

INDIE NIGHT AT THE NEST, SEPT. 25

THE NUGGET

Thursday, September 18, 2008
Volume 46, Issue 4



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

SHINE TIME!

Shinerama shone some light on the Cystic Fibrosis cause
Story page 3, colour photo spread pages 12, 13



Photo by Javier Salazar

CLEAN MACHINE

This bike gets some TLC from two Shinerama volunteers last Saturday in a NAIT parking lot.



—YOUR CAMPUS RESTAURANT & LOUNGE—

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NEWS & FEATURES

NAIT's Christmas came early



CHRIS CARMICHAEL-POWELL
Senior Issues Editor

As the rest of us hold on with our dear lives to any moment that closely resembles the quickly fading summer weather, NAIT is already eagerly filling its pockets with some pre-Christmas cash.

Last week, NAIT received a large donation from Finning and the Caterpillar Foundation totalling \$3 million.

"The contribution that Finning and the Caterpillar Foundation are making will help new, energetic students keep our industries moving forward," said Finning technician and NAIT alumnus Chad McConnell.

"This gift will bring the latest tools and technology to the classroom and it will make sure that students learn from and with the best."



Photo by Leigh Frey, NAIT TCI

A Caterpillar mini-excavator provides a backdrop last Tuesday for Dr. Sam Shaw, left, NAIT President and CEO; Chad McConnell, NAIT alumnus and current Finning technician; Jon Carman, President, Caterpillar Canada and Dave Parker, President, Finning following the presentation of \$3 million to NAIT by the two companies. With them are a group of heavy equipment program students who will benefit from the donation.

The contributions were made specifically to the institution's Heavy Equipment programs. One million dollars in equipment was

donated by Finning, coupled with an additional \$1 million to boost NAIT's Heavy Equipment Technology (HET) and Industrial Heavy Equipment Technology programs. Caterpillar topped it off with a supplementary \$1 million donation, in cash!

"Investing in NAIT means creating countless success stories. "We're working hard to provide our customers and partners with a skilled workforce. At the same time, we're committed to providing this skilled workforce with exciting opportunities in our industry," said David Parker, president of Finning (Canada).

NAIT is still unsure of how the cash funds are to be allocated, as the money is not earmarked for any specific

projects at this time.

"Finning and the Caterpillar Foundation's investment in NAIT allow us to help these great companies with training new employees and current employees on the latest technology. Partnerships like this help to offset Alberta's skills shortage in a program area that is experiencing increasing demands for highly skilled graduates," said Dr. Sam Shaw, NAIT's President and CEO.

NAIT is currently the leading trainer of heavy equipment technicians in Alberta, with enrollment this year at 1,350 apprentices. The HET program has gained a considerable amount of popularity throughout the past half decade, including a jump in enrollment of 107 percent.

"This is a perfect fit for Foundation funds ... Among other benefits, foundation contributions help enhance educational programs in the communities where our employees work and live," said Will Ball, Caterpillar's social responsibility initiatives manager.

"This gift to NAIT has the potential to also help our dealers in Canada, Finning, and our customers by helping to train the best and brightest to develop strong technical skills."



Photo by Mandy Kostiuk

SOMEBODY WILL HAVE TO PAY

Edmonton police oversee the cleanup after a fender bender Wednesday in front of NAIT on Princess Elizabeth Avenue.



Volunteers have a little fun as they get ready for their Shinerama fundraising efforts on Sept. 13.

Photo by Shant Chakmakian

Shinerama cleans up

SHANT CHAKMAKIAN

More than 80 students rocked Shinerama on Saturday, Sept. 13, as the school managed to raise almost \$6,500 to fight Cystic Fibrosis.

Students from Respiratory Therapy and various other programs went out and gave a solid effort as they raised some serious cash.

It was great weather and as a result it boded well for the car wash at NAIT as that team raised over \$900!

Students were spread out in locations all over the city, such as Londonderry, Kingsway, Westmount and West Edmonton malls.

Some locations were better than others – West Edmonton Mall was busy as usual, but places like Westmount saw very little traffic due to a demographic that consists mostly of seniors.

But no matter the conditions, that didn't deter students from putting in a solid effort no matter where they were and really championing the cause.

NAITSA Campus Culture Director Jennifer Grundke was happy with this year's fundraiser.

"Very successful, well organized," she said after the event. (There were) "lots of committed volunteers who signed up in advance and a great turnout and fantastic weather."

As for why the Respiratory Therapy students did not organize the event again this year, it came down to a question of time, Grundke said.

"It's a very large work load," she said. "They did an outstanding job organizing and planning, but it's a very time-consuming project and took up a huge amount of their personal

time ... We want to ensure that Shinerama is properly planned and supported fully by NAITSA," she said.

"We opened up applications last spring and hired a full-time summer student to plan the events."

Despite the success of this year's Shinerama, there were setbacks. ETS was not sponsoring it this year, and as a result, a single school bus had to take everyone to their respective locations, a few groups at a time.

Adding to that, the departure was late as everyone was asked to show up at 8:45 a.m., but arrived at their respective

locations hours later. Also the after party admittedly had little

effort put into it.

Most people didn't want to come to The Ranch and people who volunteered in previous years knew not to expect much from the Shinerama after party. But those who went noticed that The Ranch rocked it anyway.

Currently, the fundraising is not over as the Shinerama VIP card is available at the NAITSA office. This year the Shinerama VIP card took a new direction, offering deals at places other than clubs – like Earths Revolution, Morinville Paintball and Vertically Inclined.

The card still offers deals and priority entrance at places like The Ranch, Union Hall,

Hudsons, Diesel, Globe and Oil City.

Grundke said the funds raised were a little less than the target sum.

"We were a bit short of our goal for Shine day, but with the Shinerama cards, we will be back on track in no

time," she said.

For more details on the VIP card, check out shinerama.nait.ca and fight Cystic Fibrosis while you party. Be sure and come on down next year and join the fight against CF.



Oilers pre-season tickets on sale at the Bookstore starting September 19th!



BOOKSTORE

Watch the Nugget & MyNAIT Portal for announcements on regular season Oilers tickets.



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

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.

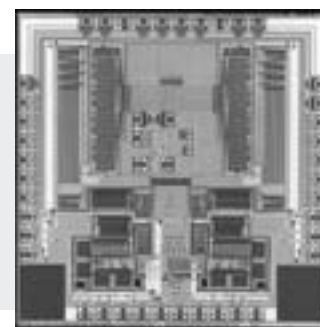
It's all good. Getting something off your chest is downright therapeutic. Write us.

**Tech
Talk**



SHANT CHAKMAKIAN

iPhone's for me!



Since its release, the iPhone has taken the market by storm.

Combining mobile computing and a strong platform for not only making calls, but staying connected, the iPhone is rapidly evolving into the "everything device."

Available in 8 GB or 16 GB versions, it has the ability to hold and store hundreds of songs and videos.

Boasting a high resolution screen, no bus ride, lineup or wait at the doctor's office could be boring with video because wherever you go with the iPhone

you have access to your favourite movies. It also boasts up to 10 hours of talk time or up to 24 hours of music playback as it takes being mobile to the next level.

As the iPhone evolves, so does the ingenuity of how it can be used. Features such as

Geotagging photos, which is posting photos to particular co-ordinates, are all new features enriched with onboard GPS.

With the advent of devices like the BlackBerry Bold, people have come to expect Wifi. The use of Wifi can dramatically lower data

costs and also increase access for users in corporate environments.

The iPhone isn't all about play, as it supports a myriad of enterprise features and applications that make it a viable IT option in the business environment.

In a joint partnership with Microsoft, Apple has given the iPhone the ability to access corporate e-mail via Microsoft Exchange. It also supports global address lists, VPN connections (to get on corporate networks securely), and remote wipe,

which allows you to remotely ensure your iPhones' data is destroyed if lost.

Also being taken to the next level is Facebook, which now has an application for iPhone. Giving users the ability to post photos and stay on top of their feeds, it also adds the

functionality of Facebook IM, which can be a mixed blessing.

Facebook IM can be useful, but IM can be very invasive, especially if you are online all the time. It can be hard to go offline, but it is doable, so keep that in mind if you get the new Facebook app. Also note that Facebook is coming out with version 2.0 for the iPhone, which promises to deliver a user experience similar to full featured Facebook.

With all this functionality and power at our fingertips, we don't have to worry about what our phone can do, but rather, how to control our ADD. It takes a certain level of discipline

to not be glued to Youtube and chatting it up on Facebook 24/7.

For those of you who do have iPhones, control your habit before it becomes a compulsive disorder – seriously. But if you can manage to use the iPhone as a tool to enhance your life while still living a normal one, then you will find that it is the thing to own.

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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- We can contact the organizers to let them know how Edmonton can meet and beat their expectations.

