PIRATE PARTY ON FRIDAY - SEE AD INSIDE

THE day, September 15, 2011 Thursday, September 15, 2011 Volume 49, Issue 3



YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

MEN GET FEMALE GOALIE

Olympic gold medallist Shannon Szabados joins men's hockey team



ALL WET

NAIT Shinerama volunteers take a break from washing cars on Saturday, Sept. 10 during the annual campaign to raise money for cystic fibrosis. This year, 55 volunteers washed cars, shined shoes and sold balloons, with a preliminary total of more than \$3,100 raised. Last year, 35,000 students at 60 universities and colleges across Canada raised \$1 million.



With \$4 glasses of wine (6 oz.) and \$4 pints - Victory is yours.

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NEWS&FEATURES Gift of life to be cherished



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO Issues Editor

She has no hair, no ears, lacks eyelids, her nose is torn, her lips are unlike any normal human being and her fingers are amputated. Over 60 per cent of her body was burned.

In 1999, 19-year-old Jacqui Saburido, from Venezuela, was set on helping her father's business after finishing her Industrial Engineering degree at the university. Prior to accomplishing this goal, she first wanted to learn how to speak English during her break in school and subsequently moved to Austin, Texas. Then her life was changed forever.

Jacqui Saburido and four other friends were headed home after attending a party. The driver and Saburido were sober. On the other side of the road, 18-year-old Reggie Stephey was also driving home after drinking beers with his friends. Unfortunately, he was deeply intoxicated. In that split second when Stephey swerved over the centre line, his car met the one Saburido was in and crashed head-on. Two passengers immedi-

ately died. The other two were rescued by paramedics. Saburido was still trapped between the front seat and the dashboard. But, before the paramedics could pry open the door to reach her, it was too late; the fire had started.

"When Jacqui was engulfed by the flames, she was screaming and moaning and wailing an almost inhuman sound that I'd never heard another person make," a paramedic, who was on the scene, said in a news source.

Stephey was unscathed. Saburido was confined to the hospital for months on end. To this day, she has undergone over 120 surgeries. Imagine yourself in her place. I can't even stand

the pain of a miniscule paper cut! She heavily relied on her dad, who helped her recover. Every morning, he instilled in her the power to keep going.

Stephey was convicted in 2001 of two counts of intoxication manslaughter. He spent seven years in jail and was fined \$20,000. When he was released in 2008, Saburido met with him and forgave him.

In the 911 call Stephey had made, the operator was trying to



Jacqui Saburido Sept. 19, 1999

comfort him, saying, "It could have been worse." He replies, "It could have been completely avoided."

At 32-years-old, she struggles everyday and suffers through chronic depression but Jacqui Saburido continues to fight.

It may be hard looking past her physical appearance, as that is the first thing that you see in a person, but once you look beyond that, I believe she truly is a strong and beautiful woman inside.

Saburido has given countless interviews, appeared in a PSA, was Oprah's favourite guest of all time and continues to be an advocate against drinking and driving.

I only hope to convey to you to be thankful for what you

have and be content with who you are. You are responsible for your actions. Have faith and keep going no matter what you're going through. Like Jacqui Saburido, you have a purpose in life. How would I know, right? Think about this: if she died in the crash, then it simply meant her time on earth had ended. But she lived. She was given a chance – a second life. Sometimes, you might only have one. Cherish it.



Jacqui Saburido After the accident

Cards now OK

Food Services.

By ALI MAGEE

This fall for the first time, NAIT food establishments are accepting debit and credit cards for payment. Prior to this, all food services were cash only, with ATMs available throughout the

Having the card machines will offer great convenience to those who buy meals and snacks on campus. Food service sites will also be accepting Express Cards and, of course, cash. Express Cards can be loaded using debit or credit in the facilities. Students wishing to pur-

chase the reloadable cards can do so at any Food Services outlet or at the NAIT cash office, Bookstore or Tech Store.

Having always put emphasis on the convenience and speed offered by the lunch break food stops, the services do not plan on letting the new machines slow them down. NAIT food services asks that everyone paying with a card take time before reaching the register to get their method of payment ready. This will ensure that lineups still move fast and the new machines are a success.

Some NAIT students are eager to avoid the ATMs.

"I think the Fresh Express will have more business," says NAIT student Sam Tennant. "I

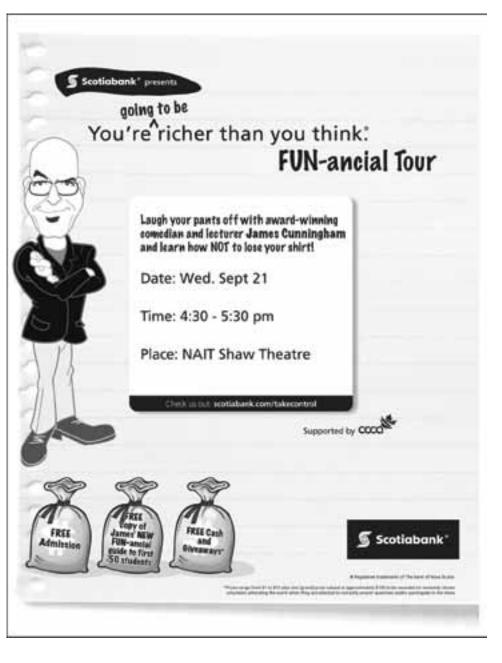
am more tempted to go there now because if I only have my debit card I don't have to worry about paying the ATM fees to take out cash."

Many students agree with Tennant, that the business of the food establishments will have an increase with the use of debit and credit card machines.

So, if you are out buying food or drinks this week, remember that you are now able to use a card, and let's try to make these machines a success so be ready to pay when you reach the front



Debit and credit cards are now accepted by NAIT



Alumnus gives back

By CLAIRE THEOBALD

Students in NAIT's Electronics Engineering department can look forward to 13 new custom built Programmable Logic Controllers thanks to Sandy Yakimchuk, who constructed and donated the devices as a way of giving back to the school that started his career.

"NAIT gave me my education, so it is a huge thank you to them," said Yakimchuk, "and I think the students will benefit from it."

Mark Archibald, Chair of Applied Research and Curriculum Development for the School of Information, Communication and Engineering Technology, described the PLCs as the brain of any manufacturing machine. PLCs are found anywhere anything is manufactured on a large scale, and in everything from food processing to the oil and gas industry.

Yakimchuk, president of Control Freaks Automation, designed these PLCs specially for use in a lab setting, allowing students to gain valuable experience working with these devices hands on.

"I see a real lack of this type of ability in the real world," Yakimchuk said, "I think that there needs to be more exposure for this type of programming platform."

Archibald hopes that by allowing students to get their hands on this equipment early, engineering and nanotechnology students will be better prepared when faced with programming similar to these devices in the real world.

"The idea is to try to stay as cutting edge as possible," said Archibald, "An institute like NAIT graduates people who can help innovate industry and push it forward and in order to do that we have to have access to the latest and greatest technology."

That type of hands-on, practical training is what attracted Yakimchuk to NAIT in the first place and the skills and knowledge he gained through his education at NAIT allowed him to work internationally and start his own

Yakimchuk co-founded a course curriculum designed specifically for the PLCs and hopes the extra exposure will inspire more students to consider pursuing this type of technology as a career.

"I find myself extremely busy, so there is no shortage of work," Yakimchuck said. "There is certainly more room in the workforce in this type of

Although it is difficult to put a value on these custom PLCs, Yakimchuk estimates his donation to be worth almost \$100,000, including nearly 500

Funds, fun

By ANNA MacLEOD

Who says learning about budgeting and investment can't be fun?! Most people.

Noted stand-up comedian James Cunningham aims to prove them wrong with his FUN-ancial Tour of Canadian colleges. The 16-stop tour is specifically geared towards post-secondary students - taking into account the resources and expenditures of the collegiate demographic and delivering it in an entertaining and

The presentation, entitled "You're going to be richer than you think", focuses on breaking finances down in an intuitive way. Cunningham's aim is to make budgeting, debt management and investments seem more manageable and less overwhelming for students. Every aspect of the presentation is designed to be fun, accessible, and he encourages participation from the audience.

While many financial programs geared towards students almost exclusively touch upon issues of budgeting, Cunningham also tackles the subjects of debt repayment options and long-term investments. The intention of the FUN-ancial tour is to help students not only deal with their immediate monetary issues, but also to plan for a brighter and more solvent future.

Be prepared to laugh as much as you learn- Cunningham is enjoying a successful career as a comedian and entertainer, currently hosting the series Eat St. on the Food Network. Rest assured and have no fear of a dry, droning lecture on "spending less than you earn" and "not spending your entire budget on beer ... blah, blah". Cunningham's methodology is intuitive and easy to understand and, when delivered in his down-to-earth and humour-infused style, makes a lasting impression.

The presentation, which is, fittingly, free, will be in NAIT's Shaw Theatre from 4:30 until 5:30 p.m. on Wednesday, Sept. 21. As added incentive, refreshments will be provided and giveaways are also on the bill.

Circle the date in your school issued agendas in red... and learn how to get in the black.

hours of labour in his shop.

"It's quite a contribution," said Archibald. "He is really active in giving back and supporting the program, so that's quite exceptional and very much

Although other engineering programs at NAIT have used PLCs before, this is the first time Electronics Engineering programs like Nanotechnology



Programmable Logic Controllers are the brains of manufacturing machines.





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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.





You will be exceptional. We can belp. Services. Representation. Connecting. Growth.



On behalf of NAITSA's Shinerama Campaign and Cystic Fibrosis Canada, I would like to thank all the volunteers who came out on Shine Day, Saturday, September 10 2011. Thank you as well to all members of the 100 Club, who have given \$100 towards finding a cure.

We've had many events throughout the summer and I'm grateful to our many volunteers.

We have raised \$10,000 to date. Our goal is \$20,000. With your ongoing support we will achieve our goal!

Cystic Fibrosis, or CF, means you can't breathe and one day soon with your help we hope CF becomes Cure Found.

Miranda Holman NAITSA Shinerama Campaign 2011





Learn to cook, part time

By JEN RAMSTEAD

Learn how to flambé in your free time! Aspiring chefs now have the option to take part-time classes at NAIT.

On Aug. 22, 16 students started the new Culinary Arts part-time program. The program allows students to train at NAIT, while working a full-time job.

It runs three times a week- including two weeknights and Saturdays.

The students, however, train for a full 12 months, unlike the full-time program which runs for only eight months, from September to April. Like full-time chefs in training, the parttime students receive hands-on training in the

Hokanson Centre for Culinary Arts.

During the program, students learn the fundamental skills of cooking with an emphasis on safe food-handling, nutrition and sanitation. Culinary students also learn pastry art, contemporary hot and cold presentation, and international cuisine.

Jeff Gordon, associate chair of NAIT's School of Hospitality and Culinary Arts, explained that there is a high demand for the program, so it's nice to have more availability for aspiring chefs to train at NAIT. The parttime option has proven to be very popular as the 16 spots filled quickly.

Part-time students also complete a five-

week practicum; the same as full-time students. Once part-time students have completed the program, they earn a certificate. They can then apply for a full-time diploma and complete a second year of study, or go straight into the work place.

Culinary Arts has proven to have very successful graduates, such as Corbin Tomaszeski. Corbin graduated in 1992 and went on to be Executive Chef of Holt Renfrew in Toronto and host of Food TV's Restaurant Makeover and Dinner Party Wars.

For more information on the Culinary Arts program, visit http://www.nait.ca/program home 77767.htm or call 780.471.6248.



Jeff Gordon High demand

Laptop anti-theft measure

By JUSTIN MARSHALL The Brunswickan (University of New Brunswick)

FREDERICTON (CUP) - The University of New Brunswick's security department is introducing laptop-protection software to protect students from a string of thefts that plagued campus earlier this year.

