lot of 80s retro metal rock. Bands like Poison, Twisted Sister, Tool and Spinshank will always have a home on *Nitroholics Anonymous*. Kellen also podcasts his show so you can listen to it over and over again. Check out *Nitroholics Anonymous* every Wednesday night from 8-9 on www.nr92.com.

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3. Take the reusable mug challenge at nait.ca/econait

Up for grabs:

- Free Coffee
- Grand Prize - a \$50 Food Services Express Card

Contest runs Nov. 1-30, 2007.
Complete rules: nait.ca/econait.

ecoNAIT
environment committee

ecoNAIT's reusable mug campaign is
supported by NAIT, Food Services and NASA.

BACK OF THE RACK

This week: Asian cinema



LIAM CRESWICK

Welcome to the second edition of *Back of the Rack*, a look at lesser known movies new on DVD. This week we look at some of the best stuff to come out of Asia not covered in lead paint and bird . u. Please note, these movies are in subtitles, so if you're the kind of person who "doesn't wanna haveta read your moo-vees," then you can go ahead and skip this article. There are some funny cartoons near the back I'm sure you'll enjoy.

City of Violence

In this action movie from South Korea, a detective returns to his home town for his childhood friend's funeral. After catching up with his other pals, they all discover that the fifth member of their quintet is operating a mob under the direction of a big housing corporation, and was responsible for their friend's death. Tae-soo and Wang-jae (the protagonists) fight their way up the underground crime chain of command until they have their justice. This is a high-energy action movie with some kick-ass martial arts. *City of Violence's* pace and cinematography is delivered in a similar fashion to the average American action film, which makes the movie universally enjoyable.



Casshern



I'm pretty well versed on most geeky subjects, but anime is a topic where my experience is limited. This Japanese fantasy film is based on a 1970's anime show that I had never heard of until watching this flick. I can't tell you whether the film stays true to its source or not, but I can tell you I had a great time watching it, regardless.

Set in a bleak, polluted, Orwellian future, *Casshern* rolls super-humans, zombies, giant robots, a love story and a compelling message about selfishness into one fantastic package. A geneticist creates a procedure, called neo-cells, that rebuilds dead tissues and cures diseases. A freak accident reanimates his test subjects, a group of mutated terrorists, who wage war on this dystopian society.

The geneticist's war-hero son-in-law also falls into a batch of neo-cells, making him super-strong and fast. He now has to stop both the "Neo-Sapiens" and the evil society in a series of exciting, over-the-top battles. The story is complex and can be pretty complicated at times, but

overall it's pretty entertaining. Where the story telling lacks, the visuals make up for it 10-fold. Done mostly with real actors in front of CGI backgrounds, it is on par with the visuals seen in films like *300* or *The Matrix*.



Dynamite Warrior

This movie does nothing to shake the perception that the term "Made in Thailand" does not denote quality. It is essentially a Thai version of Robin Hood, but somehow works Wizards, buffaloes, possessions and period blood

into the plot. The acting is bad, the story is insane, and the dialogue is ridiculous, but surprisingly, the action is fairly fun.

The Muay Thai fighting is well choreographed and the explosions are cool. It seems a lot of money and a good director was put behind this otherwise horrid script (at least by Thai standards).

You could laugh at the fact that this is what Thailand considers worthy of a blockbuster budget, but we aren't any better. Just look at how much was spent on *Rush Hour 3*.



Dynamite Warrior



MILITARY APPRECIATION LETTER WRITING CAMPAIGN

**TUES. NOV. 6
10AM - 4PM
SOUTH LOBBY**

Show your support & appreciation for our Canadian Troops in Afghanistan by writing a letter or note to them. Enter to win a pair of Oilers tickets to the Nov. 24 game.

Wear something RED and show your Canadian pride!



