

THE NUGGET

Thursday, Nov. 29, 2007
Volume 45, Issue 14



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finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Sex with Sue at NAIT

The famous sex educator gives students the straight goods, Page 7



Photo by Brendan Abbott

GETTING SOME AIR

Middle Adam Mischuk gets ready to spike the ball during a volleyball game last Friday at NAIT gym against Medicine Hat. NAIT lost the contest 3-0. For more sports, see pages 8-11.

THE NEST

Your Campus Restaurant & Bar
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JACKED UP FRIDAY'S
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JD Girls - Dec. 7

OILERS GAME OF THE WEEK
Fri. Dec. 30
Oilers Vs. Anaheim - 7pm

**SOCO Girls will be servin' up some
fun Weds. Dec. 5**



NEWS & FEATURES

NOT THE MOST FUN

Medical Lab Tech student Carla Hudson gets her flu shot Tuesday in the North Lobby. Carla also got tested for TB and received a hepatitis B vaccination.



Photo by Gabrielle Hay-Byers

Twist on the common cold



GABRIELLE HAY-BYERS
Student Issues Editor

A simple cold can now reduce a healthy, young person to someone dying of a severe respiratory infection. That's because the common cold that plagues us in the winter has taken on a not-so-common mutation called "ad14," an adenovirus much like the cold.

Ten deaths in the past 18 months have been caused by this mutated version of the cold, according to U.S. health officials. A breakout of ad14 in New York, Oregon, Washington and Texas has resulted in 140 illnesses.

Earlier this year, "ad14" was nicknamed the Bootcamp Flu, when a 19-year-old trainee at Lackland Air Force Base in Texas died after contracting the adenovirus.

In a report released by the U.S. Centers for Disease Control and Prevention on Nov. 15, it

was made clear that officials don't believe the mutation to be an active threat to the welfare of the average citizen and thus are not recommending that any special precautions be taken.

The earliest reported case of the mutated adenovirus was in response to an infant who died in New York City last year.

The seemingly healthy child lost appetite and became dehydrated shortly after birth, and died just 12 days into her life. Tests confirmed that she was infected with the adenovirus ad14.

There are no truly effective antiviral medications for adenoviruses, which has resulted in public service announcements telling the public that "bugs don't need drugs." People afflicted with an adenovirus such as the common cold are usually treated with acetaminophen, liquids and rest.

Luckily, some people infected with the new strain of the common cold will not suffer any symptoms, and some may feel as though they just have a normal cold.

It is important to consult a physician if a high fever is present or if difficulty in breathing is experienced.



**20 Days of Christmas Sale
now on at the Bookstore!**

November 12 - December 7

Each week we will be revealing five **"one-day only"** specials.

Watch the Student Notices section of the MyNAIT portal for the weekly list.

We have a fantastic selection of gifts for friends & family!



BOOKSTORE

Back from Ottawa

ALISTAIR WILKINSON Student Editor

For apprentices and under-represented students, financial aid can't come soon enough, but at least change is on the way.

Freshly returned from a recent trip to Ottawa, NAITSA's VP Apprenticeship and External Amanda Spearing bears promising news. Although Spearing's principal lobby topic on Parliament Hill has been deferred, she says the trip was well worth it.

"After I had got there, CASA (Canadian Alliance of Student Associations) had changed their lobbying priorities ... mainly because the backgrounder that I had helped create wasn't as comprehensive as they would have liked, in order to bring the other 40 delegates up to speed," she says.

"And as we met with over 180 senators and MPs, it would have been next to impossible to address the EI issue ... so instead, I spoke on behalf of under-represented students in regards to the Millenium scholarship. On the skilled trades side, I spoke to Laurie Hawn, the Edmonton Centre MP, NAIT's riding, and he expressed a lot of support for that issue."

Spearing had been intending to lobby for improved access to EI for Apprenticeship students, who are not eligible for other student loans

and often experience 10-week waits, the full run of their courses, for their EI cheques. Although her lobby for bettering access to the Millenium scholarship yielded good results, Spearing suggests that her newly made contacts in government offer more exciting news.

"Since my return, Laurie Hawn has given me a verbal contract assuring me that he will either have

answers to why the wait for EI cheques is so long, or a pre-application system in place by January '08. I find it very promising."

Spearing adds that since NAIT trains 17% of all of Canada's skilled trades workers (a fair chunk of the voting public), Parliament is starting to see the importance of better funding and access to training.



Supplied photo

NAITSA VP External Amanda Spearing stands in front of the Peace Tower at the Centre Block on Parliament Hill during her visit to Ottawa earlier this month to lobby federal politicians.

Rider pride alive, well

GABRIELLE HAY-BYERS

The Saskatchewan Roughriders galloped out of Toronto with the Grey Cup on Sunday, Nov 25. — much to the pleasure of their fans.

Thousands of Roughrider diehards flocked to the 95th Grey Cup game at Rogers Centre in Toronto, all hoping to see their beloved team win. Those fans were pleasantly surprised with the Roughriders' 23-19 victory over the Winnipeg Blue Bombers.



Making the win especially poignant was the fact that the Saskatchewan Roughriders had not won the cup since 1989, and thus ended the Canadian Football League's longest championship drought with the Nov. 25 game. The Roughriders have appeared in the Grey Cup 15 times, and won only twice — in 1989 and 2007.

While the Blue Bombers were defeated, they did inherit a title from their champion opponents — the Blue Bombers are now the team in the CFL which has gone without a Grey Cup for the longest period of time. The Blue Bombers have not won the cup since 1990.

An interception by game MVP James Johnson with 54 seconds remaining in the fourth quarter solidified the outcome of the game, but also the defensive back's place in CFL history — Johnson is now heralded as the only player to intercept three passes in a Grey Cup game.

As Roughriders offensive lineman Gene Makowsky has often said: "Tough times don't last. Tough people do."

Well, it would appear that attitude paid off for the Saskatchewan Roughriders.

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through
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Donate your used textbooks to Books for Africa and end the book famine!

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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.



New magazine for graduates

SHANT CHAKMAKIAN

One would wonder how to make a publication that brings together a welder, a programmer, a chef and a photographer.

At NAIT, our wide variety of academics makes us a diverse institution and at times can create a communication barrier. But that's where good writing and talented communication skills come in.

Techlife is the new bi-yearly alumni magazine launched by NAIT, replacing *AlumNAIT*.

"You want to read about technology in your daily life, you are interested in hearing what NAIT is doing around the world and on the innovation and applied research fronts," writes Sherri Krastel in her opening

editor's note.

It's what the magazine delivers, appealing to the diverse community of our graduates. This magazine helps keep us all connected to NAIT and ensures something for everyone.

Whether it's cooking, photography tips or marketing techniques, *Techlife* has it all. It offers a strong connection to NAIT and an interesting look into other trades and technologies.

When we all graduate, we will all go forth boldly into our respective fields working as hard as the people of our province traditionally do.

But it's important to always know where you came from.

This publication offers us that, with an edge.



Photo by Javier Salazar

NAIT President Dr. Sam Shaw and Lt.-Gov. Norman Kwong get together after speaking to ESL students at NAIT's Shaw Theatre last Friday morning.


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TREND HIRES ON AN ONGOING BASIS

NAITSA presents

ALCOHOL AWARENESS WEEK

Dec. 3 - 7

'Tis the season to be jolly
but NAITSA wants to make sure
you **think before you drink.**

Mon. Dec. 3

HIGH IMPACT

South Lobby (east entrance)

A high impact display that'll be hard to miss.

Tues. Dec. 4

MOCKTAIL SAMPLING

11am - 1pm

8th Floor Lounge (Business Tower)

Sample delicious alternatives to your favourite cocktail.
(Mocktail recipes will be posted on the NAITSA Facebook page)

Fri. Dec. 7

DRUNK OLYMPICS

11am - 1pm

North Lobby

Watch for the NAITSA Street Team to get in on the fun.

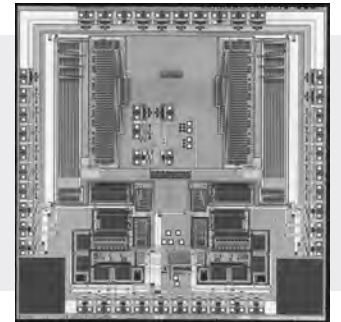
Alberta **CHECKSTOP**

Tech Talk



SHANT CHAKMAKIAN

Firefox flies!



Technology: it has always been a helpful tool in our lives, but at times it's frustrating. In the debut of our new feature Tech Talk, I'll be talking about the browser Firefox and its glorious add-ons.

Firefox has been on the market for more than three years and has proved to be a more than competent browser as it makes surfing the web a joy.

Capturing roughly 36% of the browser market, according to W3Schools.com, Firefox has really raised the stakes in its battle with Microsoft's Internet Explorer.

Easily available, Firefox can be downloaded quickly and painlessly

from www.getFirefox.com. It will take you under two minutes to get going.

Internet Explorer 7, on the other hand, is painful to install and requires a lot of getting used

to. Even though it adopted many of the features included in Firefox, it still is a heavy browser.

Apart from being lightweight, Firefox will save the life of your computer significantly. Unlike Internet Explorer, Firefox

is not completely integrated with your operating system.

What does that mean? Well, the interface in Windows (Taskbar, desktop, etc.) and Internet Explorer

are all practically the same program. What that means is when you go to the wrong websites (i.e. free porn) you easily get spyware, adware and viruses.

This ends up being a huge pain to you, the user, being attacked by pop-ups and offers; in addition, it increases the risk of having your personal information recorded.

In contrast, Firefox is just a browser: safe, secure and it offers you a minimal risk of getting mired with Internet



Firefox is also functional and easy to use: tabbed browsing saves you from having 10 windows open, while RSS Feeds (live bookmarks) give you premium functionality.

But what takes Firefox to the next level is its add-ons and plug-ins (available at addons.mozilla.org), and out of 2,000-plus add-ons, I found the top two.

RSS Ticker is my favourite by far and in fact a necessity; it takes your RSS Feeds and scrolls them on a bar in Firefox.

You can take RSS Feeds from your favourite sites, (such as news) and the latest headlines will be scrolled to be viewed at your convenience.

Forecastfox comes a close second, and simply allows you to get current and forecast weather automatically displayed in the bottom bar of Firefox.

So give it a try and don't be surprised if you start really enjoying your browsing experience. Tune in next week as I show you how to get rid of popups and viruses from your computer.

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.

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OPINION

— Editorial —

Cold as hell



ALISTAIR WILKINSON
Student Editor

That's a strange expression, isn't it? I was always taught that hell is an incredibly warm place – this, of course, is the reason so many Canadians wish each other there, yearn for a nice warm day there, do everything in their power to get there (including electing Conservative MPs) – but I suppose cold

could be a kind of punishment. Personally, I'm always gratified by the first cold snap of the year, as it brings back fond memories of previous relationships: bitter, silent and leaving one longing for a drink and (other) female company.

