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



STUDENT CASHES IN NAIT's own Konrad Misiewicz wins \$20,000 business award Story page 3



SURROUNDED!

A SAIT Trojan player is hemmed in by three NAIT Ooks last Friday during a game at the NAIT Arena. SAIT won the contest 8-2 and followed up with a 3-2 win Saturday to take the weekend series.



NEWS&FEATURES Diabetes **Nugget Issues Editor MacKenzie** Marshall shares a laugh with nurse Vira Dackiw-Bokalo Wednesday after having his blood sugar tested. watch

By BRIEANNA McCUTCHEON

Over two million people in Canada have diabetes and 230 million people have it worldwide. It's become so widespread, many of us know someone with diabetes, whether it's a family member, relative, or friend of a friend. November is Diabetes Awareness month, and NAIT had a booth setup in the south lobby earlier this week, to spread awareness and test the blood sugar levels of students.

Organizers say the setup is beneficial to all students at NAIT. This way, students can take the proper steps to prevent diabetes. The best way to prevent diabetes, says Vira Dackiw-Bokalo, an occupational health nurse, is to "make sure you have a healthy lifestyle and stay active."

You can do this by briskly walking every day, eating healthy foods that have good sugars in them and making sure your blood pressure is at a normal level when resting. If you

are unsure if you have healthy blood sugar levels or are interested, you should get tested. I did, and my sugar level was 6.6 mmol/l, normal for just after a meal.

This advice is mostly for people with Type 2 diabetes, because it is preventable, unlike Type 1 diabetes. Peo-

ple with Type 1 are usually diagnosed in adolescence. When talking to Vira, she said that diabetes is definitely on the rise because people "are more overweight these days."

When hearing this, it's hard not to have a mental picture of young 10-year-olds going to the candy store and indulging in an excessive amount of sugar coated sweets until they're in a sugar coma on the couch. According to Statistics Canada, "obese children are more likely than non-obese children to face health prob-



lems ... child obesity is associated with diabetes, heart disease and other issues."

To my surprise, it is the old demographic of today that are seeing the increase in Type 2 diabetes.

"The younger generation of people are not exempt from Type 2," says Vira. According to the world diabetes foundation, the number of people with diabetes is suppose to increase from 230 million people to 300 million people in less than 20 years if people do not start to

live healthier lifestyles.

Photo by Kathy Le

As far as any state-of-the-art-technology that has recently been developed to cure Type 1 diabetes Mira Cetkoric, an occupational health nurse, said that there have been strides made by our own U of A Hospital, for its Islet celltransplant research. The only down part is that it tends to only "work for a couple years," and there is a wait list because of the high demand for the procedure.

Reaching

By RYAN FLAHERTY

As the Christmas season approaches, lots of people choose to share their holiday spirit with numerous charitable organizations. For many, this involves writing a cheque or dropping an item or two in a donation bin. Others prefer to donate their time in an effort to support their charity of choice. In most cases, the donor's only reward is a tax rebate or, more importantly, the feeling of having done something good for society.

However, for students in a pair of NAIT programs, the reward includes valuable real-world experience which could serve them well in their future careers. A new feature in the curriculum of the Architectural Technology and Interior Design Technology programs has students working with Habitat for Humanity to help build homes for people in need.

Todd Brooks, an Architectural Technology instructor, said that another NAIT program was part of the inspiration for the new course content.

"The Construction Engineering students have been participating for a number of years, and last year our Chair (Kevin Porter) suggested Habitat for Humanity as a trial work experience activity, as our advisory committee has been suggesting that our students obtain additional on-site experience. We also felt that participating in Habitat for Humanity was a way for our students to give something back to the community."

In order to satisfy the new program requirements, first-year students from the two programs spent time at a Habitat job site in St. Albert during the past month. AT students were on site dur-

ing the first two weeks of November, and IDT students last week. Depending on the current construction phase of the Habitat home to which they are assigned, they participate in a variety of tasks. These include framing, painting, even installing doors and shelves - anything to help get the house built. Some students have even helped Habitat for Humanity in other ways.

"Students were assisting in the Habitat for Humanity Re-Store, which is a retail store for building supplies," Brooks said.

The time spent on a Habitat job site provides students not only with a great way to give back to their community, but an opportunity to apply to a real world environment what they've learned in the classroom.

for Humanity "The students learn about wood framing and residential construction during the first semester, so they are able to relate the on-site experience to the theoretical experience," stated Brooks.

> So far, the feedback has been overwhelmingly positive. Brooks says there are numerous reasons Habitat for Humanity is so pleased to have NAIT on board. "They benefit from an influx of volunteers during a typically difficult time of year to find help," he points out, adding "some of the regular volunteers really enjoy the energy of the students."

> Habitat CEO Alfred Nikolai even made an appearance at the job site last Tuesday. In fact, the response has been so good that the two programs have implemented the curriculum changes on a permanent basis, and in future years a week will be set aside specifically for Habitat projects. It's just one more way in which a NAIT education extends beyond the traditional classroom.

JENNIFER, BTech Student GR

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BTECH INFORMATION SESSIONS

Thursday, November 26, 7-8 p.m. Thursday, December 10, 7-8 p.m.

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Please RSVP by email to btech@nait.ca

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NEWS AND FEATURES

Biz student brings home the bacon



BRITTANY BLACK Assistant Issues Editor

Can you imagine receiving \$20,000 to start your career?

Konrad Misiewicz, a student in NAIT's JR Shaw School of Business, was just handed this wad of cash for an idea that "could potentially save the oil industry a lot of money," say NAIT officials. Misiewicz got the money by being the first winner of the Youth Technopreneurship Program (YTP) - HATCH business plan competition.

What idea could possibly be worth \$20,000? An improved pig tracker. No, it's not a GPS for bacon, it's some sort of oil industry toy. Basically, it is placed inside the pipeline and it cleans residue from the inner walls. The valuable devices that already exist often get stuck or lost inside of the pipes, so it is important that they are tracked closely. For anyone who isn't oil-rigliterate, a basic pig tracking system consists of a trans-

mitter and a pig tracking receiver. The transmitter is inserted into the pig prior to its launch and then the transmitter uses low frequency signals to penetrate the pipe walls. When these signals are picked up by the receiver, it emits both an audio and visual notification.

However, this new idea, which actually came from his father, Mark Misiewicz, (a consulting engineer in electronics) is said to be better than anything on the market right now. Mark said his idea "is more durable, it has longer tracking range

and it can be used with a number of receivers."

The father-son team have talked about forming a company, but have yet to decide on a name. Mark told the media that he'd been working on the idea for about five years but that it was now time for Konrad to sell it. "Engineers aren't the best salesmen," he says.

Manmeet Bhullar, parliamentary assistant to Doug Horner, Minister of Advanced Education, said that the purpose of the contest is to "foster the spirit of innovation in a new generation of Albertans." Bhullar also shared his hope that students could look



Konrad Misiewicz

at problems in the world with an attitude that they can be solved.

The challenge opened in April of this year and ran until the end of October. All the eligible entries were considered and the top three applicants were chosen to present their ideas to the judging panel. Overall, Konrad was excited to be HATCHed!

Getting "hatched" didn't just mean Konrad got a huge cheque, he also received one year of incubation from novaNAIT's Duncan McNeill Centre for Innovation and business mentorship by SIFE (Students in Free Enterprise).



Colleen Nuc

entertain@nait.ca

Kathy Le

entertain@nait.ca **Issues Editor**

MacKenzie Marshall issues@nait.ca

Assistant Issues Editor Brittany Black

issues@nait.ca Photo Editor

Raymond Ip photo@nait.ca

Production Manager Frank MacKay

fmackay@nait.ca For advertising, call 471-8866

or e-mail: fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

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

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

Letters

We want your views

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

Get those thoughts into print. Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break! Submit your letters with your

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

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

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

Guitar lessons strike chord

By TYLER DAIGNAULT

A group of NAIT students started down the long road to musical stardom last week.

With aspirations of potential greatness in their eyes, future Hendrix's, Claptons and Pages shredded through guitar power chords and let epic songs reverberate off the walls of the NAITrium. Alright, maybe it wasn't that grand, but almost 20 guitar beginners, many of whom had never picked up the instrument in their lives, experienced their first foray in musical education. Many attendees got a taste of what it's like to produce music themselves, even if that music was riddled with errors and off-beat rhythm. Expertise wasn't the goal; these lessons were about having fun.

Organized by the NAIT Students' Association, the free guitar lessons, complete with supplied guitars and accessories, ran for one hour a day for three days.

Taught by Edmonton-based guitar instructor Tommaso Zillio, the students were given a brief training in starter chords, strumming and song playing. Even with the small time frame for lessons, Zillio's instructional style was picked up quickly by most of the students. Even though learning guitar can seem like an insurmountable task, the students had fun while learning, something Zillio strives for.

"There are two main things when I teach guitar," he says. "One, the student has to like the music they're going to play and have fun with their instrument. The second thing is that the student has to get confirmation as soon as possible that they can actually do this thing."

Students in the class were encouraged to prac-

tice outside of the class, and many did, as shown in the progression of talent from the first day.

Those who awkwardly plucked the strings and chords the first day showed great poise when asked to display what they'd learned. The result was a great group effort and sound.

"The first time we were all playing together and harmonizing," said student Jonessa Wereley, "was pretty cool because you were a part of it." Zillio notes that anyone can pick up the guitar, no matter their age or station in life, as long as they put the effort in.

"People can be as good as they want," he stressed. "It's a matter of patience and practice. And that's it."

A beginner's level of knowledge and confi-

dence weren't the only things that the students strived for - they also had a chance at winning one of the guitars, courtesy of NAITSA.