MOVIES

Things We Lost in the Fire

Tearjerker with a heart

CRISTIAN TORRES

Things We Lost in the Fire stars Halle Berry as Audrey Burke, a mother of two whose husband Brian (David Duchovny) is murdered when, on a trip to get ice cream for the family, he gets caught in the crossfire during a domestic dispute. That's why I carry heat when I go to the Marble Slab Creamery.

Shattered and alone with two young children to raise, Audrey seeks comfort in her husband's lifelong friend, Jerry Sunbourn (Benicio del Toro). Though Audrey detested her husband's friendship with Jerry, an ex-lawyer who developed a heroin addiction,

she gets more than she bargained for when she invites him to stay in their renovated garage so he can get sober and turn his life around. The kids start to bond with Jerry, who unexpectedly finds himself assuming the role of father.

Benicio del Toro steals scenes with his performance as the oddball junkie with a heart of gold. Berry holds her own, but if you've seen her Oscar-winning performance in *Monster's Ball*, you didn't miss anything.

Comic relief is provided by John Carroll Lynch (you'll remember him as Drew's cross-dressing brother on *The Drew Carey*

Show) as neighbour and family friend Howard Glassman.

This movie doesn't go where you expect it to. Its focus is more on parallels between the recovery from loss and the recovery from addiction than giving way to a subdued love-story.

This one's a tearjerker. Ninety percent of the theatre was weeping during the last half hour. I, being largely cold-hearted, was unaffected. But if you've got your mother in town and need to borrow some money, this is the movie to weaken those heartstrings.



The Darjeeling Limited

Quirky characters take a train in India

LIAM CREWICK

The longest I ever spent on a train was 10 minutes, and it was great until mall security pulled me off. I didn't even get my quarters back.

The three brothers in *The Darjeeling Limited*, however, spend a lot longer on a train in an attempt to reconnect with each other on a trip through India. Owen Wilson, Adrien Brody and Jason Schwartzman play the three lead characters, and deliver director Wes Anderson's trademark awkward and odd personalities very well. Each man gives certain quirks to their character, but as any of the three are rarely seen on screen individually, they also sync up their preferences and act similarly to each other, like three brothers would.

As the trio travels though India on a spiritual journey, (ironically mandated by an itinerary) they learn a lot about each other and themselves. The well known dry and subtle Anderson humour may go over some heads, but I thought it was great that the audience is never told when to laugh, and instead is left to find the humour for themselves.

I hate to call this a feel-good movie, as that usually drums up images of a schlocky, predictable, cheesy family film, but that really is the best way to describe *The Darjeeling Limited*. Anderson once again looks at the relationships between fractured, dysfunctional family members, this time with an Indian train as the backdrop. India was a wise choice of setting, as the design and architec-

ture of the country allow Anderson to do a lot with colours and off-centre cinematography.

The story, humour, themes and performances are all trademarks of Anderson's, and this is what holds the film back from being as ambitious and unique as his previous works, like *The Royal Tenenbaums*. He doesn't do much to build or expand on his usual style, so this loses points for unoriginality, but it is still a winning formula. I have eaten pizza that tastes like pizza I have had before, but that doesn't mean I don't want more.

The Darjeeling Limited is charming, funny, thoughtful and visually impressive. Some viewers may not get the humour or appreciate the message, but for those willing to look for it, the film has a lot to offer.

The Darjeeling Limited is in limited release, so check movie listings.



Jason Schwartzman, Adrien Brody and Owen Wilson in *The Darjeeling Limited*.

Bug

Bug not without bugs, but still worthy

LEWIS MEHTA

Some movies cannot be easily discussed without spoiling the plot, and *Bug* is such a film. It's a horror film, no doubt about that, but a B-movie creature feature this is not. The events unfold quickly and ruthlessly. In order to fully understand and appreciate the characters' plight, viewers must allow themselves to become immersed in the story.

The immediate sense of abandonment and loneliness in the opening sequence parallels the life of the protagonist. Agnes White (Ashley Judd) is a divorcee hiding from her abusive (and recently paroled) ex-husband. She works at a seedy bar and lives out of a room at a cheap motel. Her friend R.C. introduces her to Peter (Michael Shannon), a drifter whom Agnes befriends and invites to stay with her. All is calm until Peter notices a bug in the room. Then another bug, and another ...



