

SUPPORT SHINERAMA – SATURDAY, SEPT. 10

THE NUGGET

Thursday, September 8, 2011
Volume 49, Issue 2



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

9/11 – A LOOK BACK

What has the attack on the World Trade Center taught us? – Editorial, Page 7



Photo by Jacqueline Burvill

PREMIER GIVES SHINERAMA A BOOST

Premier Ed Stelmach, accompanied by Mrs. Stelmach, gets a thumbs-up from the NAIT Ook after a shoe shine Wednesday at the Stallion Boot Company to kick off the 2011 Shinerama campaign. Morgan Gahler is holding the Shinerama sign. Volunteers will meet at 8 a.m. Saturday at the Nest. To participate, contact Miranda at 780-471-8837 or at nait savolunteers@nait.ca

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NEWS & FEATURES



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The tsunami that was set off in March by the most powerful earthquake to hit Japan in recorded history killed hundreds of people. Some waves reached 10 km inland.

An everyday hero



Rick Westhead/Toronto Star

Hideaki Akaiwa
Would not give up



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

The earthquake and tsunami that hit Japan in March 2011 created a cataclysm that resulted in thousands of people missing or dead. Houses were wrecked, trees knocked over, cars were overturned and boats were washed ashore. Flooding also filled the streets and houses. One of the hardest hit cities was Ishinomaki, Miyagi Prefecture, with a population of 162,000.

Forty-three-year-old Hideaki Akaiwa was at work when the tsunami destroyed his hometown. He immediately thought of his mother and his wife of 20 years who still remained in the city. With no time to wait for military personnel or rescue workers to help find his loved ones, Akaiwa took matters into his own hands. He was donned in a blue hoodie, match-

ing camouflage pants and gloves, plastic duct-taped around his legs, sneakers and two bags plus a fanny pack around his waist.

According to news sources, Akaiwa is an avid sportsman and surfer. He got hold of a wetsuit and possibly some scuba gear and waded through the dangerous waters to find his wife. For three days he wore a wetsuit underneath his clothes. Akaiwa searched the neighbourhood where his mother was last seen. He finally found her in a flooded house, stranded on the second floor, unable to leave.

"She was very much panicked because she was trapped with all this water around," he told the *Los Angeles Times*.

"I didn't know where she was. It was such a relief to find her."

Akaiwa's actions make you wonder what we are all capable of in times of disaster. If you had the ability and courage to save your loved ones, would you do the same as Hideaki Akaiwa?

Despite the fact that Akaiwa had safely found his wife and mother, he continued to look for other potential survivors. Within his fanny pack was green tea, water, two packs of cigarettes, a lighter, flashlight, work gloves, a Swiss Army-style knife and a change of clothes. With his bike in hand, he told the *LA Times*, "Sorry, I have to get going," and rode away to help save others.

Hideaki Akaiwa is not only a hero but also an inspiration to gain courage and not lose hope when helping others.



Proposed NAIT LRT station.

City of Edmonton

Waiting for the LRT

By ANNA ESTANISLAO
Issues Editor

For those who live a distance from NAIT, commuting to school can be quite a feat. Looking for parking spaces, enduring morning and afternoon traffic, taking two to three buses every day (myself included) can take a toll on our time and energy, especially in the fall and winter season. Lucky for us, the City of Edmonton is currently building an extension from the Churchill LRT station in downtown Edmonton northwest to NAIT, which will be known as the NLRT (North LRT).

Aside from taking the bus, the LRT is one of the fastest, environmentally friendly ways to get around Edmonton. Planning for the NLRT to NAIT started in 2005 but the actual closing of some of the roads began in 2009.

"NAIT is very excited about the new LRT

line," says Kristen Vernon, senior communications specialist. "It will provide students, staff and visitors with a sustainable transportation alternative."

There will be three new LRT stations: the MacEwan Station, Kingsway/Royal Alex Station, and the NAIT Station.

"The city will build a new parking lot west of 109 Street at the south end of the track. This will replace the parking spaces that will be lost in the Zone F parking lot south of the Activities Centre when the NAIT Station is built. Next year, the city will build the NAIT Station," said Vernon.

There will be disruptions in getting to NAIT during construction, so patience is needed. In April 2014, the NAIT Station and extended tracks will be built and testing of the new LRT will follow. The estimated cost of the design and con-

struction of the NLRT is \$755 million, which is funded by the province, the federal government and the City of Edmonton.

"We want to ensure that students, staff and visitors are aware of how NLRT construction will impact them – and know where to find information about construction including timelines and bulletins," Vernon said.

There are various ways to find more information about the construction of the NLRT to NAIT. Students, staff and the public can visit <http://nait.ca/nlrt> for up-to-date information. You can also visit the city's webpage at <http://edmonton.ca/nlrt>.

Social media users can also follow updates on the continued development of the NLRT on Twitter @NAIT or "Like" the NAIT Facebook page (<http://nait.ca/facebook>).

Wireless Tech program starts up

By ANNA ESTANISLAO
Issues Editor

Admit it or not, technology is a big part of our lives. As defined in Wikipedia.com: "Wireless telecommunications is the transfer of information between two or more points that are physically not connected."

Broadcast and satellite television, cell-phones, chip cards and Wi-Fi all relate to wireless technology.

NAIT's new two-year diploma program, Wireless Systems Engineering Technology, will cover four parts: introductory and advanced communications theory, communications infrastructure and transport media, business infrastructure and industrial applications, and systems and business management, ending with a final research project.

According to the Canadian Wireless Telecommunications Association (CWTA), "the wireless sector offers high value employ-

ment with an average salary level of \$60,000, compared to a Canadian average salary of \$43,800."

One of the concerns that students will be dealing with is wireless security.

"We want to present them with the information so they can learn how to make systems more secure," said Program Chair Lawrence Rodnunsky in a recent interview.

As for the new credit cards that are verified by using a chip, he says: "A chip provides the terminal with the credit card number, avoiding the need for a clerk to swipe the card. But in the wrong hands, the same technology can be

used to steal credit card information."

For those who don't mind travelling, the skills acquired by graduates can take them to different parts of Canada and developing nations.

The CWTA has reported reports that "the wireless industry employs over 261,000 people in various roles from engineering, technical design, technical support and servicing, and sales."

This industry is continuously developing and is ready for new recruits.

The program started on Sept. 6 and will run once every year.

For more information, visit http://nait.ca/program_home_70521.htm.



Lawrence Rodnunsky
Program chair



The Nugget

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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.



o5.com

A workshop being offered at NAIT helps students to improve note taking, concentration, time management and stress handling.

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Smart studying

By **STEFANIE FISCHER**
Assistant Issues Editor

Returning to school after a long break can be very hard to get back into the groove of things, but luckily NAIT has various workshops to help you out.

Whether you want to learn some new studying tricks or improve on them altogether, NAITfye wants you to be successful.

The workshop helps to improve note taking, concentration, time management and handling stress. All students are welcome and strongly encouraged to attend the workshop, all you have to do is show up.

The workshop has proved to be quite successful in the past years at NAIT. Students with slight issues in their studying habits can benefit from the different workshops.

Another bonus is that the workshop is free so all pupils have equal opportunity to participate and succeed.

First Year Experience will hold the first Study Skills workshop: “Learning How To Learn” in

Room X-111, on Tuesday Sept. 13.

First Year Experience also helps students become confident in their knowledge of NAIT’s campus, policies and processes.

NAITfye designs the events to teach you about the importance of attendance, deadlines, student services at NAIT, fees, and books. There will be more workshops during the month of September through October.

For more information contact the First Year Experience Facilitator, Angela Briggs, in Room O-117 or at 780.471.8823 or check out <http://nait.ca/44526.htm>.



Dental seminar

By **STEFANIE FISCHER**
Assistant Issues Editor

On Sept. 10, NAIT will be hosting a seminar for all dental professionals looking to better understand Alberta's new infection prevention and control standards and occupational health and safety considerations.

Dr. Diane Rebryna, DDS, will be the speaker in the morning. Having graduated from the University of Alberta in 1976, Dr. Rebryna has considerable regulatory experience with dental infection prevention and control (IPC), including inspections and the development of standards and manuals. In 2002, she retired from clinical private practice and is now a member of the Community and Hospital Infection Control Association – Canada (CHICA).

She will provide a presentation that will address the many questions dental health care professionals are asking about dental infection prevention and control.

With the new IPC Standards in place earlier this year, Dr. Rebryna will provide an outline for an in-office IPC Program and related Occupational Health and Safety information, along with

some “dos and don’ts” to consider.

Dental Instruments and Devices – It’s All About Reprocessing!

Gail Meara RN, BScN, a Public Health Nurse consultant with Alberta Health Services, will be speaking in the afternoon about reprocessing dental instruments. Meara graduated from the Royal Alexandra Hospital School of

Nursing and the University of Alberta. She has a wide range of experience in nursing and is a member of various programs and CHICA.

This presentation will focus on what is required to successfully reprocess instrument and how this can be achieved.

It will also take a look at common deficiencies found when inspections are conducted and ways to avoid these deficiencies.

This is a very in-depth conference and if you are interested in attending, it is being held at the NAIT Shaw Theatre, on Saturday, Sept. 10 at 7:45 a.m. – 4 p.m.

Registration is available online or over the phone. For more information about the dental conference e-mails can be sent to dental@nait.ca or call 780.471.8930.



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September 23-25

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What's Going on Around Campus...

WHO
Business Connex

WHAT
Coffee Club Showcase

WHEN
September 9, 2011 12:00am to 5:00pm
September 13, 2011 7:30am to 12:15pm

WHERE
Business Tower Lobby

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

Virtually Speaking

Smartphone text tricky

By MATT MEUSE

The Gateway (University of Alberta)

EDMONTON (CUP) – Reading comprehension from a smartphone screen is as low as half of that when reading from a standard desktop monitor, according to a recent study by a University of Alberta research team.

James Miller, professor of electrical and computer engineering and a member of the team that conducted the study, said that quirks inherent to smartphones and how people read from them means that mobile content providers need to develop smartphone-specific versions of their material if they want to have it properly understood by users.

