

NEXT ISSUE ON SEPT. 6

# THE NAIT NUGGET



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Thursday, August 23, 2012  
Volume 50, Issue 1

YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA

## THE NEST IS REBORN

Major makeover for campus hot spot – Pages 2, 3

### SUMMER HIJINKS

Michiel Hesseling and Jean-Michel Paré, known as the Flying Dutchmen, play with fire during their performance on July 7 at the Edmonton International Street Performers Festival. More than 260,000 people enjoyed 1,500-plus shows during the 10-day event in Sir Winston Churchill Square.



Photo by Chad Steeves



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# NEWS & FEATURES

## New-look Nest nearly ready

By ALLISON KARCH  
Issues Editor

I first made myself at home in the Nest on Jan. 9, 2012. My fondness for a cold pint brought me to NAIT's only campus bar many times throughout the winter semester, and while I came for the beer and food, I stayed for ... well, the beer and food. And whenever there was a show booked, for the live music. And when I could find a similarly bad-at-pool partner, for the pool tables.

There have always been lots of great reasons to go to the Nest – I've mentioned just four – but eye-pleasing décor wasn't among them.

But as of Aug. 27, we can add good looks to the list of the Nest's charms. This summer it began its first major renovation since it opened in 1988.

"It was time!" said Nest General Manager Michelle Dirksen. "We were really outdated. Next year is our 25th anniversary and we wanted to showcase how far we've come."

The interior has been treated to a complete overhaul, giving the Nest a modern look with an earthy feel. Hand crafted butcher-block tables replace the old laminate-topped ones, the carpet is gone and even the chairs are brand new.

Since the Nest has no windows, the design firm hired for the renovations (CK Design, which has worked on a number of Edmonton restaurants including Hundred and Lux Steakhouse) came up with an interesting substitute.

Large prints representing Alberta landmarks – Moraine Lake in Banff National Park and the Edmonton river valley in autumn – grace the walls, giving students what Dirksen calls, "a window to the world."

Dirksen says that the overarching goal of the renovations is to make sure all students, instructors and staff are comfortable at the Nest.

"We know there is a wide demographic on campus and so we have different sections that cater to every group," said Dirksen. "We're a little bit of everything."

The raised area where the stage used to be is now a soft-seating lounge, complete with plush vinyl benches and a stonework fireplace. In addition, there is both pub-style and traditional dining seating. For the sports fans, the huge HDTVs have remained.

The Nest's name, logo and menu have changed too, in keeping with the spirit of renovation. It is now properly known as The Nest Taphouse Grill. To merit the taphouse label, there are now 10 draught beer taps instead of six, which pour Labatt products ranging from

Kokanee to Stella Artois.

NAIT grad and Red Seal chef Steven Koch has revamped the menu to include a variety of items that can sate every appetite.

"We're a full-fledged gastropub," says Dirksen, "which to me means top-notch quality products at student pricing."

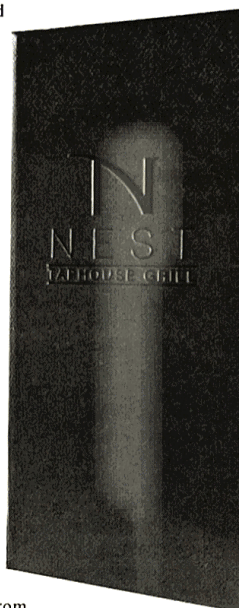
The focus is on fresh food and a menu that can accommodate most any dietary desire, from the health-conscious to the greasy-burger crowd.

Dirksen grants that there have been some speed bumps along the renovation road, but to be fair, it's unheard of for such a major project to proceed without a hitch.

"It was an amazing learning experience for me, to see a construction team take it down to the rafters and build it back up in a couple months' time."

The Nest Taphouse Grill's grand opening is slated for Aug. 27. It also will be involved in many of the Welcome Week events around NAIT, including a sneak peek at Gear Up on Aug. 25.

I, for one, am immensely eager to cosy up in the new and improved Nest this coming school year. I believe Dirksen when she tells me, "you're gonna be blown away."



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Emily Moore  
Student Benefit Office  
780.471.7730  
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**Submissions encouraged:**  
studenteditor@nait.ca

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

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

## Letters

**We want your views**

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

Get those thoughts into print.

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

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Artist's depiction of the interior of the new Nest Taphouse Grill.

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# Shinerama – worth supporting

By DAVID ADOMAKO-ANSAH

Get ready for another year of fighting Cystic Fibrosis.

The NAIT Students' Association will be hosting Shinerama, a Canada-wide fundraiser set on raising money for Cystic Fibrosis research.

Over 35,000 students from 60 post-secondary institutes throughout the country donate their time and money and take part in events each year, such as BBQs, carwashes, lollipop sales and shoe shines.

Cystic Fibrosis is a fatal disease that affects many children and young adults in Canada. It's a disease that is passed down genetically and currently there is no cure for it.

Cystic Fibrosis, or CF, affects a person's lungs and digestive system. A buildup of thick mucus can cause severe respiratory problems. Mucus and proteins can also build up along the digestive tract, making it hard to digest food properly or absorb important nutrients.

Right now, double-lung, heart-lung and liver transplants are the only real affective

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treatments for this terrible disease. The average age expectancy for someone with CF is 47-years-old.

In the history of Shinerama, NAIT currently ranks at seventh on the Shinerama Top 10 for our rivalry with Calgary's Southern Alberta Institute of Technology.

NAIT's and SAIT's campaign directors wagered that if NAIT raised the most money, SAIT's campaign director would have to bungee jump in West Edmonton mall.

If SAIT ended up raising the most money, NAIT's campaign director would then be forced to ride a bull at the Calgary Stampede.

On top of that, the loser of the bet had to shave the rival school's mascot into their head and write letters to both school newspapers about how the rival school was better. The first year, NAIT ended up losing the bet, but came back strong the year after and won the bet.

To date, NAIT has raised over \$10,000

for the Shinerama Campaign.

NAIT has been a part of Shinerama since 1969. This year's Shinerama Day will be held on Saturday, Sept. 22. NAITSA is looking for 60 volunteers for Shinerama Day.

There will be many activities you can take part in throughout the city, including a 5K Shinerama Fun Run/Walk in Louise McKinney Riverfront Park. The cost to take part in the fun run/walk is \$20.

• See ad on Page 24

## Be a student senator!

By DAVID ADOMAKO-ANSAH

You don't have to go down to the United States to take part in an election this year.

The NAIT Students' Association will be holding its annual Senate elections. If you're interested in being one of the 18 student representatives to represent your pro-

gram group this year, there are two steps you must take to get involved.

One way is to visit the NAITSA elections website ([www.naitsa.ca/senate](http://www.naitsa.ca/senate)). From there, you'll be able to read about the Senate, its guidelines, and commitments as well as download the nomination package.

Next, you'll have to sign up in person at the NAITSA office, located in E-131 at the Main Campus. You will also have to collect signatures from students around campus saying that they endorse you running for a student senator position. The deadline to apply is Monday, Oct. 1 at 4 p.m.

Parking changes at the Strathcona County Transit Centre on Ordze Road

## New overflow parking lots available - September 4, 2012

Due to construction on Anthony Henday Drive, the overflow parking lot on Fir Street, west of the Sherwood Park Transit Centre, is permanently closed. Parking is available in the Transit Centre parkade and where signs indicate along Fir Street. Please observe the no-parking signs on Fir Street and in Village on the Lake. Parking in commercial lots is for shop customers only. Vehicles parked in unauthorized areas may be ticketed and/or towed.

Using local service is still your best option to avoid parking stress. However, Transit has identified satellite parking lots where commuters who must use their cars can park.

Here are your options:

### Glen Allan Recreation Complex (GARC) - 25 parking stalls

- Lot users will take Route 425 at stop #1018 to arrive at the Transit Centre, adding 15 minutes to their commute.

### Kinsmen Leisure Centre (KLC) - 50 parking stalls

- Lot users will take the Transit Centre shuttle, adding 10 minutes to their commute.

### Sherwood Park Log Cabin - 60 parking stalls

- Lot users will take the Transit Centre shuttle, adding five minutes to their commute.

Other options:

### Use local Transit service

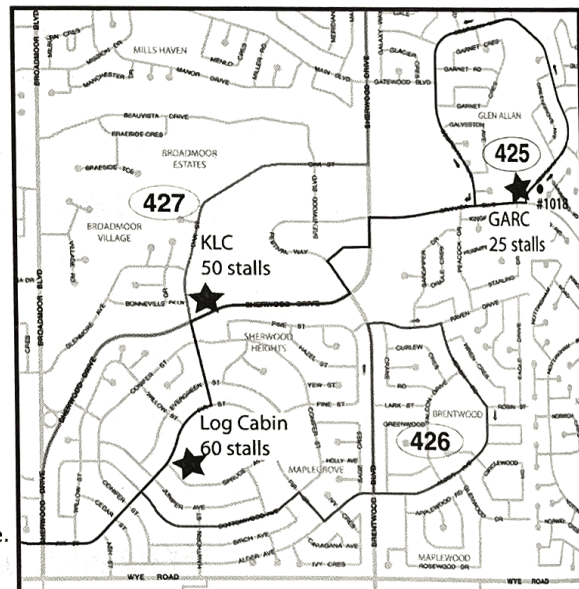
- Included in both your commuter and U-Passes
- Designed to connect with the commuter service

### Carpool

- Ride with others who travel at the same time

### Kiss and Ride

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# Are you eating a mutant meal?

By JESSICA LAMPARD  
The Martlet (University of Victoria)

VICTORIA (CUP) — When I first heard about genetically-modified (GM) food, I reeled at the ingenuity of customizing a food product through the very source: DNA. The prospect sounded like something from a science fiction film. To be honest, it was a little unnerving. For the time being, though, I shrugged off the idea that I might personally have eaten GM foods. I assumed I'd know one if I saw one.

When I later read that Canadian grocery stores are teeming with the stuff, I was less than thrilled. Why had I never seen any labels advertising GM ingredients? Where were all these futuristic foods hiding?

After some investigation, I found out GM foods often look and taste just the same as non-GM foods and, despite this fact, the Canadian government doesn't require them to be labelled as such.

In other words, we're basically stripped of the ability to choose what we prefer to buy — GM or non-GM — as soon as we enter a grocery store. The shelves are lined with laboratory-born creations. In fact, roughly 70 per cent of the processed food sold in Canada contains at least one GM ingredient. But trying to identify them is futile unless you've first done some research. And even then, the task is somewhat hit-or-miss.

GM food made its world debut in 1994, two years after the U.S. Food and Drug Administration dubbed it "not inherently dangerous." The ground-breaking first GM food was the Flavr Savr tomato sold in the United States, which was designed to stay fresh longer than the average tomato. Canada began selling GM food in

1996 and now ranks fourth among the world's top GM producers after the U.S., Argentina and Brazil.

The only four GM crops grown in Canada are soy, corn, canola and sugar beet; but multi-ingredient snacks such as cookies, pizza, chips, etc. often contain at least one of those four crops in some form or another. For example, sucrose is made from sugar beets.

It's easy to see why controversy has been buzzing since the start, given that GM is pretty much all around us in disguise. Opponents warn of potential danger — including risk to our health and to the environment — while supporters say GM food could actually boost overall health of the world population and do the environment some good.

Let's back up for a moment to review some basic biology. Every life form has unique genes, and it's the genes that determine the unique set of traits, or characteristics, an organism displays.

For instance, for each of your own traits — such as your hair colour, height, whether or not your skin is freckled, etc. — there is a specific gene or sequence of genes to thank. If you replaced just the genes that determine eye colour, you would appear unchanged except for your eye colour.

Similarly, there's a gene (or genes, depending on the trait) responsible for each trait in other life forms, such as plants, as well. When genetically modifying, scientists basically aim to slice out the relevant genetic material from one organism and insert that material into another organism. After the act is done, the enhanced organism can pass along its new genes by reproducing, just

like natural life forms.

Effects on the environment are closely tied to effects on human health. Unsurprisingly, there's a similar amount of conflict about the environmental impacts of GM food, with both opponents and supporters.

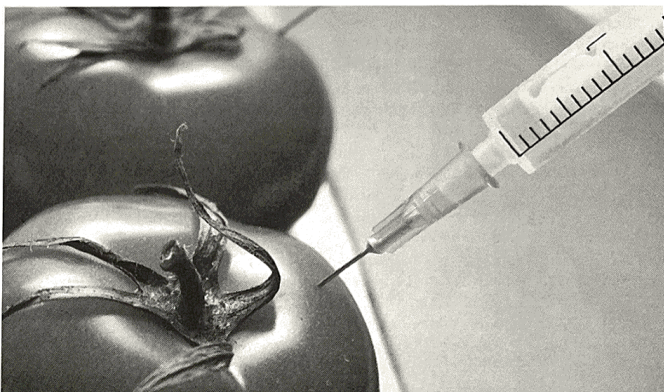
One concern is that GM crops will outcross with neighbouring non-GM crops, spreading their seeds through pollination and wind. Some people worry the situation could lead to non-GM crops being overtaken by GM crops altogether down the line.

