

HAVE A COFFEE AT THE NEST!

THE NUGGET

Thursday, Oct. 18, 2007
Volume 45, Issue 8



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Open for business

NAIT hosts its annual Open House; stories, pictures, pages 3, 10, 11



ONE MORE

NAIT scores a goal against the Augustana Vikings during their Oct. 13 game here. The Oaks took both games of the home-and-home series by scores of 4-2 and 5-2. For more sports, see pages 6, 7, 8 and 9.

Photo by Brendan Abbott

THE NEST

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NEWS & FEATURES

Help is at hand



GABRIELLE HAY-BYERS
Student Issues Editor

Here at NAIT, many of us forget that there are instances where we might need to ask for help. Thankfully, we have an excellent student counselling services team that helps us all stay in tip-top NAITster shape.

"About an equal amount of people come in for personal and academic reasons," says Margaret Marean, a member of the counselling team. "There are a few who come in because they think they might be on the wrong career path."

Hard transition

Some NAIT students are moving away from home for the first time, which probably helps explain why Counselling Services initially sees a lot of people who are having a hard time with their transition to NAIT.

A key point that the Student Life Education Company (pick up their pamphlet in the NAITSA office) makes is that sometimes "doing well" in school is seen just as making the grade. However, it also means feeling good about your experiences and connecting with other people.

So how does NAIT stack up against other universities and colleges in the area for counselling staff? Here at NAIT, we have three full-time counsellors, two full time and one part time student with disabilities advisers, as well as an assistant technical adviser for students with disabilities.

U of A charges

The University of Alberta's Counselling Centre has, by far, the most staff, but this is probably because approximately 40 masters and PhD students in psychology are there to help out. The U of A was the only institution contacted that charges a fee for students to use their counselling services.

At Grant MacEwan (when you don't get an answering machine), there are a total of 10 counsellors that can help you with both personal and

career counselling issues.

Sometimes, we all need a little help. So how do students feel about getting an answering machine when they're looking for that help? "I would just want to talk to a person," says Katie Berlinguette, "That way, at least I'd know if they couldn't . t me in or get me help and I would look elsewhere."

Thankfully, here at NAIT answering machines aren't the backbone of counselling services.

"There was absolutely a conscious decision to not have an answering machine be the first thing students hear when they call us," says Marean. "Occasionally, the students get a machine ... (but) the human touch is really important ... we made the decision to not use answering machines so that we'd be more accessible to students."

So next time you're stressed, depressed, overwhelmed (or anything else), remember that NAIT's counselling staff is here to help.

For Ask a Counsellor, see page 16



Photo by Brent Constantin

Your friendly Street Team members are Christa Kim, left, Michelle Kirkwood, Gavin Thomas, Courtney Gabbert, Geneviève Laurent and Aniceto Traspaderme.

Street Team is here!

GEOFF TATE

No, not street fighters, Street TEAM. Yes, indeed, NAITSA has organized its first ever Street Team, a select group of first year RTA students highly trained in enthusiastic chants, good hygiene and select forms of martial arts. Rest assured you will be seeing these skilled individuals nomadically travelling the hallways of NAIT, handing out whatever they feel like and telling, not asking, you to attend upcoming NAITSA events. And you better damn well listen (please refer above to their martial arts skills). These fine persons will be

keeping us all up to date on the need to know around campus, as well as giving out motivational, explosive high fives (if you haven't noticed, I'm all about the high fives) to all that come within their field of vision.

Christa, Courtney, Genevieve, Michelle, Gavin and Aniceto are the NAITSA Street Team, just another method NAITSA executives intend to use to reach out to members.

"We have the agendas, the *Nugget* and a bunch of bulletin boards," says Brent Constantin, VP Campus Life and local pervert. "Those aren't very interactive, so what we are try-

ing to do is actively go out and promote these events through this street team. Don't be offended when they come up and talk to you, they are just trying to make sure you make the most of your NAIT experience."

And this they will! You no longer have to go out of your way for free stuff; they bring it to you! What more do you need in the way of motivation? None! And feel free to contact the NAITSA office for more info about the goings on around campus.

Oh, and I have changed my mind – they will from now on be known as the NAIT Street Fighters.



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Thursday, October 18
3 – 5 p.m.
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Careers now at www.pcl.com



Forestry students Don Shearer, left, and Bradley Eaton, man their department's booth at the open house last week. For more pictures of the event, see pages 10 and 11.

Photo by Amy Bizovie

Opportunity knocks



By SHANT CHAKMAKIAN

Most of you had the pleasure of having Thursday afternoon and all of Friday off due to the open house. Even though I say this a lot, it's true: you all missed out.

I had the pleasure of working with student recruitment as a tour guide and discovered some pretty amazing stuff about our glorious institution.

We all know we are one of the biggest and the best and it's clear why most of us are here. Simply, to get in and go far.

But what most of us don't realize is the really cool stuff we have here and the community surrounding it all.

For example, no one goes to the V-Wing except forestry, carpentry, automotive and Radio/Television (NR92 and NTV), but if you swing by, sometimes NR92 will let you on the air and dedicate your favourite song (thanks for *Thunderstruck*, guys).

NTV is always on campus when something big happens, but no one realizes that they are also airing every Sunday at 5 p.m. on Access (Channel 9) and those TV students put on a great presentation.

And did any of you know that the main building has quite the massive basement, from the Sports building all the way down the E-Wing (and adjacent wings)?

First, I have to give props to all the students for braving it every day without sunlight. I know I couldn't, because I need sunlight to live, seriously.

But my favourite thing down there is photography. I had the pleasure of enjoying a free art show as they displayed the best works of their first-year students.

Here at the *Nugget*, we get the pleasure of working with a lot of photographers from that program and most of the pictures from our paper wouldn't be possible without them.

What really wows me is the idea that if we hired a bunch of the photographers from that program, they could take some pretty awesome pictures and post it all over campus. Just imagine how awesome our buildings would look: every wall would be a free art show.

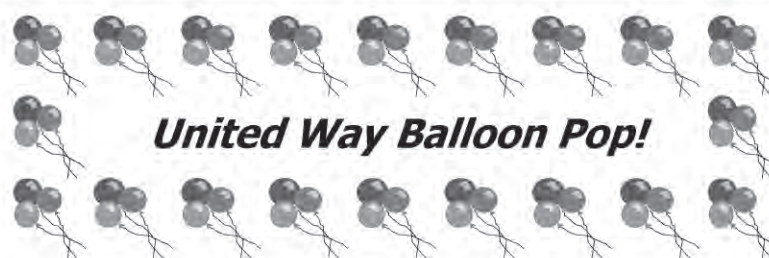
All that aside and despite my bias, I have seen a few other open houses and I can confidently say NAIT's is the best. Seriously, how many open houses showcase a robot, an art show and some of the best tools of the trade?

Whether it was the culinary program cooking up some prime cuisine or the dental techs taking a live imprint of your thumb, open house is the

best time to see what the school you already pay for has to offer.

So if you're around next year, drop by and check it out, you'll be glad you did!

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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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.



OPINION

— Editorial —

Now that's planning!



ALISTAIR WILKINSON
Student Editor



ALISTAIR WILKINSON
Student Editor

Every now and then, I long for a tyrant. Tyrannical dictators, military or otherwise, tend to move a little faster in implementing strategies for change than any other extant system of government. Sure, there may be a few subsequent losses as tyrants implement their diabolical schemes (mass genocide, destruction of civil liberties, nepotism, corruption, etc.) but, man, those evil megalomaniacs tend to get things done. In addition, there has seldom been such an effective tool for promoting collective action as a tyrant. Anyone can hop on the let's-get-that-evil-bastard bandwagon, and rightly so.

In contrast, take a look at our bland city councillors. Now that Edmonton's civic election is behind us (yawn), we can comfortably shelve all those city issues that so concerned us (or simply bored us). Oh, I'm sure our councillors and mayor will continue to allocate funds for more meetings, more committees, more investigations and more long-term initiatives, all of which can be safely put aside while they get on with the real business of civic government. Thanks for the votes, you lot, now shut up and take what we give you.

When NAITSA approaches city council to push for improved student housing, better transit options and so forth, city council will sluggishly rise to the challenge and do next to nothing. They will sound like they've got some great initiatives in the works, but those will be locked in the far away (and possibly mythical) land of long-term planning.

I appreciate the need for proactive planning, but shouldn't previous government initiatives be in effect now? Because now is when the plan's results are needed.

Charity drives have often focused on “those left behind.” If today’s students are tomorrow’s leaders, then they’re not left behind, they’re left ahead, put off until some other administration can look into it. By then, it’ll be too late. But maybe, just maybe, some student whose current plans have been frustrated by an uncaring government will blossom into an evil tyrant.

Now that's planning for you.



— Letters —

Debunking global warming not so easy

Dear Nugget,

The letter from Richard Blakely of MIET shows how scientific ignorance can be used to completely turn the facts on their head.

He rightly says that CO₂ (carbon dioxide) and CH₄ (methane) “... absorb the infrared portion of the sunlight.” Unfortunately he goes on to put his foot so far in his mouth he almost chews his kneecaps. He says that “... less sunlight reaches the ground” assuming I guess that it can’t then heat the planet.

Sorry Richard but that doesn't mean the absorbed heat just goes away, it's in the ecosystem of planet earth and hence, it counts.