Rolaine Bu was the lucky student who improved the most from the first class and took home the prized instrument. Citing a piano background and practice as the reasons for her success, Bu was thrilled to be crowned the winner.

"I'm so excited," she exclaimed, "I can't even speak right now!"

When asked if winning the guitar would provide the motivation to continue learning, Bu responded with a sly smile.

"Oh yeah, I'm going to take more lessons. I'm going become a rock star!"



Students practise what they have learned in guitar class.



The Nugget Room E-128B

11762-106 Street Edmonton, Alberta T5G 2R1 Production Office 471-8866 www.thenuggetonline.com

Editor-in-Chief Chris Carmichael-Powell studenteditor@nait.ca

Entertainment Editor

Assist. Entertainment Editor

NEWS & FEATURES

<u>Cinda's TechTalk</u> Mario's still super

By LINDA HOANG

Du du du, du du du du, du du du du du du du du du.

The Super Mario theme song lives on.

Released just last week is the new Super Mario Bros. Wii.

Guess what I spent the week doing?

Basking in Mario nostalgia, basically.

Mario is quite possibly the most recognizable face in the gaming world. You'd be hard-pressed to find a person who hasn't heard of or played a Mario game. Super Mario Bros. Wii

brings back the classic, sidescreen-scrolling game in 2D. Bowser kidnaps Princess Peach, as per usual. There's the good ol' coin collecting, hopping onto your enemies to smush them, same ol' ghosts that freeze when you look in their direction, and even Yoshi.

New to this Mario version is the multiplayer capability of up to four players. If you've got four Wii remotes, four friends and a couple of hours,

you've got yourself a guaranteed fun time filled with a lot of excited yelling at both the other players and the screen. Super Mario Bros. Wii also incorporates remote tilting and shaking in certain levels and for certain jumps and attacks. There are also new power-

up items.

To balance the classic Fire Flower that gives you fireballthrowing abilities, Super Mario Bros. Wii introduces the Ice Flower, which, if you couldn't have guessed it, lets you freeze enemies into blocks of ice.



We are again approaching the season when snow, ice and rain can make our sidewalks treacherous. In Grounds we do everything we can to keep our sidewalks and entrances safe but there are times when it is impossible to get to every location in a timely manner. In order to speed up our response times to icy situations we have added two new manual ice melt spreaders and a unit which mounts to one of our Gators. These will give us a faster and more even coverage of the sidewalks.

Prior to snowfalls, we contract with a firm to put down a product called Anti-Ice, a cornbased compound, which inhibits ice from forming on sidewalks and walkways. We put this down at high-traffic locations throughout the Institute.

In addition, there are several sandboxes strategically placed throughout the Institute's walking areas (see attached map) that we keep filled with a mixture of Eco-friendly ice melt and a product called Eco-traction. Inside the sandboxes are scoops to aid in spreading the ice melt. If you find an area that is slippery, please feel free to apply ice melt to the area.

Our snow removal priorities for entrances and sidewalks are as follows:

- 1. Entrances, ramps and sidewalks used by the disabled.
- 2. Main building entrances and sidewalks.
- 3. Secondary entrances and sidewalks.

Thank you for helping us to keep our campus as safe as possible by wearing proper winter footwear and spreading ice melt in trouble spots as you see them.



There is also a Propeller Suit item that allows you to fly, well, more like spin, flail and hover for a little bit, with the controlled flick of the Wii remote, and my personal favourite, the Penguin Suit power-up that provides scores of slippery sliding fun on ice and slick swimming underwater.

The game is not easy, though. Well, it's not the most difficult game either. Let's face it, it's Super Mario Bros. Even non-gamers should be able to pick up on game play

fairly quickly and multiplayer makes things pretty easy. But make no mistake; many of the levels are challenging and I guarantee you'll be banking a lot of hours playing this game.

Super Mario Bros. Wii is simple, straightforward and sometimes overly repetitive, but any qualms I had while playing were quickly drowned out by the lovable, classic and timeless music and familiar game play. A must have.

Cue Mario theme song humming for the rest of the day.







OPINION

— Editorial —



t seems like only yesterday I was carving a pumpkin and placing it on the doorstep for Halloween night. These days, when I walk past the stores in the mall, I hear Christmas music, see Christmas trees and sit on the lap of Old Saint Nick. It's

official, along with the snow,

CHRIS CARMICHAEL-POWELL Editor-in-Chief

the holiday season has arrived.

The holiday season is a bittersweet time of year. One advantage is it gives us all an excuse to gain 15 pounds, and the best part is the Holiday 15 is totally, absolutely, acceptable! Yes folks, you heard it here first, enjoy every last bite of your holiday dinner. Screw it, go back for seconds. After all, I think you deserve it, it has been a rough one. Considering the year we've dealt with and are still dealing with: H1N1 (and yes, you may be tired of hearing about H1N1, perhaps you're even one of those people who think it's not really that bad – I can't imagine the people who lost family and friends to H1N1 feel the same way, so deal with it) and the recession, even dessert is allowed. I don't mean that you should have a small piece of pie. I mean it's time to indulge in the big piece of pie. You know the size I'm talking about, the size you eat when you're all alone sitting on your couch eating your feelings. Please tell me I'm not the only one that does that.

Shopping phase

There is also the shopping phase of the holiday season. For those of you who don't know me, I love shopping, but I hate holiday shopping. Holiday shopping is a beast, a crazy irrational beast. The malls are busy, people are pushy and worst of all, there is always a line at the food court. To top it all off, whenever I am looking for a gift for others, I tend to find more things for myself. By the end of a standard holiday shopping trip I have a poutine stain on my shirt and \$800 of merchandise. Unfortunately, none of the merchandise is for anyone else but myself. By the time I actually get to the holiday shopping, it's noon on Dec. 24. Have you been to the malls at that time? Do yourself a favour, don't go! Not only is it crazy busy, the only thing left to buy is crap, because all of the responsible people already snatched up the good gifts. Damn those responsible people, always making me look bad.

Silver lining

There is, nevertheless, a silver lining to the holiday shopping cloud. This year I have found the customer service in stores to be exponentially better. Last week I bought a new jacket (If you see me in the hallway feel free to say "Christopher, I love your new jacket," it will make me feel amazing!) and the sales associate, who is also a NAIT student, was incredible! It was by far the best shopping experience I've had in a long time. It has not only been the purchase of my new jacket that I've enjoyed, generally I've noticed an increase in the number of knowledgeable and helpful sales staff. And people say nothing good comes out of a recession? Pish posh.



A poor pathetic mess

Dear Editor:

The Spartan Centre dinner tables are a disgusting mess. They are covered in food, spilled liquids and basic trash and it appears they aren't cleaned because they are in the same condition in the morning minus the loose debris.

In addition the men's bathroom near the HP Centre cafeteria is unfit

for human use. The garbage is overflowed onto the floor, the floors are as grubby as a pig's pen. Do not subject yourself to look into the bathroom stalls and for some reason there is never any hot water when you want to wash your swine flu infested hands.

When you walk out of the bathroom there is a sanitizer station at the chef's entrance to the kitchen; it is always empty because it is never refilled. The station near the vending machine is empty also. Seems like the H1N1 prevention program is a mirage.

I am not looking forward to the third wave of H1N1 at NAIT. It is sad to see this state of the art facility in such disarray.

- Darren Thomas

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: studenteditor@nait.ca.

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Trust us on that. Write us.



SPORTS Win tuition with women's **B-bal**



By LANDON HOMMY Sports Editor

You know what's wicked? Swag. Free stuff. Complimentary tokens of something valuable. That's what's wicked.

Available soon is the Ooks Women's Basketball Prize Book, the freshest example of dishing out free stuff - all while maintaining the theme nights that were implemented earlier this year.

The star attraction for book buyers is the bonus packs, which will be drawn randomly at two of the six remaining home games. The first is a semester's tuition up to \$2,000 - paid for! A Nest package, which includes two Oilers tick-

ets, a Nest dinner for two and Ooks and Oilers apparel, is the other big-ticket item.

Nest coupons, campus discounts, more apparel and gift cards are some of the other great prizes that are available to win.

It's one of the most innovative plans a team has come up with in a while, a plan that the team hopes will get students out to the gym to support them.

"I want to have the student body a little more involved in our athletics program," says head coach Curtis Nelson.

"From a player's perspective, it's great to play in front of a full gym, but I also think we've



CURTIS BINKOWSKI Assistant Sports Editor

5. KOBE'S SHOT

Bryant's bucket against the Oklahoma City Thunder on Sunday night at the Staples Center is rarer than low fat gravy at an American Thanksgiving dinner. Kobe was driving to the net and was angled out of bounds right behind the backboard, where he let an unorthodox jumper go that arched over top of the backboard and landed smoothly in the rim. YouTube worthy.

4. HORC BEATS THE CLOCK

On Saturday night against the Chicago Blackhawks, Edmonton Oilers forward Shawn Horcoff appeared to have scored with 0.1 seconds remaingot a great product for students to get involved with."

The price? Cheap. Nine bucks cheap (with your student ID of course). For your parents/ partner/paid partner, it's \$12.

Along with missing out on the game-night coupons, if you don't go to the game you won't be able to claim the big prize should they draw it. Considering the game is free for NAIT students anyway, and the men play right after, it's hard to imagine why you wouldn't want to go.

As mentioned, the theme nights will continue. Last month, the team kicked off their year with "Philippines Community Night," a great promotional event that raised nearly \$2,500 for those affected by the typhoon that devastated the Philippines this fall. The next week the ladies brought in professional boxers to take on fans in a Wii version of fisticuffs, with one lucky patron

walking away with a PS2. Future themes include Breast Cancer and DJ Hero night.