The protection is offered by FrontDoorSoftware and protects students' laptops by sending messages to stolen laptops remotely, sending custom talk messages remotely and even pinpointing its location on Google Maps.

Another highlight of this software is the lockout feature. This will protect all personal files and e-mails you wouldn't want an intruder to have access to. Director of security Bruce Rogerson said universities throughout North America are using the software.

Giving it a try

"With the attractive items of desktops and laptops, we felt we needed to give this product a try for students," he said.

"So I tested it for a 30-day trial run and we thought it was a prevention tool that we could give free to faculty and students ... "

Rogerson said the software would be available for at least four years from the time a student installs it.

One of the key features of the software is a custom talk message.

"If you log on to your account and report the laptop stolen and somebody tries to access it, they're not able to because of the lockup feature, and after a minute or so it starts yelling for help,"

"The feature is certainly a deterrent for people who steal laptops naturally, because if they try to pawn it off, the person buying it would know it's stolen from the lockout message."

\$3,000 a year

Rogerson said since Aug. 23, when six laptops and two desktops were reported stolen, there has been only one reported stolen.

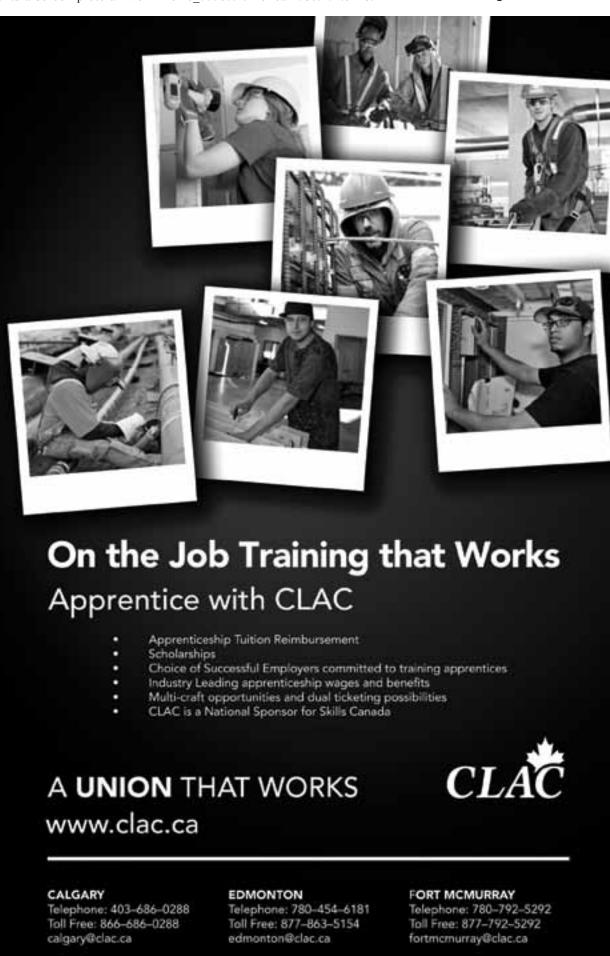
"There was one laptop that was reported missing earlier in the year but turned up two days later," he said.

Rogerson said there was a home invasion a few months ago in Fredericton where two men were caught and charged for stealing a laptop. There was also a man who was charged for stealing a laptop at the library downtown.

"These related charges could be why we see a decline in the recent laptop thefts."

The cost of the software is \$3,000 a year and is being paid for by the vice-president academic's office.

"If the software is used and helps keep student laptops safe then we hope to offer the program free again for next year," said



Virtually Speaking

Making a claim? Prove it!

By GRAHAM McCANN

I was wandering around a mall recently and walked into one of those "As Seen on TV" stores. Of course most of it was fad workout equipment and mostly useless novelty items. One thing that caught my eye, however, was something called a "Power Balance" bracelet. It looked like a regular piece of plastic with a hologram on it, but claimed that they improve strength, balance and flexibility. It had Shaquille O'Neal's endorsement and had a display of photographs of celebrities such as Justin Bieber and even Bill Clinton sporting these supposed miracle bands on their wrists.

If these powerful people are wearing them, what wonders could it do for you? You can get your own Power Bracelet for only \$49.99.

Turns out it's a scam. The company was even forced to admit it in Australia now that the country is getting tough on those who sell products along with an unsubstantiated, pseudo-scientific claim.

The Australian Competition and Consumer Commission (ACCC) last year ordered Power Balance Australia to refund all customers who feel they were

misled by the supposed benefits of the bracelets.

ACCC chairman Graeme Samuel said in a statement carried by the *Sydney Morning Herald* on Dec. 23 last year: "Power Balance has admitted that there is no credible scientific basis for the claims and therefore no reasonable grounds for making representations about the benefits of the product."

If only North America and the rest of the world got tough on these companies. Especially with pseudo-scientific and unsubstantiated mystic claims such as psychic powers, homeopathy and even dangerous anti-vaccination rhetoric (see Jenny McCarthy) being rampant in America. The media does very little to bring these things to question, and even harbours these beliefs with day time talk shows and countless programs about the paranormal.

It would be fantastic if these claims could be proven and tested once and for all. I would be ecstatic if some of these phenomena were proven to be real, such as psychic or telepathic power.

ordered Power Balance Australia to Luckily, James Randi, an illusionist refund all customers who feel they were and magician by trade, has an organiza-

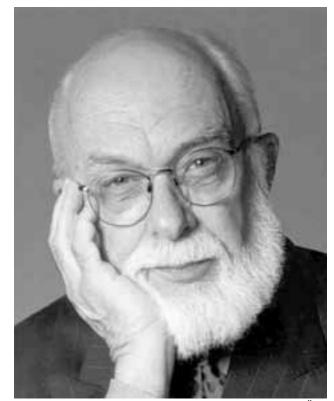
tion called the James Randi Educational Foundation which tests these claims with a \$1 million reward attached to it. Anyone that asserts that they have these kinds of powers and companies that make products like the Power Balance bracelet can sign up to be tested and be given the \$1 million if it can be proven under scientific testing.

There have been many people try to get the million with all sorts of claims, but no one has yet succeeded.

Randi, now in his '80s, took to this task of exposing charlatans such as psychics like Sylvia Brown or John Edward, because as a magician, he saw exactly how these people were deceiving the public; using magic tricks and mentalism but telling the audience that they had genuine power.

James Randi is coming to Edmonton on Sept. 25 as part of a Canadian tour to talk about his life and career and about his search for supported claims of paranormal power.

Go to the James Randi Educational Website www.randi.org for more information.



randi.oi

James Randi Coming Sept. 25

Help wanted at NAIT Open House

By JENNY OATWAY

We have a little over a month until the NAIT annual Open House, and the recruitment office is still searching for willing student and staff volunteers

Every October, NAIT hosts the Open House as an opportunity for prospective students to check out the building, the administration, and the programs in order to find out if NAIT is the place for them.

Some of you may even be reading this today because of a fantastic experience you had at an open house yourself!

We all know what it's like to be that person: fresh out of high school, the world at your feet, looking for the school and program that really grabs your interest.

The NAIT Open House is the perfect opportunity to appeal to possible new students and

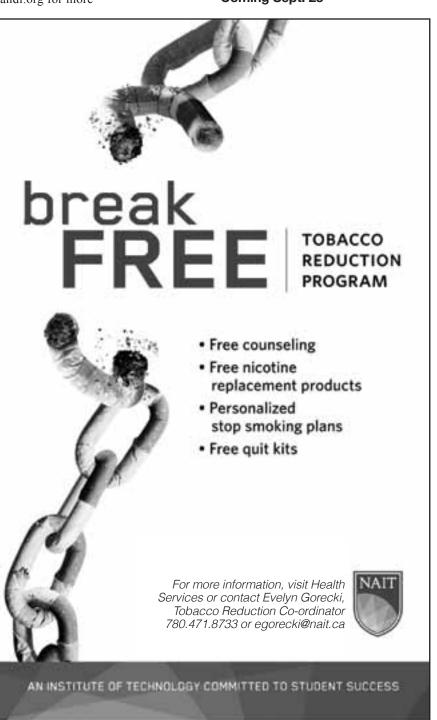
entice them with one of the school's many exciting programs, as well as the knowledgeable instructors, and thrilling student life. It is so important to have student volunteers on hand to show off the perks of being a NAIT student and to encourage prospective students to give something new a try. Your program could be something they may never have considered a possibility because they never knew enough about it, but with a little encouragement, you never know, they could be well on their way to being a broadcasting sensation, a business mogul or a skilled tradesman.

And it is not all about the fresh meat! Volunteers will get a nifty NAIT T-shirt, free lunch and the chance to meet lots of new people. Not to mention, the hours are totally flexible, so whether you are up for the whole day, or just volunteering for a few hours, everyone is encouraged to join in!

The Open House is on Friday Oct. 14 from 9 a.m. till 3 p.m. and Oct. 15 from 10 a.m. till 3 p.m. Anyone wishing to volunteer can do so by getting in touch with Amanda Nielsen at anielsen@nait.ca by Friday, Oct. 7.



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OPINION

— Editorial —

Does one person matter?



CELESTE DUL Editor-In-Chief

like to consider myself an eco-friendly person. I recycle, don't leave lights on and put on a sweater as opposed to cranking the heat.

Ads stating 'You Can Make a Difference' made me feel empowered and important. But, after spending a large portion of my summer interviewing environmentalist and oil

sands endorsers I came to question whether my small environmental contribution is really making a difference.

In the last few years we've all been bombarded with information about greenhouse gases, climate change and global warming. We are told that our ice caps are melting faster, our sea levels are rising and weather patterns are changing. Some critics argue that this is a normal occurrence for the world and we should adopt the precautionary principle.

Better to be safe

The precautionary principle states that "if the potential consequences of an action are severe or irreversible, in the absence of full scientific certainty the burden of proof falls on those who would advocate taking the action."

Simply stated, it's better to be safe than sorry. We need to change our lifestyles. We need to find safer ways of doing things. What concerns me is the fact a lot of pressure is being put on average people to change what they're doing. However, I feel like no matter how hard I try, or how hard any number of individuals try, we can't make a sizable difference when industry still hasn't taken a leap towards becoming "green."

Alberta is frequently criticized for the oilsands and our environmental footprint – the government promised to change this as soon as possible. Yes, new policies have been put into effect and everything appears to be 'changing'. What a lot of people have over looked though, is the fact that many of these policies and environmental changes don't come into effect until 2015 or later ... I thought this was a priority.

Government needs to step up

Don't get me wrong, I understand why industries such as the oilsands and power companies do what they do. Everyone needs to put food on the table and in no way do I want to scrutinize companies. If I were in their position I would probably do the same thing. It saves millions of dollars to do things the "old" way as opposed to the "green" way.

I'm proposing that government needs to step it up a bit and actually enforce new environmental policies. If the issue is a pressing as it's being made out, why are we waiting so long to change?

In 2008 the Canadian government announced that it would reduce our greenhouse gas emissions 20 per cent by 2020. In addition, they promised that 90 per cent of Canada's electricity would be generated from zero-emitting sources by 2020. I no longer see this as a possibility.

After allowing companies to build under older regulations and not making companies change the way they do things until 2025 is going to make it nearly impossible to reach this goal. If we're going to change, we need to start now, not 10 years from now.



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

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

Trust us on that. Write us.



SPORTS

MEN'S SOCCER



Something special?

By AVRY LEWIS-McDOUGALL

The NAIT Ooks are back and hungry for a title win, after making it to the semifinals and losing last year in the CCAA soccer championships. Team energy is high and they are ready to answer for the heart-breaking 4-3 loss against Vancouver Island University last playoff season.

