

CAST YOUR MUNICIPAL VOTE ON MONDAY, OCT. 15

# THE NUGGET

Thursday, Oct. 11, 2007  
Volume 45, Issue 7



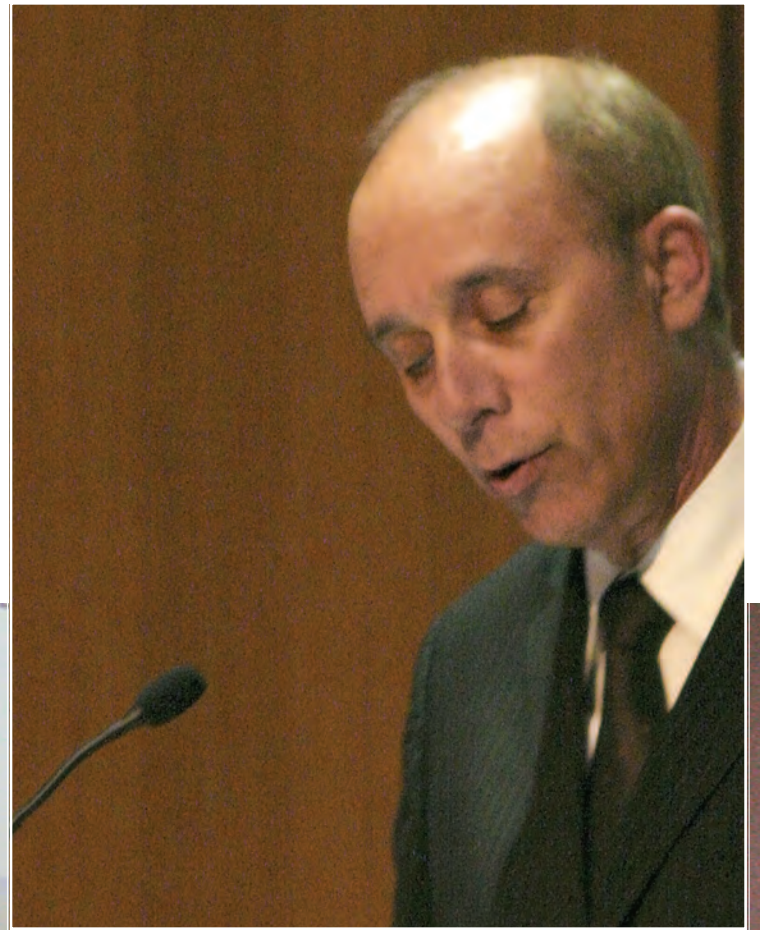
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YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## Pitch for votes

City council hopefuls campaign on campus  
See page 3



Photos by Janna Van Dorp

Mayoral candidates speak at a forum Oct. 3, including current mayor Stephen Mandel, inset. Would-be Ward 2 councillors participated in an on-campus forum on Tuesday. That story is on page 3.

## THE NEST

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# NEWS & FEATURES



Photo by Dorothy Carter

## THANKSGIVING DINNER WITH A SMILE

Dylan Prins of NAIT's School of Hospitality checks out the oven on Thanksgiving Day before carting a whole lot of food over to the Boyle Street Co-op for a holiday dinner for those who would otherwise go without. Almost 2,000 meals were served by 15 people from Club Culinaire, with the help of Culinary Arts instructor Troy Lymburner.

## A serving of help



**GABRIELLE HAY-BYERS**  
Student Issues Editor

This past holiday Monday, NAIT students affiliated with Club Culinaire prepared, packaged and distributed holiday meals to Edmonton's less fortunate at the downtown Boyle Street Co-op.

"I think that is fabulous!" says Campus Clubs Director Rose Martin Baumgartner. Fabulous indeed. Reports indicate that students from NAIT's School of Hospitality cooked between 1,600 and 1,800 meals for the needy.

After a start to a school year which left many students with a sour taste in their mouths and the feeling that there was a lack of trust in their peer-group, borne of the Campus Chaos debacle, Club Culinaire affiliates are still tackling city issues. Thankfully, the young and "irresponsible" in our city are willing to set aside a holiday not to study, but to put food in the stomachs of Edmonton's less fortunate.

Approximately 15 people from Club Culinaire, with the help of culinary arts instructor Troy Lymburner, put their collective skills together to cook 100 turkeys (that's about 2,000 pounds of turkey meat cooked total!) that were donated to the club by Lilydale. Not willing to stop at just turkey, then Club Culinaire cooked up mashed potatoes, stuffing and vegetables to accompany every meal.

"Cheryl Court (club president), and Devon Black (club treasurer) assisted the volunteers at the Co-op to serve the food up, and they deserve a big pat on the back for being the only two people who went to the co-op and stayed to help out those that are less fortunate," says club secretary Corey Wren.

"From a club perspective, we all feel fortunate for what we have and for helping the community."

After so many months of poverty and homelessness issues weighing down on Edmontonians, NAIT students are standing up and proactively being part of the solution through efforts such as these.

"On a personal note I feel as though my life is pretty sheltered and I hope future club members will recognize that this is a good community event."



## TAKE CHARGE.

Stand out with a leader.

### Student meet and greet with PCL!

Enjoy free food and refreshments while you investigate future career opportunities with employees from Canada's largest builder. The PCL family of companies employs more than 3,000 full-time professional and administrative salaried staff and more than 5,500 hourly trades people across North America.

Talk careers in the skilled trades; project management; field management; estimating; safety and loss prevention; procurement; engineering technologies; finance and administration; quality; system and technology; and administrative.

**Thursday, October 18**  
**3 - 5 p.m.**  
**North Lobby**  
**NAIT Main Campus**  
**(11762 - 106 Street)**







Photo by Gabrielle Hay-Byers

Candidates for city council get together at a NAIT forum on Tuesday to bring their messages to the students.

# Your vote is important!



AARON BRIN

On Tuesday, Oct. 9, NAIT held the Ward 2 candidate forum and provided the public with an opportunity to hear and focus on student issues from the mouths of the candidates for city council.

This year there are six representatives running for the two positions available to Ward 2, including incumbents Kim Krushell and Ron Hayter.

Fearless Fred (100.3 The Bear FM) was chairing the question period, where important issues such as environment, transportation and affordable housing were addressed. There were some issues that all of the councillors held common ground on, most notably the LRT expansion up to NAIT in the course of the next few years.

## Willing to talk

Although everyone was willing to talk about it, and how it was an excellent idea, it seemed that few had taken not only an in-depth look into the feasibility of the expansion, but were also actively involved in it.

Kim Krushell stated she is currently working with the ETS (Edmonton Transit System) and various city departments to bring about change, including the Donate-A-Ride, which helps provide transit access to the needy, and spoke knowledgeably concerning the LRT expansion.

Jabin Coulette is strongly advocating increases to security on our existing transit system, but alas, was somewhat unrealistic on his goal of having the LRT to NAIT in

the next three years.

Ron Hayter was very clear in his statements that LRT coming north was more than just in the plans, he is "fighting to make it a priority."

Kerry Hutton's priorities include review of the management over-run on projects, shutting down the municipal airport for affordable housing and lobbying the government for funding overpasses on Yellowhead Trail.

Now, while the city has a 50-year contract with the Edmonton Municipal Airport, it was stressed by the incumbent councillors that the difficulty of breaching this contract could be looked at.

Other contenders, such as Shelley Tupper and David Loken, were quiet on some issues, both finding themselves on the same platform of maintaining existing housing and focusing on keeping the city green. There seemed to be a disparity in information between some of the up-and-coming candidates and the incumbents from last year, the latter came very prepared for the forum and even the most critical members in the audience had to say, "They knew their stuff."

## Seasoned

Kim Krushell, Ron Hayter and David Loken all had the air of seasoned politicians, explaining their strategies to obtain real funding from the provincial government that were real-

istic and politically sound.

Jabin Coulette spent a great deal of the debate trying to defend his 1% levy on new communities, while Shelley Tupper, a NAIT graduate, made a strong point about a focus on the transit grid and not just the LRT.

The municipal election takes

place Monday, Oct. 15 and student involvement is critical in this election as more of the serious issues in the city target the demographics of those currently attending NAIT.

Let your voice be heard! For more information on the candidates and where you can vote, visit [www.edmontonelection.ca](http://www.edmontonelection.ca).

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## The Nugget encourages submissions.

[studenteditor@nait.ca](mailto: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](mailto: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.





# Mercury linked to industry

## BRYAN SAUNDERS The Gateway

EDMONTON (CUP) – New research is suggesting a powerful link between atmospheric mercury, and increased mercury levels in fish. Now, the researchers are calling for increased regulations on mercury emissions from industry.

According to a new study by an international contingent of researchers, the mercury showing up in fish comes from factory emissions produced on dry land. The group of 24 North American researchers includes Vincent St Louis, a University of Alberta professor of watershed biogeochemistry; and Jennifer Graydon, a PhD candidate in biological sciences.

Vincent St Louis, a watershed biogeochemist from the University of Alberta, explained that until now there was no study definitively linking higher levels of mercury in the atmosphere to higher levels of mercury in fish.

Instead, he said, legislators pointed to other causes for the rise in mercury found in fish.

"For example, climate change. If a lake's warming up, it increases the microbial activity that converts the [type of] mercury in rain to the [type found in fish]," St Louis said. "So

[previously], legislators could have said, 'Well, it's climate change causing this mercury problem in fish, so we don't really need to regulate how much mercury we're putting out into the atmosphere.'"

The results of this new study finally link atmospheric mercury emissions to mercury in fish, he said.

"When you burn coal, coal has a lot of mercury in it. So, you burn coal to produce energy, for example, at Lake Wabamun. The mercury goes up in the atmosphere," St Louis said.

This mercury in the atmosphere then turns into a form of ionic mercury captured in rainfall. Rain falling into lakes and streams then comes into contact with bacteria that convert the ionic mercury it into methyl-mercury.

From there, the methyl-mercury finds its way into algae, then into fish, and finally into humans that eat these fish.

To prove the complex cycle, the group of researchers went to the Experimental Lakes Area in north-

western Ontario. They chose a lake with low levels of mercury, and with special permission, poured in approximately one teaspoon of inorganic mercury.

To make sure that any rise in methyl-mercury levels in fish in this lake was due to this increase in inorganic mercury and not any other factors, they used an easily identified isotope.

"What we found was that the [inorganic] mercury that we put in the lake directly showed up in the fish rapidly [in an organic form]," St Louis said.

And, as Graydon pointed out, mercury does quite a bit of harm in living organisms.

"[It mostly has] neurological effects: stumbling, slurred speech, blurred vision, [and], in the very worst scenarios, total neurological death," she said.

As a result, Health Canada advises people to limit their consumption of fish known to have high mercury levels to no more than once per week.

However, according to St Louis,

**"So, you burn coal to produce energy, for example, at Lake Wabamun. The mercury goes up in the atmosphere."**

**– Vincent St Louis  
U of A biogeochemist**

despite the fact that ingesting mercury has long been known to be harmful, mercury emissions have remained, until now, either unregulated or under voluntarily regulations.