Samantha Lloyd, who out to the games. We can get

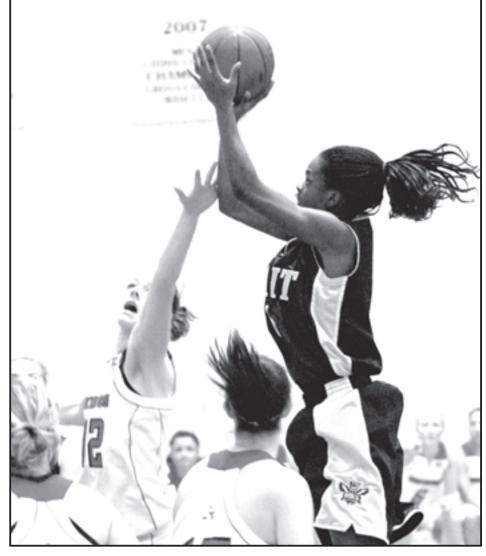
the entire NAIT population pumped up." The team already draws quite well, but coach Nelson wants to sell it out, making NAIT the Canadian version of Duke's Cameron Crazies. "Let's see if we can pack the gym and make it a place that nobody wants to come in and play at."

The first chance to attend, with prize book in hand, will be this Saturday at 6 p.m. when the Ooks finish off their first semester schedule against the Augustana Vikings. Remember, you have to attend the game to win, so get on it and let's see if we can stack the stands and win some free stuff. That would also be wicked.



\$9 students \$12 regular price

2009 / 10 OOKS WOMEN'S BASKETBALL PRIZE BOOK 1



The Bink wrap

ing in the second period. Under further review, time had expired. The very next game against the Coyotes, Horcoff again scored with 0.1 seconds left in the second period, this time, beating the clock

3. MORE THAN GLASS SHATTERED

Swedish Elite League, Leksand vs. Bjorkloven, Henrik Andersen skates through a couple of defenders, dekes the goaltender and scores. He then attempts the crowd pumping celebration by jumping into the glass, but goes right through and disappears behind the boards. Funniest thing about it: it was his first goal of the year. Stone Cold Steve Austin's theme music will likely be played if he ever scores again.

2.59 YEARS LATER

Since the NFL increased its season schedule from 12 games to 14 in 1961 (they went to a 16-game schedule in 1978), the Detroit Lions have won more than 10 games only twice. In 1962 they went 11-3 and in 1991 they went 12-4, which was sandwiched by 6-10 and 5-11 seasons. They haven't had a winning season since 2000 and infamously went 0-16 last year. First overall pick for the Detroit Lions, 21-year-old QB Matt Stafford, is expected to be the building block for the franchise. Despite a slow start to the season, Stafford threw five touchdowns this weekend against the lowly Cleveland Browns in a 38-37 last-second win. In fact, due to a pass interference call, the final play of the game had :00 seconds left on the clock. According to NFL.com, Stafford's five TD passes is the most by a rookie QB since 1950 and the second most yards thrown (422), since 1950.

1. THE FIGHTING IRISH

These are a few scenarios that have likely hap-

pened in Ireland in the last week. One soccer fan holds the door open for an old man and he doesn't say thank you, so he gets punched in the face! A man late for work who almost misses his exit on the freeway signals and sort of cuts off an old lady. The old lady dangerously swerves in front of him and gives him two middle fingers while yelling, "\$!#& you prick!" Ireland got completely screwed out of the World Cup because of a blown call by officials. French star and captain, Thierry Henry, clearly used his hand to control the ball at the side of the net before passing up the game winning goal in the 103rd minute. France won the game 1-1 on aggregate, eliminating Ireland. World Cup executives will not grant the Irish's demands to replay the match, which really makes your wonder: Why won't they just use replay and get every play right.



helps MC the events, feels "it's a great way to get more people



Give and Go

LANDON HOMMY

I put in a nice Californication session this week and it amazes me, with apologies to X-Files fans, how zeroto-hero cool David Duchovny has become. He's possibly the most suave man on television. Then I watched HNIC and saw Dustin Penner continue his renaissance of playing good hockey. But that 'stache, that glorious lip-broom that he's rocking has made him – and I'd never thought I'd say this - pretty cool ...

Hommy – You see Kobe's killer shot from behind the backboard this week?

Cedric Benson – I did, but it wasn't as killer as this comeback season I'm having. Becoming a Top 10 rusher after being a "bust" is a great feeling. The Bears were right. I was worth the fourth overall pick. I AM WHO THEY THOUGHT I WAS!

David Caruso – Yeah, that was great.

Binkowski – No Horatio, you'll never be cool. Anyway, Jimmie Johnson won his fourth straight NASCAR championship. That's pretty epic.

Justin Timberlake - Almost as epic as my rise to the top. Before SNL I was thought to be a flake, possibly gay and a bad artist. Now I'm envied by men everywhere and wanted by women everywhere especially Britney.

Christina Aguilera - Speaking of her, remember how everyone equated me with her? It just shows how a good voice and wearing underwear in front of the paparazzi will prove you cooler than your contemporaries.

Ryan Flaherty – Well, the main thing is that Joe Mauer ran away with the AL MVP.

Leonardo DiCaprio - No, the main thing is how awesome I've become after Titanic.

Michelle Wie - Or how winning a tournament makes you relevant again!

Hommy – Oh yeahhh, Michelle Wie. The golfer right?

... Now if only these guys would tell (Dion) Phaneuf how it's done.

European soccer at full pitch

By TAYLOR POLLMANN

This year's edition of the world's most popular sport has hit the pitch with a force that is sure to rip up the turf.

The events of the summer were best categorized by the extravagant spending of a desperate team based out of Madrid. After finishing in third place in their domestic league, Real Madrid spent an outrageous €250 million on signing two of the past three FIFA players of the year - Cristiano Ronaldo and Kaka. The other significant signing was Zlatan Ibrahimovic, who was inked by Real Madrid's rival Barcelona.

So far all of the leagues' standings are in a pretty predictable position. In the English Premiership, Chelsea sits atop the league

with 33 points, followed by Manchester United and Arsenal respectively. The only surprise so far is the dismal performance of Liverpool, which has fallen down the standings into seventh place. This wouldn't be so bad if not for the early round exit in Champions League play.

The Italian Series A is run by the show that is Internazionale. Juventus and AC Milan are not far behind but have to keep up the pace set by the leader or they will quickly fall behind.

Spain's La Liga is once again being fought over by Real Madrid and Barcelona. With both teams' eyes set on a league championship and a Champions League trophy, the rivalry will only heat up from here.

The fight for the prestigious Player of the Year award is going to be one for the ages. Even though Christiano Ronaldo has been injured, he's still near the top of both the Premiership and the Champions League in goals. Barcelona's Messi is always a threat with the playmaking skills of a genius that only comes once in a lifetime.

Surprisingly though, he's not even the best player on his team, as Ibrahimovic has pounded his league with a mind-boggling seven goals in nine games.

There are many other deserving candidates in the various national leagues, which makes this year's race all the more exciting.

Whether it's for the love of the game, or the excuse to hang out with friends on Sundays, it's a great time to be a soccer fan.

So hang up the skates and put on the cleats as we wind down to the Champions League Final and the 2010 World Cup, which will be hosted this summer by South Africa.



Christiano Ronaldo

A helping hand

By KITA MURU

Qualification for the 2010 FIFA World Cup has passed by, and it was quite hectic during the last playoff round.

The most notable moment occurred during the France/Ireland match. The match went to extra time thanks to Irish captain Robbie Keane, who tied it up 1-1. French captain Thierry Henry then channeled his inner Maradona on a free kick by cradling the ball with his hand, then flicking it to William Gallas for the game-winning goal. He even told the ref himself that it was a hand ball.

The non-call caused a massive outcry – some aimed at FIFA in regards to referees possibly favouring bigger teams, some at UEFA president (former France player) Michel Platini, who is mum on this,

but mostly at the French team, specifically Henry for being an (insert bad word here)

This incident dwarfed everything else, including Slovenia defeating Russia (what !?). The Russians got upset after they won their home leg 2-1, but got shut out one-zip and bit on the ass on away goals, while the Slovenians waltzed through. Elsewhere, Greece defeated Ukraine by a goal and Portugal beat Bosnia-Herzegovina by two. In North/South Amer-

ica, Costa Rica proved no match for Uruguay, while in Oceania/Asia New Zealand defeated Bahrain by a goal.

The Major League Soccer playoffs were nuts this year, and it's only fitting they had a dandy ending.

In the MLS Cup Final, the East was represented by Real Salt Lake (via crossover from the West), a team that was practically running on glass slippers in their playoff win over the defending champs Columbus Crew. They kept the clock from striking midnight as they went through the Chicago Fire (and Flames?). The West had the David Beckham experience; The Los Angeles Galaxy survived El Clásico, MLS playoff edition, against Chivas US and then defeated the Houston Dynamo in the western finals.

AFP/Getty Images

Thierry Henry handles the ball.

After a gruelling 1-1 battle through 120 minutes, the game went to penalty kicks. This is where it would probably suck to have an Englishman taking penalties, but ironically Becks is their best one and he converted on his try. However, LA Captain Landon Donovan shot over the bar. RSL downed LA on penalties 5-4, becoming the first crossover team to win the MLS cup, as Kyle Beckerman (Anti-Becks?) held the cup up to over 40,000 fans in Rio Tinto Stadium.

Athletes of the week November 16-22

Cori Dunbar Curling



Cori Dunbar helped lead the NAIT women's curling team to a first place tie this past weekend at the first curling event of the season by skipping her team to a 6-1 record. "Cori is one of the top ladies' skips in the province," said NAIT coach Jules Owchar. "She leads by example and her experience allows her to be a second coach out on the ice". Dunbar is a second-year Business student from Irma, Alberta.

