SEE SUDOKU PUZZLE, PAGE 17

THE Thursday, October 9, 2008 Volume 46, Issue 7

NUGGET



YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

PARKING LAMENT

Anger over daily parking: Story page 2, Letter to the editor, page 5





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2 The Nugget Thursday, October 9, 2008

NEWS&FEATURES Chinese choose NAIT



CHRIS CARMICHAEL-POWELL Issues Editor

Chinese students have flown across the world to get a NAIT education said.

The J.R. Shaw School of Business recently had 44 international students from Tianjin, China join its student roster to complete their Bachelor of Applied Business Administration – Accounting program.

After completing their first two years of the Accounting Diploma Program in China, the students come to NAIT to finish the appropriate degree courses. The program consists of "one year of academic studies, two semester, followed by a paid work experience," said Al McInnes from the School of Professional and Continuing Education in a recent interview. "During that time they are expected to do a number of assignments, as they are still students of NAIT," he

"We teach three courses to these students with our staff in the diploma program. There are about nine courses that they teach for us, so their staff comes over to Canada, sits in on the classes, and then goes back and teaches those courses over there. As well, an additional eight courses are taken in lieu of courses here

"NAIT has a number of projects in China, one of them through corporate and industry training, and the other one is through student recruitment, which is what I

am involved with," said McInnes.

"This was set up about four years ago, and this is the first cohort of students. There were about 115 students in the class and roughly 45 of them chose to come to Canada."

NAIT currently has two pro-

"Typically, about

60 per cent of stu-

dents get visas to

go from China to

Canada. We have

had an outstanding

result."

- Al McInnes, Professional

and Continuing Education

grams at Chinese universities

the Accounting Diploma/
Degree program with Tianjin Polytechnic
University and a Computer Systems Technology
Diploma program in Harbin at the Heilongjiang Institute of

Science and Technology. NAIT is also in the process of expanding in Beijing, if all goes according to

NAIT is ensuring that the transition to Canadian culture is as easy as possible for the international students.

"We have had meetings with [the students] every two weeks," McInnes said. "We have tried to identify where they are having

difficulties. As you might expect for students with English as their second language, they find we speak quickly. As with any second language, people need to speak a little louder and a little slower, but at the same time we are not willing to

radically change our program to suit any particular students, but we will accommodate them as much as we can." In a recent meeting with the international students, McInnes received feedback that the students are picking up the Canadian accent much better.

"Their reading skills are improving, too," he said.

As this is the first year NAIT has had the students from China, the institute is excited to see how the program develops.

When questioned about how NAIT thought the program was running, McInnes responded: "We think it is running well. We did not know exactly how many of their students would be coming over to Canada. Potentially, it could have been all 115 of them, but the reality is it's not always easy for students to get a visa to come to Canada," he said.

"Typically, about 60 percent of students get visas to go from China to Canada. We have had an outstanding result."

Cost for parking boosted \$2 a day



By CHRISTEN LONG

If your bank account is hurting from the higher costs of operating a car, cash in your bottles and dig into the cracks of the couch, because the price of parking at NAIT has gone up too.

It was \$3 a day, but this year it's jumped up to \$5. Why the increase? Jerry Hove, head of security and parking, explains that it's "just the rising cost of us maintaining our parking lot within this kind of economy. As prices rise, our costs rise."

So, the extra costs are getting passed right along to you the consumer again.

It's annoying to pay the \$5 a day, when the last increase before this one was one dollar, not two. In 2002, the daily parking rate rose from \$2 to \$3.

That's about \$100 a month, unless you purchase a coveted parking pass for only \$42 a month.

But some students are upset because they are parked on a current waiting list of about 400 people. So most are forced to

pay the daily \$5 or risk being towed from residential areas.

It could still be worse. Downtown, parking is \$6 a day or more. U of A students pay \$10 a day for their parking, with a lot more sticky meter rules than NAIT has. Grant MacEwan (downtown) students are paying \$7.50 a day to start.

The price of NAIT's monthly passes automatically goes up every year – this year it's \$42 a month, but as you guessed, it's still way cheaper than MacEwan or U of A.

The consequence: Hove says he hasn't seen a decrease in the number of people applying for the spots, but he has noticed the lots aren't filling up as quickly as they used to.

In the end, Howe says he hopes people will deal with the parking problems by using other options, such as "taking the bus, carpooling or getting dropped off."

And there's biking, but that's tough to do in the winter. Or you can sign up for a parking spot a year ahead – and hope for better luck next year. You can also complain to NAITSA. That's why we pay them the *cough* big bucks. Lisi Monro, VP Academic, is the rep to contact on this issue at lisim@nait.ca.

And if you really can't afford it, you can try parking a sad look on your face for



Open House a success

dents of that program hap-

pily showed off their finest

work. Unjustly located out

of sight in the basement, it

still managed to draw a large

tion was around the Fresh

Express, looked after by the

Hospitality programs, where

everything from a new rec-

ipe to baking techniques

were showcased.

Another popular exhibi-

NAIT opened its doors to thousands of prospective students last Friday and Saturday at its annual Open

The majority of classes were cancelled across NAIT on Friday to accommodate the Open House, as many students were volunteering around campus. While some welcomed the day off as a much needed reprieve before the storm of midterms to come, many gazed upon future possibilities available at NAIT.

There were over 140 information booths featuring everything from baking to motorcycles spread around the campus. As one of, if not the largest, recruiting event held by NAIT, Open House definitely is one of the best displays of NAIT's current

programming and diversity, obviously visible by the well thought out displays by a huge number of programs.

Raeesa Merali, a prospective Radio and Television student, had good

"It was pretty amazing, and as soon as I walked into the building I knew this was the school for me," she said.

Merali spent the majority of her time in the Industrial Technology Building, checking out the radio booth and the NAIT news studio.

"I got to see the whole news broadcast for NAIT Newswatch. It was intense, but definitely looks interesting!"

A huge favourite of Open House was the Photographic Technology picture display as the talented stu-



convince students to spend

two years in the Instrumen-

tation Engineering Technol-

ogy program, building and

calculating the RLC of cir-

cuits and other such things.

No doubt it sparked the

interest of more than a few

Photo by Shant Chakmakian prospective students.

Speaking of standing out, the electronics pro-With a huge volungram often likes to let its litteer effort from both staff tle robot wander down the E-Wing. It's a great way to

and students alike, it is still unfortunate to know that only a small percentage of NAIT students actually take the time to go and check out Open House.

No doubt they would be amazed at all the opportunities available to them within NAIT's walls.



The Nugget

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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

about the school or life in gen-

Get those thoughts into print.

denteditor@nait.ca.

peutic. Write us.

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: stu-

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 thera-

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



Turkey Sale

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select merchandise; September 29-October 10 at the NAIT Bookstore

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



BOOKSTORE

This Segway at Open House was just too much to resist for students and staff alike.



An ISP alert

SHANT CHAKMAKIAN

Marketing bad brands in today's economy is unfortunately a great way to trick the average consumer.

Ever seen a terrible movie because it got over hyped? Ever bought a bad product wishing you never did? Caveat emptor in Latin, better known as: "let the buyer beware."

Unfortunately, in the technology world it happens often, especially when it comes to cell phone companies.

Some companies are favourites to hate among their customers. Some have services, products and infrastructure that are all poor, especially when compared to the standards out there.

Emphasizing heavy marketing on poor products and locking you into contracts, some providers have pioneered pushing terrible products and services in ways you can't imagine.

For example, one sold "unlimited" data plans and then pulled back

by forcing customers to downgrade to 1 GB data plans for \$65 a month from \$75 on "unlimited."

Or who can forget the 15 cents per text message now being charged to anyone who receives a text message?

> Boasting the highest profit margin in the world at 45.9 per cent, the average

cell phone
bill per
user here
in Canada
is second highest in the world
at \$60.83 per user,
according to a report by
Merrill Lynch in April.

Unfortunately, alternatives to the big three phone companies are few and far apart. Don't be fooled with Koodo, Solo and Fido, which are cheap brands branching from Telus, Bell and Rogers respectively.

Also, keep in mind that these brands are all based on lower service and cheaper phones, so it does cost you one way or the other.

So how do you avoid getting

ripped off? Well, simply put, don't get a phone. But unfortunately, it's a necessity today, so prudence and caution are the guiding words.

The best advice is to avoid contracts. If you do take a contract, never go beyond a year, and if you do, make sure you have the right contract and that you are happy with what you are getting.

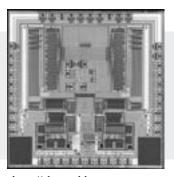
Second, always review your bill for overcharging and ensure you have the right plan.

Third, don't be afraid to complain! When your bill or plan isn't what it is supposed to be, threaten to leave. This works great, especially with companies that have a whole department dedicated to trying to win you back.

Fourth, if you are switching, make them compete. Tell your current provider that you are leaving unless you get a better offer, then take that offer to prospective providers and tell them to beat it or leave.

Despite the convenience, cellular service in Canada is a ripoff, given the little competition there is. As the customer, you are required to stay on your toes and do what is in your best interests. Don't expect it to get that much better, expect it to get a lot tougher with your wireless company.

Please feel free to visit my blog at



http://shantc.blogspot.com or to email me any comments or suggestions at shant_c@hotmail.com I value and look forward to your input.

