

THE NUGGET

Thursday, October 14, 2010
Volume 48, Issue 7



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

SOCCER SHOWDOWN

NAIT men's and women's teams head into playoffs. Story, page 8



Photo by Fletcher O'Grady

HANG ON!

Two intrepid bridge builders begin the job of erecting a structure to use in crossing the Whitemud Creek, part of an annual contest put on by NAIT for engineering students. See story, page 3.

Oil Kings vs **Medicine Hat Tigers**

FRI OCT 15 @ 7PM - REXALL PLACE

TICKETS JUST \$15

OILKINGS.CA CALL 780.414.GOAL

3RD JERSEY UNVEILING!

THE OTHER OIL IN TOWN

NEWS & FEATURES

Baking with the best

By **DARYLANN HUTCHINGS**
Assistant Issues Editor

Baking Team Canada – which includes an instructor from NAIT – is back from Las Vegas after competing for the Louis LeSaffre Cup, an elite international baking competition.

Alan Dumonceaux, head of NAIT's Baking program, was one of the bakers representing the Canadian team during the competition on Sept. 25 and 26.

"I think Canadian bakers have the talent to achieve the same success Canadian chefs have achieved internationally," Dumonceaux said.

The Louis Lesaffre Cup is a worldwide competition for only the finest bakers.

This year's Northern hemisphere competition was held in Las Vegas, where eight countries competed for a qualifying spot in the Coupe Du Monde de la Boulangerie (Bakery World Cup), which will be held in Paris in 2012.

Team Canada was up against teams from the United States, Mexico, Costa Rica, Argentina, Brazil, Chile and Peru.

Unfortunately Baking Team Canada has never made it beyond the North American qualifying round in its quest for world cup glory, and they weren't able to take the title this year, but Dumonceaux said the team put in a lot of time and effort into the competition and it means a lot to even compete.

"It was a big challenge. Everyone is ner-

vous, of course, because you want to win and when you're competing in a team, one team member can ruin it for everyone else, so you feel you want to make your product really good because it's not just you, it's your supporting members as well," he said.

Dumonceaux said the team worked well together but there were some challenges.

"The first night they hadn't turned on the air conditioning so the temperature was 93 above [Fahrenheit]. Which isn't ideal conditions for baking, but we all had the same conditions," he explained.

Also on team Canada were Marcus Mariathas from Toronto in the baguettes and world breads category and Bill Clay from Nanaimo in the artistic showpieces category.

Dumonceaux was in charge of Viennese pastries.

Each team member practised for hundreds of hours to meet the skill level required to compete at this level.

Most of the practice had been individual, but the members had gotten together for several team practices leading up to the competition.

Besides competing in the Viennese pastries category, Dumonceaux was also team manager and a coach.

The final result of where Baking Team Canada placed overall in the competition won't be announced for a few weeks.

The winner of the Louis Lesaffre Cup were teams from United States and Peru.



Supplied photo

Alan Dumonceaux, head of the Baking program at NAIT, led Baking Team Canada in a regional qualifying match for the Bakery World Cup in Las Vegas on Sept. 25 and 26. While the team did not move on to the next round, members did learn skills they can use to improve for next time.

The basics of aboriginal culture

By **NICOLE de CHAMPLAIN**

"Back to the Basics" was the theme of last week's Aboriginal Awareness Week at NAIT.

Oct. 4 was the opening day of the week-long celebrations and a respected Cree leader came to NAIT to help set up the structures

you might have seen throughout main campus that week.

A tipi, tupiq (Inuit summer home) and Métis hunting tent were set up near the HP Centre to demonstrate each culture.

The week was filled with various activities celebrating each different aboriginal culture. There was aboriginal food, storytelling, booths on history and language, artifacts showcases and cultural teachings.

Phil Warsaba, director of recruitment and student life, explained the importance of Aboriginal Awareness Week at NAIT.

"Really what we're trying to do is focus on the history of aboriginal culture particularly on the aspects of story telling and most of the events are centered here in the aboriginal centre," Warsaba told NAIT NewsWatch.

Individuals who attended the event had the opportunity to participate in hands-on learning. Pre-engineering student Greta Caron attended the event and had nothing but good experiences.

"You learn new things about your culture every day. You get to ask

elders a lot of questions [and] there are a lot of elders around doing ceremonies and speeches and stuff. You just get to learn a lot," said Caron.

Patrick Eberle, an aboriginal Pre-Tech student, enjoyed the interactive activities.

"I love the way they presented the Métis," Eberle said.

Derek Thunder with NAIT's aboriginal liaison services, hopes that the students who attended the events took something away from them.

"It's also teaching the current aboriginal students on campus the importance of culture and being proud of who they are," Thunder told NAIT NewsWatch.

Many who attended the week's events said it definitely had a lot of success and was also very informative.

There are many people who look forward to the event and attend every year.

A friend of Derek Thunder, Patrick Okeffe, is one of those people.

"I found this very interesting. The pipe ceremony ... I've come here for the last couple of days and I've found it very informative," Okeffe said.

Aboriginal Awareness Week returns again to NAIT next year.



Photo by Karen LePage

Dancing was one of the activities held during NAIT's annual Aboriginal Awareness Week.

Bridging the creek

By JULIE KRAUS

There was hot sun, shouts of “you can do it,” and people in helmets falling into the creek with a splash.

On Saturday Oct. 2, it was the 36th annual Bridge Building Competition put on by the Construction Engineering program at NAIT.

The objective was to have a team that could string two thick ropes across the Whitemud Creek and have the entire team cross there and back in the quickest time possible.

Another requirement was for two team members to strap a large piece of dunnage, or Styrofoam, to their shoulders as they crossed.

Mustn't touch water

The catch? No one, and nothing, was supposed to touch the water.

It's a competition that's a tradition for NAIT construction engineering students and instructors.

“We hold the Bridge Building Competition quite dear to us, as it has been going on for almost four decades, in many different forms,” said Brad Mielke, staff co-ordinator for the competition.

“The biggest purpose of the competition is to stimulate the universal concept of project management and teamwork. The best team advantage one can have is good planning and practice. Then the physical component doesn't matter as much,” continued Mielke.

“Honestly, the best team I have seen never said a word to each other during the race. They were much like a machine, a supportive group

of people using their minds and materials for achievement.”

Of the six participating teams, first place was taken by Construc-

tion Engineering Technology team “Jerseys” with a time of 12 minutes and 45 seconds. Second place was won by the team “Hazmats” at 13

minutes and 20 seconds, and third place by the Engineering Design and Drafting Technology “Assets” at 17 minutes and 56 seconds.

Students and instructors said it was clear there was some incredible teamwork going on, splashing into the creek and all.

It was an opportunity to test what they've learned in school, but also have some fun.

“This year was especially great because we had some industry come out and compete, such as PCL,” said volunteer student co-ordinator Patrick Trigg.

Mostly fun

“Teams that practise, have good co-ordination and practical knot-tying skills have the advantage but the event is mostly to just get together and have fun.”

The hardworking bridge builders went out later that evening to celebrate at The Billiard Club on Whyte Avenue.

“I would definitely participate in the NAIT Bridge Building competition again next year,” says Matt Gnam, captain of the EDDT Asset team who were also known as Faster than a Moment. “It was a great way to utilize our skills and get to know new classmates. Next year it would be great if we could get more outside sponsors and increase involvement from surrounding colleges and universities.”

But, overall, Gnam said the 36-year tradition was a big success.

“I think that everyone who participated or came to watch had a great time.”



Photo by Fletcher O'Grady

This bridge builder has a precarious hold on his perch above the water of Whitemud Creek.

Be aware of the flu

By JULIE FINKELMAN

Coughing and sneezing are just a few signs that it might be time to take a sick day and that the flu season is starting up again.

While some sicknesses may seem inevitable, NAIT is gearing up to teach students how to prevent influenza.

October is Influenza Awareness month at NAIT. The theme of the month is “Spread Love ... Not Germs” and NAIT nurses will be putting on influenza awareness presentations at all three NAIT campuses.

The program is designed to help students get the most out of their schooling and to create a healthier campus.

Lora Walker, Occupational Health and Safety consultant at NAIT, said that what she wants is for “people to know information like keeping themselves healthy [and] how to protect themselves.”

If students follow NAIT's tips, they will “be well enough to study and still enjoy life.”

Walker said that the most important tips students will learn at the presentations are “frequent hand washing,” “cover[ing] your cough and sneeze with your elbow” and if you feel sick, “stay at home so [you] don't give it to other people.”

She added that hand washing is the single most effective way to prevent disease.

Influenza shots are free to students through Alberta Health and “this year's influenza [vaccine] will [help prevent] H1N1,” Walker said.

H1N1 is included this year because the virus is considered to be in a “post-pandemic stage.”

During the Influenza Awareness presentations, nurses will be giving out free hand sanitizers, soap and posters on healthy practices.

The presentations will teach students all they need to know about staying healthy throughout the influ-

enza season and they're also the start of monthly health awareness presentations put on by NAIT Occupational Health and Safety.

Students can check out the Influenza Awareness presentations on NAIT's Main Campus Oct. 18 and 19 in the South Lobby between 11:00 a.m. and 1:00 p.m., Patricia Campus on Oct. 20 and 21 in the main lobby between 10:00 a.m. and 12:00 p.m. and at South Campus on Oct. 21 and 22 between 10:30 a.m. and 12:30 p.m.



infapaz.org



The Nugget

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

Editor-in-Chief

Kathy Le
studenteditor@nait.ca

Issues Editor

Linda Hoang
issues@nait.ca

Assistant Issues Editor

Darylann Hutchings
issues@nait.ca

Sports Editor

Ryan Flaherty
sports@nait.ca

Assistant Sports Editor

Garit Byington
sports@nait.ca

Entertainment Editor

Ali Yusuf
entertain@nait.ca

Assist. Entertainment Editor

Pending
entertain@nait.ca

Photo Editor

Karen LePage
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.

**Municipal
Election
2010**

Mayoral hopefuls

**Municipal
Election
2010**

The Nugget is bringing the seven 2010 city mayoral candidates to NAIT students. Why should you vote for them? Today, two more of the group try to win your votes. Answers have been shortened for space and edited for grammar.

Stephen Mandel



Supplied photo

Stephen Mandel

By RACHEL LEES

Rachel Lees (RL): Why do you want to continue to be mayor?

Stephen Mandel (SM): Well, there is a lot of work to be done. I think we've started a lot of projects and we need to finish them. From building the LRT out to NAIT to continue building it towards the southeast to continue with the programs put in place. I think there is lots of work to do and lots more work to be done. We believe we need another term to finish all that work.

RL: What are the key issues for your platform?

SM: There are many issues on my platform. Helping to rebuild inner-city neighbourhoods is one, continuing to re-invest in old neighbourhoods and developing our infrastructure plan [is another]. Developing the municipal airport is an important part [of my platform] so that NAIT can expand on site, so that you can have one single campus, which I think is vitally important for the growth of the city and for NAIT. There are a variety of things we are reaching

for in the next term.

RL: Can you talk about your stance on student related issues?

SM: Well, I think we have been very co-operative with the students. Number one, the U-Pass has been very successful. Number two, we believe in the sense of NAIT, which you're most concerned about is developing a partnership and how those lands can be developed best suited to meet the needs, not just for NAIT as a school, but also that helps the needs of student housing [and] developing the opportunity for a new student recreation centre. We see the students as an intricate part of the future of the City of Edmonton so their role and their opinion is very valued.

RL: Why should NAIT students vote for you?

SM: I think we have a vision of what the city can be and a vision for where the city can go. We have a strong belief in students and we have a strong belief in the presence of NAIT and what the students mean to our city. I think that in the end it's about a vision

for Edmonton and it's the kind of city that NAIT students can believe they'll have a good future in. One where there is light-rail transit, one where there are plans for NAIT to expand, one where there is a re-developed airport and there is an Expo 2017. All those things will make a difference to the people and I think the students are looking to the future, not to the past.

RL: Anything else you would like to add about yourself or your issues/platform?

SM: I've been in business for 30-odd years before I came to this city and managing a city is much like managing a business. But you have to understand the intricacies of running a city, which are quite involved and quite difficult, because it's not just costs and revenues, it's people you are dealing with. It's very important to make sure they are treated fairly and adequately.

For more information about Mayor Stephen Mandel, visit www.mandelformayor.org.

Robert Ligertwood



Supplied photo

Robert Ligertwood

By RACHEL JACQUES

Rachel Jacques (RJ): Why do you want to be mayor?

Robert Ligertwood (RL): I run for mayor because I feel that I can contribute to a healthy and complete debate of the issues central to our continued quality of life in Edmonton.

