

REGISTRATION ISSUE

THE NUGGET

Thursday, August 27, 2009
Volume 47, Issue 1



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

WELCOME BACK!



Photo by Graeme Reed

NAITSA'S EXECUTIVE TEAM

NAITSA's top guns take a moment away from their duties for a little fresh air recently. They are, from the left, Geoff Tate, president; Tess Cocchio, VP External; Timothy Jobs, VP Academic and Bryce Althouse, VP Campus Life. For their thoughts and plans as we begin another year at NAIT, see pages 2 and 3.

The logo for 'The Nest' features the word 'The' in a stylized font above 'Nest', with a small bird icon above the 'i' in 'Nest'. Below the logo is the text '— YOUR STUDENT RESTAURANT & LOUNGE —'.

Check out our
NEW MENU!

NEWS & FEATURES

Your executives speak ...

It's business time, my friends. Welcome to your home away from home for the next eight to 34-plus weeks. Excited yet? I abso-



Geoff Tate
NAITSA President

lutely am. How couldn't you be?

In just a short amount of time, you will be walking off this campus with some form of recognition from the largest technical institute in the country. That's one of those "oh, snap" moments when you figure out exactly what your post-secondary experience is going to do for you and the rest of your life. And it's those moments that float my boat.

The NAIT Students' Association has been prepping madly in anticipation of you walking through that front door, and is excited to help you out during your entire stay here at NAIT. We offer too many services and opportunities to have them all listed in this greeting, so this is my request for you to come and check out our office at your earliest convenience. Everyone in this office is dedicated to making your tenure at NAIT as memorable as possible, and we are willing to help you out with any ques-

"In just a short amount of time, you will be walking off this campus with some form of recognition from the largest technical institute in the country."

tions or concerns you may have.

I am also well aware that the first couple of weeks back to class are going to be overwhelming for everyone, but I think it is important that I update you on some upcoming events and changes we have made over the summer to make your time at NAIT that much better.

First up is Frosh Week, happening Aug. 31 all the way up to Sept. 10. This is where we welcome all of you back to class with events happening all over campus, with the flagship event being "Rock The Dock," located at the majestic "L" building. If you are a fan of mustaches, mullets or anything you can think of relating to those, this is where you need to be.

We are also partaking in our annual Shinerama campaign again this year, helping to raise funds for the fight against cystic fibrosis. As always, we are looking for volunteers to come out and help with this event

happening Sept. 26.

And finally, we have a brand spanking new chef and entirely new menu at the Nest! So new that I haven't even been allowed to look at it, but I have been told it will blow my mind! What does this mean for everyone? It means party all the time at the Nest! I am not leaving that place until I have tried everything on the menu, so you might as well join me, maybe we could split the bill ...

Until we meet again my friends, and as always, stop in and say hi to any one of your NAITSA executives. We are here to serve you, and I don't mean to brag, but we do a hell of a good job.

— *Geoff*



Our executives work hard to protect the best interests of our students



At last, the summer is nearing its end, and I find myself facing what my job is actually about – you, the students. After spending the whole summer working tirelessly with the terrific NAITSA team to prepare for the 2009-2010 school year, we have arrived at the start of a new term.

While I have learned a lot in my position as your VP External over the summer to serve you, it is time that I continue to do just that – only now I have you beautiful people to speak to in person. Maybe this is your first year at NAIT and you don't quite know what you love and what you don't love about NAIT and NAITSA, but think about it for me, will you? As soon as you find yourself thinking one way or another – let me know! The more I know about how you feel, the better able I am to help make your experience better.

And as for you returning students, you'll notice certain changes. Head down to The Nest where you can have a tasty breakfast with some fresh coffee (and let's not kid ourselves here, how better to start the day than with a good cup of joe). We have a brand new menu that promises all sorts of delightful dishes by our exciting new chef. While you're having that scrumptious and yet affordable meal, why not bring your laptop with you to get some work done (or watch YouTube videos!). The Nest is proud to provide you with wireless Internet this year, so

"NAITSA can help you take advantage of your time here at NAIT. Have fun your first term back, and enjoy the experience!"



Tess Cocchio
VP External

while you're doing that assignment, watching those videos or surfing your favourite sites, why not check out the new and improved NAITSA website (at www.naitsa.ca)?

Keep informed on where your Students' Association dollars are going and what your SA can do for you! Join a club or run for the NAITSA Senate and have a say in what direction the association takes. Volunteer for Shinerama and other exciting events around campus. You're a part of the NAIT and NAITSA community. There are all sorts of ways to get involved.

I'm here to represent your interests to external organizations, including NAIT, the municipal government, the provincial student-lobbying group ASEC (Alberta Students' Executive Council), the provincial government and many others. I work with the other executives to advocate on your behalf to ensure that your needs are met.

Keep me informed of what you think and feel about life as a student. Drop by my office, fire off an e-mail to me or give me a call. I'm always open for a chance to speak with you. That goes for the rest of the NAITSA executives, too!