“People tend to read better on [paper] than on [desktop computers], and when you just drop down again, you’re making much more visual demands,” Miller said.

The study focused specifically on privacy policies used by websites such as Facebook and Google. Using a Cloze test – a standard test of comprehension that omits words from a document at regular intervals and asks subjects to reinsert the correct word – Miller and his team found that comprehension of a privacy policy when read on an iPhone-sized screen was rated at 48 per cent when compared to the same policy read on a desktop monitor.

Privacy policies are often problematic in their construc-

tion to begin with. According to Jakob Nielsen, a researcher in web usability, as of March 2011, Facebook’s privacy policy is rated at a Grade 13 reading level, meaning that people with less than a year of university experience already find it difficult to understand.

“As far we can tell, privacy policies are, as a protection mechanism for people who are using the Internet on smartphones ... basically completely useless. They are completely unreadable,” Miller said.

“In reality, the user will be getting no real information when they enter details. They will have no idea what’s really going to happen to them.”

These results, combined with the rapid increase in popularity of smartphones, suggested to Miller and his team that a complete revolution in writing styles is needed to balance deficits in understanding.

However, this is a slow process. According to Miller, we are only just starting to see the emergence of a unique “online” style of writing that is recognizably different from writing for

print documents.

“All of the international newspapers are there now, but if you look at many sites on the Inter-

net, people are still just copying paper,” he said. “That’s not going to work on a web browser, and it’s certainly not going to work on a smartphone.”

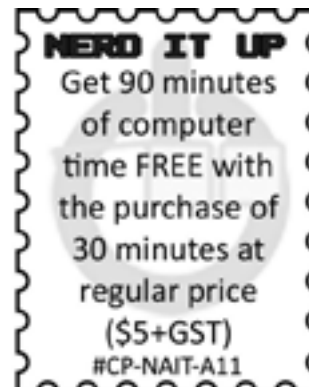
What this new style would look like is not entirely clear, but it is something that Miller and his team hope to discover through further research.

“What we’ve been doing recently is trying to characterize what the differences are between the text that you see on your printed version of a newspaper and the text that you would see on a version of a newspaper viewed in a browser,” he said.

“We’re trying to look at and characterize how the writing style in the newspaper changes between the two media, and whether there is then some way to extrapolate further down onto smaller devices or whether in reality it needs a complete shift in thought to accommodate them.”

“People tend to read better on [paper] than on [desktop computers], and when you just drop down again, you’re making much more visual demands.”

– Study team member
James Miller



**Do you have any
personal questions that you
want to have answered?**

**Just send an email with your
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or submit them online to
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...yes!

THE NUGGET

**Don't forget to check the following
week's Nugget edition for your
“prescription”!**

Thanks
Dr. CONwisDOM!



OPINION

— Editorial —

9/11 – 10 years later



CELESTE DUL
Editor-In-Chief

Sunday will mark the 10-year anniversary of the 9/11 terrorist attacks on the World Trade Center. Such a huge event in history seems to spark memories for anyone who was old enough to remember.

I was in Grade 5 when it happened. I remember being really excited to wake up because my

family had just purchased a new radio and I couldn't wait to use it while I ate my breakfast. What I heard on the radio, however, wasn't what I was expecting. Truth be told, I didn't really understand what was going on – my parents ran to the TV to see what was happening – they thought it was a joke.

A lot of kids didn't show up at school that day, but for those of us who did our teachers told us that this event would be one of the most historic moments in our life – and they weren't wrong.

The amount of destruction was devastating, both physically and emotionally. Thousands were killed, billions in damage and uncountable grief.

Ten years later this makes me wonder – have we moved on and what has society accomplished?

Freedom weakened

I honestly think that freedom has weakened since Sept. 11. Yes, I can appreciate how many amazing people gave up their lives to save others and the outpouring of support to help those affected by the tragedy. What I can't seem to move past is the way the American government reacted to the terrorist attacks.

I could bitterly discuss how I feel the events of 9/11 created a catalyst of unnecessary war and death, but instead I want to focus on the pure racial torment that evolved, and still remains, in North American culture.

The idea of a "war on terror" evoked a worldwide response because any sane person would oppose terrorism. The problem lay with the image terrorists were given. If you ask any child today to draw a picture of a terrorist, you will likely see a picture of a man with a beard and a turban. Racism.

Muhammad Ali, head of the Islam Channel, expressed similar concerns. "This is not an isolated incident, there is a context – there is a worldwide war on terror," he said.

"The cartoons show a man with a turban that is a bomb. They are saying that he is the root of terrorism around the globe. They are saying that to fight terrorism, you have to fight this man. They are saying you have to root out Islam."

Everyone capable of doing damage

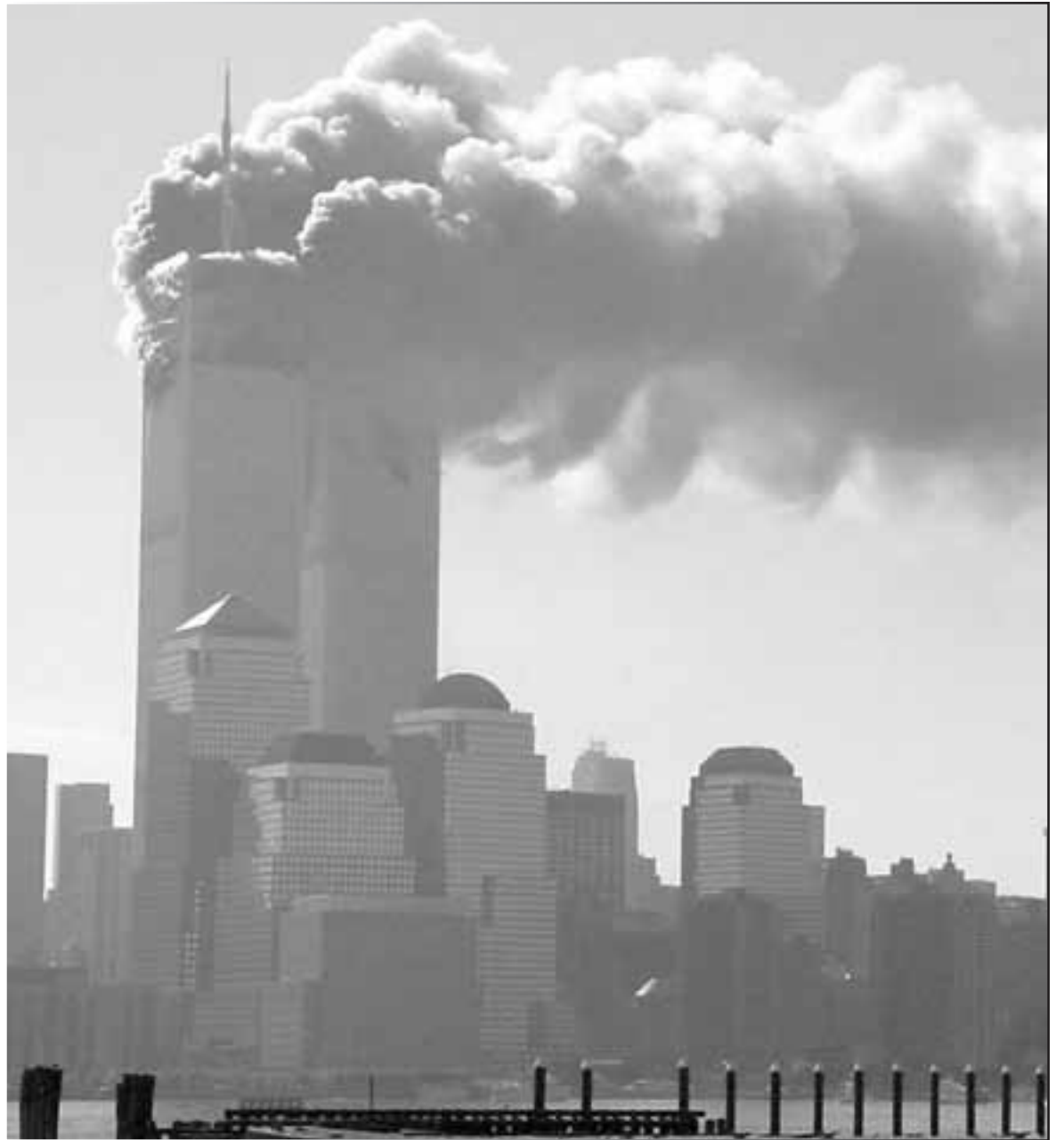
Yes, you can't ignore the fact that these terrorist attacks were from individuals of Muslim descent, but this is not the first time or the last time there have been terrorist attacks. Every person is capable of doing as much damage as another and skin colour or religious belief is not a deciding factor in terrorism.

It feels like indoctrination for me. If the American government hadn't so clearly pointed a finger at the Muslim religion, I don't think there would still be the racism there is today.

I can't say there is still as much racism as there was directly after Sept. 11, but I've seen how many people are judged based on what they look like and it sickens me.

I would write about specific incidents after 9/11 that prove how racist the American government was, but there are honestly too many to pick one. Everything from a young 16-year-old girl being held against her will, to a 25-year-old politician who was scrutinized for wearing an Arabic T-shirt.

This is 10 years later, and what has society learned? Nothing. I think that we all need to give our head a shake and finally start to put our money where our mouth is. Equality.



<http://www.pravasitoday.com>

— Letters —

Security is our goal

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

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

leader in our industry.

The management and staff are dedicated to providing quality service to our campuses. Our employees are eager, enthusiastic and place a high priority on integrity, service and professionalism. The dedicated men and women of this department focus on building partnerships with our community so together we can develop long-term solutions to problems. The men and women of this service are the most valuable resource that we have. Without properly trained, sensitive and dedicated people we could not provide the level of service our community has come to expect. We plan to ensure that the members of NAIT Protective Servi-

ces receive the skills and knowledge needed to maintain high quality service for our community.

