

TOKYO POLICE CLUB AT NESTFEST, AUG. 23, 6 P.M.

THE NUGGET

Thursday, August 21, 2008
Volume 46, Issue 1



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

WELCOME TO NAIT!

The student executives who represent you extend their greetings, pages 2 and 3



STELLAR STOP

Photo by Javier Salazar

Goalie Pablo Ardaya makes a diving save at NAIT's International Club soccer day, held on Monday Aug. 10.

NAITSA PRESENTS...

NEST FEST

SAT AUG. 23

6PM E-PARKING LOT
NAIT STUDENTS FREE • GUESTS \$20*
MORE INFO INSIDE!

WITH

TOKYO POLICE CLUB

NEWS & FEATURES

Your NAITSA executive ...



NAITSA executives Brent Constantin, left, president; Geoff Tate, VP Apprenticeship and External; Lisi Monro, VP Academic and Michelle Goulet, VP Campus Life, get some quality time with OOK recently.

Photo by Graeme Reed

Just drop in and say hi

Hello students, instructors and janitorial staff,

It's me, Brent Constantin, your 2008/2009 Students' Association President.

It's my second (and final term) with

NAITSA, and marks my fourth year here at NAIT. Some people thought stretching a two-year diploma into four couldn't be done, but I knew I had the drive, and ability, to make it happen.

If there's one thing I'd like to pass on to you in this brief introduction, it's to use the Students' Association as much as you can. You're paying around \$241 a year for services we provide, so come down to the office and find out what we're doing for you, and tell us what you'd like to see.

When I was a student, in my final two semesters I was on our student senate, and I worked for our student paper, the *Nugget*, and compared to my first year (when I did nothing) I had such an amazing time.

We're looking for people to come out and get involved. It's really up to you what happens this year on campus, how much fun you have, and how many people you meet.

Come out to an event on campus, join a club, run for student government, write for the paper, volunteer, however much, or little,

you decide to get involved with us, just get involved.

Come by our offices to say hello, and ask "What can I do this year with the Students' Association?" Please come by during office hours (8-4:30) and please say this to a human being (several human beings work in our offices) to ensure a response to your inquiry.

I hope to see you, meet you, and be your friend,

Your new best friend (FOREVER!),
Brent



Brent Constantin
President

Frosh Week news

My name is Michelle Goulet and I'm your VP Campus Life. Welcome new students and welcome back for those of you returning! This year I want to make sure you all have a great experience! Come check out our awesome activities around campus.

FROSH WEEK EVENTS:

Aug. 23 – NestFest, featuring Tokyo Police Club – E parking lot – 6 p.m. to 11 p.m.

Aug. 26 – Giant Games Challenge – V-building – lunch hour.

Aug. 27 – Ultimate Sumo Suit, featuring Miss Hawaiian Ook – Bytes courtyard (outside HP Centre) – lunch hour.

Aug. 28 – Extreme Rock Band – The Nest – 3 p.m.

Aug. 29 – The shine racer – Outside business tower – lunch hour.

Sept. 3 – Unplugged café – special BBQ edition – Courtyard across from Common market.

Sept. 4 – Rock the Dock beer garden and dodgeball tournament – Annex (L Building) – 3 p.m.

Sept. 5 – Back to school Beach Bash featuring Daniel Wesley – The Nest – 3 p.m.

Don't be shy to drop by and say hello! Hope to see and chat with as much of you as possible. Have a great year!



Michelle Goulet
VP Campus Life

Always ready to help

Hello all you wonderful people. How's she goin', eh? Glad to be back yet? I never left, so I don't even get to enjoy the privilege of feeling NAIT's warm embrace as I return from my seasonal employment ...

Regardless of my jealousy, I have gladly gone out of my way to create this mandatory literary piece of complex sentences in an effort to inform you, whomever you are, that NAITSA is GREAT-SA, and that we, too, just like this wonderful paper in your hands, are open for business.

That is, in a strictly professional and squeaky-clean kind of way, unlike, of course, the *Nugget*. If you are seeking a less professional and



Geoff Tate
VP Apprenticeship & External
squeaky-clean place of "business," be sure to stop on by the *Nugget* office and ask for the Sports Editor

(it's still SO on, Issa). Just kidding, Geoff loves the *Nugget*.

Elected last year, I gladly take on the role of VP Apprenticeship and External for this upcoming year. What that means to you is: (a) I HAVE to be nice to you (b) You may see me aimlessly wandering the hallways, looking for someone, ANYONE, to talk to (c) You can ask me anything you want at all, I am here to help you out (d) All of the above.

If you guessed a, b, and c, you lost horribly. Always pick "all of the above".

Look, I'm helping you already! But for serious now, my job is to help you out in anyway I can, especially you apprenticeship students. I

will be making weekly stops at all of the campuses in Edmonton and St. Albert, so yes, I will also be wandering your halls aimlessly as well. Feel free to stop by the NAITSA office and say hi, or just walk up close in the hallway and yell profanities at me. There is no such thing as bad attention. And that goes for all of the NAITSA executives this year. Just run up to them and start yelling. Doesn't have to be profanities, but we all like to think people remember what we look like, so it really encourages us to try our damndest when representing you. And thank you, Patrick Stewart, for keeping it real.

With all my love,
Geoff Tate

Some lessons learned



Lisi Monro
VP Academic

Hey there!

My job at NAITSA is to help you guys out if you get into trouble, or to be here if you need any help along the

way so that you don't get into trouble. Make sure you read the "Academic Regulations and Procedures" that are outlined in your handbooks – it looks confusing and wordy, but it will help you out in tough times. This is my second year helping you guys out here at NAITSA, and over the past year I've had some first-hand experience, and learned some valuable lessons from NAIT students that I can now share with you – things that will help you get through your year successfully.

- Climbing the three-storey high windows in the HP Centre is not safe.
- Don't try to break into the "Bistro" cafeteria in the Annex.
- The microwaves at the north lobby are heavy, and difficult to steal.

• If you get loser pissed and sick at the Nest, there are dumpsters out in the parking lot.

• Don't try and pop the "Bubble of Doom" at the Annex beer gardens.

• If you park on the far side of Kingsway and walk through the mall to NAIT, carry retail bags with you.

• Inspect the parkade stairwell for exploded pop bottles full of turds, prior to going up/down the stairs.

• Don't jump into the swimming pool with the Ook mascot costume on.

• Check the signs on the change room doors by the weight room before you go in.

• Don't break into your instructor's office the night before a final exam.

We all know that NAIT is a really work-intensive environment, but don't forget to take a step back every once in a while to make sure that you're taking time out to enjoy yourself, connecting with people and ensuring that your post-secondary years are some of the best years of your life!