NAITSA can help you take advantage of your time here at NAIT. Have fun your first term back, and enjoy the experience!

— *Tess*



Timothy Jobs
VP Academic

Hello and welcome to another exciting year at NAIT. Whether it is your first year or you are a NAIT veteran, you are in for an excellent experience. NAITSA is here to help you to succeed. My office is always open to your questions or concerns. Whether you need help understanding the Academic Procedures and Regulations, have questions or concerns regarding NAIT in general or you have concerns or want input on how education is delivered in Alberta, please come and see me or send me an e-mail. I would be happy to listen and use my position and influence to make your student experience a better one.

A little about me – I enjoy listening to live music and enjoy cold beverages with my friends. You'll find me having a pint at the NEST most Indie Nights (Thursdays) and enjoying the good company and live bands. Even if you don't have questions or concerns about your education here at NAIT, you can always feel free to drop by to just say hello.

Best of luck in the year ahead, I'm sure it will be a good one.

— *Timothy*



Bryce Althouse
VP Campus Life

Hello and welcome, you crazy diamonds that are new and returning NAIT students! First off, I would like to introduce myself as Bryce Althouse, your VP Campus Life at the NAIT Students' Association (aka NAITSA) and I sincerely hope you all are "hungry like the wolf" for a buffet style helping of all the events and activities we have planned for you throughout the 2009-2010 school year.

Now this is usually the part where I should go into a long speech telling you that you should treasure your college years, and blah, blah, blah ... but instead, I'm going to tell you that the entire purpose of being involved in Campus Life is ... to have fun, party hard, make plenty of new friends and then pull off some good grades in whatever program you are taking! It'll be a hell of a hard job but if you can do all of the above, then you are truly taking in the full NAIT experience.

So what is coming up that you, the student,

should know about? How about two weeks of NAITSA Frosh with FREE pancake breakfasts (sundae-bar style!), Prairie Party (at the Nest! Pilsner and Roughriders anyone?), and Rock The Dock (at the Annex and stylin' like the '80s! Bring your Van

Halen T-shirts, mullets and Camaros). The new street team should be out in full force promoting and, as always, there will be posters up all over the NAITSA

"Now let's raise our glasses and take a toast to what is set to be an impressive 2009-2010 academic year!"

poster boards on campus telling you what events are current and coming.

If you hunger to know more, check out naitsa.ca or stop by the NAITSA office (which is hiding out right off the South Lobby by the gym) to find out what the lowdown is.

Now let's raise our glasses and take a toast to what is set to be an impressive 2009-2010 academic year! Ziggy, zaggy, ziggy, zaggy, oi, oi, oi!

— Bryce

Ready for a new year



MacKENZIE MARSHALL
Issues Editor

Welcome to NAIT!

Summer is over. It's too bad because summer is so much fun. Everything is better in the summertime, and for my first one in Edmonton, it was great. I don't really like waking up in mid-August and have it feel like October, but there are lots of things to do in Edmonton in the summer. I really enjoyed it here.

Want to write?

My name is MacKenzie Marshall and I'm the Issues Editor for the Nugget. I'll be writing about news from around NAIT, Edmonton and around the world. I'm in the television broadcasting program, and I'll be graduating in the spring of 2010. Hopefully, if you're reading this you're interested in news and writing. The Nugget is a great way to share your ideas with classmates, and it's fun. The paper doesn't work without student input, good or bad. If you'd like to share your thoughts with us, or join our staff, please stop by our office at E-128 or you can e-mail me at issues@nait.ca.

There were some big changes over the course of the summer. One of the biggest ones is the new smoking policy. As of July 1, 2009, NAIT became 100 per cent smoke free. That means no smoking anywhere on campus. You can't smoke outside of doors, in parking lots or in your vehicle when on campus. If you're caught breaking the rules of the smoking policy, you can be warned or fined. It may be a pain in the ass, but you shouldn't be smoking in the first place. It's terrible for you, and it's gross.

More security

NAIT security changed their operations over the course of the summer as well. NAIT security officers used to be contracted from a private company. We now have in-house community peace officers. The officers underwent training in the summer and have been on campus since July. They're available 24 hours a day, and they'll help you out with things like theft, accessing locked rooms and walking you to your car after dark. They also enforce the parking and smoking regulations, and they don't mess around. I've seen tickets being handed out all summer, and I've been lucky to find one on my own windshield too, so watch out.

Our campus pub, the Nest, underwent a complete kitchen renovation this summer, and it now has a new menu. The Nest

will still have pub favourite foods like burgers and wings, but will also now offer new options like fresh oven-baked pizza. The food and beer prices are very fair, and times at the Nest can be pretty fun. Check it out and grab a pint.

The International Students' Centre re-opened after closing last year. The centre has changed locations from the business tower to the E-wing, right beside our office. You don't have to be an international student to go to the centre; everyone is welcome. This is a great place to meet new people, and if you've moved here from out of town, a great way to meet people in the same shoes as you.