Pay for it later

I don't feel truly comfortable with warm weather, since, like most Canadians, I'm certain I'll pay for it later (hence the hell option – you're all paid up). I'm sure we're all a lot happier for the eternally delayed buses, the long hikes to distant, possibly mythical parking spaces and the guy (every culture has one) who always says things like, "Pretty cold, eh?" And there's always the possibility that VP Campus Life Brent Constantin may lose another of his toes to frostbite.

It's those kinds of patterns that keep us, as a species, happy. Face it, we don't like change (except for those guys who keep asking for it – to them, I say "if you want change, vote," – but I don't know why they keep throwing things at me), but like it or not, change is on its way (except for guys who throw things at me). I'm speaking of climatic change, rather than political (although that would be nice, too, but apparently the NDP runs for office as poorly as they govern).

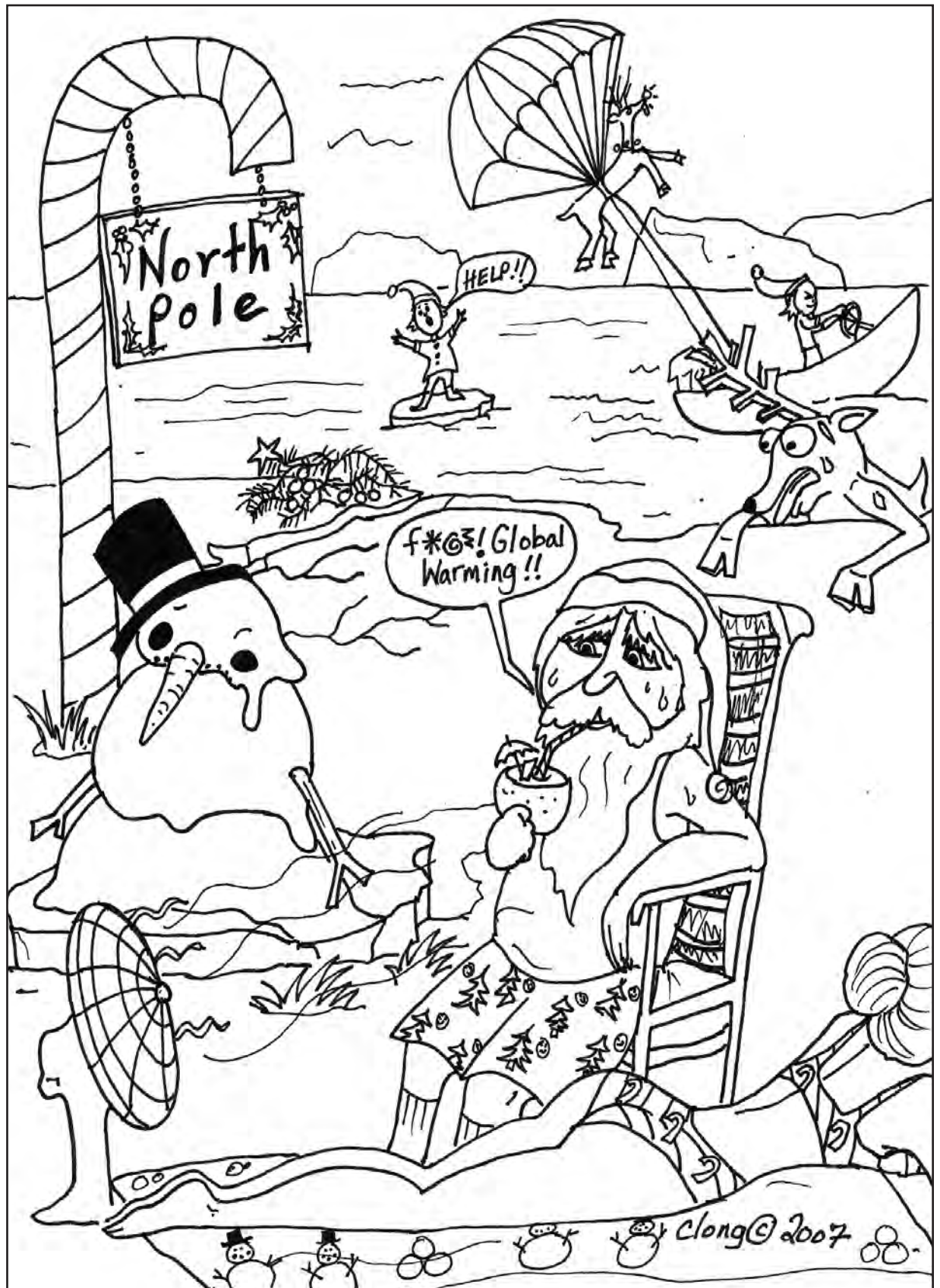
It may well be difficult to appreciate the significance of climate change, at least with regards to global warming, at this point in Edmonton's winter (curse you, David Suzuki, may you suffer eternal damnation in the belly of a starving polar bear). But it's not just projections of disastrous temperature increase (welcome though they may be), the entirety of the globe's weather system will shift in balance, and no one can predict the long term, or short term, effects. Regardless of arguments concerning the planet's natural climate change, the salient argument is that our activities in industry (or, for that matter, our activities outside of industry) are not helping the situation.

We all need to make a living

Don't get me wrong, we all need to make a living, but sustainability is the key (thank you, Captain Obvious). Change, but well-planned change, predictable change, realistic and manageable change. When the Conservative government's own committee criticizes the party plan for addressing and managing emissions as unrealistic, it's a sure sign that the plan ... isn't, as such, a plan. It's buying for time until after elections.

I don't pretend to understand the complexities involved in creating such a plan, but shouldn't the people making it be able to? Brushing off concerns voiced by those appointed to raise them isn't so much irresponsible, it's like saying, "Go to hell" to voters, but not in the aforementioned nice way.

And that's cold as hell.



— Letters —

Value of physics

Dear Student Editor:

NAIT students should appreciate the value of physics. For example, all the oil on earth, 3 trillion barrels, if spread out on the surface, would make a film only one-millimetre thick. Similarly, all the CO₂ in the atmosphere, if condensed to a solid, would make a layer only about four times that thickness.

Another example is to calculate air temperature. Air is at -55 degrees at 16 kilometres up. Air is warmer near the ground because it has more pressure and, as a consequence, it has more energy. In proportion, at 80 kilometres our atmosphere should be near -273 degrees.

Sincerely,
R. Blakely

(Editor's note: And your point is ...)

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.



Photo by Janna Van Dorp

SUE JOHANSON TELLS IT LIKE IT IS

Sex educator Sue Johanson speaks to a gym packed with NAIT students last Thursday (Nov. 22) as part of NAITSA's sexual awareness week.

Promiscuity brings dangers

LADY LOVE

There has never been a better time to be young. Today, young people are surrounded by opportunities that young people years ago could not even have imagined. We are aware, we are privileged, we are adventurous.

Compared to what used to be, we live glamorous life styles. At times with the bright lights of glamour constantly flashing in our eyes, we are blinded – blinded to the fact that we will eventually have to face the consequences of our thrill-seeking behaviour.

According to Linda Vickery, a nurse from Health Services, young people are living in a “promiscuous society.”

Of course, Sue Johanson would, and did, argue that that's hardly the

point. As part of NAITSA's Sexual Awareness week wrapup, Sue brought her show to NAIT to inform students and answer questions about sexual health, both physical and mental.

“I hate the term promiscuous, I hate it because it implies negativity and judgment, and that's the last thing anyone needs,” she said in an interview.

“People are always so nervous, so uncomfortable talking sex, it's better to leave the judgment out – you need to put people at their ease, so I don't preach – and it's best to be approachable, so I always have something a little unkempt about me.

“Still, people who are promiscuous, or rather indiscreet, are at risk. Put it this way: No condom? Rev the engine all you want, big fella, you

aren't parking in the garage.”

Sue added that some of the biggest risks faced by today's students are less a question of promiscuity, although that is a large part, but rather a lack of awareness, not only about the risks of unprotected intercourse, but regarding the options available to them.

“There's far too much emphasis on attaining goals during intercourse, instead of on enjoyment. People used to worry, regarding my show, that I would give young people “ideas” – well, let me tell you, they have more ideas than I ever had – but misinformation is as bad as no information. It's important for people to understand what's out there for them, and what they're facing.”

Regarding the specific dangers to students who are sexually active, Sue

added that while HPV is a concern, it isn't half so worrying as the rising numbers of syphilis, chlamydia and gonorrhea infections.

“All three are treatable, but most people who contract the latter don't show any symptoms, so frequent checkups are a good idea, but not half so important as being careful,” she concluded.

With all those infections, viruses, and diseases lingering around, students should be placing their concern on being safe, as well as dodging babies. Right now, the most common type of sexually transmitted infection (STI) in Canada is human papillomavirus (HPV), which, when left untreated, leads to various types of cancer or genital warts.

Another scary fact – HPV

does not need penetration in order to spread. Just having skin-to-skin contact with someone who is infected with HPV can cause contamination.

There are more than 100 kinds of HPV. Not all types of HPV are dangerous, but there is a vaccine for the four most dangerous strains of HPV.

This vaccine is available to women between the ages of nine and 26. Research is ongoing for other solutions.

Truth be told, the best solution is to be safe or to abstain. But let's be realistic, we're in an era where sex is going to be had, and by younger and younger people.

As sexually active young folks, it is essential that we be sexually aware.

SPORTS

A star of
our own

NAHREMAN ISSA
Sports Editor

Dale-Marie has been a force on the women's team ever since her rookie season last year. She's been a fixture on the 'Player of the Week' circuit, she rewrote the ACAC record books and was named the female athlete of the year for 2006-2007. On and off the court, Dale-Marie is an all-around MVP.

From the get-go, basketball has always been in her life. She officially started playing basketball at 10. Fast-forward to nine years later and Cumberbatch has developed into a star college student. Wanting to follow in her father's footsteps, as he played college hoops in Toronto and Camrose, Dale-Marie accepted NAIT's offer to play for them. She is now in her second year in the Digital Interactive Media Design program.

Here's a riddle for you. What's five-foot-10, plays basketball, and is one of only two players to win multiple "Athlete of the Week" awards? That would be women's Oaks basketball player Dale-Marie Cumberbatch.

Sitting on top of the scoring standings is something Dale-Marie should be familiar with. She is the top scorer in the ACAC standings, where in 12 games she has 25.08 points per game. Not only that, but she also appears in the top five for field goal percentage (0.500), steals (2.58), rebounds (8.08), and blocks (0.83).

In her rookie season, in 2006-2007, she was the recipient of many accolades. She won the Rookie of the Year award. She also won the Silver Torch Award for women's basketball, which is chosen by the coach and teammates. Last, but definitely not least, she won the Female Intercollegiate Athlete of the Year.

While Dale-Marie is also a huge fan of the NFL, her favourite NBA player is none other than Michael Jordan. As Dale-Marie puts it, "he's the all-time best."

Dale-Marie knows that in order to compete game after game, she must work hard at it. "Even though basketball ends in March, I train throughout the season and the year. Training for basketball is year round for me." So, besides the gym, there were plenty of other factors that contributed to her successful season.

