

HoopFEST, Nov. 15

THE NUGGET

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Volume 46, Issue 10



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Gord Heatley

OUR YOUTH PAY THE PRICE

Alberta launches safety campaign to prevent injuries to young workers – Story page 2

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A MASTERPIECE?

Elyse Fiore, a first year Photo Tech student, tries her hand at painting in the DeFeYe Arts Club booth at the Club Fair on Oct. 28. The booth won first prize from the judges.

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NEWS & FEATURES

14,000 Alberta youths hurt



CHRISTEN LONG
Issues Editor

A young teen's ankle twists until the broken ends burst violently through his skin, spraying hot blood everywhere. A finger is ripped off its shocked owner and is hurled into the deli meats. A young man screams in agony while his hands and face melt away from burning hot oil. No, this is not the latest horror flick. These graphic scenes are courtesy of the Alberta Govern-

ment's new work-safety campaign, aptly called "Bloody Lucky."

You may not like gore (or maybe you do) but Work Safe Alberta is hoping its shocking videos will make you pay more attention to your safety.

The "Bloody Lucky" campaign has just been launched for young workers because of alarming statistics from Alberta Employment and Immigration. They show that the majority of workplace accidents occur among workers ages 15-24, but it's the numbers that are really shocking. Last year alone, over 14,000 young Albertans were injured on the job. This includes everything from falls and sprains to injuries caused by fires and explosions.

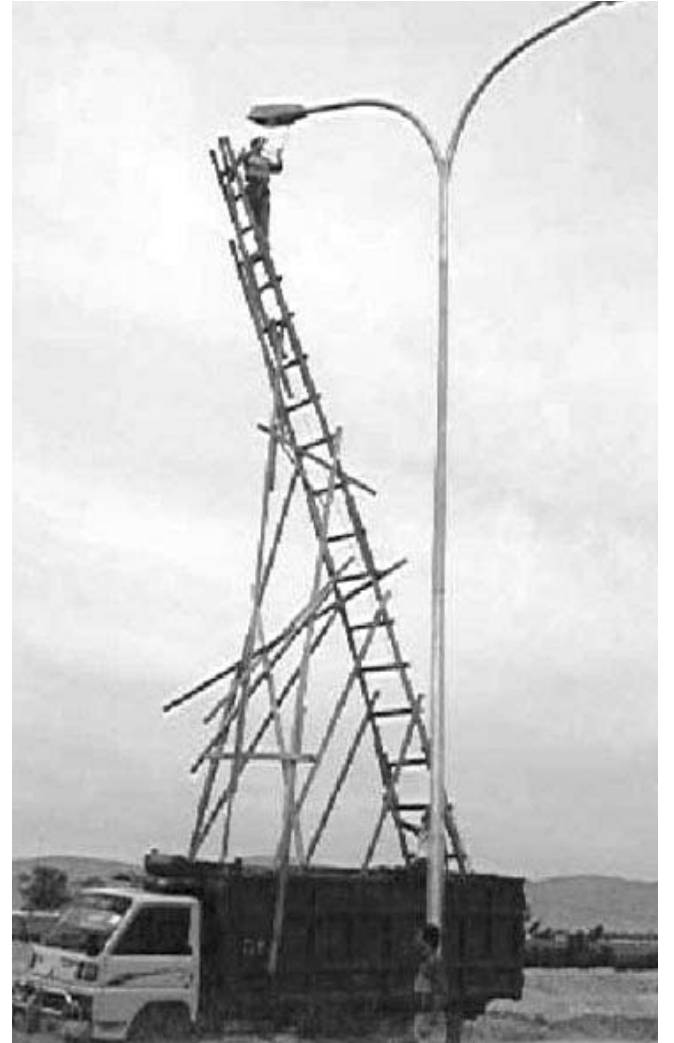
At NAIT, considered at the forefront of trade training worldwide, workplace safety

is a very big deal. Machinists, crane operators, auto technicians, welders, carpenters, cooks and electricians and many other trades learn their tricks here, and need to be aware at all times of on-the-job safety. Safety is a mandatory part of their education. The statistics released didn't indicate how many young workers were untrained workers or ones specifically being schooled, though many of the stories on the website were about youth who hadn't received any particular training.

The website has some true-life stories, including the one about Tim, a 19-year-old high school grad who was asked by his boss to put up a large event tent. Busy inside, Tim didn't see the tent hitting a power line as the current raced down and struck him. He died instantly. The law requires employers to keep workers at least 10 feet from live lines, and so the company received a fine of \$100,000. The money didn't help his family or friends bring him back to life, though.

Another true story is about Scott, who worked for the summer as an assembly line machine electrician. He was told that the electrical connections had no power, but unfortunately they did. As soon as Scott touched the connectors, he was electrocuted and pronounced dead on scene. The ensuing investigation revealed he had never received any safety training, even though it was his right as an employee.

According to Dr. Michael Alpern, member of the Young Worker Provincial Advisory Committee, "we find that every workplace incident uncovers several unfortunate choices that were made that led to the tragedy: there are no accidents." He adds: "Research shows that young workers have a higher injury rate than their



HOW NOT TO DO IT!

This is a perfect example of dangerous procedures in the work place.

workplace peers. We see it first hand and we endorse any program that might save a life or limb."

Among other things, the website talks about young workers' rights, questions they should be asking their employers, and ways of preventing the gory accidents that are shown. Last year's 14,000 young Albertans who were maimed and/or killed on the job were all accidents, which this program is hoping to prevent.

If you're interested in seeing one of the most entertaining safety campaigns ever created, visit Work Safe Alberta at: www.bloodylucky.ca



Proper training is essential if workers are to remain safe while they do their jobs.

University of Alberta has a God debate

By JEMIMA CHEN

On Monday, Nov. 3, the University of Alberta voted to re-draft its convocation speech to remove from it the passage "the glory of God and the honour of your country."

The initiative to make this change was originally initiated by Paul Welke in 2004, and Ian Bushfield, current head of the University of Alberta Atheists and Agnostics Association brought it to the

attention of the university once again.

Bushfield may have his way in having the word "God" (with a capital "G") successfully erased from the university's convocation speech in time for his spring convocation.

As a result of Ian Bushfield's actions, the University of Alberta may have a revamped, modern convocation speech that agrees with the 35% of Canadians under the age

of 25 who do not believe in God, according to a recent survey.

Bushfield has been very eager to have the reference made to God removed.

In a quote to the *Edmonton Sun*, Bushfield states:

"We want an inclusive convocation where everyone feels welcome and able to participate. A lot of schools have moved away from these references. We want to have our school match what the Univer-

sity of Toronto and University of Calgary have already done."

The majority of other religious groups agree with a change in the convocation speech, with the exception of the Campus Alpha leader.

This move taken by Bushfield may disappoint many who do not concur with his ideas and beliefs. Nevertheless, a member of a campus Bible study group argues he is fine with the removal of the reference, as it will not "impinge on the

honour of God in any way."

Although a secular university, the University of Alberta was founded on Christian beliefs.

As a result, there are number of people who would like the reference to God to still be mentioned somewhere in the convocation speech to respect the founders and history of the University of Alberta.

The final draft of the University of Alberta's speech is yet to be decided.



COSTUMES ON PARADE

The halls of NAIT were full of Halloween characters on Oct. 31 as students dressed up for the occasion.



Photos by Alex MacKenzie

NAIT honours Suncor CEO

MARISSA PURA
Asst. Issues Editor

Rick George, president and CEO of Suncor, was selected by NAIT as this year's Distinguished Friend of the Institute. Suncor made a substantial \$3 million contribution to NAIT's Building on Demand campaign, which was instrumental to its success.

"We are honoured to add Rick George to NAIT's Wall of Distinguished Friends of the Institute. He is a man of vision, integrity and humility," said Dr. Sam Shaw, NAIT's president and CEO.

"Suncor Energy values its people and partners with NAIT



Rick George
Distinguished Friend

to provide training anytime, anywhere. This award recognizes the company's commitment to NAIT, but it also singles out the man at its helm for his personal support of our institution."

George recognizes that NAIT is one of the leading institutes of technology in Canada. "NAIT plays a crucial role in supporting Canada's economic engine by providing the well-educated, highly trained workforce so critically needed," says George. "Ours is truly a rewarding relationship when you look at what the Institute contributes to industry,

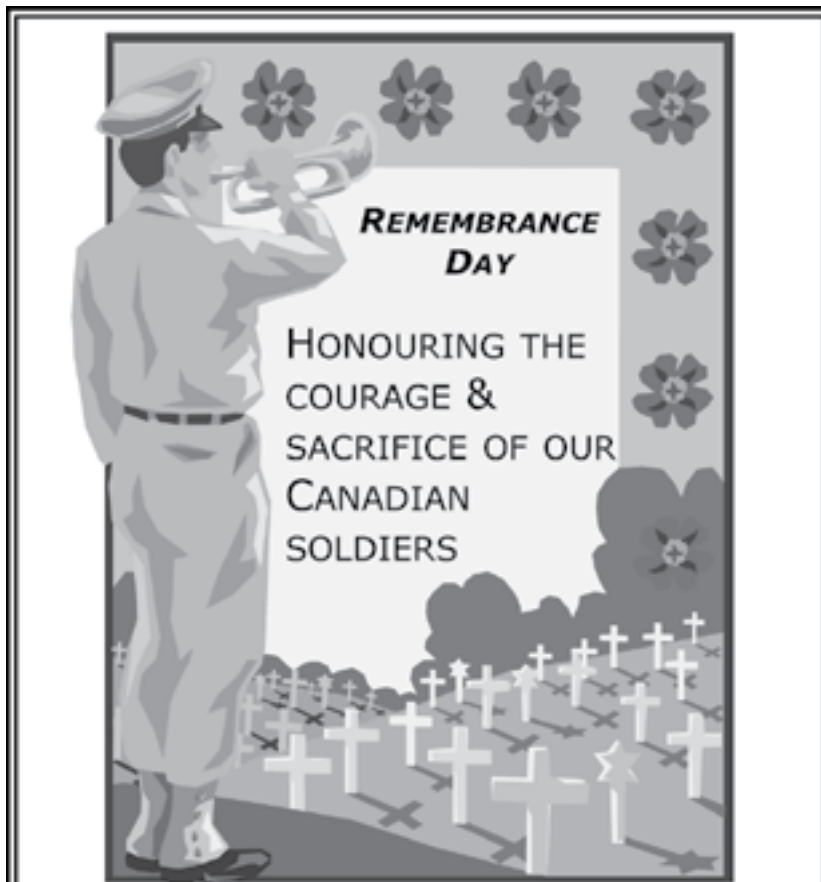
to our youth and to all Canadians."

