INK NIGHT DEC. 2 AT THE NEST, STARTS 4:30 P.M.







THE GUITAR BLUES

This guitar student has an offbeat moment Monday afternoon during one of three free guitar lessons being given by NAITSA. Up to 20 students have been taking part in the basic instruction.



Nov. 25th 5:00 pm \$250 · 3rd \$100 2nd

Do you have a special talent that you love to share? five minutes in the Nest spotlight could mean big prizes!

crack some jokes

sing
 burp the alphabet

tap-dance
 impersonate a celebrity
 play an instrument

breakdance

...think about it ... everyone has a skill, yours could earn you \$500!

Deadline for registrations is Nov. 23. Registration forms can be picked up at the NAITSA office or at the Nest, beginning Nov. 4, or you can sign up at the NAIT's Got Talent Klosk in the South Lobby between 11AM -1:30PM on Nov. 10 and 18th.



A committee created to oversee changes to NAIT's instructor feedback system has extended an invitation to the NAIT Students'

Association to join the fray. The group, which includes members of the school's management and the NAIT Academic Staff Association, had an initial meeting in June of this year and has met at least once more since the beginning of the school year, but did not invite representatives from NAITSA to join the discussion until this past Friday.

As NAITSA President Geoff Tate explained, there was a valid reason for the delay.

"NAITSA's endorsement wasn't completely necessary for the project [to start]. The scope of this new project incorporates many areas in which NAITSA need not be involved, with the exception of the student feedback portion," he said.

Although NAITSA VP Academic Tim Jobs had previously expressed concern over the review committee's lack of a student perspective, Tate's state-

ment put to rest any talk of a rift between the groups. "That has been corrected, and one of the success factors of this program is now that NAITSA endorses the student

feedback section," he stated.

The review committee plans to make a recommendation to Dr. Paula Burns, Associate VP of Academics by Dec. 15. Although

> they have yet to select a specific feedback system to adopt, one in particular is being investigated. The Collaborative Feedback Exchange system, or CoFE, was developed by Sia Samimi, NAIT Digital Media and IT Chair, after he conducted a 2006 study to determine what made so many NAIT instructors so successful.

> "That study led to a proposal to NAIT management to create a very different kind of feed-

back system for NAIT classrooms, one that is entirely transparent, forward-looking, immediate, on-line and anonymous. The goal was to create a tool that caters to the needs and preferences of the current generation of students," Samimi explained.

Samimi emphasized that his system was only one potential replacement for the previous I Am Outstanding feedback system.

"CoFE is being considered at this time as one possible student feedback mechanism for NAIT. There may be others the

committee may consider," he said. Tate echoed this, adding "there is no guarantee that the CoFE system will be the chosen base for student feedback, but having a system like that readily available [to look at] is definitely a plus."

Meanwhile, due to NAIT's decision to scrap the I Am Outstanding system before identifying a replacement, instructors are being encouraged to use the optional question portion of the old system to create their own feedback mechanism.

However, there is no system in place to ensure that this has been done. Students are left to hope that the review committee makes its recommendation on schedule, and that a new program - whether it is CoFE or another feedback system - begins its pilot phase in January.







NAIT's Bachelor of Technology in Technology Management (BTech) degree combines advanced technical knowledge with critical thinking and managerial skills - a great recipe for career success.

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BTECH INFORMATION SESSIONS

Thursday, November 26, 7-8 p.m. Thursday, December 10, 7-8 p.m. Location: Room Y240, NAIT Spartan Centre for Instrumentation Technology

Please RSVP by email to btech@nait.ca



NAIT EDUCATION FOR THE REAL WORLD

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Geoff Tate

NAITSA President

NEWS AND FEATURES



SUNCOR ON CAMPUS Representatives from Suncor were in the South Lobby on Wednesday to answer questions about career opportunities with the company.

Making connections, one student at a time

By RYAN FLAHERTY

Students looking for ways to improve their chances for post-NAIT career success have a new option to consider with the emergence of a new student group on campus.

The brainchild of student Govind Pillai, Business Connex of NAIT is a group whose main purpose is to bring students together from programs all over the school for gatherings focused on building relationships both within NAIT and with the greater Edmonton community. The group's vice president of public relations, Steve Ferrero, elaborated on the mission statement.

"The vision is to add value to our education. Other schools around North America do a great job of self promotion, and building strong networks for their students and alumni. We are trying to raise the profile of NAIT in the eyes of the business community and the community at large."

Three guest speakers

Business Connex aims to accomplish its goal by hosting events such as the Small Business Seminar which took place this past Thursday at the Shaw Theatre on campus. The seminar featured three guest speakers who spoke to the audience about various aspects of operating a successful small business. Keynote speaker Marlon Wilson, a NAIT alumnus, now running his own record company, Maverick Records, highlighted the evening. Wilson spoke about the transition from the classroom to the industry boardroom, and even stuck around to perform some of his music for the audience.

Those in attendance had various reasons for being at the seminar. Kane Thompson, a student in the Heavy Equipment Technologies program, commented that it was important to interact with different people while at NAIT. "It gets us out of our element," he said. "You get to see another facet of the school."

'New information'

Fellow HET student Brian Tanner agreed, adding that he was "interested in getting knowledge on small business, and how to start one." The seminar even attracted interest from outside NAIT. Reetika Prasad, a third year University of Alberta business student, brought her parents with her to the seminar, and said that she was drawn by the possibility of "acquiring new information about small businesses." Though Business Connex is still very much a work in progress, Ferrero feels that the group will continue to grow as time goes by. "We are evolving and growing every day. All we want is for NAIT students to thrive, and if we can be a part of that we have met our goals. That being said students need to want to help themselves. We can put on 100 events but if the students don't partake then we all lose. We are trying to get this message out there. So far it has been hit and miss. We hope that we can engage students to want to partake and

grow their "networks" so that we can all prosper," he concluded. Business Connex plans to continue hosting events similar to last week's small business seminar as the school year progresses. The group already has over 150 members registered on its facebook page, which is coincidentally the best way to find out about future events.

For students interested in expanding their human network with a mind to their future careers, Business Connex of NAIT just might be the answer.

'It's Beginning to Look A Lot Like Christmas'' Sale November 16–27



The Nugget

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

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

Letters

We want your views

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real name and phone number to: studenteditor@nait.ca.

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

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

NEWS & FEATURES

Cinda's TechTalk **Holy holographic DVD!**

By LINDA HOANG

This month, two DVDs boldly went where no DVDs have ever gone before.

Both Transformers 2: Revenge of the Fallen and Star Trek, which are new out this week, come with special "augmented reality" features

Basically, hold the DVD or Blu-ray box up to a computer webcam to unleash mind-blowing holographic technology.

For Transformers, a holograph of robotic Autobot leader Optimus Prime will emerge on the computer screen.

For Star Trek, viewers get an interactive hologram tour of the USS Enterprise star ship.

"If you took the visual cue in the package and turned your hand, then you're turning the ship," Bob Buchi, Paramount home video senior VP of brand marketing, tells Variety.com.

Users will also be able to "pilot" the ship, shoot asteroids and test weapons.

There's really only one word to describe

Thinking of home

By SAMANTHA SILVA

International students have come from far and wide to attend NAIT, however, one thing we may forget is that they have sacrificed being near their family, friends and people they love to be here. Most of them come to Edmonton looking for both an adventure and an excellent education that

will benefit them and their family at home

It's hard to imagine spending Thanksgiving, or any other holiday, without the people you care most about, but they hope that their decision to move here will ultimately help enhance their chances of a successful future.

Some disadvantages of being an international student is the cost of living and tuition. They pay at least three times more for tuition than the average student to get a great education,

not to mention they also need to pay for school books, too. What makes Edmonton so special? Why do

some students decide to come here compared to their own school? The answers remain with each individual student. Meet some of them:

Garrett Prince is NAIT'S only student from the island of St. Vincent. He is here without his such an experience. Cool.

I mean, as both a Transformers and Star Trek fan (the word you're looking for to describe me is "dork"), the sole fact that the DVDs have come out and can be held in my hands is enough to rejoice. Add cool futuristic features that give me more reason to use a computer and I'm in heaven.

Of course, it's not really as simple as that. To activate the special hologram features, special web sites must be visited, hologram plug-ins and add-ons need to be installed onto your computer, and according to some user reports online, even then there are connection and detection problems. It can be something of a hassle

Technical difficulties aside, these two DVDs mark yet another addition to the scary, yet incredible, technologically advancing world we live in

Who knows what this could mean for future DVDs? Directory commentaries and gag reels



brother and family, but he gets to speak with them every two weeks or so. He chose NAIT for its Avionics Engineering Technology program.

Moksha Veeranah and Shandy Daby never expected to find each other the way that they did. You could say it was fate or something like it. They met on the bus. Shandy was talking to her cousin in her



International students Moksha Veeranah, left, Garrett Prince and Shandy Daby get together in front of the HP Centre.

> Shandy, on the other hand, has been here less than three months. After meeting, the two girls soon realized that their home villages are only 10 minutes away from each other; a pretty outstanding coincidence.

The two cre-

been exposed to

some of Edmon-

ton's culture.

The students admit that the more time they spend without their families, the more homesick they feel.

are already pretty much standard for DVD special features, maybe interactive hologram features will become the next standard.

Then again, this hologram cover function could just prove to be more work that consumers won't really care for and this could be the beginning and end of it.

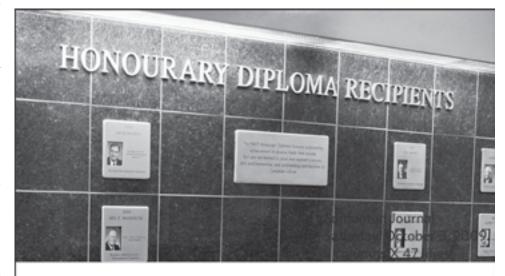
Currently General Electric is working to commercialize holographic storage technology. Essentially, the company is working to produce a DVD-sized disc that can hold up to 500 gigabytes of data.

To put that into perspective, as one Blu-ray disc can only hold 50 gigabytes of information, one holographic disc would have the power of 10 Blu-ravs.

GE hopes someday consumers can use the Blu-ray-on-steroids-discs to store 3D television and other extremely high resolution formats. Phew.



For more information call NAIT Athletics & Recreation at 780.471.7713



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NAIT Board of Governors takes pride in awarding Honorary Degrees to individuals who have provided a significant contribution to the local, national or international community.

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We invite your nominations. Please submit the form found at www.nait.ca/awardforms by Tuesday, December 1, 2009.

Recipients will be announced at NAIT's convocation ceremony in May 2010.



OPINION

— Editorial —

Save the miniskirts for the summer



I is Nov. 19 today and I am excited to say that so far the weather has not been too bad. It feels great to go outside and still be able to wear a light jacket and shoes, instead of looking like the marshmallow man in a pair of Sorels. I know this might

CHRIS CARMICHAEL-POWELL Editor-in-Chief

I would be fine if we were to have a brown Christmas, in fact, I welcome one. The longer it takes the snow to fall, the longer I have until I have to take the time to put on my winter tires.

Now the warm weather does bring a few concerns to the table. You know when you're driving down the road, and you see a whole group of people dressed appropriately for the weather? At a second glance, you notice there's a girl in this group of people, and because there's no snow on the ground this silly girl thinks it's still OK to sport the short jean skirts and have her midriff showing. I can't stand this girl! Honestly, who is this girl that is under the impression that this is OK? If you are one on these girls, take heed, it's not. You look like a fool. When the summer goes away, so do all the short skirts and your belly button ring. Halloween is the last time of year you are allowed to walk around looking like a *cough, cough* whore and get away with it.

