

SHINERAMA ON SATURDAY!

THE NUGGET

Thursday, September 9, 2010
Volume 48, Issue 2



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



Photo by Jacqueline Burvill

PREMIER PITCHES IN

Tyler Bernard, NAITSA VP Campus Life, gives Premier Ed Stelmach's shoes a shine on Sept. 3 to kick off NAIT's participation in Shinerama, an annual fundraiser for cystic fibrosis. Approximately 65 campuses across Canada are participating in Saturday's event. Story, Page 4.

NAIT GRAD A TV STAR

Warburg native Corbin Tomaszewski gets a new show on the Food Network called Dinner Party Wars. Story, Page 3

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**PICK UP YOUR U-PASS STICKER @
THE SOUTH LOBBY OR NAITRIUM
DURING ORIENTATION WEEKS.**



NEWS & FEATURES

Nicotine patches – free!



LINDA HOANG
Issues Editor

The Alberta government has teamed up with NAIT to introduce a tobacco-reduction program that offers free nicotine patches to students – the first for any post-secondary school in the province.

“Break Free” is NAIT’s newest therapy and support program designed to help students stop smoking through one-on-one discussions and nicotine replacement therapy – the use of various forms of nicotine delivery methods intended to replace nicotine people normally get from smoking.

“It’s the first program in Alberta to be giving away free nicotine replacement therapy like the nicotine patch and nicotine gum,” said Break Free’s tobacco reduction co-ordinator Evelyn Gorecki.

“Break free from addiction, break free from nicotine.”

Crowds of students pour out to the designated smoking sections on campus several times throughout the day. It’s a scene the provincial government – and Gorecki – hopes to

see come to an end.

“Statistics show the ages of 19-24 are the highest smoking ages,” Gorecki said. “The government is trying to tailor [tobacco reduction] programs at this level. [They] set this as a priority, this age range, to target.”

“[Also] we have a big apprenticeship and trades program and we know that they are statistically a high-smoking group.”

Gorecki said that currently Olds College, Red Deer College and Mount Royal University offer similar tobacco-reduction programs but NAIT has taken it one step further with the free nicotine replacement therapy.

“We stand at a better fit because of this free program,” she said.

Students who become involved in Break

Free are put on personalized “stop smoking plans” and will meet with Gorecki every few days for support and check ups.

“I get students to track what they’re doing and then figure out what their smoking triggers are and then coping strategies,” Gorecki said.

“A lot of people think they can quit smoking without a plan but it’s like weight loss. How can you lose weight without going to the grocery store and buying the appropriate food?”

While some smoking students said the program wouldn’t help them quit, many agree it’s a nice addition to NAIT.

“I think all schools should do it,” said Mike Charko, a first year carpentry student who has been smoking for 13 years.

“I want to quit smoking but I’m doing it a different way. I think this will give other students motive to quit though.”

But some students, like Sean Mason, a second-year Mechanical Engineering student who has been smoking for five years, are skeptical of how helpful Break Free will actually be.

“Some students might get addicted to the nicotine patches if they’re giving it away for free,” Mason said.

But Gorecki assures the free nicotine therapy replacement will be monitored closely.

“We’re hoping students can come in on a two- or three-day schedule,” she said. “It’s like hey, come in, pick up your next few days worth, and at least that way we have a window to ask about follow-up and how people are doing.”

Students wishing to access Break Free can speak with Gorecki in Room O-119 located in the South Lobby.

Along with program posters, Gorecki plans on holding Break Free information booths each month, with a big boost in January to coincide with New Year’s resolutions.



Photo by Linda Hoang

The province has teamed with NAIT to help students butt out.

NAIT student interns in D.C.

DARYLANN HUTCHINGS
Assistant Issues Editor

One NAIT student is all smiles after returning from a prestigious internship in Washington D.C over the summer.

Susan Hartwell, a third-year B-Tech Management student, was selected to take part in a 10-week internship at the prestigious Washington Center for Internships and Academic Seminars.

The centre is an independent, non-profit organization that serves hundreds of colleges and universities in the United States and other countries, including Canada.

Hartwell’s internship placement, from May 26 to Aug. 8, was with software company Management Dynamics Inc., which leads the market in global trade content.

“I am very thankful to have had the opportunity to study and learn business and trade perspectives directly from our largest trading partner and neighbour, the U.S.,” Hartwell said.

“I lived in residence with three interns each studying unique programs and representing varying states.”

Hartwell got the opportunity to attend two academic courses on market and business strategies, one more than the internship norm.

“Most students only enroll in one academic course during the summer,” she said.

But Hartwell’s trip wasn’t just strictly all about business.

“I am a cyclist so I brought my bike with me to Washington,” she said. “I volunteered on the weekends for WABA (Washington Area Bicycle Association) and attended races as a safety road guard. I helped with co-ordinating events, and assisted in membership sales.”

She recommends an educational trip abroad for any student.

“I recommend travelling and studying abroad to everyone,” she said.

The Business and Management internship program is based on three main components: internship supervisors evaluation of work performance, the final grade assigned on academic courses, and a final grade from The Washington Center program adviser based on academic development, personal development, civic engagement and professional development.

For more information about

Hartwell’s summer in Washington, visit her official internship blog through NAIT’s website at www.nait.ca/blogs/washingtonsummer.

Student Leadership Team Award of Distinction Program Lead the way ...

Do you want to become an inspiring, committed, self-confident, positive and self-reliant leader? Do you want to enhance your resume so that employers will identify you as a leader who will make a difference? Then pick up a brochure on the Student Leadership Team Award of Distinction program. This is an extra-curricular leadership-in-action program open to all students enrolled full-time at NAIT. You must apply to become a member of this program. Don’t wait, come to O-117 (located in the South Lobby) to pick up the brochure or information package. For more information, please e-mail distinction@nait.ca. Deadline to apply is Thursday Sept. 30, 2010.

NAIT grad a TV star

LINDA HOANG
Issues Editor

It's a culinary dream come true for a NAIT graduate who is now the host of the Food Network's latest reality show *Dinner Party Wars*.

Growing up in the small village of Warburg, about 90 km southwest of Edmonton, Corbin Tomaszewski never thought he'd be starring in a TV show – let alone his third.

"It's my third reality cooking show," Tomaszewski said over the phone from Toronto, where he currently lives and works.

Graduated in 1992

"It's a different kind of job ... a different element of being a food expert."

Tomaszewski, 38, graduated from NAIT's culinary program in 1992.

He worked as a chef for several years at a number of local businesses including the Shaw Conference Centre and Holt's Café before being transferred to Ontario in 2000 to run the Holt's Café food services in Toronto, where he's been ever since.

It was there that the Alberta-born and bred chef was "discovered."

"A producer asked 'have you ever considered doing TV?' and I said 'well no,' and she said she was doing a new show, would I be interested in auditioning," Tomaszewski said.

Restaurant Makeover

That audition led to Tomaszewski's first television chef role in a Food Network show called *Crash my Kitchen*. When *Crash my Kitchen* wasn't picked up for a second season, Tomaszewski was asked to star in *Restaurant Makeover*.

"I was on *Restaurant Makeover* for almost three years and then when that series ended I got a call asking to do *Dinner Party Wars*," he said.

Dinner Party Wars, which aired for the first time last week, is a competition pitting three couples against one another to see who can host the best dinner party.

"It's a very competitive, high-stakes type of competition," he said.

Tomaszewski and co-host, "etiquette-expert" Anthea Turner, watch everything unfold at the dinner parties through hidden cameras.

"We talk about the food, we talk about the experience, the entertainment and they (the couples)

Corbin Tomaszewski



ples) give us their humble-pie thoughts and it makes for brilliant television."

The winning couple takes home \$1,000 in cookware and bragging rights.

Along with the entertainment of seeing dinners go wrong, personality clashes and more, Tomaszewski promises viewers will gain a lot of beneficial cooking tips from watching *Dinner Party Wars*.

"There's a lot of take-home information that anyone watching the show can get. There's always something that you will learn by watching the show," he said.

"You will get tips like oh, right, Chef Corbin

suggested this, or oh, that's how I do that or I didn't know you could do that, and that's the same on the etiquette side of things too."

And when asked what tips Tomaszewski can give to current NAIT culinary students hoping to "make it," he says it doesn't happen overnight.

"Don't expect things to fall on your lap, you have to have the understanding that it's going to take years and years of hard work."

Dinner Party Wars airs on the Food Network at 7 p.m. MST on Wednesdays.

Learning how to learn

By Darylann Hutchings
Assistant Issues Editor

Not all students at NAIT know about the great seminars and workshops that are available to help new and returning students with common problems and skills that arise in post-secondary.

NAIT's First Year Experience (NAITfye) program runs free student success seminars each semester and a number of those are taking place this month.

The goal of the seminars and workshops is to ensure that all students begin their programs each semester the best way possible.

"If you have been out of school for awhile, are transitioning from high school, or if you just want to brush up on your skills, the study skills workshops offered by NAITfye will help you to succeed in your program," said Sarah Walz, First

Year Experience facilitator.

"They are free and drop-in, so stop by and take advantage."

Walz says students who have trouble with note-taking, maintaining concentration or managing time are most likely to benefit from the study skills workshops. These are not unusual difficulties and many students encounter them within the first few weeks of a new semester, Walz says.

The Learning How to Learn seminar on Sept. 14 helps students understand and helps to correct problem areas.

Another seminar this month is Memory, Learning and Concentration, which aims to help students improve memory and teaches students tricks to concentrate better even during classes you feel you could snooze in.

Sept. 21's workshop Time Management and

Procrastination is meant to help students master time management skills. Seminar co-ordinators will work with students to learn how to manage time effectively.

For students who feel like they're lost and confused in class and aren't sure where to start, the Effective Classroom Strategies seminar teaches students to understand and work well in the classroom environment and to understand the differences between high school and post-secondary classrooms.

Since exams are a part of every classroom and there is usually no way around them, the Exam Preparation and Writing workshop can help students tackle what seems to be the impossible.

There are a number of study workshops throughout September and the coming months.

For more information, go to www.nait.ca.



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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.

Reaching for the sun



EVERYTHING GREEN

DARYLANN HUTCHINGS
Assistant Issues Editor

People all over the world have been looking for new and innovative ways to produce natural, clean energy. Solar power is one of the cleanest sustainable and re-usable power sources available to everyone around the world. Over 10 countries use solar power.

It is really simple. You take solar panels made up of thin layers of crystalline silicon and wires, then multiply the number of panels you have and magic happens: you can create solar energy.

The problem with solar energy is that you need the sun, and if you have clouds or get a lot of rain, then your money is not well spent, as

these panels and their installation don't come cheap.

The average home system can cost you anywhere from \$15,000-\$20,000. It is a really expensive source of energy but worth it if you have lots of sunshine throughout the year. Many provinces in Canada have even adopted a rebate program for solar energy to encourage more people to use it.

Edmonton is the newest city in Canada to introduce the solar electric pilot program. With the city boasting that there are at least 2,300 hours of sunshine a year, Edmonton says it is one of Canada's sunniest cities.

The program covers systems with a rated capacity of a minimum of one kilowatt with the rebate based on \$3 per watt of installed capacity.

The maximum allowable rebate per residential system will be \$9,000. For example, a residential system with panels having a rated capacity of one kilowatt would be eligible for a rebate of \$3,000 and a larger system of three kilowatts would be eligible for a rebate of \$9,000.

Applications are evaluated on a first-come first-serve basis upon receipt of appropriate documentation and will be paid out after installation and certification. All solar-electric systems funded under this program will be subject to a follow-up review by the city and recipients



Solar power is a clean, but expensive, source of electricity.

will be surveyed to establish their satisfaction with the installed system.

"The city is committed to encouraging the use of local renewable energy sources that will reduce local greenhouse gas emissions," said Mayor Stephen Mandel in a news release. "This project could result in more solar electric generating facilities throughout the city, and is one more step towards a cleaner, greener Edmonton."

This rebate program is all well and good but it only lasts for a month, and with winter approaching, it means fewer hours of sunlight. So, if you have a solar system now, it would most likely need a secondary power source in order to ensure your lights will turn on.

I personally feel that it's a waste of time for the city and a waste of taxpayers' dollars but I would love to hear what you have to think.

E-mail me at issues@nait.ca.

NAITSA set to shine

By Darylann Hutchings
Assistant Issues Editor

Mayor Stephen Mandel had his shoes shined last Friday to show his support for NAIT's annual Shinerama fundraiser for cystic fibrosis.

"It's important that we raise awareness about the problems of cystic fibrosis and equally so that the young people who are the leaders of tomorrow are taking leadership today to make that change," Mandel said.

"If you don't commit today you will never commit tomorrow. It isn't always about people close to you, it's about larger issues that affect everyone."

Shinerama is designed to help raise funds for the Canadian Cystic Fibrosis Foundation. With more than 65 campuses participating in the fundraiser, NAIT is a big supporter.