The \$3 million contributed to NAIT was the largest single donation made by the Suncor Energy Foundation. It's also the largest cash gift ever received by NAIT. NAIT's goal of \$50 million for the Building on Demand campaign was surpassed by \$30 million when it wrapped up this spring.

"Rick George is a respected business leader, so when he takes action others take notice," said Dr. Shaw. "When Suncor made a \$3 million donation to kick off NAIT's Building on Demand campaign, it set the tone for what would become NAIT's most successful fundraising campaign ever."

Each year since 1985, NAIT has selected a Distinguished Friend of the Institute.

Suncor developed the Suncor Energy Foundation as a private, not-for-profit charitable foundation. It receives contributions from Suncor that are used to support charitable Canadian organizations. The funding proposals that the Foundation supports are primarily educational, environmental and community-based. The Foundation will spend more than \$57 million on charitable programs by the end of this year.



Josten's Rings on site in front of the main campus Bookstore

November 12—14
9:00am—3:00pm



BOOKSTORE



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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.

HAPPY HOUR

Members of Club 5 Star, a campus club comprised of Hospitality Management students, pose at their booth at the Club Fair on Oct. 28.



Photo by Gord Heatley



Do you know what to do during an emergency?

Join Campus Security Services and Occupational Health and Safety for a presentation on emergency preparedness.

Date: Nov. 10, 2008

Place: Shaw Theatre, Main Campus

Time: Two sessions: 11:15 a.m. – 12 p.m.
and 12:15 p.m. – 1 p.m.

Visit www.nait.ca/security for the webcast.



OPINION

— Editorial —

Obama makes history



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

does the election of a new president mean the United States might have a chance of redeeming itself with the rest of the world, the fact the current president elect is African American brings hope to African Americans throughout the entire nation.

Will it end racism? Of course not, but it does allow dads to look their children in the eyes and tell them that despite the past, they can truly be whatever they want to be. To be honest, as soon as the news of Obama's win hit the airwaves I got a phone call from my dad. He explained to me the difference this made to his life, and how he has seen the times change right before his eyes. To think in 143 years, African Americans went from slaves to president of the most powerful country in the world.

More exciting than ours

I don't live in the United States, but I think most Canadians will agree with me when I say that their election was much more exciting than ours. It could be because they spent two years campaigning and raised a record \$1 billion in campaign funds. Over the past week, all I watched was American political satire. Tuesday night, I found myself glued to both the television and the Internet awaiting the most current updates for what was to be the most exciting election I have ever seen.

Immediately after the announcement was made, roughly 25 of my Facebook friends had updated their statuses in support of the 44th President of the United States, including mine, of course. The awkward thing is, after the Canadian election I don't think I noticed one status update in regards to Stephen Harper. Perhaps that's because in contrast to the massive length and spending of the U.S. campaigns, Canada had a five-week election campaign, with a record low voter turnout of 59 per cent. However, we did have record spending of \$300 million, and to my disappointment Harper still runs this country.

Why are Albertans so conservative?

Speaking of the Conservatives, I can't believe they nearly swept the province of Alberta with the exception of one riding, which I proudly live in. When I ask people who they wanted to win in the American election, Obama was the overwhelming response. Obama's a Democrat, and on the political spectrum are Democrats not closer to the Liberals than they are to the Conservatives? How is it possible that many want to see the States governed by a liberal, but in their own province they want a conservative? That's clearly absurd.

What the hell is the matter with Albertans that they are so conservative? Get with it Alberta, times are changing. Like it or not, reform is starting in the States, and I hope it sneaks into Canada and smacks Harper in the face.

There have been only a handful of days in my life I can say I will remember forever. Tuesday night was one of those times. History was made at 9:19 p.m. when Barack Obama became the first African American President Elect of the United States of America. Not only



www.aroundthewaybooks.com

Your views are important

We want to hear from you!



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Trust us on that.
Write us.

SPORTS

Island treasures



Photo by Brendan Abbott

Barbadians Richelle Farley, left, Ruth Gill, Jonnel Oderson and Sade Clarke have added much talent to this year's edition of the NAIT Oaks women's basketball team.

Tropical temperatures ... sandy beaches ... ahh, the island of Barbados.

Cold temperatures ... flat prairie lands ... ahh, the cold barren land called Edmonton. I'm kidding. I love this city. But when you consider the vast difference between the places, and the suffering through 25 winters (yeah I'm that old!), it's hard to think why anyone would want to leave the island for Canada.

But for four girls playing on NAIT's Oaks women's basketball team, it was the perfect choice. Jonnel Oderson (#10), Ruth Gill (#8), Sade Clarke (#16) and Richelle Farley (#7) are the Bajan Four. I sat down with Gill and Oderson as they dished on basketball and life in Canada.

While the girls are from Barbados, they were in the United States playing basketball. Oderson played in both Missouri and Iowa while Gill played in the Garden State, New Jersey.

Women's head coach Curtis Nelson went down to Barbados in August to scout prospective junior players to play for the Oaks. He signed five players to the team.

The girls, from Christ Church, Barbados, are adjusting to life in Canada. While the lifestyle is different, living in the U.S. helped them adapt better to life in Canada.

"The cold is hard to get used to," said Gill. "Even though it was cold in New Jersey, it's just hard."



By NAHREMAN ISSA
Sports Editor

"For me, the food is different," said Oderson. "Food that we had in the States is not the same as it's here. It's a different taste."

As far as adjusting to playing basketball at NAIT, it's the people on the team that help their play.

"Our team is very patient," said Oderson.

Gill seconds the notion. "Our team and the coach are great. Especially assistant coach Lisa Francis."

Both players are taking college courses; Oderson is in Business Administration while Gill is doing College Prep. Both want to get their college degrees but want to concentrate on their goal of making it to the WNBA.

"I would like to play in Europe first then eventually make it to the WNBA," said Oderson.

The girls continue to play on the Barbadian National Team together.

• • •

Dale-Marie Cumberbatch, who is just nine points away from setting an ACAC career record (see graphic at right), has landed a spot on the Barbados national team. She will represent the country in international basketball competitions such as the Olympics and the World Championships.

Meanwhile, coach Nelson has been asked to help coach in the Barbados national program.

Dale-Marie's March To The Record

Look forward Dale-Marie Cumberbatch is on the brink of breaking the ACAC record of 1,407 total points in a career, which was set by SAIT's Lisa Ozcan (Erickson) in 2001 in her 80th game. Follow her progress on the chart below.



Upcoming games:

NAIT @ Augustana, Friday, Nov. 7
Augustana @ NAIT, Saturday, Nov. 8

1,407 points ACAC Record

Scores 25 points against King's Nov. 1	1,399 pts.
Scores 25 points against King's Oct. 31	1,374 pts.
Scores 24 points against GPRC Oct. 25	1,349 pts.
Scores 31 points against GPRC Oct. 24	1,325 pts.
Scores 25 points against LC	1,294 pts.
Scores 36 points against CUCA	1,269 pts.
Scores 11 points against CUCA	1,233 pts.
Dale-Marie to start season	1,222 pts.

Dale-Marie Cumberbatch

Record held by Lisa Ozcan (Erickson) SAIT

MLS ready for playoffs

By KITA MURU

To the two people who noticed the Major League Soccer playoffs (yes ... soccer, that sport that involves kicking a ball into a net) being in session, I'll give a brief intro on the eight teams and a corresponding word for them as they aim for the MLS cup.

Houston Dynamo (1) versus New York Red Bulls (East 5)

Houston: Threepeat – the Dynamo are aiming for it, and the two time defending champs are the perennial favourites to win it all again. The Dynamo is fairly well rounded at all positions, offence, defence and goal, but they are bad on turf.

New York: Miracle – they'll have to have one to beat Houston. The Red bulls are the weakest team on paper in these playoffs. Houston has lost only two games since July, however guess who was one of the teams that beat them?

Edge: Houston

Chivas USA (2) versus Real Salt Lake (3)
Nothing much about this series

Chivas: CHIVAS, not only do I love saying it, I also love watching it. Despite the injuries, the second seed in the west, in its fourth year, is aiming for its first trophy.