Not looking so good

I know you think you look sexy, and I know you think you look good, but trust me, skirt girl, you don't. The rest of the population that 86'd their summer wear is not looking at you because your awesomeness is too much to handle, they're looking at you because you look like a tramp, I'm sorry, was that harsh? I meant you look like a cheap hooker. Better?

There is nothing wrong with wanting to look sexy, I'm glad you do. The problem is how you're going about the process. Less is not more. Pick up a magazine; give it a quick look through and see what the ladies in there are wearing. When in doubt, do a sweater dress, tights, a great pair of boots and accessorize. But please, do not bring out the mini skirt until winter is over, for the love of god.

Self-esteem issues?

I'm not saying this because I'm a prude. I'm definitely not one of those people who shake their fingers at people because they like to show some skin. My favourite part of summer is when I can drive my car down by the river and watch all the half naked men and women jogging along the paths, their bronzed bodies glistening in the radiant summer heat. There is nothing like it. Unfortunately, these warm summer days have passed and the closest thing I have to look forward to will be the good-looking snowboarders on the ski hill. But I'm OK with that, they might be wearing more apparel, but it is winter and we are supposed to.

So, skirt girl, let this be a warning to you, enough is enough. You don't need a short skirt to make you look good, and if you think you do you have self-esteem issues. You might want to get those taken care of.



Your views are important

We want to hear from you!

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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: <u>studenteditor@nait.ca.</u>

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

Grey Cup rematch?

By GARIT BYINGTON

Going into this weekend, the possibility of a Grey Cup rematch looms. In the Eastern Final the Montreal Alouettes (15-3, first in the East) host the B.C. Lions (8-10, fourth in the West but crossed-over to be the third place East seeding), who defeated the Hamilton Tiger-Cats 34-27 in a thrilling overtime East Semifinal. In the Western Final, the Saskatchewan Rough Riders (10-7, first in the West) host the Calgary Stampeders (10-7, second in the West), who somehow defeated the Edmonton Eskimos

24-21 in the West Semifinal.

The Alouettes were by far the best team in the CFL in the regular season, but that means nothing in the playoffs. The Alouettes know this better than anyone, having lost their past four Grey Cup appearances, with three of those seasons being first-place seeds in

the East. They are headlined by their veteran all-star quarterback Anthony Calvillo, who is up for another CFL Most Outstanding Player award, one of the league's best running backs Avon Cobourne, and their dynamic return-man Larry Taylor. The first-place Als possess a great receiving corps, a reliable offensive line and a defence that allowed the fewest points this season. Not to mention, they are led by arguably the league's best tactical and organized coach in Marc Trestman (26-10 as Alouettes' head coach).

Casey Printers is the X-factor in this game. Passing for 360 yards, a touchdown and no interceptions in the Lions' win over the Tigercats, the former CFL Most Outstanding Player could be the one cog that can upset Montreal's



date with the Grey Cup.

The Lions have the CFL's Rookie of the Year running back Martell Mallett and a solid receiving core headlined by standout Geroy Simon. The Lion's defence needs to play as well as they did versus Hamilton, where they established the pass rush (Brent Johnson had three sacks and Ricky Foley had two), which is the only way to get at Calvillo and the Montreal offence.

The Calgary Stampeders are the defending

Grey Cup champions. Not much needs to be said about them heading into the Western Final. They have play makers in all positions. The Riders' defence will need to contain Henry Burris and limit Joffrey Reynolds (which is exactly what they've done all season), if the Riders' look to stop an extra-motivated Calgary squad, who just need one

more win to play in the Grey Cup, which happens to be in Calgary.

The Saskatchewan Rough Riders will have a healthy and hungry John Chick, one of the league's best defensive linemen, heading into the Eastern final. The Riders finished first in the West for the first time since 1976. They are the most resilient team in the league, and have really no holes in their lineup. A strong offensive line and run game with running back Wes Cates, a receiving core full of standout Canadian receivers and quarterback Darian Durant coming off his best season as Saskatchewan's pivot. Calgary is in tough especially with the game being at Taylor Field, where the crowd will definitely cause problems for the Stampeder's offensive play calling.



MEN KEEP ROLLING ALONG

Ooks men's basketball coach Don Phillips talks to his team during a recent break in a game. The Ooks finished last weekend with two more victories, bringing their season record to a conference leading 9-1.



CURTIS BINKOWSKI Assistant Sports Editor

5. 'CANES STOP BLEEDING – The Carolina Hurricanes, who knocked off the top seed Boston Bruins in game seven overtime of last years Eastern semifinal, lost their 14th consecutive game 4-3 in overtime to the New York Islanders. They managed to salvage a 5-4 shootout win over the Minnesota Wild after blowing a 4-1 lead, ending their chances of setting a new NHL record for consecutive losses. The 1974-75 Washington Capitals and the 1992-93 San Jose Sharks both lost 17 straight. Perhaps

The Bink wrap

worse, the 1980-81 Winnipeg Jets have a win- World Series of Poker main event winner at 1960 remains the mark to beat. less skid record of an unfathomable 30 games.

4. CLEVELAND BUMS – The 1-8 Cleveland Browns share the league's worst record with the St.Louis Rams, Tampa Bay Buccaneers and Detroit Lions. This past Monday night they were shut out at home 16-0 by the Baltimore Ravens. They now rank dead last in points per game and yards per game. The Browns remain one of two teams in the league (Oakland Raiders) to not score more than 20 points a game, scoring only six points three times, three points twice and now the goose egg.

3. \$8.55M PAYDAY - Last year, Peter Eastgate of Denmark became the youngest

22, winning \$9.15 million. At this year's main event, Jonathan Cada from Michigan won a 34-28 lead in Indianapolis, the New England the main event at 21 years old and instantly becomes one of the coolest people in the world. It makes one wonder, did he just go to his bank and deposit the cheque as he usually would?

2. 55 FOR T'WOLVES ROOKIE - Playing in just his seventh career game, rookie Brandon Jennings exploded for 55 points, 29 in the third quarter. Jennings becomes the second highest scoring player under the age of 21, second only to King LeBron's 56 points, and only three points off the all time record of points in a game by a rookie. Wilt Chamberlain's 58 in

1. BILL BLUNDER BELICHICK - With Patriots had the ball on their own 28 yard line. They were fourth and two, just short of the twominute warning with no timeouts. Future Hall of Fame coach Bill Belichick decides to go for it instead of the no-brainer punt. QB Tom Brady's pass falls half a yard short. Peyton Manning takes over and throws a touchdown in the final minute for the 35-34 comeback win and improves the Colts to 9-0. Despite violent criticism, I personally love the call he made, just not against arguably the best QB and team in the league.

Photo by Claro Cagulada



Give and Go

LANDON HOMMY

While in Minneapolis last weekend, I was constantly reminded of the stresses in the minutiae of travel – airport security, hotels, etc.

It got me thinking about some occasions when athletes were also hit with the realities of travel, like Dennis Rodman's temporary detainment in Germany last week after bailing on a \$5,000 hotel bar bill in Germany. He said he didn't know the booze was charged to him until his limo was pulled over. Not a big deal, I say, we've all been there ...

Binkowski: Is there no bigger crap shoot than airport security while travelling?

Onterrio Smith – Man you know it. You just never know when your Whizzinator will make it through. Listen, clean piss is important to some people and Homeland Security has no right in deciding whether they can have it.

Michael Vick – Yeah, and what gives them the right to seize my water bottles with special compartments that happen to have weed in them? As if everyone doesn't have those.

Hommy – What is it with taxis being better everywhere outside

Canada?

Patrick Kane – I dunno man, they're all a bunch of sleazy thieves. Especially in Buffalo, taking 20 cents that isn't theirs whenever they please. What they need is someone to teach them some manners, and that someone is me.

Kathy Le – I'm always so glad when I don't get sick abroad. That would be the worst.

Brock Lesnar – Yeah, it is the worst, actually. One minute you're world champion and the next you're in some Canadian hospital with some unknown illness. My career might be over. Over! Agrghh ... I need a Bud Light.

... Mike Tyson was also detained last week after attacking some paparazzi at LAX. As I said, we've all been there.

NHL tries to deal with head shots

By KITA MURU

It's well into the 2009/10 NHL season and for some reason I decided to write about headshots. Not really sure why ... I can't quite remember what made me think of it ... It could be ... no ... or was it that ... I'm dizzy.

For anyone who has followed the game of hockey recently, one of the most prevalent issues today (other than Phoenix or fighting) is hits to the head.

They've happened before, but have become a lot more prevalent in the last two years. When the 2010 season starts rolling, it will probably happen again, which brings me to this: how could hits to the head be dealt with? It would be easy to either shun the thought as further "pansifying" the game as Mike Milbury stated, or completely agree with it. Unfortunately the issue is as grey as predicting the Oilers' season. Do you judge and penalize specific hits based on certain qualities, or let it slide as just finishing a check?

The most recent examples are Chris Neil's hit on Tampa's Victor Hedman and Mike Richards' layout of David Booth. But I'm going to cite the instance when Dion Phaneuf plastered Kyle Okposo in a preseason game between the Calgary Flames and New York Islanders.

First off, there's the golden rule: keep your head up. There are few sports this applies to greater than hockey. If you look back on previous hits (any Scott Stevens hit for example), the carrier had his head

down, or away from the impending play. Any hit is clean as long as you keep the feet down, and hit the player carrying the puck or immediately after he releases it, with your shoulder or elbows tucked.

The issue lies with players who throw their bodies at targets, or hit a player well after he releases the puck. It's unnecessary for a D-man like Phaneuf (who is on the opposite wing) to cross over and flatten someone already covered and back-



Kyle Okposo after being hit by Dion Phaneuf

checked in a 1-on-3.

With the technological advancements of protective equipment, increased size and speed of players, checks have more force than ever nowadays. There's also the issue of a lack of respect for player safety, considering the protective equipment, and the instigator rule.

To be honest, I'm just scratching the surface on this. So, I'll just wonder what happens after the next hit, considering it's a matter of when and not if.

... Now if I could just remember why I wrote this ...

MENS VOLLEYBALL

Trigger missing

By JOEL MITCHELL

The Ooks' trigger finger just isn't itchy enough. NAIT's mens volleyball team had the Lakeland Rustlers by the throat last Sunday and were ready to put the boots to 'em. The match's first two sets were highlighted by the power of Greg Mann, who finished with 17 kills, and the athleticism of setter Austin Hinchey. Both sets were won with room to spare, but with perhaps too much breathing room for the Ooks' own good.

Coming into the third set with absolutely no momentum their way, the Rustlers caught fire, surprising the Ooks to take the third set by a wide margin. Brett Dombrava led the charge, as the ambidextrous power caught the Ooks reeling with hard kills from both sides of the court. Let's just say the coaches were less verbally angry and more physically disgusted, showing frustration with arms in the air and bewildered looks on their faces.

In the fourth set the Ooks started off downright terribly, down 6-1 early. The score differential continued to rise with the Ooks down by 10 or more through the latter half of the set. NAIT showed incredible skill and tremendous teamwork, then suddenly looked disorganized and confused. A true Jekyll and Hyde performance.

