

RODEO COOK-OUT, FREE CHILI AT THE ANNEX DOCK, 11 A.M. MONDAY

THE NUGGET

Thursday, November 5, 2009
Volume 47, Issue 9



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

H1N1 A RUNAROUND



Long lineups, uncertainty about the vaccine and government indecision plague immunization process – story, page 2; editorial, page 7




Photo by Raymond Ip

These patient folks at Bonnie Doon Mall look forward to over four more hours of waiting in line for a vaccination on Oct. 31. Later in the day, the clinics were all shut down as vaccine supplies became scarce.

Nest Lunch Specials



\$7
freshly made Soup & Sandwich
\$7
Nooner Pizza



THE NEST
— COOK, CAFE, RESTAURANT & LOUNGE —

NEWS & FEATURES

Students must wait



By MacKENZIE MARSHALL
Issues Editor

Do you know all about the H1N1 vaccine? You've seen it on the news, read about it in the papers and heard about it in just about every public place that you go. It doesn't matter if you're confused anymore, because if you go to NAIT, you're most likely going to have to wait, and it could be a while.

You're not being denied the vaccine because you go to NAIT, it's because NAIT's demographic doesn't include the high-risk groups that now have first priority.

After being open for five days, Alberta clinics were closed last Saturday, due to a shortage. Clinics reopened today (Nov. 5). Vaccinations will be given to children aged six months to five years today, and tomorrow pregnant women will be added.

"Over the next few days, we're going to focus exclusively on those two groups," said Dr. Andre Corriveau, Alberta's chief medical officer of health. Other high-risk groups will not receive the vaccine until further notice.

Dr. Gerry Predy, chief medical officer of health for Alberta Health Services added, "From an ethical perspective, it also makes sense to target the young children and pregnant women." There aren't any

NAIT students in one of the target high-risk groups, and if you're in the other, I say "Mazel Tov," or "yeah, your life is over. Sorry."

The original message from the province was the exact opposite. Health Minister Ron Liepert and Premier Ed Stelmach urged all Albertans to get the vaccine. About 400,000 Albertans received the vaccine before the shortage. Many people were turned away because of long lines and extremely uncomfortable waiting times, especially for children, the elderly and pregnant women.

There were no lines for some of the Calgary Flames players, staff and their families. They were all vaccinated at a special clinic last Friday.

"It's unfortunate and I can't defend it," said Predy, noting that the incident is under investigation. "Who cares if they're in the NHL, they're not even in the high risk group. It's bullshit they would get it first," vented a frustrated Vicky Tong, a second-year NAIT student.

Alberta Liberal Leader Dr. David Swann has been a harsh critic of the delay saying, "It's a real puzzle to me why we have taken this huge hiatus in delivery. We have vaccine, we have staff, we know the risk groups, why are we not using it?"

There have been long lines and wait times in other provinces, but Alberta is the only province to have clinics close.

"What is this four days about? Is it a shortage of vaccine or is it uncertainty about how to roll out this campaign in a politically acceptable way," said Swann.

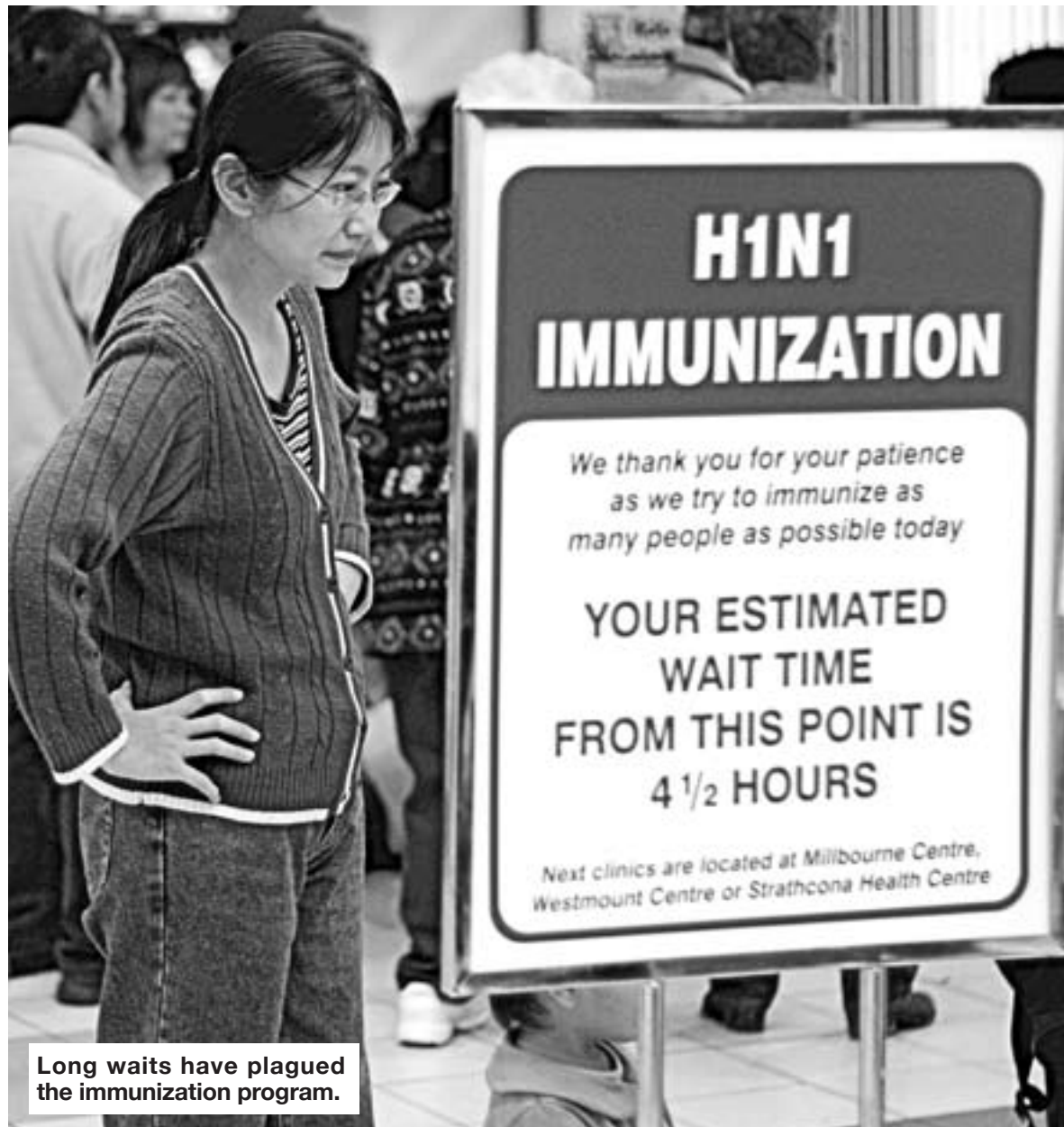
The province received 80,000

doses of the vaccine today, making their total now 200,000. The goal is to keep lineups under one hour.

In other provinces, wristbands and time frames were used so peo-

ple don't have to stand for a long time. Officials have yet to decide if they will do that here. Vaccination will be expanded to other high-risk groups, and eventually to everyone

when more vaccine becomes available from the manufacturer. The province will announce more plans as more information becomes available on the vaccine supply.



Long waits have plagued the immunization program.

Photo by Raymond Ip

We're United all the Way!

By ALI BRUNI

The United Way and NAIT have teamed up for the 2009 school year! The United Way is a well-known charity that prides itself on its movement of social change. The willingness to donate time, talent and resources is what drives this charity to reach the goals of common good, and help those in need. By maintaining its relationships and sense of community, the United Way always manages to find good intentions and use them for positive, impactful action. By connecting itself with the community, the United Way works together to solve problems, and this year NAIT is lucky enough to team up with them.

This year, the focus is family, and with the help and participation of NAIT students, the goal is to raise \$110,000.



This is done through a pledge campaign for staff members who have an opportunity to make a donation to the United Way, NAIT or even both. Another way you can participate is through donations. You can make a donation to the registered charity of your choice by donating to the United Way as well.

"The staff pledge drive accounts for about 75 per cent of the goal while special events account for the other 25 per cent," says Nicole Parker, an advancement relations officer for the United Way. This charity also holds different special events, one being a weekly 50/50.

"This is where we see most of our student participation," Parker says. One student recently won \$1,339 in the Oct. 16 draw. In addition to the 50/50 draw, the United Way holds a variety of other events

as well. One of the larger events was a silent auction held on Oct. 23. It raised over \$8,600, and received a lot of participation from NAIT students. Lastly, a computer monitor sale was held on Oct. 30, that raised over \$3,000! All these events, donations and pledges have added up to \$60,000!

Even though this number is fantastic, Nicole still hopes to achieve the initial goal of the campaign as it winds down this week.

"It's always tough to fund raise in this economic climate, especially since there are so many different organizations out there asking for money, but NAIT staff and students have proven to be very generous once again," says Nicole.

Many of us know someone who has benefitted from this magnificent charity, and by supporting them as a community reflects NAIT in a positive light.

The United Way is about people working united as a community, for a community.

Student Senate election

Candidates for a runoff election to decide the second seat representing the School of Applied Building Science

I'm Patrick Talbot-Jones and I am asking you for the privilege of representing the School of Applied Building Sciences in the NAITSA senate. I'm currently in my second year of the Construction Engineering Technology program over in the Engineering Technologies annex and have appreciated the improvements made to the building over the past year.

I'm interested in hearing what other changes you think are needed to improve your NAIT experience. Perhaps your needs are as simple as having a clock in each classroom, or a new arcade machine in the dock? Maybe you're sick and tired of not being able to access the computer commons when school starts up?

Come talk to me and tell me your concerns or bring me your suggestions on how to improve the facility and your time here at NAIT. I'll take your ideas to the senate and try to make the changes you want to see. I'm easy to find and ready to listen to you.

Vote for T-J as your 2009-10 NAITSA Senate representative and then come and talk to me.

Let's see what we can accomplish together!



Patrick Talbot-Jones

Welcome students, voters, and audience:

My name is Adam Wojtasik and I am campaigning for the Student Government Body. As a student here, I have acquired the knowledge, skills, and experience needed in order to better our quality of life on campus. I am also a devoted student and understand that the student body needs an encouraging environment. My dedication to the student body, specifically those of Satellite Campuses, will push me to fight issues involving access and transportation, locker disputes caused by split-campus classes, computer lab access as well as other facilities not located on our campus.

As a member of Senate, I will demand action from the NaitSA to ensure that the students on Satellite Campuses have access to the events and facilities all other students have. I believe the Satellite Campus needs full-time dedication from a full-time student who will demand action and fight for the student body.

Thank you, and remember to vote Adam!



Adam Wojtasik

Candidates for two seats to represent the Department of Undergraduate Studies



Matt Bell

As your member of the Senate for the Department of Undergraduate Studies, I will personally visit every classroom and solicit the needs and wants of the students I represent. I will always have an open mind and will work hard on your behalf to ensure that your voice will be heard! So remember from November 4-6, VOTE MATT BELL!

IT'LL BE THE BEST DECISION YOU'VE EVER MADE!



Courteney Clark

Hello fellow NAIT students my name is Courteney Clark, and I am running as a candidate to be a representative for the department of Undergraduate Studies. This is my third year attending NAIT and therefore I have come to know some of the situations concerning students. My hopes are that if I am voted onto the senate then I can bring student concerns from my department to the group and help in coming up with solutions. I want to help make student life at NAIT better.

Tyler Mowbrey

Hi, my name is Tyler Mowbrey and I am running for the Undergraduate Studies senate position. I am in my fourth year of NAIT's Bachelor of Technology in Technology Management. My experience on campus as a proven leader puts me in a unique position by knowing what students want. As students we want increased access to transit and readily available parking. Having access to LRT transit, more express busses to far-

reaching areas of the city, and viable alternative solutions for NAIT student parking will all be on the agenda. Other issues I would focus on ways to reduce tuition for students and increase funding for state of the art lab equipment. As an undergraduate student, I also see the need for increased resources for student research. Students conducting research should have more exposure and opportunities.