"It's all about hard work. The two biggest factors for that are my coach and my teammates. They push me to work hard."

According to her teammate Kate Keys, "Dale-Marie is amazing at what she does. She knows what she has to do, and executes it perfectly. Not only that, but she's really humble and down to earth. She's just a real sweetheart."

It's easy to see that Dale-Marie is inspired by her teammates, and vice versa. But what does the soft-spoken forward say to pump up her team?

"I speak up in the dressing room, but I'm not too vocal in general. I prefer to let my play speak for me on the court."

So what does the future hold for this star athlete?

"I do plan on pursuing basketball even further. Hopefully, one day I will be playing in the WNBA. It would be great to play there during the season, and then head to Europe to play in the summer. That is what a lot of their players do."



Dale-Marie Cumberbatch

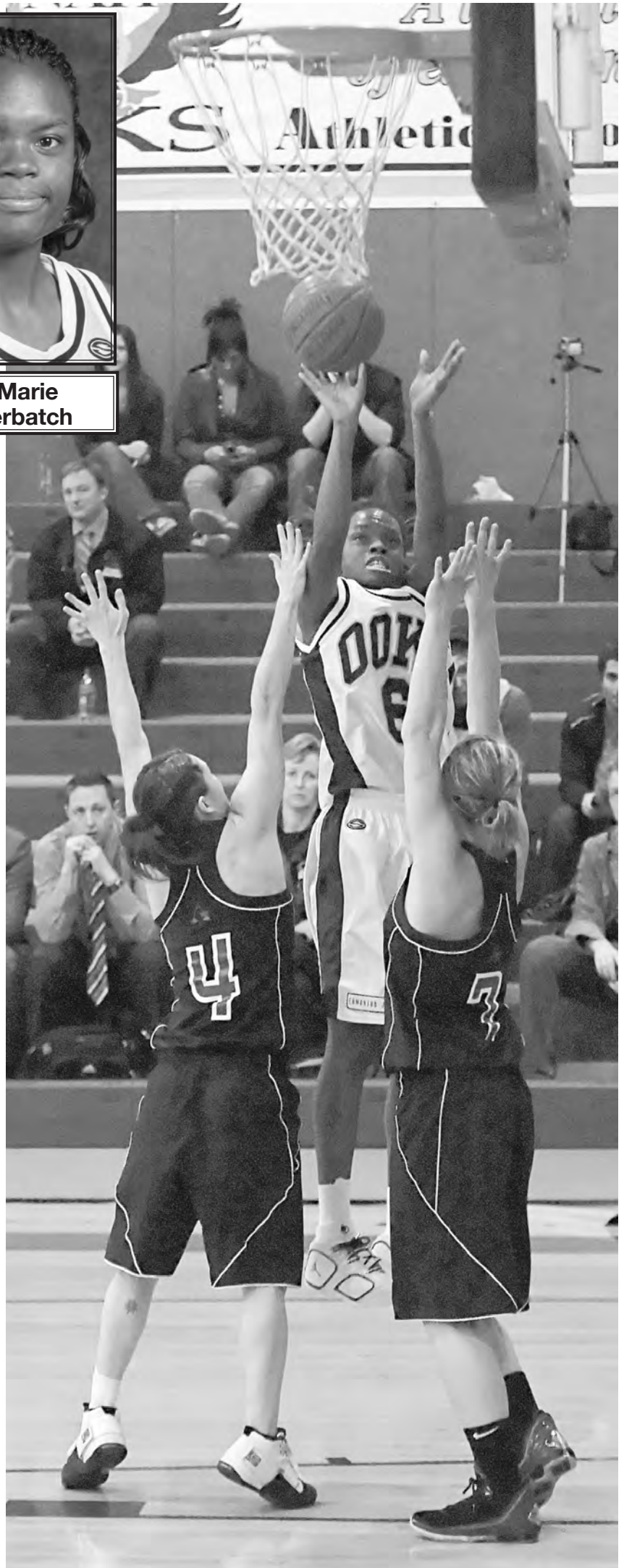


Photo by Brendan Abbott

Dale-Marie Cumberbatch takes a jump shot during a game earlier this season.

There would be few more deserving of a professional career than Dale-Marie. Keep an eye out for her. In fact, get her autograph now.

It may be worth a lot in the future!

Athletes of the week

Alycia Monahan
Hockey



The NAIT female athlete of the week is Alycia Monahan, goaltender for the Lady Oaks hockey team. Alycia faced 46 shots in a 4-2 loss on Thursday and on Friday took over from Lauryn Dzioba with 12 minutes gone in the first period against MacEwan and stoned them all the way as the Oaks rebounded from two goals down to force the shootout. Alycia faced three shooters in the shootout and stopped them all to help seal the win. She is quickly establishing herself throughout the league as a solid goaltender. Great job this weekend, Alycia.

Rory Ernewein
Volleyball



The NAIT male athlete of the week is Rory Ernewein, first year left side with the Oaks volleyball team. In a weekend series with Medicine Hat College, Rory had 17 kills, two blocks, six digs and a service ace to pace the Oaks. Rory, who hails from Spruce Grove, is enrolled in Millwork and Carpentry. Rory was also selected as the NAIT player of the month for October. Well done, Rory.

THE WEEK IN NAIT ATHLETICS

Lady Ooks win 109 St. Challenge

The NAIT women's hockey team dug themselves an early hole, down 2-0 in the first period, but bounced back on the strength of third period goals by Sarah Wanchuk and Ashley Sochatsky to force a shootout in the 109 Street Challenge game against MacEwan College.

Ooks goaltender Alycia Monahan stepped up and stopped all three MacEwan shots, while Sarah Wanchuk scored the winner to lead the Ooks to a 3-2 victory.

A crowd of 200 fans took in the 109 Street Challenge match. Many thanks to NAIT Food Services for sponsoring free hotdogs and pop to all minor sports teams at the game.

On Thursday night, the NAIT ladies hockey team dropped a 4-2 decision to the Queens at the Red Deer Arena. NAIT goalie Alycia Monahan stopped 42 shots to keep the team in the game. The team is now idle until after the Christmas break.

VOLLEYBALL

Playing their first games in a couple of weeks, both NAIT volleyball teams were a little rusty and it showed on Friday night when both teams lost to the Rattlers.

The ladies lost 3-1 (25-21, 25-19, 23-25, 25-15) while the men were

swept 3-0 (25-22, 25-16, 28-26).

On Saturday, the NAIT women dropped their first game, but rebounded to take the Rattlers 3-2 (16-25, 25-23, 25-20, 19-25, 15-12). The team was led by Jana Champagne, who had 14 kills and 12 digs.

The men's volleyball team bounced backed on Saturday, forcing the Rattlers to a fifth set before losing 3-2 (22-25, 25-21, 29-27, 19-25, 15-7). Adam Mischuk led the Ooks with 13 kills while Ryan Zwarich had 15 digs to keep the Ooks in it. That wraps up the first semester schedule for the team.

On Deck this week ...

After a weekend off, the NAIT basketball teams return to the court with a weekend series against the Concordia Thunder.

Friday night, the Ooks play at Concordia (6:30/8:30 p.m.) and then return to NAIT on Saturday for games at 5 p.m. and 7 p.m.

On Friday Nov. 30, the Ooks men's hockey team will face off against the Augustana Vikings at 7 p.m. at the NAIT Arena.

While playing some good hockey, the Ooks just can't seem to get any bounces and are in sixth place with four wins, six losses and two overtime losses.

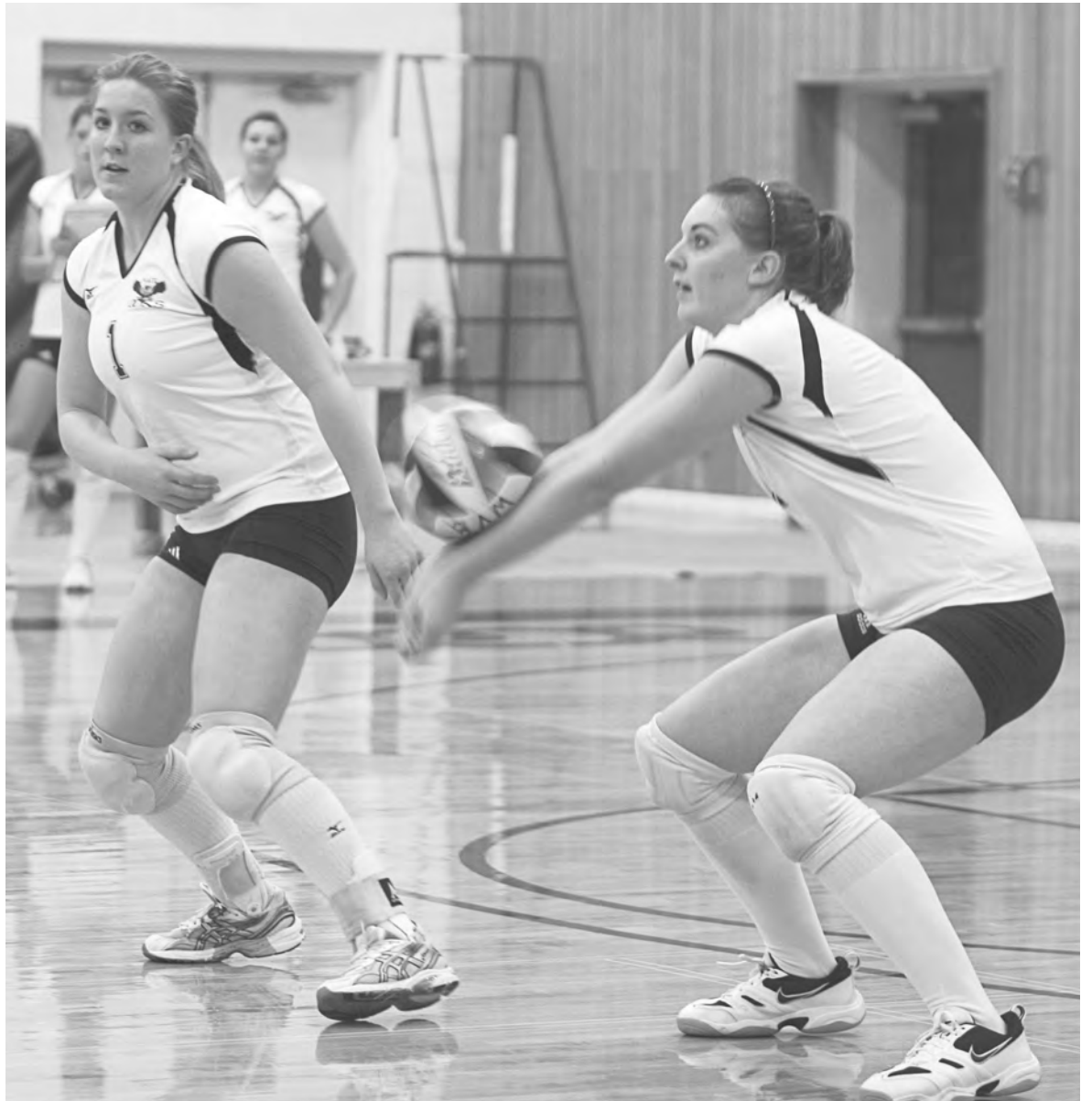


Photo by Javier Salazar

Ook Kimberlee Paul returns the ball as teammate Janelle Ewen looks on last Friday (Nov. 23) in a game against Medicine Hat College at NAIT gym.

