

NEXT NUGGET ON Nov. 4!

THE NUGGET

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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

novaNAIT GETS \$2.3M

Money for boreal forest reclamation research – Story, page 5



Photo by Photo Tech students

REMEMBER THE '80s?

NAIT's Photographic Technology program put on a photo-shoot display for Open House on Oct. 15 and 16. The goal of the display was to show what a typical setup for a shoot would look like (without models), as well as a print of the final product. This year's theme was "1980's High School Dance." Both first- and second-year Photographic Technology students took part in planning, organizing, shooting and modelling for the project.

NAITSA PRESENTS



LEADERSHIP SUMMIT

For more information visit www.naitsa.ca or come to the NAITSA office (E-131)

NEWS & FEATURES

NAIT grad wins app prize

By **NICOLE de CHAMPLAIN**

A decision Edmontonians make every week has just become easier, thanks to the work of one NAIT graduate.

Mitch Ronquillo, a Computer Systems Technology graduate, has designed a web application called DinerInspect, which allows anyone to access an Edmonton restaurant's inspection history.

"When you're looking at these restaurants, they will be on a map and we actually show the icons for the individual restaurants, [icons that are] coded differently depending on their restaurant inspection history," Ronquillo said.

The app was created for the City of Edmonton's Apps4Edmonton contest encouraging citizens to submit applications that would be helpful for Edmontonians.

Out of 32 data applications, Ronquillo's was seen as the best and won him the top prize of \$12,500.

His goal was to create a useful, user friendly app that would benefit all Edmontonians.

"I'm hoping that they'll use it to just be more informed," Ronquillo explained.

Users of DinerInspect can choose any neighbourhood in Edmonton to check out how some of their favourite dining spots ranked.

Some may find the place they choose to frequent on a regular basis is not up to Alberta Health regulations.

"Alberta Health Services actually goes and makes sure that these restaurants are following their codes set by the province and based off of their inspection history we can pull and derive information from that," said Ronquillo.

All of the restaurant locations' inspection statuses is represented with a smiley face. The ones with zero violations within the year are represented with a green smiley face. However, from there it can drop to a red sad face that represents six or more violations in the past year.

"The app or website is here to provide another piece of information for Edmontonians to help them be informed about their dining experience," Ronquillo said.

He said that the basics he learned at NAIT have helped him because he was willing to further develop his skills leading to the successful DinerInspect.

Ronquillo said that you will be successful as long as you come out willing to continue learning.

"Technology is a constantly changing industry so you really have to be really passionate in keeping your skills up to date. Coming out of NAIT, I was given all the ability to succeed as I was given a good foundation to build upon," he said.

The development of the application was not Ronquillo's full

time job but took him about 80 hours to complete. He is planning on using the money he won to improve the application and make it even more useful for Edmontonians.

"I'm hoping to put some of the money back into the website and make it an overall better product for the city," said Ronquillo.

There is no telling how this application will change the way Edmontonians choose their restaurants, but for those who have used it, the information they have found has proven extremely useful.



Supplied photo

Mitch Ronquillo, a NAIT graduate, created a website application for a City of Edmonton contest and took the top spot, winning \$12,500 for his application DinerInspect.

NAITSA supports wildlife run

By **JULIE KRAUS**

On Saturday Oct. 23, runners will be doing a five kilometre "Run Wild for Wildlife" event at Hawrelak Park in support of the Edmonton Wildlife Rehabilitation Society.

This is the first year NAITSA has decided to participate in the event, which encourages runners to dress up like a wild animal.

"It's actually part of a new non-profit initiative we have this year where we organize a non-profit type event every month for the year," said Tyler Bernard, VP Campus Life. "We feel experiences like this can help enrich student life here at NAIT."

And although it's NAITSA's first time being involved, "Run Wild for Wildlife" is the Wildlife Rehabilitation Society's (WRS) 11th annual run, with money raised going to helping injured wildlife.

"The proceeds are going directly to helping rehabilitate the animals who need it most. We treat over 1,000 wild-

life animals every year, from hummingbirds to bald eagles and small mammals like foxes, porcupines, baby hares and such," said Caroline Barlott, development co-ordinator at the WRS. "Our goal is to be able to release these animals back into their natural habitats upon their recovery."

In 2009, \$27,000 was raised to support the society, and this year looks just as promising, with over 300 runners expected.

The WRS has been the wildlife care centre for northern Alberta since 1989, giving care to injured or orphaned wildlife and preserving Alberta's native species.

"We also have an amazing education program to teach young children about ways to interact with wildlife," continued Barlott. "This helps prevent future wildlife injuries and creates a community of young people who know they can make a difference. Money raised goes into educating over 5,000 young students in schools every year and really gets them excited about wildlife."

NAITSA is encouraging volunteers to help out at the event between the hours of 10 a.m. and 1 p.m.

Volunteers will be able to help decorate the venue, cheer for the runners coming up to the finish line, give directions and hand out candy. Runners and volunteers will meet in the NAITSA office at 9 a.m. the morning of the run.

The Wildlife Rehabilitation Society relies heavily on about 150 volunteers each year to help with the animals and ensure that they receive proper medical treatment.

Donations of any size are appreciated and will help the society and the animals.

Don't hesitate to join the run as a runner or volunteer to show your support on what is sure to be a fun-filled afternoon.

NAITSA is sponsoring \$500 so NAIT runners are still welcome to join for free.

To run in the event or to help volunteer, contact NAITSA at 780-471-8855 or stop by the office.



Supplied photo



Newly-elected senators gather for their first NAITSA Senate meeting last Wednesday.

Photo by Linda Hoang

NAITSA SENATE ELECTIONS

Voter turnout low



LINDA HOANG
Issues Editor

NAITSA Senate election voting numbers were released this week, revealing that fewer students voted in this year's election than in 2009.

The number of students who voted in this year's election dropped from 7.87 per cent voter turnout in 2009 to a 5.64 per cent voter turnout this year.

That means only 653 out of 11,588 eligible voters cast ballots.

It's a final tally that Tessa Cocchio, NAITSA elections deputy returning officer and V.P. Academic, calls "strange."

"It's strange. It is quite a bit lower than we would like it to be," Cocchio said.

She said NAITSA spoke about the Senate elections at 39 different orientations, spoke to a number of individual classrooms and even changed campaigning rules to encourage more voters.

"We actually allowed campaigning during the voting period, it's never been done before," Cocchio said. "We expected that would bump our numbers up but it didn't."

Online voting introduced last year, was also expected to generate voting interest.

Cocchio also said the elections running during the same time as the municipal election could have been a factor in low interest for NAITSA's Senate.

However, Curtis Guile, a newly-elected senator for the School of Information Communication and Engineering Technologies, said the reason for voter apathy could lie in NAIT students themselves.

"I just find that a lot of the students who go to NAIT aren't really too concerned about what goes on around there, they just kind of want to go to their classes and get out of there," Guile said, adding that the low numbers were a surprise.

"It really does surprise me that people don't really want to get more involved. I just think if you're paying the money [NAITSA fees], you should definitely vote."

But while numbers are down, Cocchio said the low voter turnout is on par with similar technical institutes across the province.

"Typically you usually don't see more than a 10 per cent voter turnout at any of the institutions," she said. "Last year when we had [nearly] 10 per cent, our colleagues from across the province were blown away."

Cocchio said students who didn't vote in this year's Senate elections have lost their right to complain about various school-related issues.

"You can't complain if you didn't vote," she said.

She added that Senate members were responsible for initiating action on bringing the U-Pass to NAIT, a hot topic for complaints

among students and current senators will also be making similar decisions that will impact students.

"Senate tells executives what they want [us] to work on," Cocchio explained. "We're already hearing the U-Pass come up again [this year] and [students] can't complain about the U-Pass if they didn't vote for the people who are making those decisions."

The School of Trades saw the lowest voter turnout with only 1.08 per cent of total eligible students in the school while the Faculty of

Undergraduate Studies saw the highest turnout with 11.96 per cent of total eligible students submitting ballots.

This year's Senate members are:

Cillian Cross and Andrew Haskin for the School of Trades.

Melissa Mercer, Stanley Tsoumpas and Kimpton Bradford for the J.R. School of Business.

Robbyn Bailer, Jonathon Kettler and Maya Atallah for the School of Health Sciences.

Kristen Richardson, Kira Hunt and Dominic Carriere for the School of Sustainable Building and Environmental Management.

Adele Wakaruk, Jordan Ferchoff and Erin Arnston for the Faculty of Undergraduate Studies.

And Curtis Guile, Chris Hyland and Jackie Albert for the School of Information Communication and Engineering Technologies.

The senators' term runs until next April and members meet bi-monthly.

"You can't complain if you didn't vote."

— Tessa Cocchio,
NAITSA VP Academic and
deputy returning officer



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

The city picks its leaders

By **RACHEL JACQUES**

The municipal elections came to a close on Monday evening with Mayor Stephen Mandel being re-elected to office for another three-year term.

Polls were set up all across the city early Monday morning in preparation for the voting.

I got the chance to work at one of those polling stations and to see all that goes into running the elections.

The process all starts in July, when the city solicits applications for election day workers.

Once these initial applications are classified, the first group is called in to do a mini-test, consisting of a few questions about your time management and election policies.

Once you are selected, there is a mandatory training session. Fast forward several months and election day arrives.

All employees show up an hour before polls open to set up the signs and tables.

As you walk into the polling station, you are greeted by a door attendant and address clerk who verify that you are at the right station. You will then fill out the form handed to you.

Next is my job. With a completed form, the registration clerks ask you to verify that all of the voting criteria is true. When this is verified, the form is signed and exchanged for a ballot.

When your ballot is completed behind the screens, it is handed to the tabulator clerk.

Her job is to put your marked ballot through the counting machine called a tabulator.

You are then officially done voting.

You, along with countless other Edmontonians on Oct. 18, have spent five to 10 minutes practising your civic duty.

At voting station 02-07, the voting turnout was better than expected. Before 11 a.m., 150 people had gone through the polls.

By 7:20 p.m., a young 19-year-old girl, voting for the first time, was our 1,000th voter.

Finally when the polls closed at 8 p.m., the final voter count at this specific polling station was 1,054.

These turnouts mirrored most of the entire city. In the 2007 elections, voter turnout was

a mere 27 per cent. This year, voter turnout climbed up to 34.3 per cent.

During the week prior to election day at advanced voting stations, the total number of

votes was 17,658, almost doubling the 2007 advanced vote number of 8,948.

This year's election included controversial issues, which some analysts say contributed to the higher voter turnout. Those issues included the closing of the Edmonton City Centre Airport as well as the development of the downtown arena.

In this municipal election the ward system was also changed – from six wards with

two councillors in each ward, to 12 wards with only one councillor.

Every incumbent councillor and the incumbent mayor was re-elected, although it was a close race in Ward 2.

Mandel breezed back into his seat with over 100,000 votes. Opposing candidate David Dorward had appeared to be his biggest competitor, receiving nearly 60,000 votes and being backed by the group hoping to save the City Centre Airport from closure. Mayoral candidate Daryl Bonar came in with the third highest number of votes out of the mayoral candidates but his numbers were still significantly lower than those of Mandel and Dorward.

Overall it was an exciting municipal election and one that received a lot of buzz especially online through social media.

