

HOW TO MIXOLOGY, DEC. 8 AT THE NEST

THE NUGGET

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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

CONSIDER THE BUS STUFFED

33,297 kg of food and \$10,000 collected for Food Bank, story page 2



Photo by Laura Dettling

DOIN' THE STUFFIN' SHUFFLE

Volunteers take a moment to have some fun on the weekend during their Stuff a Bus campaign to raise money and gather edibles for the Edmonton Food Bank.

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NEWS & FEATURES

Food, money on the bus

By LACE SENIO

NAIT student volunteers were a part of this year's successful Stuff a Bus campaign to raise food and money for the Edmonton Food Bank.

NAITSA volunteer co-ordinator Hailey Hudson credits volunteer enthusiasm for the event's success on NAITSA's end.

"There was a lot of enthusiasm. We had such a high energy, I think that is why it was so successful," Hudson said.

She said student volunteers had a lot of fun stuffing the bus on the final day of the week-long event, in which Edmontonians were encouraged to donate food or money on a number of Edmonton Transit System buses located across the city.

"They had the opportunity to see, hands-on, how good it feels to help out and make a difference," Hudson added.

The 2010 Stuff a Bus campaign collected 33,297 kg of food and more than \$10,000 in donations.

"The campaign has exceeded last year's totals and is still going up," said Denise Kirkpatrick with Edmonton Transit.

Stuff a Bus kicks off the Food Bank's holiday fundraising and has been an important part of helping Edmontonians over

the years.

"The ETS Stuff a Bus event is the beginning of our holiday campaign that helps us raise 240,000 kg of food and \$900,000 to support the Food Bank during the holiday season and into the new year," said Tamisan Bencz-Knight, with the Edmonton Food Bank.

Since 1995, Edmontonians and ETS have been working together to "stuff a bus" for the Edmonton Food Bank.

Organizers say this year was successful because of the com-

munity involvement, bringing community members closer together for a good cause.

Everyone involved and everyone who utilizes the Food Bank appreciate the kindness and generosity of Edmontonians. This campaign could not be such a success without the participation of those who donated and volunteered with this year's campaign.

More than 15,000 people use the Food Bank's services each month.



Photo by Laura Dettling

Stuff a Bus volunteers Hailey Hudson, left, Sherry Hirsch, right, and Jaswanth Chesukusi, sitting, take a breather during their shift collecting for the Edmonton Food Bank.

Nanotech expert coming to NAIT

By CELESTE DUL

Nanotechnology is a huge buzz word in the media today but not many people understand what it is.

Those hoping to understand exactly what nanotechnology is and what it's doing for the world can find out Friday, when a speaker from the National Institute for Nanotechnology comes to NAIT to speak about how it is impacting everyday life.

"Nanotechnology is becoming huge in health and safety, schools, medicine and technology," said Andrew Myles from the National Institute of Nanotechnology, who will be speaking at NAIT tomorrow.

"There is a lot of talk about how it interacts with bodies and it's important that people understand what the technology is and why they should pay attention."

Myles explains that nanotechnology involves the area of developing products based on exploiting nano metre scale dimensions. To put things into perspective, one nanometre compared to a millimetre is the same as one millimetre compared to a kilometre: 1:1,000,000. It's extremely tiny.

When the dimensions of a particle are downsized there can be a huge increase in change in properties, Myles explains.

'Nanotechnology is the engineering of functional systems at the molecular scale.'

— Mike Treder at crnano.typepad.com

"One example is if you wanted to cover a surface in rock, rather than taking a rock and using it to cover a table, you can take a small portion of rock and grinding it into nano powder, you use far less rock and it can save a lot of money."

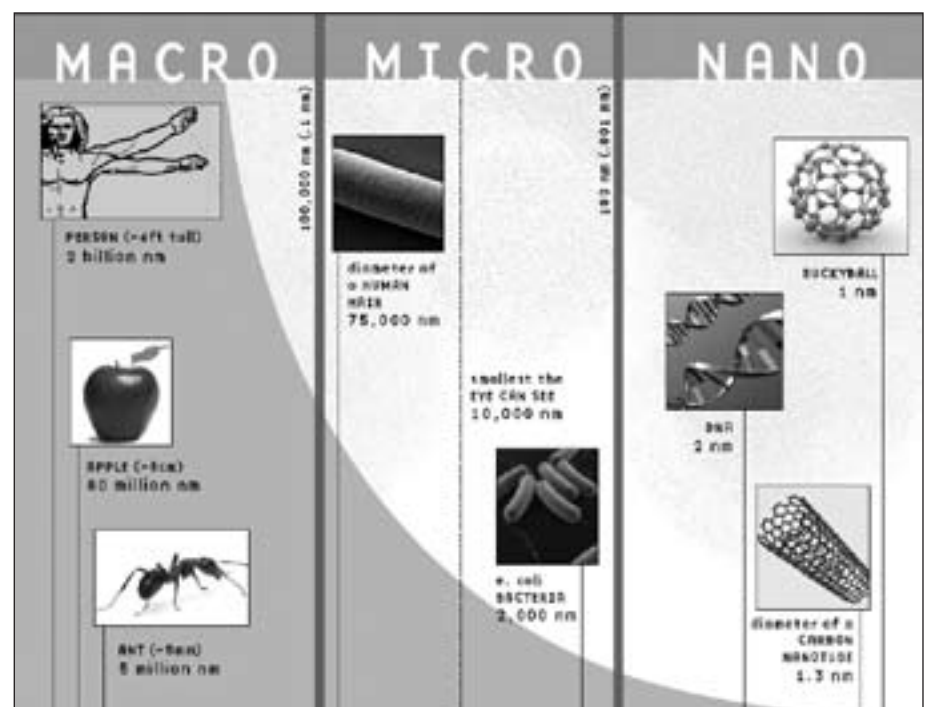
Myles says when you get to that small size, properties can change in a non-linear way as well.

By attending the event, students can learn what nanotechnology has to offer, what jobs and products are developing and how this technology will affect Alberta, especially given that NAIT has its very own Nanotechnology Systems diploma program.

"NAIT is unique because it trains students in technical expertise. With new techniques and new positions NAIT can produce individuals for this emerging technology as well as promote the benefits of it," Myles said.

By attending the event on Dec. 3 in the Shaw Theatre from 12:15 p.m.-1:15 p.m., students and faculty can

better understand the developments on nanotechnology and how it will continue to affect our lives.



Building a business

By **STEVEN DYER**

NAIT is home to students and instructors in a variety of professions from chefs to doctors and even entrepreneurs.

This past weekend, novaNAIT held a bootcamp for entrepreneurs to help them take their ideas and transform them into a business.

At a price of \$200, entrepreneurs of all ages attended various sessions taught by investors and people with experience running businesses.

They learned how to present their ideas to potential investors and clients, how to develop their sales pitch and even how to define and defeat their competition.

"Lots of times people have wonderful ideas, but don't know what to do with them next. That's where we come in," said Randy Thompson, NAIT's first-ever entrepreneur-in-residence.

Thompson runs a group called Venture Alberta Forum with 52 investors and it has funded 52 companies in the last six months.

These investors put money into promising startup businesses, helping them get on their feet and starting off new companies with their help.

"What we're doing here is helping people who have come up with an idea and want to turn it into a company," Thompson said. "You end up seeing a lot of new ideas, new products, technologies this way."

During the first session of the bootcamp on Saturday, the entrepreneurs got a chance to pitch their ideas to Thompson and the other entrepreneurial mentors while critiquing each other's ideas and saying whether or not they thought it would be something they would invest in.