William Friedkin
Director

Fortunately, all the production's visual aspects are well-done, from Franco-Giacomo Carbone's carefully crafted motel room set (in which the vast bulk of the film takes place), to William Friedkin's experienced hand on the wheel. The film was based on a stage play and it still retains much of those roots in its presentation.

Bug is not without its bugs, however (sorry, couldn't resist!). The relationship between Agnes and R.C. is a little unclear, but the fundamental flaw in Tracy Letts's screenplay exists in Agnes's sudden involvement with Peter.

He is introduced rather quickly and then overnight (quite literally), Peter becomes a part of Agnes's life. Agnes is a lonely character, but it is a bit of a stretch to have her so quickly trusting of a drifter she doesn't even know.

Nonetheless, *Bug* is a riveting, effective,

and thought-provoking film. If you're hoping for a mindless gore-fest, look elsewhere. But if you're searching for a smart, unconventional

horror film, consider *Bug*.



Cancun Mexico

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Week of Feb 15, 2007

The Official Festival! Cancun is easily considered the most popular destination for Spring Break. It is famed as one of the most contemporary and most vibrant festival destinations in the world. Cancun is distinguished by its rows of amazing resorts and beautiful beachfront where the night is particularly fun and exciting with a lot to offer. Cancun is famous for its open-air spaces, tropical weather, and beautiful views of turquoise blue water. The options include: live music, activities, parties, nightclubs, and more entertainment. Cancun is a place where you can have the best of both worlds. Cancun is the perfect spot for a Spring Break. Cancun has it all.

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RODEO 10 DOWN



November 9
The Nest - Doors 7pm





Tickets: \$10 Advance/\$15 Door
Available at The Nest & NAITSA Office (E131)

TICKETS ON SALE FRI. OCT. 26!



