

CAST YOUR BALLOT

# THE NUGGET

Thursday, September 27, 2007  
Volume 45, Issue 5



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## Student election day!

Vote for your Senate representatives – see pages 4, 5 and 6



Photo by Shant Chakmakian

### TIME TO SHINE!

NAIT Shinerama volunteers raise money for Cystic Fibrosis by washing cars on Saturday, Sept. 22. More than 60 universities and colleges across Canada participated in the annual fundraiser, held for the past 33 years. Students also shined shoes and collected donations to fund research into the disease.

## THE NEST

**Your Campus Restaurant & Bar**  
**Breakfast - Lunch - Nite**  
Open 7am - 9pm  
Monday thru Friday  
Located next to the pool, NAIT Main Campus

**DAILY BREAKFAST SPECIAL - \$5.25**  
Includes: 2 eggs, bacon/sausage/ham,  
hashbrowns & toast (drinks not included)  
7am - 10:30am

**NEST CEREAL BAR**  
Starting Oct. 1

**LUNCH LOYALTY CARD**  
- buy 6 lunches & the 7th is on us!  
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3:30pm - 7:30pm

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

**OILERS NIGHTS**  
starting October 4  
Cheer on the boys in copper & blue  
- watch the game on our 10' screen  
- Molson jug's drop \$1 when Oilers  
score



# NEWS & FEATURES

— With a smile —

## Students serving at Ernest's



**GABRIELLE HAY-BYERS**  
Student Affairs Editor

You know the old song, *The boys are back in town*? Well change that to, "The students are back in Ernest's!"

This Monday marked the return of the Hospitality Management Year One students to Ernest's as friendly (yet professional) servers, just in time to work the Aboriginal Awareness Week banquet. Every Hospitality Management student does a four-week rotation through Ernest's to practise a formal style of service (Read: Not what you experience at just any restaurant.)

Monday's first group of three were thrown straight into a hot pan, serving a banquet to approximately 40 dignitaries in celebration of NAIT's Aboriginal Awareness Week, including Susan Aglukark, a



**Katie Berlinguette**

famous Canadian-Aboriginal songstress. Worry not, NAITsters, nobody was harmed during the service and the food was absolutely amazing (I can say this because I ate some after the banquets left, and the elk was darned good).

While working in Ernest's is indeed work, School of Hospitality students seem to approach the experience in a very positive light. Senate hopeful Katie Berlinguette sat down with me the other day and commented on why she thinks working in Ernest's is so important for her program.

"Working in Ernest's is important because it teaches us how to learn on the job, as well as what the front line aspect of our industry is

like. It's really fun to work alongside everyone else in the School of Hospitality ... and there might be cute boys in the kitchen rockin' things right."

It would also appear that working in Ernest's grows on the School of Hospitality students, because three of the full-time servers currently working at Ernest's are NAIT Culinary Arts or Hospitality Management graduates. Brent Constantin, NAITSA vice-president of student life, commented on this type of NAIT family-hood on Tuesday afternoon.

"The transition from school to work is probably made a lot easier by working at Ernest's here on campus. If I had the chance to get real work experience here on campus, I'd jump at it. Fortunately, these Culinary Arts and Hospitality Management students have the opportunity to work at a great restaurant here at NAIT, and it's apparent that some of them really enjoyed it and have decided to stay on with the staff."

So, if you would like to experience a fine dining experience that isn't too hard on the credit card, try out Ernest's.

**New releases every tuesday.**

**\$1.99\***

**QUICKflick**

Available outside Campus Reads & Needs and coming soon to the NAITSA Computer Commons (HP Centre, 2nd Flr.)

**NAIT STUDENTS' ASSOCIATION**

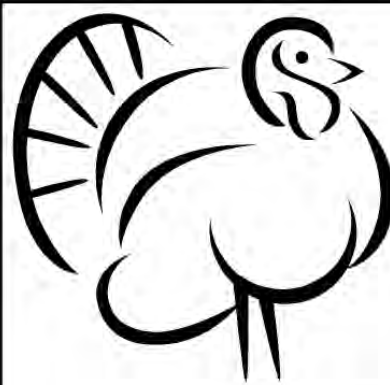
\*first 12 hours or \$2.99 for 24 hours (& each additional 24 hours)



Photo by Amy Bizovie

### UNDER THE HALO

An avid Halo 3 fan takes in the visual display at the HP Centre Tuesday during the unveiling of Microsoft's latest video game, which is the conclusion of the Halo trilogy. NAIT's School of Applied Media and Information Technology threw the party for students.



## Turkey Sale

Up to **50% off**  
select merchandise  
September 24—October 5  
at the NAIT Bookstore

Drop off a Food Bank  
donation & receive a  
ballot to win a turkey!



**NAIT Bookstore**

# A shining example for us all



By **SHANT CHAKMAKIAN**

This year's Shinerama was, as always, a great time and those of you who missed out really missed out.

It's great to see an army of volunteers ready to go and help continue the fight against CF (Cystic Fibrosis).

As part of a long-standing NAIT tradition, students came out on Saturday, had an awesome breakfast and then loaded up on the buses (care of ETS) and headed out to shine at various locations. This year the Respiratory Health students took on the massive campaign, and they did great. They put their hearts and souls into it and it showed. I have nothing but love and respect for their efforts and valour.

## Shoeshines too

Why is it called Shinerama? Well, simply put, the fundraiser's original focus was shining shoes. Nowadays, the model of shining shoes is a little outdated, but money is easily raised by exchanging balloons, toys, pens and other swag for donations, in addition to washing cars. Every year is always fun, and it's always an awesome way to meet new people. Those first year students who missed out should definitely come out next year.

Even though the campaign was largely successful, participation could have been better. Compared with last year's \$11,000 take, Shinerama '07 raised \$7,000, with about 100 people shining; half of last year's volunteer turnout.

In the end, everyone did NAIT proud, and all had a (well-deserved) killer celebration after at the Ranch. We are another step closer to destroying CF and a stronger community for such an effort.

What did disappoint me is that the turnout could have been better, but again, we did great considering the turnout. But I feel it could have been advertised better, even though they did a great job of it, and they could have used help in getting the word out.

## Amazing progress

It's awesome to see such amazing people come together and fight a disease that eats away at people's lives. As a society and a community, it makes us stronger when we unite to find a common solution. Looking back, in the 60s the average lifespan of someone with CF was about four to five years, and now it's 37. That's amazing progress!

If we all stay the course, I am optimistic that one day we will conquer such diseases. In the future, we may even look back at them as relics and simple problems our society once faced and then gloriously conquered, simply because we were motivated by a common goal and worked together to achieve it.

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



Photo by Janna Van Dorp

**Volunteers were busy on Saturday, Sept. 22 for the annual Shinerama fundraiser for Cystic Fibrosis.**

Respect  
**NAITure**  
A clean air environment

Everyone benefits  
when we all work  
**TOGETHER**

Thanks for showing your NAIT pride.

**Clean air**  
smoke-free buildings,  
entrances and courtyards

**Litter-free spaces**  
recycle bins and trash  
receptacles

**Professional atmosphere**  
respectful language  
and actions



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## The Nugget encourages submissions.