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EDMONTON

**Their cars got towed.
Where did you park before class?**

Parking illegally around colleges and universities annoys the neighbourhood. Please don't park in clearly marked residential parking zones. Residential streets are not acceptable parking areas for students. Vehicles parked in these zones will be ticketed and towed WITHOUT WARNING at the owner's expense.

Residential streets around post-secondary schools are closely monitored by parking enforcement officers. For information call the City of Edmonton Parking Enforcement Services at 496-3100 or visit www.edmonton.ca/bylaws.

Edmonton PLANNING AND DEVELOPMENT

OPINION

— Editorial —

NAIT students forgotten ... again



GABRIELLE HAY-BYERS
Editor-with-no-control

It seems that all too often, the *Nugget* and its staff end up writing about pretty events and happy days. Sure, events and sports games are important, they bind us together as a student body.

But another thing that binds us together is that often we all are going through similar struggles while we're here preparing for a better life. How

many of us haven't faced parking issues, bus issues, scheduling issues ... ? The very fact that so many of us go into enormous debt with just the hope that one day we'll not only make more money, but have the time to make more money, puts a lot of us in the same place.

Something just doesn't match when NAIT can throw parties to celebrate our diversity, but our diverse population is still struggling. What kind of hypocrisy does it show when we're celebrating and some students have to determine if they can afford to eat today?

Once you cast your glance beyond the pretty new sign and artful re-branding and put your attention past what NAIT wants you to see, there are problems that can affect us all lurking underneath the pretty surface we're supposed to accept.

At what point are NAIT students going to stop forgetting that they deserve more?

In researching St. Albert Transit, I was told, for all intents and purposes, that if a NAIT student needed to take a bus back to St. Albert after 7:15 p.m., they could walk to the other side of Kingsway Mall and wait for the next bus (which comes roughly hourly).

I'm sorry, but I was a little bit torqued on your behalf, StAT riders. I've done the St. Albert Transit thing — until a cut in park-and-ride stalls and reduced service to NAIT rendered my \$260 transit pass useless. But telling students that they could walk a few blocks in the dead of winter, at night, just off 118 Avenue was something I absolutely did not expect out of StAT.

Of course, there was the other option of taking an ETS bus to downtown and waiting out the hour for the next bus roughly one block off Jasper Avenue, which has been plagued with violence of late. Another totally sensible idea, StAt.

This is just another example of how NAIT students are often treated like they're second-class, by all levels of government. (Does anyone remember our omission from the 20-Year-Plan?) Unfortunately, we are often forgotten until the need for our skilled trades spikes, and even then, it's often charitable donations like last week's from Finning and Cat that get us by.

It's just too bad that a donation for equipment can't put food in the mouths of our students, or get them reliable access to buses. But, at the end of the day, we're all going to be making great money when we get out of here, right? Wrap yourself up in that to keep warm while you're waiting in the snow for StAT.



Photo by Javier Salazar

— Letters —

Tempest in a water bottle?

Dear Student Editor:

UBC banning bottled water is typical. A few eco-terrorists are demonizing technology. In a similar example, Freon was banned, based only on an ozone-hole theory, while the real culprit is probably the chlo-

rine in ocean water.

In the UBC case, the fact is that truly clean water does not come out of a typical water fountain, and really clean water is not dirt-cheap. For example, according to Polar Bear Health and Water, making a gallon

of distilled water requires three kilowatt-hours of electricity, which costs about 30 cents. And, stainless steel and special plastics are required to handle distilled water.

Sincerely,
R. Blakely

Politicians should share blame

Every election, people who choose not to vote are criticized. Yet the politicians get off scot-free of the blame for a poor turnout. Broken promises! Lies! Laws that don't seem to apply! One-sentence party

platforms! You really want people to show up and vote? Then how about a new check box for, "None of the above!"

Corey Timmins,
CST Student

Editorial Comment: Corey, since NAIT is all about education, I feel obligated to enlighten you as to the "destroy your ballot" option. This would be your "none of the above" option.

Your views are important

We want to hear from you!

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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

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

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

Trust us on that. Write us.

NAIT saves by going green

HANNAH MOIR

In the two years since the HP Centre has opened, energy costs have been cut dramatically, thanks to the dynamic and positive ideas of the Energy Management department.

Energy costs for the HP Petro-Canada and Spartan centres are now "15-20 percent lower than the HP Centre alone before the changes," said Dennis Gibeau, manager of Energy Management, which is especially impressive since minimal changes were made in those areas.

New measures

Energy Management did this through a number of new energy saving measures, one of which was the installation of motion sensed lights and ventilation systems in the HP Centre classrooms and common areas.

"When the building opened in 2002, the lights and ventilation system were constantly on in the common areas. The building's systems were not originally designed to communicate with each other," explained Gibeau.

In the common areas, it is no longer even necessary to turn on the lights, since the installation of photoelectric sensors, which detect when the natural daylight

is no longer sufficient to light up the space.

Soon, the PetroCanada and Spartan centres will be up to grade with the HP Centre, once their ventilation systems are updated.

"Right now, the lights have occupancy sensors, but the ventilations system is not integrated."

Work on the Spartan and Petro-Canada centres is already in progress and includes an emphasis on system integration.

Patricia Campus

Energy Management is also working on installing an integrated energy system on the Patricia Campus.

Most of the original heating and ventilation equipment at Patricia Campus is gas fired, but by investing \$10,000 to integrate the existing control system with NAIT's centralized control monitoring system, the Patricia Campus equipment would then only run when required.

As these new energy saving management techniques are incorporated into NAIT, Energy Management is finding that it is in a matter of months that we see initial investment payback on the cost of integration and upgrade, rather than the years one might expect.



Photo by Carla Pearson

NAIT employee Ron Small poses with new energy efficient lights that NAIT is installing. Ron replaces about 100 old lights with new ones each day.

Where is SuperGeek?



MacMini



Toshiba 22" LCD/
DVD Combo TV

Get a 2nd entry form by becoming a
NAIT Tech Store friend on **Facebook**.



TECH STORE

Bring your entry to the Tech Store in the HP Centre

Official entry forms only—no duplicates. One entry per week.

Hey you!
Find me on
Campus &
win this great
prize pack!



Each week we will be hiding SuperGeek somewhere on Campus; a new location each week. Check the Nugget for entry forms.

NAME _____
STUDENT ID# _____
PHONE# _____
LOCATION: _____

Week 3

Chem lab incident sparks response

By **GABRIELLE HAY-BYERS**
Editor-in-Chief

Tense moments enveloped a chemistry lab on Sept. 15 when a student was taken to hos-

pital around 4:30 p.m.

"NAIT's Occupational Health and Safety office called 911 when a student working in a chemistry lab complained of nausea,"

said Rayne Kuntz, a media relations specialist with NAIT's department of corporate communications.

"The student had been doing a number of experiments in the lab when she started to feel sick."

The 911 call was quickly responded to by paramedics and fire officials. According to Kuntz: "Any time emergency crews are called because of a possible inhalation, both fire and ambulance are dispatched."

While the paramedics assessed the student and transported her to hospital, the fire department inspected the lab. In the end, it was determined to be safe for use as it was felt that the chemicals had stayed inside the

fume hood.

Corporate communications reports that the student was transported to the hospital as a precautionary measure, and that no other students were impacted. However, NAIT's Occupational Health and Safety Department is still investigating the incident.

"NAIT Occupational Health and Safety would like to remind students that if they experience any ill effects from working with substances in the lab or classroom environment, they are to notify their instructor immediately and come to the Occupational Health and Safety Office in Room O119 for follow-up," Kuntz said.

Lab G108 is back in full use.



A couple of Edmonton firefighters relax after responding to a call at a NAIT chemistry lab on Sept. 15.

Want a job? NAITSA's looking for you!

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

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

Front Desk Assistants

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

Street Team

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

Volunteer Co-ordinator

- Help co-ordinate the NAITSA Volunteer Program.
- Assist with recruiting volunteers.
- Responsible for scheduling volunteers for campus events, leading volunteers during events.
- Responsible for planning all logistics associated with regular volunteer recognition nights.

The Nugget

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

Movie Night Co-ordinator

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

Event Co-ordinator/ Head of Security

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

SUDS Security Guards

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

The Nest

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

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



UPCOMING EVENTS!

- SEPT. 22-26:** WELCOME TO E-TOWN!
EDMONTON AWARENESS WEEK
COME OUT AND EXPERIENCE EDMONTON WITH US!!
- SEPT. 23:** SHAW THEATRE – MOVIE TUESDAY
ENJOY A FREE MOVIE AND POPCORN WITH NAITSA FOR THE PRICE OF \$0!
- SEPT. 25:** THE NEST – INDIE NIGHT
ENJOY A FREE LIVE MUSICAL SESSION FROM DYNAMIC NEW BANDS.
- SEPT. 30:** SHAW THEATRE – MOVIE TUESDAY
ENJOY A FREE MOVIE AND POPCORN WITH NAITSA!

