

DON'T MISS HOOPFEST – SATURDAY, NOV. 15!

THE NUGGET

Thursday, November 13, 2008
Volume 46, Issue 11



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YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA



Photo by Javier Salazar

LEST WE FORGET ...

A sentry stands guard during Remembrance Day activities at Edmonton's City Hall at 11 a.m. Tuesday, Nov. 11. Canada's war dead were honoured at a number of sites around the city.

BOOK SETS ALL-TIME RECORD



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THE NEST!

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NEWS & FEATURES

Economy a Christmas Scrooge?



CHRISTEN LONG
Issues Editor

Loaded down with student debts, skyrocketing rents and heavy homework commitments for their time, students can often empathize with those needing help from charities. Sometimes it's the students themselves who depend on food hampers to get them through a lean, macaroni and cheese Christmas season.

But the uncertain economy, coupled with high living costs in

Edmonton, is raising concerns about the impact on charities. Donations have already gone down all across the country, and although Edmonton has been doing OK so far, the bad economy may put the Scrooge in Christmas.

Local aid agencies are watching the donations and bracing themselves for tough times ahead. Because if Alberta gets caught up in the global economic woes, donations like food and presents can be hit hard. In lean times, people tend to cope by tightening their budgetary belts.

And Marjorie Bencz, Executive

Director for the Edmonton Food Bank, warns, "I don't think we – our community – has seen the full ramifications of what's happening on the bigger picture around the economy."

Over at the Salvation Army, plenty of families are signing up for Christmas hampers. Michelle, an attractive, well-spoken mother, says she's on the list for a sponsor this year.

"I have three boys," she said recently. "A sponsor family will purchase Christmas presents for them, so I mean it's really nice that way. So at least I know they're getting something special from somebody

else and its coming from the heart."

But even if there continues to be the same amount of generous sponsors, more people are asking for help this year. Maj. Ken Percy, divisional public relations rep for the Salvation Army, confirms: "The numbers are increasing. The people who are coming to us right now, who are the working poor, who are gainfully employed and still can't make ends meat. So that's the people we're seeing in our food lineups. That's the people we're seeing coming to us for Christmas assistance."

Both the Edmonton Food Bank and Salvation Army say if they have to, they'll modify the amount of food in the hampers, rather than turn anyone away hungry.

Adds Percy: "We've been around since 1865; were not going anywhere. We've been through many recessions and the Great Depression."

In the meantime, Michelle says she'll get her kids through Christmas any way she can.

"You just manage, maybe make presents if you have to, do what you can. I mean, if you don't have it you don't have it."



Take care with plastic water bottles

By **ANNA ROCOSKI**
The Fulcrum
(University of Ottawa)

OTTAWA (CUP) – Over the past year, there has been controversy over which type of water container is the best product due to health concerns regarding a toxic chemical.

Bisphenol A (BPA) is found in plastic containers with a triangular number seven label. Although not all number-seven plastics contain BPA, many baby bottles and sports bottles do.

BPA is a chemical added to polycarbonate plastic products to make them resistant to just about anything. The controversy comes from the tendency of BPA to leak into the liquids being stored in containers, and its possible effects on people.

According to lifewithoutplastic.ca, a website that sells plastic alternatives, negative effects can include chromosome damage, decreased sperm count, various behavioural changes and altered immune functions.

These effects have been discovered over the last few years, with numerous studies pointing to potential problems, culminating in a Health Canada declaration that BPA is "toxic to human life" in April of this year.

Bisphenol A is not a new creation. It was invented in the 1890s and was considered potentially toxic as early as the 1930s. But it was not until recently that researchers discovered some of its long-term effects.

"We've always had the opinion that science has made very definitive links to serious health issues so we have [no problem] with the idea of [BPA] being bad," said Mark Girvan, the manager of the Arbour Environmental

Shoppe in Ottawa.

"Absolutely, we don't think it is a particularly safe component in any consumer product," he added.

The rising alternative to polycarbonate plastic is stainless steel, but it comes at a price. A 32-ounce Nalgene BPA-free bottle is \$9, while a 27-ounce Klean Kanteen stainless steel bottle sells for \$17.95, according to the respective manufacturers.

"[Stainless steel] doesn't have any leaching associated with it in water. I think there are lower quality grades [of stainless steel] that may have health issues, but the grade that is used for Klean Kanteen is 304," Girvan said, noting that grade was quite safe.

Grade 304 refers to chromium-nickel steels, which are made to a high-quality standard.

"In the beer-brewing industry, they use stainless-steel vats and they are grade 304," Girvan said. "That's because [the steel] doesn't react with much."

Another benefit of stainless steel is its low environmental impact.

"Maybe you put more energy into creating the product up-front – there's no doubt about that – but it

has a good lifespan and it's highly, highly recyclable," said Girvan.

While buying safe products can minimize BPA intake, it is impossible to entirely eliminate exposure. As the Canadian Cancer Society notes, BPA's "wide-ranging use means that

there are probably many sources of exposure for most Canadians."

When it comes to water bottles, though, there is at least a choice, so be sure to research brands and types of bottles, and know exactly what various products contain.



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Alberta Creating Opportunity

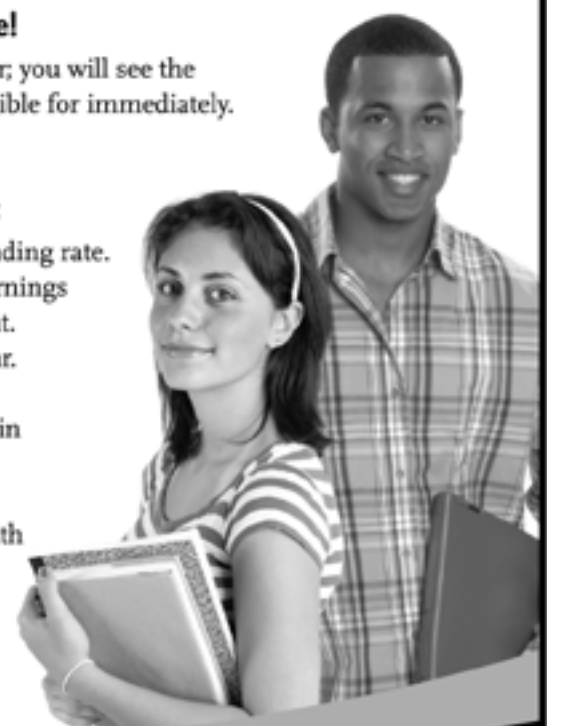




Photo by Nahreman Issa

HERE'S HOW I SEE IT ...

NAITSA president Brent Constantin makes a point to Matt Koczur, VP External of the Mount Royal College Students' Association as Frankie Skripal, VP Internal of the Lethbridge College Students' Association, looks on. The three were at NAIT for the annual ACTISEC progress conference. ACTISEC (Alberta College and Technical Institute Student Executive Council) is an umbrella group for the province's colleges.

Canuck volunteer stopped at border

By **TESSA VANDERHART**
The Manitoban (University of Manitoba)

WINNIPEG (CUP) – University of Manitoba student and Winnipeg resident Regan Sarmatiuk was turned away at the U.S. border crossing earlier this month when she tried to volunteer for the Obama campaign in Minnesota.

Sarmatiuk says she tried to cross the border on Nov. 2 at the Lancaster-Tolstoi crossing, and was detained while the border guards called the Emerson border crossing and photocopied her driver's licence.

While at the border, Sarmatiuk was told that she needed three pieces of identification to cross: an invitation from the Democratic Party, a list of duties that she would be performing while volunteering and a charitable tax number.

She had not been given this information from the Obama campaign before she tried to cross the border.

"When I had initially first contacted the Obama campaign about volunteering, I had said: 'Oh, can I volunteer even though I'm a Canadian?' And they said: 'Come on down,'" she said. "There was no mention of any thing to do with crossing the border."

After being detained, Sarmatiuk called her volunteer contact, who suggested she try another border. She turned around and drove home instead. The campaign called her back and agreed that she had made the right decision.

"[U.S. Customs] had told me that if I was going to leave and try and to cross at another entry point they were going to have to fingerprint me and officially deny me entry to the country," she said.

"I don't want to have any problems crossing the border in the future."

Sarmatiuk says a spokesperson for Obama's campaign lawyers told her that mentioning work raised a red flag for the border patrol.

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THE DEADLINE IS ...

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

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

Letters

We want your views

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

Get those thoughts into print.

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

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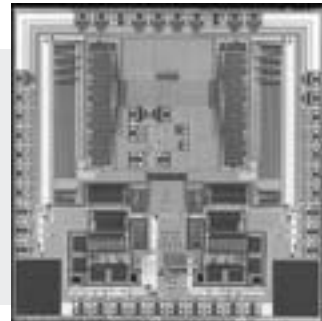
It's all good. Getting something off your chest is downright therapeutic. Write us.

**tech
talk**



SHANT CHAKMAKIAN

Be secure!



Staying secure isn't hard, but it can be practical, as long as you try.

The easiest way to start is by watching what you surf and the e-mails you read. In fact, most virus and malware gain control of your computer because of user intervention.