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Results to be announced at the NAITSA office at E-131 no later than 4:30 p.m. on Friday, Nov. 6.

**Thank you for voting
Nov. 4-Nov. 6, 2009!**



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Chris Carmichael-Powell
studenteditor@nait.ca

Sports Editor

Landon Hommy
sports@nait.ca

Assistant Sports Editor

Curtis Binkowski
sports@nait.ca

Entertainment Editor

Colleen Nuc
entertain@nait.ca

Assist. Entertainment Editor

Kathy Le
entertain@nait.ca

Issues Editor

MacKenzie Marshall
issues@nait.ca

Assistant Issues Editor

Brittany Black
issues@nait.ca

Photo Editor

Raymond Ip
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

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

**Submissions encouraged:
studenteditor@nait.ca**

The deadline is noon on the last school day of the week. (All submissions must include your name and student ID number.)

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

Letters

We want your views

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

Get those thoughts into print.

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

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

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

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

High voltage debate raging



BRITTANY BLACK
Assistant Issues Editor

The Heartland Transmission Project proposes high voltage transmission lines that will connect the Heartland region (northeast of Fort Saskatchewan) to already existing transmission facilities both west and south of the city.

The project has been put forward by the Alberta Electric System Operator (AESO). The group recently forecasted a major increase in the demand for electricity in the Heartland region due to residential, commercial and industrial growth.

Obviously, a project this large brings many concerns, many opinions and certainly many heated debates. So, let's go through some of the main

issues being presented with the lines.

1.) Edmonton needs energy now: last summer, Albertans set four new records for power consumption, and there were five emergency alerts asking consumers to reduce power use. Erecting these overhead lines will solve these problems quickly.

"The province says that it's growing at the rate of twice the size of Red Deer every year, that's a lot of power. So we need this infrastructure, not only to keep the lights on, but for future development," says Tim le Riche, spokesman for EPCOR.

Four different routes

2.) They need to pick a route from four different ones currently under consideration: West of Edmonton (through Spruce Grove), Anthony Henday, East of Edmonton (outside Sherwood Park), and Highway 216. Of course, no-one wants the lines to be near them.

3.) Residents living in these proposed areas are worried about the health risks from the electromagnetic

fields (EMF) emitted from the lines. John Kristensen, VP Technical for the group Responsible Electricity Transmission for Albertans (RETA) says that "if you live, work or go to school next to a high voltage transmission line, you've got 12 times the risk of the expected population getting nervous system cancer, 10.3 times the risk of getting brain cancer, 3.6 times the risk of committing suicide, the list goes on, it's terrible."

4.) Wildlife and environmental concerns. Millions of birds die every year hitting power lines in North America, so the lines would be adding to this problem. Many believe that the EMF will decrease the population of the migratory birds and mammals that rely on the ecosystems nearby the routes.

Obviously, these are not the only issues that arise from the project, but they are some of the most prominent. Janet Shnieder is a resident of the Hampton's, along Anthony Henday and explained to me how upset she was about the overhead lines, "Had I

known, that this was going to take place, my husband and I certainly would not have purchased this home. I'm really hoping that (our voices) do make a difference, I don't understand why they can't bury the lines, or go rural. I mean, for goodness sake's this is residential, there is people living here."

Up to 20 times costlier

Heartland Transmission officials say that burying the lines would take much longer to construct and would cost anywhere from four to 20 times as much.

If you made it through this whole article, there may be a few questions you want to ask me ...

Brittany, I don't live in any of those areas ... why should I care?

Well, my avid Nugget reader, the project is expected to cost upwards of \$8 million and because of that it is estimated that all residential customers in Edmonton and surrounding areas will be seeing an increase in over \$96 per year on their power bills.

Britt, why are we connecting to these other facilities? Can't we worry about our power? And they can worry about theirs?

Funny you should ask. Industry and companies do have the option to build co-generation facilities on their properties to help them meet their energy requirements. However, AltaLink and EPCOR support the development of new generation and are responsible for connecting generation sources to locations that need the power, wherever that generation is located.

Okay, Miss Black, when will this all take place? And how can I find out more, your article has persuaded me to research deeper. I care. I really do.

Hey. Thanks. The route is said to be decided on by late November, early December. For more information, visit heartlandtransmission.ca and reta.ca. Each website will give you residential and project insight. Also, you are encouraged to attend a free information meeting on Nov. 24 at Northland's AgriCom at 7 pm in Hall D.



<http://retasite.wordpress.com>



<http://retasite.wordpress.com>

A line to the city's future

By **TAYLOR POLLMANN**

In a city that is making a bid to host the 2017 World's Fair, Edmonton's transit system has begun to be taken seriously. Once lacking a network of transportation like those of rival major city centres, Edmonton is beginning the start of a multi-million dollar expansion of its LRT system, which will take place throughout the next 20 years.

"Expanding our LRT is a priority of City Council," stated Stephen Mandel on the city's new website called Connect 2 Edmonton.

The proposed new routes span the city of Edmonton including the north, south, northeast, west and southeast parts of the city. The North Edmonton leg of the proposed expansion sees the line meet up with NAIT and Grant MacEwan via the downtown line. This section of the line is expected to open up as early as the spring of 2013. This would come as relief to the NAIT population as a whole, as its students are feeling the pull on their wallets due to the price of monthly parking passes and tickets that come with attending the institute. As of now, parking passes are hard

to come by and are more readily given out to students who car pool.

The real anchor that is dragging and delaying the whole construction of these new lines is the one thing in life that runs and maintains the world – money. With a cost between \$800 million and over \$1 billion, it has become an issue of concern among both the citizens of Edmonton and city council members alike.

"The reality is, the funding will come from other orders of government," said Mayor Mandel.

This will come as some sort of relief to the taxpayers of

Edmonton who have already been hit hard by an economic downturn this past year that was felt by white and blue collar workers alike.

Currently the fares to ride the LRT are at \$2.50 a ride or are free for U of A and Grant MacEwan students with the U-Pass that is received with the payment of tuition. So far NAIT has not signed on to the U-pass program. Right now, NAIT students have to pay full price for LRT and bus passes.

If the lines plans pull through, NAIT will almost certainly join the U-Pass system in the near future when left with little choice.



www.lightrainnow Photo by Martin Parsons

NAIT eyes feedback system

By RYAN FLAHERTY

As many students are aware, constructive feedback is an important tool in any learning situation. Where course work is concerned, feedback provides students with the opportunity to improve their work for future assignments or exams. The same holds true for instructors. Giving students a chance to hold a mirror up to their instructors is a valuable exercise, as it helps the instructors improve their teaching methods and thereby improve the learning experience for the students.

“NAITSA has not been invited to be involved in re-writing the forms, which is disappointing ...”

— Timothy Jobs, NAITSA VP Academic

“NAITSA has not been invited to be involved in re-writing the forms, which is disappointing as we are the formal legislated representatives of the student body on campus, and we are ready and willing to work with the institution on this and any other issues that affect student experience here at NAIT,” he said.

Jobs is also concerned that NAIT decided to suspend the existing feedback forms before a suitable replacement had been implemented. “It seems odd to me they could not coordinate phasing in a new system on top of the old to make sure there would not be gaps in feedback,” he stated.

However, Ross points out that there is still a mechanism in place to allow students to provide their instructors with feedback. NAIT instructors have been advised to use the optional question bank portion of the old system to create their own feedback forms for this year.


“It was strongly encouraged that the feedback continue this year, but it was more the responsibility of the instructor to get that feedback rather than the institute deciding it needed to be done,” she said.

Although the review committee has not yet been fully peopled, one possible replacement for the old forms is already being examined. The system, created by Digital Media & IT Chair Sia Samimi, is currently being looked at and the hope is that the review committee will have an opportunity to see a demo in the coming weeks. Ross stressed, however, that although they are looking at Samimi’s

system it does not necessarily mean that it is the system which will be adopted.

The committee will make a recommendation

to Associate VP of Academics Dr. Paula Burns by Dec. 15. The chosen system will be rolled out in pilot format either in January or next September.



NAIT Children's Christmas Party

Date: Saturday, December 5, 2009
Time: 12:00 – 4:00 pm
Tickets: \$6.00
(Tickets includes: gift, meal, craft, cookie decorating, balloon animals, & face painting)

SOUTH LOBBY:
Santa Claus & Mrs. Claus,
Gift Booth
NORTH LOBBY: Carnival
SWIM: 12:15 – 3:45 pm
SKATE: 1:00 – 2:00 pm

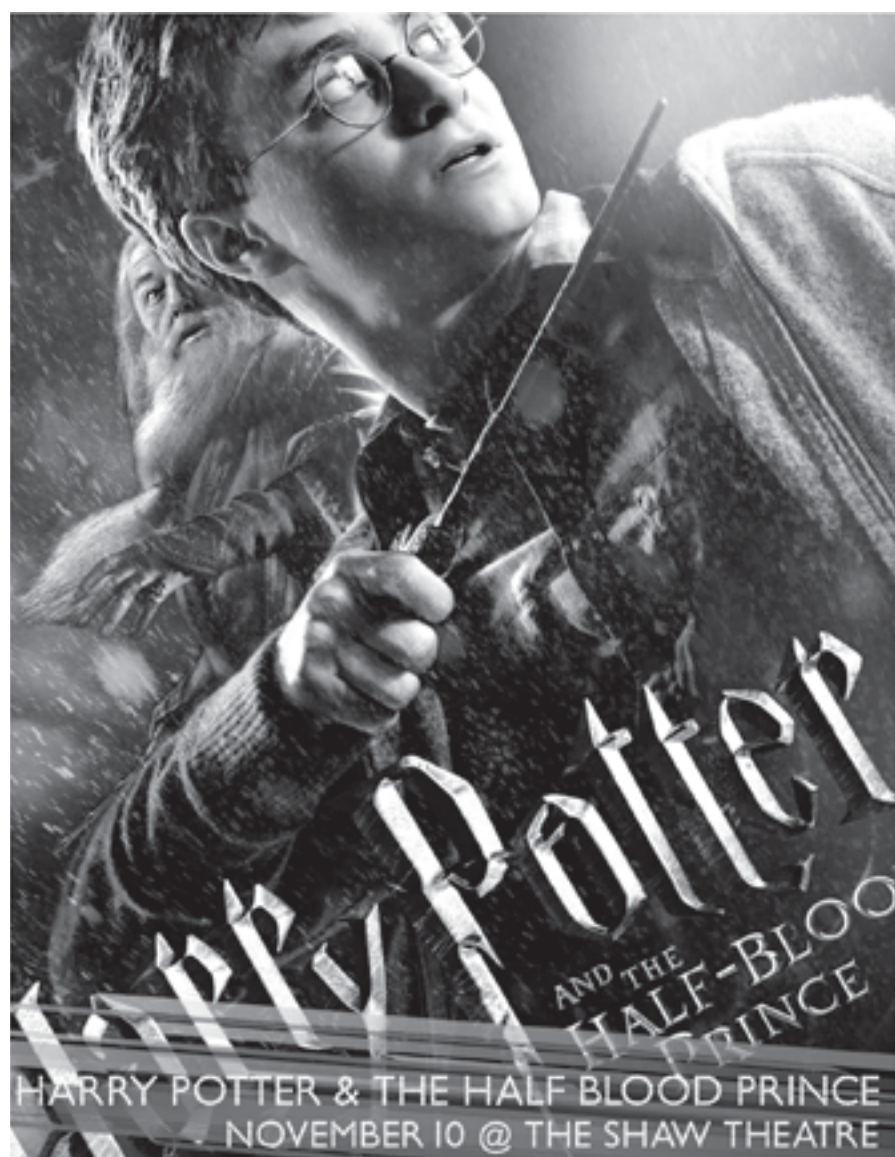
Tickets, Games & Popcorn
5 for \$2.00 or 50¢ each.