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

## THE DEADLINE IS

Noon on the last school day of the week.

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

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

# Letters welcome

## We want your views

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

Get those thoughts into print.

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

Submit your letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

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

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

Write us.

## PEER TUTORS

**PEER TUTORS  
ARE REQUIRED  
FOR ALL SUBJECTS**

**FOR INFORMATION  
CALL**

**JOANNE PEETS  
AT 378-5041**

(TRANSCRIPTS ARE REQUIRED)  
EARN \$10 to \$12 PER HOUR

# STUDENT POLITICS

## Senate elections

### School of Applied Building Science



**Shawn Kozurok**

the Student Council for three years. My last year, I held the position of the Student Body President. I gained a great deal of experience from organizing and attending National Leadership Conferences.

I believe every person attending N.A.I.T. is important. Each one must be allowed to voice his/ or her opinions. I would welcome your ideas, needs and desires as to where you would like to see N.A.I.T. in the future.

I don't think that we will achieve our best marks, or reach our educational goals without having some "Good Times," we need happiness and fun here at N.A.I.T. It is up to the senate to see that these enjoyable times are organized and successful.

Members of the senate are the liaison, between the student body and the faculty. The funds and fees that you have paid need to be wisely spent. This requires thought and planning.

In the words of an anonymous poet, I find my philosophy of service on the senate, "Give to the world the best you have, and the best will come back to you."

Thank you for your consideration.



**Travis Lindquist**

Hi, my name is Travis Lindquist. I'm a second year Geomatics student. I want to represent the Applied Building Sciences. Peace.



**Andrew Latchuk**

The strengths and direction of our college is directly related to the strengths and direction of our senate.

My name is Andrew Latchuk, I am in the School of Applied Building Sciences, and I am running for a seat on our senate.

Lloydminster is my home town. While attending Lloydminster Comprehensive High School, I served on

### School of Business



**Prince Thorpe**

Hi everybody, it's PRINCE here again. Most of you have probably seen me in some of your classes tell you go vote for me as your senate for the school of business. I really don't like righting this, as I preferred to talk to you one on one. But all the same, I want you all to go to the 1st floor of the business tower and VOTE for the right guy right now. Which is me, Prince the one and only...

As the senate for the school of business, I will devote myself to listening to students, which is the most important part of this position. Being able to listening to students with issues, ideas, concerns and knowing how to help, I will make an improvement in your life as a business students. With my determination and an attitude of hard work, makes me the best candidate for this position. Please go vote 4 me right now. Am your only hope if you want your voice to be heard. GO VOTE, AM VOTE PRINCE FOR SENATE FOR THE SCHOOL OF BUSINESS. THANKS



**Logan Woolf**

My name is Logan Woolf and I am a second year Geomatics Engineering Technology student. As a candidate for this year's edition of NAIT Senate, I'm excited to have the chance to represent my school to the Executive Council, and make student voices heard. I have experienced NAIT lifestyle, and have observed the marked disparity between the Annex and "those other buildings". With your support, opinions, and vote on September 27, I will do whatever I can to make Annex life as fun, exciting, and comfortable for all of us, as in any other place at NAIT.

I look forward to meeting any and all students, and will make myself available to you for any questions or ideas. Have an awesome year!



**James Morningstar**

Why should you vote for the Student Senate? What do they do?

The NAITSA Student Senate is responsible for how student fees are allocated into the various services

and events throughout the year. I am apart of the school of business here at NAIT. I would like very much to be a channel for the students of the school of business and make sure that they have a strong say with the NAITSA.

Given the opportunity I will make myself available to any student who has a strong opinion or suggestion they may have to make student life better for everyone, take for example the highly talked about u-pass issue. Some students may benefit from something like this while may not.

I am involved in the student life being a student myself but the success of the students association is dependant on your involvement. Take a moment and speak to the prospective representatives to find out who is the right fit for you.

I ask that you all come out to the polls today and vote.

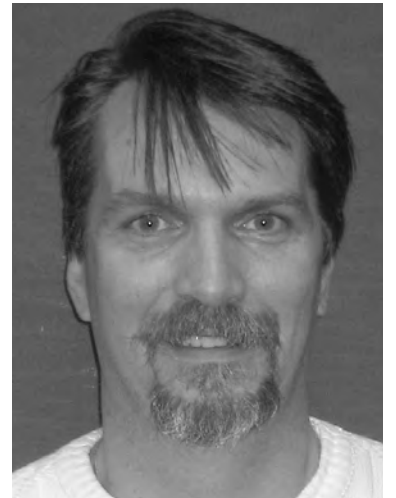
Thank you for your time and more importantly thank you for voting.

— James Morningstar



**Gibson Hewlett**

Salutations entrepreneurs of the future, my name is Gibson Hewlett, but you can call me Gib, Gibby, Gibo or Gibz if you prefer. I was born and raised in Edmonton for all of my life. This is my second year at NAIT, but my first year in business. My first year at NIT was in the Baking Certificate Program. My dream is to open up franchises of my own bakeries in the next ten years, and I go to NAIT to expand my knowledge in business so that I may become more successful in the future. You may have not seen or heard of me at all, but I can tell you this, if you vote for me, you will hear your voice every time an issue concerns you, whether it may be more parking or better lounging areas on each floor of the business tower. Many of you might think that one voice doesn't change anything, this may be true and may be false, but the more people who have the same issue that one voice will grow louder and more people will listen and maybe add to that voice. So on September 27, let your voice be heard. Vote for Gibz (Gibson Hewlett)



**Jim Corry**

**WHO:** I am Jim Corry, I am a 2nd Year Business Administration-Accounting student, and I want to become a part of the NAITSA Senate on behalf of the Business Administration students.

**WHY:** I have two reasons: I want to learn about the senate and what it does; and I want to be a voice for Business Students.

**HOW:** If you vote for me on Election Day.

**WHEN:** Thursday September 27, 2007.

**WHERE:** Easiest—Main Floor Business Tower from 9:00 AM until 4:00 PM, or other polling stations on campus.

**WHAT:** You get is a dedicated person who has your interests at heart at the NAITSA Senate meetings.

### School of Hospitality



**Katie Berlinguette**

Hey there my fellow NAIT students! My name is Katie Berlinguette and I want to be the School of Hospitality's voice on the NAITSA Senate. The first step in taking over this crucial role is to tell you about myself. I am a Hospitality Management student with the hope of becoming an entrepreneur. I believe that it is imperative to set goals for NAITSA to see continuous growth and improvement. My goals as your Senate Representative are (but are also not limited to):

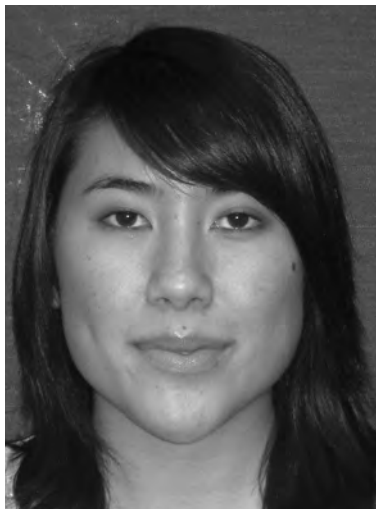
# STUDENT POLITICS

## Senate elections (cont.)

1) Become an effective communicator. In order to do this, one has to learn how to listen, empathize and respond accordingly. It is also important to be educated and aware of what's going on around us. This can be communicating anything from how the NAITSA budget should be properly allocated to where the cheer section at the next Oaks game is.