Soccer coaches leaving

NAHREMAN ISSA

There is a "Now Hiring" sign at the women's soccer team headquarters. Head coach Susan Melnyk, and assistant coach Carleen Beynon have decided to move on.

It's been a long journey for Melnyk. She was a player for the Ooks in '93-'94 where, in her rookie season, she won the Player of the Year award. Right after her second season, she was named assistant coach. The team took a big gamble by hiring her for the head coaching position shortly thereafter.

"NAIT went on a limb hiring me," she said recently. "But it was a great chance to take."

Melnik is leaving the team for personal reasons. After giving her all

to college kids for the last 12 years, she decided she wanted to spend more time with her family. "It was time to move on. I've been with the team for so long. But the timing of the start of the soccer season was tough because it was also the start of the school year. I want to be there for my kids."

After so many years coaching, Melnyk has had many favourite moments to choose from. "I've always wanted to make it to the ACAC

championship game. It happened and we won. That was my favourite moment."

Melnik coached the 2007 Ooks to a gold medal win, their third title since 1992. The Ooks finished the season in second place, and Melnyk was named "Coach of the Year" for the second time in her career.

Athletic coordinator Gregg Meropoulis appreciates what the two coaches brought to the women's team.

"Over the years of working

with Sue and Carleen, I knew I could trust that the decisions they made were always based on sound ethical judgment and the best interests of their athletes. On behalf of NAIT Athletics, I want to thank them for their years of dedicated service to our program and wish them both all the best as they move into another phase of their lives," he said.

Jenna Blinston, first year midfielder, was quite sad to hear that the coaches were leaving. "I've done three years of soccer

at Concordia, and by far this was the best coach and best team I've played for. It's sad that they're leaving. I love Susie. She was like a mom."

While it is quite sad for Melnyk to walk away from a team she's coached for 12 years, she's excited to begin a new chapter in her life.

"I want to thank NAIT for the opportunity. I had fun. Who knows, I might be back."

Good luck in all your future endeavours, ladies.



Susan Melnyk



Carleen Beynon

ACAC Standings

MEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	12	10	2	0	20	60	34
SAIT	12	8	2	2	18	63	41
MacEwan	12	8	3	1	17	55	46
Concordia	12	5	7	0	1	36	53
Briercrest	12	5	7	0	10	40	62
NAIT	12	4	6	2	10	42	47
Augustana	12	2	9	1	5	36	49

Nov. 23
BC 5, MacEwan 2; CUCA 5, Augustana 2;
SAIT 8, MRC 5

Nov. 24
MacEwan 6, BC 1; SAIT 7, MRC 0;
Augustana 5, CUCA 0

WOMEN'S HOCKEY							
Team	GP	W	L	OTL	Pts	GF	GA
Mount Royal	12	9	1	2	20	32	17
Red Deer	12	8	3	1	17	38	23
U of C	12	6	5	1	14	28	27
SAIT	12	6	5	1	13	29	33
MacEwan	12	4	7	1	9	19	31
NAIT	12	2	8	2	6	17	32

Nov. 22
RDC 4, NAIT 2

Nov. 23
NAIT 3, MacEwan 2 (SO); MRC 4, SAIT 1

Nov. 24
MacEwan 2, RDC 0; UofC 5, MRC 4 SO

Nov. 25
UofC 3, SAIT 1

MEN'S BASKETBALL							
North Division							
Team	G	W	L	Pts	PF	PA	
MacEwan	12	11	1	22	983	829	
Lakeland	12	11	1	22	1022	841	
Concordia	12	6	6	12	867	845	
NAIT	12	5	7	10	884	922	
Grande Prairie	12	5	7	10	918	910	
King's	12	4	8	8	809	916	
Augustana	12	0	12	0	791	1011	
South Division							
Team	G	W	L	Pts	PF	PA	
Red Deer	10	9	1	18	745	698	
Mount Royal	8	7	1	14	680	499	
Lethbridge	8	5	3	10	721	615	

Briercrest 10 3 7 6 739 841
Medicine Hat 10 3 7 6 655 771
SAIT 10 1 9 2 686 802

Nov. 23
RDC 88, BC 74; Augustana 86, GPRC 101;
LC 83, TKUC 71; MacEwan 68, CUCA 65;
LCC 86, MHC 67; MRC 89, SAIT 62

Nov. 24
RDC 86, BC 59; GPRC 97, Augustana 63;
MacEwan 84, CUCA 72; LCC 90, MHC 77;
MRC 75, SAIT 58; LC 78, TKUC 61

WOMEN'S BASKETBALL							
North Division							
Team	G	W	L	Pts	PF	PA	
Concordia	12	10	2	20	952	735	
MacEwan	12	8	4	16	858	757	
King's	12	7	5	14	871	784	
Grande Prairie	12	7	5	14	857	846	
NAIT	12	4	8	8	784	950	
Augustana	12	3	9	6	797	883	
Lakeland	12	3	9	6	760	924	
South Division							
Team	G	W	L	Pts	PF	PA	
SAIT	10	9	1	18	710	525	
Mount Royal	8	7	1	14	583	350	
Lethbridge	8	6	2	12	683	447	
Medicine Hat	10	4	6	8	641	589	
Red Deer	10	2	8	4	506	690	
Briercrest	10	0	10	0	363	885	

Nov. 23
RDC 80, BC 61; GPRC 73, Augustana 66;
TKUC 74, LC 71; CUCA 72, MacEwan 58;
LCC 86, MHC 57; SAIT 62, MRC 59 (OT)

Nov. 24
RDC 68, BC 31; GPRC 85, Augustana 65;
CUCA 66, MacEwan 56; LCC 84, MHC 70;
MRC 63, SAIT 55; TKUC 81, LC 63

MEN'S VOLLEYBALL							
Blue Division							
Team	MP	MW	ML	Pts	GW	GL	
Mount Royal	12	11	1	22	35	9	
Red Deer	12	9	3	18	30	14	
SAIT	12	9	3	18	30	19	
MacEwan	12	7	5	14	27	20	
Briercrest	12	4	8	8	18	26	
King's	12	2	10	4	9	33	
Grande Prairie	12	0	12	0	8	36	

White Division							
Team	MP	MW	ML	Pts	GW	GL	
Medicine Hat	10	9	1	18	29	9	
Lakeland	10	9	1	18	28	11	
Keyano	10	5	5	10	20	18	
Lethbridge	10	4	6	8	15	19	
NAIT	10	3	7	6	17	22	
Portage	10	0	10	0	0	30	

Nov. 23
MHC 3, NAIT 0 (25-22, 25-16, 28-26)
LCC 3, PC 0 (25-12, 25-12, 25-12)
MRC 3, MacEwan 0 (25-21, 25-23, 25-18)
SAIT 3, RDC 2 (26-28, 19-25, 25-20, 27-25, 15-13)
TKUC 3, GPRC 1 (27-29, 25-18, 25-14, 25-18)

Nov. 24
MHC 3, NAIT 2 (22-25, 25-21, 29-27, 19-25, 15-7)
LCC 3, PC 0 (25-12, 25-8, 25-11)
TKUC 3, GPRC 2 (26-24, 25-23, 21-25, 26-28, 17-15)
MRC 3, MacEwan 2 (25-23, 25-17, 20-25, 22-25, 15-13)
RDC 3, SAIT 1 (18-25, 25-19, 25-19, 25-16)

WOMEN'S VOLLEYBALL							
Blue Division							
Team	MP	MW	ML	Pts	GW	GL	
Mount Royal	12	11	1	22	35	6	
Red Deer	12	10	2	20	30	15	
MacEwan	12	8	4	16	28	19	
Grande Prairie	12	6	6	12	26	21	
King's	12	3	9	6	16	31	
SAIT	12	3	9	6	13	31	
Briercrest	12	1	12	2	10	35	

White Division

Team	MP	MW	ML	Pts	GW	GL
Lakeland	10	8	2	16	28	13
Lethbridge	10	7	3	14	27	9
NAIT	10	6	4	12	18	17
Medicine Hat	10	5	5	10	19	19
Keyano	10	4	6	8	15	19
Portage	10	0	10	0	0	30

Nov. 23
MHC 3, NAIT 1 (25-21, 25-19, 23-25, 25-15)
LCC 3, PC 0 (25-13, 25-15, 25-13)
MRC 3, MacEwan 2 (25-19, 24-26, 25-16, 26-28, 15-9)
RDC 3, SAIT 0 (25-20, 25-18, 27-25)
TKUC 3, GPRC 2 (24-26, 21-25, 25-19, 25-16, 15-13)

Nov. 24
NAIT 3, MHC 2 (16-25, 25-23, 25-20, 19-25, 15-12)
LCC 3, PC 0 (25-10, 25-16, 25-20)
GPRC 3, TKUC 0 (26-24, 25-21, 25-17)
MRC 3, MacEwan 0 (25-14, 25-20, 25-23)
RDC 3, SAIT 1 (25-22, 21-25, 25-21, 25-20)

Ask the trainer

NAHREMAN ISSA
Sports Editor

Picture this. You're at the gym standing in front of some weird exercise machine that you have no clue how to use. Do you: a) move on to a more familiar machine, even though you're sick of it, or, b) ask a trainer to help you. If you picked b), congrats, that's one point for you. But for the rest of us (including me), picking a) doesn't help out with your workout.

This is where "Ask the Trainer" comes in. Starting next week, the sports page is going to have a new section dedicated to the health and wellness of our bodies. If you ever had any questions or concerns in regards to training, exercising, or anything relating to getting fit, "Ask the Trainer" can help you.

Trying to juggle full time studies, either with or without a job, and trying to salvage something out of your personal life might not leave much room for working out. So Robin Willier, a student here at NAIT in the Personal Fitness and Training program, is the trainer who will be answering any questions you may have. He will also have tips on how to properly train, and to utilize exercises efficiently.

If you have a question you would like to ask and get answered in the *Nugget*, e-mail me at sports@nait.ca. I will send all inquiries to Robin until he gets his own e-mail address next week.

Now is the time to get active, and "Ask the Trainer" will assist you in your first step to a healthy start.



Photo by Brendan Abbott

Ook Ashley Sochatsky battles for the puck against a MacEwan player last Friday night (Nov. 23) at NAIT arena. NAIT won 3-2.