I had the pleasure of talking with the head coach of the men's team, Jeff Paulus. He said that his club "wanted to get stronger, quicker and faster" after



the loss in the finals to VIU with the addition of a professional strength and conditioning coach but Paulus did say that while the club "has always been able to play with anyone we still need some bounces to go our way."

Having ACAC sensation Thiago Silva

back for a third year is huge and coach Paulus said that he hopes to see him "challenge again for player of the year" as Silva last year was the player of the year in the ACAC as well as being a CCAA national tournament's all-star

Coach Paulus has his troops ready for the opening weekend, which means a "demanding training camp" before games against Concordia and Grant

There is a reason Paulus is well respected for his recruiting as he brought in new players such as Mallen Roberts, Jose Acosta and Jordan Ellis to fill in the central defence to help replace Jordan Stewart. Stewart is now a new coach on the men's team and they plan to make NAIT even more dominant on its side of the pitch. 2010 was a great year for NAIT's defensive line, as they only let in six goals in the entire season.

The 2011 men's Ooks soccer team "could be something special," according to the coach. With fresh blood and old stars ready to lead the team, the season may not end in an upset this year.

MEN'S HOCKEY

Men's hockey team adds a woman

By BRETT McNIVEN and TY HUDEC

Well it's that time of year again, when the men of NAIT strap on the skates and hit the ice for a brand new season of hockey.

Coached by Serge Lajoie, the NAIT Ooks have

Men's Hockey

NAIT Ooks

University of Alberta Golden Bears

Friday, Sept. 16 - 7 p.m.

NAIT Arena

Women's Hockey

NAIT Ooks

University of Alberta Pandas

Saturday, September 17 – 4 p.m.

NAIT Arena

many reasons to be optimistic about the new season, as they will have plenty of new faces on the roster, including a number of newcomers up front.

Despite the loss of key players such as Kyle Teague, Adam Ferrante and Brad Sinclair, the Ooks have a solid core led by captain Kyle Johnson and last season's leading scorer

Jiri Prochazka. The Ooks are coming off a season where they finished fourth in the standings, with 34 points in 28 games. However, the team could not get past Concordia in the first round of the playoffs and were swept in two games.

The Ooks made waves by adding Olympic gold medallist Shannon Szabados between the pipes. Szabados helped lead our women's national team to gold at the 2010 Winter Olympics in Vancouver. Joining Szabados in the crease will be Greame Harrington, who finished last season with

> 11 wins, a save percentage of .917 and a GAA of 2.34 in 24 appearances with the Ooks.

"The weaknesses is what we really wanted to address," head coach Serge Lajoie says. "We wanted to build from the goaltender out. So we were actually really fortunate to have Shannon Szabados trans-

fer from MacEwan. She's a quality goaltender and makes our tandem with Greame Harrington arguably one of the best in the league."

On defence, NAIT lost some key players in Sinclair, Dion Darling and Cam Larson, but there are still a number of veteran leaders including Johnson and Kyle Ceretzke that will be looked to for their leadership with four fresh faces coming

in on the blueline. Steve Pratt and Kjell Reid join Prochazka as the returning forwards, leaving a number of spots open up

While no one believes this team will go undefeated, the feel in the locker room is that this is a strong team that can be competitive every night against teams like Concordia, SAIT and the defending champions Mount Royal Cougars, who won last season's championship in five games over SAIT. The 109 Street Challenge is also back in full swing and the Ooks will look to go undefeated against Grant MacEwan again this year.

If the Ooks had an Achilles heel last season, it was the Concordia Thunder, who, despite finishing below the Ooks in the standings, went three and one against the Ooks in regular season before eliminating NAIT in the post-season. The Ooks will look to improve on that matchup, as they open the 2011-12 season on Oct. 7 on

the road in Concordia.

NAIT will host the Thunder in their first home game on Oct. 8 at NAIT arena.



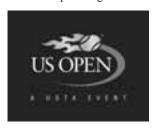
Shannon Szabados

Novak Djokovic rules!

By NICK BERRY

For the first time in 19 years, the top four seeds in the US Open men's draw made it to the semifinals. World No. 2 Rafael Nadal, dispatched No. 4 Andy Murray in four sets to face the winner of No. 1 Novak Djokovic and No. 3 Roger Federer.

Djokovic took his mighty 62-2 record this year into the semifinal match against the 16-time grand slam winner. Federer took the first two sets, needing a tiebreaker in the first one to put the hottest player on the planet on the ropes. Djokovic battled back, taking the next two sets 6-3 and 6-2 before falling behind and facing two match points against the crowd favourite. He fought back again



however and defeated Federer 7-5 in the final set to move on to the championship, setting up the world's top two men to battle it out in the second consecutive Grand Slam final, as Djokovic defeated Nadal at Wimbledon two months earlier.

In the rematch of last year's US Open final, Nadal jumped out to a 2-0 lead before Djokovic took over with his masterful shot placement and powerful serve to take the first set 6-2.

The second set saw some great shots being made from both men. They battled back and forth but Djokovic came out on top 6-4. The third set was nothing short of amazing. After Nadal tied the match at 2-2, being down 2-0, the men began to exchange rallies that exceeded 20 strokes numerous times and occasionally cracked the 30 mark, each making a shot better than the last to extend it. The match went to a tiebreaker, which Nadal won 7-3 to take the third set 7-6. In the fourth set and fourth hour of play it looked like fatigue had finally gotten to Nadal. Djokovic took a 3-0 lead and never looked back. He took the fourth set decisively 6-1 to earn him his fourth Grand Slam title and third of the year. He improved to 6-0 this year against Nadal, who could not repeat his 2010 run to capture the title. Djokovic's amazing run in 2011 includes 10 titles and over \$10 million in earnings.

The women's side saw American Serena Williams going for her 14th Grand Slam title and her fourth US Open. She was fresh off beating the women's World No. 1 Caroline Wozniacki in the semifinals and was playing inexperienced Australian Sam Stosur, who was in her first ever Grand Slam final. Stosur, however, picked the



World No. 1 Novak Djokovic weathered a first-set storm to subdue Alexandr Dolgopolov 7-6 (16/14), 6-4, 6-2 on Monday and reach the quarter-finals of the US Open.

biggest stage she's ever been on to play the best she ever has. She used some powerful shots to get on top and ended up taking the first set 6-2. Then early in the second set while facing a break point, Williams yelled out her common "come on!" celebration prematurely when Stosur was reaching for a backhand.

With the point being awarded to Stosur, Williams went on a rant of insults directed toward the chair umpire that was less volatile but reminiscent of her outburst two years ago at the US Open. Williams couldn't recover from the incident and dropped the second set 6-3, giving the title to Stosur, who became the first Australian woman to win a Grand Slam since Evonne Goolagong Cawley won Wimbledon in 1980.



Rafael Nadal

Athletes of the week

September 5-11

gram at NAIT and is from Edmonton.

Laura Kautz Soccer



Zach Kaiser Soccer



Zack was selected as the player of the game in both of the team's contests this past weekend. Possessing incredible pace and technical ability, Zach terrorized the flank against both Concordia and MacEwan. He was a constant threat on the ball and created several opportunities for his teammates in each game, leading his team to a 4-1 victory over Concordia and 0-0 draw with MacEwan. "Besides going forward and leading the Ooks' attack, Zach was also very responsible defensively and made a large contribution to a defence that only conceded two shots against in each of its two games," said head coach Jeff Paulus. Zach is a Continuing Education student from Beaumont.

Laura was magnificent this past weekend in the Ooks' opening games of the season. She scored a goal and set up two others in the

team's 6-3 win over rival Concordia on Saturday and followed that up by scoring a pair of goals Sunday in a 4-1 victory over MacEwan. "Laura was amazing this weekend," said head coach

Sergio Teixeira. "She scored the first goal of the game in both

our matches, setting the tone and she was all over the pitch."

Laura is in her second year of the Personal Fitness Training pro-

Jobs in Athletics

Ooks Mascot – \$900 per semester

The Ooks mascot is a pivotal position and requires a lot of enthusiasm and energy. You will interact with the crowd by maintaining a high level of energy and entertainment. The person chosen must be good with kids. You will be required to work part of every home game and a few special events.

Photographer – Pay to be determined

The NAIT Athletics photographer is required to take action shots at part of every home game and a few special events.

The photographer will be exposed to 12 different sports teams and will be provided with a great opportunity to gain valuable work experience. A handful of pictures will need to be edited and sent to our communications officer the Monday morning following weekend action. Pictures will be used on our promotional materials, NAIT Athletics website and at other special events.

If you are interested, please contact:

Andy MacIver

Athletics and Recreation Events Programmer E-mail: andym@nait.ca hone: 780-471-7606 **MEN'S VOLLEYBALL**

A lot to live up to



BALJOT BHATTI Assistant Sports Editor

NAIT's men's volleyball team returns with many new and old faces, ready to dominate in the 2011-2012 season. The four-time ACAC championship winning Ooks are energized and ready to play.

Captain Austin Hinchey and assistant captain Greg Gulash will be leading the team of rookies and vets, under head coach Simon Fedun's direction. The new guys have a lot to live up to, with the Ooks' existing track record.

New players of note include Cody Cuthill, Lyndon Mercier and Marcelo Quirino. Both Cuthill and Mercier have previously played at competitive colleges. Because of their athleticism and experience, the coaching staff feels their learning curve will be small and they'll be able to adjust to the team and begin contributing right away. Quirino is a late addition to the team, from Brazil and coach Fedun is excited at his prospects.

"I feel very fortunate to have him join us," said Fedun of Quirino. "He has a very high volleyball IQ and excellent ball control. I anticipate him being a very good ACAC player."

Returning players of note include Justin Vincent, Trevor Langvand, Cole MacDonell, and Anton Borodyuk. While the rookies are expected to catch up to the rest of the team, and fast, the coaches expect no less from their long-time players.

"I am expecting big things from our returning athletes this year," said Fedun. "We were one game shy of making it to the national championship and I know that they are all motivated to change that outcome."

The NAIT Ooks even have a pair of brothers playing on the team: Captain Austin Hinchey and his younger brother Blake. The coaching staff also expect that as many as five new players will join the Ooks from their under-18 feeder team, known as the Nooks.

You can see the NAIT Ooks in action all throughout late September and October, beginning with a tournament on Sept. 23 and 24, with Grant MacEwan University and Kings College. The first regular season home game for the Ooks will be on Oct. 29 against Kings



Photo by Laura Dettlin

NAIT Ooks' Carsten Moeller, right, blocks the ball during a game last February against Augustana.

College at 8 p.m. in the NAIT gym. Following that, the team will be heading to Briercrest and Keyano

When asked on how the rest of the season looked, coach Fedun had this to say: "The ACAC will be just as competitive as

last year. There are probably eight or nine teams that have a legitimate shot at going to nationals and I put us on that list. We will be a very strong defensive team combined with a dynamic offence that should make us tough to beat"

WOMEN'S VOLLEYBALL

Women ready to make a difference

By BALJOT BHATTI Assistant Sports Editor

The NAIT women's volleyball team has gone through some restructuring and added some new blood to get ready for the 2011-2012 season. After a weak finish last year at eighth place, head coach Erminia RussoThorpe has gotten do the recruiting her way and added some very strong players.

The women's volleyball tryouts were on Thursday, Sept. 8, where the team recruited

six new players, including last-minute addition Sarah Watson, who previously played for Grande Prairie and Mount Royal. She brings needed experience and maturity to the team. The coaches are also excited about power hitter Jasmine Hawlyriw.