This gave Thompson a chance to see what sort



Photo by Laura Dettling

NAIT entrepreneur-in-residence Randy Thompson speaks to interested business people at novaNAIT's bootcamp.

of ideas he and the others would be working with. There were some very interesting ones to be sure and in many diverse fields.

Attendee Joel Semeniuk, for example, had the idea of a website where people will be able to order custom-style clothes that they design on the site.

Another attendee, Donloree Hoffman, had her business geared towards the weight loss industry.

But not all of the ideas that Thompson saw have potential.

He said he believes that while these people

have potential, some of their ideas just won't sell and he hopes that this course will help them hone and tweak for better ideas in the future.

On Monday, two of the entrepreneurs got the chance to present their ideas to investors from Venture Alberta.

There will be another Entrepreneur Bootcamp around March for anyone who is interested in participating through NAIT.

Go to <http://www.nait.ca/novanait> closer to that time for more details.

Time to share the warmth

By **NICOLE de CHAMPLAIN**

For the third year in a row, NAIT students are being given the opportunity of giving the gift of warmth to someone in need right here in our community.

But a retired instructor at NAIT, Gordon Smith, has been "Sharing the Warmth" for much longer than three years. Smith had been involved in many charities before and after speaking with someone from the Boyle McCauley Health Centre, he discovered a passion of his own.

He found that something very simple could change the lives of the less fortunate.

The homeless spend a lot of time on their feet and without proper foot gear; they are at risk of developing frostbite, trench foot and many other ailments.

"Their feet are in such bad condition sometimes that they have to cut the socks off them and then put their feet in a bath and eventually the residue from the socks comes off," Smith said.

After receiving treatment at the health clinic for their feet, the homeless would sometimes leave without socks, leaving their feet vulnerable to the cold. So Smith began gathering donated socks for the homeless.

He decided that socks were something easily attainable and before long he was receiving so many socks he didn't know where to put them.

"First 10 pair, then 50 pair, then 500 pair, then it wouldn't stop," said Smith.

"Sock It To Me Brother" was the name of this new charity. Smith filled eight lockers at NAIT with socks from students and staff but after he retired he

thought it would be the end of the charity.

He was wrong.

"NAIT people approached me and said it was so significant that they would like to carry it on as a corporate charity," said Smith.

Smith is now the celebrity representative of the NAIT's "Share the Warmth" campaign.

"It's very gratifying to be able to help out and make these contributions," he said.

In the past, Smith says that the staff has been very active in donating but students could still be

more involved.

"Even with a toonie you can buy a pair of socks. I suspect and I hope that the students will become more active and make some contributions."

Students can make donations at the NAITSA and NASA office.

There are also Share the Warmth donation bins located around campus. Items being accepted are socks, toques and hats.

So, remember this holiday season to share the warmth.



Photo by Laura Dettling

Socks, toques and hats are being accepted by this year's Share the Warmth campaign at NAIT.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Kathy Le
studenteditor@nait.ca

Issues Editor

Linda Hoang
issues@nait.ca

Assistant Issues Editor

Darylann Hutchings
issues@nait.ca

Sports Editor

Ryan Flaherty
sports@nait.ca

Assistant Sports Editor

Garit Byington
sports@nait.ca

Entertainment Editor

Ali Yusuf
entertain@nait.ca

Assist. Entertainment Editor

Pending
entertain@nait.ca

Photo Editor

Laura Dettling
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 you have some praise to dish out about the school or life in general?

Get those thoughts into print.

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

Submit your letters with your real name and phone number to: studenteditor@nait.ca.

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

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

Linda's Tech Talk

Nifty gifts for Christmas



LINDA HOANG
Issues Editor

December is here and what that means for most people is that it's time to start thinking about holiday gifts to get for others and to put on the list for others to get for you! If you're technologically inclined like myself, you might find that the gifts you're interested in are primarily electronic.

Here are some tech gifts I recommend you get for loved ones or gift ideas to add to your own wants list for this holiday season!

Xbox Kinect

Microsoft boldly predicted they could sell five million Kinects before the year was up and as of early this week (and less than a month since its release), the number of units sold hit the 2.5-million mark. Very, very impressive. It looks like the company has a huge hit with this motion-sensing device and with a month until the year wraps up, it's very realistic that the company could reach five million sales – especially with the holiday sales boost.

A New Phone

That's a little vague. If I had to recommend a specific phone I'd recommend the iPhone 4 but this holiday season, especially here in Edmonton, you'll be able to get a lot of other great phones at ridiculously cheap prices. There are three new phone companies that opened up in the city over the past year (Wind, Mobilicity and Chattr), which means great competition and choices. You are no longer stuck with just Telus, Bell and Rogers (and their subsidiaries Fido, Solo, etc). These new phone companies are hoping to make a dent in the current mobile market and they're able to do this by fantastic no contract plans. Look into it.

Netflix

OK, so this isn't exactly a physical item you can purchase, but if you purchase a Netflix account and you've got a computer or any console – a Wii, PS3, Xbox 360 – you can hook up your Netflix account and watch unlimited movies and television shows right on your TV. Buy it for yourself, buy it for someone else, it's only \$7.99 a month – which is less than what I spend on lunch in a typical day – and the first month is free. Netflix recently made its services available

in Canada and Canadians have welcomed it with open arms. You can too.

ThinkGeek.com

This is one of the coolest websites for geeks and I say that with so much pride. You will find the best gadgets and gizmos on thinkgeek.com. A "magic" wand that acts a TV remote control? A long list of weird USB-powered accessories including a USB Rocket Launcher toy and a USB Doomsday device hub. ThinkGeek's got it. It ranges from super cheap items (like \$2 geeky-themed pens) to more expensive-than-you-could-possibly imagine ones (like a \$1,600 "Optimus Maximus" keyboard). One thing is certain though, if you're remotely interested in technology and electronics, you will spend a very long time browsing items on this website.

Obviously this list is not exhaustive. I only have so many words a week to talk to you techies and this week's no different. Google "top gadgets and gifts" and "tech holiday gift guide" to browse more items that could be technological gifts for this holiday season.

Happy shopping!

Follow Linda on Twitter at <http://twitter.com/lindork>.



thinkgeek.com

This "magic" wand can be programmed to change channels on a TV, a good holiday gift for geeks.

Polar bears besieged



EVERYTHING GREEN

DARYLANN HUTCHINGS
Assistant Issues Editor

Climate change has been a major issue that has had everyone talking at some point in his or her lives. And it has some people questioning if polar bears will survive the increasingly warmer weather.

An article published by *Science Daily* shows that some UCLA scientists have presented new evidence that polar bear numbers are likely to dwindle.

As every season changes, polar bears have been battling climate change more and more as their homes get wiped out.

As polar bears lose habitat due to global warming, biologists say they will be forced southward in search of alternative sources of food, where they will increasingly come into competition with grizzly bears.

And it will be a competition polar bears will lose.

To prove their theories, the UCLA biologists

constructed three-dimensional computer models of the skulls of the polar bears and grizzly bears, then simulated the process of biting. The model enabled them to compare the two species in terms of how hard they can bite and how strong their skulls are.

"What we found was striking," said Graham Slater, a National Science Foundation-funded UCLA post-doctoral scholar in ecology and evolutionary biology and lead author of the research. "The polar bear and brown bear can bite equally hard, but the polar bear's skull has a much weaker structure."

The article goes on to explain that polar bears are likely to lose out in competition for food to grizzlies as warmer temperatures bring them into the same environments, because grizzlies stronger skulls are better suited to a plant-rich diet.