Another potential problem is the possibility of creating "superweeds." As discussed, it's hard to predict what will happen when mixing DNA in the wild. There's concern that weed-

killer-resistant crops will eventually, through the process of mating with wild plants, over time lead to super-resistant weeds.

Basically, if the worst-case scenarios described by GM opponents actually pan out, biodiversity and the balance of the ecosystem could wind up broken beyond repair.

However, studies have found that fewer chemical sprays are used in GM farms versus non-GM farms. The fewer chemicals used, the less toxic waste left over. So GM could potentially reduce chemical pollution in the environment. But since no long-term studies have been done on the environmental effects of GM crops, there's no hard evidence to back up any of these claims.



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# Fear and loathing at border

By ANDREANNA STEWART  
The McGill Daily (McGill University)

MONTREAL (CUP) – On May 1, 2010, Pascal Abidor was riding an Amtrak train from Montreal to New York. His parents live in Brooklyn, N.Y. and he was on his way to visit them. The school year at McGill had just ended, and he felt relieved and calm as the train rolled south towards America.

At about 11 a.m., the train arrived at the U.S. border. A team of Customs and Border Protection (CBP) officers boarded the train and advanced through each car, questioning passengers. Pascal had made this trip countless times before, so when a customs officer approached him, he didn't give it a second thought.

But Pascal had never met Officer Tulip.

After looking over Pascal's U.S. passport and customs declaration, Officer Tulip asked two simple questions: Where do you live, and why?

Pascal answered that he lived in Canada and that's where he was pursuing a PhD in Islamic Studies.

## French passport

Next, she asked him where he had travelled in the previous year and he answered Jordan and Lebanon. He showed her his French passport (he's a dual citizen) with the "Hashemite Kingdom of Jordan" stamp and the Lebanese stamp with the little cedar tree on top.

Officer Tulip immediately told him to grab his things and follow her to the train's cafe car where they were joined by five or six more CBP officers. Pascal sat across from Officer Tulip as she took out his laptop, turned it on and asked him to enter his password, which he did.

As she scrolled through the contents of his computer, she signalled to her colleagues and pointed at something on the screen. She then turned to Pascal and demanded an explanation.

Pascal was now surrounded by half a dozen suspicious American border police, staring at photos – on his laptop – of Hamas and Hezbollah rallies.

Where had he gotten "this stuff," Officer Tulip asked. Pascal explained that his PhD research is on the Shiites of modern Lebanon. This was not, in her books, a good answer. Finally, the officers told Pascal that he would have to leave the train with them.

He was frisked, handcuffed and loaded into the back of a van.

When they arrived at the Champlain Port of Entry, Pascal was put in a five-by-10-foot cell where stayed for about an hour. Officers came in at random intervals to ask him questions.

"I thought I was going to throw up," he said. "I thought I was going to be sent to Guantanamo Bay."

Pascal was then removed from the cell and brought to an interrogation room, complete with fluorescent lighting and a two-way mirror.

He sat across from two CBP officers – Officer Tulip and a man named Officer Sweet – while another officer sat at the end of the table, seemingly in case Pascal got violent.

"They thought I was straight-up dangerous," Pascal said.

Then the real interrogation began, an hour and a half of intensive questioning. Where was he born? Where were his parents born? What religion was he raised with? Had he ever been to a rally in the Middle East? Had he heard any anti-American statements in the Middle East? Had he ever seen an American flag burned? Had he ever been to a mosque? But the questions always came back to the same point – why Islamic Studies?

"I want to be an academic – this is just what I happen to be an academic in," Pascal told them.

They claimed Pascal's dual citizenship made him untraceable.

Finally, after about three hours in detention, he was released. But there was a catch – the CBP was keeping his laptop and hard drive.

After being released from detention, Pascal hitched a ride on the next bus with an open seat that came through the checkpoint.

The next morning, he sat down and wrote 11 single-spaced pages detailing exactly what had happened to him. The day after that, he began making phone calls to state senators and advocacy organizations in the hope of finding someone who would help him. Lots of them were interested in his case, including Anthony Weiner, the former New York Congressman.

Finally, Pascal settled on the ACLU. The American Civil Liberties Union (ACLU) is the oldest and largest civil liberties organization in the United States. They told Pascal that his right to free speech had been violated.

## Copied files

The first thing they did was to write a letter to the CBP demanding that they return Pascal's laptop.

When the laptop arrived in the mail, the seam between the keyboard and the outer case that led to the internal hard drive appeared to have widened. The warranty seal on his external hard drive had been broken open, too. The government had already searched, and, they later conceded, made copies of Pascal's electronic life.

Pascal and the ACLU were incensed. His laptop contained intimate personal information: chat logs with his girlfriend, university transcripts, his tax returns.

The problem was, everything Homeland Security had done was completely legal.

In August 2009, the Department of Homeland Security enacted a policy that allows for the search and seizure of electronic devices at the border without reasonable suspicion. Under the policy, the DHS can detain any electronic device indefinitely and copy and share the informa-



Hera Chan/The McGill Daily

## Pascal Abidor

tion it contains. Between Oct. 1, 2008 and June 2, 2010, more than 6,500 people had their electronic devices searched at U.S. border stops.

Upon the enactment of the policy, DHS Secretary Janet Napolitano stated that, "keeping Americans safe in an increasingly digital world depends on our ability to lawfully screen materials entering the United States. The new directives announced today strike the balance between respecting the civil liberties and privacy of all travellers, while ensuring DHS can take the lawful actions necessary to secure our borders."

The policy makes a point of specifying that, "at no point during a border search of electronic devices is it necessary to ask the traveller for consent to search."

This struck the ACLU as deeply unconstitutional. So they and Pascal decided to sue Janet Napolitano, director of Homeland Security, to challenge the constitutionality of the policy.

In September 2010, they filed their "complaint" against Napolitano, the legal document that kicks off a lawsuit. The ACLU argued that the DHS policy violates the First and Fourth Amendments, which guarantee free speech and protection against unreasonable search and seizure respectively.

The U.S. government tried to get the case

thrown out, arguing that while Pascal's story was true, the government's actions had not broken any laws.

Last July, Pascal and his ACLU lawyers went to a courtroom in Brooklyn to argue against throwing out their case. The judge has still not come to a decision.

Meanwhile, the DHS policy remains on the books. Laptops and cellphones continue to be detained and searched without reasonable suspicion at the U.S. border.

Pascal, for his part, hasn't had a normal border-crossing since that May 1 morning. "Now, every time I cross the border, I get harassed," he said.

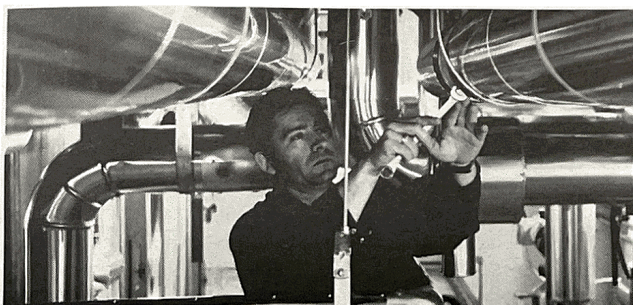
In December 2010, he was crossing the border with his

father. The border guards began interrogating him in unusual ways. "They refused to believe my dad was my dad," he said. "If you saw my dad, you could not believe we were not related."

The guards then searched the car top to bottom and made the Abidors wait at the checkpoint for two hours.

"This is about lowering the threshold of what is acceptable to us," Pascal said of his treatment at the hands of the CBP. "You can't have rights and then selectively apply them."

**"Now, every time I cross the border, I get harassed."**



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# OPINION

— Editorial —

## The Nugget wants you!



**CLAIRE THEOBALD**  
Editor-in-Chief

For those who are picking this newspaper up at the beginning of a brand new year at NAIT, I congratulate you.

Now is a beautiful time in your life when everything is new. The apron strings have been cut, your umbilical cord has shrivelled and now you are ready to embark on a journey of self discovery and new experiences.

You will take classes you never knew existed, meet instructors that will inspire you with their knowledge or inspire you to never, ever be like them.

You will meet new people, exciting and ambitious people, people who challenge you to go beyond your comfort zone and experience the world around you in a drunken stupor. The memories you will make with these people, at least the ones you can remember, will help define your identity and help you learn more about yourself through learning about them.

There will be scary times, crazy times, boring and frustrating times. But in time, you will learn that aside from death, you can live through pretty much anything.

### Time for new things

Kraft Dinner will be consumed, which will then be traded for ramen as times get tougher. Don't worry, your freshmen 15 will see you through the second-semester famine.

Now is the time for trying new things and not making excuses.

What better way to share these experiences and try new things then by joining up with your NAIT newspaper?

GOTCHA! You really thought I was just going to blow smoke up your butt for free? Not a chance.

Joining the *Nugget* team of editors and contributors has innumerable benefits, both social and financial.

Do you like to meet new people? What better way to get to know someone than to show up in their office and shove a recorder in their face, demanding to hear their opinions? Honestly, in my short time with the *Nugget* I have met incredibly interesting, funny and talented people. So many that it seemed like I was never in a hallway where I didn't recognize someone.

### Passion above all else

Are you full of ideas with no platform to express them? We at the *Nugget* are always looking for passion above all else. If you care about it, we care about it.

Does your cheque never seem to stretch to the end of the month? Freelance contributors pick stories from our board and trade them for cash. Every story of yours that hits the presses means more dollars in your pocket.

Want to be part of a club, but don't have time to commit? Neither do we! Our contributors are organized in a drop-in first-come, first-served basis. Come check out a meeting and see for yourself if it's the right fit for you.

Have you heard that in life there is no such thing as a free lunch? Well, we haven't. Every Wednesday we roll in a fresh crop of pizzas for our meetings. Grab a slice, on the house!

Have you wanted to write, but don't know where to start?

At the *Nugget*, our talented and passionate staff of editors is here to teach you everything you need to know about creating content and are there to guide you through the process. Basically, I will impart the knowledge I have spent years of expensive tuition on to you absolutely free.

Not a writer? Perfect! We are always on the look out for new talent of any sort. With cartoons and a list full of fun weekly extra

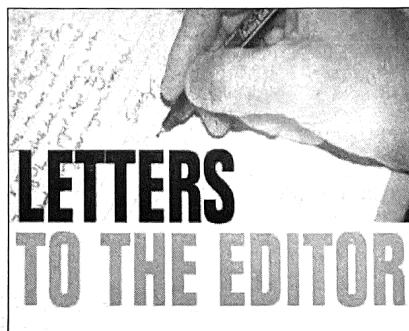
assignments there is sure to be something on our board to suit your fancy.

My last question is, what are you waiting for? Our first open meeting is on Sept. 5 at 12:30 p.m. in the *Nugget* office across the hall from NAITSA, and every Wednesday after that.

Say hello, have a slice on us, and see for yourself how much fun being a part of your student newspaper can be.



Check out our website!



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

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

Submit your letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

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

Trust us on that. Write us.



# SPORTS

## Four new coaches ...



**EVAN DEGENHARDT**  
Sports Editor

A new season of exciting Ooks athletic action is fast approaching, and although most of us have been away for the past four months, NAIT's Athletic Department has been hard at work this summer behind the scenes.

The most significant changes came to the face of NAIT's coaching staff.

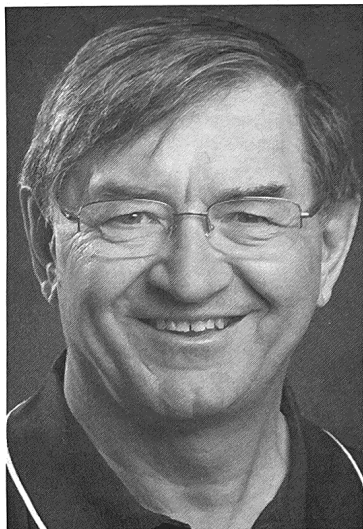
In total, NAIT has 11 coaches to run the various sports programs, but this year, four out of those 11 coaches will be new to the NAIT hallways. Looking at this stat, that's almost a 50 per cent overhaul to NAIT's coaching roster over a four-month span.

To make sure that the students at NAIT are well acquainted with all the coaching changes, I'm going to dive head first into all the details of who's coming in and who's going out. This way, when you're at your first Ooks game this fall, you'll be good to go.

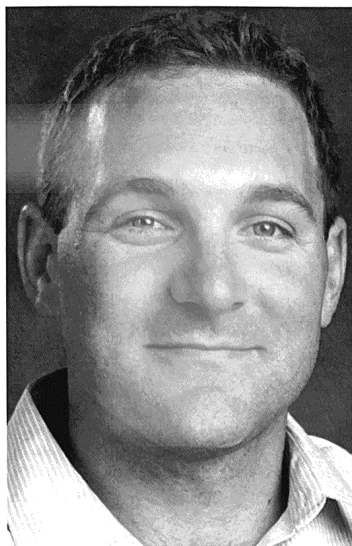
### Family reasons

Let's start with men's basketball.