.Jor **Badminton**



Jonathan had a strong tournament for the NAIT Ooks badminton team this past weekend. The third-year player and second-year Ook posted a 4-0 record, including 2-0 in men's doubles and 1-0 in both men's singles and mixed doubles. "Jonathan has a great combination of skill, determination and leadership," says head coach Jordan Richey. "He is a true leader on our team and a great example of what the coaching staff is looking for in our players." Jonathan is in his first year of Power Engineering and is from Edmonton.

SPORTS

MENS HOCKEY SAIT too much for the Ooks

By CURTIS BINKOWSKI Assistant Sports Editor

The Ooks mens hockey team's winning streak of six smacked into a giant wooden horse. A home-and-home series against the SAIT Trojans from Calgary began on Friday at NAIT, where SAIT ran away with an 8-2 victory. The six-goal margin certainly didn't tell the entire story.

"Jeff Topilko beat the goaltender cleanly and hit three goal posts in the first period alone," said head coach Terry Ballard, "If those go in, it's an early 3-1 or 4-1 lead for us."

After winning gold two straight seasons, SAIT once again has a skilled team this year. They're 10-2-1 and first place in the ACAC with a plus-40 goal differential, outscoring opponents 77-37.

In the second game, the Ooks stormed out of the gate once again, however, on this night in Calgary, they continued their strong play throughout the game and held a 2-1 advantage into the third period. But the Trojans managed to come from behind and slice the Ooks 3-2.

"They understand that they can beat the top teams and have the confidence from the weekend that we can beat SAIT. If you're going to win the league you're going to have to go through SAIT at some point."

After a two-game set with another middle of the pack team, Augustana, the hockey club will take a five-week break and begin the second half of their season in January. The Ook players must be passing their classes to be on the team in the New Year.

Despite a mediocre 7-7-0 record going into Wednesday's game, the Ooks tires are still spinning on track. They've won six of their last eight largely due to a few players stepping up. Chevan Wilson leads the league in assists and is tied for first in points with 26 in only 14 games. Goaltender Graeme Harrington looked sharp between the pipes against Concordia, a team that

was 8-1-1 prior to crashing into NAIT, stopping 77 of 79 shots. He had an off night against SAIT but bounced back and played a very winnable game in their 3-2 loss. Veteran Jiri Prochazka is once again racking up some points, as well has Topilko, who is tied for the league lead in goals with 12 in 13 games.

Could SAIT make it a three-peat? Or can the Ooks utilize their skill and experience to become a top team and contend for the title?



Ook Daniel Wanchuk takes a faceoff against a SAIT player during a game Nov. 20 SAIT went on to win the contest 8-2.

Hockey teams stick it to cancer

By GARIT BYINGTON

BADMINTON

By SAMANTHA SILVA

Help support a great cause with the NAIT Ooks' "Stick it to Cancer." For the third straight year, NAIT's men's, women's and Ooks alumni hockey teams will lace up for the Kids with Cancer Society.

their cross-town rival from Concordia 6-3.

resentative to act as a general manager and participate in a NHL Entry Draft style selection of players, forming six teams of about 12 players. The draft will be held in NAIT's Shaw Theatre on Tuesday, Dec. 8 at 7 p.m.

On Saturday, Dec. 12, in the Six sponsors will each send a rep- NAIT arena, the teams will partic-

No. 2 in Canada

ipate in a series of half hour games kicking off at 9 a.m., and going until 1:30 p.m., when the playoffs will begin. The final game will be played from 3:05 p.m. to 3:35 p.m.

All players participating in the event will have pledge forms and will be obtaining pledges. As well,

there are coin donation boxes located at food service locations across campus

"What I take out of this event is pride in the NAIT community," says Lynn Ryan, who is participating in her second year on the event committee. "So many people work so hard to make sure that this event is successful in that it raises awareness and funds for the Kids with Cancer Society and that everyone involved enjoys participating in the event."

The event was dreamed up and created by former NAIT coach Joe McFadyen and current head coach Terry Ballard. Over its first two years, the event has raised nearly \$30,000. The goal this year is to raise another \$15,000.

NAIT Food Services have been very supportive, as they came up with the idea to have coin boxes to help raise money through spare change

donations. Big Kahuna has sponsored the jerseys, Cine Audio Visual is handling the light and sound for draft night and Coca Cola is a sponsor as well. The National Bank Financial, PCL contractors, McAsphalt, In-Situ, General Recycling Industries and the NAIT Ooks Alumni are all team sponsors.

As for Lynn, she was also asked what inspired her to become a part of the committee. "One of the most inspirational moments of my life was listening to Alex Galbraith's story of cancer survival. He has spoken on behalf of the Kids with Cancer Society for the past two years and plans to speak at this year's draft as well."

If you can help support this wonderful cause in any way it will be greatly appreciated. Of course, everyone is welcome to come on down and cheer on his or her favourite team in the tournament on Dec. 12.





NAIT's winning didn't stop there. They defeated Red Deer College 9-0 for an overall score of 22-5 on Sunday. Coach Jordan Richey said, "We played well this weekend. With a big lead in the overall point standings it would have been easy for the players to lose motivation but for the most part, that wasn't the case.

NAIT hosted the second ACAC badminton tournament

of the year last weekend. Comprised of 11 players and one

"Our goal at the semester break was to be in first place and that is where we are," he said. "We have some work to do with men's singles but I am happy with the team's performance at the mid-point."

First place in the ACAC and second in the country, the team is gaining ground on B.C.'s Douglas Royals for first overall. With women like Sun Yang, Sinead Cheah, Ogul Kaltakci and Natalie Neumann, nothing is impossible. All four women were undefeated in all of their games in the

tournament, something coach Richey says has never happened before.

On the men's side, Jonathan Chang led the way by going undefeated, earning him Player of the Week honours. For the women, Ogul Kaltakci proved the

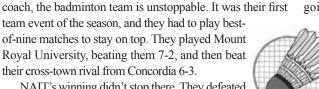
old saying "what doesn't kill you only makes your stronger."

With an injured foot, she played three doubles games, which is outside her norm of playing singles. Originally from Turkey, Ogul came from coaching badminton to playing on the team. She

says that her strength or secret weapon is that she is "fast and strong." Her agility defines her as a player and keeps her going on and off the court.

The team now looks forward to their trip to Hawaii for an international competition Jan. 1-4. Coach Richey feels that playing against international students will help them prepare for next semester's tournaments, and that all games in every tournament are important to the team's success. Keeping motivated and working on weaknesses are essential to making the Ooks the best this season.

NAIT will next see ACAC competition when Concordia hosts the year's third tournament Jan. 16-17.



SPORTS

ACAC Standings

	ME	MEN'S E								
	Team GP	w	RW	L	OTL	TIE	GF	GA	Pts	Nort
	Mount Royal 13	11	11	1	0	1	67	32	23	Team G
	SAIT13	10	10	2	0	1	77	37	21	NAIT 10
	Concordia14	9	9	4	0	1	55	41	19	MacEwan10
	Augustana13	7	7	5	0	1	66	63	15	Concordia10 Lakeland10
	NAIT14	7	7	7	0	0	69	50	14	Augustana 10
	Portage13	3	3	10	0	0	35	69	6	King's 12
	MacEwan14	3	3	11	0	0	38	74	6	Grande Prairie 10
	Briercrest14	2	2	11	0	0		95	4	Sout
	Bridiorodot	_	ESU		-	Ũ	00	00		Team G
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	Conco					na 1				Mount Royal8
	Conco		a 0, 7 Nov.		·	iia i				Red Deer8
	SAIT 8, NAIT					Prior	oroc	+ 1.		Lethbridge 10
	MRU 10, MacEwa									Briercrest
	MINU TU, MACEWA		s, co Nov.		Jiula	0, P	lugu	Istai	la 4	Medicine Hat8
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	SAIT 3, NAIT						tage	e 3;		Augustana 86, GP
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	WON									Lethbridge 9
					OTL	TIE			-	
	Mount Royal 10	6	6	2	1	1	30	22	14	Augustar
	SAIT10	5	4	4	1	0	26	26	11	Concordia
	NAIT8	3	3	2	1	2	21	21	9	Medicine Ha SAIT 71, MRU 69
	MacEwan10	4	4	5	0	1	16	21	9	SAIT / 1, IVINU 09
	Red Deer10	3	1	5	0	2	14	17	8	
		R	ESU	LT	S					WOMEN'S
		Nort								
	Ma	Team G King's12								
Nov. 20									Concordia12	
MRU 2, SAIT 0								MacEwan10		
Nov. 21								Grande Prairie10		
RDC 2, MacEwan 0; MRU 3, SAIT 1								Lakeland10		

						i.
MEN'S B Norti				L		Augustana
Team G	w	L	Pts	PF	PA	
NAIT 10	9	1	18	949	726	Team
MacEwan	8	2	16	858	737	SAIT
Concordia10	7	3	14	889	752	Lethbridge
Lakeland 10	6	4	12	854	753	Medicine Hat
Augustana 10	3	7	6	793	827	Mount Royal
King's12	2	10	4	835	1066	Red Deer
Grande Prairie 10	1	9	2	635	952	Briercrest
Sout	h Di	visi	on			
Team G	w	L	Pts	PF	PA	
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Mount Royal8	7	1	14	704	547	Cor
Red Deer 8	5	3	10	636	619	۲
Lethbridge10	3	7	6	801	857	Lethb
Briercrest8	2	6	4	611	767	
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Medicine Hat						King's
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						Lakeland
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Concordia10	9	1	18	770	494	Red Deer
MacEwan10	7	3	14	608	568	Mount Royal
Grande Prairie10	5	5	10	621	641	Briercrest