The team now in charge of leading Edmonton over the next three years is:

Mayor: Stephen Mandel

Councillors:

Ward 1 – Linda Sloan

Ward 2 – Kim Krushell

Ward 3 – Dave Loken

Ward 4 – Ed Gibbons

Ward 5 – Karen Leibovici

Ward 6 – Jane Batty

Ward 7 – Tony Caterina

Ward 8 – Ben Henderson

Ward 9 – Bryan Kent Anderson

Ward 10 – Don Iveson

Ward 11 – Kerry Diotte

Ward 12 – Amarjeet Sohi



Long-time instructors say bye

By **CATHERINE YE**

A party was held last Wednesday at Fresh Express to celebrate the retirement of Harry Fast and Les Banks, two longtime NAIT machinist instructors.

The two had a combined teaching tenure at the school of nearly 60 years. Fast retires after 27 years in the program while Banks leaves after 28 years.

Before the party began, Fast made a short speech recalling some memories.

"Working at NAIT for 27 years is quite a fantastic experience for me," he said. "I enjoy the time I spent in NAIT and it is a great school."

Colleagues, former students, teachers and friends of the pair shared their memories as well.

Both Fast and Banks said that during their years each at NAIT they've seen a big change in size – both physically and in the number of the students.

"NAIT used to be much smaller before than now," Banks said, adding that they both had been at the school before the HP Centre and Business Tower were built.

The physical expansion of NAIT has also seen an increase in the number of students.

"There are just a few students studying [in the machinist program] when I first came to NAIT,

now, it has changed. My students' age span comes from 18 to 65 [years old]. And of course, more girls got involved in this major, which is great," Fast added.

But they said no matter how big NAIT got, some things never changed.

"As time goes by, we gradually [started] using some high-technology in class, it just changed how we teach [and] what we teach," he said.

"[But while] the method changed in some ways, the ideas are kept the same all the time," Fast added.

And Fast said he thinks NAIT is going in the right direction and has some advice for school administration.

"For a school, the high teaching quality will be the top concern, for sure. So, if there is any suggestion, I will say keep the standard."

Stewart Cook, program chair for the machinist program, used to be a student of both Fast and Banks and said he is thankful and grateful to have been taught by them.

"I think the two are both natural for teaching," he said.

Now finished with their machinist instructing careers, Fast plans on taking a trip to China while

Banks said he still has some other, non-teaching, NAIT-related work to do.



Harry Fast



Les Banks





Grant boosts research

By **DARYLANN HUTCHINGS**
Assistant Issues Editor

The Natural Sciences and Engineering Research Council of Canada (NSERC) announced last Tuesday that novaNAIT's Boreal Research Institute will receive \$2.3 million over the next five years to support boreal forest reclamation research.

"We are thrilled to be successful on getting the insert grant. It represented a team effort over the last year, it's been a real campaign," said Hugh Seaton, manager of the Boreal Forest Research. "With the Boreal Research Institute, novaNAIT, Dr. Dushenko's [dean of NAIT's Resources and Environmental Management] school, [and] all involved, it's been a team effort."

The novaNAIT Boreal Research Institute contributes forest ecological knowledge through a network of oil and gas companies, reclamation companies, government, First Nations and Métis partners.

Seaton said the grant will benefit NAIT.

"NAIT is very committed to becoming an important player in applied research so the insert grant is an important milestone in that regard," Seaton said. "Also, it informs other institutions and universities alike that NAIT is a player and that we do have [in this case] a distinctive area in reclamation applied research and it helps to build NAIT's profile for sure in research."

The Boreal Research Institute is a satellite campus of NAIT located 500 km northwest of Edmonton in Peace River.

The NSERC grant is delivered through the College and



Photo supplied

novaNAIT's Boreal Reclamation Program summer student Aaron Tutt and novaNAIT's Boreal Research Institute Manager Hugh Seaton at the Shell Peace River Complex research site.

Community Innovation Program.

"The CCI Program supports innovation at a community level by fostering collaboration between industry and post-secondary institutions," said Dr. Suzanne Fortier, president of NSERC. "When local companies and colleges work together, everyone benefits. Jobs are created, industry

expands and the community prospers. This program transforms research and development into economic benefit for the people and businesses in their areas."

Advancing reclamation will have a positive impact on the health of the boreal forest and the economic outlook for communities in the Alberta's northwest boreal region.

NAIT to host conference

By **RACHEL ROSE-MARIE BARTHÉLEMY**

Next Thursday, the Civil Campus Conference, which involves four post-secondary institutions including NAIT, MacEwan University, NorQuest College and the University of Alberta, will be taking place on campus.

Philippe Warsaba, NAIT director of recruitment and student life, said that this event is a collaborative initiative among the four institutions and is designed to explore current theories and strategies for establishing safe classrooms and campus environments.

Warsaba said students should look into attending the conference for a number of reasons, but especially as it is being hosted by NAIT.

"In developing the conference agenda, we've tried to highlight topics that would appeal to students, faculty and campus administrators," said Warsaba.

"Students should attend this event because it's an incredible opportunity to listen to and learn from globally recognized experts and to contribute to discussions that have the potential to positively impact the campus environments that they're studying in."

Warsaba said students in specific programs should also look into the conference.

"Students who are thinking about pursuing careers in teaching, educational administration, student services and student affairs, or those individuals who are actively involved in Students' Association will probably have a stronger interest in participating," he said.

Warsaba said that the Civil Campus will give all attendants and delegates the opportunity to hear about some of the challenges students and instructors face in post-secondary environments when working with high-risk students and students who have development, psychological or learning disabilities.

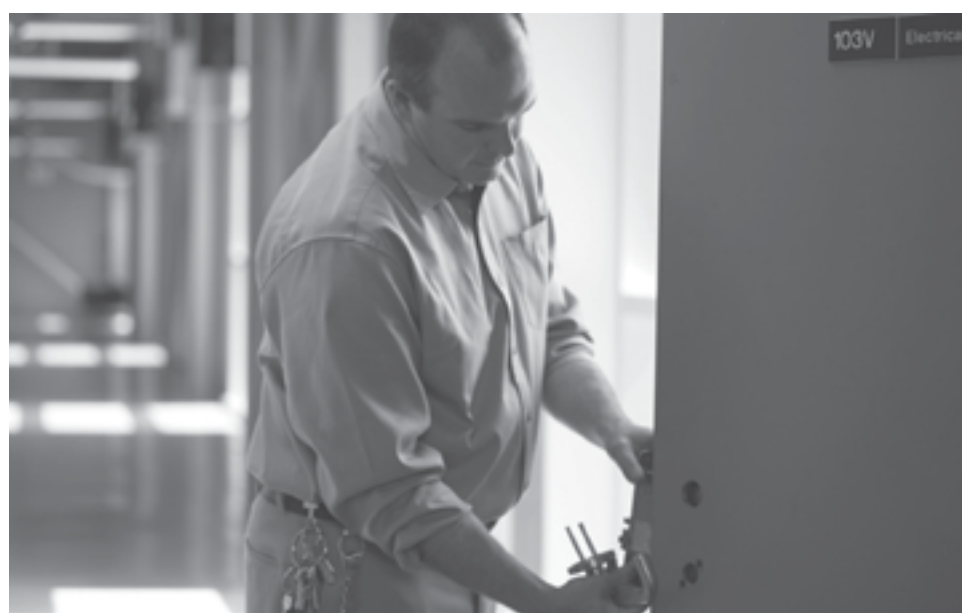
A number of guest speakers will be discussing the challenges from a teaching and learning perspective as well as from counselling, administrative and judicial affairs points of view.

This is the third annual Civil Campus Conference but is the first time NAIT will be hosting the event.

Civil Campus Conference takes place on Oct. 28 from 8:30 a.m. to 4:30 p.m.

Students wishing to attend are required to register with a fee of \$175.

To learn more about the conference and to register for the event, you can visit www.civilcampus.ca or contact Warsaba in Room W-111PB or by calling 780-378-6906.



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*Linda's Tech Talk***Microsoft makes a move**

LINDA HOANG
Issues Editor

Microsoft is trying once again to catch up to the awesomeness that is Apple.

The company announced early last week the Windows Phone 7, a new mobile operating system that “plays as hard as it works.”

A press release issued by Microsoft says the operating system “marks a new era in mobile gaming” connecting Xbox LIVE Arcade titles into “the palms of people’s hands.”

The OS also connects with Zune to play music, syncs wirelessly to PCs, allows for easy file-sharing, utilizes the search engine Bing and includes Windows Live applications.

It also has a customizable Start screen with different “Live” tiles showing specific content selected by users.

Nine smartphones using the Windows Phone 7 OS will be rolled out this holiday season in North America, Europe and Asia.

In Canada, it looks like Telus will be the only provider (for now) carrying the Windows Phone 7. The mobile giant is set to release the HTC 7 Surround and LG Optimus 7.

Samsung and Dell have also signed on to release a Windows Phone 7-based device outside of Canada.

While I don’t really see these Windows phones making any



HTC.com and Cnet.com

HTC 7 Surround and LG Optimus 7, two new Windows Phone 7 operating system phones are set to launch in Canada by the holiday season.

dent against Google’s Android-based phones or the untouchable (can you tell I’m biased) Apple iPhones, they should help to increase Microsoft’s mobile sale numbers, which have been steadily declining month after month.

I’ll bet some of you reading this didn’t even know Microsoft made phones.

The connection the phones have with Xbox LIVE Arcade games is also a huge advantage, probably the coolest and the biggest selling point.

And despite being direct competitors, it looks like the Windows Phone 7 will also have some Mac compatible features, no doubt in an attempt to sway some Mac users into purchasing the

Windows phone.

The new phones will bring “together the things they care about most and helping them to get things done faster.”

Will they actually? I don’t think so.

It should be a great Windows-based product, optimistically speaking the best phone system they’ve ever put out, but it won’t touch the iPhone and I haven’t heard all that much buzz surrounding it in terms of being a mobile game changer.

But as I said above, the Xbox games will be a big asset and in that regard, I do believe Windows Phone 7 could actually mark a new era in mobile gaming.

Follow Linda at <http://twitter.com/lindork>.

**Fearsome force of nature****EVERYTHING GREEN**

DARYLANN HUTCHINGS
Assistant Issues Editor

Cloud-to-ground lightning bolts are a common phenomenon – about 100 strike Earth’s surface every single second – and their power is extraordinary.

Each bolt can contain up to one billion volts of electricity.

This enormous electrical discharge is caused by an imbalance between positive and negative charges. During a storm, colliding particles of rain, ice, or snow increases this imbalance and often negatively charge the lower reaches of storm clouds.

Objects on the ground like steeples, trees, and the Earth itself, become positively charged – creating an imbalance that nature seeks to remedy by passing current between the two charges.

A step-like series of negative charges, called a stepped leader, works its way incrementally downward from the bottom of a storm cloud toward the Earth.

Some types of lightning, including the most common types, never leave the clouds but travel between differently charged areas within



www.ilankelman.org

About 2,000 people worldwide are killed by lightning each year.

or between clouds.

Other rare forms can be sparked by extreme forest fires, volcanic eruptions, and snowstorms.

Ball lightning, a small, charged sphere that floats, glows, and bounces along oblivious to the laws of gravity or physics, still puzzles scientists.

Lightning is extremely hot – a flash can heat the air around it to temperatures five times hotter than the sun’s surface.

This heat causes surrounding air to rapidly expand and vibrate, which creates the pealing thunder we hear a short time

after seeing a lightning flash.

But lightning is not only spectacular, it’s dangerous.

According to *National Geographic*, about 2,000 people are killed worldwide by lightning each year. Hundreds more survive strikes but suffer from a variety of lasting symptoms, including memory loss, dizziness, weakness, numbness and other life-altering ailments.

I also want to add I hope that everyone has good midterms and the stress level goes down for everyone soon! Cheers everybody. If you have any ideas or topics for Everything Green, e-mail me at issues@nait.ca.