RSL: nothing much, except for MVP Candidate Javier Morales. If Morales is on, RSL have a shot, if not? Then they're done.

Edge: Chivas
Columbus Crew (1) versus Kansas City Wizards (4)
Lopsided on paper

Columbus: Mismatch – they've rolled through the regular season like no one's business. The crew have the league's best offence; the top seed in the east should be able to overpower the wizards defence.

Kansas: Magic – as in the lower seeds this

year will need something like magic to edge past their opposition. Kansas is no different. The Wizards have shown the grit to get past their opponent and they will need it.

Edge: Columbus
New England Revolution (2) versus Chicago Fire (3)

This is probably the closest match up on paper

New England: Closing – as in the window of opportunity is closing, and this might be the last year for their shot at the cup. They are missing the most important player in Taylor Twellman, who helped them beat the Fire last year. They have won two in the past 12 matches.

Chicago: Open – as in the window of opportunity is still more open for them than their opponents. Chicago have their shot at the cup this year, they have to take it. A little revenge wouldn't be bad as the Fire were taken out of last year's East finals by the Revs. Chicago is 7-1-6 in their last 14 games.

Edge: Chicago





NAHREMAN ISSA
Sports Editor

2 minutes in the box

It's hard to believe Ales Hemsky scored his first and second goal of the season 11 games in! But did you see the goals? It was pure finesse and skill. That is the Hemsky that will one day become a league superstar.

Also, the fight between heavyweights Steve MacIntyre and Riley Cote was highlight reel as well. Both guys went head to head and

actually threw punches. It wasn't a hugging match, like you see a lot of the time.

...

The Edmonton Eskimos are taking on the Winnipeg Blue Bombers this Saturday in the East semi-final. While there has never been a team from the East to cross over to the West, there have been four teams from the West to do so. No team tak-

ing part in the crossover has ever made it to the final.

Game time is Saturday at 11 a.m.

...

Halloween – while this may not be a sport topic, I just need to bring it up. I love Halloween! It's the second best holiday out there. But why is it when Halloween rolls around, it gives girls incentives to dress like

sluts.

It's Halloween, not a burlesque show. It's like, "Hey guys, I'm a cop ... in booty shorts with my tits hanging out. Let me write you up a ticket for looking soooooo good. Oh, I'm sooooo drunk."

Sound familiar?! I know most guys couldn't give a shit. In fact, it's great for guys because the sluttier the outfit, the easier to know which

girl puts out the most on any other day.

I know I'm not the only person who thinks this way. A couple of people wrote into the Grapevines bitching about that. But we might as well get used to it ... Halloween is their holiday to get their ho on. If we were to get rid of that, we would be infringing on their right to celebrate their holiday... Slut-oween.

The Phillies are champs!



AMBER TIENKAMP
Assistant Sports Editor

The first-ever suspended World Series game turned out to be the one that the Philadelphia Phillies have been waiting to play and win since 1980. Twenty eight years after beating the Kansas City Royals, the Phillies have their second World Series Championship. Now that the series is over, we can reflect on some

of the things that I found interesting about the series as a whole (and I am hoping I'm not alone).

First off, there was the whole game delay thing. This is the first time this has happened since 1989, when Oakland played San Francisco. There was an earthquake, and the series was stopped for 10 days!

Not only was the Phillies/Rays series stopped, but it was almost won that day by the Phillies because of a rainout. Luckily, the Rays scored in the top of the sixth (they were down 2-1, heading into the sixth), after that play, the rain delay was called. Now, if they hadn't scored, the game technically could have been called an official game because they had completed more than five innings. And, since

the Phillies had the lead, they could have been named champions. But, thank god for rule 4.12.6, which allows tie games that are official (five completed innings) to be suspended and played at a later date.

This rule saved Commissioner Bud Selig when the Rays tied the game, because it meant he could suspend the game. But what if the Rays hadn't tied the game? Can you imagine if the world champions had been declared on a rainout?

Did anyone else have a problem with the umping? It was shaky at best. MLB has rules that state that umpires are not allowed to work back to back World Series. Now why exactly is that? Why would MLB not want the best umps every year? Who cares how many World Series they have done, or if they have done more than one in a row? The players and the fans deserve to get the best umpires.

Also, there is another rule that umpires are not allowed to work constantly throughout the playoffs. So, they aren't allowed to work the League Championship series, and then work the World Series. The explanation for this rule is that they do not want the umpires getting fatigued or overworked. COME ON!!! They

just finished a 162-game schedule, and they don't do all of those games. This rule allows the worst umpires to ump the most important games, and it has definitely showed.

These are just two examples of the missed calls:

Game 3: Tom Hallion called Rays speedster Carl Crawford safe at first, on a bang-bang play, while the replays showed otherwise.

Crawford later

scored in that inning, and changed the complexion of that game. The Phillies ended up winning Game 3.

Game 4: Tim Welke missed a tag applied by Evan Longoria on Jimmy Rollins sliding back to third. Rollins also later scored in that inning, much to the dismay of the Rays.

Now, not every game is won or lost on one call, and neither is every series, but they can be momentum changing. In games where every out matters and every player that is on base is a potential run, the calls have to be made.

On a lighter note, well done Tampa Bay! You went from worst to first this year, even though the fairy tale didn't have a happy ending.



Athletes of the week

Oct. 27-Nov. 2

Sade Clark Basketball



Sade Clark, a first-year business student from St. Michael, Barbados, averaged seven points, 8.5 assists and four rebounds in a pair of games against the King's Eagles over the weekend, and was named the player of the game in Friday's loss. After starting the year as a bench player, Sade has stepped into the starting point guard role and has averaged 7.2 assists per game, a pace that could set a new ACAC season assists record. "Sade has been great for us," head coach Curtis Nelson said. "She's really stepped into a leadership role."

Mark Nelson Hockey

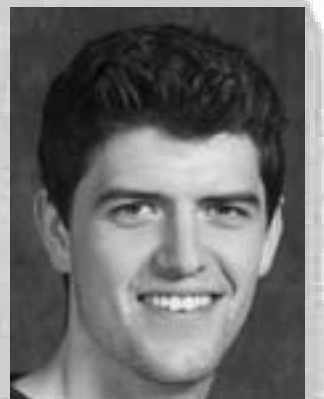


Mark Nelson, a second-year petroleum engineering student from Hayter, powered the NAIT Oaks to a 5-4 OT victory over the SAIT Trojans on Saturday at home as he notched a hat-trick, including the game-winner in overtime. All three of Mark's goals came on the powerplay. He now has seven goals and two assists in eight games. "He's got a great shot," said head coach Terry Ballard. "We just recently put him on the point on the powerplay, because he makes good decisions and he's good at getting the shot through. Even if it doesn't get through, it's creating secondary scoring chances."

Ook Files

Dan Franks

Program: Telecommunications
Sport: Volleyball
Number: 6
Fave memory: When Rory got hit in the face.
Worst memory: When Rory got hit in the face.
Pre-game meal: Pasta
Game superstitions: None.
Favourite movie: Office Space
Favourite band: Jimmy Eat World
Favourite food: Pizza
Favourite colour: Green



The art of hockey



AMBER TIENKAMP
Assistant Sports Editor

Hardcore hockey and Oilers fans beware; you may be stepping into unfamiliar territory. THE ART GALLERY OF ALBERTA! (This is not to insinuate that anyone who loves hockey or the Oilers is too cool or not educated enough to go to an art gallery; I myself had never been to the Art Gallery of Alberta until the exhibit was brought to my attention).

Arena: The Art of Hockey is an exhibit showing at the gallery from Oct. 4 straight through until Jan. 4, 2009. The display itself is quite unique.

"Arena draws on creativity in sport and art to provide a fresh perspective on Canada's national pastime."

This is the statement the art gallery passes off to people visiting the exhibit. Every painting and display is an interpretation of hockey, an iconic event or figure in the sport. There is a cool display in the back, called "Flirting with the Puck." It consists of two hockey sticks set up on a kinetic installation that moves.

There is also a huge Zamboni made out of polystyrene, which of course makes any true Canadian

slowly begin to hum "I wanna drive the Zamboni ... " There is a picture re-make of the great Stanley Cup winning Bobby Orr goal, and a slightly modified hockey fridge.

Whether it's a glory moment in hockey history, or paintings of the Great One, Wayne Gretzky, they are all different ways of the perceiving the great sport.

Now, for the really, really good part (if you're an Oilers fan). Right next door, if you walk by the oil rig built out of wood and hockey pucks, and a bronzed Stanley Cup on a washing machine, you will enter a room that will make any Oilers fan smile.

Maybe you'll act like the little kid in the exhibit did. He just about knocked me over running up to

the TV in the corner playing the Oilers greatest moments. Or maybe you will be the guy acting like it's really no big deal, but he's been standing in the same spot for the last 10 minutes staring at the jerseys that line the room.

The gallery has put together a great display of Oilers memorabilia, that even with the Oilers being

my second favourite team, I could completely appreciate. Kevin Lowe's full collection of Stanley Cup rings are on display for the first time ever, and some really great photographs. The display really offers insight into the Oilers' great past. Check out the Art Gallery of Alberta's website for more info. The exhibit is definitely worth spending an hour wandering around and admiring.



Photo by Javier Salazar

DOUBLE WIN
Look Marcus Bennett dribbles around a King's defender on the weekend. NAIT won both games of their home and home series by scores of 82-62 and 88-75.