Team	G	W	_	Pts	PF	PA	
SAIT		9	1	18	825	535	
Lethbridge		9	1	18	788	638	
Medicine Hat		4	4	8	511	572	
Mount Royal		3	5	6	545	539	
Red Deer		1	7	2	446	589	
Briercrest		0	8	0	427	669	
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GPRC 61, Augustana 57; Concordia 54, MacEwan 52;							
Lethbridge 79, Medicine Hat 68;							
	SAIT 88, MRU 57; King's 62, Lakeland 54						
o, 11 00, 111 10 07, 111193 02, Lakoland 04							
MEN	'S V	OLLI	EYB	ALL			
		OLLI		ALL			
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Team MacEwan Grande Prairie	North MP 8 10 8	n Divis MW 7 7	sion ML 1 3	GW 23 24	GL 7 19	14 14	
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South Division

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(26-28, 25-	-21 , '	17-25	25-1	9, 15-	12)	
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(25-21,	25-1	16, 22	-25, 2	5-22)		
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N	lorth	n Divi	sion			
Team	MP		ML	GW	GL	Pts
MacEwan		7	1	23	12	14
Grande Prairie		6	4	24	19	12
NAIT	10	5	5	21	19	10
Lakeland		4	4	15	16	8
King's	8	3	5	14	18	6
Keyano		1	7	10	23	2
Ś	out	ו Divi	ision			
Team	MP	MW	ML	GW	GL	Pts
Red Deer	8	8	0	24	4	16
Briercrest	8	6	2	18	10	12
Mount Royal	6	4	2	14	6	8
Medicine Hat	8	4	4	14	16	8
SAIT	8	2	6	13	20	4
Lethbridge	10	0	10	3	30	0
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NAIT 3, GPRC	1 (18	-25, 2	5-21,	25-23	3, 25-	20)
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Medicir					•	
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Lothbridge

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518 748

EVANDON HOMMY In considering they also have three returning ice Jan. 29-31 in Grande Prairie, where tradition in the season's final test of the

625 687

6

Sports Editor

The NAIT curling team is a perennial power. Kevin Martin was among the first to solidify our reputation, and the men's squad strengthened our prestige last season with another ACAC championship.

The new campaign opened last weekend in Leduc with the fall regional tournament hosted by Concordia College. It was one of only two tournaments this season that will decide the playoff standings, so there isn't much room for error.

The women's squad tied for first with the MacEwan Griffins by posting a 6-1 record. Lead Alana Horn, second Carmen Borys, third Lisa Bratrud and skip Cori Dunbar are all returning players (Borys a veteran of the mixed squad) so that isn't much of a surprise – especially considering the bronze medal they have on their mantels after an undefeated regular season last year.

The defending champion men's team ended up 3-3 on the weekend, somewhat disappoint-



NAIT's mixed team in action.

ing considering they also have three returning players. However, Jeffrey Gauthier, Rob Kitagaua, Ian Robertson and Colin Hodgson are one of four lineups in position to capture a playoff spot. Undefeated Red Deer College is the only team sitting pretty.

3

In the mixed standings, the Ooks are tied for the final playoff spot with three other teams. Comprised primarily of new players, the squad (Kayla Dottle, Matt Spetter, Allison Routaier and Brad Gibb) had a few close calls that kept them from an even record, something head coach Jules Owchar chalks up to experience.

With seven rookies on the team, including spares Dan Enright and Jenn Davis, it's difficult to predict the way things will end up, especially since there is only two bonspiels prior to the playoffs. The cumulative records of the top four teams from each category will enter the championships in Camrose at the end of February. Any tiebreaker matches will be played immediately following the second tournament.

An added boost should be the junior league playoffs that Hodgson, Dunbar and Bratrud will participate in, something Owchar hopes will help the NAIT squad in their push to the playoffs.

"Somebody who has played junior, they know (the pressure), but the rookies they can't equate," says Owchar.

The rookies, though, performed well and gained valuable experience on the weekend – a fairly successful one at that.

"As a coach you want them all in, every coach would," says Owchar. "But curling is a tough sport."

The Ooks next hit the

ice Jan. 29-31 in Grande Prairie, where they'll look to continue NAIT's winning

e tradition in the season's final test of the g regular season.

(26-24, 25-23, 25-12)



Adult film of the week

Without merit



COLLEEN NUC Entertainment Editor

I borrowed *Art School Sluts* from a good friend of mine. It was the first and only adult film she ever bought, and she thought it would be the most suitable film because she was majoring in

art. Sounds logical, right? Well, not only is this porno the exact opposite of sexy, its futile attempts at being "artsy" are both hilarious and sad, which are two undesirable qualities in an adult film. My friend has since declared she'll never buy another porn again and has since gone back to doing it "the old fashioned way."

Apparently adding a few special effects from Final Cut Pro and a couple of Goth girls makes an adult film artsy. The movie begins with two Goth girls speeding down the highway while groping each other. The two lustful lovers decide that a full out make out session is more important than watching the road, and the girls dive into each others arms, as the car spins out of control. Imagine

> explaining that story to your insurance company. After a dramatic crash, the artsy sluts decide that it would be a good idea for them to finish what they started on top of the car wreck. End scene.

The second story line follows a depressed teen Goth in her bedroom wrapping gauze and bandages around her wrists and arms, while doing the same for her beloved teddy bear. As the teen spirals into desperation, she fantasizes about making love to her art teacher, in front of a room full of stone-faced students. Just when I thought this porno couldn't get any worse, the scene cuts to a dance montage. Let me rephrase that, a robot dance montage. The movie ends



Can porn be art?

with women dancing themselves to orgasm. I'll let you imagine the other three story lines.

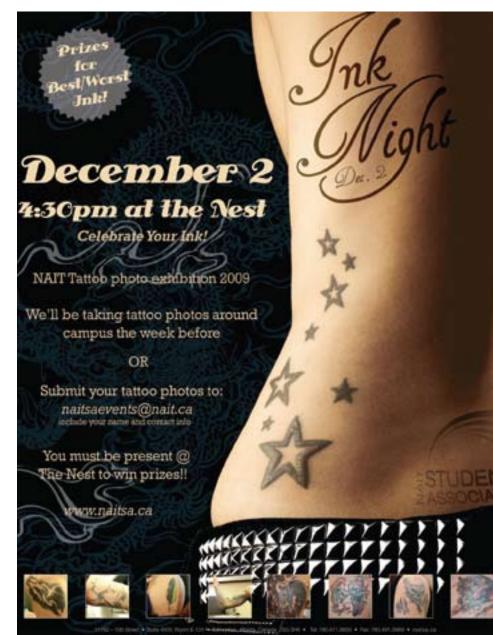
I couldn't help but wonder if the director's intention was to create a comedy with nudity, or if the humour was completely unintentional. I also couldn't help but notice the vast array of poor fashion choices throughout the movie, such as chokers and black lip liner; but who am I to judge, maybe that's what all the art sluts are wearing these days. Aside from the unintentional humour and the 1997-esque wardrobe, I would love to know the individual that can gets their rocks off to a movie of this genre, because in all honesty, this movie sucks.

In conclusion, I wouldn't give this pornography to my worst enemy. Well, as a second thought, maybe I would, Tyra Banks needs to be taken down a few notches. I give this adult film 1 out of 5 pearl necklaces.

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FOR YOUR LISTENING PLEASURE ...



BY BRIEANNA McCUTCHEON

If Bob Marley sounds familiar and you want to know more, then look no further. If you mix American R&B, Jamaican music, Ska and Mento, you get reggae.

Even though this genre of music is difficult to understand with the many Jamaican slang terms, it is well worth the listen. You really don't need to decipher the lyrics to enjoy the beats.

After listening to some of these reggae hits, the love for this music will have a life-long lasting effect that will make you girls wine until your thighs give out.

1 Back it Up – Mr.Evil & Sean Paul 2 No Games – Serani

3 Dutty Wine – Tony Matterhorn 4 Dance – Voice Mail 5 Ma Ma – Gyptian 6 Lu Lu Lu – Busy Signal 7 Beyonce Wine – Vybz Kartel 8 Weh Dem a Do – Mavado 9 Flippin Rhymes – Munga 10 Step Out – Busy Signal

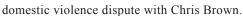
- 11 Ben Over Vybz Kartel
- 12 Virginity Vybz Kartel
- 13 Love Against the Wall Gyptian 14 Love is Wicked – Brick & Lace

The more bizarre the better

By TAYLOR POLLMANN

You're sitting in your living room with your family, turn on the TV and on comes a song filled with crotch grabbing, faces slamming into crotches and a man making out with a dancer. No this is not the newest porn offered on Cable, it's the American Music Award performance led by the flamboyant Adam Lambert. On the eve of his debut CD release, he raised question marks across the country and set the bar as to what the award show contained in the current year.

The performances were a mix of old and new. The start of the show was led off by Janet Jackson, who's very position in the performance lineup seemed to be more a reflection of her brother's death than her own natural talent. Keith Urban and Carrie Underwood both represented the country world with relatively safe performances when compared to the rest. Rihanna, doing her best impression of Frankenstein's monster, performed for the first time since her



Probably the most bizarre performance, however, was once again by Lady Gaga. Through the breaking of panes of glass to reach the piano, combined with the shattering of alcohol bottles, Lady Gaga kept her audience on edge. The only

performance that was disappointing was that of 50 Cent and Eminem due to the terrible sound quality in ABC's broadcast.

The awards of the night were basically split between two artists. The late Michael Jackson won four American

the process with a total of 25 lifetime awards.

Taylor Swift was the biggest winner of the night, however,



with five awards, including favourite album and artist of the year, beating out Michael Jackson. This came as a surprise to most, due to the fact that Michael was the obvious favourite as it is almost expected that a deceased artist would win not only for talent but also out of respect.

> The biggest surprise of the night however, was the win by Taylor Swift's warmup, Gloriana a group fresh out of Nashville. This left the whole crowd wondering, "what about Lady Gaga?"