NAIT has lots of events going on, and there are lots of opportunities to expand on yourself and your education while you're here. Keep your eye out for a new Nugget every Thursday. School doesn't have to be all about work. There are lots of things going on, and the Nugget is a great way to stay in the loop. Good luck for this upcoming school year!



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.



**Welcome to all
new & returning
NAIT students!**

The NAIT Bookstore has everything
you need for a successful school year.

Books, supplies, clothing, snacks & more!

**While you're at the Bookstore enter our
contests to win fab prizes!**

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Join us on facebook & enter to win a \$250 gift certificate for the Bookstore.

STAEDTLER

With the purchase of each product from Staedtler receive a ballot
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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.

NAITSA SENATE NOMINATIONS

are open from
Monday, Aug. 10 - Friday Sept. 18



Put your hat in the ring if you
are interested in being a part of

YOUR STUDENT GOVERNMENT.

Nomination forms are available at the
NAITSA Office - E131.

Every September, NAIT students elect two Senate representatives from each NAIT school. From October through to April, these student leaders meet every two weeks at NAITSA Senate meetings to oversee the direction of the organization.

**You will gain valuable
experience in:**

- Leadership development
- Networking with a wide range of other students
- Governance and political procedure

**AND it looks great on your
resume!**



**For more information
attend an info session on:**

**THURS. SEPT. 10
@ NOON**

MON. SEPT. 14

TUES. SEPT. 15

WED. SEPT. 16

**NAITSA Office - E131
@ 4:30pm**



www.naitsa.ca

OPINION

— Editorial —

A few Nuggets of wisdom



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Welcome to NAIT, and welcome back for returning NAIT students. It is finally time to once again hit the books, cram for exams and successfully complete another school year.

To those of you who are new to NAIT, please allow

me to introduce myself. My name is Christopher and I am the Editor-in-Chief of the NAIT Nugget. Every Thursday you will have the chance to read through a brand new edition of the Nugget, which means every week you will have the chance to read this fabulous editorial, covering everything from my opinion on issues that affect students to my opinion on current events. Believe me, they are both equally exciting!

Parking a pain

Now let me be the first to warn you in advance of the parking at this school. It is awful! There is a large number of students and only a handful of spots. My advice – get here really early! I know it may be tempting to park at Kingsway, but please be aware they do have security there in the morning, and they're just waiting for starving students to get out of their cars so they can plant a \$50 ticket on your windshield. Trust me, between NAIT and Kingsway I managed to exceed \$600 in parking tickets last year. Registering my car in May was a sad, sad day.

Now for the returning students, I figured I would take this opportunity to inform you of some changes that have taken place on campus since you wrote your last exam, or completed your last class assignment. First and foremost, do not forget NAIT is now officially a no smoking zone. This means no more smoking between classes on any NAIT property. Beware of any temptation you may have to be a rebel as NAIT also has a way of enforcing this new regulation – campus peace officers. I'm sure the first time you get caught it will be a warning, but after that fines will be happily distributed.

The Nugget is yours

Now let me take this time to talk about the Nugget. We are a students' paper, here to not only inform students of what is happening in their school, but we are also here to act as the students' voice. There are many ways students can get involved; let me name a few. In every edition of the Nugget we have a 'Letters to the Editor' section. If you have a problem you would like to make public or just want to get something off your chest, write me (studenteditor@nait.ca). If you would like to send an anonymous message to somebody, or writing your graffiti on the bathroom wall is just not cutting it anymore, take the time to write us a Grapevine. Submissions are easily made online at our website (thenuggetonline.com). The more submissions the better! And last but not least, if you are wanting to write for the Nugget, or simply give us a story idea, feel more than free to join us during our weekly contributors' meetings (which take place on Tuesdays at 12:30 p.m. in the Nugget office, Room E-128) otherwise e-mail me or the appropriate section editor. I hope you are all excited for the new school term and the Nugget wishes you the best of luck.

Cheers,
Christopher Carmichael-Powell



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.

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Trust us on that.
Write us.



SPORTS

Rejoice, it's September!



By **LANDON HOMMY**
Sports Editor

As a sports fan it's difficult not to get excited about September, and I don't just mean the various professional leagues that kick off around this time. We'll have plenty of time for that. I'm talking Oaks, baby!

If you're a veteran, welcome back and enjoy the refresher. If you're a newbie, an Oak is our icon, our moniker, our glorious strigiforme mascot that inflicts fear in our enemies and pride in our supporters. If you laugh at this, just envision the sinister Great Owl in Mrs. Frisby and the Rats of NIMH. Bad. Freaking. Ass.

Student athletics may not be your thing, but it should be, and it's our job here at the Nugget to remind you why. Besides the whole school pride thing, the Oaks offer you plenty of excuses to hit up NAIT campus after hours. If the crew is bored with nary an option, or you equate studying to catching an edge on your snowboard, then the gym, rink and pitch can help. So can beer and food, which is served appropriately during most Oak events.

Preview

If you plan on cheering from afar, then this will more than likely be your source, so with that we give a brief preview of the upcoming year:

SOCCER: Our cleat-studded men and women are probably aerating the pitch on the southwest side of campus as we speak. Their season ends in October, thanks to our great climate, so check it out while you can.