Generally without common sense you will find your machine is at the mercy of what the Internet has to offer. Being careful of which sites you visit is one thing, but overall, common sense is key.

First get antivirus right away. The best way to go is to get Trend Micro Personal Security or Antivirus solutions. If you suspect you already have a virus, go to housecall.trendmicro.com, where you can scan your computer for free.

If you have popup or spyware/adware issues, download Spybot Search and Destroy from www.spybot.com. Additionally, you can also download Anti-Malware from www.malwarebytes.org.

Having a firewall in place helps to eliminate the possibility of outside intrusion. In fact, when you are on the Internet, you are scanned a few times a minute by someone looking for a security hole or something to exploit.

Regularly installing security

updates in Windows ensures that you are protected against some of the latest threats.

Limiting access to your computer and making acceptable and unacceptable use clear, may allow you to better control what people can and can't do to put you at risk. Ideally, give guest users their own profiles with limited rights.

If you use file sharing programs, watch out for file extensions and file sizes of what you download. A file extension is the three characters following the period in a file name and generally denotes what the file does and is.

Files with the extensions exe, vbs, bat and cmd are among many that should be avoided when downloading files. It's common to get mal-



ware or viruses from file sharing programs.

Make sure you scan everything you download before opening it and always delete suspicious e-mails from people you don't know.

Although there are many technologies to help keep computing secure one thing is for

sure: you're only as good as your weakest link, and generally that is the person.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to e-mail me any comments or suggestions at shant_c@hotmail.com. I value and look forward to your input.

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HOCKEY DRAFT

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TOURNAMENT

DECEMBER 6, 2008

NAIT ARENA: PUCK DROPS 10:00 AM



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OPINION

— Editorial —

Marriage for gays? What's all the fuss?



CHRIS CARMICHAEL-POWELL
Editor-in-Chief

Why is everyone so against gay marriage? What is the big deal?

I'm sorry, I just don't understand why people have such a problem with two men or two women tying the knot. Honestly, it's not like the straight population has

done such a good job of keeping the sanctity of marriage intact. People getting married drunk in Vegas, because I'm sure that's what god intended when he thought up the idea.

With a divorce rate of roughly 50 per cent, you would think perhaps you should give the gay people a shot at it; chances are they'll be a little more successful. In this day and age where everyone is suppose to be treated equal, and everyone is suppose to have the same rights, some ignorant people are honestly still against gay marriage? I think we have bigger things to worry about.

Something wrong with that

Proposition 8 (a California ballot item on whether to permit gay marriages in the state — it was voted down) raised more money than any other proposition on the election ballot (with the exception of the presidency, of course). There is seriously something wrong with that.

If you are not gay, why do you care if they get married? How is it going to affect you if the guys down your street decide to get married? It's not! Not allowing gay people to get married doesn't mean they are going to go away. And allowing them to get married doesn't mean they're going to hit on you, so calm down.

I hate to be one to break the news to all you 'anti gay marriage' people out there, but it's just a matter of time. There was a time when men thought women would never get the right to vote, but it happened. There was a time when African Americans were bought and sold like cattle, now one is the president-elect of the United States. So why can't you just let it go!

Are you kidding me?

The thing that I find really frustrates me about it, is that in California, 70 per cent of the people who voted against it were African American. Are you kidding me? You would think they would be the ones to understand oppression, but instead they have no problem oppressing others. Perhaps they need to take a good long look at their history and remember what it feels like to have people deny them their rights.

Let's be honest here, I know there are a ton of guys out there that would die to be at a lesbian wedding, and ladies you know you all want that one gay friend. Could you imagine how much fun you would have a wedding full of gay men?

Maybe straight people are just jealous; they know if gay people can start getting married they are bound to put the average straight wedding to shame.



A WEDDING CAKE FOR ALL!

Photo by Giovanni Dall'Orto

Obama offers hope

By SHANT CHAKMAKIAN

The world was cheering last Tuesday as Barack Obama won the U.S. presidential election of 2008. Obama won 52.5 per cent of the popular vote with 349 to 162 votes in the Electoral College with the highest election turnout in U.S. history.

The Obama campaign has sparked unprecedented support and enthusiasm from people all over the world and across all political spectrums and values.

People all over the world anxiously awaited and celebrated the victory of Obama's campaign in the most anticipated election in U.S. history.

Iranian President Mahmoud Ahmadinejad was one of the many world leaders who congratulated Obama on his win.

And out of 15 babies born in the New Nyanza Provincial Hospital in the western city of Kisumu, Kenya on Wednesday, five boys were named Obama and three girls were called Michelle, according to the Kenya Broadcasting Corporation.

James Harvey Robinson, an American historian once wrote: "Par-

tisanship is our great curse. We too readily assume that everything has two sides and that it is our duty to be on one or the other."

American politics has generally been fairly polarized by nature and those Americans that follow closely their democratic process are great intellectual debaters. However, the partisanship of a two-party system has on many occasions separated solutions; with one-sided politics and a lack of understanding for the respective other side.

Obama's campaign managed to bridge that divide as even an organization called Republicans for Obama was started to support his campaign from the political right.

Obama's message of "hope" and "change" gave people who were experiencing frustration in the current system faith in the future. His message of bipartisanship and compromise on the issues under open dialogue gave people new ideas and solutions.

He led a campaign based on real and frank honesty regarding the issues. And by believing that one per-

son can make a difference and calling on people to individually work together for change, he transformed the mentality of a nation.

In his victory speech, Obama summed up the true belief of his campaign with: "that is the true genius of America — that America can change. Our union can be perfected."

However, despite the fact he ran an amazing campaign filled with a great message and an energetic zest, he still has to make good on his promises. He still has to prove himself with results and most politicians generally have a hard time doing that.

But, I know there is one thing he has delivered so far: hope for the future. Though he inherits an office dealing with two wars, a global economic crisis and numerous environmental policy issues, he at least gave us hope.

Hope for a future with a brighter tomorrow and the promise it brings if we just put our differences aside and all just work together; and that collective mentality is more valuable than just any one leader.

SPORTS



Photos by Brendan Abbott

NAIT's Dale-Marie Cumberbatch, above photos, shows her intensity on Friday, Nov. 7 at Augustana College on her way to setting the ACAC points record.

Record smashed!



By **NAHREMAN ISSA**
Sports Editor

The crowd rose to their feet. The opposition showed their appreciation. There was plenty of cheering for NAIT's women's basketball player Dale-Marie Cumberbatch as she broke the ACAC record for top scorer.

Not a bad celebration as Cumberbatch broke the record on the road against Augustana this past Friday. Cumberbatch was only nine points from breaking the record held by SAIT's Lisa Ozcan, who set the mark back in 2001.

The record was broken roughly seven minutes into the game when she got her ninth point. What's impressive is Cumberbatch managed to break the record in well, record time itself! While Ozcan took four seasons (80 games) to break the record, Cumberbatch has only played 56 games.

After the game, Augustana presented Cumberbatch with the game ball while the crowd gave her a standing ovation.

Back home here at NAIT, Cumberbatch is trying to take it all in now that she is forever etched as the all-time point getter for women's basketball.

"I'm just relieved it's over with," she said with a laugh. "I don't have to worry about it anymore."

While she wasn't all too concerned with the record, and it never impeded her play, she found herself nervous playing the game on Friday.

"I was nervous for this game, which I'm never am. I just kept thinking, what if? What if I don't get the record? That something horrible might happen."

What makes setting this record a success in Cumberbatch's eyes is that the team managed to pick up two wins over the weekend.

"The team played so hard in the last two games. I can't explain it. The team just played so hard. We wanted those wins so bad."

But this is what makes Cumberbatch so different from many other top players on any league, whether amateur or professional – she is the most selfless, team orientated player out there.

I've interviewed her on numerous occasions, and she is the most down to earth, sweetest person you will meet. For someone who has so much talent that one would expect her to be ego-driven, she proves you wrong

right from the get-go.

When she broke the record, it wasn't about her individual success at the moment.

"The first thing out of her mouth after the game was over was that we got the win," said head coach Curtis Nelson. "The second thing she said was that we needed to take a team picture."

"She is all about the team," he continued. "It's refreshing to see someone who is a top player act this way."

A sense of pride is running through the team at this moment. While it may just say Cumberbatch's name on the record, both she and the coach know it's all about teamwork.

"It's nice to break the record, but it's nicer to get the wins," said Cumberbatch.

"I'm really proud of her," said Nelson. "It's great sense of pride to see her accomplish this feat. She is consistent and an excellent player. She couldn't be a better kid."

With the record now broken, the team can concentrate on making it into the playoffs and competing for a national title.

•••

Cumberbatch will be honoured at this Saturday's game against the MacEwan Griffins. Come on out to cheer on the ACAC record holder and stick around for Hoopfest!

A new ACAC record every game for Dale-Marie

On Nov. 7 against Augustana, Oaks forward Dale-Marie Cumberbatch broke the ACAC record of 1,407 total points in a career, which was set in 2001 by SAIT's Lisa Ozcan (Erickson). Follow her progress as she sets a new mark every remaining game this season.