There are also four promising players who are straight from high school. Coaches say it will take some time to get them ready for the next level, but they're bringing energy and excitement to the team and the game. Returning players of note include Taylor Smith, Jelena Saric, Jillian Irvine, Kelsey Bleier, and Stephanie Brown.

Focusing on recruiting was at the forefront of the head coach's mind. Russo Thorpe, who was hired late last year, didn't get to do much in the way of finding key players, which may explain the team's mediocre performance last season. "We're a step ahead from last year," she said.

Despite last year's performance, the coaches

and team are optimistic about this year.

"It comes down to who can play the most consistent volleyball, which was a problem that we had last year," said Russo Thorpe. "I'm looking for this team to be a Top 4 team by the playoffs."

You can see the Ooks in action at their first exhibition tournament on Sept. 23 and 24 at Concordia University College. Their first league game is at King's College on Oct. 28, at 6 p.m.

The Athletics dept. wants you

Announcers – \$60/nightBasketball/volleyball/hockey

This position is the voice of the Ooks, which plays a very important role during our game operations. You will introduce teams, announce the score, promote and explain events and thank sponsors. A strong microphone presence is essential and auditions will be held. You must be willing to work every game of the sport you are chosen for (with exceptions).

Ticket Takers – \$60/nightBasketball/volleyball/hockey

You are the "face of Athletics" because the public deals with you first. You sell tickets and clothing at the ticket booth, set up displays, handle all promotions/draw boxes, fill out summary sheets for attendance and any other duties as required.

Score Sheet – \$60/night Basketball/volleyball/hockey

This person's main responsibility will

be to fill out the score sheet, including having a running tally of the score and keeping track of fouls and timeouts throughout the game. You must have the lineups entered on the score sheet 15 minutes before the game.

Score Clock – \$60/night Basketball/volleyball/hockey

The main role of this position is to run the score clock while keeping the rest of the table organized and up to date with the game. An indepth knowledge of the sport is an asset.

Stat Keeping (DakStats) – \$75/night Basketball

The stat keeper fills a very important and demanding role. You will be required to track all the ACAC required stats throughout the game. Strong basketball awareness is essential. You must be able to quickly transfer the information to the DakStats computer program. You must have the program "game ready" 15 minutes before the game.

3-Ball – \$35/night

Volleyball

You will be required to hold and collect volleyballs when they are not in play, and throw balls to the ready server. You will also help with the setup and take-down of the ticket booth and game entrance areas before and after the event.

Goal Judge – \$40/night Hockey

The goal judge in hockey is responsible for "flicking" on the red light when a puck crosses the goal line. He or she is also required to keep a tally of the shots taken on the net they are working.

Concession Attendants – \$60/night Basketball/volleyball/hockey

The concession attendant is responsible for providing food and drinks to customers of the athletic events. Alcoholic beverages are sold so ProServe is required, along with money hand-

ling training (provided). Staff must be welcoming and friendly to all staff.

Setup/Cleanup - \$60/night

A strong team of two responsible and dependable staff will be required to set up the main gymnasium before all home games and clean up the facility at the conclusion of the event. Pulling out bleaches, chairs, floor mats, setting up the inflatable Ook, volleyball nets, etc., are a few of the expectations for the job.

Cameraman – \$900 per semester Basketball/hockey

The camera operator is responsible for filming every home game. Games will be webcast across Canada for viewers to see. Setup and take-down of equipment will be required.

If you are interested, please contact:

Andy MacIver

Athletics and Recreation Events Programmer E-mail: andym@nait.ca

Phone: 780-471-7606



New season, new picks





PATRICK KNOWLES Sports Editor

This past weekend marked the kickoff to the 2011 NFL regular season and they couldn't have picked a better weekend to open up on. With last weekend being the 10th anniversary of 9/11 and the terrorist attacks on New York and Washington DC, it was great that the NFL owners and NFL Players Association were able to come to an agreement that ended the lockout in time for no pre-season or regular season games to be affected.

This allowed for the NFL and its teams to pay their respects to those who lost their lives on 9/11 with great displays of patriotism before each game played over the weekend. Seeing

the giant fieldsized American flags and having the matchup of the New York Giants and Washington Redskins, the NFL would have missed



out on a huge opportunity to show that we will never forget the people who lost their lives on that tragic day 10 years ago, all that they did and the sacrifices they made.

Now with that being said ... ARE YOU READY FOR SOME FOOTBALL? I sure hope so! This season is shaping up to be one of the most exciting and tightly contested seasons in recent history. Since it would take a week to write on all the story lines for this upcoming season, I thought I would just focus on a few

and then maybe give a prediction or two.

Let's start in the AFC, where last year's champions, the Pittsburg Steelers, are in tough to make the playoffs this year let alone get back to the Super Bowl. To win their division they have to get through a very tough Baltimore Ravens team that looks like it has all the pieces needed to make it to the Super Bowl this year.

But they must get through the New York Jets and New England Patriots, which is not an easy task any way you look at it. As I am writing this I ask myself the question ... third time lucky for Jets coach Rex Ryan? This is the third year he has predicted that his team will be Super Bowl Champions and each year he has come one game short of making it to the Super Bowl. With the team they have this year and with quarterback Mark Sanchez being one year older, I think it just might be third time lucky for Rex and his Super Bowl prediction.

In the AFC South Division, look for the Houston Texans to finally win that division. The injury to Peyton Manning in Indianapolis gives the Texans the opportunity to win the division for its first time in franchise history. The

injury to Manning ends his consecutive starts streak that goes all the way back

to his high school days and leaves the door wide open for the Texans and their potent offence to make it into the playoffs and once there, anything can

In the AFC West, if the San Diego Chargers get off to a slow start again, the division is open for the taking but if they get out of the gates with a few wins and don't have to dig themselves out of a hole like they have the past couple of years, look for the Chargers to win the division.

In the NFC, the most talked about team

this offseason was not the Super Bowl champion Green Bay Packers. It was the Philadelphia "Dream Team" Eagles. The Eagles loaded up this offseason, signing key free agents and also giving quarterback Michael Vick a \$100 million contract extension. With all this talent in one locker-room, this is either going to go really well or really badly.

The NFC South should see two teams – the Atlanta Falcons and New Orleans Saints – make the playoffs, but if one of these two teams falters at all, Tampa Bay is right there looking to make a push to get into the playoffs.

The NFC West was the joke of the NFL last season

with the 7-9 Seattle Seahawks making the playoffs and shocking the football world by beating the Saints in the upset of all upsets. Look for this division to be weak again this season with the St. Louis Rams, if healthy, making a playoff run under young quarterback Sam Bradford.

The NFC North will be the most interesting division this season with three teams having good shots at making the playoffs. The Packers will be the class of the NFC this year and rightly so. If Jay Cutler can get some protection from his offensive line, the Chicago Bears will have a good shot at the playoffs again this year. My sleeper team for the whole NFL is the Detroit Lions. Yes, you read correctly, the Lions have been awful for a long time now and with so many losing seasons and holding the dubious record of the only team in NFL history to finish a season without a win (0-16), it is time that the Lions become relevant again in the NFL. Having finally taken advantage of all those terrible seasons and drafting a good quarterback in Matthew Stafford, and giving him some offensive weapons in wide receiver Calvin Johnson and running back Javhid Best, the offence looks to put up points this season. And well their defence is just downright scary. Drafting defensive tackle Nick Fairley this year to play along side last year's second overall draft pick, defensive tackle Ndamukong Suh, opposing quarter-

back be afraid, be very afraid. The duo looks to be unblockable and you can't double team one because the other will have a free run at your quarterback and trying to play them one on one is just asking for trouble. Don't expect the Detroit Lions to take down Green Bay in the division or anything crazy

like that, but if they can stay healthy, which is always key, look for them to be a .500 or better team that could challenge for a wild-card playoff birth come January.

Now, I am very reluctant to do this because whenever I have made predictions in the past I have just ended up looking foolish, but I feel I should at least make my predictions on who will be making the playoffs for this upcoming season ...

AFC Division winners: New York Jets, Baltimore, Houston and San Diego

AFC wildcards: New England and Pittsburg

NFC Division winners: Philadelphia, Green Bay, New Orleans and St. Louis

NFC wildcards: Detroit and Atlanta

... Now I am sure I will be eating some humble pie come January but there you have it, my predictions for this upcoming season. May your Sundays be filled with nothing but a couch, a TV and a good NFL Sunday ticket package!

WOMEN'S HOCKEY

Women recharged

By SHAWN GRAY

Summer is coming to a close, the leaves are beginning to fall from the trees and all the kids are back to school. You know what that means: it's hockey season!

That's right, Canada's favourite sport is already back in full swing and no one knows that better than the NAIT women's hockey team.

Recharged and ready to go after a long summer, the NAIT Ooks eagerly returned to the rink in August for their training camp only to find that NAIT's ice plant had broken down.

Fortunately, the team was able to find three other rinks in which to conduct their preparations for the upcoming season.

The Ooks are rolling into the 2011-2012 season with a full head of steam, looking to turn their bronze medal finish last year into the team's first gold medal year ever.

After last year's 10 goals and eight

assists, Sherri Bowles wants to continue on from an outstanding rookie season.

Bowles also walked away with three awards at last year's NAIT Athletic Awards night, where she received the Rookie of the Year, Top Scoring and All-Star Team awards.

She was definitely a key factor in the Ooks success last year and the team has no doubt that her sophomore year will be equally as exciting.

The Ooks got off to a rocky start in Wetaskiwin on the weekend during an exhibition tournament, losing their first game 8-2 on Friday against the Saskatoon Blades. Despite the dark cloud that hung over the team after the loss, they brought it back in their next game against the Warner Warriors and tied it 4-4 on Saturday.

The players and coaches are excited for the future and so are we at the amount of potential this team carries.

ACAC Standings

MEN'S SOCCER North Division

TEAM	W	L	Т	Pts	GF GA +/-						
NAIT	1	0	1	4	4	1	3				
Grant MacEwan	. 1	0	1	4	2	0	2				
Concordia	. 1	1	0	3	4	4	0				
King's	. 0	2	0	0	0	5	-5				
Grande Prairie	. 0	0	0	0	0	0	0				
Keyano College	. 0	0	0	0	0	0	0				
South Division											

W I T Pte GF GA ±/-

Icaiii	**	_		1 13	aı	U/	т/-
Lethbridge	2	0	0	6	6	2	4
Medicine Hat	1	0	1	4	4	2	2
Mount Royal	1	0	0	3	1	0	1
Red Deer College	0	1	1	1	4	6	-2
SAIT Polytechnic	0	1	0	0	0	1	-1
Lakeland College	0	2	0	0	0	4	-4

RESULTS

Sept. 7

U of C 4, SAIT 0

Sept. 9

Concordia 3, King's 0

Sept. 10

NAIT 4, Concordia 1; Lethbridge 2, Lakeland 0 MacEwan 2, King's 0; RDC 2, MHC 2

Sept. 11

NAIT 0, MacEwan 0; Lethbridge 4, RDC 2; MHC 2, Lakeland 0; MRU 1, SAIT 0

WOMEN'S SOCCER North Division

TEAM W L T Pts GF GA +/ NAIT 2 0 0 6 10 4 6 Concordia 1 1 0 3 6 6 0 MacEwan 1 1 0 3 4 4 0 King's 0 2 0 0 6 -6

Keyano Huskies......0 0 0 0 0 0 0 South Division

Grande Prairie 0 0 0 0 0 0

Team	W	L	Т	Pts	GF	GΑ	+/-
Red Deer	.1	0	1	4	8	2	6
Medicine Hat	.1	0	1	4	6	2	4
Mount Royal	.1	0	0	3	3	1	2
Lakeland	.1	1	0	3	4	7	-3
SAIT	.0	1	0	0	1	3	-2
Lethbridge	.0	2	0	0	3	10	-7