By now, I'm sure you guys have been hit with tons of information on where to do this and that, what to sign up for and who to talk to – and you'll most likely forget most of it by the time you get wrapped up in all of your classes. Just remember to stop by if you have any questions about anything to do with your time here at NAIT, and the fine folks at the NAITSA office will be able to give you a hand.

Lisi

For advertising, call 471-8866
or e-mail: fmackay@nait.ca

Submissions encouraged.

studenteditor@nait.ca

THE DEADLINE IS ...

Noon on the last school day of the week. (All submissions must include 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

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. Write us.



Photo by Javier Salazar

NAITSA President Brent Constantin speaks to new students during a Welcome to NAIT event on Aug. 18.



The Nugget

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Capital Hill vet joins NAITSA

GABRIELLE HAY-BYERS Editor-In-Chief

Jason Roth is a relative newcomer to the NAITSA team, but after only eight months with the association he's seen two executive resignations, his fair share of evacuations (like everyone else at NAIT in the middle of the winter) and a lot of progress in the area of advocacy.

"In essence, I am a lobbyist ... I attempt to influence the decisions of, among others, the City of Edmonton, the Government of Alberta, the Government of Canada and NAIT

itself," says Roth, NAITSA's advocacy director.

The more time you spend at NAIT and the more *Nuggets* you read, the more you'll realize that there are a diverse number of problems that can arise when people with as many different career aspirations as those who attend NAIT all get together on one campus. Certain issues can fall between the cracks – certain groups of people can fall between the cracks, too. But most importantly, there are issues.

Jason Roth's job is not only to

assist the NAITSA executives in lobbying on a citywide, provincial and national scale, but also to be a permanent fixture at NAITSA – and a permanent lobbyist for an organization where executives come and go every year or two.

According to Roth, some of the biggest advocacy issues for this year's executive centre around transportation and apprentices:

"Right now I have several files on the go. But the possible closure of the City Centre Airport, the NAIT LRT line and attempts to improve

Employment Insurance for apprenticeship students are three of the big ones right now."

And, if recent months are any indication, Roth is doing something right – and so are our executives.

"The first step that our executives and I have taken with advocacy at NAITSA is to establish positive working relationships with individuals and groups who make decisions that affect our members. Our president, Brent Constantin, and I have had a busy schedule of meetings with people who make decisions that affect us, such as NAIT executives, city councillors, the mayor and provincial politicians."

"In the short time that I've been here we've had great success in establishing some really great relationships. It is a slow process, but we've managed to get on the radar screen. I have no doubt that that will pay dividends for both NAITSA and NAIT in the future."

Roth may just be right – all one has to do to see the outcome of the work NAITSA and Roth have put into ETS awareness.

"We've managed to secure some incremental improvements in service to NAIT such as new routes 95, 97 and 98, improvements to Route 8. Beyond that, establishing a relationship with the ETS will allow us to continue to work with them on a

continual basis to improve service to NAIT year over year."

However, with the boom in full swing (still), and NAIT churning out a large portion of the nation's skilled trades, apprenticeship issues have never been more obvious, and VP Apprenticeship and External, Geoff Tate, has been working with Roth to get the issues out there and known.

Says Roth, "... we have made efforts to lobby the Federal Government regarding issues that affect apprenticeship students directly, such as Employment Insurance and the First Year Incentive Grant. We're pushing to reduce processing times for EI and improve benefits and have lobbied the minister in that regard. We've made a submission to the Federal Finance Committee for it's annual pre-budget consultations and will be making attempts to meet personally with a host of federal politicians."

"It is also important to us that apprenticeship students be treated fairly compared with their full-level equivalent counterparts."

With Roth on the team as a federal politics vet who worked on Capital Hill in Ottawa, the NAITSA executives have a resource not many student executives can have. If you have an issue that you need some help with, pop by the NAITSA office and see what they can do to help you out.



Photo by Gabrielle Hay-Byers

NAITSA Advocacy Director Jason Roth represents NAIT students at the governmental level.

STEPS TO SUCCESS

Secrets of life



SHANT CHAKMAKIAN

Most people spend their entire lifetime in the pursuit of wealth – working double shifts or growing their business, they pursue that end almost tirelessly. They then may spend their free time acquiring clothes, cars, property, etc. But at the end of the day, how wealthy are they?

Webster's Dictionary defines wealth as: "[an] abundance of valuable material possessions or resources."

But what makes someone truly wealthy? Is it having an abundance of choice and resources? Or is it being truly happy with whatever

you have in life?

Attitude is everything, and whether you are rich or poor, the cost of misery and happiness are exactly the same. That cost is you and the quality of life you lead – rich or poor, there are many people in each situation.

Define value

One has to define what is valuable to himself or herself. The answer will clearly define one's outlook on life. Most will say something related to material possessions, and few will say something related to happiness, family, friends and the like.

Those who understand the true meaning of wealth and positive thinking unlock the key to the root of all success in life: the law of attraction. How you see yourself, your future and your world will most likely come to be – provided that you are positive, accepting and dedicated to that vision.

The fuel and outcome for positive thinking is to think, believe and do. You must know what you

want in life, believe that you can do it and then plan and execute that goal. Although nothing in life ever goes the way you planned it, you will find that you slowly move in the direction you want to go with years of hard work and positive thinking, laced with acceptance and understanding.

Embrace the experiences of life, good and bad, and know that they are simply a part of your journey and that those experiences are what make life beautiful. Stay persistent and strong and you will find that you will receive so much success in your failures that you will one day embrace them as they come. You will go forth with more renewed determination every time you fall.

Fear nothing but your God, yet remain realistic and pragmatic about your situation. See things for what they are and people for what they do and say, not just what they say. Never be afraid to trust, but remain vigilant and be sure your trust is never misplaced.

Take the time to enjoy the smaller things in life no matter how busy you are, and use those things to give you strength in times of need. Never say you are having a bad day because then you are essentially giving up. Accept it as a challenging day and move forward with strength to face that challenge.

Find synergy

Write down your ideas and accept that some ideas come only once in a lifetime. Never be jealous but always try to admire and learn from other people to emulate success and share it.

Find synergy in your relationships, not gain. One-way relationships are unsustainable. They generally have little gain for either party in the long run, whether it be a business relationship, a friendship or a romantic relationship. Synergistic relationships build strength among all parties, ultimately growing and providing lasting value and benefits.

Seek first to understand and then

to be understood. Try to relate to people and you will find you can more effectively communicate with them. Try to feel what they feel, be empathetic and sincere. This will help you when communicating with anyone (especially ladies).

Never accept defeat, but learn from your mistakes and see greater learning opportunities. Never forget these secrets of life, follow them, post them on your wall and read them daily.