He said that this is because there was previously little proof of mercury emissions from factories affecting mercury levels in the human diet.

St Louis now hopes that, in light of these results, the lack of regulation will change on an international scale, noting that mercury emitted from one country often ends up in the lakes and streams of another.

"Politicians used to say, 'We can't enforce these regulations because there is no direct link,'" St Louis said. "Now they can't say that because there is a direct link. Now it becomes

the argument of, 'If we do remove mercury from the emissions, it will cost all this money and cost all these jobs.'"

"In the acid rain days, they actually said the exact same thing: 'This is going to cause a loss of jobs.' It didn't. It really didn't. It actually pays off for industry to lower their emissions."

St Louis suggested that one factory could benefit by selling their emission credits to another factory, and that capping mercury emissions might even pay off in other ways.

"If you start looking at health benefits and things like that, those are big payoffs that are never accounted for in statements of the cost associated with putting in regulations."


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**TREND HIRES ON AN ONGOING BASIS**

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 Common Market - Main Campus

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**NAITSA**  


**SENATE BY-ELECTIONS!**  
 WE NEED YOU!!!

The Senate will consist of 18 elected student representatives from each of the nine NAIT schools (two from each school):

**Senate Representative Positions available:**

- \$ School of Arts, Science & Communications - 2 reps. needed
- \$ School of Applied Building Science - 2 reps. needed
- \$ School of Applied Media & Information Technology - 1 rep. needed
- \$ School of Health Sciences - 1 rep. needed
- \$ School of Hospitality - 1 rep. needed

Senate members are required to meet twice a month where current issues and concerns around NAIT, as well as other post-secondary issues, will be discussed. Some important decisions are made at this level such as approving the NAITSA budget.

- Food and refreshments will be provided.
- Senate members will also receive monetary compensation for their time.

**QUESTIONS?**  
 Please come to E131 and ask for the NAITSA President, Kerri Wyspianski:  
 471-7808  
 email: kerriw@nait.ca  
 or Internal Operations Manager, Rita Cain:  
 471-8900  
 email: ritac@nait.ca  
 Nomination forms can be picked up at the NAITSA office.

**NOMINATIONS CLOSE  
OCT. 18 AT 4 P.M.**  
**ELECTIONS ON NOV. 1ST  
- GO VOTE!**

## Mandatory meetings:

Thurs. Oct. 18 - 4:30 p.m. to 5:30 p.m. in X105  
 Tues. Oct. 30 - 4:30 p.m. to 5:30 p.m. in X111



# Volunteers off to the bowling lanes

## GEOFF TATE

Round 1 of volunteering this year at NAIT was wrapped up last Friday night at Ed's in West Edmonton Mall.

The majority of people who helped out and dedicated their precious time to various NAITSA events around campus were treated to a night out, courtesy of your one and only students association.

With free drink tickets flying out of people's pockets and a buffet served under fluorescent sex lights, volunteer appreciation night will probably be remembered as the night not too many people will have been sober enough to remember.

For some, it was a great new experience, as many had never experienced the joys of 10-pin bowling.

Dating back to a time when humans had only evolved to the point where they had three fingers, it was an eye opener to what early man had to go through to enjoy a decent game of three-fingered, fluorescent, 10-pin bowling.

For others, it was a night full of fond memories; memories that they shared with one another of how they had always wanted to be professional bowlers and travel with the PBA circuit.

"I'd always stay after hours and toss a couple extra sets when I was younger. I always told myself that I was going to be the next Wayne Gretzky, but of bowling", one volunteer reminisced to me as he ate his fluorescent purple chicken finger. His score, however, stated otherwise, but nonetheless he gave it his all.

Heather, a five-foot-six Pisces, who enjoys reading the Hot Single of the Week in her favourite newspaper, the *Nugget*, wants to remind

everyone that you can still volunteer all year long! Don't feel as though you missed out, get on out there and give up some of your time helping out at the many NAITSA events still going down this year.

"We don't want people thinking that we don't need volunteers anymore," says Heather. "Far from it! We have a lot of events still going on this year, and we need your help to make them happen!"

This year, NAITSA held a draw for a trip to Cancun during spring break as a thank-you to all the volunteers thus far.

Billy Anderson, that lucky son-of-a-gun was the lone recipient of this trip, and the rest of us hope he doesn't get hepatitis on his vacation down to Mexico.

"We are coming up with more ideas to show our appreciation for all the help we get from volunteers as we speak".

Well Heather, if you just gave away a trip to Mexico, I'm sure the next idea will be just as stellar!

You can get a hold of Heather at [Naitsavolunteers@nait.ca](mailto:Naitsavolunteers@nait.ca) if you are interested in helping out or are just looking for some info about upcoming events.

In the meantime, enjoy your next long weekend (kind of liking the three day "work" week) and be sure to check in with Heather!

She likes people, but mostly the kind that volunteer!



Photo by Heather Davis

**It's a bowling party! Volunteers Brent Constantin, NAITSA VP Campus Life, left, Nugget Arts and Culture Editor Geoff Tate, student representative to the Board of Governors Shant Chakmakian and NAITSA Events Co-ordinator Chuck Erman have a fine time last Friday.**

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U of L Student



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# OPINION

— Editorial —

## Student life comes with its own maze



**ALISTAIR WILKINSON**  
Student Editor

I'm the first to admit that I'm paranoid. Of course, as the old saying goes, just because I'm paranoid, doesn't mean they're not out to get me. That's why it came as no surprise to me when a few fellow students mentioned that finding their way around NAIT's main campus made them feel like rats in a maze.

Not that it's particularly difficult to get where you're going on campus. No, I meant the rat-in-a-maze metaphor – or as is more correct, simile (see? my \$30,000 degree wasn't a COMPLETE waste of money) – as it applies to life in general. At NAIT, and out there in the so-called "real world".

Studying rat behaviour in mazes is so often practised that it's become a cliché, and the lot of you are probably sick to bloody death of the unfavourable comparison. Besides, those test rats are better treated than we students are. Room and board provided for them, and if they do well in the maze, there's always cheese (and who doesn't like cheese, except for those unfortunate enough to suffer lactose intolerance).

We, on the other hand, provide the room and board, pay for the scientists and even pay into the maze infrastructure. We build our own confines, and no one's given me any damn cheese for bloody weeks!

Here's our maze: Get a job, get a family, get a house, get a ride mower, get an SUV, get involved, get success and love and recognition, get a college fund started for your children, get a retirement plan, get an insurance policy, get decent health care (good luck) get an organ donor policy, get a religion, get a decent burial, get an afterlife, and while you're at it, get a haircut and be nice to the other damn rats!

On a more confined level, anyone who has ever felt manipulated by life's winding pathways (ah, how I love clichés) doesn't need to go far to find the immediate cause. You curse as you attempt to negotiate rush-hour traffic, or as you miss the one of three buses that pass NAIT on their route, swear a little more as you find no parking spaces when you get here, run into class late, lose marks, get reamed by an instructor (whose salary you and a few corporations provide), all the while hoping that there's going to be a job at the end of it all.

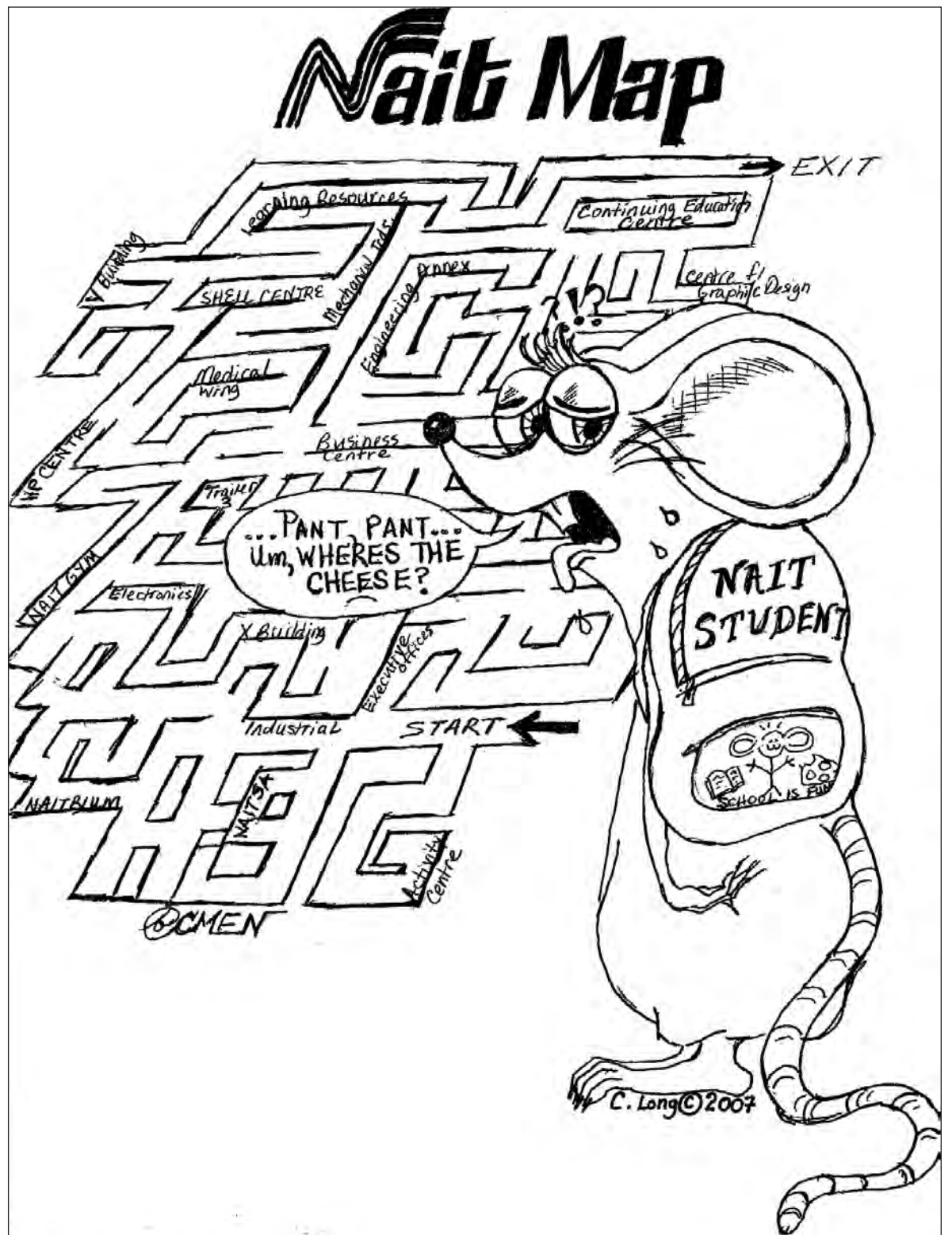
Please, you say, oh please, don't let this be a dead end. Let there be work that doesn't leave you feeling more dead than alive. Let there be cheese (O glorious cheese). As long as you can get through the maze.