RJ: What are the key issues for your platform?

RL: The main issue is always the issue that the incumbent mayor talks the least about. Fear factor or what? In this case it is the downtown arena. It is about no less than one-third of the entire operating budget for the City of Edmonton for one full year [and] that is just to get this project off the ground. That in itself affects everything else that exists [in this city]. Imagine how many students a half a billion dollars could put through school with no debt to follow. Imagine how many miles of LRT a half a billion dollars could build. Imagine how many community soccer fields ... or abused men's and women's shelters ... or student and social housing units that amount of money could build.

RJ: Can you talk about your stance on student related issues?

RL: Yes I can. I am an advocate for responsible free post-second-

ary education. Always have been, always will be. As young people, think of how quickly we will agree with spending a half a billion dollars on a hockey arena that most people will never see the inside of, and how quickly we would scoff at the notion of responsible free post secondary education for our young people. I believe that any person with the ability, the will and who has demonstrated their want to further their education, whether academic or technical, should be able to naturally do so. From doctors to chefs to artists, I believe we have done ourselves a great disservice in penalizing brilliant young minds with the extreme burden of indebtedness. Especially when, as I said, we are so quick to spend \$500 million on an ice arena for a private enterprise.

RJ: Anything else you would like to add about yourself or your issues/platform?

RL: I am an Edmontonian and 54 years old. Between 1971 and 1996 I was working mostly in agriculture and heavy industry. In 1986 having just lost my job to the market crash I was left alone with three children aged eight, six and five. One of my children was special needs. I had one job within a week and two a week later. Thanks to a good company and manager, I was able to raise my chil-

dren in reasonable comfort. My children had a home cooked meal at the dinner table most days. My children never once saw the inside of a daycare. I have never been on the dole. I have recently married to Ketsanee Jairat Ligertwood. We reside in the Alberta Avenue community with my son Che' and granddaughter Jacqueline who, thanks to the wisdom of the Alberta Government, has been in my care for five years. Together, we own a small neighbourhood coffee shop that has served a generation of remarkable young and old alike. We are proud to say that we have been involved with all of these individuals and within the community continually since 1996. We have and continue to provide a venue at no cost in support of community events. Organizations like the Global Visions Festival, *Our Voice* magazine and the Stroll of Poets are but a few of the many organizations that have benefited from our cafe and its resources. At the same time we have provided a stepping stone to incredible young talents that have gone on to advanced study locally, nationally and abroad. I would ask anyone interested in what I have said here to have a look at the website. If you have any questions beyond that, just comment and I will respond in kind.

For more information about Robert Ligertwood, visit www.edmonton-mayor.net.

NAIT welcomes the world

By STEVEN DYER

Once a year, NAIT puts together an event that showcases the various programs the school has to offer in an open house format.

Racheal Kennedy with NAIT's student recruitment, calls the open house "the first touch" that prospective students will be able to get from NAIT.

"Studies show that 54 per cent of the students who are attending NAIT had their first touch at the open house," Kennedy said.

The open house is a very interactive event both for the visitors and for the students.

Visitors get a taste of what programs are offered and even discover some programs that they didn't know existed.

Kennedy, who is in charge of the open house logistics and floor planning of where the programs are going to be located, what

each program area will offer, and co-ordinating volunteers, said there has been a tremendous effort put in by all of the programs and that their showcases are going to be wonderful.

"There will be pet first aid, so you can go in and watch the dogs and cats get first aid," Kennedy said of one particular open house event.

She added there will also be paramedics and a real ambulance as part of another programs' events.

Students who are involved in running the open house will also gain valuable experience, Kennedy said.



Racheal Kennedy

They learn how to interact with others and they get to answer questions about what they (and what people in their program) do for those who are looking to join them someday.

But NAIT's Open house isn't perfect, Kennedy said.

She said if she could change one thing about how NAIT's Open house is set up, she would have the school rent a venue like the Butterdome or Northlands so that all programs could be presented in one location

and visitors wouldn't have to look all over campus to try and find the specific program they want to know more about.

She said for students who aren't familiar with the campus, it can be challenging to find their way around, even with signs.

With that said however, there are thousands of people who attend this event every year and there are around 90 programs with volunteers and instructors waiting to cater to all of the visitors' questions and concerns about their post-secondary future.

So if you're curious about anything here at NAIT, come by this weekend (Oct. 15 and 16) because "It is impossible to go wrong at Open house."

The open house takes place on NAIT's main campus and parking is free for both days.

Feeding the needy

By RACHEL ROSE-MARIE BARTHÉLEMY

NAIT Culinary students spent their Thanksgiving weekend performing an amazing gesture by feeding the needy through a special Thanksgiving dinner at Boyle Street Community Services.

"This is a special time that occurs for both of us, over nine years now," said Jeff Gordon, one of the culinary chefs at NAIT's Ernest's restaurant, involved with preparing the Thanksgiving dinner.

"We have been doing this with passion and weren't able, until now, to feed more than 2,000 people and we are proud about

Preparing the dinner, which included 120 turkeys, took Culinary students three to five days, with three staff members and three facilitators there to guide the group.

it," Gordon said.

He said NAIT was originally contacted for help and support, and since then, cooking the holiday dinner for Boyle Street's homeless and less fortunate has become a tradition filled with purpose.

"Everything is donated," Gordon added.

"Our time, the space and the food [is all donated]. The only expense from this is the amount of joy that we get by doing

it."

Gordon explained that members of the group that puts on the dinner are volunteers with a goal to help people in need, and as culinary individuals, they are doing the best

they can in what they are good at.

Preparing the dinner, which included 120 turkeys, took Culinary students three to five days, with three staff members and three facilitators there to guide the group.

Preparation started last Thursday with 20 students de-boning the turkey. On Friday and Saturday, a group of 20 core culinary students and 15 non-culinary NAIT students worked hard to make the Thanksgiving meal ready for Sunday.

Gordon said it was a great feeling for both him and the group of NAIT volunteers to see the reaction from Boyle's homeless people taking part in the dinner.

"It is a reward for us to see the Boyle Street people's face[s] receiving this meal and eating it with joy," he said.

"This is our commitment and we working on it to make it everlasting, serving the community, the needy."



Jeff Gordon

Got a plan? It could be worth \$20G

By JULIE FINKELMAN

Imagine writing the perfect business plan and being given \$20,000 to follow through with it.

NAIT students have this opportunity.

NovaNAIT, along with NAIT's Students in Free Enterprise (SIFE) business club, are hosting a competition called "HATCH."

It's a competition that encourages students to "hatch" their business – designing a business plan and then making their vision a reality through funding.

HATCH is available to any current student in his or her final year at NAIT or any student who has graduated in the past year and who is between the ages of 18 and 35.

Students are allowed to come up with any concept as long as it falls under the criteria of science, technology or a knowledge-based concept.

"Everyone can write down a concept," said Sandra Spencer, with SIFE.

But not everyone has a good business plan.

This is the second year the competition has

been run.

Last year there were five applicants, but the program is hoping for more this time around.

Spencer said there is no limit to the number of applicants HATCH accepts.

"If there's eight quality [applications], then we'll take eight," she said. "If there's three quality ones, we'll take three".

Once the finalists have been selected, they will present their plans to a panel of judges on Nov. 16.

Spencer said HATCH judges are looking for someone who has a true passion for his or her business plan and who also meets the criteria and is dedicated.

"The application has to be easy to read, clear and identify the key points specific to the competition," Spencer said.

She added that something "as simple as spelling mistakes" could throw off the whole application.

HATCH is devoted to making sure students have a fair chance at winning.

There have been a number of workshops

aimed at helping students make a winning plan since the launch last April.

The deadline for HATCH submissions is

Nov. 5.

For more information, go to www.nova-naid.ca/HATCH.

Linda's Tech Talk

Google car in our future?



LINDA HOANG
Issues Editor

It always fascinates me hearing the latest on what's going on with technology in our world today.

There are always advancements happening in something, always some world-changing tool or futuristic idea that humans are one step closer to achieving.

That said, I bring you now the news that broke over this past Thanksgiving weekend, that Internet giant Google has created cars that drive themselves.

That's right. Driverless, artificial-intelligent automobiles that Google hopes will change the world.

"Our goal is to help prevent traffic accidents, free up people's time and reduce carbon emissions by fundamentally changing car use," wrote Google's principal engineer and creator of the automated car project, Sebastian Thrun, on the search engine's official blog.

According to Thrun, the driverless cars use video cameras, radar sensors and detailed maps to navigate the roads. Easy peasy, really, since Google has an extensive database of mapped land already from their Maps and Street View project.

Seven test cars have already logged over 200,000 km, driving safely and successfully all across California, some trips with zero human interference and some with very minimal interference.

Google's plan for its automated cars is to allow people to spend time normally spent commuting, more productively. The cars should also be able to drive closer together than humans can, thereby reducing traffic jams. They should also be more fuel-efficient and set properly, drive at set speed limits and therefore be a whole lot safer than if a human were at the wheel. In fact, Google says their cars could one day cut traffic accidents to half of the number that currently occurs today.

There are really so many possibilities for these cars.

Imagine being too tired to drive yourself home from an event. Google cars would take away the safety risk of tired drivers on the roads.

And think about how this could change drinking and driving?

I'm not saying, get a Google car – then you can drink and technically "drive," but if the situation presented itself, it certainly wouldn't



Someday the folks at Google may take us to work just like they now take us all over the Internet.

be a bad thing to know you won't be endangering anyone by stepping into your vehicle intoxicated.

Projections currently say these Google cars are still far from being perfected.

It could be several more years before it gets out of its experimental stage and several more before the designs could be effectively and efficiently mass-produced, but it's definitely hap-

pening and, based on the positive results that it's already showing, this is a technological advancement that will change the world.

"While this project is very much in the experimental stage, it provides a glimpse of what transportation might look like in the future," Thrun wrote at the end of his post.

"And that future is very exciting."

It sure is, Thrun.



A precious resource



EVERYTHING GREEN

DARYLANN HUTCHINGS
Assistant Issues Editor

Forests are a treasure of Mother Nature herself. The unique complexity of forests around the world continues to amaze scientists.

The forests' major purpose for all species of life on planet Earth is oxygen, a bi-product of the plants' natural chemical process. You could consider the forests of the world our lungs. We need them to survive.

But with the rising amount of clear cutting and deforestation, the oxygen levels in our air continue to decline, with no hope of it rising unless mankind does something to reverse what's happening.

According to DiscoveryHealth.com, the average adult at rest inhales and exhales something like seven or eight litres of air per minute. That totals something like 11,000

litres of air in a day. The website goes on to say the air that is inhaled is about 20 per cent oxygen and the air that is exhaled is about 15 per cent oxygen, so about five per cent of the volume of air is consumed in each breath and converted to carbon dioxide. Therefore, a human being uses about 550 litres of pure oxygen per day.

With the number of births outweighing the number of deaths, the actual amount of oxygen in our air will continue to decline with the continually rising demand of not only our species but other ones that have not gone extinct yet.

The most commonly measured outdoor air pollutants in Canada include ground-level ozone, particulate matter, carbon monoxide, sulphur dioxide and nitrogen oxides.

In analyzing air pollution and mortality data from eight Canadian cities, Health Canada estimates 5,900 deaths per year in those cities can be attributed to air pollution.

With these numbers only being from Canada, could you imagine what the rest

of the world is like? Think about places that have more people covering more of the land and think about the levels of pollution in those countries.

So now what do we do? Well we can choose to buy eco-friendly recycled products, that being just a small part. If you are really interested and really want to help, there are more

than enough environmental activist groups you can join. I am not telling you what to do, I am simply showing you options.

Forty per cent of the Earth used to be covered in forests. Today, that number stands at 10 per cent.

If you have any ideas or topics for Everything Green, email me at issues@nait.ca.



The forests provide us with the oxygen we breathe.

OPINION

— Editorial —

Get out and vote!



KATHY LE
Editor-in-Chief

Every three years the day comes where citizens of Edmonton get a chance to have their say in who they want running the city until the next election. That day is now as we approach Oct. 18 with advance voting already active. And it's not just a matter of "whom" but "how" as well. How each candidate wants their

city to be run. We hope the people chosen will fulfill their duties and keep their promises to do such things as lower taxes, rid crime, save the environment, blah, blah, blah or in this year's election do something about the airport and expand the LRT lines.

If we break down the concept, it's quite straightforward and actually sounds like something everyone should sink his or her teeth into. We live in a democratic world where an individual answers to the voice of the people. We tell them what to do and what should be fixed and they're supposed to listen. We know there are many countries where citizens can only dream of a day when they can present their opinion as to who their leader should be. So, if we have it so great, why doesn't everyone, or should I say anyone, take advantage of that privilege?