This is the 45th year that NAIT's Students' Association (NAITSA) has been involved in the campaign and Shinerama co-ordinator Teagan Gahler is positive this year's goal will be met.

"This year my goal is \$20,000," Gahler said.

"So far, I have about \$10,000 raised, so I am just pushing for the last half now."

Last year's Shinerama raised \$14,000 for the Canadian Cystic Fibrosis Foundation.

"It's a great cause to support and also supports post secondary students getting involved in their communities," Gahler said. "Anyone can get involved, students at NAIT, and anyone around Edmonton who wants to help."

NAITSA shined the mayor and Premier Ed Stelmach's shoes last week in an effort to raise publicity and awareness across Edmonton about the annual event.

This year's Shinerama on Sept. 11 will take place at over 20 locations across Edmonton, where student groups will hold activities such as shoe shining, car washes, face painting and more for donations.

Gahler is hopeful many Edmontonians will come out to help in the fight against cystic fibrosis.

Those wishing to participate in this year's Shinerama, which takes place between 10 a.m. and 4 p.m. on Saturday, can e-mail naitsavolunteers@nait.ca.



Photo by Jacqueline Burvill

NAITSA Shinerama co-ordinator Teagan Gahler and Mayor Stephen Mandel show off a proclamation from the City of Edmonton naming Sept. 11 as Shinerama Day.

U-PASS

U-Pass is for full time students only FREQUENTLY ASKED QUESTIONS

What is U-Pass?

- U-Pass stands for "Universal Transit Pass."
- U-Pass is a new program that was voted in by an overwhelming majority of NAIT students for this year. Students at UofA and MacEwan have been using this program successfully for the last three years.
- U-Pass works like a regular student bus pass, but the service area includes Edmonton, St. Albert and Sherwood Park. During the fall and winter terms, you can use your pass throughout the service day to go anywhere in the service areas including on LRT and buses.
- U-Pass offers a savings of 60% over monthly student passes in 2010/11, costing only \$110 per semester instead of \$270 or more for monthly pass rates over the same period.
- **All** qualified students are automatically charged a mandatory U-Pass fee.

How do I get the U-pass sticker?

- Students who have been assessed the U-Pass fee can obtain a U-Pass sticker from the NAITSA office, E-131, or from the South Lobby or the Naitrium during Orientation week(s).

Fall Term Sticker: Valid September 1, 2010 to December 31, 2010

Winter Term Sticker: Valid January 1, 2011 to April 30, 2011

Who does the U-Pass affect?

- Every full-time NAIT student, with "full-time student" being defined as a certificate or diploma student taking 192 hours or more OR a degree student taking 3 classes or more.
- Apprentices, online, con-ed, and full time students taking their practicum are not included in the program and therefore will not be assessed the fee and will not get a U-Pass sticker.

- Those students with a valid CNIB/DATS registration card, and students working for transit services will be able to get a refund when they show proof of their applicable circumstances.

How do I use my U-Pass?

- Show your full student ID card (with valid picture and validation sticker) to the driver when boarding a bus, or when requested to show proof of payment on the LRT. You must carry a validated NAIT student ID when entering any proof of payment zone in the LRT. Be prepared to show your validated NAIT student ID to the transit authority.
- The U-Pass is not valid until the U-Pass sticker is affixed to the proper location on the NAIT Student ID
- The U-Pass is non-transferable and may only be used by the student to whom the U-Pass is issued

*Only students who have fully paid their fees including U-Pass fee will be able to get the sticker. Once the U-Pass sticker is picked up it is non-refundable. No refund if student drops out after 14 days of classes. In case of lost ID, U-Pass must be repurchased.



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Linda's Tech Talk

The latest from Apple



LINDA HOANG
Issues Editor

At the beginning of the month, Steve Jobs unveiled the latest generation of Apple products – products that I assure you are all beautiful, shiny and impressive enough to get you forking over your last paycheque.

In fact, people should really just get their paycheque sent to Apple automatically, it would just save you time.

The new iPod Touch is basically your iPhone 4 without the phoning capabilities.

Getting the latest iPod Touch means you get the best feature that comes in an iPhone 4 – and that is FaceTime.

If you've been missing all of the overly dramatic and sappy FaceTime commercials on TV since the iPhone 4 made its debut in Canada and therefore have no idea what FaceTime is, it's basically video calling through your phone.

Think *The Jetsons*, but way cooler.

Completely free – FaceTime gives users the ability to video chat with anyone, get this, around the world – as long as you're both on a wireless network. It doesn't matter where you are, if you have an iPhone 4 – and now, if you have the newest iPod

touch, you can FaceTime.

Essentially, Android-based phone users or Blackberry users or even non-smartphone owners who have been hearing great things about FaceTime now need not switch over to the iPhone to get the chance to use the video calling – they can just get a new iPod touch.

The new touch also features high definition video recording and of course, access to the vast iTunes app store.

While the touch's physical appearance hasn't changed that much from the previous model, the new iPod nano has been completely re-designed.

It's a whole lot teenier.

Apple says it's "been remixed for fingertips" but I'm not a fan of the re-design.

While cute, it's too small – 46 per cent smaller than its predecessor, to be exact.

Can you imagine watching music videos or movies on the 1.5-inch screen on that thing? It wouldn't be fun. And it's probably not healthy for your eyes.

But the one cool thing is that the new iPod Nanos are now touch screen. It joins its iPhone, iPod Touch and iPad siblings in the multi-touch technology world that help make those products so irresistible.

Finally the last thing I'd like to touch on from Jobs' product

announcement is the new Apple TV.

The newest Apple TV is 80 per cent smaller than the previous model, which is nice for keeping a tidy home entertainment area I suppose.

This Apple TV is also streaming-only, streaming movies and television shows wirelessly, "all you have to do is click and play." Which is pretty cool, but not groundbreaking since if you're anything like me, I usually stream movies and television shows from my computer onto my TV already.

And while our neighbours down south will be able to rent U.S. television shows for 99 cents through Apple TV, we won't be getting that option, at least for now.

Still with vast movie rental features, products like the Apple TV

make it understandable why movie rental company Blockbuster is set to file for bankruptcy later this month – understandable yes, but still very sad that the coming generation won't know of actual movie rental stores.

But that's probably another Tech Talk discussion.

Canadian prices for the above products are as follows and every product is set to become available this month:

Apple TV: \$119

iPod nano: 8GB: \$159; 16GB: \$189

iPod touch: 8GB: \$249; 32GB: \$319; 64GB: 429.

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



The latest Apple products announced on Sept. 1 include the latest generation iPod Touch and new iPod Nanos.

New pizza kiosk in Common Market

By LINDA HOANG
Issues Editor

There's a new pizza place on campus and it's already getting some rave reviews.

Panago Pizza has replaced the former Pizza Hut kiosk in Common Market.

"The reception so far has been excellent with both staff and the students," said Kathryn Howden, NAIT's manager of food services.

"People are commenting that it's a less greasy product and it's a bit of a larger base."

NAIT decided not to renew the contract with Pizza Hut – which had been in Common Market on campus for over 10 years.

The school held an open market competition for pizza companies interested in opening up to students.

"Panago came out as the most enthusiastic about doing business with NAIT," Howden said.

She says NAIT chose to keep a pizza market instead of going with a different type of food franchise because pizza has always been a popular choice among students.

"It's in the top three items of student popularity," Howden said. "Some surveys show it is the number one choice."

The \$5 and \$6 pizzas come fresh daily – something Howden says has been a big appeal for recent customers.

"We looked for something that was healthier and fresher and a little more modern and we think we achieved that with Panago," Howden said. "We make the dough homemade so it's fresh daily and rolled out daily."

A number of students have been pouring out of Common Market with Panago Pizza boxes in hand since the kiosk made its debut this semester.

"I was really happy when I saw Panago was here," said Tyler Norton, a first year pre-technology student. "I think I'll be having a lot of pizzas this year."

"It's really good and it's good for NAIT to have," said Shane Bell, a digital media and IT instructor who admits he's already frequenting the new franchise.

But for some, the prices of the pizzas are still too steep for the size given.

"It's cool that it's here but it's still too expensive," said Jack Nemo, a second-year radio student. "It's stupid because it's the same price as the old Pizza Hut pizzas."

However, Howden says Panago's pizzas are well worth the price, adding that the pizzas are two inches larger than the ones Pizza Hut offered.

"It's an excellent price for students because it's a substantial meal," she said.

"We think the price point is in line with students' budgets."

Larger pizzas are also available for catered events through NAIT's catering desk.

Panago Pizza is NAIT's fourth franchise on campus, joining Starbucks, Tim Hortons and Pita Pit.



Photo by Linda Hoang

A new Panago Pizza outlet opened on campus in the Common Market. It replaces the former Pizza Hut, which had been serving NAIT students for over 10 years.

OPINION

— Editorial —

Give U-PASS a chance



KATHY LE
Editor-in-Chief

Let's talk about the U-Pass (Universal Transit Pass). This has been a subject of controversy and unrest since March when a referendum was held to allow for a mandatory U-PASS fee for full time students. A referendum, I will remind you, that was passed at 68 per cent, surpassing the two-thirds (66 per cent)

requirement by NAITSA. This September marks the first year the fee will be implemented and I'm sure there are a lot of returning students unhappy about it and some new students and their parents are thinking, WTF, why do I have to pay for something that isn't going to be of any use to me?

I guess you can say it sort of makes some (those who don't benefit, of course) feel kind of robbed in his or her own way, right? I mean, if you're a student who is full time but doesn't qualify (Fort Saskatchewan and Spruce Grove individuals) or you don't take transit, it may seem like you're giving your hard-earned money away and getting nothing in return. And for those students who do take public transit but aren't full time, (apprenticeship, continuing education and part-time students) you may feel excluded from a really good deal. So what do we do from here? The fact of the matter is, and it's quite obvious, there is no real solution that is going to appease everybody. So, instead of complaining, just accept it and carry on.

Hear me out

At this point I bet I've raised a lot of eyebrows and you're probably thinking, is she stupid? Well, no I'm not, so just hear me out. My explanation may change your perspective or it may not, but all I can do is get it out there.

I am one of those students who drive to school and just put \$200 on my credit card for a parking pass and an additional \$110 for the U-PASS. I have a full tuition to pay, gas, bills, car insurance and not to mention having to save enough money for my unpaid, four-month internship in January. I definitely don't have money to spare and I can relate to many others out there. However, I've come to terms with the fact that this mandatory fee at least goes towards the benefit of the school and future students, so it's a good thing to contribute to. I thought to myself, yes, this sucks, but then I recalled many times I've splurged on outrageously expensive clothing or gone out for dinner or lunch too many times in a week only to feel like I've wasted my money afterwards – money that could've gone towards a new car or savings. And what about drinking money? I bet there are few individuals who can say they've never spent way too much on a good night's fun that resulted in nothing more than headaches, vomit and regret the next morning. Let's face it; we've all spent money on useless things.