The coaches then charged up the boys and they came out to play in the fifth set. The tower of power Greg Mann acted like a man possessed, repeatedly crushing the ball into Rustler territory with attitude. The Rustlers were up by one when the Ooks momentum came to a crashing halt. The Ooks were out of rotation when they gained a point, and the point was given to the Rustlers. After a lengthy debate and cross referencing by the officials, play resumed with no change in the call. The air had left the balloon. The Ooks showed character and fought hard, but the Rustlers took the final and deciding set 15-11.

Sunday's contest was the Ooks' last home volleyball game until next semester. A few quick and deserving awards.

Greg Mann – Tower of Power. Cole MacDonnell – Centre Crush Scott Lafave – Blocker Extraordinaire Austin Hinchey – Man on the Move Rory Ernewine – Clutch Player

Athletes of the week November 9-15

Gabrielle Pelland Hockey



Gabrielle scored the Ooks lone goal in their 1-1 tie with MacEwan on Saturday. On Sunday, she assisted on the first power-play goal to give her team a first-period lead and helped lead the Ooks to a 2-1 victory over MacEwan. "Without playing a consistent shift, Gabby is a perfect example of a player who takes advantage of the opportunities she is given," said NAIT coach Deanna Iwanika. "Gabby is an offensive threat the moment she leaves our blue line." Gabrielle is a first-year Continuing Education student from Edmonton.

Greg Mann Volleyball



Greg, a first year Continuing Education student from Brisbane, Australia, was a force this past weekend Nov. 13, 14) for the Ooks' volleyball team. Greg's 18 kills on Saturday led the team to a 3-1 victory over the Lakeland Rustlers. He then followed that up with another 17 kills the next day at home. "Greg's size and strength at the net have given the team confidence at the net," said NAIT assistant coach Craig Wourms.

Graeme Harrington Hockey



Graeme stopped 77 of a total of 79 shots this weekend in a two-game sweep of the Concordia Thunder. This included a shutout in Friday's game and allowing only two goals against on Saturday in Concordia's home rink. "Graeme made some key saves for us this weekend at opportune times," said NAIT coach Terry Ballard. "He gave us an opportunity to get two big wins". Graeme is a second-year Business student from Glenside, Saskatchewan.

SPORTS

Girl gone wild ... with shin pads

By ALI BRUNI

For those of you who haven't seen the video of University New Mexico Lobo's defencemen, Elizabeth Lambert, you should seriously look into it. The junior was suspended indefinitely by her coach, Kit Vila, after her "loving" sports etiquette was filmed and posted on YouTube. The video has received almost 300,000 hits, and even made its way to Sportsnet, ESPN and TSN. The major question is, "What the hell is wrong with this chick?"

The girls of Brigham Young University were getting d-es-t-r-o-y-e-d! Lambert pulled a girl's ponytail so hard that the girl fell backwards! She elbowed numerous girls in the face, slapped them and even kicked a ball into the face of a girl lying on the friggin' ground!

Being a soccer player myself, I'm all for fierce competitiveness and always playing to win, but this girl is ridonculous! She could have seriously injured someone, and put her New Mexico team in extremely hot water.

Lambert issued a public apology after the video was released, stating, "I am deeply and wholeheartedly regretful for my actions. My actions were uncalled for. I let my emotions get the best of me in a heated situation. I take full

responsibility for my actions and accept any punishment felt necessary from the coaching staff and UNM administration."

She put her whole team and coach in an extremely difficult position. The coach kicked her off the team and revoked her scholarship! That's one hell of a punishment; school is definitely not cheap in the States. What really concerns me is the fact that this girl was allowed to play like this the entire game, without the referee giving her a warning or a card. It's not like her attacks were discreet or anything. They were full out blatant assaults. The referee definitely had his head up his ass.

I still don't understand that while Lambert was going crazy on all these girls, not one of the BYU girls retaliated! They've had stellar coaching on how to, "refrain from butch girls." Or they were so focused on winning, which they

did, they didn't want to fight back. It's mind-boggling that onstration of sportsmanship. You can find the video online this girl was allowed to behave like this for the whole game. She did her team a great disservice, and showed a poor dem-

15 Elizabeth Lambert



at youtube.com by typing in Elizabeth Lambert. It's worth checking out.

Pot, athletes have long history

By KITA MURU

Two weeks ago, San Francisco Giants pitcher, Major League Baseball 2009 cover an Olympic gold medal in Nagano 1998 for

boy, and last year's CY Young award winner Tim Lincecum got charged with possession of marijuana. In what probably looked like the least surprising drug bust (if you've seen Lincecum, you would know what I mean) I decided to look back at five stories involving professional athletes and Mary Jane.

5 – NBA players

As far as this goes, you can't really pin it down on anyone, NBA players and weed are like milk and cookies or locks and keys.

Rasheed Wallace, Chris Weber, Damon Stoudemire, are some players in the NBA who got caught with weed. Some like Josh Howard and Stephon Marbury even admitted to using it. Yeah, this is pretty much not surprising.

4 – Ross Rebagliati

If you remember Ross Rebagliati, he won

worldsportsstars.blogspot.com

Michael Phelps

snowboarding, the first time snowboarding was in the Olympics. Not so long after he won, his tests showed that he had marijuana circulating in him, and he got stripped of his gold medal. Soon after that, the decision was overturned because apparently marijuana is not a performance-enhancing drug (which is debatable), and Rebagliati was given back the medal.

3 – Errick Williams Jr.

More commonly known as Ricky Williams,

he is notable for the first time in which one player was a team's only draft pick. The New Orleans Saints drafted him in 1999, and then traded him to the Miami Dolphins for two first-round picks in 2002. Then in '03 he tested positive for marijuana, retired in '04, returned in '05 and got busted for the fourth time in '06. He then wound up in the CFL on the Toronto Argonauts later that

year, and played, much to the disdain of former quarterback Joe Thiesmann. He then went back to the Dolphins in '07, and then got busted again! He also spawned the Ricky Williams Rule, in which a suspended NFL player cannot play for a CFL team.

2 – Michael Phelps

If you remember Michael Phelps, he was half the story of the 2008 Beijing Olympics (the

other half being Usain Bolt) who got caught using a bong. Apparently the bong had marijuana in it, and the firestorm ensued. The usual "role model for young children" debate came rolling out, and the only sponsors to drop him were Kellogg's and Subway. Ironically, he also gained sponsors like Mazda, and Rollie's Smoke Shop at the time. Bolt also mentioned trying out weed when he was younger and that some Jamaican kids are taught to roll joints. 1 – Eric James Natress

I figured there should be at least one

NHL story in here; "Ric" Natress was a defenceman for the Montreal Canadiens in the 1982-83 season. What happened over the summer of '83 is that he got busted over admitting to weed possession while he was on his junior team, the Brantford Alexanders. This happened in August of '82 before he played for the Habs. He was supposed to be suspended for

the entire '83-'84 season but had it reduced to 30 games. Personally, I get a pro league busting a player for weed possession while being a pro, but busting a player for what happened in junior? Maybe it was just the norm for the time.

The moral of the day is if you smoke weed, you can become the fastest swimmer/ runner on the planet or at least an Olympian or pro athlete.



By SAMANTHA SILVA

NAIT is getting its game on by hosting the ACAC Badminton Tournament #2 this weekend. Players will have the chance to show their skills against three other teams including Concordia, Mount Royal University and Red Deer College.

Do they have a chance? Of course they do! The team has been preparing themselves for this tournament, the second of five tournaments in total. Points are awarded based on how the

players finish.

NAIT ranks second in the country and plans to stay consistent to try and achieve first place.

The Ooks started their season off in Calgary last month, winning four individual titles. Sun Yang, Sinead Cheah, Joey Vandervet and Natalie Neumann all had standout weekends.

Head coach Jordan Richey told NAIT Athletics that the successful first tournament could transpire into "a monumental season for our team."

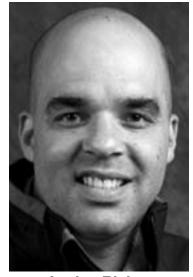
takes to be a champion. They will be hosting the nationals next year. Their goal is to qualify as many people as possible for the championship.

Richey and his team are the lucky ones. They will be going to Honolulu, Hawaii for an international tournament based on last year's national results. This just shows you how good they want to be. Eleven players, a net and birdie surrounded by paradise.

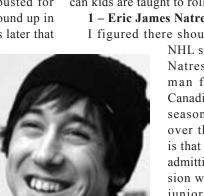
The coolest part of it all is in

On March 3-7, NAIT will get the regard to the scholarships involved. For those of you who don't know, After a stellar season in '08-'09, chance to show more teams what it Not only do they get to go to Hawaii, NAIT's badminton team is a scholarship sport, which means that some of them get the chance to have their full tuition paid. They even have students from China and Turkey, which has helped them win medals last year and most importantly the pride of getting a banner for the school.

So show your pride and support. Come to the ACAC competition at the NAIT gym this Saturday and Sunday (Nov. 21, 22).



Jordan Richev High hopes



Tim Lincecum

SPORTS

Pts

14

ACAC Standings

MEN'S HOCKEY								
Team	GP W							
Mount Royal	11 9	9	1	0	1	52	26	19
SAIT	11 8	8	2	0	1	66	33	17
Concordia	12 7	7	4	0	1	44	36	15
Augustana	11 7	7	3	0	1	61	52	15
NAIT	12 7	7	5	0	0	65	39	14
MacEwan	12 3	3	9	õ	0	32		6
Portage	11 2	2	9	õ	0	29		4
Briercrest	12 1	_	10	0	0	30		2
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MacEwan			4	0	1			7
Red Deer		0	4	0	2	12	16	6
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Team	G	W	L	P	te	PF		PA
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		-	-	-	-			
MacEwan		7	1		4	698		580
Concordia		6	2	1	-	732		592
Lakeland	8	4	4		3	684		510
King's	10	2	8	2	1	692	2 8	396
Augustana	8	1	7	2	2	614	1 7	704
-								

Grande Prairie 8	1	7	2	512	773		
South Division							
Team G	W	L	Pts	PF	PA		
SAIT8	7	1	14	656	502		
Mount Royal6	6	0	12	567	414		
Red Deer8	5	3	10	636	619		
Lethbridge8	2	6	4	641	707		
Briercrest8	2	6	4	611	767		
Medicine Hat6	0	6	0	419	521		
R	ESUI	LTS					
	Nov.	12					
Concordia	92, A	uqus	tana 8	0			
	Nov.						
NAIT 86, King's	63:	MRU	83. RE	DC 57:			
Briercrest 86							
SAIT 75,				,		T	
Concordia				4:		N	
MacEwan						G	
	Nov.					K	
NAIT 106, King			87. B	DC 64		N	
Briercrest 109,					,	L	
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MacEwan 86, Lakeland 66							
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N	Nov. 13							
King's 77, NAIT 29; MRU 63, RDC 51;								
Medicine Hat 80, Briercrest 67;								
Concordia 9				,				
MacEwan 7								
SAIT 87,								
	ov. 14	•						
King's 92, NAIT	55; RE	DC 65	, MRI	J 55				
Medicine Hat								
Lethbridg	e 76, S	SAIT	72;					
MacEwan 6	61, Lal	kelan	d 58					
MEN'S V	OLLE	EYB	ALL					
North	Divis	sion						
Team MP	MW	ML	GW	GL	Pts			
MacEwan8	7	1	23	7	14			
Grande Prairie8	5	3	18	15	10			
King's8	5	3	19	9	10			
NAIT8	3	5	12	18	6			
Lakeland8	2	6	10	20	4			
Keyano8	2	6	6	19	4			
South	Divi:	sion						
Team MP	MW	ML	GW	GL	Pts			
SAIT8	6	2	21	8	12			
Red Deer8	6	2	18	10	12			
	4	2	16	10	8			
Mount Royal6	4	-						
Mount Royal6 Briercrest8	3	5	12	19	6			
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Briercrest8	3	5	12		-			
Briercrest	3 2	5 4 7	12 7	14	4			
Briercrest	3 2 1 SULT ov. 13	5 4 7 S	12 7 9	14 22	4 2			
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Lakeland 3, NAIT 2 (18-25, 20-25, 25-19, 25-15, 15-13)							
WOMEN'S VOLLEYBALL North Division							
Team M	P MW	ML	GW	GL			
MacEwan8	5 7	1	23	12			
Grande Prairie8	5	3	20	14			