Upcoming games:
NAIT @ MacEwan, Friday, Nov. 14
MacEwan @ NAIT, Saturday, Nov. 15

Scores 31 points against Augustana Nov. 8	1,456 pts.
Scores 26 points against Augustana Nov. 7	1,425 pts.

1,407 points:
Former ACAC record

Scores 25 points against King's Nov. 1	1,399 pts.
Scores 25 points against King's Oct. 31	1,374 pts.
Scores 24 points against GPRC Oct. 25	1,349 pts.
Scores 31 points against GPRC Oct. 24	1,325 pts.
Scores 25 points against LC	1,294 pts.
Scores 36 points against CUCA	1,269 pts.
Scores 11 points against CUCA	1,233 pts.
Dale-Marie to start season	1,222 pts.

Dale-Marie Cumberbatch

Former record held by Lisa Ozcan (Erickson) SAIT



NAHREMAN ISSA
Sports Editor

2 minutes in the box

Yeehaw!!! The Canadian Finals Rodeo officially came to a close last weekend. While I may not know too much about rodeos, I do have some great pickup lines I have used on cowboys.

"Hey cowboy, you can rope me and grope me." Or the ever classy, "Can I straddle your saddle?!"

While this may discredit the hard work real cowboys do, it's not so out of place. Have you seen some of the names of events at the CFR?!

I'll give you a heads up to what perverted actions cowboys might as well be doing with these events. (These are real events)

BAREBACK RIDING: There are so many things to say about this! Remember Sex Ed in junior high? When kids were at that awkward stage, uncomfortably having to watch a video about why little Johnny was growing hair where there wasn't hair before? Well, they always told you to use pro-

tection. It was all about safe sex ... clearly these cowboys weren't paying attention. All I can think about right now is Brokeback Mountain. Gives new meaning to "hung like a horse."

TEAM ROPING: Two words, "Kinky Orgy."

TIE DOWN ROPING: There is definitely some sort of S & M bondage going on there ... and I want to be a part of that!

BULL RIDING: Wikipedia

describes bull riding as "a rodeo sport that involves a rider getting on a large bull and attempting to stay mounted for at least eight seconds while the animal attempts to buck off the rider. The rider tightly fastens one hand to the bull with a long braided rope. It is a risky sport and has been called 'the most dangerous eight seconds in sports.' " Mind you, picking up "Candy" on 118 Avenue will probably be the most dangerous thing you can ride

for eight seconds.

LADIES BARREL RACING: This is an event musician k.d. Lang would be on top of. It just sounds like it would involve lesbians ... and I'm not talking about "lipstick lesbians."

So for anybody who said that the rodeo might be "gay," you are so wrong. Besides barrel racing, everything sounds pretty macho ... even when you're wearing assless chaps the whole time!

Canada's hockey logo a no go



AMBER TIENKAMP
Assistant Sports Editor

I was recently in class, pretending to be paying attention, when I came across a headline on tsn.com that caught my attention. No more maple leaves on the Olympic jerseys for the Canadian hockey team. Pardon me? I am barely recovering from the fact that I no longer get to hear the *Hockey Night in Canada* song on CBC, and now this?

The symbol is recognizable to any Canadian, and has been used since the 1998 Olympics. Here's the problem: the International Olympic Committee is only now beginning to strictly enforce the rule that forbids sport federations from displaying their logos on uniforms at the Olympics. This would include Canada's Maple Leaf. Hockey Canada says it has been

able to get around the rule in the past by having the Canadian Olympic Committee sign an exemption from games uniform regulations.

But the IOC has recently shown they are sticking strictly to the rules, starting with the Olympics in Beijing, most notably with the Argentina and Brazilian soccer teams jerseys. There is also the worry about money, says Hockey Canada president Bob Nicholson. With new jerseys needing to be designed, less money will go to revenue and more will be spent having to recreate a new look and design.

Nicholson is also confused about who is really to blame.

"Each one of them tells me it's the other," he said when asked which organization is responsible for Hockey Canada having to alter its jerseys.

"In a way, I equate it with the COC. If the IOC knew the COC gave us its support, it might change things. But [the COC] refuses to do it."

There are also unclear rules of what exactly will pass for the new jersey, as the IOC has not finalized the rules yet.

So let me get this straight. We can't have a maple leaf with a hockey player in it, but the

States can have U.S.A. across the front with red stripes, with a star in the "A"? How much closer can you get to a national logo or their flag for that matter? Is it because we won too

much in the old jersey?

Put our team in paper bags with macaroni Maple Leafs glued to the outside; we'll still win.



Photo by Brendan Abbott

Ook Files

Dale-Marie Cumberbatch

Program: Computer and Networking Administration

Sport: Basketball

Number: 6

Best team memory: Can't pick one! My team is hilarious. (Editor's pick: Breaking the all-time ACAC points record).

Worst memory: Losing to Briercrest in the preseason. They are the worst team, who can't win a game.

Pre-game meal: Dried fruit bars.

Game superstitions: Avoid focusing on anything but basketball.

Favourite movie: Love and Basketball

Favourite band: Can't pick one. Love every genre of music besides country.

Favourite food: My aunt's pasta.

Favourite colour: Blue.



RACE FOR THE PUCK

NAIT Ook Meryl Ditchburn moves to take the puck away from a SAIT Trojans player in a game at NAIT arena on Saturday, Nov. 8. SAIT won the game 6-3.

A. J. Burnett's out ... get over it!

By LONDON HOMMY

A.J. Burnett is overrated. So suck it up, Jays' fans.

With Toronto Blue Jays starting pitcher A.J. Burnett's decision to opt out of the final two years of his contract last week, worth \$24 million, many fans sporting the blue and white have thrown up their arms crying foul.

Why? Because he's leaving for more coin elsewhere? Because he had a strong second half of the year despite wallowing in two average, injury-prone, seasons on first coming to T.O? Seriously folks, he's not worth it.

Once all-star C.C. Sabathia signs some ridiculous contract with one of the perennial high-rollers like the New York Yankees, Boston Red Sox, or the New York Mets – all of whom are in search of a top starter – Burnett won't be far behind. And the Blue Jays, despite boasting a decent sized wallet of their own, won't be able to compete. I don't care if they've already offered him a fair con-

tract. He won't take it.

But don't despair – it was a contract year. Ahh yes ... the curious oddity that is the "contract year." But it happens more often than you'd think, especially in baseball. There is a long list of players who, in the final year of their contract, have conveniently had the best season of their careers; leading to a juicy contract they have no right in signing. Barry Zito anyone? How about Vernon Wells, to stay with Canada's team? Considering his history of shoulder and elbow problems, I predict Burnett will fall into this category.

I'll give you two numbers: 4.07 and 1.34. Those were Burnett's ERA and WHIP last season, and for those of you who played baseball growing up, that isn't very good. In fact, it's brutal. And that was with the sixth best defence in the "Bigs" backing him up.

True, he did lead the American League in strikeouts. His high-90s fastball is sexy, but it comes at the expense of consistency – and health. With only 1,367 innings pitched in his 10-year career, the

31-year-old simply doesn't give you the reliability you need from a No. 2 starter, let alone at the salary he's expected to earn, which is estimated to be around \$15 million a season.

That's not to say Burnett won't be good next year in, say, New York. But it's the Yankees after all, who boast one of the most potent offensive lineups in the Majors. So his career record of 87-76 and ERA of 3.81 will be masked by the great run support the Jays can't provide.

If the Jays didn't have staff ace and No. 3 AL strikeout leader Roy Halladay still on the team, then your discontent would be justified. And starters Shawn Marcum, Dustin McGowan and Jesse Litsch aren't exactly incapable of wins either – or punch-outs for that matter. Not to mention a strong bullpen including fireballers Jeremy Accardo, Brandon League and BJ Ryan.

So please, Jays fans, relax. Losing Burnett is the least of the team's problems. The weakness of the squad is hitting. If only Mark Teixeira were from Toronto, or manager J.P. Ricciardi didn't piss off Adam Dunn – now that's something to get upset about.



A.J. Burnett Not worth it



Photo by Brendan Abbott

LOTS OF TRAFFIC

Ook Jerome Makasiar takes a shot against Augustana on Saturday, Nov. 8 in a game won by NAIT 86-80.

ACAC Standings

MEN'S HOCKEY								
Team	GP	W	RW	L	OTL	Pts	GF	GA
Concordia.....	10	9	8	1	0	44	20	18
SAIT.....	10	8	6	0	2	54	25	18
NAIT.....	10	7	6	1	2	50	37	16
Mount Royal.....	10	7	6	3	0	39	37	14
Augustana.....	9	3	2	5	1	29	34	7
Portage.....	9	2	1	6	1	23	40	5
Briercrest.....	10	1	1	6	3	27	52	5
MacEwan.....	10	2	0	8	0	28	49	4

RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)

RESULTS

Nov. 7

NAIT 5, MacEwan 4; Augustana 7, PC 2; CUCA 4, BC 2; SAIT 3, MRC 1.