Presented by: NAIT, AUPG, NASSA, Athletics & Recreation
For more information call NAIT Athletics & Recreation at 780.471.7713

To this end, NAIT is currently undertaking a review of the instructor feedback process. The “I Am Outstanding” forms, with which some students may already be familiar, have been suspended and a search for a suitable replacement has begun.

Betty Anne Ross, president of the NAIT Academic Staff Association (NASA), said the old forms didn’t adequately distinguish between instructor abilities and course content. “The questions were very generic,” she said, adding that instructors “didn’t feel that it (the surveys) separated the instructor role from the curriculum enough.”

A committee is being formed to look at possible replacements for the “I Am Outstanding” forms. Though the group has not yet been fully assembled, it has met twice already and will meet again in a week’s time. Ross is hopeful that representatives of the NAIT Students’ Association, particularly VP of Academic Affairs Timothy Jobs, will be included in the planning and implementation process. However, at press time neither Jobs or NAITSA had been invited into the fold. Jobs stated that up to this point NAITSA has been on the sidelines of the issue, a fact he finds concerning.



NAITSA PRESENTS: ONLINE VOTING!

How to Vote Naked



Step 1. Log in to www.naitsa.ca
and follow VOTE HERE links. You can vote from anywhere in the world. November 4 - November 6! Just use your last name (User ID) and student ID (Password) to login!



Step 2. Get Naked
ensure that you are alone, sanitary, and within your legal rights to be naked at this time



Step 3. Submit Vote
by entering in the information on your student ID card and placing your votes for a maximum of 2 students



When do I vote?

November 4th from 12:01am to November 6th at 4:00pm.

How do I vote?

Log into www.naitsa.ca and click the link to the e-ballot from anywhere in the world! Or on November 6th you can visit one of the poll booths found around campus.

What do I need to vote?

Your Student ID card. Your username and password will be your last name and Student ID# AS THEY APPEAR ON YOUR STUDENT ID CARD.



Who do I vote for?

A maximum of 2 students at the school you are enrolled in.

I don't remember who is running?

A picture and write-up for every candidate is available to view when you log in to vote.



You can also vote while eating a sandwich, watching TV, or texting...

Please do not vote while driving!



Thank You for Voting!

www.naitsa.ca

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*Cinda's TechTalk***Telus, Bell get iPhone**

By LINDA HOANG

Canada's wireless landscape changed forever this week.

Rogers' monopoly in Canada officially comes to a halt today as telecom giants Telus and Bell begin to sell the iconic iPhone.

The move comes just in time for the holiday season, which could mean great things for you and me. After all, competition generally means good things for consumers in the first place. Throw in holiday sales and there are sure to be price drops, new phone and plan choices and more.

Up until this point, Rogers had been reaping the benefits of being the sole provider of the phone that is arguably the best and most revolutionary of the mobile age. Rogers had also been the only wireless provider in Canada to use GSM technology (the most popular standard for mobile phones in the world) since 2001.

This all meant Rogers was in complete control of expensive cellular plans, which we just had to deal with if we wanted in on the coveted iPhone and world-standard technology.

I'm very curious to see how Rogers will now deal with losing their exclusivity and I'm also very excited to see just how much the cell phone situation in the country will

change from this point on.

Chris Ziegler, mobile editor for web magazine Engaget Mobile, writes that Bell will "be covering fully 93 per cent of the country's population out of the gate, which should make the new network a viable option immediately for would-be switchers."

There are also rumours that quite a few new wireless carriers are slated to open shop in Canada in 2010, bringing with them even more quality, function-packed phones.

Darren Entwistle, CEO of Telus, is quoted in the *Toronto Star* last year as saying that offering two 3G/3GS networks side-by-side will help to "future-proof" Telus as the entire wireless industry moves toward a common standard over the next few years.

And I am all for sweet future technology.

Though I have to admit the high-speed, data-intensive, wireless technology of the future is just slightly overwhelming.

I also hope the new hard core data phones to come can maintain good battery life because nothing is more infuriating than having a smartphone that can't do its smart functions because it's dead.

Also, is scrapping the ridiculous three-year, feels-like-a-lifetime contracts next?

I'll keep you posted.



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Thank you for voting
Nov. 4-Nov. 6, 2009!

NAIT NEWS WATCH

SUNDAYS

@ 6PM ON

/ACCESS

The Next Generation of News

OPINION

— Editorial —

Just do it!



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

I'm sure you have all heard enough about the H1N1 vaccinations over the past month, but I am going to put my two cents in, as I always do. People have many different views on whether they should or should not get the vaccine. Now it is too late to decide, because Alberta

Health has taken the decision away from you, seeing as they are only vaccinating specific high-risk groups. With my luck, I'm going to catch H1N1 now because I was too lazy to stand in line for six hours to get one.

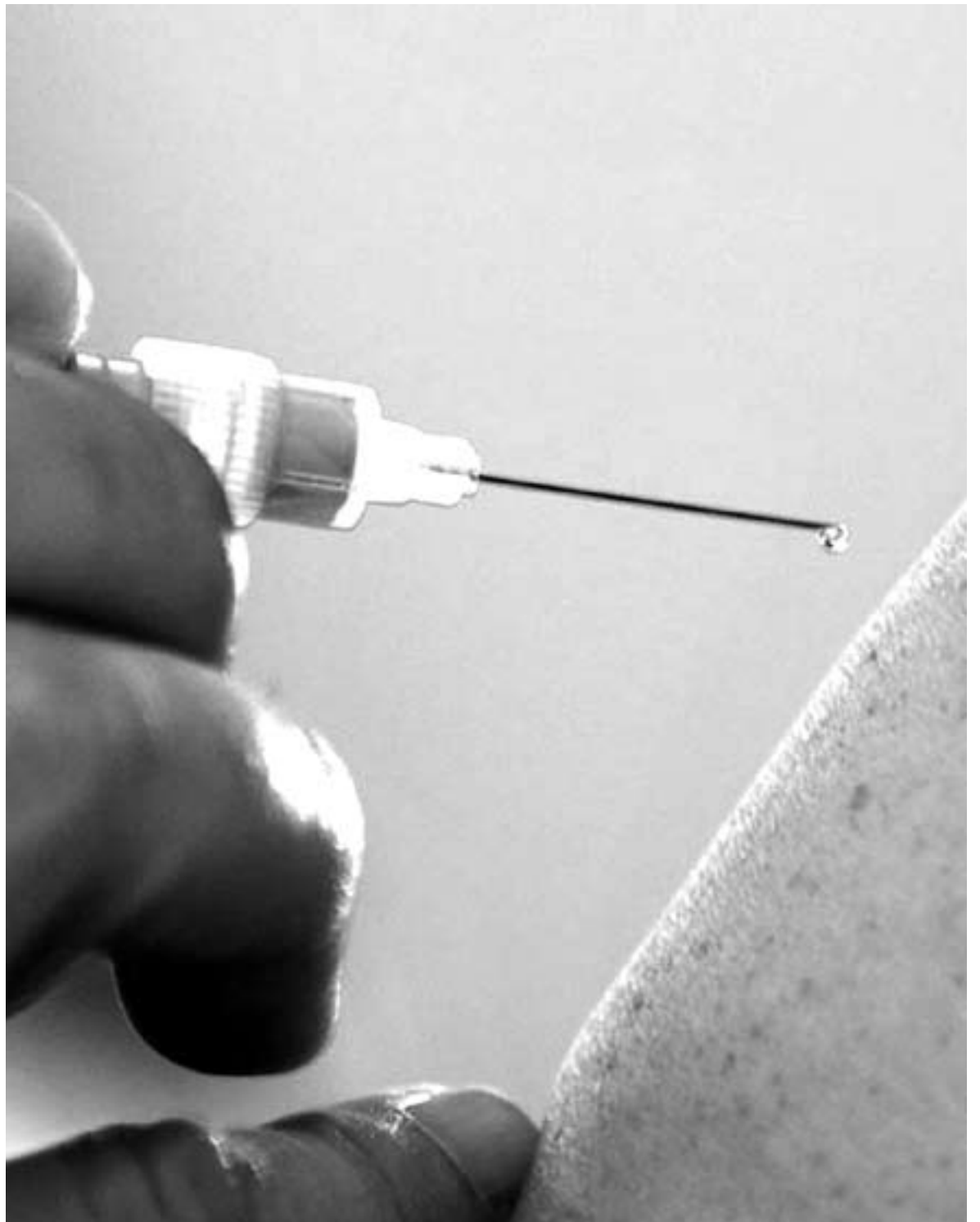
Risk is minimal

Aside from the long lines, I don't understand why people would not want to get the vaccine. I recognize there are risks associated with getting the shot, and back in the 1970s there were even deaths associated with the vaccination. From what I have read, and correct me if I'm wrong, there were between 300 and 500 vaccine-related deaths that were linked to the 1976 vaccine. With over 45 million people immunized, there is only a 0.001 per cent chance of death. Keep in mind that there have been changes made to the vaccine, though it is still relatively similar. According to the World Health Organization, as of Oct. 25, there have been at least 441,661 reported cases of H1N1 and over 5,712 deaths. That's a 1.3 per cent chance of death. I've said it before and I'm sure to say it again, I'm no genius, but even my 14-year-old brother can deduce that there is a better chance of dying if you come in contact with the virus and are not immunized than dying because of a severe side effect from the immunization itself.

Of course people will also argue that there are additional side effects besides death linked to the vaccine that you should be worried about and they're right, there are. There are levels of mercury in the H1N1 vaccine that have been getting some negative attention. These people are right. Mercury is bad, we all know this, but let me remind you there is also mercury in the canned tuna you had for lunch, and any other fish, for that matter. According to the U.S. Food and Drug Administration, the concentration of ethyl mercury per 0.5 ml dose of thimerosal (the preservative used in the H1N1 vaccine containing mercury) is approximately 25 micrograms. The FDA also informs us that a six-ounce can of Albacore tuna contains 60 micrograms of mercury. I don't see everyone swearing off fish, do you? And if you think the mercury is high in tuna, you better keep a safe distance from lobster, because it only gets worse.

Not swearing off lobster

Now I don't know about you, but there is no way I am swearing off lobster! Nor will you find me shying away from the H1N1 vaccines when I get the opportunity to get immunized. Keep in mind, getting immunized is not just for your own benefit; it benefits society as a whole. If you reduce the chance of getting sick, you also reduce the chance of getting others sick. You may not be included in a high-risk group, but my grandma is and so is my little cousin. I would really appreciate it if you did your part in keeping them safe, and I in turn will do the same for yours.



www.chicagopublicradio.org

LETTERS

Dear Student Editor,
Global warming is occurring because the last ice age is ending. We have had about 20 ice ages "recently." We have satellite proof because the ground is still rising.

In the TV show "MythBusters"

a pane of glass blocked an infrared intrusion alarm. CO₂ is like glass, but it totally blocks only a small band of light at about 10.5 microns. More CO₂ cannot block more of that small band of light. The greenhouse effect cannot be any stronger no mat-

ter how much CO₂ is added to the atmosphere.

JunkScience.com deals with issues such as "humans causing global warming."

Sincerely,
R. Blakely, MIET

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!

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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.



SPORTS

V-baller battles to play



By **LANDON HOMMY**
Sports Editor

The Oaks men's volleyball team is 1-3 so far this season, but for one of its players, it's just another hurdle in a long stretch of adversity.

Austin Hinchey began the season as the Oaks starting setter. He's also an amputee. After helping the team to a 1-1 split on opening weekend, he injured his knee in practice, sidelining him indefinitely.