Nov. 15

10 NAIT8 16 15 8 4 4 15 Lakeland8 4 4 16 8 Kina's.....8 3 5 14 18 6 Kevano8 1 10 23 2 7 South Division MP MW ML GW GL Pts Team Red Deer8 8 0 24 4 16 Briercrest8 6 18 10 12 Mount Roval6 14 6 2 8 4 Medicine Hat6 2 4 8 15 4 SAIT.....8 2 6 13 20 4 0 2 24 0 Lethbridge8 8 RESULTS Nov. 13 SAIT 3, Lethbridge 0 (25-14, 25-22, 25-20) GPRC 3, MacEwan 2 (23-25, 25-17, 18-25, 25-21, 15-13) Briercrest 3, Medicine Hat 0 (25-18, 25-22, 25-23) RDC 3, MRU 1 (20-25, 25-19, 25-11, 25-23) Keyano 3, King's 2 (25-22, 27-25, 21-25, 17-25, 18-16) Nov. 14 Lakeland 3, NAIT 0 (25-23 25-18 25-22) MacEwan 3, GPRC 2 (25-15, 19-25, 25-23, 19-25, 15-8) Briercrest 3, Medicine Hat 2 (25-18, 24-26, 22-25, 25-22, 15-9) King's 3, Keyano 0 (25-20, 32-30, 25-21) RDC 3, MRU 1 (25-20, 17-25, 25-20, 25-18) SAIT 3, Lethbridge 2 (20-25, 25-14, 25-19, 17-25, 15-8) Nov. 15

NAIT 3, Lakeland 0 (22-25, 21-25, 18-25)





By LANDON HOMMY Sports Editor

Last year Nugget Sports Editor Amber Tienkamp went to New Jersey for a Devils' game, wrote about it, and garnered fame far across the land. In an effort to procure similar attention and earn my keep, I've decided to summarize my Vikings' game experience during a trip to the Twin Cities last weekend.

Twenty bucks. That's all it cost me for 50-yard-line tickets to a game against the Detroit Lions. One guy said that's all it's worth, since the Lions are more like lambs, but I later concluded he was senile and probably a croquette fan, since the Vikings alone made it a steal.

I received some added entertainment value for my purchase when the scalpers I was bartering with nearly started a brawl outside the stadium.

"Don't ****ing buy off that ****," argued scalper #1, followed by a "go **** your mother" and a feigned right hook from scalper #2. All in front of simple families, children, and probably a nun somewhere.

The passion, people, you haven't seen it if

you haven't seen football in America.

The game's result was as expected. Adrian Peterson, Brett Favre and Sidney Rice illustrated why the Vikings are awesome and why the Lions are brutal. But aside from that there were plenty of other highlights.

Everyone beaks Americans for their eating habits, and the stereotype was strengthened after witnessing the gallons of beer, soda and popcorn the vendors dished out. You know when you get a large popcorn at an event and say "man I'm a donkey, who the hell can eat this much popcorn?" Well multiply that large popcorn by two and the fine people from the "Land of 10,000 Lakes" still don't have that problem. In fact they say; "you know what would go great with this, a couple of foot-longs and a gallon of beer."

The Metrodome itself is pretty impressive. It's basically Commonwealth Stadium with a roof. Throw in 64,000 screaming purple-clad fans and it's easy to see why it's one of the loudest stadiums in North America. It was contagious, and quasi-scary. After a blown helmet-to-helmet call, I was sure everyone wanted to rape and pillage some distant country. The Scandinavian cheer they do probably had something to do with it.

Don't forget about the camouflage. I'm a hunter myself, but I've never thought of any place other than the great outdoors to sport camo gear. Well in Minny they love their Cabela's as much as we like Tim Horton's, so promoting it in as many places as possible is the thing to do.

Aside from that, though, the stadium is a lot like Rexall - old with narrow concourses. Plus it has only two small "big screens," which may have kept AP from posting three TDs in the game.

A new stadium is first on the Vikes' list of things to do, which is great since the Wild's Xcell Energy Center in St. Paul is first class,

not to mention the Gopher's football stadium.

The city is comparable to here as well. Sure the cold weather is the same (or nice weather if you want to take the current situation) but it has that rural, blue-collar feel to it, with a nice river valley and a passion for hockey.

So if you want a home-away-from-home and a great sports city, then Minny is a good place to check out.

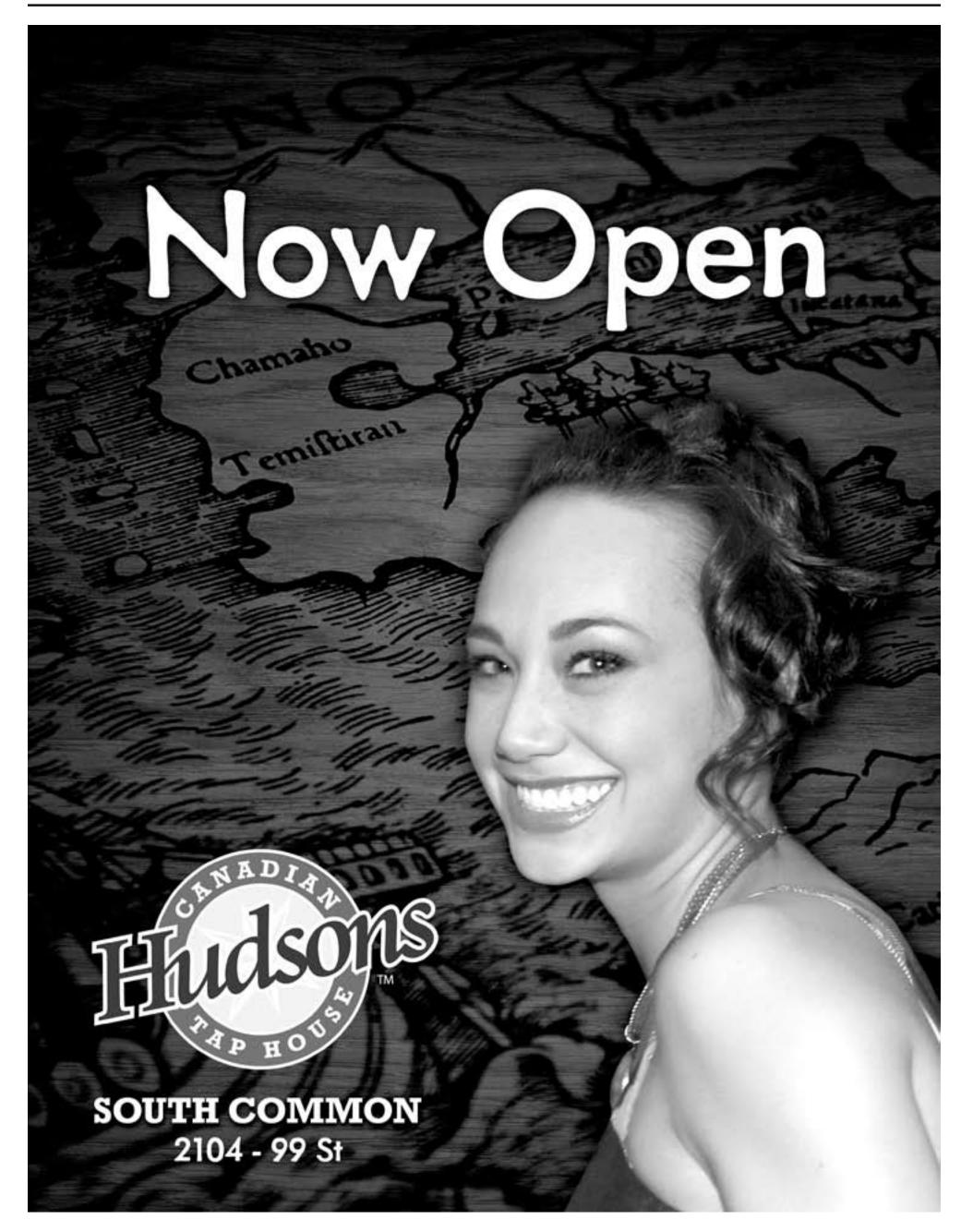
Just save room for the popcorn.



The Metrodome



780-481-JACK (5225) • www.whiskeyjacks.com



Poshest porn



COLLEEN NUC Entertainment Editor

Remember three weeks ago when I started counting down the 10 most expensive adult films of all time? Well now everyone can stop holding their breath and finally sleep again because today is the day where we count down the last four big budget porn.

4 – Pirates

Budget: \$1 million (2005)

Pirates is one of my favourite adult films of all time. It's funny, sexy and cleverly written. It's the Hollywood blockbuster of pornography. Starring Jesse Jane, a name that has since become mainstream in the adult industry, *Pirates* included over 300 different special effects and an original music score. The movie won 11 AVN awards and was so popular that it even made its way onto mainstream television, where Jane guest starred in an episode of *Entourage*. If you haven't already seen this movie, get it. *Pirates* is definitely worth the money.

3 – Uninhibited

Budget: \$1.2 million (1995)

This adult crime drama is about a tough cop who gets a

seductive new partner and attempts to infiltrate and destroy a major mob-run drug ring. The movie was shot on 35-mm film and earned a Best Film nomination from AVN. *Uninhibited* was eventually picked up by HBO and cut down to an R rated film.

2 – Pirates 2: Stagnetti's Revenge

Budget: \$8 million (2009)

This is the next adult film on my wish list. When any movie hits big, it's only natural to add a sequel. I have yet to see this movie, but I noticed that it hasn't received as much praise as the first *Pirates*. One reviewer states, "(*Pirates 2*) was for the most part, just more of what the first movie was: quality film production wrapped around filthy sex scenes." Well, if that's the case, count me in!

1 – Caligula

Budget: \$17.5 million (1979)

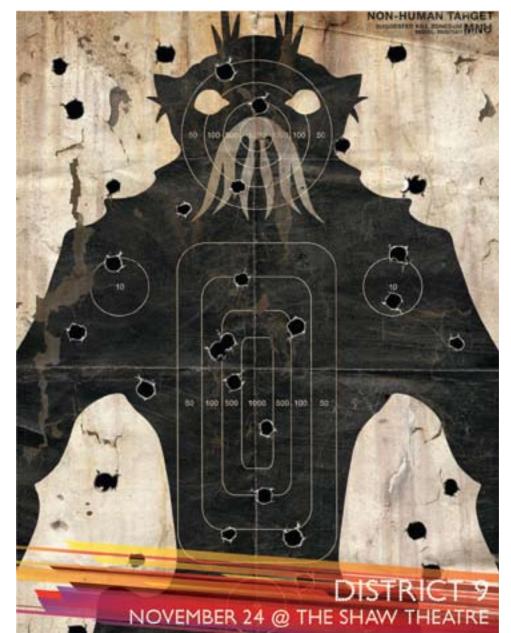
How is it even possible that an adult film cost this much in the '70s? With inflation, a movie like this would cost over \$100 million! I've never even heard of this porn before, but apparently the movie included real actors, like Oscar winner Helen Mirren. My guess is that a few people questioned the actress's career choice. How you go from starring in porn to winning an Oscar is beyond me. The plot is about "a perverted Roman Empire" and "the sequences include hardcore orgies." Back in the day,

the uncensored version was banned, but was finally released 29 years later.



