Thursday, Oct. 25, 2007 Volume 45, Issue 9



EDMONTON, ALBERTA, CANADA

Undefeated!

Men's soccer team, No. 2 in Canada, off to ACAC playoffs with clean record – page 7





Includes: 2 eggs, bacon/sausage/ham, hashbrowns & toast (drinks not included) 7am - 10:30am

NEST CEREAL BAR

LUNCH LOYALTY CARD

- buy 6 lunches & the 7th is \$10 off.

- every Monday & Wednesday from 3:30pm - 7:30pm

JACKED UP FRIDAY'S \$4.50 - Singles \$6.75 - Doubles

OILERS GAME OF THE V Thurs. Oct. 25 & Tues. Oc

Cheer on the boys in copper & blue - watch the game on our 10' screen - Molson jug's drop \$1 when Oilers

NEST SOCO VOODOO PARTY

Get in the Halloween spirit with the SOCO girls!



Thursday, October 25, 2007 The Nugget

NEWS&FEATURES

Student Senate by-election candidates ...

School of **Health Sciences** (One to be elected)



Tonia Leske

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

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

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

You can voice your opinions and thoughts and suggestions through me.

I am here for you.

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

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

> School of Hospitality (One to be elected)



Katie Berlinguette

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



Patrick Warwaruk

My name is Patrick Warwa-I will put in the hours and the ruk. I am class representative for group EF pre-technology and I want to represent my fellow

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

I have served as VP of Human resources in a micro-corporation called "FRAMED."

This experience trained me to listen to my peers and see that their concerns are addressed.

constitution and want to make them work for you.

I can hear both sides of an issue and find the middle ground; when decisiveness is required, I will represent what benefits the majority. SHORT-SWEET I'll speak for you!



David Wiens

School of **Applied Building** Science (Two to be elected)



Shawn Kozurok

I am seeking a position on the NAITSA senate in order to ensure that there is a strong voice and representation for the students of Applied Building Sciences, a voice that continuously puts forward new ideas on the important issues.

My commitment to the students from Building Sciences is seen with my position as President of the Construction Engineering Student Council. As a student in a technologies school, I believe we should not be in the dark with areas of the school lacking internet access, or chairs that are unsafe to use. I want to see NAIT and Applied Building Sciences in the forefront and have the best learning and partying conditions possible. This should be an awesome time in our lives, not one to forget once we graduate.

As the next senator for the I understand the bylaws and Applied Building Sciences, I pledge to be a strong progressive voice on issues that matter in the lives of students. I will continue to stand up for what's right and fight for what is important. As always, I encourage you to share your ideas and thoughts with me about what matters to you and your fellow students. I look forward to hearing from you.



Andrew Latchuk

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



Lynne Curtiss

Allow me to start my letter of introduction by expressing how pleased I am to be making everyone's acquaintance. I must tell you that when touring NAIT, I had what can only be called a visceral response to the sights and smells of what for the next few months will be the centre of my world. As I consider the different aspects of my personality and experiences, I feel sure I am in the right

I am honoured to compete for the experience of representing you, my fellow students. I would submit my quick wit and life experience as two of my leading assets. Though I am methodical in my approach to my work, I am able to riff on the . y, which I do enjoy. I am known for being able to cut to the heart of mat-

ters.I try to maintain a professional detachment, while embracing principles of fairness and compassion. I believe in teamwork, and have a good basic understanding of group dynamic and structure. I believe in being of service, so please let me know how I can best serve you, my fellow students.



Michelle Kirkwood



Joel Detka

NAITSA needs you!!

Poll Clerks and Ballot Counters needed for NAITSA Senate by-election 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 email Rita at ritac@nait.ca or come by the NAITSA office (E131) to sign up.

Searching for a job



GABRIELLE HAY-BYERS Student Issues Editor

We can all be honest about it, there's no shame - students are poor. Face it, some of us are apparently living in sheds, so a job would be nice, right?

Thankfully, here at NAIT there are plenty of opportunities to find and be hired for a job. Bulletin board ads are one way, and so is the online job search engine that NAIT student services has set up only for students.

Not a lot of corporations want to talk about how they advertise jobs on campus. For example, Transitions, Costco and Roman Pizza all made it clear that speaking with a Nuggeteer about their job ads wasn't a high priority. Why not? It's free advertising! Don't transfer me to some obscure Human Resources department voicemail!

I spoke to a representative at PCL Construction about the job fairs they hold here. Wade Wilson, media relations department, got me up to speed on why PCL's family of companies likes to hold meetand-greets here at NAIT.

"NAIT is one of the main sources for the talent and education that we need in a construction com-

pany. The programs that NAIT has are often very applicable to the skillset we need here at PCL ...," he said.

It's not just construction workers who benefit from this type of meet-and-greet, though. The PCL family of companies also hire systems and technology grads from NAIT. It's important to also keep in mind

that some companies (just like PCL) hire interns, so go to the meet-and-greets even if it's just to get your foot in the door!

Lorraine Nordstrom, Student Services, says that students come to her office asking for her help in finding jobs all the time.

"I can only help them with jobs within NAIT, as I work with international students only. If they don't have a work permit, they can work at NAIT here ... I also show them how to do it (find jobs) themselves."

"An average student gets the same - a student is a student."

Catholic Social Services has a number of jobs listed online, and often finds that NAIT students are applying.

"(Before the applicants get in the interview) they don't main sources for the really specify where, when or why they applied, so it's hard to know right off the bat. But we do often find that our applicants have some sort of connection to NAIT," says Marie Warinwa - Wade Wilson, PCL from Catholic Social Services.

For applicants, it's impor-

tant to remember that companies aren't only advertising here at NAIT. Wade Wilson put it best:

" ... We do have connections with other post secondary institutes that can provide us with the talent we need, like the U of A ... We need all kinds of people to perform all kinds of jobs. That's why we had the meet-and-greet, to let people know that the PCL family of companies needs all kinds of

without it anyways. So I try to find them jobs

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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

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

Write us.



Transit in transition

ALISTAIR WILKINSON Student Editor

If you're sick to death of Edmonton Transit, NAITSA President Kerri Wyspianski wants to hear about it. More to the point, Wyspianski wants ETS to hear about it.

Many students and staff who bus to NAIT are aware of the limited service and long transit times to and from the main campus, and for those who work at or attend NAIT's in-city satellite campuses, there is little to no service.

NAITSA has been in contact with Edmonton, St. Albert and Strathcona Transit to address the problem, but Wyspianski says the respective services had a ready answer for their inaction.

"The excuse is that there is no ridership here at NAIT, that's why they don't provide service here - but ETS isn't hearing the complaints that NAITSA

Wyspianski believes that increased service to NAIT



Kerri Wyspianski

would bolster transit use, and is in the process of gathering information on how transit could be improved for both students

"We are going to be posting transit questions on the student portal (please watch for them), projected to answer whether or not ridership would increase if better routes were offered. In the meanwhile, I encourage students to call the ETS complaint lines about the service they're getting – or lack thereof."

For Transit complaints, call: Edmonton Transit: 496-8900; St.Albert Transit: 459-1500; Strathcona Transit: 416-7260; or e-mail your Students' Association president at KerriW@nait.

As an alternative to public transit, NAITSA is hosting a Rideshare Week event, open to any NAIT students or staff, on Tuesday Oct. 30, 10 a.m.-2 p.m., in the Common Market



"NAIT is one of the

talent and educa-

tion that we need

in a construction

company."

\$2.00 a pop Every balloon wins a prize!

Win great prizes including: clothing, gift cards, books, backpacks, pairs of hockey tickets & more.

Only 500 balloons available!*

Begins October 31st at 7:30am & continues until all balloons are sold.

* Main, Patricia & Souch campuses

Order your grad ring Jostens will be onsite at the Bookstore October 30-November 1



NAIT Bookstore

Haunted halls

CHRISTEN LONG

The hallways of NAIT are filled with terrifying tales and urban legends. Scratch the surface of the crowded corridors, and you will be left scared – maybe even scared to death!

The Library

Late one night, the library was just closing when the librarian had a sinking feeling as she shut off the lights. She could have sworn she heard a slight shuffling sound coming from the back, but she had already done the library walk-through, and no one was there. She quickened her pace towards the door and hastily locked up. By the time she was met by the security guard who walked her to her car every night, she had completely dismissed her uneasiness as some not-so-fresh chicken eaten for dinner.

Very early the next morning, before the sun had risen or traffic had reached the cold, wintery streets, the sleepy-eyed librarian reopened the doors and began to turn on the lights. She yawned and crossed the length of the library, to the room where the coffee maker was kept.

All of a sudden, a loud crash reverberated across the bookshelves. With her mug in hand, the librarian paled,

and immediately thought about the security phone. With a sinking feeling, she realized that the phone was behind the checkout desk. Who could be out there? Surely the alarms would have gone off if someone had broken in over the night.

The second crash broke through her startled haze. She mustered up her courage, grabbed the heavy coffee pot, and marched out the door. After all, she had to protect the books.

In the library proper, everything seemed eerily quiet again. The librarian's eyes darted to the left and right, but she didn't see anything amiss at all. Pot in hand, she began to pad across the carpet, when to her right, she distinctly heard a sound. "Grooooaaaan."

The librarian raised the coffee pot and called out in a shaking voice, "Who's there?"

Silence.

"I said, who's there. Come out, show yourself."

A shuffling sound and then, "I'm here."

She began to hurry away toward the phone again, when a man appeared between the rows of books.

"I'm calling the police!" she exclaimed. "Don't come any closer!"

"Wait," said the man, who straightened up and smoothed out his rumpled jacket. "Please don't call the police."

The librarian gasped when she recognized the man. It was the building inspector who had come to check the safety exits. "What are you doing here?"

"I'm sorry," said the inspector. "I didn't mean to scare you. I just fell asleep."

She looked the sheepish inspector up and down, and, with a sense of relief, offered to make him a cup of coffee, which he gratefully accepted.

It was much later in the day, after he had left, when she wondered where he could have slept that night.

Book Drop Under the Stairs

The NAIT library, a seemingly normal, quiet place where many students like to spend their time reading, studying and whiling away hours at the computer. But under the cold, winding stairwell on the way to the library, there is a sinister, locked room that leaves the librarians in a cold sweat every time they have to turn the key to unlock it. Opening onto a bookdrop slot, a large cart catches the casually tossed books on their way down before they hit the floor.



Photo illustration by Christen Long

Can you see a ghost?