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HOCKEY

Men win, lose in extra time

By LANDON HOMMY

The NAIT men’s hockey team exchanged wins with its Calgary rivals over the weekend.

The Oaks’ matchup against the SAIT Trojans ended in a 4-3 shootout loss on Friday night, followed by a 5-4 overtime win Saturday at home.

The first game saw NAIT knot the score at three entering the third period after trailing early. The score remained tied for the rest of regulation, largely due to Oaks goalie Anthony Heuer’s 40-save performance, until the Trojans put it away in the shootout.

The real story, however, was the physical play on both sides.

“We played tough and responded to their physical play,” said NAIT coach Terry Ballard.

“With the highlight being Chad Richmond stepping up to

defend teammate Brad Sinclair after the hit.”

The incident occurred when SAIT’s Kevin Lessard threw down a vicious hit while charging at the NAIT rearguard.

“Chad showed what a great teammate he is by taking on Lessard, who was assessed a match penalty on the play.”

NAIT got more revenge with a 5-4 overtime win on Saturday, employing the same tenacity and toughness from the night before. Saturday’s tilt was another rough affair, providing both sides with ample power play time.

The Oaks took advantage of this in the first period, jumping out to a 3-1 lead with goals by forward Jeff Topilko and defenceman Mark Nelson, who potted two power play tallies in the period.

The second period was the Trojans’ turn, as they chalked up

two of their own with the man advantage. After going ahead 4-3 early in the third, SAIT allowed the Oaks’ Adam Giallet to add his own power play marker to tie the game 4-4.

“They went ahead in the third, but the guts this team has shown early in the season came through,” Ballard said.

The trend continued in the extra frame, as Nelson completed the hat-trick by notching his third power play goal of the game with a nice shot from beyond the hash marks.

With the win, NAIT pulled to within two points of the three-way log jam at the top of the ACAC standings.

“Overall, it was a good, solid weekend,” Ballard concluded.

The Oaks next game takes place this Friday at 7 p.m. here at home against the MacEwan Griffins.



Photo by Mandy Kostiuk

Ook Mark Nelson carries the puck up ice in a game against the SAIT Trojans on Saturday, Nov. 1. The Oaks eked out an exciting 5-4 overtime win to avenge a 4-3 shootout loss the night before.

ACAC Standings

MEN'S HOCKEY								
Team	GP	W	RW	L	OTL	Pts	GF	GA
Mount Royal	.8	7	6	1	0	34	25	14
Concordia8	7	6	1	0	35	16	14
SAIT8	6	4	0	2	42	20	14
NAIT8	5	4	1	2	38	29	12
Augustana8	2	1	5	1	22	32	5
Portage8	2	1	5	1	21	33	5
Briercrest8	1	1	4	3	23	43	5
MacEwan8	2	0	6	0	20	37	4
RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)								
RESULTS								
Oct. 31								
SAIT 4, NAIT 3 (SO); CUCA 4, PC 1;								
MacEwan 4, Augustana 3 (OT); MRC 5, BC 4 (OT)								
Nov. 1								
NAIT 5, SAIT 4 (OT); MRC 3, BC 0; Augustana 3, MacEwan 1;								
CUCA 3, PC 2.								

WOMEN'S HOCKEY								
Team	GP	W	RW	L	OTL	Pts	GF	GA
U of C6	5	4	1	0	16	6	10
SAIT5	4	4	1	0	18	13	8
MacEwan6	3	2	3	0	21	20	6
NAIT6	2	1	2	2	14	21	6
Mount Royal6	2	1	3	1	12	17	5
Red Deer5	1	1	3	1	10	14	3
RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)								
RESULTS								
Oct. 30								
SAIT 4, RDC 3								
Oct. 31								
NAIT 3, MacEwan 2; U of C 4, MRC 1								
Nov. 1								
MacEwan 7, NAIT 3; MRC 2, U of C 1								

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia7	6	1	12	608	490
NAIT7	5	2	10	576	494
Lakeland5	4	1	8	461	405
MacEwan6	4	2	8	522	479
King's8	3	5	6	579	634
Grande Prairie6	0	6	0	384	528
Augustana6	0	6	0	436	548
South Division						
Team	G	W	L	Pts	PF	PA
Lethbridge4	4	0	8	346	219
Mount Royal4	3	1	6	280	223
Red Deer4	3	1	6	292	242

Medicine Hat4	2	2	4	260	297
SAIT4	0	4	0	255	346
Briercrest4	0	4	0	223	329
RESULTS						
Oct. 31						
NAIT 82, King's 62; Concordia 94, GPRC 58;						
Lethbridge 95, SAIT 60; MacEwan 93, Lakeland 90;						
MHC 83, Briercrest 77; MRC 57, RDC 55.						
Nov. 1						
NAIT 88, King's 75; Concordia 83, GPRC 71;						
MHC 82, Briercrest 61; Lakeland 83, MacEwan 80;						
RDC 73, MRC 64; Lethbridge 87, SAIT 74.						

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia8	6	2	12	652	542
King's8	6	2	12	572	494
Grande Prairie6	5	1	10	424	396
MacEwan6	4	2	8	447	398
NAIT7	1	6	2	492	551
Augustana6	1	5	2	393	542
Lakeland5	0	5	0	304	360
South Division						
Team	G	W	L	Pts	PF	PA
Mount Royal4	4	0	8	314	193
Lethbridge4	4	0	8	350	261
SAIT4	2	2	4	319	300
Medicine Hat4	2	2	4	254	252
Briercrest4	0	4	0	225	329
Red Deer4	0	4	0	218	345

RESULTS						
Oct. 31						
King's 84, NAIT 66; GPRC 75, Concordia 70;						
Lethbridge 94, SAIT 91; MacEwan 75, Lakeland 63;						
MHC 88, Briercrest 69; MRC 84, RDC 49.						
Nov. 1						
King's 72, NAIT 68; Concordia 73, GPRC 67;						
MHC 68, Briercrest 42; MacEwan 81, Lakeland 63						
MRC 89, RDC 46; Lethbridge 83, SAIT 56.						

MEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan4	4	0	12	3	8
Keyano4	4	0	12	4	8
Grande Prairie4	2	2	8	8	4
King's4	1	3	6	10	2
Lakeland4	1	3	5	10	2
NAIT4	0	4	4	12	0
South Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer4	4	0	12	4	8

Lethbridge4	3	1	9	7	6
Medicine Hat4	2	2	8	8	4
Mount Royal4	1	3	8	10	2
SAIT4	1	3	6	9	2
Briercrest4	1	3	5	10	2
RESULTS						
Oct. 31						
Keyano 3, NAIT 0 (25-15, 25-20, 25-23)						
MHC 3, Briercrest 0 (25-17, 25-22, 25-23)						
MacEwan 3, Lakeland 0 (25-13, 25-18, 25-20)						
RDC 3, MRC 1 (25-19, 20-25, 25-14, 25-12)						
SAIT 3, Lethbridge 0 (25-15, 26-24, 25-22)						
GPRC 3, King's 1 (26-24, 19-25, 25-22, 25-19)						
Nov. 1						
Keyano 3, NAIT 2 (26-28, 25-18, 20-25, 25-23, 15-8)						
Briercrest 3, MHC 1 (25-23, 16-25, 25-17, 25-22)						
GPRC 3, King's 1 (25-23, 21-25, 25-19, 25-21)						
Lethbridge 3, SAIT 2 (23-25, 25-19, 22-25, 26-24, 19-17)						
MacEwan 3, Lakeland 1 (25-23, 25-21, 17-25, 25-21)						
RDC 3, MRC 2 (25-22, 21-25, 21-25, 25-21, 15-9)						

WOMEN'S VOLLEYBALL

North Division

Team	MP	MW	ML	GW	GL	Pts
MacEwan.....	4	4	0	12	3	8
Grande Prairie	4	4	0	12	3	8
Keyano	4	1	3	5	9	2
King's.....	4	1	3	7	10	2
Lakeland	4	1	3	5	11	2
NAIT	4	1	3	5	10	2

South Division

Team	MP	MW	ML	GW	GL	Pts
Mount Royal.....	4	3	1	10	4	6
Red Deer	4	3	1	10	4	6
SAIT	4	2	2	6	8	4
Lethbridge	4	2	2	8	8	4
Briercrest	4	2	2	8	7	4
Medicine Hat	4	0	4	1	12	0

RESULTS

Oct. 31

Keyano 3, NAIT 0 (25-21, 25-23, 25-18)

Briercrest 3, MHC 1 (14-25, 25-14, 25-22, 27-25)

MacEwan 3, LC 1 (25-12, 20-25, 25-20, 25-19)

RDC 3, MRC 1 (20-25, 30-28, 25-16, 25-13)

SAIT 3, Lethbridge 0 (25-15, 25-19, 25-18)

GPRC 3 - TKUC 0 (25-14, 25-22, 25-21)

Nov. 1

NAIT 3, KC 1 (25-20, 25-15, 16-25, 25-19)

Briercrest 3, MHC 0 (25-19, 25-21, 25-18)

GPRC 3, TKUC 2 (16-25, 26-24, 23-25, 25-23, 17-15)

SAIT 3, LCC 2 (20-25, 21-25, 25-15, 25-14, 15-8)

MacEwan 3, Lakeland 0 (25-15, 25-16, 25-20)

MRC 3, RDC 1 (23-25, 25-9, 25-8, 25-21)

ENTERTAINMENT

Sheep Boy speaks!