OPINION

— Editorial —

What happened with this man?



KATHY LE
Editor-in-Chief

By now everyone must've heard the news. The news that sends chills up your spine and puts you into a paranoid frenzy to lock house doors and windows at night. I'm talking about the case of Dr. Jekyll and Mr. Hyde – Col. Russell Williams. Murder cases aren't anything new. We hear about a homicide almost every day. Cases

of serial killers pop up every now and then, but even those stories, as shocking and scary as they may be, don't really phase me anymore. What makes this story so gruesomely fascinating is that this man could've been your next-door neighbour. I'm not talking about the weirdo you avoid eye contact with because you think he's a dead-beat and belongs in the coo-coo house. I'm talking about "Mr. Smith," the friendly one, the educated one, the trusting one and the highly respected one. He's the one you would go to for help if your car wouldn't start. He's the type of man your family would invite over for dinner. From what I've read, this was the kind of man people who knew him thought that he was.

A military superstar

Col. Russell Williams was a military superstar. Senior leaders in the Canadian Forces and the Defence Ministry trusted him. Col. Williams took command of Canada's largest airbase, overseeing 3,000 employees. And now he's nothing but a ruthless murderer. How he managed to keep his killing escapades under wraps while serving his country is making people scratch their heads. It's making me scratch my head, but above all it's making me question anyone else out there whom I trust, who, when the sun goes down, is actually a crazy killer. Scary thought. I didn't want to pin the military and start throwing questions at the people who are supposed to be protecting our country and our people. I understand that a situation this monumental could've happened to anyone else. But then again, really, how did this man's dark side go unnoticed for so many years? Obviously people are quick to judge when a man of lower rank (I'm talking about rank in life ... not just in the military) is suspected of doing wrong, but when a respectable man who people look up to is suspected, blind eyes are turned more frequently. I wonder if this is the reason why he successfully executed two murders. He didn't just kill these ladies; he tortured them to satisfy his twisted fantasy. And then after he was done, he went home and went to work the next day like nothing happened. Could you imagine sitting at the desk next to this man (especially as a young female) and just chatting away with him, asking how his night was without even having the slightest clue what he was up to? So freaky!

Better figure it out

It wasn't until February of this year that all became clear when he was interviewed by a detective and revealed all of his sins. He practically spoon fed the truth. Of course this case has every psychiatrist and something-ologist out there prodding and coming up with his or her own theories about how and why this man did what he did. All I know is with all those specialists and law enforcement personnel out there they better figure this out fast. Perhaps a re-evaluation on the law enforcement side should be done and every person should be regarded as equal. No more breaks to the one with a Harvard degree because then they get away with bad stuff and then more bad stuff like this ends up happening. And then people such as myself have a harder time sleeping at night because I'm scared I'll wake up bound, vulnerable and with my head blown in. And as with anything else, a known lesson can be learned from this: Don't judge, but don't trust anyone.

...

For those who would like to read more about this case, go to <http://www.cbc.ca/news/pdf/williams-agreed-day1.pdf>. I just want to warn you, it's pretty graphic.



digitaljournal.com

Col. Russell Williams

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 BASKETBALL

Championship dreams



Photo by Laura Dettling

Ook Clayton Crellin has a pretty good view of the action during an Oktoberfest game against B.C.'s Douglas College on Oct. 2. NAIT won 103-77.

By MATT DEBEURS

Coming off a year when the NAIT men's basketball team won the ACAC championship and the right to play in the national tournament, expectations for this year's group are going to be high.

So far in the pre-season, they have not disappointed. Last weekend, in an exhibition tournament in Red Deer, the Oaks won all their games, including one against the defending national champions UNBC. The game was one in which the Oaks came roaring out of the gate and were able to hold on to the lead against the surging Thunderwolves late in the game.

"At one point against UNBC we were up 36 points and we started to relax, then they showed the heart of a champion and came roaring back and cut the lead to about 12. Fortunately we were able to hang on and ended up winning 96-85," said head coach Don Phillips.

The Oaks' other wins came against Olds College and the Red Deer Kings.

One of the main concerns for Phillips before beginning the preseason was getting the new and old players on this year's squad adjusted to each other and their individual styles of play. It looks

like things are working so far.

"When you add such talented individuals like we did to our team the most important thing to focus on is getting better and becoming more of a team because there's different personalities being

added to the mix and you have to make sure everyone is on the same page," Phillips said.

From what he's seen in the preseason, Phillips has high expectations for this year's team.

"Some coaches like to camouflage it, but I don't. Our mandate is to win that ultimate goal. We want to win the national championship."

The road to that championship gets underway this Friday when the Oaks play the Lakeland Cougars. Phillips said this year's Lakeland team

should be a different squad from the one that went 11-15 last year.

"They have a new coach, Peter Sambu, who has done a good job recruiting," said Phillips. "They have brought in around eight student athletes from Ontario so they will be a much improved program."

You can catch the Oaks' season opener at the NAIT gymnasium at 7 p.m. on Friday.



Don Phillips



Photo by Laura Dettling

NAIT Ook Kari Lindsay dribbles the ball during a game against Grande Prairie on Oct. 17. The NAIT women won the contest 4-1.

WOMEN'S SOCCER

Healthy at right time

By NICOLE de CHAMPLAIN

The NAIT women's soccer team has had a very successful season and will be going into provincials full force after a second-place finish in the regular season.

Their coach, Sergio Teixeira, believes that the team will have two main competitors, Mount Royal and Concordia.

"They are both very good squads, very well coached with strong players all throughout their line ups," said Teixeira.

Teixeira is confident in the Oaks' game play and believes that if they stay consistent they will only have success in provincials.

"We need to play our game," said the coach. "Move the ball quickly and attack with our pace. We have been playing very well and we are ready and very excited for [this] weekend."

Last year the ladies placed fourth in the regular season and did not make it to the playoffs but this year is much different. This year, the Oaks have the potential to be provincial champions. Coach Teixeira is a firm believer that they will have success this year if the girls give it their all.

"I really like our chances. We are as healthy as we have been all year and we are playing really well," Teixeira said. "If we

can stay healthy throughout the weekend and get some bounces I think we can win. We will have to play at the top of our game because we will have three difficult games."

For the coach, there are no specific players that are going to make or break the team. Each individual has a specific role that they need to play to increase the team's strength.

They are a strong unit and he has high expectations for all of the ladies.

"We are a balanced team and we need everyone to step up and be on their game if we are going to be successful," Teixeira said.

Women's provincial championships are this weekend at the JP Bowl.



Photo by Laura Dettling

A NAIT Ook pulls away from a group of players during the Oct. 17 game against Grande Prairie. NAIT won 4-1.

MEN'S SOCCER

Optimistic for the playoffs

By NICOLE de CHAMPLAIN

The NAIT men's soccer team finished second in the regular season and is optimistic heading into provincials.

Going into provincials the men must stay focused and no matter who they play their approach to the game will not change.

"My strategy has always been the same, keep possession of the ball and always keep our opposition under pressure. This year's team come provincials will maintain that philosophy as I suspect we will be the most offensively gifted team in the ACAC," said Oaks men's soccer coach Jeff Paulus.

Paulus predicts that Mount Royal University is going to be their biggest competitor in provincials, even though their biggest regular season rival has always been Concordia. Paulus believes that Mount Royal's new coaching has a lot to do with the team's strength.

"They are extremely well coached with Jamie Pollock. They are the school of choice for many athletes in Calgary and consistently match our recruiting efforts," Paulus said.

The coach compares Mount Royal to the Oaks and thinks that the Cougars' strategy is quite similar to their own. But there are certain players on the Mount Royal team that the Oaks need to shut down in order to win.

"They have been able to bring back a player from the States, Arthur Paszkowski, who is a special player that leads the ACAC with nine goals in eight games," said Paulus. "They have also brought in an absolute speedster, Lane Forsyth, that is averaging a goal a game."

Even with these obstacles to overcome the coach remains confident that his team is headed for a win.

"For us to be successful we will need to ensure that our defensive shape has no holes and we will look to prevent them from getting the ball to Arthur Paszkowski. I don't believe they will have faced a squad like mine that can keep the ball as well as we do and I am hoping that our possession game will frustrate them a bit," Paulus explained.

Coach Paulus expects the team to come to practice and put in as much effort as possible to increase their chances. During the games they must work hard to keep the ball and work twice as hard to get it back.

"We have the talent, the speed and the organization to be successful, so now it is really up to the players," Paulus said.

He has high expectation for all his players to step up in the provincials but there are a few players that he thinks will stand out.

"Thiago Silva might be the best player in the

conference and he needs to live up to this billing for our team to be successful this weekend and in provincials. Jordan Stewart will be leaned on for his leadership and his defending this season has really been quite outstanding. Kyle Saban has the ability to control the tempo of the game and is just plain nasty to play against. I can really go on about all of our players and certainly Mike McCormick, Phil Pavicic and Shane Fera will all be held to a high standard if we are going to

find success in attacking the goal," said Paulus.

Coach Paulus believes that this goal is attainable as long as all the players play to the best of their ability.

"We have earned our reputation as one of the top soccer programs in the nation and it does give us a bit of a mental edge on our opponents. This year is no different," said Paulus.

The provincials will take place Oct. 22-24.



Photo by Laura Dettling

NAIT Oak Kyle Saban, front, fights for the ball with a Grande Prairie player during a game on Oct. 17 at NAIT field. NAIT won the match 8-0.

NAIT notes ...

By NUGGET STAFF

Badminton team starts out strong

The Oaks kicked off the 2010-2011 season in style, taking first place in the year's opening tournament, held at Concordia. Joey Vandervet, NAIT's top male athlete of last year, picked up right where he left off with medals in all three of his events. Vandervet teamed with Jonathan Chang and Sinead Cheah to win the men's doubles and mixed doubles brackets, respectively, and capped things off with a third-place finish in the men's singles event. Three-time defending ACAC women's singles champion Sun Yang played a significant role as well. Yang won the women's singles event and paired with Lana Dirks to take third in women's doubles. She also earned a second-place result in mixed doubles along with partner Jason Chou. The results bode well for the team and their head coach Jordan Richey. "This was a good tournament for our team as we got the results to put us in first place but also saw areas that the team could improve upon moving forward. I hope that will keep our team motivated to keep working hard and try to improve in the areas that need improvement," Richey said.

Men's hockey team splits with MRU

Despite continued struggles on the power play, the Oaks managed to emerge from their weekend set against Mount Royal on a winning note. On Friday, the puck bounced in the Cougars' favour, as NAIT had not one, but two third-period goals disallowed, and Mount Royal escaped with a 1-0 win. Graeme Harrington had a strong showing between the pipes, mak-

ing 25 saves in a losing effort. Saturday's game yielded a more positive result for the Oaks, who earned a tough 3-0 decision. Steven Pratt paced the attack with a pair of goals and Harrington was rewarded for his strong play throughout the weekend with his first shutout of the season. Four games into the season, NAIT head coach Serge Lajoie is pleased with the team's dedication to the style of play he is trying to promote. "The week can best be summarized with the word commitment. Every single player committed to the systems, hard work and each other. We had players rise to the challenge and they were rewarded with a strong game and successful outcome on Saturday," Lajoie said.