Born with brittle bone disease, Austin went through the first years of his childhood not knowing about his condition.

"I didn't know I had brittle bone disease until I broke it," says Hinchey. "It was a bit of a shock."

Austin figures he had about four or five major surgeries on the leg but it never properly healed. The constant hindrance of the injury wore on the young athlete as it prevented him from playing the sports he loved, at the level he

knew he could play. By Grade 6 he made the decision to amputate his left leg below the knee.

"I had met a bunch of people who were very strong athletes that had lost limbs, so I made that decision and went with it."

Shortly after adjusting to his new lifestyle, hard luck struck again for Austin when he broke his femur while playing soccer. Unrelated to his disease, the injury was a cruel disappointment. But for the gregarious 17-year-old, it's all about the look-ahead.

"After that everything was a lot better," says Austin. "I started volleyball in junior high and everything else just started to drop off. It was just the sport I excelled at."

It was while playing at a NAIT tournament for Ross Sheppard when Oaks head coach

Simon Fedun first noticed him – his talent that is – the fact that he was missing a leg wasn't even an issue.

"At first I didn't know he was missing a leg," says Fedun. "He's just a very good setter and you could tell he was mature beyond his years so that's what really attracted me to him."

In training camp, Hinchey neither demanded nor received any special attention. He competed hard for playing time, hoping to earn a starting spot on the team. After doing just that he dislocated his knee, and his disability revealed some of the special precautions needed in terms of conditioning.

"My knee is a recurring injury ... I just haven't really found a way to strengthen muscles in my leg and knee to hold it in

place," says Hinchey.

The intense schedule of a college season is an obvious challenge to Austin's conditioning, but with a tougher commitment comes perks, such as an excellent Oaks training staff, which Fedun hopes will help Austin along.

"He has to build the muscle in that leg in his quad and his upper leg in order to hold that knee ... " says Fedun. "So they're going to work really hard this year developing some muscle to ensure that this doesn't happen again."

"It's just disappointing, especially before we play G-Mac," said Austin before the Oaks weekend matchup against the defending national champion MacEwan Griffins.

"We played a good exhibition game to them and lost by two points in the fifth set so I was really excited for this game."

NAIT lost both games to the Griffins, who have virtually the same squad as last year. The Oaks are now preparing for the trip up Highway 63 to Fort McMurray this weekend for a two-game series against the Keyano College Huskies. They will try to get back to .500 against a team with an identical 1-3 record.

As for Hinchey, it's just another hurdle.

"This team has a lot of potential and it's just a lot of young guys that haven't played a lot ... it'll be fun to see how much we can improve in one season."



Austin Hinchey

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LANDON HOMMY

Give and Go

If you asked one billion people what they thought about animals, there would probably be one billion people who said they loved them. Manu Ginobili would probably be one of them, except for bats. On Halloween night, and enjoy the irony here, the San Antonio Spurs guard swatted a bat – a freaking bat – out of the air as it swooped over the court as game crews tried to trap it. It was an unprecedented athletic achievement. It brought to mind other incidents of athlete vs. animal:

Hommy – So Burnett blew it, but we as Blue Jays fans aren't really surprised.

Randy Johnson – Yeah that's tough. You know what else is tough? Throwing a high-90s fastball into a bird crossing home plate. It felt like a higher power saying, "Hey let's screw with this guy!" The odds of that happening are astronomical – about as extreme as the Pirates making the playoffs. That bird haunts me to this day, which is why I still look a serial killer.

Binkowski – At least you didn't try to hit the

bird like Dave Winfield did back in the '80s.

Dave Winfield – Can we just let bygones be bygones? It was a seagull. Everyone hates seagulls. They're like the Yankees, except not any good. The fact that I got charged for animal cruelty is humiliating enough, except for my manager saying that was the first time I hit the cutoff man all year.

Tiger Woods – It's not enough. You should've killed more. A few years back I swiped a bee off the green when it was in the

way of my putt. PETA was all over it. Little did they know that at night I went back to the scene, found its nest, and doused it with so much RAID it probably killed the tree too. If something gets in the way of my Tiger Vision, it pays.

Evander Holyfield – So did Mike Tyson after he thought my ear was a sandwich. Or was it a baby? I can never tell after he said to Lennox Lewis that he wanted his heart and to eat his children.

MENS HOCKEY

Defence, goaltending improve

CURTIS BINKOWSKI
Assistant Sports Editor

The men's Oaks hockey team hasn't exactly turned the corner quite yet, but it has made strides in the right direction. After dropping five of their first six games of the season, the Oaks headed into their Halloween weekend series against the

winless Grant MacEwan Griffins fully expecting to win both games and did just that. Friday night at NAIT, the Oaks doubled up on the Griffins, winning 6-3. The following evening was a Halloween nightmare for the Griffins, as the Oaks plastered them 8-1, dropping Grant Mac to 0-8.

There's been no shortage of offence for the 3-5-0 Oaks this year, scoring 40 goals in their first eight games, good for third in the league. Jiri Prochazka has led the offence with 16 points, two behind the league lead.

Perhaps the most encouraging sign has been the improvements on defence and between the pipes. After giving up 19 goals in their first three games, the Oaks have allowed only 13 in their last five.

"Discipline was a problem," said Oaks head coach Terry Ballard. "We definitely took too many penalties and we weren't playing strong defensively. We fixed those a little bit but there's still a long way to go."

There is a long way to go for the Oaks. They're eight games into a 25-game season and have six points in eight games. That pace will leave them struggling for a playoff spot come February.

Although the Oaks two-game winning streak was over last place Grant MacEwan, it's a great building block, especially when their next two games are against another team that is below them in the standings, 2-6-0 Portage.

Coach Ballard fully admits the beginning

of the season has been rocky, but has clear cut solutions as to why they have made improvements and what they must continue to do.

"Number one, we have to keep improving on our discipline, stay out of the penalty box and not take penalties at the wrong times, and the wrong kind of penalties as well. Secondly, we have to make sure we take care of our own end and assist the goalies any way possible, move the puck out of our zone as quickly as possible and capitalize on our chances."

With the offensive fire power they already have and the improving defence and goaltending, we will have to wait and see if the Oaks can once again become contenders.



Coach Ballard

Athletes of the week

October 19-25

Cali Groenheyde
Hockey



Cali was a standout player on the women's Oaks hockey team this past weekend (Oct. 23, 24). Although the dental assisting student from the Northwest Territories didn't find herself on the score sheet, she did find herself getting a lot of specialty team experience on the penalty kill and some chances on the power play. She skated very well and created a lot of turnovers with her speed. "We have been working with Cali a lot to get her stronger on the puck and skating straight lines. She did this very well on the weekend as she was on the plus in the turnover category," said head coach Deanna Iwanika. "Groenheyde's play this weekend is evidence of the team's development over the past month and half and it was very encouraging to see."

Shane Cox
Basketball



Shane, an HVAC student-athlete from Toronto, had 35 points this weekend (Oct. 23, 24) to help lead the NAIT Oaks to two wins over the Concordia Thunder. Shane put up 23 points in Friday's overtime win at Concordia and followed that up with an all-around stellar effort at home on Saturday in which he added 12 more points. "Shane is one of those student-athletes that make coaching an enjoyable profession. He is a true triple threat: A good student, a outstanding athlete and an exceptional person," said NAIT coach Don Phillips. "He has the ability to score from anywhere on the court."

Athletes of the week

October 26-November 1

Teegan Heintz
Hockey



Teegan Heintz struck for four points this weekend in two games versus the SAIT Trojans, including two goals and an assist Saturday night to help her team defeat the Trojans 6-1 at home. "Heintz is a talented player with a drive to win", said head coach Deanna Iwanika. "The coaching staff is very encouraged by her and are excited to see her development." Heintz is a first year PFT student from Luseland, Saskatchewan and is a third generation Heintz at NAIT.

Shane Cox
Basketball



For the second consecutive week, Shane has been chosen as the NAIT OOK of the Week. Cox had 46 points this past weekend to help lead the NAIT Oaks to two wins over the GPRC Wolves. Shane also added nine assists and only committed three turnovers in the two games. "Whether it's in the classroom, on the court or out in general society, Shane's actions and the consistency of his actions have proven to be the epitome of the word professional. Our team is elated that he is completing his academic and athletic career here at NAIT," says NAIT coach Don Phillips. Shane is a first year HVAC student-athlete from Toronto.



Photo by Claro Cagulada

Rosalina Hicks will be relied upon to provide some offence.

Injuries hobble Lady Oaks



By **LANDON HOMMY**
Sports Editor

When the Oaks women's basketball team travels to Lakeland College this Saturday, one simple task will be foremost in the game plan: make the shot.

It goes without saying that good shooting is essential in a sport that depends on it, but with the way things have started for the 0-6 team, it's not so simple.

Against the Grande Prairie Wolves last weekend, they shot a dismal 22 per cent and 24 per cent from the field, and only six per cent behind the arc. Despite controlling the tempo, creating turnovers and outshooting their opponents, they missed far too many uncontested shots that enabled that marginally better Wolves to capitalize and win both games.

"When you can do all of those things, you would expect to come away with at least one win, if not two," says head coach Curtis Nelson, who was quick to share the responsibility with his players.

"It's the coaches' responsibility to try to run a system that is going to get us open looks at the basket,

but it's the players responsibility to knock those shots down."

To an outside observer it seems disastrous, but when you see the high tempo play these women have been executing, they aren't so far from where they want to be.

"We're confident that we're doing the right thing," states Nelson, who equates the team's start with preparing well for an exam, only to show up without a pencil.

"We just need to make sure we have the right pencil, it's sharpened and we're ready to go."

Dulling their progress, however, is the copious number of injuries they're dealing with. Maranda Rolfe is out with a bad ankle, standout shooter Amy Pysar is trying to get back into game shape while Kriska Bodnar and Molly McMahon are playing hurt. Worst of all is the absence of Oaks all-time leading scorer Dale-Marie Cumberbatch, who may miss the rest of the season with a knee injury that has plagued her for about a year.

"This season has been a disaster in regards to our injury situation," admits Nelson. "It's been killing us."

With that grim reality in tow, NAIT will take on an aggressive Lakeland team with some big forwards, meaning the outside shots will continue to be relied upon. Rosie Hicks and Melissa Christenson, two of the Oaks leading scorers last weekend, will be expected to shoulder much of the load.

The home half of the weekend series takes place on Saturday at 6 p.m.

Men off to a stellar start

By **LANDON HOMMY**

The men's team is enjoying life on the other end of the spectrum in the early stages of the season, after two dominating performances last weekend against the Grande Prairie Regional College Wolves.

The 5-1 Oaks controlled every facet of the game (except giveaways and ankle-breaks that is) as they trounced the Wolves 108-56 and 114-66 on the home court.

"I am happy that we were successful in going out and competing at a high level regardless of the score," says head coach Don Phillips. "Despite the fact that we had to sit out three of our top student-athletes because of injuries."

Both games exhibited some spectacular offensive and defensive plays that left patrons giddy. Alley-oops, dunks, blocks, steals and fast breaks overwhelmed spectators. The excitement is start-

ing to spread across the league – and throughout the school – prompting Oaks fans to anticipate great things this season.

Six different players hit double digits, including Shane Reece, Chris Neptune, Rodel Grenaway, Gerard Mozwa and Evan Eger – though Shane Cox led the way by posting 46 points and nine assists over the weekend.

The Oaks take on the Lakeland Rustlers this weekend in a home-and-home series and hope to maintain sole possession of first place in the north.

"We have a tough match-up against a hungry Lakeland Rustler team that has proven to be extremely dangerous and unpredictable. Thus, after this weekend we will see if we have the focus

of an ACAC Championship calibre team."

Tip off is 8 p.m. on Saturday in the NAIT gym. Be there.