BRYCE ALTHOUSE
Entertainment Editor

It was the damn bell. If you heard it, you know what I'm talking about. Occasionally, as you were walking in the north lobby of NAIT or headed over to the HP Centre area you could hear it. It was the faint sound of cow-bell, and it usually drew a crowd. When you went to investigate, you discovered an interesting sight. It was the infamous "Sheep Boy," a NAIT student participating in the Bear's "Really Tough Contest" for 2008.

For those asking, "What is the Really Tough Contest?", it is an annual contest put on by local radio station 100.3 The Bear. It involves a series of disgusting/tough/or otherwise incredible challenges, which listeners have to phone in and accept (without knowledge of what challenge they are accepting) and if the challenge is completed, they are entered for a shot at winning \$40,000. Usually the people involved are just "Ordinary Joes," so I took this opportunity to sit down with one of NAIT's own and discuss his involvement in the contest.

Bryce A: So you are the infamous "Sheep Boy"... What's your actual name?

Erik: Erik Congdon

B: Erik? OK, so what program are you actually in at NAIT?

E: I'm taking Instrumentation and Engineering Technology. I'm in my first year.

B: Nice. So why did you decide to do the Bear's Really Tough Contest?

E: To tell you the truth man, I was just driving to school and my buddies convinced me to call in. So I was in the back seat on two cell phones and finally I got in. I was like "Still looking for a contestant?" and they told me they were and I asked them what the mission was and they wouldn't tell me the mission until I said if I'd do it. So I said I'd do it and they told me I had to wear a giant sheep costume for six weeks.

B: *laughs* Man, that's kind of rough ... How'd you make it through?

E: It wasn't too bad. The worst part, I think, was the heat right when I first put it on. We got that spell of heat and it was like 28, 29, 30 for the week, so that was really bad. And then, other

than that, the negative attention ... I don't know if it's worth it. You get a lot of people that heckle you and want to start stuff with you because they really don't know about the contest, but the positive attention was awesome. I felt like a celebrity for six weeks, so you really can't complain about that.

B: That's awesome man. So who picked the costume?

E: They picked the costume. All Yukon Jack would tell me is that it was a "baaaaad" costume ...

B: *laughs* So you wore it for the whole six weeks?

E: For the whole six weeks. I put it on Sept. 23 and took it off on Halloween ... so six weeks.

B: Rough. So were you allowed to take it off to shower, sleep, or anything?

E: As soon as I got home I could take it off. So I could take it off, sit at home, and have friends at my house without it on. Shower and all that ... just as soon as I left my house, if I went to the bank, if I came to school, if I went to the bar ... it was on.

B: So how much flak did you honestly take for doing this? What was like the worst moment you had while doing this?

E: I think when I was just really stressed out about midterms

and just all the eyes and people looking at me. You can always hear them talking about you behind your back, "Oh, there's that guy ... you think he's gonna do it (win the contest)?" So I think that was the worst part, and I got into a fight one night at "The Ranch." Some punk wanted to try knock my hat off. I don't know if he knew I was the contestant or just wanted to start stuff, but he knocked my hat off so we got into a little tussle. Other than that, I think just sitting in class with the heat ... once it gets cold NAIT pumps the heat so that was probably the worst part.

B: So being a bit redundant, what was the hardest part of your daily life while being dressed as a sheep?

E: One of the hardest things actually was driving, just because it was such a big costume and it bunched up so much when you tried to shoulder-check, so I got my roommates to drive quite a bit for me. Other than that, it was the movability ... just in class and then that bell just dinging all the time

drove me nuts.

B: That'd be a little tough, like you said, during midterms and when you are trying to study.

E: By the end of it I didn't even notice the bell. The only time I noticed it was when it wasn't jingling, so when I'd close my eyes at night I'd hear the "ding, ding, ding," but other than that it was good.

B: So was it really that hard of a challenge, do you think?

E: I think it was, to an extent. I got a lot of free drinks during the challenge, I met a lot of people, a lot of girls at NAIT, so that part wasn't bad but, like I said, the negative attention ... I don't know if it was worth it. I'm kind of one of those guys to keep my mouth shut and just stay to myself, but every night I went out I'd get someone who wanted to push me or wanted to fight me or just didn't know what the heck was going on and they were like "Nice costume, (expletive deleted)" but I just kept to myself.

B: I guess you just got to keep your head up and stay smart.

E: Yeah, keep my head up ... they were just mad cause I'm getting all the tail.

B: *laughs* Hey people love the sheep, right?

E: Yeah!

B: So would you have traded your challenge for any of the others if you could have now?

E: Not a chance, I wouldn't drink my own blood (one of the challenges), you couldn't pay me a million dollars to do that and just some of the other ones. Pepper spray yourself in the face, I don't think so.

B: Is this something you'd ever do again?

E: To tell you the truth, I don't think I'd do it again. I'm glad I did it, because it was a good experience and I met all the people. My liver loves me for getting all those drinks, but yeah I probably wouldn't do it again.

B: That's fair. So when do you know if you've won the \$40,000 grand prize?

E: The wrap-up party is this Friday at Union Hall, so show up early around 8 -10 p.m. because doors open at 8 and I'm sure it's going to be packed. They do a reverse draw, so all the people that qualified; there are 12 people, so their names go into a hat and they pull names out of the hat.

... every night I went out I'd get someone who wanted to push me or wanted to fight me ...

— Erik Congdon on his experiences as "Sheep Boy"



Photo by Leanne Truong

Erik Congdon, AKA The Sheep Boy, gives a big hooves-up for our Nugget photographer.

The last name they pull from the hat wins the 40 grand.

B: So if you win the \$40,000, what do you plan to do with it?

E: The first thing I'd do is pay off my student line of credit because that's \$20,000 right there for the two years. I'd probably blow about \$5,000 just because I won it and then I'd pay my debts. I owe my parents money; I owe money on a vehicle ... MasterCard ... I'd just make sure I'm debt free. Then if I have any left, I'd probably invest it at a bank so I can't touch it until I'm out of school. Then when I'm done school, I've got some money for a down payment on a house.

B: That's a really smart idea. So the final question I have for you is, what did you go as Halloween? Did

you go as the sheep?

E: Yeah I did! But I was actually looking for a wolf mask, because I wanted to go as "a wolf in sheep's clothing." But I put the wolf mask I had on and I kind of looked like a Furby, so I decided to go as the sheep.

So you heard if from the sheep himself, the wrap-up party and grand-prize draw for the Bear's Really Tough Contest is on Friday night at Union Hall. Doors open at 8, but you may want to arrive early because this is guaranteed to sell out faster than a Whyte Avenue hotdog stand at 2 a.m. So be there and cheer on Erik/Sheep Boy to win that \$40,000. We'll also keep you posted on whether he wins or not, so check back in the next issue of the Nugget ...

FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



BRYCE ALTHOUSE
Entertainment Editor

This week on 3.99 mix-tape, we are going to delve into the one genre of music where I claim complete and utter dominance in, and that is METAL! It may not come as a big surprise to some of you, as I've been carefully sneaking tracks by metal bands into previous mix-tapes without any complaint. So this week I've snuck in a track list to sample some of what I listen to on a daily basis. Now, I'm not psychic but I know you are

going to ask, "Bryce, what happened to that principle of linear track flow and progression that you kept preaching?" (Realistically, you're probably asking why you read my section of the paper.) Well, that rule goes out of the window for this track list, as I was reminded the other day that some of the best mix-tapes I had ever made were just cassettes strewn with songs I'd stolen off CDs that were from the same genre. In fact, I know we've all done it. You have at least once just thrown together a CD or playlist quickly so you can get your fix of whatever type of music you are craving.

So, served up hotter than a steak sandwich, I present to you some METAL MADNESS! Hopefully this fills the bill for all you closet metal heads hiding out around campus. If not though, feel free to shoot me some feedback at entertain@nait.ca so we can discuss whether Dio's Black Sabbath was better than Ozzy's Black Sabbath or you can tell me about your vows of allegiance to Satan ... whatever floats your boat!

1. Danzig – Her Black Wings
2. Austrian Death Machine – Get To The Choppa
3. The Agonist – Business Suits and Combat Boots
4. Arch Enemy – Nemesis
5. Decapitated – Spheres of Madness
6. In This Moment – The Great Divide
7. Carcass – Heartwork
8. Into Eternity – Timeless Winter
9. In Flames – Minus
10. Pantera – Avoid the Light
11. Sepultura – Territory
12. The Haunted – 99
13. As Blood Runs Black – My Fears Have Become Phobias
14. Job For A Cowboy – Entombment of a Machine
15. Machine Head – Halo

Bras a bridge to cancer research



LEANNE TRUONG
Asst. Entertainment Editor

Edmontonians experienced quite a nippy morning on Halloween day, when 91.7 the Bounce's Pepper and Dylan's Morning Show celebrated yet another successful year for their "Bras Across the Bridge."

The event was to raise awareness for breast cancer during the month of October with 12,247 donated bras strung across the High Level bridge. With drop off points all over the city (Pizza Hut, Club Fit, Queue, Sophia's ...) along with cash donations, the fundraiser collected a proud \$21,253.61 for the Cana-

dian Breast Cancer Foundation, a huge increase from last year's achievement of approximately \$11,000.