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DECEMBER

Weds. Dec. 5

Pittsburgh (H)

7:30pm

Tues. Dec. 11

St. Louis (A)

7:00pm*

Tues. Dec. 18

Dallas (H)

7:00pm

Weds. Jan. 2

St. Louis (A)

6:30pm*

*PPV = Pay Per View

(h) = home (a) = away

THE NEST

MOLSON



NAIT Ook Andrew Devries goes for the spike against Medicine Hat College last Friday (Nov. 23) at NAIT gym. The Ooks suffered a 3-0 loss. Photo by Brendan Abbott

OOKS

65

PLYR

PENALTY

00:00

PERIOD 0

PENALTY

CANCER

0

PLYR

PENALTY

SEE HOW 65 OOKS CAN STICK IT TO CANCER

HOCKEY DRAFT: DECEMBER 4, 2007

NAIT SHAW THEATRE: 7:00 PM

• Free admission (for the Hockey Draft)

TOURNAMENT: DECEMBER 8, 2007

NAIT ARENA: PUCK DROPS 10:30 AM

OPENING CEREMONIES: 12:30 PM

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ARTS & CULTURE

Make your mark



ALISTAIR WILKINSON
Student Editor

Here's a brief sales pitch: I'm going to take a group of needles, attach them to a motor, drive them into your skin several thousand times and then fill the little holes with ink. After that, you will not only thank me, you will also pay me and look at the mark left on your body as a source of pride – and you'll be back for more (well, in all honesty, if I did it, you'd probably sue, because I'm not actually a tattoo artist).

I love tattoos, but I wonder how the idea could have become so popular. A new on-line poll suggests that two of five Canadians (between the ages of 18 and 30) have one or more tattoos, and Edmontonians have more ink per square inch of available flesh than any other city in the world. It wasn't so long ago that tattoos were an indication of either military service or criminality, but now amidst the NCOs and punks are soccer moms, accountants, the girl-next-door (oh, how we love the tramp-stamp). Surely, it can't all be because of *Miami Ink*.

One of the many NAIT students who bear their respective tats with pride, Joel Detka has 12 tattoos, and aims for more.

"It's a rush – tattoos or piercings – you start because, I don't know, it's part of a lifestyle

you share with friends, but you keep going back. It's a huge adrenaline rush, it's not just about self-expression, at least for me."

Still, identity plays a big part in the popularity of body art, and arguably always has. From the Maori tribes' facial Moko tattoos and the traditional Japanese Irezumi designs, tattoos have been a mark of belonging, status, tribal

division and rites of passage; unfortunately, they have also been used to mark individuals as slaves or outcasts, like the Ka-tzetnik numbers forcibly etched on concentration camp victims. For good or bad reasons, people all over the world have been marking themselves (or each other) for thousands of years: the stone-age

body found frozen in the Alps a few years ago had several tattoo marks on his well-preserved skin.

But whatever the reason for its popularity, tattooing has risen to art-status, and its practitioners are held to a high standard. In an interview with NTV, Dave – a tattoo artist at NAIT-area parlour Big Daddy's Tattoos and Piercings – says that the first and most important aspect of his profession is cleanliness.

"Starting as an apprentice, you do a lot of cleaning, before you learn anything else ... and it makes you appreciate it, since when I first started, I tattooed myself, and other artists."

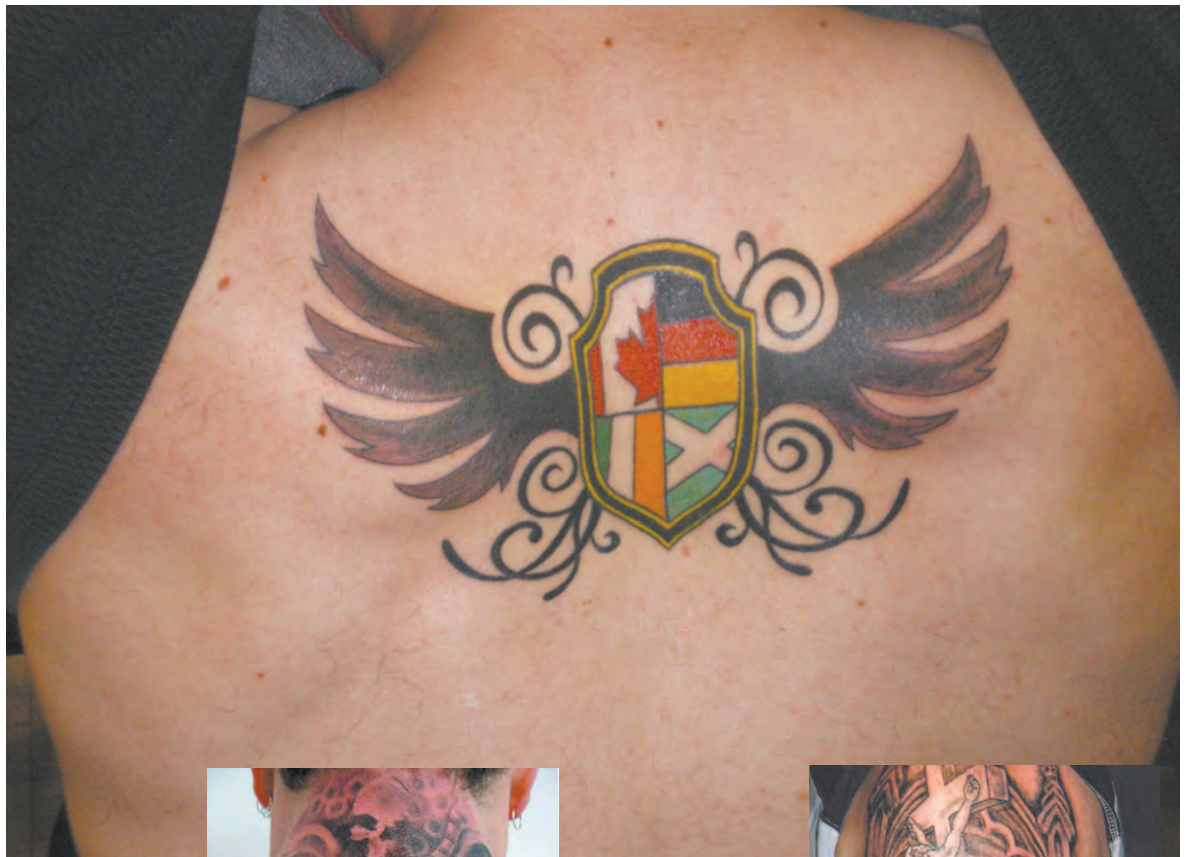
Dave added that it takes a long time to get used to working with the skin as a medium – and every tattoo, compounded with every person's skin, is different. Given that Big Daddy's specializes in custom design rather than "flash" (pre-made, or catalogue) designs, each tattoo requires a trained artist's years of experience and attention to get it just right. The rewards, as Dave explains, more than make up for the hard work.

"It's the all-consuming life of it ... it's really

gratifying when a client leaves the shop with your work on him and is really happy with it, saying 'Oh, that's awesome' ... that feeling can't be beat."

Whatever your reasons for getting a tattoo (hopefully well-thought-out ones) be they individual expression, love of body art or for the rush of experience, tattoos are now

firmly ingrained as part of Canadian culture. I'm just a little upset that no one who sees my tattoos thinks I'm a criminal. If you're interested in tattoos, and would like more info, check NR92 Tattoos You at NR92.com, and enter to win five hours of free tattoo work from Big Daddy's Tattoos.



Tattoo, left, by Dave and tattoo, right, by Trevor, both of Big Daddy's.



A tattoo in the works.

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Promos and fun on radio!

AMIT SHARMA

This is a huge week for NR92!

The NR92 promotions are getting underway, which means two things ... lots of fun and tons of prizes.

The two major promotions this week are Spot The Jock and NR92 Tattoo's You! Spot The Jock is exactly as it sounds; all you have to do is go up to an NR92 jock when you see them anywhere on campus and they'll give you some killer instant prizes and sign you up for the big grand prize at the end.

If you have a hard time spotting the jocks, you can go to www.nr92.com and sign up for the big prize! NR92 Tattoo's You is here to inform you about body modification and to give you a chance to show off some of your wicked, awesome tattoos.

Make sure you click on their link on www.nr92.com to watch the Adventures of Dale, the story of a wussy who hates pain and decides to get a tattoo. You can send them pictures of your tattoos and have them posted on their site as well as be entered into their draw for a killer

prize. Make sure you keep an eye out for all the NR92 promotions coming your way.

NR92 features some incredible production and writing work, showcased through our various radio dramas. The website currently has 11 different dramas, including The Chronicles Of Daggertoe, which is the story of Charles Daggertoe and his adventures to evolve into a rooster from a chicken.

The Chronicles of Daggertoe is put together by none other than the boys from Catching Fries with Those 3 Guys. The latest

radio drama produced is Mind in a Minefield, the story of three soldiers who survive a helicopter crash in Afghanistan and have to survive while surrounded by terrorists.

Make sure you check out www.nr92.com during the final stretch of the semester to win great prizes, get informed and hear some incredible tunes. You can listen to NR92 online, in the south lobby, the NAITSA office, and in the business tower. Keep your eyes open for the NR92 jocks giving away sweet prizes and check out some sweet tattoos on www.nr92.com!

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The Hives, Black and White



LIAM CRESWICK

The Hives have established themselves as a high energy, party-rock garage band, and with their fourth offering, *The Black and White Album*, they take the opportunity to twist and experiment a lot with their sound. They reach many corners of the musical world,

playing with a variety of different styles.

There's the swinging *Well Alright*, the Tom Waits-inspired *Puppet on a String*, the funky disco *T.H.E.H.I.V.E.S.*, and the 80's pop-esque *You Got it All Wrong*. There's even an instrumental track with nothing but spooky, macabre organ and drums.

Some of the songs don't work as well as others, but the band earns big points for doing something different. The other half of the album is the Hives as we know and love them. Songs like *Square One Here I Come* and *Try it Again* burst through the speakers with fast paced, high-energy rock and roll. Despite his trademark high pitched voice, front man Howlin' Pelle Almqvist's voice is a good fit, Garage Rock or not.

The diversity of this album may be thanks, in part, to the wide variety of producers the band worked with while recording. The likes of Pharrell Williams, Jackknife Lee and Dennis Herring all get their names in the liner notes of this record.

What makes this album stand out when compared to most other modern rock isn't the diverse sounds or all-star producers; it's that it's just plain fun. There are no "emotive" lyrics, indistinguishable pack-a-day vocals, or political pandering and posturing. It's just high energy, fun tunes that aren't afraid to take risks. Once again, The Hives show us what rock and roll can be.



Supplied photo

The Hives are back and taking risks with their fourth album.

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Assassin's Creed dull



GEOFF TATE
Arts and Culture Editor

Stellar graphics? Check. Sweet storyline? Check. The ability to jump 200 feet down into a cart of hay unscathed? Hell, yeah!

You would think any game that can encompass all this and more into

a single compact disc would be destined for greatness. Unfortunately, Assassin's Creed falls way short of the game a lot of people thought it would be. Yes, it does have some amazing graphics and a pretty cool storyline, but those things can only carry a game so far. The fact that what could have been a mind-blowing twist in the plot is revealed to you in the first 30 seconds doesn't bode well, nor does how repetitive this game gets. Without giving away too much of the plot, the game is based around an assassin living in and around 12th century Jerusalem, and

his job is (most likely) assassinating people (crazy). You go around trying to redeem yourself in the eyes of the assassin brotherhood, because, straight up, you're a bad ass who is kinda cocky.