> In all, this year's awards were a charade of atten-

music awards from beyond the grave, breaking the record in tion grabbing headlines. While it kept one's attention at some moments, it was sadly a temporary fix until the Grammy Awards arrive in January.



Taboo in Edmonton? By COLLEEN NUC C: I'm honoured.

Imagine going to a car dealership filled with all sorts of cars like Lamborghinis, Corvettes and Toyotas, in a vast array of sizes and colours. Now, imagine hundreds of car salesmen pushing these cars on you, promising you that their cars can go either fast or slow, can be wet or dry and will give you optimal pleasure. Lastly, imagine happy Edmontonians driving away from the lot in their brand new cars with smiles on their faces, knowing that their car will be their best friend on lonely nights. Replace these cars with vibrators. This was the scene at last week's Naughty but Nice Taboo Show at Northlands AgriCom.

I decided to venture into the trade show with my protégé Kathy Le, also known as the Nugget's assistant entertainment editor and my longtime friend/waxer, Shanyn.

Kathy's naïve innocence and pure excitement was enough to write this article alone. She ran through the aisles like a kid in a candy store, asking "what's this used for" to about 10 different salespeople. It was priceless. Here's an example of how most of the evening's conversation went down.

Colleen: I've always wondered what kind of people come to these things.

Kathy: Me too, I feel like there's going to be a lot of S&M type of people.

C: Oh man, this will be like watching an episode of Kink, but in real life, how awesome is that?

Shanyn: I hope there are some good sales here. Sex toys are so expensive.

K: Wouldn't it be awkward to run into one of your teachers at an event like this?

C: That would be weird. I'm not sure who would be more awkward, my teacher or me.

K: What's this thing?

- S: It's a vibrating cock ring.
- K: What's that?

C: Seriously? I feel like I'm taking a virgin out for the first time.

PB&J

K: Well, you are popping my sex tradeshow cherry.

The rest of the evening's conversation consisted of a "what goes where and how it's used" lesson from an assortment of salespeople selling a variety of pleasure tools.

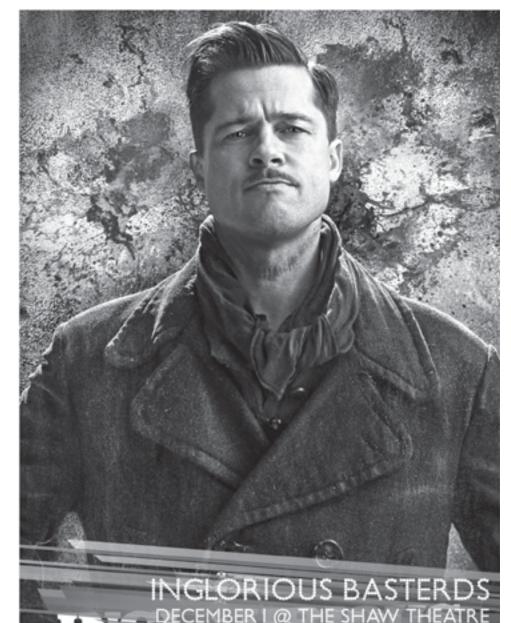
I had no clue how many different kinds of vibrators were out there, and how terrifying some of them look. One particular apparatus we found actually had to be cranked, while a few others looked like something used in a torture chamber back in the 17th Century.

However, horrifying looking sex toys didn't stop Edmontonians from attending the event. In fact, it seemed to encourage them. People of all shapes and sizes came out for the show, bringing their significant others, hoping to spice up their sex lives. I ran into an older couple in their 50s in the adult film section of the show. We made eye contact; I stole a glimpse of their movie selection and the gentleman winked

at me. All I could think of after that was how a large majority of these people will be getting it on after the show.

In all seriousness though, it's amazing that Edmonton can have a yearly event where thousands of people gather in a large hall and openly discuss ways to pleasure themselves sexually, because sex is still considered a taboo subject. Many people still think sex shouldn't be discussed in public; that sex is dirty. So to hold an event that provides a safe and non-judgmental environment for adults to enrich their sex lives is incredible. I think it's safe to say that Kathy also thought the event was incredible, although her night was a little more expensive.





Stuffed pasta shells cooked, drained and cooled

Do you have a potluck, housewarming or surprise birthday party to attend and need something delicious, decadent and large enough to feed a lot of people? One answer: stuffed pasta shells. Enjoy!

The Stuff

By KATHY LE

- 1 pkg. (300g) frozen chopped spinach, thawed, well drained
- 1 container (500g) cottage cheese 1 cup shredded mozzarella cheese,
- divided
 - 1 red pepper, chopped
 - 1 egg white
 - 1 tsp dried oregano leaves
 - 20 jumbo pasta shells (for stuffing),

1 jar (700 ml) pasta sauce The Magic

- 1. Heat oven to 400°F.
- 2. Mix spinach, cottage cheese, 1/2 cup mozzarella, peppers, egg white and oregano until well blended.
 - 3. Spoon about 1 tbsp into each shell. 4. Spread half of the sauce onto bot-
- tom of 13x9-inch baking dish 5. Arrange shells, filled-sides-up, in
- baking dish 6. Top with remaining sauce and
- mozzarella
- 7. Cover with foil
- 8. Bake for 40 minutes. Remove foil after 30 minutes.

The Nugget 13



A new movie needed LING NOVEL BY STEPHENIE



KATHY LE Assist Entertainment Editor

New Moon? More like we need a new movie.

I am one of those people who reads the book before going to the movie hoping that the director will successfully deliver the author's fan-

tastical imagination make the most critical movie guru say 'hmmm, not bad.' be pointed at the Unfortunately, this is rarely the case because more often than not the book is better than the movie. Knowing this, I've

now lowered my expectations and standards to avoid disappointment, so before seeing New Moon I was positive that I would enjoy it to some extent.

movie is.

Boy, was I wrong. There is nothing worse than going to a movie that you had zero expectations for in the first place and then half way through feel like you'd rather poke needles in your eyes than continue watching. I feel even more sorry for the person I dragged along with me to watch the movie and he didn't even know what the Twilight Saga was about (Again, my apologies to you over and over again).

I am well aware that the diehard fans and the tweens will strongly oppose my opinion and insult my knowledge of Twilight, etc., suggesting that I don't know anything about a good movie. However, I'm sure that these groups of people are the ones who are so love struck by Rob Pattinson (Edward, the hot vampire)

and Taylor Lautner in a way that will Maybe the finger (Jacob, the super buff werewolf) that anyof blame should thing related to these characters or containing their faces/bodcasting director ies will make them for how bad this scream Maybe the finger of blame should be

pointed at the casting director for how bad this movie is. Shame on you, René Haynes. Perhaps a thorough check on the talent to see if they actually have ... talent should have been done because I question Kristen Stewart's (Bella)

If she had a small non-speaking part then I wouldn't complain, but ter poses a real pain to sit through her scenes. Like I thought in the first movie, this girl needs to go to a speech pathologist. She has a huge problem spitting her words out. Everything she utters makes her look like she's constipated. Annoying!

The only part where she did a decent job was when she was mourning for months over Edward leaving her and in that part of the movie she did not speak.

We can all agree that one element that makes a good movie is the emotion it evokes in the viewers, whether it is humour, pain or fear. This movie did not have this element.

The romantic scenes were cheesy and not convincing while the dramatic scenes were completely dry. I found that most of these characters were dull and the manner in which they conveyed their words were monotonous. It was just plain boring. I'm not an expert in post production but I also found that the story line was very choppy and lacked the smooth transitions that a good movie

It's a pity that this movie was so poorly put together since the books are actually quite good. I don't feel bad for Stephanie Meyer because she must have watched the movie before it became available to the public and I guess she was OK with what they did with it. The only great thing about the movie was Lautner's body. OH YEAH. He juiced up his body big time for the role and it is worth a million to look at. In my opinion, they should have replaced some of Bella's scenes with just Lautner's body.

I can recognize a good movie when I see one and when I do I will praise it, however, this is definitely

not one of them. Maybe I'm asking for too much, but it's aggravating to know that my money was wasted and could've gone towards something else. I am doing everyone a favour. Save your \$12.50 and wait until it's in the dollar theatre because you're not missing much.

CULTURPRINGT KRISTER STERDETT ROBERT PROTOKSIN. DERIGE LEUTINGE, BULLY BURKE AFTER FRAMER U

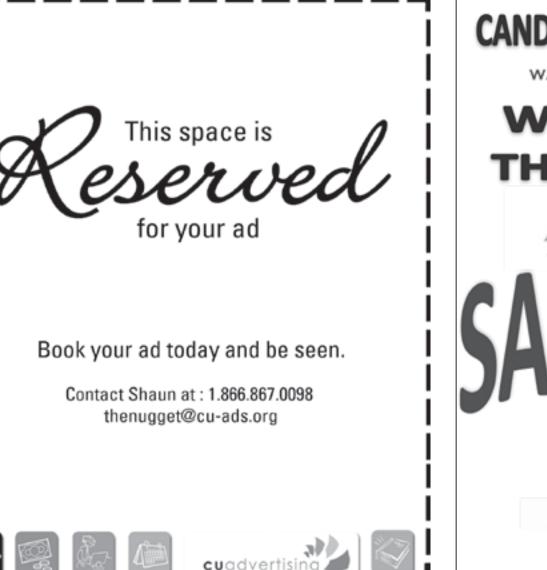
LOVI, LIFE, MEANING, OVER

the twilight saga

rew mod

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has. acting abilities. the fact that she is the main charac-





Tune in, make some noise!