What the unsuspecting students don't know is that the book drop exists in an unusually large crawl space (rumoured to lead to the underground tunnels).

With a sense of foreboding, the librarians always carry a flashlight with them when they have to retrieve materials from the book drop under the stairs.

This is a friendly *Nugget* reminder that Halloween is just around the corner, so start getting those inappropriately tight and revealing costume numbers ready! Get ready to get your freak on!

Throne speech a mix



SHANT CHAKMAKIAN

The federal government released its throne speech last week. Reactions were mixed, but so are the government's initiatives.

The government identified five key priorities: Arctic sovereignty, the economy, federation, the environment and crime.

Arctic sovereignty is a high priority for Canada. This could be seen as a response to Russia's claim on half the Arctic, widely seen as a bid to gain access to that region's oil. This priority includes Arctic patrol ships and aerial surveillance, which is also apart of a plan for military modernization.

Greater environmental research will allow the government to map the seabed, which will help it find resources, as well as assist in environmental initiatives.

Economically there are big plans in the speech, from affordable housing to a deal with the European Free Trade Association which would include a tax cut for all Canadians.

Inter-provincial free trade, copyright reform and expanded standards of imported foods and products are also economic priorities as free trade grows.

What may be of interest to NAIT students and staff is the government's plan to expand mining and resource sectors and to strengthen Canada's traditional industries, such as manufacturing, for-

estry and tourism.

The environmental policy seems to be more realistic, as it encourages economic incentives for industries to reduce emissions. Spearheading the production of biofuels is another initiative the government wants to take as it hopes to be a leader in pioneering clean technologies.

These initiatives hope to see a 20% reduction in greenhouse gases by 2020 and 60-70% by 2050.

As our country grows, crime legislation becomes necessary to be put forth, and one issue that is possibly in need of updating is the age of consent. This legal loophole is attractive to sexual predators from other countries who exploit teens, and is definitely a head-liner in the criminal bill.

Violent crime, impaired driving, gun crimes and a national anti-drug strategy are other priorities that will be undertaken in the new crime bill, which is not only promising to be a big bill, but will be a measure of confidence.

Although many of these priorities are conservative in ideology, because of the nature of our minority government, its initiatives aim to be reasonably moderate; despite popular opposition party disapproval.

And despite the NDP and Bloc determination to bring the government down, the Liberals currently do not have the support to survive an election and thus did not move a non-confidence motion.

But that can easily change by the time the national budget hits the table in spring. That's why it's great to at least stay informed and keep tabs on our government, because governments are only as effective as their democracy.

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.



OPINION

— Editorial —

See them coming



ALISTAIR WILKINSON Student Editor

here's absolutely nothing wrong with wearing ladies undergarments, even if you're a woman (to that lady at the Nest the other night, take note of this).

It's especially true at this time of year.

Halloween is, after all, one of the few remaining "holidays" where changing one's identity is acceptable - I wouldn't recommend wearing a whalebone corset and garters to Christmas dinner (boy, was my old gran surprised).

Gender bending on Oct. 31 has even become a traditional costume. Large, hairy men (and women) parading about in teddy and stockings, in greater numbers than the Gay Pride Parade, is old hat, even for that one weird guy who uses the same costume every year (there's always one). It's funny. It's a little scary. It's even liberating, watching costume-wearers display their chosen identity, knowing that who they are (for the moment) is as clear as the clothes (or lack thereof) they're wearing.

Politicians are another matter. They wear their costumes the whole year round: bright smiles, manicured hands, pressed suits, bland words without meaning. Unlike Halloween party-goers (or cross-dressers), however, politicians use their costumes to conceal, rather than display, their chosen identity.

Dress up Premier Ed Stelmach in panties and a bra, he doesn't mind – provided you buy into his "suit" costume. Do the same with Mayor Stephen Mandel, and although you're closer to the mark on who he is, it doesn't change his rhetoric – and that's part and parcel of the costume. It's a bit like The Emperor's New Clothes (a fairy tale, you know the one, a couple of swindlers sell the emperor a non-existent suit of clothes by convincing him that only the best people can see them) – except in this case, we're the emperor who fell for the con.

Never let them see you coming, that's the politician's creed. Wear the costume, don the smile, offer the handshake – of course, if I'm getting screwed, I think I'd rather have a reach-around – and do as you like.

I think I'd rather have a leader in leather and lace, provided he (or she) didn't hide behind the clothes. A little social deviance is a fair exchange for a leader who says what he, or she, means. Stelmach, Mandel, Prime Minister Stephen Harper, name your man (or woman), can skip down the street, hand-in-hand with one another, singing the score from Guys and Dolls, for all I care, just as long as one of them can grow the ovaries to do what they

Just as long as you can see them coming.



— Letters —

Mercury a part of the natural world

Dear Letters-to-the-Editor:

Two weeks ago, the Nugget published an article about mercury pollution caused by coal burning at Lake Wabamun. The article left out some information.

Mercury is a natural pollutant, and if it is not natural, then how did it get into the coal? For example, all tuna in our oceans are polluted with mercury. Older tuna are more polluted. The solution is to stop eating fish, not to stop burning coal.

The Lake Wabamun plant has excellent electrostatic pollution controls, and it provides cheap electricity. In the article, a lake in north western Ontario was chosen because it has low levels of mercury. Such a lake is not common.

Sincerely, Richard Blakely

Your views are important

We want to hear from you

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

Get those thoughts into print.

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

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

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.

SPORTS

Hoop it up!



By NAHREMAN ISSA **Sports Editor**

The men's and women's teams are out in full force, starting their seasons almost two weeks ago.

CURTIS NELSON

Curtis Nelson is in his third season with the women's Ooks basketball team. "I love it here at NAIT and I think we are on the verge of building something rather special within the women's basketball program. We are only getting stronger every year. I am very proud, and somewhat humbled to be part of NAIT Athletics," offers Nelson.

Nelson has a lot of obstacles to overcome this season, with only three players returning. "Well, as a coach you hope that your new recruits can step in and contribute right away. You will always have some turnover year to year, due to graduation, injury, etc. It's a bit of a challenge with the programs being two-year programs."

There are three captains on this team, Kriska Reyes, Kelli



Heavenor and Dale-Marie Cumberbatch. While Nelson has great things to say about his captains, Dale-Marie was a unanimous choice.

"She is perhaps the rarest of all athletes: an extremely talented overachiever," he said. She is consistently the hardest worker in practices and games and has established herself as **Curtis Nelson** one of the top players in the entire **Women's coach** country. Between the three of them we feel very comfort-

able with the leadership on this team."

As far as rivalries go, Nelson says: "Obviously it would be Grant MacEwan, due to both the proximity of the schools as well as the NAIT-MacEwan Challenge Cup. However, over the last few years, Lakeland College and NAIT have had a very competitive rivalry."

Nelson's overall thought on the season is one of excitement.

"When I think about this team, I get excited. We have incredible team chemistry and enthusiasm; we have a lot of talent and skill. Although we definitely lack some experience - which is very important in our league - we are capable of making up for that through our work ethic, athleticism and overall exuberance.

"This group of girls is really dedicated to both the program and each other and that is quite rare in the world of college athletics. I think the future looks very bright for women's basketball here at NAIT."

CHUMA NWOBOSI

This is Nwobosi's sixth year with the program, starting as an assistant for the first two years. Nwobosi coached the men's team to a bronze finish at the ACAC championship last season. With eight returning players this year, Nwobosi says experience is not so much an

"They main key is to prepare everyone on your roster to be ready to make big contributions. From year to year you will lose key players to graduation but the players that remain will step up and perform when it is their turn. As long as we can keep a small handful of players each year, we can continue to progress."

The men's team has two captains, Steven Lamont and

"They are third year players and were both captains last year. They exemplify all that we try to preach on our team, which is why they have been captains for the past two years. They are good students, have positive attitudes and lead by example with their work ethic."



Chuma Nwobosi Men's coach

As far as rivalries go on the men's side, Nwobosi gave me a truly insightful answer. "I always believe that our biggest rivalry is ourselves. Each day we teach the players how to fight the demons that plague athletes from time to time. Fight the urge to be overly selfish on the court and buy into the teamfirst concept. Fight the negative self thoughts when times are rough. Fight the pressure from friends and

family telling you how you should be playing and stay true to the process within the team framework. If we can take care of these demons as a unit, success will flow naturally."

Overall, Nwobosi is quite positive about his team.

"I think we have the potential to be great. We have 12 players that have experience at this level of competition, but also understand that success will not come easy. We have a very untraditional style of playing, which is more exciting for the players and fans alike. If we can get everyone healthy and continue to improve on the process, the sky is the limit."

Both coaches are confident and looking forward to competing this season. Nelson summed it up best: "I would definitely encourage all of the NAIT student's and staff to come out and watch some excellent basketball this year."



Photo by Brendan Abbott

Ook Cody Vermeulen scores against Concordia during a game played Tuesday, Oct 16. NAIT won 85-81.

Athletes of the week

Dale-Marie Cumberbatch Basketball



The NAIT female athlete of the week is Dale-Marie Cumberbatch, forward for the lady Ooks basketball team, who prevailed in a weekend series with the Grande Prairie Wolves. On Friday night, Dale-Marie was 14 of 15 from the foul line in scoring 29 points and leading the Ooks to a 74-63 win. She followed that up the next day with 25 points and 14 rebounds as NAIT edged GPRC 75-

74 for the sweep. After obliterating the single-season scoring record last year, the second year Digital and Media Design student is currently averaging 25 points per game and now has scored over 20 points per game in 20 consecutive games. Congratulations, Dale-Marie!

Brent Vriend Basketball



Brent Vriend, second-year forward with the Ooks basketball team, is the NAIT male athlete of the week. Brent was a solid force for NAIT as they split their weekend series with Grande Prairie. On Saturday, Brent hit some key shots down the stretch when the team was in search of offence and grabbed some big rebounds to secure the 71-61 victory. Brent, a second year Business student from

Houston, B.C., is really coming into his own in the NAIT system this year. Well done, Brent.



THE WEEK IN NAIT ATHLETICS

Soccer Ooks' magic season

With weekend victories over Kings 2-1, and Keyano 3-2, the men completed the ACAC regular soccer season with nine wins and one draw. The Ooks are currently ranked No. 2 in Canada as they head into the ACAC championships. NAIT will be hosting the 2007 Adidas ACAC Men's Soccer Championships this weekend (Oct. 26-28) at the Henry Singer soccer fields, just north (on 142 Street) of the Canadian Athletic Club Arena, which is located at 14640 142 St. The Ooks get a bye in the first round and play their first game Saturday, Oct. 27 at noon against the winner of Friday's game between MacEwan and SAIT.