And beyond that, this game is just one repetitive task after another, brightened mildly by an intense graphics engine. Your assassin pal can pull off some pretty intense sword fighting techniques, the likes of which have not been seen since Luke and Vader had a go of it all those years ago, but at times it feels like it's the game doing all the ass kicking. As

unfortunate as it is, it's still generally all the same stuff over and over again, simply with a different background. This game definitely had a lot of potential, but falls short of expectations.

It's a game I would recommend renting first to get a feel for it before you just flat out buy it. Still a lot of bright points to it, but they



are not enough to overcome the recurring (and dull) missions and assignments.



No so famous words

GABRIELLE HAY-BYERS

Hedley channels teenage acoustic rocker Teddy Geiger in the jewel of their new album, *For the Nights I Can't Remember*. That's good.

Unfortunately, that's the only song that is worth listening to on the band's new album, *Famous Last Words*.

If one could review a single song

off an album, *For the Nights I Can't Remember* would get a solid 3/5 stars, but alas ... the unwritten rules of CD reviews force me to tear this album apart.

It's not my fault, Hedley fans, it's really not my fault.

Once again, Hedley crashes the alterna-pop scene's party like Paris Hilton at a church, with elementary

riffs and juvenile vocals.

The lyrics shine, but the package around them downplays what the album could have been.


The premier song on the disc, *She's So Sorry*, sounds like a high school love triangle, and the album doesn't pick up from there.



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EcoNAIT reusable mug challenge!



Shant Chakmakian



Katie Berlinguette

EcoNAIT and the Nugget are giving away free coffee coupons for getting caught using a reusable mug during the month of November. Contestants can also be entered to win a \$50 Food Services Express Card!

Cruising the hallways with my trusty giveaway sidekick, Katie Berlinguette, I awarded coupons to many people that I caught drinking out of their reusable mugs. Some of the lucky winners are shown below:



Connie Armstrong



Ray Walmsley



Rita Cain



ECONAIT, FOOD SERVICES AND THE NUGGET WANT TO REWARD YOUR EFFORT TO

BE PART OF THE SOLUTION

THREE WAYS TO WIN:

1. Be seen using your travel mug
2. Upload a photo of your reusable mug to the ecoNAIT group on Facebook
3. Take the reusable mug challenge at nait.ca/econait

Up for grabs:

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

econAIT
environment committee

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

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



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Young Canucks deep in debt

NATALIE CLIMENHAGA

EDMONTON (CUP) – An increasing number of young Canadians are facing perilous debt loads, according to a co-sponsored study between Credit Canada and Capital One Canada.

Fifty-five per cent of the survey's 4,487 respondents admitted to living beyond their means at least one month per year. Laurie Campbell, executive director of Credit Canada, explained that the notion of saving for a rainy day is no longer the norm.

'Deal with it later'

"We're living in a society now that says if you want something new, don't pay a cent until 2010, get it now and we'll deal with it later," she said.

Campbell also highlighted the growing availability of student loans and credit, which make debt "more acceptable" in today's society.

"The survey pointed to the fact that 92% of Canadians feel that their debt situation is worse today than it was five years ago. Well, how is it that they are going to be able to teach their children about proper money management if they've got poor money management skills themselves?" Campbell asked.

The results come as little surprise to Alemayehu Aklilu. The fourth-year geophysics student will face \$24,000 in student loans when he graduates.

"It's always on my mind," he says. "I worry about it. I always think of how long it will take me to pay it off, how much I need to put into it after I graduate."

Aklilu worked during the summer to minimize his reliance on stu-

dent loans, but he said that tuition levels were a major contributor to the amount of debt he's accumulated.

"Instead of going to the university, initially I went to Grant MacEwan, and the cost of tuition was half the price of the U of A. So it was a little bit more manageable to think about getting a student loan for tuition that was only \$2,500 instead of \$5,000."

Tracy Watson, communications manager for Credit Counselling Service of Alberta, stressed that tuition fees are only one component of the financial equation.

"I would agree that the cost of education is much higher than those of us that went 15 or 20 years ago by far; however, it's only one factor," Watson said, noting that most people who seek her services have credit card and payday loans in addition to student loans.

Education blitz

The study found that young Canadians were the most vulnerable to accumulating debt. In light of evidence from the survey, Credit Canada and Capital One Canada teamed up to launch a national credit education blitz called Credit Education Week Canada, which ran from Nov. 13-16.

Watson encouraged individuals in financial crisis to seek out debt management advice.

"Credit is so much easier to get nowadays, people don't see it as a big thing to have.

"And of course we're in an economy right now that's booming, interest rates are lower, and so we think it's OK, we're only paying a minimal amount, and I think that's why people have become much more free and easy," she said.

CLUBS CORNER

'DeFeyE' The Institution

Hey everyone,

My name is Jonathan Berube, and remember at the beginning of the year when we had to check out those little boxes saying whether or not we wanted to be in a club. Well since NAIT had no art Club I've decided to get one started. I want to step out of the left-brained, technical/analytical side of attending NAIT, hence the name 'DeFeyE', and provide a creative channel. Some of the things I envision for this club include the following:

- Going to local art galleries/exhibits.
- Participating in local events around the city (e.g. Art Walk, The Works).
- Having free art days where we are free to work

on projects of our own.

- Fundraising and charity activities, end of the year silent auction!

- Getting local artists to come in and give us some inspiration and provide technical advice.
- Attending classes that will teach us new techniques, or different use of mediums.

The preliminary meeting will be on Thursday Dec. 6 at 4:30 p.m. in Room E-129, and I want to hear all of your ideas. As well, we can introduce ourselves in person.

There will be a one-time membership fee of \$10 to cover things like supplies and classes. I want this to be an open decision-making group, and all input will be welcome. As of now, I am a one man army and I am just getting this off the ground, so I would need to fill the following positions: vice-president, treasurer, secretary.

So let's get this thing going so we can have a creative channel! To let me know if you will be joining, or for any additional information, you can contact me on my cell at 780-718-2142, or by e-mail at jberube5@ookmail.nait.ca.

I hope to see a lot of faces and can't wait to get this off the ground!

- Jon



Basket of Holiday Cheer
Fundraiser

Tickets: \$2.00

First Prize: \$350 liquor basket Second Prize: \$150 liquor basket	Ticket Sales: Tuesday Nov 20th Tuesday Nov 27th Thursday Nov 29th Tuesday Dec 4th	9-10 @NAITSA office 11-1 @Bytes 11-1 @Bytes 11-1 @Bytes 11-1 @Bytes
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Draw Date: December 13

Must be 18 years of age to purchase tickets and win prizes. Proof of age is required at time Prize is awarded



PARTY LIKE A ROCKSTAR

NAIT ANIMAL HEALTH '09

SATURDAY, DECEMBER 1

TICKETS INCLUDE
PRIORITY ENTRANCE, ADMISSION,
AND 1 FREE BEVERAGE BEFORE 10:30
CALL ROBYN AT 284-2781 OR AMY AT 690-1255

PLEASE ROCK RESPONSIBLY

POST-FIRE PIG ROAST DINNER

Thursday December 6, 2007 @ 7 pm

B Street Bar
11818 - 111 AVE NW,
EDMONTON

\$15.00 Phone: 414-0545



Info or Tickets:
Diane 471-7682, Erin E205 or NAITSA E131

Welcome Everyone **Drink responsibly**

Upcoming Events

PFT 2008

Event: Pre-Christmas CookieFest
When: Thursday Nov. 29; 11:30 a.m.-2:30 p.m.
Where: Outside the NAITSA Office

Legal and Realtime Reporting
Event: Cabaret
When: Friday Nov. 30; Start 8 p.m.
Where: On the Rocks

Purchase tickets in Room T-209 from 12:15 p.m.-1:15 p.m.

Club 5 Star

Event: Book Drive (Collection of new or used books for inner-city children)
When: Wednesdays (Nov. 28) 12:15 p.m.-1:45 p.m.
Fridays (Nov.30) 12:15 p.m.- 1:45 p.m.
Where: Table outside NAITSA office.

MLT/CYTO

Event: Jelly Bean Guessing Game, grand prize Oiler's Hemsy signed jersey
When: Nov. 29 – Dec. 13
(Mondays, Wednesdays, Thursdays, 11:15 a.m.-1:10 p.m.; Tuesdays, 12:15 p.m.-1 p.m.)
Where: Lunch time, campus hallways with

Club Tent – keep your eyes open.
CAFF

Event: Bake Sale
When: Tuesday Dec. 4; 8 a.m.-3:15 p.m.
Where: Outside NAITSA Office

CLXT

Event: Bake Sale
When: Wednesday Dec. 5; Noon to 4 p.m.
Thursday Dec. 6; 11 a.m. to noon
Where: Outside NAITSA office

AHT 2008

Event: Bake Sale (Human goodies, pet treats)
When: Wednesday Dec. 5; Noon to 1:10 p.m.
Thursday Dec. 6; 11 a.m.-1 p.m.
Where: Outside Campus Reads and Needs, South Learning Centre

PGC

Event: Silent Auction (Fundraiser for PGC and the Strathcona Youth Shelter)
When: Wednesday Dec.5; 8 a.m.-12:30 p.m.
Where: The Annex, main floor stairs.
Rose Martin Baumgartner
NAITSA Campus Clubs Manager
11762-106 Street, Room E-133
Edmonton, AB T5G 3H4

TRAIN FOR THE WINTER AND SUPPORT UNITED WAY!

This class will focus on Cardio, Balance, Strength and Endurance. Support United Way while also supporting your body!

Wednesday's at Lunch
12:15-1:00pm
November 14-December 12

\$20.00 registration goes to support United Way!

Register at E-134
or call 471-7713



Your horoscope



JULIE PHILLIPS

Nov. 29–Dec. 6

Virgo (Aug. 23–Sept. 22)

Feeling under the weather? That's because the weather sucks. Do everything you can to stay cosy and comfortable, even if it means ignoring calls and breaking plans. People are understanding, and you'll be feeling more up for it by the weekend.

Libra (Sept. 23–Oct. 22)

The holiday season is approaching. If you're a lady, mini-dresses are completely appropriate, but whatever you do, don't get wasted at your Christmas staff party. Guys, whatever you do, don't take home the drunk mini-dress girl at your Christmas staff party.

Scorpio (Oct. 23–Nov. 21)

Sneaky, sneaky Scorpio. Bet you think nobody's onto you. You're wrong. I am. I'm onto you. And I'm not the only one. Make a point of looking around a few corners before you walk around them. There are many people waiting for you to be straightforward with them. For that reason, take them on a round-about, vague, philosophical journey.

Sagittarius (Nov. 22–Dec. 21)

The reason you have two hands is so you can help others while you help yourself (uhh ... what?). What I mean is ... do some unexpectedly nice things for others in the next week, Sag. I know it's out of character, but just give it a try. If you're having trouble getting started, try asking someone nice that you know what they do to be so nice.