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

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

Jerry Hove, Manager
NAIT Protective and Parking
Services

SPORTS

MEN'S SOCCER

Are they ready for gold?



PATRICK KNOWLES
Sports Editor

Coming off a provincial championship and a silver medal at the CCAA nationals, the Oaks men's soccer team will be looking for that national gold medal that eluded them by just two minutes last season.

So, how do you build on a championship that saw the team finish as the second best in the country? If you ask coach Jeff Paulus, the answer is easy, "rebuild it, bigger, stronger and faster!"

While last season's squad will always hold a special place for Paulus, this year's version of the Oaks men's soccer team boasts 19 new players. Returning to the team this season are CCAA All-Canadian and NAIT's Male Athlete of the Year, Thiago Silva, CCAA National all-star keeper Brandon Black, ACAC conference

all-star Kyle Saban, Dustin Wiebe and Austin Berry, who stepped in late season and played a pivotal role in the team's playoff success. These players will provide stability to a new squad that has tons of experience but limited exposure to the ACAC.

While the NAIT program has always been successful in recruiting under coach Paulus, this year's new crop of players arrives with some very impressive resumes.

Following Thiago will be fellow Brazilians Leonardo and Rafael, two players with experience in the US Professional Development League. Another import player from overseas is Donie Curtin, a native of Limerick, Ireland. Donie has spent time developing in the Birmingham system.

The team has also brought in five players who have played the last few seasons in Germany. Zach Kaiser, Andy Estrada, Monty Haines, Jose Acosta and Justin Ammar are all entering their first year at NAIT, but do so with some incredible experience as they honed their skills in the German professional academy systems.

When you add to that the talents of returning player Danny DeSousa, former youth team national players Chris Martinez and Joseph Costouros, former ACAC conference all-stars Felipe

Carvalho and Quinn Conway, and some of the top local young talent in Jordan Ellis, Edem Mortotsi and Mallan Roberts, it is easy to see why there is confidence growing in camp.

Currently the team is in the middle of a two-week training camp as they look to open the season against local rivals Concordia and MacEwan. This year it appears that every team has improved from last season, with Concordia sporting a very explosive offence.

MacEwan will also look to improve on last year with a team that will be both organized and more skilled throughout its lineup.

Perhaps the biggest wildcard is Grande Prairie, who have done an excellent job recruiting and who last year probably deserved better than their fourth-place showing. In all, Paulus is happy with the increased competition as it only serves to better prepare a team a national run.

As for season expectations, no coach wants to give their opponents locker room material but Paulus does feel good about his squad and the team's chances of doing something special. With so many explosive players, this team should be able to fill the opposition net and with a team defence that has only averaged seven goals against per season in the last six years, optimism is high.



Thiago Silva

FC Edmonton finishing strong

By BALJOT BHATTI
Assistant Sports Editor

FC Edmonton has made some great strides since their decisive victory over the Atlanta Silverbacks last week, concluding with a massive 3-1 win over the Minnesota Stars Saturday night.

Despite losing a game to the Puerto Rico Islanders on Aug. 27, the win on Saturday solidifies their fourth-place position in the league and all but guarantees a playoff spot in the next coming weeks.

FC Edmonton leads fifth-place team Fort Lauderdale by two points, and is only a single point behind third place FC Tampa Bay. What seemed like a pipe dream a few weeks ago is now reality, as FC Edmonton will most likely be entering the playoffs with a strong team.

"If we want to make playoffs, we have got to get efforts like we did in the second half," said Shaun Saiko, who scored the game winning goal.

Saiko remains the scoring leader of FC Edmonton – the game winner on Saturday was his ninth goal of the season. Kyle Yamada and Daniel Antoniuk scored the other two goals. Over 1,800 people were in attendance at Edmonton's Foote Field for

the crucial victory.

FC Edmonton only plays three more

regular season games before the playoffs begin.

Their last season game is against the Montreal Impact on Sept. 17. It is an away game.



Shaun Saiko



Photo by Laura Dettling

Female Athlete of the Year Leanne Kadatz, left, is shown in action last year during the Canadian Colleges Athletic Association National Championships, which were hosted by NAIT. Kadatz is back with the team this year.

Women soccer Ooks looking good

PATRICK KNOWLES
Sports Editor

Coming off of a silver medal at the CCAA National Championships last year, the NAIT ladies soccer team is very excited about this upcoming season and have every reason to be. With most of the squad returning from last season and the solid recruiting class coming into the fold, the team will be unsatisfied with anything less than a trip back

to nationals. They take place this year in Quebec City at FX Garneau on Nov. 9-12, where they look to finish the job they came so close to completing last season.

Key players back from last year include ACAC leading scorer and 2010-11 NAIT Female Athlete of the Year Leanne Kadatz, who had 22 goals in 10 games for the team last season and ACAC all-star Laura Kautz. Also returning to the team will be

Kelly Tataryn and Tara Evans, who were both all-stars at nationals last season.

Girls joining the squad this season out of high school will be Jamie Vriens, Loren Burke-Gafney and Kelsey Mitchell and the team will also be getting two players as transfers from the University of Alberta. The team also went to B.C. and picked up two players in Nicola Weber and Caitlyn Neumann, who were both on the Thompson Rivers

University team last season.

Two weekends ago, the team took part in a preseason tournament where they went undefeated, taking down Lethbridge College 9-0, defeating the University of Saskatchewan 4-0 and then finishing off with a 7-0 victory over Mount Royal.

The team will play its first regular season game on Sept. 10 here at NAIT at noon and the men will follow right after at 2 p.m.

Ooks team tryouts ...

Men's Soccer

Aug. 15, 16, 19 – 5 to 6:30 p.m. (NAIT Field)
Aug. 17, 18 – 6:30 to 8 p.m. (NAIT Field)

Women's Soccer

Aug. 15, 16 – 6:30 to 8 p.m. (NAIT Field)
Aug. 17, 18 – 6 to 7:30 p.m. (NAIT Field)

Women's Hockey

Sept. 6 – 7 p.m. Information Session Room J-112

Men's Hockey

Monday, Sept. 5 – 5:30 p.m. Info Session in Room X-107 (mandatory for tryouts)

Please complete the medical form and registration form and e-mail it to sergel@nait.ca prior to the info session.

Women's Basketball

Sept. 6 – 6 to 7:30 p.m. (NAIT Gym)

Men's Basketball

Sept. 6 – 4:30 to 6 p.m. (NAIT Gym)
Sept. 7 – 9 to 10:30 p.m. (NAIT Gym)

Women's Volleyball

Sept. 6 – 7:30 to 9 p.m. (NAIT Gym)

Sept. 7 – 4:30 to 6 p.m. (NAIT Gym)

Men's Volleyball

Sept. 6 – 9 to 10:30 p.m. (NAIT Gym)

Badminton

Sept. 12 – 6 to 7:30 p.m.
Sept. 13 – 4:30 to 6 p.m.
Sept. 14 – 9 to 11 p.m.
Sept. 15 – 4:30 to 6 p.m.

X-Country Running

Sept. 6 – 5 p.m. - Information meeting in Room J-111

Sept. 6, 8 – 6 p.m. (NAIT Field)

Golf

Sept. 7 – Noon to 2 p.m.; 4 to 6 p.m. Mandatory information meeting in front of NAIT gym
Sept. 10, 11: Qualifying Rounds

Curling

Sept. 21, 28 – Noon to 2 p.m. Information meetings

For more information on team tryouts, contact the coaches directly.

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 phone: 780-471-7606

BADMINTON

Badminton team on a roll



Photo by Laura Dettling

Ouk Ian Wong practises before the national championships last year.

By **PATRICK KNOWLES**
Sports Editor

It has been NAIT's most successful athletic program over the past five years, winning four ACAC championships. Now, what if I told you that it was the badminton team, would you believe me?

Well it is true. Coming off of a stellar 2010-2011 season where they captured their fourth consecutive ACAC crown the NAIT badminton team is looking to add another banner to the team's already large collection.

Returning to the squad on the men's side this year are defending national champion Dan Kai and ACAC all-conference and CCAA bronze medallist Jason Chou. And on the ladies side coming back are three-time CCAA mixed-doubles medallist and former national champion Sinead Cheah and last year's CCAA women's doubles silver medallist Jessica Yu.

New players coming in on the men's side you will see former Mount Royal Cougar Quinn Conway, who won a CCAA bronze medal five years ago joining this year's team, and Jimmy Chou (brother of Jason Chou). And for the women new players are Weslee Cheah (sister of Sinead Cheah), ACAC All-conference transfer from Concordia Ellexis Lathan and former Ook player Renee Au will be returning to the team

this season after six years away.

Helping out head coach Jordan Richey as assistants this season will be former CCAA National Champions Shannon Lim (2000) and Sun Yang who makes the transition from playing to coaching after winning four consecutive medals at the CCAA championships including, Gold in 2008.

Tryouts begin Monday, Sept. 12 at 6 p.m. in the NAIT gym. With remaining tryouts taking place on Tuesday Sept. 13 at 4:30-6 p.m. and Wednesday, Sept. 14

from 9-11 p.m., with the season getting underway on Oct. 15 with the first tournament taking place at Red deer College.

"With six new players joining the team, this should be a year of transition but I am confident that the new players can fit right in and make an impact," said Richey.

"The leadership from the four returning players will be looked upon to help keep the program among the elite programs in the country. The coaching staff is excited

to see what this team can accomplish."

In Richey's eyes the toughest competition within the ACAC will once again come from Concordia, while looking ahead to nationals Douglas College will once again lead a powerful BCCAA squad at the Nationals which will be held in Kamloops at Thompson Rivers University in early March 2012.



Dan Kai

The Athletics dept. wants you

Announcers – \$60/night

Basketball/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/night

Basketball/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 in-depth 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 volleyball balls 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

STUDENT GOVERNANCE

Nominations

NOMINATIONS

For positions on the student senate
AND the Vice President Student Services
CLOSES WEDNESDAY
SEPTEMBER 14 @ 4PM

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

For more information visit
www.naitsa.ca/elections

**Vote
Naked**
online starting
September 23!



STUDENTS FIGHTING CYSTIC FIBROSIS

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

SHINE DAY

is September 10, 2011

Come out and get your shine on!