"The result for polar bears may be lower weight, smaller and fewer litters, less reproductive success, fewer that would survive to adulthood, and dwindling populations," said Blaire Van Valkenburgh, UCLA professor of ecology and

evolutionary biology and senior author of the research. "Then you can get into an extinction vortex, where a small population becomes even smaller in a downward spiral to extinction."

Only time will tell what happens to the polar

bears, hopefully they will be able to adapt and survive in their changing habitat.

If you have any questions, comments or thoughts for *Everything Green* email me at issues@nait.ca



Polar bears are being forced southward to find food.

Google.ca

OPINION

— Editorial —

The perils of school



KATHY LE
Editor-In-Chief

Note: The following content does not target NAIT as an institution as I'm fully aware of the high rate of success of employment after graduation for most of the programs (I'm obviously here for a reason). I'm referring to post-secondary institutions in general.

Exams are creeping up on us, which brings me to think about how unhealthy a post-secondary student's life is. I'm no stranger to this way of living, as I've been in and out of school for the past nine years or so. Five of those years were at university for my B.Sc., two years were spent working in a

research lab and the last year and a half I've been here at NAIT in the Radio and Television Arts program. I have one more semester left and hopefully I can finally say I'm done with school forever. I'm not sure if it's the cold weather or short amount of daylight, but I can feel my energy slowly draining away. I'm sure most can agree that a nice week's vacation would feel incredible right now.

An unhealthy life

Yes, I've made sacrifices and major transitions to help me find my dream career, but sometimes I have to ask myself if all of this work is worth the stress I put on my mind and body. I think it's safe to say that a student's life is probably the unhealthiest you'll ever experience. Thank goodness our bodies are young and can bounce back quickly after a couple of all-nighters or all the junk food we eat. I know I take my youth for granted and realize eventually I'll have to take better care of myself if I want to live past 50.

The thing is, we don't do this to ourselves because we enjoy it (well, most of us, anyway).

I don't put over 12 hours into school every day, neglect my friends and family, forget about leisure time and sacrifice sleep because I want to. We put our bodies and minds through this stress because it's the only way to stay afloat. It's the only way to maintain those good marks so that one day we can graduate at the top (or wherever your standards are) and hopefully get a good job to survive in society. If school weren't designed to be so tedious, overwhelming and competitive, then perhaps most of us could take a day off to enjoy whatever is left of our 20s, relax and recuperate.

Job dissatisfaction

Now, the kicker is that even after all the stress, the number of people graduating and finding jobs that are worth the amount of work they've put in over the years is very low. Isn't that painfully ironic? It's true. I know so many people who've graduated with degrees in many disciplines and are now looking for another field to study or can't find jobs that pay them what their experience is worth. I could place myself in that group of people but, in fairness,

I was studying something I had no interest in. However, I still feel as if I've wasted some of my time – time I will never get back. But, on a positive note, at least I can put it on a resume and future employers can see I'm educated. That's great, but when I weigh all the sleepless nights, bad eating habits and unbearable stress (like I'm talking stress to the point where your stomach hurts and you want to cry because you don't think you're going to make the next deadline) it's just not worth it.

Anyway, I know the education system won't change no matter how many people complain. Each year thousands of students near and far will shell out ridiculous amounts of money to "experience" the post-secondary life, knowing very well they're not guaranteed an MD or a job after graduating. I think this point only further decreases the quality of life of a student on top of everything else we endure. My only words of encouragement for this vicious cycle are: Get in and out as fast as you can or, better yet, skip it altogether and enjoy life. Not every millionaire went to post secondary anyway.

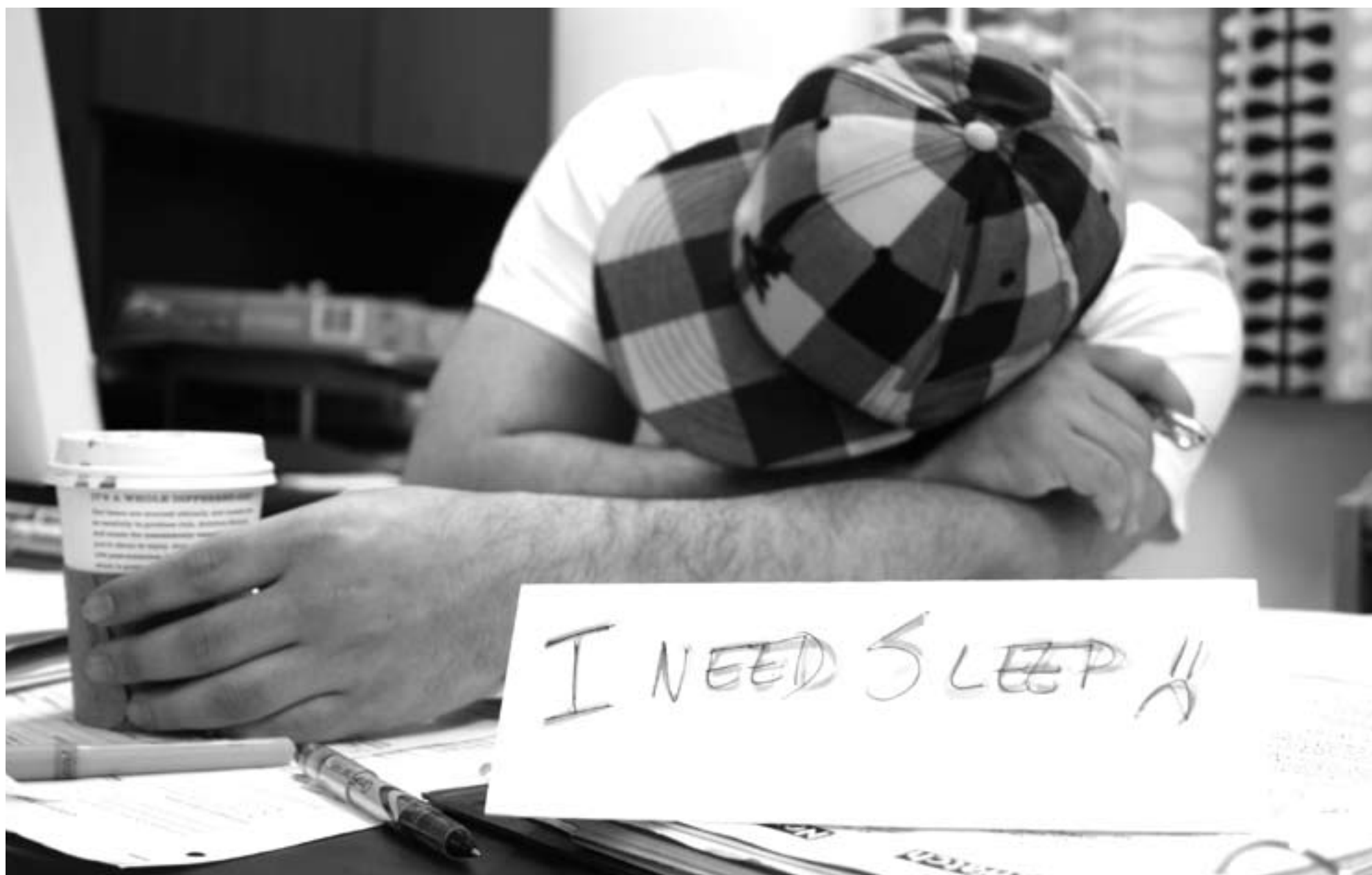


Photo by Kathy Le

SPORTS



An Oaks player races a Red Deer opponent to the puck during a game at NAIT arena on Nov. 26. The NAIT women went on to win the contest 6-2.