CROSS-COUNTRY: We host Grand Prix Event #2 on Sept. 19. Last year saw NAIT's Jamey Olson finish fifth in the women's ACAC championships.

GOLF: Another short season. There will be various tourneys around the region where the Oaks will attempt to get back to the podium after being shut out last season.

A good bonspiel

CURLING: If you're a proud Canuck, you can enjoy a good bonspiel. It's especially easy to do with NAIT's pedigree of rinks. The men won gold and the women bronze last year. If you're looking for star power, then look no further than men's head coach and Kevin Martin's go-to Jules Owchar.

BASKETBALL: Both lineups are aiming for big improvements this year, and with coaches Curtis Nelson and Don Phillips never failing to provide high tempo action, it's always worth the free admission (with your student ID card). The women are once

again led by ACAC phenom Dale-Marie Cumberbatch. If you haven't heard of her you must be new.

VOLLEYBALL: Another rebuilding project, our Volleyball teams should also see a move-up in the standings. Both teams come back with plenty of returning players bolstered by impressive recruits.

BADMINTON: Easily our most successful program last



season as it saw NAIT Male Athlete of the Year Dan Kai and Sun Yang both winning national singles titles.

HOCKEY: Obviously hockey is a big draw among the Oak faithful. While the men hope to improve on last year's early playoff exit, the women should challenge for a spot in the post-season with plenty of returning players.

Good luck to the teams, and we

hope to see you staff and students in the stands. Enjoy.



DEPARTMENT OF ATHLETICS
AND RECREATION

Busy Schedule?

Quick Fit

Sept. 28- Dec. 11

Monday/Wednesday/Friday

12:15 p.m. and 1:15 p.m.

Drop in for these fun, 20-minute fitness classes!

All classes are \$4 and are held in the FWC Racquet Court, S-006

Try a free class

Sept. 14-19 – Register at S-105

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.-7:30 a.m.		Sunrise Yoga	Outdoor Boot Camp		
12:15 p.m.-12:45 p.m.		GI Jane Express			Dance Party
12:15 p.m.-1 p.m.	Pilates with Props				
3:30 p.m.-4:30 p.m.	GI Jane				
4:40 p.m.-5:40 p.m.			Power Hour	WOW	
4:45 p.m.-5:45 p.m.		Replenish Yoga			Kickboxing

Run for the Cure – Join Team NAIT

Weekly meetings Tuesday 12:15 p.m.-1 p.m. – FREE at W-202 (HP Centre)

Learn to Run – Sept. 9 – Oct. 14, Wednesdays at 4 p.m.-5 p.m. – Member \$60

Begin fundraising today. Join NAIT's team. www.cibcrunfortheure.com

Looking for a JOB?????

Great Part-Time Job ...

Become a lifeguard! For courses that will get you certified as a lifeguard, contact the Aquatic Programmer, Kate Christie, at 780-471-8363 or kchristi@nait.ca

Become a Certified Fitness Leader! Be active, have fun while also making MONEY!!!! Contact Recreation Programmer Holley Christianson at holleyc@nait.ca

Informal Recreation

Monday-Thursday in the gym, from 11:15 a.m.-1 p.m.

Rink times vary. Please check the schedules that are posted.



TWO MORE POINTS

Ook Dale-Marie Cumberbatch scores against the MacEwan Griffins last year on her way to setting an ACAC scoring record.

Photo by Carla Pearson



AFFORDABLE HOUSING FOR STUDENTS

Women Building Futures has studio, one and two-bedroom, fully equipped units available to women. Some units are suitable for single moms with children. Units are only one year old.

Located in the downtown core, you'll be close to public transit and within walking distance to grocery stores, shopping centers and more. Norquest College and MacEwan College are within walking distance; NAIT and U of A are quick transit rides away.

For more information, call the Housing Co-Ordinator at 780-969-3950.



www.womenbuildingfutures.com

Sorry, he's already hooked up...

When he needed power and water, he got them fast using our self-serve web service. One visit. One web site.

There are 7 major transactions that can now be done online:

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- Transfer Service
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- Make Payment Arrangements
- Update Account Contact Information
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thenugget@cu-ads.org



ENTERTAINMENT

Lots to do to start the year



COLLEEN NUC
Entertainment Editor

Here at NAITSA (the NAIT Students' Association), we'd like to extend a warm welcome to NAIT's newest and returning students. We hope you had an excellent summer!

To make the first two weeks at NAIT really special, NAITSA has planned all kinds of exciting FROSH events.

We have not one, but TWO pancake sundae bar breakfasts in the first two weeks of school, the first on Aug. 31 and the second on Sept. 8. Both will be taking place in the G-Wing courtyard just north of the Reads & Needs bookstore, beginning at 10:30 a.m. BUT these won't be your ordinary pancake breakfasts, that's not NAIT-

SA's style. No, we're going to be topping our hotcakes with chocolate syrup, sprinkles, strawberries and whipped cream for a deliciously extravagant treat!