Dig a little deeper

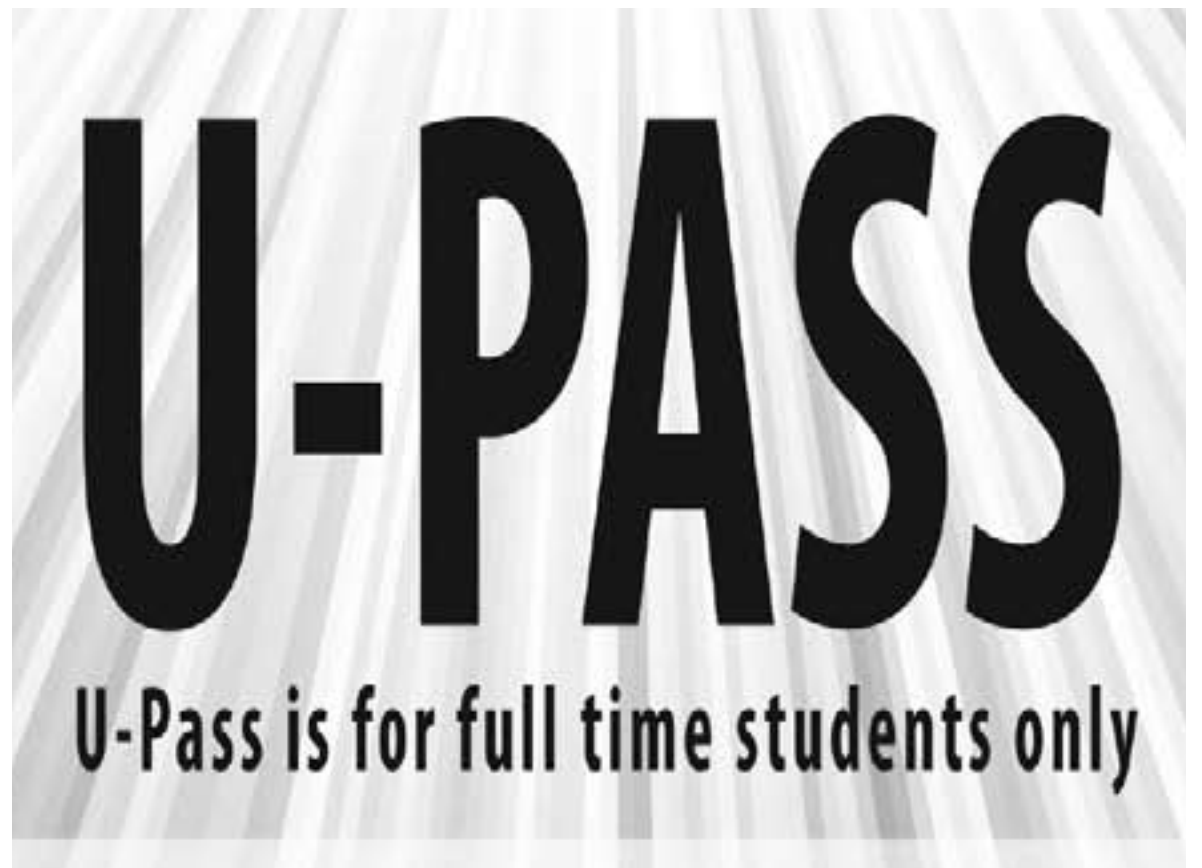
If you dig a little deeper, you'll discover that this U-PASS only benefits the students. Yes, some students will have to subsidize others, but it's such a small price to pay for the long-term benefits. Let me also emphasize that no other groups are making any money from this three-year contract. NAITSA is not raking in any dollars and ETS is actually losing money on the program. A post-secondary ETS pass is about \$300 (\$74.25 x 4 months) a semester while a U-PASS is \$110 a semester for the first year – that's almost two-thirds off! We should actually feel lucky ETS is willing to partake in this program.

This U-PASS will hopefully encourage non-transit users to make the switch to public transportation. The change could potentially reduce the congestion of parking on campus and, in the grand scheme of things, reduce our carbon footprint. Transit users will also save on gas, maintenance cost on vehicles and will never again have to worry about getting a ticket or towed. That's doesn't sound so bad now does it? OK, so taking the public limousine isn't as convenient as a vehicle, but the efficiency of the routes and times are improving. ETS has even given NAIT a brand new route, No. 15, which goes directly from Millwoods to NAIT. This will alleviate the heavily congested routes 8 and 9. Additionally, the

LRT (Light Rail Transit) will come to NAIT in about four years. It's not now, but it's also not never – it will come. I'm sure by then the percentage of votes in a referendum for the next contract will increase substantially. We just need to jump at the opportunity now and realize how great it is. Look at the figures for the University of Alberta. In 2007, when the U of A held the first referendum for undergraduates, 63 per cent were in favour. When a vote to sign a second three-year contract was presented this year, 89 per cent of undergraduate students and 90 per cent of graduate students voted in favour of it. I think these numbers speak for themselves.

On the subject of voting, the number of students voting last year was only about 1,400, which isn't a lot considering that the referendum was open to all students, with the exception of Continuing Education students. Really, if you didn't vote then I'm going to assume you don't care, which leads me to say that you probably don't deserve to complain. And, from my experience, the ones who complained the loudest were the ones who didn't vote. If you did vote against it and the results are not in your favour then you are just in the same boat I'm in.

However, I'm able to find the silver lining in this situation. Can you?



LETTERS

A secure welcome

On behalf of Campus Security Services, I would like to extend a warm welcome to all NAIT students, staff and faculty to another academic year.

NAIT Campus Security Services employs full-time community peace officers to assist with all your security needs and aid in any emergency situation. Our service assists over 80,000 students and staff over four major sites and various leased spaces within the metro Edmonton area. NAIT Campus Security Services adheres to a philosophy of community based policing. We value our ability to connect with the community we serve by practising this philosophy each and every day. In these challenging times we continue to work towards being a leader in our industry.

The management and staff are dedicated to providing quality service to our campuses. Our employees are eager, enthusiastic and place a high priority on integrity, service and professionalism. The dedicated men and women of this department focus on building partnerships with our community so together we can develop long-term solu-

tions to problems. The men and women of this service are the most valuable resource that we have. Without properly trained, sensitive and dedicated people we could not provide the level of service our community has come to expect. We plan to ensure that the members of NAIT Campus Security Services receive the skills and knowledge needed to maintain high quality service for our community.

The members of the NAIT community have a big role to play in helping our peace officers to be as efficient as possible and to provide more timely and equitable service. Help make our community a safer place for everyone to enjoy by reporting any suspicious or criminal activity you encounter on campus.

I am very proud of our people and their dedication to this great diverse community and look forward to the coming year.

Jerry Hove, Manager
NAIT Security and Parking Services

SPORTS

WOMENS SOCCER

Female footballers ready

By Ryan Flaherty
Sports Editor

If the NAIT women's soccer team wants to earn their way into this year's national championships, being held here in November, they're starting the season off in a positive fashion. At a pre-season tournament in Lethbridge two weeks ago, the lady Ooks won their first two matches (7-0 over Lethbridge College, and 3-2 over UBC-Okanagan), before finishing up with a hard-fought 1-0 loss to a very strong University of Calgary squad. The results have head coach Sergio Teixeira feeling optimistic about where the team is headed this year.

"We're pretty happy with the result," explains Teixeira. "Those teams are pretty good."

Although the tourney was merely a tuneup for the Ooks before the meaningful games

begin, Teixeira – in his second year as coach of the team following a year off while he and his wife celebrated the birth of their first child – saw enough in his squad to give him reason for his positive outlook.

"I wasn't particularly concerned with the result, just the process and the competitiveness," he said. "And that U of C game and that UBC-O game, they looked like playoff games."

Along with a strong crop of returning players, including striker Leanne Kadatz, the leading goal scorer in the ACAC last year, and fourth-year Ooks Nicole Ford and Lisa Martin, as well as Claire McWilliams, who is entering her final year of eligibility, Teixeira is excited

to see what a couple of key recruits can do to help lead the Ooks to nationals. One of those is centre midfielder Laura Kautz, a graduate of

Edmonton's Harry Ainlay High School, who has already made an impact on the team, scoring a pair of goals and setting up several others in the Lethbridge tournament.

Also looking to make key contributions will be goalkeeper Tara Evans, a transfer student from Grande Prairie.

This year's version of the team will have no trouble scoring goals, and that starts up front with Kadatz, who, according to Teixeira, "picked up where she left off [in Lethbridge]."

But the Ooks won't be relying solely on their top sniper to score, says the coach.

"Basically what we've done is given her some support," he said. "We've brought in some parts to complement her."

Though being the host school means NAIT

has an automatic berth in the national championships, the squad's goal is to earn their spot in the tournament by winning the ACAC, and

that means defeating some very strong competition, including Grant MacEwan, Grande Prairie and most of all, defending national champion Concordia. But Teixeira definitely thinks he has the team to do it.

"We're pretty aware of what we're competing against. Concordia is the defending national champs, and they're probably stronger this year than they were last year, but we feel good," he says.

"We're really happy with what we've got and we're really confident in these girls."

The Ooks kick off their regular season this weekend with a pair of games in Fort McMurray.



Sergio Teixeira
Optimistic



Leanne Kadatz
Leading scorer last year



The NAIT women's soccer team, which promises to be a strong entry in ACAC league play this year, practises recently.

Photo by Ryan Flaherty

MENS SOCCER

No pressure for the men

By Ryan Flaherty
Sports Editor

There are certain perks to playing on a team which is hosting the national soccer championships. The biggest one, according to NAIT men's coach Jeff Paulus, is that his squad can play stress-free soccer all season long.

"It's nice because we don't have any pressure on us right now," explains Paulus, who is entering his fourth year as coach.

"We can just take it game by game, get better every single week, with nationals being the time we want to hit our peak, and no other colleges have that. They're stressed from Day 1."

The squad is bringing back eight players from last year's group, which finished fourth in provincials. That includes last year's Sil-

ver Torch winner as team MVP, Brazilian-born Thiago Silva, who led the team in scoring and

who Paulus will be counting on to be a leader again this season. The coach is also hoping that some red tape can be cleared up so that a couple of Silva's countrymen can join the team.

"These are both players that have played in the professional development league in the States, at the same level [as Silva], so I'm excited to see them play if they can get here."

The theme for this season's recruiting class, however, could just be "everything old is new again," with several players who once played for the Oaks making their return after some time away from the school.

Paulus is especially excited to welcome back striker Phil Pavacic.

"He is maybe the top striker in our province

at any level," says Paulus. Besides Pavacic, two other players returning after year-long absences

are defender Jordan Stewart and midfielder Mitch O'Neill. Of O'Neill, Paulus says: "There's no one that can do things with the ball at the pace he can do it in the ACAC."

Stewart and O'Neill will be expected to help lead the Oaks on their path to the nationals.

This sudden influx of so many experienced "recruits," is no accident. Paulus wanted to make sure his squad had the best shot at a national title in its host year, so he made sure to spend some time targeting players who were familiar with the program.

"We're always looking to add experienced players. This year being a national year we're just trying to bring in guys that are a bit older, a

bit smarter on the pitch," he says.

The strength of this year's team is definitely in its defence, which according to Paulus "might just be the top back four in the nation." The Oaks will certainly need a strong defence in order to win the ACAC this season, with strong programs at Mount Royal and SAIT in the south, and Grant MacEwan and perennial rival Concordia in the north.

According to Paulus, even the fact that his team begins the season on the road in Fort McMurray is a pressure release valve of sorts. "It's good team bonding," he explains. "Your first two games, you get them away

from all their friends and their lives, and you get them up there, and it's just football for 72 hours. The pressure's off."



Jeff Paulus
Stress-free soccer



Thiago Silva
Likely leader

Larger trophy case, please

By Garit Byington
Assistant Sports Editor

Stuart Brown has coached the Edmonton Angels to a remarkable nine women's National Championships in his 33 years coaching the club. Along the way he's been recognized with numerous awards. His tenure as coach of the Angels began in 1980 and his team won the first ever National Championship for the Angels two years later in 1982, beating London Concordia in the final. The team was awarded the Jubilee Shield and the Angels repeated as champions in 1983, 1984, 1985 and 1986. They then followed up with championships in 1988, 1995, 1999 and 2000.

Joined Angels in 1980

In the area of women's soccer, Brown was asked to coach the Ajax team in 1978 and for the following two years led them to the league and cup championships for both indoor and outdoor. This success and proven coaching abilities led him to the Angels in 1980 where many victories and championships later, he is still coaching the Angels as head coaching co-ordinator for the club as well as coaching both the premier and major classics teams.

However, Brown's great coaching career has not just been in the women's game. He began his coaching career here at NAIT in 1977 as head coach of the men's soccer program – enjoying 17 years of success at NAIT from 1981 to 1991. His record at the Alberta Colleges Athletic Conference (ACAC) was a staggering 45 wins, six losses and nine ties. With his time here at NAIT his team won seven

gold medals, one silver and one bronze. He also led his team to the Canadian Colleges Athletic Association (CCAA) championship in 1987-88, winning bronze the year before and the year after.

Born in St. Ninian's Stirlingshire, Scotland in 1948, he graduated from Riverside High School in 1963 and then served a five-year apprenticeship at Langside College in Glasgow as a dental technician. He went on to work as a dental technician at Platt and Common, a private dental practice, before moving to Canada in October 1975.

Instructor in 1977

In 1977 he became an instructor of dental technology, specializing in orthodontics at NAIT. Brown has also been involved with the Edmonton Scottish Society for 25 years, being president for eight. During that time he has been instrumental in converting the grounds at the society from one soccer field to six. The facility since has hosted the World Masters Games and the 2007 Under-20 World Cup.

He's running out of shelf space in his trophy case as he's been recognized with the Edmonton Women's Soccer League Coach of the Year Award, six Alberta Coaching Excellence Awards, six City of Edmonton Coaching Excellence Awards, the Sports Alberta Coach of the Year Award, the Edmonton and District Soccer Association Coach Recognition Award and the CSA Award of Merit.

He was inducted into the inaugural Edmonton and District Soccer Association Wall of Fame as coach and builder in 2008 for his contributions to the sport.

new year's ski trip

@ revelstoke mountain resort

December 30-January 2nd

For a limited time, 40 student tickets will be available at

\$340+GST
based on a 4 person room

After that, prices are as follows:

\$399+GST
per person in a 4 person room

\$419+GST
per person in a 3 person room

\$439+GST
per person in a 2 person room

\$449+GST
per person in a single room

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

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

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

STUDENTS' ASSOCIATION www.naitsa.ca facebook

Basebrawlers: Put up or shut up!