By MARK SEREDA

Tune in and turn it up! "RAEdio STATIC", hosted by Raeesa Merali, is a radio show on NR92.com airing from 4:30-5:30 p.m. on Thursdays. Once you've learned the secret knock, enter the NR92 studio (also her dance studio) and mix it up with this lil' southsider. Her life is pretty normal and she likes to tell the random everyday stories weekly. Although distractions "ain't no thang," it's this girl's show. So respect the rules, respect the beats and really just respect yo'self!

Mark – Raeesa [RAY-sa]?

Raeesa – That's my name ... don't wear it out! People can't say my name and call me 'Rae' 'cause that's the easiest to say. But back in the day I'd get a lot of 'Reesa.'

M-Reese's Pieces?

R-(Angrily) Yeah!

M – And your last name?

R – Merali ... I've got a lot of vowels in my name

M - So your show is called "RAEdio Static," very clever. Where'd you get the idea to do your own show?

 \mathbf{R} – I'm kind of a mic-hog ... NO! I'm just kidding. I wanted a name that would somehow help me characterize myself on-air and I never realized how many things can flow with 'Rae' ... Rain ... Ray of sunshine ... and then it came to me. RAE-dio? That's perfect because, well, I'm ON the radio. "Static" um ... my mom was a bit iffy when I told her about that part. All I could tell her was that it just goes; it just seems really radio-y.

M – Well, it's cool and definitely static affects our radio airwaves sometimes ...

R – You mean Internet?

M-Right, the internet airwaves ... that's how it is on NR92-dot-COM!

R – STATION FOR THE STUDENTS!

M - We could do commercials together. OK, let's start with some challenging questions. Where would you like to see yourself in five years?

R – Definitely on-air. Anywhere. I just want to be in this industry. I'd love to be on-air, but I wouldn't be choked if I wasn't. Just being a part of this is awesome. I guess you could say it's a lifestyle.

M - What station in E-town would you ideally want to work for?

R – Well, I'm on the street-team for SONiC, I would definitely say that station because I love the people. I would only be the second girl on-air because Liann [Cameron] is the only one so far ... and she might be leaving so maybe that leaves room for me.

M – Fingers crossed. So what's your favourite

artist or group of all time? First that comes to you.

R – When people ask me this I have no answer to tell them but that I love EVERY kind of music. There's just something unique about each artist. And I appreciate every genre, anything with a beat basically ... $M - \dots A$ good beat at

that.

R – I just like music. Okay, I'm going to put this out there...music is my boyfriend.

M – (Quick snicker) You told me earlier that you don't watch Family Guy ...

R – Uh-uh. M – But you love *The*

Simpsons?

R-ILOVE Simpsons. M – Who's you favourite character?

 $\mathbf{R} - \mathbf{I}$ 'd want to be "the crazy cat-lady." She's a well-established Harvard or

Yale graduate and then she went crazy ... I like to it? see myself in her.

M – Wait, do you like her character or ...

 \mathbf{R} – (Interrupting) I probably WILL be a crazy cat lady because I have a great sympathy for cats without homes.

M – That doesn't make you a crazy cat lady ... just a caring cat lady.

 \mathbf{R} – ... and a soon-to-be crazy cat-lady.

M – Let's hope for the best on that one. So, being from Mill Woods, like myself ...

R – (Correcting) um...It's Kill-Hood Mill-Hood.

M – Ha-ha! What have you learned from your life on the Southside?

 \mathbf{R} – I did go through a gangster phase. I went through the whole 'wearing a hat' thing and calling my mom, M-dog for awhile ... but I learned that if you see someone getting arrested you don't smile at them, just incase.

M – ... you don't want to have BEEF!

R – But you know what? I'm a vegetarian, SO. .

M – (Oblivious to joke) I didn't know that! That's interesting, why didn't you mention that earlier?

 \mathbf{R} – (Trying to explain) No... You said have beef earlier...and I said I was a vegetarian...get



Check out our Facebook group Esmeralda's Night Club!

Ezzie's Night Club | 11834 Kingsway 780.453.7320



Raeesa Merali kicks back in the studio.

M – Oh? (Finally getting it) Oh! I see, so you're not a vegetarian at all are you? Moving on...I hear you have some experience in TV, can you maybe tell me about that?

R – I was a reporter at [J. Percy] Page while you were at...

M – [Holy] Trinity right next door...What kind of news did you cover?

R – Anything awesome. I covered it all, from events and people at school to anything going on. It covered a school week and everyone had a class on Friday mornings that had their homerooms watching our news.

M – That's pretty cool actually, so you were TV-star before you left high

school. \mathbf{R} – I'd like to think I was.

M – You definitely got some good experience at the very least. So, switching over, what do you love about radio in comparison to TV.

R – Well, with radio you're painting a picture for the audience...and with TV, the picture is there but you have to kind of

 $M - \dots$ Gotta dance for the

you can't dance, then ... YOU DON'T GOTTA CHANCE!

M – You mentioned you're a pretty big Harry Potter fan.

 \mathbf{R} – I just saw him like last night at Hogwarts ... I do nightschool there. I'm in class with him and we hold hands underneath the table.

Weasley on the other hand.

 \mathbf{R} – I'm a playette. It's liv-

Photo by Mark Sereda

ing in the hood, you learn to think ahead. M - Playin' it street-smart...or Hog-smarts... whatever wizard-lovers like to say? This is not

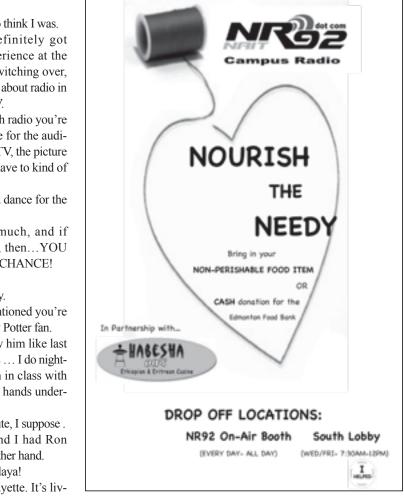
going well in terms of Harry-slang.

R – Harry-slang!! M – Sounds like something dirty we should

NOT be talking about. R – It does!

M – Well, I hope the best for you in your future endeavours with RAE-dio or TV and your wizard boyfriend. Anything you'd like to add randomly to throw out to the world?

 \mathbf{R} – I've gone with this line since I started school ... "My mom thinks I'm cool." I mean, she doesn't SAY it, but she thinks it.



camera.

R – Pretty much, and if

M - Oh snap!R-Yeah, I try.

M – That's cute, I suppose. \mathbf{R} – Yeah, and I had Ron

M – What? Playa!





and Brittany Black



"I can knot my arms around my head."

Craig Ryan Television



"I can flip my feet all the way around."

Kevin Mikulski Automotive



"No ... I'd say I'm pretty flippin' normal."

Adriana Lamb Hospitality Management



Do you have any

weird human tricks?

"I can make my little friend Ralph with my hands."

Andrew Reitzel Mechanical Engineer



"I'm not skilled."

Greg Ramsay Mechanical Engineer

History is written by the victor

By KITA MURU

Call of Duty: Modern Warfare 2, the sequel to Call of Duty 4: Modern Warfare, is one of the most anticipated games of 2009. Taking place five years after the first modern warfare, MW2 puts you through the eyes of the U.S. Army Rangers and British Task Force 141. The world is even more hectic than in MW1 after Imran Zakhaev got popped at the end by "Soap" MacTavish.

Controversial mission

The story has an impressive take on modern war and the battles experienced. All sides are trying to get Zakhaev's successor, Vladimir Makarov, after the most controversial mission in the Call of Duty series ever. It's a playable or passable mission involving killing unarmed civilians in an airport. It's no surprise that some scenes are disturbing; that's why this game is for mature audiences. Although it's disturbing, it's a reflection of war today and that a battlefield can be anywhere. There's no good or evil, nor are there straight-up fights. There's deception, intelligence and killing one to save 1,000.

Everything is presented realistically and gritty because of the artistic design, sound design and voice acting of MW2. The music work by Hans Zimmer is outstanding. It portrays feelings of, fear, hopelessness and desperation rarely seen in a shooter. You go through hell and back to get to the end.

The selection of weapons, grenades, attachments and intel to collect has increased from before. Dual wielding, riot shields, heartbeat sensors and UAV operated predator missiles have also been added. Unfortunately, the single player is short, usually around six hours on normal, to around 10 on veteran due to the painstaking missions.

Solo option

Spec Ops is a co-operative mode with various missions based on the ones in the campaign and it can also be done solo. They range from sneaking around, breaching and clearing, snowmobiling and always shooting people. You get stars for completing the mission based on difficulty and the enemies are relentless like the single player campaign.

Multiplayer has 16 maps ranging from close to long range combat types and are all balanced. You can create a class and pick a load out with attachments and perks. Perks are fewer, but more balanced this time, with pro settings for each one. Weapons in single player and Spec Ops are available at start or unlockable by gaining levels, and prestige mode is back with a 70 level cap. Unlocking weapons is OK, but not having the

modes from the get-go is annoying. The PC version is lacking some of those user friendly options like dedicated servers or modding.

The 360/PS3 version is a slam dunk. A ridiculous single player campaign, adrenaline fuelled Spec Ops mode and an intense multiplayer. If you enjoy war games, first-person shooters or philosophical takes on war exploded Michael Bay style, then the question is what version of *Call of Duty: Modern Warfare 2* you should buy if you haven't bought it already. If you want the PC version, or are a single-player fanatic, try before buying.



gamesareevil.com



Your horoscope



MADAME O

November 26-December 2

(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)

A chance encounter with an old acquaintance will cause you to remember how much of a wanker that guy is.

Taurus (April 20-May 20)

Make job safety your business. That's what you'll be wishing you'd done as you tumble from that scaffolding.

Gemini (May 21-June 20)

What happens in Vegas stays in Vegas. Unless it's contagious.