RESULTS

Sept. 9

Concordia 3, King's 0

Sept. 10

NAIT 6, Concordia 3;

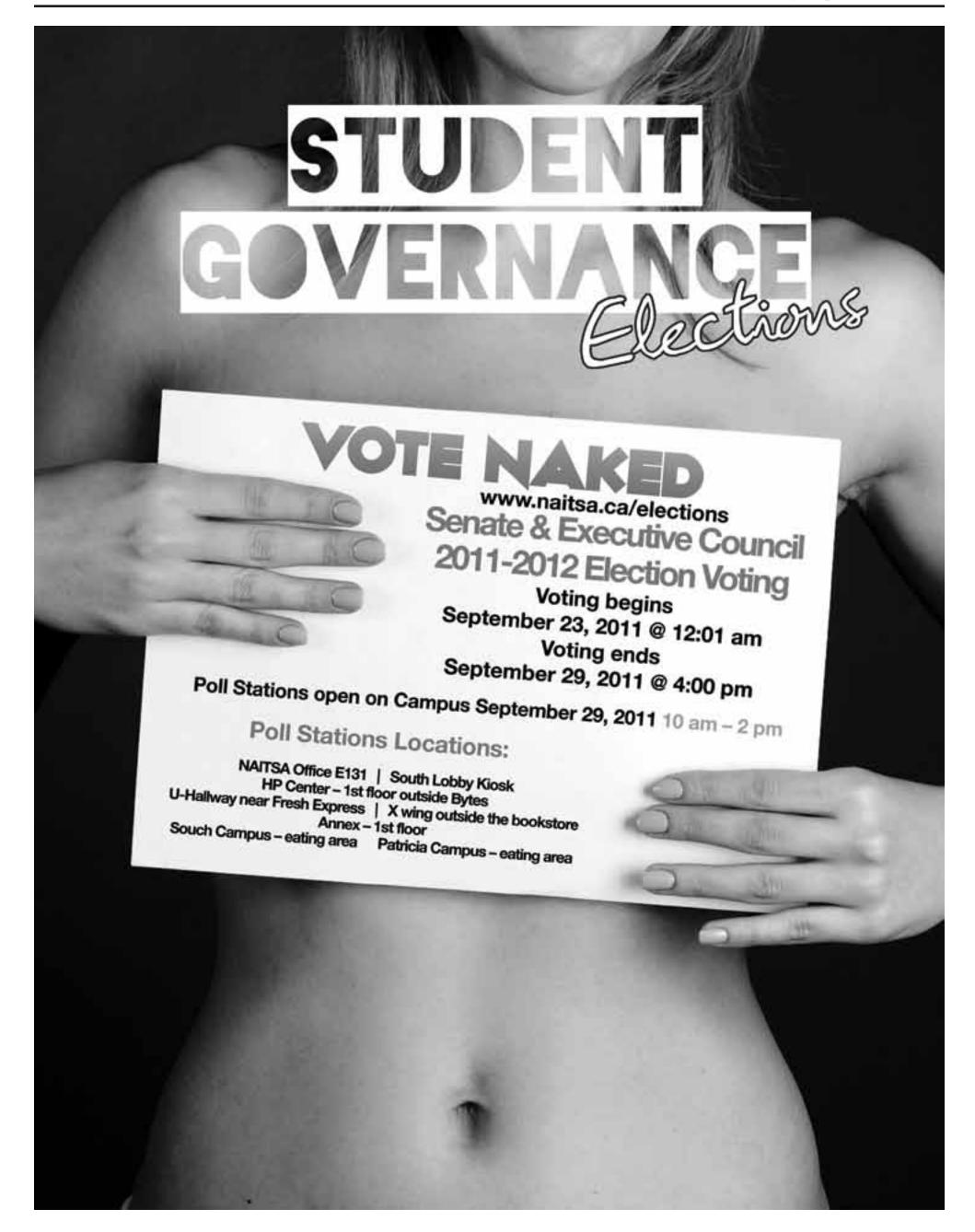
Lakeland 4, Lethbridge 3;

MacEwan 3, King's 0; RDC 2, MHC 2
Sept. 11

NAIT 4, MacEwan 1

RDC 6, Lethbridge 0;

MHC 4, Lakeland 0; MRU 3, SAIT 1





ENTERTAINMENT

New TV shows set to run



<u>SPOTLIGHT ON ...</u>

NATASCHA BRUHIN Entertainment Editor

There are many lovely things about the fall season: The entire landscape becomes a beautifully vibrant red and orange mosaic, Halloween is just around the corner ... and the T.V networks introduce a slew of new T.V shows for the season!

With over 40 new shows ready to make their debut in the next few weeks, here is the *Nugget*'s picks for the five new shows to watch this season:

Up all Night (NBC)

From Emmy Award-winning producer Lorne Michaels (*SNL*, 30 Rock) comes a show about parenthood, starring Christina Applegate, Will Arnett and Maya Rudolph. The trailer itself already made me burst into laughter, showing hilarious scenes like a father grocery shopping solo

for the first time and calling his wife at work to cry out in desperation: "I can't find cheese!" to the parents shrieking back at a crying baby, "We're trying to help you! We're on your side!"

Not only does this show have a talented cast and crew, it also depicts a life that so many people can identify with. You don't have to be a parent to be able to relate to the characters because at the end of the day, the parents are still just a couple trying to make their relationship work- and everyone can relate to that. This show is a sure-hit that I can't wait to tune into every week!

Pan Am (ABC, Sept. 25)

Starring Christina Ricci, this show depicts the lives of "Stewardesses" in the 1960's. While there are endless shows about doctors and detectives, this is the first time TV viewers have a chance to see the world of flight attendants in an age where women were just starting to join the workforce. It was also a time where being a flight attendant was a prestigious and glamorous thing, and completely different from the modern day flight attendants working the skies nowadays.

Free Agents (NBC)

A show about two public relations executives on the rebound, this comedy-drama looks like it has it all: a brilliant cast including Hank Azaria and Kathryn Hahn, clever writing, and a subject that is all too-painfully easy to relate to- getting over a breakup. Tune in with a glass of wine and enjoy!

Alcatraz (FOX)

JJ Abrams brings a show that centres on the infamous American prison, Alcatraz, and the prisoners that were held inside it. In the show, a fingerprint of a prisoner who died decades ago shows up at a murder site in present day San Francisco. Furthermore, that said prisoner is seen walking the city streets ... without having aged a day since the infamous night all prisoners mysteriously vanished from their cells. Intrigued? Tune in to FOX this fall

to find out the secret of the prisoners of Alcatraz.

New Girl (FOX, Sept. 20)

Zooey Deschanel is adorable in this new comedy about a forlorn girl moving in with three bachelors after an embarrassing breakup. The trailer looks cute and touching, so let's hope this show has a fighting chance against all the other shows eager for success this season. I put it on the list because Deschanel is so endearing and the three bachelors are so ... charming.





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DO YOU HAVE WHAT IT TAKES?

FOR MORE INFORMATION OR TO SIGN UP GO TO NAITSA.CA/MODEL



NAITSA'S 2ND ANNUAL MODELLING COMPETITION



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By MIKE JONES

Fall concert season is upon us, and despite our demeaning moniker, when it comes to bands touring the capital region this fall; we certainly are not "Deadmonton."

The following is a short list of songs from many of the bands visiting the City of Champions this fall.

I encourage you to check the songs out and hopefully support the bands by buying a ticket for one of these great shows!

 Nightmare – Avenged Sevenfold (Sept. 29 at Rexall Place) Sail – AWOLNATION
 (Sept. 25 at Starlight Room)
 First of the Year (Equinox) – Skrillex
 (Oct. 20 at Edmonton Event Centre)
 Dear Rosemary – Foo Fighters
 (Oct. 28 at Rexall)
 Sattelite – Rise Against
 (Oct. 8 at Rexall)
 Painkiller – Judas Priest
 (Nov. 1 at Shaw Conference Centre)
 People Know You By Your First

Name – Dean Brody

(Oct. 2 at Festival Place)



8. My Body – Young the Giant (Oct. 15 at Starlight Room)
9. Young Classics – Ten Second Epic (Nov. 11 at the Pawn Shop)
10. Lucy In the Sky With Diamonds – William Shatner (Oct. 23 at Shaw)

VIRAL VIDEO OF THE WEEK

Even Batman's jealous

By STEVEN CRESSWELL

Horse manning? So five minutes ago. Owling? No one does that anymore. Planking? That went out of style last spring.

Batmanning is the newest craze, joining an increasingly long list of fads involving people assuming odd positions in even odder locations. The trend started when a group of male students at Purdue University in Indiana uploaded a zany video depicting them hanging upside

down, suspended only by their feet, in a variety of locations. The video quickly went viral, collecting more than 600,000 views since it was uploaded to YouTube.com on Aug. 29.

What gave this video an edge over others, causing it to go viral? That can be debated, although the fact that the students appeared shirtless with very athletic bodies probably didn't hurt.

In the video, the students hang from walls, fences, statues, monuments, ceilings, road signs

and trees, all the while the classic Batman television theme is playing and other students are walking by, perplexed by what is happening.

Interested to see it for yourself? It can be found at http://www.youtube.com/user/Linsbrothers#p/u/0/50xynq4xmCw, or by searing for the video "Original Batmanning Video" on the "Linsbrothers" YouTube channel.

The appeal of planking, owling and batmanning is to draw attention to oneself and prove creativity by thinking to do it in the most original of places. However, batmanning is easily the most dangerous of the fads, with a risk of falling and being injured. Assuming the position is dangerous, and getting back on one's feet is even tougher. It is not recommended by any means. Just don't be surprised if you are walking home one night and you spot some oversized bats hanging for some flash photography.

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What does SHAVV mean to you?

*Visit 9HAW CA/CAMPUS for details. Offer only available to those with a valid student ID for the 2011/2012 calendar. After 12 months, standard Snaw Plan Personalizar rates take affect for double play Personal TV and Extreme Internet packages at \$84.90/month. All Shaw Services are provided under the Shaw Joint Terms of Service and Acceptable Use Policy located at www.shaw.ca. Facebook is a registered trademark of Facebook, Inc. Twitter is a registered trademark of Twitter, Inc.





Only registered clubs may attend. Don't miss out! Register your club! Interview? Presentation? Formal Event?

Don't know what to wear?



Dress For Success!

Presented by Kingsway Mall with Special Guest

John Chywl from Eye on Fashion!

Location: Business Tower Lounge When: Thursday September 29, 2011 Time: 4:30 pm

Tickets: FREE! Get them in advance at the NAITSA office

What's Going on Around Campus...

WHO LOSSA (Latter Day Saints)

WHAT Weekly Meeting

WHEN 11:15am to 12:10pm, 12:15pm to 1:10pm

WHERE X-203

WHO PGC Club

WHAT Beer Garden

WHEN September 29, 2011; 3:00pm

WHERE Annex dock

www Diagnostic Medical Sonography class of 2012

WHAT Pub Night

WHEN September 16, 2011; 8:00pm

WHERE The Billiard Club, Whyte Avenue

win Paintball Action Sports

WHAT General Meeting

WHEN September 16, 2011; 12:15pm to 1:10pm

WHERE X-213

Interested in Chess?

Need 2 more people to officially start a Chess Club. Email: davesnait@gmail.com

Are you obsessive/compulsive that you watch cars go around and around in circles? Looking for people interested in a NASCAR Club at NAIT. Why not talk SMACK about each others drivers. Even Kyle Bush fans are welcome! Email: luvbrnouts@yahoo.ca



CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457

The Nest rocks on Fridays



CHRISTINE VU Assistant Entertainment Editor

The Nest is NAIT's on-campus bar. It is a place to unwind and have some beers with your friends after class. However, there are a few days of the year when you have to get there early to even get in, last Friday's Live Music Night Kick Off being one of them.