I guarantee that if you follow these words, you may not be happier than the world's richest man; but you will live with and carry strength and success far beyond that of most human beings. You are the master of your destiny and the only one that can affect it. You are the one.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to e-mail me any comments or suggestions at shant_c@hotmail.com. I value and look forward to your input.



File photo

NAIT security boss Jerry Hove has some tips for safeguarding you and your things.

Safety tips

I would like to take this opportunity to welcome all returning staff and students to NAIT. It is an exciting time for Campus Security Services. We are continuing to evolve and fully embrace the perpetual changes and developments taking place within our campus community.

To ensure that the NAIT environment is as safe and secure as possible, we strive to work in consultation with our customers and partners such as our governing bodies, the NAIT Student Association, our faculty and staff, and several other organizations. We look forward to continuing these relationships with the development of crime prevention programs and new proactive approaches to further meet the needs of the community in which we serve.

With this in mind, I would like to provide some helpful security and safety tips I hope you will find useful while on campus. Student Lockers and Studying on Campus

Always ensure you purchase a good quality lock to secure your belongings in your locker. Try not to keep valuable personal belongings inside. When utilizing the gym and sports facilities, try not to bring your wallet or valuables into the change rooms. If it is a must, please use the safe storage lockers available outside the main change rooms.

Vehicle Safety and Security

Do not give any would-be thieves the opportunity to steal by storing items in plain view inside your vehicles. Lock all of your personal belongings out of sight in your trunk. If you are storing change inside the ashtray, ensure that it is closed before leaving your vehicle.

If you are staying on campus until late at night, use the buddy system or Campus Safe Walk when returning to your vehicle. Safe Walks can be arranged through Campus Security Services by calling (780) 471-7477.

Report Suspicious Activity

With the various activities involving staff, students and visitors at our NAIT campuses, it can be difficult to identify those people who are here to target NAIT and its community members for acts of crime. You can be an integral part of the

efforts to prevent crime on campus by reporting suspicious activity or crime to Campus Security Services.

NAIT also works in co-operation with Edmonton and Northern Alberta Crime Stoppers. If you wish to report any crime on campus, you can contact Crime Stoppers anonymously at 1-800-222-TIPS (8477) or by visiting www.crimestoppers.ab.ca.

Conclusion

We encourage you to visit our updated website (www.nait.ca/security) which will provide you with helpful information on the services we provide in making our campus feel like a "home away from home."

We are dedicated to ensuring a safe and secure campus for everyone. If you have any questions about security or traffic issues, please contact our office at (780) 471-7477.

With your help we can make NAIT a better place for everyone to enjoy.

*Jerry Hove,
Manager,*

Security and Parking Services

Want a job? NAITSA's looking for you!

HELP!! We need some bodies ... Not just any bodies!!

Poll Clerks

- \$12/hour
- Poll Clerks needed for the NAITSA Senate Election polling stations on Sept. 25, 2008 (8:30 a.m. – 4 p.m.)
- Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.
- All poll clerks must attend a training session on Wednesday, Sept. 24 at 4:30 p.m. in E129. All clerks will be paid to attend the training.
- Apply in person at the NAITSA office, E131 9 a.m. – 4:30 p.m.

Front Desk Assistants

- Students needed to work over the lunch hour 11 a.m. to 1 p.m.
- Answering the phone, faxing and the ability to multi-task an asset.

Street Team

- Students needed to promote upcoming NAITSA activities to other students on the NAIT main Campus.
- You need to possess an outgoing and positive attitude, creativity, energetic, and the ability to have fun!

The Nugget

- Love to write, draw, take pictures or do horoscopes? Come out and apply for a variety of positions for our student newspaper. Apply in person to the Nugget office in E128B.

Volunteer Co-ordinator

- Help co-ordinate the NAITSA Volunteer Program.

- Assist with recruiting volunteers.
- Responsible for scheduling volunteers for campus events, leading volunteers during events.
- Responsible for planning all logistics associated with regular volunteer recognition nights.

Movie Night Co-ordinator

- Responsible for coordinating movies from supplier.
- Filling out monthly forms for supplier.
- Arranging for marketing to be completed for each Movie Night.
- Execute Movie Nights in the Shaw Theatre.

Event Co-ordinator/ Head of Security

- Assist in planning/setup/cleanup of all NAITSA events.
- Act as the lead contact to schedule and supervise all student security (SUDS).
- Heavy lifting may be required.

SUDS Security Guards

- Supervise and ensure student events are safe.
- Check IDs and ensure policies and procedures are followed.
- Guards will be expected to complete a training program (provided) before starting any shifts.

The Nest

- The Nest is now hiring for night-time servers – apply at the Nest.

Application forms available in E131, or submit a cover letter and resume to Shannon Marshall at the NAITSA office. Competitions close on Friday Sept. 12, 2008.

When studying on campus, do not leave your books and school supplies unattended. If you must leave them behind for a short duration, ask someone sitting nearby if they could watch your belongings while you're away.

Crimes of opportunity can happen when you least expect.

Online info

GABRIELLE HAY-BYERS Editor-In-Chief

There's now a new way for you to access important information that will keep you and your belongings safe on campus – online, on NAIT's homepage at www.nait.ca/security.

Topics on the site ranging from official security policies to lost and found can now be found on NAIT's homepage, as well as information on office and personal safety, the Safe Walk Program, how to prevent identity theft and fraud, as well as locker theft prevention.

Also included are the procedures for many serious campus activities such as evacuations and lockdowns.

Tips and tricks for keeping safe are often the focal point of every page, and information about parking is also available. Students can now print off maps of the parking lots at NAIT to plan where to have guests park their vehicles when they visit our campus.

Unfortunately, having the informa-

tion available doesn't always mean that proper safety and security procedures will be followed in the event of an emergency, so educating yourself about the policies and procedures of our campus in regards to safety is your best bet.

For quick reference, here are some of the most important points you will need to remember:

- Locker thefts can be a problem anywhere where there are lockers. NAIT is no exception to this rule and our uniformed guards can't be everywhere at once, so be aware of your surroundings. No one but a uniformed guard should be cutting off locks, so inform security immediately if you see someone else doing it.

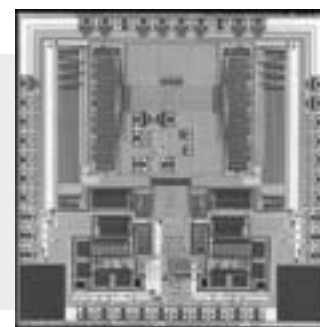
- The Safe Walk service is available free to any student. All you have to do is call security at (780) 471-7477 and request it, and a uniformed guard will escort you to the nearest bus stop. Safe Walk's boundaries are from 118 Avenue to Princess Elizabeth Avenue and from 102 Street to 109 Street.