I commend their efforts, as media stations such as The Bounce are always using their power to do good, especially in times of economic hardship, and this is an area that can use everyone's help. Even if you're experiencing financial stumbles, you or someone in your household probably has an old (or new) bra lying around, buried under mountains of clothes. With each donation, The Bounce will give \$1 towards the CBCF.

It was a great and whimsical idea, supported by The City of Edmonton, which brought out the do gooder in Edmontonians, who are helping in the fight against this awful disease. The highest number of bras donated were by Melissa, who won a trip to Playa Del Carmen, Mexico, sponsored by New West Travel. She donated a total of 1,752.

An anonymous sponsor doubled the \$1 a bra donation, and contributed \$4,000 to the event. Notable retailers such as Today's Dental, Fine Arts Dental Lab, Tantra, E Construction, Standard General, Works Alberta, Quang.ca, and Mousy Brown's Salon and Spa, all gave a tremendous cash donation totaling \$14,850. All 12,247 bras were strung along the 2,877-foot-long bridge, leaving onlookers with quite an eyeful, leaving ladies with a little less womanly support. Luckily there were no reports of any traffic accidents or other mishaps. (Yay!).

Unfortunately, I could not make the event that morning due to a conflicting school schedule, but to hear that "Bras Across the Bridge 2008," was an epic success warms my heart. It's wonderful to know that Edmontonians can give women a brighter outlook towards the fight against breast cancer. Congratulations to everyone, especially the Pepper and Dylan Morning Show!



Photo by Alex MacKenzie

A volunteer has an arm load of bras to be strung out across the High Level bridge on the annual Halloween day fund raiser for breast cancer research.

RISE AGAINST

A whole lotta war goin' on



AMBER TIENKAMP
Assistant Sports Editor

I feel as though there is always a soft spot inside of you for the band who played the concert that you first crowd surfed at. For me, that band is Rise Against. Someone listening to a song by them in my car once said "I don't know what Rise Against is so angry about all the time, but they sure make good music."

So, with their new album, *Appeal to Reason*, Rise Against may still be angry ... but they really aren't singing like it anymore. Well, they are and they aren't. Rise Against songs used to be the kind that you put on when you were angry with the world, and you rocked out in your car, thinking, "Hell yeah! This band is mad too, and they aren't sure what to do about it either! (other than to make awesome music). I've listened to this new CD probably five times through, and the more I listen, the more I am wondering why so many bands feel that a whole album about the war is necessary.

I enjoy the CD, and there are songs that I

will be throwing on the iPod next time I hit that re-sync button. But, there is just an overwhelming feeling of resentment in the CD. I appreciate that I now know Rise Against's feelings about the war (I'm pretty sure they are against it ... but at the same time, their songs sound supportive to the troops. Maybe they are going for that "on the fence" feel).

That being said, this album does have a good mix of songs, a few which would blend well with many of the songs from the album "Generation Lost." They also have an acoustic track, Hero of War on "Appeal to Reason," but believe me, if you think it's anything

like the popular *Swing Life Away*, you are sadly mistaken. It's (surprise!) a dramatic re-telling of a soldier's assignment in war.

The Dirt Whispered and *Savior* are the two songs that I definitely enjoyed the most on the album, even though only parts of them sound like the traditional Rise Against tunes. When I feel like hearing Rise Against yell a bit like they used to, *Re-Education* is pretty much as good as it gets. Overall, I enjoyed the album, but I just can't listen to that much about the war without getting depressed, so I will keep all the songs on my playlist, but I will just have to mix them up with a few old Rise Against songs such as *Like the Angel* to shake things up a bit.



CLUBS CORNER

MRT BAKE SALE


THURSDAY NOVEMBER 6, 2008

Where: NAITSA Office

Time: 11:15 - 2:15



*Theatre Night
At The Roxy
"Palace of the end"*



*Friday November 13th
8:00 P.M.*

"G.E.T." RIDIN' IN GOLDEN
SKI/RIDE KICKING HORSE
JAN 16-18, 2009



DeFelle Arts Club Presents
**NO BUSINESS
LIKE SHOW
BUSINESS**

Featuring:
Cascivious
Burlesque


*Thursday, November 13th @ 5pm
At THE NEST*

Tickets 10\$ @ NAITSA Office E-131

No Minors

Reel Minutes Movie Club Reviews Pride and Glory

Wow what a movie! The performances by Edward Norton, Colin Farrell and Jon Voight were amazing. This drama/crime movie about a family of NYPD cops was a suspense filled movie with lots of action and tense moments. On the movie reel review I would give it 5 kernels out of 5. A must see for crime lover film fans.

 - Shaggy

Pride and Glory was alright. It had a good story line, but it was also kind of tragic. The events in this movie made me question if we can even trust the police that we think "protect" our streets. This movie didn't have a lot of action, but it still made me cringe at parts. It also has made me develop hatred towards Colin Farrell (any girls that are going to this movie will understand afterwards). If the ending didn't suck so bad it probably would have gotten a better rating from me, but overall, I would rate it a 2.5 out of 5 popcorn kernels.

- Mrs. Marvel

What can i say about Pride & Glory. Let's begin by saying it an amazing film – a very well done crime story. Edward Norton did an amazing job; I'm never disappointed with him in any film. As for Collin Farrell, another amazing performance, probably his best. The story is well done, one of the best crime films in a long time. Very intense family drama among the three bothers and also the father. Very suspenseful, very powerful action scenes, some surprise comedy (Jon Voight) overall, I give this movie a 4 out 5. Very well done

- Bruce Wayne

Pride and Glory – from the title you would think it's another lame ass period piece starring Keira Knightly. But actually it's an incredible drama starring the amazingly talented Edward Norton and the drunken womanizer Colin Farrell in his best role in years. While some may argue that one man taking down a corrupt police force has been done many times before, in my opinion that story never gets old ... if done properly. Seeing one man go up against all odds to stand up for what he believes in is an inspiration and reminder to us all how even the people we trust most can be capable of horrible things. It reminds us that we are all human. I give this movie a 9 out of 10. And even if this is not your type of movie, go anyway because Edward Norton never disappoints!

- Han Job Solo

Upcoming events

Movie Club

Event: Open House, meeting and movie night.

When: Friday Nov. 7; 5 p.m.

Where: NAITRIUM

Club 5 Star

Event: Candy Cane Drive

When: Nov. 3 to Dec. 12

Where: U Area Main Campus

MRT 62

Event: Cabaret at the Ranch

When: Nov. 14; 10 p.m. admission

\$5 tickets sold thru the NAITSA office or e-mail to weighill_13@hotmail.com

NOTE: The BFL fitness club is holding its first meeting of the year this Friday, Nov. 7 at 4:30 in the NAITSA boardroom (beside the NAITSA office). Anyone interested in the club is welcome to attend.

Join the NAIT Outdoors Club



ENJOY THE
OUTDOORS?
WANT TO MEET
OTHERS WHO SHARE
THE SAME PASSION?
SIGN UP TO BE A
MEMBER AT THE
NAITSA OFFICE, E-131
(CHECK MAILBOX 50)

FOR UPDATES
JOIN OUR
FACEBOOK
GROUP:

NAIT
OUTDOORS
CLUB

OR EMAIL
HEATHER
DAVIS AT
<HEATHER.DAVIS
@HOTMAIL.COM>



TOP 10 TIPS

Getting the semester back on track



MARGARET MAREAN
NAIT Student Counselling

If you weren't thrilled with your mid-term marks or know you have more potential than your marks are showing, here are some tips that may help you turn this semester around:

1) **Learn from the past.** You have been at NAIT for at least eight weeks. Analyze what is working well and what needs to change. Is your study location working? Are you studying at a time of day when you are alert? Do you have a variety of study techniques or are you relying on the same old methods you used in high school?

2) **Are you putting in the time?** Most NAIT students need to allot between two to four hours per day for studying and homework.

3) **Evaluate your study habits.** If you are distracted easily, do you need to study at a different location or re-arrange your current study space? If you are procrastinating, how can you get motivated?

4) **Are you using the best techniques for your type of learning?**

Visual learners learn best from diagrams, charts and other visuals. Mind mapping, colour coding your notes and drawing diagrams and charts will probably work best for you.

Auditory learners learn best from talking and hearing. Make sure you sit near the front of the class, ask questions and participate in discussions if you are an auditory learner. Study groups and reading out loud can work well for auditory learners.

Hands-on learners learn best by working with things. If you can't actually manipulate the parts of what you are studying, visualize yourself actively doing it. Hands-on learners can benefit from moving around frequently and being

physically active during their breaks.

5) **Are you using the right study techniques for the type of material you are learning?**

Most students find that flash cards work best for definitions, concepts and facts, while sequences work best for information that can be organized into steps. Diagrams work best for visual information. For more information, pick up **STRATEGIES FOR SUCCESS: TECHNIQUES TO MAXIMIZE LEARNING POTENTIAL** free from Student Counselling in Room O-117.

6) **Prioritize.** Determine your weakest subjects and put more time and effort into those. Work on your weakest subject first when studying or doing homework. Your brain is most alert at the beginning

of your study time.

7) **Are you getting help?** If you are struggling, think about working with classmates, going to your instructor for specific questions, using the Tutor Centre (Room A133 – math, physics, chemistry or English) or hiring a tutor (Room A-172).