If it was reflected back into space, as happened before the industrial revolution, that would be great. The problem is that there is about a third as much CO₂ now as there has been for at least the last 650,000 years (and maybe longer), and that isn't counting the increase in the other greenhouse gasses (GHGs). How do they know that? Ice cores – long tubes of ice taken from ice fields and examined in laboratories under scrupulously careful conditions.

There are a lot of amateur scientists out there trying desperately to debunk the solid science of global warming, and even a very few qualified ones.

The only reason they get listened to is because they are heavily funded by wealthy vested interests such as big oil. This, combined with a deep reluctance of small and diminishing number of people to make the necessary changes, means that we will probably continue

damaging the life support systems of planet earth until it is truly too late.

Common sense is still very common though since high percentages of the population strongly and consistently support actions to curtail the growth of GHGs. The problem is

that guys like Richard (well meaning perhaps) can still spout off such tripe and get away with it unquestioned.

Sincerely,
David J. Parker, P.Eng
Instrumentation Instructor
EcoNAIT member

Gore wins with flawed science

Dear Letters-to-the-Editor:

Wow, NAIT's physics department, as usual, had great displays this year at NAIT's Open House. For example, the model Stirling engine spun its propeller and the ping-pong machine bounced its ball. Apparently, many visitors did not see their displays, however. And in other news, shysters can win a Nobel Peace Prize. Mr Al Gore's *An*

Inconvenient Truth, although full of scientific errors, can qualify him for such a prize. The film *The Great Global Warming Swindle* countered many of Mr Gore's claims with real science, but it did not win a Peace Prize. Visit Junkscience.com to learn about the science.

Sincerely,
Richard Blakely

Moving out is hard to do

MARTIE VANTOL

Ah yes ... moving away from home – the sought-after goal of most adolescents. Gaining your independence, striking out on your own, making some life changes and pursuing your education ... that's what moving out entails, right? Of course it will cost some money, and some adjustments will have to be made, but what's the big deal?

Pretty oblivious

Apparently, I was pretty oblivious to much of how things really work. There isn't one large issue that makes it a little trickier than originally imagined, but rather a compilation of somewhat smaller things. So, in order for you to boost your self-esteem due to your superior moving-out knowledge (assuming there is no one as oblivious as I was), I am going to share with you some things that I was not counting on when I moved out.

All of the "doubles" were a bit of a concern. Obviously, I was expecting to have bills. Obviously,

I was expecting there to be a few of them. However, I somehow managed to miss the part where every company requires double the regular amount for "first-timers." So, for the first month after any utilities are hooked up in your name, you get to pay for two months instead of one! Phone and Internet, gas and electricity, as well as a damage deposit on your place, which is often a whole month's rent.

Throw in the cost of your car insurance and gas money (or bus pass, or all three if your car breaks down ... which it did) all of the random dishes and home supplies you need around your house, tuition and book costs, necessities such as soap and shampoo (when did they get so expensive?) and, oh yes, a little

sustenance, and you're looking at quite a hefty sum, one for which I was not financially prepared.

On the plus side, you won't have to pay rent plus damage deposit if you can't find a place to rent, which is a definite possibility, especially if you are looking for a place for more than just yourself.

When you do find the magical place to call your own, don't be like me and assume that your landlord is going to remember and follow through, but make sure you commit

to memory every assurance your landlord makes. If they tell you they will have something repaired, but don't give you a timeline, get them to commit to one. That way, one month in, you won't be stuck with a non-functioning washer and

dryer and a kitchen sink that leaks through the floor into your bedroom, creating a lovely infestation of mould in your ceiling.

Another thing that kinda threw me was having roommates. I moved in with a few people, and we were friends prior to this experience. No matter who they are, if you haven't been living with someone for the last 18-odd years and then suddenly throw your lives together, it is going to be weird.

So, the main reason I moved out in the first place was to attend secondary education here at NAIT. However, I was not prepared for the course load I was dealt.

I'm not sure what I was expecting, but eight classes, a lab and a clinic this semester, plus the occasional weekend event to attend for classes, was a little more than I'd imagined.

I am enjoying the program, but I should have done some homework before the semester actually started as to how much time would be dedicated to school each day.

If you have a full course load and were planning on working up to 30 hours a week like I was, you may want to consider scrapping that idea right now. All I can say is hal-lelujah for student loans!

No time

So aside from eight hours at school each day, plus getting there and back, I am somehow supposed to have time to study for a couple hours every day, eat (which means cooking, which takes time), clean my house, do laundry, attend church activities, exercise, go grocery shopping, travel home to see my family every once in a while, spend time with friends, keep in touch with old friends, spend time without friends, and sleep (for eight hours a night??).

Who the heck came up with the 24-hour day?

Whatever you call it, moving out is a learning experience. And a stressful one at that. But really, once the first month is over, it isn't so bad.

I call them as I CST them

ADAM KIRBY

What happened to student interaction? What happened to the days when classes would head to Boston Pizza on Fridays with their instructors? There was once a large, strong community, but it's been somehow broken apart. Students now congregate in smaller subgroups and there isn't much interaction among them anymore.

Why is this happening? Maybe colleagues don't have time anymore. Everyone has classes at different times and not everyone can hang out after school or on weekends. Another obstacle is that there really isn't anywhere to hang out up in the HP Centre. Most of all, though, no one is taking the initiative.

I'm not the only one concerned about the CST community being broken into pieces like this. The assistant program co-ordinator, Steve Chattergoon, has been consulting with the local student interests group, NCIT-SIG, in order to figure out the best way to change the atmosphere for the better.

"We work hard, we should be able to have fun," he says.

In order to spearhead the student initiative, NCIT is trying to have regular monthly events to get students together and socializing, such as the upcoming Halo event on October 31, appropriately named "HALO-WEEN." Aside from the events, there has been talk about clearing out some space in the student lounges to make room for

couches, possibly even installing a television nearby to play the news or for students to set up games and finally give them a place to hang out.


Is this enough? No, it's going to take more than a few couches and Xboxes to bring the populace back together, but it's a start. In addition to inter-student communication, more instructor-student engagement is needed.

Perhaps by slowly bringing the community back together, more students will step up and get together with their classmates and instructors and, vice versa, instructors will be more keen on socializing with students outside the classroom. More engagement fosters a stronger learning community, one that supports students in difficult times. When you finish your courses at NAIT, this is what you're going to remember most – the times where things got tough but you persisted because you loved the people you worked with.


There's been talk among some of the higher-ups about having an hour or so off during the day, kind of like a program-wide break. Having an area in the HP Centre to hang out would make it easier to socialize between classes, and freeing everyone's schedules for an hour would allow everyone to better utilize this area and get to know everyone else from the other sections.

When you feel strongly connected to your peers, you have more fun, and having fun at school is the key to being successful at school.

... having fun at school is the key to being successful at school.



What did you do at work today?





Petro-Canada Day at NAIT

Wednesday, October 24, 2007
9 am to 3 pm

Come visit with us at the following locations:

- Millwright Centre
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- South Learning Centre

Petro-Canada representatives will be on hand to talk to you one-on-one about great career opportunities, plus you'll have the chance to **enter a draw for an iPod!!**

SPORTS

Hockey's here again



By **NAHREMAN ISSA**
Sports Editor

If you happen to be walking past the rink, and wondering what that smell is, don't worry. It's just the hockey bags. That's right, boys and girls. Ooks hockey is back in action here at NAIT, with the men's and women's teams starting their 2007-2008 seasons. Sure, they had tournaments as a warmup, but now the real deal is here. Each team will play 24 games, with the playoffs starting in late February. Terry Ballard, coach of the men's team, and Keith Garner, coach of the women's team, are at the helm once again.

TERRY BALLARD

With the men's team coming off a silver medal finish from last season, coach Terry Ballard is quite certain that there is still plenty left in the team. He is excited as this season starts. As far as his overall thoughts

about the team, it was clear that his players are ready to compete.

"We've got a great group of guys who are quick and fast," the veteran of 10 seasons behind the Ooks' bench says.

"We can move the puck very well. Our guys may not be as big, but we are very physical. The players were fit when they got here. With our skill and physical presence, our team can wear down the opposition by the end of the game."

Experience is not an issue, despite fewer than 10 players returning to the team.

"The new players on our team have experience. It may be at different levels, but the experience is still there," says Ballard. One of the returning players is none other than Ooks forward Ben Stokes, starting his fourth year as captain. Ballard has only praise for his captain. "He's a natural leader. He has a charis-

matic approach to the game like no other. Ben has the will to win, which is very important for a captain."

If there is one game to watch, it would be the Nov. 16 game against SAIT.

"When it comes to rivalries, SAIT would be the team to beat. They are our main rivalry."

The men's team is ready for this season. With the loss in the finals still fresh in their minds, they're determined to go for

gold, and will be fighting hard to get it.

KEITH GARNER

The women's team was kept from winning any medals last year, but Keith Garner is positive this team will rebound. His overall thoughts on the team are optimistic.

"We are a hard working, disciplined team. We always find a way

to fine tune our offensive skills," he says.

As the new school year began, Garner needed to replace 16 departing players. With only six returning, one in her fourth year, experience is his No. 1 concern. "With 16 new players, you need to teach them the system. They need to catch up with my techniques and processes, and see who can play on a line with each other," he says.

"Also, they are just learning the whole atmosphere of a new school." Garner went on to say that, while the blueline has been bolstered, goaltending is their strongest position.