*Tech
Talk*



SHANT CHAKMAKIAN

Txt msg ca\$h rip



If you've been ripped off by the text message cash grab thanks to Bell and Telus, you'll agree that despite the convenience and popularity of texting, it can be a rip off.

This widely unpopular move to charge most users 15 cents per incoming text has been viewed as a scam to most Canadians. This will force people to get a plan that covers text messaging to avoid potential unexpected costs.

"That requires ongoing investment in our network to carry the ever-increasing loads," wrote Telus spokesman Jim Johansson in an e-mail to the *National Post* regarding the new charges.

While that reason is fairly valid, what doesn't make sense to most consumers is why they have to pay for their respective cell phone com-

pany to become more competitive. Plus, 15 cents a message is hardly reasonable and neither is rounding off to the nearest minute, nor 35 cents a minute for additional air time or long distance.

Jim Prentice, Canada's Minister of Industry, tried weighing in on the decision by talking to executives at Bell and Telus, but in the end had very little to say.

"I would encourage consumers dissatisfied with existing plans to seek alternatives," he told the *Nova Scotia Business Journal*.

Bell and Telus are already struggling to offer a competitive network now that Rogers launched its 3G network, making it the leader nationwide. This move helps neither of them, seeing as how Rogers is offering more competitive plans and a better network, not to mention the iPhone.

Now that people are finally able to change their numbers to

different networks, the playing field is more competitive and Rogers is reaping the benefits.

But for people who are staying with Bell and Telus, this does not

help with the spam issues, created by a proliferation of spam via text messages.

The best way to avoid getting spam text messages is to never text any number given on any commercial or ad for any reason. Only text people you are trying to talk to. Not only does it cost you to text them (if applicable) but you also must pay additional fees on their end.

Even worse, once you text them one time, they subscribe you to their list and then you start getting texted on a regular basis and face even more charges. What makes it even harder is these subscribed text messages normally don't tell you how to unsubscribe and if they do it's only once in the fine print on a commercial.

Despite the many conveniences,

text messaging has become the best way to communicate and to lower airtime costs. Text messages are the fastest growing mode of communication. With 10 billion text messages sent last year alone, it's clearly gaining momentum in terms of frequency.

But if all these text messaging issues are really a pain you can just simply call your phone company and ask them to turn it completely off, free of charge. Otherwise, you'll just end up paying more – whether it be for air time, a texting plan or in annoying extra charges.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to e-mail me any comments or suggestions at shant_c@hotmail.com. I value and look forward to your input.



NAITSA PRESENTS...

NEST FEST

SAT AUG. 23

6PM E-PARKING LOT
NAIT STUDENTS FREE • GUESTS \$20*

MORE INFO ON FACEBOOK
NAIT Students' Association

TOKYO POLICE CLUB

WITH RADIO FOR HELP
HOT PANDA
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*subject to capacity restrictions, students must present current NAIT Student I.D. at Gates. RAIN or SHINE!

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OPINION

— Editorial —

The anti-editorial



GABRIELLE HAY-BYERS
Editor-in-Chief

For four months, I've been stressing about writing this thing, this editorial, this beast.

It's really not that hard, right? Just pick something and write about it. It can't be that hard, given all of the issues that can come up at a campus as big as NAIT's. Yeah ... right. I've never been good with an

excess of choices.

I could always talk about the *Nugget*, and how we're always looking for friends and writers. I could mention that we're in Room E128 and that you can drop by anytime. Or that you can search the *Nugget's* fanpage on Facebook, and can get your copy online at www.thenuggetonline.com. I could even put in a plug for sending us your Grapevine submissions ... at grapevines@thenuggetonline.com.

I could always mention how excited I am that you now have an online security resource thanks to NAIT's Security and Parking Services. At <http://www.nait.ca/security>, you can access information about security, parking and emergency procedures, as well as important forms like parking applications.

A positive note

After reporting on security like it was my job for eight months, and sometimes being pretty harsh, finally ... a positive comment about safety and security. This is a rarity from me so mark it down as a day when you thought maybe the sky was falling.

Promoting important NAITSA events has always been important to me, so I want to make sure everyone heads out to GearUp! on the 23rd of August and checks out Tokyo Police Club and local bands Radio-ForHelp, Hot Panda and Chasing Jones at NestFest on the same date. Students will need valid student IDs to get in for free (which you can pick up at GearUp! oh, so conveniently) and regular ID if they want to drink something other than pop, and any guests will need to have a twenty on them to pay their way in.

Phew, 300 words in and it hasn't been too painful, right? Maybe yes, maybe no. It's pretty painful facing the realization that I have to do this every week!

Looking for balance

I guess the most important thing I could possibly say in this "editorial" is that I've never had a journal, a blog, or been one of those people that writes notes on their Facebook page constantly. I haven't got the foggiest notion as to where the correct balance is struck between being honest and honouring my start as a true student journalist, the campus shit disturber.

But NAIT is all about learning how to work your own learning curve, and making your education work for you. So, I won't be stopping writing about safety and security, and I won't stop looking out for the interests of the students of NAIT. At the end of the day, that's my real job.

So e-mail me at studenteditor@nait.ca and let me know what's going on, what's got a burr up your butt and what I could be doing better for you.

I want to hear it!

So there's my first beast written, I guess. The first anti-editorial of many ... brace yourselves.



Photo by Javier Salazar

A FESTive Mood

NAITSA Events Co-ordinator Kristine Monteiro, left, and Campus Culture Director Jennifer Grundke point out the attractions of NestFest, scheduled for Saturday, Aug. 23.

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 some-

thing off your chest is downright therapeutic. Trust us on that. Write us.



SPORTS

— 2007-2008 IN NAIT ATHLETICS —

A last look back

A season marked by average team play was lifted by exceptional individual performances

NAHREMAN ISSA Senior Sports Editor

The 2007-2008 season for NAIT athletics had its ups and downs when it came to its sports teams. Some teams brought home the hardware to decorate the halls of NAIT. But for other teams, disappointment ran deep as they missed out on the post season.



Yang Sun
Stellar season

No matter what last year's results were, all teams will make a run for it again this season. But first, here's a recap of last season:

NAIT'S MALE AND FEMALE ATHLETES OF THE YEAR

Scott McLeod
Soccer

Scott is a two time Alberta Colleges Athletic Conference All-Conference player and last year was

named to the Canadian Colleges Athletic Association All-Canadian team.

Yang Sun
Badminton

Yang Sun went undefeated in women's singles all year, including the CCAA Nationals, where she won gold. She was recognized as ACAC female badminton player of the year, CCAA All-Canadian and ACAC female athlete of the year prior to being recognized as NAIT female athlete of the year.