Nov. 8

NAIT 7, MacEwan 4; CUCA 5, BC 2; SAIT 9, MRC 4

WOMEN'S HOCKEY								
Team	GP	W	RW	L	OTL	Pts	GF	GA
U of C.....	7	6	4	1	0	20	9	12
SAIT.....	6	5	5	1	0	24	16	10
MacEwan.....	7	3	2	3	1	24	24	7
NAIT.....	7	2	1	3	2	17	27	6
Red Deer.....	6	2	2	3	1	13	16	5
Mount Royal.....	7	2	1	4	1	14	20	5

RW - Regulation Wins (tie-breaker used to determine highest ranked tied teams)

RESULTS

Nov. 6

RDC 3, MRC 2

Nov. 8

SAIT 6, NAIT 3

Nov. 9

U of C 4, MacEwan 3 (SO)

MEN'S BASKETBALL						
North Division						
Team	G	W	L	Pts	PF	PA
Concordia.....	10	9	1	18	842	706
NAIT.....	9	7	2	14	738	646
MacEwan.....	8	6	2	12	702	645
Lakeland.....	7	4	3	8	606	556
King's.....	8	3	5	6	579	634
Augustana.....	8	0	8	0	550	708
Grande Prairie.....	8	0	8	0	550	708

South Division						
Team	G	W	L	Pts	PF	PA
Red Deer.....	6	5	1	10	483	403

Lethbridge.....	4	4	0	8	346	219
Mount Royal.....	4	3	1	6	280	223
Medicine Hat.....	6	2	4	4	421	488
Briercrest.....	6	1	5	2	370	486
SAIT.....	6	1	5	2	412	493

RESULTS

Nov. 7

NAIT 76, Augustana 72; Concordia 76, Lakeland 74; MacEwan 95, GPRC 83; RDC 96, Medicine Hat 89; SAIT 91, Briercrest 76

Nov. 8

NAIT 86, Augustana 80; MacEwan 85, GPRC 83; RDC 95, Medicine Hat 72; Briercrest 71, SAIT 66; Concordia 75, Lakeland 71

WOMEN'S BASKETBALL

North Division						
Team	G	W	L	Pts	PF	PA
Concordia.....	10	8	2	16	807	653
King's.....	8	6	2	12	572	494
MacEwan.....	8	6	2	12	605	505
Grande Prairie.....	8	5	3	10	531	554
NAIT.....	9	3	6	6	633	682
Augustana.....	8	1	7	2	523	683
Lakeland.....	7	0	7	0	415	515

South Division

Team	G	W	L	Pts	PF	PA
Mount Royal.....	4	4	0	8	314	193
Lethbridge.....	4	4	0	8	350	261
SAIT.....	6	4	2	8	474	417
Medicine Hat.....	6	4	2	8	410	339
Briercrest.....	6	0	6	0	342	484
Red Deer.....	6	0	6	0	305	501

RESULTS

Nov. 7

NAIT 72, Augustana 67; Concordia 78, Lakeland 61; MacEwan 65, GPRC 54; Medicine Hat 80, RDC 45; SAIT 88, Briercrest 61

Nov. 8

NAIT 69, Augustana 64; MacEwan 93, GPRC 53; Medicine Hat 76, RDC 42; SAIT 67, Briercrest 56; Concordia 77, Lakeland 50.

MEN'S VOLLEYBALL

North Division						
Team	MP	MW	ML	GW	GL	Pts
Keyano.....	6	6	0	18	6	12
MacEwan.....	6	5	1	17	8	10
Grande Prairie.....	6	3	3	13	13	6
NAIT.....	6	2	4	10	15	4

King's.....	6	1	5	8	16	2
Lakeland.....	6	1	5	8	16	2

South Division

Team	MP	MW	ML	GW	GL	Pts
Red Deer.....	4	4	0	12	4	8
Lethbridge.....	4	3	1	9	7	6
Medicine Hat.....	4	2	2	8	8	4
Briercrest.....	6	2	4	10	14	4
SAIT.....	6	2	4	10	14	4
Mount Royal.....	4	1	3	8	10	2

RESULTS

Nov. 7

NAIT 3, Lakeland 2 (19-25, 21-25, 25-23, 25-19, 15-13) Briercrest 3, SAIT 1 (25-18, 25-22, 19-25, 25-19) MacEwan 3, GPRC 2 (25-20, 25-23, 18-25, 20-25, 15-13) Keyano 3, King's 2 (22-25, 25-20, 25-18, 28-30, 15-11)

Nov. 8

NAIT 3, Lakeland 1 (25-23, 26-28, 25-18, 25-19) SAIT 3, Briercrest 2 (25-23, 27-25, 27-29, 24-26, 15-0) GPRC 3, MacEwan 2 (25-19, 17-25, 21-25, 25-20, 15-9) Keyano 3, King's 0 (26-24, 25-14, 25-17)

WOMEN'S VOLLEYBALL

North Division						
Team	MP	MW	ML	GW	GL	Pts
MacEwan.....	6	6	0	18	4	12
Grande Prairie.....	6	4	2	13	9	8
King's.....	6	3	3	13	11	6
Lakeland.....	6	2	4	9	14	4
NAIT.....	6	2	4	8	14	4
Keyano.....	6	1	5	6	15	2

South Division

Team	MP	MW	ML	GW	GL	Pts
Mount Royal.....	4	3	1	10	4	6
Red Deer.....	4	3	1	10	4	6
SAIT.....	6	3	3	10	11	6
Briercrest.....	6	3	3	11	11	6
Lethbridge.....	4	2	2	8	8	4
Medicine Hat.....	4	0	4	1	12	0

RESULTS

Nov. 7

Lakeland 3, NAIT 0 (25-21, 25-16, 25-23)

SAIT 3, BC 0 (28-26, 25-19, 25-15)

MacEwan 3, GPRC 1 (24-26, 25-23, 27-25, 25-22)

King's 3, KC 0 (37-35, 25-23, 25-15)

Nov. 8

NAIT 3, LC 1 (18-25, 25-20, 25-13, 25-16)

Briercrest 3, SAIT 1 (14-25, 25-17, 25-19, 28-26)

MacEwan 3, GPRC 0 (25-20, 25-22, 25-14)

King's 3, KC 1 (25-23, 21-25, 25-18, 25-14).

Eskimos make history



By **NAHREMAN ISSA**
Sports Editor

"Eskis win! Eskis win!"

To really get into it, try and imagine Bryan Hall screaming that into your radios. While some may find his voice aggravating, him spitting out those words would be music

to your ears.

The Edmonton Eskimos have survived the East semifinal and are now headed off to Montreal, to take on the Alouettes. History was against the Eks in the semifinal game, as no team taking part in the crossover has ever made it to the final.

The record for crossover teams stood at 0-4, but the Eks have rewritten history. This was something head coach Danny Maciocia commented on a week before the team

took on the Winnipeg Blue Bombers, when I told him no team has ever made it to the final.

"I think if it's 0-4, which is a surprise, then I think the west is way overdue," Maciocia said. "Hopefully we can change that record in the next little while."

Well coach, you did it! Ricky Ray and the boys eliminated the Bombers 29-21 on the road, in minus-13 C weather, I might add.

While most experts were picking a Bomber win, Ray's perfect game

of no fumbles, no interceptions and over 300 yards passing helped push our boys into the final. It's all about experience and Ray is no stranger to playoff pressure.

The team now heads farther east to Montreal, where they will play in the East Final, and just maybe write themselves even more into the record books.

You can catch the game on TSN. Game time is 11 a.m.

•••

• Eks defensive end Fred Perry spent most of this season recovering from a broken leg and a dislocated

ankle that he suffered in late July, but had an incredible game. Highlight was when he knocked down a Bomber pass and went in for 31 yards for an Eskies TD.

• A little inspiration on the sidelines as Jason Tucker showed up to support his troops. Tucker suffered a neck/spinal cord injury back in July.

• Milt Stegall guaranteed a Bomber stadium sellout – he was wrong, as Canada Inns Stadium was short by about 2,000 people. Might have had something to do with minus-13 degree weather and blowing snow!



FIFA 09 REVIEW

Current edition worth a try

FIFA 09 is out by now, and most people will probably assume it is just the previous edition with the yearly roster update on top. But is there more than meets the eye?

The presentation is spot on and the commentary by Martin Tyler and Andy Gray is excellent. The players, jerseys, gear, and stadiums in the game look authentic. The awesome licensed sound track gives a worldwide feel, which suits soccer. The wicked "Be a Pro" mode lets you pick or create a professional soccer player and guide him through four seasons

in any league in the game, and on top of that, the revamped 10 vs. 10 online play is also applicable to this new mode. Adidas Live Season uses Xbox Live, or the Playstation Network to simulate seasons of the six leagues on the planet and provide statistical upgrades/updates to players in those leagues throughout the season.

On the flip side, FIFA 09 is clumsy. Moving is more realistic and fluid but ends up being much slower and shooting is very sensitive. The "Be A Pro" mode can be very boring sometimes (like actual soccer) especially when

AI miscues and lags occur. Really, this isn't much of an upgrade from the previous installment, and it is the third soccer game in under a year from EA, alongside Euro 2008 and Champions League 2008.

Overall, FIFA 09 is going to please the average soccer fan, and is worth trying before you commit to a buy. It's not bad by any means; however it could have been better with a bit more refinement and a lot more speed.