Coach Phillips
Weekend a test

GRADUATION PORTRAITS



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Portrait Sessions starting Nov. 16-20 on NAIT campus

Room U209-E



ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT.....	8	7	7	1	0	0	53	19	14	
Concordia....	8	7	7	1	0	0	34	17	14	
Mount Royal	8	6	6	1	0	1	33	17	13	
Augustana ...	8	5	5	2	0	1	44	38	11	
NAIT	8	3	3	5	0	0	40	32	6	
Portage.....	8	2	2	6	0	0	20	30	4	
Briercrest	8	1	1	6	0	0	21	61	2	
MacEwan.....	8	0	0	8	0	0	13	44	0	

RESULTS
Oct. 28
MRU 4, Augustana 4
Oct. 30
NAIT 6, MacEwan 3; SAIT 7, Briercrest 2;
MRU 5, Augustana 2; Concordia 5, Portage 3
Oct. 31
NAIT 8, MacEwan 1; SAIT 11, Briercrest 4;
Concordia 4, Portage 2

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT.....	6	4	3	2	0	0	21	18	8	
Mount Royal	6	3	3	1	1	1	19	15	8	
MacEwan.....	4	2	2	1	0	0	7	10	4	
NAIT	4	1	1	2	1	0	13	15	3	
Red Deer	4	1	0	2	0	1	5	7	3	

RESULTS
Oct. 29
MRU 2, RDC 2
Oct. 30
SAIT 4, NAIT 3 (OT)
Oct. 31
NAIT 6, SAIT 1; RDC 2, MRU 1 (OT)

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
NAIT	6	5	1	10	575	439
Lakeland	4	4	0	8	390	253
MacEwan	4	3	1	6	319	327
Concordia	4	2	2	4	355	316
King's	6	2	4	4	446	500
Grande Prairie	6	1	5	2	390	584
Augustana	6	1	5	2	460	516

South Division						
Team	G	W	L	Pts	PF	PA
SAIT.....	4	4	0	8	351	238
Mount Royal.....	4	4	0	8	397	293
Red Deer	4	4	0	8	370	303
Lethbridge	4	0	4	0	322	404
Medicine Hat	4	0	4	0	240	326
Briercrest	4	0	4	0	272	388

RESULTS
Oct. 23
NAIT 94, Concordia 91; King's 84, Augustana 81;
Lakeland 99, GPRC 61
Oct. 24
NAIT 90, Concordia 81;
Lakeland 101, GPRC 47;
Augustana 76, King's 68
Oct. 30
SAIT 90, Briercrest 66; Concordia 81, King's 75;
MRU 102, Lethbridge 83; RDC 84, Medicine Hat 79;
MacEwan 87, Augustana 79
Oct. 31
NAIT 108, GPRC 56; Concordia 102, King's 57;
MacEwan 95, Augustana 54;
RDC 86, Medicine Hat 68;
SAIT 105, Briercrest 79; MRU 81, Lethbridge 70

Nov. 1
NAIT 114, GPRC 66

WOMEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
King's.....	6	5	1	10	375	371
MacEwan.....	4	4	0	8	281	217
Concordia.....	4	3	1	6	291	192
Grande Prairie	6	3	3	6	363	354
Augustana	6	2	4	4	397	407
Lakeland	4	1	3	2	248	294
NAIT	6	0	6	0	300	420

South Division						
Team	G	W	L	Pts	PF	PA
SAIT.....	4	4	0	8	310	191
Lethbridge	4	4	0	8	323	262
Mount Royal.....	4	2	2	4	311	252
Medicine Hat	4	2	2	4	230	265
Red Deer	4	0	4	0	236	286

Briercrest.....4 0 4 0 176 330

RESULTS
Oct. 30
SAIT 79, Briercrest 55; King's 58, Concordia 54;
Lethbridge 82, MRU 64; Medicine Hat 55, RDC 50;
MacEwan 63, Augustana 52
Oct. 31
GPRC 66, NAIT 52; SAIT 83, Briercrest 32;
Medicine Hat 71, RDC 67; Concordia 84, King's 45
MacEwan 72, Augustana 60;
Lethbridge 81, MRU 79
Nov. 1
GPRC 65, NAIT 54

MEN'S VOLLEYBALL						
North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan.....	4	4	0	12	1	8
King's.....	4	3	1	11	3	6
Grande Prairie	4	2	2	7	8	4
Lakeland	4	1	3	5	9	2
NAIT	4	1	3	4	11	2
Keyano	4	1	3	3	10	2

South Division						
Team	MP	MW	ML	GW	GL	Pts
Red Deer	4	4	0	12	1	8
SAIT	4	3	1	11	4	6
Mount Royal.....	4	3	1	11	7	6
Briercrest	4	1	3	5	11	2
Medicine Hat	4	1	3	4	11	2
Lethbridge	4	0	4	3	12	0

RESULTS
MacEwan 3, NAIT 1 (18-25, 25-13, 25-13, 25-16)
Keyano 3, GPRC 1 (25-22, 26-24, 23-25, 25-23)
MRU 3, Lethbridge 1 (28-26, 18-25, 25-19, 25-21)
RDC 3, Medicine Hat 0 (22-25, 17-25, 13-25)
SAIT 3, Briercrest 0 (25-18, 27-25, 25-17)
King's 3, Lakeland 0 (25-23, 25-18, 34-32)

Oct. 31
MacEwan 3, NAIT 0
GPRC 3, Keyano 0 (25-20, 25-18, 25-20)
RDC 3, Medicine Hat 1 (25-23, 25-20, 22-25, 25-22)
SAIT 3, Briercrest 1 (25-14, 25-23, 23-25, 25-20)
King's 3, Lakeland 0 (25-22 25-22 25-18)
MRU 3, Lethbridge 2 (25-19,32-30,21-25, 19-25,15-12)

WOMEN'S VOLLEYBALL					
North Division					
Team	MP	MW	ML	GW	GL Pts
MacEwan.....	4	4	0	12	6 8
Lakeland	4	3	1	11	7 6
Grande Prairie	4	3	1	10	6 6
NAIT	4	1	3	7	9 2
King's.....	4	1	3	6	10 2
Keyano	4	0	4	4	12 0

South Division					
Team	MP	MW	ML	GW	GL Pts
Mount Royal.....	4	4	0	12	0 8
Red Deer	4	4	0	12	0 8
Briercrest	4	2	2	6	8 4
Medicine Hat	4	2	2	6	9 4
SAIT	4	0	4	5	12 0
Lethbridge	4	0	4	0	12 0

RESULTS
Oct. 30
GPRC 3, Keyano 1 (25-21, 25-27, 25-20, 25-21)
MRU 3, Lethbridge 0 (25-9, 25-19, 25-16)
MacEwan 3, NAIT 1 (26-28, 25-18, 25-15, 25-14)
RDC 3, Medicine Hat 0 (25-17, 25-22, 25-12)
Briercrest 3, SAIT 1 (25-23,30-28,13-25,25-21)
Lakeland 3, King's 2 (26-24, 24-26, 19-25, 25-21, 15-12)
Oct. 31
GPRC 3, Keyano 0 (25-20, 25-13, 25-21)
RDC 3, Medicine Hat 0 (25-20, 25-21, 25-18)
Briercrest 3, SAIT 1 (25-17, 25-17, 24-26, 25-19)
Lakeland 3, King's 1 (23-25 25-21 25-21 25-17)
MRU 3, Lethbridge 0 (25-14, 25-15, 25-15)
MacEwan 3, NAIT 2 (22-25, 25-23, 25-21, 20-25, 15-12)

NAIT Student Wins BIG at the Tech Store!



October 2nd, 2009, was just like any other Friday for Brad Forrester. That is, until the Tech Store called him... Brad was the lucky winner for the Tech Store's Back To School contest. He won quite the prize too! A 15" Asus Laptop with a 4 piece accessory package valued at \$1,500.00! Brad is a fan of the NAIT Tech Store on Facebook where NAIT Students are the first to hear about the Tech Store's contests as well as get the inside scoop on the new products they stock. Apparently NAIT Tech Store Facebook fans will also be the first to know when Windows 7 disks will be available at the Academic price so you may want to check it out.

The Tech Store usually runs about 2 contests per semester and word on campus is that for the next draw they have been talking to Toshiba about giving away a TV bundled with one of their new Blu-Ray players that are shipping in November.

Now that would make a nice Christmas present!!!

NAIT Tech Store, Room W101, HP Centre

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ENTERTAINMENT

Not real, but really scary!

By MARK SEREDA

Last Monday, I went out to watch the new horror-suspense film *Paranormal Activity*, and I know what you're thinking ... who watches a movie on a Monday night?

Regardless, I have to say I was quite impressed with the overall feel of the film. Being a television-broadcasting student, all I could think about at first was how upset I was that I had actually paid to see a movie that I honestly thought I could've shot with my own video camera.

Once I stopped analyzing and criticizing the film's imperfections, I began to realize they were there for a good reason. *Paranormal Activity* covered all the bases needed for a quality film.

The actors (who went by their actual names in the film), real-life couple Katie and Micah, deal with the on-going disturbances they experience during the night. They seem very real, responding naturally to the things happening around them and maintaining realistic banter that pulls the audience into their lives.

The film begins when Micah purchases a camera to get video footage of the strange and supernatural occurrences that Katie describes as happening to her. The paranormal experiences get worse as the film progresses, but only at the level at which writer/director Oren Peli felt would leave the audience wanting ... no, NEEDING more!

The keystone scenes from the film are without a doubt the dark, static shots of the couple sleeping in their bedroom and the bizarre events that take place in those scenes.

The story builds at just the right pace, making the movie seem never-ending. The concept of not seeing the demonic presence, which terrorizes the couple, leaves that up to the audience's imagination. And just when you're sitting in uncertainty near the end, the best is truly

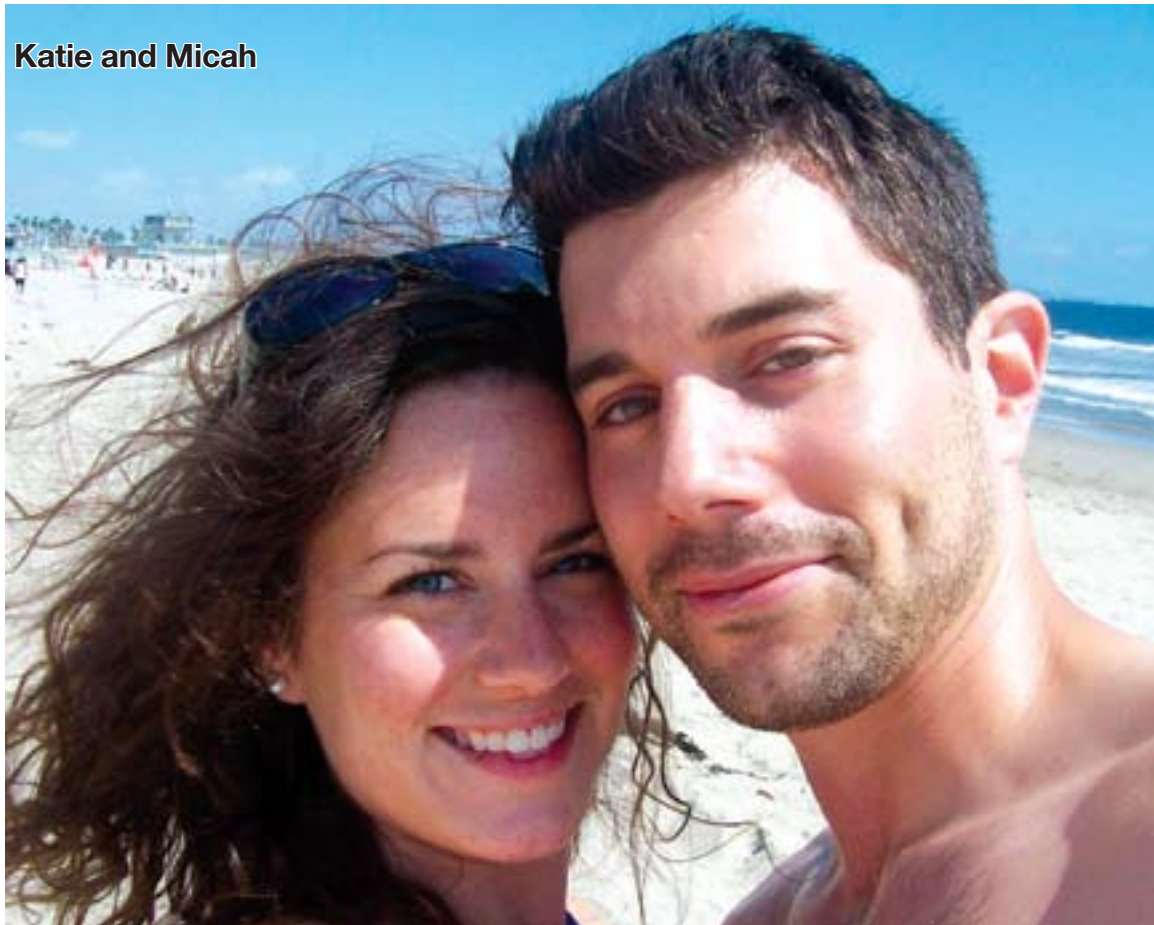
saved for last. Apparently, the theatrical ending was suggested to the director by Steven Spielberg and does not disappoint, but leaves you wondering what the alternative ending looks like.