In early August, head coach Mike Hansen announced that he was stepping down from his position due to family reasons. Under Hansen's tutelage, the men's basketball team boasted a 16-4 ACAC conference record and an overall record of 30-5 in the 2011-12 season. The squad also earned a bronze medal in Hansen's first year of coaching at NAIT.



**Lorne Sawula**  
Women's volleyball



**Ben Julius**  
Men's basketball

Hansen spoke to the NAIT Newswire about his decision to step down.

"In 18 years as a coach I have preached family first, school second, basketball third and I felt like I'd be a hypocrite if I stayed and didn't practise what I preach," Hansen said. "Our student-athletes deserve someone who is not torn in his duties as a coach and father."

Stepping in to fill the interim head coach position for the men's basketball team is Ben Julius.

Julius comes to NAIT after spending all of last season coaching the men's basketball team in Medicine Hat. Julius brings to the table a variety of depth and experience, including coaching CIS and NCAA provincial teams. Julius also took part in an internship with the Orlando Magic of the NBA.

Linda Henderson, NAIT Director of Athletics, told the NAIT Newswire that Julius will be a great, new addition to the athletic staff.

"His passion and desire to contribute significantly to the lives of the student-athletes at NAIT will be his strengths," Henderson said. "We look forward to having Ben's abilities as an educator, administrator and coach within our department."

Now let's take a look at the women's soccer changes.

Before last semester ended, Henderson gave her state of the union address. In it, she commented on the fact that women's soccer head coach Sergio Teixeira would likely be stepping down. So it came as no surprise to most of us when NAIT Athletics announced this summer that Teixeira would indeed be leaving. The only difficult part about the whole situation was that NAIT didn't find Teixeira's replacement until later in the off-season.

Enter Carole Holt, who has a wealth of knowledge about the game of soccer and comes to NAIT bringing both on- and off-field experi-

ence. In her varsity years, Holt played for the University of Alberta Pandas, where she was a definite stand-out. Since then, she has held an active position with KidSport Alberta, an organization that last year alone helped raise over \$1 million to help kids participate in organized sports.

Holt's credentials also include her head coach role with Alberta's Under-15 provincial team.

Henderson told the NAIT Newswire that Holt's addition to the coaching staff here at NAIT is a major plus.

"She brings to us a wealth of experience as both a coach and a former student-athlete in Alberta. Her outstanding achievements and knowledge of the game made it an easy decision to select her as our new head coach," Henderson said.

Before last semester ended, NAIT Athletics announced that Simon Fedun would be stepping down from his men's volleyball head coach position and that Doug Anton would be taking over as the new head coach.

Here at the *Nugget*, we did a piece on both of these stories last semester. If you haven't read the articles, check them out in our archives online at [www.thenuggetonline.com](http://www.thenuggetonline.com).

### Eager to get going

Although this head coach swap isn't entirely new, with the new volleyball season fast approaching, it will be interesting to see what coach Anton has cooked up during the off-season. Anton has had the most time to prepare for his new role as head coach and I'm sure he is just as eager to get the new season underway as we are to watch his squad in action.

Women's volleyball also went under coaching changes this off-season.

Lorne Sawula has agreed to a one-year interim head coaching stint with the women's



**Carole Holt**  
Women's soccer

volleyball team while Erminia Russo Thorpe takes an extended leave of absence for family reasons.

Sawula comes to NAIT with an enormous amount of mentorship and experience.

He started his career with the University of Alberta Golden Bears volleyball team, and during his tenure there, he won two silver medals and a national championship title.

In addition to U of A his coaching repertoire includes the UBC Thunderbirds as well as the Canadian women's national team from 1983-88. In total, Sawula has participated in seven world university games, six world championships, two Pan American games as well as appearances at the Canada Cup and a little thing called the Olympics.

### Returning staff

Most recently, he hel0ped mentor the Costa Rica female volleyball team that ended up qualifying for the 2010 World Championships.

These four will join the returning NAIT staff of coaches.

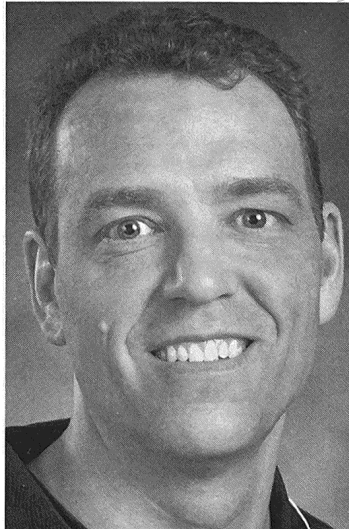
Jordan Richey will again helm the badminton program and Todd Warnick will head the women's basketball team.

Jules Owchar, who coached Kevin Martin while he was here at NAIT, is back with both the curling and the golf programs.

Coming off their silver medal performance last year, the men's hockey team will be guided by again Serge Lajoie and Deanna Iwanicka will be back again to coach the women's hockey team.

Jeff Paulus is back in his head coaching role with his championship men's soccer team and Wayne Dalman will coach cross-country running.

Now that we're all a little more caught up, it's safe to say that this guy is extremely excited to catch all of our Ooks action this upcoming season! I hope to see all of you out showing your support for our Ooks this fall.



**Doug Anton**  
Men's volleyball



# Athlete Profile



**Player:** Jesse Slobodian  
**Sport:** Hockey  
**Position:** Defence  
**Program:** Personal Fitness Training

By EVAN DEGENHARDT  
 Sports Editor

1. How was your summer off-season? It went really good. I did a lot of cool things.
2. How did you train or prepare for this upcoming season? I made sure I ate the right meals and I trained really hard at the gym.
3. Are you excited to get back into your Ooks jersey? I am so excited!
4. What is the No. 1 thing that you're looking forward to heading into this new season? Being with the Booooooyssss!!



on my strength and speed.

5. If you could make a prediction before the season starts, how do you think your team will do this year? I like to live in the moment and don't want to get ahead of ourselves but we'll have a good team.
6. Is there anything in particular that you were trying to focus on and improve with your game this off-season? I focused

# Ball hockey tourney and more

By EVAN DEGENHARDT  
 Sports Editor

With the start of the new semester just around the corner, the fine people at the NAIT Students' Association have been hard at work ensuring that the student body gets welcomed back in style.

As part of their "Welcome Weeks," NAITSA is hosting a ton of events between Aug. 27 and Sept. 21. That's almost an entire month of good times to jump start our campus back into the new semester!

All the information on events can be found at [www.naitsa.ca](http://www.naitsa.ca), however there was one particular event that caught my eye. The Round Robin Ball Hockey Tournament.

If this is something that piques your interest, here's the big picture summary of the event to get you headed in the right direction!

The tournament is going to be held on Sept. 6. Students from the same program are

encouraged to throw together teams of four to six people each. Each team will then compete in a double elimination, round robin style ball hockey tournament!

I totally used to play street hockey all the time as a kid, so already I'm salivating at the thought of one massive ball hockey tourney.

What's even better is that our own NAIT Ooks hockey teams (both the men and the women) will be involved in the volunteer process. Whether they're helping out with officiating, timekeeping or running the scoreboard, our Ooks athletes will be on hand to hang out and mingle during the ball tournament as well. So while you're there, you could totally snag an autograph from one of your favourite Ooks!

It's a win-win, I'd say.

For an event like this, a ton of volunteers are always needed, so the various Frosh leaders are also involved in a lot of the pre-event

promotion, setup and take down and well as on-site assistance. The various NAIT campus clubs will also be at the tournament to lend a hand.

The tournament kicks off at 5 p.m. on Sept. 6, however there will be a beer gardens on site which will open at 3 p.m.

So before you and your team get ready to hit the pavement, you can all get a little team bonding in at the beer gardens.

There will also be a DJ or a radio station live on location throughout the day as well, pumping out some entertainment for the ball hockey crowd. Depending on how the weather looks for Sept. 6, the live entertainment will either be inside the beer gardens or outside amongst the ball hockey tourney.

There will also be a Shinerama 50/50 draw going on throughout the ball hockey tournament as well.

Alright, maybe you're not all that into play-

By EVAN DEGENHARDT

1. How was your summer off-season? My off-season was pretty uneventful. It consisted of just relaxing, working and training.

2. How did you train or prepare for this upcoming season? I trained with a sports specific trainer and did part of a training program given to me by my coach. I have also done some on-ice camps with my goalie coaches from ATC.

3. Are you excited to get back into your Ooks jersey? I am super pumped to put the jersey back on. It feels like forever since I've worn it!

4. What is the No. 1 thing that you're looking forward to? I am most looking forward to the challenge of fighting for my position and the pre-season games that we have lined up.

5. How do you think your team will do this year? We have a lot of returning players and leadership on our team. I'm betting on us having a strong season full of challenges.

6. Is there anything in particular that you were trying to focus on and improve with your game this off-season? I was focusing on my cardio this summer because as a goalie I need it, as unusual as that may sound. I also focused on some on-ice movements such as my half pad push and lateral movement down in butterfly.

7. Does your team do anything sort of bonding or training together over the summer? Just this past weekend, we had a gathering at a lake to meet the rookies. It just lets everyone get a feel for what the team is like. It was a blast to see the team!

8. Let's leave athletics aside for a second. What was your most memorable thing that you did this summer? Well, I'm getting my helmet done up for the start of the season, so that's pretty exciting! Last weekend with the Ooks was definitely one of the highlights of my summer.

ing hockey in the streets. But just wait until you hear the slogan for this year's tournament.

"Balls, Beers and Babes".

That's definitely quite the alliteration!

The Nugget had a chance to catch up with Jonathan Bilodeau, Vice-President of Student Services, who gave us his thoughts on what the ball hockey tournament means for NAIT as a campus.

"This is going to be an amazing event during frosh week to bring our NAIT community together," Bilodeau said.

Bilodeau also stated that the tourney will definitely have a little something for everyone.

"Whether you're an athlete, an academic or if you just want a cold beer, this event is for you," said Bilodeau. "Come down for some fun, meet some new friends and watch some aspiring hockey players battle it out."

Mark Sept. 6 on your calendar. This is going to be one event you don't want to miss.

# NAIT Athletics team tryout schedule

## Men's Soccer

Aug. 13 - 6-7:30 p.m.

Aug. 14 - 4:30-6 p.m.

Aug. 15 - 6-7:30 p.m.

## Women's Soccer

Aug. 20 - 6:30-8 p.m.

Aug. 24 - 4:30-6 p.m.

Aug. 27 - 5-6:30 p.m.

Aug. 28 - Exhibition Game vs. King's College - 6:45 p.m. (NAIT Field)

## Women's Hockey

Sept. 4 - 6 p.m. - Information Session Room J-112

Sept. 5 - 6:15 p.m.

Players who advance will compete in a NAIT hosted tournament Sept. 6-9.

## Men's Hockey

Sept. 4 - 5 p.m. - Information session Room X-107

Sept. 4 - 6-7:45 p.m.

Sept. 5 - 6:30-9:15 p.m.

## Women's Basketball

Sept. 4 - 4:30-6 p.m., NAIT Gym

## Men's Basketball

Sept. 4 - 6-7:30 p.m., NAIT Gym

Sept. 5 - 7:30-9 p.m., NAIT Gym

## Women's Volleyball

Sept. 4 - 7:30-9 p.m., NAIT Gym

## Men's Volleyball

Sept. 4 - 9-10:30 p.m., NAIT Gym

## Badminton

Sept. 30 - 5-7 p.m., NAIT Gym

## X- Country Running

Aug. 28 and 30 - 5 p.m. - NAIT Track

Sept. 5-6 p.m. - Hawerlak Park

For info, call coach Wayne Dalman 780. 471.8465

## Golf

Registration - Sept. 4, 5-4:30 p.m. Meet in NAIT Gym foyer

Tryouts - Sept. 8 & 9. Course and times TBD.

For info, call coach Jules Owchar 780 221-1717

Curling - Not yet determined

For info, call coach Jules Owchar at 780 221-1717.

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

Contact information available at [www.naitooks.com](http://www.naitooks.com)



# NHL uses dreaded L word

By EVAN DEGENHARDT  
Sports Editor

It's almost the end of summer. That means all of those relaxing summer afternoons tossing the Frisbee around, heading down to the lake or having late night campfires will soon be behind us.

It's a little depressing to think about actually. And for a guy like me, one of the only things that can put a silver lining on the end of summer is that fact that we're all that much closer to the start of another NHL season.

But as the month of August slowly packs it in, the only NHL talk I've been hearing lately is that fact that we're heading down the same path we took in 2004-05.

For you avid hockey fans out there, mentioning that year brings up only one word: **lockout**.