2) Being an accessible Student Representative. I will be available to my peers on a regular basis to help answer questions and find answers to your concerns. Also, I will be a strong voice for the School of Hospitality at NAITSA Senate meetings.

Given the opportunity, I am sure that I would be a positive voice for NAIT. Or, as Pedro would say, "Vote for me, and all your wildest dreams will come true." So please, VOTE FOR KATIE.



**Lorrie Smith**

Let's upgrade our school! My name is Lorrie Smith and I'm in my first year of hospitality/tourism management program, and I'm running for senate of the hospitality house. I feel I would make a good senate because I know how to represent! I have very good leadership skills and am very passionate about my program and the hospitality field. I have had past experience with being a student representative in my high school and along with being on the student council. I feel that not only do I have the work ethic for this position, but I also have an approachable personality. It would be my pleasure to hear the students concerns as well as represent them. I'm willing to take away from my precious time of watching "The Hills" and "So You Think You Can Dance" to commit to the council. I'm a very good listener and a hard worker. I would enjoy helping my school to make it better. A great man named Kanye West once said "that that don't kill me only makes me stronger." So signing off

now, I hope I leave you with a good impression (or a song in your head) and I hope I got my message across. Vote for Lorrie Smith for senate of the hospitality house.



**Ana Villota Herdoíza**

Hi everyone! I'm Ana Villota Herdoíza, and I'm running to represent the School of Hospitality. I come from Ecuador, South America, and this is my second year at NAIT. Surprisingly enough, I didn't know about the Senate until a couple weeks ago, so I decided to join in to become the link between them and us students. This way, we have a say in the decisions made by NAITSA, which include the organization of many activities, management of the budget, and even things like parking!!! I know that most programs are not long enough for people to get too involved, but I am sure we can still make it better while we are here! As an international student, I believe I have a different perspective of our school, and I would like to have the opportunity to bring that into the council.

Don't forget to vote for me on Thursday!

### School of Applied Media and Information Technology



**Amanda Buckler**

### School of Resources and Environmental Management



**Terry Chiasson**

Greetings, my fellow students, my name is Terry Chiasson, a first-year Petroleum Engineering Technology student seeking a seat in the NAIT Senate. I believe myself to be the ideal candidate for this position. I am very personable, dedicated, and already quite involved with the school, ranging from offering tours to prospective students to being the school's official blogger. It is my strong belief that the Senate is a powerful tool to effect meaningful change in our school. I will be fully accountable to you, the student body, for any Senate action taken on your behalf. Strong communication skills and an extroverted personality will only serve to aid me in being a strong voice for our school. It is my pledge that to represent you with pride and dignity in the highest ethical standard. On September 27, please vote for me, Terry Chiasson, as your NAIT Senator.



**Geoffrey Tate**

So there is an election coming up on Thursday. Did you know that my annex contemporaries? This election is your chance to pick the couple of individuals you want to represent you and your ultra cool and important thoughts, opinions and ideas. All you need to do

is take your student ID card down to the polling station set up, check of the box marked "Yes", and then engage in an arm - pump that suggests you are very happy with your voting prowess. I'm proud of you regardless of how nice your check mark is or isn't, or what color of pen you choose. Just make sure you go down and vote! Do it for yourself, for me, and the democratic process. Vote yes to Geoff on Thursday! It's what Optimus would want!

### School of Electrical and Electronics Technology



**Aaron Brin**

Shouting out to the hardest working crew on campus, that's right, School of Electrical & Electronics you know who you are! My name is Aaron Brin and I'm looking at providing all 16 programs with the representation they deserve. I'm outspoken and open to new ideas from the student body into what issues we should be trying to press or watch out for in the Senate this year. Got a concern? A question? Don't have a clue what the Senate is? Catch me during the week between the new Instrumentation/Millwright building (Y wing) and the HP Center (W wing) to get in contact and find out. I'm excited to talk with you and no topic is too taboo. NAITSA Senate is serious business. Look for the man in the suit.

One of the main issues I'll be looking at this year is alternative solutions to the plague that is the parking nightmare around campus.

Let's make this the year to remember. From those who want to really get involved or those who would rather relax, I'm the right person to do the footwork and get results on matters that are important to you. Apprentices: you guys and girls are super important to us here at NAIT don't hesitate to hunt me down and have a chat.

To everyone, good luck this year in your courses and remember to take the time to unwind and have fun.



**Brad Kokoroyannis**

My name is Brad Kokoroyannis, I'm a second year Electrical Engineering Student and I would like the opportunity to represent the School of Electrical and Electronics Technology as a Senator with NAITSA.

There are a couple of reasons I decided to run.

First of all, I'm personally impressed with NAITSA's executive this year and look forward to the chance of working and learning alongside our association.

Secondly, my program's student club has pushed very hard to become a legitimate student organization and to grow a relationship with NAITSA. I would like to foster that for all the programs within our school. Most importantly, I'm ready for the experience of representing us, the students of the School of Electrical and Electronics Technology, our opinions and our concerns.

It took me a couple of attempts to find a post secondary route that fit what I wanted in an education and as a foundation for my future success. From day one at NAIT I felt that I made the right decision. I really have enjoyed my experience at NAIT over the last year and I am a proud NAIT student. It would be an honour to have the opportunity to be your Senator. Please take the time to vote!

### School of Health Sciences



**Dena Marcoux**

*Continued on next page*



# OPINION



## JONNY FIVE

I'm quitting smoking. For the last 10 years of my life, I've paid a fortune in order to fill my lungs with a litany of cancer inducing, stroke causing, general body-fucking chemicals and, to be honest ... I loved every minute of it. Now, however, I

want it to end. I don't want to wake up to the joy of coughing chunks of lung into the sink as I had the pleasure of doing once again last week. Worse than that, I had a dream that I had lung cancer. How fucked up is that?

So I'm "on the wagon," as they say. (Incidentally, do you have any idea where that expression came from? It makes little-to-no sense out of context.) So now I have one less crutch to lean on. We all have crutches. Whether you have a drink at the end of a hard day (or at the beginning), you smoke a cigarette

(or something else), or you lean on someone in your life too much (or you lean on "God" too much) ... you've got something that makes you feel stronger that you would actually be stronger without. People always bitch about how hard it is to quit smoking but, as someone much smarter than me once said, "Quitting isn't an action ... smoking is the action, you just have to stop doing it." Smoking is an easy crutch to drop ... if you want to let it go. Some of the other ones seem much harder.

There's no patch or gum for getting rid of those emotional crutches

that we all hang onto. Could it be that dependence is a function of human existence? Maybe none of us are strong enough to stand on our own. And how do you change something that's been a part of you for so long? Something that's always been there through all the crazy fucked-up things that have happened to you ... especially something that you really enjoy.