Capricorn (Dec. 22–Jan. 19)

Isn't it great to be appreciated? (... yeah ... I don't know either.) Regardless, keep doing what you're doing. As long as you are honest in your dealings, fair in your delegations and clear in your directions, you will always be respected. Just ... don't be afraid to take a leap of faith here and there ...

Aquarius (Jan. 20–Feb. 18)

Even with impeccable maintenance, foundations still develop cracks, boats spring leaks. What's important is reacting quickly and effectively to these problems. The more time you spend kicking yourself for not preventing it, the worse the problem will get.

Pisces (Feb. 19 – March 20)

You have developed strength in ways you never anticipated, and this week, a challenging moment will make you aware of this growth. Take a moment to reflect on where this confidence came from, and thank yourself. Think of another area you'd like to sculpt a bit better.

Aries (March 21–April 19)

Think about trends, and how when they first start to become

popular, only a few people are onto it and everyone else thinks it's sort of weird. Then, after a while, everyone else gets on board and it's a full-blown trend. Then it starts to die down. (Using fashion as an example ...) It goes on sale. And then, it's not even selling on the sale shelf, and then, no one would be caught dead in it. Then, it goes on a little hiatus, and it becomes cool again. This week, its like you're having trouble finding your place in the trend. Trend-setter, part of "everyone" in the trend, or trying to make it last just a little too long. Whatever you go with, good luck.

Taurus (April 20–May 20)

Don't be distracted by mindless things this week!

Really focus on what you need to get done, otherwise the week will go by and you'll have nothing to show for it and you'll be kicking yourself with your Taurus-style personal guilt and go "why didn't I listen to that damn horoscope?!!".

Gemini (May 21–June 20)

This might be a weird time to mention it, but I'm soon retiring from my position as horoscope writer for the Nugget, and I'd really like a Gemini to take over. If you're interested, e-mail nuggethoroscopes@gmail.com with a good reason why you should be the next horoscope writer. If you're not a Gemini and you're reading this and you'd really like to write the horoscopes from January to April '08, write

to the above e-mail address with a really good reason why you should be the next horoscope writer. Besides this sad little plea, I think you look really nice today. Bet you smell nice too. Focus on hygiene in all its forms this week, Gem. Good on ya.

Cancer (June 21–July 22)

"I find that the harder I work, the more luck I seem to have."
– Thomas Jefferson

Leo (July 23–Aug. 22)

Gah! How do you stay so balanced, Leo! You can clearly see a situation and master it in seconds, but don't write off good ideas too quickly this week. There could be a gem in one of those seemingly useless moments that will lead you to something better.

Dumb Rules?

Is there a policy or practice at NAIT that you think is dumb? Does an inefficient process need to be changed? If so, we want to hear from you!

The NAIT Dumb Rules Committee has been established to ensure NAIT policy and practices continue to be effective and efficient for both students and staff.

To make a submission to the Dumb Rules Committee, please go to the student portal and complete the online feedback form or complete the form below and submit to the NaitSA office (E131) attention Lisi Monro.

DUMB RULES SUBMISSION FORM

Please submit a separate form per dumb rule. This will help us respond more quickly.

Although you may submit the form anonymously, without your contact information for clarification we cannot guarantee a response to your concern. If you do include your contact information, your submission will remain confidential, that is, you will be identified only to members of the Dumb Rules Committee.

Questions or concerns about how the information will be used may be directed to Kevin Shufflebotham, Chair of the Dumb Rules Committee, via e-mail at dumbrules@nait.ca

The Nugget, NR92 and (psychic) want to know your sign!

Are you an avid Nugget-horoscope reader? Want to find out more about your cosmic destiny from a real psychic? Enter the "Hey, baby, what's your sign?" contest, a promotion brought to you by the Nugget, NR92, and a psychic. Enter to win a fortune reading with a psychic. All you have to do is **enter** to win. (Just **enter**! That's it! The page doesn't even have to be cut with scissors as the small diagram indicates! You can just rip it! Seriously! It's so easy! If you're not into psychic readings, maybe someone you know is and you can transfer your karmic energy over to he or she if you win. It's seriously a win-win-win situation. Enter in one of two ways:

- 1) Drop this ballot in the Nugget submissions box at the Nugget office (E-128)
- 2) E-mail the proper information to nuggethoroscopes@gmail.com

BALLOT



- Name (or what you want us to call you).
- Program of study (or your job on campus if you're not a student).
- E-mail address (or best way to reach you).
- Your astrological sign (baby, what's your sign?)
- Fun fact (something interesting about you)

Must be a NAIT student or employee to qualify; only one entry per person.

Draw will take place Tuesday Nov. 27 in the South Lobby at noon at the NR92 desk. The winner will be announced at that time. You do not have to be present to claim your prize. Winner's name, sign and fun fact will be included in the Nov. 29 issue of Your Horoscope in the Nugget. Thanks!

1. Description of dumb rule:

2. A specific example of why the policy or practice is dumb:

3. Suggested changes to the dumb rule:

4. Your name and contact information:
(will only be used for clarification and follow-up purposes)

Name:

Phone Number:

E-mail:

Thank you for taking the time to complete the Dumb Rules Submission Form. Please submit this form to the NaitSA office (E131) attention Lisi Monro.

HOT

SINGLE OF THE WEEK



BRENT CONSTANTIN

One time I saw a ghost

It's Thursday, my favourite day of the week! Not only because it heralds the release of a new issue of everyone's favorite student paper, the *Nugget*, but because I worship Thor, Norse god of Thunder.

But, here's what you're all hungry for, another chance to feast your eyes on a fresh and tasty Hot Single of the Week. This week brings us Pat, a second-year Drafting student. Hailing from Fort Kent, Alberta, Pat didn't come right out and say it, but he loves babies and kittens. Aww.

B: Hello.

P: Hi.

B: Pat, tell me about yourself.

P: What would you like to

know?

B: It's just an open ended question I ask ... tell me how you like your program ...

P: I like it a lot, not so much the location, though. The Annex doesn't really get a lot of attention, it seems. I don't know about everyone, but it feels to me like we're pretty ignored, not to mention how ugly most of the building is.

B: Well, at least you aren't in "M" building, I feel sorry for the Graphic Sign Arts guys, but sadly, I don't even think they get the paper. Anyway, when was the last time you were seeing someone?

P: I think I was more than year ago.

B: And that ended well?

P: Not badly. It was my best friend's sister, so her parents put a stop to it, plus me leaving for school.

B: Hmmm ... so what kind of lady friend are you seeking?

P: I'd like to find someone that's a country girl, likes to go outside, travel. I hope to move back out of the city, so anyone that's into hunting or fishing.

B: Couldn't you stay in the city and hunt? Man is the ultimate prey.

P: Oh, and tobogganing. If you like to go sledding that would be great too.

B: Any "don'ts"?

P: Not really, besides the obvious, not bar-stars, or girls that are super prissy and want everything handed to them.

B: That's going to be tough to find. So why should someone want to get to know you, Pat?

P: Well, I think I'm a pretty nice guy, I really like helping people, I dunno ... I say just give me a shot!

B: Okee-dokee, any last words before you fade off of the page?

P: Sure, you can meet me almost every day at the gym from around 3-5 p.m., or look for me in the Annex during the week, the lonely, lonely Annex.

And that's a wrap! If you're a young woman who's looking to meet a man I'd say, why not this one? They're all pretty much the same anyway, and I didn't get the "chop you up with an axe behind the barn"



Pat

Photo by Brent Constantin

kind of feel. To get in touch with Pat, e-mail me here at bconstantin@nait.ca, as always that's the same address to nominate yourself or a friend! Oh, and before I forget, please, if you're trying to contact someone in HSW only send

one e-mail. I forward them all on as soon as I get them. And while I can't speak for all the HSWs, I personally think it's creepy and sad that you're sending me the same e-mail eight times a week. You know who you are.

BRING THEM HOME!



EDMONTON

Edmonton Tourism and the Shaw Conference Centre want you to be part of Edmonton's tourism team, by helping to bring conferences home:

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www.bring-them-home.ca

or phone: (780) 917-7610



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	Cocktail	Beer	Shot	Food
Monday	Martini's \$6.50	Molson Monday \$4.50	Crispy Crunch \$4.00	Bison Cheese Burger \$10.00
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.

PLEASE ENJOY RESPONSIBLY



Ask a Counsellor

Difficult to meet people?



Rhonda Gora

Q: *I am doing well in my program, but I have always been quite shy and it has been really hard for me to meet people since I came to NAIT. When I see other students talking and laughing together, I feel left out. I compare myself to them, and end up feeling like a failure for being afraid to join in. When I do try to join a conversation, I feel like I make dumb comments, and then I criticize myself. What can I do to become more confident?*

A: It is common for students to feel anxious about developing relationships when they come to a new college. When you are very shy, the situation is even more challenging. It is important to respect your own personality and recognize that being shy or reserved is not negative, unless it limits you and prevents you from developing the kind of relationships you would like to have.

Being critical is unfair to yourself

and is damaging to your self esteem and confidence. The difficulties that you are describing may have resulted from past negative experiences or specific incidents that caused feelings of rejection or embarrassment. Regardless of the underlying reasons, you can take steps to work towards gradually developing the self confidence and communication skills that will help you to approach and manage social situations more effectively.

One positive action you can take is to try to step back from the situation and support yourself the same as you would a good friend who shared a similar challenge with you. Think about the advice that you would give to a friend in this situation. You would probably try to be understanding and supportive, and advise your friend to give her/him time to work out a solution.

Another helpful step is to recognize that while you may want to make improvements in this area, you also have valuable strengths. Try to acknowledge your personal qualities by writing them down. If this is difficult, ask someone you trust to describe your strengths. Then, reframe your self-criticism and negative thoughts by replacing them with

positive self statements.

"I am getting good grades, and have the ability to develop the skills I need for interacting with others step by step."

Determine how the positive qualities that you have identified can help you to connect with others. For example, you noted that you are doing well in your program. Perhaps there are students in your class who would appreciate academic support or tutoring.

Develop a vision of how you would like to be interacting with others in the future. Visualize yourself feeling comfortable and confident in social situations. Imagine the details of an ideal situation – how you would enter the room, walk, speak and listen to others, and how you would feel about yourself. If this is difficult for you, try to recall a situation in which you observed someone you respect interacting in a way that you felt very positive about. Is there a person in your class or social group with whom you would feel comfortable taking first steps towards your goal?

Consider attending a seminar where you can practise communication skills and have an opportunity

to meet other students who are in a similar situation. This will help you to recognize that you are not alone, and will also provide a comfortable environment for developing communication skills.

The counsellors at NAIT pro-

vide seminars and individual sessions to support students in their academic, personal and professional development.

To book an appointment, call 378-6135 or come to W111-PB - HP Centre.

Share the Warmth

Please help local charitable organizations by dropping off your donation of
NEW Mittens, Toques, Scarves and Socks.