## Only word being heard

It's the one word you don't want to hear if you're a hockey fan, but to me, it's the only word I'm hearing lately. Despite the fact that I would like to think that I'm an "avid hockey fan," the word lockout doesn't really bring up a clear definition. All I can picture is all of those Nike advertisements that were looming around on billboards, TVs and the Internet.

You remember the one. It basically depicted an empty arena with pools of water left over from ice that had melted long ago and the only caption read, "Bring it back."

It was pretty powerful stuff. But that didn't really tell me what a lockout actually meant.

Now that I'm a little older, I'm a little more curious about things. So I decided to do a little research of my own and put the lockout in simple terms for anyone who is still a little bit skeptical as to what's actually going on here.

Negotiations for this lockout all basically lean on the same four principles that got us all

into trouble eight years ago.

A lockout grows out of a disagreement between two parties. In the NHL's case; it's a disagreement between the owners and the NHL players.

Let's take a look at the first factor that is contributing to all this lockout talk.

### The players' share

This so called "share" is calculated to make certain that players receive an agreed percentage of the total NHL revenues collected in that year. After the lockout in 2004-05, the players' share started at 54 per cent and rose to nearly 57 per cent at the end of this season.

So what's the problem?

If the players are increasing their collected shares that's a good thing, because after all, they are the ones playing the game, right?

Wrong. The money has to come from somewhere. So when the players get more money as part of the "shared agreement," the NHL franchise owners lose money and that's just not good from a business standpoint.

So how does this first problem resolve itself?

Well, the NHL could take a page out of other professional sports leagues around the globe. In a recent deal the NFL cut their players' shared revenue down to about 46 per cent. That's almost 10 per cent less than what the NHL crew makes and the players of the NFL seem to be pretty happy.

Consequently, the NHL and the players could follow the NBA's footsteps and agree to split the shared revenues 50/50.

That seems like a totally fair compromise to me, but hey, I'm not the one losing millions of dollars every year on the deal.

So the lockout talks continue.

### The salary cap "floor"

This basically means the minimum season payroll for an NHL team. At the end of the lockout in 2004-05, it was set at \$16 million below the salary cap.

So what's the issue here? Getting paid a minimum salary, no matter how good your team does in a year is a pretty good deal, right?

Not so fast. Teams that lose a lot of money to begin with would actually prefer much lower

minimum season payroll. At the end of the day, a smaller salary cap floor means less money that they could potentially lose. The lower the floor, the less money lost.

The league will try to lower this salary cap floor to favour the owners and to generate more revenue each year, but the players will fight it. A salary cap floor to the players basically

means equal distribution of money to all 30 NHL teams, rather than having all of the money controlled by the few wealthy teams in the league.

### The guaranteed contract

Under the terms signed at the end of the 2004-05 lockout, a player is guaranteed to earn back every dollar of a contract that they have signed, unless the team decides to buy him out.

In either case, a player is still getting paid but buying a player out is incredibly expensive for an NHL team.

When buying out, the NHL team buys out two thirds of whatever is remaining on the contract and then takes a major salary cap spike. While this is going on, the player is allowed to freely sign wherever he so chooses.

We have to look at the guaranteed contract as one giant insurance policy for players

who never really know if their careers will end tomorrow or 10 years down the road. In the players' eyes, a guaranteed contract gives them the financial protection in a profession that is so unpredictable.

To me, I think this factor right here is the reason why lockout talks even began again in the first place.

I mean, look at all the incredibly huge contracts that were signed this offseason, with teams signing multiple players to double digit year contracts.

## Trying to protect owners

By rearranging the way the guaranteed contract is designed, the NHL is trying to protect the owners from hurting themselves in the long run. Huge contract deals are lucrative because they give the security that star power players crave and in turn those players will want to sign with your team.

However, long term deals have huge risks for owners in the long run.

### Revenue sharing

This was implemented after the 2004-05 lockout, to ensure that the NHL provided a mostly even playing field for all 30 teams. Revenue sharing basically means that the teams that earn the most money share some of their profits with the franchises that aren't doing so well that season.

It all comes down to sharing with your friends, and on some occasions, you just don't want to.

Although revenue sharing does allow for NHL franchises to be more evenly matched across the board, some of the richer teams want to draw the line.

And there you have it. A look into the inner workings of a potential lockout and what both parties are arguing about.

Maybe this helped, maybe it didn't but all I can say is here's to hoping NHL arenas across North America are nice and frosty by the time October rolls around!



# Calvillo for Canton – why not?

By AVRY LEWIS-McDOUGALL

I know this is the city of champions, but sometimes we have to look outside our limits to focus on the play of a truly great individual.

On Aug. 17, the Montreal Alouettes played the Eskimos and absolutely had their way with them on route to a 38-25 victory.

The leader of the team, quarterback Anthony Calvillo, threw for 327 yards and four touchdown passes. Calvillo's performance was good enough to tie him with legendary quarterback Warren Moon for second all-time on the pro football's touchdown passing list.

What's interesting is that only Brett Favre has more touchdown passing yards in pro football history, with 508.

Thanks to the gritty play of Calvillo, the Alouettes are having a good year and are tied for first place in the CFL's Eastern Division.

Although the Alouettes have been plagued with injuries to a few of their key players, Calvillo almost seems to be peaking. At 39 years of age and playing in his 18th CFL season, the California native's on the tail end of what has been an historic career.

Many agree that Calvillo is already a shoo-in

for the CFL Hall of Fame, but why not the Pro Football Hall of Fame as well?

The hall of fame is located in Canton, Ohio and I have been fortunate enough to have had the honour of covering multiple induction ceremonies there over the years.

Canton's hallowed halls hold such greats as Troy Aikman, Walter Payton, Steve Young, John Madden and many others that have helped shape the NFL and even some CFL with former Eskimos' great, Warren Moon even being in the hall.

Moon played in the NFL from 1984 to 2000 and was inducted into Canton in 2006.

There's only one thing that everyone inducted into the Pro Football Hall of Fame has in common.

Every single individual who has been honoured in Canton has played in the NFL at some point in their career. Calvillo, on the other hand, has never played in a single NFL regular season game and has spent his entire pro career up north, which has led him as well as another legendary quarterback, Damon Allen, to be left out of the hall.

Personally, I think this is an absolute shame. It burns me because the Hall in Canton is not just

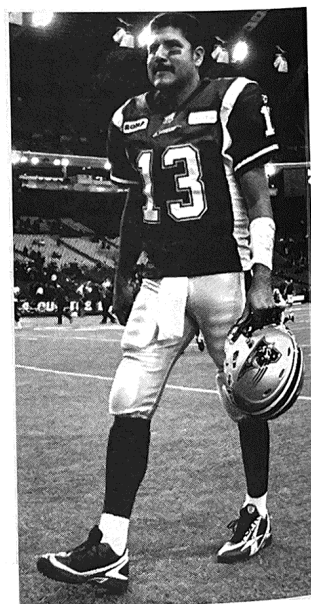
for National Football League players. Yes, it may be based in the U.S. but I say let the best of the best be respected in Canton for their contributions to the game.

There's no denying that Anthony Calvillo is one of the best.

Taking a look at The Hockey Hall of Fame we see multiple examples of players that have been inducted who have never played in the NHL. Famous Russian goaltender, Vladislav Tretiak is a supreme example of what I'm talking about. Taking my point even further, look at the Basketball Hall of Fame. They've inducted the entire Harlem Globetrotters squad.

Calvillo holds the record for all-time passing yards leader in pro football history. He's also thrown for over 75,000 yards in his career, more than the likes of Favre, Moon, Dan Marino and Doug Flutie. Who's the next closest man to that mark? It's Mr. Peyton Manning of the Denver Broncos, who has 54,828 yards. And just don't see Manning even coming close to 75,000 yards in his career.

Hopefully when Calvillo finally decides to hang up the cleats, he'll get the call that many other greats who have played in the CFL did not get, a Pro Football Hall of Fame induction.



Anthony Calvillo





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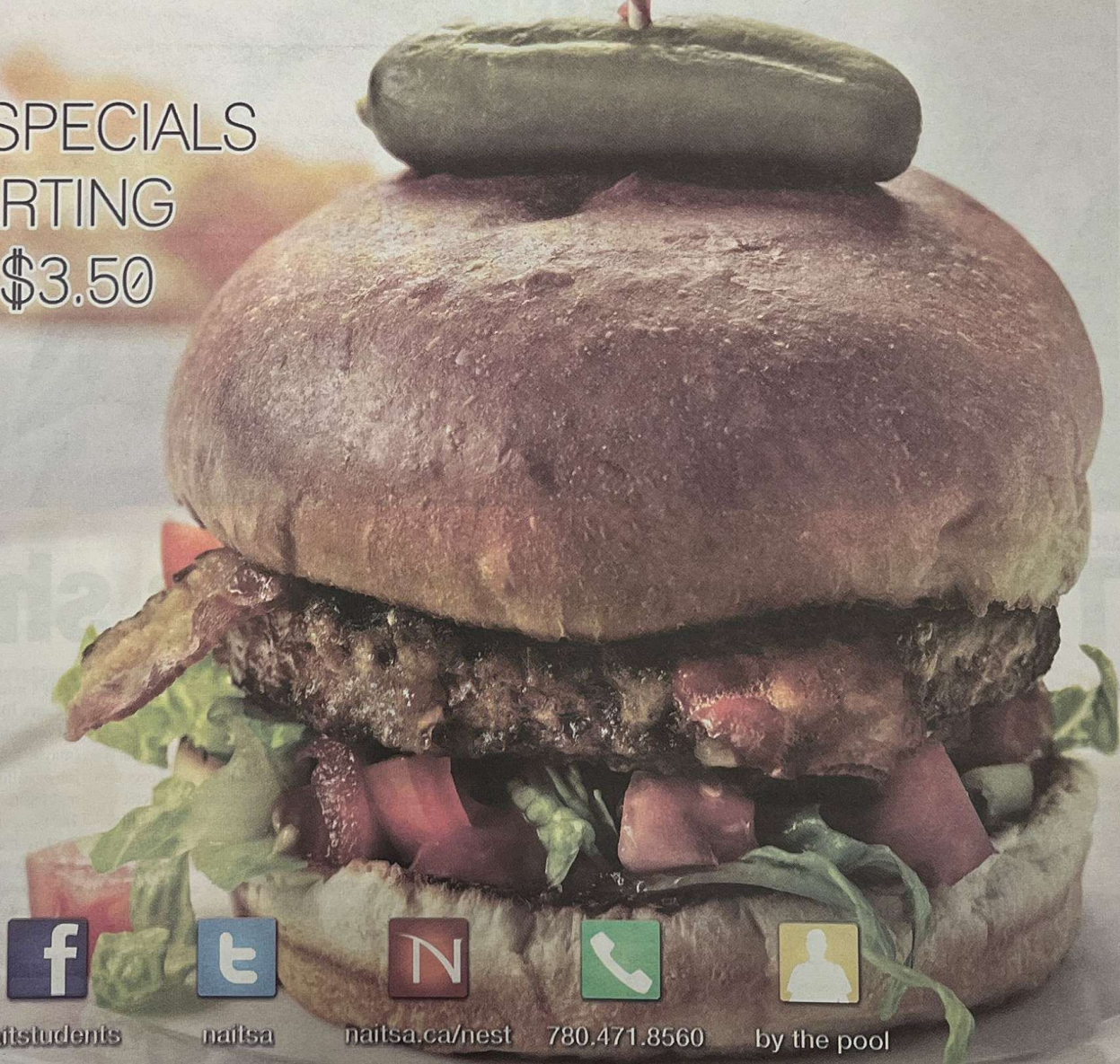
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# ENTERTAINMENT



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## MOVIE REVIEW

# The Campaign falls short

By MIKE JONES

I had a lot of mixed feelings about *The Campaign* even before I saw it.

First of all, I am a fan of Zach Galifianakis .... in moderation. A tremendously talented actor with show stealing turns in *The Hangover* and *Due Date*. Do you know how hard it is to steal the show from Robert Downey Jr.?

But by *The Hangover Part II* the Alan character was growing stale, along with most recurring gags in that film series.

Zach's comedy special *Live At the Purple Onion* (not to be confused with the old Whyte Avenue late night hangout of the same name) is funny, for a while.

Will Ferrell, on the other hand, is very hit or miss. I could watch *Anchorman*, *Talladega Nights* and *Old School* again and again but *Step Brothers* and *Blades of Glory* were mediocre at best.

*The Campaign* showed a lot of promise with an hilarious trailer and favourable critic and user reviews on plenty of film websites, but unfortunately it falls flat and ends up mediocre at last.

*The Campaign* does pack a lot of political punch for a lowball comedy that sees a baby take a punch in the face. With scything indictments on political endorsements and financial backers it seems like the film is taking a stand but then Uggie the dog from *The Artist* takes a punch, too, and it's quickly obvious the writers ran out of ideas half way through.