The best answer that I've been able to come up with is that, like a bad relationship, you wake up one day and realize that you don't have to take being called a snivelling pussy

anymore. (A now ex-girlfriend actually called me that one time and all it did was made me picture it, which made me laugh ... bad move) You realize that you can go it alone and be better off for it. When you identify something as a crutch, it starts to make it easier to drop it. Not easy, but easier. No one is perfect, especially not me. All I know is that if I can just not do a few more things, I'll be much better off. Good luck to you in your attempts to not do things as well. Who would have thought that it would be so hard? It makes me want to smoke.



## VOTING INSTRUCTIONS FOR NAITSA SENATE ELECTION

THURSDAY, SEPTEMBER 27, 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!



## SENATE ELECTIONS Polling Stations

Thursday, September 27  
9:00 a.m. to 4 p.m.

Vote at one of the following polling stations:

- Common Market
- Fresh Express (in foyer outside the cafeteria)
- Tower - 1<sup>st</sup> Floor
- Engineering Annex (by the south stairwell-main floor)
- NAITSA Office - E131
- Outside Campus Reads & Needs
- Outside Bytes - HP Centre

VOTERS MUST PRESENT  
VALID STUDENT ID CARD

Thank you for voting!!

# ARTS & CULTURE

## Bedouin Soundclash – Street Gospels

# Soulful Soundclash

LIAM CRESWELL

Canadian reggae-rock group Bedouin Soundclash offers up another soulful, mellow batch of tunes for their third album, *Street Gospels*. While their sweet, swinging, sound carries over from their break-away sophomore album *Sounding a Mosaic*, I found the songs on *Street Gospels* to have higher energy and

more positive lyrics. It makes the album more fun and easier to listen to. Songs like *St. Andrews* and the single, *Walls Fall Down*, are good examples of Bedouin Soundclash tapping into the funkier aspects of their reggae roots.

This higher energy stretches the range of front man Jay Malinowski's lullaby soft voice and he handles

it very well. Songs like *Nico on the Night Train* truly show his strengths, however. His voice is so serene, this guy could sing a soccer riot to sleep. The only vocal miss, in my opinion, is the a cappella track *Hush*, where Malinowski attempts a swooning, gospel-style song. It is not so much inability on his part, but more just the fact that it's not a very good song.

The band's simple, mellow style, combined with Malinowski's soft voice, does make some of the songs sound repetitive and familiar, especially towards the end of the album. Like the last album, there are tracks that stand head and shoulders above the others, but on *Street Gospels*, those songs far outweigh the forgettable ones.

Bedouin Soundclash's *Street Gospels* adds a funkier and more positive energy to the smooth, mellow style the band established on its last record. *Street Gospels* is easy, ambient music, perfect for chilling. You know a band has a unique sound when the best descriptor you can use is a made-up word from a Snickers commercial.

★★★★☆



## Bat for Lashes – Fur and Gold

# Singing special

JOEL DETKA

Upon first impression, I honestly can say I had no idea what to expect. But the first track was confirmation that I was in for an intriguing listen. The perfect way to begin the album. The opening guitar riff simply leads you into a superb drum beat. In my opinion, I really hoped the album would keep this pace the whole way through. Not that it became awful, not by any means, but the pace did halt, and fast.

*Trophy* began, and I noticed the experimentation, and the attempt to combine many instruments. This helped as a touch of differentiation to the writing style.

But the album quickly hits a low point after the song ends. It keeps up this slow, dry sound until *Prescilla*.

It appears to drag on forever. And unless you want something mellow, this is the part I'd likely say to "skip."

*Prescilla* breaks the awkward slow pace with an intriguing stomping and clapping beat that puts the tempo right back up to the first two tracks.

*Bat's Mouth* then begins after the decline of *Prescilla*, and it's well placed after that song,

because now, it's time for a journey. *Bat's Mouth* gives me the feeling of an adventure. The melodic intro, an impeccable vocal range and a well put together harmony leaves me stunned.

But then, *Seal Jubilee*.

Can anyone say filler song? It only sparks a descent in content. The final track. What can I say? Well, it's slow, irritating, and the vocals are far too erratic for my preference.

But, overall, the vocals on the album were the highlight of the entire album. In all songs, Bat For Lashes portrays a range of vocals, but they lack in song composition.

If you're a fan of other alternative folk groups, then I highly recommend this album. Although, if you have the attention

span of a gopher on cocaine, bypass this album at all costs.

Also, just to be safe, if you're tired, or driving at night, stop the album after the first track.

★★★★☆☆



## Colour him lucky!

We have a buttload of mystery movie passes to give away. You have a gigantic abundance of spare time. This situation was foretold by the gods themselves! Unfortunately, this buttload of tickets is a finite number, meaning you all need to engage in some sort of combat to obtain your very own pass. What shall this trial of epic proportions consist of, you ask? After long, thoughtful consideration we, in our infinite wisdom, have deemed a colouring contest is the best way to settle who is worthy of these free mystery movie passes.

Feel free to be as creative as you want, and be sure to bring in your artwork to the Nugget office (E128) on or before Oct. 5. This mystery movie is being shown at the Empire City Centre on Oct. 10 at 7 p.m., so free up that schedule.

Now, introducing Nuggety, the new NAIT Nugget Mascot! Crayons engage!

NAITSA PRESENTS  
**FREE MOVIE NIGHTS**  
OCTOBER 2 - SHAW THEATRE

**WILL FERRELL** **JON HEDER**

**KICK SOME ICE**  
**BLADES OF GLORY**

**4:30PM**  
FREE POPCORN  
& POP IN  
SHAW FOYER

**5:00 PM**  
MOVIE STARTS

COMING SOON



JULIE PHILLIPS

## Sept. 27–Oct. 4

### Virgo (Aug. 23–Sept. 22)

If this week is a plate of food, Virgo, yours is an exotic delicacy. Vibrant colours, an enticing scent you aren't quite familiar with, and with each bite, mouth-watering, eye-closing, moaning deliciousness. You should savour it.

### Libra (Sept. 23–Oct. 22)

You're a hub of knowledge and experience, Libra. It's no wonder everyone comes to you with their problems. Just make sure you have people in your life that can help you with yours.

### Scorpio (Oct. 23–Nov. 21)

Listen. Take a moment to really listen to what's going on around you. Close your eyes. Closing doors, people talking, foot steps, traffic, music. Let this kind of heightened awareness be your focus for the week ahead, Scorp.

### Sagittarius (Nov. 22–Dec. 21)

Stick to what you know this week. Focus on tasks, numbers, completing things. Don't

## Listen to win on NR92!

This year, we here at NR92 are giving away a ton of prizes! And when I say a ton, I mean we're giving away a \$100 gift certificate from Spasation every month.

If you want to win, make sure you listen to us during the day and call in to qualify when told. The draw is at the end of every month, which means the first one is coming up really quickly. Pretty soon the NR92 DJs will spice up your life by broadcasting live from Campus Reads and Needs. This means you'll hear some great tunes while shopping and also finding out about great deals on school supplies. This week's featured show is *Extra Innings*, hosted by Sean Szopa, your play-by-play man for this year's Oaks men's hockey team.

*Extra Innings* is an all-sports show with some occasional music when Sean gets bored or runs out of things to talk about. He covers all major sports stories and looks at each sport specifically. Sean keeps it local by talking mostly about the Oaks and Oilers.