Show up early to make sure you get your FREE breakfast, served by the NAITSA executives!

If you can't make it out for either of the free breakfasts but you

still have a hankering for some free food, we're also hosting a free BBQ as part of our Unplugged Café series,

on Sept. 10 from 11 a.m.-1 p.m. in the Courtyard by the Common Market. Live acoustic



music, prizes and free burgers will make this a relaxing lunchtime!

We've also planned a Prairie Party for all the Saskie expats and all other flat-

landers (and everyone else!), so come and show your prairie pride after class at the Nest on Sept. 4, with live rock-a-billy music by the Hardtails (<http://www.myspace.com/thehardtales>) from Calgary. We'll have prizes and prairie beer on special for only \$3!

Rock the Dock, on Sept. 9., is an annual event that takes place at the Annex Docks. Party it up '80s-style with \$3 beer gardens, live music and free mustaches. How

can you go wrong? Starts at 3 p.m., 1980's items for the first 50 people.

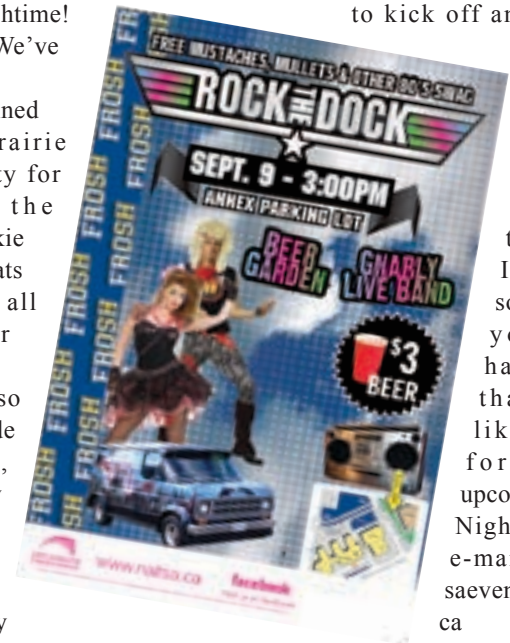
Last but not least, the first Indie Night of the year is on Sept. 3. Join us at 4:30 p.m. to kick off an exciting

season of free shows every Thursday at the Nest. If you or someone you know has a band that would like to perform at an upcoming Indie Night, send an e-mail to nait-saevents@nait.ca

PLUS, for each FROSH

event that you attend, you'll have the chance to enter a draw for \$1,000!

Hope to see you all there.



Shinerama 2009
STUDENTS FIGHTING CYSTIC FIBROSIS

v.i.p card

GET AWESOME DEALS AND DISCOUNTS AT:

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For complete Shinerama information and terms visit us online at <http://shinerama.nait.ca>

Get yours at the **NAITSA** Office E-131

Upcoming Shinerama Events:

September

8.....Mayor Mandel's Shoe Shine - City Hall

10.....Unplugged Café - Courtyard(across from common market)

12.....Canadian Brewhouse Tug o War Tournament

13.....CFar Amazing Race - Fort Edmonton Park

26.....Shinerama Day

26.....Shinerama After Party

Ongoing until November 20 - Campus Clubs Challenge

DO YOU KNOW WHERE YOUR HAND HAS BEEN?

STOP THE SPREAD OF GERMS

Wash your hands

Cover your mouth when you cough or sneeze

Stay home when you are sick

Alberta Health Services

NAIT

Visit www.nait.ca/h1n1 for the latest on the NAIT response to the H1N1 pandemic.

Life after radio

By **SAMANTHA MAGNUS**
The Martlet (University of Victoria)

VICTORIA (CUP) – Sarah Buchanan struggles with noise, like the sound of her neighbour's weed-eater taking over her tapes.

"Now I am relieved that at least one interview will not be saturated with the terrible sound of lawn implements," she said. "This is the brutal life of a podcaster."

Buchanan is one of two University of Victoria alumni who started their own radio podcasts this year. She and Elianna Lev have been posting shows online since February.

"It came more out of addiction than any great drive," Buchanan said. "I got the radio bug."

No ads

Buchanan's project, which has aired two episodes so far, is called Life After Radio. There are no ads on the website, but in the upper corner is a link to donate by Paypal that says, "Radio is dead, long live radio," and underneath, "Support your podcaster."

Buchanan explains that friends and family didn't think getting into radio was a good idea, financially speaking. Indeed, Canadian broadcasting has been anything but a rock in the world's financial storm.

"The situation is pretty dire for most of Radio One," she said.

But is radio dead?

"It's obviously not," said Buchanan. "We're taking radio in a different direction."

Lev is also optimistic about podcasting as radio's next incarnation.

"It's still a pretty new medium," Lev said. "Rather than

be frightened [of the shifts in our media outlets], I think we should be excited."

Lev had been working as a professional journalist for five years when she was laid off by the Canadian Press last October. If that was a sour gift, then her podcast, the People's Program Project, is the sweet juice she made from the lemons.