Lined up

On Friday, Sept. 9, students eagerly waited to get into the Nest where Canadian indie rock bands USS and Mother Mother would take the stage. The show was not supposed to start until 6:30 but before the doors even opened at 2:30 p.m., a long line had formed. The Nest was instantly at capacity. There were students reuniting with old classmates after a long summer apart and new students who took the opportunity to get to know their new peers.

Most of the tables had been removed for more standing area in front of the stage, which became a dance floor for the few brave souls who decided to go it alone. The bar was busy and buzzing. The anticipation had been growing since it was announced that such big bands as USS and Mother Mother were coming to NAIT and now it was bigger then ever.

Crowd surfing

By the time 6:30 rolled around, students were more than ready to rock out to some live music but the night's opening act, USS was not. It was not until just after an hour later that they finally kicked off Live Music Night with a bang. During their first song, the band's hype man, Jason Parsons, a.k.a. Human Kebab, made up for lost time by crowd surfing.

A merchandise and autograph table had been set up by the entrance. Big fans of Mother



MotherMother performs at the Nest on Sept. 9 to kick off Friday's Live Music Night. USS also played for the capacity crowd.

Mother or keen observers might notice a striking similarity between all three of the main act's albums. Three red scratches can be seen on each album cover, and with each album cover it becomes less obvious. On their newest album, Eureka, the scratches are almost invisible.

When asked about the pattern in album artwork, Mother Mother front man Ryan Guldemond explained simply: "Continuity is a beautiful thing."

Guldemond also values keeping it all in the family. Sister and bandmate Molly Guldemond designs all of the album artwork.

Ryan Guldemond and Molly Guldemond started the band in 2005, and along the way recruited fellow members to complete the five piece band. Together they make up one unique band that's completely distinguishable and unique but in no way formulated.

"What we want to stick true to is serving the songs in a really natural and unbiased way," Ryan said. "Getting too wrapped up in visions of what things should be is a recipe for limiting yourself."

Mother Mother has been touring the country and has been making a lot of stops at Canadian colleges along the way. Going back to the school halls in a different way has made them think about what it would be like to be a post-secondary student. Every member but Ali Siadat has never gone down that academic track. Siadat was studying mechanical engineering before he dropped out to join the band.

Even though the majority of Mother Mother do not have first-hand experience at being a college student, they understand what students want.

"We crafted a set list for this tour, one that I think is pretty high energy," said Ryan. "Seems like the thing with these frosh shows is people are just getting inebriated and just wanting to escape from the wasteland of academia. So yeah, we kind of want to endorse that and promote that in the music. No slow songs."

With that set list and set of mind, Mother Mother performed a memorable show for the Nest. They played their most popular songs such as "Hayloft" and "Baby Don't Dance." At full capacity, show goers crowded the stage and clapped and sang along with every word. Like Ryan Guldemond said, continuity is a beautiful thing; more great shows are to be expected at future Live Music Nights at the Nest.

Fashion picks for fall 2011

By KASSIDY KRUEGER

Fall is by far the best season for fashion. It's the perfect temperature to be covered up and showcase your closet's best. Not to mention all the beautiful colours that nature brings out and we love reciprocating in our outfits. Here are the best trends that we are seeing this fall:

Colour

When looking for trousers this fall, think colour. No matter what shape or style, coloured trousers are flooding runways and magazines. Be daring with a super saturated yellow or blue trouser, or keep it simple with a deep burgundy or olive. Our trousers don't have to be just black or blue, so have fun with colours.

Flowing Shapes

As the weather gets colder or you just want to go with a comfy lazy look, the poncho sweater is your best friend. Not just for hippies

anymore, the flowing shape is comfortable, yet chic enough to dress up with a slim black pant, pair with a high-waisted belt.

Strong Shoulders and Details

As much as we don't want to shop for jackets it is a must in this climate. Military style jackets are huge right now – Kate Middleton is a fan and we don't blame her. The strong shoulder and detailed buttons look great on anyone. But if that isn't you, designers like Louis Vuitton are showcasing longer pea coat style jackets with large buttons.

Polka Dots

If you want to make a simple change to your wardrobe, polka dots have been all over the runway. And when both Marc Jacobs and Diane Von Furstenberg include them in their collections we know this trend is going to be huge. Try it in a blouse or scarf to put a fun trendy item in any outfit.

It's no news that lace is both sexy and girly. This fall, it becomes posh, too, with just a touch of lace. Dresses with some lace detail will give you the perfect mix of all of these.

Simplicity At Its Best

This fall accessories are trends that we haven't seen much of lately. With all the emphasis being on chunky, long necklaces lately, this fall we go to more of a simple choker necklace. Pair it perfectly with a sleek black or white dress. For handbags, say goodbye to straps. Large clutches and portfolio bags are the hottest handbags to have.

Menswear

This fall is simple but classic. Prada Man and many designers have been showing a sleek 1960s look for men. Go for a classic grey blazer and a vintage printed shirt. Say goodbye

to those brown and black loafers and go for a brightly coloured one instead!





Bud ball hockey scores big

By NICK BERRY

The Budweiser Ball Hockey Tournament was held last Thursday as part of the NAITSA Week of Welcome events. With the help of Sonic 102.9 and 91.7 The Bounce, NAITSA Frosh leaders organized the third edition of the tournament.

Combining two of NAIT students' favourite activities, that being hockey and drinking, the tournament brought out a large number of student participants. Stellar turnouts have been a staple of this event and this year was no exception.

With 20 teams and over 150 registered players, plus all others who were out to prepare their livers for the upcoming school term, the tournament was a booming success.

Trying to organize over 100 people who are drinking comes with its own set of issues but tournament planners Franco Camminatore and Jen Grundke, with the help of the NAITSA Frosh leaders, managed to keep everyone on

The competition was friendly but fierce, with everyone trying to reach the championship and get their hands on a share of the prize pool. Two teams stood out above the rest and the final round pitted Strictly Offense against Twine 'n' Ticklin' Scoregasms. The game was tight but in the end it was Twine 'n' Ticklin' Scoregasms who got all the glory and the prestigious title of 2011 NAIT Budweiser Ball Hockey Tournament

champions. Not to mention pre-paid credit cards for every team member, which I can



Homemade pads were in style at the Welcome Weeks' ball hockey tournament on Thursday, Sept. 8. Twenty teams and 150 players took part in the annual event.

almost guarantee did not get any further ate Boat Party aboard the mighty Edmonthan the Nest that night.

NAITSA is not finished with their Welcome Weeks events. On Friday Sept. 16, they'll be settin' sail on the third annual Pirton River Queen. That night you can try out your best pirate impressions. There will be a band on board as well as a DJ and everyone is encouraged to dress up, drink some rum NAIT's main campus.

and party like it's 1831.

Tickets are \$25 for a NAIT student, \$50 for non-students and are available online or at the NAITSA office, Room E-131 on

TIP OF THE WEEK - FROM NAIT SECURITY SERVICES



Protecting locker contents



Locker thefts tend to be in, but not limited to, remote areas of the school and / or in low traffic areas. In many of these thefts, specific items are targeted, leading security personnel to believe that the perpetrators monitor the area before they strike. Once the thief or thieves spot a likely target they wait until the area is clear then, by utilizing a small and easily hidden pair of bolt cutters, quickly cut the lock and remove the valuables. This crime can be committed and the thief / thieves can vacate the premises within a few seconds.

As lockers are used to store valuables while students attend class or perform job duties, it is important that the lockers be well secured. The following provides a number of tips that should be followed to decrease the likelihood that you will become a victim of

To reduce the chance of becoming a locker theft victim follow these few tips:

• PURCHASE a high quality lock. The price of a quality lock is slightly higher, but its value is related to the value of the locker

- ALWAYS fully engage the lock. For combination types spin the dial to ensure it is secured. Tug on the lock before leaving.
- DO NOT bring any large sums of money or unnecessary valuables to school and store them in your locker. To do so is inviting unneeded risk.
- DO NOT record your locker combination on, or about, the locker or the lock. For a key lock, keep the extra key with you in a safe
- OBSERVE the people around you and know the people that have lockers around your
- IF you observe suspected criminal activity, DO NOT CHALLENGE THEM. But instead immediately proceed to the nearest telephone and inform Security.
- WHEN you observe someone, other than a NAIT Peace Officer, using bolt cutters to cut a lock from a locker, contact Security

If you see someone loitering near lockers or in the area, or taking an unusual interest in locker contents, be suspicious.

• Take note of their description, height,

approximate age, and any identifying characteristics or markings.

• Report these to NAIT Campus Security

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2000.00. Visit www.nait.ca/security for more Security

Everybody benefits, except the criminal.

Poll clerks needed

Duration: Sept. 29, 2011 Compensation: \$14/hour

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- Poll clerks must have a complete understanding of the online voting process and be comfortable providing guidance to students.
- Apply in person at the NAITSA office, E-131 from 9 a.m.-4:30 p.m.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 15-21

(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)

If you're feeling uneasy about how your first week started, worry no longer. This week should turn out to be better and a lot more relaxed now that you've gotten your bearings. Keep yourself in harmony and be serene.

Libra (Sept. 23-Oct. 22)

Expect the unexpected. Be prepared to feel a bit overwhelmed for a while, and exhausted. But keep your head up, things will look up as the weekend

approaches. Try to keep everything balanced and in its place.

Scorpio (Oct. 23-Nov. 21)

Keep a schedule at hand, as things look like they're going to get messy with school, work and personal problems all heading for a collision. As long as you keep organized you'll be fine. Watch what you say. You don't know the poison your words can have.

Sagittarius (Nov. 22-Dec. 21)

Be prepared to have your leadership challenged. If someone tries to pull you down, give them a knock on the head to remind them of their place. Just don't get caught doing it in class or you might find yourself looking for another school.

Capricorn (Dec. 22-Jan. 19)

If this program is making you feel uneasy or you're having second thoughts, give it some time. Things are always uncertain in the beginning. It'll ease off.

Aquarius (Jan. 20-Feb. 18)

mouth will get you into trouble. Try to learn to keep an open mind and keep certain things to yourself. Keep cool and you might be surprised at what others have to say. Be shapeless and formless and like water.

Pisces (Feb. 19-March 20)

Your symbol is a fish, so do what they do and just go with the flow. Take in the good and bad and just go with it. Be careful not to take the bait, though. If people you distrust try befriending you, don't take the bait. You might find yourself as someone's sushi.

Aries (March 21-April 19)

It's time to let that inner fire in you out. Do something spontaneous or out of character. You'll find being adventurous has its hidden, pleasant surprises. Go find that X that marks the treasure spot, but listen to your gut and watch out for snakes!

Taurus (April 20-May 20)

It's one thing to help a friend, but a different thing altogether being some-Your strong personality and giant one's pack mule. Break those chains and

put the horns on the person whipping your back. Just don't get caught and you might find yourself in green pastures.

Gemini (May 21-June 20)

See the hot girl/guy in class? Just go at her/him and tell them what you think. Keep it short and to the point and you should find yourself a good date for the weekend. Just don't go overboard on the dinner date or you might find yourself scrubbing dishes to pay the bill.

Cancer (June 21-July 22)

Don't be so crabby this week. Try to see the brighter side of things and stay busy to keep calm. Seeing as you're a crab, keep your crab claws to yourself! No pinching asses or you might find yourself getting stomped by a crazy Leo or Taurus. Those people are nuts!

Leo (July 23-Aug. 22)

You're a lion, the king of the zodiac jungle. Feel empowered this week. If you've got an opinion or statement, say it, don't keep quiet. Dominate your program. Take out the weak and hurt. You're a lion! It's survival of the fittest.