8) **Are you taking care of yourself?** If you aren't getting enough sleep or eating properly, you will likely find difficulty in concentrating and learning new material.

9) **Ongoing review** is the most important study habit for retaining material. Most of us forget 80 per cent of what we hear within 24 hours. At the very least you should review within 24 hours of your class and again at the end of the week.

10) **Self-testing** should be an ongoing study habit. A lot of students do well on assignments because they can refer to their notes. But when it comes to exams, they don't know the material well enough to succeed. Reading and re-reading material is not an effective way to retain information. Test yourself frequently by making mock tests, asking yourself questions and/or using your homework or the questions at the end of the chapter as a mock test. By doing this, you will find out what material you need to spend more time on.

And remember, counsellors are available to see you for any academic, personal or career-related problem. **Book an appointment in person in Room O-117 or by phone, 780-378-6135.**

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or phone: (780) 917-7610



Obtaining a Work Permit

Are you in Canada studying on a Student Visa?

Are you wanting to find employment?

On **Wednesday November 19th**, the Student Employment Office is pleased to host a speaker from Citizenship and Immigration Canada to learn how you can get a work permit.

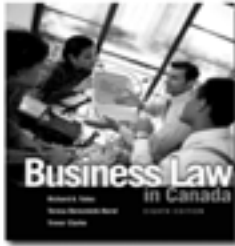
NAIT International Centre
W301

11:30 to 1:30

Wednesday, November 19th

ca • reer: a profession that requires specialized training and can be followed as one's life work.
stu-dent: any person who is learning and examining information
Student Employment Services
ad • vise: to give counsel to by way of offering a suggestion or direction
in-ter-view: a formal meeting in which a person or persons will evaluate another

Terry Cooke Law Text Bursary



Could you use Financial Help?

- ➔ Are you a full-time student in Year 1 of Business Administration?
 - ➔ Did you start full-time studies (Day or CED) in January 2008?
- ➔ Are you currently enrolled in Semester 2 (September - December 2008)?
- ➔ Did you have a grade point average of 2.3 or higher in your first semester with no course failures?
- ➔ Did you have at least an 80% course load?
- ➔ Can you prove financial need? (Main Prerequisite)

Apply now for a **\$500**

Terry Cooke Law Text Bursary!

Pick-up an application form in Room T300

Deadline: Thursday, November 6, 2008

@ 4:00 p.m.

Successful applicants must attend the awards ceremony to receive the bursary

su | do | ku

© Puzzles by Pappocom

		8	5		4	9		
5		4				7		8
6				3				4
4			7	5	3			9
2			4	6	1			7
9				7				2
8		7				5		3
		5	2		9	4		

EASY *Solution, tips and computer programs at www.sudoku.com* #4

Solution: Page 16

Share the Warmth

Please help local charitable organizations by dropping off your donation of new **Mittens, Toques, Scarves and Socks.**



NAIT ACADEMIC STAFF
ASSOCIATION





THE PAUL BROWN SHOW'S

REALLY *REALLY* TOUGH CONTEST

WRAP UP PARTY

FRIDAY NOVEMBER 7TH

UNION HALL

Argyll and 99 St. • 780.702.2582 • unionhall.ca



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COLD PARTY

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ON SPECIAL ALL NIGHT



THE HAPPY HOUR

COOKOUT

THE RANCH

FRIDAY NOVEMBER 7TH

4 TO 8PM

6107-104 STREET THERANCHROADHOUSE.COM 780-438-2582



CFR

SATURDAY

SATURDAY,

NOVEMBER 8TH

DOORS 8PM

THE RANCH

6107-104 STREET THERANCHROADHOUSE.COM 780-438-2582



Your horoscope



MADAME O

Nov. 6-Nov. 12

(Warning: Nugget horoscopes are not written by an accredited astrologer; however, believe them if you like, as they are absolute and unquestionable.)

Scorpio (Oct. 23-Nov. 21)

Your cold will turn into a raging monster by the end of this week, and you are to break your habit of coming to school sick! Yes, YOU are that irritating person your peers make disgusted faces at as you hack up your thick mucous all over the freaking hallways. Turn over a new leaf and stay home.

Sagittarius (Nov. 22-Dec. 21)

Same goes for you, Sag. "Sniffles" also get a whopping

helping of "B please" from Madame O. If your nose looks like it's crying and you are on your way to school, may the Thunder of Hades (or whoever) crack upon your skull with the quickness. (Note: This curse can be removed for a small fee. We'll talk later.)

Capricorn (Dec. 22-Jan. 19)

You had a wicked Halloween costume. Putting on a flannel shirt and calling yourself a lumberjack was indeed the hotness. Don't listen to the haters. Though Halloween is over, you will still be able to wear the shirt for the rest of the week as planned.

Aquarius (Jan. 20-Feb. 18)

The planet Mars moves into the success sector of your cosmic chart this week. Remain open-minded as this business opportunity may come in an unsavory, possibly smelly, highly dangerous package. But keep your wits about you and it will pay off!

Pisces (Feb. 19-March 20)

Water is your friend this

week. Your celestial chakra is out of whack, and it is time for a cleanse. Drink three litres a day for the rest of the week to wash away your sins and darkest secrets. OK, it doesn't really work that way, but it may wash away your halitosis. Juuust maybe.

Aries (March 21-April 19)

Prepare for financial problems for the next two weeks. Oh my bad, that's actually for Taurus. Aries, listen up. Your cosmic aura is green, signalling the influx of dollar bills, yo! Within the next week, you are destined to find a series of \$100 bills if your birthday falls within 137 days from today.

Taurus (April 20-May 20)

Prepare for financial problems for the next two weeks! Your planet is in retrograde, signalling an equal level of disappointment in the love department. I guess this isn't any different than usual ... so, I don't ... really have much to tell you this week. Keep your head up, Kiddo!

Gemini (May 21-June 20)

Consider it wise to begin preparation for your second set of exams. If you do not have a second wave of tests, consider it your celestial duty to chillax until a week before your finals. If you begin studying earlier, you will fail.

Cancer (June 21-July 22)

I know you didn't read your horoscope last week. You have no idea how much thought and research goes into these things! No idea, I tells ya!

Leo (July 23-Aug. 22)

You know the saying, "Strike while the iron is hot?" Well this fleeting opportunity for you actually passed you by just as you picked up this paper. All your dreams were about to come true and everything. It's really a shame.

Virgo (Aug. 23-Sept. 22)

To go along with your agreeable nature, your

motto for the week is "Yeah boooooooooiiiiiii!!!" Use it often. In fact, use it every time you're asked a yes/no type question ... or even when you're not asked anything at all.

Libra (Sept. 23-Oct. 22)

Get ready for some big decisions headed your way, Libra. You are nearing a crossroads and it is time to be an adult and make a decision. Should you wear the dark jeans to your date this Saturday or the really dark jeans? It's a tough call, but I am confident you will choose wisely.

7	3	8	5	1	4	9	2	6
5	1	4	6	9	2	7	3	8
6	9	2	8	3	7	1	5	4
4	8	6	7	5	3	2	1	9
1	7	3	9	2	8	6	4	5
2	5	9	4	6	1	3	8	7
9	4	1	3	7	5	8	6	2
8	2	7	1	4	6	5	9	3
3	6	5	2	8	9	4	7	1

Solution for Sudoku #4



Chris Carmichael-Powell
and Nahreman Issa

What would you do for a Klondike bar?



I wouldn't do a thing for one, but I would kill an entire village for an ice cream sandwich.

Andrea Babic
BBA-EM



I'd rob a blind guy!

Gage Briske
Electrical Engineering



I wouldn't do much. I've never had one.

Ken Stevenson
Power Lineman Tech.



Scream, shout and dance.

Adam Deborba
Business Marketing



I would streak through the hallways of NAIT.

Dave Volk
Electrical

NAIT Children's Christmas Party

Saturday, December 6, 2008
12 Noon to 4:00 pm



SOUTH LOBBY

Santa Claus & Mrs Claus
 Gift Booth & Crafts

NORTH LOBBY
POOL

12 - 4 pm
 12:15 - 3:45 pm

Tickets
 \$10.00

Tickets
 Games &
 Popcorn
 5 for \$2.00
 or 50¢ each

Ticket includes: Gift and Meal

Presented by NAIT, AUPE, NASA, NAITSA, NAIT Athletics & Recreation

For information call NAIT Athletics & Recreation 471-7713

Tickets available in E134



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**The union that represents NAIT support staff,
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 members province-wide, more than 7,800 Education
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 038 at NAIT.

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AUPE

Share the Warmth

Please help local charitable organizations by dropping off your donation of

NEW Mittens, Toques, Scarves and SOCKS.

Share the Warmth campaign will run November 3 - December 5, 2008

DROP OFF LOCATIONS

A140/141	F303	T500
Advancement	K116	T600
B103	L101	T700
C103	L170	Timetabling
DISTRIBUTION	Nest	U106
E101	O102	U153
E105	PATRICIA	U209
E134	S105	W205
E206	SOUCH	W309
E214	T110 (NASA)	X100
E220	T200	Y308
FAIRVIEW	T300	
F012	T400	

NASA
 NAIT ACADEMIC
 STAFF ASSOCIATION

PLEASE CONTACT THE NASA OFFICE (471.8702) IF YOU WOULD
 LIKE TO HOST A DONATION BOX IN YOUR OFFICE BANK.