The bronze medal game goes Sunday at 10 a.m., followed by the gold medal match at noon. Get out there and cheer on the Ooks!

WOMEN'S SOCCER

The women's soccer team got hot when it counted and strung three solid wins together to finish their season in second place in the ACAC. On Wednesday, they beat Concordia 2-1 and followed that up by blanking both the Kings and Keyano 4-0 to finish the season with six wins, two losses and two draws. The ladies are now off to the ACAC championships, hosted by Mount Royal, this weekend in Calgary. The Ooks' first game is Friday, Oct. 26 when they face Medicine Hat. Should they win that game, they will play Mount Royal on Saturday at 2 p.m.

CROSS COUNTRY

Over 100 runners gathered at Goldstick Park on Saturday for the ACAC Cross Country Running Championships. The event was dominated by the Vikings from the Augustana faculty of the University of Alberta, which won both the ladies' and men's team titles. The top NAIT runners were Ashley Penna and Jason Kincaid.

BASKETBALL Women

The women's team swept their weekend series with Grande Prairie, taking the first game 74-63 and then edging the Lady Wolves 75-74 on Saturday afternoon. The team was paced by Dale-Marie Cumberbatch, who followed her 29-point effort on Friday with 25 points and 14 rebounds on Saturday. The lady Ooks now have a 2-2 record.

Men

On the men's side, the Ooks split with the Wolves, dropping the Friday night game 83-77 before rebounding to win 71-61 the following afternoon. The Ooks got big games from forwards Steve Lamont (19 points) and Brent Vriend (18 points) to even their record at 2-2.

VOLLEYBALL

Playing in the brand new Syncrude Sport and Wellness Centre, the NAIT volleyball teams won three of their four games against the Keyano College Huskies. The ladies took both games by scores of 3-1, while the guys took the Friday night game 3-1. They dropped their Saturday matinee to the Huskies by the same 3-1 score.

HOCKEY Women

Both hockey teams played home-and-home series with the Cougars of Mount Royal College and came away winless in four games. The lady Ooks took a one goal lead into the second period on Friday, only to see the Cougars respond with two goals to win 2-1. The next night, the ladies took the game down to the final 30 seconds before Mount Royal scored for a 1-0 win.

Men

On the men's side, NAIT dropped two games to the Cougars by identical 4-2 scores.



Friday night the Ooks came out of the first in a 2-2 deadlock but allowed goals in the second and third periods. While the Ooks took a total of 92 minutes in penalties, they didn't surrender a power play goal. On Saturday night, the Ooks jumped out to a quick 2-0 lead, then got into some penalty trouble as the Cougars scored four straight goals to put the game away.

BADMINTON

The ACAC badminton schedule got underway this past weekend as Mount Royal hosted the first individual tournament. The NAIT team was led by Sun Yang, who dominated women's singles play. Dan Kai of NAIT medalled in every event.

OTHER UPCOMING Volleyball

The Ooks home opener is Friday, Oct. 26 when they host the Lakeland College Rustlers. The ladies play at 6:30 p.m., followed by the men at about 8:30 p.m. Get on down to the gym and check out the new-look lady Ooks led by rookie head coach Dusty Freimark and NAIT guys, led by veteran head coach Trever Turner.

Hockey

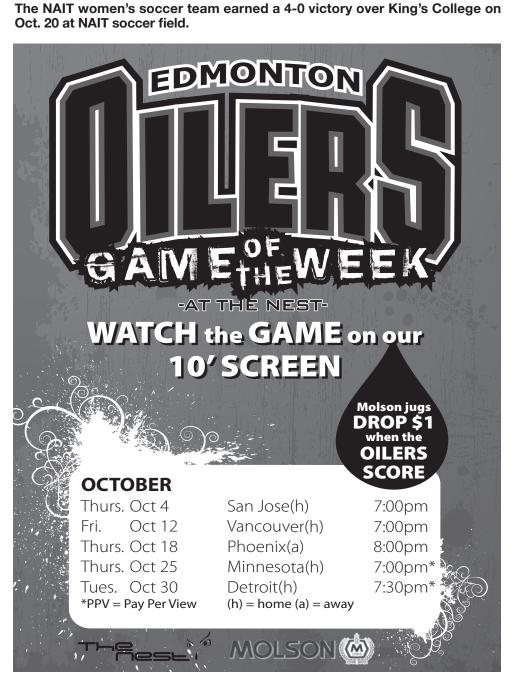
Both NAIT hockey teams renew acquaintances with the Grifs from MacEwan as they play home-and-home series. First up is the men's team, which plays Friday night at the NAIT arena. Puck drops at 7 p.m. Saturday. Both NAIT teams will play at the Servus Credit Union Place in St. Albert, with the girls going at 3 p.m. and the men following at 7 p.m.

Basketball

The hoop squads head to Lloydminster on Friday for 6:30/8:30 games against Lakeland College, then return home Saturday evening to face the Rustlers at the NAIT gym. Game times are 5 p.m. and 7 p.m.

Ooks Nation

NAIT supporters have been grabbing up Ooks Nation T-shirts, which come with two game tickets for just \$10. Go Ooks, Go!!



First battle lost, war is still on!

NAHREMAN ISSA Sports Editor

Calgary-1. Edmonton-0. Wow, it stings to say that, but it really burns to have to write it. The first instalment of the Battle of Alberta is in the books, with our Edmonton Oilers on the losing end of the stick. Last Saturday, in the second game on *Hockey Night in Canada*, the Oil got outplayed and outscored by the Flame(r)s. What really sucks about losing to the Flames, on a personal note, is that my brother-in-law is a huge Flames fan. I love my brother-in-law, but every time he cheers, I want to bash his head into a wall. I will give him credit, though. He doesn't rub it in our faces. (Thanks Ali). This was also Mac T's 500th game as head coach, the third longest tenure in the NHL.

So, to recap the first Battle of Alberta:

1:01 in – Penner takes a penalty; Huselius makes him pay rith a goal.

6:30 in – Hemsky goes in on a breakaway, and misses the net. How???

Captain Morgan commercial comes on. It's the one about the guys who order a pizza and gets it delivered, with them in the car. This will become the new fad every person will try now. Need a ride home, order a pizza. Pizza delivery guys are going to be pissed.

8:40 in – Holy Roli!!! An unbelievable toe save by Roloson. Hands down he's the MVP of the season so

far.

13:34 in – Scoooooore! Gagner gets his first NHL goal.

Commercial comes on for a casino in the Niagara Falls area.

It shows a hockey team, made to look like the Toronto Maple

Leafs, celebrating their Stanley Cup win in the dressing room. This makes me laugh, because the only way the Leafs will ever win the cup is through commercials and movies. Good luck with that. (I hate the Leafs, and you should too!)

After the first period, I stopped taking "notes." I sat there with my sisters, some friends, and of course, my Flame(r)s fan brother-in-law and took in the first 'BOA' of the 2007-2008 season. This game had a lot of excitement, with fights, break-aways, huge saves and a red light that wouldn't turn off in the third period (not because the Oil were getting scored on but because of a malfunction). What it didn't have was a happy ending for the Oil fans in Oil Country. Part two of the BOA will take place on Nov. 10, at the same place, same time (same bat channel!) The Flames may have won the first battle, but there are still seven more games to go.

ACAC Standings

MEN'S HOCKEY								
Team	GP	W	L	OTL	Pts	GF	GΑ	
Mount Roya	I 4	4	0	0	8	22	6	
Concordia	4	3	1	0	6	17	14	
NAIT	4	2	2	0	4	13	12	
SAIT	1	1	0	0	2	3	1	
MacEwan	2	1	1	0	2	7	6	
Augustana	3	0	3	0	0	5	12	
Briercrest	4	0	4	0	0	9	25	
Oct. 19								

MRC 4, NAIT 2; CUCA 5, BC 3; SAIT 3, Augustana 1
Oct. 20

MRC 4 NAIT 2; CUCA 6, BC 4; SAIT 6, Augustana 3

MRC 4, NAIT 2; CUCA 6, BC 4; SAIT 6, Augustana 3

	WOMEN'S HOCKEY								
Team	GP	W	L	OTL	Pts	GF	GA		
Mount Royal	4	3	0	1	7	8	4		
Red Deer	4	3	1	0	6	14	6		
U of C	4	2	2	0	4	8	8		
SAIT	4	2	2	0	4	7	10		
MacEwan	4	1	3	0	2	8	11		
NAIT	4	1	3	0	2	6	12		
	Oct. 18								
	RDC 3, UofC 0								

Oct. 19
MRC 2, NAIT 1; RDC 2 - UofC 1
Oct. 20
MRC 1, NAIT 0; MacEwan 4, SAIT 1
Oct. 21
SAIT 3, MacEwan 1

MEN'S BASKETBALL

		Nor	North Division					
Team	G	W	L	Pts	PF	PA		
Concordia	4	3	1	6	313	267		
MacEwan	2	2	0	4	173	131		
Lakeland	2	2	0	4	172	138		
NAIT	4	2	2	4	307	307		
King's	4	2	2	4	259	286		
Grande Prairie	4	1	3	2	282	320		
Augustana	4	0	4	0	267	324		
		Sou	th Div	ision/				
Team	G	W	L	Pts	PF	PA		
Briercrest	2	2	0	4	169	160		
Red Deer	2	2	0	4	127	121		
Medicine Hat	2	0	2	0	121	127		
SAIT	2	0	2	0	160	169		
Lethbridge	0	0	0	0	0	0		
Mount Royal	0	0	0	0	0	0		
		(Oct. 1	6				

NAIT 85, CUCA 81
Oct. 19
GPRC 83, NAIT 77; BC 93, SAIT 86;

MacEwan 76, Augustana 67; RDC 69, MHC 65; Oct. 20 NAIT 71, GPRC 61; BC 76, SAIT 74;