Season ends on a winning note

The women's soccer team came out on the wrong end of a first-place showdown with Concordia on Saturday, losing 1-0, but finished the season in style by beating Grande Prairie 4-1 in Sunday's regular season finale. Concordia's defence was the story in the first match. According to Oaks head coach Sergio Teixeira, NAIT "did everything right but score," and the squad is eager for another crack at the Thunder come playoff time. "We had outstanding performances from numerous girls. Overall a very good effort and the girls can't wait to meet Concordia again," said Teixeira. In Sunday's game, Leanne Kadatz capped her record-breaking season with her 22nd goal, and the Oaks showed their coach that they are ready for provincials. "The girls are peaking at the right time and we are getting healthy, which has been an issue all year," said Teixeira.



Athletes of the week

October 11-October 17

Sun Yang Badminton



Sun Yang once again showed she is the woman to beat in ACAC badminton this year as she posted a 9-2 record in the first ACAC tournament held this past weekend at Concordia. The three-time defending ACAC women's singles champion continued her dominance in women's singles by winning the event without dropping a game. She then went on to finish third in women's doubles and second in mixed-doubles. "Yang is the best female badminton player to ever play at NAIT and could quite possibly be the best female player to ever play ACAC badminton," said head coach Jordan Richey. "We can always count on Yang to win the big match for our team, which is a great feeling." Sun Yang is a fourth-year Business Administration student from China.

Joey Vandervet Badminton



Joey got his season off to a fast start this past weekend at the first ACAC tournament, posting a 10-1 record. He teamed up with veteran partner Jonathan Chang to win the men's doubles event, won the mixed-doubles event with long-time partner Sinead Cheah and finished third in men's singles. "Joey played well this past weekend," said NAIT head coach Jordan Richey. "His desire to win showed as he won two events despite not being completely healthy." Joey is a third-year student in his final year of the Medical Radiology Technology program. His hometown is Brantford, Ontario.

Breaking up is hard to do



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

I'm starting to wonder if Brett Favre isn't regretting his decision to come back for another year of football. Oh, I'm sure he'll never say so. The image he's created of a man who lives a life of no regret, of someone who takes the time to carefully think out each decision, won't allow it. To admit that maybe this is the year he should have stayed retired would remove whatever lustre is left on the Favre mystique.

But so far this season, there haven't been very many positives for the most prolific passer in NFL history. To start, his Minnesota Vikings are a pedestrian 2-3 after the first six weeks of the season. Admittedly, the losses have come to the Saints, Dolphins, and Jets, who are all strong teams. But this is a Vikings club which has spent more money in free agency than any other team, and that, coupled with Minnesota's NFC championship appearance of last year, has led to big expectations for Big Purp. Favre and the Vikes should consider themselves lucky that they're not as far back in the NFC North as they could be, with Chicago leading the division at 4-2.

The Vikings' poor start is bad enough for Favre, but he's also now dealing with tendinitis in his throwing elbow. It's the same ailment that played a large part in Favre's crash to earth in his lone year as the Jets' signal caller. Suddenly, the NFL's all-time iron man is in real danger of missing some playing time.

Some have said that Favre is missing his favourite target from a year ago, Sidney Rice, who is dealing with injury problems of his own. But Mississippi's favourite son has still had an arsenal of weapons at his disposal this season, including man-

beasts Adrian Peterson and Visanthe Shiancoe, and all-purpose threat Percy Harvin. As if that wasn't enough, Minnesota went out and traded a draft pick to New England for former Viking Randy Moss, who's only one of the greatest receivers of all time. The excuse that Favre doesn't have any play-makers to help him out simply doesn't hold any water.

But forget all the on-field disappointment for a second. Suddenly there's an off-field scandal brewing that could make Favre's football problems minor by comparison.

An employee of the New York Jets is alleging that Favre sent her sexual text messages, including nude photos of himself, while he was a member of the team in 2008. The NFL is investigating the allegations, and depending on what they find out Favre could face a suspension. NFL commissioner Roger Goodell has made it a point that it doesn't take a criminal conviction for the league to come down on players who have shown bad judgment or behaved poorly (just ask Ben Roethlisberger), and there's no reason to think that if these allegations prove to be even partly true, Favre could miss some playing time.

The sexting scandal is certainly a head scratcher, especially considering that aside from an early-career struggle

with painkiller addiction, Favre has earned a lot more attention for his will-I-or-won't-I retirement tangos than from any sort of

questionable behaviour. Besides, who would ever want to look at naked pictures of that guy? I don't think "grizzled" is a quality most male models strive for.

However, let's not overlook that the "victim" in question, one Jenn Sterger, is still "weighing her options," and hasn't decided if she's going to co-operate with the NFL's investigation. Even an illiterate person can read between those lines and see that she's trying to figure out how to maximize the payday she can get from this. Given the few facts which are available at this point, it seems as though she's made just enough noise to try and force a hush-money settlement out of Favre. And you can bet that if such a settlement is reached, the alleged photos may never see the light of day.

Consider all these factors, and it's easy to think that maybe Favre is regretting that he couldn't kick the playing habit at the end of last season. Who knows? Maybe this is karma's way of telling him

he's overstayed his welcome. It certainly hasn't been an ideal swan song so far.



technorati.com

Brett Favre Stayed too long?

Eyes on Euro Cup

By KITA MURU

World Cup medallists Spain, the Netherlands and Germany all got off to winning starts in their Euro campaigns. All three teams maintained perfect records while scoring a combined 35 goals while allowing only six.

In Group I, the European and World Champion Spaniards started off by blasting four goals by Liechtenstein and three goals to Lithuania's one. They gave up a two-goal lead to Scotland but were able to get the win on a goal by super-sub Fernando Llorrente from Athletic Bilbao.

The Dutch had one-goal victories over Finland and Moldova, sandwiched between blowouts of Sweden and San Marino. Klaas-Jan Huntelaar, who scored only a goal in the World Cup, popped eight of their 12 goals in only four matches in group E.

Zee Germans keep on rolling through their Group A competition. They won 1-0 against Belgium then tore apart Azerbaijan,

Turkey and Kazakhstan, scoring 13 goals while letting in only one.

Russia leads Group B on nine points after four games, while the Republic of Ireland, Armenia and Slovakia are right behind them with seven points each. Russia missed out on the World Cup by blowing their home leg against Slovenia.

Italy leads Group C with two wins and two draws, while the aforementioned Slovenians are a point behind. Alongside France, the Italians are recovering after a disappointing World Cup run in which neither of them won a game.

The French lead group D with two-goal wins over Bosnia-Herzegovina, Luxembourg and Romania – after they fell flat against Belarus.

As far as surprises go, Montenegro went scoreless with England, while Norway earned a 1-0 win over Portugal. Both Montenegro and Norway lead their groups (G and H respectively) ahead of the favoured Portuguese and English.



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UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

It seems that in the NHL, teams that are strongest down the middle appear to have the most dangerous and consistent setups at forward. Centres play the most defence out of the forwards, making their value so much higher than that of the wingers. It wouldn't be right if I failed say that defence wins championships in this point I'm making. Centres cover way more ice and usually log the most ice time of the forwards and therefore obviously having more impact on the game's outcome. With faceoffs alone, the time of possession is impacted so much. Offensive and defensive zone faceoffs are key to a team's success in creating and stopping scoring chances. Don't forget how much impact faceoffs have on special teams, too.

Look at the two best teams the past few years in each conference. In the Western Conference you have the Detroit Red Wings, with the two best two-way centres in the (Pickpocket of Pucks) Pavel Datsyuk, and (King) Henrik Zetterberg. Then

in the Eastern Conference you have one of the greatest centre lineups of all time with (Golden Goal) Sidney Crosby, Evgeni (I Look Exactly like Jeff Deslauriers) Malkin, and Jordan (I'm Still a Third-Line Centre) Staal.

Looking at the Oilers, they're not exactly a team that's scary down the middle. With Shawn Horcoff, Sam Gagner, Andrew Cogliano and Colin Fraser as the Oilers' centres, they are one of the worst teams in the league at the faceoff dot. Also, having Gagner and Cogliano strictly as centres makes the Oilers probably one of the smallest teams at the position. What I ask of Tom Renney and the brain trust of the organization is why not switch it up and experiment with these young guys while in the rebuilding phase?

For one, the best faceoff guy on the team is Gilbert Brule and his natural position has always seemed to be centre. Why not groom him to become a Mike Peca-esque third-line centre? The way Brule hits and just the way he seems to think the game over Cogliano would make me want him back there on defence more too. I think Brule should be the guy they want in the long-term plan at third-line centre. Also, Cogliano

only seems to be noticed on the ice when he's driving wide with speed. He'd do that a hell of a lot more on the wing and not have to lose all confidence in himself after he loses another faceoff.

I've personally always liked Dustin Penner's ability in the faceoff circle. When he's moving his feet, with his size and frame and skill with the puck, he's nearly impossible to stop. If he were to at least start shifts at centre, he'd be forced to get his feet moving right off the bat. I say "at least" because you can easily have a centre on Penner's wing during the faceoff, then have the two of them switch positions as the play progresses.

Most importantly, I think the Oilers should be trying very hard to see if one of the big three prospects can play centre. The Oilers did it back with Mark Messier. He was a winger, but was given the opportunity to try centre

as a young player and became an absolute beast at the position. Taylor Hall, Jordan Eberle and Magnus Paajarvi are the guys I'd like to see given an opportunity to become this team's No. 1 centre. They all possess the necessary offensive skill to become that top centre, and now's the time to test them out.



<http://communities.canada.com>
Oilers Dustin Penner, left, and Sam Gagner celebrate a goal.

Who are these Eskimos, anyway?

By DOUG YEARWOOD

What is with the Edmonton Eskimos of late? Since the hiring of Eric Tillman on Sept. 14, the Esks are 3-2, but have won three of their last four, and most importantly, actually resemble a football team.

The firing of the offensive line coach Jeff Bleamer, followed by the hiring of former Eskimo great Tim Prinsen as his replacement has been nothing short of a minor miracle for the Green and Gold. Patrick Kabongo finally seems to grasp the concept of blocking, as opposed to holding. Calvin Armstrong's release and the addition of Kelly Bates seem to have given Ricky Ray the time physically required to make a play.

With three games remaining in the CFL

regular season, the Edmonton Eskimos look poised to potentially make some noise within the league. They have two remaining home games, one against the Roughriders, and one against the Bombers, followed by an away game in Mosaic Stadium, Regina. The Esks are currently tied with B.C. Lions for the final place in the West – both teams are 5-10, but B.C. arguably has a tougher final three games. They play in Calgary this weekend, and given the way the Stamps are rolling, they'll be in tough. They host Saskatchewan the following week, but everybody knows that even with home field advantage the Riders always find a way to keep



themselves in ball games. They then will take on a semi-desperate Hamilton Tiger Cats team that seems to be the least talked about team with a winning record in the CFL.

Do the Eskimos really want to take the path through the West, though? Look how tough and well respected Calgary's and Saskatchewan's teams are.

You can't draw that same conclusion out East, though. The Eskimos played their best offensive game of the season against the Ti-Cats back in Week 14. Granted, the Esks were at home and got their asses handed to them by the 'Cats the very same week. My point is that the Esks aren't the same team

they were before Tillman was here. Whether it be the personnel decisions or players playing scared for their jobs – I don't know.

When was the last time the Esks found a way to win a football game when things didn't land perfectly in place for them? Ricky Ray was only 10 for 20 last week with two interceptions. Ask any Eskimo fan if they thought those numbers translated into a victory five weeks ago and you'd be laughed at. Not unless Ricky Ray had transformed into Cleo Lemon and had Cory Boyd in his offence could he do that. These past few weeks have given me a second wind. But I'm not like Chumbawumba – and this isn't tub thumping, you can keep me down, Eskimos. So don't keep knocking me down.