There you have it, the Top 10 big budget adult films of all time. Now go get 'em, tiger!





FOR YOUR LISTENING PLEASURE ...

\$3.99 mix-tape



TYLER DAIGNAULT

No matter who your favourite bands or artists are, you haven't truly seen them at their most raw and honest form until you've seen them live. The live show is what separates those artists who have true talent from those who rely only on studio wizardry to get by. If you don't get out to many

live shows, save for maybe a free one you happen to walk by when at Capital Ex, then you are truly missing out on the essence of music. Groups of people are brought together like nothing else, joined in kind as a community and family through their love of music. A great live show becomes immortal, living for eternity in the memories of those in attendance. In that vein, here are songs that capture everything that's good about music. These are a few of the best live rock songs that make you burn with jealousy if you weren't there to see them performed. Or maybe you were there. And if you were, I hate you.

Nirvana - Breed (Live at Reading)

The Hold Steady – Stuck Between Stations (A Positive Rage)

Cheap Trick - I Want You To Want Me

(Cheap Trick at Budokan)

Elvis Costello - Radio, Radio (Live At The El Mocambo) Kiss – Rock and Roll All Night (Alive!) My Morning Jacket - One Big Holiday (Okonokos) The Pixies – Debaser (Live in Minneapolis, MN)

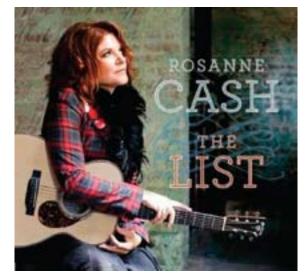
Alice In Chains - Would? (Live)

Green Day – When I Come Around (Woodstock '94) Peter Frampton – Do You Feel Like We Do? (Frampton Comes Alive)

Pearl Jam – Black (Live On Two Legs)

AC/DC – For Those About To Rock [We Salute You] (AC/DC Live)

Jeff Buckley – What Will You Say (Live `a L'Olympia) Pink Floyd - Run Like Hell (Is There Anybody Out There? The Wall Live 1980-81)



Daddy would be proud

By TAYLOR POLLMANN

Imagine striving to become a success in the country music industry. Now go one step further and try to achieve the same success as your late father, Johnny Cash

That is what has followed Rosanne Cash her whole career. After years of trying to avoid the spotlight of being the late legend's eldest daughter, she has finally accepted her routs with her newest release The List.

All of the songs on the CD come from a list that is very close to Rosanne's heart. The list is an index of songs that Johnny

Cash wrote down for his daughter to pletely transfixed. The vocals on the CD know due to his thought that they were the essential songs of country music. In her latest venture she has finally agreed to cover some of these essential country classics. Her knowledge and country music vocals are displayed through the blue-country diddle of "Miss the Mississippi and You." Other like "Motherless Children" send an eerie chill down one's back due to their almost ode-like monument to the past.

Being a classical country CD, I was a little hesitant when I first put it on. After only five minutes in however, I was comseem to be a unique blend between the past and the present, resulting in a voice that could only be recognized as one from the Cash family.

In Johnny Cash's lifetime, he only achieved perfection late in his career. With The List, Rosanne Cash has seemingly come close to the bar that her father set. With a rumoured second edition of The List on the near horizon, one can only wait in anticipation. Till then we are left with a CD that will leave her late father beaming with pride from above in the heavens of country legends.



he still is amazed. "It's hard to have a bad time on stage when

you have a crowd like tonight (in Edmonton). I tend to grin a lot

on stage, because I can't help it. I just look out at the crowd and

melodic collection of rock/roots/pop tunes Mangan has under his

belt. Audiences across the country have been humming and sing-

The sold-out crowds on this tour are due in large part to the

Mangan is enthralling to watch

In songs like "Road Regrets",

And with "Robots", you can't help

sing-along that overtakes the entire

I start giggling. It's still all very surreal."

No road regrets for Dan

By TYLER DAIGNAULT

Dan Mangan and I are sitting in the backroom of the Haven Social Club on Stony Plain Road, in an area no bigger than a moderately sized cubicle, lit conspicuously by a multitude of black ultraviolet lights.

The Vancouver singer/songwriter's last show of his monthlong tour has just come to a close, and thoughts of enjoying two much-needed nights' rest in his own bed aren't far from his thoughts. He's dog-tired, whereas I'm wired with excitement by the amazing show I just witnessed. I try not to gush praise on the talented musician, but it's hard not to dole out compliments when he's so deserving of them.



Dan Mangan

Mangan's hauntingly sweet musical notes guided by sandpaper-rough vocals are fresh sounds in the stale, auto-tune wasteland of present music. By this point, however, the heaps of good words must seem like broken-record platitudes to Mangan, who has garnered great critical acclaim for his sophomore album, Nice, Nice, Very Nice. He's riding an unbridled wave of good fortune across the nation, a ride few indie folk artists can

claim. In the mere three months since NNVN hit the shelves. Mangan has been crowned the indie king of Vancouver, toured Australia and Europe, and most importantly, won the XM Verge Artist of

> the Year award, netting a cool \$25,000.

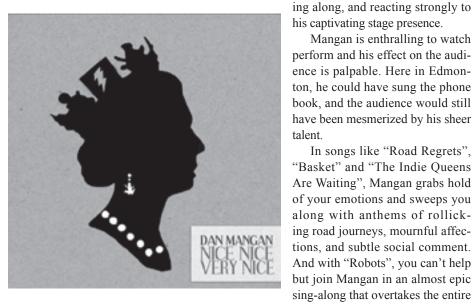
But Mangan is his usual humble, affable self. When discussing how the album came to be, he is quick to note that it's not he who's the catalyst for success, but others. NNVN employed a host of friends, colleagues and contemporaries from the indie music scene to add

depth, talent and experience to Mangan's own ample repertoire.

"I've always tried to surround myself with people that I thought were better than me," he states. "Naturally, you gravitate towards people who are talented and creative ... and they can bring their own taste.

"Veda Hille, Mark Berube, Justin Rutledge all brought their own flavour to the songs. For me, it was mostly an exercise in humility, bringing in these people, watching them do great work, and then fawning over them."

Mangan's triumphs haven't gone to his head. Even while playing sold-out shows across the country,



room.

What does Dan do for an encore performance? After his two-day respite at home, he's off to Dubai for a couple of shows and then back to Europe. He's writing a little bit here and there, and he might explore his side project, Poor Places. For the time being, Dan's enjoying a nice, nice, very nice year. And it couldn't happen to a nicer guy.



PB&J **By KATHY LE**

Chocolate Banana Bread

This chocolate banana bread is really moist and great for a sweet breakfast or snack. Whenever I have over ripened bananas I always jump on the opportunity to make this. I love chocolate, but if you prefer nuts you can replace the cup of chocolate with a cup of walnuts. Enjoy!

The Stuff:

- 1 cup chocolate chips
- 1³/₄ cups all-purpose flour
- ³/₄ cup granulated white sugar
- 1 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tsp ground cinnamon
- 2 large eggs, lightly beaten
- ¹/₂ cup unsalted butter, melted and

3 ripe large bananas mashed well

cooled

(about $1\frac{1}{2}$ cups) 1 tsp pure vanilla extract

www.alexramon.com

The Magic:

1. In a large bowl, combine the chocolate chips, flour, sugar, baking powder, baking soda, salt and cinnamon.

2. In a medium bowl, combine the eggs, butter, bananas and vanilla extract.

- 3. Fold the wet ingredients into the dry ingredients. Do not over mix.
- 4. Scrape batter into a 9x5x3-inch baking pan.
- 5. Bake at 350 F for 55-60 minutes. 6. Cool and serve.

Hint: Take aluminum foil and cover the inside of the pan for easier removal of bread when done baking.

Wedding waited 60 years

By RACHEL LEES

OK, this has been more than 60 years in the making ... Archie finally chooses a wife. But to whom you may ask? Well, According to issue No. 600, (first of the six-issue set), Archie proposes to Veronica!

It's a decision unexpected by most fans. Veronica has been known for being the fashionable spoiled girl with a bit of a temper, who most fans enjoy reading about. That being said, no one has been as kind and loyal to Archie since day one as Betty. She was his first friend in River Dale; it was only assumed that he would eventually choose her, right?

Well, as portrayed on the cover of issue No. 600, Archie proposes to Veronica in the jewelery store where the weary Betty happens to see everything by coincidence outside the window. Such a joyous moment for Archie seemed to be overshadowed by Betty's despair (luckily Jughead was there to comfort her).

Although these are the events that seem to have occurred, don't take it too seriously. The story actually begins at Archie's graduation from high school. He ends up taking a walk through the forest contemplating the life ahead of him after leaving his high school, when he is mysteriously transported to the future!

That is where Archie makes the proposal. One would think after more than 60 years of high school, it would be a good time to progress to the future. Needless to say, this is huge news for the Archie comics, whether or not it is on the right timeline.

Veronica stated, even with her father's hesitation, that she wanted the "biggest wedding in River Dale history!" With 2,000 guests attending, Veronica still felt it wouldn't be complete without Betty by her side. She asks the heartbroken Betty to be her maid of honour. The whole situation is crazy! If the roles had been swapped, everyone knows that Veronica would not be as understanding. I suppose it goes along with Betty's sweet, reliable character that she would indeed show up at the wedding and be Veronica's maid of honour. Why did Archie choose Veronica again?

Anyway, as the story continues in the next two issues (only the first three have been released), they get married, Veronica's father supplies Archie with a job, and Veronica gets pregnant, with twins! And to make things worse, Archie officially puts Betty in the "I've always loved you," category, "as a sister ... "

Oh, the heartache. Well, before you go off thinking that Archie has made the worst decision of his life, the third issue ends with Archie walking out into the same mysterious forest where the comic ends with the words "Think you've seen it all? No way!"

Next – Archie Marries Betty!" What does that mean for the series? I'm not quite sure,



icyjadexoxo.files

but as a childhood fan of the series, I will definitely keep up to date with all this River Dale craziness.

Teen Taylor on a Swift ascent

By TAYLOR POLLMANN

Once a year, the world's biggest country stars all meet in the birthplace of country music, Nashville ,Tennessee. This year's version of the awards was hosted by the rising star Carrie Underwood and the lyric mastermind Brad Paisley.

From the beginning of the ceremony, it became apparent why this couple was invited back to host the show for the second year in a row. Through their play on a classic country song in which they changed the words to "Mama don't let your kid grow up to be Kanye" and the abosolutely absurd act of 88-yearold Jimmy Dickens interrupting Brad Paisley by stating that Taylor Swift

had the best video of all time. It is safe to say

the awards kept one entertained from start to finish.

If one only watches award shows for the performers, then they would not be disappointed. The styling of an energetic Taylor Swift led off, setting the bar

high.

This was followed by the majestic vocal range of Carrie Underwood. At the end of the awards there was a very special last performance by Brooks and Dunn that brought the entire arena to their feet. It also didn't hurt to hear the vocals of Chris Daughtry teaming up with Chris Neal. The lineup of this year's CMA awards was certainly the best in recent years.