Numbers tell the tale

The numbers say it all. Looking back on the 2007 civic elections the turnout was a dismal 27.26 per cent, with Ward 3 (oops, I guess that's my ward) at an all time low of 23.47 per cent. That's pretty sad. Twenty-seven per cent hardly qualifies as the voice of the people. What the hell were the other 72.74 per cent doing? Oh, right ... I was studying or something ... or doing other things I thought were more important than an election. Yes, I'm just as guilty as the majority of you guys reading this. Let's just admit it now. We don't vote. I bet I can go to all 18 members of my class and ask them whom they're voting for and most of them probably don't even know who is running. Am I surprised? No. Are you? Probably not.

A list of excuses not to vote can run a right off the page. So instead of focusing on that, let's focus on why I, a non-voter, am writing about this and now suddenly cares about voting. Perhaps it's because I'm studying television broadcasting and so the nature of the industry forces me to stay current on news. Or perhaps I'm growing up and I feel it's time to fulfill my duty as a responsible citizen. Whatever the reason is, I will vote in this election. I realize the freedom we have and how we're spoiled and have taken advantage of it.

Information easily available

I began my research and realized how incredibly easy it was to find out who was running, which ward they are running in, who the mayoral candidates are and all their platforms. The information was literally two clicks away. Not only that, the City of Edmonton website spoon feeds you everything you need to know from where to go to vote, forum schedules, election history, etc. The excuse of lack of information can now be crossed off the list. However, what about the excuse of how civic issues don't affect me? I found the more I researched the more I realized how many issues were important — for instance, crime. Of course crime seems to be an issue leaders always promise to work out every election, but putting that thought aside, crime affects me personally. I live in a great neighbourhood with a neighbourhood watch but as of late there have been car break-ins and theft. We used to leave our front door unlocked during the day, but not anymore. I can't even leave valuables in the car. If there's a councillor who can make that go away, I'll vote for him or her. What about the LRT? So many people take public transit, it has to be an issue that affects the majority.

From a student's perspective I want a leader who will address the issues of students. You will agree when I say tuition is ridiculous. It's not a new problem, just a problem that keeps getting swept under the rug. Students fall into a very disadvantaged group. We're trying to keep our studies to do well and get a good job to keep the city alive in the future; however, we're forced to pay

lots of money for school, while not being able to work. Once we've graduated we're now bogged down with student loans and lines of credit. How is that fair? Not to mention how hard it is to find a job these days. See, I found a problem and hopefully someone will listen.

Without getting too carried away, my point is this: the more you research the more you learn and the more

you learn the more you'll care. If there are no current issues that faze you, then perhaps take a look around your city and find things that bother you and make an issue out of that. We have councillors who will take care of those problems for you. That's what they're there for. I think you get the point of this editorial. Get out and vote, already.



edmontonpolitics.com

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

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

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

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

Trust us on that. Write us.



SPORTS

MEN'S SOCCER

Gearing up for Provincials

By ELISE COX

After maintaining an impressive first-place position all season, the Oaks men's soccer team is gearing up for the provincial championships. "We've had a good run," says head coach Jeff Paulus.

The boys got to relax during the Thanksgiving long weekend but are ready for the important week ahead.

"We're training every night and we're looking to work on small areas of the game each day," Paulus says.

There are two regular season games left before Provincials and the team is coming off a tough loss to King's College.

"I've been coaching here at NAIT for six years and this is the first year we've lost two games in a season," says Paulus. The team might have a few things to beat themselves up over but they're moving on and focusing on playing their best game going forward.

Sitting atop the North Division standings, the team has six wins and two losses. The Oaks' biggest competition in the postseason is expected to be Mount Royal University, who are first in the South Division and slightly ahead of NAIT with six wins and one loss.

"They're the top program in Calgary and recruit as heavily as we

do," Paulus explains. As for NAIT's continued success in the ACAC, he says "We out-recruit every single northern college team every single year and our success stems from the good programs here at NAIT that attract good players."

The national championships are being hosted by NAIT this year, giving the team an upper hand because they are automatically given a spot in the tournament. Knowing they are guaranteed an appearance at nationals gives the team a certain confidence and helps relieve some of the stress going into provincials.

"Our guaranteed spot in nationals won't affect our performance in provincials," says Paulus. "We don't want to be one of those teams that just gets a berth, we want to earn it."

Earning their spot in nationals shouldn't be difficult for this powerhouse team. The squad has grown since the beginning of the season and Paulus believes the team is exactly where they need to be and are ready for the challenges ahead.



Photo by Laura Dettling

A NAIT player cuts between two MacEwan defenders during a recent home match.

Although the Oaks will be busy practising for the next few days, team morale is quite high. The players all get along and hang out quite a bit off

the field as well.

"Our team is truly gifted this year, so we're all feeling pretty good. We're ready for it," says Paulus.

The team's final regular season games are Saturday, Oct. 16 at Concordia and a home game against Grande Prairie on Sunday, Oct. 17.

WOMEN'S SOCCER

Anticipating a 1st-place battle

By KYLE GALLIVER

The Oaks women's soccer team wraps up its regular season with a first place showdown this weekend. The women currently sit second in the ACAC, but have a game with Concordia (currently first place) on Saturday, with the winner taking over first place in the division. With a 6-1-1 record, the Oaks are having a great season and easily lead the ACAC in goals scored with 52.

"The girls are playing good soccer; the team is playing as a unit," says head coach Sergio Teixeira, adding that good team play has been a key to success so far. He says the biggest strengths of the team are definitely its offence and team speed.

The leader on offence has been goal scoring machine Leanne Kadatz, who recently broke the ACAC record for goals in a season. Leanne currently has 21 goals, smashing the previous record of 18, and the team still has two games left to play. Kadatz credits her teammates for her success.



Sergio Teixeira

"We have a lot of depth on our team, we're strong everywhere," says Kadatz. Teixeira echoes that statement, saying that Kadatz is an outstanding player with a lot of support.

"If teams are keying on Leanne, someone else scores; if they're focusing on someone else, Leanne scores," Teixeira says. There are many offensive threats on the team and "teams can only defend for so long," he added.

One of the difficulties for the team has been staying healthy. The Oaks have been plagued by injuries all season, but players are starting to get healthy just in time for the playoffs. Teixeira says it has been the team's biggest weakness and that a key to playoff success is getting healthy and staying healthy.

National championships are just around the corner and with a healthy, happy team the Oaks are primed for playoff success.

The Oaks play their last regular season games this weekend with a game at Concordia Saturday afternoon and at home to Grande Prairie Sunday afternoon.



Photo by Laura Dettling

The women's team plays Sept. 26.



Ooks' past meets present

By **RACHEL JACQUES**

A new tradition was created this past Saturday at NAIT. The Ooks Hockey Alumni Association (OHAA) hosted its first annual Sweater Presentation.

An emerging women's team coupled with a men's team under fresh leadership led the OHAA to decide it was time to enhance their involvement with the two clubs in addition to NAIT itself. When Serge Lajoie was hired to coach the men's team this summer, he stated that the organization should be about building something special, not just about wins and losses.

Jamie Barnes, president of the OHAA, agrees,

and said that this is a unique opportunity, not only for the players, but the alumni and their families as well.

"Where else do you get the opportunity to be a part of something with this kind of camaraderie that's also multi-generational?" he said.

The sweater presentation ceremony was about combining the past and present and showing the Ooks the unwavering support and commitment from the alumni. The OHAA wants the program to be a social network, like a fraternity, that maintains continuity within the Ooks hockey program.

Barnes said all that, and more, was accomplished on Saturday.

"Today was a great way to demonstrate the bond between the generations. The players, parents and alumni can see that automatic connection. There is no time limit on that. It lasts forever," he said.

The turnout for the event was greater than expected, eventually leading to a shortage of seating. The alumni, players and even their parents were all in attendance.

A gentleman by the name of Rick Carrier also came to the event and became an impromptu guest speaker. Carrier is quite well-known in the hockey world, having coached all over the globe and is a part of NAIT's history as well.

In the past few years, the OHAA has made many significant contributions to the hockey program. After a long process, they were able to gain a casino licence, which allows the group to run a casino approximately every 18 months. The proceeds are then split and the hockey association can use that money for scholarships.

Seven years ago, the program gave out one \$500 scholarship per year to one player. This year, there is a potential for \$23,000 in scholarships to be made available for the players.

In addition, the OHAA gives \$7,000 to the community each year to help pay for kids to go to summer hockey camps.

WOMEN'S HOCKEY

Looking for a banner year

By **KYLE GALLIVER**

Winning it all is the goal this season for the Ooks women's hockey team. Head coach Deanna Iwanicka is in the final year of a three-year plan and is hoping this season is of the banner variety. The team came within a game of being last year's ACAC champs but lost to the Mount Royal Cougars in the finals, claiming a silver medal. They

open the regular season against those same Cougars this coming Friday.

Iwanicka is looking to have a fast, aggressive team this year, with a focus on puck pressure. She wants the Ooks to be a puck possession team that controls the flow of the game and minimizes giveaways. This type of game requires a disciplined team and Iwanicka believes she has the goods.

When asked about her team, Iwanicka provided a nice breakdown of the roster. The Ooks are going to be backed by strong goaltending. There are three goalies on the team, and although there is no definite starter at the moment, Iwanicka is hoping that one rises up and grabs the starting role. The interesting thing about the Ooks defence is that newcomers predominate. There are only two returning players from last year's silver medal-winning defence

corps. On offence, there are a few players to watch this season, including the Ooks captain and third-year veteran Lacie Richard. Others to note are second-year player and assistant captain Gabrielle Pelland and first-year forward Sherry Bolls.

You can cheer on the Ooks as they start their quest for a championship in their season opener Friday, Oct. 15 at 7 p.m. against the Mount Royal Cougars at the NAIT arena.

Athletes of the week

October 4-October 10

Tara Evans
Soccer



Tara has only allowed four goals in eight games in goal for the women's Ooks soccer team this year, including posting her fifth shutout of the season this past week in leading her team to a 9-0 victory over King's College.

"Tara has been a key player in all of our games. She has been coming up with huge saves when she has been tested," said head coach Sergio Teixeira. "Tara is an experienced goalie, a positive player and she brings out the best of our team". Tara is a fourth-year Business Administration student from Sherwood Park.

Adam Ferrante
Hockey



Adam had a goal and an assist Friday, including the game winner, and received the player of the game award in the Ooks 3-2 win at Augustana. He followed that effort up with a solid game Saturday at home, helping the team earn a 3-3 tie in the rematch versus the Vikings.

"Adam had a great start to the season," said NAIT head coach Serge Lajoie. "His big goal came at an opportune time and helped the team win our first game." Adam is a fifth-year Accounting student from Edmonton.

NAIT notes ...

By **NUGGET STAFF**

Men's hockey squad goes unbeaten on opening weekend

The Ooks began the 2010-11 season on a positive note, emerging from their home-and-home set against Augustana with a win and a tie. On Friday at Augustana, NAIT got goals from Adam Ferrante, Jiri Prochazka and Kyle Johnson, and goaltender Graeme Harrington stopped 23 shots in a 3-2 win. NAIT carried the play for much of the game, outshooting the Vikings 36-25. On Saturday at NAIT, the Ooks came close to another victory, but Augustana scored with 20 seconds remaining to salvage a 3-3 draw. NAIT got goals from Max McCloy, Adam Tomkow and Dion Darling. The team still has plenty to improve upon, including a power play that went a disappointing 1-15 in the two games, but head coach Serge Lajoie is pleased with the early returns from his squad. "We continue to show signs of improvement and higher levels on buying into the systems," Lajoie said. "We look forward to



building momentum and getting better from our weekend performance."

Improvement shown by women's volleyball squad

The women's squad emerged from a tournament in Red Deer with a third-place finish. After reeling off victories over Grant MacEwan University, Winnipeg's Canadian Mennonite University and Briarcrest College, the Ooks ran into a strong Grande Prairie team in the semifinals, losing 3-1. Jillian Irvine and libero Rebecca Merasty led the way for NAIT, and head coach Erminia Russo Thorpe is happy with the progress her team has shown from one week to the next. "It was a step up in play for us from the previous weekend in Red Deer," Russo Thorpe said. "We were able to play consistently against the top teams in our conference." The coach was particularly impressed with the play of Irvine. "[She] showed that she could become one of the top middle players in the league with her front row play," said Russo Thorpe.