WELCOME 2 E-TOWN

SEPT. 22-26

SEPT. 23 11 AM - 1 PM Edmonton TRADE SHOW	Come learn about services and amenities available in our beautiful city.
SEPT. 24 4:15 PM MEET @ THE NEST \$20	Edmonton Tour & Dine Take a dining tour of the city to three fantastic Edmonton restaurants. <i>Café Select, Tropika, and Acqua Marina</i> Tickets @ NAITSA Office!
SEPT. 26 4:15 PM MEET @ THE NEST \$30 TEAM REGISTRATION FEE (MAXIMUM OF 10 TEAMS)	THE AMAZING BOOKLET RACE Register a team of 3 and race around Edmonton to earn points. YOU COULD WIN \$1000 CASH!

Tickets and Team Entry Forms available at NAITSA Office:
Room E-131 • Tel: 780.471.8855

www.naitsa.ca

SPORTS

Coaching to a new level



By **NAHREMAN ISSA**
Senior Sports Editor

Standing six-foot-five, Don Philips stands out among the players on the court. As the new head coach of the men's basketball team, it'll be a different look and feel to the team. Philips will try and lead the squad to a winning record and a playoff spot. Last season's team went 9-15 and failed to make the post season.

Philips takes over the reins of the team that was led by former coach Chuma Nwobosi – who is now a student himself at the U of A where he is completing his education degree.

While Nwobosi's presence will be missed, Philips is a guy who will quickly become a fan/player favourite. In fact, three players have followed Philips to different schools, all for the chance to play for a coach they highly respect.

"Coaching is something I do to develop good relationships," Philips says. "A trust that's good on and off the court."

As with any coach, winning is the name of the game. While Philips has been successful as an athlete and a coach, winning many championships, he has yet to coach a college team to

a championship.

"My goal is to win at any level," Philips says. "Just last year, I coached [the team at] Paul Kane High to a provincial championship."

Having a new coach is something many players experience. Philips understands how important it is to get players to adapt to a new coaching style.

"Not all coaches are the same," Philips said.

"I have a system that I want the team to know – that is what I expect of them. With some players, you must break down their bad habits on the court."

So what can NAIT expect from the men's basketball team this season? The team is trying to improve on a losing record while making its way into the post season.

"This is a process," said the coach. "Rome wasn't built in a day. I'm looking forward to the challenge. My goal is to win a national championship. This is a process we have to go through."

Coach Philips not only knows how to play ball, he also knows how to hit the books. Philips joins us from Paul Kane High School in St. Albert, where he's an English, Social and Psychology teacher. Past coaching stints include the U of A Bears, Grant MacEwan and Bellerose High School.

The men's first game takes place on the road against Concordia on Oct. 10.



New men's basketball coach Don Philips watches recently as his team practises at both ends of the court.

Photo by Warren Hrycun

New look in sports dept.

By **AMBER TIENKAMP**
Assistant Sports Editor

With five new coaches on staff, the 2008-2009 season seems to be a great time to start the new coaching program at NAIT.

As the only college in the country with a full-time coaching staff, there is a great deal of potential in the new program.

On Monday afternoon, the NAIT coaches, along with Linda Henderson (Director of the Department of Athletics and Recreation), Gregg Mero-poulis (Athletics Co-ordinator), and Landon Moskowec (Sports Informa-

tion Officer) met to outline a direction for the program.

"Mostly, we want more focus ... to be able to excel beyond what other colleges have done in the past, and improve our teams and raise our athletes' profiles," says Moskowec.

Also a new edition to NAIT athletics, Moskowec handles press and media releases and media relations for NAIT teams.

He would like to see NAIT athletes get more recognition for their talent, and with some full time coaches and someone with a media connection, perhaps this year that could start to happen.

Campus events for September

When	What	Where
Sept. 22-26	Welcome to E-Town Edmonton Awareness Week	-----
Sept. 23	Movie Tuesday	Shaw Theatre
Sept. 25	Indie Night	Nest
Sept. 27	Club Orientation	Birch Bay
Sept. 30	Movie Tuesday	Shaw Theatre



NAHREMAN ISSA
Senior Sports Editor

2 minutes in the box

Last year, roughly around this time, I wrote an article about puck bunnies. Now, before I move on, I AM NOT ONE. I just called myself a LIGHT version of one. Once again, please note the word "light," capitalized. Basically it means that you can think a hockey player is hot, but you can name off hockey stats like no one's business. I put myself in the "light" category. I don't sleep with them, never will, but my God, some of them are hot. I did do a top-10 hottest hockey players list that I'm sure was a

big hit in a school which consists mostly of men!

But the topic of puck bunnies came up again while talking to Adam Cook, over at CTV. We were talking about girls sleeping with hockey players. Yep, this is some of the fun conversation we have at work! It's just that with me trying to be a sports reporter, I feel the stigma of puck bunny will most likely follow me around.

Yes, I'll say that Sheldon Souray is hot. But I'll follow that up with: If he can stay healthy, the Oilers will

have a couple of legitimate scoring threats from the blue-line with Lubomir Visnovsky joining the ranks. Top it off with young guns Tom Gilbert and Ladislav Smid, and the Oilers' goals-for will surely rise. Now, we just have to take care of our goals-against, seeing how the Oil allowed 251 goals, second most in the conference.

Sure, when it comes to getting sports info, more people would prefer if it came out of a man. And I'll admit I'm one of those people, too, sometimes! But because some girls

ruined it for others, we're all going to have that stigma.

Put it this way – if I wanted to be a sports reporter just to sleep with the players, why would I waste my time spending two years in school when I could easily just get a job at some downtown eatery that shall remain nameless where the waitresses get passed around more than the puck on an Oiler power play.

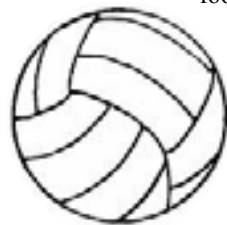
That's the problem, though. In Canada, hockey players are celebrities. Hooking up with one is like you just conquered Mount Everest. But

why would a girl want to be some side show for any guy. Clearly they know that if a player will sleep with them, what makes them think they wouldn't do it with anyone else? It's not like he's going to leave his wife for you, or not cheat on you with another girl.

I'm not trying to preach. But maybe someone can tell me why girls do what they do. And puck bunny just doesn't fall at the NHL level. I wonder what the situation is like with our NAIT Ooks! Anybody want to fill me in?!

Men on target against Huskies

The NAIT Ooks men's soccer team went undefeated last season until the ACAC championship match, and though the season is still young, the team is once again off on the right



foot as it remains unbeaten through the first third of the regular season after defeating the Keyano College Huskies 6-3 and 5-1 on the weekend (Sept. 13-14).

Saturday's game saw three players score a pair of goals each: third-year midfielder Shane Faria, second-year forward Freddy Akok, and

rookie midfielder Joe Asarfo-Adjei.

Faria scored two more goals Sunday while Asarfo-Adjei, second-year midfielder Jaspal Singh and second-year forward Nick Shapka also scored a goal each.

Head coach Jeff Paulus committed his team to working on its offence after a scoreless draw with the MacEwan Grifins to open the season.

"We're not too worried about results, just areas of the game that we're working on week

by week," said Paulus.

"We're right where we want to be and this weekend proved that. We worked on our attack all week and it showed, as we probably controlled about 80 percent of the ball possession and just exhausted our opponents because they had to keep chasing us."

The Ooks play Saturday (Sept. 20) at Concordia against the Thunder at 4 p.m. and Sunday at home against the Grande Prairie Regional College Wolves at 2 p.m.



Coach Jeff Paulus
'Right where we want to be'

Ooks finding their offence

After being shut out in the season opener, head coach Sergio Teixeira and his



Coach Sergio Teixeira
Encouraged

NAIT Ooks women's soccer squad committed the following week to working on its offence, and it paid off in a big way over the weekend (Sept. 13-14) as the Ooks routed the Keyano College Huskies 10-0 and 6-0.

In Saturday's match, the Ooks received goals from six different players. Rookie forwards Jaymee Sirman, Alison Pierce and Janet Cheng had a pair of goals each, while third-year forward Mel South, first-year forward Anita Viridi and first-year midfielders Kelsey Smith and Michelle D'Angelo also contributed goals.

In Sunday's follow-up match, it was Pierce who led the charge as she scored a hat trick, while South, second-year defender Alex Mah and fourth-year midfielder Allie Marshall added a single goal each.

First-year goalkeeper Jennifer Garwasiuk earned the shutout in both games.

Coach Teixeira called the results encouraging as the team prepares for its next matches this weekend.

The Ooks play Saturday (Sept. 20) at Concordia against the Thunder at 2 p.m. and Sunday at home against the Grande Prairie Regional College Wolves at noon.