RDC 58, MHC 56; MacEwan 97, Augustana 64; CUCA 70, TKUC 54

WOMEN'S BASKETBALL North Division

1401 til Division									
Team	G	W	L	Pts	PF	PA			
Concordia	4	4	0	8	325	250			
MacEwan	2	2	0	4	143	122			
NAIT	4	2	2	4	278	316			
Grande Prairie	4	2	2	4	295	274			
King's	4	2	2	4	271	269			
Lakeland	2	0	2	0	125	158			
Augustana	4	0	4	0	245	293			
		Sout	th Div	/ision					
Team	G	W	L	Pts	PF	PA			
SAIT	2	2	0	4	178	61			
Medicine Hat	2	2	0	4	157	95			
Red Deer	2	0	2	0	95	157			
Briercrest	2	0	2	0	61	178			
Lethbridge	0	0	0	0	0	0			
Mount Royal	0	0	0	0	0	0			

Oct. 16 CUCA 89, NAIT 73 Oct. 19

NAIT 74, GPRC 63; SAIT 102, BC 36; CUCA 75, TKUC 63; MacEwan 81, Augustana 75; MHC 76,

RDC 40 Oct. 20

NAIT 75, GPRC 74; SAIT 76, BC 25; MHC 81, RDC 55; MacEwan 62, Augustana 47; CUCA 71, TKUC 58

MEN'S VOLLEYBALL

		Blue	Divis	ion		
Team	MP	MW	ML	Pts	GW	GL
Mount Royal	4	4	0	8	12	2
MacEwan	4	3	1	6	11	6
Red Deer	2	2	0	4	6	2
Briercrest	4	2	2	4	8	7
SAIT	2	1	1	2	4	5
Grande Prairie	4	0	4	0	3	12
King's	4	0	4	0	2	12
		White	Divis	sion		
Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	2	2	0	4	6	0
Lakeland	2	2	0	4	6	0
NAIT	2	1	1	2	4	4
Keyano	2	1	1	2	4	4
Lethbridge	2	0	2	0	0	6
Portage	2	0	2	0	0	6
		0	ct. 19			

NAIT 3, KC 1 (24-26, 25-21, 25-14, 29-27)
MRC 3, GPRC 1 (25-19, 23-25, 25-22, 25-11);
LC 3, LCC 0 (25-17, 25-21, 25-18)
MHC 3, PC 0 (25-10, 25-16, 25-12)
RDC 3, BC 0 (25-23, 25-16, 31-29)
MacEwan 3, TKUC 2 (23-25,22-25,25-23,25-20,15-10)

Oct. 20
KC 3, NAIT 1 (25-12, 19-25, 25-19, 25-20)
MRC 3, GPRC 1 (25-20, 25-22, 23-25, 25-21)
LC 3, LCC 0 (25-16, 25-16, 25-23)
MHC 3, PC 0 (25-9, 25-7, 25-6)
RDC 3, BC 2 (22-25,25-23,18-25.25-18,15-9)
MacEwan 3, TKUC 0 (25-20, 25-21, 25-15)

WOMEN'S VOLLEYBALL Blue Division

leam	MP	MW	ML	Pts	GW	GL
Mount Royal	4	4	0	8	12	1
MacEwan	4	4	0	8	12	4
Red Deer	2	2	0	4	6	1
Grande Prairie	4	2	2	4	7	7
SAIT	2	0	2	0	2	6
King's	4	0	4	0	2	12
Briercrest	4	0	4	0	2	12
		White	Divis	sion		
Team	MP	MW	ML	Pts	GW	GL
Medicine Hat	2	2	0	4	6	0
NAIT	2	2	0	4	6	1
Lakeland	2	2	0	4	6	4
Lethbridge	2	0	2	0	4	6
Keyano	2	0	2	0	1	6
Portage	2	0	2	0	0	6
-		0	ct. 19			

NAIT 3, KC 1 (25-22, 25-23, 23-25, 25-18)
MRC 3, GPRC 1 (25-19, 23-25, 25-22, 25-11)
LC 3, LCC 2 (22-25,25-18,22-25,25-17,15-7)
MHC 3, PC 0 (25-16, 25-14, 25-15)
RDC 3, BC 1 (25-18, 23-25, 25-22, 25-22)
MacEwan 3, TKUC 1 (25-21, 21-25, 25-17, 25-20)

Oct. 20

NAIT 3, KC 0 (27-25, 25-16, 25-22)

MRC 3, GPRC 0 (25-11, 26-24, 25-14)

LC 3, LCC 2 (22-25,25-23,25-22,19-25,15-10)

MHC 3, PC 0 (25-13, 25-9, 25-15)

RDC 3, BC 0 (25-13, 25-15, 25-17)

MacEwan 3, TKUC 1 (25-18, 25-12, 22-25, 25-15)



Lady Ooks goaltender Alycia Monahan looks through a sea of players to spot the puck during a recent game against the Red Deer College Queens.





No Rush for lacrosse

NAHREMAN ISSA Sports Editor

Stepping up to the microphones, NLL Commissioner Jim Jennings had to break the bad news to lacrosse fans all over Canada and the U.S.

"I would like to apologize to our fans first and foremost. We are deeply disappointed that the Profes-

sional Lacrosse Players Association's executive committee rejected our proposal

without permitting all of the players to vote on the league's final offer."

The 2007-2008 lacrosse season was officially cancelled on Oct.

16, 2007. With this announcement, all 14 teams (including the new franchise, the Boston Blazers) have officially hung up their lacrosse sticks (for

Reasoning for the lockout is simple, yet redundant in all sports circles. The league and the Professional

Lacrosse Players Association could not reach an agreement on a new collective bargaining agreement by the set deadline of midnight, Oct. 15.

Duane

Vienneau

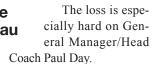
Once again, sports fans (especially Edmonton fans) get the shaft. This lockout has brought much disappointment for Edmonton Rush president Duane Vienneau. The team had so much going for it, with the Rush only entering its third season in the NLL.

"We were very excited going into this season coming up. We felt that this was

our year to make the playoffs and we're very disappointed in all of this, especially

for the fans. This is the fourth time in seven years that the league and the players union have had to create

a new CBA. For a league to be stable, a long-term deal CBA is vital. We hope to use this time to create a long lasting agreement with the players and return in great form for the 2009 season."



"With the strides we've made the past three years

and with having such a great summer making our team stronger, I was looking forward to this season and playing in front of the best fans in the NLL."



Ooks forward Chad Richmond hits the post in a game against the Mount Royal Cougars on Oct. 20 at NAIT arena. NAIT lost the game 4-2.

This was the year the Rush were going to make a run for the playoffs, with the big moves made during the Rush is that they were supposed to

If you are a season ticket holder, off season. Another big blow to the you will be given a full refund for any amount pre-paid. The Rush staff ask

host the 2008 NLL All-Star Game for some patience as they get everything organized.

> Call 732-RUSH or check the Rush website at www.edmontonrush.com for details on season-ticket refunds.



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!

BY-ELECTIONS! **VOTE ON NOV. 1st**

In the schools of...

- Hospitality
- **Applied Building Science**
- **Arts, Science & Communications**
- **Applied Media & Information Technology**

Satellite Campuses:

Souch Campus - Z145

Patricia Campus - P127

St. Albert Campus - Rm. 105

Health Sciences

Poll Stations

Main Campus:

Outside NAITSA office - E131 Business Tower - 1st Floor **Outside Common Market** Outside Fresh Express - south foyer South Learning Centre

Hp Centre outside Bytes cafeteria Engineering Annex by main stairwell

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

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

Thursday, October 25, 2007 The Nugget

ARTS&CULTURE

Fright Night phenomenal

KELLEN NITRO

A sellout crowd of 1,000 people packed the cosy confines of Nait's main gymnasium for PWA Fright Night 2007 last Saturday night.

And boy, were a lot of pre-conceived notions and beliefs about prowrestling changed. This event was the second leg of an Alberta-wide tour, with this show easily outdrawing the previous night's show in Calgary.

The main event featured two wrestlers from Spike TV's "Total Non Stop Action" promotion, as "The Phenomenal" AJ Styles faced the challenge of "The Samoan Submission Machine" Samoa Joe. This match was a five-star classic, and even with Styles' constant bending of the rules, Samoa Joe walked away at the end of the night with the win and the bragging rights.

On the title end of the spectrum, three out of the four Prairie Wrestling Alliance titles changed hands. The massive 400-plus pound Juggernaut is now the PWA heavyweight champion, winning the title in a well-contested six-pack challenge within the confines of the 15-foot-high steel cage. Scotty Putty is the new PWA cruiserweight champion, defeating Dusty Adonis. And The New Karachi Vice are the PWA tag team



Photo by Brendan Abbott

Wrestlers compete in PWA's Fright Night event at NAIT gym on Oct. 20.

The fans were the real winners, end of the night with a smile on their faces. The stars from TNA wrestling

were very sociable and complimented though, with everyone leaving at the both the PWA and NAIT on an awesome show.

For more information on the tling.ca.

PWA, or if you think you have what it takes to become a wrestler, be sure to check out their website at pwawres-

Also tune into nr92.com Wednesday nights, from 8-9, for Nitroholic's Anonymous, your weekly wrestling

The Ozzman still rocketh

NAHREMAN ISSA

First of all, I would love to thank the middle-aged men in the row ahead of me for getting me high for free. Secondly, Rob Zombie is one of the sexiest men in music. Gawd, I love him! Anyways, about the show ... If you are a fan of hard, heavy, kick-ass rock, this show did not disappoint. Ozzy Osbourne was back in town, with Rob Zombie as the opening act. The sold-out crowd at Rexall Place were on their feet Monday night the whole time, singing and giving their all to the Prince of Darkness.

Ozzy showed off his sense of humour at the beginning of his show by incorporating himself into scenes of hit movies and TV shows such as, *Pirates of the Caribbean*, *Lost*, and too many more to name. The show's set list was about 12 songs long, with a crazy 10 minute or so guitar solo by the one and only, Zakk

Ozzy played the typical hits such as Crazy Train, Mr. Crowley, and Bark at the Moon. He ended the set with the Black Sabbath hit, Paranoid. Noticeably missing from the set list was No More Tears, which I really wanted to hear.