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ALLAN SCHOFIELD



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of Canada

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CLIQUEZ : servicecanada.ca

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NUGGET COMICS

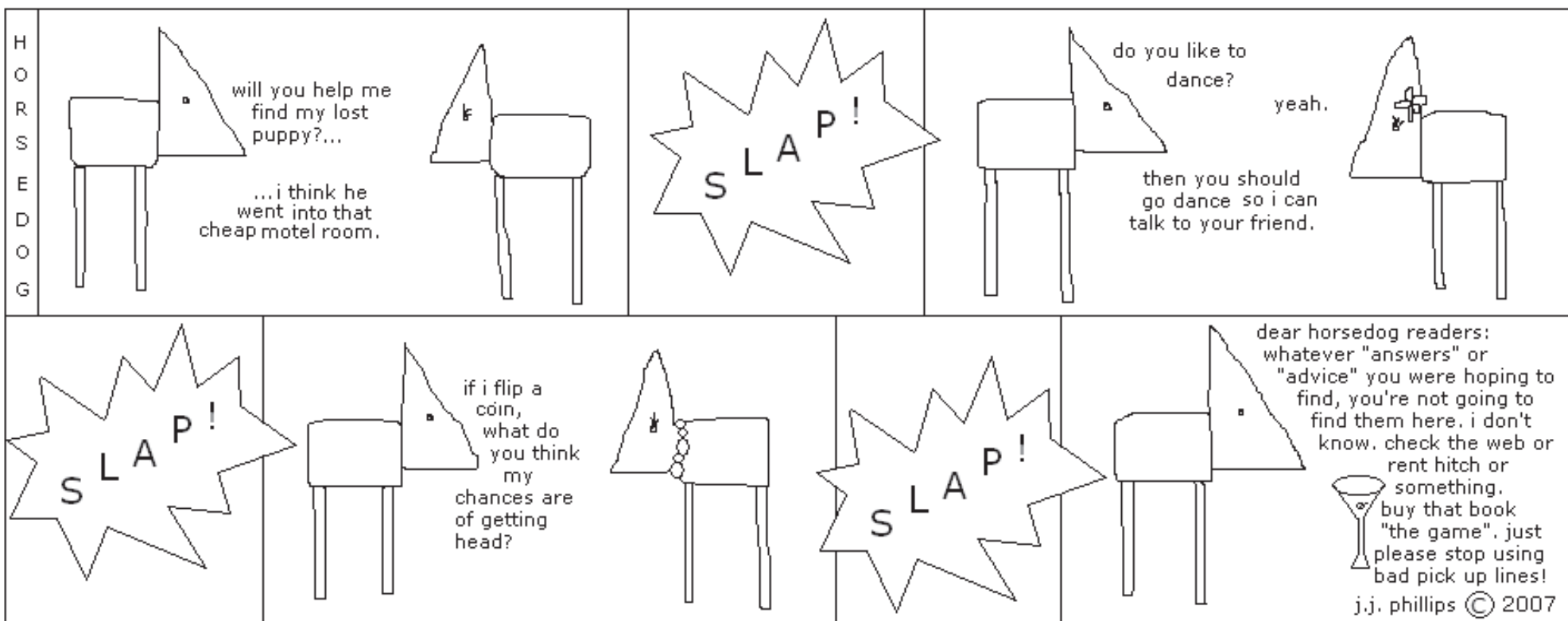
~ Highly Destructive Reptiles ~

© 2k7, Kyle 'Leomane' Gooding



Leomanes_Artwork@hotmail.com

http://hdreptiles.comicgenesis.com/



Any cartoonists out there? We at the Nugget are always looking for new talent to draw upon. From a one-panel political cartoon for the editorial page to those like you see above, all entries are welcome.

Grapevines

No care about Nuggetboy

Dear Nuggetboy,

Nobody cares about your stupid problems. You posted a problem in pretty much every *Nugget* last year, and yet nobody cared. Nobody will give a s**t this year either, so stop posting.

BlueLightning22

...

I'm sick of hearing girls bitch about how the guys in this school look at them. Please!!! Get off your f*cking high horse. Who the hell doesn't like the attention? Unless you're a damn feminist (aka UGLY) shut the hell up!!!!

...

Dear Sports Editor:

If only I had a rebuttal of some kind... something witty and classical that everyone will look at and be

all like 'that entertainment editor is so cool'. However, it's late and I'm tired. So I guess I'll just tell you to eat sh*t and clean the f***ing dishes before the next meeting.

Entertainment Editor OUT.

...

Hey J-Holes:

Yes, this article is aimed at YOU! And by you, I mean the people with the smarts of neanderthals that stand in groups in the middle of NAIT's congested hallways. Now let me give you some credit, you are in a post-secondary institution so you show some sign of brain activity, but the sooner you jackoffs get a move on,

the sooner we can all pretend to co-exist peacefully.

Too Cool For Skool

Dear Propped Collared Douchebags,

You think you're hot shit with your propped polo shirts and your stupid ass hats that barely sit on your head. How about you wear your clothing the right way for once. You have them so propped you could not get them much higher. Why am I writing this? I don't know, because you're too busy fixing your collar and acting like K-Fed to read this. Get Original.

GT Snowracer

...

Miss Murder,

First of all, let's bandage up those fresh cuts on your arm you whiny little emo bitch. As a previous HSW I take serious offense to your comments. You think your shit don't stink? Grow some balls and try it for yourself. Oh wait, no one wants to see a whiny emo bitch as a HSW. Or should I say CSW.

GOULET

ps. A shout out to my girls J and K

...

Dear business tower,

As most of you probably

know, you all suck ass. As is tradition, we here at the Annex have a moral obligation to make sure you remember this at all times. So the next time you get a 90% on your test, your mom tells you you're handsome, or you manage to put your pants on by yourself, remember that you still suck ass. You are all a bunch of cubes, and we all despise you.