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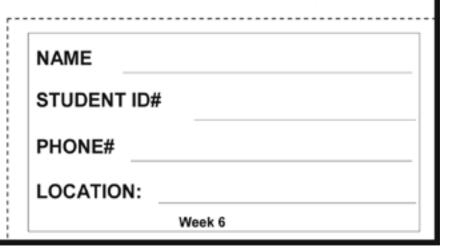
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OPINION

— Editorial —

Lesser of two evils



By NAHREMAN ISSA Sports Editor

t's evil versus evil versus evil, plus two more evils. What else could I be talking about besides the federal election? In fact, this could go for any election ... besides the race down south. Barack Obama is amazing (more on that later).

With the Canadian election only days away, the campaign trail for the five party leaders is going

full steam.

Please continue reading! I know for many students, reading about the election is BOOOORING, but this is important. Our lives are on the line. Existence as we know it is futile if we turn our backs on the election.

Clearly I'm being sarcastic here. Voter apathy is a big problem we face here at school. A couple of weeks ago, NAITSA held its own school election for the Senate. Voter turnout was 10 per cent. How these numbers add up ... well does it matter?

Who's it going to be?

Not when the exciting election is happening south ... uh, I mean north of the border. Who's it going to be? Stephen Harper? Stephane Dion? Jack Layton? Do I really need to mention the other two?

Picking a person to be our nation's representative is a tough decision we as Canadians face. Look at the U.S. They get to say that George 'Dubya' Bush is their leader. Do you really want that shame on yourself?

According to Elections Canada, voter turnout in the last election was 64.7 per cent. This compared to the States' turnout of 56.7 per cent in 2004. You would think that with Bush going for a second term, there would have been more people lining up to vote.

But even with a higher turnout, the problem facing Canadian politics is that it's boring, plain and simple. Just look at the lack of charisma our leaders have. How can you compare the essence that is Obama with Harper? Take, for instance, Harper's lack of affection. Sure we want a strong leader, but he's so cold to his kids. Harper gave his son and daughter a handshake before they went off to school. And most recently, he patted his daughter on the shoulder goodbye. That's love, you guys! Puts a tear on my face.

U.S. election getting all of the attention

The American election has been getting so much attention, and rightfully so. It's the old dude versus the young, good looking GQ candidate (did I mention I love him?!). Besides looks, Obama can actually provide some much needed change in American politics. The world already has a skewed view of the States. Having John McCain win would be like having another Bush in office. And one would just have to look at Bush's track record to know it's not a good idea.

And don't get me started on self-proclaimed "hockey mom" Sarah Palin. I CANNOT STAND HER.

Even celebrities are lending their names to different candidates. Just to name a couple: Clint Eastwood and Kelsey Grammer are backing up John McCain. Oprah Winfrey and George Clooney are standing behind Obama.

Which Canadian celebrities are backing up Harper and Dion? Celine Dion would seem like an easy choice. How about Anne Murray? Rita MacNeil? I think she would cover ALL candidates.

But whatever you do, just go out and vote this Tuesday, Oct. 14. And let's hope the election gods down south smile down on Obama.



— Letters —

Overcharged, underparked

The parking meter terminals at the north parking lots are in a sad state. Three of the four parking terminals will not accept credit cards because they are broken. One of the four never works, period. Carrying the overpriced \$5 in change is an archaic practice that I liken to using cheques to pay your bills. Does anyone want to fix these machines? Does anyone know how? Do the powers that be

know they aren't working?
Surely, "Joe ticketman" must

know, he gives tickets daily.

Over charged and underparked,

Darren Thomas

Your views are important

We want to hear from you!

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Keep them short and to

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

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

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.

What on Earth is going on?

By JEMIMA CHEN

What are you living on? Earth. Duh.

Yes, it is true that we are living on Earth, but what on Earth? Or should I ask: what "in" Earth?

Scientists break Earth down into three major parts - crust, mantle and core. They believe that the Earth gets hotter and hotter as we approach the Earth's core. Various important activities happen in Earth; they are often related to the Earth's physical properties, activities and results (present to the naked human eye) in some ways. I believe that at the same time, what we do on the crust and sub-surface of Earth may affect the Earth's internal activities.

If that is so, then what goes on in the Earth relates to what goes on outside of it, and vice versa. As weathering agents such as wind and precipitation weather (affect) some external physical feature of the Earth, say a cliff, the cliff will gradually get weathered (disintegrated)

into objects such sand, pebbles or rocks.

These particles will either be packed down hard on the ocean floor or some low lying area, or be pulled down into the Earth towards the mantle part. At the mantle, scientists generally believe that convection currents take place. This means that by and by, the sediments that were "pulled" down into the Earth's surface might some day emerge again. (Density is one of the roles played in that process).

Whether such theories are true or not will some day be clear.

After being briefly introduced to the Earth and its activities (although I admit the above description does no justice to the full and complete activities that occur every single split second in and on Earth), do you think that our economy, mar-

> ket, produce and land are what they are today because of what we do?

> > We extract oil from the land, leaving void spaces in the Earth where there was once oil or gas, sell it to buyers and thus affect our economy.

We rear animals and grow crops with the help of the land, extracting minerals and all the good things it has in it, and pay it back with pesticides. We reap what we worked hard for and offer this to others to survive at markets and

thus affect our economy.

We extract potentially useful minerals from the Earth, process them and release harmful wastes more often than not. We sell the finished product and this affects our economy. It seems like that is just what the norm is.

Therefore, can there be some "minute" effect we have made that is now affecting the Earth? Is it a natural, normal process or are we – human beings – the sole cause for current bizarre weather, climate changes, famine, declining profits and increasing insecurity? That is just to name a few results. But from what were these results obtained? Is it just the Earth? Or is it because the Earth is going to be destroyed by a meteor, sucked into a black hole or get too close to the

Sun, as some scientists predict?

Can the Earth's "unnatural" disasters (increase of crime, decrease of trust) be interpreted as Earth being angry? Can it all be interpreted as humans doing the wrong thing? Earth's core is hot; is Earth hot-tempered?

If it be true that our actions are indeed causing the Earth to be less pleasant each passing moment, then we should give some serious thought about changing our ways. If it is not so, then I suggest we continue on with our hard work and maybe some day something good will come out of all this mess we are in today. You never know

Newton's Third Law of Motion states that every action has an equal and opposite reaction.





Etiquette, where did it go?

By MACKENZIE MARSHALL

I decided to take advantage of the day off last Friday, and chose to have some new friends over for drinks followed by a night on the town. When I woke up the next morning, I was pleasantly surprised to find the friends

who had stayed over that night had cleaned up my small, but personality filled apartment.

It was nice to see this gesture of thanks, and showed what I would consider to be proper etiquette. The gesture also made me think: Why do I not see this etiquette displayed on NAIT campus?

In my first month on NAIT campus, I'd see the friendly and helpful staff of NAIT picking up garbage in the Fresh Express and Common Market. When

did it become all right to leave our trash for others to pick up? Are there not garbage cans and recycling bins located directly outside the exits? Not only is the answer to this question yes, but the garbage cans also must be passed to exit the Fresh Express and the Common Market areas.

"It's just easier to leave it at the table.

Besides, that's what they're paid for," said one NAIT student when confronted about a mess she had left on a table.

Additionally, I noticed NAIT staff picking up cigarette butts in front of the main entrances of most of the buildings on campus.

Are there not giant ashtrays by every designated smoking area? These ashtrays also have to be passed when re-entering the buildings.

"It's frustrating enough walking through the cloud of smoke to get into the business tower," said a first year business student, "not to mention the mess that's left around by the cigarette butts."

The staff here at NAIT is working hard to keep our campus clean and make sure that our food is served to us quickly and that it's of the

highest quality. As we are all adults at NAIT, we should be able to properly dispose of our personal waste. Let's show some respect for these fine people and dispose of our waste in an appropriate manner.

My parents do not pick up after me anymore, and the staff of NAIT should not have to either.



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SPORTS

Get your game face on!



By NAHREMAN ISSA **Sports Editor**

Finally, after six months of waiting, it's here. Hockey season! Edmonton Oilers hockey! Soooo



Steve Tambellini

excited. It seems like forever since our Copper and Blue has played. I don't count pre-season, because that is just a tease.

So here's what to expect for the Oilers 2008-2009 season, and a little recap of what the team was up to this summer. Here's hoping there's a playoff berth involved.

Last season's record: 41-35-6 for 88 points, fourth in division, ninth in the Western Conference, 21st overall. The team missed the playoffs two years in a row, by just three points.

Key arrivals: Lubomir Visnovsky and Erik Cole.

Key departures: Joni Pitkanen, Jarret Stoll, Raffi Torres, Matt Greene, Curtis Glencross and Marty Reasoner.

New owner Daryl Katz is pulling out all the stops this year, trying to bring the Stanley Cup back to the "City of Champions." After bidding for Marion Hossa known as the Boogieman.



Erik Cole

and Jaromir Jagr, Katz and the rest of the Oiler brass are telling the rest of the NHL that they are ready to compete.

> The Oilers added some team toughness this year with the addition of six-foot-six, 235pound Steve MacIntyre. Finally, someone who can take on Minnesota Wild's Derek (I'm an idiot) Boogaard, who is also

Head office also made a change. Kevin Lowe is no longer GM of the team. Lowe moves upstairs where he is now president of hockey operations. We will always have the heavyweight matchup of Lowe vs. Brian Burke in our heads to keep us entertained.

Steve Tambellini joins the Oilers as GM. Even though he is a former Vancouver Canucks employee, we will forgive him.

Mark your calendar - the Oilers will be retiring Glenn Anderson' jersey in a pre-game ceremony on Jan. 18 against the Phoenix

There is so much we could discuss about the upcoming Oilers season, but I'm sure diehard fans must already know everything.