Join NAITSA on our annual shine-fest in support of Cystic Fibrosis Canada. Volunteers are always needed to help shine shoes and cars, and hand out balloons in exchange for donations. Email us at naitsavolunteers@nait.ca for more information.



Cystic Fibrosis
Canada

WELCOME WEEKS

Aug 29-Sept 9



BEER. BABES. BALLS.

SEPTEMBER 8
GAMES @ 4.30PM

NEST PARKING LOT (F LOT)

4 ON 4 BALL HOCKEY, BEER GARDENS @ 3PM
FOOD, MUSIC AND MORE!



naitsa.ca/welcome



ENTERTAINMENT

VMAs tamer this time



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

The MTV Video Music Awards were over a week ago, but the aftermath of the infamous party show is still being felt. The VMAs have a certain shock value to them, thanks in part to risqué performances and surprising, usually unplanned, acts between performances.

Two years ago there was the infamous Kanye West/Taylor Swift debacle, where West shockingly interrupted Swift in the middle of her acceptance speech for her best female video win. As he unapologetically crashed the stage, he grabbed the mic from Swift and said, "Imma let you finish, but Beyonce had one of the best videos of all time. One of the best videos of all time!"



To this day, West still has to deal with the consequences of that night. For example, this year West won Best Collaboration with Katy Perry for their song, "ET" and when West approached the podium with Perry, the latter jokingly quipped, "Now this is a time where you want to interrupt me, Kanye."

Compared to Video Music Awards of the past, this year's show was tame in comparison. Yes, Lady Gaga pretended to be a man named Joe Calderone the entire night but weren't we all expecting something attention-grabbing from her anyways? A celebrity can't be "shocking" if everyone already expects said celebrity to cause headlines.

Before Gaga, there was Britney Spears. Providing a completely different style of

"shock" performances, Spears is famous for her entertaining VMA performances. From dancing with a giant snake wrapped around her shoulders in 2001 to kissing Madonna in 2003, Spears was

the original temptress, unless of course, you count Madonna herself.

At this year's awards, the two divas collided, with "Joe Calderone" presenting Spears with the Michael Jackson Vanguard award.

This was around half way through the show, and at that point, I had gotten sick of Lady Gaga's alter ego act. She seemed so set on keeping the spotlight on herself that Spears was barely given any time to give her acceptance speech. With Spears awkwardly standing by, greaser Joe proceeded to hog the mic, going as far as trying to get a kiss out of Britney.

By the time Spears introduced Beyonce as the next performer to take the stage, I wanted to throw my remote at Lady Gaga/Joe Calderone.

Luckily, Beyonce's performance distracted me from my anger towards Gaga. Performing her song, "Love on Top," Beyonce gave it her all as she sang her way around the stage. Just as I was picking up on Beyonce's slighter fuller face, the singer finished her song, threw her mic to the side, and excitedly opened her sparkly blazer to reveal ... a baby bump!

I don't know whether



Beyonce is a happy mother-to-be.

it was the pure joy radiating from Beyonce as she proudly rubbed her belly for all the world to see or her husband Jay-Z's mile-wide grin as Kanye West gave him the jubilant "Hey, you're going to be a daddy!" shoulder shake, or both, but I felt my eyes moisten ... just a little bit.

Another significant moment at the VMAs was the Amy Winehouse tribute. Russell Brand and Tony Bennett gave touching speeches, and Bruno Mars concluded the tribute with a performance of one of Winehouse's most celebrated songs, "Valerie."

MTV's Video Music Awards may not be known for its prestigious awards, but it clearly has some influence on pop culture.

After Beyonce revealed her pregnancy on stage, Twitter reached a new record for most number of tweets sent per second (all relating to Beyonce's pregnancy announcement): 8,868 Tweets per second!

Lil Wayne's new album, *Tha Cartier IV* hit stores right after his closing VMA performance, and it was expected to make a staggering 850,000-900,000 in album sales in its first week

alone. In this day and age, selling nearly a million records in a week is phenomenal!

Perhaps the most controversial story to hit the industry since the Video Music Awards is Tyler the Creator's win for Best New Artist. A lot of attention has been given to the new rapper, concerning his profanity-filled songs. GLAAD (The Gay and Lesbian Alliance Against Defamation) has revealed that Tyler the Creator's sophomore album drops the fa**ot slur over 213 times! Not only that, but throughout the album, The Best New Artist winner also raps about rape and domestic violence against women.

While controversial content such as this has been seen in many other artists' lyrics, Tyler the Creator might be the first to respond in a way that only further confuses everyone: "I'm not homophobic. I just think 'f**ot' hits and hurts people. It hits. And 'gay' just means you're stupid. I don't know, we don't think about it, we're just kids. We don't think about that s**t. But I don't hate gay people. I don't want anyone to think I'm homophobic."



Joe Calderone/Lady Gaga

ibtimes.com

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By BALJOT BHATTI

Fall is upon us, and so is a new school semester. Things can get real hectic in the first little while, so why not grab some of these songs, sit out in the backyard, take a breather and enjoy the last few weeks of sunshine and warmth.

- 1) Okkervil River – Black Sheep Boy
- 2) The Decemberists – Cocoon
- 3) DangerDoom – Crosshairs
- 4) Ella Fitzgerald – Into Each Life Some Rain Must Fall
- 5) Tarkio – Your Own Kind

- 6) The Shins – Sleeping Lessons
- 7) Picture Center – Fireworks October 1990
- 8) David Bowie – Letter To Hermione
- 9) Billie Holiday – Crazy He Calls Me
- 10) Death Cab for Cutie – Summer Skin
- 11) Arcade Fire – Neon Bible
- 12) Smashing Pumpkins – 1979
- 13) Radiohead – No Surprises
- 14) Black Star – Astronomy



Okkervil River

torrentsland.com

VIRAL VIDEO OF THE WEEK

Unlikely pair hit it off

By CELESTE DUL
Editor-In-Chief

A YouTube video so popular that there was an iPhone app based from it?! That's this week's Viral Video.

It could just be because I have a soft spot for animals, or it could be the awfully catchy tune that goes along with the video; either way no matter what mood I'm in 'Baby Monkey (Going Backwards On A Pig)' never fails to

make me smile.

I should first tell you that this video is a take on a video originally from Japan. A baby monkey and a baby pig are both orphaned and become best friends. As lame as this sounds, you have to watch the video to appreciate just how close these two creatures are – it's incredible.

What makes this video so much better than the original is the music in the back-

ground. Even though the music is describing what's going on in the scene you can't help but sing along to the tune: "Baby monkey, baby monkey, riding backwards on a pig, baby monkey."

Take my word for it, next time you're in a bad mood, or just need a laugh go to http://www.youtube.com/watch?v=5_sfnQDr1-o and watch a baby monkey riding a pig backwards.



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WELCOME WEEKS

Aug 29-Sept 9

FRIDAY, SEPTEMBER 16

Buses leave the Nest @ 4pm, party on the
Edmonton Queen Riverboat until 10pm

TICKETS

\$25/student

\$50/non-students



Pirate (boat) party



Seriously. It's on a boat.

For more information visit naitsa.ca/pirate

Solid debut for Winnipeg trio

By **SHELDON BIRNIE**
The Manitoban
 (University of Manitoba)

WINNIPEG (CUP) – Bog River's debut disc *Hands in the Ground* is a fun little folk affair. Combining the talents of three distinct songwriters, the disc never stays stuck in one place but showcases each writer's strengths and influences over the course of ten tracks.

Bog River is Carly Dow, Ben Hadaller and Dave Barchyn, three talented, up-and-coming Winnipeg musicians. On *Hands in the Ground*, they display great chops on the bulk of the instruments and include a few choice guest spots from the F-Holes' James McKee

on trumpet and Alex Campbell on the keys.

The songwriting and performances evoke folk music's rich history with an immediacy that brings to mind backwoods cabins and rickety kitchen jams. The group plays well together,

and this shows in the off-the-floor recording style.

Harmonies are rich, riffs are tight and the stories well-told. Whether singing of miners, buskers or salvation, Bog River's songs are well played and delivered. Stand out tracks are Dow's "Head Full of Sound" and "This Side of the Sea" and Hadaller's "Mountains for Sale."

While influences are clearly worn on the sleeve here, that may be the disc's main fault – with "may" being the operative word.

For the most part, Bog River brings a refreshing take to a timeless genre, one that is already well served within the Keystone Province. Considering that Dow, Hadaller and Barchyn are young and yet already veterans of the scene, Bog River are sure to bring some great tunes to the table in years to come. *Hands in the Ground* proves to be a great introduction.



**PUT YOUR
 WRITING
 GLASSES ON.**

**GET YOUR
 THOUGHTS INTO PRINT!**

**Submit your opinion letters with
 your real name & phone number
 to: studenteditor@nait.ca**

***Articles have a 100 word limit.**

THE NUGGET

Healthy food alternatives

By NATASCHA BRUHIN
Entertainment Editor

While I complain about the fact that my classes are in a building isolated from the rest of campus, (it's that old-school one by the parkade), sometimes I am thankful for it. Why? Simply put, I get uncontrollable cravings for food. Once I smell delicious, fresh french fries cascading through the air, all my self-control goes out the window. I usually have no problem sticking to my healthy soup and salad lunch, but that glorious fattening smell of fries is simply irresistible. I won't even start on my love for cupcakes and bacon.

How does a normal human being with average self control resist the fantastic comfort foods residing at every cafeteria station?

Well, for most students, they don't. But years of eating junk food can be seriously detrimental to your health.

This year at NAIT, there are healthy food options being made available for students. You might have to search harder for them on the menu, but there are healthy choices available for the health-oriented student!

Instead of choosing the bacon (yum ...) cheeseburger, opt for the chicken rice bowl instead. When the chef asks you whether you prefer fries or salad with your meal, we all know the item we should choose.