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

Once again last week, I was reminded of one of the reasons why I have a hard time enjoying Major League Baseball as much as many of the other professional sports leagues. It has very little to do with the actual game itself. I've always enjoyed the many intricacies of the most tradition-laden sport in North America, from the basics of hitting and pitching to the finer points of managerial strategy and statistics. But even though I grew up cheering on the great Toronto, Oakland and Minnesota teams of the late '80s and early '90s, and avidly collected baseball cards and stickers, somehow the sport has lost its luster for me.

Baseball's steroid era certainly shares some of the blame for causing me to kick my box-score addiction, as do its ridiculous contracts and the vast disparity in payrolls throughout both leagues, but these are not what I was reminded of the other day.

No, I'm speaking of the phenomenon commonly referred to as the bench-clearing brawl, a grossly misleading term if ever there was one.

You see, it's very rare when one of these so-called brawls is little more than a glorified dog pile with a bit of pushing and shoving. In fact, the sight of a player landing a honest-to-goodness punch in one of these dustups is so uncommon that when it does happen, the incident is replayed on highlight shows for years afterward.

Just ask Robin Ventura, who, despite hitting nearly 300 home runs (including 18 grand slams) and winning six Golden Glove awards in an excellent 16-year career, is best known for being on the receiving end of not one, but six Nolan Ryan punches after charging the mound in 1993. And why is the image of the Hall of Fame pitcher feeding knuckles to a headlocked Ventura so indelible? Because it is the exception to the rule.

Unfortunately (for baseball fans like me, anyway), more often than not a bench-clearing brawl is heavy on the bench-clearing, but light on the brawl. Now, I'm not saying I want helter-skelter violence all over the diamond. No, I just think that if players are going to go to the trouble of trying to look tough and starting something, they should actually put some

effort and conviction into what they're doing. Look, for the money these guys are making, the least they could do for the fans is put their money where their mouths are. The sight of two dugouts emptying, only to see the players and coaches milling about without actually backing up their tobacco-soaked yaps, is just about one of the lam-

inning of a scoreless game. Although Hayes held onto the ball and tagged Morgan out, the catcher separated his shoulder on the play and was subsequently lost for the rest of the season. As you can imagine, the Marlins weren't happy with Morgan, and the next night they let him know. In the fourth inning, Florida starter

Paul Volstad plunked Morgan with a pitch. Then in the sixth, Volstad threw behind him. That was it for Morgan. He sprinted towards the mound and swung wildly at Volstad, landing a left to the side of the pitcher's neck. But the real highlight came when Marlins first baseman Gaby Sanchez, rushing to Volstad's aid, took out Morgan with a WWE-worthy clothesline. The melee was featured on highlight shows across the continent, raising the profile of an otherwise ho-hum game between two also-ran teams.

Sounds exciting, right? That's exactly my point. I'm not asking for players to go after each other with bats or anything. It just seems to me

that in a league which only permits eight of its 30 teams post-season entry, and which uses a marathon-like 162-game schedule to get there, the extra excitement provided by some bona fide knuckle-chucking would be of great benefit to us fans. Goodness knows this 'bench-clearing brawl' term has been abused long enough.



Nyjer Morgan
Clotheslined

est sights in all of sports.

Which brings me back to last week, specifically a series between the Washington Nationals and the Florida Marlins. In the series opener, Nationals outfielder Nyjer Morgan ran over Marlins catcher Brett Hayes at the plate while trying to score the winning run in the 10th

NAITSA  **ELECTIONS**
SENATE ELECTIONS
NOMINATIONS FROM AUG 25-SEPT 17
CAMPAIGNS RUN FROM AUG 25-SEPT 30
ELECTION WEEK SEPT 24-SEPT 30

**WATCH FOR THE SEPT 23 ISSUE OF THE NUGGET
FOR CANDIDATE PICTURES & ARTICLES!**



UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

Move over James Toney, boxing has an actual story. From the day the challenge was presented, Floyd Mayweather Jr. has been unwilling to tussle with Manny Pacquiao. This hasn't stopped the American boxer from launching a racist video attack on his would-be Filipino opponent.

It's no wonder boxing continues to fade

"Money" versus Manny

when its 41-0 fighter is posting an online video where he refers to Pacquiao as a "midget," and that once he beats him he will force him to "make some sushi rolls and cook some rice." At times he was taking calls from fans, claiming Pacquiao "can't speak no English" and has "never seen a contract he didn't like." That's right, "can't speak no English."

He also added "we're going to cook his ass; rice with a little cat, rice with a little barbequed dog." Not nice, Floyd. To end his worldwide-available video he even took a shot at the gay community, using a derogatory term when he noticed two different guys hating-on him. Mayweather even showed us how blown away he was that Pacquiao was using a fake name. It's not even Manny, it's Emmanuel Pacquiao! – is roughly what he said. Mayweather's ignorance was on full display in this video.

"Money" Mayweather, formerly "Pretty Boy" Floyd (I guess "Money" sounds more like Manny?) maintains his stance that he needs Emmanuel Pacquiao tested before a fight. He believes that Pacquiao has used performance-enhancing drugs – assertions that previously resulted in a defamation lawsuit that's still pending. The real funny thing about this is that Mayweather is so much wealthier than any other boxer right now, he easily can afford the doctors and scientists needed to stay ahead of his opponents in the drug-testing game. Just saying.

Pacquiao was asked to comment on the matter and called it an "uneducated message," and said "the video speaks for itself." Talk about a difference in character among the two.

"It's a really cheap low blow, but again, consider where it came from," said Freddie Roach, Pacquiao's trainer. "We tried to fight him. He said no. He doesn't want to fight."

When asked about the possibility of a Mayweather bout, Pacquiao responded: "I don't really need that

fight because what I have achieved in boxing – I'm happy and I'm satisfied."

Pacquiao said he's only planning a couple of more fights before retiring, and hasn't said who the opponents might be. The seven-division champion said earlier in the week that he would still face Mayweather if he accepted the fight.

The two had reportedly agreed to fight on March 13, 2010, for a split of \$50 million at the MGM Grand Las Vegas, but it was called off after Mayweather's camp demanded blood tests.

With the Pacquiao camp refusing to provide the samples, don't you feel the promoters and sponsors should just increase Pacquiao's payday for taking the drug test? I wonder if that's been Pacquiao's plan all along. Must be. The money these two would generate still leads me to believe it will happen. This video may have just added fuel to the fire for both fighters.

Of course Mayweather's people got to him quickly after the racist video, getting him to apologize as soon as possible to save his image. In this minute apology video, he even points out and makes sure we see his Muslim and Jewish friend in the background showing just how cultured he is. Nice touch by his people. He named off a bunch of races he has love for, but the funny thing is, he never mentioned Filipinos.

Mayweather's arguably the most exciting fighter to watch

for boxing fans. His speed and defence are second to none. Just quit trying to do your Muhammad Ali impression. When Ali talked he was funny, he backed it up, and most important, he actually had intelligent stuff to say. You're just jabbing your image into the ground.

But what am I saying!? Continue to post, Floyd! Screw your image! The fact that athletes and celebrities can post something online in an instant now, before having anyone check it over to help protect their image, is awesome!

Mayweather's actions actually make me and others write about boxing. Though I'm sure that the talk surrounding him is part of his plan too. After all, any publicity is good publicity. Well, why don't you go ask Mel Gibson if that's true. I don't know though, Floyd, if it would be a good idea for you, or for that matter your Muslim or Jewish friend, to go visit Mel. Maybe a 'roided up Manny Pacquiao could leave Mel's place with an answer.



Manny Pacquiao
Couple more fights



blog.mlive.com

Floyd "Money" Mayweather
Racist diatribe

Jobs in Athletics

NAIT Athletics needs game day managers, announcers, ticket takers, stat keepers and cleanup crews for our Friday and Saturday night home games.

This is a great opportunity to support your Ooks and make some extra money!

Contact: Andy MacIver
Athletics & Recreation
Events Programmer
(780) 471-7606 andym@nait.ca

There are also jobs for individuals with strong customer service experience for the sports equipment and fitness weight centre:

- Fitness & Weight Centre monitors
 - Sports Equipment Centre staff
 - Gymnasium monitors
- Contact: Nash Klimosko
Athletics & Recreation

Fitness Weight Centre and Gymnasium Programmer

(780) 471-7729 nashK@nait.ca

Soccer Nationals

Nov. 10-13, 2010

Volunteers wanted:

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

Accreditation – to put together packages/giving out accreditation info to VIP's, teams, etc.

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

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

NOTICE OF SENATE ELECTION 2010

Online voting starts Sept. 24 at 12:01 a.m.
and closes Sept. 30 at 4 p.m.

**Polling stations are open Sept. 30 only
from 10 a.m. to 2 p.m.**

POLLING STATION LOCATIONS: (Oct. 1 only)

- South Lobby
- Engineering Annex – Main floor by main stairwell
 - Outside NAITSA Office – E131
 - Outside Fresh Express Cafeteria
 - Outside the Bookstore
- Outside Bytes Cafeteria – HP Centre
 - South Campus – Cafeteria
 - Patricia Campus – Cafeteria

Watch for the Sept. 23 issue of the Nugget for candidate pictures and articles and watch for them campaigning around campus until Sept. 30.

Thank you for voting Sept. 24-30, 2010!



NFL ... as we see it



Are you ready for some football? The season kicks off tonight (Thursday), with a rematch of last year's NFC Championship thriller featuring the Minnesota Vikings and New Orleans Saints. What better time to bring you a division-by-division look at what to expect this year, at least according to the folks at the *Nugget*.

AFC North

Ryan Flaherty, Sports Editor: If you're looking for compelling story lines this year, look no further than the AFC



North. Of course, Cincinnati's signing of WR Terrell Owens garnered much of the off-season spotlight. The Baltimore Ravens added WRs

Anquan Boldin and T.J. Houshmandzadeh, giving QB Joe Flacco two prime targets. The Steelers will start without QB Ben Roethlisberger for the first four games (suspension) and could easily find themselves



behind the 8-ball by the time he returns. Cleveland revamped its linebacking corps, but unless QB Jake Delhomme can recapture some of his

past glory, their D will be worn down before long.

Garit Byington, Assistant Sports Editor: The Bengals had possibly one of the quietest runs to the division title last year. While perennial stalwarts the Ravens and Steelers put up good years, when push came to shove, they just couldn't seem to beat the Bengals in 2009. The Steelers will only have Big Ben for 12 games, but they, like the Ravens, always possess a strong defence and will challenge the Bengals all season for top spot.

Doug Yearwood, Contributing Writer: The Browns won't be as bad as they were last year, but it's not going to be pretty. Moving on from college football and back to the NFL, there are still three good teams in the AFC North.



The players the Bengals added this off-season seem almost typical, given Marvin Lewis's track record for giving players with questionable histories another chance. A lot rides on RB Cedric Benson and QB Carson Palmer. Baltimore looks good this year – AFC Champions good. Joe Flacco will look to keep improving as a young, mobile quarterback, and with the addition of two proven WRs in Boldin and Housh, and with Papa Ray-Ray Lewis still king of the defence, the Ravens definitely have the grit to make it far. Pittsburgh is going to be unpredictable, but I think it will be a challenge for coach Mike Tomlin and the Steelers to clinch a playoff spot.

AFC East

Flaherty: No hard knocks for the Jets this season. They added playmakers on both sides of the ball (former Chargers RB LaDainian Tomlinson and CB Antonio Cromartie), and are one of the favourites in the AFC. The Dolphins also added big names on offence (WR Brandon Marshall) and defence (LB Karlos Dansby), and have one of the league's best one-



LaDainian Tomlinson brings his rushing skills to the Jets this year.

two punches at running back in Ronnie Brown and Ricky Williams. New England still has that potent offensive attack, led by QB Tom Brady and WRs Randy Moss and Wes Welker, but will need to out score their opponents most weeks. The Bills, who ranked a pathetic 30th in total offence last season, hired offensive-minded coach Chan Gailey and spent their first round draft choice on Clemson RB C.J. Spiller, so they should at least be a more exciting team to watch this year.

Byington: 2009 saw both the Dolphins and the Jets emerge as legitimate playoff contenders. The transactions made by the Jets and Dolphins this offseason show both teams are taking their chance at a division title very seriously. This will be the toughest division in the AFC, and look for the winning history of the Patriots to put them atop the division standings. The Patriots seem due

Yearwood: The Dolphins may have actually signed the most marquee free agent on either side of the ball. The 26-year-old Brandon Marshall had a filthy season with the Broncos last year, with 1,120 yards and 10 TDs. Karlos Dansby is veteran linebacker, and he vastly improves the Dolphins' linebacking corps. An early favourite for the Super Bowl is the New York Jets, and if Mark Sanchez can rid himself of those rookie errors and avoid a sophomore slump, then "here come the Jets, baby!" It's hard to knock the Pats, especially after Brady threw for over 4,000 yards and 28 TDs coming off season-ending knee surgery two years ago. You know Bill Belichick will do ANYTHING to win, and you know the Bills will do anything to lose, so it's a three-team race.