Well, I've always been a little suspicious of those guys who study rats by messing about with their little rodent minds. Remember the kid you knew growing up, the one who liked pulling wings from flies? Hopefully he (or she) grew out of it, but if he (or she) didn't, he/she's running rats through mazes.

I'm not suggesting there's a team of scientists messing with your life, just to see how you perform in the maze (although that wouldn't surprise me). But if there were, just remember: rats don't have the wherewithal to pull down the maze walls.

So if your looking for the cheese, why bother with the maze at all? Break through those deadends, take the scientists hostage and demand your reward.

Make your own path to the cheese.



— Opinion —

## Ladies, take notice

**GABRIELLE HAY-BYERS**  
Student Affairs Editor

OK ladies, this one's for you. We've all done it: Walked down a hallway and realized that it is 99.9% male in the area and all eyes are on you. Flattering? Sometimes. Creepy? Depends on who is staring. Avoidable? Most of the time.

At NAIT, the female population is growing every intake, but there are still parts of the school that are, for the most part, male.

Take, for example, the new NCAT building. I did an article on the opening and decided to cross the two pedways and find out what students thought of the new building and found out instead what young men think of me.

Needless to say, the quote taking lasted about five minutes, including the sprint back to the *Nugget* office, and I'm not a very fast runner.

Within my first week at NAIT I discovered what is commonly referred to as the industrial hallway, home of the boys in blue jumpsuits ... that lack tact. After my first awkward encounter there, I was told by a male friend to just never go there, but I'm never one to take "no" lightly. I've since gotten accustomed to the jaws on the floor, and I now understand that I don't have toilet paper on my shoe or a bogey in my nose ... it's just odd for a girl to walk down that hallway during that time of the day, end of story.

There are positives to these areas

that run amok with males: they run amok with males! Singles should always wear those green buttons from "red light, green light" parties – what better way to make your status clear?

Of course, there are females here at NAIT ... look in Hospitality Management classes for them! I kid, I kid and NAIT has hired its first female welding instructor. What's sad is that hiring a female welding instructor is news.

So where else should ladies stay away from on bad hair days? Where do you men go to find girls here at NAIT? Write in and tell me about your awkward moments on campus, I'd love to hear them! [issues@nait.ca](mailto:issues@nait.ca)



# No asbestos best of all



**GEOFF TATE**  
Arts and Culture Editor

Well played, NAIT OH&S committee, well played. Not only did you respond in a timely manner, you also posted an abundance of flyers notifying the public of how controlled the asbestos was.

You opened yourself up for questioning immediately, and by

all accounts, were quite helpful. So hats off to you madams and sirs of the OH&S.

I am comfortable in knowing that NAIT does have a high quality program in place to ward off the asbestos menace, and I take pride in knowing that it is a program that many other faculties and industrial companies look up to. This is in no way a shot at you or your capabilities to handle any asbestos outbreak of any kind. Far from it.

However, having one of the best asbestos control programs around does merit attention in and of itself. Why does NAIT have one of the best asbestos control programs around? Would that mean that the

amount or kind of asbestos we are dealing with requires the highest degree of protection anyone has to offer? Now I'm kind of nervous.

Canada doesn't have a top-notch coconut growing program, mainly because we don't need one. There are probably a lot of other reasons for us not growing a butt load of coconuts, but that's most likely the main one.

NAIT needs an asbestos control program that everyone looks up to. There has to be a reason for that, don't you think? Canada doesn't need a coconut program, NAIT shouldn't need an asbestos program.

I'm also hoping that one of the

main points in the asbestos control program is trying to eliminate the asbestos in a timely manner. Know what's better than having the best goddam asbestos control program around? NOT having the best goddam asbestos control program around.

Just get rid of the stuff. Why wait around for something to happen that does need our attention? Let's take initiative and do something about it now.

Not in 10 years, but sometime in the near future.

If anyone of you has seen *Grem-lins*, you know what I'm talking about. Sure that little Gizmo furball is all cute and cuddly, but under the

right circumstances (say a little bit of H<sub>2</sub>O) you got a whole shitload of little green monsters running around making elevator alarms noises and eating people. And then you have to go around and try to stop all of them in a variety of funny and increasingly improbable ways, when it could have been easier to shoot that little Gizmo guy in the face. Sure, that little furbie is cute, but seriously, someone should have done something after the first movie.

So maybe the asbestos is in Gizmo form right now, but let's stop that second movie from being made. Let's go kill Gizmo right now.

# There's a new sheriff in town ...

**REID SCHMIDT**

Our evolving NAIT has new security – United Protection Services Inc.. Will they deliver? With an increase of crime in the city, will it protect us Brainys from the Insaneys? What are their plans on beefing up the armour?

**Smile ...**

Cameras are already keeping an eye on our new buildings and will in time spread to all campus corners. This includes our steel stallions and metal mules. In an interview, security head Jerry Hove said that, with security presence upped in our parking lots and fences around the parkade,

almost daily breakins have been reduced to months without incident.

Now our nudist students can frolic about, free from the glass shards of felony. Far tat alone a hardy pat on da back for all ye. Also, duress alarms will make help easily available should you see someone cleaning your car window with a wrench.

Still, it could take years until the cameras speckle our campus since they'll only follow renovations and brand new additions seem to be the red cape in front of the booming, Albertan bull right now.

**Stretch Marks ...**

More often than not, you'll hear

that students rarely see security. I wonder why? Could it be the fact that NAIT is a campus behemoth of over 2.3 million square feet with under 40 security guards? How about some sweet segways with matching pads and helmets? Rollerblades? Go-go gadget ceiling zip lines? Well, here's a shot in the dark. More guards! Oh wait, this is Alberta. As Jerry pointed out, one of the biggest obstacles is finding good guards. Oye, dat be why we students play da large part in bein' their eyes an ears, ya know.

**Bark And No Bite ...**

What if there be a ruffian prancin' around we's fine campus like he's

ownin' da place? What do you expect them to do? What can or are they willing to do? They definitely aren't police. Heck, running would "startle the herd," and I don't think they're black belts, so are they going to speed walk after them and nag them into submission till the cops come? A safer bet would be to call and then hightail it to the millwright's building for sanctuary.

But, I must admit, they do prove their worth in co-ordinating emergency evacuations. 'Cause it ain't pretty havin' your brows singed off and gettin' trampled by da laddies, y'know.

**You're Not Alone ...**

Now say you're a young, dark

haired, perfect 10 of a lass who stayed late to study your hematology. Understandably, you're nervous about the trek back to your car or bus stop. Ah, have no fear, for SafeWalk is here! A knight in shining reflector-vest will be happy to escort you through the streets so dark. Alas, they won't tuck you in, but if you're nice they may carry ye books. Aye, just poke 7477 on any campus phone and you shaint be alone.

All in all, thanks to our security peeps, we can worry a little more about other things like exams, global warming, and why there was an Irishman for every fifth line.



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## Board of Governors

## Raising the bar



SHANT CHAKMAKIAN

As we start a new year here at NAIT going forth into midterms, NAIT has outlined and is executing many new initiatives and policies that will raise the bar on our institution.

The President's Council outlined this year's priorities, and at the top of the list was academic delivery and development.

Also topping the list are facilities, welcome news to students and staff. As our campus grows, we need the facilities to support that growth.

"As we are painfully aware, we are soon going to run out of space. Even programs in newly opened facilities are already increasing the amount of students they are training, such as Instrumentation Technology apprentices growing from 448 to 720, and Millwright Technology from 750 to 790. Add to that the space issue for many other programs – including our support groups – and it becomes more important than ever to realize our 10-year campus development plan," says a news release

on NAITLine.

Also worth noting is that our institution is moving more into the area of applied research. Strategically this will help us further the programs such research relates to, while establishing NAIT as a leader in innovation.

But outlining priorities is just the beginning. Our institution is 46% government funded, with our operating costs expected to cost \$284 million; it is evident that corporate sponsorship has proved to be a mutually beneficial alliance as most recently shown by the \$1 million donation by Imperial Oil for instrumentation labs and Aboriginal initiatives.

But as our institution grows, sustainability is key. This is why NAIT has hired a sustainability officer, and also why EcoNAIT is going a long way to making our institution more environmentally friendly.

For example, EcoNAIT's tip of the month suggests that if NAIT's roughly 2,500 staff turned off their computers at the end of the day, NAIT would save \$92,500 a year and 1,250 tonnes of carbon dioxide, equivalent to removing 227 cars from the road for a year.

What it really comes down to is our institution is progressing by leaps and bounds, which in the end will make your degree worth its weight in gold.



## Your horoscope



JULIE PHILLIPS

Oct. 11–Oct. 18

Virgo (Aug. 23–Sept. 22)

Projects complete themselves this week, leaving you lots of time for self-reflection and meaningful conversations. Let things be clear without over-thinking them and make time to drip bold colours on a white canvas and dream.

Libra (Sept. 23–Oct. 22)

You're running around, but you're getting things done. It's a good week to dissect things in your life. Look deeply. See things as they really are. Don't let this close-up perspective distort things.

Scorpio (Oct. 23 - Nov. 21)

Get things in order. The act of cleaning up a room also cleans up your mind. Be efficient. Even though you're preparing for a new journey, make time for normal things, like hanging out with friends.

Sagittarius (Nov. 22–Dec. 21)

It's a good time to sharpen

your skills. Learn to handle hot things. Refining your techniques in these quiet moments will help you when hot situations really arise in your life.

Capricorn (Dec. 22–Jan. 19)

Continue to be there for friends. Keep your thoughts together. Know when to give advice and when to listen. Go somewhere special. You may find out something new that could change the way you think about a nagging problem.

Aquarius (Jan. 20–Feb. 18)

Go out! The weather's cooling down but don't hibernate, celebrate! Go for a nice dinner, check out a game or go dancing with friends. Accept every invitation.

Pisces (Feb. 19–March 20)

Count your blessings. Giving thanks will open you up so other good things can infiltrate your life. Coping is important, too. Reflect on how you cope. Try to be healthy about it.

Aries (March 21–April 19)

When people say "wow, you've got a beautiful personality," it doesn't mean they think you're ugly! It just means your personality is shining this week, Aries, and it's making you more attractive to be around. Let that light shine from within. Also, stay away from creeps.

Taurus (April 20–May 20)

Great achievements involve great risks. Small achievements involve risks too. Weigh your options. If the outcome is worth it, you'll be surprised at what you're willing to do. And you'll be surprised at the doors that open.

Gemini (May 21–June 20)

Quit waiting for something to happen. Make it happen. Start by calling a friend that you know is always up for an adventure. Then find something interesting to do. Then go to that interesting place with said adventure-loving friend. See where it takes you.

Cancer (June 21–July 22)

You've been working hard, Cancer. It hasn't paid off quite yet, but it will. Don't lose interest just because you're not getting immediate rewards. Your harvest will come soon enough.