I guess we'll have to wait for the DVD release to find out.

If you are a truly horrible person and you're planning on seeing this film with someone who is unaware that the story is fictional, then by all means do NOT let him or her know the movie was made to horrify. Sure, they might not get any sleep for a few nights, mainly because they'll be laying in silence, listening and waiting for noises or even the feeling of a demon breathing down their neck. As for myself, I wasn't truly scared by the film, at least not until the scene when Katie satanically stares into your soul, with a look that made me sink deep into my theatre seat.

Don't let that stop you from seeing it; I personally slept like a baby after watching the film. However, I'm not a baby when it comes to watching scary flicks.

Katie and Micah



www.red-carpet.org



scarsmagazine.com

Paranormal Activity

NAIT's
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Show off your unusual or impressive talents at the Nest for your chance to win!



Whether it's cool, odd, or embarrassing, we want to see your special talent!

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Do you have a special talent that you love to share? Five minutes in the Nest spotlight could mean big prizes!

- crack some jokes
- sing
- burp the alphabet
- tap-dance
- impersonate a celebrity
- play an instrument
- breakdance

... think about it ... everyone has a skill, yours could earn you \$500!

Deadline for registrations is Nov. 23. Registration forms can be picked up at the NAITSA office or at the Nest, beginning Nov. 4, or you can sign up at the NAIT's Got Talent Kiosk in the South Lobby between 11AM - 1:30PM on Nov. 10 and 18th.

* All skills registered must be in reasonably good taste and be safe to perform in public.



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FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Included in this week's mix-tape are some of my all time favourite songs to shake my booty to on the dance floor. I don't mean any of that lame-o swaying side-to-side crap you see most guys doing. I mean some hard-core, kick ass, arms flying, hips quaking – I think I'm

Beyonce – look at my booty shaking, dancing that guys just can't get away with at straight bars, dancing.

You will not find any slow songs, sad songs or boo-hoo my boyfriend just broke my heart songs here. These are the songs that guys want to hear when they're watching a stripper grind up against a pole, or their lap ... depending on how much they're willing to tip that evening.

Now if you're a lady listener and you're thinking of doing a sexy dance for your boyfriend, or lady friend (we encourage sexual experimentation at the Nugget), these are be some song choices you may want to take down. Their beats are easy to dance to, their lyrics are seductive and the ladies that made them famous are generally dressed scantily clad when performing them. For the record, that's a good thing.

Please note – sexy dancing can generally be improved with the addition of a pole or wet T-shirt.

1. Pony by Ginuwine
2. American Woman by Lenny Kravitz
3. Pour Some Sugar on Me by Def Leppard
4. Dirty by Christina Aguilera
5. Buttons by PCD
6. I'm A Slave For You by Britney Spears
7. Fever by Beyonce
8. Oops by Tweet
9. Breathe On Me by Britney Spears
10. Closer by Nine Inch Nails
11. You Can Leave Your Hat On by Joe Cocker
12. Slow by Kylie Minogue
13. My Neck, My Back by Khia

Revenge, sweet revenge

By **ALEXANDER TOSTOWARYK**

Jamie Foxx and Gerard Butler star in the new thriller *Law Abiding Citizen*. This entertaining, thriller will have you on the edge of your seat, all the way up to the last few minutes!

After two criminals break into the Philadelphia home of Clyde Shelton (played by Gerard Butler) and murder his wife and daughter right before his eyes, his life is never the same. After lawyer Nick Rice (played by Jamie Foxx) is picked to prosecute the killers he makes a deal with one of the them to testify against the other just to secure a win. Upon hearing this and seeing a mysterious handshake, Clyde's faith in the justice system is destroyed.

Ten years later, when the first killer is due to be put to death, things don't go as planned and the killer experiences Clyde's first dose of justice. Then, Clyde gets his hands on the recently killed

murderer's partner in crime, and well, you can guess what a father crazy for revenge would do.

After all the evidence of these murders leads back to Clyde, the real action begins. And now anyone and everyone involved in the injustice served to Clyde and his murdered family is going to have vengeance rain down on them in ways they had never imagined.

Law Abiding Citizen almost has all the elements it needs to make a great film. Explosions, revenge, and enough twists and turns to keep you chomping at the bit. From what seems like idle threats to their horrifying reality and a parking lot of exploding cars to rocket launching robots, *Law Abiding Citizen* delivers.

I was a little disappointed in Jamie

Foxx's character. He was just as big a scum bag as everyone else in the justice system, yet he acted as the most innocent and was portrayed to be innocent. I was kind of hoping for him to end Clyde's rampage and have a catchy one liner like "I rest my case." But don't worry that's not the ending, which I can't reveal to you, of course.

All in all a great movie. I give it 4 judge's gavels out of 5.



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STUDENTS' ASSOCIATION presents a public talk by:

Kushok Lobsang Dhamchöe

Freedom
from Stress:
Finding Peace
Through Meditation




Kushok is the Spiritual Director of Gaden Samten Ling Tibetan Buddhist Meditation Society.

Kushok is a Tibetan monk from Namgyal Monastery, the personal monastery of the 14th Dalai Lama in Dharamsala, India. He is a master of Buddhist scripture, philosophy, chanting and meditation.

Wednesday, November 18
4:00pm - 5:00pm ~ Room S-112

– Question and Answer Session after the public talk.
– Chai tea will be served after the event.
– Please bring a cushion or yoga mat to sit on.

Questions? Contact Shannon at ShannonM@nait.ca



Tibetan Buddhist Meditation Society
780-479-0014 • 11403 - 101 Street, Edmonton, AB Canada T5G 2A9 • info@gasamling.ca
www.gasamling.ca

These are the men of mystery

By MARK SEREDA

Universal Exports Ltd. is a radio show on NR92.com, featured on Monday nights from 6-7 p.m. Hosted by Jonathon Hechtor and Taylor Smith, two of the most conversational characters playing through the soundwaves in our



NAIT hallways. Although they typically start every show discussing their favourite HBO moments from the

night before, once the ball gets rollin' (or the pee starts flowin'), it goes from there. These two gents share the magic of spontaneity in their chit-chat that answers the prayers of the truly bored.

Mark – Alright, let's start with the most generic question: "What kind of music do you play?"

Jonathon – You know ... the kind ... with the drums ... and we like guitars. Bass is good.

Taylor – Bass and some horn ... oh singers! Maybe some verses from them.

J – Good structure and you could always say it's nice to have a hook.

T – It's all about the hook.

M – It sounds like you play the kind of music that people can find out by listening to the show.

J – That's the ONLY way you'll find out.

M – Jonathon, on your old show *Jonathon + I* you organized a block party with food and games, which was quite successful and Taylor, you brought your puppy!

T – Rooti Tootie! Well, her name is just Rooti.

M – So, any plans for another block party?



Photo by Mark Sereda

Taylor Smith, left, and Jonathon Hechtor are Universal Exports Ltd.

J – In my life, I like to always be moving forward and never regressing into the past, but maybe a different version.

T – ... Something evolved from the last one.

J – We'd make adjustments to it but also improvements ... if it happens, we'll try to discuss it ... maybe ... next month?

T – It would be nice to do but there are no plans at this moment.

M – OK, random question ... the name is Universal Exports Ltd ... what is your favourite imported beer?

J – Well, you know, I kind of fancy myself more of a wine-drinker. (both crack up) I would say I really enjoy Canadian micro-breweries.

T – Yeah, that's more what I do too.

J – Like Grasshopper, but I would say, even though it is very commercial, I do enjoy a Heineken.

T – Yeaah ... I'm going to second that notion ... OH! I change my answer: Innis & Gunn.

J – Also, I kinda like Chang beer from Thailand because there it's unregulated, so you could get a bottle that's 15% alcohol, you don't know until you drink it and get really f---ed up!

M – Well, what can they ultimately gain from listening to your show?

J – Well ... we ... hm ...

T – I think their hips

will be shaking.

J – Like yeah. They'll be noddin' their heads like ...

T – Yeah. They'll put their hands up 'cause we're playing their song.

J – Like yeah.

T – ..Like yeah. And it's a party...

Both – (singing) ..on the U-E-L!

M – that was a little strange but okay! What is your favorite artist? And it doesn't have to be a musician..

T – I'm just going to go with sculptors, in general because to me looking at like a big piece of marble and having a sculpture coming outta it sounds almost impossible.

J – But as for artists, I've got to say my favourite is John Cage.

M – And you're not referring to Johnny Cage from Mortal Kombat?

J – No. Just look up 4'33" and then you'll know.

M – Gotta say guys, you seem mysterious..

T – Who told you that?

M – I dunno ...

M – What do you generally hate today?

J – Mushrooms. I think they're cancerous.

T – Jonathon eating Stone Wheat crackers with his mouth open. It made me want to kill myself.

M – Alright good stuff. Now something that you would say, "If I never had that again I'd shit my pants"

J – What if what I wanted would make me shit my pants? Like if I said prunes..haha But I'd say true love.

T – Let's just go women.

M – Oh yeah! Solid answer. Okay last question...Do you NEED to love music to be in radio?

T – No.

J – No, not at all. You could be in sports, but we'd make fun of you. Just kiddin' but I think you need to love YOU.

T – You have to be passionate.

J – Yeah, I like that.

PB & J

By KATHY LE

Chocolate Coconut Brownies

These super chocolate-y and coconut-y squares must be taken in by small amounts! I warn you they are so rich that you'll definitely need some milk to chase it.

The Top Layer:

1. 4 squares unsweetened chocolate, chopped
2. 3/4 cup butter
3. 3 eggs
4. 2 cups sugar
5. 1 cup flour

The Magic Part I:

1. Melt the chocolate and butter in the microwave, but try not to burn. (approx 1.5 mins)
2. Beat in eggs one at a time.

3. Mix in the sugar and flour.
4. Spread on bottom of 13x9 inch baking pan.

The Bottom Layer:

1. 1 softened pkg. of cream cheese
2. 3/4 cup sugar
3. 2 eggs
4. 2 tbsp flour

The Magic Part II:

1. In medium bowl, mix cream cheese and sugar with electric mixer on medium speed until well blended.
2. Stir in 1 cup chopped toasted almonds and 2 cups flaked coconut.
3. Spread on top of brownie layer.
4. Bake at 350 F for 35-40 minutes.