"I was always writing for other people, which was amazing," Lev said, adding that the strict format and formula demanded by mass media didn't suit her.

"It's not who I am as a writer, as an artist," said Lev. "I was more interested in the human side of things."

As a radio freelancer, Buchanan's experience was similar.

"CBC always had a very specific mission," she said, explaining that all pieces had to be reigned into a certain clean tone. "I feel like it takes some of the warmth out."

Buchanan says Life After Radio, on the other hand, is more local in scope and more community-based.

Sharing stories

"I want to get across the feeling you get when you're in a room of people sharing stories," she said.

For Lev, now that she has complete control over production, she is looking to find her own voice for the first time.

The Project started with interviews with friends and family about their quirky and moving stories – everything from crystal healing to traffic reports to the enduring numbness of soldiers.

But Lev plans to expand her "storytelling vault" for future episodes.



PANCAKE SUNDAE BAR

MONDAY, AUGUST 31ST & SEPTEMBER 8, 2009

G-WING COURTYARD BEFORE BOOKSTORE

FRESH HOT PANCAKES AND SWELL TOPPINGS, SUCH AS ICE CREAM, CHOCOLATE SAUCE, STRAWBERRY SAUCE, AND SPRINKLES!

10:30 AM
WHILE SUPPLIES LAST

FREE
FOR STUDENTS

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FREE MUSTACHES, MULLET & OTHER 80'S SWAG

ROCK & DOCK

SEPT. 9 - 3:00PM

ANNEX PARKING LOT

BEER GARDEN **GNARLY LIVE BAND**

\$3 BEER

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2009 Shinerama

STUDENTS FIGHTING CYSTIC FIBROSIS

HELP OUT

with a great cause
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...because
everyone needs to breathe!

WHAT YOU GET FOR HELPING OUT:

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

Sign Up @ NAITSA Office E-131

STUDENTS' ASSOCIATION www.naitsa.ca facebook Visit us on facebook Canadian Cystic Fibrosis Foundation

THINK BIG DO MORE

Nexen Day at NAIT

September 10, 2009, 9:00 am – 3:00 pm

Come visit us at the following locations:

- South Lobby (O Building)
- Petro-Canada Centre for Millwright Technology/Spartan Centre for Instrumentation Technology (Y Building)

Nexen representatives will be available to answer your questions.

Win \$300 worth of gift certificates!

Drop by and enter our free draw for your chance to win.

We're a small company with big assets – and big opportunities for our employees. What we do and how we do it means you get the chance to do more at Nexen.

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CLUBS CORNER

Come one, come all

Hey There!

How exciting to have you all back at NAIT! We have super clubs returning this year, so keep your eye on the Nugget.

For those that are new to NAIT, make sure to stop by NAITSA your Students'

Association (Room E-131). There you will also find the Campus Club Centre.

If you are looking to have a super graduation party for your technology or simply want to meet people with similar interests other than swapping class notes,

check out clubs on campus.

Most clubs are technology clubs that represent students in their program. They primarily host events to raise money for their graduations, host industry nights or bring in guest speakers.

We certainly would like to see more groups join, so why not start one! All you need is a minimum of three people to register. If you need help getting the word out, we're here to help you. Once registered, there are many services for clubs, such as funding, advertising on campus, equipment loans, banking, space bookings, appreciation and recognition.

Our special interest clubs are growing each year.

Think about exploring cultures? Do you appreciate art, want to paint, like going to plays? Are you a movie buff? Do you want to explore spirituality, learn about faith? Want to green up your campus and take action? Do you enjoy hiking, camping and kayaking? Want to make a difference? Enter the realm of gaming? Are you all about the business, professional development and networking? Want to make a difference?

Check out these clubs:

- Aboriginal Student Association
- Chinese Student Association
- International Club
- DeFeYe Arts
- Speakers Club
- Movie Club
- Christian Club
- LDS Mormon Institute
- Annex Environmental Group.
- Gamers of Dungeons &

Dragons

- SIFE (Students in Free Enterprise)
- BTEch
- WINTech (Women in Technology)
- Outdoors Club
- Habitat for Humanity Club

• Big Brother Big Sister Club

For students involved or wanting to start a club, sign up for club training orientation on Saturday Sept. 19, 2009. You can stop by Room E-133 and Rose or Noelle would be happy to help you. You can also call 780-471-8871 or e-mail campusclubs@nait.ca

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sspencer@sifenait.com







Alternatives to sleep meds

By MEUREN MARTINS
Excalibur (York University)

TORONTO (CUP) – Sleep problems are pretty common, but experts have some tips for the tossers and turners among us.

Some people decide to take alternative sleeping medications, but while they are effective at improving sleeping habits, they have many risks attached to them.

Doctors will not recommend medication for people with sleeping problems unless the situation is severe. Medication runs the risks of dependency and possible addiction. Other effects include drowsiness and dizziness. More important, medication is only a quick fix to one's sleeping problems.

Susan Martha, professor in the Department of Psychology at Toronto's York University, has some more natural recommendations for improving sleeping habits.