WOMEN'S BASKETBALL

New coach stresses team play

By TY HUDEC

Training camp has ended, the final preseason games have come to a close, and the NAIT Oaks women's basketball team is ready to get things started for real.

"We're excited to take the floor and showcase our talent," says Oaks first-year head coach Todd Warnick.

The team has been training for weeks now for the upcoming season. They finished off the exhibition campaign with a respectable 4-4 record, and coach Warnick has liked what he's seen so far.

"I'm very pleased to this point," says Warnick. "There have been some really good things seen as far as the strengths and weaknesses of the team going into the season."

The team has shown they can compete and have battled hard throughout the preseason. They suffered a tough double overtime loss to the Medicine Hat Rattlers, but came back on King's College from down 26 points in the fourth quarter to win.

Warnick knows his Oaks will rely heavily on

conference all-star Dale-Marie Cumberbatch this season. Her value is self-explanatory, bringing five years of experience, veteran leadership and scoring to the court. However, he also knows this team will have to work together if they want to be successful this season. "At the end of the day this is a team game," he explains. "We are going to have to win by committee."

That committee will include forwards Courtney

Willis and Katrina Papenhuzyen. Warnick is looking towards them, along with Cumberbatch, to be the three anchors of this year's team.

"Courtney is vital up the middle with her rebounding presence," Warnick said. "While Katrina brings an aggressive style, good shooting and some fire and energy that we need to the court."

The regular season begins with a home and home series against Lakeland College. Game 1

goes this Friday on NAIT's home court, and Warnick expects his team's opening opponent to be greatly improved this season. They have brought in several talented freshmen and should provide the Oaks with a good test to open the season.

The coach has been pleased with his team's preseason progress but he also knows the games will get much more intense. "The regular season just brings the game to a different level."

Men's volleyball team set to take on Grant MacEwan

By KYLE GALLIVER

The NAIT Oaks men's volleyball team is preparing for a battle with the flying beasts. The men's team will be looking to improve on last year's 5-5 record when they open their regular season against the Grant MacEwan Griffins –

last year's bronze medallists – this upcoming weekend. There is a match at Grant MacEwan on Friday and one at NAIT on Saturday to complete the home-and-home. Both games are an 8 p.m. start.

The NAIT Oaks women's volleyball team also opens up the season

against Griffins this weekend. The Oaks will be looking to build upon last season's performance where they finished atop their division but were unable to earn a medal. Grant MacEwan, on the other hand, has claimed a silver medal the two last years and should be one of the teams

that compete for the gold medal. To do so they will have to dethrone the Red Deer Queens, the reigning two-time champs. The Oaks and Griffins will face off this Friday and Saturday with games at Grant MacEwan and NAIT. Both games get underway at 6 p.m.

ENTERTAINMENT

Indie Night sizzles

By BLAZE STASHKO

Whoever attended Indie Night last Thursday was graced with some insane talent. The Liptonians and Royal Canoe both played. The endearing thing about both these bands was that they use the same members in each band, but have two completely different sounds coming out of the speakers. Matt Peters, who heads both these bands, is also a member of the well-known Canadian band, The Waking Eyes.

The Liptonians started the night off with a rather unique sound: xylophones mixed with sleigh bells. If that's not enough reason to love a band, I don't know what is. Even the guy sitting by himself with the three jugs of beer recognized that these guys knew what they were doing. They knew when to pick it up and when to fall down into that comfortable pace. The piano in the mix really stood out and complemented the vocals. There was even a song written about what his piano thinks about him, which was awesome. These guys belted out solid tunes that would bring a smile to anyone's face.



Royal Canoe, above, stole the show on Oct. 14 at the Nest. Also impressive were the Liptonians.

killbeatmusic.com

As good as the Liptonians were, Royal Canoe stole the show – apparently from themselves. With two drummers in the band, there were some really impressive beats pumping out of the speakers. The best way to describe their sound would be ... fresh. From the dual vocals to the distorted voices, everybody at the Nest was bobbing their heads in

approval. Mostly electronic, the music these guys pumped out was truly something to witness.

Check out their album *CO-OP Mode*, which was released this summer on iTunes or buy it at your local record shop. You'll love it. Royal Canoe was mind-blowing and they're going to be huge. That's the Blaze Guarantee.

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By STEVEN DYER

When you start working on boring homework, you just want to crank up a song so you can lift the mood. But this is sometimes counter-productive. Some songs you just can't listen to when you're working. So here is a simple list of good songs that will let you work and rock out at the same time ... unless the homework is extremely boring – like if it's about polarization or black body radiation (both of which

I can't remember what they are, but trust me, they are very boring), in which case you are beyond all saving.

1. "Castles in the Sky" – Cascada
2. "Bones Shatter (Never Say Never)" – Hedley
3. "An Awful Lot of Running" – Chameleon Circuit
4. "Evil Angel" – Breaking Benjamin
5. "S.E.X." – Nickelback

6. "It's the Fear" – Within Temptation
7. "Labels or Love" – Fergie
8. "Ignorance" – Paramore
9. "I'll Meet You There" – Owl City
10. "How's it Gonna Be" – Third Eye Blind
11. "Gorecki" – Lamb
12. "We Didn't Start the Fire" – Billy Joel
13. "All Hail Shadow" – Crush 40

VIRAL VIDEO OF THE WEEK

Julian Smith a name to watch

By RACHEL LEES

Julian Smith is one of the most innovative, creative YouTubers on the Internet right now. I wouldn't hesitate to say he is my absolute favourite, and every week, I anxiously wait for him to put out videos. His effort in filming and editing the videos mixed with his unique and simple sense of humour has gained him quite a bit of popularity.

His humour is a little twisted and sometimes you have no idea where the story is going, but you know that he always ends it off with something that will shock you (in a hilarious way). He is also very musically inclined and composes all of his own background tunes (on his blog he talks about how he has his own mini-recording studio). A great example of his

humour and musical talent would be his video *Jellyfish*. I know that the name makes it sound lame, but I promise if you watch it, you will not be able to get that song out of your head. One of his most popular videos *Malk* is his comical way of showing the different ways to say "milk" and how frustrated his friend becomes when it is simply not said properly (to the extent that there are fire-arms involved)! He has even been on the Tyra Banks Show and she interviewed him about his *25 things I hate about Facebook* video.



Julian Smith

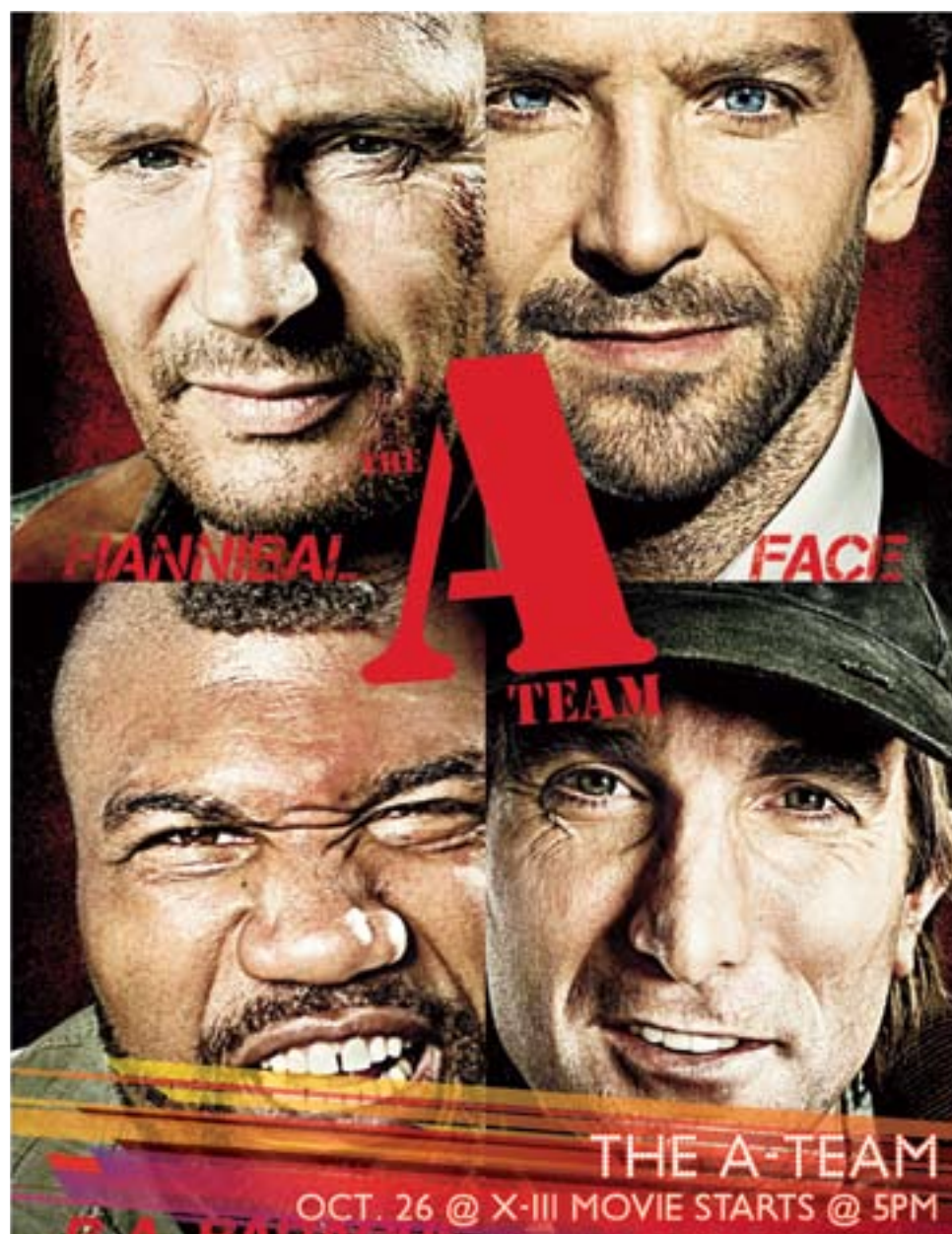
Smith has just over 400,000 subscribers on YouTube and is continuing to gain momentum. Many other famous YouTubers have even encouraged their own viewers to go watch Smith.

He is in all of his videos and his friends re-occur in many of them as well. Sometimes he teams up with other famous Youtube stars to really crank out some hit videos.

He completely makes all of his videos himself, and if you watch them, you notice they really are quite astounding. The shooting, lighting and editing all seem so professional, but in

reality, it's simply a young man in his 20s creating these little pieces of comedy.

All the songs he writes are available on iTunes and I would be lying if I said I didn't have a few of them on my iPod. He is one of the most talented young men online and I think that if you are in the mood for a laugh, go to his video page at www.youtube.com/juliansmith87. With his originality and witty humour, he does not disappoint. He has stated how in the future he would really like to work on feature films but as for now, he will continue making videos for people to share and laugh at. Judging by all the talent and work he shows in every one of his pieces, I don't see Hollywood being that far of a leap for this fellow.



Mump and Smoot a hoot



ALI YUSUF
Entertainment Editor

Mump and Smoot: Cracked is a comedic play starring Canadian comic duo Michael Kennard and John Turner, who also wrote and created the franchise in the '80s.

Kennard and Turner created several shows carrying the same lead characters, Mump and Smoot. They are two clowns who are from a parallel universe called Ummo and they only speak in gibberish. Although they speak in gibberish, if you pay enough attention, you can hear what they are saying by their tone. So, how is one to critique a play when both the main characters speak in a non-existent language called Ummo? Yes, I know. The language and the universe share the same name.