★★★★☆

Athletes of the week

Nov. 3-Nov. 9

Dale-Marie Cumberbatch
Basketball



Dale-Marie Cumberbatch, a third-year computer networking student from Edmonton, stamped her name into the ACAC women's basketball record books once again when she set a new all-time career scoring record of 1,456 points as she posted back-to-back double-doubles in a pair of wins over the Augustana Vikings. Dale-Marie posted 26 points and 14 rebounds in the first match at Augustana in a 72-67 win to officially break the record, and contributed 31 points and 11 rebounds in the rematch that the Oaks won 69-64. "If she wasn't already recognized as the best player in the country, she has to be now," said head coach Curtis Nelson.

Ted Tourneur
Volleyball



Ted Tourneur, a second-year continuing education student from Drayton Valley, was a key performer for Oaks last weekend as his team earned its first two wins of the season in back-to-back decisions over the Lakeland Rustlers. The Oaks won the first match at NAIT in an exciting 3-2 comeback win and their second match at Lakeland 3-1. Ted's contributions were evident on the stats sheet as he finished the weekend with 32 kills, five service aces, five blocks and five digs. "Ted was a model of consistency for us," said head coach Simon Fedun.



Photo by Brendan Abbott

A GOOD WEEKEND

Ook Ruth Gill drives up court on Saturday Nov. 8 against Augustana in the NAIT gym en route to a 69-64 win. NAIT took both of its weekend games against the Vikings.

ENTERTAINMENT

Cheap thrills

Have some fun on a small budget



BRYCE ALTHOUSE
Entertainment Editor

Like many students here at NAIT, I'm continually broke. I do work two jobs (yes, writing for this paper counts as one!) but for me to live without roommates and in a nice quiet neighbourhood, I pay some pretty ridiculous rent. Factor in the usual bills I have to pay (MasterCard, Shaw Cable, Bell Mobility, etc.), the gas for my truck, the monthly bus pass, and it's easy to see why my wallet looks a bit lean when I want to go out for something to do. So after a bit of thought and some trial and error, I decided that I should compile a quick list of at least a few things to do when you are broke like me.

First off, let's talk about buying music and movies. I personally love spending my free time listening to CDs and watching DVDs whenever possible. However, I can't stomach dropping \$20-\$30 for a disc just to have something I may watch or listen to a few times and then get sick of. Renting movies is always an option, but I'm not always good about returning movies on time and I get sick of late fees pretty quick (and I know Blockbuster has some sort of no late fees deal ... but I don't understand it and I haven't been to a Blockbuster yet ...).

Therefore, it came to be that Wal-Mart and other big-box retailers are your best bet to get any movie or CD you eventually want. Wal-Mart, specifically, always has cheap older movies (such as *Tommy Boy* with Chris Farley ... such a classic) in their bargain bins and usually

has really good deals on most newer releases if you feel like spending the cash. Funny thing about that too, is that a new DVD release will usually hit the shelves with a high initial price, but give it two months and it's \$12-\$15. Same goes for music, but sadly you are confined to popular and well-known bands when you hit up any big box store's CD rack. So if you want something like one of Anthrax's albums from the '80s, you'll probably be hard-up to find it anywhere but HMV and specialty retailers.

The second place to have a good time around this city is actually Whyte Avenue. Sure I may be biased, as I'm not trendy enough for most of Jasper Avenue and too upscale for some others.

This is not to say that all your time should be spent in the bars, although it is nice to scope around and find a nice place to go into anytime you feel like having a quick meal and drink. Remember this crucial rule: If you go somewhere often enough to become a bit of a regular, you are more likely to get a bit of a deal on your drinks and food.

Outside of the drink, you can also spot for upcoming live shows and events going on at Whyte Avenue venues. Urban Lounge, Filthy McNasty's, the Pawn Shop, O'Byrnes and Blues on Whyte always seem to have somebody playing on their stages for a free to \$10 cover charge. There are also places like the Varscona Theatre putting on events such as RapidFire improv and other drama-esque performances. If you must go downtown, then check out New City, the Starlite Room, Celli's Irish Pub and occasionally the Druid, for other events. I'm sure there are more venues I missed, so your best bet for any goings-ons in Edmonton is to check an independent paper like *Vue Weekly* for a heads-up.

Notice how I've remained completely quiet about going out to the movies? Well that sets me up perfectly for some NAITSA self-promo-

A free movie is an option for cash-strapped students, such as *Tropic Thunder*, above, which is showing this Tuesday in the Shaw Theatre.

tion. We all like to go home after classes, but there are FREE Tuesday movie nights put on by NAITSA. This amounts to free popcorn and a recent flick for you to enjoy, so why not take one in? There is also the much-hyped "every second Thursday" Indie Night at the NEST, which besides my own criticisms of the event, is still a good time to go down and take in some unsigned musical talent for the pricey sum of zero dollars.

Finally, there are the other events going on around campus, such as HoopFest and Amazing Ooklet Race that allow you to get out and do something different than your usual night on the couch watching the "new 90210."

There are many, many more things you can do for entertainment as a student on a budget, such as playing checkers against yourself, making a collection of folded paper hats for any occasion, or devoting your life to a videogame (World of Warcraft anyone? Of course not ... we have real lives. Now send the hate mail.). Regardless, get out and enjoy your college years, because we all have to work at real jobs after this, which takes up valuable time that could be spent on having fun.

Now direct those comments and death threats towards entertain@nait.ca, because I'd like to know that at least one person reads these things ...



Plain White T's
One-hit wonders?

PLAIN WHITE T'S

Big ... bad ... bland

By MARK SEREDA

The band that brought us the billboard-topping track *Hey There Delilah* is back with its newly released album "Big Bad World."

While checking out the songs on this CD, I experienced that same uneasy mood I felt when I looked at the band awkwardly pose together for the first time on the album's cover photo. Personally, none of the tracks on this album really did it for me. Sadly, even *Meet Me in California* wasn't that enjoyable, and usually with "California" in the title of the song you've got yourself a hit!

The bland and almost plain (excuse the pun) harmony in this new album, alongside the huge success of the band's older *Delilah* track, naturally makes me think to put the Plain White T's in one-hit-wonder territory.

Indie-rock bands really need to maintain their unique sound if they hope to avoid falling into the void of having a generic indie sound that draws listeners away. Some of us can admit to skipping ahead in a band's album to get to their better songs or our considered favourites, but as I toured the tracks in "Big Bad World," I didn't find myself stopping on any particulars.

Instead, I would listen to one song for a while, then skip to the next, listen for a bit, then switch and so on until I found myself needing to write this review. Plain White T's have clearly proven themselves worthy with a No. 1 hit under their belts, but this does not mean they can pump this crap out and expect their listeners to eat it up.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape

**BRYCE ALTHOUSE**
Entertainment Editor

There are certain things in life that should always be combined so that when you experience them, you are getting the “full-meal deal” and are not shortchanged.

Some examples of this principle are: having a peanut butter and jelly sandwich instead of just bread with jam, Corona beer

with a lime floating in it and Chevrolet Camaros (or a Pontiac Firebird) and hair metal. The first two examples are pretty common, but the latter is something most people in this decade have not realized is almost a requirement of owning said car.

However, once you’ve been completely sideways in an ’89 Trans-Am with the T-Tops off and Van Halen blasting ... then you know you are living life to the fullest.

Therefore, this week I assembled a collection of EXCELLENT tracks from both eras of hair metal and combined them into a full-on burnout of hairspray and over-sexed lyrics. So throw this onto your iPod (in no particular order), grab any of your friends that have a Z-28, and go do parking lot donuts till your head is spinning.

And play some Ratt, because they did come up with the song *Round and Round* for a reason ...

1. Van Halen – Poundcake
2. Ratt – Lay It Down
3. Helix – Heavy Metal Love
4. Motley Crue – Live Wire
5. Ozzy Osbourne – Zombie Stomp
6. Alice Cooper – Poison
7. Guns ‘N’ Roses – Civil War
8. Judas Priest – You’ve Got Another Thing Comin’
9. Lee Aaron – Metal Queen
10. Scorpions – Rock You Like a Hurricane
11. Warrant – Cherry Pie
12. Whitesnake – Here I Go Again
13. Aerosmith – Love in an Elevator
14. Van Halen – Panama
15. Skid Row – Youth Gone Wild
16. Ratt – Round and Round
17. Motley Crue – Shout at the Devil

T-PAIN

It’s a big Thr33 Ringz circus

By LANCE FABIOSA

Who’s that rapper that is the love-child to looking like the Predator and sounding like Alpha 5 from the Power Rangers? Well maybe we couldn’t answer that question three years ago, but the well renowned and well distinguishable T-Pain has just dropped his third studio album on Nov. 11.

This 23-track list album (yes that’s right, TWENTY THREE songs), is packed with the infamous auto-tuned robot sounding hooks and verses that made us either “hate to love” or “love to hate” T-Pain. Since T-Pain’s 2007 album, T-Pain hasn’t missed any opportunity to let the public know he is the “ringleader” of the hip hop game, by jumping on almost every artist’s biggest records. Now it seems that with “Thr33 Ringz” a circus theme approached album, everyone has returned the favour with such artists as Chris Brown, Kanye West, Lil

Wayne and Ludacris, to name a few.