As far as the captaincy goes, at the time of the interview, Garner had not chosen one. In respect to which team the women Ooks have a rivalry with, he was quick to say Grant MacEwan. "They're the only other team in Edmonton." So, with all the

challenges that come with being a head coach, why does Garner do it?

Well, after being an assistant coach for four years, he enjoys any and all challenges that come with the job. "Being a head coach is a multi-faceted position. Coaching is just one part of it. I enjoy this better. I have better control being the head coach."

In the end, it's all about how the coach sees the game, and his team. "Everything is starting to come together now [after exhibition games]. In the end, I do believe we will be very competitive."

So, there you have it. Two hockey coaches determined to make their respective teams ACAC champions by the end of the season. Ooks hockey guarantees exciting, hard hitting competition. Check out the action for yourself, at any and all the Ooks' upcoming games!



Terry Ballard



Keith Garner

Athletes of the week

Krista McLaren
Hockey



Krista McLaren, forward with the Ooks hockey team, is the female athlete of the week. Krista scored the winning goal and added two assists as the Ooks won their home opener over the Red Deer Queens at the NAIT Arena on Friday night. Krista, who played her minor hockey in Sherwood Park, is entering her second year with the team and her second year in the Personal

Fitness Trainer program. She works hard on and off the ice and is passionate about the game of hockey. Great job, Krista, keep up the good work.

Brent Anderson
Soccer



The NAIT male athlete of the week is Brent Anderson of the men's soccer team. The second year midfielder scored the game winning goal against the Griffins on Sunday as the team clinched first place in the ACAC north. The Grif goalie never stood a chance as Brent blasted a rocket from just outside the box to open the scoring and the Ooks never looked back. Speed and

agility characterize Brent's game and his quickness puts a lot of pressure on the opposition. Brent is enrolled in Business Administration and hails from St. Albert, where he played his minor soccer. Well done, Brent.

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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.

Ooks first in ACAC North

SOCCER Men

The Ooks jumped on the MacEwan Griffins early in the Sunday game, scoring on two outstanding strikes from the feet of Brent Anderson and Waldo Dutra to secure first place in the ACAC North Division. Both goals were rockets from outside the penalty box and gave the goalie little chance to move. In Saturday action against the always tough Concordia Thunder, the Ooks battled back from one goal down, as Chris Lemire's strike secured the tie in the battle of the two top teams in the north.

Women

The NAIT women's team had their Saturday game against Concordia postponed when only one official showed up for the game. On Sunday, the Lady Ooks went down one goal on a well placed MacEwan direct free kick, but showed their resilience in the second half and equalized the game on a great cross by Alex Mah to the head of Courtney Rivet, who made no mistake and knotted the score at 1-1. The game ended in a tie and kept the Ooks alive in the hunt for a playoff spot.

HOCKEY Men

On Friday night, the men's hockey

team opened their season on the road with a 4-2 win over the Augustana Vikings. Back home on Saturday, captain Ben Stokes had a goal and an assist as the Ooks downed the Vikings 5-2 to sweep their weekend series. Kyle Lopez, Josh Schellenberg, Jeremy McKibben and Bret Peppler rounded out the scoring for the Ooks.

Women

The women's hockey team were in tough against Red Deer on Thursday night and came out on the losing end of a 6-1 score. The Lady Ooks rebounded with a solid effort on home ice and came away with a 4-3 decision and a split of the weekend series. The Ooks were paced by Ashley Fjeldstrom, (two goals, one assist) and Krista McLaren (one goal, two assists) enroute to turning the tables on the Queens. Sarah Wanchuk had the other NAIT goal while defender, Jennifer Price picked up a pair of assists in the winning effort.

BASKETBALL

The NAIT hoopsters kicked off their season on the road and dropped a pair of games to the Thunder from Concordia. The ladies lost 90-56, while the men were edged 82-74.



Photo by Brendan Abbott

Ooks' midfielder Waldo Dutra (6) is taken down hard by a MacEwan Griffin on Sunday, Oct. 14. Dutra scored in the Ooks' 2-0 win, which clinched first in the ACAC North.



Don't miss the opportunity to advertise in the next issue.

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Week of Feb 15, 2007

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- Optional VIP Event Bracelet

EDMONTON OILERS

GAME OF THE WEEK

-AT THE NEST-



WATCH the GAME on our 10' SCREEN

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

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when the
OILERS
SCORE

Dance to the music!

NAHREMAN ISSA Sports Editor

As they stood side by side on the soccer field in their matching outfits, the music began. Soon they were flailing their arms, gyrating their hips and jumping around.

For those who missed it, the NAIT Dance Team performed at the men's soccer game last weekend. Some people may not be aware that there is such a club on campus. There are eight members on the dance team; Rayna Heezen, Roxy Spiess, Amy Mitchell, Ashley Spiess, Kristie Zimmer, Ashley Ozment, Sean Arceta, and Peter Le. This is the second year that the club has been around.

'All our lives'

When asked why they joined a dance team, the answer was unanimous. "We've been dancing since we were babies. We've been doing this all our lives."

Just don't confuse their dancing with cheerleading. It was made clear that they are not pom-pom girls.

"We just love to dance."

Their dance inspirations are a mix of mostly jazz and some hip hop. The choreography is done by the girls themselves, and Kerry Koble, who arranges the hip hop elements.

The men's soccer game was the first Ooks game they performed at this season, with more planned. They will be doing an additional five games, with the next performance on Oct. 26 for the men's hockey game, and men's and women's volleyball games. But that is not all. Ozment mentioned that the team can help with fundraisers. If you are looking for additional entertainment for your

functions, contact the Dance Club. You can reach them by calling Ashley at 686-3296.

Not only does NAIT have a dance team, but it also has a hip hop club. President, choreographer and dancer Victoria Figueiredo is a woman of all trades. She created NAIT Hip Hop last February in response to an overwhelming demand for such a club, and found the style-choice obvious.

"I've been dancing for so long. I've always enjoyed hip hop over cheerleading," she says.

As to why she and the members just didn't join the Dance Club, Victoria explained, "The girls can dance really well; it's just that some were not interested in dancing jazz. Also, some of the girls were uncomfortable with wearing their main uniform."

With respect to their form of dance, hip hop is the only style they do.

'More practical'

"The dancing we do is much more practical. This kind of dancing can be used in the clubs, at parties, or basically anywhere there's music."

The club has 20 members in total, with 18 girls and two guys. Victoria is trying to get more guys out to join. She is also trying to get NAIT Hip Hop to perform at NAIT sporting events.

In the end, Victoria is proud of NAIT Hip Hop. This gives girls and guys a chance to showcase their skill, and have fun while doing it. If you are interested in joining, or checking out NAIT Hip Hop, pop in on Wednesday nights, from 7-8, in Room S112.



Photo by Nahreman Issa

The NAIT Ooks has all he can handle from the NAIT Dance Team, which performed last weekend at a men's soccer game. In addition to the dance team, there is a Hip Hop Club on campus, which is also looking to perform at sports functions.

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Lady Ooks rebound at home

The Ooks travelled to Red Deer on Thursday evening (Oct. 11) for their first league game of the 2007-2008 season. The young Ook players appeared a little nervous in the opening period, and fell behind 2-0.

Red Deer opened the second period with a power play goal to stretch the lead to 3-0. The Ooks never quit and after Alyssa Balaski passed to Lynette Anderson, she broke down the right side and scored at 13:22. Red Deer scored two quick goals late in the period to make the lead 5-1. The Ooks allowed one more goal in the third period, giving the Queens a 6-1 victory. Rookie goaltender Lauryn Dzioba made 21 saves of the 27 shots she faced in her first ACAC game. The Ook's player of the game was rookie blueliner Jennifer Price.

Home-opener win

The women had their home opener the next night at the NAIT Arena. A good crowd eagerly awaited the second game of the weekend series.

Both teams came out with good intensity, but the Ooks took an early interference penalty, giving Red Deer a power play opportunity which they capitalized on. The Ooks tied the game at 9:51 of the first period on a goal from Ashley Fjeldstrom, assisted by Meghan Cuff and Krista McLaren.

The second period opened with the score tied at one and the Ooks working extremely hard. The Ooks

took the lead 2-1 when Jennifer Price played the puck up to Krista McLaren, who passed to Ashley Fjeldstrom for her second goal of the game. Red Deer scored their second power play goal late in the period to tie the game 2-2.

The Ooks wasted no time opening the scoring in the third period. With just 44 seconds off the clock, Kaylea Salamon carried the puck over the blue-line, passed to Beth Pernsky, who slid the puck across to Sarah Wanchuk in the slot. She then blasted in her first goal of the season. NAIT's fourth goal was scored less than a minute later by Krista McLaren on assists by Ashley Fjeldstrom and Meghan Cuff to give a commanding two-goal lead.

Late goal

Red Deer scored a late goal, and had the Ooks fighting hard to hold on for the 4-3 victory. Solid goaltending came from rookie goaltender Alycia Monahan, who faced 33 shots on the night.

The Ook's player of the game was Ashley Fjeldstrom, who totalled two goals and an assist.

"It's a great feeling to get our first win of the year. Home ice advantage and the lessons learned from Thursday night's game helped the team work together," said coach Keith Garner.

Ooks next action is at home on Friday, Oct. 19, at 7 p.m. in the NAIT Arena when they will face off against the Mount Royal Cougars.