Let me start off by saying that this was a real innovative show. Even though the characters speak in a different language, you can completely tell what they are saying by action and tone. It also helped that Kennard and Turner did characterize their clowns very well.

Smoot is a young, naïve, but friendly clown who is curious about many things around him, and Mump, a stern father figure to Smoot, is strict and looking out for Smoot's well-being.

The play tells a story about the two living together in (not-so) harmony. Basically, one gets sick, the other tends to them and The End.

Plot-wise, the show could have been summed up in five words ("Just like *Terms of Endearment*") but the show was much more than that.

The special effects in the play were actually something to brag about. Mump and Smoot would be hunting for food in one scene and when they caught their prey, they would stick knives

in it and they would shed blood and guts. No joke. It was awesome. Like I said before, the characterizations of the two clowns were performed magnificently. Smoot provided most of the comedic relief while Mump would provide laughs through his ignorance. Both clowns interacted with the audience by inviting someone on stage or breaking the fourth wall.

Mump and Smoot: Cracked is a great show. It's not so much the plot of the play that makes it fun, but the quirkiness and the characters combined that make it worth the watch. *Cracked* is being featured at Roxy Theatre every night until Oct. 24.



vancouverian.com

Michael Kennard and John Turner in *Mump and Smoot: Cracked*.

Mainstream Ignorance

By GRAHAM McCANN

1. "You always find something in the last place you look" – Unless you decide to keep looking for something you've already found.
2. There is still no conclusive evidence linking cellphone use to brain tumors.
3. Warts on your skin are caused by viruses that are unique to humans, not by proximity to, or contact with, toads.
4. To literally take colour out of something would make it black, not white. Black is lack of colour and white is the mixture of all colours in light.
5. Hiroshima and Nagasaki were only two of many Japanese cities to be devastated during the Second World War. Over 100,000 people and 25 per cent of Tokyo were obliterated by an air raid incendiary bombing on the night of March 10, 1945.

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Medal of Honor just a rental

By KITA MURU

It's been a while since a Medal of Honor game came out. The last title, Medal of Honor: Airborne was released in September 2007, and was decent but was left behind by bigger games like Halo 3. However, the new entry in the series will probably also be lost in the shadow of titles like the next Call of Duty.

This is the first of the series not in a World

War 2 setting. Instead, it takes place in Afghanistan in 2002. It was made with the help of the U.S. military, so a lot of the equipment, weaponry and tactics are realistic.

Separate companies developed the single player and multi-player campaigns. Danger Close developed single-player mode, while DICE, which made the Battlefield games, developed the multiplayer. This also results in the engines for the

two campaigns looking like two separate games.

The single-player experience has many issues such as bugs, frame rate problems, invisible walls and dodgy AI. The story delves into the horrors of war, but doesn't quite work as well as intended. It also constantly tries to delve into respect for the troops, but seems to try to push it so hard that it becomes sappy.

The maps are small and fairly similar but well designed, so that engaging in modes like Team Assault or Sector Control is bound to be some fun. Also the issues that plague the sin-

gle-player don't show up as much here. A large controversy came over the game because the multiplayer originally allowed you to play as the Taliban. This feature was removed.

Medal of Honor is more of a rental if you like multiplayer shooters. It's quite fun to play although not incredibly varied. It is not recommended if you only like single-player games because the campaign is short and many technical issues bog it down.

★★★★☆

Jackass? Oh yeah!

By CATHERINE YE

If you want some fun and crazy – and a lot of disgusting – then the jackasses in *Jackass 3-D* might satisfy you.

Johnny Knoxville and his band of idiots will make you sick again in new creative ways that you might not have even wanted to imagine. In this version, you will see a lot more – and all of it thrown right into your face with 3-D effects.

To name a few of their stunts, most of the cast of *Jackass* sat behind a jet engine while throwing objects at each other using the jet engine, pretending to be a gorilla to frighten the Margera family (as usual), and getting smashed in the face with fat fishes. One of the highlights of the movie was when Bam starts a new trend in demonstrating the “Rocky Punch” by pouring water (at least I hope it's water) into fellow members face's and swiftly punching

them with the opposite hand while using a slow-motion camera. Let's just say that the emulation of the Rocky films is a nice touch, and it makes me cry in laughter seeing people's faces punched in slow-mo.

If you are looking for one movie that will make you think that you've come to the wrong place,

Jackass 3-D does the trick. To add on that, if you are looking for one movie that will zone you out and maybe melt some of your brain, then this is the one.

The bright side is that this movie might deter amateur jackasses from doing these stupid things, because they can go see it in 3-D and have the experience of watching some other idiots go through it.

Bottom line is, it is not for the squeamish. It is just like the other Jackass movies, but in 3-D.

★★★★☆



Going Greek

CAMPUS FOOD REVIEW

By RACHEL LEES

The new Greek place in Common Market does not disappoint. Their beef donair is the best donair I have ever had. Period. Even being the picky eater that I am (I got mine with no onions and sweet sauce instead of tzatziki), I finished every single bite. It is the perfect combination of sweet and salty with savoury meat and fresh lettuce to finish it off.

The pita that it is wrapped in is fresh and although this meal might be a little sloppy, I can assure you it is worth the mess. It is sheer magic, and considering the calorie count, I'd like to think it's a healthier choice in comparison to pizza or a cheeseburger.

Because it's not fried, I simply felt full and satisfied after I was done. Actually, I could probably have eaten another one, because it was that tasty.

I'd also suggest that people try the Greek salad available at the Common Market.

With its mix of vegetables and zesty dressing topped with real feta cheese, for \$3.55, it's something you don't want to miss (just make sure you have a stick of gum or a mint after).

I know it may seem odd that I feel this passionately about a simple lunch option, but I refuse to accept your judgment until you have tasted this little piece of heaven for yourself.

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Sara's songs

By ERIN BEZOVIE

Chances are you have no idea who Sara Bareilles is. Well if you think back to summer of 2007, the song on everyone's lips was "Love Song," you'll get a good feel as to what I am talking about.

On Sept. 7, 2010, her newest album *Kaleidoscope Heart* was released and it is absolutely wonderful. If you're into lighthearted, upbeat songs, it has them; if you're into songs about heartbreak, it has them too. The single "King of Anything" is a great song about Bareilles's frustrations with people who try to control her and boss her around. It's an empowering song to anyone who shares these same issues, whether at work, school or home.

"Gonna Get Over You" is my favourite sing-along song on the album. It's catchy,



olivier.quenechdu.free.fr

Sara Bareilles

upbeat and a great song to sing in the car when you're bored. Trust me. I tested it out. If you're more inclined to listen to slow songs about heartbreak, "Bluebird" is the song for you. The piano in the song is beautiful and with lyrics like "And so here we go bluebird, gather your strength and rise up," keeps the hopes up.

My favourite song on the album is "Let the Rain." It has an interesting beat and it pumps me up. Also, I highly recommend the song "Gravity" from the album *Little Voice*.

Kaleidoscope Heart is a great album that has been worth the three-year wait. Don't forget to check out some of Bareilles's older albums as well.



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Let's talk ...

By **GRAHAM McCANN**

I spoke with first semester RTA-Television student Spencer Payne about his and first semester RTA-Radio student, Jon Carson's, radio show, The Conversation.

Graham: What made you want to do a radio show?

Spencer: Jon Carson approached me with the idea of doing a radio show. [We] are both really interested in current events and hot topics and debate issues. So we decided to set up a radio show dedicated to that. Also, I've seen so many other first semesters on air and it just looked like so much fun that I needed to get in on the action.

G: Could you give a run-down of what happens on your radio show?

S: What we do on our show is look at current events that are happening in the world, so maybe something specific like the flooding in Pakistan or maybe we'll just take a look at more broad topics. Some of the things we've talked about are the education system and how it's set up and the legalization of drugs. In between debate, we'll play a few songs here and there. If it's a radio station, might as well have a bit of music as well.



G: What type of songs do you play?

S: We play a range of everything – basically just what we're feeling. Anything from Joel Plaskett to Slipknot, to Taylor Swift ...

We'll play anything and everything.

G: So you enjoy debating the issue as well?

S: Yeah, for example the one where we were talking about drugs, we had a guest, Raymond Camphu [a classmate of ours], and me and him basically went back and forth debating the topic. Just for the sense of debate, I was on the idea of 'just legalize everything,' and he was on the side of 'we shouldn't legalize drugs.'

G: What other interesting topics do you have coming up?

S: One of the things I am going to be talking about is assisted suicide, and should that be legal. It's becoming a big topic again here in Canada, and I know in the province of Quebec, it's been a big debate.

G: You guys go into really deep topics, while other shows are a lot lighter and sometimes more about music. Were you afraid of people not responding well?

S: A little bit, but at the same time, a lot of the demographic we have at NAIT is a lot like me. This is something I would find really interesting. It might be because of a political science background I have from attending MacEwan. I find it really interesting [and] the people we've invited on our show find it very interesting. If the fellow students in my class find it interesting, why not some of the other students around campus? We have an open access to us, where people can write on our Facebook page (The Conversation on NR92) with their views and comments on the things we are talking about.

G: Is there anything else you would like to add?

S: Basically our show is about having fun. We're not there to impose ideas on people. We're there as a form of debate and for talk and conversation. We're there to explore issues and a multitude of different perspectives.

Listen to The Conversation on NR92.com from 12:15 PM to 1:15 PM on Wednesdays.



Photo by Ali Yusuf

Michael Gordon

- 1. What's the first thing you look for in a girl and why?** Confidence. It's usually a pretty good sign of whether or not she's actually going to be fun to hang out with.
- 2. Tits or ass?** Ass. You get in a lot less trouble looking at her ass than her tits.
- 3. If there is a celebrity combination that you would put together, what would it be?** Probably have to be Rooney Mara's face with Kim Kardashian's body.
- 4. Would you rather have a girl dressed up as a pirate or a ninja?** It's gotta be a pirate. I like the aggressiveness of pirates.
- 5. Where would you take a girl on the first date?** Probably a movie theatre. That way I would have fun and it kind of doesn't really matter.
- 6. What would be the first thing you would do if you found a naked woman in your bedroom as you walked in?** Ask her how long she has been waiting there for me.
- 7. What would do you want every girl in NAIT know about you?** I am disease free.



Photo by Ali Yusuf

Jon Carson, left, and Spencer Payne bring you The Conversation Wednesdays on NR92.com from 12:15 p.m. to 1:15 p.m.

Coheed & Cambria's journey



ALI YUSUF
Entertainment Editor

Coheed and Cambria is a progressive-rock band from Nyack, N.Y., who played a show at Edmonton Events Centre Oct. 20. I spoke with lead guitarist Travis Stever about his experiences with the band.

Ali: The name Coheed and Cambria, it comes from your characters in the comic *The Amory Wars*. Could you quickly describe the plot line to the comic?

Travis: It's kind of really detailed. Coheed and Cambria, these two characters, they find out that they're not what they believed themselves to be. These two parents [are] family people, but they were actually developed by a scientist named Dr. Hohenberger to battle against an evil dictator named Wilhelm Ryan. When they find this out because their minds have been erased, they have to make a terrible decision and basically they kill their children, which leads to their [eventual]

deaths as well. There is one child left ... Claudio – obviously not [the lead singer] – that character is left and the rest of the story was his quest to vendetta.

Ali: What would you say would be the underlying theme of the album *Year of the Black Rainbow*?

Travis: I don't want to answer for [Claudio, the lead singer], but it's a beginning and an end at the same time. Lyrically, it's telling ... how [the characters] Coheed and Cambria were created and just all these elements to the story and the introductions for them. But, I mean, it's also really the last record in the concept, for now ... Basically, the theme going through the whole thing is a beginning and at the same time, an end, conceptually.