To everyone that ridicules T-Pain as being talentless without using auto-tune (the software that turns him into a Robocop rapper), T-Pain replies with a track called *Keep Going*, where he belts out his golden teeth, Oakley sunglasses wearing voice over just an acoustic guitar, proving the haters wrong.

Now this may sound biased because I am knee-deep married to a relationship with hip hop, but this album is a definite purchase for any music lover. With the looks of how T-Pain is overtaking the music industry – I can guarantee you by the time he drops a fourth album he will have worked with the likes of Carrie Underwood, Reba McEntire and the whole cast of High School Musical.

★★★★☆

T-Pain’s latest CD is a definite purchase for any music lover.

MAX PAYNE

Payne’s OK

By KITA MURU

Starring: Mark Wahlberg, Mila Kunis, Christopher Bridges.

Max Payne is based on the best-selling videogame by Rockstar, and profiles the NYPD detective turned cold case officer. After his wife and kid are killed during a home invasion, Max sets out to find their killer. As the trail gets cold, a new lead is found and Max sets to find it and put the pieces together.

As the story goes, it takes parts found out in the game and portrays them well in the movie. If you have played the



Rockstar has spawned a movie.

case, she doesn’t seem so convincing. Neither does Chris Bridges as Internal Affairs Det. Jim Bravura.

Overall, the plot is still good. The first half (as compared to the adrenaline pumping shootout the game is) is pretty slow. However the pace picks up in the second half and it’s balls to the wall in the end. Most of the first half will feel like a shot to the balls to fans of the game series, and worst of all, there is an extreme lack of the very thing that made Max Payne such a lovable series in the first place, Bullet Time.

For avid moviegoers, Max Payne will seem like the average fall blockbuster, and in the end it winds up as just that, but in the end I managed to enjoy Max Payne.

★★★★☆



Indie, shm indie



BRYCE ALTHOUSE
Entertainment Editor

I dislike indie rock. I'd use the word "hate," but that word is too strong and I don't want to be publicly mobbed and beaten the next time I travel onto the U of A campus.

That said, when it comes to Edmonton radio, I will choose to listen to anything but the Bounce and Sonic 102.9 unless forced to do so by gunpoint. If I were forced, I imagine I'd make it about 10 minutes on either station and then I'd be willing to pull the trigger myself for a "boom goes the dynamite" solution.

So, it came as no surprise when I last sauntered into NAIT's local establishment, and discovered yet another edition of "Indie Night," that I immediately thought of walking out. I mean, I've been to a couple of these and gotten an earful of indie rock ... how different could it get? I was hoping my question would be quickly answered by the wail of a poorly-tuned and distorted guitar so

that I could say that any difference was only superficial.

After finding a seat at the bar, I was informed that I had missed the main event; a favourite act of local Edmonton venues and Sonic FM Band of the Month, the Raptors. I was not saddened by this turn of events, as I had listened to their music through the powers of the Internet and had remained unimpressed and unexcited.

However, my photographer did take the time to state that she expected little from "The Raptors" as I had and instead had received a performance of mellow music that was of a higher quality than many bands she currently listens to. This led me to believe that perhaps I was becoming musically impaired towards today's popular music and was about to judge these poor musicians without first hearing them on anything but their MySpace.

But then I remembered that my music taste is better than everyone else's and that I'm the only one here getting paid for my opinion on the matter, so I think they sound like a bucket of arse. So as we headed into the next act on stage, I expected that I would have to get stupendously drunk to endure whoever came up next. Thankfully, it turned out to be another local group known as Vinyl Contrast and my liver was saved (for

now).

All in all, I was still biased toward disliking them, but they actually did an excellent job of putting on a show. In fact, they did one of the most spot-on cover of Sublime's *What I Got* that I've ever heard, which is the most unsurprising way for me to get a bit of a "chubby" towards any musical act. So when they ended on my second beer, I was saddened and left wondering who the lone drunk guy was going to dance to next.

They were replaced with perhaps the most politically correct named group in Edmonton, "Hitler and the Juice". Sadly, the name was probably the best part of H&J's set, with the self-titled track *Hitler and the Juice* coming in second, but I think that just saying Hitler and the Juice out loud was entertaining enough to me that I forgot how mediocre they really were. Funk rock is quite cool and all, but with a name like that I expected something really odd and shocking like death metal ska, a two hour ukulele jam of Dead Kennedys covers, or even a one-armed midget drummer.

Therefore, I was left disappointed and it was on this note that I left the Nest, never to return for at least three days. I decided that although Indie Night wasn't bad, it fell short of being anything spec-



Photo by Meaghan Baxter

Jon Lovell of the Raptors lets loose Thursday Nov. 6 at Indie Night at the Nest.

tacular. Maybe indie rock isn't the bane of my existence, but then again it's beginning to feel stale.

Perhaps Indie Night should give that one-armed midget drummer a call ...

HIGH SCHOOL MUSICAL

HSM passes with flying colours



LEANNE TRUONG
Asst. Entertainment Editor

"Hiiiiighhh schoool muusiicall ..."

If only I were a couple of years younger, a little more fit and Zac Efron's girlfriend, then maybe I would enjoy singing these cheesy (yet addictive) tunes some more.

However, I can gladly say that *High School Musical: Senior Year*, was a well oiled machine that turned my cynical (HSM virgin) friend into a believer. Now, I get text messages saying, "Guess who just got all three *High School Musical* albums and is watching the first *High School Musical* right now?"

Yeah, enough said. Although they deleted the one scene with Zac Efron showering, I'm glad my friends still convinced me to watch it in the theaters instead of waiting for it to pre-

mier on the Family Channel. Disney sure knows how to lure in crowds of all ages. It was fun, happy and oh, don't forget corny. Dancing on roof tops, basketball courts, the drama stage and also in Stanford! These kids are lucky. Well, except Efron, because I'm pretty sure sometime in the future, real life beau Vanessa Hudgens is going to compare Efron to his character Troy Bolton, every time he forgets her birthday, an anniversary or something similar of that sort.

"But honey, you danced the waltz with me on the rooftop of a school in the movie!" Anyhow, let's see if *High School Musical: Senior Year* completes the checklist of things to have in a corny musical: (spoiler alert for all you fans who have yet to see it).

- Fresh new cute faced kids that can somewhat sing and dance (check)
- Cheesy songs that get stuck in your head and make you dance while you're waiting in line at the grocery store (check)
- Lots of dancing and when I say dancing ... I mean, dancing overload. (check)
- Some sort of fight between the

happy couple (check)

- Prom (who doesn't talk about prom? It's senior year for heaven sake!) (check)
- Some sort of conflict brewing between the main protagonist and himself (check)
- The angry best friend (check)
- The jealous rich girl (check)
- The jealous rich girl and her sweet non evil brother (check)
- An introduction to some new characters that can continue the High School Musical legacy when Disney starts to feel the economic blow (check)
- Let's not forget a happy ending! (check)

Yay, it passes! (Yes, I know, because it was sooo hard to complete that list). So now that it's all said and done, I would like to say I thoroughly enjoyed the movie. Some of the parts made me laugh so hard just because they were so ridiculously corny and well, my mind is way too immature for Disney. Good job, Disney. You've done it once again ... and I'm sold!



TOP 10 TIPS

Combating exam anxiety



MARGARET MAREAN
NAIT Student Counselling

Being anxious prior to exams is a normal state. It motivates you to stay alert and do your best. Exam anxiety, however, is the state of being so nervous during a test that you don't do your best and you lose marks even though you know you've studied and are well prepared.

- 1) Build up confidence by reviewing the material frequently. **Overlearning is the best insurance against going blank on an exam.**
- 2) Devise a system for **practising rapid problem solving** as part of your review for the test. Try making up a mock exam and setting a timer while doing it. Being experienced at working under time pressure can help alleviate exam anxiety.
- 3) Focus on **self care** so you have the physical and mental resources to combat anxiety. Eating properly, exercising and getting enough sleep are good places to start. Learn relaxation techniques that work effectively for you. Counsellors at Student Counselling would be more than happy to work with you on improved stress reduction and relaxation techniques.

PRIOR TO THE TEST:

- 4) If you have problems with anxiety, **avoid or limit caffeine intake** (coffee, dark colas, chocolate).

olate). Caffeine mimics and escalates symptoms of anxiety. Sugary foods can also increase stress.

- 5) Try not to study the same day as the exam.
- 6) It is often helpful to go for a brisk **five to 10 minute walk before the exam**. This increases blood flow and gets you breathing deeply, which automatically reduces stress.
- 7) Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt yourself. But don't arrive so early that you have a time to let your stress build up.

DURING THE TEST:

- 8) **Do not let yourself get into a negative mindset** such as, "I always panic on exams" or "I blanked out last time so I will blank out again." Instead, think thoughts such as "I know my material," "I can stay calm and relaxed," etc.
- 9) **Test taking strategies:**
 - Look over the questions to familiarize yourself with the test. Underline key words or phrases in the test directions. Many students with exam anxiety make errors because they don't read the question thoroughly.
 - Don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.
 - Don't panic when you don't know an answer. With multiple choice questions, eliminate options you know are incorrect and then make an educated guess. For other questions, start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.