Lots to be thankful for



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

Given that Thanksgiving has just passed, I thought it would be interesting to take a look around the sports world and speculate about what a number of people might be giving thanks for right now. Sure, some of these folks may not be Canadian, but who says you only have to be appreciative once a year?

Philadelphia Phillies pitcher Roy Halladay – That the Toronto Blue Jays were so mediocre for so long. The decade Doc spent with the Jays, during which they struggled to be anything but average, just served to make the hurler even hungrier for success than he already was. As a result, when Halladay was finally released from his period of indentured servitude and traded to the Phils, he took the bull by the horns and hasn't turned back. Just take a look at the evidence. A 21-win season, a perfect game and now, the second no-hitter in MLB playoff history. Next stop, a World Series ring.

Edmonton Oilers forward Jordan Eberle – That he had Shawn Horcoff with him on a 2-on-1 rush last Thursday, giving the rookie no other option than to do things himself, leading to possibly the most sensational first career goal ever in the NHL. Seriously,

would you put your faith in Horcoff to bury that chance?

Winnipeg Blue Bombers fans – That Bomber head coach Paul LaPolice came to his senses soon enough in Monday's game against B.C. to replace starting quarterback Alex Brink with veteran Steven Jyles. Most people around the league were surprised that Jyles wasn't the starter to begin with, given his excellent numbers so far this season. But LaPolice handed Brink the keys to a sputtering Bomber offence and for three quarters the rookie proceeded to run it into the ground. In came Jyles, and he led Winnipeg back from a 21-point deficit to force overtime and eventually a win. The comeback kept the Bombers' faint playoff hopes alive and may have granted their coach a stay of execution in the process.

Minnesota Vikings quarterback Brett Favre – Randy Moss. Minnesota's acquisition of the wide receiver could save their season and keep Favre's hopes for a swan song championship alive. Moss does come with that "troubled" tag though, so Favre's thankfulness could disintegrate pretty quickly if things go pear-shaped in Viking country.

Detroit Red Wings coach Mike Babcock – a) That he works for an organization that values continuity, loyalty and hard work. The Wings signed Babcock to a four-year contract extension this past weekend, even though he could have waited until season's end to become a free agent and make a boatload of money. b) That he has players like Pavel Datsyuk, Henrik Zetterberg and Johan Franzen on his roster, making it a heck of a lot easier to be

successful and earn four-year contract extensions.

Finally, here's what I'm thankful for. Quite simply, this time of year. Hockey season's underway, baseball playoffs are in full swing, the CFL has entered its stretch drive and the NFL is providing its weekly dose of surprises and jaw-dropping performances. Oh, and basketball season is just a couple of weeks away. In short, it's the best time of year to be on the couch, and how appropriate that it comes with turkey and all the trimmings. Now, if we can just somehow make these baseball games go faster ...



vmixcore.com

Mike Babcock

Head-scratcher

By DOUG YEARWOOD

"You'd pretty much like to think that a team in a playoff hunt, with an opportunity to clinch, that you could at least get 30,000 in here to cheer you on."

– Tampa Bay Rays third basemen Evan Longoria, just before the divisional series took place.

To me, the Rays of late could be compared to the Vancouver Canucks in the Sedin era. Both stocked with lots of drafted personal loaded with potential, fairly young, and full of choke artists. Where was the outspoken Longoria during this playoff series? Game 5 saw him go 0-4 with one strikeout, or 0.200 on the series. The Rays shouldn't have said anything, because when the spotlight was on them, and people actually cared enough to spend their dollar on the team, and those stands were packed, they shit the bed hard. Maybe the fans have always known that their team was full of choke artists, and shied away for this reason ... and it turns out what the Rays wanted, would be the very thing that was their downfall in the end? Take note, Vancouver fans.



<http://blogs.tampabay.com/rays>

Evan Longoria

I just don't get how after calling out your fans, you can't back your game up.

Obviously it would be ideal to play in a market where the fans actually cared about the professional sport. But to need fans to motivate you to play the game is ridiculous. You know what should motivate pro athletes? The millions of dollars they get paid to play the sport they love.

This isn't a wishy-washy Rays team either. They aren't a fluke anymore. Like I said,

they're like the modern-day Canucks, people now expect them to do well – I guess just not win. These boys had 96 wins this year and won the AL East – widely believed to be the best division in all of baseball. I don't buy the whole no fans equals no heart thing. No excuse is where my beliefs would lie.

Those end of the season antics with the Rays really put me off ... not that I was really on – being a Red Sox fan. From the whole fan complaining thing to managers Joe Maddon having the bizarre request for fans to wear plaid to a game in Tampa Bay, this organization makes me scratch my head.



UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

So I was checking out the TSN website one class when we were doing something on the more uninteresting side and I noticed a blog stating Bob McKenzie's curiosity as to the point of the Steve MacIntyre against Raitis Ivanans fight. Well Bob, for one, the Oilers I think would like to show other teams that if

you take a run at one of their players, they will stand up and hold you accountable, unlike in past seasons. It seems to be the new philosophy the team has. The do-something philosophy – score, hit or fight!

I'm fairly certain Ivanans took a run at the Oilers' Gilbert Brule earlier in the game and MacIntyre just sent a message throughout the league. With a team as young and skilled as the Oilers, their philosophy makes complete sense. When it's hard to actually have your enforcers run around and police the players because of the instigator rule, using the strategy of having a monster – no, not that egomaniac Kanye West but that of a MacIntyre as a nuclear deterrent, it seems to be the only way of protecting your own now.

The reason there are staged fights is because in order to not get the extra two-minute penalty for instigating, the players feel obliged to make sure they show the refs the two of them agree to the duel. That's why players need to dance around in circles for minutes before the "staged fight" happens. If you consider some of the refs' intelligence levels in the league, I understand why the players feel they must make it very apparent that the two of them are agreeing the fight.

If you break it all down, those who are against "staged fights" should be the ones on the front-line of the battle to get rid of the instigator penalty. If you would rather see one player just grab the opposing player after he commits a huge hit or cheap shot, and just begin to pound away, rather than the two staging the fight, then you must get rid of that instigator penalty. Now that makes sense.

I love when I hear fans or the media say they wish players would fight like they used to in the good ol' days – like right after an incident just grab the guy you want to fight, and begin pummeling his kisser and caving his face in before he's even realized you've got a problem with him. Well it's kind of hard now to do that if you want to continue to play in the



oilers.nhl.com

Protection for the young players.

NHL. You'd be given two for instigating and your coach would wonder why you put your team at such a disadvantage with an easily preventable penalty. You'll be playing less, and falling fast on the depth chart to the farm.

The NHL's fighting situation is like that fat kid who eats because he's sad, and is sad because he eats. The fans and media who are opposed to these "staged fights" want the instigator rule to stay in the league but the "staged fights" to cease. You can't have your cake and eat it, too.

I love when McKenzie says: "It was pretty much ordained that Ivanans and MacIntyre were going to dance before this game was over." First off, I don't like statements made in hindsight, and yes, it likely was going to happen before the game was over because that's what the fans, the people who pay the money, wanted to see. I'm glad what he writes is called a blog and not a column.

For Oilers fans especially, with a team as putrid as they have been watching the past couple seasons, giving the fans a 4-0 beat down of the Calgary Flames, with the scoreboard, the hustle and the MacIntyre disappearing face act, new life was just injected into this city. The Flames won all six meetings against the Oilers last season and the Oilers just made every single fan forget about that.



palmbeachpost.com

Steve MacIntyre sends a message.

Highs, lows of a young season

By **MATT DEBEURS**

This NFL season is well underway and, as usual, there is plenty to talk about ...

Surprises

Kansas City Chiefs – They're 3-1 and at the top of their division and poised to keep it rolling. With three of their next five games being softies, they could grab a stranglehold on the AFC West. Todd Haley's team could be playoff bound if quarterback Matt Cassel stays healthy.

Pittsburgh Steelers – Yes, at 3-1 the Steelers are a surprise. They have been a fixture at the top of their division for years, but with QB Ben Roethlisberger serving a suspension for the first five games, I don't think anyone expected them to be 3-1 at this point. With Big Ben back in the lineup now, I see them rolling their way deep into the playoffs.

New Orleans Saints – So far the Saints aren't looking like the team that won the Super Bowl last February. They're 3-2, and are averaging 11 fewer points per game this year than last. The loss of the versatile Reggie Bush has affected their offence more than people think. New Orleans could continue to struggle until he returns from his broken leg late in the season.

Studs

Kyle Orton – The Denver Broncos may be 2-3, but it's not because of the play of QB Kyle Orton. He has finally found his stride



globalnational.com

Brett Favre

under head coach Josh McDaniels. Orton has thrown for over 300 yards in every game but one this season, and has thrown eight touchdown passes and only three interceptions. All this without a receiver that has ever had a 1,000-yard season.

Clay Matthews – The Green Bay Packers outside linebacker has been a beast this year. He leads the league in sacks with 8.5 and has been one of the bright spots in the Packers defence. Hopefully the hamstring injury that he sustained last week won't put him on the shelf for too long.

Duds

Brett Favre – After another retirement fakeout in the offseason, Brett Favre returned once again to the helm of a Vikings offence

in which he put up career numbers last year. Unfortunately, it hasn't been all sunshine and roses. He's thrown three more picks than TDs and has a lowly QB rating of 60.2. Viking

fans better pray that Randy Moss is the answer to his problems or it could be a disappointing year for the ol' gunslinger.

Tiki Barber – Earlier this year, the retired Giants running back came out and said that his longtime coach Tom Coughlin, with whom he did not have the best relationship, was losing the room in New York. You're a broadcaster now, Tiki, it's time to leave your biases at the door. I like Tiki, but he needs to remember who helped him become the successful running back that stopped fumbling the football all the time.



Jobs in Athletics

Soccer Nationals
Nov. 10-13, 2010

Volunteers wanted:

Hosts and hostesses: to travel with the teams and answer questions – may need some who can speak French.

Accreditation – put together

packages/giving out accreditation info to VIPs, teams, etc.

Hospitality – to sit at lounges/VIP rooms making sure there are refreshments at each venue.

Contact: Trevor Turner
Recreation Programmer
780-491-3010 trevert@nait.ca

ENTERTAINMENT

Pauly D is in da house

By ELISE COX

DJ Pauly D performed at Edmonton Events Centre (EEC) this past Friday. He is known as the fist pumping guido everyone loves (or loves to hate) on MTV's *Jersey Shore*. Thanks to the hugely successful show, he is now making six figures a year DJing.

The show completely sold out despite its last minute change from Oct. 1 to Oct. 8. Tickets sold for \$40 but would sell for as much as \$80 on Kijiji. At such a high price for tickets, it's safe to say there were high expectations for this Rhode Island native.

So the question is, did Pauly D live up to the hype?

DJ Pauly D is definitely no rookie when it comes to putting on a good show. His entrance was equipped with flashing lights, pounding music and he apparently forgot to put his T-shirt on. This was not a concept lost on the hundreds of screaming girls.

He mixed popular songs such as "We Speak No Americano," and "Like a G6." His mixes are original and worked well with keeping the dance floor moving.

The show was not complete until he played his single, "Beat That Beat Up (It's Time To)." Being the inventor of fist pumping and beating a beat, Pauly D has made a killing on the music charts with this energetic song. EEC went absolutely wild when the song started and everyone's fists were pumping hard.

This Italian DJ is definitely a ladies man to the extreme. From his success on *Jersey Shore*, he's been given the advantage of having his venues packed with women dying to get a glimpse of him. He may be known as Pauly D on *Jersey Shore*, but he has earned his title as DJ Pauly D. He doesn't have to work hard to please an audience of girls, but he proved that he does have the talent and knows how to work a crowd.

DJ Pauly D is definitely no rookie when it comes to putting on a good show.



thehullabaloo.com

DJ Pauly D

n
PRESENTS
THURSDAY OCTOBER 21

REBEL EMERGENCY

INDIE NIGHT
at the nest

Live music Thursdays starting at 4.30pm

October 26, 2010

LEARN HOW TO APPLY
MAKE UP FOR WORK AND
EVENING, AND MAKE IT
LAST WITH OUR EXPERT'S
TIPS AND TRICKS!

4.30-6.30PM
@ E-225

SIGN UP AT THE NAITSA
OFFICE (E-131) OR email
naitsaevents@nait.ca

SNACKS AVAILABLE!

CHANCES TO
WIN PRIZES!