Athletes of the week

Allie Marshall Soccer



One of the few returning faces this year, Allie Marshall, a fourth-year electrical engineering student from Spruce Grove, provides a steady veteran presence for a young NAIT Ooks women's soccer team. Against the Keyano College Huskies last weekend, Allie was named the Ooks player of the game in a 10-0 victory on Saturday. She also added a goal in Sunday's 6-0 win. Head coach Sergio Teixeira praised Allie's play over the weekend. "She's been excellent for us," said Teixeira. "She's played great both offensively and defensively."

Shane Faria Soccer



Though the team has lost several key players from last year's silver medal squad, one reason that hopes remain high for the men's soccer team is Shane Faria, a third-year business administration student from Edmonton. "Shane was brilliant all weekend," said head coach Jeff Paulus of Shane's play against the Keyano College Huskies. He scored two goals in Saturday's 6-3 win and two more goals in Sunday's 5-1 victory. Shane also was named Ooks player of the game for both matches.

ENTERTAINMENT

Creature comforts



BRYCE ALTHOUSE
Senior Entertainment Editor

When Tom Hanks said (as Forrest Gump), “Life is like a box of chocolates ... you never know what you’re gonna get,” he must have been thinking about Creature. In fact, the only thing you can expect from Montreal’s own indie-funk-pop-rock outfit is the unexpected.

And so that theme carried into their headlining performance at the Nest’s first Indie Night on Sept. 11. Everything was unexpected. From a sound man that had to take a trip to the ER, to late arrivals, to no opening act, to a much delayed concert start time, no one was quite sure what to expect when Creature did take the stage.



The result was impressive and an excellent way to kick off their cross-Canada tour. From the moment that front-woman/keyboardist extraordinaire CowBella took the stage, she captivated the audience and started a dance floor frenzy that did not fizzle out until seconds after their closing song.

With tracks like the ’70’s funk-esque *Who’s Hot, Who’s Not*, to ’80’s new wave-ish *Don’t be Afraid*, to the almost *Planet of the Apes* inspired *Last Days of America*, to my favourite unreleased-and-coming-up-next album track titled *Bitch in White Leather*, (which is apparently inspired by a crush shared on one woman by the entire band) it’s not surprising that people just aren’t able to sit still.

This wasn’t a case of a “stand and deliver” performance, either. Especially with guitarist Kim Ho and CowBella splitting vocals, instrument playing and dancing duties ever so evenly between the songs.

Yes, there was that same overpowering essence of energy on stage and it helped create an intimacy between the band and the audience that is rarely seen. Exchanges of words, actions and perhaps bodily fluids were made between songs by the audience and the band.

This culminated spectacularly when an audience member (who may or may not have been Brent Constantin in disguise as Brent Constantin ... the video is still being studied by “top men”) became a part



Kim Ho and Cowbella of Creature hold the stage on Sept. 11 at the Nest.

Photo by Patricia Andrade

of a supremely funky guitar solo that recalled the shredding spirit and showmanship of Jimi Hendrix. Creature also took time after the show to sign many autographs and answer questions, which created an accessibility factor not usually afforded by many other bands.

So although you may not be able to classify or predict a Creature show, I can say with certainty that all the people that attended the first Indie Night thoroughly enjoyed a great perfor-

mance and will be talking about it for months to come.

Now if you missed out, don’t fret! Not only can you buy Creature’s latest album, “No Sleep at All” on iTunes and fine record outlets such as HMV, but there will be many more Indie Nights! In fact, check off your calendars for Sept. 25 and be there! Or you may just miss another show and regret it for the rest of your life. Or the next three seconds ... if you’re a hummingbird.

REVIEW

Metallica – Death Magnetic

BRYCE ALTHOUSE

Fans and casual listeners rejoice! Metallica still knows how to put out an album that can blow your mind straight out your arse!

After 2003’s terrible mess they called “St. Anger,” Metallica almost became a dirty word among metalheads and many people began pretending that the band stopped existing after 1988’s “And Justice for All.”

But the band has redeemed themselves with their new album “Death Magnetic” which exemplifies that they do remember their roots as

thrash metal pioneers and that they still can write songs as epic as *One*, *For Whom the Bell Tolls*. Starting with a split from long-time producer Bob Rock (who joined them for 1991’s “Black Album”), they picked up “the one and only” Rick Rubin (who has worked with such acts as Slayer, Danzig, Slipknot and System of a Down ... to name a few) and began to go to town on making an album that some would

call an unexpected comeback.

From the return of Hammett’s blinding guitar solos, to Ulrich’s frenzied and frantic drumming style, to a set of tracks that range from five minutes (*My Apocalypse*) in length to an amazing nine minutes and 58 seconds (the instrumental *Suicide and Redemption*) it is clear that this is more than just a slight departure from the alt-hard-rock sound that Metallica started chasing



with the “Black Album”.

With tracks such as the *Fade to Black*-ish, *The Day That Never Comes*, the raw and wild *All Nightmare Long*, and my personal favourite ... the not-as-good-as-the-original-but-still-an-excellent-continuation *The Unforgiven III*; it’s easy to see why there’s so much to enjoy about this second coming.

So whether you are a seasoned veteran of the scene or are just starting to fall under the dark influence of all that awesomeness which is metal, you have probably found

Metallica to be one of the first bands that you ever listened to and really enjoyed.

If you can relate to that statement, then I suggest that you go out and buy “Death Magnetic.” It is a step in the right direction and if the fans respond favourably, then who knows how far Metallica could run with this new-found energy. Let’s just hope they title the next one with a bit more nostalgic influence. Anyone ready for a return of the disallowed original title of “Kill ‘Em All”? Or is “Metal up Your ...” a bit too subtle?



Kim Ho of Creature lays down a riff.

Photo by Carla Pearson

McCain, really?

By **GABRIELLE HAY-BYERS**
Editor-in-Chief

I wasn't expecting much more than a good nap when I threw what I thought was a documentary about U.S. presidential hopeful John McCain into the DVD player during my Friday night date (the things I'll do for this paper ...).

I say I thought it was a documentary because once I started watching it, I realized that no "serious" documentary maker would include a song that takes McCain's words and connects them together for what will soon be a great hit called "Bomb Iran."

The DVD, which was a joint project by Brave New Films, ColorofChange.org, Democracy for America, the National Organization for Women and VoteVets.org, was put out by The Disinformation Company.

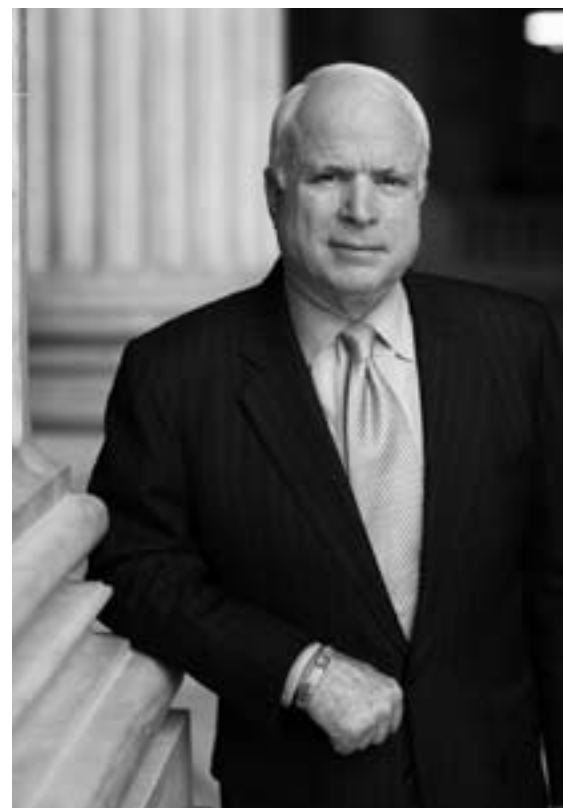
The Real McCain – Less Jobs More Wars isn't a documentary at all. It's more of a political satire with a compilation of some of the many great short films about McCain circulating on the Internet.

While the DVD does have its comedic moments, it also does a fantastic job of showing some of McCain's political inconsistencies. I will say though, every speaker that appeared on the film seemed to be strategically placed in front of a bookcase. I'm sorry ... children's books don't really give the "I'm so much smarter than you think I am" effect ... try again!

Regardless of your political leanings (or if you even care about the American elec-

tion) this film is an interesting pedestrianized view of McCain's political career and does discuss his background quite truthfully.

Check out disinfo.com's DVD section anyway to see some of their awesome political commentary based films.



John McCain

NAITSA Presents...

INDIE NIGHTS

@ THE NEST

FREE CONCERT SERIES

SEPT. 25

@ THE NEST

4:30PM

outfall

HEY OCEAN

PERFECT BLUE

FREE

TUESDAYS

MOVIE

IRON MAN

DOWNEY JR. HOWARD BRIDGES PALTROW

TUES. Mar. 11 5:00pm

@ Shaw Theatre

FREE popcorn & water

STUDENTS' ASSOCIATION

www.naitsa.ca

facebook

Visit us on facebook

SHINE ON, S



Photo by Mandy Kostiuk



Photo by Mandy Kostiuk



Photo by Javier Salazar

SHINERAMA!