Ali: What would you say would be a stand-out time or experience together as a band that made you guys stronger or made yourself a better person?

Travis: Recording constantly and playing constantly has helped me go further and learn so much more. It's just one of those things – that's where my creative energy comes from ... A few years ago, we went through quite a bit of turmoil. We didn't know the outcome, whether we were still going to be a band or not.

Ali: What turmoil was that?

Travis: [Claudio's] aunt, she was very important to the band and she actually helped us quite a bit earlier. She was actually a therapist and she sat the band down years prior ... to kind of talk things

out [since] we've been touring for years straight. She developed Alzheimer's and there's a song [on *No World for Tomorrow*] called "Justice in Murder" that's about that. Also, we went through a time where Mike and Josh had left [the band], and we were kind of just there thinking, what do we do? We were thinking about possibly not being Coheed and Cambria anymore. Then Mike returned and that's where *No World for Tomorrow* came from. *No World for Tomorrow* came out

of that madness, and I think that made us a much stronger band.

Ali: If there was one cover song to play in a show, what would it be and why?

Travis: Black Sabbath's *Children of the Grave*.

Ali: What's your favourite part of the '80s?

Travis: That's a tough one! My favourite part of the '80s would be ... I'd say Guns 'n' Roses' first record.

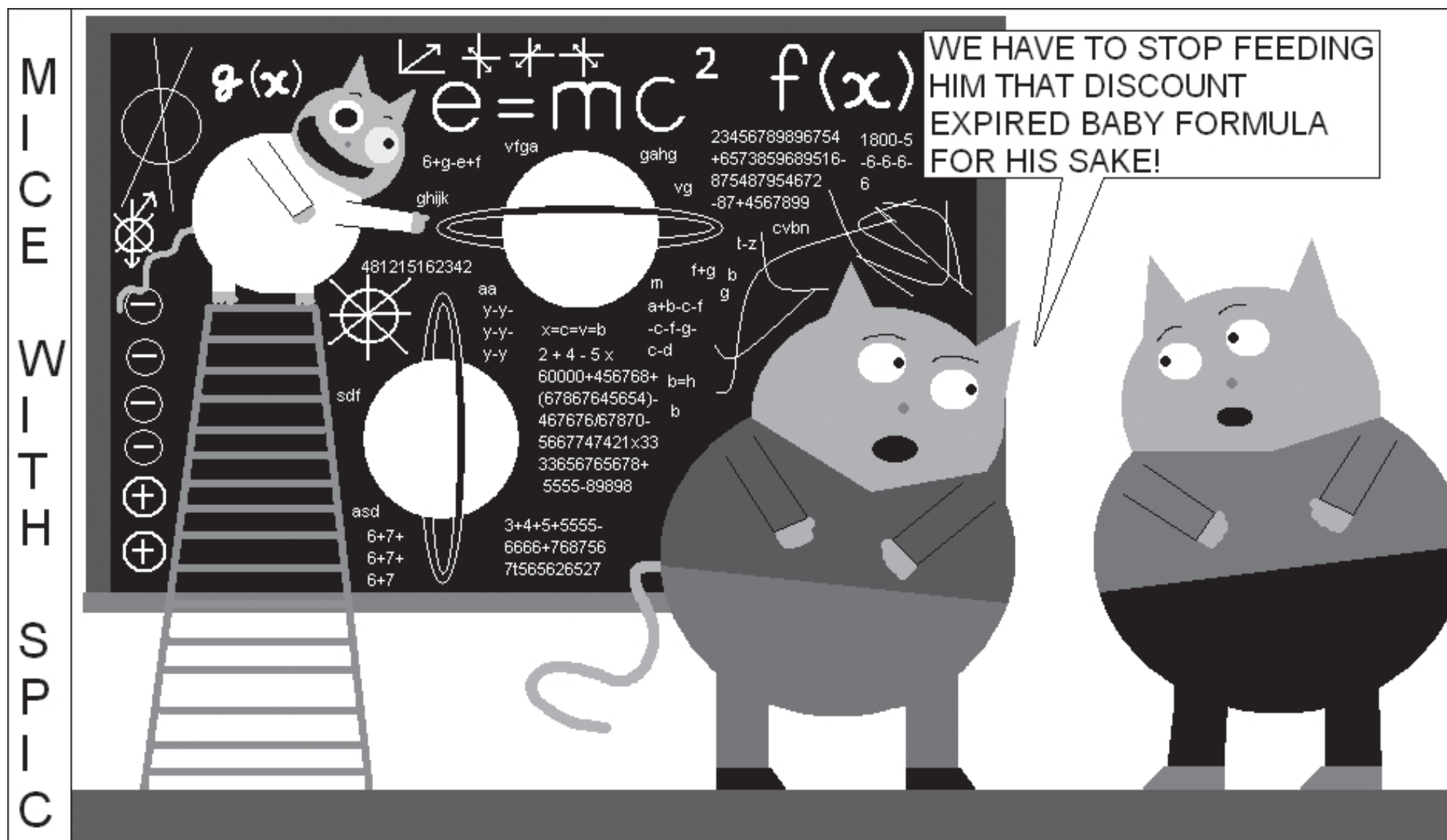


fanpop.com

Coheed and Cambria

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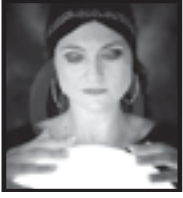
NUGGET COMICS



Cartoon by John Benesch

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)

Did you even listen last time? Well, now you have to pay for your lack of attentiveness with ice cream. You owe Taurus and Libra each an ice cream treat, or else. By the way, they both like chocolate.

Sagittarius (Nov. 22-Dec. 21)

You really need to practise your aim. You're the archer, for crying out loud, Sagittarius! Last time you nearly missed the bull's-eye. You were three centimetres from the edge. You are really starting to slack.

Capricorn (Dec. 22-Jan. 19)

This year you will look towards the winter solstice with joy. With the coming of the winter solstice and the longest night, it will truly be a night to celebrate.

Aquarius (Jan. 20-Feb. 18)

You are the ray of light in someone's dark times. You will be the beacon that guides them back from pain and sadness that has kept them in the darkness for too long.

Pisces (Feb. 19-March 20)

The ocean is full of fish, so don't stick with that stupid bottom-feeder that makes you want to tear out your hair every minute of every day. It's not worth it.

Aries (March 21-April 19)

Now is the time. Strike back at those who caused you grief, for it is impossible for you to lose this week! The sky shall burn with your anger and rage as you exact your revenge!

Taurus (April 20-May 20)

"I thought we were friends! How could you do this to me? Today of all days, too! I am never speaking to you again." (This message was sent by Cancer with hate.)

Gemini (May 21-June 20)

The voices are right, you should listen to them. The voices are absolute and they know all. They are never wrong. How do I know this? The voices told me so.

Cancer (June 21-July 22)

You get a pass this week. Nothing bad will happen to you at all. In fact, only good things will come from this week and you will feel like you are on top of the world!

Leo (July 23-Aug. 22)

I hate you. I always have. You don't deserve to be where you are because there is always going to be someone else who deserves it more than you do. You don't even deserve to lick the dirt off an ugly person's boots.

Virgo (Aug. 23-Sept. 22)

If you can manage to smile at everyone you see today, it will make a huge difference in one person's life. That individual will take the smile and in exactly five days, three hours, 18 minutes and 43 seconds that smile will come back to you and it will be 1,800 times more uplifting than when it left you.

Libra (Sept. 23-Oct. 22)

Watch your back. Your supposed best friend has finally gone off the deep end and is after you. So try to avoid dark and scary alleyways for the next few days, you never know what might be waiting ... or who.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Keeping safe at Halloween



Halloween is upon us once again and little ghouls and witches will head out in costume for some long awaited trick or treating. Here are a few simple tips for you and your youngsters to have a safe and happy Halloween:

For Kids

1. Trick or treat with a friend or your parents.
2. Do not go to houses where the lights are off.
3. Never go inside a stranger's house.
4. Know where a Block Parent house is in case you need help.
5. Start trick or treating early and do not stay out late.
6. Let your parents know where you will be.
7. Cross the road at the corner or a crosswalk.
8. Look both ways before you cross the road.
9. Wear reflective tape on your costume so drivers will see you better.
10. Carry a flashlight.
11. Never go into alleys, parking areas or vacant lots.
12. Do not go near animals you don't know.
13. Eat a good supper before you go trick or treating and ask your parents for a sample of their treats to eat while you are out.
14. Let your parents check your treats before you eat them. Don't eat candy when you get it. Take it home and let your parents check it over.
15. Never eat unwrapped candy.
16. Keep away from open fires and candles. (Costumes can be extremely flammable.)
17. Use face paint rather than masks or

things that will cover your eyes.

For Adults

1. Using common sense can make a party a great one and avoid anything that may ruin it.
2. Keep an eye on the drinking, don't let it get out of hand. Take the keys away from anyone that may be driving. Have one person stay sober and offer to drive those people home who may be too intoxicated to drive.
3. When deciding on a menu, check and see if anyone attending the party has food allergies that might be a problem. Common food allergies to dairy products, peanuts and shell fish can really put a damper on the festivities.
4. Know the route your kids will be taking if you aren't going with them.
5. The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teen-aged sibling can go along.
6. Know what other activities a child may be attending, such as parties, school or mall functions.
7. Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.
8. Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, cleanup and damages

can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.

9. Explain to your kids that animal cruelty is not acceptable. Kids may know this on their own but peer pressure can be a bad thing. Make sure that they know that harming animals is not only morally wrong but punishable by law and will not be tolerated.

Happy Halloween!

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

For more tips and information, visit www.nait.ca/security.

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THE NUGGET PRESENTS:



GRAPEVINES

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

If a man speaks his mind in a forest and no woman is around to hear it, is he still wrong?

– Philoraptor

What a convoluted camera signout system. Thanks to whomever ruined it for the rest of us!

– Picture that

We need an open house every week. Hell, yay to free parking!

– Parking heaven

Wearing Guitar Hero pyjama pants to school is a sure sign you've given up on life.

– Zero hero

Go Ooks soccer! Let's bring home a couple national championships!

– A fan

One good thing about NAIT's primarily male student body – not many high-maintenance bitches around campus.

– Misogynist

I hate this particular sickly sweet perfume some people wear. It's awful, and makes me want to throw up.

– Sick of Sweet

People should sometimes step back, take a breath, and then do what they have to do instead of whining.

– Calm and Cool

I hate idiotic Internet videos. What annoys me even more is that they are popular.

– Viral Infected

NAIT Newswatch is awesome. You all do a great job!

I love walking into the HP Centre; it's an awesome place.

– Walking Around

I forgot my water bottle somewhere and a week later someone returned it to me! Thank you so much.

– Have Lost Four Water Bottles

To the person who stole my flashdrive – you are a dirtbag.

– Karma Will Get You

I am waiting for the snow. I can't wait to snowboard!

– Loves the Winter Season

Food is such a ripoff here. It's all so expensive and not even that great.

– I'm So Poor

I am ready for school to be over. Now.

– Done With It

I'm so glad everyone pulled together as a team.

– Team Effort All The Way.

Way to go on novaNait's \$2.3-million grant!

– In The Money

The Nugget rules.

– Nugget Lover

What's with Fresh Express running out of burgers on a Monday?

– How Does That Happen?