When it comes down it ... it comes down to you. We can complain about all the delicious, calorie-filled food items being offered to us, and how it makes it impossible to

stay healthy during school, but the truth is – it is possible to stay on the healthy track. At the end of the semester, no one wants to admit they've gained the dreaded Freshman 15.

So this semester, keep your eyes peeled for healthy food options being made available for staff and students!

THIS OR THAT

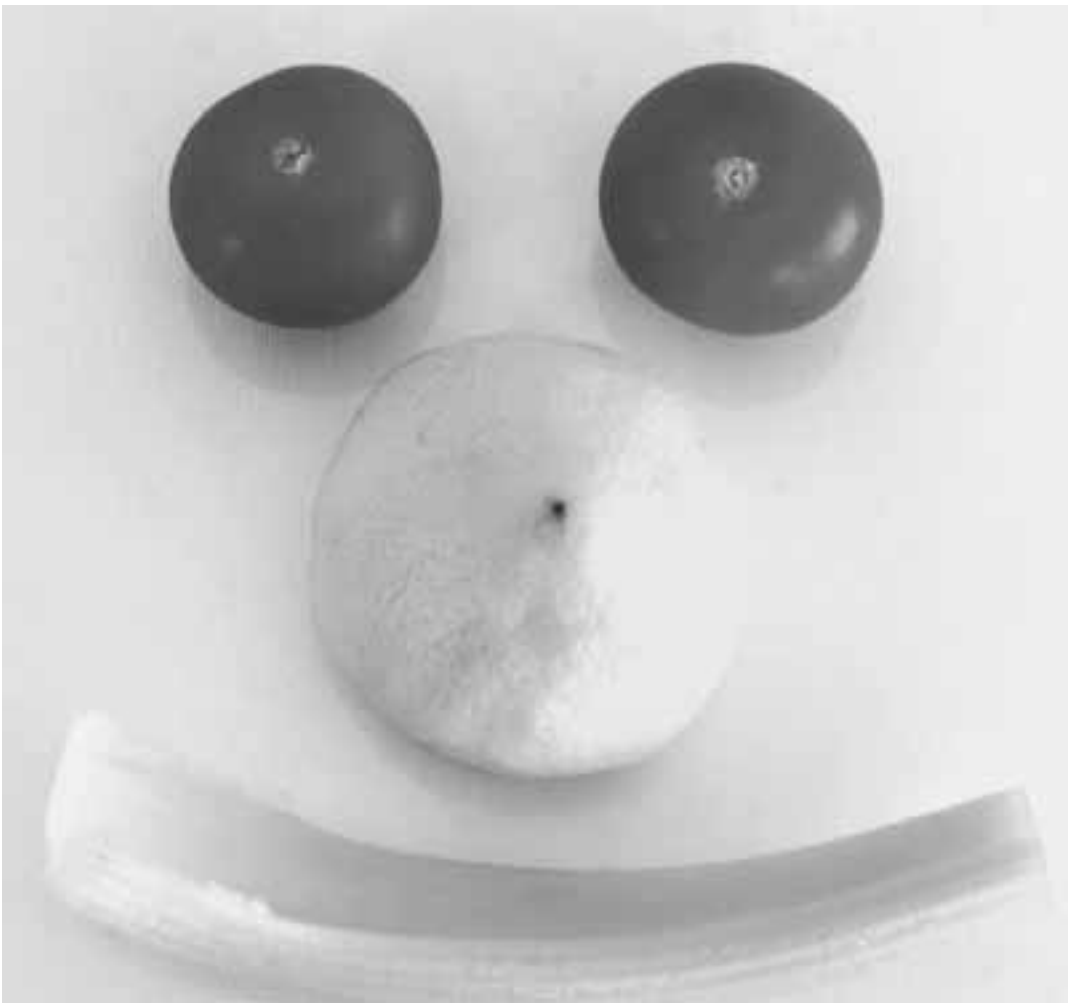
Here are some quick tips to keep in mind when you're ordering food:

1. Choose salad over fries. Pretty obvious, but not many of us actually choose the greens. When choosing the dressing to go with it, keep in mind basic vinaigrette sauce is way healthier than a creamy ranch dressing. Anything with cream in it is filled with calories, and is just as bad as ordering fries.

2. If you have the option of choosing the size of your plate, opt for the smaller plate. It keeps you from overeating and thinking you need to fill up the entire large plate with food.

3. Don't think you have to buy it just because it's right in front of you. Just because rows of pop are sitting in a fridge next to you in the check-out line, doesn't mean it's necessary for you to purchase one. Bring water or juice with you from home.

4. When choosing meat, choose lean meats – fish and chicken – over beef and pork. Know that grilled chicken is healthier than "crispy" or breaded chicken. As well, keep in mind that the recommended meat portion size is the size of a deck of cards, or about two to three ounces.





CANADA'S PUB

Advanced Chemistry

Tutoring Available.

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Sonic Boom ... or bust?

By **CHRISTINE VU**
Assistant Entertainment Editor

Over 9,000 people gathered in the Northlands Expo Centre on Sunday, Sept. 4 for Sonic Boom, a modern rock music festival hosted by local Edmonton radio station, Sonic 102.9 FM. The number of people in attendance was underwhelming, to say the least, as crowds were significantly larger in the previous two years.

The lack of ticket sales were likely due to former fans who were disappointed in this year's lineup, which featured nine bands including Cake, Jane's Addiction and the return of Metric. Upon the release of the lineup earlier this summer, Sonic 102.9's Facebook page was full of complaints.

Confusing choice of headliner

Many of the bands such as Canadian indie band Hollerado had already been through Edmonton recently and the addition of hip hop soul singer Cee Lo Green as a headliner confused many avid listeners of Sonic 102.9.

Ticket sales were also damaged by the decision to move the outdoor festival indoors due to unpredictable weather. Despite the backlash, loyal fans bought tickets as soon as they were on sale, only to be frustrated by a major drop in ticket prices as summer went on.

Finally the day came, and this year's Sonic Boom hit another road bump. While some saw it as a good thing, Cee Lo Green cancelled his performance due to a back injury. As a solution, Sonic Boom added local Edmonton band Christian Hansen and the Autistics to the lineup.

As the opening act for the day of 12 hours of modern rock music, Christian Hansen and the Autistics performed inside the Northlands Expo Centre just after 11:30 a.m.. Being the very first act,

they played to a smaller crowd than the rest of the acts but did not show any sign of holding back.

Next to take the stage was Ontario's power pop band, Hollerado. For such an early start to the day, Hollerado really brought the energy to Sonic Boom. Their live performance was the highlight of the event for some, and despite the poor sound quality indoors, their vocals were strong. They energetically played "Juliette," "Americanarama" and "Got to Lose," all from their album, *Record in a Bag*.

Hollerado's front man Menno Versteeg interacted with the crowd, which had grown since Christian Hansen's performance. Although the crowd was larger, it was apparent that it was too early for any kind of moshing.

The band's interaction really drew in the audience and grabbed their attention, with Versteeg at one point saying: "We want to meet your mayor and find out if he's cool. Oh he sucks?" and "Go shoplift our CD from HMV".

Versteeg made one girl's day and possibly year by pulling her on stage to play his guitar while he crowd surfed.

The lucky girl's name was Cheyenne Sykes, who later said: "My first reaction was I can't believe this is happening to me, all I wanted was a guitar pick." Cheyenne was also invited back stage after Hollerado's set to talk to the band.

Perhaps the funniest and one of the most memorable parts of the festivities was when Hollerado paid homage to Cee Lo Green by doing a cover of his popular hit "Forget You."

With a memorable performance that had the crowd dancing and singing along, Hollerado brought the life back into Sonic Boom.

Coming all the way from North Wales, three-piece band The Joy Formidable was up next. After spending about 15 minutes on stage to set up and

test the equipment, the alternative rock band left the stage and came back a minute later to make a proper entrance.

The muddy sound quality was more apparent than ever, making front woman Ritzy Bryan's voice almost impossible to understand while she was singing and talking to the crowd.

From time to time you could hear her girlish voice throw out a swear word or two, especially when guitarist Rhyddian Dafydd threw his mic stand aside, nearly hitting Bryan, providing another memorable moment for the Sonic Boom crowd.

Awful acoustics

Middle Class Rut and Manchester Orchestra also fell victim to the awful acoustics but managed to please the crowd none the less.

The audience practically doubled in size when Cake arrived with their speak rock sound. Beach balls were added to the mix as was uninvited feedback from the equipment which was deafening. The band did not waver and got the crowd singing along and played a cover of "War Pigs" by Black Sabbath.

American Punk Rock band Social Distortion drew another large crowd as they played such songs as "Nickels And Dimes." From the back of the crowd people could be seen moshing and flinging their clothes into the air.

The stripping stopped but the moshing continued as Metric took the Sonic Boom stage once again since playing in the festival's inaugural year. Metric had also played at last year's Capital Ex.

As if they had stepped into a time machine, some concert goers felt they were seeing the exact same show from Metric twice. Lead singer Emily Haines was even wearing a jacket that was strikingly similar to last year's.

Metric put on a decent show nevertheless but did nothing more than expected.

This year's Sonic Boom had many pitfalls largely due to the fact that it was indoors, which only led to more problems such as the bad sound quality and limited food vendors. Customers endured long lineups for food, only to find out they were out of what you wanted when you got to the front. This led to some missing part of the show.

Rules against outside food and re-entry added to the frustration of concert goers. As well, being stuck indoors when Edmonton was having one of its last hot summer days was enough for some concert goers to go home and call it a day before the main act, Jane's Addiction, came on.

Sonic 102.9's Al Ford even apologized for this year's bust of a Sonic Boom, promising better things for next year.



Photo by Christine Vu

Metric's Emily Haines belts out a song.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Safety begins with you



Most of us work hard to earn the money we use to buy what we need and want. Thieves can take those possessions from us in a split second if we are not diligent. When it happens, we feel a sense of outrage and wonder how it could happen to us. It is important to realize that we are responsible for our own safety and the safety of our possessions. NAIT Protective Services cannot be everywhere and are usually involved only after the crime has been committed.