Photo by Javier Salazar



Photo by Alex MacKenzie



Photo by Mandy Kostiuk

FOR A GOOD CAUSE

Spirits were high and the weather was beautiful on Sept. 13 as about 80 volunteers headed out into the city to shine shoes and clean cars to raise money to fight Cystic Fibrosis. About \$6,500 was raised during the annual event, which this year was organized by NAITSA.



Photo by Alex MacKenzie

CLUBS CORNER

A Trip to Ghana and a song: Join Us!

SUSAN CAUTI Umoja Choral Director and CTL Consultant

Umoja Choral Association

Unity, one, together; these English words define the Swahili term, umoja. It is a word that captures the essence of the Umoja Choir – a group that has been performing world music for years to support local and global projects. Umoja is a non-audition, non-denominational outreach choir intended to help various communities, comprising people from various backgrounds and perspectives, with one common interest – to help others help themselves. Umoja's medium of choice is music. The choir is also part of the Umoja Choral Association, a group networked with various humanitarian charities like the Awasoman Canadian Academy Foundation (ACAF) that began in February 2006.

The Awasoman Canadian Academy

This vision started with Father Paul Mensah, an ordained priest from the small village of Awaso in the western region of Ghana. Due to poverty and a lack of education, over 98 percent of children do not attend high school. With proper schooling however, these children will be encouraged to believe in themselves and their community. Mensah wishes to start an academy, meant to provide technologically pertinent and effective education for these children, so they can take their rightful place in the global community. By starting a NAIT chapter, we hope to get students involved in fundraising for the choir's trip and the ACAF project, whose goal is \$700,000. ACAF has already reached over \$200,000 but as can be imagined, fundraising is still a priority for startup and upkeep. All of the money already raised goes to the academy to cover things like water wells, wiring, computers, desks and books. It is a great honour for Susan Cauti and the Umoja Choir to get involved in this project. Their intention is to go to the school in 2010.

How Can I Help? I Can't Sing!

We are looking for singers and non-singers alike; passionate visionaries who like to organize events and are interested in fundraising and helping others, including our local communities as well as devoted singers – basses, tenors, altos and sopranos from all walks of life.

- Monday, Sept. 22, all interested students are invited to an organizational sign-up meeting at 4:30 p.m., Room X205.

- Saturday Sept. 27, NAITSA will take club leaders for an off-campus training retreat.

- Sunday, Sept. 28, from 5:30-6:30 p.m., we will meet members of the ACAF here at NAIT. They will update us with a short presentation. After a \$50 payment for registration, we will then rehearse from 7 to 9 p.m. Our first performance is in Drayton Valley Nov. 8 and 9.

We will perform as well on March 7, 2009 for the Madagascar-themed NAIT Cruise. For more information, check our website: <http://umojachoralassociation.wikispaces.com> and the ACAF website: <http://awasoman.ca>, or e-mail Susan Cauti at scauti@nait.ca. Watch for posters throughout main campus coming soon! Let's make a difference and empower the children to become the prospective leaders they are meant to be. Umoja!

Join us at the Shaw Theatre on Sept 28, 2008!

Upcoming Club Events:

CETSC

Event: Bridge Building 2008

When: Sept. 27; 8 a.m. - 4 p.m.

Where: Whitemud Creek



We are:

- a non-audition outreach choir
- part of a humanitarian network

Our repertoire:

- world music and original compositions
- medieval madrigals to modern day music

We serve:

- Communities who seek performers for benefit concerts and charitable or non-charitable events
- Fundraising initiative for charity work

Our most recent initiative:

- Fundraising for Ghana trip to help continue to build a high school and programs; summer, 2010 – our first phase of an ongoing initiative.

If you are interested in:

- organizing fundraisers for various projects
- supporting our choir and its ventures
- singing classical, jazz, pop, world music
- helping communities locally and globally
- learning new things...

Sunday, September 28th

5:30 p.m. – 6:30 p.m.

– Meet and greet

6:30 p.m. – 7:00 p.m.

– Registration - \$50.00

7:00 p.m. – 9:00 p.m.

– Rehearsal

NAIT Metro Campus

11762-106 Street NW

Edmonton, Alberta,

T5G 2R1

Shaw Theatre

Come join us as we gear-up for our first concert, November 9th in Drayton Valley!

Making a difference, one note at a time.

Contact the director for more information:
or check out our website and fill in our registration form online

choraldirector@gmail.com
<http://umojachoralassociation.wikispaces.com>

NAIT International Club

Event: Bowling

When: Sept. 28; 1-3:30 p.m.

Where: Plaza Bowl,
10417 118 Ave.

DeFeYe Arts Club

Event: Studio Day

When: Sept. 27; 4:30-8 p.m.

Where: Harcourt House,
10215 112 St.

DeFeYe Arts Club

Event: Intro to acrylics class

When: Oct. 11 and 18; 1-4 p.m.

Where: Harcourt House,
10215 112 St.

Big Brothers Big Sisters

Event: Meeting

When: Thursday Sept. 18; 4:30 p.m.; Tuesday Sept. 23; 4:30 p.m.

Where: Room E-102

For more information on clubs on campus, see:

Rose Martin Baumgartner
NAITSA Campus Clubs
Manager

11762-106 St.,

Room E-133

Edmonton, AB T5G 3H4

Phone: 780-471-8871

Fax: 780-491-3989

E-mail: roseb@nait.ca

Interested in CURLING ??

RECREATION

Individuals and Teams Welcome!

Fun

STUDENTS CURLING CLUB BEGINS NEW SEASON

WHERE: Avonair Curling club (across street)

WHEN: Every Monday, 4:30-6:30 pm

COST: \$40.00 - for season (approx 20 games)

School Teams will be comprised of individual players selected from the league

REGISTRATION

WEDNESDAY, SEPTEMBER 24 @ 12:00 – 2:00 pm in the Gym

FINAL REGISTRATION & PRACTICE ICE:

MONDAY, SEPTEMBER 29 4:30 – 6:30 pm @ Avonair

Petroleum & Chemical Engineering & Geological Technologies 3RD ANNUAL SEPTEMBER PIG ROAST



Date: September 26th, 2008

Location: Engineering Annex "the dock" or just follow the smell of delicious bacon on the grill

Time: cocktails – 3:30, Dinner – 5:30

Costs: \$10 (includes delicious BBQ pork on a bun, baked beans, salad, and one complimentary cocktail)

Drinks: beer & Highballs \$3.50 each or 3 for \$10

Please come and join the PGC students as the 2nd year students welcome the 1st year students to NAIT.

PGC's student club 1st fundraiser and celebration for 2008/09 school year. Come join in on the festivities!

Concordia U bans Facebook

Administration cites security as reason for filter

By SHANTHI BENJAMIN
The Concordian
(Concordia University)

MONTREAL (CUP) – Unlike NAIT, which has embraced Facebook as a security aid, Concordia University in Montreal blocked the social networking site from all campus desktop computers on Sept. 1 – a move that's left some students and professors outraged and confused.

"I was surprised to learn about the ban – and yes, I learned about it while trying to log onto Facebook in my office," said assistant professor Lisa Lynch.

"Most universities have either embraced or at least grudgingly accepted Facebook," she added. "In fact, the University of Maryland recently established an emergency alert system using Facebook as means of communicating [with] their students. Concordia's ban on Facebook thus seems out of touch with general trends in universities as a whole."

According to Chris Mota, a Concordia spokesperson, security concerns were the driv-

ing force behind the move.

"There were real concerns about having certain elements of Facebook corrupt our [Information Technology] system. Apparently it was deemed insecure and a decision was made to protect the system," said Mota.

Elias Makos, Concordia's technical director for journalism, disagrees. For him, concerns about network cost are much more likely factors.

"The official reason [for blocking Facebook] is complete bullshit. It makes no sense," he said. "Quite frankly the reason they probably banned it is because it is hogging up bandwidth."

"I think it sucks. I think it's stupid ... anyone with half a brain can easily circumvent it and get to Facebook anyway."

"All of these websites are out there, just to go around filters. And there's even other ways to get around filters. Filters do not work. They never have," he said. "Kids are smarter than this."



"If an 11 year-old can get around a filter, what do you think a university student can do?"

However, other social networking sites, such as MySpace and Bebo, which pose greater

threat levels in terms of "spam, viruses and leaks of confidential information," are still allowed access.

Still, at least one Concordia student agrees with the university's policy.

"This ban will not affect me. Actually, I take that back. I'm overjoyed," said Roxane Hudon, a political science student.

"If most Concordia students want to spend their time on Facebook, checking which one of their friends is 'really tired' or 'working' or 'had a crazy time last night,' then maybe they should just stay home and watch

repeats of *Gossip Girl* instead – it might teach them more about life."