Leo (July 23–Aug. 22)

Still full from Thanksgiving? Now might be a time to consider your health, Leo. Get your daily physical activity with Canada's Physical Activity Guide to Healthy Active Living. For more, check <http://www.phac-aspc.gc.ca/pau-uap/paguide/intro.html>. The Guide provides "a rainbow of physical activities and can help you have more energy, move more easily and get stronger." A rainbow, guys. Get on it.



Turn Your Career ON.

Alberta technicians and technologists have a powerful ally in their quest for a lucrative and rewarding career. ASET, the Association of Science and Engineering Technology Professionals, is made up of over 16,000 men and women. They're the difference between 'On' and 'Off' in the oil and gas sector, telecommunications, construction, computers, chemistry and dozens of other industries in full growth mode. When you join ASET, you put yourself in the forefront of the wave of technicians and technologists who are being eagerly sought by employers in today's hot economy. To find out more about the many benefits of ASET membership, call 780-425-0626 or visit our website at [www.aset.ab.ca](http://www.aset.ab.ca)

Your way ahead.

**ASET** The Association of Science and Engineering Technology Professionals of Alberta

## Campus Sport & Wellness

# Get physical for FREE

*FREE lunch hour challenges:*

*October 16th- Badminton*

*11:15-12:00 and 12:15-1:00pm*

*No registration. Just show up!*

*Halloween Dodgeball*

*October 31*

*11:15-12:00 and 12:15-1:00pm*

*Dress up and team will receive an advantage. 8 on court at all times. Must have 2 females on court at all times.*

*Register at E026 before October 27th.*





Margaret Marean, student counselling

*I'm feeling really overwhelmed and sometimes I feel like quitting. Mid-terms aren't even here yet. I didn't expect school to be this stressful. I also have a part-time job. What should I do?*

Coming to NAIT is a big adjustment and a lot of students are surprised at the amount of work as compared to high school, and at the heavy class schedule as compared to some post-secondary schools.

Often students have part-time jobs and one of the first questions to ask is: Do I have to work and, if so, could I work less? You may be able to access loans, awards or bursaries, or get financial help from family members. You may also be able to cut down your expenses. If not, is it possible to ask for days off before mid-terms?

Here are some other questions you might need to consider:

- Are there other commitments I could let go of?

- Do I have good time management? Using a day-timer, prioritizing the tasks you have to do and making a daily or weekly schedule can help you budget your time effectively. Working on your priority tasks first and breaking major tasks into achievable chunks makes them seem less overwhelming. Allocate your study time wisely by planning a study schedule for mid-terms and finals well in advance.

- Am I organized? Taking the time to organize your study area and your binders and study materials can save a lot of time and stress. Organizing yourself the night before reduces stress as well as helping you

to sleep more soundly.

- Am I being realistic? Perfectionism, comparing yourself to others and negative self-talk all increase stress.

- Do I have a good support network? Understanding friends and family members are great outlets for stress. You might also need to look at whether there are unhealthy relationships you need to let go of.

- Do I have relaxation techniques that work for me? Deep breathing, music, humour, yoga, meditation, exercise, muscle relaxation and visualization are all techniques you can experiment with.

- Am I taking care of myself? Relaxation techniques are helpful but if you aren't getting enough sleep, eating properly and having some fun, stress is going

to build up. Caffeine, junk food and smoking can also make you more susceptible to stress.

Counsellors are available to help you with stress man-

agement and relaxation techniques or any other concerns that are interfering with your success at school.

Appointments can be booked in person at our office,

W111-PB, or by calling 378-6135.

Send us your questions – we'll do our best to answer anything related to academic, personal or career concerns.

## CLUBS CORNER

### Upcoming Events

#### IET

**Event:** BBQ

**When:** Friday, Oct. 11; Noon–4 p.m.

**Where:** Outdoor corridor between HP Centre and NCAT building

#### Petroleum Club

**Event:** Beer Garden

**When:** Wednesday Oct. 31

3:30 p.m. to 10 p.m.

**Where:** Annex Dock

#### CETSC

**(Construction Engineering Student Council)**

**Event:** OOKS men's hockey 50/50 draw

**When:** Saturday, Oct. 13

Starts 7 p.m.

**Where:** NAIT hockey arena

#### NAIT Hip Hop Club

**Event:** Free hip hop introductory classes

**When:** Wednesdays 7 p.m. – 8 p.m.

**Where:** Room S-112

For more details, evergreenbeauty@hotmail.com

#### Bible Study Group

**Event:** Meetings

**When:** Every Friday 12:15 p.m. to 1:10 p.m.

**Where:** X209

**Interesting Thought Drama Club**

**Event:** Practices

**When:** Wednesday nights

5 p.m. until 7 p.m.

**Where:** Room E120 (Oct. 17, Oct. 24,

Nov. 7, Nov. 14, Dec. 5)

Shaw Theatre (Oct. 31, Nov.

21, Nov. 28, Dec. 12)

## Grapevines

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

## Get the hint?

To last week's hot single. Why didn't you let it out you were single earlier? Now everyone knows and there's more competition for me. I hope you haven't been oblivious to my hints.

– Halway Gurl

Who's this sexy Reid Schmidt anyways?

– Nugget Cuty

Damn! The Nugget def. needs a better mascot. That soggy lump of shiznit to colour? A 'nugget' is bling man - gold yal. Get back to me when you put out something worth lookin at.

– Anon Imus

Has anyone else had daddy long legs crawling in their toilet paper thing? Sooo freakin gross!

– Aracnifobic Chick

Single ,6'3" blonde, blue eyes , slim , 23-year-old, Looking for a hot night out to ease the stress of school, or

just chilln with each other is cool too. Leaving edm at end of Oct. Looking for some fun before I go ;) So any young ladies interested either reply on grapevine or at naitboy13@hotmail.com

#### ATTN: Pond Scum:

You know who you are... look me right in the eye then steal my purse. Hope you had a good party with my bill money. I'm sure your "Momma" is proud.

– LB

#### Dear sub shop:

Don't give me moldy chicken anymore. Also, if one of your fine establishments around campus serves cordon b leu, I'm going to go out on a limb and assume the rest of them do as well. Don't tell me I don't know what I'm talking about, especially when I have had it on several occasions. Talk to each other, let's work this out. As long as it's not a moldy cordon bleu, I'm okay with it.

– R2D2

Hey all you crazy kids, come down to Club T112 and dance the morning away. Yes, thats right Club T107 has moved, yet again. This time it's in T112.

So dust off your white gloves and soothers and come down every Thursday from 8-11 a.m. and dance the morning away.

DJ Diesel and DG will be there as usual, playing favourites like "check the sensitivity level with a zero-degree transducer" and No. 34 on the charts in Bulgaria, No. 1 in your hearts: "how moist is it after twenty blows."

This time around we have a special guest DJ, DJ Hardness. Be sure to be there this Thursday when DJ hardness will unveils his latest creation "Atmospheric Arc Blow." So if you feel like putting your mind in a vice and suffer some real mind compression, with some high quality noise pollution, come down to Club T112. Club T112 is where all the cool kids are, where are you?

## What Can We Learn From Survivor?



The TV series *Survivor* is not so much a TV game as it is a laboratory experiment to confirm many forms of psychological and social behaviour when "normal" people are subjected to physical and mental stress.

The Edmonton Chinese Lions Club (ECLC) is honoured to invite Yau-Man Chan, the popular *Survivor Fiji* contestant, to Edmonton to give a talk on "What can we learn from Survivor?" in support of the Youth Emergency Shelter Society (YESS).

The talk is a layman's view, with insider knowledge of how the nastiness of contestants is a mirror on our society.

**Date:** Oct. 20, 2007

**Time:** 2pm-5pm (Show 1)

7pm-10pm (Show 2)

**Place:** South Learning Center  
NAIT Main Campus,  
11762-106 St

**Price:** Early bird (before Oct 6): \$40  
After Oct 6: \$50

To purchase tickets online, please go to:

www.edmontonchineselionsclub.org  
www.yess.org



**NOTE:** For NAIT students, the ticket cost is \$20, a 60% discount off the regular price! Enter code "nait1234" when purchasing tickets online at [www.edmontonchineselionsclub.org](http://www.edmontonchineselionsclub.org)



# ARTS & CULTURE

## NaS is better late than never



AMIT SHARMA

There I was, in line all jacked up to see one of the greatest and most influential rappers ever. NaS, whose real name is Nasir Jones, is the maestro behind arguably the greatest rap CD ever, *The Illmatic*.

Once we got inside, DJ Kwake from the Bounce started his DJ set, spinning a mix of classics and brand-new hits. As I looked around at the people, I started to wonder how many people are actually here to see NaS? Half the people in the crowd looked like they either came to just straight up get crunked or they got confused and thought Lil Jon and Soulja Boy were coming to perform. The people kept pouring in and everyone was singing along to the tracks that DJ Kwake was playing. By about 9:30 everyone was expecting the opening acts to start up. Unfortunately that didn't happen.

The first act didn't hit the stage until about 11. DJ Kwake was playing records for almost three straight hours. No offence to DJ Kwake but when you pay \$54 to see NaS ... you wanna see NaS.

Finally, the show started with four opening acts. They kept the energy high, but by the time the last of the four acts hit the stage, the crowd was getting really drunk and incredibly restless. When Edmonton's Southside Militia came out, the crowd was tired and literally starting to get hostile.

Southside Militia received a flurry of boos and people were throwing their beer cups and ice cubes at the stage. A verbal fight broke out between some people in the crowd and the members of Southside Militia on stage.

Finally, when no one could take it anymore, everyone in the upper VIP section and everyone towards the back of the general crowd starting throwing full beer cups and cans to the ground and towards the stage.

The only thing that sucked was it wasn't Southside Militia that received the brunt of this onslaught, it was me and everyone else towards the front of the stage on the floor. It was an incredibly embarrassing moment for Edmonton hip-hop. Finally, at about 12, it was announced that NaS was gonna hit the stage.

Even though I was upset at what had just happened, when NaS hit the stage it made up for everything! Every hip-hop fan there knew all the words to every one of his songs. He started off his set with the energetic performances of *Hip-Hop is Dead* and *Black Republican*, a song that celebrated the reconciliation of him and Jay-Z. He then veered away from these newer tracks and went completely old school, starting with the song *N.Y. State Of Mind* and re-wording it to "Canada State of Mind."

He also did the track, *The World Is Yours*, which everyone was chanting along to, off his 1994 debut CD, *The Illmatic*. NaS kept the energy high and gave an amazing, passionate performance. He was all about the music and the more the crowd gave him the more he gave back. NaS did songs from albums spanning his entire career and really gave everyone the best rap performance they had probably ever seen.

Unfortunately, the night was a double-edged sword. NaS put on an incredible, passionate rap performance in Edmonton and Edmonton embarrassed themselves by the debacle that occurred between the crowd and Southside Militia. Overall, it was well worth the money to see one of the best rappers ever perform some of the greatest rap songs of all-time.