NAITSA Presents: A How To Series
**HOW TO...
makeup**

SPONSORED BY
EVELINE CHARLES
ACADEMY

www.naitsa.ca facebook Visit us on facebook

STUDENTS' ASSOCIATION

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **STEVEN DYER**

Well it seems that everyone likes to

put together mixtapes of their favourite songs and party music, so I thought it was time to change it up a bit. First of all, who tends to have a bad weekend and then be even more bummed out when that awful Monday rolls around? Well, when this happens to me, I find that there are several methods that will bring me out of that funk. First is good old-fashioned comedy. Just watch a good comedian going at it on stage. Second is to go talk to a friend and make some plans

to see a movie or something. Third (and obviously the best) is to listen to a bunch of good music! This mix makes me feel better after a bad day, and if you listen to it and think I'm crazy, well then I guess that's your opinion.

1. "Pocket Full of Sunshine" – Natasha Bedingfield
2. "Tik Tok" – Ke\$ha
3. "Frozen" – Delain
4. "Bring Me to Life" – Evanescence

5. "Strawberry Gashes" – Jack Off Jill
6. "Because the Night" – Cascada
7. "Around the World" – ATC
8. "Get Up and Dance" – Faber Drive
9. "Ghost" – Fefe Dobson
10. "Fireflies" – Owl City
11. "Here We Go Again" – Paramore
12. "Let It Rock" – Kevin Rudolf
13. "Kidnap the Sandy Claws" – Nightmare Before Christmas
14. "Hot 'N' Cold" – Katy Perry

VIRAL VIDEO OF THE WEEK

Rejected Cartoons walks a fine line

By **DARCY WALKER**

This video follows Don Hertsfeldt as he tries to get his cartoons onto the "Family Learning Channel."

In the spring of 1999, The Family Learning Channel approached Hertsfeldt to produce promotional segments for their network. Because the cartoons were not educational and just inappropriate for their network, they rejected the cartoons.

As the story continued, the Johnson and Mills corporation approached Hertsfeldt to do advertisements for their assorted home products and the cartoons become worse and more inappropriate. The Johnson and Mills Corporation also rejected the cartoons. He started draw-

ing all of his cartoons with his left hand and the steady decline of his cartoons rapidly speeded up and the cartoons literally started to fall apart because the very fabric of what was holding the cartoons together (meaningful input and a lack of coherent literal structure) became unglued and the rejected cartoons literally started to fall apart.

This video is full of nonsense. If random funny things are what turn your crank, then Rejected Cartoons is for you. The cartoons do follow a story but the cartoons themselves don't make much sense because they are supposed to be little 30-second commercials. In the video, the things that are featured are: eye-stealing aliens, spoons that are too big with bananas,

fluff balls dancing and then bleeding, and random sentences spoken as though there is nothing wrong with the sentences.

One of my favourite blurbs in the video shows a group of cartoon people standing around, all wearing silly hats, while a sign with "Silly Hats Only" is hanging on the wall behind them. When another person walks in not wearing a silly hat, they all start to stare at the new person wearing a normal hat when it cuts to a promo about The Family Learning Channel. When it cuts back to the group, the people wearing the silly hats are now beating on the guy not wearing a silly hat with bats. Every time I show this video to anyone, they are always a bit skeptical but after they watch it, they usually turn

around and watch it again because they thought it was funny. This video does cross the line a couple times but it is still worth watching, as it is hilarious. You will not be disappointed.



Screamfest is for adults, too

By GRAHAM MCCANN

Halloween is not just for children when Screamfest 2010 comes to haunt the Edmonton Expo Centre.

"It's a Halloween event, [but] it's more than just a haunted house," said Mike Sheppard, president of Screamfest. "So it's kind of like a mini-Halloween carnival."



screamfest.ca

The haunted houses have many different themes such as St. Anne's Hospital maze, the Bates Motel and Nuclear Nightmare (with mutated monsters), as well as 3-D houses.

The 3-D houses, such as Terror Under the Big Top and the Ghetto, are painted with special paint and in a specific colour order so it will pop out at you when wearing 3-D glasses. The Ghetto is a 3-D curtain maze you must navigate through. One of the mazes is actually pitch black, so you'd need to feel your way through to the end.

"You get some people who are scared, and even though we say 'don't run, they run into someone in front of them, so they bump their nose and get a bloody nose,'" said Sheppard. "No one's ever been seriously injured. He also said that he has seen people get so scared that they pee themselves.

The event will feature an array of performers including Ryan Stock and Amber Lynn from the Discovery Channel show *Guinea Pig*, Fatt Matt, the fattest contortionist, and a sword swallower from Las Vegas.

"For the first time ever we are going to have food and liquor," said Sheppard. "We have a beer gardens, we have cool carnival games with prizes that you'll see nowhere else."

Some of the games include a severed head toss into the mouth of a monster and a game where you shoot blood at a target using a severed arm instead of a water gun.

He added there is 46 feet of trailer space with stuffed animals and other prizes.

Screamfest runs from Oct. 21 to 24 and will continue from the 28th through 31st. Tickets are \$20 and are on sale at Ticketmaster.

Wait a second

By KITA MARU

I think I got it, I think I know the reason why the struggle for peace in the Middle East is worth it. If there's peace in the Middle East, there would possibly be more bands like Chromeo making some electro funk music.

Just in case you haven't heard of them, Chromeo is a Montreal duo consisting of P-thugg on keyboard and synths, and Dave 1 on guitar and vocals, who make music based on sounds from the 80's.

Business Casual is their third album, and quite possibly their best yet.

Like their previous albums, there's a retro influence to the tracks. It's almost as if while listening, you're stuck in a wormhole with retro and modern sounds on each end co-mingling with each other. In fact, it's like that line from Eddy in the Hangover: "You want intimacy, forget about it, you're gonna get sex." Only replace the intimacy with innovation, and replace the sex with funky tunes.

The must-have track is obviously "Don't Turn the Lights On," which is pretty epic, especially at its super-synthesized guitar solo.

There are some other solid tracks which are probably related to sex, like "When the Night Falls", "You Make it Rough", and "Hot Mess". There's substance, but it wouldn't matter if there wasn't, *Business Casual* is pure style and that's enough, their music is so catchy and addictive.

Download Worthy: the aforementioned tracks and "I'm Contagious."



Mainstream Ignorance

By GRAHAM McCANN

1. The swastika is an inverted version of a symbol relating to peace and good luck, which, of course, the Nazi's used and ruined.
2. The idea that the full moon makes people act weird is actually untrue. There have been countless tests to find evidence, but there has been absolutely no correlation found.
3. The visible stage of lightning is not from the sky to the ground, but the bolt going from the ground to the sky.
4. The Statue of Liberty is not technically in New York, but a place called Liberty Island located a mile and a half from Manhattan.
5. Contrary to what some think, coffee cannot sober you after drinking alcohol.

ATTENTION STUDENTS!

Part Time Work

- \$16.25 base/appt
- Flexible schedules
- Customer sales, service
- No experience needed, conditions apply
- Call 780-409-8608 or apply online at www.work4students.ca



Collect 'Em and Win!

Lake Louise ski weekend for you and 10 friends or groceries for a year? Return the most empties to your local Bottle Depot and you pick your prize. Even if you don't win, collect over \$5,000 in empties and you'll be entered to win the remaining prize. Easy peasy, unlike Quantum Physics.

Visit dontbeatosser.com for complete contest details and get started.

**Dont Be A
TOSSER**
.com

Jon Stewart scores with Earth (The Book)

By GRAHAM McCANN

Jon Stewart's *Daily Show* team released its follow up to the satire *America (The Book)* with *Earth (The Book)*.

The premise is that it is a textbook written for extra-terrestrials as an explanation of what humanity was before we presumably destroyed ourselves.

One of the best ways to study humanity, and since all of us are a part of it, is to use objective scientific method and disconnect yourself as if you are a visitor without any biases towards any particular thought or system.

This is what the book tries to do in a form of satire, and it does seem to step over bias, which should even please those who are unsatisfied with *The Daily Show*'s argued liberal bias.

This results in a brilliant satire about the ridiculous nature and utter hypocrisy people and societies have bestowed on the world.

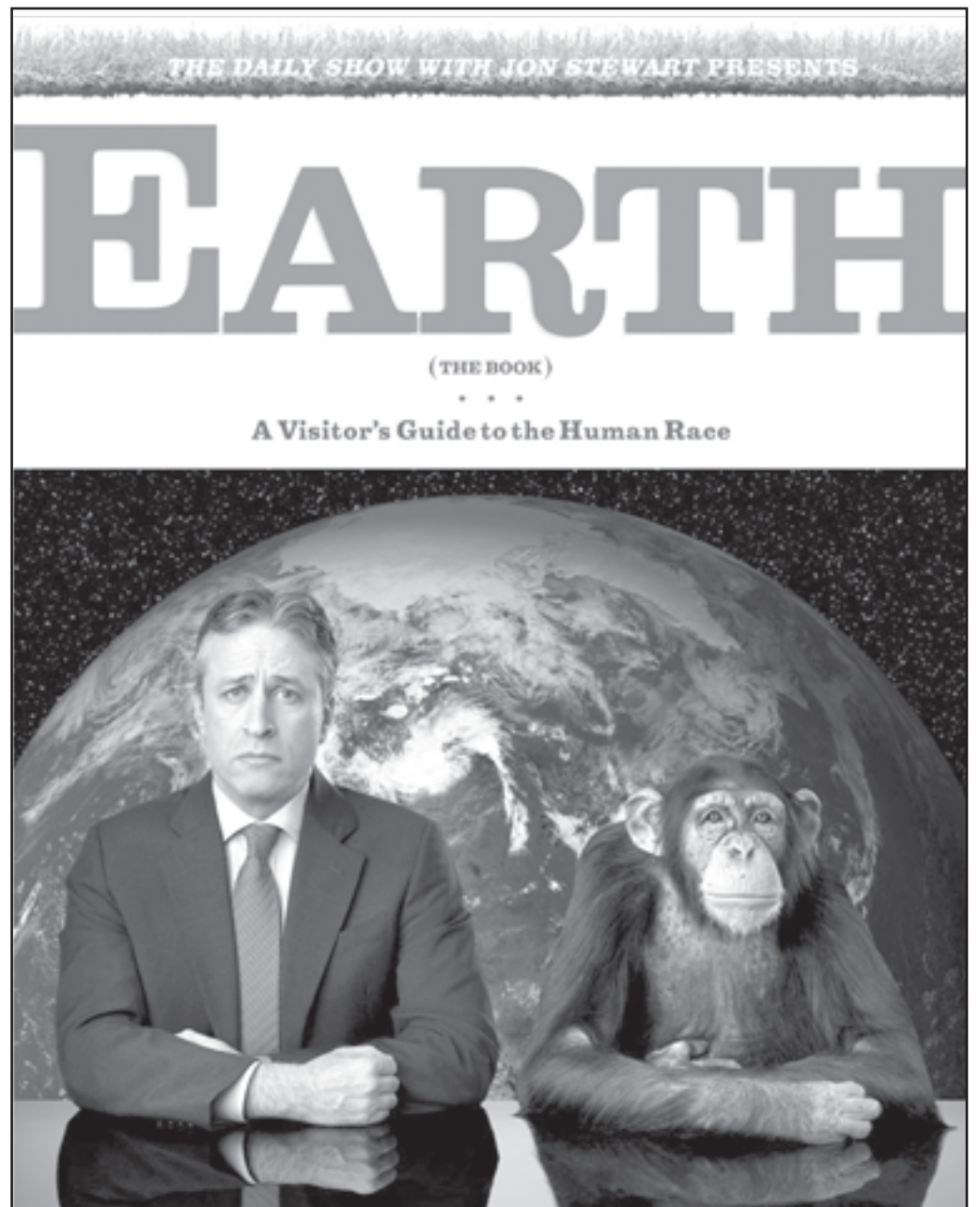
The book features chapters on different institutions and concepts in our world such as political systems, religion,

bureaucracy, culture, and even fashion to name a few. The book explains what these things are, while taking the most ridiculous or ironic aspects of events related to the topic.

I thought the chapter on war was funny when it explained the convoluted nature of different countries defining what is a war crime and what is not based on the same acts.

Like *America (The Book)*, the textbook format allows for very casual reading. You can pick up the book on any page, and read it in any order. This sort of makes it like a coffee table book, because each page has something different and confined to itself, which makes it extremely easy to read and is especially good for those who do not like books.

Overall, this succeeds in being better than *America*, and it is highly recommended to fans of *The Daily Show* – or humour about ridiculous things in the world in general.



onlineathens.com

A taste of NAIT CAMPUS FOOD REVIEW

By SHIV DAVE

NAIT has a variety of eateries on campus. I took the food survey at different locations across NAIT campus. I talked to different students, instructors and employees about how they feel about the food they eat on campus and how the quality of food is being served. NAIT's Food Services introduced 100 per cent biodegradable plates and cutlery in November 2007.