But for many students, Facebook isn't just used as a social network.

Sarah Deshaies, a first-year student, says Facebook has become a standard tool for information gathering.

"You can even see when you watch TV and someone has died and the coverage shows pictures from Facebook or the messages from friends and family on their wall."

Meanwhile, earlier this month, NAIT announced that it would be incorporating Facebook into a campus-wide security network.

"We encourage all students to join our Facebook page," Kristen Vernon of corporate communications said at the time.

"NAIT has now made emergency security updates available through the NAIT page on Facebook and Twitter. If there's a severe security threat at any NAIT campus, updates are simply a click away for all NAIT fans, regardless of their location."

"To become a member of the NAIT page, on either Facebook or Twitter, sign up for a free membership and search NAIT Security Services," she said.

"Education for the Real World" Open House 2008 Be an Ambassador for NAIT

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

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

Open House takes place on **Friday and Saturday, October 3rd and 4th**. Classes are cancelled on the Friday for the event. Open House is one of the largest public relations and public information exercises we stage, and each year it brings in many thousands of potential students along with parents, friends, teachers and counselors.

Training sessions are scheduled for **Wednesday, Oct. 1 and Thursday, Oct. 2, 2008**. **Attendance at one of these training sessions is compulsory.**

If you are interested, please contact us to confirm your participation and schedule a training session:

Hayley Grandfield, Administrative Assistant
Student Recruitment
South Lobby 0117
Phone: 780.471.8842
Email: hayleyg@nait.ca

OPEN HOUSE PARKING Friday, Oct. 3, 2008

To accommodate our visitors on Friday, Oct. 3, parking will be free to staff, students and visitors. It will not be possible to protect staff and student stalls; therefore, please come early that day to ensure a parking spot. If you vacate your stall during the day, there will be a strong possibility it will not be available upon your return.

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

EDMONTON CITY CENTRE PERMIT HOLDERS:

THERE WILL BE NO BUS SCHEDULED TO TRANSPORT STUDENTS TO AND FROM THE ECCA PARKADE. PLEASE CONTACT PARKING SERVICES AT 471-7539 IF YOU REQUIRE FURTHER INFORMATION.

– Parking Services

TOP 10 TIPS

Hints for mature students



MARGARET MAREAN
NAIT Student Counselling

Adult students who have been out of school or a few years usually do very well when returning to school, however you do have a different set of challenges to face. Here are some pointers.

1. PACE YOURSELF

- Dedicate regular blocks of time throughout the week to studying. Mark these times on a calendar and stick to them. If you have family or significant others try to involve them in the scheduling process. Designate regular blocks of time with family, too.

- Discuss the changes that could occur as a result of you going to school. Help your children understand what you are doing, why you are doing it and how long the

changes will last.

- Prepare family members well in advance when you have exams or major projects.

- Let significant others in your life know that you appreciate their support.

- Attend Student Success seminars for tips on how to make your studying more effective and efficient. Try out techniques in the Strategies for Success manual available free of charge at Student Counselling.

2. CREATE A STUDY AREA

- Ideally you should have a separate space which is dedicated only to studying. Psychologically, this space will signal you to study whenever you are in it. Practically, you can have everything you need set up and ready.

- Evaluate your study area to see what you can do to improve it.

- Evaluate whether studying at home is reasonable. For some there may be too many distractions.

3. MAINTAIN BALANCE AND HARMONY

- When you get too busy you

may neglect the most important person in your life – you!! Be sure to schedule at least one or two times per week to do something that refreshes or renews you (exercising, meditating, walking, journaling, getting together with friends).

- On a daily basis become aware of low energy/low morale times and evaluate what you need to change. Do you need to eat more often, eat more healthily, take a break, talk to a friend, laugh, lighten your course load ...

- Set limits. Learn to say “No.” Delegate responsibilities.

- Stay positive. While you may feel you learn more slowly and have to work harder than younger students, you also have many skills the younger student lacks, such as direction, organizational skills, a broader perspective, self-knowledge, maturity and less time spent partying!

4. CELEBRATE YOUR SUCCESSES

- Set small goals and reward yourself when you reach them.

5. ESTABLISH SUPPORT

SYSTEMS

- You may be the only mature adult student in your class and you may feel like you just don’t connect with the 18-year-old lifestyle. Identify at least one person outside the school environment who can be your cheering squad.

- Try to connect with other adult students who can share your stresses and your successes.

- Get to know and enjoy the younger students.

6. ANTICIPATE CRISES AND PREPARE IN ADVANCE

- Write down potential crises, especially if you are a parent, and develop a plan for each. What will you do if you’re child is sick and can’t go to day care/school? What if you get sick? Discuss options with your spouse, relatives, neighbors and friends. Have emergency contact numbers prepared.

- Get the name and phone number of at least one classmate in each class to contact if you have to unavoidably miss a class, or if you get stuck on an assignment.

7. BE HERE NOW

- If you are at school focus on understanding the lecture material; if you are spending time with your children, focus on them. Work on keeping out thoughts of what else you “should” be doing.

8. MAINTAIN A POSITIVE ATTITUDE

- A positive attitude helps with memory, learning and concentration. If you are feeling overwhelmed, and doubting your abilities, ask yourself what needs to change.

9. BE REALISTIC

- Make sure you are setting challenging but reasonable standards and not striving for perfection.

10. DON’T WAIT TO GET HELP

- If you are struggling academically, seek out instructors, classmates or a hired tutor. Ask family and friends for help when you need it and don’t refuse help when they offer.

See a counsellor at Student Counselling, Room 0117, if you need support or if you just need to talk. Book in person or call 780-378-6135.

STEPS TO SUCCESS

Build good relationships



SHANT CHAKMAKIAN

“You can’t fly like an eagle if you don’t run with the turkeys,” is something my dad would always tell me. Something I never really believed, until I figured it out shortly after graduating from high school.

Despite the fact that peoples’ lives change, it’s important to be

with correct, like-minded people to ensure overall success in your life. This doesn’t mean being a snob and just axing friends, but it does mean picking the right ones and cutting your losses when you’ve made a mistake.

In the book *From Good to Great*, Jim Collins talks about how great companies have “the right people on the bus in the right seats,” which is true, not just in corporate culture, but in life overall, especially for those who are looking to be successful.

The most important thing one can do is to motivate and be motivated. Support your friends in their endeavours, push them farther and

establish a relationship of mutual support.

It is important to really raise the bar on everything you do and show others you care about what they do, thereby building a mutual synergy of shared success.

The other challenge is to cut your losses, which is a hard feat for most people. The world is unfortunately full of douche bags and as a result you either end up working with one or being stuck with one in your personal life.

Knowing when to move on is an important challenge to face if repeated attempts to better a relationship are not yielding results. This applies not only to friends, but

to romantic and business relationships, including work and even volunteer positions.

Unfortunately, many people work jobs that make them miserable and constantly wear down their lives one day at a time. No matter what you get paid, it is not worth it and it is not healthy.

This especially applies to romantic relationships, particularly ones with constant fighting and significant instability. It is very hard, but if it can’t be fixed it probably won’t work. Getting input from good friends in these matters is advisable.

When one finds the right relationships, they find the right bal-

ance and when you have that you find that most of the time you’re in the “zone.”

Being consistently positive is a challenging feat – that’s why it’s important to have the right support group of fellow champions that care about you to always keep you going.

Whether you are looking for a professional or a friend, having good relationships with the right people in any situation is one of the key steps to success.

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.

Success seminars

Exam Preparation and Writing

Date: Thursday, Sept. 18

Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m.

Room: X107

Reading, Listening and Note Taking

Date: Thursday, Sept. 22

Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m.

Room: X107

Managing Exam Stress

Date: Monday, Sept. 29

Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m.

Room: X107

Stress Management

Date: Thursday, Oct. 9

Time: 11:15 a.m., 12:15 p.m. or 4:30 p.m.

Room: X107

All seminars are free and there is no need to pre-register. For further information, contact Student Counselling, Room 0117, Main South Lobby. Phone: 780-378-6135.

Instructor offers help to 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 memory 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.

INTERESTED IN STUDENT GOVERNMENT?

Here Are Five Reasons to Consider Getting Involved In The Senate or for voting in the Senate Election:

- 1. EXPERIENCE:** If elected, you'd be a voting member of the NAITSA Senate, which is the "governing body" for a multi-million dollar organization. No matter what career path you choose, being a board member is a valuable experience. Aside from the first-hand knowledge of how meetings are conducted, participation on the Senate will develop skills such as accountability, decision-making, communication, teamwork and many more.
- 2. LEADERSHIP:** If elected, you'd be a representative for every student in your school. As a member of the Senate, you'll have the opportunity to be a leader by listening to the needs of students and working with other representatives to address them.
- 3. IMPROVING YOUR SCHOOL:** Every institution has room for improvement. If elected, you will be a key person NAIT wants to hear from to get the students' perspective. From parking to lockers to tuition to lab access, NAIT wants to know what students think and they will come to the Senate to find out.
- 4. INVOLVEMENT:** On top of the classroom and lab stuff, there is so much going on at NAIT it's hard to keep up. If elected, you'll find that you automatically have your ear to the ground and that will help you make the most of your NAIT experience.
- 5. YOUR RESUME:** It's a safe bet that you want a good job when you leave NAIT. Most students don't realize how employers make hiring decisions. Here's a hint: Two NAIT grads ... same diploma ... same grades ... but one was a "Senate Representative" for the School of Business. Guess which one gets the first call for an interview.