There were a few laugh-out-loud moments but a lot of the jokes either fell flat or died after being played out too long. Most of the jokes have been done before and were funny in *The 40 Year Old Virgin*.

In the end, I enjoyed Ferrell's turn as the John Edwards-like Cam Brady but it certainly

lacks the personality (and endless quotability) of Ron Burgundy and Ricky Bobby. Hell, even Buddy (*Elf*) had more belly laughs.

Galifianakis's turn as family man Marty Huggins unfortunately doesn't even get over the hop as it becomes the exact same character he always plays within the first quarter of the flick. The resemblance between Huggins and the character of Zach's brother Seth Galifianakis in *Live at the Purple Onion* is absolutely uncanny.

I wanted to like this movie and kept waiting for someone to save it. Even the Motch brothers, played by the usually brilliant John Lithgow and Dan Aykroyd, failed to become more than stock characters. They are obviously parodying the real life Koch brothers. (For a much more entertaining indictment of the Koch Industries co-owners check out the absolutely brilliant *The Newsroom* on HBO).

It's interesting that the film uses real life anchors like Piers Morgan and Wolf Blitzer but interestingly avoids a Jon Stewart cameo (maybe he was busy?). Stewart does a better job of calling out Republicans, not to mention making folks laugh, on his worst shows than *The Campaign* does in its best moments.

*The Campaign* does have a few bright spots such as the inspired portrayal of Huggins's campaign manager by Dylan McDermott and a truly hilarious scene where Brady fires and then re-hires several campaign managers over a supposed "Communist manifesto" that he wrote as a child. But these moments can certainly wait for the DVD or Netflix, for that matter. On second thought, save your money and wait for it to be on TBS.





FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By MIKE JONES

Ah, back to school. Time to forget about the satisfaction of a decent paycheck and get back to remembering the satisfaction of buying no name KD instead of the real deal just so you can have a movie night ... on a Tuesday ... at the cheap cinemas ... armed with Dollarama snacks. But to help you extend the memories a little longer, enjoy the sounds of summer. Every summer has a song of the summer. Some recent examples include

"Forget You" by Cee-Lo Green or "California Gurls" by Katy Perry. This summer didn't so much as produce one standout hit as it did several. So flip the sofa cushions and treat yourself to a nice cold beverage and load up your iPod with the Top Summer Songs of 2012.

1. "45" – The Gaslight Anthem
2. "Still Counting" – Volbeat
3. "Little Talks" – Of Monsters and Men

4. "Call Me Maybe" – Carly Rae Jepsen
5. "Springsteen" – Eric Church
6. "Drunk On You" – Luke Bryan
7. "What Makes You Beautiful" – One Direction
8. "Gold On the Ceiling" – The Black Keys
9. "F\*\*\*king Best Song Ever" – Wallpaper
10. "Some Nights" – Fun

## Zerbin opening at SONiC Boom

By MIKE JONES

For Jason Zerbin every show is important because there are a lot of first impressions to be made.

"The sweet thing about every show you play is there's always people who haven't been exposed to your music," said Zerbin.

Understandably Jason and his band Zerbin are excited to open up for SONiC Boom on Sunday, Sept. 2 at Northlands in front of an expected 20,000 alternative rock fans. The festival, in its fourth year, returns to the great outdoors this year with headliners Linkin Park, Incubus, Silversun Pickups and Fun.

"There's some bands on that lineup that we have loved for years so it's kind of a dream come true to share the stage with them in front of a large audience," Zerbin said.

Zerbin won the opportunity to open up the day's festivities via an online poll amongst other Band of the Months on SONiC's website. Zerbin won out over other fan favourites such as Tanner Gordon and The Unfortunates and ska long stays Mad Bomber Society. Zerbin were SONiC's Band of the Month in October.

The victory owes a lot to the huge success of the single "New

Earth." Zerbin says the band knew they had a hit when they wrote it. "When we wrote the whistle part, it got stuck in our heads forever," he said.

The band were still somewhat surprised by the way it caught on with SONiC's listeners. "We were surprised in some sense. But every song you make and release you have grand hopes for. The song came spontaneously so it's been sweet to see where it's going."

"I think it's also a nice hopeful thing, a lot of stuff is heavier, even the stuff we write, but it is a little more fun," he says, "a lot of the stuff we write has spiritual overtones or undertones depending on the song. (New Earth) carries a lot of hope."

Zerbin have also been winning over a lot of fans with their excellent live show including a stint this month at Shake the Lake in Sylvan Lake and opening for AWOLNATION earlier this year. New Earth is currently available for download via iTunes but according to Zerbin it will be on the next EP.

"We're just finishing up production so we don't have a set date just yet but it should be dropping sometime this fall," Zerbin said.



oddballproductions.ca

### Zerbin

Zerbin are also working on a full length release which should come out sometime next year.

In the meantime fans can download their previous release *Of Fools And Gold* (2010) at [www.zerbin.bandcamp.com](http://www.zerbin.bandcamp.com) which includes New Earth as a bonus track.

• For September's musical lineup, see Page 18

# Live

## Mainstreet Apartments

# NXT 2

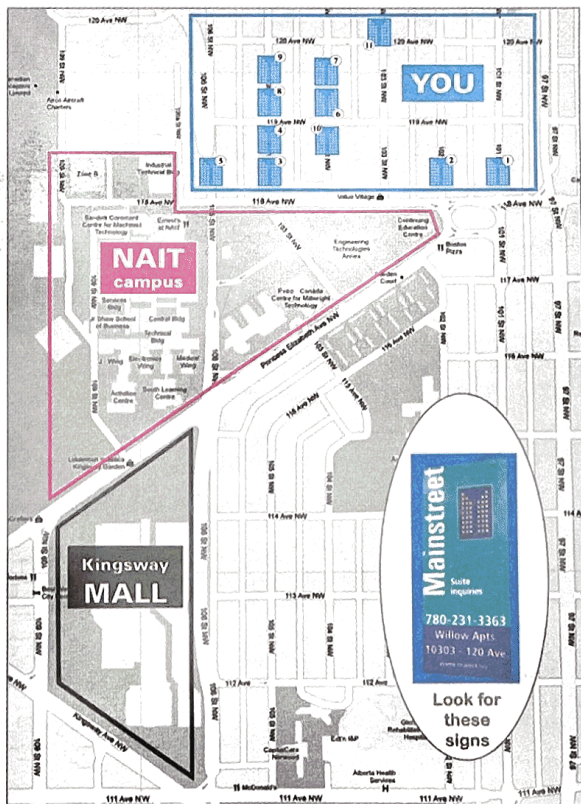
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THURSDAY SEPT. 6<sup>TH</sup>

Meet with employers from:

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10 am – 6 pm

Aecon  
Alberta Human Services  
Alberta Motor Transport Association  
Alco Gas & Oil  
Alta Steel  
Armor Machine and Manufacturing Ltd.  
Beaver Drilling Ltd.  
Bradken  
Browns Industrial Services  
Canadian Utility Construction  
Clark Builders  
Cornerstone Industrial  
Davis Automotive Group  
DCM Integrated Solutions  
Diamond International Trucks Ltd.  
Edmonton Kenworth Ltd.  
Edmonton Trailer Sales & Leasing  
Ensign Energy Services Inc.  
Fillmore Construction  
Finning Canada  
Forum Energy Technologies  
Four Quest  
G.L.M. Industries LP  
Gibson Energy  
Hi-Way 9 Group of Companies  
Horizon North Camps & Catering  
IVIS Inc.  
JV Driver  
KBR Industrial  
Liebherr - Canada Ltd.  
McCoy  
MDM Foundations Ltd.  
Morgan Construction  
NAIT - Continuing Education  
National Oilwell Varco  
North American Construction  
Northgate Industries Ltd.  
Pacer Corporation  
Pagnotta Industries Inc.  
Powell Canada  
Primco Dene Group of Companies  
Pro-V MFG Inc.  
PTI Group Inc.  
Pyramid Corporation  
Rocky Mountain Equipment  
Rosenau Transport  
Site Energy Services  
Skyway Canada Limited  
Spirit Staffing & Consulting Edmonton Inc.  
SRS Industrial  
Studon Electric & Controls Inc.

Sureway Construction  
Synergy Projects Ltd.  
Tartan Industrial Contractors  
The City of Edmonton  
The Tire Warehouse  
Thermal Systems KWC Ltd.  
Tiger Calcium Services Inc. / Reas Industries Ltd.  
Trican Well Service  
Trimac Transportation  
Trinidad Design & Manufacturing  
United Safety  
URS Flint  
Waiward Steel Fabricators  
Worley Parsons Cord

## CAREER PLANNING & JOB FIND

10 am – 5 pm

Academy of Learning and Digital School  
Adecco Employment Services  
Brink's  
Campers Village  
Canadian Western Bank  
Century Vallen and Texcan  
Commissionaires Northern Alberta Division  
Connect Logistics  
EmployAbilities  
Global Leadership Associates Inc.  
Investors Group  
Kal Tire  
Kelly Services  
Maclab Enterprises /  
Midwest Property Management  
NAV Canada  
Portage College  
Red Lobster & Olive Garden  
River Cree Resort & Casino  
Shaw Conference Centre  
Sobeys  
Sun Life Financial  
University of Lethbridge (Edmonton Campus)  
Western Camp Services  
Winners & HomeSense  
(TJX Canada)

## HEALTH INDUSTRY EMPLOYMENT SHOW

10 am – 5 pm

Advanced Paramedic Ltd. (APL)  
NorQuest College  
Revera Inc.  
Sun Life Financial (Downtown)  
We Care Home Health Services

DOORS OPEN 10:00 AM!

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# Nominations open

## August 13 - October 1 @ 4pm

"...(Students) want to **lead**.  
they want to be  
a part of something **bigger**."

Govind Pillai - Former Senator & NAITSA President

## Become a **student senator** & **grow your career**

The NAITSA Senate is comprised of 18 student representatives at NAIT. They meet 12 times throughout the school year to discuss and make decisions on issues that concern NAIT students.

For **more** detailed **information** and to  
hear our stories please **visit us online** at  
**[naitsa.ca/senate](http://naitsa.ca/senate)**



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## UPCOMING EVENTS

# September a fan's delight



By MIKE JONES

The leaves are changing, the kids are back in school and it seems like everyone and their dog is bringing their tour to Edmonton.

Yes, the fall concert season seems to be just as packed, if not more so, than the summer season. Maybe bands prefer to tour Europe's endless festival circuit over the summer or just don't want to be in a bus in plus 30 degree temperatures.

Regardless of the reason, this fall and September in particular are shaping up to be a great time for a music fan and if you're anything like me you might find yourself with one hell of a credit card bill come next month.

September kicks off with a bang, or more appropriately a boom, a SONiC Boom, that is. The last major summer festival returns to outdoors after last year's stint in the Expo Centre for its biggest show to date.

Linkin Park bring their alternative/hard rock stylings to Edmonton for the first time along with Incubus, Silversun Pickups, Young the Giant and buzz band Fun. Also on the bill are Calgary's The Pack A.D., Mute Math and local band Zerbin, who won the opportunity to open the festival via a contest on SONiC's website (see our interview with Zerbin on page 15). Rounding out the bill are LP and the Joy Formidable. Tickets start at \$105.

If 10 bands and nearly 12 hours of rock and roll aren't enough, Victoria's Acres of Lions host the SONiC Boom after party at the Starlite Room. A handful of great Edmonton and area bands including Forester and Bomb Squad Rookie round out the bill. Tickets are just \$12 or free with a Boom ticket stub. No minors.

Greg Gillis (better known as Girl Talk) last played Edmonton as a part of the inaugural SONiC Boom in 2009 and won over the largely rock/alternative crowd with a powerful set of mash-ups as well as his use of giant props and toilet paper guns. Girl Talk returns to the city of champs for a sure fire party Sept. 4 at Edmonton Events Centre. No minors.

The French electronic music group M83 have been a band for the better part of a decade but only really started drawing major attention with the release of their sixth studio album *Hurry Up We're Dreaming* in 2011. The success has been largely driven by the success of hit single "Midnight City," which features perhaps the best saxophone solo since Careless Whisper. The critically acclaimed group bring their live show to the Edmonton Events Centre for an all ages show on Sept. 5.

Looking more like an episode of *Where Are They Now?* than a Rexall Place double bill, Sweden's Roxette come to town with Ontario's Glass Tiger. Roxette will bring their massive slew of '80s and '90s hits, including (sing 'em if you know 'em) "It Must Have Been Love" "Listen to Your Heart" and, of course, "The Look." Glass Tiger themselves are no strangers to topping the charts; expect to hear "Don't Forget Me When I'm Gone."

Canada's favourite bespectacled indie rock group (sorry Weezer)



Stone Temple Pilots

en.wikipedia.org

Sloan return to the Starlite Room on Sept. 11. This time around they'll be playing their critically acclaimed 1994 release "Twice Removed" in its entirety.