Winters coming :(

– I miss nice weather

THE NUGGET PRESENTS:



Dr. CONwisDOM

Dear Dr. CONwisDOM,

I am head-over-heels gaga for my kids' babysitter. Now, before you get the wrong idea, I have been divorced for over a year and I'm not currently in a serious relationship, so there's no risk of infidelity here. But I am at least 15 years older than this girl (let's call her Beth) and I'm not sure how I can take our relationship from that of employer/employee to screw/screwie without seeming like a creepy old man. Any advice?

– Sitter Lover

Dear Sitter,

Have you tried the classic Frank Costanza "stop short" move? That one could work. Honestly though, just tread carefully and see where a little communication could take you. As long as the girl in question is of legal age, the only thing you stand to lose by admitting that you've been making eyes at her is a babysitter and you can always get another one of those (though, next time she might not be so good looking). Just promise me one thing: if your mission is in fact successful, don't shag her anywhere your kids might see you. Be classy and take her to a Wal-Mart parking lot and bang her in the back of your Elantra.

Dear Dr. CONwisDOM,

I love the outdoors. Hiking, camping, fishing, the list goes on. If it's done outdoors, I'm a fan and that includes getting it on al fresco. I recently rekindled my passion for outdoor humpathons with a classy gal I met at the horse track and it was everything I'd hoped for and more but I have one nagging question. How easy is it for someone to pick up ticks while having sex outside? I only ask because I have an excessive amount of pubic hair, and I'm concerned that it could attract the little buggers. Is this a risk, and if so, is there a treatment that is relatively non-intrusive? I'd hate to have to give up one of my favourite things.

– Boning Outside Is Awesome

Dear BOIA,

Well, I'm no biologist, but I'd say that any activity that has you rolling around on the ground in the woods for a prolonged period of time would put you at risk of a whole host of nasties. It's clear from your letter that you understand the risks involved in shagging outside, so just take all the precautions you can and keep on doing your thing, you burly man!

Dear Dr. CONwisDOM:

Ever since I did it with this very dirty person, my whole body, not just my pee, burns. What filthy disease did this person give me? I knew they were disgusting and dirty when I got into it, but that's how I like it! Please help.

– Down and Dirty

Dear Dirty,

It is good other filthy people turn you on, because I am afraid you are stuck with them as to not risk infection on an innocent.

Dear Dr. CONwisDOM:

I have so much shame. Even if I have any mild thoughts of sexuality, I feel like a horrible person. I deeply want to be with someone, but this makes me feel like I should be in shame. What should I do?

– Shameful

Dear Shameful

There is nothing wrong with sexuality. Sure, some people pervert it in horrible ways, but you just seem to be in the normal realm of sexual interest. How else will you be with someone and have children?

Dear Dr. CONwisDOM,

I recently went to the Taboo Sex Show that was in town and I have to say it was really enlightening. I bought one of those twisty dildos and I have never used a dildo before in my life so I'm pretty excited to get it on with myself. I am also excited to

use it with my boyfriend as well. We are hoping to try to get the dildo in my behind while my boyfriend rams me from the front-side, so my question is will this be safe enough to do?

– Dildo-rrific

Dear Dildo-rrific,

Kudos on you for dabbling in sex toys and especially big kudos on the twistiness of the dildo. I think this is quite ambitious and something you should definitely proceed with. There is a risk factor in damage to your anus but there is always risk involved in adventurous sexual acts. Just remember to lube up. You must lube or things could get really bad, really fast. Good luck and let me know how it goes.

Dear Dr. CONwisDOM,

I have absolutely no sexual desire. None whatsoever. Nothing turns me on. No one turns me on. I'm 25 years old and I have never had sex nor do I have any desire to do so. The only reason why I'm writing in is that my parents and close friends are concerned and are urging me to get in touch with a professional who can help me with this ... I suppose you can call it a predicament. So, what's wrong with me?

– Life's Grand Without Sex

Dear Life's Grand,

You are an idiot. You are missing out. Just because you have no desire to lose your virginity doesn't mean you shouldn't. Have you ever thought, hey, maybe if I tried this, it would be worth my while? Many people sleep with other people who they are not attracted to in the slightest way. It's perfectly normal. Who says sex has to be for love? Or any attraction whatsoever. Just do it for the orgasm. That's my advice to you. Do it for the orgasm.

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: Oct. 29; 11 a.m.-1 p.m.
Where: HP Centre and outside NAITSA E-131

Business Connex

What: Beer garden
When: Friday Nov. 5; 3 p.m.-11 p.m.
Where: Business Tower

lounge (8th floor)

Gamers of Dungeons and Dragons

What: Weekly games
When: Fridays 4:15-10 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, Rm E-216
Tues/Thurs:
Rm E-201

Latter Day Saints

What: Weekly meetings
When: Thursdays, 11:15 a.m.-12:10 p.m.; 12:15 p.m.-1:10 p.m.
Where: Room E-221



Photo by Fe Maquinay

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.

JUMPING THROUGH HOOPS

Team building and fun competition, below and above right, were features of the recent Campus Clubs leadership survival training day.



Photo by Fe Maquinay

FULL FRAME 47 presents
PRINT DISPLAY & SALE
in support of the Edmonton Food Bank

NOVEMBER 30th 2010 9am - 5pm NAIT MAIN CAMPUS SOUTH LOBBY

FULL FRAME 47 PHOTO CLUB AT NAIT
fullframeclub@gmail.com

COME 'N' DANCE
FIRST MEETING on OCT. 20
@ 3:30 p.m.
NAIT DANCE STUDIO
Wednesday 3:30 p.m.-4:30 p.m.
Friday 3 p.m.-5 p.m.

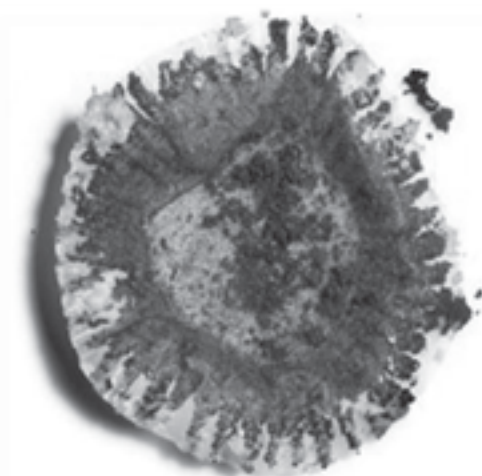
We've been Busy..!

Cupcake Sale

Thursdays Oct. 14, 21, 28

11:30 a.m.-2:30 p.m.

Outside NAITSA E-131



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?

Competition closes **November 5, 2010**

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

For more information or inquiries contact
Sandra Spencer at sspencer@sifenait.com or (780) 378-6177

SIFE NAIT NOVA NAIT SIFENAIT SIFE Alberta VA

EDSS PRESENTS:
UNICOLLEGE
WHERE UNIVERSITY AND COLLEGE STUDENTS COLLIDE
BEER GARDEN

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

PRESENTING DJ'S:
PARC
DJ BOECKS

Mastering math and science



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

• Do as many practice questions as possible. Math, physics and chemistry is learned mostly by doing problems, not by memorizing.

• Attend class every day and take detailed, complete step-by-step notes.

• New material builds on what you have already learned. Take responsibility for studying and recognizing what you do and don't know. Get help with concepts you don't understand.

• Study math or sciences before your other subjects, especially if it is a weakness for you – you are most alert when you first start to study.

• Understand, don't just memorize formulas. Be clear about when and how to use each formula you learn (i.e. What type of problem is it used for? What type of wording should you watch for? What are the steps to solve the formula?).

• Make formula flashcards. Put a formula on one side and when to use it (what type of question; what type of wording), how to use it and an example on the other side.

• Make sure you understand the problem. Read through the problem to get an overview. Reread it to identify exactly which quantity the problem is asking you to find a solution for. It sometimes helps to underline key parts. It is always a good idea to guess-timate an answer.

• Devise a plan – Convert word problems into mathematics (i.e., find equations which describe relationships among the variables and describe the goal of the problem).

Use one or more of the following:

► Think of every formula or definition that might be relevant to the problem

► Work backwards; ask "What do I need to know in order to get the answer?"

► Look for a pattern.

► Draw and label a picture, diagram or table.

► Solve a simpler related problem.

► Relate the problem to similar examples in your notes or text.

► As you progress in your course, many problems will require several steps. Break these problems down into smaller pieces and solve each piece.

► Always double check your calculations.

• Use your homework assignments as practice tests. Go through your notes and then set the timer and work through your homework without referring back to your notes. When you are finished go back and use your notes to complete the questions you didn't get. Mark questions that you didn't

get and redo them later. You do not know the material well enough to succeed on an exam if you have to constantly refer to your notes while doing your homework.

• The best way to learn a topic is to teach someone else. If you can explain a concept to a classmate you know that you really understand it.

• If you're having trouble get help ASAP:

► Set up an appointment with your instructor.

► Form a study group – brainstorm solutions to difficult questions together.

► Use the Tutorial Centre on campus (Room A-133) or hire a peer tutor (sign up at the Student Counselling Centre, Room A172).

► Counsellors are available to help you with study techniques or to help with personal problems that may be interfering with your success. Book in person at Room W-111-PB or call 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

break FREE | TOBACCO REDUCTION PROGRAM

- Free counseling
- Free nicotine replacement products
- Individual treatment plans

For more information contact Evelyn Gorecki, Tobacco Reduction Coordinator, 780.471.8733 or egorecki@nait.ca

NAIT

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

NOVEMBER 20, 2010

STARTS 9AM

@ THE SHAW THEATRE

Featuring a presentation from world-renowned mentalist Haim Goldenberg (star of the series GoldMind) and other exciting and experienced leaders.

\$29 STUDENTS

\$39 NON-STUDENTS

Get your tickets @ the NAITSA office (E-131)



www.naitsa.ca

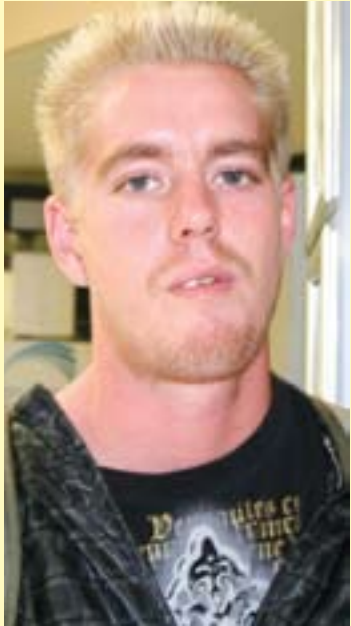
facebook.
Visit us on facebook





Darylann Hutchings

Are you dressing up for Halloween?



"No."

Jodi Anderson
Forest Technology

"Yes. Superhero S. My friends are going to be T and D superheroes."

Suane Chan
Dental Technology

"Yes, undecided."

Mike Bennett
Electrical

"No."

Lane Larson
Fourth-year Electrical

"Still undecided."

Kanyapat Pooyim
Business Management

CONSTRUCTION LEADERS



TAKE CHARGE.

Stand out with a leader.

Student meet and greet with PCL!

Enjoy free food and refreshments while you investigate future career opportunities with employees from Canada's largest builder. The PCL family of companies employs more than 3,300 full-time professional and administrative salaried staff and more than 5,500 hourly trades people across North America.

Talk careers in the skilled trades; project management; field management; estimating; safety and loss prevention; procurement; engineering technologies; finance and administration; quality; system and technology; and administrative.

Wednesday, November 3
11:30 a.m. – 1:30 p.m.

North Lobby
NAIT Main Campus
(11762 - 106 Street)

Win an
iPod nano!

Careers now at **PCL.com**