His prediction for the upcoming season: the Oaks will once again challenge for the big championship and, if the Oilers young guns get it done, they'll just make the playoffs. *Extra Innings* also has a sports trivia segment! Make sure you catch *Extra Innings* every Wednesday night from 9-11 on [www.nr92.com](http://www.nr92.com).

# Your horoscope

over-think anything to do with the arts or creativity. Simple is best.

### Capricorn (Dec. 22–Jan. 19)

Whether it's a family member, co-worker, classmate or friend, someone looks up to you right now, Cap. Although it's flattering, it's also a great responsibility. Remember to be sensitive.

### Aquarius (Jan. 20–Feb. 18)

Does it feel like everyone's giving you a particularly hard time this week? They're either challenging you, or jealous of you. Don't take it too personally.

### Pisces (Feb. 19–March 20)

Time to celebrate! It doesn't have to be an occasion, just reward yourself for those little accomplishments. A good grade, mastering a skill, completing something you've been putting off. Making the phone call, taking the first step, dropping off the resume, saying hi to someone you've been shy around before. Etc.

### Aries (March 21–April 19)

Try spending a few extra minutes a day walking in the brisk autumn air, not because you have anywhere to go, just to clear your head. This will help you find more

solidity in your choices, and help re-introduce you to yourself as you grow in the coming week.

### Taurus (April 20–May 20)

Can't emphasize enough how important it is to be attentive to details this week. Check and recheck and recheck until you're sure it's right. Then check it again.

### Gemini (May 21–June 20)

There are a lot of things to balance this week, Gem, but I'm leaving it to you to find a way to make organizing fun. You'll get everything done, with time to spare. Remember that you do your best when you

have a deadline, but don't let yourself feel too much pressure.

### Cancer (June 21–July 22)

You can make anywhere feel like home, but this week, try to stick around your actual home. Messages are flying through any open window or door. Read all your mail at once and put them in order of priority at that time.

### Leo (July 23–Aug. 22)

Good job for diving into a new situation. Exhilarating, hey? Your energy is attracting people like moths to a bonfire. Good thing you have a lot to give this week.



High Speed that'll help you stay afloat.

Sign up for TELUS High Speed Enhanced for the school year.

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(780) 425-5517

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Johnson Wireless  
12604 126th St.  
(780) 454-3500

\*Offer available until September 30, 2007, to clients who have not subscribed to TELUS High Speed Internet services in the past 90 days. Proof of student status (student number and name of post-secondary institution) required for eligibility. Offer subject to change without notice. Promotional period begins on service activation date. Following the promotional period of 12 months, billing for TELUS High Speed Enhanced Internet will start at the regular rate, but clients have the option to cancel these services or switch to other TELUS service plans at any time. Minimum system requirements apply. Final eligibility for the service will be determined by a TELUS representative at the point of installation. \*Includes power and phone cables, but not wireless adapters. © 2007 TELUS.

# Good girl gone bad syndrome

## LADY LOVE

Yeah, you see her. The girl with the gorgeous smile, athletic build and a laugh that makes you smile to yourself. You want to step to her, maybe even ask her out on a date.

You heard she was single and it makes you wonder. "Why? What's wrong with her?" You finally get the nerve to ask her out. She says yes and you both go on a date that you thought went perfectly.

## One stormy night

Then, one stormy night, things get a little hot and you know the rest. Now, all of a sudden she's always busy or too tired from her long day to hang out. You soon find out that she's not as single as you thought. Actually, she's not single at all.

You're angry, disappointed and feel used. At this point you decide that you will never again play the fool. You also decide that from here on in you are looking out for No. 1. You begin to do things that are a little bit scandalous, vindictive, heartless. You do this because if you don't, you think that someone will do it to you.

## Disconnected

Or maybe you just feel you'd rather be emotionally disconnected. Look out for No. 1, right? You protect yourself by always being on the defence. You make sure to never get too close. What you don't realize is that the same situation that turned you into this careless bastard also happened to the girl that turned you into this careless bastard.

This is what I refer to as The Good Girl (or Guy) Gone Bad Syndrome. It's a syndrome that's spreading through old and young people alike. I've been there, done that. It's a never-ending circle until you, the intellectual, independent, optimistic individual decides that I will not spread this disease. It's completely justified to protect yourself from getting hurt again. Just try not to hurt others in the process. The harm you

do is far more than you know. So, the next time you see that promiscuous girl or that heartless bastard at the

bar, understand that he or she may just be suffering from good girl (or guy) gone bad syndrome.

## Award of Distinction

Learn, Experience, Achieve, Develop. Lead the Way ... This is the tagline that's connected to the NAIT Award of Distinction. NAIT and the athletic department have announced a scholarship to help student athletes become leaders. If you are interested, or would like more information, contact Michele Parker (mparker@nait.ca) at room O-117 or 471-7550; or Sheryl Hansen (sherylh@nait.ca) at E-134 or 471-8574.



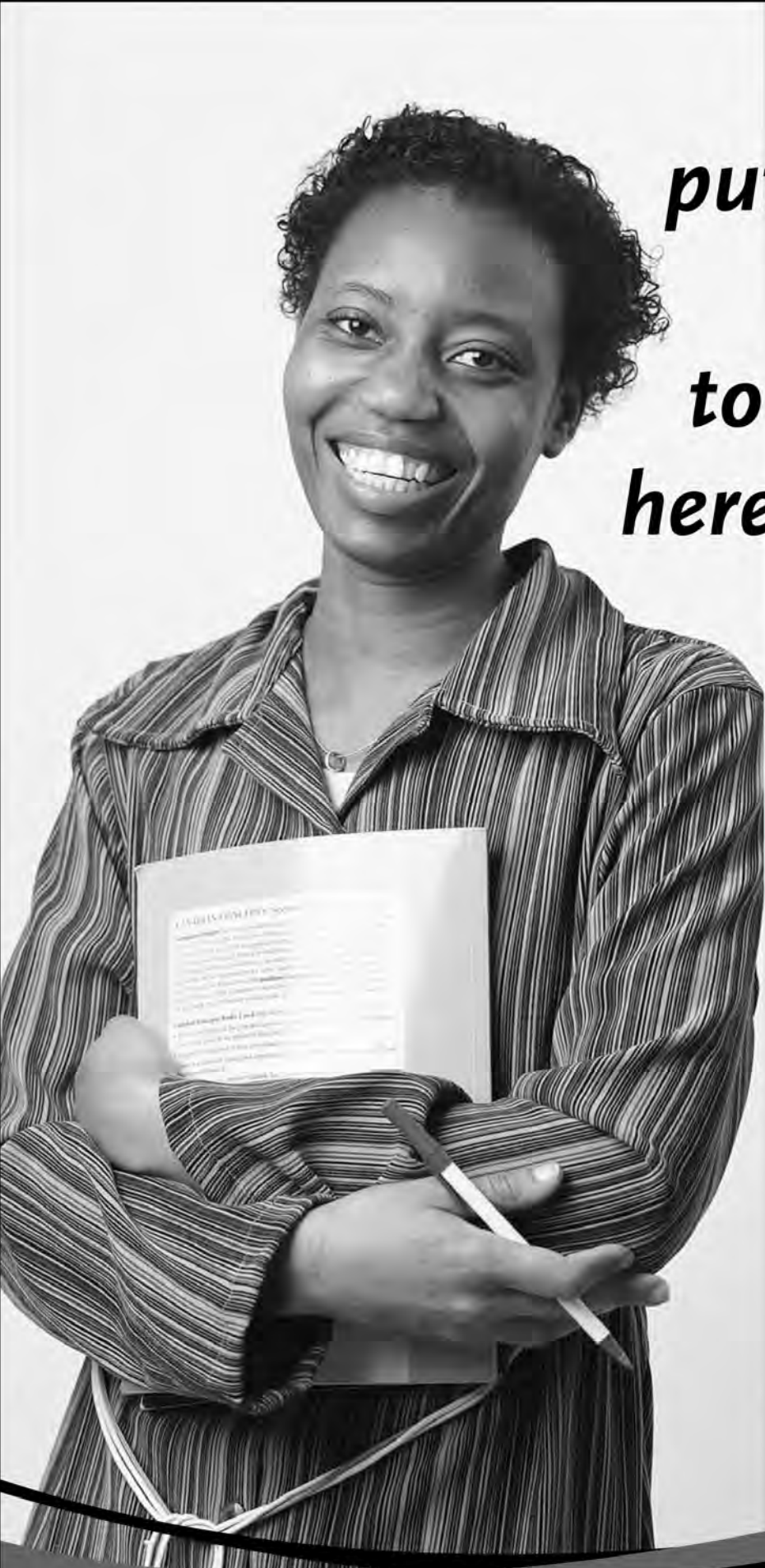
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RESEARCH**