"Starbucks coffee is pretty much popular among coffee lovers, though Tim Hortons took a first place due to its variety of blends," says David, a first-year Biomedical Engineering student. He added that there is also a variety of snack food available at coffee shops, such as cookies and doughnuts. In addition, there are plenty of vending machines available in different locations for pop, water and snacks.

Matthew Tracy, program co-ordinator of Biomedical Engineering, says a Food Services express card is the coolest thing and you can place an order in advance also.

Kevin Valencia, an Architecture Technology student, says he loves Bistro, a café in the Engineering Technologies Annex that has a broad menu, including a daily lunch feature.

NAIT's Food Services introduced 100 per cent biodegradable plates and cutlery in November 2007.

First-year international student Ravin says the Common Market isn't just where he grabs lunch: it's his kitchen away from home. Like Ravin, many first-year students rely on the food services offered at NAIT for lunch. Raylene, a Health Science student, says it doesn't make any difference how far the food court is from her class, she's just concerned about taste.

Many students feel that home-prepared food is much superior to college campus food. But for many students, it's their only option because they don't have time to get to a grocery store and prepare food for themselves. One of the recommendations that might be useful for students is to have the cafeteria open later because of the diverse range of student habits. "As [students], we stay up until late evening and our daily cycle changes, so we're hungry at those hours ... that would probably help," said an Accounting student.

The Students' Association actively engages in monitoring and evaluating the quality of catering service and management. They make microwave machines available throughout the campus.

I would say that you can find the food of your choice. There is food for everyone.

Spa Day

10/11

Saturday, November 27, 2010

4 Packages to Choose From for Only \$60 Each!

<p>Option A</p> <p>Body scrub/wrap with facial, and shampoo and blow-dry.</p>	<p>Option B</p> <p>Facial, manicure with paraffin, and a haircut</p>	<p>Option C</p> <p>Manicure/pedicure combo with paraffin, brow shape & haircut</p>	<p>Option D</p> <p>Manicure/pedicure combo with paraffin, and facial</p>
--	---	---	---

Limousine To and From NAIT | Snacks provided!

32 People MAX For This Special Sale!

Must present a valid student ID to purchase tickets!

Payment Plans Available. 50% Deposit Required.

All Final Payments Due By November 12, 2010.

www.nait.ca facebook EVELINE CHARLES ACADEMY

Visit us on facebook



Photo by Kim Krushel

Devin Phillips and Justin Wisser rock out at Indie Night at the Nest.

Short of Able a treat

By JORDAN PELLEY

Short of Able was ready and willing to take the stage last week at the Nest. Although only Justin Wisser (guitar/vocals) and Devin Phillips (lead guitar) were able to make it, they put their best foot forward to rock it hard.

Narish Maharaj (bass) and Colin Ouellette (drums) were not able to make an appearance due to a schedule conflict.

Short of Able are from Edmonton and had time on the road getting to know each other better as band mates and as people. With their first full length EP hopefully coming out in February 2011, Short of Able was caught rocking out to many of their own jams, but they also brought with them a Coldplay cover, and a Rise Against cover "Swing Life Away."

Their main influence is the '80s and '90s Manchester scene with bands like Oasis, The Stone Roses and The Verve.

Very excited about playing at the Nest, Wisser and Phillips made it a show to be remembered.



Having a simple story of how they came together, Short of Able is one of those bands to keep your eyes out for.


"We just knew each other and decided to make music together," Wisser said.

Being able to add to the indie scene in Edmonton is a major bonus in their books.

Wisser lost his voice days before playing at the Nest, but was still able to belt out tunes with sultry tones that could soothe even the angriest beast, thus making this a show not to be missed.

Short of Able will hopefully be playing around Edmonton in other venues. Wisser and Phillips rocked out hard at the Nest, proving that bands from Edmonton have what it takes to make a crowd get-a-bumpin'.

Being nothing short of able to jam the stage at NAIT, Short of Able is not a band to miss.




YOUR HOCKEY HEADQUARTERS





*ONLY AVAILABLE UNTIL 8PM AS REQUIRED BY LAW



GAME DAY FEATURES

EVERY TIME EDMONTON PLAYS!

- Get on-side with \$14.50  jugs and 35c wings during the first period.
- Play predict the first goal for your chance to win great prizes!

PLUS! ENTER TO WIN A HUDSONS HOCKEY NIGHT OUT COURTESY OF MOLSON!

You're in Oil country now

By NATASCHA BRUHIN

Have you been searching the airwaves for an accurate account on everything Oilers? NR92.com is lucky enough to have a brand new show featuring just what you're looking for. I had the opportunity to speak to the host of Oil Country, Kassidy Kruger.

Natascha: Tell us about your show, Kassidy. How is it different from the other shows on NR92.com?

Kassidy: I think it's different and unique because I chose to do a show about two things that I really enjoy and am passionate about: the Edmonton Oilers and country music. I didn't necessarily want to do a show everyone will listen to. I wanted to do a show that I loved and I could be myself while doing it.

Natascha: When did you form an interest in hockey?

Kassidy: Obviously growing up in Edmonton you're surrounded by hockey every day. It's the City of Champions for a reason. But I was never really interested in it until around five years ago right after the playoff run and I was like, "Hey, all these boys are super hot." And so began my love for hockey.

Natascha: Is there an Oiler you have a slightly deeper appreciation for?

Kassidy: If I had to choose one player it would be Cogliano. He is an amazing player, and such a friendly guy. I would have to say he

is pretty easy on the eyes too. I think we will be happy together.

Natascha: Any close encounters with the team or your future husband?

Kassidy: Yes, I have met Cogliano three or four times now. I have also had the chance to meet a bunch of the other players. There's too many to name, but they include the likes of Gagner and Paajarvi.

Natascha: What kind of artists can we expect to hear on the show this coming Friday?

Kassidy: It's a country show so lots of country artists. Some of my favourites would be Dixie Chicks, Zac Brown Band, Keith Urban, Doc Walker and lots more.

Natascha: What is the one song you will never get sick of hearing?

Kassidy: Oh, that is a tough question. I would probably say it's "There's Your Trouble" by the Dixie Chicks. It's such a good song, really upbeat and for me it's a classic. I grew up with those girls.

Oil Country on NR92.com with Kassidy Kruger airs live every Friday night from 7:30 p.m. to 8:30 p.m. If you would like to make a comment or request a song, phone in at 780-471-8833 or join the Oil Country on NR92.com facebook group to post a request. And remember – when you tune in, you're officially in Oil Country.

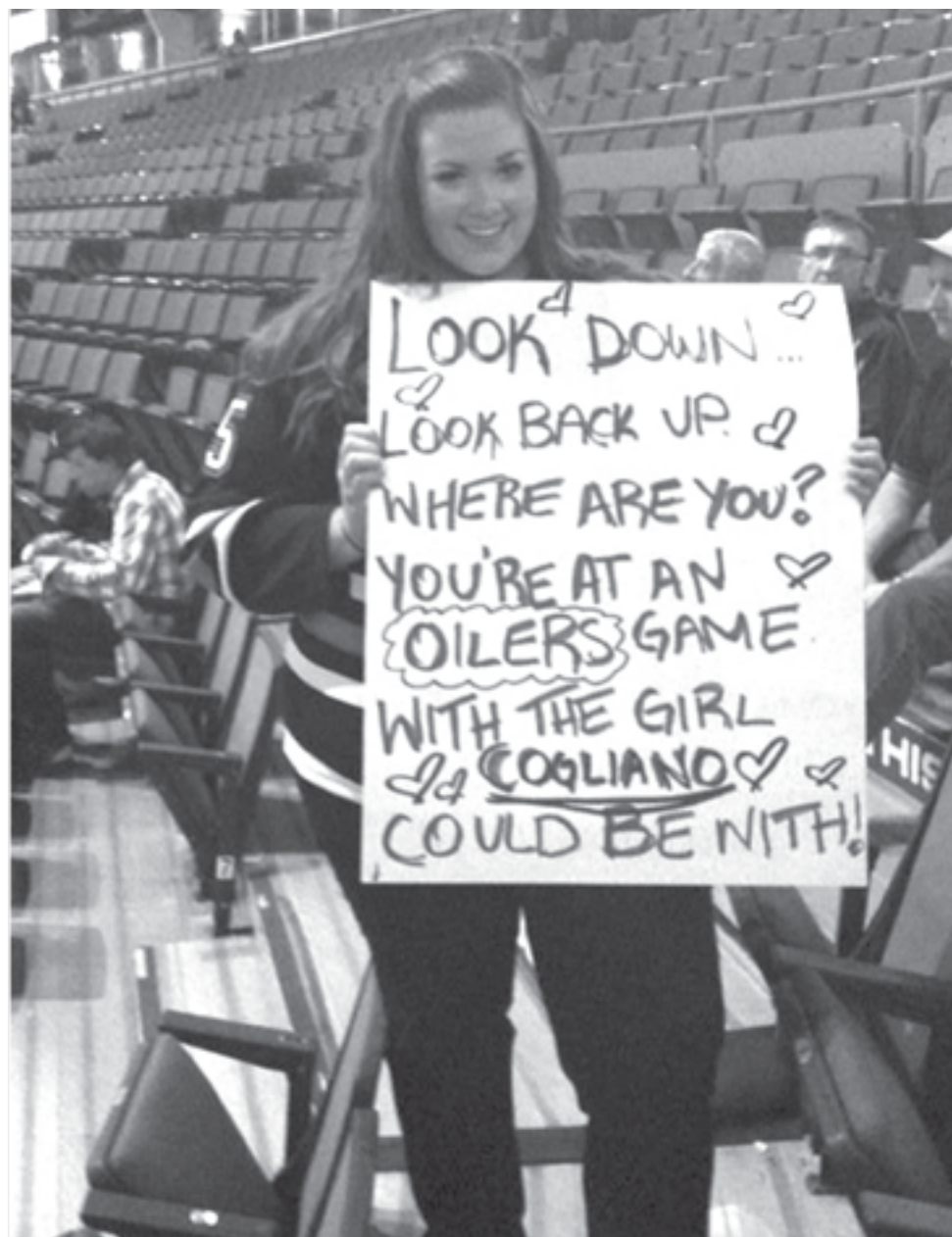


Photo by Natascha Bruhin

Kassidy Kruger with a message for her favourite Oiler.

Laugh, it's cheap

By LACE SENIO

It is common knowledge that students don't have a lot of cash to blow on entertainment, which means that weekends can be a drag. As we plunge further into the year, summer savings are fading with the changing leaves. The typical student budget doesn't leave a lot of room for extravagant weekends. However, Rapid Fire Theatre has created a secret formula to combat the woes of the student budget.

Chimprov and Theatresports combine humour and cheap ticket sales to allow even the most struggling students with their limited budget to enjoy a show – if they don't die of laughter first. Theatresports takes place Friday nights at 11 p.m., and Chimprov takes place Saturday nights at 11 p.m. The shows are located at the Varscona Theatre, 10329 83 Ave. Each show costs only \$10 with amenities also available for purchase.

Theatresports is an epic battle of wits. It involves improvisation teams and audience involvement, which creates a highly interactive show. There is never a dull moment. Chimprov is a longer form of improvised comedy that will

leave you gasping for air. Chimprov troupes, similarly to Theatresports teams, also use improvisation and audience suggestions to guide their performance. Theatresports and Chimprov shows are never practised or choreographed so every show will be different.

The cast of the last Saturday's Chimprov show had the audience in stitches from the very beginning to the very end.

"Everyone should attend a Rapid Fire show.

I had an amazing time. It was so funny," suggests Conor Sawyer, an audience member. "It was a lot of fun. I wasn't expecting to laugh so hard."

Both Theatresports and Chimprov are insanely hilarious shows and a great way to spend your weekend. Tickets always sell out fast. You

can purchase tickets at the door or at TIX on the SQUARE located at 9930 102 Ave.

The formula that Rapid Fire Theatre has created is simple, really. If you are in need of a laugh, subtract \$10 from your piggy bank and head down to the Varscona Theatre for affordable entertainment that will make those student budget blues disappear. It won't break the bank, plus they say laughter is the best medicine.

Both Theatresports and Chimprov are insanely hilarious shows and a great way to spend your weekend.



SUNDAYS

@ 6PM ON

/ACCESS

The Next Generation of News

THE NUGGET PRESENTS:

NUGGET COMICS

M
I
C
E

W
I
T
H

S
P
I
C
E

HOW DO YOU EAT
AN ELEPHANT?