PERSONAL BEST

Dale-Marie Cumberbatch
Basketball

Dale-Marie broke records and was a force to be reckoned with. She was named women's basketball's most valuable player, as voted unanimously by her teammates. She broke three all-time ACAC records – ones that she had set just a year earlier. Not only did she lead the entire country in scoring for a second consecutive year, but also Cumberbatch became the first player in the history of CCAA basketball to have ever recorded back-to-back seasons of at least 600 points.

Oh yeah, she also managed a little something to become the fastest athlete ever to score 1,000 points.

How the teams fared: BASKETBALL

The men and women's team both failed to make the post-season. The men's team finished the season with a record of 9-15.

As for the women, they finished



Scott McLeod
Year to remember

the season last in their division, with a record of 5-19.

HOCKEY

The men's team finished with a record of 12-8-4. While they did make the post-season, they were kicked out in the first round.

The women's team, dressing 16 rookies, finished last in their division with a record of 3-17-2.

SOCCER

It was a silver finish for the men's team. After dominating the regular season with a record of nine wins and one tie, the boys made it all the way to the final, winning silver.

The women were almost as successful, winning bronze. The girls have a new head coach as long time coaches Sue Melnyk and Carleen Beynon bid farewell to the team.

VOLLEYBALL

The men's team qualified for the first round of the playoffs with a record of 11-13.

As for the women's team, they finished third in their division at 12-8 to qualify for the first round of the playoffs.

BADMINTON

NAIT struck double gold at the CCAA badminton nationals as well as silver at the ACAC championships.

GOLF

The men's team finished fourth, only 13 strokes away from a bronze medal.

Meanwhile the women's team captured ACAC bronze.

CURLING

All three teams medalled at the ACAC championship. The teams finished the season with 30 wins and 19 losses. Their record made them college-curling champions last season.



Dale-Marie Cumberbatch
Outstanding again

CROSS COUNTRY RUNNING

Every athlete on the team finished with personal bests. The upcoming season should be promising with all of the runners returning.



NAHREMAN ISSA
Sports Editor

2 minutes in the box

Hey everyone! Welcome to the new school year. For all you returning students, I'm baaaack. I know my fan club – all six of you – is quite excited for another year of my personal sports opinion.

For all you newbies to the sports section, I say hello with an open ice body check ... a legal one, though. (Too bad the same couldn't be said for Eric Lindros. I'm

being totally sarcastic right now)

As you can tell, this is the fun part of the sports section ... in fact this is the best part of the paper.

Anyways, feel free to contact me if you agree or disagree with whatever I write. If you think you could do a better job, please let me know. I can always use some help writing for this section!

As far as NAITSA VP Geoff Tate wrote earlier in the paper, "If you are seeking a less professional and squeaky-clean place of "business," be sure to stop by the *Nugget* office and ask for the Sports Editor."

He should know, he's my number one customer. By the way Geoff, your last cheque bounced. It's going to have to be cash up front next time. (Bring it on, Tater!!!)

Well, I would have a whole lot more for you to read in this section, but I'm kind of being lazy here. I promise this won't happen again!

I guess I can call it one and a half minutes in the box (thanks for that, Chris).

And yes, I'm aware this article didn't pertain to sports whatsoever. It will next time.

See you guys on Sept. 4!

ENTERTAINMENT

Let's rock, people!

Our new Senior Entertainment Editor is on assignment in Northern Saskatchewan, but he'll be here soon enough

BRYCE ALTHOUSE
Senior Entertainment Editor

The first thought to hit my mind when I was asked if I wanted to be part of the *Nugget* was, "If 75% of accidents are in the home, then where do homeless people have all their accidents?"

Then my second thought was, "By god, this may mean I'll get paid with cheques that don't bounce!"

So, with a sense of urgency, I took a position before anyone could change their mind or lecture me otherwise about the responsibilities of the job.

Therefore, I am now your unofficial provider of Arts & Culture news and entertainment. Gone will be any semblance of wholesome journalism and it will be replaced by copious alcohol and drug references and sheer unadulterated gonzo journalism. Now this may require a travel budget, tape recorders, a big red bastard of a car, and press passes that I am more than ensured to not receive; but one can only glimpse at the complete havoc that could possibly ensue.

Foreign correspondent

I would also like to point out that currently I am reporting as a foreign correspondent from Saskatchewan. This is in part due to my being trapped in a small town in the middle of nowhere that may or may not be my hometown and may or may not be called "Porcupine Plain."

That is a subject most certainly open for debate and the subject of my own great follies. But a subject not open for debate is the current lack of "arts and culture" in my area, but not so is the case back at the Justice League's headquarters NAIT's main campus. In fact, on the 23rd of August you can experience firsthand the orientation extravaganza that is GearUp!/NestFest.

When asked about the purpose of GearUp!, Jen Grundke (Friendly Neighbourhood NAITSA Director of Campus Culture – definite tongue twister) replied ,

"GearUp! is a great event, NAIT would like to have more school spirit and pride on campus, and from the Students' Associations perspective, welcome activities are a key component to accomplish that ... students will be able to find

out what is available on campus to help them succeed, and meet (other) new students."

But you ask, "What is this NestFest?" A gathering of treacherous birds looking to overthrow the government? A pride parade of sorts? An old, old wooden ship used during the Civil War era? Well little Timmy and little Sally, it is none of the above.

Excellent acts

Think of an outdoor gathering of people that will party (regardless of rain, shine, sleet, snow, or apocalypse) to the musical accompaniment of the likes of the ever famous Tokyo Police Club. Now that you have you jaw picked up off the floor and have thanked the gods of NAITSA for bringing excellent well-known acts into the Nest, then I'll knock your socks off by mentioning that three local Edmonton bands: RadioForHelp, Hot Panda and Chasing Jones are all ready to open up the stage and keep you "rocking in the free world" before this other "Asian law-enforcement association" even sets foot onstage.

Now here's the best part, get your Student ID Card at Gear Up! and you get in free. No shit. Free. Now granted if you have non-student friends that want to come they have to only pay \$20 and



Bryce during his stint last year as Hot Single of the Week.

show up with you as your guests ... but is that your money? Hell no! So why worry about it?

There are other fantastical perks too, like the fact that this is an ALL AGES show, so you young guns can come out and get your groove on until the show ends at 11 p.m. However, if you are of age you'll want to bring your ID so you can have your Caesars quite dirty as opposed to virginal.

Also, amazingly enough, parking is free on campus for the day and overnight; allowing you to stick it to "the man" and his pesky check-stops and take a taxi or bus home after one too many Jagerbombs.

In short, this is only just one of the supremely radical events that NAITSA puts on throughout the school year, and if you want to know when more events are going down, just refer to your student handbook and join the group on Facebook (search: NAIT Students' Association).