During one part of the show, a huge cross, with Ozzy embedded on it, was set on fire, slowly burning out by the end of the song. With the band bowing and saying their goodbyes, fire-

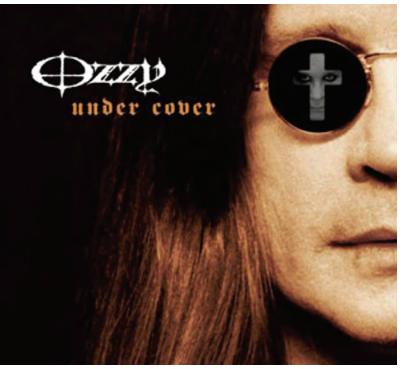
Ozzy Osbourne still kicks ass, even though he can apply for a senior citizen discount next year. Which is exactly what Ozzy reminded me of; your senile grandpa who had a little too much to drink, and is dancing with the lampshade over his head. But who wouldn't want a grandpa as cool as Ozzy. We even got to see Ozzy's ass. That's right; he mooned us, and

Even though Rob Zombie was the opening act, it didn't feel like it. Rob completely stole the show. His stage setup was one of the finest I've seen. There was a huge whacked up pig's head with doors on it, in which Rob came out of. On the side of the stage were big projectors which played scenes from old horror movies, naked cartoon characters and plain old topless chicks. As cool as that was, it was a bit distracting (in a good way). It felt like I was part of the freak circus (once again, in a good way).

He started the show with his first single from his new album, which has just come out. Not only did he warm up the fans for Ozzy, but he got up close and personal by singing More Human than Human on the ground, in the floor seats, with the screaming fans mugging him and singing along. While he was in the audience, a huge robot/child/monster came out on the stage and danced. It was cool, yet creepy at the same

One of the best moments of the night came at the end of Rob's set. Rob sang the song Dragula decked out in the new Oilers home jersey. Nothing gets Edmonton fans going more than anything to do with our beloved Oilers.

The one complaint I had with the show was the sound quality. The concert is supposed to be loud, but not loud enough



where the speakers and the mics give off a static noise the whole time. Hey, it's hard enough to comprehend Ozzy, let alone with the extra noise. All in all, it was a damn great show, and totally worth the admission.



ON STAGE

Silversun Pickups shine



GEOFF TATE Arts and Culture Editor

While thousands of people filed into Rexall Place to witness the Prince of Darkness unleash himself upon them Monday night, a handful of lucky SOBs got to grace the cathedral known as the Starlite Room.

Deep within its eerie confines, a band known as Silversun Pickups rocked the bajesus out of the select few fortunate enough to win tickets. Local radio station (you may have heard of it) Sonic 102.9 was cordial enough to get this four-member band for a private, win-your-way-in concert late Monday night, and I have to say, once again, free shit rocks!

Hell of a show

For not having to pay a thing to get in, the audience got a hell of a show given to them by lead singer Brian Aubert and company. And yes, the lead singer is a dude. But he was in no way nearly as cute as the female bassist. She is perhaps the cutest girl I have ever had the privilege of staring at without being called a pervert.

Although the show got off to a late start, no one was really that bothered by it. With the sweet tunes the DJ was pumping out pre-show, there is no way you could stay mad. And when SSPU finally did get on stage, any buildup of frustration anyone had was immediately washed away by Brian's bipolar voice and drummer Chris Guanlao's ability to look like a Muppet playing the drums. If you gave Chris purple hair and his skin a slight red tinge, he would have an uncanny resemblance to The Electric Mayhem drummer, Animal ...

Perfect venue

The personality of the band as a whole was evident in such a small venue, and for the way Silversun Pickups play, it perfectly reflected the atmosphere they were meant to perform in.

You could tell they were enjoying themselves up on stage, cracking jokes with the audience and generally enjoying the free libations given to them. At one point during the set,



Brian had to correct himself for earlier calling Sonic 102.9 something along the lines of Mario or Link, stating, "I knew it was some sort of video game superhero."

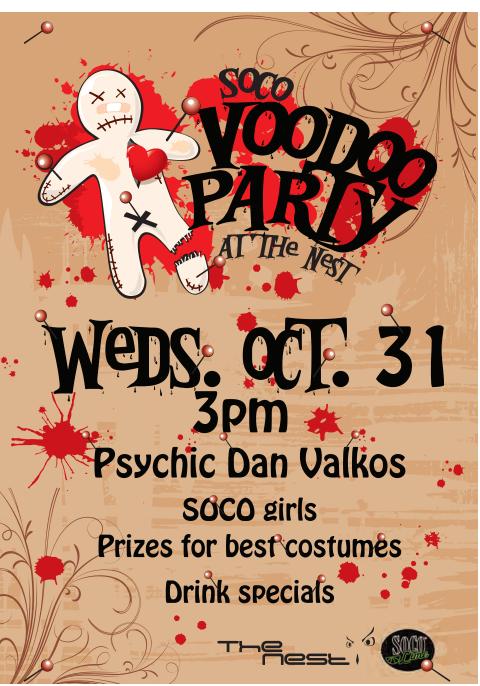
We all had a good laugh about that. Even the six-foot-nine-inch tall, Metallica T-shirt wearing behemoth in front of me who obviously confused Rexall with Starlite Room had a little chuckle.

The sound quality and intimacy of this show was on a level of its own, and the performance itself was astounding. The Starlite Room did a great job keeping it real, and the Silversun Pickups get an explosive high-five for being so goddam cool. Odds are you aren't going to be able to witness them in person like that for many a moon, which is unfortunate, because that is absolutely the way they were meant to play.

Overall, this concert was a blast, and I have to throw out a gigantic congrats to everyone who managed to make it in. Count me in for sure the next time Silversun Pickups comes to town.







AT THE MOVIES

The Nugget

30 Days of bad taste

RILEY P. SORENSEN

Upon receiving my ticket for 30 Days of Night, I was very excited to go and had somewhat high expectations of it, but quickly learned otherwise. Despite the unreasonable wait to let us into the screening after a thorough security check, my hopes were still high.

The introduction of the few main characters was fairly promising and the first several minutes still hinted at the possibility of a good movie. If you are a big fan of the gore and people getting heads removed with an axe, than you will probably enjoy this movie. When the vampires do attack, you get some quality fight scenes, with some intense gore.

However, with the introduction of the vampires also comes the most annoying thing about the movie; the screaming. It felt like every time a vampire was on screen, it just screamed as long and loud as it could to signal the others. It gets old fast; very fast. Further research led me to the fact that the movie was made by the same people that made The Grudge, which may explain the annoying sound syndrome.

A vampire attack on a small town does not take long to kill off most of the population and that is where the movie slowed down. After everybody is dead and only a select few remain, it is mostly a waiting game for the sun to come up after the 30 days is up. Most of this time is just filled with vampires talking some ancient made up language and screaming.

The ending left me with a bad taste like when you finally finish that last sip of beer you've been nursing too long. It takes a turn for the worse and at that point you realize you just watched a subpar vampire movie. You may end up enjoying the film, but I say wait until the cheap theatre to lessen the disappointment, since it will most likely leave you with a bad taste in your mouth as well.





Gone Baby Gone a step above

LIAM CRESWICK

When a deadbeat mother's little girl is kidnapped in a rough Boston

neighborhood, private investigators Patrick Kenzie (Casey Affleck) and Angela Gennaro (Michelle Monaghan) are hired by the girl's aunt and uncle to assist in the citywide search. The people in the neighbourhood are uncooperative, and the police don't want to share their info,

so Patrick uses his own street savvy and detective skills to hunt down the girl's kidnappers.

What starts as a fairly interesting mystery story quickly becomes a truly complex and gripping moral drama. When there are two right things to do, how can you decide? Gone Baby Gone presents a bittersweet look at the classic, "Damned if you do, damned if you don't,"

This is a directorial debut for Ben Affleck, a guy who hasn't been able to catch a break in recent years. This film shows his movie-making chops, even if it isn't in front of the camera.

He recreates the atmosphere of a tough Boston neighbourhood with professional precision, and the film is paced very well for a mystery story with so many twists and turns. Affleck does a lot to demonstrate his

beyond just pointing a camera at some fine actors and a good story. He

adds some cool touches, such as using the loud panic instead of excitement in the audience, and erratically switching between black camera and bursts of video to build on

The compelling and thought-provoking traits of this film are not solely Affleck's handi- has his own strengths and qualities

vision as a filmmaker, and goes well work though. All the cast, including Ed Harris, Michelle Monaghan and Morgan Freeman do great work, but Ben's little brother, Casey Affleck, leads the film with a strong and bang of gunshots to create impressive performance. His character Patrick is smart, tough and cocky, but played so that his inexperience and uncertainty shines though at the right moments. Though some similar traits and mannerisms can be seen, it would not be fair to compare Casey to his older brother, as he demonstrates in this film that he

My only criticism is that, part way through, there is a big lurch in the otherwise smooth narrative. The case appears to be wrapped up, we get a look at how all the character's are dealing with the results, and even the voice of young Aflleck's character begins to narrate like you would expect to see at the end any other film. If you look down at your watch though, you'll realize you've only been in the theatre for about 45

The audience is then thrown

back into the story with a whole schwack-load of new plot twists and characters. Sure this takes the movie to the fascinating place it ends up at, but thinking it was time to leave did break the engaging hold the film had

Gone Baby Gone elevates itself from a typical crime mystery to a thought-provoking morality play. This is a great effort from the brothers Affleck that shows they each are film forces to be reckoned with



Transformers for collectors

busters of this year was anything but a bust. The release on DVD this season has sparked renewed interest in the *Transformers*. The action scenes in this movie are great, the CGI interaction between the humans and robots is lifelike, and being able to watch this anytime at home is a

The "collectors edition" comes without the group of eight teens in the row behind you - talking and kicking the back of the seat. That said, the sound quality, cinematography and

screenplay is just as stellar as it was ticons (the much cooler guys) with For a live action movie involving so One of the single greatest block- in the theatre. However a 42" wide- the humans caught in between. screen plasma with Dolby can swing

> The movie progresses with the introduction into the Transformers War over All Spark, a powerful cube required for the creation of life on the Transformer planet. As the war ravages the Transformers' planet, the cube is lost and crash lands on the planet earth. Naturally, transformers from either side follow the prize. With both forces vying for the All Spark, a war breaks out between the Autobots (the good guys) and Decep-

Some minor flaws in the movie are those seen in many other flicks that share a similar fan base. Most noticeably that, despite the fact they are in a very populated city, there are almost no other "authorities" during the government chase scene; it seems a bit unrealistic that you don't have

A little Easter egg in the movie I only noticed on the DVD was when an Xbox becomes a transformer, it actually makes the same sound the Xbox makes when you power it up.

much CGI, despite small discrepancies, it still lives up to the expectations everyone had for it.

Special features on the collector's disc include: how the movie was created, 'I fight giant robots,' and the pimped out wheels of the Autobots, making it a worthwhile purchase just to see them in action again.

If you don't have it, buy it, if you don't want it; get it for your future kids or midlife crisis.