AFC South

Flaherty: Coming off a Super Bowl loss, QB Peyton Manning and his Colts will be hungry to get back to the title game. WR Reggie

Wayne and RB Joseph Addai will pace the attack, and the Colts hope that SS Bob Sanders can remain injury-free after playing just eight games over the past two seasons. Houston QB Matt Schaub has plenty of weapons to choose from, including WR Andre Johnson and TE Owen Daniels, but the Texans will have a tough time unseating the Colts. Tennessee will have to begin their season without LB David Thornton, who was placed on the PUP list, but the Titans still feature 2,000-yard RB Chris Johnson. Jacksonville sees four of five starters on their offensive line returning from last season, anchored by 11-year pro C Brad Meester. They'll need the experience, as RB Maurice Jones-Drew is the Jags' only legitimate offensive weapon.

Byington: The AFC South has long been dominated by the Colts, but the rest of the division is quickly gaining ground. This division put up 38 wins in 2009, the most of any division by far. The Colts remain the class of the South, but the Titans, depending on wild card QB Vince Young, and the Texans, who seem to get better every year since their inception into the league, will challenge for the division title. Both wild card teams could come out of this division too.

Yearwood: It's pretty easy to say the Colts are going to win yet another division title, but there are three teams just dying to take the kings of the south off their throne. Houston's loss of Brian Cushing for the opening four games is a huge blow to an already susceptible defence, but if anyone can compete with the high-flying Colts, it's the Texans. Matt Schaub is coming off a very impressive season where he led the NFL in passing yards and was fifth in touchdown

strikes. Andre Johnson just might be the best receiver in the league, though I'm sure Reggie Wayne would dispute that. Both the Jags and Titans are blessed to have two of the best running backs in the league, but both Maurice Jones-Drew and Chris Johnson will need to have dominant seasons to make a run at playoffs.

AFC West

Flaherty: The Chargers lost Tomlinson and Cromartie, and WR Vincent Jackson is a contract holdout, so San Diego's chances to finally make some headway in the playoffs look dicey. Oakland is much improved, after picking up QB Jason Campbell from Washington, and this could be the Raiders' first winning season since 2002. The Broncos are the biggest wild card in the bunch, and much depends on QB Kyle Orton. If he can avoid throwing too many interceptions, Denver has the potential to put up a lot of points. Kansas City added RB Thomas Jones to what's becoming a pretty formidable offence, but the Chiefs will need to improve upon last season's 30th-place defensive ranking in order to make a push in the division.

Byington: This division should be a lock for the Chargers even without Tomlinson. They'll just use their Philip Rivers-led aerial attack more. The Chiefs are trying to be the Patriots 2.0, bringing in ex-co-ordinators Charlie Weis and Romeo Crennel and the Raiders ... well that's all I have to say. The Broncos, with their stingy defence, should provide the Chargers with some competition but finishing the way the Broncos did last season (losing eight of their last 10) cannot do much good for their confidence

Yearwood: The Chargers are just lucky that every other team in their division is rebuilding,





NFL ... as we see it



and has been god-awful for the last three years. They've learned a little about rebuilding this offseason too, with the departures of future Hall of Famer Tomlinson and Cromartie, and have dealt with a couple holdouts in Vincent Jackson and T. Marcus McNeill. That said, San Diego is still in the best spot to win this division, but maybe the Denver Broncos can take it this year. Unless Matt Cassel, Brodie Croyle and Tyler Palko stick their heads together to create a new formation with three QBs on the field at once, I think the Chiefs lack the talent to win this division. Same goes for you too, Oakland.

NFC North

Flaherty: Look out for Green Bay. With an offence led by QB Aaron Rodgers, the Packers will score plenty of points, and they're strong on defence too, highlighted by All-Pro CB Charles Woodson. After another off-season of jerking the league and its fans around, QB Brett Favre is back for another year with Minnesota, but he's missing Sidney Rice, his favourite target a year ago, who's on the PUP list to start the season. The Chicago Bears will receive a big boost from the return of their heart and soul, LB Brian Urlacher, who was lost to injury last year. Detroit will be improved, with QB Matt Stafford in his second year, and the addition of DE Kyle Vanden Bosch and the return of CB Dre' Bly, but the Lions still have a ways to go before returning to post-season action.

Byington: With Favre back at the helm, the Vikings enter the year with a great shot at the division title. However, they need help at WR, as teams now can just stack the box and focus on Adrian Peterson. One team in the division that may have something to say about it is the Green Packers. They have a relatively easy schedule and are one of the more exciting young teams. Don't expect the Lions or Bears to finish above .500.

Yearwood: Five words: Green Bay versus Brett Favre. Is Father Time finally going to catch up with Brett? Or is he going to take Brett to his first Super Bowl since 1996? Green Bay enters the season as many peoples' favourite to take the 'ship. Give the Bears credit for improving their team on both sides of the ball, with RB Chester Taylor and DE Julius Peppers, but I think that in the skill positions, especially on offence, the Bears are simply outclassed. Favre and Rodgers trump the troubled Jay Cutler, and the Packers and Vikings both have better receivers than Chicago. Minnesota holds the edge in the run game, but with Peterson's fumble issues always present, Green Bay's Ryan Grant may just be the most reliable back in this division. Billy Taylor and Matt Forte are good backs, but they'll have to carry the offence if the Bears think they have any shot at playoffs. Matt Stafford will have to wait another year or two before we talk more about the Lions.

NFC East

Flaherty: The NFC East could be the toughest division in football. Cowboys Stadium will play host to Super Bowl XLV, so you know Dallas will do everything they can to get to the big game. They have nearly every starter from last season, including the entire defence, returning this year. The Redskins picked up QB Donovan McNabb from division rival Philly, and more important, made a coaching change, bringing in Mike Shanahan to replace

the beleaguered Jim Zorn. Washington should be greatly improved as a result. The Giants are on the decline, having lost veteran leaders LB Antonio Pierce and P. Jeff Feagles to retirement, and WR Domenik Hixon to a torn ACL. As for Philadelphia, the Kevin Kolb/Michael Vick QB experiment should provide much discussion throughout the year, but the jury's still out as to whether either pivot can lead the Eagles to the playoffs.

Byington: The division that was the cream of the NFL crop in 2009 has seen the rest of the league catch up. The Redskins should surprise some people this year, but they, like their fellow divisional opponents, won't crack the 10-win plateau. Even though none of the teams will be contending for a Super Bowl this season, there's still the great rivalries and enough hatred amongst the NFC East fans to make the title race an exciting one to watch.

Yearwood: When was the last time this division wasn't exciting? The Redskins addressed a couple of serious issues this off-season, and look dangerous coming into the season. Shanahan is the new coach, and more important, Washington finally has a quarterback that can play football in McNabb. With Clinton Portis, Larry Johnson and rookie Keiland Williams in the backfield, McNabb will have the versatility he was so used to in Philly. The 'Boys are motivated to win a Super Bowl at home, but I think QB Tony Romo will find his way out of that either late in the season or early in the playoffs. Philadelphia has some quarterback issues, but if Kevin Kolb is as good as Andy Reid thinks he is, the Eagles might be able to leapfrog either the 'Skins or Cowboys for a wild card spot. The Giants will have to rely on Justin Tuck and Eli Manning to carry their team, and young receivers like Mario Manningham, Hakim Nicks and pre-season standout Victor Cruz are going to have to perform well if they hope to make the playoffs.



NFC South

Flaherty: Can the Saints repeat as Super Bowl champions? They've got decent odds, given that nearly their entire 2009 roster is back for another shot. Biggest stumbling block? FS Darren Sharper is on the PUP list, meaning New Orleans will lose his services for at least six weeks. The team in hot pursuit will be the Atlanta Falcons, with all their key offensive pieces returning in 2010. Carolina will need to rely heavily on the twin running attack of DeAngelo Williams and Jonathan Stewart, as they enter the season with question marks at quarterback. Fortunately, the Panthers will remain strong defensively, anchored by LB Jon Beason. Speaking of defence, the Tampa Bay Buccaneers will need to lean on theirs, as they will continue to experience growing pains on offence along with QB Josh Freeman.

Byington: The division of the defending Super Bowl champion Saints, who again led by QB Drew Brees have a great shot at the title. This division is fairly solid top to bottom, but there aren't any easy schedules. This is still the Saints' division to lose; however, the Falcons and Panthers continue to grow and should give the champs a run.

Yearwood: The Saints come into the season as the defending champs. It's a matter of giving Brees time to make plays, and if the Saints O-line can do that again this year, they could be back at the big dance. QB Matt Ryan and the Atlanta Falcons are going to give the Saints some competition, and depending on the success of their defence, as well as Matt Moore and/or Jimmy Clausen at QB, so too could Carolina, but overall, the Saints should win this division again. Tampa Bay will be competing for the Mark Ingram/Jake Locker sweepstakes.

NFC West

Flaherty: West is certainly not best in the NFL this year, with both western divisions com-

peting for the title of weakest in the league. In the NFC, the 49ers look like the only team in the division who might make some hay, with an offence full of weapons, and a very strong defence, led by LB Patrick Willis and CB Nate Clements, two of the best in the league at their positions. Then there's the Seahawks, who, with the loss of Houshmandzadeh, are left with the underwhelming combo of Deion Branch and Mike Williams to catch passes from the oft-injured Matt Hasselbeck. Arizona lost QB Kurt Warner to retirement and released Matt Leinart, anointing Cleveland castoff Derek Anderson as their starter, and traded Boldin to Baltimore, meaning the league's best pass-catcher, Larry Fitzgerald, will have to face a lot more double coverage this year. St. Louis is still in rebuild mode and will be going with first overall pick Sam Bradford as their starter, which will pay off in the long run, but probably not this season.

Byington: The only question in the NFC West is can the 49ers end their decade of despair and become division champions, or will the Cardinals win their third division title in a row? With Leinart out of the picture and Warner's retirement, the door appears to be as open as ever for the 49ers. Losing Dansby and CB Antrel Rolle are also big blows to the Cardinals defence.

Yearwood: San Fran is poised to walk away with this one. Arizona released Leinart last week after he said he thought he looked like the best quarterback in preseason, an obvious shot at Anderson, and the loss of Boldin and Dansby are going to hurt. Seattle will not make the playoffs again, as long as Hasselbeck is their quarterback. New coach Pete Carroll has his work cut out for him, especially after the team released T.J. Who's your momma just one year into his five-year, \$40-million deal. The Rams' Sam Bradford will have to work some rookie magic if he thinks his team has a shot at the playoffs.

SUPER BOWL PREDICTIONS

Flaherty: Packers over Jets

Byington: Ravens over Packers

Yearwood: Colts over Packers



Cowboys Stadium

Sonic Boom hits right notes



Many of the first bands were engaging in setting up the stage for the headliners. KO, a musician from Toronto, kicked off the festival with suave and chill beats and frets. The Dirty Heads followed up with a reggae-rock technique similar to past performers at Sonic Boom like illScarlett. Arkells hit up the scene playing their soul style rock. The quintet Mother Mother played next and pumped up the crowd with their indie rock fashion and Tokyo Police Club didn't disappoint either. Wintersleep kept the crowd excited with their smash hit "Weighty Ghost" while Bad Religion took their 30 years of experience along with them

“They have so much energy on stage and the crowd keeps up. I was right on the edge of the pit so I was getting the bumps



Sonic Boom was a great success. However, if they had more food concessions and better sound guys for the bands so that there wasn't feedback after every sound check, the day would have been flawless.

A FROSH WEEK EVENT
bring your blankets and chairs to the

Full moon party

\$4 DRINKS

Thursday, Sept. 23
on the soccer field

\$15 students/\$20 non students
Doors open @ 4pm

FEATURING: MoBadAss, Christian Hansen & the Autistics, DJ Mike Wong, Headphone Disco & more!

Tickets available at the NATSA office & the South Lobby Kiosk

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FEATURING
mourning wood

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\$20.00 for students
\$25.00 for non-students

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Moves at the Nest at 4pm, the buses will return to the Nest by 10.30pm.
Live music, a DJ, food and drinks are available on the boat!

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape



By RYAN FLAHERTY

Well, here we are, back in school again. Normally, this would be a great time to bring you a “back to school” mixtape, featuring all kinds of songs about school or by bands with scholastic names. But that’s been done to death. Instead, I’d like to focus on a number of great bands who will be playing shows in Edmonton over the next few weeks. Bands know that most students’ disposable income dries up pretty quickly as the semester progresses, so they like to strike while the iron’s hot and get in one last tour before the money’s all been spent. I’ve

included show dates and venues with each track, so if you dig the tunes, get out and see these acts!