And if you want a part of the action; volunteer for NAITSA! Just e-mail nait-savolunteers@nait.ca and start meeting people, have wicked-awesome times, and make friends. It's the best thing you can do ... even better than sex.

So, now that I've blown your proverbial mind and load, it's time that I go. I need to order some golf shoes. Otherwise we'll never get out of this place alive. Impossible to walk in this muck, no footing at all ... tune in next time! Same bat-place, same bat-channel...

Campus events August-September

When	What	Where
Aug. 23.....	NestFest – GearUp! (Big Day)	Nest Parking lot
Aug. 25.....	GearUp! (Small)	Gymnasium
Aug. 26.....	Giant Games Challenge.....	V Building
Aug. 27.....	Ultimate Sumo Suit featuring Miss Hawaian OOK	Bytes Courtyard
Aug. 28.....	Extreme Rock Band	3 p.m. Nest
Aug. 29.....	The Shine Racer	Outside Tower
Sept. 2	GearUp! (SmallII).....	Gymnasium
Sept. 3	Unplugged Café – Special BBQ Edition.....	Courtyard by the Common Market
Sept. 4	Rock the Dock.....	Annex Parking Lot
Sept. 5	Campus Chaos Kick Off Party	Nest
Sept. 11.....	Indie Night.....	Nest
Sept. 13	Shinerama	Everywhere
Sept.22-26	Welcome to E-Town Edmonton Awareness Week
Sept. 23	Movie Tuesday	Shaw Theatre
Sept. 25	Indie Night.....	Nest
Sept. 27	Club Orientation	Birch Bay
Sept. 30	Movie Tuesday	Shaw Theatre

CLUBS CORNER



File photo

Student clubs on campus

The student experience

Welcome! You have chosen NAIT in launching your future professional path.

Who says you can't have fun? While hitting the books is important, your time on campus should also be equally rewarding for you to enjoy your time at NAIT.

Getting involved with other students with like-minded interests (i.e. clubs) allows an outlet for building friendships, and enhancing your experience at NAIT between studying.

Another reason to get involved is building leadership and social skills highly valued by employers.

Types of student clubs

There are two types of clubs on campus that are equally important.

Technology based clubs represent students in their program. They primarily host events to raise money for graduation celebrations while providing community within the program, some host industry nights where students can network and interact with future employers.



Special interest clubs are exactly that. If you have interests/talents that you are absolutely crazy about, why not meet others with the same passion. Before you know it, your time at NAIT will fly by, instead of crawl by. Let's say you have a passion for biking; well, join the NAIT Cycling Club!

Join or start a club!

Have we got you going yet? Check out our club list (both technology and special interest) from last year. Our club centre

is new, therefore our club numbers are growing. If you don't see a club on the list, why not start one? We welcome new groups. It's easy to start. You just need a minimum of three people to register. If you need help getting the word out, we're here to help you. Stop by Room E133, which is the NAITSA Campus Clubs Centre.

Benefits of a student club

Students are connected in a community offering activities

- Meet new people/friends
- Have a great time socializing
- Stress relief from studying
- Club leadership and involvement a highlight for your resume and student awards.

Services for Student Clubs

- Start up support
- Advertising on campus
- Equipment loans
- Funding opportunities
- Club banking
- Club appreciation and recognition
- Room bookings

For students involved or wanting to start a club, sign up for Club Training Orientation on Saturday Sept. 27, 2008

Visit the Campus Club Centre!

Rose Martin Baumgartner, Campus Clubs Manager

Room E133-Main Campus

Phone: 780-471-8871

E-mail: roseb@nait.ca www.naitsa.ca



CLUBS CORNER

WANT TO MEET NEW FRIENDS?

WANT TO HAVE SOME FUN?

WE ARE LOOKING FOR MEMBERS TO JOIN OUR ABORIGINAL STUDENT CLUB!

HOST EVENTS, CREATE A BLOG, CHALLENGE YOUR CLASSMATES TO A GUITAR HERO PLAYOFF!

BE THE VOICE THAT GETS HEARD

BEING A PART OF THE STUDENT CLUB IS ALSO A GREAT WAY TO LEARN LEADERSHIP SKILLS A REAL ASSET ON YOUR RESUME! IF YOU ARE INTERESTED IN JOINING OUR ABORIGINAL STUDENT CLUB, PLEASE CONTACT STEPHANIE BEAN IN THE ENCANA CENTRE AT 780.471.7839 OR stephanie@nait.ca FOR MORE INFORMATION!

Up and coming ...

OUTDOORS CLUB – Alistair Brown is in the process of starting a NAIT Outdoors Club and would like to give everybody the opportunity to express an interest in joining the club, whatever your own outdoors activity or interest may be.

This Outdoors Club will be available to anybody who has any type of interest in an outdoor activity. This could be hiking, rock climbing, skiing, camping, water-skiing, canoeing, sailing, horseback riding, orienteering, fishing, etc. ... any activity that involves the outdoors. Whatever your level: an expert, tried something once and enjoyed it, or a complete novice but want to 'have a go,' please consider getting involved. The intention is that smaller groups, who pursue the same activity, will gather together within the club itself. This is good news as it will give individuals an opportunity to organize and run events for their own activity. The club will oversee ideas but leave the actual co-ordination, scheduling and location choice up to the participants involved. YOU want to do it ... YOU make it happen ... !

The greater the number of people who get involved, the greater the network of people with the same interests will be. Also, the larger each group, the better will be the "word of mouth" awareness of groups within the club around NAIT. This means spending less money on advertising the club and more on club activities.

Please contact Alistair Brown; alibrown@shaw.ca if you are interested.

BIG BROTHERS BIG SISTERS CLUB – Big Brothers Big Sisters is at NAIT and We Need You!

Did you know Big Brothers Big Sisters of Edmonton has a student group right here at NAIT? It's true, and we are looking for enthusiastic individuals to be part of the team to help us help more kids! The group will meet once a month and act as an onsite part of our ever growing recruitment team by spreading the word about Big Brothers Big Sisters and to help develop and co-ordinate campus programs and events. You don't have to change your life to change theirs; become part of the NAIT Big Brothers Big Sisters Club and help make a difference. To join, call Rose (NAITSA Campus

Club Manager) at 780-471-8871 or for more information on Big Brothers Big Sisters, call Diana or Katie (Big Brothers Big Sisters Organization) at 780-424-8181

BODY-FOR-LIFE CLUB – Body-for-Life is a program that has helped change the lives of thousands of people and it has the potential to make yours much better. Unlike most fads, diets and workouts, the Body-for-Life is about setting goals mentally and physically and pursuing excellence.