**OF COURSE, STRAIGHT A'S ARE A PLUS – BUT AT H&M WE'RE MORE INTERESTED IN FINDING OUT WHO YOU ARE, SO IF YOU THINK YOUR PERSONALITY IS THE BEST FEATURE ON YOUR RESUME, SEND US AN E-MAIL TODAY.**

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## AT THE MOVIES

## Edmonton Film Festival

# One of those days

## REID SCHMIDT

Drum roll please ... now, after spending the equivalent time in a day that the average person does at theatres in two months, I am proud to unveil my top work of art from the feast of films. We laughed, cringed and cheered through none other than *Stuck*. Here's why it's an excellent example of the Edmonton International Film Festival experience:

Tom, a middle aged man, is new to being homeless. He's just received his first grocery cart, woken up on a park bench, and is crossing a street when a lady hits him with her car. Now, with Tom stuck head first in her windshield and her plan to anonymously drop him off at the hospital abandoned, she parks in her garage.

### Shocked

Hung over the next morning, she is shocked to find the man still stuck in her windshield – alive! He gurgles for help and she ironically replies, "Why are you doing this to me?" Having decided she can't call the police, she uses a board to knock him out so he can't honk the horn, and takes a taxi to work. Our hero later takes things into his own hands by pulling the wiper blade out of his gut and crawling into the front seat. Tom braces his leg with a board, drags himself out, and passes out. (Skip to the next heading if you don't want me to ruin it for ya)

### A problem

Soon, she's back with her boyfriend, who ties him up but is still stuck with how to dispose of the problem. That night he goes to finish the job but ends up with a pen in his eye and Tom, with a broom as his crutch, hobbles out into the street to only have the lady force him back into the car at gunpoint. While she's dumping fuel on the car in the garage, he finds an extra key, floors it, and pins her to the wall. What does she gasp? "Help me ... " He lights a match to taunt her while she's stuck but turns the other cheek. Still, she tries to shoot him and ends up igniting the fuel. That's all I'm leaking. If you want more, find some on the Internet and go to the festival next fall. You can't always live through me, get out there for yourself.

### Movie buff buffet

For 21 years, famous and infamous directors and producers have been coming to Edmonton to show their latest creations in the Edmonton International Film Festival – a movie buff buffet.

Among the huge variety of films, some will excel in this testing ground to later be released in major theatres, such as *Sleuth*, which played on Sept. 29 and comes out on Oct. 26. Then there are the ones that exceed the bland, mainstream shows like *Stuck* that leave you wondering how it doesn't get out there for all to see. Others are meant to entertain the movie buffs

that flock to the festival, maybe make it onto the web, and nothing more. Still, some are banned from going any further such as *Postal*; an outrageous, politically wrong, nothing's-to-sacred, basher of a movie.

For many, this is an opportunity for film makers to put out their work without being held back or pressured. Amateurs can get

noticed and build their experience because, let's face it, Spielberg and Scorsese won't be around forever. What's more, after the movie, the audience gets to ask them any questions their heart desires and fans can hang with them later at one of the after parties.



When he was hit by a car, this poor sap's troubles were only just beginning in *Stuck*.

Sound like your kind of night or weekend? Why not check one out, heck 10 if you want, next September? Come on, expand your view of movies. They're reel film-tastic. Ya, that's right, I said it.

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## BACK OF THE RACK

# Documentary delights



LIAM CRESWICK

*Back of the Rack, a hopefully recurring feature here in the Nugget, takes a look at some new movies on DVD you probably haven't heard of. This edition's theme: documentaries.*

**Air Guitar Nation:** We've all turned up our favorite tunes in our bedrooms and cars, cracked open the invisible case, and shred along with the music on an air guitar, but this is generally a practice we don't want other people to see us doing.

The documentary *Air Guitar Nation*, however, explores the world of competitive air guitar. American competitors Bjorn Turoque and C-Diddy are followed as they head to the Air Guitar World Championship in Oulu, Finland.

This movie is absurdly funny, thanks mostly to how serious the subjects take Air Guitar.

And like any good film about competition, it is also incredibly gripping. It's part performance art, part ridiculous insanity, but 100% awesome.



**Let's All Hate Toronto:** What is it about Toronto that garners dislike and distrust toward the city in other Canadians? Is it the pollution? The serious, straight-to business attitude? The Maple Leafs? Filmmaker Albert Nerenberg follows "Mr. Toronto" as he travels across the Great White North uncovering what his beloved city did to deserve such malice. Mr. Toronto's antics and fellow Canadians reaction's to his "Toronto Appreciation Day" banner make up the bulk of the laughs, but I found the film to be more interesting and educational then funny. You learn a lot about Canada and Toronto, and get a good understanding about inter-province relationships. This DVD may be a bit hard to get your hands on, but if it is well worth the effort, especially if you are one of the Canadians who boo the Leafs and scowl at the CN Tower.



**Escape to Canada:** This is another Canadian documentary, but this one is far more serious, critical and even controversial than the previous one on this list. *Escape to Canada* looks at Canada's incredible strides with progressive poli-

tics, with the U.S. used as a basis of comparison.

Gay marriage and drug policy are the two topics that get the most focus, but a handful of other issues

are explored too.

The film is fairly unbiased, but a leftist lean toward the above-mentioned issues does shine through, which may put off some of the more

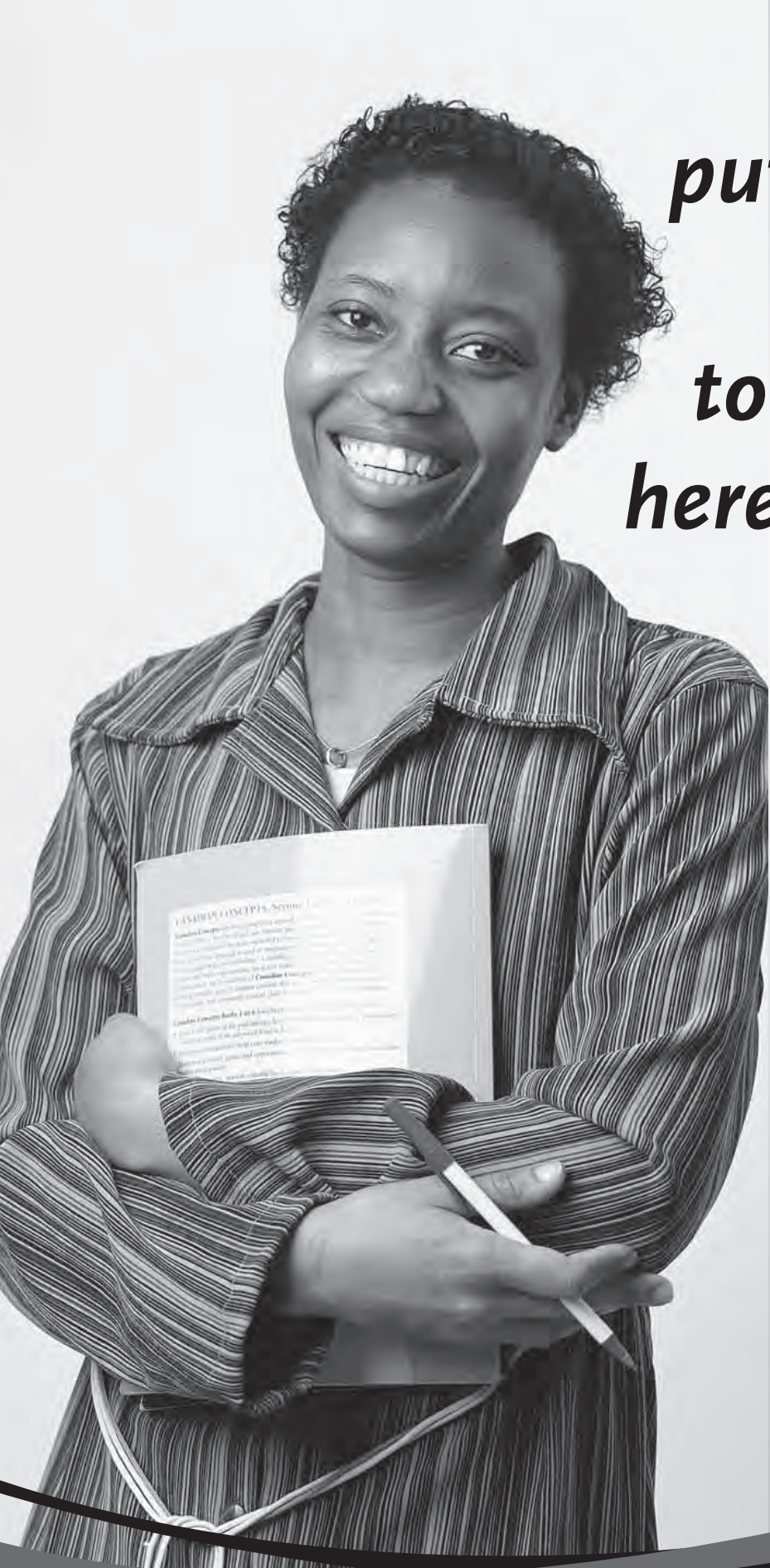
conservative viewers.

I think that whether you agree or not, this film is eye opening and incredibly interesting.

Like *Let's All Hate Toronto*, I

learned a lot about our country, but in an entertaining format that kept my interest.





## put your education to work... here in Alberta

**You have an opportunity to make a difference right here**

As part of Alberta's efforts to address its labour shortage, the Alberta Provincial Nomination Program helps employers fast track the immigration process for recent grads and qualified foreign workers in targeted occupations.

In addition to international students graduating from Alberta public universities or colleges, the expanded program includes:

- **Transportation** (long haul truck drivers)
- **Manufacturing** (machine operators, assemblers, fabricators, inspectors)
- **Hotel and Lodging** (room attendants, food and beverage servers)
- **Food and Beverage Processing** (bakers, production workers, meat cutters)

For more information, call the  
**Alberta Foreign Worker  
Hotline at 1 877 427 6419**  
or visit [www.alberta-canada.com/pnp](http://www.alberta-canada.com/pnp).

**Alberta**

*Building a stronger Alberta*



## LISTEN UP



## JOEL DETKA

From start to finish, the Chucky Danger Band has a solid album to add to their discography. Although it has not been released, and the title is still up for anything, the band has put together a very great album. Hailing all the way from the ever so distant P.E.I., these guys rock, and hard. There is nothing about this album I detested other than it had to end.

Now, this CD has a lot to offer its audience. For starters, it'll make you a believer. From Track 1 you get a nice touch of something musically sound.

It grabbed my attention very subtly and led me fast into the second track, *Can You Feel It?* Strong riffs,

great lyrics, and a powerful voice all lead me to want more, more, and then some more. Luckily, I still have *Freeways To Flight*. The bells start me on a short trip into ecstasy ... OK, not really, but I do actually want to keep hearing the song. The song just makes me feel good, almost bubbly. I just feel the transition from fast to slow was well thought out.

Well, the transition is over. But not the album, and I'm actually kinda glad! For once, I'm really excited to hear what is to come. And that would be *I'm On Fire*; maybe not the best song title, but it does help rekindle that upbeat pace. Even better, it leads to *One Thousand Voices*, the strongest song on the album.