Nerds – are you listening?

By STEVEN DYER

If anyone doesn't know, we at NAIT have a great radio station right here on campus! NR92 is loaded with tons of shows hosted by your fellow students and is committed to bringing only the best that NAIT has to offer.

One of the shows on NR92 is Nerd It Up a show by nerds, for nerds. This show is where you can get all of your geeky info on the best games, comics and even TV shows! Thirdsemester Radio student Darcy Walker brings you this show from far across the NAIT galaxy

Steven Dyer: So for people who don't know the show, what do you guys talk about on it?

Darcy Walker: Well we talk about nerdy things. We talk a lot about video games, movies that are based off of comic books like Thor, Ironman and those types. We're going to be talking about the Mortal Combat mini series that was on the Internet. It's just a lot of video game nerdy banter, is all it really is.

SD: So Darcy, what are some of the changes on Nerd It Up?

DW: Well the first change is definitely the biggest one, as Nicole's gone so it's all me running it which is kind of scary but at the same time it brings a whole new era of things, and we have a boy's perspective on it now. I got some hookups at Bioware that we're getting EA title games, which include all the sports like NHL and NFL. Dragon Age and Battlefield are also from EA Games. So we're going to give some titles away, I have a poll on my Nerd It Up website right now, so if you're interested in winning some video games tell me what you want and I'll try and get it for you guys, but you're still going to have to win them. We're also giving away T-shirts. There's another poll for your all time favourite game and the top five logos will be on the shirt.

SD: So is there going to be a new co-host to replace Nicole?

DW: Well, Sarah Crocker is tentatively the new co-host right now, but I also want to pick up a first semester radio student so that he or she, preferably she because we need a girl, can keep Nerd It Up going. If anyone's interested in that then let me know.

You can catch Nerd It Up Thursdays at 6 p.m. on NR92.com.



Photo by Steven Dyer

Darcy Walker - we think it's Darcy - hosts another edition of Nerd It Up for his faithful nerdy followers on NR92.





AIRE THEOBALD

What was the highlight of your summer?



"Playing slow-pitch in Edmonton."

Jennifer Weslowski **Business Management**



"Building a house at a lake ... and beer."

Karl Garneau **RTA**



"Getting a new job making custom shirts and listening to electronica all summer."

Maxine Brodeur Baking



"Getting my '69 Chevy redone."

James Hegedus Instrumentation



"Winning the 'Back Yard Bash' competition in Devon for dirt biking."

Chad Bauman Power Line Technician

STUDENT **HEALTH & DENTAL**

TO OPT OUT OR TO ADD FAMILY THE DEADLINE IS **SEPTEMBER 30, 2011** BY 4PM

Opt out online at mystudentplan.ca or go to the student benefit office in room E-125

Phone 780.471.7730

Email studentplans@nait.ca | Information www.mystudentplan.ca

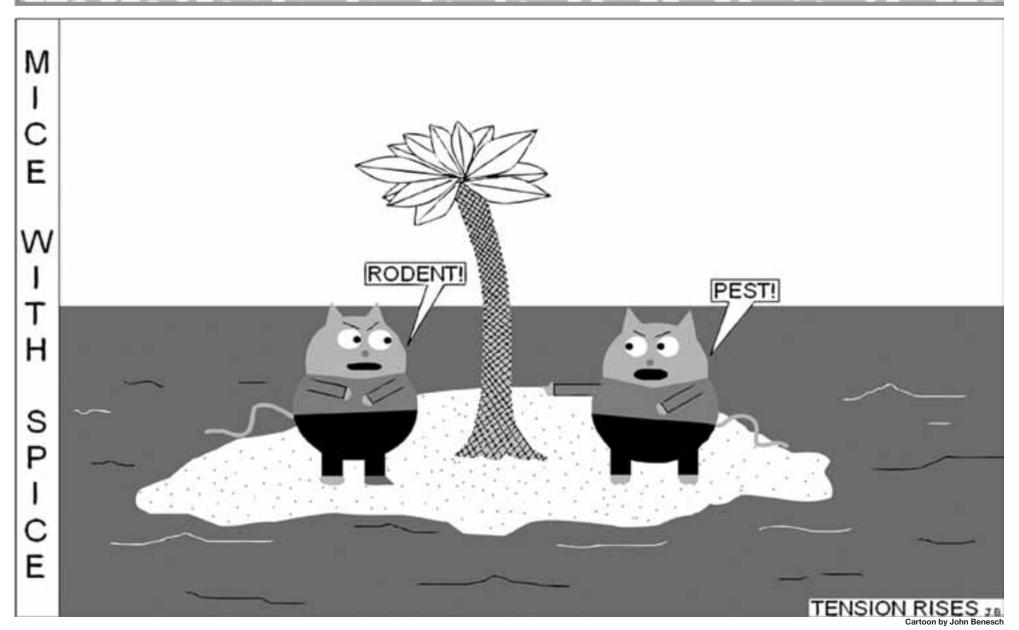




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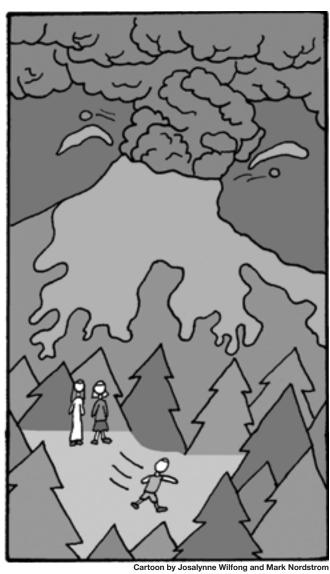
NUGGET COMICS

THE NUGGET PRESENTS:









Jobs with NAITSA

Street Team

Students are needed to promote upcoming NAITSA activities to other students on the NAIT main campus.

You need to possess an outgoing and positive attitude, creativity, energy and the ability to have fin!

Front Desk Assistant

Wanted: Personable individuals to assist with front desk customer service for

one hour a day between 11:15 a.m. and 1:15 p.m., Monday to Friday for the NAIT Students' Association office (E-131).

Responsibilities involve answering phones, directing office traffic, with a strong emphasis on ticket sales and cash handling.

Must be organized and detail oriented. Excellent opportunity to work in an active office with some pretty nice people!

Sign up for P.A.L.S.

P.A.L.S. – The Project Adult Literacy Society provides services for adults who are improving reading, writing, speaking and math skills. Students are matched with volunteers on a one-to-one basisand in small group settings. Schedules are flexible. Services are free of charge.

P.A.L.S. provides:

- Literacy: reading and writing
- ESL-English as a Second Language: reading, writing, speaking
- Math literacy: basic math and upgrading
- SFS-Students For Students: informal learning via workshops and activities

• Other: basic computer, Readers Theatre, singalong

Volunteers complete an application, provide three references and complete a police check (agency will cover the cost). Volunteers are asked to commit for 6-12 months.

Matches meet once a week for about two hours. Matches can meet at the P.A.L.S. office or at a neutral location. Schedules are flexible. Training and materials are provided.

For more information, please contact P.A.L.S. – Project Adult Literacy Society at 780-424-5514 or e-mail to palsvolunteers 2003@yahoo.ca

Study participants

Are you an immigrant student? Earn a gift card by participating in a research project!

Language and cultural barriers can create ineffective learning processes and make life hard for first-generation immigrants from non-European countries. Surprisingly little information is known about the barriers faced by these immigrant students in participating in classroom and school activities and how language and cultural barriers affect their lives and learning outcomes. Please participate in a research study for the purpose of exploring the cultural and language barriers in the education process.

Who can participate in this study? You can participate in this study, if you 1) come from a non-European country as an immigrant, 2) have been in Canada for less than six years, and 3) you are 18 years or older and study at NAIT.

What are potential benefits of the study? Participants have the opportun-

ity to contribute valuable input about their participation in classroom and school activities and potentially learn how they can improve their learning experience. Their input has the potential to aid other first-generation immigrant students as well.

What are the protocols? Participants will participate in a one-to-one interview of 30-60 minutes during the Fall Semester of 2011. Information provided by the participants for the research project will be protected and used in compliance with Alberta's Freedom of Information and Protection of Privacy Act.

Participants will receive a \$20 gift card for participating in the study.

How can I take part in this study? Call Starr Zhang, researcher, at (780) 378 - 2841, e-mail: starrz@nait.ca, or drop by Starr's office: T-400C, NAIT, 11762 - 106 St. NW, Edmonton.

Thank you so much for your participation!

Poll clerks needed

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Photo by Tiffany Lizée

Devin T.First Year Pre-tech

Summer activities? Well I went to BC a lot. There I did some fishing and wakeboarding ... and obviously partying.

Preferred summer beverage? Budweiser.

Summer girl look? Golden tan and white smile. I like the girl to look natural, not all fake. That's what grabs my attention first.

Summer girl qualities? I prefer her to be outdoorsy. I want her to keep active with me and go boating and hiking and all that fun stuff.

Sports guy? You bet! Go Green Bay Packers!!

Prefer clubs or pubs? Pubs. More of a laid back atmosphere.

It's your first year at NAIT what's your impression so far? It

It's your first year at NAIT, what's your impression so far? It's great! Nice gym, good food, pretty ladies.

Pump up tunes? Anything by the Red Hot Chilli Peppers. Definitely into their new album right now.

Where do you see yourself in five years? Thailand. I want to go there for a bit and teach scuba diving, learn about their culture and basically relax before I jump into the real world.

Friends say: "He's a great wingman ... except when he takes all the ladies."

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

CROSSWORD

ENTERTAINMENT

Across

- 1- Addition column
- 5- Express
- 8- Downfall
- 12- Monetary unit of Lesotho
- 13- Judges' garments
- 15- Not _ many words
- 16- kleine Nachtmusik
- 17- Customary
- 18- Very dry champagne
- 19- Mum's mum
- 22- Clean air org.
- 23- Where some vets served
- 24- _ vu
- 26- Stage plays
- 29- Pretended
- 31- Driver's aid
- 32- Monetary unit of Zambia
- 34- Jack
- 36- _ browns
- 38-71% is under water
- 40- Abba of Israel
- 41- Fuming sulphuric acid
- 43- Gives a 9.8, say
- 45- Old Ford
- 46- Peace salutation
- 48- Federal soldier in the Civil War
- 50- Pealed
- 51- 1950 film noir classic
- 52- Brit's raincoat
- 54- Woman who sails a vacht
- 61- Bounce back
- 63- Bullwinkle, e.g.
- 64- Gammy
- 65- Nothing, in Nantes
- 66- Dole out
- 67- Monogram ltr.
- 68- Corm of the taro
- 69- Loser to DDE

70- Capone's nemesis;

Down

- 1- Designer Cassini
- 2- Film
- 3- Gas burner or Sicilian volcano
- 4- Yellowish brown pigment
- 6- Adjoin
- 7- Casual assent
- 8- Curved bone
- 9- Illegible
- 10- The jig _!
- 11- _ bene
- 13- Fossick
- 14- Snow conveyances
- 20- Ruin
- 21- Smell
- 25- Sixth month of the year
- 26- Trades
- 27- Investigated
- 28- Body of honeybees
- 29- Minor
- 30- Egg-shaped
- 31- Howe'er
- 33- Baseball stat
- 35- Break off
- 37- Hawaiian native dance
- 39- Earphone
- 42- Numerous
- 44- Reason to cancel school
- 47- Brightly colored lizard
- 49- Fine white clay
- 52- Nothing more than
- 53- Biting
- 55- Soft drink
- 56- Gap
- 57- General _ chicken
- 58- Long luxuriant hair
- 59- French friends

- 17 35 63 66
- 60- Devices for fishing 62- Lennon's lady;

Puzzles provided by BestCrosswords.com (http://www.bestcrosswords.com). Used with permission.