Sept. 12 brings a slew of great choices including rapper Tech N9ne at the EEC, Band of Skulls at the Starlite and Canadian icon k.d. Lang at the Jubilee but perhaps the most intriguing is the E-town return of the Stone Temple Pilots.

The STPs melted faces at the Shaw Conference Centre back in 2009 with an incredible live barrage of hits from their illustrious career. The 2009 show also featured a great set from at the time unknowns Crash Kings. In the STP world, if it ain't broke, don't fix it, so the Pilots return to the Shaw with Crash Kings once more in 2012.

Crash Kings have made a name for themselves in recent years with their guitarist free rock and their smash hit "Mountain Man" and have made multiple stops in Edmonton including Boonstock and as an opening stint for Anberlin.

Rapper Big Sean plays a visit to the Edmonton Events Centre Sept. 13. The Kanye endorsed rapper is currently riding a huge wave of success around the single "Dance (A\$\$)" which features Nicki Minaj. Also on the 13, Big Time Rush, touted as the next Jonas Brothers, bring their bubblegum pop to entertain thousands of pre-teens at Rexall Place. Seventeen-year-old Victoria Duffield opens the show.

Many people call him Sweden's answer to Bob Dylan, but with the real deal coming to town on Oct. 9, The Tallest Man On Earth's music stands up on his own merit. Ironically, the 29-year-old, legally known as Kristian Matsson stands only five-foot-nine but he will tower above the audience when he takes the stage Sept. 14 at the beautiful McDougall United Church.

Fresh off the success of their extremely catchy hit "Home" and their show stealing performance on last year's Folk Fest, Edward Sharpe and the Magnetic Zeros return to Edmonton for a performance at the Edmonton Events Centre Sept. 18 with indie rock band Clap Your Hands Say Yeah pulling opener duty.

For those who like their music a little (OK, a lot) louder, metal heads need not fear as the Carnival of Death tour stops in at the Pawn

Shop on Sept. 21 for a night of head-banging and circle pits. The tour features Obituary, Decrepit Birth and several other bands with indecipherable band logos.

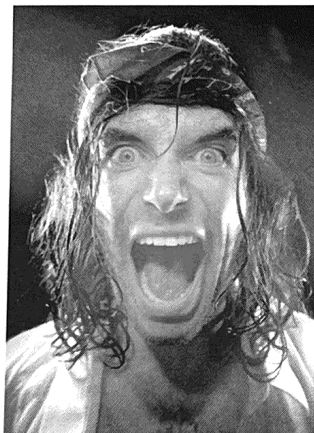
The very next night, on Sept. 22, one of the "Big 4" of Thrash Metal, Anthrax, bring their Worship Music tour to the Edmonton Events Centre along with Bay Area thrash legends Testament and Death Angel.

Expect a similar amount of sing a longs albeit less bloody noses as CCR's John Fogerty headlines an evening at Rexall Place the same night. Fogerty will play CCR's classic 1970 album *Cosmo's Factory* in its entirety which features hits like "Who'll Stop the Rain" and "Looking Out My Back Door."

British rock band Bloc Party bring their critically acclaimed live show to the EEC Sept. 25 and the very next night current "It" artist The Weeknd brings his much praised R&B to the EEC.

And to finish off September, Canada's claim to fame among stoners around the world, Rush, come to town in support of the 19 studio album *Clockwork* for a gig at Rexall Place Sept. 30. Openers have yet to be announced but come on, it's freaking Rush!

If you think September is jam packed, you should see October, with gigs from the likes of Rise Against, Bob Dylan and Justin Bieber. More fall/winter shows are being announced every day including the much delayed swan song of Canadian Post Hardcore legends Dec. 19 at the Shaw. For all the latest gigs check out [www.pollstar.com](http://www.pollstar.com) or keep picking up the *Nugget* every week for all your entertainment needs.



undertheradarmag.com

Girl Talk

wave of success around the single "Dance (A\$\$)" which features Nicki Minaj. Also on the 13, Big Time Rush, touted as the next Jonas Brothers, bring their bubblegum pop to entertain thousands of pre-teens at Rexall Place. Seventeen-year-old Victoria Duffield opens the show.

<http://the-best-top-desktop-wallpapers.blogspot.ca>

Linkin Park



en.wikipedia.org

Big Sean



## CONCERT REVIEW

# Experience of a lifetime

By MIKE JONES

Who: Metallica

Where: Rexall Place

When: Aug. 17 and 18

It's always a major event when Metallica comes to town but when they claim their stage is three times the size of their usual stage and that this tour would only be stopping in three cities worldwide you know this is biggest show of the year material.

As someone who has seen a lot of concerts, I don't think anything has or will top this show. And that includes great runners up like AC/DC and U2!

The last time Metallica were in town was the winter of 2008. *Death Magnetic* had just been released and was hailed as a return to form after the disappointment of *St. Anger*. The band played plenty of hits but dwelled a lot on their recent release in a show which had coffins lowered from the rafters and enough pyro to destroy a small village.

Fast forward to 2012 and the coffins and pyro were back, along with so much more.

## Old favourites

This time around the band had no new material to tour, aside from 2011's *Beyond Magnetic* EP and the disastrous Lou Reed collaboration *Lulu* which fortunately was left off the setlist.

Only one song from the last decade was performed ("Cyanide" for those keeping score) leaving the band to bust out an arsenal of explosive hits from their first five albums that fans know and love.

Ironically two of the best received songs of the night came from the Napster era that hurt Metallica's reputation the most, with "Fuel" (accompanied by a LOT of fire) and "The Memory Remains" both coming from 1997's *Reload*.

Although the band took the stage 45 minutes late both nights to allow late comers to make it through security (nice gesture), they wasted no time getting the crowd rocking with "Creeping Death" and "For Whom The Bell Tolls."

Other highlights in the two-plus hour set included singalongs to "Wherever I May Roam" and "Nothing Else Matters." By the time the band launched into "Master of Puppets" and "Battery" they had the crowd in the palm of their hands with the mosh pit surging on either side of the gigantic stage and not a soul sitting in the stands.

## Show-stopper

It seems like the band had something for every album, whether it be *Death Magnetic*'s coffins, the Doris statue from the ... *And Justice For All* cover or the white crosses that emerged from the stage during "Puppets."

They even had a giant toilet seat lower from the rafters near the end of their set in reference to "Metal Up Your Ass" the rejected title for their debut album *Kill 'Em All*.

One of the most spectacular effects of the night



was a giant electrical chair that appeared during the guitar solo for "Ride the Lightning" which featured real Tesla-coil electricity.

However, the real show-stopper (literally) came during the main set finale of "Enter Sandman," the band's biggest hit to date.

Early in the song, one of the light towers, which had been malfunctioning all night caught fire, causing roadies to frantically run to extinguish the flames. Once the fire was out a roadie climbed up to fix the tower.

Random pyro went off on another end of the stage, causing another roadie to investigate before he was set on fire and sent running for cover.

Then a third roadie operating the follow spot fell from the rafters. Shortly after, lights began falling from the stage, sending band members running for cover as power was lost in the arena.

Turns out, it was all part of the show as it allowed the band to grab the opening band's gear for a trip "back to the garage" in one of the most inspired moments of the show. Backed only by portable work lights and playing plugged into amps facing one another, the band launched into a barrage of hits from *Kill 'Em All*, including "Hit the Lights" and show closer "Seek and Destroy" (which like 2008 saw hundreds of Metallica beach balls falling from the rafters).

The massive tour, dubbed the Full Arsenal, started in Mexico City for nine sold-out shows before playing Rexall. After Edmonton, they headed to Vancouver for two nights to film their upcoming 3-D movie at the Rogers Arena. The stage will be put in storage following those shows.

As if it's not special enough that they chose Edmonton as one of three cities worldwide to get


<http://www.metalwallpapers.org>

## Striker

this special show, the band (with Iradio station The Bear) selected local band Striker to open the show.

Striker's brand of metal was extremely well received by the 15,000 attending each night (or at least those who made it past security by the band's early set time). Needless to say, Striker won't be just another Edmonton band for very long.

Fans who didn't catch the show missed a great one but hopefully will be able to see most of the props in action when the 3-D movie is released next summer. In the meantime, those who went were left with an experience of a lifetime.

### SETLIST:

Creeping Death  
For Whom the Bell Tolls  
Fuel

Ride the Lightning

One

Cyanide

The Memory Remains

Wherever I May Roam

Sad But True

Welcome Home (Sanitarium)

...And Justice For All

Fade to Black

Master of Puppets

Battery

Nothing Else Matters

Enter Sandman

ENCORE: Hit the Lights, Seek and Destroy



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Jose Cuervo



## TIP OF THE WEEK FROM NAIT PROTECTION SERVICES



# Who we are, what we do

Many times we are asked by staff and students alike who we are and what we do. This week we wanted to focus on identifying to the NAIT community just what Protective Services is.

The main purpose of NAIT Protective Services is to provide the NAIT community with the most effective and efficient service aimed at attaining the departmental goals and fostering good staff and student relations.

## Who We Are

NAIT Protective Services must govern its operations according to institute policy, the wishes of the institute's board, the executive, and applicable municipal, provincial, and federal legislative authority.

Our department employs full-time peace officers who share a commitment to maintaining a safe and secure environment. We assist over 80,000 students and staff over four major sites and various leased spaces within the metro Edmonton area.

## What is a Peace Officer?

A peace officer is a person who works to uphold and enforce certain laws and regulations in Alberta. Peace officers are appointed by Alberta's solicitor general and minister of public security, under the Peace Officer Act, to enforce specific provincial and federal legislation. The enforcement carried out by NAIT peace officers is recognized as supplemental to, but not a replacement for, the Edmonton Police Service.

A peace officer ensures the public order and personal safety of all persons within the NAIT property by providing a visible presence. Their presence is essential not only for the protection of all who frequent these locations, but also to diminish the threat of intimidation inside and outside the NAIT properties.

## What We Do

Peace officers receive training in legal studies, human relations and officer safety. After the legislated training, our officers receive additional training specific to the NAIT environment. NAIT's peace officers have arresting authorities under the Criminal Code of Canada. They will also enforce legislated acts and bylaws.

NAIT peace officers can be identified by their uniform, which consists of a grey shirt and navy pants with a grey stripe. Their shoulder patches on their shirts and jackets all state "peace officer."

Our officers actively patrol both inside and outside our campuses and locations. Available on a 24-hour basis, these men and women are ready and willing to assist with all security needs and in any emergency situation.

## Blended Services

Our department also contracts a few security

guards from an outside service. While a majority of the duties are completed by peace officers, the contract security guards work in the parkade kiosks as well as perform access requests, locker cuts and extra coverage during special events.

## Additional Services

NAIT Protective Services' management team is committed to providing safety and personal security seminars and information sessions. Our sessions can be tailored to suit your needs. We also provide information through our website, the student and staff portals and our weekly column in the *Nugget* on a wide variety of topics.

## Crime Reporting

Our officers can be reached by calling 780-471-7477. When reporting crimes to Protective Services:

- Stay calm – don't get excited; take a deep breath.
- State the problem – "I want to report a crime ...," such as:
  - 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 an officer can call back later if necessary
- Do not hang up – stay on the line. Only hang up when told to do so by the dispatcher.

• In the event of an emergency or a crime in progress, immediately dial 911. Contact Protective Services when you are able to do so.

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.).

For more information, please visit our website [www.nait.ca/security](http://www.nait.ca/security).

If you have information regarding a crime, contact 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.