NAIT ACADEMIC STAFF
ASSOCIATION

DROPOFF LOCATIONS

A-140/141, B-103, C-103, Distribution, E-101, E-133, E-134, E-214, E-220, K-116, Kingsway – ILM, L-101 – ODS, L-131, L-223, Mailroom (Metro), O-102 – Executive Office, Reads & Needs, T-110, T-700, U-105, Library, V-239, W-111, W-205, W-309, Y-308, Fairview Campus, Patricia Campus, Souch Campus
Share the Warmth campaign will run until Dec. 19, 2007



Government
of Canada

Gouvernement
du Canada

Enrolled in a Red Seal trade?

Then you may qualify for a \$1,000 grant.

There are a lot of reasons to pursue an apprenticeship. We've added another. The Apprenticeship Incentive Grant is a new grant that is available to registered apprentices once they have successfully completed their first or second year (or equivalent) of an apprenticeship program in one of the Red Seal trades.

How to apply:

CALL: 1-866-742-3644 / TTY 1-866-909-9757

CLICK: servicecanada.ca

OR VISIT: a Service Canada Centre

Apprenti(e) dans un métier Sceau rouge?

Si oui, vous avez peut-être droit à une subvention de 1 000 \$.

Aux diverses raisons de faire un apprentissage vient s'ajouter une autre : la Subvention incitative aux apprentis. Il s'agit d'une nouvelle subvention offerte aux apprentis inscrits, après la 1^{re} ou 2^e année de formation (ou l'équivalent) terminée avec succès dans un métier Sceau rouge.

Pour présenter une demande :

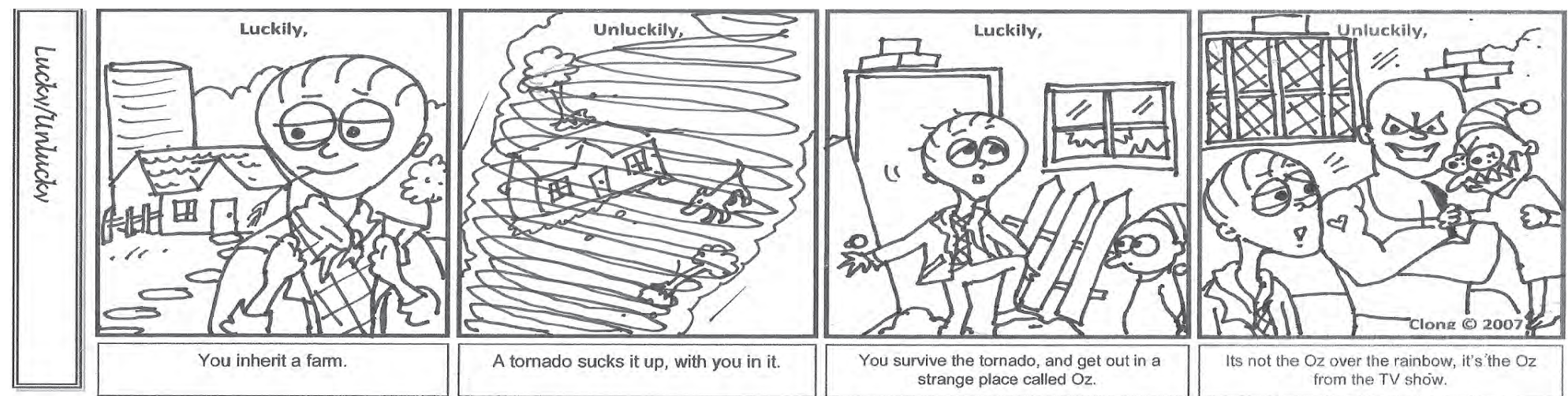
COMPOSEZ : 1-866-742-3644 / ATS 1-866-909-9757

CLIQUEZ : servicecanada.ca

OU VISITEZ : un centre Service Canada

Canada

NUGGET COMICS



Grapevines

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

Problem #21: BlueLightning22

Hey, thanks for the advice. With skills like that, why are you writing barely intelligible grapevine to strangers when you could be doing detective work instead? You could go around to popular websites and find obvious similarities between satirical writers and famous entertainers.

I can only hope that Julie actually reads this message and Emails me back because Im half-baked and forgot your email addy ... Please I cry out to you Julie Phillips WRITE ME PLEASE... my email addy is c_coley420@hotmail.com

Craig

I can see it now: "Detective Dipshit: Private Dick for hire." Keep up the great work, dumbass

I have a shampoo recommendation for you: Why don't ya go to a drugstore & purchase Johnson's baby shampoo "No more tears" edition. Give it a shot, it might help you stop being such an enormous cry-baby. The scary thing is, I know that in the back of your mind a small part of you hoped that this grapevine would make me "see the light" and cause me to stop posting. Way to fuel the fire.

NuggetBoy

What is with all the cst students and their magic cards? Is their program that big of a joke that they can spend all of their time annoying the rest of us who are in actual programs doing actual work.

PS Pick up your chairs when you knock them over.

Signed: Real Student

Hey what do they teach in the annex anyway seriously does any body besides the annex students know.

- the cooks

P.S. Pre-tech you suck.... Just cause.



Rapid Resume Review

Drop in between **11:15 am and 1:15 pm** to speak with a Student Advisor about your resume, cover letter and job search

November 13

Annex

November 20

South Lobby

November 27

Business Tower

December 4

HP Centre

Brought to you by NAIT Student Employment Services
471-8899

ATTENTION CARPOOLERS

Parking Services will start to prioritize carpoolers for main campus parking, based on availability. Priority will be given to carpools consisting of three members or more who are currently attending NAIT and riding to school together.

Please come see us at Parking Services, Room O-112 or call us at 471-7539 for more information.

Who is the NAITSA President?

Try naitsa.ca



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+

Job Opportunity

The Tech Store is now hiring NAIT students to work part time between the hours of 9 a.m. and 4 p.m. Computer knowledge and sales experience required. Apply today! Drop off or e-mail your resume to Debra, debrac@nait.ca

GET STARTED TODAY!

Are you looking for a career with a fast growing, first class organization? We are looking for apprentices, technicians and journeymen. Above average income, benefits package and advancement opportunities.

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thenugget@cu-ads.org



Extended Hours for Project Factory, Library (for exams)

December 1, 2 (Project Factory Only)

Dec. 1: 10 a.m.-6 p.m.; Dec. 2: 10 a.m.-8 p.m. (McNally Library: reg. hours)

December 8, 9 (Project Factory and McNally Library)

Dec. 8: 10 a.m.- 6p.m.; Dec. 9: 10 a.m.-8 p.m.

December 15, 16 (McNally Library Only)

Dec. 15: 10 a.m.-6 p.m.; Dec. 16: 10 a.m.-8 p.m. (Project Factory: reg. hours)

NEED A PART TIME JOB THAT SUITS YOUR SCHEDULE?

Our busy downtown call centre is hiring for all shifts. Conveniently located at 103 Street and Jasper Avenue, directly connected to the LRT. Free, secure indoor parking, great deals on pizza. Shift premiums plus commission.

We require good keyboarding skills and a pleasant telephone manner. Training is provided.

Send your resume along with your hours of availability to hr@pizza73.com

PIZZA 73

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

Christmas Bureau of Edmonton

This year the Christmas Bureau anticipates providing festive meals for over 21,000 families and 1,800 seniors, more than 67,000 less fortunate Edmontonians. To meet the commitment to raise \$1.4 million, we require 600 volunteers to put in some 6,400 hours in under six weeks. Volunteer opportunities include:

Incoming Donation Clerk	Certificate Stuffer
Receptionist	Private Sponsor Clerk
Walk-In Days	Volunteer Services Clerk
Donation Desk Clerk	Events Team
Team Leader	Hamper Driver
File Clerk	

For more information, contact Lana Nordlund at 414-7682 or go to christmasbureau.ca.

St. Michael's Health Group

The St. Michael's Health Group presently has two volunteer opportunities that are available. If you are interested in helping as a Hydration Cart Volunteer (weekdays 7 to 8 p.m.) or Pastoral Care Volunteer (Sundays from 1-4 p.m.) contact Pat Wilkes at 476-5621 ext. 3556 or pwilkes@smhg.ca.

Volunteer Panel Member

The Edmonton Youth Justice Committee (EYJC) is seeking community volunteers who are interested in becoming panel members. The EYJC is non-profit society engaged in assisting in the communities of Edmonton in the diversion of young offenders from Court. You would be helping youth to learn accepting responsibility within the guidelines of the Youth Criminal Justice Act. Panel member will be working with offenders, age 12 to 17 who have admitted the responsibility for their criminal act. The task for EYJC Panel members will negotiate an agreement with conditions for the Young Person to compensate for their unlawful behaviour. To avoid formal prosecution the Young Person has to be successful. Please call Jolanta at 944-5479 or 298-6136 for more information and or an application. Training will be provided.

Adopt a Grandpa or Grandma

Help a senior shovel snow in your community. The Westend Seniors Activity Centre needs volunteers to assist the day after a snowfall and shovel seniors' steps and walks. Volunteers are needed mainly on the west end, however, you will be paired with a senior in your community. For more information, call or e-mail Heather Miller at 483-1209 or volunteers@interbaun.com.

Out and about

Have you ever experienced bullying or discrimination while at NAIT?



GABRIELLE HAY-BYERS



Yeah, I get bullied all the time. Well, not "bullying" – nobody's ever beat me up and shoved me in a locker.
Evan Marchadour
 Mechanical Engineering



There's always every-one making fun of each other. It's a bunch of guys! Everybody bullies ... not true bullying, but back and forth jarring that some-times goes too far.
Sean Hoffman
 HVAC Specialist



Only from these guys. (laughter around table) No, not really, it seems like a middle to senior high thing.
Paul Whitford
 Automotive Service Tech.



Nope, not at all. Every-body in my classes is good.
Jennifer Lovatt
 Pre-Tech

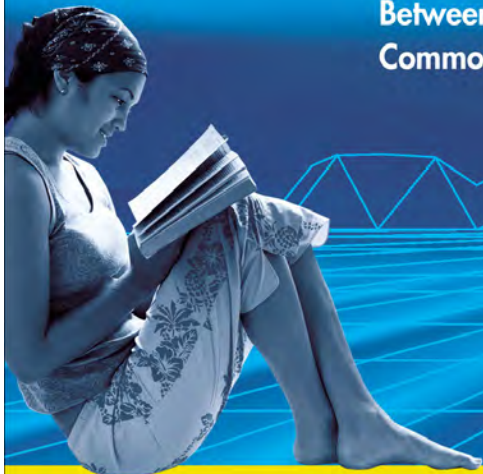


No. Never had any issues.
Kristin Simmons
 Medical Services

Shell Day at NAIT

Shell representatives will answer your questions one-on-one. Come learn about summer and new graduate opportunities. Just for dropping by you will be entered to win a Ferrari prize pack!

Thursday November 29
 Between 9:00am - 4:30pm
 Common Market



We're poised for tremendous growth and have a variety of career opportunities available. Check out shell.ca/careers