Let's just hope this season gets the Oilers into the postseason, and that they bring home the ultimate prize



Lubomir Visnovsky

... Jarome Iginla in a trade. Well, that and the Stanley Cup!

GO OILERS GO!!!



Kevin Lowe

Women finish pre-season stronger

By LANDON HOMMY

While the effort may have been there Friday night, the result didn't favour the women's hockey team as they took on the Chinese national hockey team.

Getting in the lanes and good positioning kept quality Chinese chances to a minimum, but the Ooks couldn't hold off the national team, as they got four goals past them. "It's a lot less daunting this time around,"

said Ooks head coach Deanna Iwanicka, referring to the teams' previous game on Sept. 10, which the Chinese team won 12-1.

"We're a lot more improved than before. We've tried not to dwell on the last performance."

The Chinese, ranked sev-

warm up for the upcoming Olympic trials in November. They've won all of their games

against ACAC opponents. "I'm just excited to fin-

ish off the preseason strong" Iwanicka said. "It was a true indicator of how far we have come in less than a month together."

The Ooks now have two weeks to rest and prepare for the regular season,

enth in the world, have been playing Canadian which begins on Friday, Oct. 17 at home against competition for the last few weeks in order to Mount Royal College.

Athletes of the week

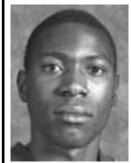
Alexandria Mah Soccer



Alexandria Mah, a second-year business student from Edmonton, was instrumental in the Ooks success this past weekend as they went 1-1. In the second half of Friday's match against the King's Eagles, Mah was carried off the field following a collision with an opposing player, but was able to return and ended up scoring the winning goal in the 2-0 victory, earning the player of the game selection. "Alex was outstanding," said head coach Sergio Teixeira.

Benjamin Mataya Soccer

ear



Benjamin Mataya, a first-year Culinary Arts student from Lilongwe, Malawi, was a standout for the Ooks over the weekend, garnering player of the game selection in both his team's matches. Filling in for the injured Emmanuel Kansime, Mataya was the key player on an Ooks defence that conceded only one goal. "He was constantly asked to cover for his other defenders and his pace and tenacious tackling left opposing attackers unsure of themselves in front of our net," said head coach Jeff Paulus.

Ook Files

Olenka Toroshenko

Course: Television Program

Sport: Volleyball Number: 11

Favourite team memory: On our team retreat, we were paintballing and our coach slipped and fell in cow shit.

Worst team memory: When Kim Paul broke her nose when she got kicked in the face during a game.

Pre-game meal: A sandwich with chocolate milk followed by a granola bar.

Game superstitions: Brush and floss before the game, and then re-tie shoes after warmup.

Favourite movie: Centre Stage Favourite group: Red Hot Chili Peppers Favourite food: Ukrainian food

Favourite colour: Red.





2 minutes in the box

NAHREMAN ISSA Sports Editor

The Oilers did what Cher couldn't do in her 1980s hit ... they "turned back time." (Wow, I'll admit that was pretty corny) In commemoration of the Edmonton Oilers 30th season in the NHL, the Copper and Blue unveiled their orange and blue third jerseys this past Tuesday.

You can see the unveiling of the third jersey on the Oilers' website.

What's cool is the team is reverting to a vintage look. For the most part, the team is going back to its glory days.

The days when the Oilers were the most revered team in the league. The days when they won five Stanley Cups.

It's a new design that will surely sell out in stores. When the Oilers unveiled the original third jersey in 2001, as created by Todd McFarlane, it was a huge hit. Over \$300,000 dollars worth of jerseys were sold in the first weekend.

But that jersey has been retired now (which I still wear, as it's the jersey that has my Stevie Staios on it!) So after going through a focus group and 50 various designs, the Oilers decided to go retro. And to top it off, the team will have specially designed and coloured helmets, pants, gloves and socks to keep with the vintage look.

You can buy the new third jersey starting Nov. 19. The team will wear the jersey 14 times in the upcoming season, starting with the home opener this Sunday.

Schedule of third jersey games:

• Sunday, Oct. 12 against the Col-

Hockey fans will argue that there

is no point in naming Luongo as cap-

orado Avalanche

- Monday, Oct. 27 vs. Boston
- Thursday, Nov. 13 vs Toronto Maple Leafs
- Thursday, Nov. 20 vs Detroit Red Wings
- Tuesday, Dec. 16 vs Chicago Blackhawks
- Friday, Dec. 19 vs Anaheim Ducks
- Saturday, Jan. 3 vs Dallas Stars
- Sunday, Jan. 18 against the

Phoenix Coyotes

- Tuesday, Feb. 3 vs Chicago Blackhawks
- Wednesday, Feb. 11 vs Montreal Canadiens
- Saturday, Feb. 21 vs Calgary
- Saturday, March 14 vs Colorado Avalanche
- Sunday, March 24 vs Detroit Red Wings
- Saturday, April 4 vs Vancouver Canucks.

A captain with a difference



By AMBER TIENKAMP Assistant Sports Editor

(Editor's note: Amber is very biased when it comes to her Vancouver Canucks. You've been warned!)

"There's more than one way to lead a team ..." isn't that the truth, Louie?! (Yes, Roberto Luongo and I are close enough that we address each other by nicknames. FYI, he calls me Dragon Heart).

Anyways ... so Luongo is right, isn't he? You can lead a team without wearing the 'C,' talking to the officials or taking the ceremonial faceoff. And whether you're a Canucks fan or not, everyone knows who the captain of the team is. So who cares if

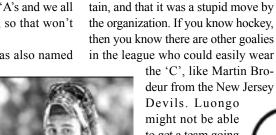
Luongo won't be the one to argue the bad calls? Willie Mitchell has been given one of the three 'A's and we all know he likes to talk, so that won't be a problem.

Alain Vigneault has also named

Mattias Ohlund as an alternate, and word is he will be taking the face-offs. And just in case there was any worry that all the leaders of Vancouver would be on the D-line, we also have forward Ryan Kesler helping out.

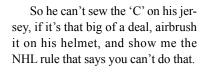
The Canucks are certainly

breaking tradition, actually 60 years of it. Bill Durnan was the last goal-tender captain, and that was for the Montreal Canadiens, in the 1947-1948 season.



deur from the New Devils. Luongo might not be able to get a team going with a crushing hit or starting a fight like Calgary Flames captain Jarome Iginla, but consider this: On a team like the Canucks, Luongo's saves are big and important enough

to inspire the team. These are the same saves that are the Canucks' best bet to make the playoffs. So why not officially name him the leader that he is?



Well, looks like I called it! On Sunday night, Luongo revealed a new 'C' on his mask at GM Place when the Canucks hosted the Ducks in the last pre-season game for both teams. Canucks GM Mike Gillis said the 'C', "can stand for whatever he wants it to stand for". OK ... well enough being cute, Gillis, the 'C' stands for captain. It's right on the front, and not hidden at all. Good for Luongo.



Roberto Luongo



Photo by Brendan Abbott

NEED CASH?

Join the OOKS NATION



NAIT Athletics is hiring:

- Ooks Nation Crew
 (4 students to market and promote all home games)
- Minor officials
 (score keeper, goal judges & ticket takers for basketball, hockey and volleyball)

Contact Jordan Richey 780.471.7579 or e-mail jrichey@nait.ca

NAIT's Tamera Rude fights for the puck against a member of the Chinese national team last Friday (Oct. 3) during a game at the NAIT arena. China won 4-0.

Men disappoint vs Griffins

Stories by LANDON MOSKOWEC **Dept. of Athletics and Recreation**

"It was the poorest game we've played in two years," were the words of the NAIT Ooks

men's soccer coach Jeff Paulus following his team's 1-1 tie against the MacEwan Griffins on Sunday (Oct. 5).

"We were over-confident and had our minds on the [upcoming] Concordia game."

Forward Kellen Stenger of the Griffins opened the scoring, while midfielder

Joe Asarfo-Adjei equalized for the Ooks.

"We didn't view it as a must-win game, and that's why we didn't win," said Paulus.

"[MacEwan] is a big, physical, fast team and they gave it everything they had."

> Before the game with MacEwan, the Ooks played the King's Eagles for the second week in a row on Saturday, winning 5-0.

> Striker Nick Shapka had a pair of goals while Lambert Suglo, Chris Hatala and ACAC leading scorer Shane Faria

each contributed a goal.

The undefeated Ooks remain atop the ACAC North Division standings with 20 points, one ahead of the Concordia Thunder.

A win against MacEwan on Sunday would have essentially locked away the top spot and the right to a bye in the first round of the playoffs for the Ooks.

Now the division will likely be decided on Oct. 18 when the top two teams meet for the second time this season.

The Ooks defeated Concordia 2-1 on Sept. 20 in the teams' only meeting this season.

The Ooks play Concordia at home on Oct. 18 at 4 p.m. and finish their regular season the following day at home against the Grande Prairie Wolves at 2 p.m.



Jeff Paulus 'Poorest game'

Women still alive in playoff drive

For the second week in a row, the NAIT Ooks women's soccer team found themselves in tough against a couple of defensive opponents as they beat the King's Eagles 2-0 on Saturday and lost to the MacEwan Griffins on Sunday.

Patience paid off for the Ooks against the Eagles as they found themselves unable to get any of their quality scoring chances past the Eagles goalkeeper Katie Wallbaum.