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

To avoid theft, Protective Services suggests the following:

AT HOME

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

AT WORK OR SCHOOL

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

AT THE LIBRARY

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

AT THE GYM

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

FROM YOUR VEHICLE

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

- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate.
- Park in well-lit areas.
- Don't leave valuables in view for a thief. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm.

Reporting a crime is not a hard thing to do. The dispatcher will "walk" you through the complaint. Remember a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help make our community a safer place for everyone to enjoy. When reporting calls to NAIT Protective Services.

- Stay Calm - don't get excited; take a deep breath
- State the problem – "I want to report a crime ..."
- a break and enter
- a theft
- an injury
- a fire
- a suspicious vehicle or person
- State the address and who you are.
- Give the full location, directions from nearest office or building

- Give your name, office number, and phone number where you are calling from
- Let the dispatcher control the conversation.
- Answer all questions
- Give your phone number so NAIT Protective Services can call back later if necessary
- Don't hang up; stay on the line. Only hang up when told to do so by the dispatcher.
- In the event of an emergency, dial 911.

This information is vital to our Peace Officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (Police, Fire, Ambulance, etc.).

If you have information about a crime, contact NAIT Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

September 8-14

(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)

Leave an extra 10 minutes before your usual time for everything that you do.

Libra (Sept. 23-Oct. 22)

This is your semester! You should take advantage of every opportunity that comes your way. Be a "yes" person.

Scorpio (Oct. 23-Nov. 21)

Once you are dressed and ready for

school, go back and change. You will thank me later.

Sagittarius (Nov. 22-Dec. 21)

You are looking pretty fit lately. Go ahead and indulge in second or third or fourth helpings.

Capricorn (Dec. 22-Jan. 19)

Relax and just go with the flow. Do not worry about making any decisions, everything will fall into place.

Aquarius (Jan. 20-Feb. 18)

Learn to get organized or your hectic schedule will swallow you whole.

Pisces (Feb. 19-March 20)

Juggling school and work? No problem, you can do it!

Aries (March 21-April 19)

Be wary of which locker you choose. A surprise might be waiting for you.

Taurus (April 20-May 20)

Sit in the front of the class as much as

you can this week, otherwise you might blend in with the wall and even by the end of the semester, people will never know you were in their class, including your instructor.

Gemini (May 21-June 20)

Stay away from cafeteria food this week. That is all.

Cancer (June 21-July 22)

Your life is not on the right track. You should probably switch programs.

Leo (July 23-Aug. 22)

You already have a crush on someone the first week back at school. Go ahead and ask them out, you harlot.

Poll clerks needed

Duration: Sept. 29, 2011

Compensation: \$14/hour

• Poll clerks are needed on Sept. 29 from 10 a.m.-2 p.m. for the NAITSA student Senate election and the NAITSA VP Student Services election.

• Must have a strong command of English and a complete and clear understanding of the democratic election process.

• All poll clerks must attend a paid training session on Wednesday, Sept. 28 at 4 p.m. in Room E-129.

• 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.

Live music kicks off at Nest

By CHRISTINE VU

Assistant Entertainment Editor

On Sept. 9 at 5 p.m., the Nest will be hosting the first Live Music Night of the semester. To start things off right, Canadian indie rock bands Mother Mother and USS will be performing.

Truly a band with a sound of their own, Mother Mother has been touring all over North America and will continue their tour in Europe. With three albums in their repertoire, including their newest album, *Eureka*, Mother Mother has been in heavy rotation on Canadian radio stations including Edmonton's own Sonic 102.9 and NAIT's NR92. Many of you are sure to have heard either "Hayloft" or "The Stand," two of their most popular singles. Mother Mother is no stran-

ger to Alberta's capital city either, having played in Edmonton earlier this year at the Edmonton Event Centre in March and at last year's Sonic Boom.

Everything they do, from the songs themselves to the videos, has a certain twist that is unique to Mother Mother and their live performances are no exception. Nothing is sacrificed in the name of live music. Their vocals are strong and the band brings an energy to the stage.

To complement the vibe of Mother Mother, NAITSA has brought you USS, a fellow Canadian band. Comprised of two friends who met while working at a golf course together, USS, short for Ubiquitous Synergy Seeker, describe their music as "the campfire after-party." Sounds appropriate for an end of summer bash.

USS has toured with illScarlet and shared the stage with the likes of The Trews and Die Mannequin. In 2010, the duo took home the COCA award for Emerging Artist. Their single, "Anti-Venom," was featured on the Major League Baseball 2K11 soundtrack. USS also won a CASBY Best New Single award for their

song, "Hollowprint Sniper Hyperbole," beating other popular groups like Sam Roberts Band and Bedouin Soundclash.

With both bands having just released albums this year, Mother Mother and USS will undoubtedly rock the Nest for its very first Live Music Night of the year.



mothermothersite.com

Mother Mother



janewoodall.com

USS

Old fave a hit at Next Act Pub

By **CHRISTINE VU**
Assistant Entertainment Editor

It is probably safe to assume that Kraft Dinner is a childhood favourite for most, and still is for many, but unlike many college students, I do not have the stomach to live off the orange stuff. I long for something more.

I have tried countless recipes for mac 'n' cheese but success was just not in the cards for me. No matter what, I just couldn't get the consistency of the sauce right. Luckily I have found the next best thing – The Next Act Pub.

As soon as my eyes identified baked mac 'n' cheese (\$10) on the online menu, I knew I had to try it. I thought I had found the perfect mac 'n' cheese at another local restaurant in Edmonton but I am the type of person who doesn't stop looking and this time I am glad for it.

No space wasted

The pub is on the smaller side but no space is wasted as there are green booths that line the walls in an "L" shape and the rest is filled with tall tables and stools. The walls are decorated with pictures that add to the pub's old school atmosphere. Through the speakers you can hear music that complements the lively chatter of the cozy pub and black and white movies are always playing on the TV screens.

It was a late weeknight when a friend

and I walked in to find the pub buzzing with people. Even then, it was not hard to find an open and inviting booth to settle ourselves in. Our server promptly came by and gave us our menus. As a pub should, The Next Act offers a lengthy but not overwhelming list of different beers to choose from. On a whim, my friend decided on the Negra Modelo (\$6.00) which is a smooth amber lager from Mexico. I chose to have Bob's Blueberry Lemonade (\$7.00), an extremely sour and strong drink. Not forgetting the reason why we came, I eagerly ordered the baked mac n' cheese while my friend ordered their namesake burger, The Act (\$11).

Mix of customers

While we waited for our food to arrive, I took a look around and found that most of the patrons were a mix of people. Most were older, maybe in their 30s and beyond and some were likely college students. There was not a single person wearing a tight mini dress or Ed Hardy and if one were to ever stumble in, they most likely got lost on their way to The Rack down the street. The vibe of The Next Act is very casual and laid back, much like a cool neighborhood pub that you see on tv and wish you could go to.

The wait time for our food was not long considering how busy it was. The Act was the more simple and classic option out of all the burgers and came with a generous amount of crispy thin fries. The burger patty



Photo by Christine Vu

Mac 'n' cheese like mom's.

looked and tasted homemade. It was juicy and flavorful without all the fancy spices and rubs that some burgers require.

My mac n' cheese looked like a picture of perfection. Creamy, gooey goodness nestled in a piping hot, deep dish with a crispy layer of bread crumbs and extra cheese on top was waiting for me and I gladly dove right in. The noodles were evenly coated with a creamy and cheesy sauce. Each forkful stretched the cheese longer than the last. The heavens opened up, I had found my new favorite mac n' cheese.

Since then, I have returned many times

and tried other menu items along the way. They have all been so deliciously good but nothing can rival that mac n' cheese. For those of you who are away from home, they even have a special event that they host called Family Dinner where they invite you to their table for a nice home cooked meal. You will find meatloaf as the main course at the next Family Dinner on Sept. 18. The Next Act Pub, located on 104 Street and Whyte Avenue, is a perfect place to go for drinks and good food if you are a student on a budget or if you just have a hankering for really good mac 'n' cheese.