Worth the \$30.



Forever is now

NAHREMAN ISSA

CD from the band She Wants Revenge.

For those unfamiliar with SWR, the band consists of two guys, Justin Warfield (singer and guitarist) and Adam Bravin (DJ). Their music is a mix of both from Interpol, Joy Division and Depeche Mode.

the CD (musically) has a melodramatic '80ish vibe to it, which the Los Angeles duo pulls off brilliantly. Warfield's voice (which at times can sound a little like David Bowie) is quite powerful, even though he sings in monotone.

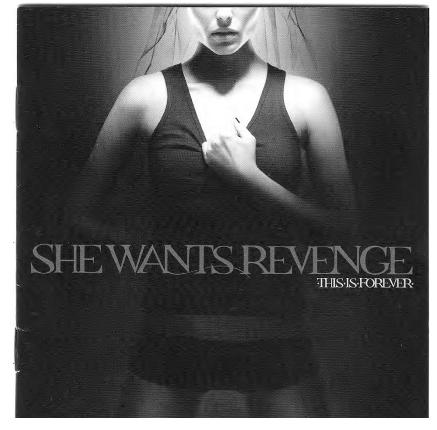
The second CD starts off This is Forever is the followup exactly where their first CD ended. Clearly they are singing about one girl, but who she is, we don't know. The track, She Will Always Be a Broken Girl, sounds like a part two of *These Things*, from their debut album.

This CD may not be as sexy rock and dance, with influences as their first CD, but it still gets the pulse going with such tracks as: Written in Blood, It's Just For me, the overall theme of Begun, and Pretend the World Has Ended. Each song is not complete without sexy lyrics, such as, "Whisper to me softly, 'I'm yours'" (It's Just Begun), to "Soft wet skin, hairs raised, body tired; and the sheets are across the floor" (Written in Blood).

This brings pure lust to the forefront, even with the inevitable breakup. This is the End speaks of sex without love or consequence, with such a line as, "Now you're pressed against somebody who you don't even like, though they're cute and they'll pass the time, kissing around their neck and not their mouth, so they don't look in your eyes."

SWR's followup CD is a soundtrack of a continuous story of sex, one-night stands, lust and heartbreak. I strongly suggest you pick up this CD, as well as their debut album, to get a full understanding of their story.





Velvet Revolver fires blanks

CRISTIAN TORRES

Having seen Velvet Revolver's stellar 2005 tour to promote their plat-

inum debut album Contraband, I was eager to see their sophomore attempt last Oct. 16 at Rexall Place. However, the supergroup of Guns 'N' Roses alums Slash, Duff McKa-

gen and Matt Sorem, ex-Stone Temple Pilots front man Scott Weiland and former Wasted Youth guitarist Dave Kushner failed to live up to it's "super" moniker in support of their latest disc, Libertad.

The show got off on a bad start when opening act Alice in Chains were replaced by El Paso, Texas group Sparta for this leg of the tour. Sparta started off strong, but ultimately one depressing song drudged into another, and with an hour-long set, I found myself changing the display pictures on my cell phone

> rather than listening (FYI: I went from animal pics to mountain scenes).

Velvet Revolver took the stage around 9 p.m. A measly 5,000 fans showed up, and nearly the entire

second deck was curtained off – not surprising considering the poor concert promotion and Libertad's disappointing sales. Fans half-heartedly swallowed up Velvet Revolver originals Fall to Pieces, She Builds Quick Machines and Slither, but went into a frenzy for STP hits Interstate Love Song and GNR classics Mr. Brownstone and Patience, where the crowd joined in to help Weiland make up for,

well, not being Axl Rose.

The band played like they were going through the motions; where was the danger and L.A. rock-raunchiness these guys were known for? The set went by quickly and the only time the freakishly skinny Weiland addressed the audience was to say "We're Velvet Revolver, and we play rock and f#@k'n roll," the exact same line he used in 2005. Although Weiland came

through clearer in the sound mix, production value as a whole was disappointing. The stage setup was lame, and there were no screens with live video of the concert, which sucked if you don't feel like standing for three hours.

I also had the unfortunate luck of sitting in the "smoking section." I was even offered a toke at one point ... but remember kids, you don't know what's in a stranger's weed.

The problem with Velvet Revolver is that they don't hold a candle to Guns 'N' Roses or Stone Temple Pilots. When the opening chords of STP's Vasoline played, the chick behind me summed up the experience saying,

"This is what I've been waiting for."

Lyrically, Scott Weiland has waned, becoming formulaic (repeating the chorus 20 times at the end of every song). Even Slash's solos have weakened. I'd be surprised if we see another Velvet Revolver record, so the best we can hope for is that these guys reunite with the groups that first made them super.



Show is back!

AMIT SHARMA

After a week on hiatus, the weekly NR92 news show, The Gong Show, made its return. The Gong Show is written and produced by third semester students. We always get the inside scoop on all the major events going on at NAIT.

Today's edition won't be any different: we'll

have original news stories, sports, and entertainment all packaged into one **LISTEN** incredible half hour. The Gong Show runs every Thursday and today at 4.

The New Music Nooner of the week is local Edmonton hip-hop producer/songwriter Dystinkt. His open mind helps him stay creative and stretch his music beyond the top 40 tracks you hear today. Dystinkt has a very versatile sound that covers slow jams, club tracks and raw rap anthems, and he is incredibly talented at putting together entire albums for artists and recording. He is also very business savvy and does a great job of combining his creativity with a business-like state of mind. Be sure to check him out at 12:30 this week for the New Music Nooner on NR92.

This week's featured show is the award-winning multi-host show Catching Fries with Those 3

Guys. This show is hosted by three fine gentleman named Kier, Johnny and Pat.

Now, I know you're wondering how these boys got the name for their show, so let me explain. Back in the day (like two semesters ago) you could see these guys sitting in the Fresh Express eating their food when Kier realized he had an incredi-

> ble talent: he could catch fries in his mouth. So Johnny and Pat would throw fries at Kier's face and Kier would catch them. Thus, the birth of Catching Fries with Those 3 Guys.

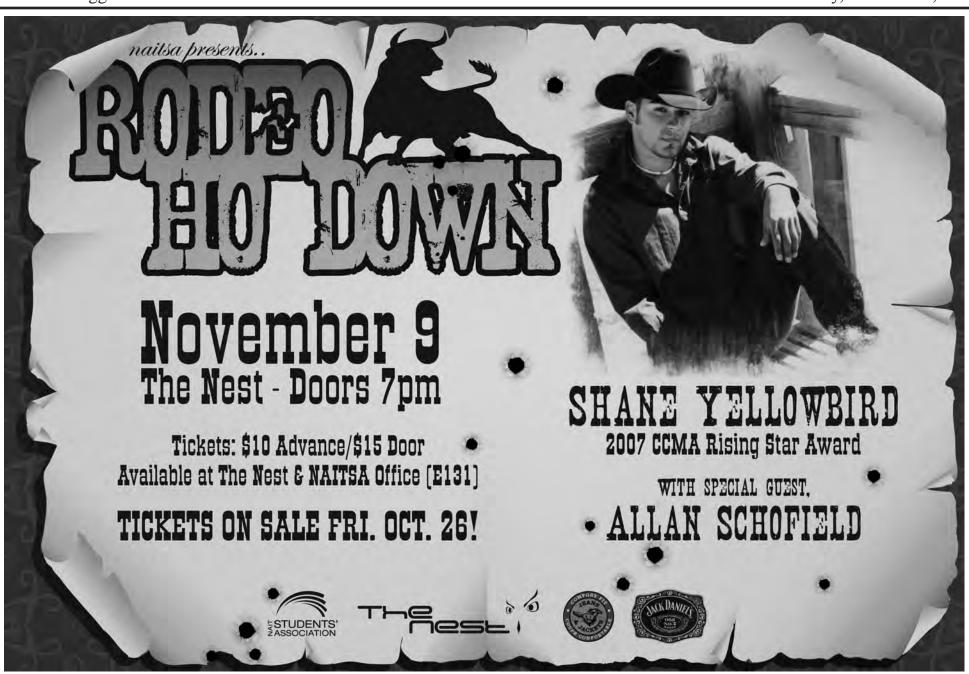
Each host has his own one-hour segment on the show. Kier enjoys a healthy dose of metal, Pat is more of a grungy rock guy and Johnny will play just about anything. Plus, they have the recurring radio drama, Daggertoe, which is the story of a warrior chicken. Listen to Catching Fries with Those 3 Guys every Tuesday from 4-7 p.m.

NR92 promotions will be starting up soon and of course we're always having contests and giving prizes at the station. Make sure you listen at www. nr92.com, the south lobby, the business tower or NAITSA to win!

That's all for this week, folks!

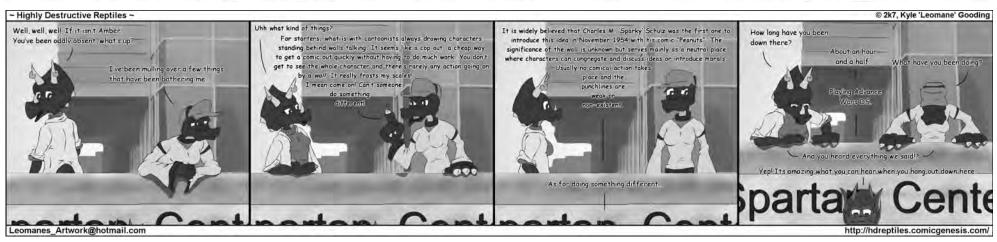


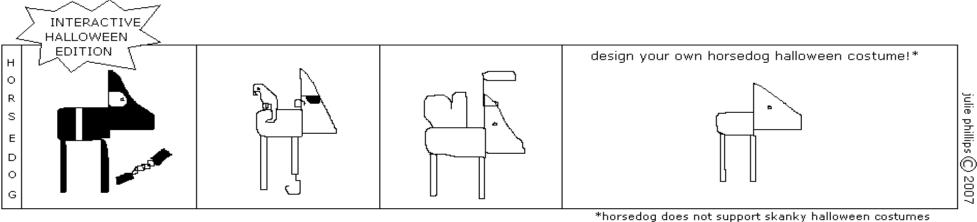


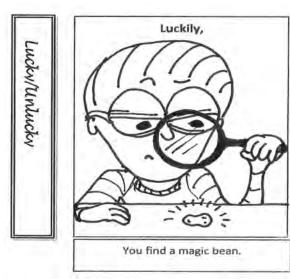


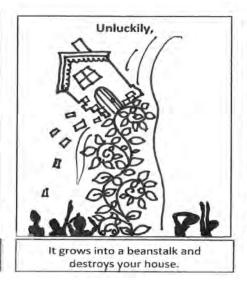


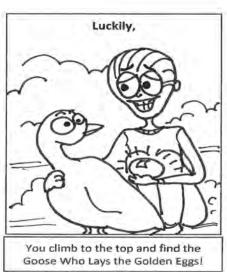
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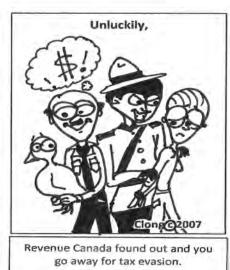












Any cartoonists out there? We at the Nugget are always looking for new talent to draw upon. From a one-panel political cartoon for the editorial page to those like you see above, all entries are welcome.