Your welcome, The Annex

(This is the part where you all get together in some sort of meeting, and brainstorm potential rebuttals. Good luck!)

In Grapevines, you can speak anonymously to other students.
Contributions: nuggetgrapevines@hotmail.com

naitsa presents..

RODEO WEEK

November 5 - 9

MON. NOV. 5**I ♥ ALBERTA BEEF "ON A BUN"****South Lobby – Main Campus****Starts at 11am**

FREE for NAIT students while supplies last

JEAN DRIVE

Have a pair of unwanted jeans in your closet that are in great condition? Then drop off your clean & slightly worn jeans to the NAITSA Office (E131) from Nov. 5 – 9 for our Jean Drive for those in need.

For every pair you drop off, your name will be entered to win a pair of tickets to the Rodeo Ho Down + a Meet & Greet with Shane Yellowbird.

TUES. NOV. 6**COUNTRY DANCE CLASS****NAIT Gym****11am – 1pm****HUNTING EXPO AT THE NEST****Buck Hunter / Duck Hunt competition****Starts at 3pm**

Sign-up at The Nest - Prizes include jackets by Mustang

WEDS. NOV 7**RODEO OLYMPICS****NAIT Gym****11am – 1pm**

Competitions include Cow Milking, Barrel Racing, Dummy Roping & more!

THURS. NOV. 8**JACK DANIELS RED NECK TRUCK CONTEST AT THE NEST**

Bring picture(s) of your truck to The Nest by Nov. 6 at 4pm to enter. Top 5 trucks chosen must be on site on Nov. 8 at 3pm for judging. Must be a current NAIT student to enter.

Prizes include \$500 cash & Mustang jackets**Also featuring****BEST DENIM ASS COMPETITION****How good does your ass look in jeans?**

Gals competition starts at 4pm

Guys competition starts at 5pm

Enter your ass for great prizes from Wrangler & Jack Daniels**FRI. NOV. 9****RODEO HO DOWN WITH SHANE YELLOWBIRD****The Nest****Doors at 7pm****Tickets: \$10 Advance / \$15 Door**

Available at The Nest & NAITSA Office (E131)



Ask a Counsellor

Get a grip on your marks!



Margaret Marean

Q: I'm not doing nearly as well at NAIT as I did in high school and I find my marks have been slipping and I don't know how to get on track. What should I do?

A: One of the most important things students (and everyone else) can do is to learn from the past. The past does not have to equal the future.

When you look back at the first half of the semester what things are you happy with and what could you improve on?

Are you using your time wisely? If your life feels out of balance, are there ways to change without sacrificing your academic standings? Are you asking for help or making use of the resources at NAIT?

Poor study skills such as missing classes, not handing in labs or assignments, and not studying early enough in advance are things that you can take control of.

Life skill problems such as staying up too late on weeknights, procrastinating or spending too much time socializing are all areas that you can work on. While only you can make these changes, there are resources at NAIT to help you:

- Instructors are usually happy to clarify points for students who work hard and attend class regularly.

- Find a classmate or study group who has the same goals as you.

- The Tutorial Centre, Room A133, has professional tutors in the areas of math, physics and chemistry, and is free of charge.

- Peer tutors can be hired for approximately \$10 - \$15 per hour through the SSD Centre, Room A-172B (491-3046).

- The Student Counselling Centre provides free and confidential counselling for academic, personal and career concerns. We also provide a free Strategies for Success study skills manual as well as academic and personal information on our website: www.nait.ca/counseling. Please ask for help if you need it.

Appointments can be booked in Room W111-PB, HP Centre, or by calling 358-6135.

How to bust that stress

MARTIE VANTOL

If you are like 97.3% of the NAIT student population (OK, that's a made-up statistic ... but still probably quite accurate), then you are feeling overloaded, overwhelmed and just downright stressed out about that little thing that is commonly referred to as "life."

Luckily, the staff here at NAIT has devised a clever way to help you regulate your over-loaded stress meter.

Stress Busters is a class that is designed specifically to aid students in slowing down and devising ways to cope with their stressful lives.