Photo by Laura Dettling

WOMEN'S HOCKEY

Time to get aggressive

By CATHERINE YE

Following a pair of wins over Red Deer College, the NAIT Oaks women's hockey team will close out the first half of the season against Grant MacEwan on Dec. 3 and 4.

In order to win, head coach Deanna Iwanicka stresses one major factor – aggressiveness. “In the last games, our performance was inconsistent,” says Iwanicka.

“That is the weakness we should try to overcome. But I will say we were much more aggressive and finished at the net in Game 2.”

If the team is to start winning consistently, the Oaks need to make good habits become routine, especially on the back end.

“We should keep doing what we have

done well in order to be successful, which is [the] defence stepping up into the play and contributing offensively,” says Iwanicka.

The coach has some ideas about how to play NAIT's upcoming opponent.

“Grant MacEwan is a tough team. They attack with speed,” Iwanicka said.

“We need to prevent them from doing that. But how can we accomplish that? Well, I told my players to play aggressive and play as a five-man unit at both ends of the ice. We should focus on driving the net and

being aggressive in order to shut down their offensive speed.”



Top priority for the Oaks will be to shut down one of the Griffins' biggest threats in the form of Julia Murrell.

“She is a star player for Grant MacEwan and also the one we will take care of,” Iwanicka said.

As for her own squad, the coach mentions several players who have been key to the Oaks success this season, including blueliner Nicole Gregoire, goalie Meghan Witt and forward Sherri Bowles, who

leads the team in scoring with 16 points in 12 games. Bowles is also part of a trio of skaters that includes Jennifer Hancock and Emma Sommerfeld who the coach looks to for leadership.

After the sweep of Red Deer, the Oaks are half way to Iwanicka's “short-term goal” of being undefeated in the final four games of the season's first half. If they can do that, the team will have momentum going into January and the coach makes it clear that the ultimate goal is still the same as it was at the start of the year.

“Our season goal is to be ACAC champions. There is still some way to go, but I have the confidence that we can finally accomplish that.”

MEN'S HOCKEY

Pucks are starting to go in

Stories by KYLE GALLIVER

After a 4-4 tie with the Augustana Vikings last Wednesday, the Oaks men's hockey team will be looking for a win against that same team in their last game before the Christmas break. The Oaks currently sit two points behind the Vikings in the standings and could move into a tie for third in the ACAC with a win on Saturday.

The Oaks focus of late has been putting the puck in the net and they have improved in that area. Head coach Serge Lajoie says the team is creating the same amount of chances, but the pucks are going in and it's making a big difference.

PK a key

One of the keys to their tie against Augustana was the penalty kill, where they limited the Vikings to just one goal on seven opportunities with the man advantage. Augustana has a very strong power play, but the Oaks were able to simplify their game and stay aggressive on the PK.

"The team accepted that the simple play is the most effective play," says Lajoie, adding that the team focused on the little things and it showed.

Goaltender Dan Pennock was an instrumental part in the Oaks earning the single point against the Vikings. He came in midway through the second period and was perfect, stopping all 16 shots that he faced.

'He was tremendous'

"It's a credit to his preparation," says the coach, "he was tremendous." Pennock gave his team the opportunity to gain momentum with all of the big saves he made and was the most valuable player on the team in getting the tie. Twice the Oaks battled back from a three-goal deficit, including scoring a goal in the last minute of the second period

to make it 4-2 and turn the tide of the game.

Another bright spot for the team was Jeff Topilko. The

winger has only played in six of the Oaks 15 games so far this season because of injury, but scored his first goal of the season against the Vikings.

"It's nice to see him get rewarded. He's created so many scoring chances since returning from injury," says the

Oaks forward Adam Tomkow gives the Concordia goaltender all he can handle during a game at NAIT arena on Nov. 5. NAIT lost the contest 3-2.

head coach of Topilko.

Injuries have plagued the team all season long and last Wednesday's game was no different. All three of the Oaks' centres were out and players stepped into the role in relief. Lajoie is impressed to see everyone taking on the extra responsibility when faced with these injuries.

The Oaks and Vikings face off this Saturday at 7 p.m. at the NAIT arena.



Photo by Laura Dettling

Athletes of the week

November 22-28

Sherri Bowles Hockey



Sherri once again had a great weekend for the NAIT Oaks women's hockey team, leading her squad to two victories over the Red Deer College Queens. Sherri had five points in the two-game set, including both NAIT goals in the team's 2-1 victory Thursday night in Red Deer. She followed that up the next night with a goal and two assists in the Oaks' 6-0 victory at NAIT Arena. "Sherri sets the bar as to the type of recruits our team wants to attract," said head coach Deanna Iwanicka. "She has easily transformed into the team's leading scorer through hard work and intense work ethic." Sherri is a first-year Business Administration student from Elkhorn, Manitoba.

Bol Kong Basketball



This past weekend against Concordia, Bol showed why he is one of the top college players in the league. On Saturday, Bol had 21 points, five rebounds, five assists and five steals with most of his dominant play coming in the final few minutes of the game. The previous night saw Bol add nine points, eight rebounds and two steals in the team's decisive win at Concordia's gym. "Bol has been a great addition to Oaks men's basketball. His mental toughness and work ethic in pressure situations cannot be taught," said head coach Don Phillips. "I look forward to seeing his individual growth and the growth of the team as the season nears do-or-die time in the second semester." Bol is in his first year of the Telecommunications program at NAIT. He is in his third year of eligibility and is from Vancouver.

Curling season gets underway at Avonair

Curling season is upon us as the first ACAC regional event of the season is set to take place this weekend at the Avonair Curling Centre. NAIT will be hosting the event and head coach Jules Owchar is ready to lead the Oaks curling team for an incredible 34th year.

There will be no shortage of competition as nine different colleges are taking part in the event.

A total of seven men's teams, nine ladies teams and six mixed teams will compete in three events.

Traditionally, the Grant MacEwan University Griffins have a trio of strong teams, while the Lakeland College Rustlers and Grande Prairie Regional College Wolves are always tough opponents as well.

NAIT is bringing three teams to the event, with the goal of qualifying all three for provincials.

The Oaks women's team is led by skip Cory Dunbar, the reigning College Curler of the Year and two-time provincial silver medallist, while the men will be skipped by Shawn Donnelly, who two years ago was the Alberta Juvenile champ.

The bonspiel goes all weekend and wraps up on Sunday evening.

It is the first of two regional events, with the second being held in Olds from Jan. 28-30.

Provincials will then be held in Vermilion from March 4-6.

Check the ACAC website for a full schedule of events.



Athlete Profile



Player: Greg Mann

Team: Volleyball

Position: Left side

Number: 12

By Nicole de Champlain

A NAIT Ouk all the way from Brisbane decided to tell me a little bit about his volleyball career. He has a little more than a cool Australian accent – he is six-foot-seven and plays left side. Meet Greg Mann.

Nicole: How long have you been playing?

Greg: Seven years.

N: What is your role on the team?

G: I think it is to keep a level head and support the guys around me and do my best to help the team achieve its goals.

N: What position do you play? Have you always played that position?

G: I play left side and right side. I started out playing middle and changed positions about three years ago.

N: Has this always been one of your passions?

G: I used to be very passionate about swimming and cricket but when I was about 15 years old volleyball started to take over as my real passion.

N: Did you play any other sports?

G: I played a lot of different sports when I was younger. Cricket, soccer, Australian rules football, swimming, pretty much every sport available, I played.

N: How did you become an Ouk?