The Responsibilities of a Senate Representative

- MEETINGS** – Attend Senate meetings at 5 p.m. every second Wednesday starting Wednesday, Oct. 8, 2008.
- TRAINING** – Attend mandatory training sessions on Sept. 27 and 28, 2008.
- COMMUNICATION** – To help you keep in touch with the students you represent, you will have your own section on www.nait.ca which will list your contact information.
- ACCOUNTABILITY** – Represent the students of your school fairly and honestly.

So If I Am Interested, How Do I Get Elected?

- 1. GET NOMINATED:** You only need 10 students from programs in your "School" to nominate you. Nomination forms are available at the NAITSA office (E131).
- 2. SUBMIT THE FORM:** The deadline to turn in your nomination is **Thursday, Sept. 18, 2008**. Take the completed form to the Students' Association office in Room E131 on Main Campus before the deadline.
- 3. START CAMPAIGNING:** It's easier to get votes than you might think. A good way to start is by telling your own classmates that you're running for Senate, and remind them to vote on Sept. 25.
- 4. TALK TO STUDENTS:** There are no speeches or debates. Just get out there and talk to other NAIT students about issues that concern them.

To learn more, please attend an information session on Tuesday Sept. 16 in E131, from 4:30 – 5:30.



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

NOTICE OF SENATE ELECTION 2008

**Vote Thursday, Sept. 25, 2008
9 a.m. – 4 p.m.**

POLL STATION LOCATIONS:

- South Lobby
- Engineering Annex – Main floor by main stairwell
 - Outside NAITSA Office – E131
 - Outside Fresh Express Cafeteria
 - Outside Campus Reads & Needs
- Outside Bytes Cafeteria – HP Centre
 - Tower – 1st Floor
 - South Campus – Z130
 - Patricia Campus – P127
 - St. Albert Campus

Watch for the September 25th issue of the Nugget for candidate pictures and articles and watch for them campaigning around campus between Aug. 19 and Sept. 24.

**Thank you for voting on
Sept. 25, 2008!**

Classifieds

Rugby, anyone?

The Clansmen, your local Rugby Club, at 110 Street and 111 Avenue, Airways Park, are always looking for new members, both men and women. No previous rugby experience required. Call 476-0268 or view website at www.clanrugby.com

Lose a ring?

A ring was found in the Common Market last week and has been left at the Nugget. If you lost a ring and can describe it to us, we will be happy to return it to you.

Attention students!

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Student Leadership Award of Distinction Program

Lead the way ...

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your resume so that employers will identify you as a leader who will make a difference? Then pick up a brochure on the Student Leadership Award of Distinction program. This is an extra-curricular leadership-in-action program open to all students enrolled full time at NAIT. You must apply to become a member of this program. Don't wait, come to W111PB (located in the hp Centre) to pick up the brochure and the information package or e-mail distinction@nait.ca for more information.

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?

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Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall -kiosk
North Hill Shopping Centre -kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall -Kiosk
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall

CANMORE
105 - 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 28th Ave.
9774 170th St.
10103 107th Ave.
10157 - 101 St.
12804 82nd St.
14808 Stony Plain Rd
18563 Stony Plain Rd
Bonnie Doon
Edmonton City Centre
Edmonton City Centre kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Sherwood Park Mall
South Edmonton Common
Southgate Mall -kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON
330 45th St. Unit 104

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

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12302 Stony Plain Rd.
(780) 488-6622

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14822 Stony Plain Rd.
(780) 443-3022

Edmonton City Centre
10200 – 102 Ave.
(780) 421-4540

EAST

Capilano Mall
(outside entrance by
Safeway)
(780) 450-6880

6839 – 83 St. (Argyll Rd.)
(780) 456-5271

SOUTH

Millwoods
Main Street Mall
6558 – 28 Ave. (by Tim
Horton's)
(780) 440-2812

6031 Gateway Blvd.
(780) 438-2355

Southgate Centre
(780) 434-5620

Southgate Centre
(780) 439-0435

South Edmonton Common
(780) 485-9812

3120 Parsons Rd.
(780) 702-6001

NORTH

9715 – 137 Ave.
(780) 456-5339

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West Edmonton Mall
Phase I
(lower level near
Galaxy Land entrance)
(780) 484-4758

West Edmonton Mall
Phase II
(by skating rink)
(780) 413-9855

West Edmonton Mall
Phase III
(by London Drugs)
(780) 443-3040

West Edmonton Mall,
Chinatown
(next to T&T Supermarket)
(780) 483-8838

10013 – 170 St.
(780) 408-8917

Mayfield Common
10608 – 170 St.
(780) 489-2255

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11020 – 100 Ave.
(780) 539-7148

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(780) 986-0986

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Chris
Carmichael-Powell

What's the funniest porn title you've ever heard?



Title: Fantastic Four Fingers

Michael Nolting
Geo Tech



Title: Christian Cornholers

Logun Rogers
CNT



Title: Ass-A-Blanca

Jenko Plivelic
Pre-Tech



Title: Saving Ryan's Privates

James Mjaatveit
Electrician



Title: Weapons of Ass
Destruction

Dan Migel
Power Eng. Third Class



Your horoscope



MADAME O

SEPTEMBER 18-24

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

Virgo (Aug. 23-Sept. 22)

Happy birthday, Virgo! Your B-day period is filled with dollar signs ... dollar signs leaving your wallet, that is. Keep your spending to a minimum this week or be forced to work the pole for your next meal.

Libra (Sept. 23-Oct. 22)

Romantic passion flares between you and a certain someone who cleans the NAIT halls at night. You lucky rascal! Make your move on the 19th.

Scorpio (Oct. 23-Nov. 21)

Ching! Ching! Getting paid over here!! OK, I don't have anything to say to you. I just really

like that song. Um, don't make ANY left hand turns on Saturday! You've been warned.

Sagittarius (Nov. 22-Dec. 21)

You've been heavily burdened for some time now. Not to worry! You will soon find the relief you've desperately been searching for on the 22nd when your bowels begin moving again. Flush twice.

Capricorn (Dec. 22-Jan. 19)

Continue hiding.

Aquarius (Jan. 20-Feb. 18)

Wow! Your milkshake is bringing everybody to the yard! Your awesomeness reaches a peak on the 23rd when something car-azy may or may not happen. Until then, carry on with your super-coolness.

Pisces (Feb. 19-March 20)

Take time out to reflect upon your recent naughty behaviour. Yes, you may feel regretful, but don't fret, my pet! Your secret is safe until the 17th when the tape is leaked on Facebook.

Aries (March 21-April 19)

There's a good chance your week has sucked so far. Well ... it's not going to get any better. P.S: Invest in stronger deodorant. I'm just saying ...

Taurus (April 20- May 20)

Study shmudy!! Be wise with your time this week. Why prepare for that first quiz, when you could spend quality time staring at Magibon on YouTube?

Gemini (May 21-June 20)

Your talkative nature will annoy several people this week. To make amends, do something

nice for two strangers between the 20th and the 22nd. Rest assured, these people will be completely unappreciative and your efforts will be ignored.

Cancer (June 21-July 20)

There's a possibility you may or may not do that thing you've probably been considering either doing or not doing. You could possibly

decide whether or not to do it on or around the 19th. Choose wisely.

Leo (July 23-Aug. 22)

Your days of looking like a hot-ass mess are over on the 23rd! High-fives for everyone! Your good fortune continues on the 24th when you get a chance to steal pizza from the Common Market.

Poets reveal feelings, bodies

BY ALAN PIFFER
Nexus (Camosun College)

VICTORIA (CUP) – Most people would be terrified enough at the thought of having to do anything in front of an audience – but doing it naked?

But that's just what happens at Poetry in the Raw in Victoria, B.C. – reading poems in front of an audience, sans clothing, and apparently it's not as much of a nightmare as one might think.

According to Missie Peters and Danielle Ayotte, two performers in this year's event, it's actually a pretty cool, liberating thing to do.

For Peters, the idea originated from watching a fellow poet read nude at a party.

"I realized that, speaking this

poem, his whole body was poetry," she said. "And I wanted to do that; I wanted to have that experience. It changes how you perform the poem, and you become more aware, as a performer, of your body."

Originally, Peters only entertained the idea of doing the show with a bunch of her friends in her living room, but was persuaded to take the idea further.