Tale of two restaurants ...



COLLEEN NUC
Entertainment Editor

Lan's Asian Grill Hidden Edmonton Gem

I've always loved finding hidden gems, and Lan's Asian Grill is one of those gems that you don't find every day. Located at 11828 103 St. (a few shops down from the Value Village), Lan's is the perfect destination for either a casual lunch or a special date, despite the questionable location. The restaurant serves "homemade rustic South East Asian cuisine" and is owned by a charismatic brother-sister duo, Tom and Monica Lim, Lan's offers a small menu with "enough variety while establishing each dish as close to fresh and perfect each time." Students also get a 10 per cent discount to boot! Since I'm a huge fan of Asian cuisine, my partner Brittany Black and myself decided to put the family owned restaurant to the test.

Colleen – It kind of has a cafeteria feel to it. It's really clean, though!

Brittany – It's a nice surprise considering the sketchy location. But it is next to a liquor store, that's a plus!

Colleen – It is definitely in a sketchy location. I feel like I'm going to get mugged on my way out.

Brittany – What are they going to steal?

Colleen – My dignity.

Brittany – You can tell this is a good restaurant. There are Asians here.

Colleen – Wow, Brit. You are absolutely right!

Tom – What do you ladies want to get?

Colleen – I think I'm going to get the beef and shrimp vermicelli bowl.

Brittany – How's the beef here?

Tom – (hesitates) ummm, what do you mean by beef? Like does it have mad cow? I wouldn't sell it if it weren't good.

Brittany – You didn't sell me. I'll have the shrimp.

Colleen – I love the vibe here, and the fact that they have 91.7 the Bounce blaring. It definitely has a dance club feel.

Brittany – This vermicelli bowl is delicious.



Our fearless pair of food critics, Brittany Black, left and Colleen Nuc with Lan's Asian Grill co-owner Tom Lim.

Magnificent. The spring rolls are a delight; I left them for the end.

Colleen – Vermicelli bowls are tricky because they can be really dry, but I have to say, this is one of the best bowls I've ever had.

Brittany – It's like a modern Asian grill!! Oh wait, isn't that what it is?

Colleen – I feel like you're drunk right now.

In conclusion, Lan's deserves a little love from NAIT students. From the iced coffees and teas to the soups and curries, Lan's is one of those restaurants that becomes a staple to many. As Tom puts it, "ever wonder what students are eating for lunch in South East Asia? Stop by for lunch sometime, it's cheaper than flying overseas."

The Nest Home Away From Home

I've always loved campus bars, and I've grown especially fond of the Nest. I think what really makes the Nest a success is the staff, because to be honest, the food is pretty average. Although I think many people can agree that the pizza is fantastic.

The Nest's staff has always been friendly; they've even started recognizing me when I come

in for a beer after a long day of classes. This can either be interpreted as friendly service or the fact that I may have an alcohol problem. Either way, I always leave the Nest thinking, "Man, I want to be friends with our server. She seems like a cool chick."

Let's face it; we don't go the Nest for the food. We frequent the Nest for some good atmosphere and cheap beer, and where else can you get a pitcher of beer for just over 11 bucks? The dungeon-like feel gives you the chance to escape life for a while, and maybe listen to some live music while you're at it.

I only have two minor issues with the Nest. First, the price of their food is a little expensive considering that it's pub food. In my opinion, pub food should be cheap, especially at a campus bar. Secondly, I wish the Nest would start serving alcohol earlier, like some other campus bars. The reason may be that there are some students that operate heavy machinery at NAIT, so I'll let that one slide. Although it would be nice to get an after-

noon delight once in a while at lunch.

In conclusion, I've had many nights that although may be a little hazy, will forever be remembered. I'm going to be sad when I graduate from NAIT and the Nest becomes a thing of the past. Maybe I'll be one of those cougars who frequent campus bars well after they graduate.

Lan's vs The Nest: Who Wins?

If I were to throw these two eating establishments in a boxing ring, it would be like throwing Mike Tyson in with a 12-year-old girl, they just don't belong together. Overall, the food at Lan's Asian Grill is better than the Nest, but at the same time, the Nest sells the food you crave when you've had a few

beers. When it comes to atmosphere, I think it's safe to say that the Nest wins this round. I like the dark pub feel to the Nest, it's like taking refuge in a cave for a few hours. So I call this fight a draw, and I think you should check them both out for yourself, and then report back to me. Then maybe I'll have a better idea of who wins and I'll represent my findings in a pie chart for Landon Hommy.

THE NEST

Jet: On their way back

By TAYLOR POLLMANN

On a Wednesday night (Oct. 14) when ice replaced roads, the fans who came out to the Edmonton Event Centre to see Jet were not disappointed.

Right from the start, the crowd was entertained by the antics of the opening act of Kill Hannah. Led by front man Mat Devine, the band cycled into an array of electrifying songs such as Lips like Morphine and the techno-screamo rock

song that went by the name of *New York City Speed*. In what was a very pleasant surprise for a warm-up band, their portion of the concert consisted of a decent enough quality that it could have been a separate concert all by itself.

When Jet finally took the stage at 10:30, the crowd was ready. Entering right away into their newest hit *She's a Genius*; Jet sent the crowd into an array of ecstatic cheers that could match that of teenage girls catch-

ing a glimpse of the Jonas Brothers. No purity rings were involved in this performance, however. The band then quickly brought the listeners back to the year 2003 when Jet ruled the charts with such hits, as *Are You Going to be My Girl*, *Roll-over D.J.*, *Look What You Done* and who could forget *Cold Hard Bitch*? When they finally came to this song midway through their performance, one could sense the crowd's excitement mounting. After the band left

the stage at around 11:45, they were chanted back on and played another three songs. No one could complain about getting their money's worth!

Though there were a lot of golden oldies in the concert, the new shone brightly as well. Through a medley of songs off their newest album *Kaka Rock*, the band was able to show their ever-growing selection of talents. Their newest album seems to go back to the band's roots and bears in mind what brought them

to fame and what took the spotlight away.

The album contains a little bit for everyone, whether that be the catchy beat of *She's a Genius* or the classic sing-a-long song of *Seventeen*, it proves to be a formidable force to be reckoned with.

Through their brilliant showmanship or dangerously good CD, one thing is certain: Jet is certainly on a comeback after their lacklustre sophomore album.

Compassion always in fashion



KATHY LE
Assistant Entertainment Editor

An amazing characteristic of a society, small or big, is the ability to come together when it counts. The “come together” part is the base on which we build many organizations to help raise funds for diseases like breast cancer, which can be seen in the numerous events held throughout the year.

The Compassion House Foundation, a non-profit charitable organization, takes a different approach and directs its generous efforts towards raising funds for Sorrentino's Compassion House. This marvellous house, located in Edmonton, provides hospitality for women, from over 55 different communities in Alberta, British Columbia, Saskatchewan and the Northwest Territories, who are undergoing radiation or chemotherapeutic treatment for breast cancer.

The idea behind Compassion House addresses the psychological and emotional needs of women who must travel away from their families and friends to Edmonton's Cross Cancer Institute for treatment. The house first opened its doors in September 2002, and has provided a warm and supportive home away from home for approximately 350 people with breast cancer and their families. In order to keep the house operating, the foundation relies on donations. The largest fundraising event for the foundation is the Fashion for Compassion luncheon and gala, sponsored by Syncrude.

“This is the first year that both the luncheon and the gala have been completely sold out, so it is a huge success,” said Karen Webb, first time chair of the event.

Karen's leadership and guidance, in addition to the aid from numer-



Our own Kathy Le and Karen Webb, chair of Fashion for Compassion.



Kathy Le, with the special models at Fashion for Compassion.

ous volunteers and sponsors, went above and beyond to make this glamorous event come to life. The décor was impeccable from the runway that snaked between and around the tables to the centrepieces of mannequins in dresses, propped high above the table. The program consisted of a three-course dinner, a fashion show, guest speakers and Gord Steinke and Lorraine Mansbridge from Global Edmonton as the hosts.

“Last year we raised \$150,000 from the event, so of course it would be great to meet or beat that figure this year,” Karen said proudly.

“In addition to sponsors and money raised through our auction, this year we're trying something new – a pledge. We're asking everyone from the audience to stand up and pledge any amount

they're comfortable with.”

Karen ended the interview by urging volunteers to donate their time for the charity events and to Compassion House, as they always welcome the help.

The major highlight of the both the luncheon and gala were the special models. These ladies are cancer survivors and were asked to walk the runway in celebration of their success in battling the disease. They were adorned in clothing by Devonshire Cream and glammed up with hair and makeup by Modern Urban Designers.

In a heartfelt interview, Lisa Sutherland, one of the special models, described how Compassion House helped her through the hard times.

“The radiation was hard because I required treatment every day for six weeks and I'm not from Edmonton, so that meant having to stay away from my family for that period of time. Compassion House was a godsend. It is exactly like a home away from home.”

Sutherland continued to elaborate on how she developed great friendships with the other ladies in the house and was fortunate to have them as a support.

This is It – brief but satisfying

By KATHY LE

Where can you find zombies, fire, fireworks, bulldozers, aerialists, moving stages, incredible dancers, musicians, and outstanding vocal performances all under one roof? At Michael Jackson's *This is It* concert, of course.

If he were still alive and his concert tour was still on, I most definitely would have paid my life savings to fly to Europe for his performance.

The movie gives a brief but satisfying taste of what could have been expected at his concert and I assure you it is nothing less than absolute perfection. *This is It* presents a portfolio of footage from the dress rehearsals and production leading up to his concert, so if you're not really into song and dance then the movie might not be your cup of tea.

It opens with dance tryouts and shows emotional clips of short interviews with a few of the dancers describing what the opportunity meant to them to be performing on stage with the King of Pop.

The concert was without a doubt a show that would not disappoint fans as the line up of songs included his number one hits like *Billy Jean*, *Beat It*, *Black or White*, and *Man in the Mirror*.

The fusion of Jackson's hits with Kenny Ortega's creative mind has produced a formula that pushes boundaries

to places that have never been explored. It was an incredible experience to watch objects come to life out of the back screen, especially when *Thriller* was rehearsed. Jackson actually came out of a humungous spider before the whole dance crew started the thriller dance.

Jackson's character stands out the most in the movie. He is a perfectionist and takes control of every moment (it also helps that everyone around him is quick to agree with what he says all the time), and knows exactly what he is doing. It seems like music runs through his veins as he is able to pinpoint every musical glitch he hears.

Not one person questioned his input and agreed profusely even when they didn't quite understand his musical directions like “Let it simmer” when they rehearsed *The Way You Make Me Feel*. However, what was admirable was the calmness about him when things

didn't go right during rehearsals. He did not yell or portray a “diva” attitude, but instead everything was handled with ‘L-O-V-E’ and “God bless you.” There were many times throughout the movie when you would forget that he was a 50-year-old man, as he rocked the stage with more energy and passion than most of the 20-some-year-old dancers.

The main messages that Jackson emphasizes is how we need to bring love back into the world and that we need to take care of the planet. It may sound cheesy to most people, but the concepts are a true reality. My final impression of Michael brought a twinge of

sadness inside of me because he has such a gentle soul. Although we may never experience the great magnitude of his concert we can at least anticipate what a phenomenal show it would have been.





Your horoscope



MADAME O

November 5-11

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

Aries (March 21-April 19)

Just because it's cool to dress like a slut

on Halloween, doesn't make it cool to actually be one. Hopefully your friends will forgive you. Better luck next year.

Taurus (April 20-May 20)

Try working out this week. It will make you feel a lot better than you've been feeling.

Gemini (May 21-June 20)

You'll hold a door open for an old lady this week. She'll be happy and give you a nice soft touch on the cheek. You'll then get swine flu from that old lady. Maybe try being an asshole for once.