Photo by Brendan Abbott

Ashley Fjeldstrom carries the puck during action against Red Deer last Friday. The forward from Kenaston, Sask., was named player of the game after the 4-3 win, with two goals and an assist to her credit.

Oilers starting to stumble early

NAHREMAN ISSA Sports Editor

You all know how the saying goes. What goes up must come down. Well, in the Oilers' case, "it" came down hard. After starting off



the season with two consecutive wins against the Sharks and the Flyers, the Oil have lost four games in a row. Now, before anyone thinks I'm "jumping off the bandwagon," I'm not. I love the Oil, until the bitter end. But what do you do with a team that has been outshot 15-6, and couldn't score a power play goal if it would end world hunger?

You can either go back to the drawing board, mix up your lines, or you can attack the reporter who asked you about it. Mac T chose the second option, verbally berating Ryan Rishaug from TSN for asking about the P.P. I can't wait until I'm a reporter and I get yelled at. You know it's part of the game (a very stupid part of the game). But there's

good news! So far, the Oil is 0-2 in the Northwest Division. We've been shut out once in five games. We can't buy a goal. What does this all mean? It means our team is consistent. If you remember last season, this is déjà vu. So our Oilers are right on track. Maybe this slow start will help us in the end. It seems that we always start the season really well, and then around mid-December, our team starts to struggle. Maybe we're reversing the trend this year. We have 77 games to go. Lets go Oilers! Lets go!

Eskimo Pride ...

The Eks are in great danger of missing the playoffs again, after 34 consecutive years of making the playoffs (before last season, at least). So what does this all mean? Well, with Ricky Ray sitting on the sidelines with a shoulder injury, how nice would it be to have Jason Maas back in the mix?



Have you heard about this? The Eks have their first annual "Party with the Eskimos"

Winter Cruise. How fun would this be? Imagine playing shuffleboard with Jason Tucker and Ricky Ray, and kicking their asses. When the hell are the Oilers going to come up with their own cruise? Sign me up now!

Suspensions ...

With Philadelphia Flyer Steve Downie getting hit with a hard suspension of 20 games, you would think the players would keep it clean. But that would be too hard. Jesse Boulerice, another Philly player, decided to cross-check Ryan Kessler right in the jaw, and earned himself a 25-game suspension. Isn't Philly concerned they are going to run out of players soon?

Now, some say that the Downie hit was a lot worse than Boulerice's cross-check, so he should have gotten more games. Precedent is trying to be set here, but I don't think the players are getting it. What really bothers me is when people start talking about legal action. No, no, no! Hockey and legal action DO NOT belong in the same sentence. Unless a player shoots someone on the ice,

courts should not be involved.

Let's police our own league.

Colin Campbell is doing a good job.

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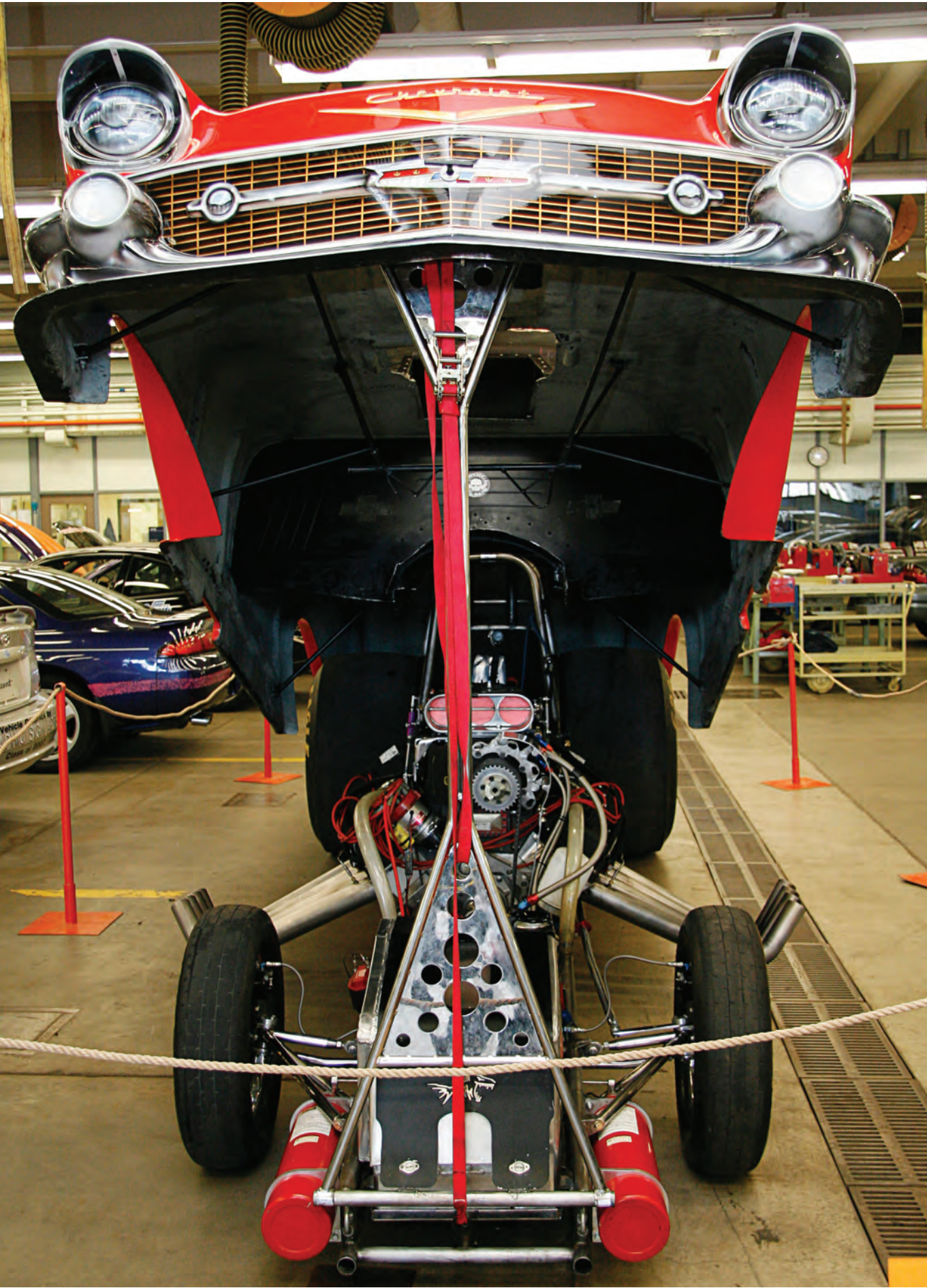
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TREND HIRES ON AN ONGOING BASIS

OPEN HOUSE ...



Before, below, and after, above, pictures from the Automotive Program.



Respiratory Technology students practise on a dummy.



Stanley Townsend, Culinary Arts chair, shows a delectable touch to stunning floral displays.



Sheet Metal instructor Grant Craplewe and a mannequin.

Photos by Amy Bizovie



Photo by Gabrielle Hay-Byers

my.



Photo by Amy Bizovie

ft touch by carving fruit and vegetables into



Photo by Amy Bizovie

and a mannikin made by students.