G: One of the Australian national volleyball team personal trainers knows Linda Henderson and when I expressed interest in playing overseas he said NAIT would be a good school to go to, so he contacted Linda and Simon for me and before I knew it I was over here.

N: What's your most memorable moment on the court?

G: Playing for Australia on the Beach Volleyball World Tour.

N: Who has inspired you most in your sports career?

G: Not sure there have been many people who have inspired me and it depended on which sport I was playing at the time. At the moment the person inspiring me the most is [Brazilian volleyball team member] Murilo Endres.

N: What do you hope to accomplish in the future? Where do you see yourself in 10 years?

G: I would like to go to the Olympics either for indoor volleyball or beach volleyball. In 10 years I hope to either be playing volleyball professionally or be doing something in the field of biological science, helping and studying animals. I would be very happy doing either of those.

N: What's your favourite word?

G: Spiketown

N: What do you do to prepare for a game?

G: My preparation is pretty relaxed. If I have time in the afternoon I'll take a nap, have something to eat, watch a movie, then about an hour before the game, start getting ready, have a team meeting about game plan, then listen to some dance music while I warm up.

N: How has playing on the Ooks influenced you as a person?

G: It has influenced me positively as a person due to the fact that the team is filled with a great bunch of guys and the coaches are great so it's hard not be influenced positively when you are surrounded by people who are.



Photo by Laura Dettling

Greg Mann in action during a recent match.

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JANUARY 2011

18	Tues.	Learning How to Learn	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
20	Thurs.	Memory, Learning & Concentration	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
25	Tues.	Time Management & Procrastination	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
27	Thurs.	Learning Styles & Listening	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.

FEBRUARY 2011

1	Tues.	Exam Preparation & Writing (Bring your class notes/text)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
3	Thurs.	Reading to Remember (Bring a text to read)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
8	Tues.	Managing Exam Stress	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.
10	Thurs.	Stress Management (Presented by NAIT Counsellor)	11:15 a.m.-12:05 p.m. 12:15 p.m.-1:05 p.m. 4:30 p.m.-5:20 p.m.

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Oilers beginning to show some promise



Oiler goalie Devan Dubnyk makes a save during a recent game.

communities.canada.com



UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

A quarter of the way into the National Hockey League season the Edmonton Oilers are beginning to show signs of being that extremely talented team many Oilers fans expect. Though they're still a team that will fight to finish outside of the bottom five in the standings, the pieces of the puzzle are beginning to come together.

The talent up front is evident and only time, experience and chemistry is needed for them to blossom into a dangerous group of forwards. The questions going forward are in net and on the defence.

Starting in net, Nikolai Khabibulin had glimpses of brilliance to start the year, but began to struggle after he and the team became a little too comfortable after a couple of those brilliant performances.

Then Devan Dubnyk stepped into the fray. Dubnyk struggled at first but settled in and made the coaching staff's decision to send Jeff Deslauriers down to the farm the obviously correct move. I still don't get why that was even a story. Dubnyk has the size and athletic ability to be very menacing between the pipes and just needs to show consistency – the ultimate difference between a quality backup and a starting goalie.

On the back end, Ryan Whitney highlights the defensive core. He's among the team leaders in points and is the reason the Oilers can contend. He reminds me of Chris Pronger when he was here, just with his offensive capabilities. He's not nearly as good or as mean on the defensive side of the game as Pronger, but his first pass capability and poise when the Oilers have the puck is remarkable. He makes management's decision to trade Lubomir Visnovsky for him a great move.

Tom Gilbert has struggled a lot this year, and he's going to have to re-find his game from the end of last season if he doesn't want lots of Oilers fans to remain in a severe depression over his pricetag.

Ladislav Smid has continued to maintain the status quo. He has yet to take that next step. At times, after the Steve Staios influence, Smid appeared to have realized with his offensive talents, or lack thereof, that he needs to play a hard-nosed mean defensive game. Doing this all the time is what

Smid seems to struggle with. I have seen lots of stretching of the arms with one hand on the stick this season with Smid. Reaching with his stick rather than taking his man.

Kurtis Foster and Jim Vandemeer appear to be getting acquainted with their new team and Theo Peckham is again making coaching staff decisions appear brilliant in keeping Peckham after training camp. Peckham plays mean the full 60 minutes and gives the young, small Oilers team at least some sort of toughness. Peckham got under the skin of Jarome Iginla one game and completely obliterated Patrick Kane in another. Who's the last Oiler to do that?

Whitney provides that pillar you can build around, and Peckham is that never-breaking cement deck, in the ravished depleted garden that is known as the Oilers backyard.



NAIT notes ...

By NUGGET SPORTS STAFF Men's hoops squad ends first half on a roll

The Oaks are heading into the Christmas break with their heads up following a week-end sweep of cross-town rival Concordia. The pair of victories puts NAIT's winning streak at four and the team now sits tied with Lakeland College for first place in the ACAC North Division with an 8-2 record, though the Rustlers have a game in hand. On Friday, Gerard Mozwa led the Oaks with 19 points on the way to a 97-66 win. Shane Cox added 15 points and eight rebounds, and the Oaks outscored the Thunder by at least seven points every quarter. Saturday's contest was much closer, with NAIT prevailing by a 94-87 score. Bol Kong had a monster night to pace the Oaks with 21 points, five rebounds, five assists and five steals, and NAIT also got significant offensive contributions from Shane Reece and Clayton Crellin, who each had 19 points. However, head coach Don Phillips was quick to point out that the Oaks were lucky to escape with the win. "We feel fortunate to experience such a turnaround of events [despite] a lack of focus and respect for our opponent on our part," said Phillips. "To still pull out an important victory before the break is encouraging yet concerning."

Men's volleyball team dispatches Concordia

NAIT finished off the first half of the season by taking care of the basement-dwelling Thunder relatively painlessly, sweeping both weekend matches by identical 3-0 margins. The Oaks find themselves in a tie with Briarcrest College for first place in the ACAC,

with an 8-2 record at the break. Head coach Simon Fedun is pleased with the progress his team has made so far this year. "We have put ourselves in a good position for the second half of our season," Fedun said. "The goal over the Christmas break will be to work on skill development so that we are sharp right from the beginning [of the second half]." Fedun pointed to first-year setter Carston Moeller as a key player, who by virtue of his position, doesn't necessarily get the recognition he deserves. "It is

hard to list the stats for a setter in our league because we do not keep track of assists, but he is one of the top setters in the ACAC," said Fedun.

Bounce back weekend for women's volleyball

The winning was contagious last weekend, and the women's volleyball Oaks were not immune, sweeping Concordia to close out the first half of the season with a 7-3 record. NAIT is just two points back of a trio of first-place teams. Kate Bilodeau (13 kills, six digs, three stuff blocks), Jelena Saric (seven kills, seven stuff blocks, eight digs) and Friday's player of the game Jillian Irvine (eight kills, four stuff blocks, four service aces) led the way statistically for the Oaks, while libero Rebecca Merasty had a strong weekend as well, earning player of the game honours on Saturday. Head coach Erminia Russo Thorpe said solid contributions from every single member of the team were key to the wins. "I was able to play everyone over the two nights, which was a good confidence booster for the whole team. It really was a team effort this weekend," said Thorpe.



Cavillo outshines the game



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

It was an odd game. That's honestly the best way I can put it. After a season full of thrilling CFL action, the climactic showdown between the Montreal Alouettes and Saskatchewan Roughriders just didn't quite measure up.

Sure, it was a close game; football fans can be thankful for that. But in a year packed with drama, the Grey Cup game, for the most part, failed to deliver. In fact, the most dramatic moment of the day didn't come until the post-game press conference, which I'll get to in a moment.