It's about growth and determination fuelled by commitment and passion. Dedication is the sunshine that can blossom any commitment into the flower of achievement. Body-for-Life demands a certain level of commitment and flexibility to not just make you better, but to do it for life.

Your body is the vessel that carries you in the journey of life. Like a ship at sea, your journey will not be good without a good boat. By making yourself feel better and stronger physically, you are improving all aspects of your life.

We started this club to give communal support to people trying to better themselves and to help encourage a better community within our wonderful campus. It has helped us change our lives and we'd like to help change yours as we help you better define success.

If interested in joining this group, e-mail the Campus Club Manager (roseb@nait.ca)

DEFEYE ART CLUB – ARTS ... AT NAIT! @#&. Are you an art lover? Do you want to expand your knowledge of art and develop your own talent hands-on? Then this is the club for you!

That's right, it's an art club at NAIT! It's FREE and we provide the materials for you! We are a common interest group with a focus on fine arts (painting, drawing, drama, etc.), and welcome anyone from beginner to advanced. We have a lot of great partnerships with local businesses, including The Art Gallery of Alberta, Harcourt House, and Colours Artists Supplies store, which allows us to offer students many things such as various classes, studio days once a month, guided tours and live theatre venues. To kick off the year, we will be visiting the AGA to view Albrecht Durer's 15th

At a loss for words when you have to speak in front of a crowd?

Want to overcome that fear you experience in a public speaking situation?

Want to learn how to make masterful presentations?



Join the Speakers Club!

The once a week meetings are organized in a way to give you lots of practice in a non-threatening environment. Club members will be given advice, tips, support and encouragement in their quest to become confident public speakers. You will also learn how to effectively evaluate other speakers, which in turn reinforces your own speaking skills.

Sign up at the "Speakers Club" booth at the "Gear Up" events on campus.

First meeting is Wednesday Sept. 10, 2008 from 4:30 p.m.-6:30 p.m.

Contact Steve or Rita for a confirmed location.

Or email Steve at stephens@nait.ca or Rita at ritaa@nait.ca

and 16th century works, followed by an art class in conjunction with the exhibit.

We are looking forward to another successful year and hope to see many new faces. If you would like to join the DeFeYe Art Club, e-mail the Clubs Campus Manager roseb@nait.ca, or stop by the NAITSA office E133 for more info. This is the year to get involved with school. See you at Gear-up!

LANDSCAPE ARCHITECTURAL TECH. CLUB – Fall Bike Challenge

Go Green!

Support our program!

Ride your bike to school/work

Novice or not

Register by Aug. 25 – \$15

Runs from Sept. 1-30

Prizes for those with most kilometres

For more info, e-mail: michael.ryan@stan-tec.com

SIFE CLUB – What is SIFE?

SIFE stands for "Students in Free Enterprise." SIFE is an organization run by students that functions with a focus on social and environmental responsibility. SIFE is a group of students who set out to form new businesses as well as consult with existing businesses so as to make a meaningful contribution in our community. Through hands on learning and experience, SIFE will teach entrepreneurship skills, success skills, financial literacy skills and business

ethical skills. It is a local group belonging to a national not-for-profit organization that operates for the betterment of everyone and everything involved. As the year of school winds down, SIFE NAIT will be heading to Toronto for the SIFE National Exposition, where we will present what we have accomplished in the past year to a panel of very prestigious judges. SIFE NAIT is an opportunity to meet many new people and experience the corporate world first-hand while pursuing an academic career. SIFE NAIT is a great opportunity and will surely open the window to your futures. I believe that with SIFE at NAIT, we can truly make a difference in our community and bring a whole new "hip" flavour to the National Exposition in Toronto this upcoming year.

Our first meeting is on Monday Sept. 8, 2008 at 4:30 p.m. in room E201.

Cheers,

Joel Lamont

President, SIFE NAIT

LDS INSTITUTE CLUB – The LDS (Mormon) Institute is a group of students and faculty that meet once a week to discuss religion and strengthen our faith. The group meets every Thursday at noon to study the teachings of Jesus Christ. Free copies of the Book of Mormon can be provided. Feel free to drop in. Classes start Sept. 4.

Location to be confirmed. If interested, contact the Campus Club Manager for the location via e-mail roseb@nait.ca

TOP TIPS

Adjusting to life at NAIT



MARGARET MAREAN

The counsellors at NAIT Student Counselling would like to take this opportunity to welcome you to NAIT and to wish you success during your time here. Please come and see us if you are experiencing difficulty adjusting to NAIT or dealing with any other personal, academic or career-choice concerns.

Starting your education at NAIT is a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years, or your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Here are some tips for coping with those first few weeks of life at NAIT:

PERSONALLY

You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.

Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place the next time something similar arises.

SOCIALLY

The first few weeks on campus can be a lonely period. You may be concerned about forming friendships or feel like you don't fit in. It may seem that everyone else is self-confident and socially successful. The reality is that many students are having the same concerns, and that finding your social niche will take a few weeks.

There are many way to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- Doing extracurricular activities such as clubs or classes (watch The Nugget student newsletter and the bulletin board for announcements)
- Volunteering – volunteer at Shinerama

or some of NAIT's other events or fundraisers; check at the NAITSA office for volunteer opportunities, or put your writing skills to work for the *Nugget* student newspaper.

- At adjoining lockers
- In bookstore or food stall line-ups
- In eating areas
- In common study areas
- In intramural sports programs or at the gym
- At the "Nest"
- At program special events such as



pub crawls or dances
Meaningful, new relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others.

Smiling, making eye contact and nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

ACADEMICALLY

You may find NAIT classes more diffi-

cult than high school classes, and you may find the workload much heavier. In order to survive you must take responsibility for your actions. This means following the course outlines, keeping up with readings and assignments, borrowing lecture notes if a class is missed, and initiating asking for help if you do not understand material.

Student Success seminars are presented at the beginning of each semester. Plan to attend and to practice using the suggestions early in the semester. See a counsellor if you need specific work in one or more study skill areas. Seminars are listed in the student handbook and on our website.

Our website, www.nait.ca/counselling has lots of information on good study habits. You can even rate your study skills on-line at www.nait.ca/studyskills

You can pick up your free copy of Strategies for Success, a study skills booklet designed specifically for NAIT students. Available at GearUp or at our office (Room O117).

If you are feeling overwhelmed, you may benefit from working one-to-one with a peer tutor. Sign up for a tutor, or register to be a tutor, in Room A172. There is a fee of approximately \$10 - \$15 per hour for this service. There is also a free Tutorial Centre for Math, Physics, Chemistry and English in Room A133.

Any student can arrange to see a counsellor by booking an appointment in person at Room O117, South Lobby or by phoning 780-378-6135. There is no fee and all visits are confidential.

Who Ya Gonna Call?