# Dedicated security staff welcomes you

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

The members of the NAIT community have

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

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

Jerry Hove, manager  
NAIT Protective and Parking Services

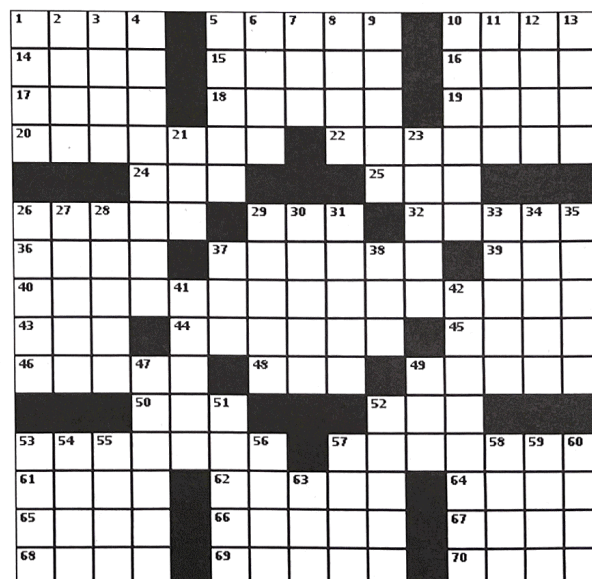
# CROSSWORD

## Across

- 1- Scarf
- 5- Skin openings
- 10- An apple ...
- 14- Buck follower
- 15- \_ Gay
- 16- Emperor of Rome 54-68
- 17- Miss
- 18- 1961 Heston role
- 19- Start of a counting rhyme
- 20- Expressive of love
- 22- Cleansing preparation
- 24- Frozen Wasser
- 25- Israeli submachine gun
- 26- Clear as \_
- 29- Hair goo
- 32- Small hand drum
- 36- Subterfuge
- 37- Sullenly ill-humored
- 39- Former nuclear agcy.
- 40- Like afterschool activities
- 43- Digit of the foot
- 44- Alarms
- 45- Actress Campbell
- 46- Abrasive mineral
- 48- HST's successor
- 49- Feels for
- 50- DDE opponent

## Down

- 52- Tomcat
- 53- Specter
- 57- Of great size
- 61- Nobleman
- 62- Get to know
- 64- Accent
- 65- Choir member
- 66- \_ con pollo
- 67- Slang expert Partridge
- 68- Abound
- 69- \_ lift?
- 70- Go out with
- 1- Room in a casa
- 2- Composer Khachaturian
- 3- Slammin' Sammy
- 4- He owns the place where backpackers crash in Europe?
- 5- Nobles
- 6- Just
- 7- Fabled bird
- 8- Some Ivy Leaguers
- 9- Hindu ascetic
- 10- Hemoglobin deficiency
- 11- Abstruse
- 12- Cartoonist Peter
- 13- Spoollike toy
- 21- Black gold
- 23- Early Mexican
- 26- Aggregate of qualities that make good character
- 27- Full-bosomed
- 28- First name in cosmetics
- 29- Melon, e.g.
- 30- Made a mistake
- 31- TV producer Michaels
- 33- Farm machine
- 34- Depart
- 35- Green \_ is the place to be
- 37- AT&T rival
- 38- Bro's counterpart
- 41- So far
- 42- With undiminished force
- 47- Without pattern
- 49- Op. \_
- 51- Gannet
- 52- District in Tokyo
- 53- Land map
- 54- Gap
- 55- Commedia dell' \_
- 56- Nothing more than
- 57- Stepped
- 58- Asta's mistress
- 59- Monogram ltr.
- 60- Gospel singer Winans
- 63- 100 square meters;



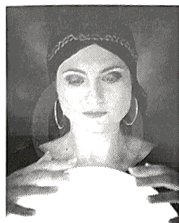
Puzzles provided by BestCrosswords.com (<http://www.bestcrosswords.com>). Used with permission.

SOLUTION – Page 22



THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### August 23-September 5

(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)

Striking out on your own is fun, but you find yourself in need of advice and desperate for direction. Don't take it from the newspaper in your hands. Consider your mind officially blown.

### Libra (Sept. 23-Oct. 22)

Cheesy pickup lines are so yesterday for you, Libra. Send your loved one a Photoshopped picture of yourself on Justin Timberlake's body with a hilarious pun relating to your endeavour to bring "sexy back." THAT is love.

### Scorpio (Oct. 23-Nov. 21)

No matter how caught up you get in the college experience, do NOT tattoo "NAIT 4 LIFE" anywhere on your face. Your diploma may seem a lifetime away, but trust me on this, it's not.

### Sagittarius (Nov. 22-Dec. 21)

Don't listen to them, they're just jealous.

### Capricorn (Dec. 22-Jan. 19)

The gruelling challenges of college life wear on the best of us and standards of hygiene and personal appearance will drop faster than the temperature. No matter what happens, never wear your "Tuesday" undies with low-slung pants, because Murphy's Law says you will be caught on a Thursday.

### Aquarius (Jan. 20-Feb. 18)

The freshmen 15 isn't something to be feared – think of it as a personal challenge. Take on the calamari sandwich at the Nest, it is incredibly worth it.

### Pisces (Feb. 19-March 20)

Hey fish face! Turn that trout-pout upside down, the rest will follow.

### Aries (March 21-April 19)

Your outgoing nature makes you the life of the party, and good news! If you're starting a new semester, there

is no better way to bond with your peers than to take them out for beers. Party on, Garth.

### Taurus (April 20-May 20)

New year, new place, time to meet and mingle. Although you may seem like quite the social butterfly, you always keep your distance. Now is time to break down those barriers and get close with that cute freshie eyeing you up in the hallway.

### Gemini (May 21-June 21)

The twins are more active than ever, making you the personification of business in the front and party in the back. Maybe it's time for a haircut.

### Cancer (June 22-July 22)

Feeling lost in unfamiliar territory may make you feel lonely. Fear not, for I have a solution! The SPCA is having a nine-cats-for-the-price-of-one sale that will have you surrounded by furry friends. That, or you could just get out and meet new people. Your call.

### Leo (July 23-Aug. 22)

You've always been a trendsetter and no doubt you've planned your look for the new school season. Remember, young Leo, exam season is never too far off, so keep a pair of comfy sweat pants at the ready.

THE NUGGET PRESENTS:

# Dr. CONwisDOM

Dear Dr. CONwisDOM,

My girlfriend told me that I'm too hairy in my lower area. In an effort to solve this I made a shaving device out of a weed-whacker and some razor blades. Now my girlfriend is complaining that this might injure me. There's just no pleasing this woman! How do I make her see sense and let me use my home-made shaver?

Sincerely, Under-appreciated-Red Green

Dear Under-appreciated-Red Green,

There's a certain calibre of people who I simply cannot give advice to. No matter what I say you're still gonna use that monstrosity and hurt yourself. You said you were using this on your lower area, so you could lose some very important parts. Actually, that'll keep you from reproducing, so I say turn it on and spare the next generation of advice columnists from having to address problems out of a cartoon.

...

Dear Dr. CONwisDOM,

I think it would be sweet if I got my nipple pierced. It would look awesome and all the chicks would love it, but my buddies tell me it's dumb. What do I do?

Sincerely, Nipples-aren't-fancy-enough

Dear Nipples-aren't-fancy-enough,

Challenge one of the people protesting your piercing to a fight. One you can beat. After you've beaten him down, get the piercing and challenge him again. If he wins because there

is now a big hole where he yanked your piercing out, he was right. If not he was right but for the wrong reasons. So just be careful putting on shirts with buttons or zippers in the future.

...

Dear Dr. CONwisDOM,

My girlfriend is obsessed with her cat. When it comes time for me to get my biggest benefit from the relationship, Mittens is taking priority over me. How do I one-up this feline that's only slightly fluffier than me?

Sincerely, Fighting-like-cats-and-dongs

Dear Fighting-like-cats-and-dongs,

The fact that you're competing with a cat says more about you than her. Cats are a fundamentally creepy animal and any man should be able to overcome one. My advice, shave the both of you. A furry cat can be preferable to a furry man, but once the hair is gone from both of you, Mittens will be gone from your bed.

...

Dear Dr. CONwisDOM,

I've got a sizable collection of Lego blocks. I build amazing structures and characters with them, but my girlfriend doesn't appreciate them. I'm 26 years old and she's the first girlfriend I've ever had. I'd really like to get past second base with this girl, so how do I do that and keep my Lego?

Sincerely, Building-plastic-virginity

Dear Building-plastic-virginity

For a guy like you to get to second base the bases must have been really close together. Be thankful that you found a girl who has nerdy daddy-issues. Lego blocks at 26? Come on, that's just sad. Bionicles are by far the superior toy. Go to Toys 'R' Us and buy some man toys like Bionicles and Nerf guns. Those things are babe magnets ... I hope.

...

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

## 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. 28 if you have alternate coverage.

**Housing** – Online housing registry at [www.rentingspaces.ca](http://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** – Contact Matt Bell; 780-471-8617; Room E-131; or e-mail [matthew.bell@nait.ca](mailto:matthew.bell@nait.ca)

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

**Scholarships, 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 loans, grants** – 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 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing [tutor@nait.ca](mailto:tutor@nait.ca). Cost is approximately \$15/hour.



# Success Centre's here to help



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

*"How wonderful it is that nobody need wait a single moment to improve the world"*

— Ann Frank

Staff at the Academic Success Centre would like to take this opportunity to welcome you to NAIT and to wish you success during your time here. Our goal is to provide services that will support you to maximize your academic potential and to enhance your opportunities for success. Services provided by the Academic Success Cen-

tre include Student Counselling, Services for Students with Disabilities and the Tutoring Services.

#### Student Counselling

Counselling is available to all NAIT students to promote and encourage student success. All counselling appointments are free and confidential.

Individualized counselling includes:

Academic counselling: Assistance with study skills, exam preparation, exam writing techniques, time management and other skill-building techniques to enhance academic success.

Personal counselling: Assistance with any personal concern that could impact your success as a student. Common challenges include adjusting to student life, stress, relationship or family issues and depression. Referrals can be provided to outside agencies for longer-term counselling.

Study Skills Manual: *Strategies for Success: Techniques to Maximize Learning Potential*, a free study skill manual written specifically for NAIT students, is available on-line at [www.nait.ca/counselling](http://www.nait.ca/counselling) (click on Online Resources)

How can you access Student Counselling services?

Counselling appointments can be scheduled in person at Room W111-PB, HP Centre, or by phone at 780-378-6133. Office hours are: 8:00am to 4:30pm, Monday to Friday at Main Campus, 9 – 5:30 at Souch campus and 12:00 – 5:30 at Patricia campus. Information can be accessed at [www.nait.ca/counselling](http://www.nait.ca/counselling)

#### Services for Students with Disabilities (SSD)

If you have a permanent or temporary disability, you are advised to meet with a Services for Students with Disabilities adviser as soon as possible to set up support services to enhance your academic success at NAIT. Depending upon your disability and the accompanying documentation, services may include accommodations such as:

- Assistance with accessibility issues
- Assistance with disability related funding
- Exam accommodations
- Tutoring services
- Academic strategies sessions
- Classroom supports such as note-taking, sign language interpreting or audio recording equipment
- Specialized assistive technology

Prospective students with a documented disability should contact Services for Students with Disabilities six months prior to starting their NAIT program.

How can you access SSD services?

Appointments with SSD advisors can be scheduled in person at Room W111PB, HP Centre or by phone at 780-378-6133. Office hours are: 8 a.m. to 4:30 p.m. Monday to Friday.

Information on SSD services can be accessed on our website: [www.nait.ca/ssd](http://www.nait.ca/ssd)

#### Tutorial Centres

Visit our free Tutorial Centres – specialized tutors can help you with math, physics and chemistry.

Peer Tutoring Registry: A registry of students at NAIT who are willing and academically qualified to tutor, and who provide individual tutoring for an hourly fee of \$15. See [www.nait.ca/portal/server.pt/community/nait\\_peer\\_tutor\\_registry/536](http://www.nait.ca/portal/server.pt/community/nait_peer_tutor_registry/536)

How can you access tutorial services? The Tutorial Centres are located in Room A-133 at Main Campus, in Room P-150/P-152 at Patricia Campus and in Room Z-153A at Souch Campus. Services are on a drop-in basis.

# Getting used to life at NAIT

Welcome to NAIT and welcome back to returning students. Please come and see the counsellors at NAIT Student Counselling if you are experiencing difficulty adjusting to NAIT or dealing with any personal or academic concerns.

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

#### Personally

□ You may find that NAIT provides more of a feeling of freedom than your high school environment. The increased personal freedom can feel both exhilarating and frightening. Accept that emotional fluctuations are normal and to be expected, and that they will pass in time.

□ Take time during these first weeks to take care of yourself. Try and include some fun activities, some relaxing activities and some time with family or old friends. If you are new to Edmonton, keep in touch with friends and family from your home town.

□ Use positive self-talk and give yourself credit for the risks you are taking and the situations you are handling well.

□ Instead of berating yourself for things you should have said or done, use these situations as learning experiences to put in place the next time something similar arises.

#### Socially

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

□ There are many ways to meet people. Consider getting involved and being where other stu-

dents are. Here are some common ways that NAIT students meet each other:

- At beginning of semester activities
- Before and after classes
- Doing extracurricular activities such as clubs or classes (watch The Nugget newsletter and the bulletin board for announcements)
- Volunteer at events or fundraisers, check at the NAITSA office for volunteer opportunities or put your writing skills to work for the *Nugget* student newspaper.

• At adjoining lockers

• In bookstore or food stall lineups

• In eating areas

• In common study areas

• In intramural sports or at the gym

• At the "Nest"

• At program special events such as pub crawls or dances.

□ Meaningful relationships develop over time. Remember to be yourself, and to send friendly, outgoing signals to others. Smiling, making eye contact and nodding when someone is speaking, and sending body language signals such as uncrossing your arms and leaning slightly forward are ways to signal to others that you are interested in them.

□ Some people tend to get into intimate relationships too quickly when feeling lonely. Take time to assess why you are in the relationship and whether it is healthy and supportive for you.

#### Academically

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

□ Student Success seminars are presented at the beginning of each semester. Plan to attend and to practise using the suggestions early in the semester. Seminars are listed on the website and on posters around the institute.

□ See a counsellor if you need specific work in

one or more study skill areas or if there are any personal issues interfering with our success.