First though, a little full disclosure. I am a dyed-in-the-wool Roughriders fan. Lived all my life in Saskatoon until I moved to Edmonton to go to school. My family had season tickets when I was a young child. So I can understand if some might consider this column as a little bit of sour grapes given that my beloved green and white came out on the losing end on Sunday.

But none of that has anything to do with me being underwhelmed with this year's championship game. I am certainly disappointed, but that is an entirely separate response.

No, I simply felt that as a fan of the game, there was a distinct lack of excitement despite the fact that the stage seemed

perfectly set for a highlight fest. There were no spectacular plays, no monster individual performances, no controversial calls. Heck, there wasn't even a single coach's challenge the entire game. Even the hit parade was a mighty short one.

It was at best a methodical, plodding affair. Though it is a cliché, this was one of the best examples of one team outlasting the other. The Alouettes just made a couple more positive plays than the Riders, and, on the flip side, Saskatchewan just made a couple more mistakes, none bigger than the fate-sealing interception thrown by quarterback Darian Durant in the game's final minute. By the way, that was also the only turnover of the game.

Of course, the Als couldn't care less how they got there, just as long as they can call themselves 2010 Grey Cup champions. And no member of that organization can appreciate the accomplishment more than quarterback Anthony Calvillo.

As mentioned, the most dramatic moment of Grey Cup Sunday came after the game, when Calvillo revealed that he had been playing with a potentially serious health issue since mid-season. Team doctors had discovered a lesion on his throat while examining another injury, and the quarterback was forced to take a serious look at his football future.

After being told he could defer treatment until after the season without worsening his chance of recovery, Calvillo decided to play out the season, but he kept the news mostly to himself. Only his family and a few teammates were aware of what he was going through.

When Calvillo dropped his bombshell Sunday night, not only did it create more buzz than anything that took place on the field earlier, it also put everything into crystal clear per-



globalnational.com

Three triumphant Alouettes hoist the Grey Cup just after the game on Sunday.

spective. It's difficult to have much animosity towards the team that beat your beloved Riders two years in a row when you are reminded so abruptly that in the end, they're just playing a game, and there are plenty of bigger things at stake in life.

It's no earth-shattering revelation or anything, but I think that as sports fans sometimes we lose sight of the bigger picture. We can be some of the most rabid, unapologetic and partisan people on the face of the earth. But we're

all just expressing the exact same passion with a different paint job. And when someone wearing enemy colours reminds us of what's truly important, those are the moments when we're all cheering for the same team.

So to Anthony Calvillo, congrats on your third Grey Cup win. You've definitely earned it. Here's hoping you can beat this so we get to see you come back and re-write the CFL record books. I think that's something football fans of every stripe can root for.

Alouettes prevail for 3-point win

By KITA MURU

The Montreal Alouettes faced off against the Saskatchewan Roughriders in the 98th annual Grey Cup at Commonwealth Stadium on Sunday and won the game 21-18.

This was a rematch of last year's final in Calgary's McMahon Stadium, which had a controversial ending in which Montreal's kicker Damon Duval had missed the game-winning field goal; or he would have, had the Riders not been penalized for having too many men on the field. Duval converted on his second chance, capping a Montreal comeback.

Around halfway through the first quarter, Montreal went ahead when Avon Cobourne rushed for the touchdown from three yards out, quickly finishing a four-play drive. Damon Duval converted the extra point. Five minutes later, Duval missed a 31-yard field goal and had to settle for the single. Saskatchewan replied at the end when Wes Cates scored a touchdown from the one-yard line, while Warren Kean got the extra point.



In the second quarter, Kean kicked a field goal, while at the other end, Riders punter Eddie Johnson converted a single to make it 11-8 for the Riders at the end of the half.

Midway through the third, Montreal tied the game after a nearly seven-minute drive, which ended with a Duval field goal, and the score stayed that way going into the final quarter.

In the fourth, Montreal took the lead as Duval added another field goal, while the

Roughriders couldn't reply on their next possession. Montreal took control of the game after that, driving 81 yards down the field as Cobourne ran in another touchdown to make it 21-11. Saskatchewan replied with Darian Durant passing to Mark Parenteau for the touchdown to bring Saskatchewan to within three. Montreal proceeded to eat up as much of the clock as they could before conceding possession. Then on the Riders' final possession, Durant's pass was picked off by Billy Parker.

The Alouettes ran down the clock and repeated as Grey Cup champs.

Richardson chosen MVP

By MATT DEBEURS

After the Grey Cup was all said and done here in Edmonton Sunday night, Jamel Richardson came out on top as the most valuable player in the Montreal Alouettes' win over the Saskatchewan Roughriders.

Richardson came down with eight catches for 109 yards in the game, with most of those catches in highly contested areas in the middle of the field. He and fel-

low receiver S.J. Green were the big offensive game breakers for Als quarterback Anthony Calvillo, who was being constantly being blitzed by the Roughriders front seven.

Arguably, Richardson's most important catch came with just eight minutes left, when he fought off Saskatchewan defensive back Omarr

Morgan and came down with the ball on the Roughriders' two yard line – setting up Als running back Avon Cobourne's game-winning touchdown.

Richardson was also huge for the Als during the regular season, finishing fourth in the league in receiving with 1,271 yards, 97 catches and seven touchdowns.



ruefrontenac.com

Jamel Richardson



Not a hitch

By DARYLANN HUTCHINGS
Assistant Issues Editor

This year’s Grey Cup festivities went off without a hitch. Edmonton’s downtown was alive with fans throughout the four-day event.

From Nov 25-28, the festival transformed three whole city blocks into Rider and Als fan mania. With a number of different areas and venues set up, there was something for everyone.

“It was so cool just to see the little kids and (all) the things they could participate in,” said Marty Forbes, festival media liaison. “It’s not just a drinking affair anymore.”

Capital Power had a zipline set up across the Telus street fest, which was opened to the public for free, although they were taking donations for the Canadian military.

All the money raised will go to help those in the military and their families. According to the Capital Community Square facebook page, more than \$26,000 was raised.

“When you get to Grey Cup time, it’s Canada’s game,” said Forbes. “It was just fun to see everybody partying regardless of where they came from.”

Huddle Town was packed full on Saturday and lineups were around the square. The Save On Foods Grey Cup parade was filled with displays and tons of Grey Cup fans.

The sides of the street along the parade route were covered in green and white.

When the Rider fan portion of the parade came along, they picked up more fans from along the street to join in the chanting and celebrations.

Also on Saturday at the Shaw Conference Centre, the Molson Canadian cabaret was held. The party had the likes of Tom Cochrane and Red Rider.

On site at Commonwealth Stadium Sunday, there was entertainment that wasn’t disappointing, with Corb Lund playing at the indoor tailgate party and Bif Naked and Trooper playing at the outdoor tailgate party.

The entire Grey Cup festival was a huge hit. Between 400,000 and 500,000 people passed through Huddle Town over the course of the four-day festival.

Organizers are happy and excited, and are looking forward to see what Vancouver will have to offer in 2011.

‘It’s not just a drinking affair anymore.’