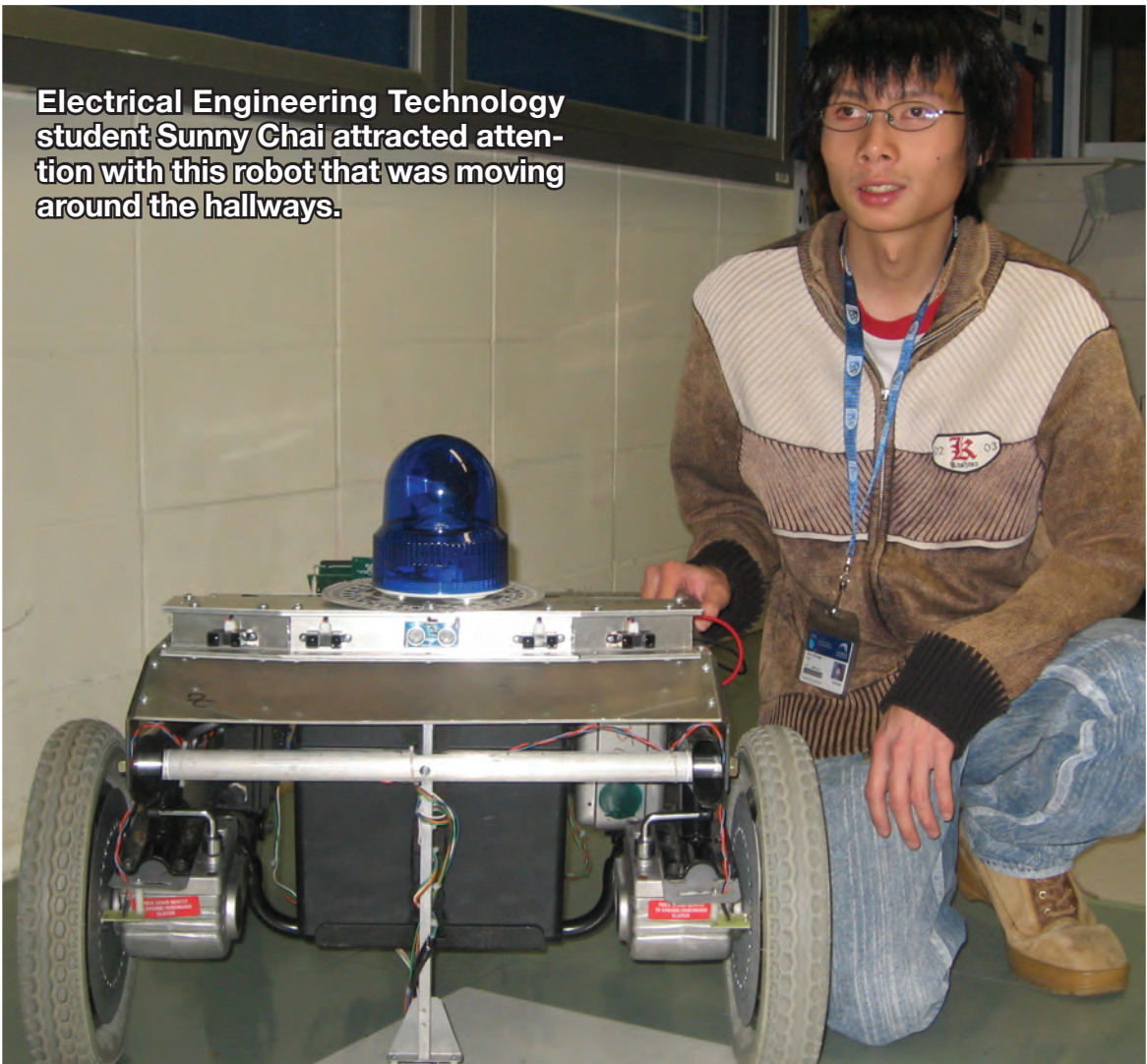


First-year Culinary student Nakia Amravatiwala shows off some decorative bread loaves fashioned to look like sheaves of wheat.

Photo by Amy Bizovie

**ON
DISPLAY**

NAIT threw open its doors last Friday and Saturday (Oct. 12, 13) to show off its programs to the community and prospective students. More than 130 display booths, numerous information sessions and door prizes were featured during the two-day event.



Electrical Engineering Technology student Sunny Chai attracted attention with this robot that was moving around the hallways.

Photo by Gabrielle Hay-Byers

ARTS & CULTURE

Ho, ho and bottle of rum



GEOFF TATE
Arts and Culture Editor

All alone this weekend and with no one to keep me real “physical” company, I once again turned to my friend who is always there when I need him most. Having read his life-in-a-nutshell biography on the back of oh-so-many of his finely crafted bottles, I decided that my good friend needed more of my attention and respect. I barely knew him, really. He was always just that friend that I used more for my own greedy, self-fulfilling purposes. A real dick move, if you will.

But no more! I took the time to learn more about my closest friend, the one who lets me talk to girls,

sing karaoke and sometimes try and breakdance. So here’s to you, Mr. Henry Morgan, and your intense fondness of rum.

Sir Henry Morgan was born around 1635 in what was and, ironically enough, still is called Wales. That would put him at 372 years of age, approximately, if he was (or is) still around, alive and kicking. Important things to note thus far are as follows: he is really white, and he is really dead. Moving on, I next noted that he wasn’t actually a pirate. At least not in the technical terms of pirate-being. He was what was known as a privateer, an appointed agent of the British monarchy, which pretty much meant that he had a piece of paper saying he wasn’t a pirate. He could do pirate things, but because the British didn’t

want to be involved in any way with pirates, they gave him a pamphlet thingy telling him he wasn’t one.

This is fine, because apparently he was a terrible sailor. And anyone who thinks they know anything about pirates will agree that all pirates must be great, if not stellar, sailors. On more than one occasion, Captain Morgan and his crew inadvertently blew up their ship, being a little worse for drink, and lighting candles near the gunpowder

stores. There is also a document written by Morgan himself, stating that he had drank a little too much and accidentally steered his ship onto a coral reef, which was later found to be a beach on the island of Jamaica and not a reef at all.

Sipping and

sailing is not cool, kids, so don’t do it.

A further investigation into my shady friend’s past brings up more golden nuggets (like Nuggety) of intrigue. It turns he was married! Wait, it gets better ... to a girl! Wait again ... that was his cousin! Fortunately, they did not reproduce, as his wife was ugly and he didn’t really like her. Fair enough, if you ask me, he never gives me a hard time about the girls I pick up, so I figure I shouldn’t knock him either.

Especially when this guy managed to be named the governor of Jamaica, the most hip-hoppin’ place this side of 118 Avenue.

He had a gift for military strategy, which he used in almost any way he could to piss off the Spanish. Compared by some as an equal to Alexander the Great in his ability to attract people to him, Morgan used his privateer amigos to conduct raids on as many Spanish

cities and forts as he could, hiking hundreds of miles through jungles to pillage any Spanish dwellings he came upon.

The gemstone to his illustrious sacking career would have to be his attack on the city of Panama, in which he sailed with 36 ships and 1,800 drunken buccaneers. He burned the city to the ground, took all the gold he could, and managed to only lose one ship, which was his own. This happened to be one of the ships he accidentally ran onto a coral reef whilst being a little tipsy. What a guy.

So next time you find yourself looking at the back of a Captain Morgan’s bottle of rum, remind yourself of this noble, enterprising drunk and be sure to dedicate a drink to him. It’s the least you can do.

Oh yeah, and he also died of either tuberculosis or kidney failure due to drinking too much.

Party on!



Captain Morgan

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LISTEN UP

Kate Nash

She's a Brick house



LIAM CRESWICK

My association with soft, sultry, female singer/songwriters goes no further than a boyhood crush on Lisa Loeb. While Kate Nash's

debut album *Made of Bricks* certainly doesn't fall into any of the usual genres I listen to, let alone that of any other average dude, I was surprised to find I did enjoy a lot of the aspects of this CD. Kate Nash's voice is soft, but edgy, and her style of music has a lot of funk and spunk.

Two tracks into the record and I saw incredibly obvious similarities to another hip and sassy British songstress. This would be my biggest criticism of Nash's work;

Lily Allen did this groovy, edgy, girly pop shtick a year ago. Many of Nash's songs, like *Pumpkin Soup* and *We Get On*, have some creative and interesting instrumentation, but overall, she doesn't score a lot of points for originality.

Though she borrows a lot of Lily Allen's trademarks, such as story-telling-like lyrics and a thick (and sexy) English accent, it mixes well with the aforementioned instruments, making for a handful of sweet and fun tunes. In some

songs, however, Nash pushes her cute-but-tough lyrical style too far, and it gets irritating and off-putting. The song *Dickhead*, for example, repeats the chorus over and over until the song loses all the meaning and fun it had.

By the time this review is published, I will have gotten everything out of the record I can get, but this is simply because I have a penis. It may not be my cup of tea, but I know enough about music to differentiate quality from taste.



Kate Nash's *Made of Bricks* has some fun lyrics, spirited style, and beautiful vocals. She may sound a lot like Lily Allen, but I guess that's just good news for Lily Allen fans.



Emanuel

Metaphorical manslaughter



JOEL DETKA

Emanuel is back, and not a minute to soon to follow up their debut album, *Sountrack To A Headrush*.

And this was done with their newest release, *Black Earth Tiger*. The aggression is intense, and well, I'd say the heartfelt lyrics are perfect, but that just doesn't quite work. Either way, Emanuel has shown us how to hide a broken, confused, and angry heart within obscure metaphors and powerful, bellowing vocals.



From the first track all the way to the last, the energy is astounding. They keep a pace that makes a grown man sweat as much as a high school football team. Only so much radder. Nothing can compare to the raw power of the album, the screamin ... right down to the well-choreographed dancing of the squealing guitars. If you're

going to come out of a relationship, be careful not to take the same path that Emanuel's lyrics take on. If you do, I'm sincerely scared for the future.

The metaphors that have been derived in this album are dark, mysterious, eerie and slightly disturbing. But more, I want more, over and over, I just want more. Is there really something wrong with music like that? No, of course there isn't.

And that leads me to conclude there is nothing wrong on this album.

I highly recommend this CD, especially if you've just been dumped.

Emanuel can be your aggression, and your anger.

That way there's less bloodshed, unless it's from your vocal chords trying to follow the singer.



Athlete

Easy-listening psychedelic

MARTIE VANTOL

Recently, travelling down Highway 2, I was able to have a rather enjoyable experience. I was introduced to the band Athlete through their third album, *Beyond the Neighbourhood*.

The first song leads in with some pleasing, lyric-free tuneage that is slightly indecisive to style, making you wonder what exactly this band is about. As *In Between Two States* plays out, you realize that there are, in fact, no words. Flipping through the CD cover and finding no lyrics at all, only some abstract-looking drawings, you may ask if you've picked yourself a CD full of much the same lyric-free sound.

But not to worry! Shortly into the second song all doubts are washed away as lead vocalist Joel Pott delivers *Hurricane*. His heritage is noticeable as his slight Eng-

lish accent adds a gentle and unique sound to the slightly electronic music.

The album offers a variety of tempos, from the somewhat mellow *Airport Disco* to the more up-beat song *Tokyo*, which could easily be added to a workout mix.



About halfway through the album, the mood takes another turn, offering some psychedelic notes and sounding, as one listener summed up very well, "a little druggy." The same spaced-out sound carries through much of the remaining music.

For anyone who enjoys some unique sounding tunes with an electronic twist, either for easy listening or background music, then hurry down to your local Internet server and download (preferably legally) some Athlete today!