□ *Strategies for Success: Techniques to Maximize Learning Potential*, an on-line study skills booklet written specifically for NAIT students, can be downloaded at [www.nait.ca/counselling](http://www.nait.ca/counselling) under Online Resources.

□ Get familiar with NAIT services and use those that are appropriate for you. Academic Success Centre resources include Student Counselling (Room W111-PB), the Tutorial Centre – a free service for help with math, physics and chemistry located in Room A133, a Peer Tutor registry where you can hire a peer tutor for approximately \$15 per hour (Room A-172B), and Services for Students

with Disabilities (SSD) – if you have (or think you may have) a disability that may impede your learning success, contact SSD (Room W-111PB; ph: 780-378-6133). The McNally Library and the Learning Resources Centre, Occupational Health and Safety, NAITSA and a variety of fitness activities are just some of the resources that can help you succeed at NAIT.

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

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

## CROSSWORD SOLUTION

1	2	3	4	5	6	7	8	9	10	11	12	13
S	A	S	H	P	O	R	E	S	A	D	A	Y
14	15	16	17	18	19	20	21	22	23	24	25	26
A	R	O	O	E	N	O	L	A	N	E	R	O
27	28	29	30	31	32	33	34	35	36	37	38	39
L	A	S	S	E	L	C	I	D	E	E	N	Y
40	41	42	43	44	45	46	47	48	49	50	51	52
A	M	A	T	O	R	Y	S	H	A	M	P	O
53	54	55	56	57	58	59	60	61	62	63	64	65
E	I	S	U	Z	I	A	B	E	L	L	G	E
66	67	68	69	70	71	72	73	74	75	76	77	78
R	U	S	E	M	O	R	O	S	E	A	E	C
79	80	81	82	83	84	85	86	87	88	89	90	91
E	X	T	R	A	C	U	R	R	I	C	U	L
92	93	94	95	96	97	98	99	100	101	102	103	104
T	O	E	S	I	R	E	N	S	N	E	V	E
105	106	107	108	109	110	111	112	113	114	115	116	117
E	M	E	R	Y	D	D	E	C	A	R	E	S
118	119	120	121	122	123	124	125	126	127	128	129	130
A	E	S	G	I	B	P	H	A	N	T	O	M
131	132	133	134	135	136	137	138	139	140	141	142	143
L	O	R	D	L	E	A	R	N	T	O	N	E
144	145	146	147	148	149	150	151	152	153	154	155	156
A	L	T	O	A	R	R	O	Z	E	R	I	C
157	158	159	160	161	162	163	164	165	166	167	168	169
T	E	E	M	N	E	E	D	A	D	A	T	E



# Last Band Standing

## FRIDAY, SEPT 7<sup>TH</sup>

Come down to the Nest at 8pm to watch NAIT student bands battle against each other to become NAITSA's Last Band Standing!



If you want to be the Last Band Standing, head to [naitsa.ca/welcomeweeks](http://naitsa.ca/welcomeweeks) or the NAITSA office (E-131).

For more information, rules/regulations please visit [naitsa.ca/welcomeweeks](http://naitsa.ca/welcomeweeks).





# MEET SOMEONE SPECIAL SPEED DATING



SEPTEMBER 5, 2012

AT 6:00 PM

THE NEST (S WING) NAIT MAIN CAMPUS  
11762 106 STREET  
UP FOR \$5 AT [NAITSA.CA/DATING](http://NAITSA.CA/DATING)



Students' Association  
of MacEwan



STUDENTS FIGHTING CYSTIC FIBROSIS



SEPTEMBER 22

5KM FUN RUN & PANCAKE BREAKFAST

Starting at 9am

At Louise McKinney Riverfront Park

CAR WASHES

Starting at 10:15am | Various Locations

**VOLUNTEER TO HELP  
OUT A GREAT CAUSE**

EMAIL [SHINERAMA@NAIT.CA](mailto:SHINERAMA@NAIT.CA) FOR MORE INFORMATION







# NESTFEST

EDMONTON'S ONLY COUNTRY MUSIC FESTIVAL

**Saturday, September 15**  
**(Annex Parking Lot)**

**Aaron Lines**  
**Jason Blaine**  
**The Abrams Brothers**  
**Livey Jeanne**  
**Erin Haley**

## Tickets

**\$29** (Advance Students) | **\$45** (Advance Non-student)  
**\$55** (At the Door)

For more information & to buy tickets please visit [naitsa.ca/nestfest](http://naitsa.ca/nestfest)



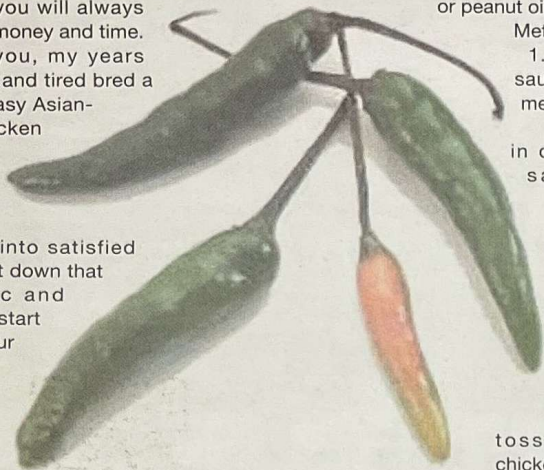
# Tasty Asian chicken

## RECIPE

By CLAIRE THEOBALD

When you're a student there are two things you will always be short of, money and time. Lucky for you, my years spent broke and tired bred a quick and easy Asian-inspired chicken recipe that will turn your stomach's hungry growls into satisfied purrs. So put down that box of mac and cheese and start gathering your ingredients! You will need:

- 1 yellow onion, sliced
- 2 boneless, skinless chicken breasts chopped into cubes
- Handful of mushrooms washed and quartered
- soy sauce
- oyster sauce
- brown sugar (approximately 2 tablespoons)
- Bird chilies, chopped (get them at the TNT Supermarket and use with caution, they are hot!)



- Tablespoon of vegetable or peanut oil

### Method

1. Heat oil in saute pan over medium heat.
2. Toss in onions and saute until caramelized (or, until they turn brown).
3. Remove onion and set aside.
4. In same pan, toss in cubed chicken and saute until cooked.
5. Add onions.
6. Add equal parts soy sauce and oyster sauce to taste (a generous coating, but don't get carried away).
7. Then, sprinkle brown sugar over pan and add chopped chilies.
8. Continue cooking, tossing to coat ingredients, until sugar has liquified.
9. Remove from heat and serve. Great on a salad, or add some vegetables to your recipe and try it stir fry style on rice.

## bikram yoga

EAST EDMONTON

### Try a new position. Or maybe 26.

Students get 15% off all pass purchases.\*

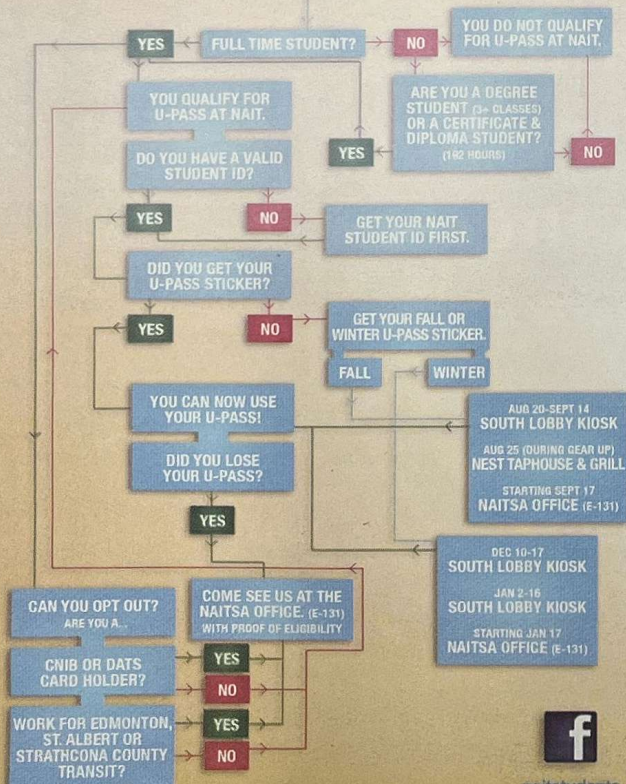
**Bikram Yoga East Edmonton**  
6139 101 Avenue

[bikrameastmonton.com](http://bikrameastmonton.com)

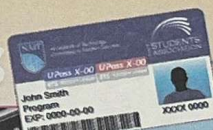
\*Offer excludes sales promotions and monthly specials.

## DO YOU QUALIFY FOR UNIVERSAL TRANSIT PASS (U-PASS)?

(FOLLOW ALONG TO FIND OUT)



## U-Pass



**FALL TERM STICKER VALID**  
September 1 - December 31, 2012



The LRT will be at NAIT in 2014!

\*Only students who are eligible and have fully paid their fees including U-Pass fee will be able to get the sticker. Once the U-pass sticker is picked up it is non-refundable. No refund if student drops out after 14 days of classes. In case of lost ID, U-Pass must be repurchased. The U-Pass is not valid until the U-Pass sticker is affixed to the proper location on the NAIT student ID. The U-Pass is non-transferable and may only be used by the student to whom the U-Pass is issued. Edmonton Transit, Strathcona Transit and St. Albert Transit reserve the right to verify the validity of any student's U-Pass. A student who fails to comply with the rules, regulations, policies and bylaws of Edmonton Transit, Strathcona Transit or St. Albert Transit respecting ridership may have their ridership privileges revoked without refund of the U-Pass fee. Edmonton Transit, Strathcona Transit, and St. Albert Transit reserve the right to modify their respective transit routes and schedules.



naistudents



naitsa



naitsa.ca/upass 780.471.8855



rm e-131



STUDENTS' ASSOCIATION



# THE EVERY DAY WAY TO THE LECTURE



take**ETS**.com

## Need transit information?

We're on campus at NAIT  
August 25, 27, & September 4.  
Come visit our booth for back  
to school transit info & enter  
to WIN an Apple iPad!



Get Social and 'Like' us on Facebook!  
Check out **takeETS.com** for your  
back to school transit options

**ETS**

### WHAT'S GOING ON AROUND CAMPUS

**WHO** Accounting Club at NAIT  
**WHAT** Robert Half Resume Review  
**WHEN** September 5: 4:00-5:30pm  
**WHERE** Room X-107 (Main Campus)

**WHO** Accounting Club at NAIT  
**WHAT** Welcome Back BBQ!  
**WHEN** September 7: 11:00am - 2:00pm  
**WHERE** Outside Business Tower

### CAMPUS CLUBS NEWS

**SEPTEMBER 4-7** Welcome Week  
**SEPTEMBER 13** Clubs Beer Garden Training  
Part 1 Theory (Pre-register your club)  
**SEPTEMBER 15** Clubs Beer Garden Training  
Part 2 Venue Assessment (Pre-register your club)  
**SEPTEMBER 28-30** Clubs Training Retreat (Pre-register your club)

### WHAT IS A CLUB?

Clubs are an essential part of the community atmosphere at NAIT. Getting involved with like-minded students allows an outlet for building friendships, having fun, and enhancing your studies.

Participation in clubs also builds leadership and social skills which are highly valued by potential employers.

Club membership is open to full-time and part-time students attending NAIT, as well as NAIT staff and alumni.

Want to join a club? Visit the Campus Clubs Centre and we'll get you connected.

### HOW DO I START A CLUB?

It's easy! Find three people who share your interest and want to meet and participate with other like-minded students. Describe what your club is about and register at the Campus Clubs Centre (Room E-131). Need help getting started? The Clubs Centre provides a variety of services to

help get you going and keep you inspired throughout the school year.

### TYPES OF STUDENT CLUBS

There are two types of clubs on campus that are equally important.

Program clubs represent students in their program. They mainly host events to raise money for graduation celebrations, and work to create a community within the program. Some clubs host industry nights where students can network and interact with future employers.

Interest clubs bring students with similar interests, beliefs, and talents together in a friendly and safe environment. Discover or build on an existing passion, or meet other students who share the same objectives as you. The opportunities are endless.

**NAITSA**

**CLUBS**  
**365**

### VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus  
780.471.8457 | 780.471.8871  
campusclubs@nait.ca | nait.ca/clubs



# WHISKEY ROCK

NO 212

## GRAND OPENING WEEKEND

*Friday*  
24.08.12

**GOOD FRIDAYS**

FREE ADMISSION FOR  
LADIES ALL NIGHT

**GOOD DRINKS**

ONLY \$4

*Saturday*  
25.08.12

**BIG & RICH  
SATURDAYS**

\$4 CANADIAN  
SUPERCANS

A CHANCE TO WIN UP  
TO \$1000 CASH!

**FREEDOM to PARTY**

11845 WAYNE GRETZKY DR NW | 587.521.2582 (CLUB)

**WHISKEYROCK.CA**