The class emphasizes taking time for relaxation, as well as the importance of how maintaining proper health assists in overall well-being.

Each interactive session is free, and signing up or bringing a spare

change of clothes is not required. All that is required to participate in the class is, well, to show up!

The classes are being held until Nov. 30, and take place from 11:30 to 11:50 a.m. in the activity studio (S-112).

Twenty minutes a day is not a lot of time when the result is less stress and greater rejuvenation by the end of the week.

Holley Christianson, NAIT's Active Living Program Co-ordinator, feels that it is important, "... for students to slow down and learn ways to manage their stress."

If you feel that you could use some stress-lessening pointers, come check out these relaxing classes.

If you have any questions you would like to ask regarding Stress Busters, feel free to contact Holley at 491-3140 or via e-mail at holleyc@nait.ca.

CLUBS CORNER

Tough Enough to Wear Pink Head Shave

Our BOLD BABE is going BALD



Adina is shaving her head to support the Canadian Breast Cancer Foundation.

Show her your support!

Donations will be accepted at the NAITSA offices. The shaving will take place Friday Nov 9 in the "Dock" in Building "L" at the Tough Enough to Wear Pink Beer Gardens 3pm



Any questions or for further donation locations contact Adina at Kozmosis@hotmail.com

Tough Enough to Wear Pink Head Shave

In support of the Canadian Breast Cancer Foundation.

Come down and support these people at the dock Friday November 9, 2007. Donations to the Canadian Breast Cancer foundation will be accepted at the NAITSA offices.



Phil Levert



Roland Rondeau



Chris Kiriakides



Scott Gullekson



Nick Petz



Levi Williams



Adina Gilliland



Jordan Kalczak



Kyle Wilson



Thomas Breittkreutz



Any questions or for further donation locations contact Shawn at Kozmosis@hotmail.com

Upcoming Events

ORAS

(Office and Records Administration)

Event: Cookie dough sales

When: Nov. 1 to Nov. 28

(For cookie dough orders, contact Caitlyn via e-mail cnordhagen1@ookmail.nait.ca)

Club 5 Star

Event: Book drive (Collection of new or used books for inner-city children)

When: Wednesdays (Nov. 7, 14, 21, 28) 12:15 p.m.-1:45 p.m.; Fridays (Nov. 2, 9, 16, 23, 30) 12:15 p.m.-1:45 p.m.

Where: Table outside NAITSA office.

CETSC

(Construction Engineering Technology Student Council)

Event: Beer garden (featuring the head shave of CETSC and CLXT students)

When: Friday Nov. 9; 3 p.m.-10 p.m.

Where: Annex Dock

Interesting Thought Drama Club

Event: Practices

When: Wednesdays; 5 p.m.-7 p.m.

Where: Room E-120 (Nov. 7, 14, Dec 5) Shaw Theatre (Oct. 31, Nov. 21, 28, Dec.12)

CSA

(Chinese Students Association)

Event: First Year Anniversary Celebration

When: Saturday Nov. 3; 2 p.m.

Where: NAIT Shaw Theatre

Bible Study Group

Event: Meetings

When: Every Friday 12:15 p.m.-1:10 p.m.

Where: Room X-209

NAIT Hip Hop Club

Event: Practices

When: Wednesdays; 7 p.m.-8 p.m.

Where: Room S-112

For more details, e-mail

evergreenbeauty@hotmail.com

NASS

(NAIT Architectural Student Society)

Event: Bake sale/BBQ

When: Wednesday Nov. 7; Noon-2 p.m.

Where: Annex Dock

NASS

(NAIT Architectural Student Society)

Event: First Annual Foosball Frenzy

When: Thursday Nov. 15; 4:30 p.m.

Where: The Nest

Details: \$10 entry fee per team

GO COUNTRY



CFR ★ NOV 7-11



Wednesday November 7th

BIG EARL 96.3 Buckwild CFR Kickoff Party

Thursday November 8th

 Tough Enough to Wear Pink
Tips for the CURE! 