The heroics were provided in the

second half by Ooks defender Alexandria Mah. She returned to the game after being carried off the field fol-

lowing a collision with an opposing player to score the winning goal.

Ooks forward Mel South added a goal shortly after, while goalkeeper Jennifer Gawarsiuk was credited with the shutout.

The Ooks found themselves on the opposite side of a 2-0 score the next day against the division leading MacEwan Griffins.

Sergio Teixeira

'We'll be ready'

fielders Rebecca Kraus and Olivia Smallwood, while goalkeeper Ardyn Melnyk earned the shutout. "We played extremely

> well against the top team in the division," said head coach Sergio Teixeira. "We had the most possessions in the game,

and had a lot of great chances but we just couldn't score. We missed a couple of open nets and their goalkeeper made two great saves."

Currently in fourth spot in the divi-Scoring for the Griffins were mid-sion and outside a playoff position, the team's fate is in their own hands in two weeks when they play the secondplace Concordia Thunder on Oct. 18 at home at 2 p.m. The next day take on the third-place Grande Prairie Wolves in a game that could decide the final playoff position.

The Ooks have 13 points, while the Wolves have 15. The Grande Prairie game is at NAIT on Oct. 19 at 12 p.m.

"That game is absolutely a must-win for us," said Teixeira.

"It's essentially a playoff game, because if we don't win, we're done. We've played them this season already, we know what they bring to the table, and we'll be ready for them."

ACAC Standings

MEN'S SOCCER North Division Т Pts GF Team NAIT6 0 20 Concordia6 1 19 MacFwan4 15 16 Keyano2 5 2 Grande Prairie 6 **South Division** Pts GF 14 14 3 Mount Royal4 Lethbridge3 13 18 12 14 1 19 -18 Note: The Sept. 7 Lethbridge @ SAIT game to be replayed Oct. 11. **RESULTS** Oct. 3 Concordia 4, King's 0 Oct. 4 NAIT 5, King's 0; MacEwan 1, Concordia 1; Keyano 1, GPRC 0; Lethbridge 1, RDC 0; SAIT 0, MHC 0 Oct. 5 NAIT 1, MacEwan 1; Keyano 3, GPRC 0; MHC 2, RDC 0; Lethbridge 3, MRC 3

WOMEN'S SOCCER

. +/-
24
23
31
14
-44
-48
+/-
37
21
-2
;)

Lethbridge 9

RESULTS Oct. 3 Concordia 4, TKUC 0

0

Oct. 4

0 4 50 -46

NAIT 2, TKUC 0; MacEwan 2, Concordia 1; GPRC 7, Keyano 0; RDC 3, Lethbridge 0; MHC 1, SAIT 0 Oct. 5

MacEwan 2, NAIT 0; GPRC 9, Keyano 0; RDC 1, MHC 1; MRC 10, LCC 0.



Do you secretly wish you could dress up as a Pirate or Wonder Woman more than once a year? Then grab your running or walking shoes, scary Halloween costume (optional) and join the Wildlife Rehabilitation Society of Edmonton (WRSE) at Hawrelak Park for the Ninth Annual "Run Wild for Wildlife" on Oct. 26.

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



WHEN: Oct. 26, 2008 @ 11 a.m.

WHERE: Hawrelak Park

WHO: Teams, families or individuals welcome

WHAT ELSE?

Chilling costume contest (optional),

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

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



2008 ANNUAL PUBLIC MEETING

Alberta Heritage Savings Trust Fund

More than 30 years since it began the Alberta Heritage Savings Trust Fund continues to provide benefits for Albertans and is currently worth approximately \$17 billion. How would you like that money to be managed? The future of the fund is in your hands.

To learn more about your Heritage Fund and provide feedback, join us at the 2008 annual public meeting, hosted by the Standing Committee on the Alberta Heritage Savings Trust Fund.

17 billion reasons to care

October 16, 2008, 7 p.m.
Calder Seniors Drop-in Centre
12963-120 Street, Edmonton, AB



For more information, please call (780) 644-8621. (toll free anywhere in Alberta, dial 310-0000 first)



The Nugget Thursday, October 9, 2008

ENTERTAINMENT

Kiss much?



LEANNE TRUONG Asst. Entertainment Editor

I kissed a girl and I liked it! Now that I have your attention, that Katy Perry sure knows how to get that annoying, YET ridiculously snappy tune, stuck in my head.

Since we're on "the topic," when that song aired, what did you first think of? Was it the time you also kissed a girl? Or was it that you'd like to be there when it happened to a girl who kissed a girl? Shock value much? But it got you talking about it didn't it? Guilty ... I know ... caught me red-handed. I too, was like "OMG insert name here, did you hear the lyrics of that song?" Celebrities too can be strategists, and are definitely enjoying

the fruits of OUR labour. We make If so, good on her, but frankly ... them successful, all they have to do is say or do something that is not the norm, and WE make a great deal out of it ... and the rest falls into place. It works every time, especially when it comes from someone gorgeous ... like Megan Fox (Transformers, girlfriend of 90210 alum Brian Green).

Recently, Fox told GQ magazine that she was once in "love" with a foreign stripper named Nikita. This was after she broke up with her ex-boyfriend and gave the lap dancer an opportunity. She was so in love that she would bribe Nikita with gifts during her visits to the club, to encourage her to leave her occupation and pursue a relationship with her. Fox has been quite an A-list celebrity for awhile now, so how come she just spoke of her past now? Is it that she was encouraged by Ellen and Portias' nuptials or Clay Aiken coming out? Perhaps it was to support same sex marriage ... or to help oppose California's Proposition 8?

Fox does not appeal so saintly to me nor does she sound like it (even her name reeks scandal).

Fox's mom's response was, "I love my daughter dearly. But Megan is, well, Megan. She's open and honest. She's a real person, which is refreshing. I know she has a good sense of humour, and I take this interview in that context."

Does this mean she lied? What her real intentions are is to help men and women believe that their fantasy of a pretty girl loving a stipper can accually be possible ... and for GQ Magazine ... of all publications (was Out Magazine not available?) to run one of her personal experiences of this calibre? Sounds gold, doesn't it? Fox got what she aimed for: publicity and loads of it!

Music can really influence people to do things with its message. And just off the record, one of my girlfriends, who happens to like girls, said to me "You'd think I'd like this song (I kissed a girl) but



I don't, that singer is just trying to follow the trend."

Touche! All I can say is, this trends suits Fox well, even though it's quite clear what image she is trying to pitch us. What can I say ... work what yo' momma gave



A fish out of water

MOTHER MOTHER

By Mark Sereda

With a variety of uniquely diverse sounding tracks, Mother Mother's newly released album O MY ♥ hit mean they'll fall short of such well-known indie-rock shelves Sept. 16.

This five-piece Canadianborn indie rock band comes together again for their stimulating second album. I personally enjoy listening to indie rock bands because it's fun to see what inventive harmony the groups can come up with. Sadly, I can't recall hearing a single track from their first album, and honestly I didn't know they were a band until last week.

I was thrilled to discover a very authentic feeling coming from Mother Mother pulling me in, making me wonder what that first album sounded like. For those indie rockers out there, this is Personally, I wouldn't say it out loud though. one genuine track list you should check out. With clever lyrics, melody-jumping beats and balanced vocal per-

formances that can put someone in just the right mood.

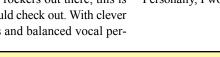
Oh come on! Just because they're Canadian doesn't

bands like The Killers or Radiohead. For those not so aware or who honestly don't care much for indie rock, let them lure you in and hook you on. Not unlike the cover-art for the album's CD, an unsettling picture of a hooked fish, with what appears to be three scratches in his eyeball. Yeah, Gross.

I'm definitely not writing this to sell the album, however, if you want at the very least to get a feel for the group, then check out the

album's title track. You might just proclaim 'O MY ♥!' when you find yourself falling in love with their music!





ENVIRO FASHION SHOW

This model shows off some environmentally friendly fashions on Tuesday Oct. 7 on the eighth floor of the Business Tower. All of the clothing displayed in the show is made out of sustainable organic ethical materials from local retailers Lucid Lifestyle and Earth's Revolution. The designer at Earth's Revolution, Kate Zmurchyk, is an instructor at NAIT.



Photo by Alex MacKenzie

REVIEW

Wario shakes things up

Overall, Wario Land

Shake It! is a fine,

well executed and

polished game with

a lot going in the

design department.

By KYLE 'LEOMANE' GOODING

After a long hiatus and many "micro-games" later, Nintendo's portly, greedy, anti-hero Wario is back to his 2D platforming roots and he's ready to shake things up, quite literally, in his newest adventure 'Wario Land Shake It!'

If you haven't played a good platformer or Wario Land game in a while, or ever, this one is a good choice. It is well balanced and has a few perks to it. The fact that you get to violently shake your enemies down, mobster style, for health and booty never gets old.

When it comes to platformers, their stories lack depth and are often not very interesting, and the same is true for Wario Land Shake It. But don't hate the game for having a simple story. You

must save the Shake Dimension from the evil Shake King. To do so, you shake your way (all right I'll stop) from level to level, liberating treasure and defeating enemies for even more treasures. Along the way, you'll meet little critters to save, the basic roster of enemies and bosses to defeat.

The nice thing about having a history such as Wario's, well over 18 years deep, is that you'll come across familiar things

from past games and the occasional cameo, like Captain Syrup from the very first 'Wario Land' way back in 1993.