"I thought it would be fun to get a bunch of folks together and each have the challenge of standing up and performing naked," she said. "And it was like, 'Well, why don't you just do it as a show?' and I was like, 'Yeah, OK.'"

The first event was intended as a fundraiser to send the local poetry slam team to a national competition. It turned out to be a success beyond anyone's expectations.

"When I talked to people, people said, 'Wow, that would be really hard, but I'm down, I want to do it,'" Peters said. "So we put it on ... and we sold out before we opened our doors. We had people lined up ... and we had to turn people away."

For Ayotte, a fellow-participant and a creative writing student at Camosun College in Victoria, nudity creates a new dimension in creative expression.

"I write because it's very honest," said Ayotte. "I think with other writers, too, it's hard to lie when you're doing poetry. It's always your own style, and naked, it's like you're totally out there; there's no hiding at all."

Peters found it refreshing that the audience was able to get into the intended spirit of the event and some felt compelled to remove their clothes as well.

SEPT. 20TH SATURDAY

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NUGGET COMICS

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© 2&B, Kyle "Leomane" Gooding

HEYA EVERYONE AND WELCOME TO THE COMIC. FOR THOSE THAT REMEMBER US FROM LAST SEMESTERS, WE'VE BEEN BACK!

AND FOR THE NEW READERS WELCOME TO CAMPUS AND GET READY FOR SOME FUN THIS SEMESTER.

LIKE ALWAYS WE'RE HERE TO PROVIDE SOME COMIC RELIEF AND UNPROFESSIONALISM TO THE NUGGET EACH AND EVERY WEEK. AND WITH THAT DONE, ENJOY THE REST OF THE COMIC.

* CLAP *
* CLAP *
* CLAP *
BRAVO...

WHAT?

WE'VE NOT ONLY DID YOU FAIL TO PROVIDE ANY COMIC RELIEF IN THIS ISSUE BUT YOU BROKE THE FOURTH WALL... IN THE FIRST PANEL! IF ANYTHING THAT'S GOTTA BE SOME KIND OF A RECORD.

SO WHAT YOU'RE SAYING IS THE MORE BLESSED WE BREAK THE BETTER WE'LL BE. HMM IT COULD WORK AS A SATIRIC...

* groan *

http://hdreptiles.comicgenesis.com/

Smart phoning

ANNA WOLSKA
Excalibur (York University)

Recently, Dr. Ronald B. Herberman, director of the University of Pittsburgh Cancer Institute, cautioned the public about the dangers of cell-phone use.

The advisory is based on unpublished studies of the ill effects of the electromagnetic radiation cellphones emit.

Herberman said he needed to advise the public to limit cellphone use because he felt the evidence was too compelling to wait.

Following Herberman's warning, Toronto's department of public health released its own advisory notice, stating that children and teens should limit their cellphone use.

While some agencies dispute these findings, in the interest of caution, the following tips could allow for safer use:

- Paying per-minute may make you think twice about chatting too long.
- Use your land line as much as possible.
- Resolve to use your cellphone only in emergencies.
- Try to use your phone when good reception is available. Weak reception requires more power.
- Search the Internet for your phone's SAR (specific absorption rate) level by make and model to make sure it is a low number. When buying a phone, choose one with a low SAR rating.
- Try not to have the phone on your body at all times. At night, make sure you do not keep it by your bed.
- Use your speakerphone to put a distance between yourself and the cell.
- Using a headset can be a great way to increase distance. However, make sure to research your headset, as some may leak radiation.

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Jul-08	1				1	2	3	4	5		
	2	6	7	8	9	10	11	12	13		
	3	13	14	15	16	17	18	19	20		
	4	20	21	Welcome to NAIT	22	23	24	25	26		
	5	27	28	29	30	31	1	2	3		
Aug-08	6	3	Civic Holiday	4	5	6	7	8	9		
	7	10	11	12	13	14	15	16	17		
	8	17	Welcome to NAIT	18	19	20	21	22	23		
	9	24	25	Lost & Losing it?	26	27	28	29	30		
	10	31	Labour Day	1	2	3	4	5	6		
Sep-08	11	7	Study Tips for Memory, etc	8	9	Mature Student Orientation	10	What's your Learning Style	11	12	13
	12	14	Services & Life, Manage Time	15	Services & Student Life	16	17	Exam Prep and Writing	18	19	20
	13	21	Reading, Listening & Notes	22	23	Women in Technology	24	25	Adjust to life in Canada	26	27
	14	28	Managing Exam Stress	29	What to do in Edmonton?	30	1	What to do in Edmonton?	2	3	4
	15	5	Citation 101	6	7	8	Citation 101, Manage Stress	9	10	11	12
Oct-08	16	12	Thanksgiving Day	13	14	Women in Technology	15	16	17	18	19
	17	19	20	Off the Bench	21	22	Off the Bench	23	24	25	26
	18	26	Join the NAIT Team	27	28	Join the NAIT Team	29	30	31	1	2
	19	2	3	Maintain your Loan	4	5	6	Maintain your Loan	7	8	9
	20	9	Avoid the Freshman 15	10	Remembrance Day	11	12	Avoid the Freshman 15	13	14	15
Nov-08	21	16	17	18	Women in Technology	19	20	21	22	23	24
	22	23	Stretch your Dollar	24	25	26	27	Stretch your Dollar	28	29	30
	23	30	1	Who's the boss?	2	3	Who's the boss?	4	5	6	7
	24	7	8	9	Women in Technology	10	11	12	13	14	15
	25	14	Exam Week	15	Exam Week	16	Exam Week	17	Exam Week	18	19
Dec-08	26	21	Holiday Break	22	Holiday Break	23	Holiday Break	24	Holiday Break	25	26
	27	28	Holiday Break	29	Holiday Break	30	Holiday Break	31			

ANY QUESTIONS?? EMAIL askfye@nait.ca

NAITfye (First Year Experience) Workshop Schedule – Fall Semester

September-08					
15	Mon	Student Services and Student Life at NAIT - Learn what you need to know!	12:15-1:10pm		T105
16	Tues	Student Services and Student Life at NAIT- Lean what you need to know!	4:30-5:45pm		X203
24	Wed	Women in Technology Meet and Greet	12:15-1:10pm		X213
26	Fri	New to Canada? Let us help you to adjust	4:30-5:45pm		W301
30	Tues	What is there to do in Edmonton? For new Edmontonians	4:30-5:45pm		W301
October-08					
2	Thurs	What is there to do in Edmonton? For new Edmontonians	12:15-1:10pm		X215
6	Mon	Citation 101- Avoid plagiarism and learn how to reference before your paper is due	12:15-1:10pm		X215
9	Thurs	Citation 101- Avoid plagiarism and learn how to reference before your paper is due	12:15-1:10pm		T105
15	Wed	Women in Technology Meet and Greet	12:15-1:10pm		X213
21	Tues	Off the Bench and into the Game- Get involved at NAIT	12:15-1:10pm		WA212
23	Thurs	Off the Bench and into the Game- Get involved at NAIT	4:30-5:45pm		X203
27	Mon	Join the Team- Learn How to Find a Job on Campus	4:30-5:45pm		W301
29	Wed	Join the Team- Learn How to Find a Job on Campus	12:15-1:10pm		X215
November-08					
4	Tues	Maintain your Student Loan- You don't want to lose it!	12:15-1:10pm		X111
7	Fri	Maintain your Student Loan- You don't want to lose it!	12:15-1:10pm		WA212
10	Mon	Avoid the Freshman 15- Ask a Personal Trainer and keep the weight off	12:15-1:10pm		X111
13	Thurs	Avoid the Freshman 15- Ask a Personal Trainer and keep the weight off	4:30-5:45pm		T105
19	Wed	Women in Technology Meet and Greet	12:15-1:10pm		X213
24	Mon	Stretch Your Dollar- Tips for the Starving Student	4:30-5:45pm		LO36
28	Fri	Stretch Your Dollar- Tips for the Starving Student	12:15-1:10pm		X111
December-08					
2	Tues	Who's the boss?- Have a problem? Want something? Don't know who to talk to?	12:15-1:10pm		X111
		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 to?	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

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BRIAN THWAITS

Coming to NAIT - October 7, 2008



Brian Thwaits is an engaging and entertaining 'brain trainer', a learning and communication whiz with a wealth of experience in both the public and private sectors. Brian first demonstrated his flair for performance as an award-winning educator and is now an acclaimed professional speaker who engages both the hearts and minds of his listeners – so they leave his presentations with sides splitting from laughter and heads bursting with ideas.

Join the NAIT community for Brian's signature keynote address:



Train Your Brain

Tuesday, October 7
 Shaw Theatre (4:30 - 5:30)

Brian cleverly combines the latest information from the disciplines of brain research, learning theory and the communication field to suggest innovative and practical approaches to issues we face in the workplace, in the classroom and in our personal lives.

FOR ALL NAIT STAFF AND STUDENTS

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