SOLUTION Page 26

— Rεcipe — Cookie favourite

By STEVEN DYER

I was looking through an old cookbook at my house and came across a recipe for "The best chocolate chip cookies". I remember when I was a kid my mom would make these for my brother and me and I remember loving these when I was young. We made them again a few weeks ago and they were still as good as I remembered them to be. If anyone out there is trying to think up a little

treat to surprise someone or if you're just looking for something sweet to eat, I recommend these little beauties. The recipe makes about two dozen cookies

Ingredients:

- 1 cup of butter
- 1 cup of brown sugar
- 2 eggs
- 1 tsp. of vanilla
- 1½ cups of flour
- ½ cup of wheat germ
- 1 tsp. of baking soda • ½ tsp. of salt
- ½ tsp. of baking powder
- 1½ cups of chocolate chips
- 2 cups of rolled oats (not instant)
- 1. Preheat oven to 350 degrees F.
- 2. Cream butter in a bowl.

3. Beat in sugar, eggs and vanilla.

- 4. In a separate bowl, combine flour, wheat germ, baking soda, salt and baking powder.
 - 5. Combine both mixtures.
 - 6. Add chocolate chips and rolled oats.
- 7. Drop teaspoonfuls onto a greased cookie
 - 8. Bake for 12-15 minutes.
 - 9. Let cool and enjoy!



Music video reborn

By JOSH O'KANE **Canadian University Press**

TORONTO (CUP) — The musicvideo station's survival is threatened in the age of instant gratification.

When you can stream online to your heart's content, there is no more need to wait. But while you don't need VJs to make a YouTube playlist, they're certainly helpful in exposing you to something new.

So it makes sense that Canada's beloved MuchMusic has breathed new life into two of its most beloved programs of old: RapCity and The Wedge. Each of these shows gave a generation of music fans a chance to hear the music they loved while inviting them to hear something new. This January, the shows were rebooted giving a whole new generation of fans the same exposure.

Tyrone "T-RexXx" Edwards, a Toronto entrepreneur and former NCAA basketball player, is the new host of Rap-City. "We have an opportunity with this show, unlike any other show, to present rap music and everything that rap music has to offer," he said.

He's got a genuine love for hip-hop that knows no bounds.

"In life, there's so many different

channels, so I think music should reflect that. Even within the one genre, there's so many different types of music available internationally."

Broadcast in front of a live audience,

styling and as many different videos as they can pack in. "D-Sisive can get played on the same show as Waka Flocka, which I just think

the program showcases a live DJ set, free-

is so dope," he said. The Wedge has a new life and new identity, thanks to the

> exuberance of Damian Abraham - also known as Pink Eyes, the frontman of the critically acclaimed hardcore band Fucked Up. Both he and Edwards were approached for the show last year when the station was look-

ing to better represent the hip-hop and alternative communities on air. Abraham's show aims to showcase the many different sounds that fall under the giant umbrella of alternative music.

"We're not gonna cover every band, we're not gonna cover all the bases, but we're gonna try to be representative of a lot of different things that are going on," said Abraham.

The music video, Abraham says, still carries an important role in exposing people to new sounds.

Rate your time management



MARGARET MAREAN

NAIT Student Counselling

Good time management is probably the most important factor for success at NAIT and in your future career. Getting into good habits now will help you manage the added stress of mid-terms and finals. How good is your time management? Put a checkmark beside the steps that you already take:

- I have clearly defined goals. Clear goals help with motivation and with concentration. Long-term goals (i.e. for the semester), and short-term goals (for today, for this study session ...) are both helpful. Make sure your expectations are reasonable.
- I make a daily to-do list and prioritize it. Marking must-do items with an 'A', important- but-not-critical items with a 'B' and other items with a 'C' will help with prioritizing. Always work on the high priority 'A' items first. Can you delegate ('D') or eliminate ('E') anything on the list?
- I keep track of how I spend my time and take steps to use my time more effectively. After you have kept track of how you currently use your time, make a realistic schedule based on modifying, not completely changing, your current time usage.
- I use a weekly planning schedule. I allocate specific periods each day for study and stick to them. Studying at the same time each

day will train your brain to automatically prepare to learn at that time.

- I review all new material within 24 hours. I take at least 15 minutes per course to highlight main points and jot down any questions about material that I don't understand.
- I review again at the end of the week. While reviewing initially takes some time, it will save time in the long-run because you will retain most of the information rather than having to relearn it.
- I have good self-care habits including a regular sleep schedule (at least 7 hours per night), and regular eating, exercise and relaxation times. Maintaining a regular routine helps with efficient concentration, learning and
- I study in short blocks of time. Most students accomplish more if they work for 20 to 30 minute blocks and take 10 minute breaks in between rather than studying for 2 to 3 hours straight without breaks. You will also find it easier to get started when you are looking at smaller periods of time.
- I am organized. My binders, my study space, my locker, my living area are uncluttered and efficiently set up. An organized environment reduces stress and also helps your brain organize information more effectively.
- I monitor and control the amount of time I spend watching t.v., on the internet, phoning or texting. I know these activities can use up a lot of time without me realizing it.
- I ask for help if I need it. Asking classmates, instructors, or staff at the Tutorial Centre (Room A133; free math, physics and chemistry tutoring), or hiring a peer tutor (contact tutor@nait.ca) are all potential sources of assistance. See a counsellor at Student Counselling (Room W111-PB) for any academic, study skills or personal concerns.

12:15-1:05 p.m.

4:30-5:20 p.m.

with the problem on your own can be a huge

- I have downloaded a copy of the Strategies for Success manual and rated my study skills by going to www.nait.ca/counselling, and clicking on 'Online Resources' and then on 'Strategies for Success manual' (written specifically for NAIT students).
 - I know that getting into a good study

Asking for help early on instead of struggling routine early in the semester, along with attending class regularly, is the most important thing I can do to succeed.

> Look back at the bullets you did not check off and see which one you could realistically incorporate this week. If you need additional help with time management or any other academic or personal concern, contact NAIT Student Counselling, Room W-111PB; phone: 780.378.6133.

Who ya gonna call?

Academic and personal concerns - Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

Health insurance coverage - Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 30 if you have alternate coverage.

Housing - Online housing registry at www.rentingspaces.ca

Injury, 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.

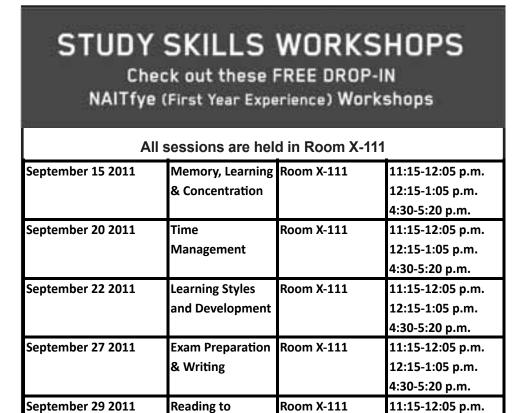
Program-related concerns – Contact Program Chair or Program Adviser.

Scholarships and bursaries - Student Awards Office, 780-491-3056,

Special needs students - Services to Students with Disabilities, 780-378-6133, Room W-111PB, 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 at 7477, 911 or the police complaint line at 423-4567, if appropriate.



AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

Remember



"THE NUGGET PRESENTS:



GRAPEVINES

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

Dear pretty girls that wished we invited you to play cards- all you had to do was ask

Sincerely, all the good looking leb

•••

I haven't heard Squidge complain about anything yet. I hope, for the good of the school, he doesn't go here anymore.

- C.C.

Looking for a conversational partner in either Japanese or Mandarin Chinese.

- Wannabe translator

Dear Brain Drain and The "greasy mechanics":

Do you have a problem with partying? I have no problem with the new and improved drinking schedule.

PS. I have always found mechanics to

be attractive, not greasy.

BlondePartyGirl

Lookin for the lady in red!

Shaba.

Loving the new debit services at NAIT

— I never have cash

alwaya waara th

Dear Guy who always wears the same clothes,

Please let me take you shopping, you would clean up so nice.

- I Notice You

So excited to party like a Pirate ARRRRR

- I'm on a boat

Dear NAITSA,

Please plan more events!

Loving the live music.

THE NUGGET PRESENTS

Dr.CONwisDOM

Dear Dr. CONwisDOM,

I have a huge crush on this girl ... the only problem is she's my step-sister. Our parent's just got married and we're both 19...what do I do? I don't know what the moral line is, and I want her so bad!!!

– Moral Dilemma

Dear Moral Dilemma,

EWWWWW, I don't care if you guys are step siblings or regular siblings. You're related and that's just weird. What are you going to do, go on a double date with your parents?! Here's what I suggest you do, forget about her. Find yourself a nice girl who you don't share parents with. Enough said.

Dear Dr. CONwisDOM,

I have a problem, I'm so big I can't find condoms big enough to keep me safe. Does Costco carry condoms for guys like me who are extremely well-endowed?

– Mr. Big

Dear Mr. Big,

Mhhmm, I'm sure you're too big for most condoms ... so if this actually was a problem

(because for some men this actually isn't a joke) you would already know where to take care of yourself. Get off your high horse "Mr. Big".

Dear Dr. CONwisDOM,

Ok here's the deal: This Saturday, I'm going to have a five-some. Me and four ladies. Unfortunately...while yes, they are single ladies, they're not exactly super hot. One's a butterface, one's overweight, one has a uni-brow, and the last one's a virgin. Bad idea? or AM I AN IDIOT FOR EVEN QUESTIONING THIS AMAZING OPPORTUNITY?!

- Lucky

Dear Lucky,

Just close your eyes and think of Paris!

Dear Dr. CONwisDOM,

My god, do I love sex. I need it all the time, and yeah, I guess I get around. It's gotten to the point where I can't even eat a banana without

getting turned on. HELP ME.

− I want your sex

Dear I want your sex,

Get a vibrator. And a dildo. And a boyfriend.

-Xxxxxx

Dear Dr. CONwisDOM,

I've run out of porn. What to do?

Scared and Alone

Dear Scared and Alone,

Here's an idea: Make your own porn! First, find your location.

Secondly, find a willing partner ... or partners. Condoms-optional, but recommended. A basic iPhone will suffice for filming. Last step?

PRESS RECORD. Keep in mind to do everything over the top! The porn industry loves it! If you want to become famous, submit that gem to the Internet and you're gold!

Hope to see you on the Internet in the near future! Happy ... filming!

•••

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

CROSSWORD SOLUTION

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Common sense

CAMPUS FOOD REVIEW

By CHELSEA BIRD

We all know that class after class can make you work up a distracting, tummy growling hunger. Navigating the lines at the Common Market during a short lunch break can quickly become both exhausting and frustrating when all you can see are lines in every direction.

When looking for lunch options, I was seeking something fast and at least somewhat healthy. I saw Greek salad being served at the Open Bakery and decided I would give it a try. At just under \$4, the small size was plenty for me and fit nicely into my budget. Consisting of a generous portion of fresh tomatoes, black olives, red onions, green peppers and feta cheese, the traditional salad certainly didn't

stray from any recipe I've ever encountered.

Though the feta wasn't overly flavourful, the dressing made up for it and tasted both fresh and light. I was also happy to see that nutritional information was offered for some of the other dishes being served at the Open Bakery. I'm no health nut, but I know I'm not the only one who appreciates nutritional peace of mind when buying food. As far as speed, the Open Bakery delivered my salad in probably less than a minute and I was through the debit line in less than five.

I would definitely recommend the Greek salad and you will absolutely find me at the Common Market going back for seconds sometime soon!