The one feature that WL Shake has over others in this genre and even over other Nintendo games (and this is the big one) is its beautiful hand-drawn design! That's right, h-a-n-d d-r-a-w-n, the likes of which haven't been seen in the game world since EarthWorm Jim and Metal Slug! The good people over at 'Good Feel' and 'Production I.G.' did a fantastic job on the intro videos, backgrounds, characters and animations. This stuff could put most game designs to shame! Their attention to detail, the colourful levels and fluid hand-drawn character animations are a visual treat.

If you're an old skool gamer and have played any 2D platformer in the last, oh say, 15 years, you'll know exactly what to expect in the control and level setup. WL Shake's control is spot on and easy to learn. Almost 90 percent of the game is controlled with the D-pad and 1 and 2 buttons while shaking or moving the Wii-mote will perform your special moves.

The health and enemies are abundant, making it a forgiving game for beginners, but it ramps up the difficulty later on for the advanced and hardcore players, especially the later boss battles. The main difference and problem from other platformers is that WL Shake draws heavily on its 2001 GameBoy Advance predecessor, Wario Land 4. To complete each level you must make your way to the end of it, rescue the small trapped creature and then traipse back through the level to the door that you entered before time runs out.

In theory this is a simple but tedious design. In WL Shake they remedy this by closing off parts of the level and opening new parts after the countdown starts, giving you a slight variation of the level allowing access to other treasure chests and mission objectives.

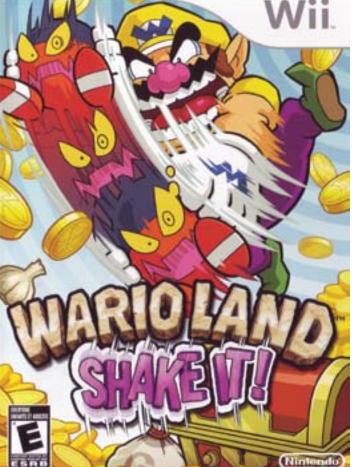
Once you complete the game, there's always mission mode to keep you going. Most of the missions are obscure and usu-

ally involve doing some outlandish trick specific to each level. These missions provide some replay value but you need to be a hard core perfectionist and expert to get them all done for a 100% clear.

Overall, Wario Land Shake It! is a fine, well executed and polished game with a lot going in the design department. If you've played platformers, it's the same solid platforming design with a few new perks added to it. A definite rental if you're into old skool platformers, and a total buy if you're into anything Wario related.

Played up to: 50% (World 3)

Rank: 77% not fantastic but, beautiful, fun, polished and a good way to spend an afternoon



Game: Wario Land Shake It! System: Nintendo Wii Genre: 2D platformer

Producers: Nintendo/Good-Feel / Production I.G.

Price: \$49.99



A platter of awesome



BRYCE ALTHOUSE Entertainment Editor

So what are YOU doing this Thursday afternoon? Schoolwork? Unlikely. Your significant other? Well, maybe. But after you clean up, you need to come down to the NEST and check out the lineup at yet another Indie Night.

We've got three great bands all set up and the asking price is only your time, as this is yet another FREE event put on by NAITSA.

Starting off this platter of awesome is NEST regular Mike Roste, who is ready to serve up yet another plate full of mellow tunes.

If you like Jack Johnson, then you best check this out because he'll definitely appeal to your aural tastes.

But if that item leaves you hungry for

more, then grab some Fabian Marshall for dessert. His acoustic blues/rock/reggae stylings are just as mellow and sure to impress anybody you bring along. (hint hint, bring a date)

But if you're craving something to knock your socks off and get the mosh pit going then you want a helping of the dudes from Drayton Valley, better known as Elysium Awaits. With influences such as Thrice, Rise Against and Protest the Hero, this leaves the doors open to getting blown right off the hinges when the amps get turned up to 11.

So with a lineup like this, can you afford not to come to Indie Night? Well if your "afternoon delights" last longer than a minute or two (two minutes in heaven is better than one minute in heaven, they say) then you are in the elite few who can afford not to come

But if you can resist those urges to fornicate or just conveniently get done class at 4:30 p.m., then come on down to Indie Night.

It's your excuse to pound a pint and listen to music, or just your excuse to pound a pint.

Same difference.

The Nugget Thursday, October 9, 2008

CLUBS CORNER

Time for Club Fair!

There will be a Club Fair receive 25 Giver Points. on Oct. 28 from 11 a.m. to 1 p.m. in the South Lobby. Setup for the fair will be on that day, starting at 10:30 a.m.

We want to showcase the clubs that we have and get people interested in possibly starting more. There will be a draw for Oiler tickets, and swag for those people who attend and visit each booth (a passport type stamp will be provided for each booth).

For the clubs, we are offering the following to encourage you to register to showcase your club:

Each club registering and present at the Club Fair will

And there will also be:

A grand prize of 400 Giver Points for best booth.

A second prize of 200 Giver Points.

A third prize of 100 Giver

Criteria for the Booth Competition are:

Club representatives must be present at their booths during the Club Fair time of 11 a.m. to 1 p.m. (You can have people working shifts, it doesn't have to be one person only but someone must be there). The booth should be creative and attention getting.

Please register to have

a table/booth space with the Campus Clubs Manager by 4 p.m. on Oct. 16. There is no fee to register.

Please check your schedules closely, as last minute withdrawals will not be accepted and should you withdraw, a booth setup fee will be charged to your club account.

Thank you,

Rose Martin Baumgartner **NAITSA Campus Clubs** Manager 11762-106 Street Room E133 Edmonton, AB T5G 3H4 Ph: 780-471-8871 Fax: 780-491-3989 E-mail: roseb@nait.ca

Reel Minutes Movie Club Reviews Eagle Eye

Eagle Eye was an absolutely amazing movie! Not only did it keep me on the edge of my seat all night, but it had some wicked car scenes too!!! (and for a girl to say that, its gotta be good) It was very intense and had an unexpected twist that made it that much better. I would give it a 4.5/5 popcorn kernels. I recommend anyone who likes a good action movie go see it!

- Mrs. Marvel

Eagle was a very well done film, very intense scenes through out and with also a surprise twist to witch you would not have expected. The way the film was made was showing just how powerful something or someone can be with having the resources that were in the film. It also establishes fear to people because what if they had they power to do something in real life to what they did in the film. Really made you think what is truly happening in the world with government and communication.

- Bruce Wayne

Eagle Eye was a little bit long and it didn't always add up.

I really enjoyed the first half but it kind of went downhill after that.

All around it was a little bit predictable and in the end it became a little too far-

There were good action scenes though and they were genuinely exciting.

Shia LaBoeuf was the best thing about this movie ... the plot was cheesy and yeah it was action-packed ... but that doesn't cover for a bad plotline ...

- Nom de Plume - ARIA

The plot is weak, but Shia LaBeouf is awesome.

- Chocolate Epic

Upcoming

DeFeYe Arts

Event: Intro to Acrylics When: Oct. 11 and 18; 1-4 p.m. Where: Harcourt House

10215 112 St. **Dental Technology**

and Denturist

Event: BBQ

When: Wednesday Oct. 15 and Thursday Oct. 16; 10:30 a.m. - 1:30 p.m. Where: Outside the

Business Tower Bumpin House Dance Crew

Event: Hip Hop, Electro and Pop dancing

When: Weekly practice Thursdays 3- 4 p.m., Fridays 6-9 p.m.

Where: Studio (Room S112)

NAIT Christian Association

Event: Bible study When: Fridays 12:15-1:10 p.m. Where: Room E115



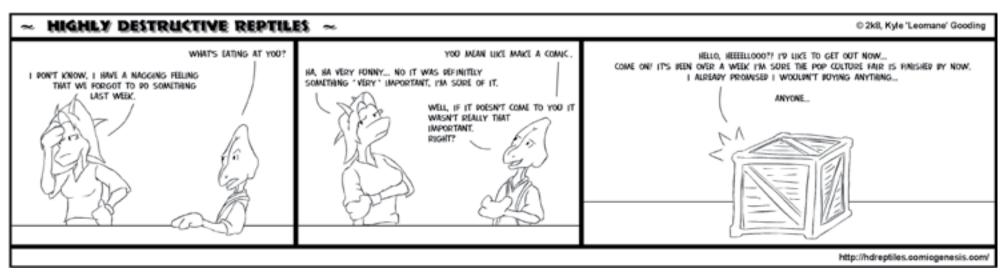
2008 CIVIL ENGINEERING **BOWLING EXTRAVAGANZA**



FRIDAY OCTOBER 10TH, 3 TO 6 PM @ THE PLAZA BOWL (ACROSS FROM ETA/ENGINEERING ANNEX)

Tickets are \$8 and include two games and rentals. Tickets will be available from any Civil class rep, in the ETA cafeteria on Wed & Fri from 11:15 AM to 12:00 PM, or from reception in the Civil office in L131.

> If you're drinking, who's driving? Please drink responsibly:





So I was reading the Nugget and noticed that there was a pic of everyone in the Amazing Race. I would just like to say that ERIK GREEN, NAOMI HARDER, AND HEATHER DAVIS were some of the most amazing people there. How come there was no mention of them? They had the most school spirit and were truly some of the most incredible people I have ever met!!!! If I could be anyone, I wish I was one of them. They are so much fun to hang out with. I will love them forever.

- INLOVEWITHBIOSCI

• • •

What is up with guys who say they like you, but just can't be with you! Shut the f@#\$ up!!

- Imtoogoodforuanyways

To all you gamers out there ... get a life.