- **Regard a lapse of memory as perfectly normal**; do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later. Find some questions you can answer.
- 10) **Quick relaxation strategies during the test (try them out while studying to see which works best for you):**
 - **Don't forget to breathe.** Focusing on your breathing while taking five to 10 slow, deep breaths gets more oxygen to your brain, thereby reducing stress. Do this any time you start to feel panicky.
 - **Humour** works to reduce stress, and helps with creative problem solving. If you are stuck, try thinking of the funniest thing that

has happened to you in the last month.

- **Visualize** a very soothing place, like a beach or a forest. Get a clear picture of the scene, hear the sounds, feel the warmth of the air.
- **Tense your muscles** as hard as you can and then release. Doing this three or four times will reduce tension. (Every action has an equal and opposite reaction).
- Sipping water or chewing gum can lower stress for some students.

Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic, career or personal issue that may be affecting your success at NAIT. To book an appointment, call 378-6135 or come in person to Student Counselling, Room O-117, South Lobby.

EZZIE'S NIGHT CLUB

Industry Night Tuesdays
Esmeralda's Salsa Fridays
Student Appreciation Saturdays

Visit our website at
www.ezziesnightclub.com

Check out our Facebook group
Esmeralda's Night Club!

Ezzie's Night Club | 11834 Kingsway
780.453.7320

GRADUATION PORTRAITS

Call 780-437-2431 to book NOW!



**Portrait Sessions taking place
November 24th - 28th, 2008**

Room U209-E

LifeTouch
**PRESTIGE
PORTRAITS**



Obtaining a Work Permit

Are you in Canada studying on a Student Visa?

Are you wanting to find employment?

On **Wednesday November 19th**, the Student Employment Office is pleased to host a speaker from Citizenship and Immigration Canada to learn how you can get a work permit.

NAIT International Centre
W301

11:30 to 1:30

Wednesday, November 19th

ca - reer: a profession that requires specialized training and can be followed as one's life work
student: any person who is learning and examining information

Student Employment Services

ad - vise: to give counsel to by way of offering a suggestion or direction
interview: a formal meeting in which a person or persons will evaluate another



A black and white promotional poster for UFC 91. It features two fighters, Georges St-Pierre on the left and Matt Serra on the right, both shirtless and looking intensely at the camera. The UFC logo is prominently displayed in the center, with the number 91 to its right. Below the logo, the text 'COUTURE VS LESNAR' is written in a stylized font. Further down, it says 'DOORS AT 7PM SHOW AT 8PM'. At the bottom, there is a logo for 'UNION HALL' and the text 'Argyll and 99 St. • 780.702.2582 • unionhall.ca'.

SATURDAY, NOVEMBER 15

UFC 91

COUTURE VS LESNAR

DOORS AT 7PM SHOW AT 8PM

UNION HALL

Argyll and 99 St. • 780.702.2582 • unionhall.ca



A black and white advertisement for Hudsons Boredom. It features three women in the foreground, looking towards the camera with neutral or bored expressions. The background is slightly blurred, showing what appears to be a bar or social setting. The text 'HUDSONS' and 'BOREDOM' is written in large, bold, white capital letters across the top. To the right of the text are two small logos consisting of a grid of dots. At the bottom left, the address 'BOURBON ST DOWNTOWN UNIVERSITY WHYTE AVE' is listed. At the bottom right is a circular logo for 'CANADIAN Hudsons TAP HOUSE'.

HUDSONS

BOREDOM

BOURBON ST
DOWNTOWN
UNIVERSITY
WHYTE AVE

CANADIAN
Hudsons
TAP HOUSE

CLUBS CORNER

DeFelle Art Club Presents:

NO BUSINESS LIKE SHOW BUSINESS

Featuring:
Cascivious
Burlesque

Thursday, November 13th @ 5pm
At THE NEST
Tickets 10\$ @ NAITSA Office E-131
No Minors

Instrumentation Silent Auction

November 24th to November 26th
11:00am - 1:00pm

HP Center: Outside the Tech Store

Come Place Your Bid!

- Gift Certificates
- Oil King Tickets
- Brand Name Backpack
- Family Pass for Galaxyland
- Family Pass for WestEd Waterpark
- Fitness Kit
- Scrapbooking Album
- Perfumes
- St. Albert Steel Jersey
- And More!

Big Thanks to: Edmonton Examiner, West Edmonton Mall, Kingsway Garden Mall, St. Albert Steel, Sundance, 10000 Villages, and many more!!

Upcoming events

Club 5 Star
Event: Candy Cane drive
When: Monday Nov. 3 to Friday
Dec. 12; 11 a.m.

Where: U Building
NCIT

Event: Drop-in gaming
When: Monday Nov. 24;
9 a.m. - 3 p.m.

Where: Third floor,
HP Centre

**Concrete Toboggan
Race Team**

Event: BBQ
When: Thursday Nov. 20;
11:30 a.m.

Where: The Dock



HAIT: MMT

ROCK YOUR BONES

FRIDAY NOVEMBER 14
DOORS 9 P.M.

TICKETS INCLUDE:
PRIORITY ENTRANCE, FREE ADMISSION AND
5 BUCKS BEFORE 11PM

FOR TICKETS OR MORE INFO CONTACT:
KELSEY @ WEIGHILL_13@HOTMAIL.COM OR
NAITSA OFFICE E131

ALL PROCEEDS GO TO: MMT CLUB #62

FRIDAY NOVEMBER 21ST, 2008
1ST ANNUAL

BEER GARDENS

AT THE TOP OF
THE TOWER
DOORS @ 3:30 PM

If You're Drinking,
Who Is Driving?

Well...I can't drive
I don't have hands!

MEET

Mechanical Engineering Technology

"G.E.T." RIDIN' IN GOLDEN SKI/RIDE KICKING HORSE JAN 16-18, 2009

Ponderosa Quad \$289.00

Price is per person including GST
Trip Cancellation Insurance is available

Package Includes: return motorcoach
transportation, 2 nights accommodation
2 days lift tickets, Saturday Night
Activities and Professional Tourguide.

To Book Contact
Noah 780-278-8358
nnichols4@ookmail.nait.ca
Brett 780-235-1938
Kat 780-812-4467
Final Payment Due Dec 5
Book Today Limited Seats

Theatre Night At The Rosy

"Palace of the end"

Friday November 13th
8:00 P.M.

STEPS TO SUCCESS

Balance is key



SHANT CHAKMAKIAN

The quality of one’s life can be simply defined by what that person gets out of it and gives to others. The legacy of one’s life can be defined by what someone leaves behind.

Actor James Dean once said: “Dream as if you’ll live forever. Live as if you’ll die tomorrow.”

Why not? Think about it. If you always dreamed and look forward but did nothing to gratify or motivate yourself today you would get nothing, and if you only lived for today, you would receive very little in the future.

Looking forward is great, but looking too far forward takes away from the present. Living for today

will obviously take away from the future to only benefit you in the short term. That’s why balance is key.

How many times have you set a huge goal or had a big dream and wanted to do something big, but then realized you didn’t do what you wanted and had to abandon it along the way.

Setting realistic goals is a given, but ensuring that your goals are met as they are broken down into baby steps is paramount.

Writing believable, challenging goals that have deadlines and are measurable and specific is a great start. Making goals realistic is obviously important, but keep in mind that ensuring it is achievable given the time frame is an indicator of a realistic goal.

Over time, goals change a little and managing expectations while at the same time re-evaluating the goal ensures that you are committed to success and are set up to succeed.

Everyone wants something out of their day, month, year or lifetime. Some have identified it and some haven’t. But no matter what happens identifying and executing these goals will allow you to grab these dreams and make them a reality.

Are you an Aboriginal student at NAIT?

If so, there is a centre right on Main Campus designed specifically to meet your needs! The EnCana Aboriginal Student Centre is a great alternative to many of the study and work spaces available on campus. Unique features of the centre include cultural awareness workshops, mentorship programs and many business services such as fax and computer access. Even if you are not self-identified through NAIT, you may still make use of all the programs and services offered!

The EnCana Aboriginal Student Centre is available Monday to Friday, 8 a.m.-4:30 p.m., Room E-121. Questions? Please feel free to contact Stephanie Bean, co-ordinator of Aboriginal Student Services (780) 471-7839, or at sbean@nait.ca Come by the centre and we would be happy to give you a tour!

su | do | ku

© Puzzles by Pappocom


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	7		2	4		1		

Solution, tips and computer programs at www.sudoku.com


MEDIUM **Solution: Page 19** **#99**

Share the Warmth

Please help local charitable organizations by dropping off your donation of new **Mittens, Toques, Scarves and Socks.**



NAIT ACADEMIC STAFF ASSOCIATION





Your horoscope



MADAME O

Nov. 13-Nov. 19

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

Scorpio (Oct. 23-Nov. 21)

Your car will show its nature this week in true lemon fashion when it breaks down on Saturday. A very bitter, not so yellow, slightly firm one, but a lemon nonetheless.

Sagittarius (Nov. 22-Dec. 21)

I predict that my horoscope for you will be much better next week.