GRAD PORTRAITS Book your appointment by calling 780.471.8732

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

FIND OUT MORE

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

Program for life's lessons

MARTIN PALINDAT

A life simulation game is being tested as an online learning tool at NAIT.

The Nugget

The program Second Life has been used by NAIT President Dr. Sam Shaw to teach his organizational behavior class. He used the program while out of town to teach his class in a virtual campus environment.

Self assessments comparing students to their in-game characters will be made possible.

"So if a person in real life is an introvert but their avatar is an extrovert, there's going to be a superior learning opportunity here for our students to rationalize 'how come I'm one way in real life, and a completely different way in virtual life?' "says Bill Fricker, technology integrations and innovations marketing consultant.

Beyond classroom use, Second

Life is also a great social tool. People will get to know each other based on their personality as opposed to just what they see.

"I think that's what the avatar does, is it allows a student or person to demonstrate things about themselves through symbols," says Leanne McCarthy, director of recruitment and student life.

The program is really user friendly and as soon as someone logs on for the first time they'll find themselves on the tutorial island, which will teach the player how to play the game.

To sign up and download the program, visit www.secondlife.com. For more information on the game, there is a second life wiki available at wiki.secondlife.com.

The use of the program is still in the testing phases, and there are hopes that it can be used as a learning tool.



Your horoscope



JULIE PHILLIPS

Oct. 25-Nov. 1

Virgo (Aug. 23-Sept. 22)

"We invent what we love, and what we fear."

John Irving

Libra (Sept. 23-Oct. 22)

"Prosperity is a great teacher; adversity a greater."

William Hazlitt

Scorpio (Oct. 23-Nov. 21)

"Who begins too much accomplishes little."

German proverb

Sagittarius (Nov. 22-Dec. 21)

"There is no limit to the good a man can do if he doesn't care who gets the credit."

– Author Unknown

Capricorn (Dec. 22-Jan. 19)

"Try? There is no try. There is only do or not do."

Yoda

Aquarius (Jan. 20-Feb.18)

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

Goethe

Pisces (Feb. 19-March 20)

"To be great is to be misunderstood".

- Ralph Waldo Emerson

Aries (March 21-April 19)

"Try not to become a man of success, rather try to become a man of value."

Albert Einstein

Taurus (April 20-May 20)

"The are four things which cannot be gotten back: the spoken word, the sped arrow, the past life and the neglected opportunity."

Arabian proverb

Gemini (May 21-June 20)

"It is better to be defeated on principle than to win on lies."

- Arthur Calwell

Cancer (June 21-July 22)

"We don't see things as they are, we see them as we are."

- Anais Nin

Leo (July 23-Aug. 22)

"Everyone thinks of changing the world, but no one thinks of changing himself."

Leo Tolstoy



Losers and hotties?

Problem 20:

My final year at nait, wahoo!! Can't wait until its finally done. But there was just 1 little problem ... I witness losers and assholes around the campus dating pretty decent looking women. Also there's skinny ass dudes getting what they want. The question is how does that work? I don't understand how there was jerks treating ladies like crap and they're still dating, but then again I could be wrong.

Nuggetboy

Dear girl who found and returned my 10 bucks:

That was awesome. You could have chosen to increase your personal wealth, but did not. I will now dedicate that 10 bucks to the good of society by purchasing candy, booze or possibly a funny hat, something that will make the world a better place.

- A Mysterious Stranger

Hey Kiddies:

I'm BACK ... too bad I'm pretty sure jeff is gone (looking for someone to argue with, to pass time) Right now my beef is with the single choices (sorry, brent constantin) but as the female side of the hot single of the week is good but the males are in bad judgment. No women want to see you without a shirt on the back of the *Nugget*, and therefore is tacky. Not saying that all the males hot single are horri-

even with a 10 feet pole (example ... that aaron guy from last year). And i wasn't aware that you branching to the grapevines (grrrr ... my teritory ... lol, jk). naitboy13@hotmail. com got name or a nick you can use, i highly recommend a nick like me MissMurder, so why you leaving this beautiful city at the end of October? miss murder friday13th@hotmail.com that's me. And anyone still pissed at me please refrain from emailing me, just give people a reason to read the nugget/grapevine and yell at me in there. Hugs and Kisses for the original bad bunny (or evil). Welcome Back,

- Miss Murder

To the entertainment editor:

I now understand why you're crying in your picture. It's because your section sucks. The only time it's readable is when the sports editor contributes!!!

-Sports Editor

"From henceforth, the term "tubular" will be replaced with another, better, new age geometric shape. To keep up with the youth of today, as well as the ever-changing political landscape of sweet one-liners, it will be replaced by the shape/term "elliptical." This shape/term, when used as a descriptor, will portray exuberant amounts of joy or excitement. Also, the derogatory shape/term "square" is no longer

ble but some are just untouchable even with a 10 feet pole (example ... that aaron guy from last year). And i wasn't aware that you branching to the grapevines (grrrr ... my teritory ... lol, jk). naitboy13@hotmail. com got name or a nick you can use, i highly recommend a nick like me suitable in accurately describing just how much something sucks. We, as the next generation of vocabulary using individuals, will now refer to this two dimensional shape in the third dimension. From now on, upon hearing the word "cube," or its variant "cubic," being used as

a descriptor, you shall immediately realize that the object or person in question sucks incredible amounts of ass. As an example: "My physics teacher is a cube." Note the upgrade from 2D to 3D. It is now fairly obvious just how badly this teacher sucks. Also: "You're sexu-

ally transmitted disease cleared up? That's elliptical, man." Be sure to make a mental note of these vocabulary changes for your upcoming Technical Communications midterm on November 5.

Thank you for your time,

- Big Bird from da Hood

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



Do you secretly wish you could dress up as a Pirate or Wonder Woman more than once a year? Then grab your running or walking shoes, *scary* Halloween costume and join the Wildlife Rehabilitation Society of Edmonton at Hawrelak Park for the 8th Annual "Run Wild for Wildlife" on October 28th.

EXCLUSIVE ONLY TO NAIT STUDENT TEAMS: Top NAIT pledge earning team will win \$500 worth of NAIT Gift Certificates...This means **free books next semester!!!** Enter a team of 5 to 10 students and start collecting your pledges for Edmonton's *only* Wildlife Shelter today!



WHEN: October 28, 2007 @ 11:00am WHERE: Hawrelak Park

WHO: All ages, families, teams welcome

WHAT ELSE?

Chilling costume contest,

- Fabulously frightening prizes for our ghoulish runners and walkers.
- Sinister snacks and drinks for all.

This fun, yet *spooky* event will attract *ghosts*, *goblins*, young, and old to collect pledges in support of Edmonton's <u>only</u> wildlife shelter. Sign up today on-line at www.runningroom.com or the WRS website at www.wildlife-edm.ca.

Ask a Counsellor

Getting your mind around exams

DAVID APPELL Student Counselling

Q: Exams are coming and I get so nervous my mind goes blank. What can I do about this?

A: It is important to first determine why you are getting so nervous about exams. It is normal to have some exam stress because exams are stressful performance activities. However, if your mind is going blank and you are not getting the marks you realistically think you should, you may need some assistance.

It is important to ask yourself, "how well do I know my subject matter on a scale of 1 to 10." If you score 6 or less I would suggest you have an issue with not understanding the course material. If you score a 7 or higher on your estimate of the subject matter and are achieving marks well below 70% (e.g., 55% or less) then I would suggest considering the following points.

- 1. Keep exams in perspective an opportunity to demonstrate what you
- 2. Don't compare yourself to
- 3. Don't freak if others leave the
- 4. Don't arrive too early for the exam – don't discuss what will be on the exam with classmates.
- 5. Make sure you are relaxed when studying so that relaxed state will carry over into the exam situation.
- 6. Set realistic academic goals for yourself – a goal should motivate you to achieve your best, but goals should not stress you out.
- 7. If you stress over exams, make sure you develop some strategies to successful.

Where's the

cope with exam stress long before the exams occurs. - make sure you practise those strategies so you are good at them and can access them readily dur-

Here are some strategies for staying calm before and during exams:

- 1. Create an anti-anxiety/stress lifestyle that includes adequate restful sleep, balanced nutritious meals and opportunities for recreation (downtime from studying)
- 2. Have a pre-exam routine that contributes to feeling calm.
- 3. Be well prepared (do daily and
- 4. Develop effective exam preparation and exam writing techniques.
- 5. Work toward understanding and being able to apply the material rather than simply memorizing it.
- 6. Manage outside (non-school) sources of stress.
- 7. Build in many self tests to determine what you truly know.
 - 8. Practise deep breathing.
- 9. Create an image in your mind and add all your senses to this experience to keep yourself calm.
- 10. Use a tense and relax progression – tense all your major muscles groups, one at a time for five seconds, then relax. Progress from your head to toes or vice versa.
- 11. Plan a believable positive self script or two e.g. I can do this, I've attended all my classes, I understand
- 12. Praise yourself be aware of how you speak to yourself during
 - 13. Exercise aerobically.
- 14. Visualize yourself being

romance gone?

LADY LOVE

I can't tell you how long it has been since I've been on a date that surprised me. Usually the guy will ask, "Well, uh, what do you wanna do?"

I hate being asked what I want to do. You asked me out, so, figure it out. Rule No. 1, don't be late. Rule No.2, dress to impress. Rule No.3, have an impressive date already

A plain dinner and a movie just isn't cutting it anymore. I can't even count how many dinner-movie dates I have been on in the last year. Far too many.

The last romantic date I was on was nearly two years ago.