This is the song to hear, if you only want to hear one song on the album. Epic is an understatement to this song. Scrumtralescent is the only way to put a description on it. The song as a whole, is touching, well mixed, well performed, well ... it's just amazing. And it's a song I would listen to over and over.

Intriguing is the best way to describe the next song on the album. *Picture* almost has a jazzy feel to it, and it's definitely worth checking out.

The next two songs ... well, they make me want to dance. Foot tappingly amazing. I just don't feel like sitting during these songs. And the album closes off with a nice touch of, well, well-mixed and produced



songs. This is where the legwork was done, and it was a nice finish to an already stellar album.

Overall, The Chucky Danger Band has an album of pure, refined, amazing music. And, I can honestly say, I'm a

fan now. If you want a nice, upbeat album, or you want to stand up and dance a little bit, be sure to check this out, it's tub-thumpingly tasty.



# No Heartbreak here

## GEOFF TATE

## Arts and Culture Editor

Another Farrelly Brother's classic to go down in the books. Not, perhaps, laced with as many one-liners as its predecessors, but what the movie didn't say, it definitely showed. Please, don't feel free to take your mother to this movie with you, but by all means go check it out.

Not very often do a father and son get to play father and son on the big screen, but Ben and Jerry (mmm, ice cream ...) Stiller make it a magical affair. The downright vulgarity of Doc (Jerry Stiller) in this movie is priceless, and he steals every scene he is in. You have to be deaf not to notice him, or just incredibly sheltered, as your mom (who I told you not to take) covers your ears. Ben plays his usual self in this flick, with the only noticeable difference being the colour of his hair. He pulls off all the right lines with all the right moves; moves only someone who can convince you that milking a cat is possible can do.

Full of wild, I'd-probably-cry-if-that-happened-to-me sex scenes, urination, Mexican immigrants, dirty old men, dirty Mexicans and dirty old Mexicans, *The Heartbreak Kid*

is fun for the whole class of you to go to. Just as you thought *Superbad* had raised the bar to new heights, *The Heartbreak Kid* responds with some jaw-droppers of its own.

And I know you are all at that age now where you want to go and marry the next thing that walks by (preferably on two legs), but I recommend you take a walk with Eddie (Ben Stiller) first. Don't do it for the sake of doing it! Go see the movie first, and then let all your friends decide for you.

And who knows, maybe you will have a new found appreciation for bestiality ... again ... ? So if you are looking for a good laugh, and you don't mind a bit of nudity, be sure to check out *The Heartbreak Kid*.

And there's a little something for you lazy people who stick around until after the credits as well. Also, once again, a little bit of nudity is good for you.



# NR92 set to expand

## AMIT SHARMA

Alright, so I have some absolutely massive news! NAITSA has received \$10,000 from Coca-Cola to expand NR92 across campus. NAITSA is meeting with Capitol Projects to discuss areas where they could eventually stream NR92 live.

That means soon you could be hearing us in places such as the Annex, the NAITrium and the HP Centre, possibly as soon as January.

This week's *New Music Nooner* features the newest album from pop artist Raul Midon. The album is called *A World Within A World* and features Raul's distinct voice, strumming, beats, and a cappella sounds.

Midon was born premature with his twin brother in New Mexico. They were blinded as infants after being in an incubator and not receiving proper eye protection. It didn't phase him much, as Midon began a career that saw him as a backup singer for Shakira and Ricky Martin, to name a couple.

He has been compared to Stevie Wonder and Marvin Gaye. You can hear the *New Music*

Nooner every day at 12:30.

Make sure you check out the *Gong Show News Show* produced by the third semester radio students and myself. We have regular features like sports, entertainment, streeters and the weekly NR92 soap opera, *The Young and the NR92*. The *Gong Show News Show* is every Thursday at 4 p.m.

This week's featured show is *It All Comes Out in the Swash*, hosted by one of our newly elected NAITSA Senators Amanda "Swash" Buckler. Many of you may know her if you listen to Shine FM on the weekends where she is the weekend DJ. Amanda plays a variety of music on her show from hip-hop to rock to oldies. Plus, she will play your request. She's a huge movie buff and loves to dish on all the new flicks! She also discusses the Oilers and other celebrity gossip. She loves to have fun on the show to get away from the professionalism of Shine FM. *It All Comes Out in the Swash* is on every Friday night from 6-8 on [www.nr92.com](http://www.nr92.com). Remember you can hear NR92 online, in the business tower, the south lobby, and in front of the NR92 on-air booth.



**PARK PLAZA BARBER SHOP**

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**NAIT Students \$10**  
**Cut and streaks \$25**

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## SPORTS

## Good start for Oilers



**NAHREMAN ISSA**  
Sports Editor

"It's the most wonderful time of year." In the Staples commercial, this song signifies the return of the school year. But for me, it signifies the return of hockey season. Ahhh, hockey season! The only reason winter is bearable. Take a deep breath. Optimism is in the air. Everyone's a cup contender. That includes the Edmonton Oilers, despite what some experts might say.

On October 4, the Edmonton Oilers rolled out the red carpet and began their 28th season in the NHL. The 2007-2008 season started on a high note, with a 3-2 shootout win over the San Jose Sharks. I was at the game with my fellow Puck Bunny (Lite) and NAIT peer, Amanda Hennawi. We were screaming and cheering, and annoying the guy in front of us (whom we called Meathead under our breaths). The game had its good moments, and its bad moments. It was quite the night, from the booing Mayor Mandel received to the win-

ning shootout goal by Jarret Stoll.

#### THE HIGHLIGHTS

- The red carpet. It made you feel special. The only red carpet I ever walked on was ... at Oiler games. I need to attend swanky events more often.

- Mayor Stephen Mandel getting booed during the ceremonial puck drop.

- The kids making a name for themselves by getting on the score sheet. Rookies like Cogliano, Brodziak, Gagner, and Gilbert proved why they should be there.

- Steve Staios blocking shots, and getting into a scrap. What an amazing player. I wear his jersey with pride.



- Starting the season with a win.

- Three periods, plus overtime, plus shootout. We were spoiled with extra hockey.

- Video accolades for Ethan Moreau and Fernando Pisani, though it's hard to watch Pisani sit out for a year.

- The opening credits, which show the Oilers in a fun, relaxed atmosphere.

- Sheldon Souray's face. It's beautiful. 'Nuff said.

- The hotdogs. Have you tried them? Totally worth \$4.

- The bandanas they gave out before the game. Thank you to the guy who traded his Staios bandana for my Grebeshkov.

- Calgary lost!

#### THE LOWLIGHTS

- The girls who hid their faces when they were on the big screen. Listen, unless you broke out of jail and can't be recognized, show your #%&ing face. You're not better than anyone else. No one gives a shit that you're "shy." There are 16,000 other people who want their faces shown. Put them on the jumbotron. Not some "shy" girl who hides her face, but someone who really craves attention.

- Not seeing Ryan Smyth in the line up. He pissed me off for leaving (don't blame Lowe on this one) but I miss seeing that mullet flowing in the wind.

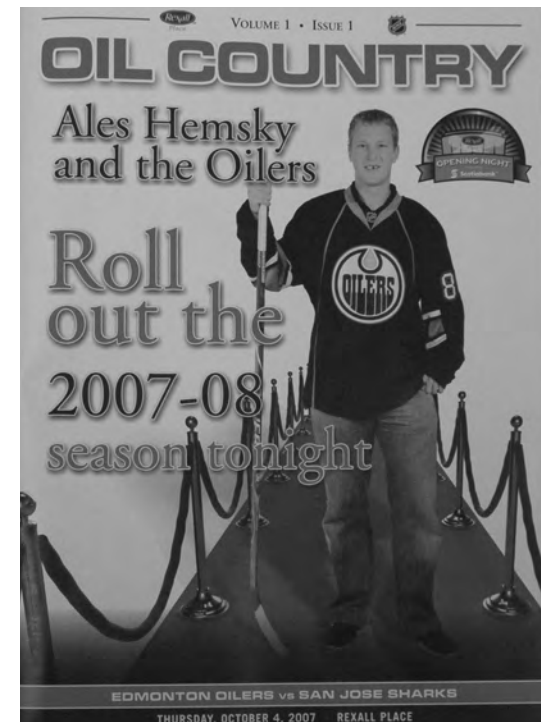
- I missed the Oilers warmup. I blame my friend 100% on this one.

- The opening song. Now, the only highlight to that is that they use a quick beat from Metallica (*For Whom the Bell Tolls*) and Muse (*Knights of Cydonia*). But that's it. The main opening tune is some unknown pop sounding song. What the hell? Give us something to rock to.

- The sideline coach. The guy two rows ahead of me sat in his chair, and because he bought his ticket, felt he had the right to bitch about the Oilers out loud.

- Joe Thornton didn't get his bell rung. For some reason I don't like him. Include Cheechoo on that list.

At the end of the game, my voice was raspy and my throat was sore. I almost sprained my



ankle celebrating the second goal. My friend's sister lost her wedding ring cheering for that same goal. Luckily, she found it in the row ahead.

I'm looking forward to this season. Last season, the Oilers hit rock bottom. Now there's nowhere to go but up. This year, I feel that we can, and will, compete for the division title. LET'S GO OILERS! LET'S GO!

P.S. Flames Suck. Leafs Suck.

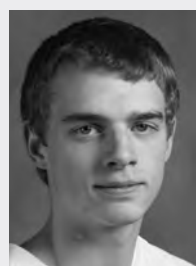
## Athletes of the week

### Kriska Reyes Basketball



NAIT's Female Athlete of the Week is Kriska Reyes, third-year point guard with the Lady Oaks basketball team. In three games at the Capilano College Blues tournament, Kriska averaged over nine steals per game, many resulting in easy layups. Her defensive pressure on the opposition point guard was unrelenting, forcing turnovers and disrupting any sustained attack by the opposition. A graduate of Jasper Place High School, Kriska is entering her third year of Business Administration and is looking forward to leading the Oaks' backcourt as they challenge for a playoff spot. Well done, Kriska Reyes!

### Andrew DeVries Volleyball



This week's male athlete of the week is Andrew DeVries. The six-foot-two left side has been a consistent performer throughout pre-season tournaments at MacEwan and Red Deer College. His ability to make the right decisions, and execute under pressure make Andrew an on-court leader for the Oaks and someone the team will look to as it enters the ACAC regular season. A 2A Provincial Volleyball champion at Edmonton Christian High School, Andrew is currently in his second year of Civil Engineering. Congratulations Andrew, on your selection as Athlete of the Week!

## Basketball High hoops for season

This year's edition of the NAIT men's basketball team consists of a host of familiar faces to college basketball.

The team boasts eight returning players from the 2006/07 provincial medallist squad who are hungry to surpass last season's successes.

Fourth-year forward Jonathan Honey also joins the team after three years with the Augustana Vikings from Camrose. NAIT welcomes back

third-year guard Cody Vermeulen, who spent 2003-2005 in the blue and gold. The Oaks also add veteran point guard Kyle Saban to the roster after stints with Grande Prairie Regional College and Red Deer College.