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**Please mail, fax or email your resume to:**  
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 Fax: 780-485-5085, Email: HR@TrendResearch.ca, Phone: 780-485-6558

**TREND HIRES ON AN ONGOING BASIS**



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


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

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

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

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

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



**Building a stronger Alberta**

# Men's soccer team trounces GP

**NAHREMAN ISSA**  
Sports Editor

## **SOCCER** **MEN**

**Sept. 22**

NAIT 10, GP Wolves 1

The men's soccer team destroyed the Grande Prairie Wolves on their home turf on Saturday. Phil Pavicic led the scoring with a hat trick. Evans Asembia (2), Amuri Kapongo (2), Waldo Dutra, Brent Anderson, and Mitch O'Neill finished out the scoring.

**Sept. 23**

NAIT 3, Wolves 0

On Sunday, the Wolves played a little better, keeping the score to a more respectable tally. Goal scorers were Evans Asembia, Jeff Hall and Mitch O'Neill.

## **WOMEN**

**Sept. 22**

Wolves 1, NAIT 0

Our women's team was on the wrong side of the score on Saturday, but found the net the next game.

**Sept. 23**

NAIT 5, Wolves 2

Rebounding from being shut out the game before, the women's team exploded for five goals. Lisa Martin (2), Lindsay Smith, Courtney Rivet, and Jessica Sousa scored.

## **HOCKEY** **MEN**

The men's hockey team was host to the Blue/Gold Tournament last weekend, where they were undefeated in three games. Friday's game against Mount Royal was a case for special teams, with Kyle Lopez getting a 10-minute misconduct for fighting. Captain Ben Stokes led the team with a goal and six assists. Other scores:

NAIT 4, Mount Royal 3; NAIT 6, Augustana 2; NAIT 5, Concordia 3.

## **GOLF**

Both the men and women's teams were victorious at the Northern Regional Golf Tournament at Ravencrest Golf Club. Coogan Mitchell shot a two-round total of 146, with Rickey-Lee Decorby shooting a two-round total of 178.

## **CROSS COUNTRY**

The NAIT cross country running team was in Camrose for the Grand Prix event, with Keith Jackson finishing 10th, Neil Roberts 15th and Jenna Hall 18th.

## **THIS WEEKEND**

• It's the women's turn to host their annual Blue/Gold Tournament. Lady Ooks will be playing the following days, with Sunday's game to be announced: U of Alberta – Sept. 28 @ 8:30 p.m.; Saskatchewan Jr. Saskies – Sept. 29 @ 8 p.m.

• The Ooks soccer teams will be

playing at home as part of NAIT's Homecoming. The teams welcome the Keyano Huskies. The women

play at 2 p.m., the men at 4 p.m.

• The NAIT Golf team will be in Red Deer for the ACAC Golf

Championships.

• This Friday is the Athletics Wall of Fame ceremony.

# Wall of Fame builds

The NAIT Athletic program has established a Wall of Fame as a lasting recognition of athletes, coaches and administrators who have played important roles in building the tradition of excellence that is Ooks Athletics.

The event takes place Friday, Sept. 28, at the Shaw Theatre, in conjunction with NAIT's Alumni Weekend. There will be snacks at 6:30 p.m., with ceremonies at 7:30.

The 2007 inductees are all past members of the NAIT Ooks Hockey program:

## **1984-85 HOCKEY TEAM**

- Coached by Perry Pearn, they are the first team to be inducted.  
- ACAC and CCAA Champions.  
- 25-0 in league play, 8-0 in play-

offs, 44-2 overall.

## **RON AMYOTTE**

- First individual hockey player inducted.  
- Played three seasons with the Ooks, 1984-1987.  
- Scored 127 goals and 112 assists in 120 games.

- 3 ACAC Championships, 2 CCAA Championships.

## **BRIAN STEIN**

- Oversaw the Ooks hockey program from 1981-1996.  
- The voice of the Ooks as their P.A. announcer and P.R. man.  
- Researched and documented the history of college hockey in Alberta.

All NAIT alumni, current athletes, family and friends are invited to this free event.



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# Grow your future

What makes a leader? How about someone like you.


Shell is a leader in developing new technologies to help find, extract and deliver energy solutions in a socially and environmentally responsible way. With our innovative team of tenacious problem-solvers, we're ready to continue leading the way into the future and meet some of the world's biggest energy challenges.

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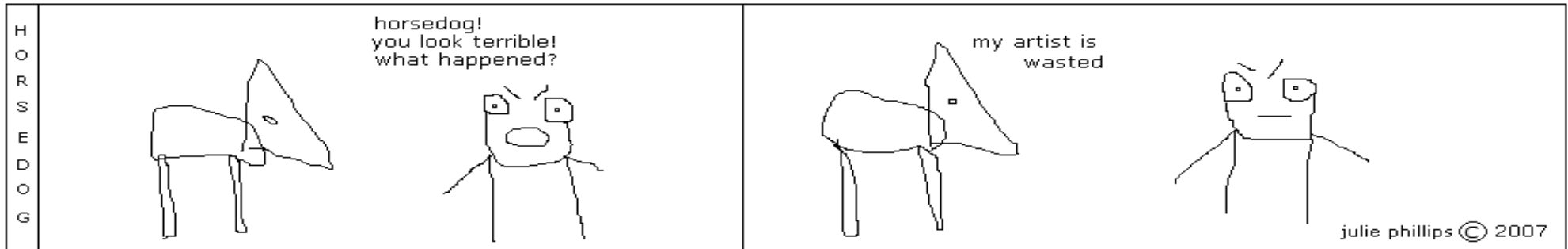
Our competitive compensation and valuable learning and development opportunities are designed to attract the best. We offer a safe work environment, and promote diversity, ethics and personal responsibility as key pillars of our business principles.