The man picked me up at 9 o'clock in the morning for what I thought was going to be a regular cof-

We did go to a coffee shop and as we

ordered them he said, "To go, please."

I thought, OK, where are we going. He had a bag of nuts in his hand, but I figured he liked nuts, so I didn't ask any questions. The nuts were actually for the squirrels. We went on a walk through a park by a lake as we fed squirrels.

It might sound really corny, but it was actually the best date I've ever been on. He was on time, he looked good and he was romantic. I know, impressive dates like that are a threetimes-in-a-lifetime type of thing. So, basically, two more dates like that, and it's all over.

I doubt any more romantic dates like that will be happening soon. I've accepted the idea that romance in Edmonton has died or has just completely gone missing.

I've got a date coming up this weekend. I wonder, what it'll be, or

15. Stop anxious thoughts by saying stop or imagining a large stop sign - allowing minimal air time for anxious thoughts will keep the stress minimized and in check.

16. Keep the exam in perspective or consider the worst case scenario if the exam were done poorly – fyi, it's not a life threatening situation!

- 17. Daydream flood your mind with pleasant thoughts.
 - 18. Focus on a calming object -

something you are allowed to bring into an exam.

- 19. Think of something humorous – humour is a great stress reliever.
- 20. If you go blank, move on consider a memory lapse as something normal not something to panic about.
- 21. Use distraction techniques such as counting backwards.
 - 22. Sip on water or chew gum.
 - 23. Change your body position.
 - 24. Don't rush through the exam.

25. Don't panic when others turn in their exams - use the entire exam time – last time I checked there were no awards for finishing first and usually those people have done poorly on the exam, not well like we convince ourselves when they hand the exams

Thanks for you timely question and I hope some of these techniques work for you. All the best on your

CORNER CLUBS

Encana Aboriginal Centre

Students feel comfortable in the Encana Aboriginal Student Centre because of the many services and supports it offers including:

- Liaison services to connect students with the services available to them.
 - Social gatherings.
 - Volunteer opportunities.
- Various business services, including computers, printing, photocopying, fax and telephone.

Program Areas:

- Aboriginal Cultural Awareness Program.
- Aboriginal Mentorship and Role Model Program.
- Aboriginal Alumni Chapter.
- Aboriginal Placement Program.
- Northern Student Services.

Aboriginal Student Club

Event: Club Meeting When: Thursday Nov. 7 4:00 - 5:30 P.M.

Where: E-121 Aboriginal

Student Centre Why: Discuss fundraising for Belize, Feb. 2008

HELP WANTED!

Interesting Thought Drama Club is putting together a news skit spoof, sort of like Saturday Night Live episodes.

They have many fun and unique ideas. If you are computer savvy, they are looking for editing assistance for their recording, and/or light staging.

Please contact Hans Potter via e-mail at

hanspotter780@hotmail.com for more details.

The Campus Club Centre has been drumming up interest from its survey.

Some e-mails from the survey are bouncing back. If you haven't heard from us, it could be that your e-mail was one of these.

If you were interested in any clubs, call 471-8871 or e-mail the Clubs Manager (roseb@nait. ca) and let her know what you would like to get

There will be a Ski/Snowboarding Club initiated shortly.

A Rollerblading Club will be initiated after

mid-term week. It will be a fun and laidback group, a great way to get away from the books for a night. If you are interested in this club, e-mail the clubs manager and she will forward your information.

One hundred and twenty six people indicated they were interested in a Dodgeball Club on campus. With this kind of interest ... lots of teams can be put together

There is a Dodgeball Tournament on NAIT Campus on Oct. 31 in the NAIT Gym for two times - one at 11:10-12 p.m. and another at 12:10 p.m.-1 p.m., put

on by Campus Sport and Wellness. Entry deadline is Oct. 27. Prizes, prizes, prizes!

There is also going to be a U of A Dodgeball Tournament on Oct. 27. More information will be forthcoming. If you're interested in leading these warriors, e-mail or call the campus clubs manager and she will put you in touch with the NAIT Dodge Ballers.

There are many more clubs to get going!

Upcoming Events

KVA Club

Event: Ooks 50/50 home game draw

(Men's hockey) When: Friday, Oct. 26; 7 p.m. Where: NAIT Arena

Biological Sciences

Event: Bake Sale When: Wednesday, Oct. 31; 11:15 a.m. to 1:15 p.m. Where: Table outside NAITSA of.ce E-131

Petroleum Club

Event: Beer Garden When: Wednesday Oct. 31 3:30 p.m. to 10 p.m. Where: Annex Dock

Interesting Thought Drama Club

Event: Practices

When: Wednesday nights 5 p.m. until 7 p.m.

Where: Room E120 (Nov. 7, Nov. 14, Dec. 5); Shaw Theatre (Oct. 31, Nov. 21, Nov. 28, Dec.12)

NAIT Hip Hop Club

Event: Free hip hop introductory classes When: Wednesdays 7 p.m. - 8 p.m.

Where: Room S-112

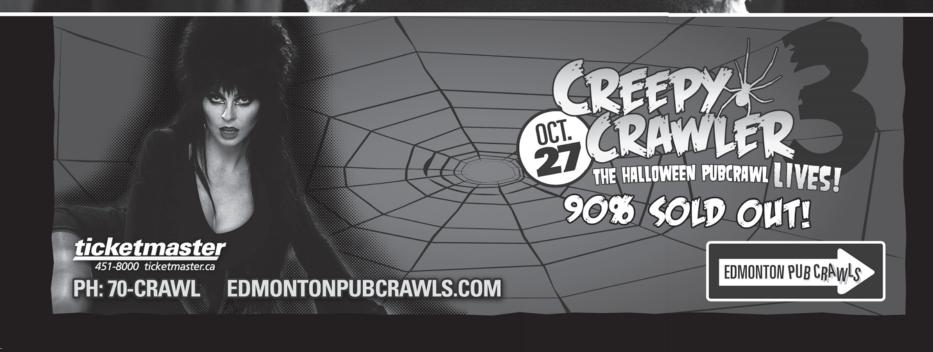
For more details, evergreenbeauty@hotmail.com Bible Study Group

Event: Meetings

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

Where: X209





For someone special

Your sensitivity, your smile, Your thoughtfulness, Your words, the way they will

with me always

Your views, your morals what

You have done with your life and what you have done for me

The way you listen and care, the warmth that always feels near even when you are not

The oh so strong feeling I

get when I think of you, see you, talk to you or when I hug you



Always to be respected for your wisdom, soul and heart

Always shine, telling me something

I can see it in your eyes I feel it in my heart

You are someone Special Always and for ever

HAPPY TWO YEARS ANNIVERSARY

- Written To Layal F.

By M.F.S.

NAITSA needs you!!

Poll Clerks and **Ballot Counters** needed for NAITSA Senate by-election 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 Ook 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

Learn self-relaxation techniques 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.



Giving and Receiving Feedback Effectively

Wednesday, November 21st

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

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

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

Location to be announced.

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

NAIT STUDENT COUNSELLING

W111-PB, HP Centre, 11762 – 106 Street Telephone: 378-6135 Website: www.nait.ca/counselling e-mail: counselling@nait.ca

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

...facilitating student success

Classifieds

After Hours Singles Party

Meet New and Interesting People
The Edmonton Party Line
Dial: 44-Party
Ads* Jokes* Stories & MORE!
Free Local Call *Ladies-R-Free* 18+

Blue Willow

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

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

Wage depends on experience.
Visit our website: www.bluewillowrestaurant.com or contact Stan at 428-0584.

Part Time On Your Time

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

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.



Sizzling senator!



BRENT CONSTANTIN Chimney sweep

All NAITSA executives are required to take a certain number of class hours each week to stay in office (which makes sense, if you're not in school at least some of the time you can't really be a student executive), and I've been taking a vegan cooking class over the past few weeks.

I'm not a vegan, and I'm not a cooking class, so why would I sign up, you ask, loyal reader?

Simple; I like being around people that have things like "ideals" and "values," it makes me feel like I have some by association, plus I like hippie girls.

But, sadly, my class is full of middle-aged mothers looking for solutions to their thyroid disorders. That, and I broke a blender last week while I was

And with that, which is in no way a segue to my next topic, I introduce Lorrie, a first year hospitality student and member of the NAITSA Senate.

B: Hello.

L: Hi.

B: Lorrie, tell me a bit about

L: Well, I'm from Ponoka, and I'm 17 years old.

B: *zips up pants* OK, I'll keep in mind that you're a minor during the

L: But don't put down how old I am. Whenever people find out I'm 17 they hate me. I was at a party a while ago and everyone was really nice until I told them my age, then no one talked to me after that!

B: Maybe you need to make some friends that aren't, how do you say,

L: So don't put my age down, OK?

B: Sure thing. (*Editor's note* – Brent is a liar) So tell me about your last relationship.

L: Well, I'm from a small town, so

there isn't much choice, so I was with this guy that I hated for like a year and a half. He was just an all around loser.

B: How so?

L: He had no car mostly. I feel like the man if I have to drive my boyfriend around. If I drive, then you're the bitch and I wear the pants. I always wear the pants in the relationship.

B: So you ended it with him, then. **L:** Yeah, we never got physical.

L: He never put his junk in my

B: That's pretty vulgar. So what are you looking for in a guy then? Obvi-

L: I'm looking for a guy that can handle late night phone calls and puts

B: You're an interesting young

L: I don't want any skinny boys, they make me feel like a hippo. I want a bigger guy, around 180-200 pounds, around six feet tall.

B: That's pretty specific.



L: Yeah, how much do you weigh?

B: ummm

L: I want a guy that can step up and be there for me, someone who can make me laugh, someone charming, not awkward, a large shoe size ...

B: Come on, keep it clean.

L: I think just someone that has the balls to approach you. Even if I'm not interested in a guy, I always have to give him props for coming up and introducing himself.

B: So why are you hot, Lorrie? **L:** I thank my mama. I just think I have unique features that are pretty

Well there you have it. Live life to the fullest and contact Lorrie here at the Nugget by e-mailing me at bconstantin@nait. ca. That's the same address for becoming a future HSW too. Just find a good time to get together and we'll chat about life.

Out and about





How old were you when you stopped trick-or-treating?



I was 18 years old!

Tara Guthrie

Welding











I'm going this Halloween.

Matthew Bohmier Welding



Probably 14, because I was too tall.

Jennifer Melo College Prep



I actually have never gone.

Sam Borelli **Denturist Tech**