Mitchell Jackson rounds out the roster for college transfers as he defected after a one-year stop as a red-shirt with the Concordia Univer-

sity College Thunder. Perhaps the steals of the Alberta recruiting class come in the acquisitions of rookie guards Jason Burke and Cameron Burr.

Burke came to the Oaks as a relative unknown in Alberta after making a name for himself in Ontario and

the United States (AAU) and Burr is a former Edmonton high school all-star who has been away from Alberta and the game of basketball

for a few years and thus was forgotten by the recruiting hounds until he resurfaced in the NAIT spring league and was immediately signed by the Oaks.

Edmonton high school graduates Chris Seeley and Gary Thomas round out the recruiting class and turned down offer sheets from other Edmonton colleges to join the NAIT family.



Coach Nwobosi is extremely excited to coach the new squad and expects that team chemistry and a relentless work ethic will translate into continued success on the court for this year's edition of the NAIT Oaks.

The 2007-08 NAIT Oaks women's basketball team is nearly all new, and can't wait to get at it.

Only three players have returned from last year, but where the Oaks may have lost some experience, they've got a new jolt of youthful enthusiasm to build on their recent success.

This season's roster boasts an improvement in team speed and raw skill, and real potential for a successful season on the court.

The team's exceptional work ethic and fantastic chemistry – already the girls have established a close-knit, family atmosphere – promise to heat up the court this year, and will make them an exciting team to watch and a tough team to beat.

Together, they'll work to achieve new heights for NAIT women's basketball.



# Join the Ook Nation!

## NAHREMAN ISSA Sports Editor

Imagine February in Edmonton. You probably picture cold temperatures, snow falling and your toes freezing. Now picture Mexico in February. Warm sand, sunny beaches and sun tanning. That's a prettier picture, isn't it? For most of us, this is just a dream. But for one lucky fan, this will be a reality. Ook Nation is giving away a trip for two to Mexico.

Ook Nation has been launched by NAITSA and the Nest to award Ook fans for their support. This is a way for you to not only go to the games, but to be rewarded for it. This promotion is for men's and women's hockey, basketball and volleyball games. Ook Nation is available for anyone to join. Whether you're a student, teacher, friend, or parent – anyone is eligible to win.

### Get a T-shirt

So how do you get involved with Ook Nation? It's quite simple. T-shirts went on sale Oct. 9 for \$10. The T-shirts can be bought at NAITSA office, the Nest, and every home game at the rink or gym.

At every home game, there will be game day prizes.

Larger prizes will be given away at the first home games of the month.

To be entered in the draws, you must wear your Ook Nation shirt (with pride!) to the home games. When you show up to the game wearing your T-shirt, you will be given a ballot to fill out. The more games you attend, the better your chances are of winning great prizes.

And of course, a better chance for the grand prize trip.

The first game for Ook Nation is the women's hockey game on Oct. 12. Come out to win the first set of prizes.

The Nest has teamed up with Ook Nation as their pregame and postgame bar to be

seen at. Every Friday, the Nest offers game-day discounts. Wear your Ook Nation T-shirt and enjoy a fun atmosphere with food and beverage discounts. Every Friday at the Nest is Jacked up Fridays, where the Jack Daniel Girls will be in attendance. On Oct. 19, there is an Ook Nation kickoff party.

One lucky fan in attendance will win two tickets to an upcoming Oilers game. You have to be there to enter.

Come out, enjoy some refreshments, and head out to either the women's hockey game or to the men's and women's basketball games.

You have three chances to win prizes, plus another chance to win a prize at the Nest. This kickoff party is sure to be a blast. Don't miss out on it.

### Well worth it

So there you have it. Here's a chance to support your NAIT sports teams, and have a chance to win some great prizes while you're at it. I may not have any concrete details in regards to the prizes they are giving away, but I was told that they were well worth it. Also, the trip to Mexico is quite tantalizing, especially with winter around the corner. This trip is planned to be given away a week before Reading Week. What better way to read your novel than on the sunny beaches of Mexico? So come out and support your NAIT sports teams, and join Ook Nation.



Photo by Janna Van Dorp

NAIT athletes Kim Paul, volleyball, Steven Lamont, basketball and Ben Stokes, hockey, show their support for Ook Nation.

## Intramural time

College can be quite stressful and demanding. Most of us get our only form of exercise by just walking to class or to the cafeteria. Eating unhealthy food and having to study for five exams in three days might make you a little on edge.

What better way to blow off that stress than by indulging in friendly yet competitive action? If you're not able to commit to a sports team, either on or off campus, join NAIT intramurals.

Intramurals is perfect for the student who wants to play a sport, but cannot commit full time. You can enjoy friendly competition, while relieving your stress on the opposing team.

It doesn't matter if you're athletically gifted or just plain old suck at sports. Sign up to maintain or sharpen your skills.

Intramurals is open to all students and staff.

### FIRST SEMESTER

While hockey and co-ed soccer have already started, you can still sign up for co-ed

basketball and co-ed volleyball.

#### Coed Basketball:

Start date: Monday, Oct. 15

All games played Monday and Tuesday nights in the main gym between 4:30 and 6:30 p.m.

**\*\*\* By the time you read this, the deadline would have passed. If you would still like to join, you have until the noon hour tomorrow to join\*\*\***

#### Coed Volleyball:

Deadline to sign up, Wednesday, Nov. 7

Start date: Monday, Nov. 12

All games played Monday and Tuesday nights in the main gym between 4:30 and 6:30 p.m.

If first semester is not OK in respect to your schedule, there is always second semester. The same sports will be back, with ball hockey and dodge ball being added to the schedule.

Sign up at the Sports Equipment Centre in E026.

– ISSA

# EDMONTON OILERS

## GAME OF THE WEEK

–AT THE NEST–

### WATCH the GAME on our 10' SCREEN

Molson jugs  
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OCTOBER		
Thurs. Oct 4	San Jose(h)	7:00pm
Fri. Oct 12	Vancouver(h)	7:00pm
Thurs. Oct 18	Phoenix(a)	8:00pm
Thurs. Oct 25	Minnesota(h)	7:00pm*
Tues. Oct 30	Detroit(h)	7:30pm*

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



# Think like champions

## SHANT CHAKMAKIAN

As you all know, the hockey season has started and the Oilers are off to a glorious start, winning their first game against the Sharks 3-2, along with the Flyers, winning 5-3. But all victories aren't without losses. After losing to Detroit 4-2, nothing is perfect.

But really it doesn't matter how much we win or lose, it's about the game, the culture of hockey that brings our city, our province and our country together.

Unfortunately, people are always quick to jump on (or off) the bandwagon. Look at two years ago when we were Western Conference champions. The Oilers did

an awesome job moving up the ladder as they proved unbelievers wrong.

Like valiant warriors in battle, the team that barely made the playoffs made critical moves and fought back to secure its rightful place on hockey's battlefield.

With the odds against them, our team moved to the top – there's nothing like watching the underdog own it.

In the end, it brought our city, province and country together. Anyone, anywhere, would talk about the game at any time because damn well everyone was watching it.

I remember singing goodbye with the rest of the stadium when

we defeated San Jose to move up to Anaheim for the Western Conference. I remember singing our nation's anthem along with every other soul in that arena because, even though I was always proud to be Canadian, that day I realized what it truly meant.

I remember having migraines for a month after the playoffs because I, with everyone else, cheered so damn hard I just couldn't talk anymore.

Every night at the end of a game or during intermissions, phone circuits were busy, water usage peaked to mass levels, electricity usage topped and streets were filled with the sound of cheers and honking.

For the first time in history, our province ran out of beer.

Whyte Avenue will never be the same after what happened that day and neither will the soul of our city. Looking over, seeing a sea of thousands of people celebrating in glory. Those were some of the best times our generation has experienced – it was legendary.

And no one saw it coming. Most people didn't believe and the rest didn't care until it happened; and that's the problem. Most don't support the team unless they're doing great.

But we are Edmonton. We git 'er dun because that's the Albertan way and the Edmontonian way to

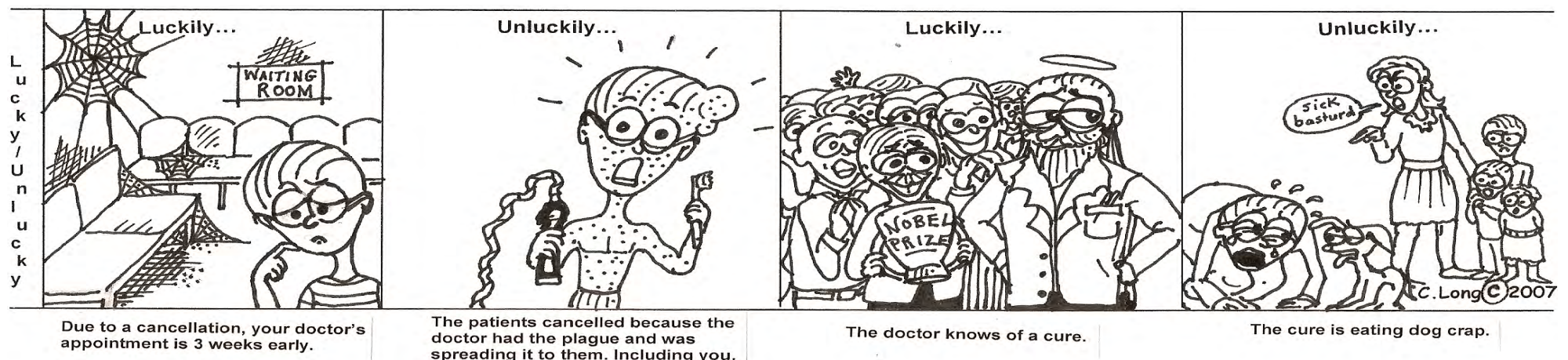
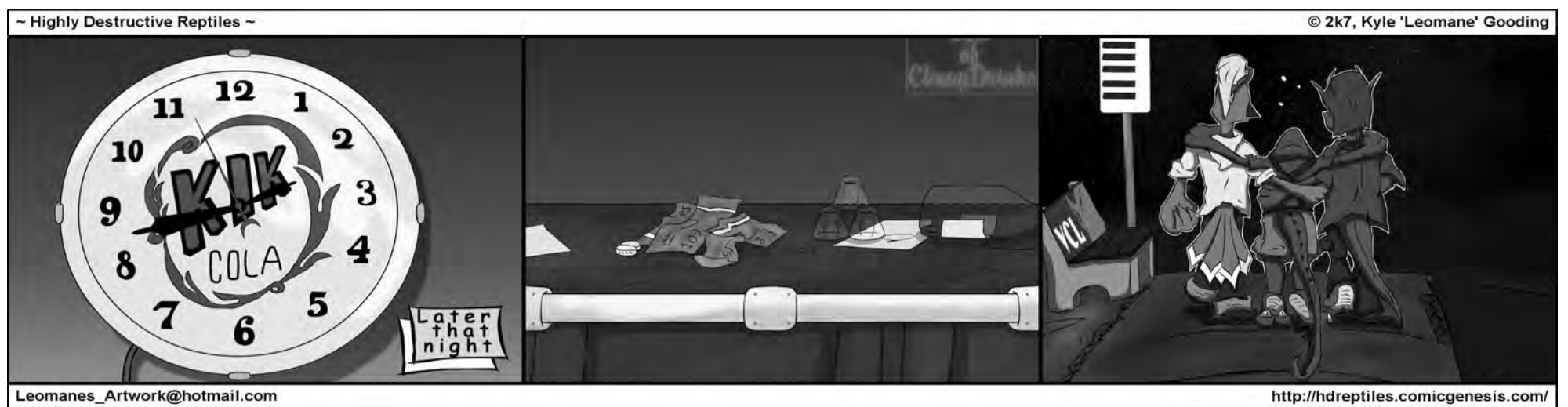
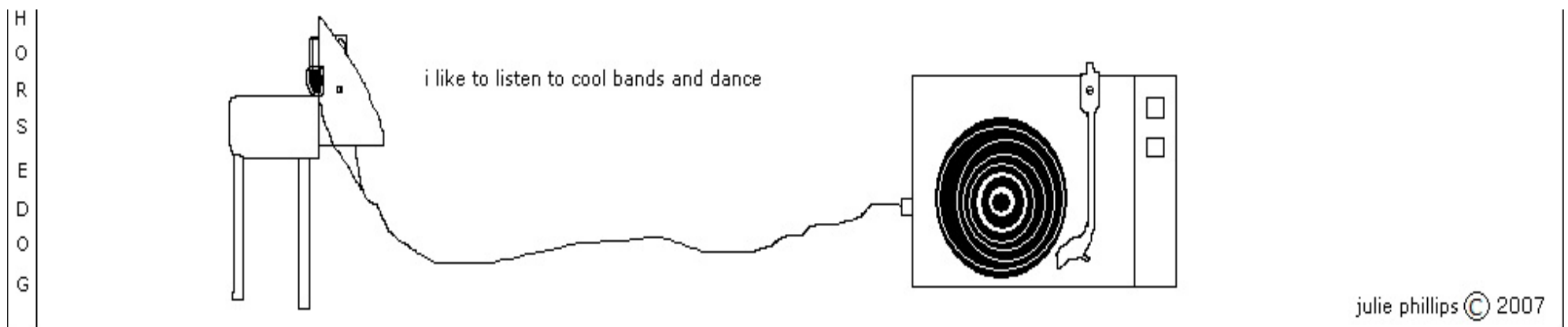
champion success.