Capricorn (Dec. 22-Jan. 19)

You'll feel the need to connect with your softer side this weekend by writing a poem to express your most personal and complex thoughts. You will find yourself at a standstill when you cannot find a word to rhyme with "corduroy."

Aquarius (Jan. 20-Feb. 18)

You will run over a bird come nightfall on Monday. You will be a bit distraught, but will take solace in the fact that it was really the bird's fault, even if it will be your fourth attempt at hitting the bird.

Pisces (Feb. 19-March 20)

Colon cleansing is the new

black. Look into it before the 15th for optimal results. You heard it here first.

Aries (March 21-April 19)

It's a bit misty, but I see massive excitement involving two big, strong, sweaty hunks of man-flesh going at it hard in a titillating one-on-one session this Saturday! Now, now, don't be shy; I know you've been looking forward to the moment when Coture gets all up in Lesnar's business (UFC 91 for the uncool peeps). Yay for violence!

Taurus (April 20-May 20)

Inexplicable tranquility will come over you when you least expect it this week. Yep, that's it. No snappy punchline, no rude comments. You're going to have a fabulous week. *insert smiley face here* OK,

I'm totally lying. You're going to eat it in front of your crush tomorrow.

Gemini (May 21-June 20)

Great love awaits you in another city! Seize the opportunity to travel this Sunday and take a chance at finding true romance once and for all! Don't come back.

Cancer (June 21-July 22)

A great debate awaits you before Monday night on the ethical implications of leaving the toilet seat up or down. It will go down as one of the greats.

Leo (July 23-Aug. 22)

Spoiler alert! Barack Obama will win the election!

Virgo (Aug. 23-Sept. 22)

Now that you've gotten

your quiz back, it's time to start grovelling and begging for extra marks you didn't earn. Argue with your professor that he or she was wrong to have taken off a mark for something you did incorrectly, even though you "had all the work." Rejoice in your hard-earned 0.5% increase in your mark, which will now bring you to a round 37%.

Libra (Sept. 23-Oct. 22)

You, my friend, are a sexy little monkey, and it's about time everyone recognized your supreme greatness. On Wednesday, offer your hand to those mere peasants in the hallways to kiss your ring (FYI, get a ring). Your excessive knuckle hair will tickle the nose of one of your admirers who will sneeze all over your hand and give you the flu.

NUGGET COMICS



Grape Vines

Gas is so Cheap right now! I love it!

– Gas guzzler

• • •

I am so happy the J.R. Shaw School of Business has Monday and Tuesday off next week! YAY BUSINESS!!!

– Remembrance Day rocks!

• • •

To the loser in the H3 Hummer last Friday parked in the parkade. You took up two stalls for your truck. As you may know, NAIT has a lack of parking stalls and so you taking

two stalls makes you an a**hole. By the way, everybody knows H3's are for girls.

– Parking Queen

• • •

Why do girls dress like hos when it's Halloween? I went to the clubs and they were all dressed in lingerie. Halloween is supposed to be scary people.

–Dressed like a scary monster

• • •

To the guy dressed like Jack Sparrow, you looked awesome. Great costume!

– Pirate Lover

• • •

To all the girls dressed like slutty vampires, pirates, and playboy bunnies, don't you realize you're all a bunch of tramps? Because if you're dressed like one, you should be called one.

– Sarah

• • •

There are some hot guys in this school ... damn. I just want to grab the asses of a lot of guys.

– Horny in the hallways

• • •

Halloween means two things –

free candy and girls dressed like hos.

– Yay for candy

• • •

Why did you change your look? Now I like you more than ever. You gotta say yes before you leave.

– You Know Who

• • •

I love digital cameras, cuz I can reminisce instantly.

– Mitch Hepberg fan

• • •

I am so happy to see some snow ... snowboarding season is here!

– Cool, and loving it!

• • •

Why did Grant Mac get Tuesday through Thursday off, and I only got Tuesday! Something is not fair about that!

– Mad and tired

• • •

I hate having roommates. Is it so hard to pick up your dishes, take out the trash and lift the toilet seat? I don't remember when you moved in that I agreed to sit in your piss at 5 o'clock in the morning!

– Online forever

"Dumb Rules" Submission Form

Dumb rules getting to ya??? Just answer the following three questions, cut out this form and submit it to NAITSA VP Academic Lisi Monro (Room E-131) or check out the online submission form on the NAIT student portal at www.nait.ca

1. Description of dumb rule:

2. A specific example of why the policy or practice is dumb:

3. Suggested changes to the dumb rule:

All submissions must include your name and contact information. Your contact information will be kept confidential, and will only be used for clarification and follow-up purposes.

Name:

E-mail:

Share the Warmth

Please help local charitable organizations by dropping off your donation of

NEW Mittens, Toques, Scarves and SOCKS.

Share the Warmth campaign will run November 3 - December 5, 2008

DROP OFF LOCATIONS

A140/141	F303	T500
Advancement	K116	T600
B103	L101	T700
C103	L170	Timetabling
DISTRIBUTION	Nest	U106
E101	O102	U153
E105	PATRICIA	U209
E134	S105	W205
E206	SOUCH	W309
E214	T110 (NASA)	X100
E220	T200	Y308
FAIRVIEW	T300	
F012	T400	



PLEASE CONTACT THE NASA OFFICE (471.8702) IF YOU WOULD LIKE TO HOST A DONATION BOX IN YOUR OFFICE BANK.

NAIT Children's Christmas Party

Saturday, December 6, 2008
12 Noon to 4:00 pm

SOUTH LOBBY

Santa Claus & Mrs Claus
 Gift Booth & Crafts

NORTH LOBBY
POOL

12 - 4 pm
 12:15 - 3:45 pm

Tickets
\$10.00

Tickets
 Games &
 Popcorn
 5 for \$2.00
 or 50¢ each

Ticket includes: Gift and Meal

Presented by NAIT, AUPE, NASA, NAITSA, NAIT Athletics & Recreation

For information call NAIT Athletics & Recreation 471-7713

Tickets available in E134



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Classifieds

LIFESTYLE HELPING HANDS

We are a non-profit organization serving seniors in southwest Edmonton. Our goal is to assist seniors in remaining independent in their homes. We need snow shovellers, housekeepers, handy-men and seasonal gardeners. Snow shovelling is currently our main priority. Pay for the above positions would be negotiated. An average amount would be approximately \$20 per hour.

We are also seeking volunteer drivers (honorarium) to transport seniors to various appointments and to do shopping. The amount for an hour and a half of a drivers' time would be \$9.

CALLING STUDENT FILMMAKERS!

The Alberta Student Film Festival 2009 has opened its call for submissions. To enter your film or for info, visit asfilmfest.ca or e-mail asfilmfest@gmail.com.

HAVE SOMETHING GREAT TO
PLACE ON YOUR RESUME?
DO YOU HAVE AT LEAST A 75%
OR BETTER MARK IN THE
SUBJECT(S) YOU WOULD LIKE
TO TUTOR IN?

WELL THEN!

CALL JOANNE PEETS

@

491-3046

Email: joannep@nait.ca

(Transcripts required at time of interview)

7	2	8	1	6	9	5	3	4
3	9	1	7	5	4	6	8	2
6	4	5	8	2	3	9	1	7
4	8	7	6	3	1	2	5	9
9	3	2	4	8	5	7	6	1
1	5	6	9	7	2	8	4	3
8	1	4	5	9	7	3	2	6
2	6	9	3	1	8	4	7	5
5	7	3	2	4	6	1	9	8

Solution for Sudoku #99





ANNUAL NEW YEARS SKI TRIP

**STARTING AT
\$359 + GST**

Includes transportation,
accommodations and 2 lift tickets, a
new years bash and tons of prizes!

Deadline for final payment
is Dec 1st

**SECRET
SLOPES
*EDITION***

DECEMBER 30 TO
JANUARY 2, 2009

LOCATION:
CONFIDENTIAL



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Visit us on facebook



Chris Carmichael-Powell
and Nahreman Issa

If you could tell anybody
they sucked, who would
it be and why?



Electricians – they're nar-
rowbacks. They only handle
small voltage.

Derek Lussier
Power Lineman



Stephen Harper, he's a
ponce. I disagree with him.

Damien Lachat
Materials Engineering
Technology



John McCain, he's a loser
– literally.

Jonathon Berube
Business Marketing



Too good to acknowledge
classmates, and she's miser-
able.

Jenna Willert
Business Marketing



Cold play – they're terrible.

Kristen Kowada
Applied Banking

hoopFEST

hip hop
B-BALL

-MASHUP FESTIVAL-

SAT.

NOV. 15

5:30PM – NAIT GYM

ONLY \$10

AT NAITSA OFFICE, THE
NEST OR AT THE DOOR

ALL AGES W/ LICENSED AREA

FEATURING

Belly

WITH THE HIT SINGLE
PRIVATE DANCER

-FLY GIRLZ

-PAGE

-STRIPE

-TOUCH AND
NATO

WIN 2

TICKETS, AIRFARE AND
ACCOMMODATION TO A
TORONTO
RAPTORS
GAME IN TORONTO!

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