The country song of the year went to Jamie

Folkies hit the beach

Taylor Swift

By RYAN FLAHERTY

Though the concept of wispy, acoustic indie folk is not one lost on Scandinavian acts like José González or Girl From Saskatoon, Norway's Kings of Convenience display a

unique flavour of their own on their third full-length release, Declaration of Dependence.

Many of the songs on the album have a distinct laid back, tropical feel to them. This is largely due to two factors; the duo's instruments of choice nylon and steel string guitars, and their pitch-perfect Beach Boys-indebted harmonies. The glistening,

sun-drenched vocals and guitar are evident on "Mrs. Cold", which follows the understated opener "24-25", which is in itself an interesting study in global cross-pollination. "24-25", you see, sounds like it could easily be taken straight from a Simon & Garfunkel record. It's not often one hears Norwegian musicians emulating the American folkies of yesteryear.



Though the 13 tracks on Declaration are completely lacking in percussion, the album still feels complete, if not one or two tracks too long. The potential for sonic monotony is mitigated with the calculated use of viola,

piano and upright bass, which in turn add twists to various tunes.

"Peacetime Resistance" uses viola and bass to construct a bit of a jazz rhythm while the lyrics explore themes of segregation and supremacy. Midalbum track "My Ship Isn't Pretty" takes the opposite path and only sparingly uses guitar and Nick Drake-inspired vocals to

paint a picture.

As a complete package, Kings of Convenience have definitely carved their own niche in the acoustic folk scene. Despite dragging a bit towards its conclusion, Declaration of Dependence is definitely worth repeated listens. For best results, listen to it on your beach of choice at sunset.

the song of "In Color."

The rest of the major awards the evening was seemly all swept by a 19-year-old girl out of Hendersonville, Tennessee. After winning video of the year for her fairy tale like video of "Love Story", along with female vocalist of the year and album of the year, the stage was set big for her the rest of the night. While it could be expected that Swift would win album of the year due to her killer record sales, the

Johnson for his almost eerie cry to the past in one award that seemed out of reach this year was the prestigious Entertainer of the Year.

Up against veterans of the trade in Brad Paisley, George Strait, Kenney Chesney and Keith Urban, only one stood alone at the end of the night. Becoming the youngest Entertainer of the Year ever, this could only be a prelude of things to come as award season enters full swing. Is there a Grammy in her future? Only time will tell as the next couple weeks and months unfold



Sports and more sports!

By MARK SEREDA

Let's talk about sports, baby! Let's talk about the S-E-C! Let's talk about all the good plays and the bad plays on TV. Let's talk about sports! Only hardcore sports fanatics can fill an hour and a half long radio show with talk of nothing but foolish fumbles, close comebacks and queer quarterbacks.

When the clock strikes 6 p.m. on Sunday nights, you better be racing to NR92.com to tune into The Give and Go Show. Dixon, Medak, and Hommy (as jerseys tend to use last names, I thought it to be appropriate) GIVE you their say on professional teams/players and GO to the phone lines to hear your side of the scrimmage. I'm as comfortable talking to these guys about the sports they live for as a 300-pound D-lineman is wearing an undersized, gravel-filled jock-strap ... and I don't even know what that means! What I do know (now, at least), is what their show is really all about!

Gentlemen, thanks for joining me here in the ... uh ... interview ... studio.

DIXON - Let's get this over with.

Based on the name of the show, it sounds like you guys have all recently contracted STDs & the show's topic is how many girls you've given them to and gone away from immediately after...is this an accurate assumption?

D – It's quite accurate..

HOMMY - We basically give you a reason not to listen to the show and then you go...

MEDAK – Yeah that makes the most sense

D – No but seriously we call it *The Give and* Go Show because we have all these different sports topics, we're all multi-sports fans. College sports, NFL, NHL, basketball ... we talk about ALL of them. One guy comes up with an interesting topic in the sports world, fires a question to the other two guys and then they ... they GO with it!

I like it! Goin' with the flowin'?

H – (utterly confused) Something like that. OK, besides the sports mentioned, what's one you guys have touched on and forgotten about?

H-Well, ballet has been a long-time favourite of mine.

M - Rock-paper-scissors World Championships too.

Now we're getting

ridiculous!

H – No but we obviously cover the big four, hockey is big obviously but we try to do different things because ...

(Interrupting) ... people don't want to hear the same crap over and over again?

M – You can only have so much Oilers and Eskimos talk.

M – Yeah, I think we only covered CFL once...

- JUST TO BASH IT! D

 \mathbf{M} – It doesn't always need to be about hockey and it doesn't have to be, it's good to change things up.

D – It's kinda rare too, the fact that we got three guys that are so into the pure U.S. sports ... so ... we talk about 'em.

Who's your favourite badass pro player?

D – I'd say Terrell Owens for sure! He's a guy that is always in the media for his antics. Planting the ball on the Dallas star, along with issues with QB Tony Romo, and the play calling from coach Wade Phillips. He's just a phe-



nomenal player who knows how to have a good time.

So, a guy that can talk-the-talk & walk-thewalk?

D – Yeah, he's definitely a piece ... a piece of shit though ... no question about it.

H - Uh my mom, she was apparently a big hell-raiser back in her day.

M – Sean Avery, he's really not afraid to speak his mind. It's unfortunate that he can't back it up with his playing talent, but whenever he opens his mouth, everyone's all over it.

What's your favourite position?

Radio

 \mathbf{D} – I'd say an NFL QB 'cause you get to put your hands on a guy's nuts every snap (laughs).

Oh snap! H-Allison Stokke's pole cleaner.

M – Relief pitcher in baseball, 'cause you barely pitch and you just get to sit on the bench and stare at hot chicks.

Mhmm ... OK, so let's hear your guys' most memorable Super Bowl moment..

M - It would've been, '00 Rams and Tennessee, Kurt Warner's first Super Bowl. It just came down to the last play, Dyson who caught that pass and was only a foot away from the end zone.

H – When I had a super bowl with like ketchup, sour cream and ranch chips ... that was a good bowl.

 \mathbf{D} – I'd say when Baltimore took it and Ray Lewis triumphantly raised the trophy over his head and everyone instantly forgot that he potentially killed a man.

What sports did you play when you were youngsters?

H - Everything this side of cricket.

D – Me too, I played pretty well every sport

under the sun, at least for one season. I played baseball for probably 12 years and I'm, to this day, an avid golfer.

M – I played hockey most of my life, football in high school. I tried to play golf but uh... not the greatest. And that's about it...oh! I curled once.

So, you got your typical Sunday Night Football going on, how many brewskies do you drink?

H – Usually not too many based off the night before.

D – Yeah, I'm still technically not allowed to drive till about Tuesday at noon.

Any crazy/cool or rare sports you guys would like to try out?

D – Shooting an arrow through an apple on top of a guy's head. I've always wanted to try that ...

I guess that's a sport, although it's more of like a carnie performance trick.

H - Deadliest Catch, you know, crab-



M – Uh ... I pick up women for sport.

Which sports announcer would you want to party with ... he can be dead or alive, preferably alive ... but you know what I mean.

D – NBC's Bob Costas ... actually, you know what? Chris Berman, can you guys imagine getting him drunk?

H – Dick Vitale.

fishing?

M – I'm a hockey guy, I gotta go with like Don Cherry...

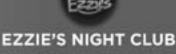
With what kind of jacket?

M - ... A jacket.

Yeah, don't want to see THAT guy's nipples!

It didn't take long for them to realize I am not a fan of ... well, generally watching sports. It DID inspire the testosterone-filled sports-

junkies to GIVE 'my truck' a fill-up and GO to town on my windows. Little did they realize, I don't own a truck!



Campus Madness Tuesdays Urban Fridays **Rock Star 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





Wanna be a consultant?



COLLEEN NUC Entertainment Editor

Everyone knows that there is nothing fun about student summer employment. We usually end up taking a job that we dread going to every day just to make enough money for the upcoming school year. During the months of June, July and August, we become a constant companion with a deep fryer, small trees, or the ever-so-popular customer service. I swear, if I hear one more

woman ask me what lipstick will suit her the best, I will lose my mind.

Even though summer employment usually sucks, there's hope for summer 2010. Axe Canada is having a "ridiculously, ridiculously good summer gig" contest, and, aside from the Zoolander

reference, it sounds almost too good to be true. The prepubescent sex spray company is on a nationwide search

for one guy and one girl over the age of 19 to become Axe Canada's consumer consultants.

Between June 1 and July 31, 2010, the Axe duo will get to live in a fully furnished downtown Toronto apartment and will earn conduct an in-depth field research on Canada's dating scene, attend Axe Canada events and blog about it.

hot and be willing to kiss and tell.

Now, is it just me, or does this job sound a little bit intimidating? I'd be afraid that if I date, the choc-

CANDYCANES!! CANDYCANES!!

WATCH FOR THE NR92 SANTA CREW COMING

TO A NAIT HALLWAY NEAR YOU!

NAIT Food Services

olate man would come up to me in a fur jacket and yell, "does Mr. Chocolate man have to Axe a bitch?"

Seriously though, on the website the job description says to "add your personal

a fat paycheck of \$10,000. The job will be to touch, roll with the punches and rise to the occasion." It doesn't get much more obvious than this.

So how can you become an Axe con-So in other words, you have to be single, sumer consultant? You have to send an application to www.axesummergig.ca by Nov. 22, 2009 (I know, it's crunch time), which will include a completed application form, a beauty shot and a short creative video showcasing just how hot and zany you really are.

> Oh, and you also have to provide two turned down a reference letters from the opposite sex, which I can only imagine are used to rank how easy you are to get in the sack. So in conclusion, the person who wins this contest will be paid to lose their dignity, but for \$10,000, you can bet your ass this will be a "stiff" competition.

Listen for the magic word

By MacKENZIE MARSHALL

Are you a loner who just hasn't gotten a dog yet? You'll make all kinds of friends at the upcoming promotions for the Radio and Television Program. Over the next few weeks, several unique events promoting the your campus radio NR92.com and your No. 1 student news show NAIT News Watch all over NAIT. Oilers tickets, bar passes, restaurant passes and much more could be yours by taking part.

Feeling frisky?

If you're feeling frisky, then you're dared to tickle the secret word for NR92.com. Listen in three times a week for one magic word. If you do, you'll win prizes and gift cards. All you have to do is log on to NR92. com and listen to: "The Manchine" on Tuesdays at 7:35 to 7:45 a.m., "Big Ups" on Saturdays at 11:35 to 11:45 a.m., "The Raving Rant" on Saturdays from 2 to 2:10 p.m. Once you've got the word, e-mail nr92secretword@hotmail.com with your contact information, and the secret word. Nov. 21 to Dec. 15, 2009 is the time to listen to win.

"If you play with fire you're gonna get burned, if you play with the secret word you're gonna win prizes!"

Watch the real and fake NAIT News Watch to get the news, have a laugh and win great prizes. NAIT News Watch airs every Sunday, at 6 p.m., and it gives you all the top from a student perspective. After the real thing, head to http://youtube.

Campus Radio

com/naitnews3rdedition and watch the fake NAIT News Watch 3rd Edition. See other NAIT students try reading a newscast, and then vote on which one you think is the best to win great prizes. Watch the fake to see why you should tune into the real thing.