**Friday & Saturday
November 9th / 10th**

The BEST place to kick it for CFR!

Sunday November 11th
Half Price Hoedown

Avoid The Lines, Doors 6pm Nightly!



6107~104 STREET



VOLUNTEER?

Snowflake Gala

The Stollery Children's Hospital Foundation requires over 300 energetic and creative volunteers to help prepare for the magical winter wonderland of Snowflake Gala on Dec. 10. Sign up as a group or individually – call or e-mail Billie-Rae Hill at 431-4623 or bhill@stollerykids.com

Study Buddy

Study Buddy is a volunteer tutoring program offered jointly by Edmonton Catholic and Edmonton Public schools. This program matches a tutor with an individual or group of students to assist them in their school work. If you are interested in this short-term volunteer role, please contact Marlee at 419-2677 for all the details.

Red Cross

Canadian Red Cross is now recruiting volunteers for its "Disaster Management Training Program." This unique program offers support to those left after disasters within the City of Edmonton. If you would like more information, please call 423-2680 or go online at www.redcross.ca/cnar

LOL (Learn Over Lunch) Workshops

Improve Your Reading

Wednesday, November 14th

Get practical tips to evaluate and improve your reading.

Giving and Receiving Feedback Effectively

Wednesday, November 21st

Get helpful information as well as an opportunity to practice the important communication skill of giving and receiving feedback.



Workshops are offered at 11:15 or 12:15 and will be approximately 45 minutes in length. **You must pre-register** by 4:30 on the Monday preceding the workshop. To register go to the Student Counselling office or send us an e-mail. Location to be announced.

Have you got a topic you would like to hear about? Submit suggestions to our office or send us an e-mail.

NAIT STUDENT COUNSELLING

W111-PB, HP Centre, 11762 – 106 Street
Telephone: 378-6135

Website: www.nait.ca/counselling
e-mail: counselling@nait.ca

Office Hours: Monday to Friday: 8:00 a.m. to 4:30 p.m.

...facilitating student success

Terry Cooke Law Text Bursary



Could you use Financial Help?

- ➔ Are you a full-time student in year 1 of Business Administration?
- ➔ Did you start full-time studies (Day or CED) in January 2007?
- ➔ Are you currently enrolled in Semester 2 (September - December 2007)?
- ➔ Did you have a grade point average of 2.3 or higher in your first semester with no course failures?
- ➔ Did you have at least an 80% course load?
- ➔ Can you prove financial need? (Main Prerequisite)

Apply now for a **\$500 Terry Cooke Law Text Bursary!**
Pick-up an application form in Room T500
Deadline: Fri., Nov. 16, 2007
@ 4:00 p.m.

Successful applicants must attend the awards ceremony to receive the bursary

Classifieds

After Hours Singles Party

Meet New and Interesting People

The Edmonton Party Line

Dial: 44-Party

Ads* Jokes* Stories & MORE!

Free Local Call *Ladies-R-Free* 18+

Blue Willow

Blue Willow Restaurant is hiring for dining and administrative personnel, counter sales, drivers and maintenance staff. Flexible hours to fit busy schedule.

Must be organized, able to multi-task and willing to learn.

Wage depends on experience.

Visit our website: www.bluewillowrestaurant.com or contact Stan at 428-0584.

Part Time On Your Time

Looking for a computer programmer that can build a database and website.

Well-paid position. Call David @ 242-7253

For Rent

2-bedroom basement suite, 5 min. from NAIT

All utilities included, with cable and Internet.

\$1,200/month. Call 473-3338.

Back pain?

Contact massagedude@gmail.com for remedial massage.

Special NAIT student rates. RMT.