We are the underdog that comes back when you least expect it. We are the city with the souls of Spartan warriors.

We are the ones that never give up, the ones that never let down. We are Edmonton, the City of Champions. Let's never give up or stop believing in our Oilers, in our Eskimos, or in ourselves, because we are champions.

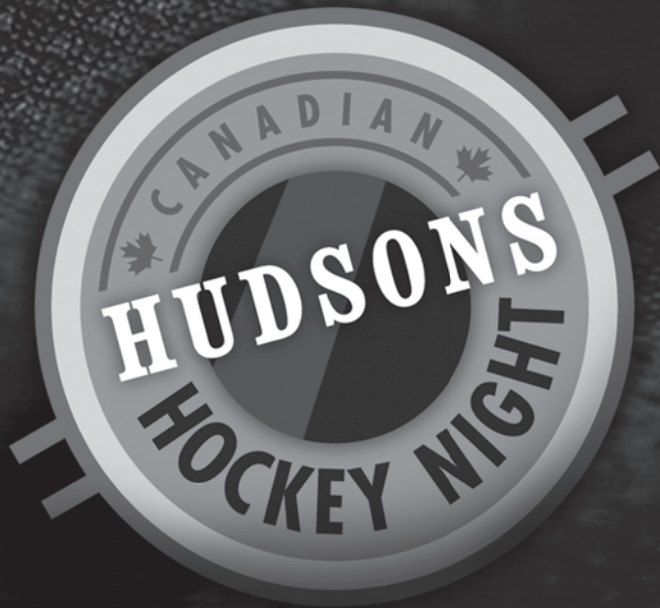
*Please feel free to visit my blog at <http://shantc.blogspot.com> or to email me any comments or suggestions at [shant\\_c@hotmail.com](mailto:shant_c@hotmail.com) I value and look forward to your input.*

## NUGGET COMICS



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.





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## "Education for the Real World" Open House 2007 Be an Ambassador for NAIT

Help us promote NAIT and your program by becoming a member of the **Roving Student Volunteer Team** at our annual Open House. It's your chance to help us showcase all of our programs to guests from across Alberta and surrounding areas.

You will be asked to guide tours, welcome buses and circulate throughout NAIT in order to help the public find program displays or special presentations during your shift. Also, you may be asked to provide information about your program and your positive experience at NAIT.

Open House takes place on **Friday and Saturday, October 12th and 13th**. Classes are cancelled on the Friday for the event. Open House is one of the largest public relations and public information exercises we stage, and each year it brings in many thousands of potential students along with parents, friends, teachers and counsellors.

Several training sessions will be scheduled during the week of Monday, October 1 to Friday October 5, 2007. Attendance at one of these training sessions is compulsory.

**As a student volunteer your name will be entered into a draw for the opportunity to win one IPOD Classic (80GB).**

If you are interested, please contact:

Francisca Hoblak, Administrative Assistant  
Student Recruitment  
South Lobby 0117  
Phone: 780.471.8457  
Email: [francish@nait.ca](mailto:francish@nait.ca)

## 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](mailto:bhill@stollerykids.com)

### Open House

NAIT Open House Committee is now recruiting volunteers for its annual event! Invest your time as a campus tour guide, welcoming buses and helping all our visitors find the right room here at NAIT. Open House weekend runs Oct. 12 to 13. Contact Francisca Hoblak at 471-8457 to volunteer.

### 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.red-cross.ca/cnar](http://www.red-cross.ca/cnar)

### Scarecrow Festival

The Scarecrow Festival is once again recruiting volunteers to assist with its event in support of ABC Head Start. This premier fall family celebration is looking for volunteers on Oct 12 to 14. A variety of shift times are available. For more information, please contact Marg Korby at [mkorby@shaw.ca](mailto:mkorby@shaw.ca)

## LOL (Learn Over Lunch) Workshops

### What Is Your Learning Style?

Wednesday, October 17<sup>th</sup>

Maximize the use of your personal learning style by identifying and understanding how you learn and process information, and become informed about learning styles that are different from your own.



### Learn to Relax

Wednesday, October 31<sup>st</sup>

Experience guided muscle relaxation and visualization exercises to learn self-relaxation, and get some quick tips to prevent stress from escalating.

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](http://www.nait.ca/counselling)

e-mail: [counselling@nait.ca](mailto:counselling@nait.ca)

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

**...facilitating student success**

## OPEN HOUSE PARKING

Friday, Oct 12, 2007

To accommodate our visitors on Friday, October 12, parking will be free to staff, students and visitors. It will not be possible to protect staff and student stalls. Therefore, please come early that day to ensure a parking spot. If you vacate your stall during the day, there will be a strong possibility it will not be available upon your return.

Please note that meters along 118 Avenue in front of Ernest's are City of Edmonton property and are not included in the above notice. Please be sure to pay at those meters if you decide to occupy them. Inquiries should be directed to 471-7477.

**Edmonton City Centre permit holders:** There will be no bus scheduled to transport students to and from the ECCA parkade. Please contact parking services at 471-7539 if you require further information.

## Classifieds

### Job Posting

**The NEW Tazza Mediterranean Cafe in downtown Edmonton is looking for enthusiastic, cheerful individuals who will enjoy working with people in our friendly family owned cafe. Restaurant managers, servers, cooks and prep-cooks needed. On site training available with full and part time shifts to be filled. Have fun at your job with great people to work for!**

CALL TODAY: 488-1901

### Looking for drummer/bass player

With student schedule.

Influences: Pearl Jam, Zep, Big Wreck, rock.

Call 217-5794

### Heritage Harley Davidson

**is looking for a FT management accountant with a diploma. We offer a great work environment, great pay and a lot perks. If you're ready for a fast-paced career, where Harley-Davidsons take the place of cubicle walls, then e-mail your resume to [karl@heritageharley.com](mailto:karl@heritageharley.com) or drop by to 9743 51 Ave.**

### Back pain?

Contact [massagedude@gmail.com](mailto:massagedude@gmail.com) for remedial massage.  
Special NAIT student rates. RMT.



# HOT SINGLE OF THE WEEK

## Say hello to Holly



**BRENT  
CONSTANTIN**  
*Beardless and cold*

Here at NAIT there are only two times; class time and times when there aren't any clocks in that area of the school so it's impossible to tell. But, if there were another time, it would probably have the word "party" somewhere in there, and there isn't anywhere better to experience the thrill of youth and kidney damage than our own campus bar, the Nest. Located beneath the ice rink and above the pool, the Nest enjoys both free ice and water services, compliments of the facility staff of those areas.

In a totally unrelated accident, our HSW this issue actually works at the Nest, what are the chances?!? Holly has graciously agreed to showcase

herself as well as provide free advertisement for our campus bar.

**Note:** Holly made us change tables while we were doing her interview. Apparently my fingerprints will destroy the finish.

**B:** Holly what do you like about the Nest?

**H:** It's a really fun place to come down, meet people. You get to know lots of people all over campus.

**B:** It's your second year here right? What program are you taking?

**H:** I'm actually done school in correctional services.

**B:** Like prison guard and stuff? So why aren't you working in that field?

**H:** I'm still looking around. I'd love to work with at risk street youths, or at a women's prison, don't put that last one in though. People will think I'm a lesbian.

**B:** Why would they think that?

**H:** Most people think that female prisons are all the same, but it's not big butchy lesbi-

ans, most prisoners in there are abused wives that have killed their husbands, or gang-related offences.

**B:** I never knew how little I thought about the female penitentiary system until this very moment. So when people come down here to the Nest looking for you, what should they know?

**H:** Sometimes I look angry, but I'm really not ... some days are just not as good as others.

**B:** Why, what makes you upset?

**H:** Mostly guys that come in here and after a couple of drinks they lose all respect. They get loud, stupid and gropey. Not very classy.

So come down to the Nest and say hello to Holly, but doing it without talking to her, eye contact, or touching her or else she'll drop you like an inmate after lockdown.

If you or a friend have extremely low self-esteem and need thousands of pictures of you all over the school to validate your worth as people e-mail me at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) and we'll hook up a time that's good!



Photo by Brent Constantin

## Out and about



AMY BIZOVIE

### Do you think there is enough student space on campus?



There is more than enough space for students to sit around on campus.

**Amit Sharma**  
Radio Broadcasting



Yup. During lunch, there's not much, but during class there is.

**Jason Ford**  
Business Administration



Oh yah. There's tons.

**Daniel Ducharme**  
Culinary Arts



It's good, but it could be better.

**Andre Chabot**  
Culinary Arts



A picture is worth a thousand words.

**Trevor Bambridge**  
Business Administration





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