The life of a student is great, but a student budget isn't always a big as we want. Keep an eye out for NR92. com's Broke A\$ a Joke promotion. All you have to do is look out for the Broke A\$ a Joke street team from noon to 1 p.m. on Dec. 3 by NAITSA, the Business Tower and South Lobby, Dec. 10 by Reads & Needs, the HP Centre and the Common Market, and Dec. 17 by the South Lobby, HP Centre, Common Market. Fill out a quick survey about NR92.com, and you'll be entered to win great prizes, and keep your wallet full of cash.

Better watch out!

You better watch out! You better not cry! Santa Crew is coming to NAIT. Look for the Santa crew promo over the following few weeks, as the Santa Crew will roam the halls, cafeterias and lounges of NAIT handing out NR92-tagged candy canes. These tags will feature a secret word. Call or e-mail NR92. com and be entered into a draw for a grand prize package featuring swag from fancy sponsors!

Scope out the talent and charisma news, sports and entertainment action of NAIT's Radio and Televison students, and get some decent swag in the process.



Turn your radio on and win!



KATHY LE Assistant Entertainment Editor

There is always an interesting, weird and fun event happening at NAIT. Some students agree that in addition to providing a nice relief from studying, these events bring a healthy dose of entertainment into their post-secondary lives.

However, these events just don't take off by themselves. A formula of hard work, persistence, energy and creative minds from a team of people is required to organize an event. Specifically, the events that have been occurring around NAIT this week and for the next couple of weeks to come are all organized by the first semester students of the Radio and Television program.

One of the five teams involved in the promotional event, Team Super Wicked, can be seen in the hallways of NAIT this week during lunch hour "street teaming."

Posters up

"Since Monday, we put up posters around campus and are handing out flyers and telling people about our Bachelor and Bachelorette Auction on Nov. 26 at 7:30 p.m.," says Brieanna McCutcheon, one of the team members.

"It's going to be held at the Nest and we're raising money for Prostate Cancer Canada." This enthusiastic group is hard to miss, as all six members are sporting white T-shirts with the NAIT News Watch logo. For those who are not aware, NAIT News Watch is a half hour news-

cast produced by the television students of NAIT, which is broadcast live every Sunday at 6 p.m. on Access Television.

Kelsey Nichols, another member of Team Super Wicked, explains how they're raising awareness about NAIT News Watch with the auction.

"Other than continuously mentioning NAIT News Watch, we're going to have a little contest," she says.

Door prizes

"We're going to have tons of fantastic door prizes where anyone can enter to win, but in order to qualify your name for the grand prize draw you have to tune into NAIT News Watch this Sunday Nov. 22 at 6 on Access and identify the name of the entertainment reporter. When you show up at the event, put the correct answer on the ballot for the grand prize draw."

Three of the guys on the team, Mike, Paul and Taylor, each have their own radio show on NR92 called The Manchine, Weekend Beats and The Mixing Bowl. Information about the Bachelor and Bachelorette Auc-

tion can also be heard on each of these shows. The show times and dates all vary, but this information

can be found on www.nr92.com.

In addition, the team created a Facebook page called NAIT News Watch Bachelor Auction which has all the details and updates of events that are currently happening and will be happening.

Of course, a Bachelor and Bachelorette auction is nothing with out the fine ladies and gentlemen who are willing to go on stage to be auctioned off.

"During our street teaming event, we're looking for 10 bachelorettes and 10 bachelors to sign up" says Mike.

"It's an opportunity to be a part of something fun and also something towards a good cause".

It looks like this team has worked hard to pull out all the stops to advertise and promote their auction event and NAIT News Watch. However, in the end, it's all about having fun and creating that "entertaining break" students can always use from the stresses of school work.







Your horoscope



MADAME O

November 19-25

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

Aries (March 21-April 19)

It's clear that you're having trouble making friends and it's because you're way too pushy. You need to chill out, stop eating everything in front of you and get rid of that extra hair on your hard exoskeleton, and let some people in. chin.

Taurus (April 20-May 20)

You are strong and powerful, but you're not too bright. We all know that brawn is way more important brains, so you have no problem. Look out for flamboyant Latin men, and the colour red.

Gemini (May 21-June 20)

People find you way too overbearing, and they're sick of you. It's like there's two of you around all the time. To prevent a loss of total human contact, spend half the amount of time with them as you have been doing.

Cancer (June 21-July 22)

thing he or she said.

the police.

Say nothing. Hang up.

Everything else on you is weird, but you have legs to die for. Don't be shy to show those babies off. You are too grumpy. Soften up that

Remember: The caller wants to scare or

• If the caller phones many times or at all

• After the call is reported to the police, a

Here are some precautions to take if you are

• It may be someone you know. An ex-

spouse, boy/girlfriend, co-worker, or total

stranger. You will have to try to recall any

details of a past relationship or a suspicious

upset you. Anything you say to the caller will

hours, or threatens you or your property, call

phone trace may be placed on your line.

receiving suspicious phone calls:

confirm the reaction the caller is looking for.

Leo (July 23-Aug. 22)

Everyone looks up to you because you're a natural leader. To assert your status of dominance, eat large amounts of meat in front of them, and keep your hair healthy and shiny.

Virgo (Aug. 23-Sept. 22)

Still holding out? Seriously? Get with the times and have a little fun.

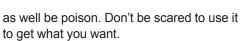
Libra (Sept. 23-Oct. 22)

People respect you, but they don't like you because you're way to honest. The truth hurts, so lighten up, and give them something they'll like to see, when they stand on you for support.

Scorpio (Oct. 23-Nov. 21)

So what if your hands are a bit odd. You're backside is so dangerous, it might





Sagittarius (Nov. 22-Dec. 21)

Top half of a jacked man, and the lower half of a horse? No wonder you're a ladies man.

Capricorn (Dec. 22-Jan. 19)

A little deodorant will go a long way.

Aquarius (Jan. 20-Feb. 18)

You are responsible for the good weather we've been having. Because of this, you will make more friends. They will ditch you for a Leo when the weather turns bad.

Pisces (Feb. 19-March 20)

You are friendly, charming, suave and smart. For some reason, it's not working. Stop eating where you use the washroom, and that should solve your problems.



It's the middle of the night. Your phone of the call. rings, and after you answer it: • Write down the sex of the caller and any-

• The caller shouts obscenities into the phone,

• You hear the caller suggest some sexual act, or

• You hear nothing at all.

What should you do?

HANG UP.

A suspicious phone call that scares or threatens you is a serious offence and should be reported to the police.

If you have a suspicious phone call:

• Never entertain the caller.

• Do not talk to the caller. Do not beg,

plead, or threaten the caller.

• After you hang up, get out a notebook or pad of paper and record the time and date

A bit of Nirvana By TYLER DAIGNAULT

By the middle of 1992, there was one certainty in the music world: Nirvana was the biggest rock band on the planet. Grunge was ruling the world, and Nirvana's headlining gig at the Reading Festival only cemented what everyone already knew, and convinced those who were in denial. The concert was timed perfectly - Nirvana had reached their zenith, and had yet to crumble under the weight of their own importance to the generation they influenced. The Reading performance was thought to be relegated to only bootlegs and the memories of those who lived it. Thankfully, that's no longer

the case. The performance has been lifted out of the band's posthumous back catalogue, and released on CD (and also on DVD). The 80-minute album faithfully captures the raging intensity of a band that often straddled the lines of messy indie rock and arena-filling psychedelic punk. The band explodes through

24 tracks with a guns-blazing ferocity, fully immersing the listener in a concert for the ages. The album allows for no room to take a breath, no space to wait and rest. Every track is one auditory assault after another. Songs are scattered from every Nirvana album, plucking the best from Bleach, almost all of Nevermind, and showcasing hints from the then-upcoming In Utero. Whereas a previous live performance compilation From The Muddy Banks Of The Wiskah may have hinted towards the band's greatness, Live At Reading represents a more accurate depiction of the band. It's an essential document of a legendary band at their most invincible.

Largely forgotten behind the band's tragic legacy is the element of rock and roll, and for one show, Nirvana was rock and roll. This is the definitive live Nirvana album and one of the best live rock albums of all time. Buy it. Buy it now.



person you met.

• At the same time, you must keep in mind your personal safety.

• Watch the people around you – at work, at the bus stop, anywhere – just in case the caller knows you and may be following you.

• Advise Campus Security Services. We can offer assistance while you are on campus.

A suspicious phone call is very unnerving. A threatening phone call is a crime.

For more tips and information, visit www. nait.ca/security.

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

Everybody benefits, except the criminal.



Please help local charitable organizations by dropping off your donation of

NEW Mittens, Toques, Scarves and SOCKS.

Share the Warmth campaign will run November 2 - December 4, 2009

DROP OFF LOCATIONS

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	A167	J213	Timetabling	
	A272	J303	T110 (NASA)	1
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Dear Dr. Conwisdom,

I've had a moustache for years now and I love it. She used to love it too, but now it seems to disgust her. I don't want to shave, what can I do?

> Sincerely, Señor stash

Dear Senor Stash,

I hate to say this to you, but it's not the mustache, it's you. There comes a time in a relationship that the little idiosyncrasies that once were considered adorable and attractive become annoying and disgusting. Do I think you should get rid of your mustache? No, I think you should get rid of your girlfriend. It's a sign that she will soon be dumping your ass, so beat her to the punch. Then go hook up with three sluts

and grow some chops into your mustache. Trust me, you'll feel much better afterwards. ...

Dear Dr. Conwisdom

I have a little problem. You see, me and my girl are getting a little bored, we have tried several ways to improve our sex life, such as roll playing and other "kinky" things as she calls them. Recently we decided to try something that we both thought of as extremely erotic: anal sex. The night we actually decided to 'do the deed' everything was going fine until ... well ... I guess she wasn't exactly all cleared out down there ... It was horrible. A few weeks later she is still saying she's sorry but wants to try it again. I'm a little hesitant and, to be completely honest, I'm kind of grossed out now. What should I do?

– Pudding pants

Dear Pudding Pants:

I've always lived by one motto, "if it's mean and clean, I'm going to hump it." My heart goes out to you; you took brown nosing to a whole new level. Not only is this an unfortunate situation, but it can also be detrimental to both your health and your relationship. With that being said, just keep in mind that everyone shits, including women. So my advice is to plan a romantic night out, maybe a little candle light dinner, avoiding any foods that can cause diarrhea, then escape life's problems with a couple's colonoscopy. These will both get you in the mood and clean that shit out. Literally. And if that doesn't work, take one for the team, close your eyes and think sexy thoughts. Good luck!

...

Dear Dr. Conwisdom, I really like this girl in my class, but I'm not sure if I'm her "type." How do I find out if she's into guys without offending her?

> Sincerely, No Radar

Dear No Radar,

Challenge her to an arm wrestling match. If she beats you, then it's most likely that she's not your type.

...

Do you have any personal questions you want to have answered? Just send an e-mail with your concerns to conwisdom@nait.ca and your sex doctor will have your "prescription" ready for you the following

week!

Alternative ways to exercise

By EMILY LAING Nexus (Camosun College)

VICTORIA (CUP) - Research papers, presentations, and exams are just a few of the many challenges students encounter through the school year. They can all cause students to experience high levels of stress - to put it mildly.

A little stress is okay, as it can boost the adrenaline; too much can be detrimental to a person's health.

Exercise is an excellent option when trying to cope and improve academic performance. The key is to keep the exercise interesting.