"Dumb Rules" Submission Form

Dumb rules getting to ya??? Just answer the following three questions, cut out this form and submit it to NAITSA VP Academic Lisi Monro (Room E-131) or check out the online submission form on the NAIT student portal at www.nait.ca

1. Description of dumb rule:

2. A specific example of why the policy or practice is dumb:

3. Suggested changes to the dumb rule:

All submissions must include your name and contact information. Your contact information will be kept confidential, and will only be used for clarification and follow-up purposes.

Name:

E-mail:



Employment Opportunity

Part-Time Entry Level Accounting Clerk

The Northern Alberta Institute of Technology Students' Association (NAITSA) is a non-profit corporation that provides services, representation and advocacy to approximately 17,000 full and part-time students.

NAITSA is currently seeking a part-time accounting clerk. We require a team player confident in a fast-paced, exciting, flexible environment. The primary purpose of this position is to assist in the bookkeeping of the Association and to ensure all financial matters are properly recorded, reconciled and processed in a timely manner. The focus is on keeping the Association's financial books current and accurate with respect to all postings within the general ledger while working collaboratively with all staff. Salary for this position is \$16/hr.

Qualifications:

- Previous experience working with payroll, accounts payable and receivable, deposits, bank reconciliations, journal entries and general ledgers considered an asset but not required.
- Excellent communication skills (oral, written and technological) are required.
- Working computer software knowledge of Windows XP, Microsoft Excel and Microsoft Word is required.
- Students currently in the Accounting Program are welcome and encouraged to apply.

Deadline for submissions is no later than 4 p.m. on Thursday Nov. 6, 2008.

Please submit a resume, along with a cover letter, to:

Shannon Marshall
Human Resources Advisor/Assistant to the E.D.
11762 – 106 St. NW Suite 4000 Room E-131
Edmonton AB T5G 3H4

Submissions can be made electronically by fax or e-mailed to:

Fax: (780) 491-3989
E-mail: ShannonM@nait.ca

We wish to thank all applicants for their interest; however, only those applicants chosen for interviews will be contacted. No telephone calls, please.

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Book your ad today and be seen.

Contact Shaun at : 1.866.867.0098
thenugget@cu-ads.org

Classifieds

LIFESTYLE HELPING HANDS

We are a non-profit organization serving seniors in southwest Edmonton. Our goal is to assist seniors in remaining independent in their homes. We need snow shovellers, housekeepers, handy-men and seasonal gardeners. Snow shovelling is currently our main priority. Pay for the above positions would be negotiated. An average amount would be approximately \$20 per hour.

We are also seeking volunteer drivers (honorarium) to transport seniors to various appointments and to do shopping. The amount for an hour and a half of a drivers' time would be \$9.

WINTER PART-TIME JOBS

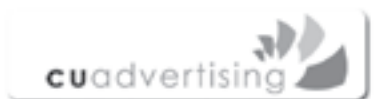
Edmonton Ski Club seeking:

- Ski/snowboard instructors
- Rental shop personnel
- Customer service representatives
- Lift operators

780-465-0852 Send resume to skiclub@telusplanet.net

CALLING STUDENT FILMMAKERS!

The Alberta Student Film Festival 2009 has opened its call for submissions. To enter your film or for info, visit asfilmfest.ca or e-mail asfilmfest@gmail.com.





TIP OF THE WEEK

How to avoid theft



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it happened.

The NAIT Security website is filled with tips on how to better protect yourself, your friends, and your possessions. Visit www.nait.ca/security.

To avoid theft, Campus Security Services suggests the following:

AT HOME

- Lock your doors/windows whenever you leave your room or residence.

- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loitering in the area of your residence.
- Never leave an exterior door propped open.
- Keep a record of your valuables, including descriptions and serial numbers.

AT WORK OR SCHOOL

- Do not work alone in an unlocked office or classroom.
- Do not bring large sums of cash with you to work or school.
- Do not leave your valuables, such as a laptop, purse or wallet, in

your desk or locker.

• Secure your locker with a good quality lock.

AT THE LIBRARY

- Do not leave personal property unattended, even for a minute.
- Keep personal property in view at all times.
- Do not bring valuables with you to the library.

AT THE GYM

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Lock valuables in the high-security lockers provided or leave

them at home.

• Keep your locker locked whenever it is unattended.

FROM YOUR VEHICLE

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.

- Consider investing in a car alarm.

Everybody benefits, except the criminal.

If you have information about a crime, contact Campus Security Services at 780-471-7477. If you see a crime in progress, call 911, then Campus Security Services. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Are you an Aboriginal student at NAIT?

If so, there is a centre right on Main Campus designed specifically to meet your needs! The EnCana Aboriginal Student Centre is a great alternative to many of the study and work spaces available on campus. Unique features of the centre include cultural awareness workshops, mentorship programs and many business services such as fax and computer access. Even if you are not self-identified through NAIT, you may still make use of all the programs and services offered!

The EnCana Aboriginal Student Centre is available Monday to Friday, 8 a.m.-4:30 p.m., Room E-121.

Questions ?

Please feel free to contact Stephanie Bean, co-ordinator of Aboriginal Student Services @ (780) 471-7839, or at sbean@nait.ca . Come by the centre and we would be happy to give you a tour!

NAITfye (First Year Experience) Workshop Schedule – Fall Semester						
NAITfye is a new initiative developed to help students transition to life on campus. We have developed workshops on a variety of topics chosen with your specific needs in mind and theme oriented based on the time of year. Please attend as many of the following workshops as you wish. The workshops are free and no registration is required.						
	Week	Monday	Tuesday	Wednesday	Thursday	Friday
November	19	3	4	5	6	Maintain your Loan 7
	20	Avoid the Freshman 15 10	Remembrance Day 11	12	Avoid the Freshman 15 13	14
	21	17	18	Women in Technology 19	20	21
	22	Stretch your Dollar 24	25	26	27	Stretch your Dollar 28
December	23	1	Who's the boss? 2	3	Who's the boss? 4	5
	24	8	9	Women in Technology 10	11	12
	25	Exam Week 15	Exam Week 16	Exam Week 17	Exam Week 18	Exam Week 19
	26	Holiday Break 22	Holiday Break 23	Holiday Break 24	Holiday Break 25	Holiday Break 26
	27	Holiday Break 29	Holiday Break 30	Holiday Break 31		
ANY QUESTIONS?? EMAIL askfye@nait.ca						
NAITfye (First Year Experience) Workshop Schedule – Fall Semester						
Nov. 7	Fri	Maintain your Student Loan – You don't want to lose it!		12:15-1:10 p.m.	WA212	
10	Mon	Avoid the Freshman 15 – Ask a Personal Trainer and keep the weight off		12:15-1:10 p.m.	X111	
13	Thurs	Avoid the Freshman 15 – Ask a Personal Trainer and keep the weight off		4:30-5:45 p.m.	T105	
19	Wed	Women in Technology Meet and Greet		12:15-1:10 p.m.	X213	
24	Mon	Stretch Your Dollar – Tips for the Starving Student		4:30-5:45 p.m.	LO36	
28	Fri	Stretch Your Dollar – Tips for the Starving Student		12:15-1:10 p.m.	X111	
Dec. 2	Tues	Who's the boss? – Have a problem? Want something? Don't know who to talk to? I will tell you who's who at NAIT and what steps to follow.		12:15-1:10 p.m.	X111	
4	Thurs	Who's the boss? – Have a problem? Want something? Don't know who to talk to? I will tell you who's who at NAIT and what steps to follow.		4:30-5:45 p.m.	WA212	
10	Wed	Women in Technology Meet and Greet		12:15-1:10 p.m.	X213	



ANNUAL NEW YEARS SKI TRIP

Volunteer for any upcoming NAITSA event and you could win 2 free spots on the NAITSA NEW YEAR'S SKI TRIP!!!

For every 1 hour of volunteer time your name will be entered into the draw (employees of NAIT and NAITSA are not eligible to participate)

Contact the NAITSA office at E-131 or e-mail nait-savolunteers@nait.ca for volunteer opportunities. Winner will be announced on December 4th.

*NAITSA New Year's Ski Trip

Two buses are leaving The Nest on December 30 to a top-secret location. We just love keeping you guys in suspense! We head back to Edmonton on January 2. Price is valued at over \$500.00!

Package includes:

- * Round trip coach transport for 2
- * 3 nights hotel accommodations
- * 2 Lift tickets for Dec. 31 and Jan. 2
- * Parties including bus transport

The themes for the parties are:

Dec. 30 - Tight and Bright

Dec. 31 - New Year's (dress your best!)

Jan. 1 - Beach Party

Visit us at the NAITSA Office for more details.

• Nursing • Accounting • Early childhood care and education • Arts and cultural management •

Management •

Health care •

Office administration •

Adult upgrading • University transfer • Gerontology studies •

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hoop FEST

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-MASHUP FESTIVAL-

SAT. NOV. 15

5:30PM - NAIT GYM

ONLY \$10

AT NAITSA OFFICE, THE NEST OR AT THE DOOR

ALL AGES W/ LICENSED AREA

FEATURING

Belly

WITH THE HIT SINGLE PRIVATE DANCER

-FLY GIRLZ
-PAGE
-STRIPE
-TOUCH AND NATO

WIN 2

TICKETS, AIRFARE, AND ACCOMMODATIONS TO A TORONTO RAPTORS GAME IN TORONTO!

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