PACKAGE INCLUDES:

- 3 nights accommodation at the Days Inn, Kelowna
 - Continental breakfasts included
 - All rooms non-smoking
 - 5 minute walk to amenities
- 2 days lift tickets for Big White, 1 day lift ticket for Silver Star
- Return luxury coach transportation
- December 30 pub crawl
- New Year's Eve party at Gotcha Night Club, Kelowna
- Backside Tours professional guide services

COST PER PERSON:

- **\$370** - 2 per bed, includes taxes
- **\$470** - 1 per bed, includes taxes

Contact NAITSA to sign up:

- 780.471.8855
- naitsaevents@nait.ca
- Visit BacksideTours.com for more information on this and other tours

HURRY, SPACE IS LIMITED!



HOT

SINGLE OF THE WEEK

Take a chance!



**BRENT
CONSTANTIN**
Practising Physiognomist

I can't account for everyone's schedules, but, according to my guessing, midterm time is just about wrapped up. Now comes the inevitable wait to discover if sleeping on top of your accounting books helped you learn through osmosis.

I'm guessing no, so prepare to fail out of school.

But, when you're sleeping in Churchill Square, using a dead cat as a pillow, remember that life's not all bad. Unless in this hypothetical future killer-monkey-robots have taken over the planet (killer-monkey-robots that are robots shaped like monkeys and dedicated to killing us, not normal robots that are designed to kill mon-

keys, that's not a threat in any way).

But, as our new shiny simian overloads can attest to, when life flings chrome feces at you, you fling it right back. That's why I've decided to share with you a little song that I sing when I'm feeling blue:

*I'm so happy
I'm so happy
I'm so happy
I'm so happy
I'm so happy*

CHORUS X2:

*I'm so happy
I'm so happy
I'm so happy*

It goes on like that until you choke on your own tears and pass into a deep, relaxing sleep.

Anyway, here's our hot single, Carroll, a "twenty-something" PFT student here at the school. I'll make this one short because someone, named me, went extra long on the introduction.

B: Hello, Carroll

C: Hi

And that's all the time we have. Tune in next week when I write about jumping over a shark full of motorcy-

cles on my pool.

(Jerry Silverburg; Brent's Lawyer: I have advised Brent to finish this article and that it may be unfeasible to fill a shark with motorcycles)

B: So Carroll, what are you looking for?

C: I've been through a long time relationship in the past, it wasn't great, but I came out on the other side a stronger person for it. Now I think I'm just interested in meeting new people. I don't like to waste my time, so I'm not interested in just dating around, but like I said I'm always open to having a new experience and getting to know someone new.

B: Any specific requirements?

C: Someone who's always keeping me guessing, but is still reliable. Someone that's just interested in living their life.

B: What do you mean?

C: Just having a full experience with what they're given. Someone not afraid to take chances. Sometimes my friend and I will go out on Friday nights on our bikes with speakers in our backpacks playing



Carroll

old Beastie Boys songs and ride up and down Jasper Avenue in front of the bars.

B: Sounds dangerous in winter.

C: I'd like someone that I can be a kid with, a lot of people just don't "get it."

B: I get it.

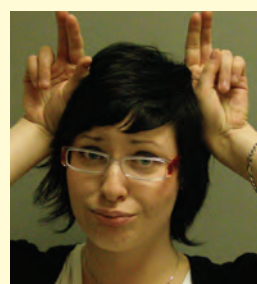
C: Not you.

If you're someone keen on self-actualization and the minimalization of material possessions then e-mail me here at bconstantin@nait.ca, and I'll forward your message on to the lovely Carroll.

Also please get in touch with me if you'd like to be HSW! It's easy and fun! (J.S.: fun is not guaranteed)

Out and about

What do you think about NAIT food services?



AMY BIZOVIE



I went to U of A and it was disgusting there. It's really good here.

Alison Gillett
Animal Health Tech.



From what I see and what I've eaten, it's pretty top notch.

Jason Anderson
Third Period Electrical



Actually, they're not that bad.

Tim Zee
College Prep



The food is good, but too pricey.

Jessica Minchau
ORA



It's junk. I asked for no mayo and got lots of mayo!

Trent Mayer
Geological Tech