ONE BITE AT A TIME!

J.B.

Cartoon by John Benesch

STAND UP AND BE COSTUMED

The time to put on shiny tights and rainbow wigs is at hand. Come to Value Village, the only Halloween store with thousands of new and used costumes, accessories and décor for less. Our Costume Consultant will help you find your look, from a unique creation to grab-and-go. The perfect Halloween awaits!

Check out www.valuevillage.com for GREAT Halloween makeup videos, creative costume ideas and spooky craft ideas! Upload your own ideas for a chance to win!



11850-103RD, EDMONTON AB
(780) 477-0025
MON - SAT 9AM - 9PM
SUN 10AM - 6PM

ValueVillage
Good deeds. Great deals.



THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Oct. 21-27

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

Scorpio (Oct. 23-Nov. 21)

This week Karma is going to be a bitch. Avoid any situations that may turn out badly. Actually, avoid every situation and stay at home all week.

Sagittarius (Nov. 22-Dec. 21)

You're looking good this time around. You will get the attention that you so badly deserve. Make sure you hit up every bar in town to get an extra ego boost.

Capricorn (Dec. 22-Jan. 19)

All your friends will be angry with you and you won't be able to make them happy. I suggest you ditch them altogether. Meeting new people is always fun.

Aquarius (Jan. 20-Feb. 18)

I'm sorry to tell you but you will really piss off that special person in your life. Start buying them gifts now so it won't be as bad later.

Pisces (Feb. 19-March 20)

It's time you get out of the house; you're beginning to look very pale. Hit up the tanning salon and get your hair done, then maybe you will be able to

bring someone home for once.

Aries (March 21-April 19)

This week it's time to let it all out. You usually hold in all your emotions and it makes you a stuck up bitch. Just cry for once, nobody will care.

Taurus (April 20-May 20)

You won't need to do anything to put a smile on your face this week. Continue to be your kick-ass self and everyone will be kissing the ground you walk on.

Gemini (May 21-June 20)

A strange feeling will overcome you this week, but don't worry, it's a good one. At first it may be strange and you will wonder why you are doing this but in the end you will know that "gym, tan and laundry" is the way to go.

Cancer (June 21-July 22)

People are getting sick of that smile

on your face. Be mean to someone this week. I would suggest kicking someone or maybe spitting in his or her eye.

Leo (July 23-Aug. 22)

Embrace your inner lion in the near future. Eat some meat and sleep through the week. It will be a refreshing start for fall.

Virgo (Aug. 23-Sept. 22)

There will be ups and downs for you coming soon. You will be at the top of your game and your lowest low. Don't worry; giving mom a call will always help things out. She will always love you.

Libra (Sept. 23-Oct. 22)

You are extremely lucky this week. Go ahead and spend your student loans on those lottery tickets. All that money will come back to you. Who needs an education when they're rich?

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Safety begins with you



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 could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. Campus Security Services cannot be everywhere and are usually involved only after the crime has been committed.

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

To avoid theft, Campus Security Services suggests the following:

At home

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

At work or school

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

At the library

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

At the gym

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

From your vehicle

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

If you have information regarding a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, con-

tact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000. Everybody benefits, except the criminal.

Poster board maintenance

Two students needed

To maintain and monitor NAITSA poster board on campus, job duties include hanging approved posters and removing expired posters. You must be able to commit to two

three-hour shifts per week, please apply in person at the NAITSA office in Room E-131 with a copy of your timetable and resume by Friday Oct. 15.

new year's ski trip

@ revelstoke mountain resort

December 30-January 2nd

For a limited time, 40 student tickets will be available at
\$340+GST
 based on a 4 person room

After that, prices are as follows:

\$399+GST per person in a 4 person room	\$449+GST per person in a single room
\$419+GST per person in a 3 person room	
\$439+GST per person in a 2 person room	

*Price includes 3 nights accommodations at Powder Springs, Revelstoke, 2 lift tickets to Revelstoke Mountain Resort, a New Year's Eve party, nightly excursions, and transportation on a licensed coach bus. Optional 3rd lift ticket for NYE day is available for purchase (\$60).

Tickets on sale at the NAITSA office.
A payment plan is available!

Sign up by Oct. 15 and be entered in a draw to win your trip for FREE!

STUDENT ASSOCIATION www.naitsa.ca facebook

THE NUGGET PRESENTS:



GRAPEVINES

Grapevines is a chance to speak your mind. E-mail grapevines@nait.ca or submit online at www.thenuggetonline.com

Thank you NAIT Security for opening a door for me so promptly! Last year it took about a half hour before someone showed up to open a locked door, but this week it was about 10 minutes! Got to finish my work in no time.

– Thankful

•••

Car broke down! Dad getting it fixed. Thank goodness for my father.

– One Grand Gone

•••

I'm learning jiu jitsu. I'm prepared for all dangerous encounters. Screw you people who say it's just men rolling around hugging each other!

– Kick Yo Butt

•••

The five for \$5 is awesome. Nice work, Common Market!

– Yummy in my Tummy

•••

I have a feeling the beautiful weather is going to take a sharp turn for the worse soon. Sigh.

– Goodbye, Sun

•••

The weather is awesome out – I hope it doesn't snow for a few more weeks!

– Fun in the Sun

•••

I hate how I get to the bus stop right after my bus leaves.

– Waiting Around

•••

Don't listen to your music so loud that I can hear it from across the room, you will hurt your ears ... and your music sucks

– Bleeding Ears

•••

I hate taking money out of the ATMs

because of the service charge. However, it does deter me from spending money.

– Pinching Pennies

•••

Girls don't have to wear so much makeup. It's ridiculous because people can look good without all that stuff caked on them and from what I can tell it doesn't actually make most people look any better.

– Be Yourself

•••

Everybody's bringing turkey leftovers to school this week. Anyone wanna share? I had spaghetti.

– Wants Some Turkey

•••

Love that I'm still biking to school. Keep on shining, Mr. Sun!

– Wheely Happy

•••

I'm getting real sick of seeing fellow smokers throw their butts on the ground when there's a perfectly good ashtray nearby. You're ruining it for the rest of us!

– No Butts About It

•••

So much sweet ass, so little chance of tapping it ...

– Sigh

•••

This school needs moving sidewalks. At least then the fatties would be in motion instead of in my way.

– Move Along

•••

Nice weekend weather. Anything that prolongs the season of hot chicks in shorts is all right by me.

– Have a Coke and a Smile!

THE NUGGET PRESENTS:



Dr. CONwisDOM

Dear Dr. CONwisDOM,

I have gotten into the habit of sticking things up my anus. Bananas, cucumbers, carrots, it just turns me on in ways I seriously can't describe. Am I sick? Should I stop? Or are there better objects you can suggest for me to stick up there?

– Up my Bum

Dear Up my Bum,

Wow, talk about freaky. I've heard of strange fetishes but this one is a little weird. Do you tend to stick to the vegetable genre for the things you shove up there? I guess if it turns you on in ways that you can't describe then you shouldn't stop! I'm not going to deny you indescribable pleasure. I think you should try other objects definitely, especially straying away from vegetables. Mix it up, make it a little bit more interesting. Have you tried a remote control? A back scratcher? Look into it. You're a little sick but that's a great source of orgasmic pleasure that's unique to yourself so good on you. Good on you.

•••

Dear Dr. CONwisDOM,

Halloween is coming up and it's my favourite time of the year because I get the hugest boner for beautiful women dressed up in sexy whatever you can think of. Sexy nurse, sexy firefighter, sexy police woman, even sexy Spongebob Squarepants! I get hard. Halloween is better for that than Christmas. You can find me hanging out at costume stores for all of October. But my question is, I'm finding a lot of the women dressed up aren't actually as beautiful as I originally thought. In fact, most of the time they are straight up hideous but dressed as an alias it's like rawr-rawr-rawr. Last week when I was at the Halloween Super Centre on Whyte. I started chatting it up with a foxy lady in a sexy mermaid outfit. Problem was she was not actually foxy in any way but I haven't been able to stop seeing her. We've been on three dates and each date I've managed to get her to dress up in a sexy costume. It's been hot and wild and I am starting to develop feelings for her but I'm just really worried that when Halloween is over and she doesn't dress up anymore, I'll have to dump the witch. What do I do?

– Costumes 4 Ever

Dear Costumes 4 Ever,

First of all, Spongebob Squarepants is not something that "sexy" should ever be attached to. Costume stores need to take down their "sexy" line a notch and be a bit more realistic. There is absolutely no reason why Spongebob should be sexy. But I digress. Your situation is a strange one but it's clear what you need to do. If she's horrifying in non-Halloween garb, you're going to have to dump her. The facts are there. You're in love with what she dresses up as, not with who she is. You're a freak but Halloween is when the freaks come out, right? Savour the last few days you have with her and once November hits, drop it. Ghoulis looking is ghoulis looking. Can't change that.

•••

Dear Dr. CONwisDOM,

I am always set up on blind dates, but they are always the weirdest people I ever meet. Once there was this girl that was really nice that actually made me dinner. However, it got weird when she started taking out notebooks and maps and planning our lives out. I'd never met her before. Another met me in the park and was paranoid that the government and aliens were following her and then accused me of being a spy for the aliens. How do I say no to my friend who sets me up on these without being rude?

– Meeting Problems

Dear Meeting Problems;

I think you should just find your own people to go out with. Just try to get to know people on your own and you won't be put in awkward situations by being placed with them on a blind date. Also, I think your friend is doing this to you just for a laugh.

•••

Dear Dr. CONwisDOM,

Why do we have to have children? Those little bastards come along and ruin everything. If they want to exist, then why don't they make and raise themselves? Gosh, if we stop having children then they will stop running around and ruining things and the world will be free for adults forever.

– Child Free World

Dear Child Free;

As a doctor I have to tell you that there will no longer be adults if people no longer have children. Children don't come out of nowhere and responsible adults have to raise them. You are obviously not fit to raise children, so it's fine if you don't, so don't worry about it.

•••

Dear Dr. CONwisDOM,

I have been dating a girl for six weeks. I think I am falling in love. I wanted to do the respectful thing and not get intimate for a while but here is my problem. We were starting to get intimate last week and when she removed her panties, she was hairier than a man! I have never seen so much hair on a woman before. It was so bad I lost my erection. Everything about her is great, but I can't handle this! Should I tell her?

– Harry

Dear Harry,

Hell yah! If you want to spend more time with this person and she is right for you in every other way, you must tell her. So just tell her what's up and be nice about it. Be honest, gentle and upfront.

•••

Dear Dr. CONwisDOM

This girl that likes me always seems to try to get close and want to kiss me. She is really nice, but this is bad ... Really bad. She doesn't seem to know what a toothbrush or proper dental hygiene is. I am surprised she still has teeth. What do I tell her?

– Dentalupkeep

Dear Dentalupkeep,

You should give her a present, like a toothbrush, toothpaste and mouthwash. There is nothing like the gift of a great smile, and great breath!

•••

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

THE NUGGET PRESENTS:

CLUBS CORNER

Events on tap ...

Respiratory Therapy 2012

What: Bake sale

When: 11:10 a.m.-1 p.m.

Where: HP Centre and NAITSA E-131

Gamers of Dungeons and Dragons

What: Weekly games

When: Fridays 4:15 p.m.-10 p.m.

Where: Room WC-312

Christian Club

What: Weekly meetings

When: Mondays: 5:15-6 p.m.

Tuesdays, Thursdays

12:15-1:10 p.m.

Where: Mondays, Room E-216

Tues/Thurs: Room E-201

Latter Day Saints

What: Weekly meetings

When: Thursdays,

11:15 a.m.-12:10 p.m.

and 12:15 p.m.-1:10 p.m.

Where: Room E-221



Clubs Centre Info

Hours: Monday-Friday, 8 a.m.-5 p.m.

Phone: (780) 471-8871

E-mail: campusclubs@nait.ca

Website: www.nait.ca

Location: Room E-133 – Main Campus

Grant #1 Intake: Deadline – Oct. 15, 4 p.m.

Presidents Connection: Oct. 18, 4:30 p.m.-6 p.m.
Room X-111

Clubs Showcase: Oct. 20, 2010; 11 a.m.-1 p.m.