Cancer (June 21-July 22)

In an effort to make new friends this week, you're going to try and bring back catch phrases from '90s sitcoms, like "woah" and "cut, it, out." No one will think this is cool. You'll be eating lunch

in your car alone.

Leo (July 23-Aug. 22)

Your Ed Hardy clothes still aren't cool, fashionable or worth the price.

Virgo (Aug. 23-Sept. 22)

We all know you like that person in your class. You're thinking of making them a mixed CD. She/He isn't worth the embarrassment. Move on.

Libra (Sept. 23-Oct. 22)

Your pants are going to rip in the ass tomorrow. Make sure you've got underwear on.

Scorpio (Oct. 23-Nov. 21)

Yes, you did over do it on Halloween candy. Get to the gym before Christmas comes, or you'll be in trouble.

Sagittarius (Nov. 22-Dec. 21)

If you don't get to work soon, you're going to make Andy from *The 40-Year-Old Virgin* look like Ron Jeremy. That's not a good thing.

Capricorn (Dec. 22-Jan. 19)

The random one night stand you had on Halloween is going to call you soon, and tell you they're pregnant. It's not going to be as funny as when it happened to Seth Rogan. Sorry, your life is over.

Aquarius (Jan. 20-Feb. 18)

You're going to dump your significant other this week.

Pisces (Feb. 19-March 20)

You're going to get dumped by your significant other this week.

Old Crows/Young Cardinals – get it!

By RACHEL LEES

An intense new rendition with a steadfast purpose and no people to please. *Old Crows/Young Cardinals* is a new thought-provoking album by Alexisonfire that contradicts the mainstream norms.

This album struck my interest in a way that their previous albums didn't. These guys ask heart-wrenching questions and dig down deep into the depths of life – what it means – why we are here. They openly speak about God and heaven, and truly express the depth of desperation of all humanity for that "something more." As always, they question the norms of society and aren't afraid to cross the boundaries of expressing human pain and misery, except this time they do so with a spark of hope.

Their music is now more than screaming heartache and defile, but something that, while continuing to be blunt, gives people a ray of light.

Songs like *Born and Raised*, and *Sons of Privilege* question the lives we live as North

Americans. Their music is still as cut-throat as before, but without the use of swearing and vulgarity (like in their old songs *Keep It On Wax*, and *Boiled Frogs*.) They are clean and crisp and still get the message across with the same emphasis, if not more. They still have their old gut-wrenching sound (along with Dallas Green's beautiful voice, of course), but this album screams maturity and showcases that they've really grown into men.

Alexisonfire really knows how to scream their point across, but for me, the most intense song on the album is actually a slower one, *The Northern*.

The song sent shivers up my spine, and really asked the hard questions about humanity and spirituality that most popular bands are too afraid to bring up. "I want to go to heaven," is the key line in that song and reaches the hearts to anyone who has ever wondered if there is "more to life."

There is a definite transition from their old music. The transition from "there is

nothing you can do, the sky is going to crush you," (from their old hit *Crisis*) to their new songs *The Northern*, and *Heading for the Sun*, which gives kids inspiration towards a better life, instead of dwelling on a hopeless world.

The album is awesome, and I recommend it to anyone, even people who aren't

into screaming Alexisonfire. Frankly, I don't believe that such an encouraging album needs to be put into a category. Yes, the music is loud, hard and a bit "screamo," but anyone would benefit from listening to songs that are both meaningful and controversial.



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Colleen Nuc
and
Brittany Black

What are three qualities you look for in a potential mate?



"Confidence, sense of humour and a nice smile."

Steph Mackie
Personal Fitness Training



"Athletic, drive and nice eyes."

Emma Emter
Personal Fitness Training



"Ass, tits and personality."

Jeremy Redgate
Electrical



"Sense of humour, enjoys having fun and perky breasts."

Francis Methuen-Hall
Electrical



"Funny, blue eyes ... anything like Sheldon Souray."

Brittany Keith
Personal Fitness Training

PICKY'ON, GAGY, BUNDY, MANSON, MIDNIGHT COWBOY

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THE BONE HOUSE

BY MARTY CHAN



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- The List, Edinburgh Festival Guide

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Photo by Raymond Ip

Brieanna McCutcheon, 19 Television Broadcasting

Three words to describe yourself: Outgoing, spontaneous and weird

What do you look for in a guy? Prince Charming.

What do you notice first in a guy? His butt ... Then if I like his butt ... hopefully he rides a horse and carries a sword.

What is your favourite part of your body? My stomach ... ha, ha, does it seriously matter?

What kind of music do you listen to? Hip-hop, rap ... Anything but country!!!

Panties, thongs, or grannies? Easy. A thong, no one wants pantie lines!

Hobbies? Shop, workout, read, look at guys' butts.

What do you want to say to the men at NAIT? Come get me, boys.

Are you hot and single? E-mail us at entertain@nait.ca

STUDENT EMPLOYMENT

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

VOLUNTEERS

- Will help carry out events and other NAITSA initiatives. If you need hours for a class, stop by NAITSA and we will find a position that suits your needs and interests.

CAMPUS CLUBS CLERK

We're looking for an outstanding individual to join our team of creative, enthusiastic and hard working people, to assist in the delivery of our Campus Clubs services.

Job duties for this part-time position include: special event planning, cash handling, club set up and promotion of clubs on campus.

The successful candidate will be self-motivated, outgoing, have strong attention to detail, be flexible and have strong communication skills and superior cash handling experience.

Closing date is Friday Nov. 13, 2009 at 4:30 p.m.

Submit cover letter and resume to:

Shannon Marshall

Director of Personnel & Administration

NAIT Students' Association

Room E-131

11762-106 St., Edmonton AB T5G 3H4

or e-mail shannonm@nait.ca

MASCOT WANTED

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For more information, contact Jordan Richey at 780-471-7579 or jrichey@nait.ca

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- a \$500 mCard and a Netbook, courtesy of MacEwan Bookstores

CTV



TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

Avoiding theft ...



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

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

To avoid theft, Campus Security Services suggests the following:

AT HOME

- Lock your doors/windows whenever you leave your room or residence.
- If you live in an apartment, do not allow unescorted strangers inside.
- Be suspicious of unknown persons loiter-

ing in the area of your residence.

- Never leave an exterior door propped open.
- Keep a record of your valuables including descriptions and serial numbers.

AT WORK OR SCHOOL

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

AT THE LIBRARY

- Do not leave personal property unattended, even for a minute.
- Keep personal property in view at all

times.

- Do not bring valuables with you to the library.

AT THE GYM

- Secure all personal property in a locker. Invest in a good quality lock.
- Avoid carrying large sums of money or valuables with you.
- Lock valuables in the high-security lockers provided or leave them at home.
- Keep your locker locked whenever it is unattended

FROM YOUR VEHICLE

- Lock your vehicle every time you leave it.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your

vehicle. Your home address is listed on the vehicle registration certificate.

- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

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

Everybody benefits, except the criminal.

Dr. CONwisDOM

Dear Dr. Conwisdom,
I'm sick of my boyfriend, and I want to end our relationship. What's the best way to break his heart gently, but let him know it's for good.

Sincerely,
Heart Breaker.

Dear Heart Breaker,
It's always hard to end a relationship, and there really isn't a good way to do it. No matter what, he's going to be hurt, so come right out with it and tell him. If you want to be friends with him afterwards, then tell him that in time, he can talk to you. Make it clear though, you're just going to be friends, and if he wants to talk about "you guys," you're not going to do it. If you don't want to be his friend, tell him and then don't talk to him anymore. It's kind of cold, but it's the way it's got to be.

Dear Dr. Conwisdom,
I met a girl online, and we've been dating for about a month. Things are going great, and I want to introduce her to my family and friends, but I'm nervous of what they'll think. Does the stigma of meeting

someone online still exist, or will everything be all good?

Sincerely,
E-Harmony

Dear E-Harmony,
It's not as bad as it once was, but the stigma still exists unfortunately. I bet that the majority of your friends and family will be okay with your relationship. For those who don't, forget them. At the end of the day, you've got to look-out for yourself. If you're happy, forget those who bring negative energy your way.

Dear Dr. Conwisdom,
I'm in a lot of trouble. I was sleeping with my boyfriend and in the heat of the moment, I yelled out the wrong name. If that's not bad enough, it was his older brother's name. I don't like his brother or anything but he's just really cute. I swear it was just an accident. Can I be blamed for what I say in a moment of passion?

Sincerely,
Accidental Slip

Dear Accidental Slip,
You are in trouble. If your boyfriend still talks to you, then you need to apologize

until he forgives you. If he doesn't, then you need to beg for his forgiveness. Maybe this means that you don't want to be with the little brother if you're thinking of other people. Try and see what else is out there. It could be for the best.

Do you have any personal questions you want to have answered? Just send an e-mail with your concerns to conwisdom@nait.ca and your sex doctor will have your "prescription" ready for you the following week!



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CLUBS CORNER

First showcase spells success

The South Lobby was an active place two weeks ago, with 10 clubs showcasing themselves, spreading the word to check them out and get involved.

Students had the opportunity to find out what's available and in the process had a chance to win Oiler tickets. Those who visited each booth learned about all of the activities taking place and had a chance to meet new people.

There was also a strong competition

amongst the clubs for GIVER Points.

Club 5 Star fiercely and successfully defended their first-place status, continuing their tradition. Impressing the secret judges, they had a commanding presence. Other clubs, especially those new and upcoming clubs, continued to challenge them by giving them a run for the points and prestige.

The International Club had a very strong showing and took second place.

Business Connex in their first year pulled in at third place, showing others they mean business.

DeFeYe Arts and SIFE tied for fourth place, right on the heels of Business Connex.

Thanks to the clubs for making the first Club Showcase of the year a success!

Business Connex, Club 5 Star, the Christian Club, the International Club, DeFeYe Arts, the Electronics Engineering Tech Society, Kokoro Karate Club, NAIT Gamerz, Outdoors Club, SIFE (Students In Free Enterprise)

If you missed the first showcase, make sure to look out for showcase No. 2 on Dec. 6 in the South Lobby.

GIVER Point Challenge

The competition is close, with clubs helping out at NAIT, NAITSA and in their community. The top three point-getting clubs at the end of the year win money for their club. First place is \$1,000, second place is \$600 and third place is \$400

The Top 10 clubs (as of Oct. 23):

Club 5 Star	443
SIFE	331
International Club	314
Business Connex.....	302
EETS.....	128
Chem Tech	95
Biological Sciences.....	93
PRE TECH.....	61
AEG	57
Christian Club	57

If you have any questions regarding GIVER points, stop by the Club Centre.



Photo by Rose Martin Baumgartner

A speed cabling competition, organized by the Electronics Engineering Tech Society, resulted in this confusing tangle.

Backpack seminar

Ever been backpacking and wondered why you're carrying a house on your back? Or have you been intimidated by that same thing? It doesn't have to be that way.

Learn how to see the same places or even more remote places with 10 or 15 pounds of gear. Show up at Room X-107 on Friday, Nov. 13, at 5 p.m. and you'll be shown the gear and have techniques explained to help you get there. Also taught will be how to save a lot of money on equipment.

IMPORTANT!!! To be allowed in, you MUST BRING either a non-perishable donation to the Food Bank or a \$2 donation to the club.

Contact Robert at rcowman@gmail.com

Upcoming Events ...

Chemical Technology Student Council

What: Silent Auction

When: Monday, Nov. 9;
10:15 a.m. – 2:15 p.m.

Where: South Lobby

DeFeYe Arts Club

What: Studio Day

When: Sunday, Nov. 8;
12 p.m. – 8 p.m.

Where: Harcourt House;
10215 112 St.

KVA

What: Lounge Olympics
and Beer Garden

When: Friday, Nov. 6;
4 p.m. – 11 p.m.

Where: Annex Dock

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