– Spokesman
Marty Forbes



DEPARTMENT OF ATHLETICS AND RECREATION

NAIT’s Department of Athletics and Recreation is now hiring students for the 2010-11 season. There are openings in the following areas:

- POOL – Part time lifeguard and/or aquatic fitness leaders
- FITNESS WEIGHT CENTRE – Part time monitors
- SPORTS EQUIPMENT CENTRE – Part time counter staff

Responsibilities:
Provide qualified and professional supervision of all facility users (students, staff, public and rental groups)
Successful candidates will possess the following:

- Strong communication skills
- Strong interpersonal skills
- Computer skills an asset (Word, Excel, Outlook)
- Current NLS, AEC (Standard first aid), AED, WSI, (Aquatic Leadership Instructor certification an asset) for lifeguards
- Standard first aid/AED training
- Availability during our regular hours of operation daytime, evenings and weekends (week daytime hours in particular demand).

Remuneration: \$15-\$23/hour
These positions will be casual part time. For more information, please contact
Pool Recreation Facilities and Operations Manager Jeff Riddle at 780.471-7605 or e-mail jeffr@nait.ca
FWC Fitness Weight Centre Supervisor Wayne Dalman at 780-471-8363 or e-mail wayned@nait.ca
SEC Sports Equipment Centre Supervisor Nash Klimosko at 780-471-7729 or e-mail nashk@nait.ca
Interested students are also welcome to check out the facilities and talk with the existing staff.

Resumes can be delivered to our Athletics and Recreation office (E-134) or via e-mail to the appropriate supervisor. We thank all applicants for their interest in NAIT as an employer. However, only those selected for an interview will be contacted.

ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
SAIT	15	12	11	1	0	2	75	34	26	
Mount Royal ..	15	10	10	3	0	2	55	27	22	
Augustana	14	7	7	2	1	4	72	41	19	
NAIT	15	7	7	5	1	2	40	40	17	
Concordia	16	6	5	7	0	3	55	68	15	
Portage	15	5	5	8	0	2	48	55	12	
Briercrest	16	3	3	11	0	2	43	82	8	
MacEwan	16	2	2	13	0	1	36	77	5	

RESULTS

Nov. 27

MRU 3, Briercrest 1; SAIT 5, MacEwan 2;
Concordia 3, Portage 2

Nov. 26

Portage 4, Concordia 1; MRU 2, Briercrest 1;
SAIT 4, MacEwan 1

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal ..	12	11	9	0	0	1	45	14	23	
NAIT	12	6	6	5	1	0	32	27	13	
SAIT	10	4	4	4	1	1	25	25	10	
MacEwan	10	3	3	5	0	2	19	27	8	
Red Deer	12	2	2	10	0	0	17	45	4	

RESULTS

Nov. 27

MRU 2, MacEwan 2

Nov. 26

NAIT 6, RDC 2; MRU 3, MacEwan 0

Nov. 25

NAIT 2, RDC 1

MEN'S BASKETBALL										
North Division										
Team	G	W	L	Pts	PF	PA				
Lakeland	9	8	1	16	776	627				
NAIT	10	8	2	16	895	774				
Concordia	10	5	5	10	809	761				
MacEwan	9	5	4	10	675	640				
Augustana	10	4	6	8	786	820				

Keyano	10	3	7	6	631	779
Grande Prairie	10	2	8	4	822	971
King's	10	0	10	0	640	863

South Division

Team	G	W	L	Pts	PF	PA
Lethbridge	10	9	1	18	937	726
Mount Royal	10	7	3	14	841	754
Red Deer	10	5	5	10	805	775
SAIT	9	5	4	10	715	712
Briercrest	10	4	6	8	857	891
Medicine Hat	9	3	6	6	670	766

RESULTS

Nov. 27

NAIT 94, Concordia 87; Keyano 68, King's 66;
Augustana 97, GPRC 92; MRU 89, RDC 67;
Lethbridge 107, Briercrest 69
Lakeland 72, MacEwan 63

Nov. 26

NAIT 97, Concordia 66; MRU 81, RDC 58;
Augustana 87, GPRC 77; SAIT 81, MHC 55;
Lethbridge 80, Briercrest 74;
Keyano 74, King's 46

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Concordia	10	9	1	18	838	542
Grande Prairie	10	9	1	18	707	599
MacEwan	9	6	3	12	707	579
King's	10	5	5	10	650	646
Lakeland	9	4	5	8	544	601
NAIT	10	3	7	6	540	593
Augustana	10	2	8	4	741	869
Keyano	10	0	10	0	521	810

South Division

Team	G	W	L	Pts	PF	PA
SAIT	10	10	0	20	826	570
Mount Royal	10	8	2	16	682	611
Medicine Hat	10	5	5	10	690	653
Lethbridge	10	4	6	8	642	685
Red Deer	10	3	7	6	517	649

Briercrest	10	1	9	2	510	708
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RESULTS

Nov. 27

Concordia 73, NAIT 41; King's 64, Keyano 47;
GPRC 88, Augustana 87; SAIT 65, MHC 53;
Lethbridge 84, Briercrest 76; MRU 72, RDC 53;
MacEwan 89, Lakeland 75

Nov. 26

Concordia 72, NAIT 48; King's 76, Keyano 62;
GPRC 93, Augustana 81; MRU 55, RDC 45;
Lethbridge 72, Briercrest 50; SAIT 74, MHC 60

MEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
N	NAIT	10	8	2	27	11	16
S	Briercrest	10	8	2	27	8	16
N	King's	8	7	1	22	6	14
S	Red Deer	8	7	1	23	8	14
N	MacEwan	10	6	4	23	19	12
S	SAIT	8	5	3	18	16	10
N	Grande Prairie ..	10	5	5	18	17	10
S	Lethbridge	10	5	5	20	19	10
S	Mount Royal	8	4	4	13	14	8
S	Medicine Hat	10	4	6	16	21	8
N	Keyano	10	3	7	14	23	6
N	Lakeland	10	3	7	11	22	6
S	Augustana	10	1	9	7	27	2
N	Concordia	10	0	10	2	30	0

RESULTS

Nov. 27

NAIT 3, Concordia 0 (25-18, 25-14, 25-18)
RDC 3, Lakeland 1 (27-29, 25-18, 25-20, 25-15)
GPRC 3, Keyano 1 (25-21, 14-25, 25-22, 25-23)
Lethbridge 3, Augustana 0 (25-17, 27-25, 25-17)
Briercrest 3, MRU 0 (25-20, 25-19, 25-17)
MHC 3, SAIT 2

(26-24, 25-29, 23-25 23-25, 15-11)

Nov. 26

NAIT 3, Concordia 0 (25-18, 25-14, 25-15)
RDC 3, Lakeland 1 (23-25, 25-14, 25-16, 25-17)

GPRC 3, Keyano 1 (25-23, 25-22, 24-26, 25-18)
Lethbridge 3, Augustana 1
(25-16, 25-15, 17-25, 25-21)
SAIT 3, MHC 1 (26-24, 25-23, 18-25, 25-23)
Briercrest 3, MRU 1 (22-25, 28-26, 27-25, 25-19)

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
S	Mount Royal	8	8	0	24	2	16
N	Grande Prairie ..	10	8	2	28	9	16
N	Lakeland	10	8	2	26	11	16
N	NAIT	10	7	3	24	14	14
N	MacEwan	10	6	4	21	15	12
S	Medicine Hat	10	5	5	16	18	10
S	Lethbridge	10	5	5	15	19	10
S	Red Deer	8	4	4	16	13	8
N	King's	8	4	4	15	16	8
S	SAIT	8	4	4	14	15	8
N	Keyano	10	4	6	18	22	8
S	Briercrest	10	2	8	14	26	4
N	Concordia	10	1	9	6	29	2
S	Augustana	10	0	10	2	30	0

RESULTS

Nov. 27

NAIT 3, Concordia 0 (25-15, 25-16, 25-18)
GPRC 3, Keyano 0 (25-20, 25-20, 25-20)
Lethbridge 3, Augustana 0 (25-11, 25-17, 25-14)
MRU 3, Briercrest 0 (25-12, 25-21, 25-20)
Lakeland 3, RDC 0 (25-21, 25-21, 25-21)
SAIT 3, MHC 0 (25-21, 25-21, 25-22)

Nov. 26

NAIT 3, Concordia 0 (25-14, 25-15, 25-16)
GPRC 3, Keyano 1 (25-19, 21-25, 25-15, 25-13)
Lethbridge 3, Augustana 0 (25-16, 25-19, 25-7)
SAIT 3, MHC 1 (25-19, 25-18, 13-25, 25-22)
MRU 3, Briercrest 0 (25-15, 25-18, 25-13)
Lakeland 3, RDC 2
(25-12, 25-21, 25-27, 24-26, 15-5)

ENTERTAINMENT

NAIT's Top Model chosen

By RACHEL LEES

NAIT put on its first annual NAIT's Next Top Model competition, which is now over and was a huge success after weeks of hard work for the 16 girls.