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Alberta

Building a Stronger Alberta



NR92 opens its doors



AMIT SHARMA

NAIT Open House is always an important time for the Radio and Television Program to recruit new students. We at NR92 really turned it up this year to make the event a success. Students from high school really

fall in love with NR92 by seeing how much fun we have in the program.

We had people of all ages coming through and voicing commercials, having conversations on-air and requesting songs. We showed them the ins and outs of NR92 and toured them around the area.

A lot of students asked us for tips on how to get into the program and about careers in the industry. It was a really exciting experience talking to people and showing them what we do and how passionate we are.

Smoothride is the name of the

band that is this week's New Music Nooner. Based in Edmonton, their music has been described as a mix of the Red Hot Chili Peppers, Dave Matthews Band and Sevendust. Smoothride is a progressive alternative rock band that hopes to write lyrics that cover an assortment of topics.

They are a three-piece band showcasing Spence on lead guitar and vocals, Brad on bass and Tim on the drums. To get a sense of what

Smoothride is really about, check them out on the New Music Nooner every day at 12:30.

This week's featured show is the DJ Zone, hosted by Sean Beaver, a.k.a DJ Hooligan. He completely submerses you in club life, bringing you DJ mixes, mashups and everything in between.

Sean is a first semester student, but he's been doing his show on NR92 for about a year now.

He also makes his own mixes and

music that he plays on the show, and if that weren't enough, he's a part of the award-winning aboriginal hip-hop group REDDNATION. They recently won two awards at the 2007 Alberta Aboriginal Music Awards. Right now they're up for another four awards at the Aboriginal Peoples Choice Music Awards taking place November 2.

Check out their website at www.reddnation.com and check out Sean's website at www.djhooligan.com. Listen to the DJ Zone tonight and every Thursday from 4:30 to 5:30 on www.nr92.com.



Elizabeth lets the viewer down

REID SCHMIDT

Elizabeth: The Golden Age is a shining example of what a historical drama should look and sound like. There are fantastic camera shots and top of the line set coverage.

Regrettably, though, it fails to capitalize on the wealth of intrigue, fight scenes and power struggles that marked the period. With Elizabeth's life in danger from assassins and

impending wars along with religious battles, the plot almost completely centres on a love triangle between her, her closest companion and a wannabe pirate. Even then, after beating around the bush for an hour, this doesn't go very far.

So much more could have been done to enthrall the viewers. It wouldn't have been that hard since it's all there in the history books;

simply expand on the bare bone summary sprinkled throughout the film. In addition, there are some 'hey! wait a minute parts' such as Elizabeth looking to be about 37 in the movie but is in fact in her 50s during that time. Ooops.



Cate Blanchett as Elizabeth

The rich quality of the sets and costumes is fantastic, but with little else to capture the eye, the queen's many bombastic outfits detract from a possibly involving film. At times you could liken it to Project Runway in the 1500s.

In this way it lived

up to its predecessor and somehow managed to wane in every other aspect.

For those wanting a wasn't-meant-to-be romance amidst an elaborate backdrop, buy your ticket now. If you're expecting a real look at Elizabeth I's famous reign and victories, you're warned.



VOTING INSTRUCTIONS FOR NAITSA SENATE BY-ELECTION

THURSDAY, November 1, 2007

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

NAITSA SENATE BY-ELECTIONS!



VOTE ON NOV. 1st

Poll Stations

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Business Tower - 1st Floor
Outside Common Market
Outside Fresh Express - south foyer
South Learning Centre
Hp Centre outside Bytes cafeteria
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Satellite Campuses:

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

Dating rules

Be prompt

LADY LOVE

Rule No. 1: Do Not Keep Her Waiting!

In a perfect dating world, men and women would speak the same language and men would follow all my simple rules for dating. Unfortunately, I live in the real world and dating isn't so perfect. I have very few, very simple demands in the beginning.

The first and almost most important rule is: Do not keep her waiting. First impressions are everything.

If you had a date set for 7 p.m., you'd best be there at 6:45, no excuses. Regardless of whether you had the best excuse in the world, when you are waiting for a date to show up at your door, all excuses sound the same.

You, the man, could be saying this; "I'm so sorry I'm late, there was this huge accident and the traffic was horrible so I took a detour and did my best to get here on time."

You may as well have said; "I was half way here when an elephant jumped out in front of my car and I had to call the zoo to report a stray

elephant. When they finally showed up and took the elephant, a chimpanzee jumped into my passenger seat and attacked me. After fighting it off and throwing the chimp out of my car, I raced here as fast as I could. I did my best to get here on time."

So really, it doesn't matter what you said because all I heard was; "blah blah blah, blah-blah, blah-blah, blah blah blah, I was late."

This weekend I had a date set with a great guy. He is very sweet and nice, but unfortunately he was late. He explained his reasons for being late and I was not upset and did not take it personally, but no matter what, it does affect how reliable I find him.

It left an impression. Not a horrible one, but definitely not a good one.

We had a good date. We went to Dante's and did a little bit of dancing. He was, as always a perfect gentleman. He will get another date, but any more lates might be a deal-breaker. Alright now, we're keeping things simple.

Rule No. 1: Do NOT keep her waiting.



JULIE PHILLIPS

Oct. 18–Oct. 25

Virgo (Aug. 23–Sept. 22)

Stop making mental lists of gains and losses and begin investing in the moment. Obsessing over things isn't going to make them any easier, it will only distract you from what is really going on. When you find yourself getting too involved, take a step back and try to determine the point or cause of what's happening.

Libra (Sept. 23–Oct. 22)

Happy birthday season, Libra! This year, expect added clarity in matters of creativity, organization and relationships. Take every opportunity to network in business, and enjoy simple pleasures.

Scorpio (Oct. 23–Nov. 21)

Get lost in a great book, immersed in a fantastic film, absorbed in a unique conversation. These escapes are necessary right now, especially when you feel like you don't have time for them.

Sagittarius (Nov. 22–Dec. 21)

After recharging your batteries for the past few weeks, it's no wonder you're feeling energized. Making others smile is easy, just make sure you're feeling replenished from their

Your horoscope

company too or you'll feel drained. Find solitary time for making goals, drawing mind maps, taking walks, settling things.

Capricorn (Dec. 22–Jan. 19)

You're tired, but not from lack of sleep. Find something to excite you, wake up your mind and body. Go outside as the weather cools off a bit, look into something (a class, event or something you've been wondering about), call someone you know who interests you.

Aquarius (Jan. 20–Feb. 18)

Don't be afraid to ask questions. Think of how good it will feel once you know something thoroughly. You're finding balance easily right now. Make time to go out, and all those little things you've "been meaning to do?" Do them now.

Pisces (Feb. 19–March 20)

Allow yourself to be entertained! In conversation, don't think too much about what you will say next, take a breath, forget yourself, and really involve yourself in the story another person is telling you. If there is something important to say, you will know what it is after they are done speaking. Allow the conversation to carry on in this way. You'll be amazed at what you learn.

Aries (March 21–April 19)

The loss of one opportunity just opens the door for something else. Learn from things but don't get too

hung up on them. Your mind is experimenting right now. Let it, but remember; you control the reins.

Taurus (April 20–May 20)

This is the week to make your own rules. Call when you want to call, eat dessert before dinner, spark up conversations, or shy away from them. Whatever you're thinking, it's right, just try not to break any laws.

Gemini (May 21–June 20)

When you experiment with a new recipe it could turn out terrible, but it could also turn out better than the original. You take that risk when you try to improve something. Anyone who has succeeded has also tasted failure. To loosely quote Ben Franklin "I didn't fail, I just found a hundred ways not to do it."

Cancer (June 21–July 22)

Use this Henry David Thoreau quote as your guide this week: "To affect the quality of the day, that is the highest of the arts." Do everything in your power to make the world a little nicer for the people around you. Be patient, understanding. Wait that extra second to hold the door for someone. Be gracious. See how the world opens up.

Leo (July 23–Aug. 22)

Sick of things grating on your nerves? This week, try pinpointing things that just "don't feel right," and find ways of either getting over them or dealing with them. Stay positive.

NAITSA presents

JUSTIN NOZUKA

MON. OCT. 22
AT THE NESTNoon
Free Admission

Blending elements of neo-soul, folk, old-time blues and pop, Justin has the guts of Ray Lamontagne and the soul of James Morrison. Catch him now or kick yourself later!

www.justinnozuka.com

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

To purchase tickets online, please go to:

www.edmontonchineselionsclub.org
www.yess.org

Youth Emergency Shelter Society



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



Tired? Maybe it's depression

Rhonda Gora, student counselling

For the last three weeks I have been sleeping in and missing my early morning classes. I was doing well in my program until I started missing my classes. I have also been falling asleep as soon as I get home from my afternoon classes, and then feeling discouraged about starting my homework. I have been crying about nothing, feeling sad a lot, and questioning what the purpose of my life is. My roommate has expressed concern about me and thinks that I am depressed. She suggested that I see a counsellor, but I don't know what I would even say. Could you advise me on whether you think I

need help?

Although it is quite normal to feel temporarily discouraged when difficult life situations occur, it is a concern that you have been sleeping much more than usual, crying and feeling sad a lot, and unable to keep up with your course work for over three weeks. It would be advisable for you to meet with a counsellor who would help to evaluate whether you may be depressed, and also assist you to make a decision about the kind of support that would be most helpful for you.