NAIT Services for Students

Academic, Personal and Career Concerns
Student Counselling
780-378-6135 Room 0117
Main South Lobby

Health insurance coverage
Student Health and Dental Plan
780-471-7730 Room E125

Housing
On-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury; minor medical concerns
Health and Safety Services
780-471-8733
Room O119

Job search help, resume reviews and job-related resources
Student Employment
780-471-8899
Room O117
Main South Lobby

NAIT Security
780-471-7477

Part-time campus jobs/volunteering
NAITSA
780-491-3966 Room E131

Program-related concerns
Contact your program chair or program adviser

Scholarships and Awards
Student Awards Office
780-491-3056 Room O101

Special Needs Students
Services to Students with Disabilities
780-378-6133 Room W111-PB HP Centre

Student Loan/Grant Assistance
Financial Aid Office 780-491-3056 Room O111

Tutoring
The Tutor Centre Room A133
Free help with math, physics, chemistry or English, 7:30 a.m. to 5:30 p.m. Monday-Friday. Register for an individual peer tutor in Room A172 for about \$10-\$15/hour.

Student success seminars

<p>Study Tips to Improve Memory, Learning and Concentration Date: Monday, Sept. 8 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>Time Management and Managing Procrastination Date: Monday, Sept. 15 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>Reading, Listening and Note Taking Date: Thursday, Sept. 22 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>Stress Management Date: Thursday, Oct. 9 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>
<p>What Is Your Learning Style? Date: Thursday, Sept. 11 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>Exam Preparation and Writing Date: Thursday, Sept. 18 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>Managing Exam Stress Date: Monday, Sept. 29 Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m. Room: X107</p>	<p>All seminars are free and there is no need to pre-register. If you would like further information, contact Student Counselling, Room O117, Main South Lobby. Phone: 780-378-6135.</p>

Mature Students Welcome



**Have you been out of
school for a few (or
quite a few) years?**

Join us for cookies, beverages
and an opportunity to meet other students
who have been out of school for a few years.
Share experiences and get tips for success.

"STRATEGIES FOR SUCCESS"

DATE: WEDNESDAY, SEPT. 10
TIME: 4:30 TO 5:30 P.M.
PLACE: ROOM X105

For more information or to pre-register, contact:

Student Counselling

at 780-378-6135 or counselling@nait.ca



UPCOMING EVENTS!

- | | |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AUGUST 26
V BUILDING | GIANT GAMES CHALLENGE!!
SOME GAMES ARE BIG, THESE ARE HUGE!! |
| AUGUST 27
BYTES COURTYARD | ULTIMATE SUMO CHALLENGE
FEATURING MISS HAWAIIAN OOK
PRIZES! COMPETITION! LOUD MUSIC! |
| AUGUST 28
THE NEST 3 PM | EXTREME ROCK BAND
DO YOU HAVE WHAT IT TAKES TO ROCK?? |
| AUGUST 29
OUTSIDE THE
BUSINESS TOWER | SHINE RACER
TEST YOUR RACING SKILLS FOR CHARITY!! |
| SEPTEMBER 2
GYM | GEAR UP - TRADE SHOW ONLY! |
| SEPTEMBER 3
COURTYARD | UNPLUGGED CAFE - BBQ EDITION
ENJOY A PICNIC IN THE COURTYARD WITH US! LIVE MUSIC, FREE FOOD,
PRIZES... |
| SEPTEMBER 4
ANNEX | ROCK THE DOCK!!
NAITSA'S OUT TO ROCK THE DOCK WITH MUSIC, FUN COMPETITIONS, AND
SO MANY PRIZES. |
| SEPTEMBER 5
THE NEST | BACK TO SCHOOL BEACH BASH WITH DANIEL WESLEY
A NIGHT OF REGGAE ROCK! 115 ADV. 120 AT DOOR. |
| SEPTEMBER 11
THE NEST | INDIE NIGHT
ENJOY A FREE LIVE MUSICAL SESSION FROM DYNAMIC NEW BANDS. YOU
CAN SAY YOU SAW THEM BEFORE THEY WERE STARS! |
| SEPTEMBER 13
ALL OVER CAMPUS &
EDMONTON
SHINERAMANAITSA.CA | SHINERAMA
THIS IS NAIT'S 40TH ANNUAL SHINE DAY! A CAR WASH, SHOE SHINE,
BREAKFAST AND ALL OUT SHINERAMA PARTY! WATCH FOR THE SHINERAMA
EVENTS AND GET INVOLVED! |
| SEPTEMBER 22-26 | WELCOME TO E-TOWN! EDMONTON AWARENESS WEEK
COME OUT AND EXPERIENCE EDMONTON WITH US!! |
| SEPTEMBER 23
SHAW THEATRE | MOVIE TUESDAY
ENJOY A FREE MOVIE AND POPCORN WITH NAITSA FOR THE PRICE OF 40
EVERY TUESDAY! |
| SEPTEMBER 25
THE NEST | INDIE NIGHT
ENJOY A FREE LIVE MUSICAL SESSION FROM DYNAMIC NEW BANDS. |
| SEPTEMBER 30
SHAW THEATRE | MOVIE TUESDAY
ENJOY A FREE MOVIE AND POPCORN WITH NAITSA EVERY TUESDAY! |

NAIT

TECHNIQUES TO
MAXIMIZE LEARNING
POTENTIAL
STUDENT COUNSELLING

STRATEGIES FOR SUCCESS

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2008 Shinerama
STUDENTS FIGHTING CYSTIC FIBROSIS

HELP OUT

WITH A GREAT CAUSE
ON SEPT. 13
...BECAUSE
EVERYONE NEEDS TO BREATHE!

WHAT YOU GET FOR HELPING OUT:

- ∞ V.I.P Card
- ∞ shinerama t-shirt
- ∞ breakfast & lunch
- ∞ kick-ass after party



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FOR EIGHT MONTHS

Get Shaw High-Speed Internet and save \$148 this school year – enough to buy actual groceries. And if you get Shaw Classic Cable and Shaw Digital Phone Lite too, you save even more – over \$487 in fact. So choose Shaw to save some serious coin. And please, eat better this school year.



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*Must have valid student ID. Payment for all eight months is required at time of booking. Other conditions may apply. Regular rates and channel availability may vary by market. Regular monthly rate will apply after eight months. Additional installation fees may apply. Offer expires October 15, 2008. Taxes not included.

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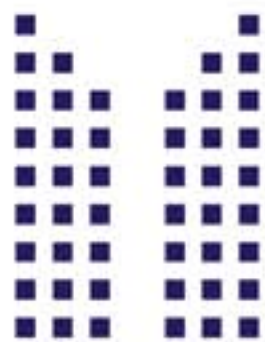
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