EDSS PRESENTS:
UNICOLLEGE
WHERE UNIVERSITY AND COLLEGE
STUDENTS COLLIDE

BEER GARDEN



@ THE ANNEX BUILDING
OCTOBER 22, 2010
3:00PM-1:00AM

PRESENTING DJ'S:

PRASE

DJ BOECKS



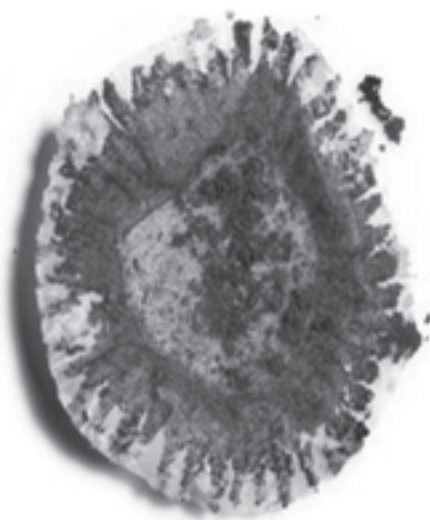
We've been busy...!

Cupcake Sale

Thursdays Oct. 14, 21, 28

11:30 a.m. – 2:30 p.m.

Outside NAITSA, E-131



CLUBS SHOWCASE

OCTOBER 20, 2010

COME CHECK OUT ALL THAT THE CLUBS ON CAMPUS HAVE TO OFFER!

WHERE **SOUTH LOBBY**

WHEN **11AM - 1PM**

WHAT **VISIT THE BOOTHS OF
CURRENT CAMPUS CLUBS**



Talk to the Campus Clubs Manager
if you are interested in starting
a club of your own!
campusclubs@nait.ca

MEET NEW PEOPLE

SHARE YOUR INTERESTS

HAVE FUN

For more info on registering for this event, or how to start or join a club,
email campusclubs@nait.ca, or call 780-471-8871, or visit our website



WWW.NAITSA.CA

facebook

Visit us on facebook

11762 - 100 Street - Suite 400, Room 101 - Edmonton, Alberta, Canada T5C 0A4 - Tel: 780-471-8871 - Fax: 780-471-2889 - nait.ca



hatch OPPORTUNITY

Hatch your business with a
\$20,000 grant

Do you have an *idea* that you would like to
'Hatch' into a *business* with \$20,000 funding,
office space, and mentorship?

Learn more about the *Hatch* competition
and other Opportunities:

October 12 @ 5 p.m. Room T105

2010 Hatch Business Plan Competition
Details, Eligibility, Workshops, and Rules
Available at: www.novaNAIT.ca/Hatch

Competition closes November 5, 2010

For more information or inquiries contact

Sandra Spencer at sspencer@sifenait.com or (780) 378-6177



Managing stress

A certain amount of stress is normal and necessary but too much can be counterproductive.



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Stress is your body's reaction to over stimulation. A certain amount of stress is normal and necessary but too much can be counterproductive. Here are some tips for managing your stress level.

- Be aware of your internal dialogue. The fastest way to increase stress is to tell

yourself negative message such as "I'm such an idiot" or "Everyone else is smarter than I am." Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as "People will think less of me if they know I am not perfect" or "I made a mistake so people will think I'm a total failure" are sure-fire ways to decrease confidence and increase stress. Replace self-defeating, critical thoughts with realistic positive messages such as "I will do my best," "I know my material" or "People will like me for who I am."

- Develop a plan. Prioritize, make a schedule, set boundaries. Having a plan helps you to feel in control of your life, especially during stressful periods such as final exam time.

- Get organized. Make sure your home, schoolwork, clothing, etc. are in order. Get

your books, lunch and clothing ready the night before so there are no added stressors in your day. Physical clutter and disorganization increase mental clutter and disorganization.

- Do a lifestyle cleanup. Can you let go of negative relationships or obligations that are no longer rewarding? Can you avoid situations and people that upset you? Do you need to work on not comparing yourself with others?

- Exercise. In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some downtime, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will help reduce stress.

- Take care of yourself. Most people need at least seven hours of sleep per night. Fatigue reduces your ability to cope with stress.

- Good nutrition is important too. A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and tobacco can make you more sus-

ceptible to stress.

- Build in time for yourself. Do an activity you enjoy even if it is only for a few minutes a day. Plan something to look forward to every week.

- Be realistic. Perfectionists always have higher stress levels. Set goals that are challenging but achievable.

- Avoid procrastination. Putting off unpleasant tasks only increases stress.

- Develop some quick stress-reduction strategies. Deep breathing, progressive muscle relaxation and humour are quick ways to become calmer.

- Talk. Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. See a counsellor if you have concerns that are increasing your stress or if you need to work on stress reduction techniques. Counsellors are available Monday to Friday. Appointments can be booked in person at Student Counselling, Room W111-PB, HP Centre or by calling 780-378-6133.

Who You Gonna Call? NAIT Services for Students

Academic & Personal Concerns – Student Counselling: 780-378-6133, Room W-111-PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan: 780-471-7730, Room E-125. (Note that you must opt out by Sept. 24 if you have alternate coverage.)

Housing – on-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury or minor medical concerns – Health and Safety Services: 780-471-8733, Room O-119
NAIT Security – 7477

Part-time campus jobs/ Volunteering – NAITSA: 780-491-3966, Room E-131

Program-related concerns – Contact Program Chair or Program Advisor

Scholarships & Awards – Student Awards Office: 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities: 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office: 780-491-3056; Room O-111

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A)

Peer Tutors – sign up in Room A-172. The cost is approximately \$15/hour

Violence or potentially violent behaviour, or extreme medical emergency – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 378-6133
Website: www.nait.ab.ca/counselling

... facilitating student success

This space is
Reserved
for your ad

Book your ad today and be seen.

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



Story of a kleptomaniac

By KIERA TOFFELMIRE
The Eyeopener
(Ryerson University)

TORONTO (CUP) — A tall, stoic-looking security guard dumps the contents of a blue knapsack onto a metal table. There are two textbooks, a handful of pens, a red bra, a knitted sweater and a collection of keychains. All of the items, including the knapsack, are stolen.

Across the table sits 21-year-old Brittney Matheson (not her real name), staring wide-eyed at the items she has stolen.

Matheson, a psychology student at Ryerson University is quiet while the security guard begins listing the consequences of having a criminal record. Among them, the most detrimental to Matheson's plans of becoming an international photographer — she will no longer be able to leave the country.

Tears of relief

After more than 20 minutes of scrutiny, the guard announces he will let Matheson off without notifying police, that she seems like a good kid and that his lenience is partially because it's her first time stealing.

Tears of relief carve a silent path down Matheson's face. She's off the hook because the guard had been wrong. This was not her first time stealing; it was the first time she had been caught.

What started as an occasional habit of pocketing trinkets from dollar stores sprouted into what Matheson describes as a "stealing addiction." In a three year span, Matheson estimates she has stolen approximately \$6,000 of merchandise, a dollar value that — had she been caught — may have left her facing up to 10 years imprisonment.

While Matheson says her compulsive stealing may have been caused by stress, as she had just began university around the time she started shoplifting, she is still unsure of what sparked it.

In hopes of ending her growing addic-

tion, Matheson confided in a few close friends, some suggesting she research the symptoms of kleptomania.

A term first used in 1838 to describe kings who stole worthless items, kleptomania is the inability to resist urges to steal, according to the Canadian Psychological Association. Often kleptomaniacs steal things that are not needed for personal use or for any monetary value.

True kleptomania is a rare condition. Fewer than five per cent of shoplifters are kleptomaniacs, according to the American Psychiatric Association.

William Cupchik, a Toronto clinical psychologist, has researched stealing habits for 36 years. He says many health professionals are quick to confuse compulsive shoplifters with kleptomaniacs.

"These days if somebody reports stealing that they have trouble controlling, many professionals will say you're a kleptomaniac and prescribe them antidepressants," said Cupchik.

"Kleptomania is very good business for the pharmaceutical companies."

In Cupchik's experiences, only once in around 800 case studies has he come across a patient who seemed to be a kleptomaniac.

Almost all of the patients Cupchik sees who are compulsive stealers have suffered loss or grievance, though they may not be aware of it, and their thieving habits are rooted in emotion. One of the main criteria for kleptomania is that the act is not carried out in anger or vengeance.

Matheson says, initially, her shoplifting was a display of anger against major corporations like

Walmart, where she stole make-up, art supplies and jewelry. She promised herself she would never steal from small businesses. But less than a year after making that promise, she broke it. Her habit turned into addiction, to the point where Matheson could no longer

leave a store unless she had managed to steal something.

"As soon as I made it out of the store I'd feel bad. But that didn't stop me from stealing again. It was becoming an unhealthy habit. More than an anti-corporation movement, or whatever I was trying to justify it as," said Matheson. "The scary part was that I couldn't stop, and I had no idea why."

Matheson grew up in middle-class suburbia. Her parents both held steady jobs and funded her post-secondary education. She was vice-president of the student council at the Catholic high school she attended. Teachers praised her for the charity fundraisers she organized and fellow students were charmed by her gregarious nature.

Matheson, both a model student and socialite, doesn't live up to the stereotypical description of a shoplifter.

"It's often the most unsuspecting people who we catch stealing," said Simin Razavi, a security guard for Warren Protective Services. Razavi, who is stationed at a Toronto H&M says in the past two months she has only been able to catch one person stealing, although she suspects there have been many other incidences.

Cupchik agrees that the most unlikely characters are often the most avid shoplifters. He refers to them as "atypical theft offenders," or shoplifters who are usually law-abid-

ing, honest, contributing members of society. ATO stealing is compulsive although the individual may be ashamed of their actions and want to stop stealing. Their behaviour is normally followed by feelings of being out of control, although they are aware of what they are doing.

Cupchik says while he does see many student ATOs, middle-aged doctors and nurses are the most common patients he sees.

"These people are good, honest citizens who positively contribute to society," said Cupchik, who recommends talk-therapy for people who cannot control their stealing habits.

'A scary moment'

This past summer at a house party, Matheson's jacket was stolen. Inside the coat pocket was her iPod, cellphone, wallet and a bracelet her grandmother had given her.

"I thought, who the hell would take someone's coat? And then I paused for a second and realized ... I would," she said. "That was kind of a scary moment."

It was that evening, standing in the backyard of a student house, an array of rambunctious party-goers surrounding her, that she acknowledged how serious her problem was and that she needed to get help.

It has been three months since Matheson last stole something. Every time she's shopping, a familiar wave of temptation creeps up on her. She resists, making her exit with both a lighter conscience and a lighter knapsack.



Photo by Marta Iwanek/The Eyeopener

What started as an occasional habit of pocketing trinkets from dollar stores sprouted into what Matheson describes as a "stealing addiction."

Saturday, November 27, 2010
4 Packages to Choose From for Only \$60 Each!

<p>Option A Body scrub/wrap with facial, and shampoo and blow-dry.</p>	<p>Option B Facial, manicure with paraffin, and a haircut</p>	<p>Option C Manicure/pedicure combo with paraffin, brow shape & haircut</p>	<p>Option D Manicure/pedicure combo with paraffin, and facial</p>
---	--	--	--

DON KOZIAK

for
COUNCILLOR
WARD
2

donkoziak.ca



Darylann Hutchings

Will you vote in the Oct. 18 municipal elections?



"No."

Griffin Goledie
Personal Administration
Program



"Yes."

James Head
Business Administration



"Yes."

Darrin Ropchan
Electrician



"Yes"

Jack Schaible
DMIT



"No"

Rahul Sharma
Electronic Engineering
Technologies

SIGN UP BEFORE
OCTOBER 28
AT WWW.NAITSA.CA

NAIT'S NEXT
top model
VOTING BEGINS NOVEMBER 1

www.naitsa.ca facebook

*Three images are required for entry, please submit a headshot as well as a full-body image. (Photos submitted may not contain material that is overly revealing, people in bathing suits, lingerie, or similar items shall not be permitted). Any images provided to us must be submitted in color, at a minimum size of 6x7" a resolution of 300 dpi and a maximum file size of 10MB saved as either a TIFF or a JPG. All entries must be submitted no later than October 28, 2010.

October 26, 2010

LEARN HOW TO APPLY
MAKE UP FOR WORK AND
EVENING, AND MAKE IT
LAST WITH OUR EXPERT'S
TIPS AND TRICKS!

4.30-6.30PM
@ E-225

SIGN UP AT THE NAITSA
OFFICE (E-131) OR EMAIL
naitsaevents@nait.ca

SNACKS available!

CHANCES TO
WIN PRIZES!

NAITSA Presents: A How To Series
**HOW TO...
makeup**

SPONSORED BY
EVELINE CHARLES
ACADEMY

www.naitsa.ca facebook
Visit us on facebook

NAITSA - 100 Street • Suite 200 • North York, Ontario M2H 3P4 • Tel: 416-271-6855 • Fax: 416-271-6856 • naitsa.ca