**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

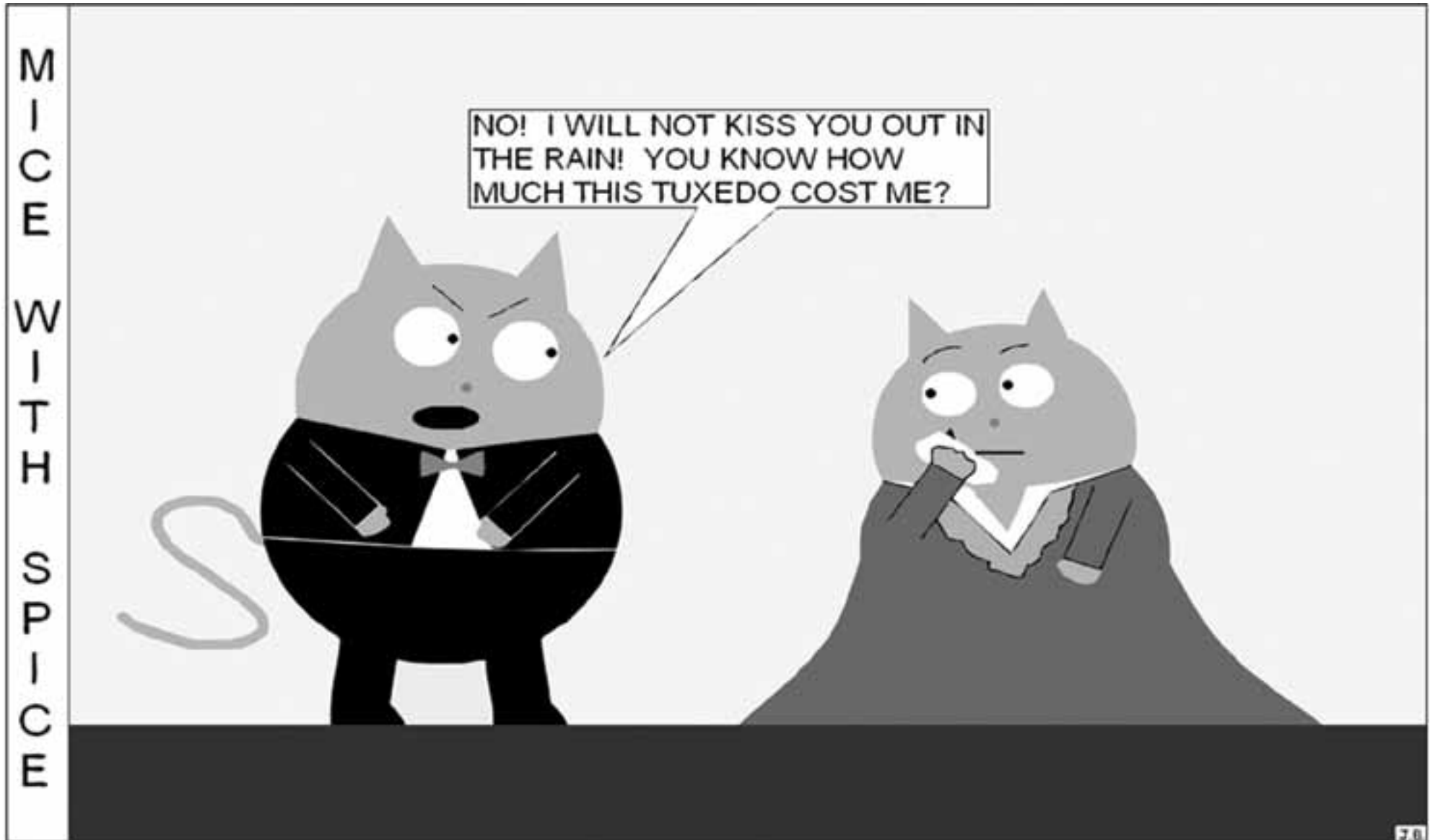
Email studentplans@nait.ca | Information www.mystudentplan.ca



Emily Moore
Student Benefit Office
780.471.7730
studentplans@nait.ca

THE NUGGET PRESENTS:

NUGGET COMICS



Cartoon by John Benesch



Cartoon by Osalyne Wilfong and Mark Nordstrom

Jay-Z and Kanye West team up

By **RICHARD WONG**
The Manitoban
(University of Manitoba)

WINNIPEG (CUP) — A collaborative effort by two of today's biggest names in hip-hop, *Watch the Throne* was originally intended as a five-track EP but evolved into a full studio album under the collective creative gaze of Jay-Z and Kanye West. A fantasy pairing for many long time hip-hop fans, Jay-Z and West have appeared on a number of tracks together in the past, but the prospect of a full album from the duo has heaped an immense amount of pressure and expectation upon this release. Lucky for fans, then, that it mostly lives up to its billing.

Watch the Throne is a leap into the abstract imagination of two of the most innovative minds in music. The album is a diverse outing, borrowing from many different genres and the back tracks, but remains busy and industrious throughout, creating a full and enveloping sound. You would be hard-pressed to find any songs that are defined by any one single beat, a nod to the production and calibre of producers involved with such a project.

West remains the king of creating effective and catchy samples and the heavy instrumentals push the album more into Kanye's territory, but Jay-Z holds his own in somewhat unfamiliar surroundings. After years of being in the game, the days of dropping unbelievable verses every time they open their mouths are behind them, but both retain their signature flow and still occasionally obtain the rare form they are famous for.

The list of collaborators is a star-studded affair with names such as Beyoncé, Kid Cudi, Swizz Beatz and Mr. Hudson all making cameos on the album. Somewhat unexpected, however, were

appearances from the lead singer of the indie band Bon Iver, Justin Vernon, and Elly Jackson of the electro-pop group La Roux.

Watch the Throne could be a real coming-out party for one particular contributing artist, young singer Frank Ocean, who sings the hook on "No Church in the Wild" and "Made in America." Ocean's catchy chorus work should be enough to inspire more that few to check out his solo work. His debut single "Novacane" is highly recommended.

The album's highlights include "Otis," an upbeat track featuring the late soul singer Otis Redding and the godfather of soul himself, James

Brown. "No Church in the Wild" is a dark and purposely muddled outing that touches on religion and material excess, and features the aforementioned Ocean. Jay-Z's wife, Beyoncé Knowles, makes a cameo on "Lift Off" and her powerful vocals go a long way towards boosting an already uplifting

song.

The album, in truth, is very similar to West's last effort, *My Beautiful Dark Twisted Fantasy* — abstract and eclectic, albeit with a somewhat edgier tone.

Watch the Throne isn't perfect, though. There are still moments where West's eccentricity could be reined in somewhat, and the lyrical content from both West and Jay-Z can occasionally be somewhat shallow. The album as a whole could stand to be a little more focused, but at the same time such a move could take away from one of the recording's greatest strengths, which is the breadth of its scope.

As good as the album is, the question lingers: could it have been better, considering the two men at the helm? *Watch the Throne* was recorded during the few openings in the very busy schedules of the

album's two leads and one can't help but wonder what the result could have been if Jay-Z and West

had set aside all of their other obligations to record the album.



Kanye West and Jay-Z



At the Nest ...

By **NATASCHA BRUHIN**
Entertainment Editor

With all the upcoming events happening at The Nest, you never have to ask yourself what to do on a Friday night again. The Nest has gone all out to provide entertainment for students every weekend of the year!

First up is the Live Music series starting this weekend. Featuring the bands Mother Mother and USS, this is a Friday night show worth coming out for.

With bands like Mother Mother hitting the stage (who have performed with the likes of Weezer and Pearl Jam), free admission for students and \$3.25 cans of Kokanee all night, what more can you ask for?! Come out to the Nest at

5 p.m. to kick off a great semester!

The next Live Music event after this one is on Friday, Sept. 23.

Here are some other upcoming Nest events to mark down on your calendar:

Thursday, Oct. 6: Extreme Sports Night

Friday, Oct. 21: Live Music

Friday, Nov. 4: Live Music

Friday, Nov. 18: Live Music

Tuesday, Nov. 29: How to ... Mixology!

Learn how make the drinks you love to drink at the bar, and impress your friends the next time they're over!

Thursday, Dec. 1: Comedy Night with John Hastings and David Dempsey

Friday, Dec. 2: Live Music

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 fun!

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!

Study participants wanted

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 opportunity 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!

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 basis and 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 palsvolunteers2003@yahoo.ca

CROSSWORD

- Across
- 1- Actress Ruby

4- Hoist

9- One of the Simpsons

13- Sick

14- Approvals

15- Fable

16- Dress with too much formality

18- Unit of volume

19- Furnishings

20- Surgical cutting of a tendon

22- Tidal river

25- Centrepiece of the human face

26- Early computer

28- Story in instalments

32- Fleur-de-____

35- Fortune-telling cards

37- Grass-like plant

38- Archipelago part

40- Growl angrily

42- Interpret

43- Sweatbox

45- Purge

47- Madrid Mrs.

48- Corpulent

50- Law of Moses

52- Footnote abbr.

54- Teacher

58- Dauntless

62- Satirical dialogue

63- Like some stadiums

64- Receptacle

67- Muse of lyric poetry

68- Distinguishing characteristic

69- Seine contents

70- Numerous

71- "Forbidden" fruit

72- ACLU concerns

- Down
- 1- Part of LED

2- Santa's aides

3- Choose

4- Water faucet

5- Alway

6- Enzyme ending

7- Sleeveless garment

8- Ruhr city

9- Vagrant

10- A big fan of

11- Flower part

12- Ethereal

15- Shuts

17- Libertine

21- Figs.

23- Narrow inlets

24- Tall tales

27- Do something together

29- March time

30- Culture medium

31- Moon of Jupiter

32- Speech issue

33- Golfer Aoki

34- Insult

36- Band

39- Completeness

41- Decoy

44- Percentage of light reflected by a planet

46- Proceed in rays

49- Bark sharply

51- Mata

53- Judicial rulings

55- Dead duck

56- a time

57- Convoluted fold of the brain

58- As previously given, in footnotes

1	2	3		4	5	6	7	8		9	10	11	12	
13				14						15				
16			17							18				
19							20		21					
22					23	24		25						
			26				27		28			29	30	31
32	33	34		35				36		37				
38			39		40				41		42			
43				44		45				46		47		
48					49		50				51			
			52			53		54				55	56	57
58	59	60					61			62				
63							64		65	66				
67							68					69		
70							71					72		

- 59- Asta's mistress

60- Counterfeiter catcher

61- A small town

65- Doze

66- "... ____ the cows come home";

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

SOLUTION
Page 26

Recipe

Sugar-free blueberry coffee cake

By STEFANIE FISCHER
Assistant Issues Editor

A good friend of mine was diagnosed with Type 1 diabetes about four years ago and had to cut out all the delicious foods he once enjoyed. I have wanted to make him a diabetic cake for quite a while and I finally landed upon this recipe of a sugar-free blueberry coffee cake. He absolutely loved it and almost ate the whole thing in one sitting and now his mom is asking me for the recipe! I found the recipe on this website (where I usually find all my recipes) www.allrecipes.com.

Ingredients

• 3/4 cup butter, melted and cooled

• 1 cup milk

• 3 eggs

• 1 teaspoon vanilla extract

• 1½ cups granular sucrose sweetener (such as Splenda®)

• 2 teaspoons baking powder

• 3 cups all-purpose flour

• 1¾ cups fresh or frozen blueberries

• 1½ cups of Splenda® brown sugar

- 3/4 cup flour

• 2 teaspoons ground cinnamon

• 1/2 cup butter, softened

Directions

1. Preheat the oven to 350 degrees F. Grease and flour a 9x13-inch baking pan.

2. In a large bowl, stir together the melted butter, milk, eggs, vanilla and 1 1/2 cups sugar substitute. Combine three cups of flour and baking powder; stir into the wet ingredients until just blended. Fold in the blueberries. Spread evenly in the prepared pan.