So how do students stay fit and reduce tension without being confined to just lifting weights and

running on a treadmill? Here's one option: finding instant gratifica-

tion in hula hooping. The hoop is a product from the 1950s but

has returned to modern culture. Regardless of age, weight or rhythmic ability, hula hooping is a convenient exercise that almost anyone can enjoy. It's also an affordable piece of equipment that can meet a rigid student budget.

People come to hula hoops through all dif-

ferent avenues. Randi Obenauer is a hula-hooping regular who became inspired with the hoop after spending a summer in Squamish, B.C.

She met a group in Squamish who made heavy hoops for more extreme workouts and taught forms of dance while spinning a hula hoop. After just one lesson, Obenauer became hooked

> "I now own three of their heavy hoops in three different sizes and, yes, I can spin all three at once," says Obenauer.

Not only do hula hoops bring back fond childhood memories, they primarily target a person's physical core, providing a cardio and strength workout through

natural movements - so if students are feeling pent up in the classroom, and can pause for a brief break, they may find pleasure in devoting that time to having some fun inside the hoop rather than committing to long hours in a gym.

"It's the most unnatural environment and the last place I want to go to try to get healthy."

of physical activity is by getting involved with local outdoors community groups.

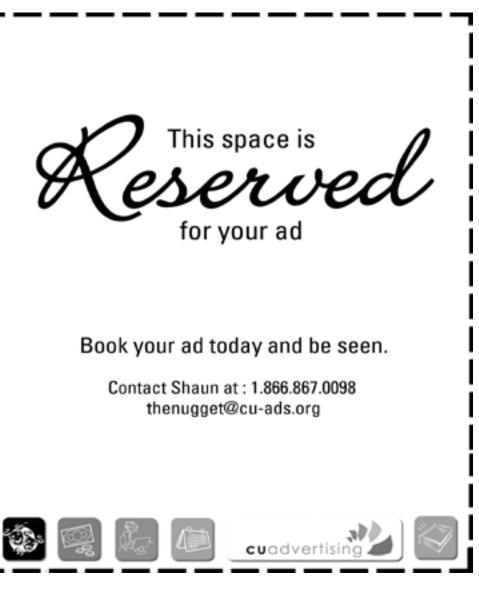
The Moonlight Midnight Mystery Ride is a group of bicycle enthusiasts who ride together on the second Friday of every month in Victoria. The group of riders meet under the moonlight for a whimsical journey through the city streets.

"Mystery Rides are definitely the coolest way to stay in shape," says David Griffin Brown, a University of Victoria student and Mystery Ride participant.

"It's a great group of people, and I have many new friends as a result of going. We continue this pattern of riding and stopping several times, and often I don't get home until 3 or 4 a.m."

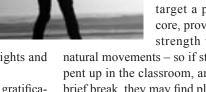
Being a part of groups like this can make for a great way to meet new faces, test a person's endurance level, and enjoy relaxedpaced exercise at the end of a consuming week of tests, assignments, and everything else that comes along with being a full-time student.

Although the importance of physical exertion is nothing new, a variety of exercise is sometimes needed to maintain motivation. Students who set aside some time for exercise may feel more confident with their studies and gain a better sense of control over their hectic agendas.









"I hate going to a gym," says Obenauer. Another great way to explore other forms

Other methods for working out:

Aquatics

Exercising in a tranquil water environment gives people a chance to forget about their stress while providing a great cardiovascular workout.

Martial arts

Learning a martial art, like taekwondo, that places great emphasis on high standing and jump-kicking techniques is sure to get the adrenaline pumping and sweat dripping. This is also beneficial for those who want to learn more about self-defence.

Nintendo Wii

While some may be skeptical about the benefits of staring at a TV screen and using a video game for fitness, games such as Wii Fit can encourage people to increase their activity level.

Simulated Wii activities ranging from boxing, baseball, tennis, and balancing games are engaging ways to get off the couch and take part in the action.

Pole dancing

Pole dancing may be a great option for physical activity and has become very popular with women. Pole dancing may bring to mind a group of showgirls performing at a strip club in Las Vegas; however, the dance is hard work and requires gymnastic and ballet movements around the pole.

Dodgeball

Dodgeball organizations have become increasing popular, providing unique benefits in cardio and strength, while also improving handeye co-ordination.





and **Brittany Black**



"Hot robot chick from Transformers 2."

Ryan Busko RTA



"Megan Fox."

Shilo Dube **Heavy Equipment Tech**



"Santa Claus, of course."

Jessica Kent RTA



Christmas is coming. If you

could kiss anyone under the

mistletoe, who would it be?

"Entire Dallas cheerleading squad."

Paul Fitzpatrick RTA



"Jeannette LaBrie."

Johnathan Lennox **RTA**

Alberta Health

Services



SUNDAYS

@ 6PM ON **ACCESS**

The Next Generation of News





Visit www.nait.ca/h1n1 for the latest on the NAIT response to the H1N1 pandemic.



STUDENT OPPORTUNITIES

NAITSA (NAIT Students' Association) is now accepting applications for the following:

SUDS SECURITY (paid positions)

- Supervise and ensure student events are safe.
- Check IDs and ensure policies and procedures are followed.
- Guards will be expected to complete a training program (provided) before starting any shifts.

Application forms available in E-131, or submit a cover letter and resume to Shannon Marshall at the NAITSA office.

NAITSA VOLUNTEERS

For every hour volunteered, enter to win a ticket for NAITSA'S New Year's Ski Trip!

NAIT'S Got Talent

Nov. 25: 4:30 p.m.-6 p.m. Handing out candies Nov. 23, 24, 25: 11 a.m.-2 p.m. Promo/handing out handbills Ink Night

Dec. 2: 10 a.m.-11:30 a.m. Help put up photos in Nest Dec. 2: 4 p.m.-6:30 p.m. Hand out ballots, door prizes etc.

For more information on volunteer opportunities at NAITSA, please e-mail naitsavolunteers@nait.ca

ROOM FOR RENT

Close to NAIT. \$550/month includes utilities, laundry, phone, Internet, parking. Call 780-758-2688.



WANTED

NAIT Athletics is looking for a dynamic, enthusiastic student to be the "OOK" mascot! Earn up to \$1,000 per semester!!!

For more information, contact Jordan Richey at 780-471-7579 or jrichey@nait.ca

Big Brothers Big Sisters

Kids with great mentors are more likely to attend schools like NAIT immediately after graduating from high school. Volunteer today through one of the flexible mentorship programs with Big Brothers Big Sisters. You don't have to change your life to change theirs.

> Call 780-424-8181 or apply online at www.bbbsedmonton.org.

Samantha McNamara, 21 Diagnostic Medical Sonography

Photo by Raymond Ip

Three words to describe yourself: Kinda nerdy, mildly sarcastic and full of surprises Things you look for in a guy: Skills ... you know, like nunchuck skills, bow hunting skills, computer hacking skills...

First thing you notice in a guy: A great smile

Favourite part of your body: I like my eyes

What kind of music do you listen to: Anything a bit harder, rock, metal, alternative Panties, thong, commando: Definitely granny panties ... you can never be too protected

What do you want to say to the men at NAIT?: DMS has a bake sale and pub night coming up, come say hi, and support our program

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





BIOLOGICAL SCIENCES SKI-TRIP"I(I

THE TRIP

THE TRIP INCLUDES ROUND-TRIP TRANSPORTATION, TWO DAYS LIFT PASSES, AND TWO NIGHTS ACCOMMODATIONS AT THE SPORTSMAN LODGE, DAILY TRANSFERS TO THE SKI-HILL, AND A PROFESSIONAL TOUR-GUIDE. ALL THIS CAN BE YOURS STARTING AT \$300 PER PERSON (4 PEOPLE/ROOM, NO EXCEPTIONS), EXCLUDING RENTALS AND FOOD. THE HOTEL IS WALKING DISTANCE TO RESTAURANTS. MORE INFORMATION IS AVAILABLE.



PAYMENT

A MINIMUM \$150 NON-REFUNDABLE DEPOSIT WILL BE DUE BEFORE CHRISTMAS BREAK, AND THE REST WILL BE DUE IN THE FIRST WEEK BACK IN JANUARY, SIGN-UP SHEET IS IN E-106

Upcoming Events ...

Dental Assisting 2010 What: A Bar Night at the Docks Where: The Docks bar in Londonderry Mall When: Friday, Nov. 20, 8 p.m. onwards **PGC Technologies** What: Weatherfod Spice fundraiser Where: PGC Office, Engineering Annex Bldg., Room L223 When: Anytime NOTE: Weatherford Spice, goes great on all meats, try it on popcor ... delicious. Just in time for Christmas stocking stuffers! Contact: John Hirschmiller at johnhirschmiller@gmail.com

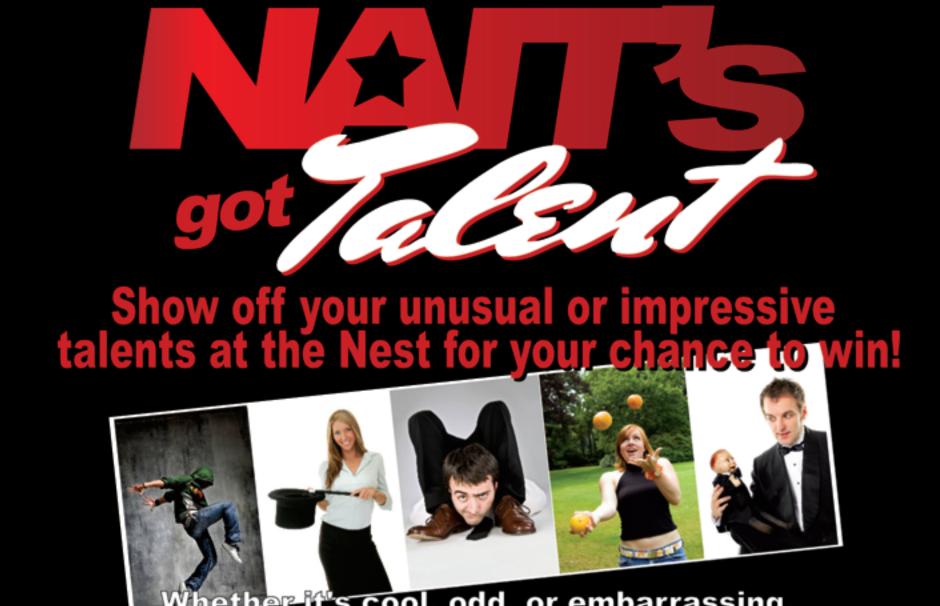


Paramedic Class of 2010 second annual Ugly Christmas Sweater Party

Date: Nov 20 from 7pm to Location: NAIT Business Tower Top Floor Price: \$70 per ticket Advanced Tickets Available From The Paramedics Association UGUEST SWEATER WINS OILERS TIX!



STUDEN



Whether it's cool, odd, or embarrassing, we want to see your special talent!

Nov. 25th 5:00 pm Do you have a special talent that you love to share? five minutes in the Nest spotlight could mean big prizes!

- crack some jokes
- sing
- burp the alphabet
- tap-dance
- impersonate a celebrity
- play an instrument
- breakdance

..think about it...everyone has a skill, yours could earn you \$500!

Deadline for registrations is Nov. 23. Registration forms can be picked up at the NAITSA office or at the Nest, beginning Nov. 4, or you can sign up at the NAIT's Got Talent Kiosk in the South Lobby between 11AM - 1:30PM on Nov. 10 and 18th.

facebook.

Visit us on facebook

* All skills registered must be in reasonably good taste and be safe to perform in public.

www.naitsa.ca



2nd \$250 • 3rd \$100