– Love always, Not a loser

Is it that difficult to hold the door open for someone? Or is it just easier just to watch them struggle when you walk by?

angereddoorholder

• • •

Why does every instructor feel the need to give out so much homework the week before the long weekend, not to mention midterm

– workload overload

• • •

More people should sing when driving. It puts you in a good mood. Maybe then there would be less road rage.

 $- DO\,DO\,DOOO\,DO$

I know it was plus 25 last week, but it is also October. Don't wear your summer shorts, tank tops and flip flops!! DRESS ACCORDING TO THE SEASON!! If it's hot ... take off your jacket!

– dressaccordingtoseason.

• • •

Where the hell are all the gay people at this school ... I know that we have an overwhelming amount of boys at NAIT, some of them must be

dying for some man-on-man action! And don't give me the "I'm not gay" crap! I know the statistics, one out of every 10 of you guys out there are at least curious, if not definitely wanting to meet a guy like me! Bring it on boys, daddy's waiting!

readyandwaiting

Why must the companies soliciting in the South Lobby act like used car salesmen. I am here for an education, not to be hounded every time I go to the common market. Leave me alone! If I want your goods, I'll come and get them myself.

sick&tired

Can anyone please explain to me why the majority of the food establishments at NAIT close so early? What about the students that have classes at that time, when do they get a chance to feast on the Blue Plate diner? Is this a food service for the students, or more of a food profit for NAIT?

- starving student

To that sexy guy in Room 415 of the business tower, WOW!!!!! You are a hot beast and we clearly need to meet. You sit at the front table; have caramel skin that look so good, I could eat it! Delicious!!!

Secretadmirer

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

NAITSA IS NOW HIRING! For the following positions:

Street Team Members

- Students are needed to promote upcoming NAITSA activities to other students on the NAIT Main Campus.
- You need to posses an outgoing and positive attitude, creativity, energy and the ability to have fun!
- Shift times are over the lunch hour. Perks include free admittance to NAITSA events!
 - This is a paid position.

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.

Pick up an application form in Room E-131 or submit a cover letter and resume to Shannon Marshall at the NAITSA office.

Competition closes on Oct. 16, 2008.



UPCOMING EVENTS!

OCT. 5-13: ... NAITSA E-WASTE COLLECTION PROGRAM

WE WILL BE PROVIDING BINS AT THE NAITRIUM

FOR PEOPLE TO DROP OF RECYCLABLE MATERIALS

(LAPTOPS, COMPUTERS, TVS, ETC.) NO NAIT

PROPERTY ALLOWED.

OCT. 10: USED CLOTHING DRIVE - 9 A.M. - 4 P.M.

THROUGHOUT THE WEEK WE WILL HAVE BINS PLACED AROUND THE SCHOOL FOR STUDENTS TO DROP OFF USED CLOTHING. FRIDAY WE WILL DISPLAY THE CLOTHING IN THE SOUTH LOBBY AND IT WILL BE UP FOR GRABS. BOOTHS OF GREEN CLEAN SQUAD AND ALBERTA CONSERVATION TEAM (ACT) WILL BE PRESENT AS WELL.

Thursday, October 9, 2008







STEPS TO SUCCESS

Staying happy despite stress



SHANT CHAKMAKIAN

Stress is a hard thing to overcome and deal with on a daily basis. In fact, six in 10 Canadians report that they experience large amounts of stress on the job.

Statistics Canada calculates that the annual work time that is lost to stress each year is around \$12 million.

Learning to recognize the signs of stress is key to dealing with it, especially in the high paced society we live in.

One of the most common signs is unhealthy nutrition, not eating often, overeating and eating fatty or sugary foods. A bad diet amplifies the effects of stress significantly; for example, eating sugary foods prompts more cortisol production.

Stress fighter

Cortisol is a stress fighting hormone, which in high levels breaks down muscle and bones and weakens the immune system. It is important to avoid caffeine, drink plenty of water while eating frequent, balanced and healthy meals throughout the day. This helps to maintain a strong body, which breeds a strong mindset.

Being moody, having bad sleeping patterns and physical inactivity are all symptoms of high stress. Ironically, these are all ways to help fight stress. Sleeping properly (eight hours a day,) getting regular exercise and keeping positive people close to you are all great ways to fight stress.

Organization

Organization and time management are key. Always get the important tasks done, plan your day and do things one at time. Look at what you need to do, prioritize, schedule and execute, then re-evaluate your results and face the next day with the same vigour

For those of you who can, delegate and learn to say no; some of the most successful people have mastered this. When making commitments, under-promise and over-deliver. That way, you'll find it easier to succeed

and will increase the perceived value of what you do for other people.

Taking breaks and forming tasks into manageable sizes is key to being able to consistently keep momentum and energy.

Keeping the right people in your support system is also important for good energy.

Find friends who cheer you up and vice versa, and keep a roster of people you can call to talk to at any time. Having a synergistic support system that keeps you going is a huge advantage – also known as a network of champions.

Lastly, learn to let go. Leave school at school, work at work and personal life at home or with your

friends. Be focused on what you are doing and when you are doing it. Learn to turn your phone off, close your books, etc.

Management of stress is a tricky thing, and so is staying positive, but if you manage to do it, you will find that what stressed you out yesterday is something to laugh about today. Life is too short to waste on negatively burning your energy. Make the most of it.

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.

su do ku

© Puzzles by Pappocom

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

EASY Solution, tips and computer programs at www.sudoku.com # 68

Solution: Page 20

OCTOBER 2008



A federal general election is taking place on October 14, 2008.



For information on where and when to vote, check your voter information card. It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you. You will find the voting hours for your polling station on your voter information card or at www.elections.ca by clicking on "Voter Information Service".

If you haven't received this card, you are probably not on the voters list. To register, all you need to do is go to your polling station on election day, where you must prove your identity and address.

New identification rules to vote

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit www.elections.ca and click on "Voter Identification at the Polls".

To vote, you must:

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

Vote. Shape your world.

www.elections.ca

1-800-INFO-VOTE 1-800-463-6868

toll-free in Canada and the United States, or 001-800-514-6868 toll-free in Mexico



for people who are deaf or hard of hearing, toll-free in Canada and the United States, or 613-991-2082 from anywhere in the world



Thursday, October 9, 2008 **18** The Nugget





Chris Carmichael-Powell and Nahreman Issa

Who are you voting for?



"NDP."

Sean King **Program Marketing**



"Conservative."

Corey Oates Program Marketing



"Conservative."

Adam Skinner Pre-Technology



"NDP."

Sara McCabe **Program Marketing**



"Anyone but Harper."

Crystal Duperron Culinary Arts

Nursing

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

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Human resources management



Your horoscope





MADAME O

OCT. 3-OCT. 9

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

Libra (Sept. 23-Oct. 22)

As always, you are craving attention. Go out on a limb this week and dye your hair pink. Better yet, shave it off. The lumps in your uneven head will

bring you all the attention you desire.

Scorpio (Oct. 23-Nov. 21)

Wave to people today and say "Good Day" to everyone you see. You are having a GREAT hair day. But don't get too close. You have a booger in your nose that dangles every time you exhale.

Sagittarius (Nov. 22-Dec. 21)

Be yourself this week and people will stay away from you as always.

Capricorn (Dec. 22-Jan. 19)

You will be as ambitious as you'll ever be this week. This means you will accomplish the task of throwing away that seven-month old pasta from your refrigerator. Though you will be

tempted to eat it, I suggest you call the fumigator instead, as the mold has already grown through the wall.

Aquarius (Jan. 20-Feb. 18)

As per usual, you have handed over your responsibilities to someone else. Little did you know this person is even lazier than you are (shocking!) and your duties will now be the last thing on two peoples' lists. Carry on and find someone

Pisces (Feb. 19-March 20)

You will be very adventurous this week. "Those two" might just agree to go along with your idea. **Disclaimer** Madame O is not liable for any damage done to you or any of your parts

Aries (March 21-April 19)

As you may already know, you are very curious by nature. However, be sure to curb your enthusiasm this week, as it may lead to some trouble in the locker room ... unless you're into that sort of thing.

Taurus (April 20-May 20)

You will be cool and calm as always this week until that old woman takes too bloody long to cross the street. Your belligerent honking may cause her more hearing trouble, but it's really her fault anyway.

Gemini (May 21-June 20)

This week, procrastinate full on when it comes to your schoolwork. Those deadlines are just not reasonable no matter how much time you have, especially when there is drinking and sleeping to be done.

Cancer (June 21-July 20)

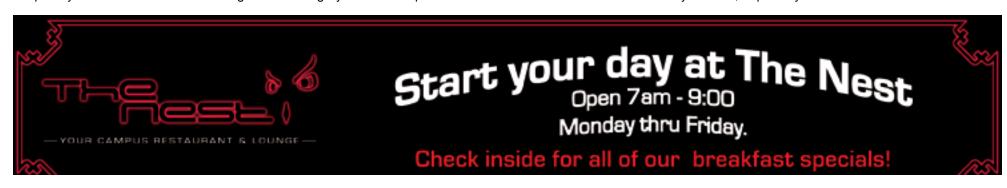
This week, you are inspired to be very considerate to others, but your habit of not taking showers for weeks at a time will conflict with this selfless philosophy of yours.

Leo (July 23-Aug. 22)

Today is your day. It will be a day like no other. You will go to school, then you will go home. Actually, you do that every day. But today, you will cry more than usual at your lack of "real, off-line" friends.

Virgo (Aug. 23-Sept. 22)

You, my friend, as your trait dictates, are very snobby and self-absorbed. Do something about it! Or don't. Whatevs.