Some common symptoms of depression may include tiredness and

decreased energy, trouble with sleeping, feelings of sadness or emptiness, feelings of hopelessness about the future, seeing things from a negative perspective, and withdrawing or losing interest in social activities. Some people who are depressed may try to feel better temporarily by using alcohol or drugs and over engaging

in social activities. Depression may also affect a person's ability to concentrate in class, remember important information, or make decisions. Some people who are depressed may have thoughts about suicide.

Symptoms of depression can be treated through counselling and in some cases, also taking medica-

tion. A counsellor can provide support that will assist you in sorting out the circumstances that are contributing to depression and determining the actions that will help you to recover.

The NAIT counsellors are located in W111PB in the HP Centre. You can book an appointment by calling 378-6135.



In Grapevines, you can speak anonymously to other students.

Contributions: nuggetgrapevines@hotmail.com

A Haiku-esque poem about this movie called Into The Wild:

The movie was good
The ending was bad
You get to see lots of snatch
Be happy with that

— *Angry Communist*

Dear class rep,

No one f**king cares about diesel fuel and backhoes. Give it up.

— *Love PGC*

Can anyone answer this for me? During the final fight scene of *Transformers*, you see all the bad guys flying/driving to the city to capture the all-

spark. They are all like "Hail Megatron" blah, blah, blah, and you see all of them individually, INCLUDING Barricade (the cop car). Barricade never shows up during the final fight though, and you don't see him for the rest of the movie? Where the hell did he go? By the way, I am not counting down the days until the movie comes out.

— *A concerned parent*

...

To the boy on the bus: you're cute, but not quite my type. Look above for answers as to why.

— *Editor grrrl*

LOL



GRAD PORTRAITS

Book your appointment by calling 780.471.8732

October 22 - 26, 2007
8am - 4pm
Room U209E

FIND OUT MORE
www.nait.ca/tci

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CLUBS CORNER

Introducing GIVER

The GIVER Program is designed to get student clubs involved in their school and the greater Edmonton community. Students who are members of clubs volunteering for NAITSA/NAIT events or out in the community can earn valuable points that benefit both themselves and their club.

At the end of the school year, all points for each club are totalled, and the top three point earners will receive money for their club. Deadline for points is in March.

First prize: \$1,000

Second Prize: \$600

Third Prize: \$400

Points are awarded equal to the hours volunteered. **Example:** If a student volunteers at Shinerama or his/her church/charity for four hours, four points are earned for the club.

Total weight of food or clothing donated (measured in pounds) equals points awarded.

Example: If a student brings in 50 pounds of food, 50 points is earned for that person's club.

A blood donation equals one point. **Example:** If one student donates blood at a blood donor clinic, he or she earns one point. If five club members donate at a blood donor clinic, five points will be earned by the club.

Key activities for earning GIVER points:

- Volunteer hours worked in the community, i.e. church work, other volunteer jobs (with any off-campus volunteer hours, please have organization provide letter with your involvement).
- Volunteer hours worked at NAIT Events
- Volunteer hours worked at NAITSA events
- Volunteer hours required for awards
- Donations of food or clothing (bring food/clothing to Campus Clubs Centre, if possible please pre-weigh food/clothing)
- Collection and organization of organ donor cards (person organizing gets points for his or her leg work and then one point per donor)

card signed. Organizer provides copies of cards signed).

- Blood donation at a blood donor clinic (please have a letter or form for a group of students going together to a donor clinic and have a nurse sign off witnessing the donation).

Exceptions:

- Volunteer hours that are completed during class time.
- Volunteer hours that are court ordered.
- Any monies raised must not involve NAIT budgetary funds
- Supplies or sources cannot come from NAIT.

Community Volunteer Guidelines

A letter of confirmation on letterhead from the not-for-profit organization where the student completed the hours is required to verify the hours. This letter must contain the full name and phone number of the person that supervised the student in the completion of the hours. The letter must also state that the hours were unpaid and a brief description of the student activities. If the letter is submitted after March 1, the hours will be counted towards the club points for the next year.

The GIVER points race is on for this year, but some registered clubs have points that were carried over from last year. They are:

Club	Points
AHT 2008	784
MRT 61	300
Dental Assisting	264
RT 2009	175
ORAS	100
RT 2010	84
RT 2008	77
LAT	14
Club Culinaire	7
Club 5 Star	7
MECSA	7
Hip Hop	7

Upcoming Events

Interesting Thought Drama Club

Event: Practices

When: Wednesday nights; 5 p.m.-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)

NAIT Golf Club

Event: OOKS basketball 50/50 draw (Men's and women's game)

When: Friday Oct. 19

6:30 p.m. and 8:30 p.m.

Where: NAIT Gym

NAIT Golf Club

Event: OOKS women's basketball 50/50 draw Noon OOKS soccer (women's and men's) 50/50 draw (2 p.m. and 4 p.m.)

When: Saturday, Oct. 20

Where: NAIT gym for basketball

NAIT soccer field for soccer

Club Culinaire

Event: OOKS women's hockey 50/50 draw

When: Friday Oct. 19; 7 p.m.

Where: NAIT hockey arena

Club Culinaire

Event: OOKS men's hockey 50/50 draw

When: Saturday, Oct. 20; 7 p.m.

Where: NAIT hockey arena

Bible Study Group

Event: Meetings

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

Where: X209

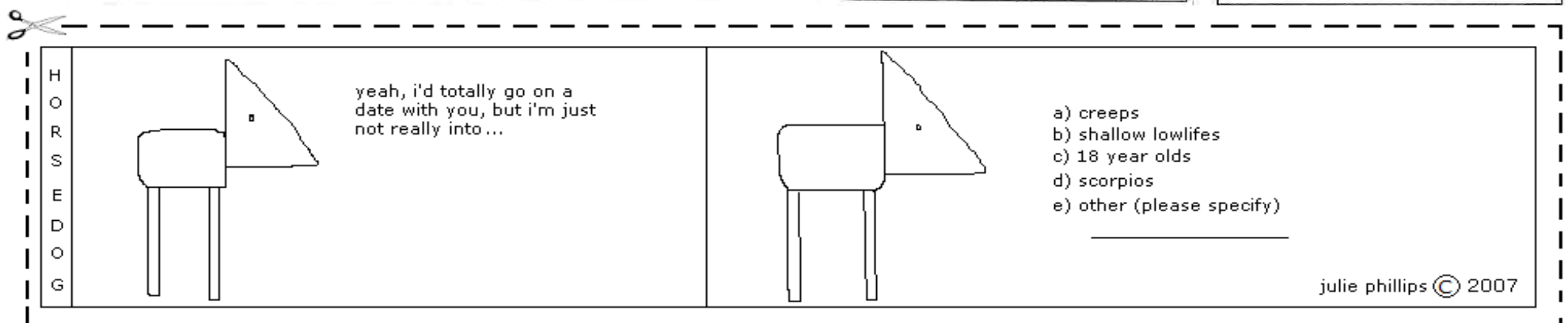
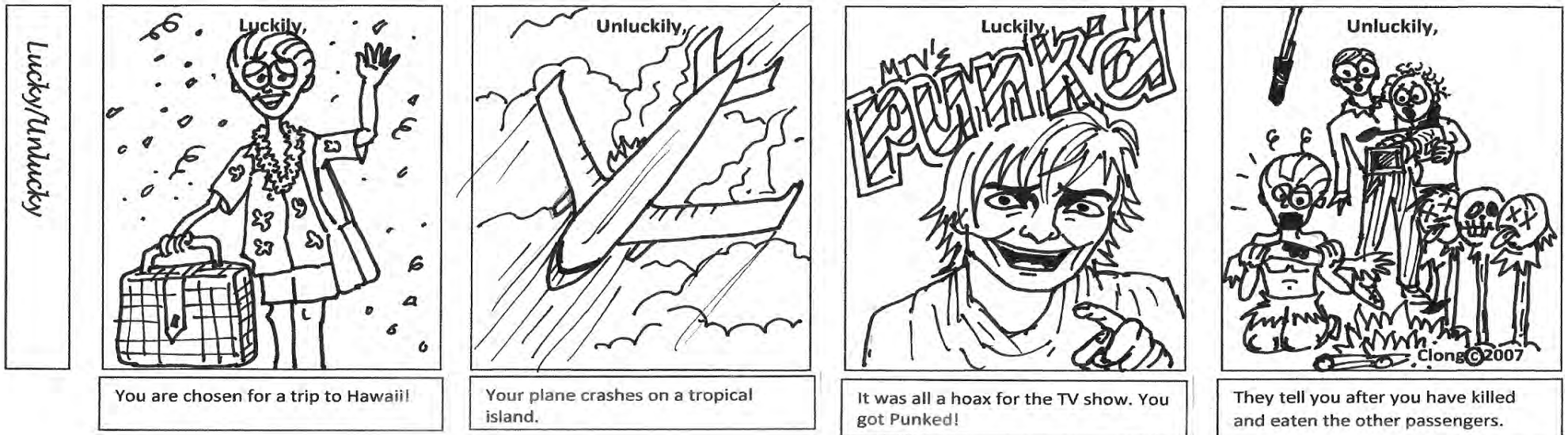
Petroleum Club

Event: Beer garden

When: Wednesday, Oct. 31; 3:30 p.m.-10 p.m.

Where: Annex Dock

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.