Martha encourages the bedroom be used for rest and sleep rather than conflict and worry.

If you are worried about something, and it's keeping you awake, she advises you to get up and leave the bedroom – go read a book elsewhere.

"Other obvious things, like improving the

sleep environment by minimizing noise and disruptions might work as well. In addition, regular exercise – but not close to bed time – has been shown to increase early night slow-wave sleep in normal sleepers," said Martha.

One study conducted on personality and sleep found that better mental health has a plausible correlation to better sleep.

The study, conducted by the Department of Psychology at Grant MacEwan College in Edmonton, found that mindfulness and well-being are positively correlated with sleep.

Linda Ivan, social worker at the Centre for Addiction and Mental Health in Toronto, recommends that people avoid alcohol before sleep since it causes poor sleep quality and frequent awakenings during the night.


Ivan also recommends that people limit their caffeine intake since it also interferes with sleep.

Another technique for getting a better sleep is to try establishing a regular routine, like going to bed at the same time every day including weekends and using the time before you go to sleep to do the same thing every day.



Sleeping during the day and not at night? Experts have some ideas.

CUP photo

<div><div></div><div>INTRAMURAL SCHEDULE</div></div>				
First Semester	Activity	Deadline Date	Start Date	Time
	Ice Hockey	Wednesday, Sept. 9	Monday, Sept. 14	**All games played Monday through Thursday nights at NAIT Arena – Times vary
	Coed Soccer	Wednesday, Sept. 9	Tuesday, Sept. 15	**All games played Tuesday night at Vanguard College between 4:30-6 p.m.
	Coed Dodgeball	Wednesday, Sept. 9	Monday, Sept. 14	**All games played Monday night in the main gym between 4:30-6 p.m.
	Water Basketball	Thursday, Sept. 24	Thursday, Oct. 1	**All games played Thursday night in the pool between 4:30-6 p.m.
	Coed Volleyball	Wednesday, Oct. 14	Monday, Oct. 19	**All games played Monday night in the main gym between 4:30-6 p.m.
	Coed Basketball	Thursday, Nov. 12	Monday, Nov. 16	**All games played Monday night in the main gym between 4:30-6 p.m.
Second Semester	Ball Hockey	Wednesday, Oct. 21	Tuesday, Oct. 27	**All games played Tuesday night at Vanguard College between 4:30-6 p.m.
	Activity	Deadline Date	Start Date	Time
	Ice Hockey	Wednesday, Jan. 6	Monday, Jan. 11	**All games played Monday through Thursday nights at NAIT Arena – Times vary
	Coed Soccer	Wednesday, Jan. 13	Tuesday, Jan. 19	**All games played Tuesday night at Vanguard College from 4:30-6 p.m.
	Coed Dodgeball	Wednesday, Jan. 13	Monday, Jan. 18	**All games played Monday night in the main gym from 4:30-6 p.m.
	Coed Volleyball	Wednesday, Feb. 3	Monday, Feb. 8	**All games played Monday night in the main gym from 4:30-6 p.m.
	Coed Basketball	Wednesday, March 24	Monday, March 29	**All games played Monday night in the main gym from 4:30-6 p.m.
	Ball Hockey	Wednesday, Feb. 24	Tuesday, March 2	**All games played Tuesday night at Vanguard College from 4:30-6 p.m.
Vanguard College – 12140-103 Street				
*All schedules for intramurals will be posted the Friday before the games start. It is the responsibility of the captains to check the schedule. Please sign up and register at the equipment center (E026) by the deadline date. If you have any questions please call Trevor Turner at 780-491-3010. Intramurals are open to students and staff.				

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 that 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. most every second Wednesday, starting Wednesday, Oct. 7, 2009.

• **TRAINING** – Attend mandatory training sessions on Sept. 18, 25, and Oct. 3 2009.

• **COMMUNICATION** – To help you keep in touch with the students you represent you will have your own section at www.naitsa.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. Use the nomination form to collect the signatures required.

2. **SUBMIT THE FORM:** The deadline to turn in your nomination is Friday, Sept. 18, 2009. Take the completed form to the Students' Association office in Room E-131 on Main Campus before the deadline.

3. **START CAMPAIGNING:** It's easier to get votes than you think. A good way to start is by telling your own classmates that you're running for Senate, and remind them to vote online from Sept. 29-Oct. 1.

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.

NOTICE OF
SENATE ELECTION
2009

Online voting starts Sept. 29 at 9 a.m.
and closes Oct. 1 at 4 p.m.

Poll stations are open Oct. 1 only from 9 a.m. to 4 p.m.

POLL STATION LOCATIONS (Oct. 1 only):

- South Lobby
- Engineering Annex – Main floor by main stairwell
 - Outside NAITSA Office – E-131
 - Outside Fresh Express Cafeteria
 - Outside Campus Reads & Needs
- Outside Bytes Cafeteria – HP Centre
 - Tower – 1st Floor
 - Souch Campus – Z-130
 - Patricia Campus – P-127
 - St. Albert Campus

Watch for the Sept. 24 issue of the Nugget for candidate pictures and articles and watch for them campaigning around campus until Sept. 28.