Petro-Canada Day at NAIT

October 23, 2008

10 am - 4 pm

Petro-Canada Centre for Millwright Technology

South Lobby

South Learning Centre

POTENTIAL OPPORTUNITIES

CORROSION TECHNOLOGIST
REFINERY PRODUCTION TECHNICIAN
INSTRUMENT TECHNICIAN
OPERATOR

MAINTENANCE PERSON ENGINEERING TECHNOLOGIST MATERIALS TECHNOLOGIST

VISIT US AT:

petro-canada.ca/recruit









Thursday, October 9, 2008 The Nugget

TOP 10 TIPS

Evaluating a relationship



MARGARET MAREAN NAIT Student Counselling

Relationships are tricky. Adding the pressure of school can strain even the best of relationships. Here are some ways to evaluate your relationship:

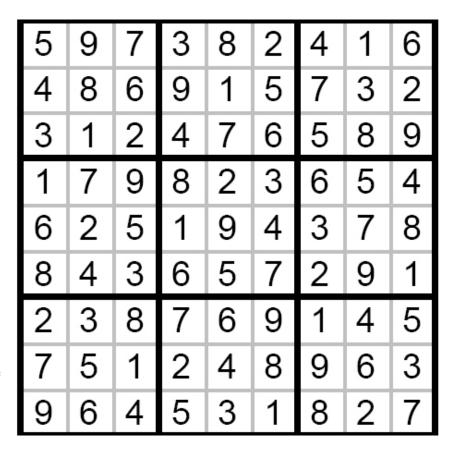
1. Ask yourself the following questions. If you can honestly answer 'yes' you are probably in a healthy relationship:

- I feel like I can be myself.
- I feel comfortable sharing my feelings with my partner.
- We respect each other's differences (opinions, feelings).
- We can negotiate and compromise when we don't agree.
- We don't hold grudges.
- We can say "I'm sorry."
- We enjoy each other's company.
- We both have an equal say in the relationship.
- We trust each other.
- We are honest with each other.
- We don't take each other for granted.
- Humour and fun are part of our relationship.
- I look forward to seeing my partner.
- My relationship brings out the best in me.
- 2. One in 10 students will experience some form of violence in their relationships. Beware if you can answer yes to any of these warning signs:
 - I have felt pressured to do things that I find uncomfortable.
 - I have been threatened.
 - I feel controlled in this relationship.
 - My partner is very jealous.
 - My partner does not respect me.
 - We often shout or yell when we disagree.
 - I often feel put down by my partner.
 - My partner tries to isolate me.
 - I feel like I am losing my identity in this relationship.
 - I am dependent on my partner to make me feel good about myself.
- 3. Did you give yourself time to get to know your partner before you got too

In most relationships there is a "honeymoon" phase where everything seems wonderful. Getting into a serious relationship too quickly can blind you from potential problems.

- 4. Are you and your partner willing to talk about and resolve problems? People in healthy relationships are willing to work at the relationship, and recognize that compromise and flexibility are part of a healthy relationship.
- 5. Do either of you keep score? One-upmanship or constantly keeping track soon undermines a good relationship.
- 6. Do you have a strong sense of commitment to your partner and does your partner have the same feelings? If you find yourself comparing your relationship negatively with others or looking outside the relationship, it may be time to move on.
- 7. Are you sensitive to each others needs? Do you respect each other's differences, consider their feelings and empathize with their views and feelings?
 - 8. Do you or your partner take the relationship for granted?
- 9. Is affection expressed regularly in your relationship? Regularly giving and receiving affection is a significant factor in relationship satisfaction.
- 10. Do you have unrealistic expectations of each other? No relationship can meet all needs. Too much dependence on a partner will drain the vitality out of a relationship. No relationship is perfect. Discuss with your partner how your relationship can improve for both of you. And if your partner is abusive, controlling or disrespectful, get out now. Relationships should be one of the most rewarding parts of your life – you deserve to be choosy.

Unsure about your relationship? Want to learn more about improving your communication? See a counsellor for this or any other academic, career or personal concern. Appointments can be made in person at the Student Counselling Centre, Room O117, or by calling 780-378-6135.



Solution for Sudoku #68



HALLQWEEN DISTRIBUTORS

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West Ed Northgate Londonderry Millwoods Boonie Doon Thursday, October 9, 2008 The Nugget 21

HELP WANTED

For the electoral district of EDMONTON CENTRE

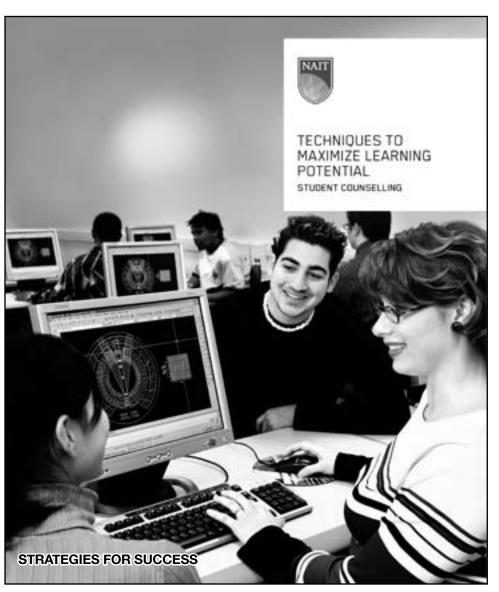
IS NOW HIRING CANADIAN CITIZENS, WHO LIVE IN EDMONTON CENTRE TO WORK ON ELECTION DAY

TUESDAY, OCTOBER 14, 2008.

- FULL, PAID TRAINING PROVIDED
- PAID FOR ELECTION DAY POSITIONS
- STUDENTS (18 OR OLDER), STAY-AT-HOME PARENTS, SENIORS, AND VISIBLE MINORITIES ARE ENCOURAGED TO APPLY.
- KNOWLEDGE OF ANY SECOND LANGUAGE MAY ALSO BE HELPFUL FOR SOME JOBS.

CALL 780-442-7844

Or, apply on-line at www.elections.ca



Pick up your free copy at Student Counselling, Room O-117

Gifts ... Prizes ... Gifts ... Prizes ...

NAIT Students Drop by Student Employment (O117, South Lobby, Main Campus) to pick up a FREE gift which will enter you in a prize draw for a desktop technology gift set. Prize includes wireless optical desk mouse with wireless receiver, USB 4-port hub. Prize draw will be take place on Oct. 31.

Classifieds

NAIT aquatic courses – Fall Semester

Want a challenge or help expanding your swimming ability? Or maybe you would like to start down the path to becoming a lifeguard. Start by taking Bronze Medallion and Bronze Cross here at the NAIT pool. Visit www.nait.ca/recreation for more information.

WINTER PART-TIME JOBS

Edmonton Ski Club seeking:

- Ski/snowboard instructors
- Rental shop personnel
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780-465-0852 Send resume to skiclub@telusplanet.net

2 BDR. APT FOR RENT

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- Call (780) 488-8643 or 999-8254

Instructor offers help for students

N. Pas Paskaran is an instructor in the Physics program with 30 years of teaching experience and has delivered seminars on "Being An Effective Student" for over 20 years. The material he has collected is available for free download as audio material in MP3 from his web page.

The audio material consists of titles such as: "How to write exams, Increase your mem-

ory power" and "Effective study skills." Each of this audio material is three hours long.

Students can access this free download material and benefit from the ideas covered by the above topics.

See web page address: http://humanpotential.cjb.net to access the material.

ATTENTION STUDENTS!

WANT TO EARN GREAT \$\$?

HAVE SOMETHING GREAT TO
PLACE ON YOUR RESUME?

DO YOU HAVE AT LEAST A 75%

OR BETTER MARK IN THE
SUBJECT(S) YOU WOULD LIKE
TO TUTOR IN?

WELL THEN!

CALL JOANNE PEETS

Thursday, October 9, 2008

Warnings needed for energy drinks?

By NATHAN SWYERS The Satellite (Mohawk College of Applied Arts and Technology)

HAMILTON (CUP) – Energy drink manufacturers recommend their products to boost energy levels or increase concentration, but some researchers say these beverages affect more than your attention span.

A recent study by researchers at Johns Hopkins University in the U.S. says some energy drinks contain as much caffeine as 14 cans of Coca-Cola.

The study's authors suggest that larger, more prominent warnings

should be required on these products, but Ahmed El-Sohemy, a University of Toronto expert on caffeine consumption, says energy drinks aren't the only culprits.

"We really have to compare it to what's in different cups of coffee. You go to Starbucks and you can buy a fairly large cup that has several hundred milligrams of caffeine," said El-Sohemy. "If we're going to have any kind of labelling, it really has to be applied uniformly across all foods and beverages."

Red Bull spokesperson Lubor Keliar says that his product simply increases performance, concentration, and reaction speed.

"Red Bull is an energy drink especially developed for periods of increased mental and physical exertion. It can be drunk in virtually any setting," said Keliar.

"One can [of Red Bull] contains approximately the equivalent amount of caffeine as a cup of coffee. The consumption should therefore correspond to a person's intake of coffee."

One large Tim Hortons coffee has 200 mg of caffeine, where one 16-ounce can of Monster Energy has 160 mg. A large Starbucks coffee has more than twice that amount.

"The amount of 160 mg, as a single dose, is safe. There is coffee that has more than that," said El-Sohemy. "It also depends on how many of those individuals consume. For younger kids, that is beyond the limit in Canada."