Cancer (June 21-July 22)

You're getting back into the dating scene. Three words of advice: don't be picky.

Leo (July 23-Aug. 22)

This week will bring personal success which will excite you to the point of wetting yourself. In other words, it's going to be a dark pants kind of week.

Virgo (Aug. 23-Sept. 22)

No amount of makeup and dental work makes you a vampire. Especially not one who glistens in the sun. They're just movies, OK?

Libra (Sept. 23-Oct. 22)

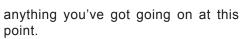
Having a hobby is a great way to enrich your life. But for the last time, model glue is not for sniffing.

Scorpio (Oct. 23-Nov. 21)

Love is in the air this week. Unfortunately for you, however, it smells like rotting garbage.

Sagittarius (Nov. 22-Dec. 21)

The northern caribou has the longest land migration of any animal on Earth. This has nothing to do with you, but is far more interesting than



Capricorn (Dec. 22-Jan. 19)

A trip to Wal-Mart will inspire you to write a song called "Bought Me Some TP and a Garden Gnome". You will not write another.

Aquarius (Jan. 20-Feb. 18)

You will have an unbelievably difficult decision to make this week, but so does everyone else, so quit your whining and deal with it.

Pisces (Feb. 19-March 20)

Everyone gets their 15 minutes of fame. It's just too bad for you that yours will arrive while you are taking the Cleveland Browns to the Super Bowl.



Identity theft is the unauthorized acquisition, possession or trafficking of personal information. It is also the unauthorized use of information to create a fictitious identity or to assume an existing identity. This is done to obtain financial gain, goods or services, or to conceal criminal activities.

Identity theft presents a serious threat to public safety. The impact of identity theft is felt by government, business and the public. The two major credit bureaus, Equifax and Trans Union, indicate that they each receive approximately 1,400 to 1,800 Canadian identity theft complaints every month.

Be vigilant. Protect yourself! Theft of your identity can occur by internet, telephone, fax or through the mail. Everyone must be vigilant in protecting themselves against loss.

Be proactive. Learn and use safety measures to minimize the chance of becoming a victim. Be wary of unsolicited e-mails, telephone calls or mail attempting to extract personal and financial information. Ask yourself if you need all of the identity documents in your wallet. Remove any cards you don't need and store them in a safe place.

Be careful about sharing personal information. Provide personal information on the phone, mail or internet only when you have initiated the contact or know who you are dealing with. Someone with your SIN or birth certificate can pretend they are you and make fraudulent financial transactions.

PAYMENT CARDS (CREDIT AND DEBIT)

• Periodically check your credit report, bank and credit card statements. Report irregularities promptly.

• Don't lose sight of your credit and debit cards during transactions. • Shield your PIN when using your debit card.

- Memorize all PINs. Do not write them on the cards.
- · Change your PIN regularly.
 - MAIL

• Shred personal and financial information before putting it in the garbage.

• Protect your mail. Deposit outgoing mail in post office boxes and remove mail from your mailbox promptly.

• If you are unable to pick up your mail, have someone pick it up for you. WHAT TO DO

1. Act immediately. Report the incident.

2. Notify creditors and/or financial institutions immediately.

3. File a report with the Edmonton Police Service.

4. Cancel credit and/or debit cards. 5. Check your credit file with both credit bureaus (Equifax and Trans Union).

6. Report fraudulent activities to: • Reporting Economic Crime Online: www.recol.ca

15 Guys. 15 Girls. January 12, 2010 @ the Nest 4:30 pm, Jan. 12 @ the Nest Free, Fun, only Five Minutes each irly onli

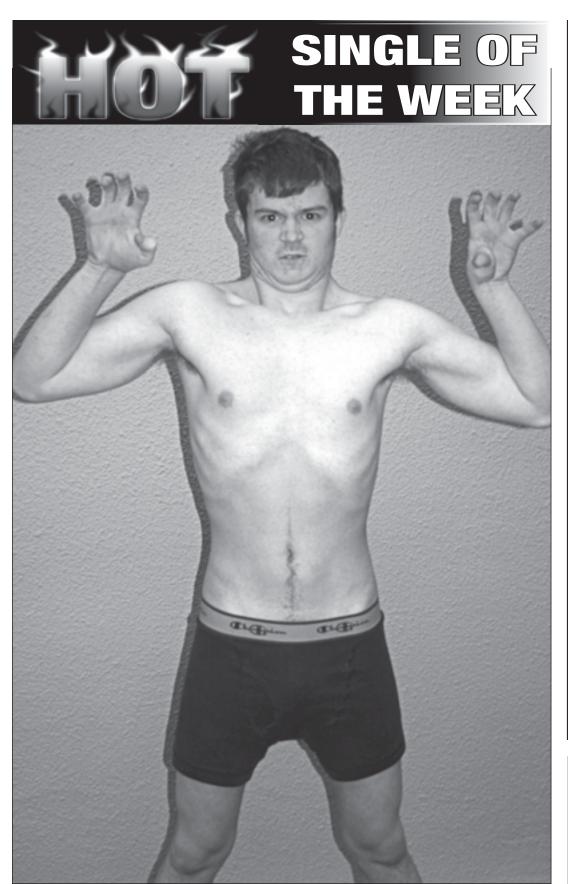
> the NAJTSA Office (E131) ould win a pair of Ollers vs. San Jose tickets!

• Phonebusters*: 1-888-495-8501 www.phonebusters.com 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 anonymous, 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.



A140/141 A167 A272 C103 D-Security E101 E106 E114 E134 E206 E214 E220 E230 Fitness Centre F012 F206	F303 H303 J213 J303 K105 K116 L101 L131 L170 L223 L260 M103 O102 O117 PATRICIA SOUCH	S105 Timetabling T110 (NASA) T300 T403 T500 T600 U105 U106 U153 U209 V239 V335 W309 Y308				
NASA NAIT ASSAREMENT	PLEASE CONTACT THE NASA OFFICE (471.8702) IF YOU WOULD LIKE TO HOST / DONATION BOX IN YOUR OFFICE BANK.					



Callen Gillmore, 19 Radio Program

Photo by Colleen Nuc

You were HS last year. Did anybody comment on your picture? I got one in the newspaper last year; it said, "How can I contact Callen Gillmore? I want to throw it in my mouth." It was an anonymous person who wrote it. Are you still bodybuilding? Yeah, it's awesome. I haven't hooked up with any chicks cause of bodybuilding yet, but they'll come flocking soon. What's your favourite part of your body? My shoulders, I have nice shoulder symmetry. What would you like to say to all the single NAIT ladies? I'm single! Come and get me! RAWRRRR What do you do on a first date? To my house and we would cuddle on the couch. What's your craziest sexual experience? A three way at a massage parlor. Make sure you say it's with two chicks. Three words to describe yourself. Nice, Charming and hot! What's the first thing you notice in a girl? Personality Any last words? I'm single, I'd just like to stress that.

You can contact Callen at callengillmore@hotmail.com

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

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!

Also, get in the running to win an award at the NAITSA Gala! E-mail for details or join our Facebook group NAITSA Volunteers, for all the inside and up to date info on opportunities as well as a networking environment for your volunteer needs!

Campus Clubs Showcase Dec. 2; 9 a.m. – 10 a.m.

Help set up with clubs co-ordinator (booths, tables etc.) Dec. 2: 10 a.m.-11 a.m.; 11 a.m.-noon; noon-1 p.m. Help with handing out ballots to viewers and participants

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

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.







Materials Engineering Fundraiser

A Christmas Studio Day December 5th from 1200 -8pm It doesn't cost a thing to paint! Come out and get creative! Visit us on facebook to RSVP and for more information.

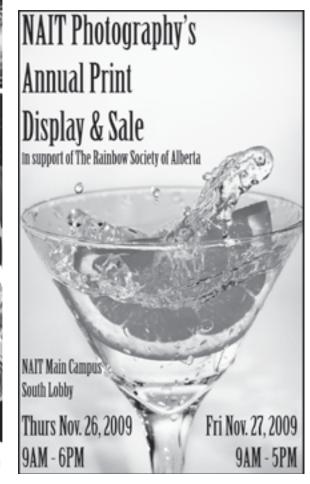
DeFeYe Arts Club Presents:

Upcoming Events ...

Christian Club What: New additional meeting time (for those who cannot make Thursday noon) When: Wednesdays starting Nov. 25 from 5:15 p.m. to 6 p.m. Where: NAIT main campus, Room E-115 NASS (NAIT Architecture Students Society) What: Pub Night

When: Dec. 4 Where: The Pint (109th and Jasper Ave. NAST (NAIT Association of Student Tutors)

What: Silent Auction for the Red Cross. Cash donations and food bank items will also be accepted.
When: Dec. 9; 11 a.m.-4 p.m.
Where: South Lobby



MACEWAN

School of Business

Start in January

Heat up your education with MacEwan

Life is full of choices, some big, some small. Choosing a program of study is a big decision, but remember, you've got options.

At MacEwan School of Business we know not everyone succeeds in a class of 250 (or more). That's why our class size rarely exceeds 50 students. We also hire professors with real world experience who teach here because they believe in you, the business leaders of tomorrow.

This is the MacEwan difference.

And, at MacEwan, we give you the credit you deserve. If you've started a program at another college or university, we'll apply the applicable credit you've already earned toward your MacEwan diploma or degree.

So come in out of the cold with business education options from Grant MacEwan University. Start full-time in:

- Accounting certificate, diploma or applied degree
- Business Management Studies
- Bachelor of Commerce.

For more information visit www.MacEwan.ca/startinjanuary

OR, start part-time or online. Many MacEwan School of Business programs allow a January start date. Check out your options at: **www.MacEwan.ca/business/ce**, or call **780.497.5207.**