Helmet – “Crisis King”
(Sept. 18, Starlite Room)
The Flaming Lips – “Free Radicals” (Sept. 24, Edmonton Event Centre)
Blitzen Trapper – “God + Suicide” (Sept. 24, Starlite)
Cuff the Duke – “The Future Hangs” (Sept. 25, Pawn Shop)
Primus – “Sgt. Baker” (Sept. 27, EEC)
Hey Rosetta! – “I’ve Been Asleep For a Long, Long Time” (Sept. 28, Starlite)
Rich Aucoin – “10, 342 Cuts For the US (An Exploding)” (Sept. 28, Starlite)
K’naan – “Take a Minute” (Sept. 28, EEC)
Land of Talk – “Death By Fire” (Sept. 29, Starlite)
Caribou – “Sandy” (Sept. 30, Starlite)
Holy Fuck – “Lovely Alien” (Oct. 8, Pawn Shop)
Coheed and Cambria – “Here We Are Juggernaut” (Oct. 20, EEC)
The Acorn – “Antenna” (Oct. 23, Starlite)



NAITSA  **ELECTIONS**
SENATE ELECTIONS
NOMINATIONS FROM AUG 25-SEPT 17
CAMPAIGNS RUN FROM AUG 25-SEPT 30
ELECTION WEEK SEPT 24-SEPT 30

**WATCH FOR THE SEPT 23 ISSUE OF THE NUGGET
FOR CANDIDATE PICTURES & ARTICLES!**

Exercise this flick!



REVIEWS GRAHAM McCANN

The Last Exorcism has an interesting premise that goes awry in the latter part of the film. The film is a fake-documentary, following Reverend Cotton Marcus (Patrick Fabian) from Baton Rouge, Louisiana.

The character decides to make this documentary because he was shaken after reading about the death of a child during an exorcism, which

prompts him to expose exorcisms as fraudulent acts that employ techniques used by illusionists.

The first part of the movie is genuinely funny as he shows the audience tricks of the trade after taking the money of the faithful, who think that real miracles have been performed.

"I have a family to feed," he says.

However, this wouldn't be a horror movie without it going into supernatural territory. This is when it falls flat. The exorcism he goes to with the documentary crew turns out to be a genuine case of possession. He and his crew don't believe it and try to get the young girl medical and psychological help, as would be the case in real life.

The movie then treads into cliché territory and then ends abruptly. An

ending that is so abrupt it makes the audience in the cinema moan with disappointment.

Frankly, it would have been a lot better if the movie was an outright comedy based in reality about these frauds and snake-oil salesmen

Instead, watch *The Exorcism of Emily Rose*. It is loosely based on the story of a girl in the '70s with severe psychological and medical problems who died during an exorcism, and the legal trial afterwards.

There are numerous cases of deaths due to faith healing. Recently, a boy in Oregon died of an illness because his parents opted against medicine and decided to heal by prayer.

They are currently on trial for criminally negligent homicide.



Shooter fans – take note

Welcome back to the criminal underworld as you step back into the scumbag shoes of Kane and Lynch in the aptly named *Kane and Lynch 2: Dog Days*.

This time you play as Lynch, who is furious and out for revenge after his new girlfriend is murdered – in retaliation for shooting a crime lord's daughter in a firefight between a bunch of

criminals in a back alley of Shanghai.

To recap *Kane and Lynch 1* – you played as Kane, a man on death row for war crimes as a mercenary along with Lynch, a medicated psychopath who murdered his wife during a blackout. Kane's mercenary outfit, The Seven, ambushes a police convoy and releases the prisoners so they can capture Kane, who had betrayed them. He is then forced to do one more job for them while they are holding his daughter hostage.

Lynch is reluctantly forced to be Kane's partner because he was in the wrong place at the wrong time.

In the sequel, they are free after all the members of The Seven are dead. Kane decides to do one last criminal transaction to deal firearms in Shanghai, where Lynch is hiding with his new girlfriend.

The game is a third person shooter, which plays a lot like *Gears of War*. You are forced to use cover, and go from cover to cover as bullets constantly destroy what you are hiding behind. Running and gunning will just get

you killed.

The game is vastly improved from the original, from the graphics to the gameplay mechanics. Firefights are far more intense and you don't have to worry about the lives of a crew, unlike the original.

Basically, it is a fun, thin-plotted shooter where you are the villains, shooting through

hundreds of criminals and the Shanghai police force.

There really isn't any more to it than that – but for shooter fans, it is fun.

The game if available for Xbox 360, PC, and Playstation 3.



The NAITSA Senate wants you!

Here are a few of many reasons for getting involved with the Senate ...

1. Earn an honorarium
2. Obtain invaluable experience
3. Cultivate leadership skills
4. Improve your school
5. Provide a strong student voice
6. Pad your resume and many more ...

The NAITSA Senate meets every second week (about 12 meetings per academic school year) to discuss issues concerning NAIT students and broader post secondary issues. The Senate reviews NAITSA bylaws and policies and monitors the annual budget, which is made up primarily of your student fees. Wouldn't it be nice to have a say in where they go?

Senate representative positions available

There are 18 positions available for the upcoming 2010-2011 Senate, three for

each of the six "schools" of NAIT.

- Faculty of undergraduate studies
- JR Shaw School of Business
- School of Health Sciences
- School of Trades
- School of Information Communication and Engineering Technologies
- School of sustainable Building and Environmental Management

Senate elections take place Sept. 24-Sept. 30, 2010.

For more information, visit the NAITSA office (E-131) or the NAITSA website at www.naitsa.ca

Mainstream Ignorance

By GRAHAM McCANN

1. Let's say you don't care about something and you say 'I could care less' – what you just said is that you could care less meaning you do care some. The term is 'I couldn't care less'.

2. People seem to like eating "organic" food now. But what were they eating before? Anything that is living (grass, apples, carrots, fish, people) is organic. Every living organism is organic.

3. The popular idea is that the change of the millennium was 2000. Actually,

our society uses the Gregorian Calendar, where the third millennium and 21st century started in 2001.

4. Napoleon Bonaparte was not particularly short. He was five feet, six and a half inches tall, which was a typical height at the time. This height is equal to five feet two inches in old French feet (pieds du roi), which led to confusion as to his true height.

5. The original boomerangs, used by Australian Aboriginals, did not return. They were used for hunting, where returning would be a disadvantage.



Stanley Gallant was the life of the East Coast Party last Thursday at the Nest.

East Coast fun

By Ali Yusuf
Entertainment Editor

Upon arriving to the East Coast Party at the Nest last Thursday, I was greeted by a “G’MARNIN’ D’ERE BYE!”

You know what I thought about this? Tonight is going to be hilarious. If you missed out on all the East Coast action that NAITSA so kindly organized as a start to FROSH Week then I kind of feel bad for you. Four words for you: Genuine foot stomping fun.

The crowd welcomed everyone with open arms (metaphorically, or else that would be a little too friendly), music was homey, seeing everyone getting screeched in was a hoot, and best of all beer was flowing like the rapids of the Great Rattling River. Oh yeah, that was an East Coast reference. Stanley Gallant provided the most memorable moments of the night’s events: live acoustic set and screeching NAIT students in. For those who aren’t familiar with “screeched in” it’s when you have a shot of screech rum, kiss a cod fish, then try to speak some Newfy gibberish and after that you’re an honorary Newfy!

“I really enjoyed screeching people in because so many people were eager to do it and you can play around and have a lit-

tle fun with it. I get to sing every night but I only do screeching every other month,” Stanley said.

To get a taste of what kind of music Stanley (or Stan the Man from Newfoundland) played, it was Celtic inspired songs such as “The Day Pat Murphy Died” originally by Johnny Burke (covered by Great Big Sea) and the traditional tune of “Drunken Sailor.” He played from the ranks of Johnny Cash, the Rolling Stones, and Kings of Leon (very well, in fact). Jill Peterson is the Events Co-ordinator of NAITSA and she was excited to say that the success of the East Coast Party was met.

“I would like to say sorry [to those] who missed it. Don’t miss out on our upcoming events because they’re going to be different and crazier than they’ve ever been,” Peterson said.

The East Coast Party was certainly a fresh way to kick off the school year (even the fish you got to kiss after getting screeched in was fresh!) and there will certainly be more events for students to attend and enjoy themselves at. Nothing about the night was disappointing. Keep your eyes peeled for more upcoming NAITSA events. Cheers to FROSH Week!

Indie tonight

By GRAHAM McCANN

For those new to NAIT and into broadening their music interests and watching local and Canadian indie bands, NAITSA’s Indie Night at the Nest is for you.

Indie Night is held every Thursday evening and features independent bands from all around Canada. Events such as these are set up for students who need a break and want to have fun, relax and perhaps have a drink or two after a long day at school or after huge projects are finished.

You also get the benefits of drink specials on Indie Night, as well as the array of different musicians, who you can sometimes talk to and take pictures with after the show. It’s a way for bands to get their name out and for students to perhaps meet someone who will someday be the next huge star.

Even if you aren’t interested in the music, and don’t care much for Indie bands, just chill out with friends at the Nest, and maybe you will come across something you like. Dedicated students need to relax sometimes, and get away from studies to be rejuvenated.

There are new bands every week with a variety of styles, so there is something for everybody. The admission is free so there is no reason not to check it out. The next show on Thursday Sept. 9 will feature the Alternative/Rock band Maurice from Victoria, B.C.

For more information on Maurice, go to their MySpace page at <http://www.myspace.com/wearemaurice>.

Go to www.naitsa.ca and follow the links to see what bands are playing next.

HOT

SINGLE OF THE WEEK

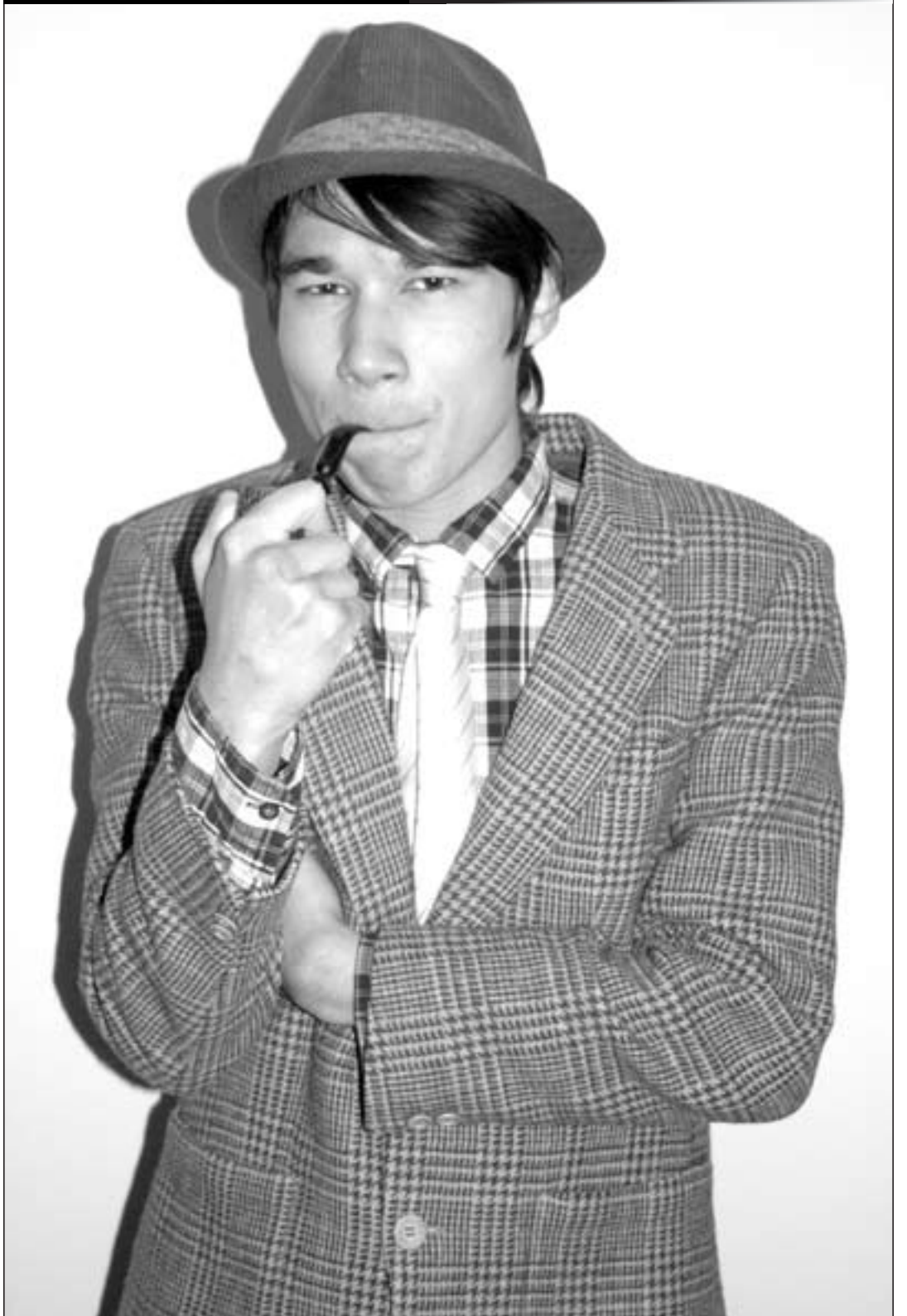


Photo by Ali Yusuf

Stephen Milton First-year Business

1. **What are three things you look for in a girl?** – “Bed, kitchen and amusement parks. The three places she should be good at.”
2. **What are your three favourite body parts?** – “British teeth, Asian eyes and my voice-box.”
3. **On a first date, do you go dutch or pay for the whole date?** – “It depends on the quality of the date, sometimes I just scamper out when she leaves for the bathroom.”
4. **Describe yourself in three words** – “British, Asian, suave, charming and James Bond-ian.”
5. **Boobs or ass?** – “I like them girls who ain’t on TV, because they got more ass than the models.”
6. **Who is your role model?** – “Jesus, because of all the good stuff he did.”
7. **What do you want to tell all the girls of NAIT?** – “Do you like tweed jackets, smoking pipes and charm? If yes, Facebook me.