Red Bull only contains 80 mg of caffeine in one can, but the ingredients also list 1,000 mg of taurine, a naturally occurring organic acid found in the intestines. One can of Jolt Cola has nearly three times that

"Taurine has other biological

effects," said El-Sohemy. "We don't really know about the safety of taurine. It hasn't been as widely consumed as caffeine to be able to understand its effects."

Keliar says Red Bull is perfectly safe

"Last year alone, over 3.5 billion cans and bottles of Red Bull were consumed in over 143 countries across the world, and no one anywhere has ever shown any link between [our drink] and harmful effects," he said. "Health authorities across the world have concluded that Red Bull is safe to consume."

NAITfye (First Year Experience) Workshop Schedule - Fall Semester

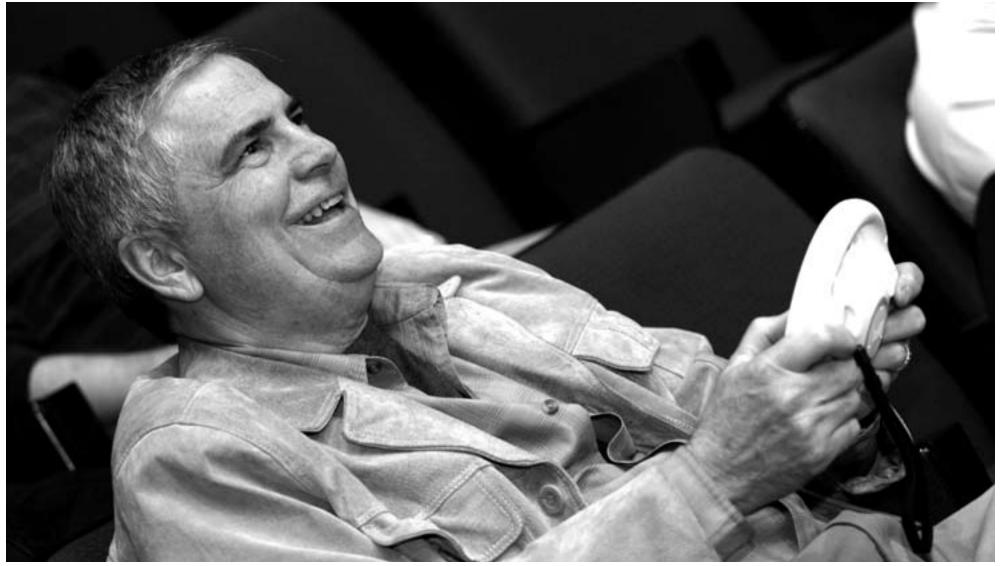
NAITfye is a new initiative developed to help students transition to life on campus. We have developed workshops on a variety of topics chosen with your specific needs in mind and theme oriented based on the time of year. Please attend as many of the following workshops as you wish. The workshops are free and no registration is required.

	Week	Monday		Tuesday		Wednesday		Thursday		Friday	
	16	Thanksgiving Day	13		14	Women in Technology	15		16		17
	17		20	Off the Bench	21		22	Off the Bench	23		24
80-	18	Join the NAIT Team	27		28	Join the NAIT Team	29		30		31
Oct	19		3	Maintain your Loan	4		5		6	Maintain your Loan	7
-08	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
	23		1	Who's the boss?	2		3	Who's the boss?	4		
Š	24		8		9	Women in Technology	10		11		12
80.	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

October-08	Thurs	What is there to do in Edmonton? For new Edmontonians	12:15-1:10pm	X215
9	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X213
15	Tues	Off the Bench and into the Game- Get involved at NAIT	12:15-1:10pm	WA212
21	Thurs	Off the Bench and into the Game- Get involved at NAIT	4:30-5:45pm	X203
23	Mon	Join the Team- Learn How to Find a Job on Campus	4:30-5:45pm	W301
27	Wed	Join the Team- Learn How to Find a Job on Campus	12:15-1:10pm	X215
29				
November-08	Tues	Maintain your Student Loan- You don't want to lose it!	12:15-1:10pm	X111
4	Fri	Maintain your Student Loan- You don't want to lose it!	12:15-1:10pm	WA212
7	Mon	Avoid the Freshman 15- Ask a Personal Trainer and keep the weight off	12:15-1:10pm	X111
10	Thurs	Avoid the Freshman 15- Ask a Personal Trainer and keep the weight off	4:30-5:45pm	T105
13	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X213
19	Mon	Stretch Your Dollar- Tips for the Starving Student	4:30-5:45pm	LO36
24	Fri	Stretch Your Dollar- Tips for the Starving Student	12:15-1:10pm	X111
28				
December-08	Tues	Who's the boss?- Have a problem? Want something? Don't know who to talk t	:o? 12:15-1:10pm	X111
2		I will tell you who's who at NAIT and what steps to follow.		
4	Thurs	Who's the boss?- Have a problem? Want something? Don't know who to talk t	6. 4:30-5:45pm	WA212
		I will tell you who's who at NAIT and what steps to follow.		
10	Wed	Women in Technology Meet and Greet	12:15-1:10pm	X213



FUN AND GAMES

Nelson McRae, a Computer Systems Technology instructor, plays wii against students in Wintech's event "You, Me and Wii" recently at the Shaw Theatre.

Wattie's world

Cancelled byelection ends bid for world domination

By GIUSEPPE VALIANTE **CUP Quebec Bureau Chief**

MONTREAL (CUP) - His name is Ronald Andrew Wattie. He is a vegan and a self-proclaimed running enthusiast. He is 71 years old and lives alone in a small, one-bedroom apartment in Montreal's east end. He

never married and has no children.

But Wattie is no regular bachelor: he is a radical. He hopes to someday become the emperor of a new world order, reigning down on the planet's 20 countries from his chosen world capital, the island of Cyprus.



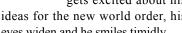
tried to gain exposure by running as ideas for the new world order, his an independent candidate in the fedeyees widen and he smiles timidly. eral by election for downtown Mon
He was born just north of Mon treal's Westmount-Ville-Marie riding, scheduled for Sept. 8. While his counterparts campaigned on platforms advocating issues like fiscal responsibility and stiffer sentences for young violent criminals, Wattie had other ideas.

His political platform/manifesto is simple, yet daunting. It centres on the idea that the world is overpopulated, and with him at the helm, "the peace of nature's balance would be

restored." Wattie's solution: only one in every 50 members of an extended family is allowed to procreate.

"A woman could have one child, two, or three, depending on her genetic qualities," Wattie said one day in September. "If she is average, then she would have two."

> Wattie is very fit for his age. He says he practices yoga daily and can almost get his feet over his head. He is about five-feet-nineinches tall with a very thin and meager build. He has a full head of brown hair and speaks very softly. When he gets excited about his



Ronald Wattie

treal and graduated with a history degree from Sir George Williams University in the mid 60s. He worked odd jobs and travelled most of his life.

The platform that Wattie handdelivered to over 75,400 registered electors in his riding stated: "Females ... would stay at home with their parents to discourage further procreation."

This would happen until the world's numbers are reduced to a

"reasonable figure."

He further explained that when humans "get serious" about the critical issue of overpopulation, sex would be unnecessary and humans would breed by artificial insemination.

The world according to Wattie would be broken up into what he calls "20 naturally frontiered regions [sic]." He pointed to a map of the world on his wall. There were black marker lines drawn all over it that he said represented the borders of the new world. The capital of the area that would encompass most of Canada and the United States, down to the Caribbean, would be Winnipeg.

"Winnipeg is very strategically located," said Wattie.

Every city in the 20 regions would select a representative to sit on the board of a capital city. A delegation from all 20 capitals would sit in the parliament of the world capital, Cyprus, where Emperor Wattie would rule.

"There's democracy on the local level," he said. He chose Cyprus because is it also "strategically located."

After pontificating on the need for fixed election dates, Harper cancelled the byelection in favour of a general election, and ended Wattie's chance of promoting his empirical bid in the Canadian Parliament.

Special Meeting of the School of Mechanical & Manufacturing Tues. Oct. 14, 2008 at 4:30 p.m. in X-107 to appoint two student Senate representatives.

All students in technologies which fall under the School of M & M are encouraged to attend.

- Building Environment Systems
- Industrial Heavy Equipment
- Materials Engineering
- Mechanical Engineering
- Power Engineering
- Auto Body Technician
- Automotive Service Technician
- CNC Machinist
- HVAC Specialist
- Power Engineering 3rd Class
- Power Engineering 4th Class
- Many apprenticeship programs

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THE 2009 CHEVROLET AVEO MAKES IT HAPPEN



Search for "Alberta Chevrolet" on Facebook.com or visit albertachevrolet.com for more details.

For more information visit us at gm.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. We'd like you to know more: **Offer based on cash purchase price for 2009 Aveo (1SM). Freight (\$1,125), license, insurance, registration, PPSA, administration fees and taxes not included. Administration fees may vary between dealers. Dealers are free to set individual prices. Cash purchase price reflects discounts and other incentives which are only available where consumers opt for cash purchase price. By selecting purchase finance offers, consumers will be foregoing such discounts and incentives which will result in higher effective interest rates. Offers apply as indicated to 2009 new or demonstrator models. Offers apply to qualified retail customers in the Alberta Chevrolet Dealer Marketing Association area only. Limited time offers which may not be able to be combined with other offers. When equipped with a 5-speed manual transmission estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ‡ As shown, MSRP for 2009 Aveo with optional equipment is \$14,940. #U.S. Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (NCAP). For more information on safety ratings, go to www.safercar.gov.