Great places to study

SHANT CHAKMAKIAN

It's that time of semester again: midterms, it's a way of life as much as it is a taker of it.

As we go forth like Spartan warriors in battle to conquer our respective midterms, we must remember that where and how such a battle is waged is key.

Firstly how you study is key. If your course is something that is practical, it goes without saying that practice is key.

But most importantly if you're studying something that is based mostly on memorization, condensation is key.

The simplest way is to highlight up the chapters you read, and then summarize them in notes and then memorize those notes; don't let 200 pages of material intimidate you, conquer it.

But just as important as method is setting, where you study can also be crucial.

The HP Centre is my top favourite place to study: it's available 24/7, and the ambience is great, whether you need to read, compute or do a group project. All around, the HP Centre is where it's at.

But our campus is vast and offers many great places to study. If you need a quiet, well-lit place to read, go read in the NCAT building, the single-seated couches are prime.

If you do a lot of math, electronics and engineering-related stuff, go study in the North Lobby or the NAITrium. Most electrical and electronics trades guys hang out there and power through assignments in groups.

If you want a really beautiful place to study at night, hit the eighth floor of the business tower. No other building in NAIT offers such a beautiful view of our glorious city, so take advantage of it.

In the end the battle of midterms shouldn't just be fought with studying. Focus on how and where, and don't stress yourself out.

Keep your eyes on the prize: stay focused, stay confident, and if you execute your academics with precision and dedication your marks will reflect that. Now go forth and win those questions because I can assure you: better times are ahead!

All around, the HP Centre is where it's at.



The computer lab at the HP Centre gets plenty of use.

And the FROSH WEEK/SHINERAMA VOLUNTEER WINNER is...

BILLY ANDERSON!

Please claim your **INCREDIBLE PRIZE** at the **NAITSA office (E131)** before **4:30 p.m. on Wednesday, Oct. 24**, or contact Heather via e-mail at: nait-savolunteers@nait.ca or call (780) 471-8617.

Should the prize go unclaimed, a new name will be drawn, with the announcement taking place at the Free Movie Night on Oct. 30.

NAITSA needs you!!

Poll Clerks and Ballot Counters needed for NAITSA Senate Byelection on Thursday, Nov. 1, 2007

Poll Clerks required from
8:30 a.m. – 4:30 p.m.
Ballot Counters required from
4 p.m. – 7 p.m.
\$10/hour
Some training required.

For more information: Please e-mail Rita at ritac@nait.ca or come by the NAITSA office (E131) to sign up.

Public Service Announcement

Attention, all you Oook fans!

Race down to our gym and show school spirit for our men and women's volleyball teams. Join in the excitement on Oct. 26 as the men prowl for revenge on the Lakeland Rustlers. The rally begins with the women at 6:30 p.m. and then the men follow at 8:30.

Don't be late!

VOLUNTEER?

Snowflake Gala

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

Study Buddy

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

Red Cross

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

LOL (Learn Over Lunch) Workshops

Learn to Relax

Wednesday, October 31st

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



Improve Your Reading

Wednesday, November 14th

Get practical tips to evaluate and improve your reading.

Workshops are offered at **11:15 or 12:15** and will be approximately 45 minutes in length. **You must pre-register** by 4:30 on the Monday preceding the workshop.

To register go to the Student Counselling office or send us an e-mail.

Location to be announced.

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

NAIT STUDENT COUNSELLING

W111-PB, HP Centre, 11762 – 106 Street

Telephone: 378-6135

Website: www.nait.ca/counselling

e-mail: counselling@nait.ca

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

...facilitating student success

Hello fellow Nugget readers,

I would first like to start off by thanking all who ran, and all elected, and to all who came out and voted, thank you!! Your votes were greatly appreciated. My name is Drew MacRae and I am a senator of the school of Mechanical and Manufacturing Technology. Me and the senators of their respective schools will be greatly involved in the decision making that directly affects you!! If there are any issues you want brought up, talk to your senator and they will bring it up at the next meeting. So to finish off my short little blurb here, thank you once again for your votes, and make sure that your senators are aware of any concerns you have.

Cheers
Drew MacRae

Senator of the School of Mechanical and Manufacturing Technology

Classifieds

Part Time On Your Time

Looking for a computer programmer that can build a database and website.
Well-paid position. Call David @ 242-7253

SLH Transport

Is looking for p/t dock workers, for afternoon and evening shift and day shift for Saturday. Good transit service. \$12.75 an hour. Male or female.
Phone 451-7543

Large, 2-bedroom apartment

FOR RENT

106 Street and 118 Avenue; \$1,300/month

Call Cathy at 686-7339

Back pain?

Contact massagedude@gmail.com for remedial massage.
Special NAIT student rates. RMT.

THIS WEEKEND
AUSTRALIA'S
THUNDER
FROM
DOWN UNDER
2 NIGHTS ONLY!

UNION HALL
FRI.OCT.19

TICKETS AVAILABLE ONLINE AT UNIONHALL.CA AND
THERANCHROADHOUSE.COM OR CALL 451-8000
 FOR GROUP LIMO BOOKINGS CALL 907-3039
 \$10 IN ADVANCE INCLUDES ONE DRINK
BUY NOW!
 THIS WILL SELL OUT

THE RANCH
SAT.OCT.20

CREEPY CRAWLER 3
OCT. 27
THE HALLOWEEN PUBCRAWL LIVES!

ticketmaster
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PH: 70-CRAWL **EDMONTONPUBCRAWLS.COM**

EDMONTON PUB CRAWLS



**BRENT
CONSTANTIN**

Has three toes on his left foot

When I was originally asked to participate in the "Lose weight by removing your internal organs" program, I'll admit, I was skeptical. But, I can honestly say I've never seen a better program, and I speak with the authority of someone who just lost a ¼ pound by removing my eyeballs.

But, enough about me and my empty life, let's get on to NAIT's favourite part of the paper, the Hot Single of the Week. If you're new to the Nugget HSW is where we get a chance to highlight a Random under some sort of loose pretence of a dating column. I'll be honest, most people just want their picture in the paper, and that's good enough for me.

Our fiery hot temptress of seduction this week is Katie, a first-year Hospitality student from Coaldale who's running for the NAITSA Senate. I spoke to Katie, and then listened. Then I spoke again, followed by more listening on my part. This continued for several minutes until our interview ended, at which time I typed up what we had both said into article form.

B: Hello, Katie.

K: Hi.

B: So Katie, tell me a bit about your future goals.

K: I'm not really sure ... Maybe go to Thailand, eat some curry?

B: Most people go to Thailand for the she-males, I think ... not the curry. At least according to Wikipedia, which I feel is pretty accurate.

So, tell me, why are you single?

K: My last relationship was a while ago, before the summer. It wasn't great, I was dating my best friend for a while.

B: And are you still best friends?

K: No.

B: Didn't think so. So what kind of strapping young man are you looking for? One that looks similar to this interviewer, or only somewhat?

K: I'm looking for, I dunno, tall, dark and handsome?

B: How dark are we talking? Maybe a mocha or a nice shade of baker's chocolate?

K: Semi-sweet chocolate maybe?

B: ... I don't understand what that means ... do you really want a man made of chocolate? That could get icky.

K: I guess maybe a guy that has a steady source of income? A nice car? I don't know if you can get that with students, can you?

B: No, no, don't give up on your dreams, if you want a chap with some sweet spinners on his platinum Bentley, that's your life choice. But really, are you looking for a long term relationship, or just dating, or ... what?

HOT

SINGLE OF THE WEEK

Here's Katie!



Katie

K: I think something long term.

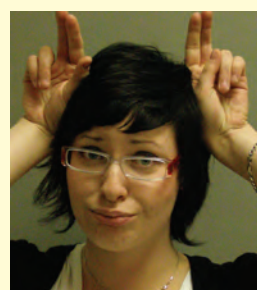
B: Alright! Aim high! We have a great track record, as long as I've been on HSW, I've successfully hooked up no people, which is much higher than expected.

If you want to meet Katie, or just chat, send me an e-mail. That offer also stands for those of you that would like to follow in her footsteps up on top of the Nugget desk and take some photos of you as a tiger. Drop

me a hot-line at bconstantin@nait.ca, I'm always looking for Hot Singles, so don't be shy. Nominate yourself, a friend or an enemy. Just tell me when you're free and we'll work out a time to take some degrading pictures.

Out and about

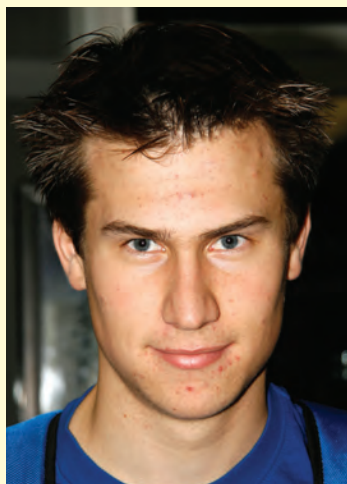
What is your opinion of the instructors at NAIT?



AMY BIZOVIE



So far they're pretty good. Very friendly and understanding.
Amber Johnston
Business Admin.



One has been electrocuted one too many times.
David DeLuca
HVAC Specialist



They are very helpful and informative.
Janna Van Dorp
Photography Tech



Our instructors are phenomenal.
Jill Northey
Jenna Blinston
TV and Broadcast



Alright. They seem to have a wealth of knowledge behind their teaching.
Scott MacFarlane
Powerline