We're poised for tremendous growth. And with tremendous growth comes tremendous opportunities. Check out opportunities at [shell.ca/careers](http://shell.ca/careers)

Shell is an equal opportunity employer and invites women, visible minorities, persons with disabilities and Aboriginal persons to apply.



# 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.



## \$10

Available @  
NAITSA Office  
E131

### HERE'S WHAT YOU GET!

**Hudsons (all 3 locations):** 20% off domestic jugs

**The Ranch Roadhouse:** No line / cover until 11 pm. One free complimentary beverage until 11 pm (not valid during special events)

**Union Hall:** No line / cover until 11 pm. One complimentary beverage until 11 pm (not valid during special events)

**Filthy McNasty's:** VIP Line. No cover or coat check fee everyday (excluding special events)

**The Stone House Pub:** No cover. No line before 11 pm

**Stolli's:** No line / cover before 11 pm. \$10 gift certificate for first visit (not valid during special events)

**Iron Horse:** No line / cover before 10 pm. One complimentary beverage per visit (barring restrictions)

**The Thirsty Turtle:** No line / cover before 11 pm

**Cowboys:** No line / cover until 10 pm Thursday nights. No line / cover till 11 pm on Tuesday, Friday, Saturday and Long Weekend Sundays. Get your first drink for only \$1!

**The Oil City Roadhouse:** no line / no cover before 10 pm. Valid Tues., Thurs., Sat. & long weekend Sun.

**The Fox:** Happy Hour every day until 9 pm! Present card for 2 FREE beverages before 10 pm every Friday and Saturday!

**Century Avenue Café:** Your second meal is half price (limit 1 card per table; not valid with specials)

**Locker Room Pub:** Happy Hour prices anytime!

**The Nest:** Tuesday's and Thursday's free beverage with the purchase of a meal after 1:00 pm

Proceeds from VIP Card sales go to NAIT's Shinerama campaign for Cystic Fibrosis - [www.shinenait.ca](http://www.shinenait.ca)

## 2007 NAIT FAMILY CAMPAIGN

### KICK-OFF BREAKFAST

[www.nait.ca/naitfamilycampaign](http://www.nait.ca/naitfamilycampaign)

Supporting NAIT & United Way

Students, staff & visitors are invited...

**NAIT FAMILY CAMPAIGN KICK-OFF BREAKFAST**

North Lobby:  
**Monday, October 1**  
7:00 am - 8:30 am

ENJOY A HOT PANCAKE BREAKFAST

- pancakes flipped by your favorite Executive staff
- \$ 3.00

**SPECTACULAR DOOR PRIZE DRAWS!!**




### FIRST YEAR FULL-TIME STUDENTS!

You could win **FREE TUITION** for  
1 SEMESTER (max. \$2500.00)

**GO TO THE STUDENT PORTAL**  
[www.nait.ca](http://www.nait.ca)  
between **September 10<sup>th</sup> - 30<sup>th</sup>, 2007**

COMPLETE THE  
**"FIRST YEAR FULL-TIME STUDENT GOALS QUESTIONNAIRE"**

First 500 submitted will receive a  
Gift Certificate valued  
At **\$20.00** for either the  
Bookstore or the Tech Store



# Got a question?

Margaret Marean

## Ask A Counsellor:

Do you have a question related to personal, academic or career choice concerns? We will be running regular columns in the *Nugget* to answer questions submitted by students. All submissions are confidential. You don't have to include your name. Send your question to [counselling@nait.ca](mailto:counselling@nait.ca) or drop it off in person at Student Counselling, Room W111-PB in the HP Centre.

### How do I know if I should see a counsellor?

If you have a personal, academic or career concern that is important to you, then it is probably worthwhile to see a counsellor. Often students think

they have to have a severe problem before booking a counselling appointment. In fact, our main roles include helping you to resolve personal concerns before they become too overwhelming, assisting you with identifying and resolving study skill problems and offering guidance if you have not yet made a career decision or are questioning your program choice.

Some of the most common reasons that students see counsellors include concerns about poor marks, difficulties concentrating, exam stress, career indecision and personal concerns such as difficulty adjusting to NAIT, depression, anxiety, rela-

tionship problems, feelings of hopelessness or thoughts of suicide. As counsellors we have the expertise to help you work through issues that are bothering you.

Sometimes having the opportunity to talk to someone who is not personally involved can be very helpful. If we can't help, we will refer you to someone who can. If you think counselling might benefit you, please feel welcome to book an appointment to help you decide whether further sessions would be of use.

All of our services are free and confidential. To book an appointment, call 378-6135 or book in person at W111-PB.

## Grapevines

In Grapevines, you can speak anonymously to other students.  
Contributions: [nuggetgrapevines@hotmail.com](mailto:nuggetgrapevines@hotmail.com)

So did all the Grapevine chatters graduate last year or something? The once bustling centre for feuds, shoutouts, disses, complaints, explosions of glee and the most widely read page deserves to be revived from it's summer slumber, my peers!

– Grapevine Fertilizer

Lunch Lesson 17: If you're gunna attempt a puzzle in the *Sun* and then give up, DON'T USE PEN!

– The Pencil Pusher

Y'know what, Ms. Daddy's-Princess? No one wants to hear your spoiled, self-righteous, condescending conversation with one of your skanky

friends in, what seems as, a record attempt at saying "like" and "I know" the most times in each breath!

– Everyone@Next Table

OK, alright. Raise your hand. Who like totally loves the new Starbucks? Meeeee!

– Kaffeine Kathy

## CLUBS CORNER

Construction Engineering has gotten an early start this year and are on a roll for activities. They have been busy hosting a beer garden, selling raffle tickets for an Oilers Jersey and now the Bridge Building Competition. The event is Sept. 29 at Whitemud Park (13204 Fox Dr.). The challenge will start at 9 a.m. and will continue until mid-afternoon.

The after party is at the Canadian Brew House



(11062-156 St.), starting at 7 p.m. There are appetizers, door prizes and a silent auction. Anyone is welcome to come on down and cheer on the teams. Tickets for the after party are \$10 and are available from Andrew Wester, Bridge Building Coordinator-Construction Engineering.

If there is a club you would like to see on campus, stop by the Campus Club Centre Room E133. We look forward to having many more new clubs on board!