3. In a small bowl, stir together the brown sugar substitute, 3/4 cup of flour, and cinnamon. Stir in the softened butter with a fork until the mixture is crumbly. Sprinkle over the top of the cake.

4. Bake for 35 to 40 minutes in the preheated oven, until a toothpick inserted into the centre of the cake comes out clean.

The cake isn't just for diabetics, it can also be an ideal alternative for those who want a healthier option.



Rate yourself: Study skills



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

You can't change your IQ or the course content that you have to learn. However, you do have control over your study habits. Forming consistent, effective study habits early in the semester is the most important thing you can do to improve your marks as well as your long-term retention and understanding of the course material. Rate your study habits and commit to incorporating at least one new technique that will enhance your chance of success.

- Where to study:
- I have a regular study area (or areas: one at home and one at school)
 - I have a study area that I use only for study
 - My study area is free of distractions such as noise, pictures of my girlfriend/boyfriend and interruptions from family, friends, phone calls
 - I have good lighting and ventilation in my study area
 - My study area is big enough to spread out my papers, books, etc.
 - I study in the same place most of the time

- When to study:
- I know when my peak time of day is and I use that time to do my most important study/homework tasks
 - I study at the same time each day
 - I know how long to study before I lose concentration and become less effective (usually between 30 to 60 minutes)
 - For difficult material I use SECS (Short Effective Concentration Sessions of 10 to 20 minutes)
 - I take regular breaks when I am studying
 - I always stop studying when I am exhausted
 - I review important new material within 24 hours of the class
 - I do a weekly review of all new material
 - I use a daytimer to note down all exams and homework assignments
 - I control procrastination (e.g. I do not put assignments and studying off until the last minute, I start my study sessions on time, I get right back to homework or studying after a break, I do my most important activities first)
 - I start working on assignments as soon as they are given out
 - I space out my studying for an exam over four to seven days
- What to study:
- I make a list each day of what I want to accomplish. I prioritize my tasks and always work on my most important or my most difficult projects first
 - I allot more time to difficult subjects
 - I sit down to study or do homework with a specific study goal in mind
 - I use my course outline as a guide for what to focus on
 - I watch what the instructor emphasizes in

- class, on overheads and with assignments
- I check with instructors to see what will be covered on exams
 - I break material into small, manageable chunks when learning or studying
- Note taking:
- I sit near the front of the class
 - My notes are clear and complete
 - I label, date and number all my notes
 - I have developed a shorthand system for common words
 - I leave a wide margin on each page in order to jot down extra points
 - I take notes in point form
 - I look my notes over and edit/revise them after each class making sure I clarify anything I am unclear on with a classmate or the instructor
 - I use diagrams or pictures to help clarify points
 - I have tried Concept Mapping
 - I use a separate binder or notebook for each subject
- Reading:
- I skim the chapter heading, all bold headings, the introduction and the summary before I read the chapter or note package in detail
 - I turn each chapter or note package heading into a question before reading the content
 - I read actively to find answers to questions and to identify main points
 - I recite the main points after reading a section (40 per cent to 50 per cent of what we read is forgotten in about 15 minutes; immediate recitation helps with retention). Better yet, I jot down major points and sub-points in my own words
 - I make notes in the margins of my textbooks/note packets

- I try to visualize what I have just read
 - I use a highlighter but highlight no more than 10 per cent of my readings
 - I have a dictionary nearby to check words I am uncertain of
- Other:
- I attend all of my classes unless I am critically ill or have a personal crisis in my life
 - My goals are realistic for me
 - I am involved in a study group
 - I have the name of at least one classmate in each class who I can contact to clarify material
 - I exercise and/or relax regularly
 - I eat nutritional food and regular meals and snacks including breakfast
 - I get enough sleep each night
 - I take time each day for myself
 - I reward myself for good study habits
- Add up your score and see how you are doing.
- 46 – 52: Excellent study habits. Keep up the good work!
- 40 – 45: Good work. Look over the habits that you didn't check and see if you can add any.
- 30-39: Evaluate where you can improve your study habits and try to add one new habit each week. You may want to book an appointment with a counsellor to get more suggestions on improving your study habits. Don't forget to attend the study skills seminars starting September 13th.
- Below 30: Run, don't walk to NAIT Student Counselling, Room W-111PB, HP Centre to book an appointment with a NAIT counsellor who can help you enhance your study skills. You can also book by phone by calling 780-378-6133.

STUDY SKILLS WORKSHOPS

Check out these FREE DROP-IN
NAITfye (First Year Experience) Workshops

All sessions are held in Room X-111

September 13 2011	Learning How to Learn	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 15 2011	Memory, Learning & Concentration	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 20 2011	Time Management	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 22 2011	Learning Styles and Development	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 27 2011	Exam Preparation & Writing	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.
September 29 2011	Reading to Remember	Room X-111	11:15-12:05 p.m. 12:15-1:05 p.m. 4:30-5:20 p.m.

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www.nait.ca

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, Room O-101.

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.

NAIT STUDENT COUNSELLING
Room W111-PB, HP Centre, Main Campus
Telephone: 780-378-6133
Website: www.nait.ab.ca/counselling

THE NUGGET PRESENTS:



GRAPEVINES

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

To the girl who wrote last week she really doesn't want to be boyfriend-less this year: I am your man! I may not drive a flash car, but I do have a car, I can count the number of girls I've slept with on one hand (ok, maybe two), and I'm pursuing a career that guarantees me at least \$100,000 a year. Plus I don't mind watching Sex and the City every once in a while, as long as you would be willing to watch Top Gear with me. If you like what you're reading, write back.

— Willing-to-take-you-on-a-date

...
I'm just going to put it out there: Are there any guidos at NAIT? All I want is a tan, sculpted man to take me to the Olive Garden and know the difference between the arriabetta sauce and the amatriciana sauce. I don't think I'm being difficult here.

— NAIT Guidette

...
Hey NAITSA, instead of spending your time promoting alcoholism by serving booze during class time, spend some of my hard earned money that I paid you to get

me some chairs for Patricia Campus. The retro farted outlook is killing my back.

— Brain Drain

...
Really lookin to make a girl smile this semester. Be her?

— Smiley

...
Dear TV/radio girls.
Some words of wisdom; if in doubt, blame the carpenters.

— The "greasy" mechanics

Hey NAITSA,
There better be some epic parties this year!!!

— Ready to Rumble

...
Dear Mechanics and Carpenters,
The TV girls who started this 'war' with you, no longer go to NAIT. Can we all move on?!

...
Dear NAIT gentlemen,
I'll be using the NAIT swimming pool this year. Catch me if you can.

— Red bikini girl

THE NUGGET PRESENTS:



Dr.CONwisDOM

Dear Dr. CONwisDOM,

When it comes to how many people you've slept with, how many is TOO many? My friends and I were comparing numbers, and between the five of us, we've slept with 200 people. That's acceptable, right? Or is there a different acceptable rate between guys and girls?

— Numb3rs

Dear Numb3rs,

So let's do some basic math here ... if you and your four friends each slept with the same amount of people that means... you guys have slept with 40 people each.

Depending on whom you're talking to, that number is either disgustingly high, or totally acceptable. For me personally, it's not about the number but about the quality of the sex. Any dumb frat boy can get a girl, but can you give her an orgasm? Now THAT is the question. And before you start guffawing about how you know how to satisfy a woman, keep in mind, just because she sounds like she had a good

time ... doesn't mean she actually did.

Ladies, am I right or am I right?

...
Dear CONwisDOM,

OK, so I have a major crush on this guy, but my friend is always around him and flirting with him. She swears that they are just friends, but when I was absent one day she told her other friends she liked that guy! Whenever I'm talking to this guy my friend miraculously shows up and has an excuse for me to go away. She said that she would try to help me hang out with the guy, but she's done that before for me with a different guy and they ended up going out for a couple years! What should I do?

— Friendship Frustration

Dear Friendship Frustration,

First off, why are you friends with this girl? I could be harsh but if someone was doing that to me I wouldn't consider them a friend. So dump the hoe who's trying to steel your man. Next, you need to buck

up — seriously. This guy obviously doesn't know you're interested in him, and you're never going to find out if he feels the same until you tell him how you feel. And hey, maybe your friend knows you won't try anything so she's taking advantage of it, why not prove her wrong?

...

Dr. CONwisDOM

I really like this guy, a lot. I can't stop thinking about him and I've never wanted

someone so badly. The only problem is I'm a guy, and until recently I thought I was straight! What should I do?!

— Not So Straight

Dear Not So Straight,
There's nothing wrong with that, and if you like the guy, why not go for it? And if it's not for you then at least you'll know instead of being confused. So play it out, see what happens.

CROSSWORD SOLUTION

1	D	E	E		4	H	E	A	V	E		9	L	I	S	A					
13	I	L	L		14	Y	E	S	E	S		15	C	O	N	T	E				
16	O	V	E	R	17	D	R	E	S	S		18	L	I	T	E	R				
19	D	E	C	O	R				20	T	E	21	N	O	T	O	M	Y			
22	E	S	T	U	A	23	R	24	Y		25	N	O	S	E						
				26	E	N	I	A	27	C		28	S	E	R	29	I	30	A	31	L
32	L	33	I	34	S		35	T	A	R	O	36	T		37	S	E	D	G	E	
38	I	S	L	E		39		40	S	N	A	R	41	L		42	R	E	A	D	
43	S	A	U	N	A	44		45	S	C	O	U	46	R		47	S	R	A		
48	P	O	R	T	L	49	Y		50	T	O	R	A	51	H						
				52	I	B	I	53	D		54	P	E	D	A	55	G	56	O	57	G
58	I	59	N	60	T	R	E	P	I	61	D		62	I	R	O	N	Y			
63	D	O	M	E	D				64	C	O	65	N	66	T	A	I	N	E	R	
67	E	R	A	T	O				68	T	R	A	I	T			69	E	A	U	
70	M	A	N	Y					71	A	P	P	L	E			72	R	T	S	

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MOTHER
MOTHER



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