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

Just for FROSH ...

These FROSH leaders have volunteered to help new students learn the ropes at NAIT



Cerise Eugenio
Business Administration

I'm a naturally sweet and reserved type of person, but at the same time adventurous if given the chance. I love sports (volleyball, badminton, swimming), singing, rock climbing and playing musical instruments. I'm psyched about this year with all the events at NAIT and I'm so proud to be a part of it.



Amanda Scott



Kassandra Hopkins-Hau
Continuing Education

I love getting involved with different activities where I try new things and meet new people. I have been dancing for 15 years and currently dance with Fly Girlz Company, where I train in hip-hop. I'm honoured to be representing NAIT!



Cydney Rudd
Business

I'm out-going, fun, funny, high energy, and upbeat. I like to think of myself as a natural-born leader.



Kristen Richardson
Eng. Design and Drafting

This is my first year at NAIT but I have a diploma in Fashion Design from Lethbridge College. I am new to Edmonton and am really excited to be here. I really want to take advantage of every opportunity at NAIT. Hope to see you all at the FROSH/NAITSA events!



Tyler Bernard
VP Campus Life



IF YOU HAVE A QUESTION, JUST ASK ... This fun-loving group will be in the hallways telling new students about NAITSA events, campus services and where to get ID cards and handbooks. They will help anyone who looks lost or wants to have some fun. If you want to know what is going on, just stop one of them in the hallway and ask! They are here to help! If you want to get involved with NAITSA, e-mail naitsaevents@nait.ca



Tommy Klufas
Business Administration

I'm an oddball. It's tough to find a mould for myself to fit in. I love comic books and playing soccer. I think in the abstract and love the creativity Marketing has to offer. This will be a big year for me.



Ruby Kumar



Jackie Albert
Instrumentation Eng. Tech.

Hey! As this year's only returning FROSH leader, it is my goal to make this year as kick-a\$\$ as possible! I like snowboarding and camping, and when I'm not busy with all that I love volunteering and reading! Keep on rockin', NAIT!



Nikki Kumar
Business Administration

"I'm a very happy person, so if you see me in the halls and you're tall dark and handsome, stop and say hi!"



Tracy-Ann Ritchie
Hospitality Management

Hey everyone, I'm a fun person. I love to have a good time and meet new people. I'm family-oriented and I love to learn new things. If you see me in the halls, stop and say what's up!



Lynda Menard
Business Administration

I'm outgoing and ambitious. I love to meet new people and try new things. I work hard to succeed and I love to have fun.



Jen Salamandick
Business Administration

I'm really excited to be a FROSH leader this year and change the world. I spend waaay too much time riding my bike and have horrible tan lines that I fear will be permanent.



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BACK 2 SCHOOL

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- FREE access to the party including no line all night
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www.nait.ca/upass




The U-Pass is a partnership of the municipalities and public transit systems of Edmonton, St. Albert and Strathcona County; the University of Alberta Administration, Students' Union and Graduate Students' Association; the Students' Association of MacEwan and the NAIT Student's Association.

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780-418-6060

Strathcona County Transit
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780-464-7433

STUDENT

HEALTH & DENTAL

TO OPT OUT OR TO ADD FAMILY THE DEADLINE IS

SEPTEMBER 24, 2010 BY 4PM

Benefits Plan Office: Room E-125 | Phone: 780.471.7730 | Email: studentplans@nait.ca | Information: www.gallivan.ca

NAITSA SENATE NOMINATIONS

are open from
MONDAY, AUG. 25 - FRIDAY SEPT. 17



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

YOUR STUDENT GOVERNMENT.

Nomination forms are available
at the NAITSA Office (E-131)

Every September, NAIT students elect three Senate representatives from each NAIT school. From October through April, these student leaders meet every two weeks at NAITSA Senate meetings (approx 12 meetings) to oversee the direction of the organization.

**You will gain valuable
experience in:**

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

AND it looks great on your resume!

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

Wednesday, Sept. 1
Thursday, Sept. 9
Wednesday, Sept. 15

**NAITSA Office (E-131)
@ 4:00pm**



**NAITSA
ELECTIONS**

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TIP OF THE WEEK – FROM NAIT SECURITY SERVICES

Avoiding identity theft

Identity theft is the unauthorized acquisition, possession or trafficking of personal information. It is also the unauthorized use of information to create a fictitious identity or to assume an existing identity. This is done to obtain financial gain, goods or services, or to conceal criminal activities.

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public. The two major credit bureaus, Equifax and Trans Union, indicate that they each receive approximately 1,400 to 1,800 Canadian identity theft complaints every month.

Be vigilant. Protect yourself!

Theft of your identity can occur by internet, telephone, fax or through the mail. Everyone must be vigilant in protecting themselves against loss.

Be proactive in fighting identity theft

Learn and use safety measures to minimize the chance of becoming a victim. Be wary of unsolicited e-mails, telephone calls or mail attempting to extract personal and financial information. Ask yourself if you need all of the identity documents in your wallet. Remove any cards you don't need and store them in a safe place.

Be careful about sharing personal information.

Provide personal information on the phone, mail or Internet only when you have initiated

the contact or know who you are dealing with. Someone with your SIN or birth certificate can pretend they are you and make fraudulent financial transactions.

PAYMENT CARDS (CREDIT AND DEBIT)

- Periodically check your credit report, bank and credit card statements. Report irregularities promptly.
- Don't lose sight of your credit and debit cards during transactions.
- Shield your PIN when using your debit card.
- Memorize all PINs. Do not write them on the cards.
- Change your PIN regularly.

MAIL

- Shred personal and financial information before putting it in the garbage.
- Protect your mail. Deposit outgoing mail in post office boxes and remove mail from your mailbox promptly.
- If you are unable to pick up your mail, have someone pick it up for you.

HOW CAN I RECOGNIZE A SCAM?

- If it sounds too good to be true, it probably is.
- You've won a big prize in a contest that you don't recall entering.
- You're offered a once-in-a-lifetime investment that offers a huge return.
- You're told that you can buy into a lottery

ticket pool that cannot lose.

You must pay or you can't play.

- "You're a winner!" but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize.

You must give them your private financial information.

- The caller asks for all your confidential banking and/or credit card information. Honest businesses do not require these details unless you are using that specific method of payment.

Will that be cash ... or cash?

- Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. And, crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.

The caller is more excited than you are.

- The crooks want to get you excited about this "opportunity" so that you won't be able to think clearly.

It's the manager calling.

- The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority.

The stranger calling wants to become your best friend.

- Criminals love finding out if you're lonely and willing to talk. Once they know that, they'll try to convince you that they are your friend.

It's a limited opportunity and you're going to miss out.

- If you are pressured to make a big purchase decision immediately, it's probably not a legitimate deal. Real businesses or charities will give you a chance to check them out or think about it.

WHAT TO DO

1. Act immediately. Report the incident.
2. Notify creditors and/or financial institutions immediately.
3. File a report with the Edmonton Police Service or the RCMP.
4. Cancel credit and/or debit cards.
5. Check your credit file with both credit bureaus (Equifax and Trans Union).
6. Report fraudulent activities to:
 - a. Reporting Economic Crime Online: www.recol.ca
 - b. Phonebusters*: 1-888-495-8501 www.phonebusters.com

Remember, if you don't recognize who sent you the e-mail—delete it!

Everybody benefits, except the criminal.

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. Please visit www.nait.ca/security for more information.

CLUBS CORNER

What we offer

Is your class fundraising for grad?
Do you have a special interest?
Want to meet new people, build friendships?
Make a difference?
Get involved in the student experience?

If you answered yes to any of the above, check in with us at the Campus Clubs Centre Room E-133 at NAITSA (main campus).

Fundraising for your grad?

You will want to register your class as a club. In return there are many services to support you in your fundraising endeavours.

Want to join a club?

Visit the Campus Clubs Centre and we'll get you connected.

Can't find a club that complements your interest?

Why not start a club? Just find three people who share your interest and who want to meet other like-minded students, describe what your club will be about and register at the Campus

Clubs Centre.

Need help getting started?

The Campus Clubs Centre provides a variety of services to help you get going and keep you inspired throughout the school year. We offer start up support, advertising on campus,

equipment loans, storage space rental, funding opportunities, club banking, room bookings, and club appreciation and recognition.

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

Special interest clubs are growing each year.

They bring students together with similar interests, beliefs, and talents. Do you appreciate art, want to paint, like going to plays? Are you a movie buff? Do you want to explore spirituality, learn about faith? Want to green up your campus and take action? Do you enjoy hiking, camping, and kayaking? Enter the realm

of gaming? Enhance your paintball skills? Are you all about business, professional development and networking?

Check out these clubs:

- Aboriginal Student Association
- Business Connex
- BTech Club
- Chinese Student Association
- Christian Club
- DeFeYe Arts Club
- Gamers of Dungeons and Dragons
- International Club
- Movie Club
- Muslim Students of NAIT
- Outdoors Club
- Paintball Action Sports
- Students in Free Enterprise (SIFE)
- WineNot

Visit the Campus Clubs Centre, Room E-133 – NAIT Main Campus and Rose or Denise would be happy to help you.

You can also call 780-471-8871 or e-mail campusclubs@nait.ca

We at the Campus Clubs Centre look forward to meeting you!



OCTOBER 3, 2010

A FULL DAY MANDATORY TRAINING SESSION FOR REGISTERED CLUB MEMBERS.

REGISTER YOUR CLUB BY SEPTEMBER 24, 2010 AT CAMPUSCLUBS@NAIT.CA

SURVIVAL TRAINING

JOIN US AT A SECRET LOCATION FOR TRAINING AND PARTICIPATE IN TRIBE CHALLENGES

www.naitsa.ca/clubs

THE ULTIMATE CLUBS TRAINING EXPERIENCE

BEER GARDEN TRAINING

So you want to host a beer garden?
Mandatory training for clubs hosting beer gardens.

Tuesday, September 14, 2010 @ 4:30pm

RSVP by September 9, 2010 to the Campus Clubs Centre or to campusclubs@nait.ca to sign up your club.

www.naitsa.ca

hatch OPPORTUNITY
Hatch your business with a \$20,000 grant

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

Learn more about the Hatch competition and other Opportunities:

September 14 @ 5 p.m. Room T105

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

Competition closes November 5, 2010

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

Adjusting to life at NAIT



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Welcome to NAIT and welcome back to returning students. The counsellors at NAIT Student Counselling would like to wish you success during your time here. Please come and see us if you are experiencing difficulty adjusting to NAIT or dealing with any personal or academic concerns.

Starting your education at NAIT is a major life change. It may be your first educational experience away from familiar faces, the first time you have attended school in years or your first experience living away from home for an extended period of time. Although it is exciting to be pursuing higher education, some of the most common feelings in the first weeks at NAIT are stress, loneliness and feeling out of place and disoriented. Here are some tips for coping with those first few weeks of life at NAIT:

Personally:

- You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.
- Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and

some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

- Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.
- Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place the next time something similar arises.

Socially:

• The first few weeks on campus can be a lonely period. You may be concerned about forming friendships or feel like you don't fit in. It may seem that everyone else is self-confident and socially successful. The reality is that many students are having the same concerns, and that finding your social niche will take a few weeks.