## Upcoming Events

### PFT 2008 (Personal Fitness Training) Club

**Event:** Guitar Hero Head-to-Head Challenge  
**When:** Thursday Sept. 27; 4 p.m. – 8 p.m.  
**Where:** The NEST

### EDDT

**Event:** Hockey Pool Draft  
**When:** Deadline for entries is Friday, Sept. 28, 3 p.m.  
**Where:** Drop off entries at L-154 with Donna Krause

### Petroleum Club

**Event:** OOKS Home Game 50/50 draws at each game of women's and men's soccer.  
**When:** Saturday, Sept. 29. Women's game starts at 2 p.m.; men's at 4 p.m.  
**Where:** NAIT Soccer Field

### MRT 61

**Event:** Bake Sale  
**When:** Oct. 3, 4 (Wed/Thursday) Noon to 2 p.m.  
**Where:** Outside NAITSA office, NAITRIUM, Tower

### MECSA

**Event:** Beer Garden  
**When:** Friday, Oct. 5; 4 p.m. – 7 p.m.  
**Where:** Tower Lounge, 8th floor

### 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,  
e-mail: [evergreenbeauty@hotmail.com](mailto:evergreenbeauty@hotmail.com)

### Christian Association Club

**Event:** Meetings  
**When:** Every Friday 12:15 p.m. to 1:10 p.m.  
**Where:** X209

### Interesting Thought (Drama/Improv)

**Event:** Meeting/practice  
**When:** Wednesday, 5 p.m. to 7 p.m.  
**Where:** Oct. 3; E-120

## SENATE ELECTION POLLING STATIONS

## VOTE TODAY!!!

Thursday, September 27

9:00 a.m. to 4 p.m.

Vote at one of the following polling stations:

- Outside Common Market
- Fresh Express (in foyer outside the cafeteria)
- Tower - 1<sup>st</sup> Floor
- Engineering Annex (by the south stairwell-main floor)
- NAITSA Office - E131
- Outside Campus Reads & Needs
- Outside Bytes - HP Centre

**VOTERS MUST PRESENT  
VALID STUDENT ID CARD**

*Thank you for voting!!*

Recreation

Individuals and Teams

Fun



Interested in Curling??

Registration

Wednesday, September 19th, 12:00 – 2:00 pm  
Wednesday, September 26th, 12:00 – 2:00 pm

Students! Curling Club begins NEW season:  
Where - Avonair Curling Club (across the street).  
When - Every Monday 4:30 - 6:30 pm  
Cost - \$40.00 (for season - approx 20 games)  
Inquiries: See Jules @ Room S105 or call 471-8531



Final Registration & Practice Ice:

Monday, October 1, 2007  
4:30 – 6:30 pm @ Avonair



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

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

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

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

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

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

If you are interested, please contact:

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

### OPEN HOUSE PARKING Friday, Oct 12, 2007

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

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

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

## VOLUNTEER?

### Open House

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

### Study Buddy

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

### Red Cross

Canadian Red Cross is now recruiting volunteers to their "Disaster Management Training Program." This unique program offers support to those left after disasters within the city. If you would like more information, please call 423-2680 or go online at [www.redcross.ca/cnar](http://www.redcross.ca/cnar)

### Scarecrow Festival

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

## NAITSA needs you!!

**Poll clerks:** Required for the upcoming NAITSA Senate Elections on Sept. 27, 8:30 a.m. to 4:30 p.m.

**Interested students:** May work one hour or the entire day, depending on your schedule.

**Pay:** \$10/hr

**Pre-election training:** Some required.

**More information:** Please e-mail Rita at [ritac@nait.ca](mailto:ritac@nait.ca) or come by the NAITSA office (E131) to sign up for your preferred time blocks.

## LOL (Learn Over Lunch) Workshops

### Learn to Relax

Wednesday, October 3<sup>rd</sup>

Experience guided muscle relaxation and visualization exercises to teach you self-relaxation, as well as some quick tips to prevent stress from escalating.

### Improve Your Reading

Wednesday, October 10<sup>th</sup>

Get practical tips to evaluate and improve your reading.

### What Is Your Learning Style?

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

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

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.

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

## NAIT STUDENT COUNSELLING

W111-PB, HP Centre, 11762 – 106 Street

Telephone: 378-6135

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

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

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

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# SINGLE OF THE WEEK

## Here's Gavin!

### BRENT CONSTANTIN Just Another Nugget

Lords and ladies of the institute, welcome again to The Hot Single of the Week, NAIT's answer to the question "how can I get my picture in the paper in the most humiliating way possible?"

Without giving too much away as to my actual location, I've actually taken the plunge and moved out of my mom's basement. She begged me to stay, but I told her that I've spoiled her with my presence for these past 22 years and it's time for me to spread the joy around a little bit.

So, I put all of my Ninja Turtle comic books into shoeboxes and got a place downtown. I'm so excited about the apartment that I wrote a haiku; I'll share it with you now:

*Smoke alarm broken*

*Cockroach doesn't help with rent*

*Scared to close my eyes*

This week our HSW is a young man by the name of Gavin Thomas. I hope you like the photo, I was going for sort of an Oscar the Grouch motif.

**B:** Gavin, go ahead and tell me

a little about yourself, and tell me things that I'll be able to spell.

**G:** I'm a first semester television student. I'm a super nice guy and I've never had a girlfriend.

**B:** B-b-but you're adorable! How could this be? Have you ever even kissed a girl?

**G:** No.

**B:** Wow ... well here's a tip. If you hold your own butt cheek, it sort of feels like a boobie. Or, a really hairy boobie in my case ...

**G:** Thanks, I'll keep that in mind. I guess I actually did have a girlfriend. When I was 16, we held hands a few times, but then she broke up with me.

**B:** Your life is a tragedy, isn't it?

**G:** Yeah, I guess I just don't really know a lot of girls, or single girls, anyway.

**B:** Well, hopefully we can cure that! Sell yourself here, Gavin!

**G:** Well, I think that I'm a spontaneous person. I'm friendly, I'm unable to grow facial hair and I can rebuild a computer.

**B:** Those sound like valuable skills you have there, my friend!

And what sort of lady is best suited to a beardless Powder-esque man-child such as yourself?

**G:** I'd like to find a girl that can appreciate the geekier aspects of life. I'm a sucker for nerdy girls. Thick rim glasses, Alexis on Fire, these are some things I hope to share in common with you.

**B:** So, any closing words?

**G:** Yes, if you're a girl out there who is looking for a guy that will do anything you say and be totally whipped, I'm your man!

You heard him ladies! This friendly doormat is looking for a girl that will wipe her feet all over him, and it could be you!

If you're interested in getting to know Gavin, come by the *Nugget* office on Wednesday at 3:30 p.m. Or, e-mail me, Brent Constantin at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) and I'll help spread your love like peanut butter on hot toast.

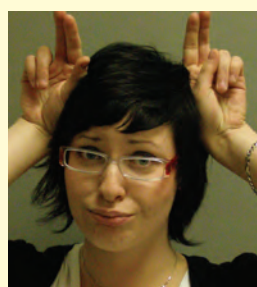
And, if you're a young (wo)man looking to be incorrectly quoted by me in an issue of the paper, you can get in touch with me at the same address.



## Gavin

# Keeping the peace

## What do you think about campus security?



AMY BIZOVIE



I haven't encountered them too much, but they seem friendly.

**Adrina Snowdan**  
Biological Sciences



They're never around.

**Derek Jacobs**  
Chemical Technology



They're doing a good job, considering their numbers and the size of the campus.

**Kal Zaitoun**  
Electrical Sys. Integration



Nothing! But they don't harass us smokers anymore, which is nice.

**Krista Donlevy**  
Chemical Technology



I haven't dealt much with campus security.

**Nicholas Jolliff**  
Pre Tech