Thank you for voting
Sept. 29-Oct. 1, 2009!

NAITSA Frosh Leader wanted

Want the BEST volunteer job ever? Become a NAITSA Frosh Leader! It will look great on your resume, you'll meet a lot of cool people and you will have the time of your life. Stop by NAITSA for more details or e-mail naitsaevents@nait.ca.

Requirements: Outgoing personality, enrolled in a NAIT program in September, wanting to have fun.

...

Resumes can be sent to naitsaevents@nait.ca or dropped off at the NAITSA office at E-131.

Want to volunteer? Shinerama

By working together, students really can make a huge difference!! What began in 1964 as a simple student-led shoe shine campaign during orientation week has now raised more than \$18.5 million to support the fight against cystic fibrosis!

Shinerama is Canada's biggest post-secondary fundraiser with over 35,000 student volunteers from almost 60 universities and colleges nationally who shine shoes, wash cars, co-ordinate raffles and barbecues, as well as numerous other events, in support of cystic fibrosis research and care.

Shine day itself is on Saturday Sept. 26, when student volunteers like you will be out in full force, working and having fun with a car wash, shoe shine, breakfast and all out Shinerama party! Your help and donations are appreciated!

*Shine day volunteers meet at 9 a.m. in the Nest. Contact naitsavolunteers@nait.ca or visit the NAITSA office at E-131 if you are interested in helping out!

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 O-117 (located in the South Lobby) to pick up the brochure and the information package or e-mail distinction@nait.ca for more information. Deadline to apply is Wednesday, Sept. 30, 2009.

Need extra cash??

Student workers needed for the Imagus Poster Show:

- Three students needed on Oct. 26 for setup from 8:30 a.m. to 11 a.m. in the North Lobby. \$12/hour, heavy lifting.
- Two students needed to hand out flyers on Oct. 26 and Oct. 27 from 11 a.m. to 1 p.m. \$10/hour.
- Three students needed for teardown on Oct. 27 from 5 p.m. to 7 p.m. in the North Lobby. \$12/hour, heavy lifting.

Please see Mary Cumberbatch in E-131 (NAITSA office) to apply or e-mail her at mcumberb@nait.ca

ONLY THOSE WHO ARE RELIABLE AND ABLE TO COMMIT TO THE TIMES SPECIFIED NEED APPLY!!



NEW OFFICE HOURS FOR NAITSA

NAITSA has set up new, more convenient office hours for students. The Students' Association office at E-131 is now open from 8 a.m. to 6 p.m. Mondays to Thursday and from 8 a.m. to 4:30 p.m. on Friday. With the new hours, Continuing Education students who want to make contact can do so by dropping by before their evening classes begin. Any other students who have late afternoon classes will also be able to access the receptionist later in the day.



LOOKING FOR A JOB ON CAMPUS FOR THE FALL TERM?

NAITSA (NAIT Students' Association) is now accepting applications for the following:

STREET TEAM

Duration: Contract

Compensation: Hourly

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

MOVIE NIGHT CO-ORDINATOR

Duration: Part Time

Compensation: Hourly

Responsible for:

- Co-ordinating movies from supplier.
- Filling out monthly forms for supplier.
- Arranging for marketing for each Movie Night.
- Executing Movie Nights in the Shaw Theatre.

EVENT CO-ORDINATOR/ HEAD OF SECURITY

Duration: Part Time

Compensation: Hourly

- Assist in planning/set-up/clean-up 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

Duration: Part Time

Compensation: Hourly

- 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.

POLL CLERKS

Duration: Oct. 1, 2009

Compensation: \$12/hour

- Poll clerks needed for the NAITSA Senate election polling stations on Oct. 1, 2009 (8:30 a.m. to 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 Monday, Sept. 28 at 4 p.m. in E-129. All clerks will be paid to attend the training.
- Poll clerks must have a complete understanding of the online voting process and be comfortable in providing guidance to students.
- Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.

Application forms available in E-131, or submit a cover letter and resume to Shannon Marshall at the NAITSA office by Sept. 30, 2009.

Are you an Aboriginal student at NAIT?

If so, there is a centre right on main campus designed specifically to meet your needs! Unique features of the centre include cultural awareness, mentorship programs, Aboriginal funding options, Aboriginal scholarship and bursary information, community referrals, full use of kitchen facilities, coffee for students and business services such as fax and computer access. The EnCana Aboriginal Student Centre is a great alternative for students to study and work. Even if you are not self identified through NAIT, you are welcome to utilize all available services at the Centre! The EnCana Aboriginal Student Centre is available Monday to Friday, 8 a.m. to 4:30 p.m., in E-Wing, Room E-121.

Questions? Please feel free to contact Victoria Cardinal, Manager of Aboriginal Student Services @ (780) 471-7839, or at vickiec@nait.ca. We look forward to seeing you at the centre. Drop in any time.

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