• There are many ways to meet people. Consider getting involved and being where other students are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- Doing extracurricular activities such as clubs or classes (watch the *Nugget* student newspaper and the bulletin board for announcements)
- Volunteering – volunteer at events or fundraisers; check at the NAITSA office for volunteer opportunities, or put your writing skills to work for the *Nugget* student newspaper.
- At adjoining lockers
- In bookstore or food stall line-ups
- In eating areas
- In common study areas
- In intramural sports programs or at the gym

- At the “Nest”
- At program special events such as pub crawls or dances
- Meaningful, new relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others. Smiling, making eye contact and nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

• Some people have a tendency to get into intimate relationships too quickly when feeling lonely. Take time to stand back and assess why you are in the relationship and whether it is healthy and supportive for you.

Academically:

• You may find NAIT classes more difficult than high school classes, and you may find the workload much heavier. In order to survive you must take responsibility for your actions. This means following the course outlines, keeping up with readings and assignments, borrowing lecture notes if a class is missed, and initiating asking for help if you do not understand material.

• Student success seminars are presented at the beginning of each semester. Plan to attend and to practice using the suggestions early in the semester. Seminars are listed in the student handbook and on the website.

- See a counsellor if you need specific

work in one or more study skill areas.

• Strategies for Success: Techniques to Maximize Learning Potential, an on-line study skills booklet designed specifically for NAIT students, can be downloaded at www.nait.ca/53521.htm, or you can go to the site and click on pertinent topics.

• Get familiar with NAIT services and use those that are appropriate for you. Academic Success Centre resources include Student Counselling, the Tutorial Centre – a free service for help with math, physics and chemistry located in Room A-133, a peer tutor registry where you can hire a peer tutor for approximately \$15 per hour (Room A-172B), and Services for Students with Disabilities (SSD) – if you have (or think you may have) a disability that may impede your learning success contact SSD (Room W-111-PB). The McNally library and the Learning Resources Centre, Occupational Health and Safety, NAITSA and a variety of fitness activities are just some of the resources that can help you succeed at NAIT.

• Watch for weekly *Nugget* articles from Student Counselling that will provide academic and personal support to you during your stay at NAIT.

Any student can arrange to see a counsellor by booking an appointment in person at Room W111-PB, HP Centre or by phoning 780-378-6133. There is no fee and all visits are confidential.

INTERESTED IN STUDENT GOVERNMENT?

Five Reasons For Getting Involved In The Senate

1. EXPERIENCE: If elected, you'd be a voting member of the NAITSA Senate, which is the “governing body” for a multi-million-dollar organization. No matter what career path you choose, being a board member is a valuable experience. Aside from the first-hand knowledge of how meetings are conducted, participation on the Senate will develop skills such as accountability, decision-making, communication, teamwork and many more.

2. LEADERSHIP: If elected, you'd be a representative for every student in your School. As a member of the Senate you'll have the opportunity to be a leader by listening to the needs of students and working with other representatives to address them.

3. IMPROVING YOUR SCHOOL: Every institution has room for improvement. If elected you will be a key person NAIT wants to hear from to get the students' perspective. From parking to lockers to tuition to lab access, NAIT wants to know what students think and they will come to the Senate to find out.

4. INVOLVEMENT: On top of the classroom and lab stuff there is so much going on at NAIT it's hard to keep up. If elected, you'll find that you automatically have your ear to the ground and that will help you make the most of your NAIT experience.

5. YOUR RESUME: It's a safe bet that you want a good job when you leave NAIT. Most students don't realize how employers make hiring decisions. Here's a hint: Two NAIT grads ... same diploma ... same grades ... but one was a “Senate Representative” for the School of Business. Guess which one gets the first call for an interview.

Responsibilities of a Senate Representative

- **MEETINGS** – Attend Senate meetings at 5 p.m. most every second Wednesday starting Wednesday, Oct. 13, 2010 for a total of 12 meetings. Some exceptions apply.
- **TRAINING** – Attend a training session on Oct. 1 (3:30-5 p.m.) AND a mandatory training session Oct. 2 (all day).
- **COMMUNICATION** – To help you keep in touch with the students you represent you will have your own section on www.naitsa.ca which will list your contact information.
- **ACCOUNTABILITY** – Represent the students of your School fairly and honestly.

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

- 1. GET NOMINATED:** You only need 10 students from programs in your “School” to nominate you. Use the Nomination Form to collect the signatures required.
- 2. SUBMIT THE FORM:** The deadline to turn in your nomination is Friday, Sept. 17, 2010 @ 4 p.m. Take the completed form to Leeanne Mills, Internal Operations Manager, in the Students' Association office, Room E-131 on Main Campus before the deadline.
- 3. START CAMPAIGNING:** It's easier to get votes than you think. A good way to start is by telling your own classmates that you're running for the Senate, and remind them to vote online Sept. 24-30, 2010.
- 4. TALK TO STUDENTS:** There are no speeches or debates. Just get out there and talk to other NAIT students about issues that concern them.

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

Coming soon ...

THE NUGGET PRESENTS: Dr.CONwisDOM

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: GRAPEVINES

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

...

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

The Nest will bring you
back to summer vacation
with our tropical smoothies!

Fruit Smoothie \$5.25

Frozen Blended Coffee \$3.75

Available all day!



THE EVERY DAY WAY TO COMMUTE ON THE LRT

LRT use is usually at its peak each September with post-secondary classes back in session. To avoid the rush, LRT riders are encouraged to try commuting outside of the peak periods of 7:15 am to 8:15 am and 4:00 pm to 5:00 pm.

LRT riders can also follow these quick tips:

- Be courteous of others
- Space yourself across the station platform
- Please wait for others to exit before boarding the train
- Use the aisles for standing room, try to avoid crowding the door
- When sitting, hold your backpack on your lap

takeETS.com

For more information visit takeETS.com or call 311.

ETS
Edmonton Transit System

Top Five Ways to Pay Off My Student Loan

1. Get a great job at Agrium!
2. Move back home with Mom & Dad :(
3. Start a pyramid scheme!?!?
4. Participate in medical experiments
5. Collect empties from campus bar

Need to visit:
agriumwholesale.com/careers



Your horoscope



MADAME O

Sept. 9-Sept. 15

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

Virgo (Aug. 23-Sept. 22)

By the sounds of things, you'll be having a really easy school year. But what I've been hearing bears joining together in a Circle of Death match so don't trust me.

Libra (Sept. 23-Oct. 22)

Sometimes all you need to do is let people be aware you're around. Give them a nice gesture ... I don't like it that the first thing that comes to mind is a slap on the ass. Not many enjoy that. I do, however.

Scorpio (Oct. 23-Nov. 21)

Let it be known that you're in charge of your own destiny. No one should tell you

how to live your life nor do you have to take everyone's piece of advice. Just go with it, you'll be surprised at your own potential.

Sagittarius (Nov. 22-Dec. 21)

There are days when you want to scream at the top of your lungs and there are days when you want nothing more than to just smile. Well, I'm not going to tell you any of those. Instead I'll tell you this: "Why can't we be friends, why can't we be friends?"

Capricorn (Dec. 22-Jan. 19)

If you enjoyed your summer a little too much, then you might have some trouble making adjustments to your daily routine. Waking up with a beer in hand is frowned upon before heading to school. Cut that shit out.

Aquarius (Jan. 20-Feb. 18)

This week you will feel as if nothing can harm you. Just don't forget that a bus load of rabid hyenas running you over and feasting on your road-kill remains means that you are not physically invincible.

Pisces (Feb. 19-March 20)

Do you feel like you have extra weight laid on your shoulders? Well it should be around your gut area. You let yourself go this summer! Get back to the gym and eat healthier. I'm rooting for you!

Aries (March 21-April 19)

Mother jokes are so over-used as of late. But if you are looking for a fresh joke, I got just the thing: "Yo mama's so dumb, I told her she lost her mind and she started looking for it." I know, I'm crass.

Taurus (April 20-May 20)

People think your actions and decisions are very ambiguous lately. You should try to be more of a straight shooter and avoid fuzzy answers, especially when others are coming to you for help.

Gemini (May 21-June 20)

This week you will be making very memorable first impressions! Keep in mind, a memorable first impression

could mean that you shit yourself in class and everyone knew it. Make sure you aim higher than my example for a first impression.

Cancer (June 21-July 22)

People will follow your actions without hesitation. You have great leadership qualities this week so make sure you don't waste it. You'll be recognized for your deeds.

Leo (July 23-Aug. 22)

I'll tell you what, Leo. You tell me what you think your horoscope should be, and I'll write it in for next time. You can do this by going to thenuggetonline.com and clicking on GRAPE VINE. I'll be waiting.

Poll clerks needed

Duration: Sept. 30, 2010

Compensation: \$14/hour

- Poll clerks needed for NAITSA Senate election polling stations on Sept. 30 (10 a.m.-2 p.m.)
- Must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

- All poll clerks must attend a training session Wednesday, Sept. 29 at 4 p.m. in E-129. All will be paid.
- Poll clerks must have a complete understanding of the online voting process and be comfortable in providing guidance to students.
- Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.

STUDENT OPPORTUNITIES

NAITSA (NAIT Students' Association) Now Hiring!

Please apply with a cover letter and resume at E-131. Ensure you list the position you're interested in.

Movie Night Co-ordinator

The NAIT Students' Association is currently looking for a Movie Night Coordinator who will be responsible for the following:

- Co-ordinate logistics associated with implementing Movie Nights on campus, including:
 - Assist with putting up posters as required
 - Pick movies to be shown on Movie Nights
 - Co-ordinate shipping details with movie provider
 - Promote Movie Nights on Campus
 - Prep and distribute popcorn at Movie Nights, as well as clean the machine after each use
 - Promote NAITSA events at each Movie Night
 - Ensure the venue is clean after each viewing
 - Ensure proper paperwork is done each week
 - Ensure that Marketing has the movie schedule
 - Approximately four hours per movie night. **Term:** Tuesdays, beginning Sept. 28 through April 12, 2011 (23 movie nights in total)

Perks: \$60/movie night and get paid to watch movies (but you're gonna have to do a bit of work, too!)

Volunteer and Security Co-ordinator

The NAIT Students' Association is currently looking for a Volunteer and Events Coordinator who will be responsible for the following:

- Co-ordinate and implement the Volunteer initiatives on campus
- Work with the Events Committee to co-ordinate:
 - the 30-Hour Famine, Shinerama Fundraisers
- Assist the events team in managing volunteers at NAITSA events
- Assist the Events Team at NAITSA events
- Attend all NAITSA events
- Develop a recruitment plan for volunteers
- Build relationships with external organizations looking for volunteers
- Assist students with finding suitable placements for them to complete their required volunteer hours for course completion
- Recruit, manage, supervise and schedule event security for NAITSA and club events
- Approx 10 hours per week, term: September through April 30, 2011

Perks: Salary of \$600/month, parking on campus, office space, phone number, business cards and some rock solid resume experience!

NAITSA Street Team

The NAIT Students' Association is currently recruiting 20 students to become part of a Street Team that will be responsible for the following:

- Implement promotions around campus that will be used to engage students and promote NAITSA (during school hours and at events)
- Hand out free promo items to participating students
- DO iPad surveys of students on campus and at events

- Promote NAITSA events and initiatives to students and staff

Perks: \$15/hour, sweet resume experience, flexible hours and VIP access to nearly every NAITSA event!

NAITSA Security (SUDS Squad)

The NAIT Students' Association is currently recruiting 20 students to become part of the SUDS Squad that will be responsible for:

- Working club and NAITSA events to:
 - ID patrons
 - Ensure patrons are following all liquor laws
 - Liaise with organizers to prevent potential problems
 - Diffuse problems before they become serious

Perks: \$12/hour, very flexible hours (you can chose your shifts) and meeting a lot of cool people on campus. Note that shifts are not regular as these are casual positions that become available for events.

Front Desk Assistants

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

The Nugget

- Want to be published? There are a variety of positions available with our student newspaper. Apply in person at the Nugget office in E-128B.



SHINE DAY IS SEPTEMBER 11!

This year we aim to raise \$20,000 for the Canadian Cystic Fibrosis Foundation.

Email naitsavolunteers@nait.ca to donate or help out!



www.naitsa.ca

facebook
Visit us on facebook



Canadian Cystic
Fibrosis Foundation

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FACEBOOK.COM/HUDSONSTAPHOUSE



Darylann Hutchings

What was the best part of your summer vacation?



"Going home to Vancouver."

Alia Ozdemir
College Prep



"Coming back to school."

Ryan Paranich
Electronics Engineering
Technologies



"Spending time with my four-year-old niece who has cancer."

Karen LePage
Photographic Tech



"Hanging out with my friends and horse back riding in the mountains."

Emma Osmand
Combined Lab and X-ray
Tech



"Backpacking across Africa for three months and doing the second tallest bungee jump in the world while there."

Corey Loranger
NAITSA

Who said care packages only come from home.

Get reliable phone service with Shaw Digital Phone Basic. Email and surf the web 50% faster with Shaw High-Speed Extreme Internet. And when you add Shaw Digital TV with digital picture quality and sound, we'll install all three in one easy visit.

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