At a crowded Nest on Nov. 24, the final eight girls strutted their stuff in hopes of winning a modelling contract, Oilers tickets and gift certificates. Each girl walked the runway sporting Club Monaco and looking fabulous.

Clarisse Porca, Meghan Egan and Laura Duran made the Top 3, with Duran taking first place.

"I'm so happy, so excited. This was a really nice experience for me," said Duran. "For me it was like showing my personality and showing that I am a happy person. More than modelling, it's showing who I am."

She added that it wasn't hard because it was really fun for her and that she feels really confident after the competition.

Runner up Clarisse Porca said she had a lot of fun as well, and that it was a competitive but friendly atmosphere.

"The photo shoots and the runway were a blast and I had the chance to get all fancied up by professionals and meet new people with the same interests," Porca added.

She also said that this competition is a great way to build on skills for those aspiring to model and that it is a good way to get connections in the industry.

"I think these kinds of events help NAIT to be more recognized in other parts, so it's a good experience for anyone to join in this competition," said Duran.

NAIT's Next Top Model was a success, so NAIT is hoping and expecting to continue the contest.



Photo by Patricia Bellot

NAIT's Next Top Model Laura Duran, left, is all smiles after winning the title on Nov. 24. Meghan Egan, right, came in second, while Clarisse Porca, centre, took third place.

THURSDAY DECEMBER 9

THE DUDES

INDIE NIGHT
at the nest

Live music Thursdays starting at 4.30pm

STUDENTS ASSOCIATION www.naitsa.ca facebook Visit us on facebook

December 8, 2010
@ the Nest @ 4:30pm

NAITSA Presents: A How To Series
HOW TO...
MIXOLOGY

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By ERIN BEZOVIE

December has arrived and Christmas

is just around the corner!

You can now shamelessly begin blasting your Christmas music from your house, car and iPod.

I began searching for new Christmas songs and blasting the music as soon as Remembrance Day passed because Christmas is my all time favorite holiday. I love the lights, the cookies, and the music. But the traditional Christmas music can get tired and overplayed.

I've compiled a list of Christmas songs that are either covers of old songs by new

bands or completely new songs about this great holiday. And if you're one of those people who aren't big fans of Christmas, maybe these songs will make the holidays more bearable...that or the eggnog.

1. "Merry Christmas Baby" – Brighten
2. "Christmas" (Baby Please Come Home) – Death Cab for Cutie
3. "This Christmas" – Every Avenue
4. "Baby, It's Cold Outside" – Glee Cast
5. "Wasted Wishes on Mistletoe Kisses" – Transition
6. "Winterlove" – Parachute

7. "Love By Our Side" – The Summer Set
8. "Santa Stole My Girlfriend" – The Maine
9. "Wishlist" – The Ready Set
10. "Where My Christmas Lives" – 3 Doors Down
11. "Happy Christmas" (War Is Over) – Maroon 5
12. "I Wanna Be Your Christmas" – Andrew Allen
13. "All I Want For Christmas Is You" – Lady Antebellum

VIRAL VIDEO OF THE WEEK

Do you believe in time travel?

By LINDA HOANG
Issues Editor

This week's viral video blew my mind and the minds of millions around the world.

In just over a month of being posted online, this video has amassed more than five million views on YouTube and that's not including the dozens of duplicate videos that all have a few hundred thousand hits to them too.

I'm talking about *Charlie Chaplin's Time Traveler*.

There was a recently released and re-mastered DVD of the famous filmmaker's 1928 movie *Circus*. Under the special features section there is footage from the Hollywood premiere of the movie. It basically shows clips of

people outside walking into the theatre.

This is where your mind gets blown.

The footage shows a woman walking along the sidewalk with her hand holding some kind of object held up to her ear. The woman's head is slightly tilted and her mouth is moving as if she's talking into the object.

What was mine and millions of others' first thought of what the woman is doing?

Well it looks like she is walking and talking into a cellphone, which is a pretty normal occurrence, right?

Right, but not in 1928! Cellphones weren't invented yet. What the heck?

This video gives me goose bumps.

When it erupted online, the person who made

the discovery originally claimed that the woman is a time traveler because only someone from the future could be using a cell phone in 1928.

If you read that line and dozens of reasons why that's the dumbest thing you've ever heard, including that cellphones can't be used in 1928 because there were no cellphone towers back then, well, you're not alone.

There have also been fairly "reasonable" explanations for the video – the most reasonable being that she could have been using a larger model hearing aid.

But I'm a believer in the strange and the unfathomable and thus have latched onto the other half of the viral video audience who believes that this woman traveled back in time.

Anyway, believer or not, it's a crazy video and you should watch it.

Search "Chaplin's Time Traveler" on YouTube or go to <http://www.youtube.com/watch?v=Y6a4T2JaSU>.



YouTube



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STUDENT ASSOCIATION www.naitsa.ca facebook

White Lightning rocks

NR92 dot com
NRIT
Campus Radio

By **DUSTIN “BLAZE” STASHKO**

Last week NR92 brought you White Lightning for Indie Night. They were November’s “Sonic Band of The Month,” but NR92 got them first ... No big deal.

Even during the sound check, one could tell that White Lightning was going to be an entertaining band. They were indeed. They kicked the show off with a rocker called “Hold On” that had heads bobbing and hands hitting the table to keep the beat.

The energy kept up through the whole show. From a Bob Marley cover all the way to their single “Satisfaction,” they never failed to get the crowd into anything they played.

With some tasty bass lines from Jimmy Rushton, vocals from Steve Bosch and a stage energy that was hard to deny, they really pulled you through their set.

One of the reasons why White Lightning is so unique in their live show is that they’re professionals when it comes to crowd participation.

At one point in the show, they had eight people from the crowd get up on the stage to play the tambourines, bang some bongo drums and sing at the top of their lungs. I’m also pretty sure that they gave people some kazooos.

Yes, I know what you’re thinking: “You had me at kazoo.” It was at that point that I realized everybody had a huge grin on their face. For that to happen to a crowd, you know the band is destined for great things.

That’s the “Blaze Guarantee.”



Photo by Kilian Labonte-Bon

White Lightning entertains at the Nest.

Radio trio keeping it current

By **DANICA PACKOLYK**

NR92 has brought you many different shows, which include themes of hip-hop, to rap, to pop. *Drink the Current* tries to add something new. With Albert To, Lisa Vaughn and Michael Gordon, the show brings you the newest up and coming music.

Danica: How did the three of you get together for this?

Lisa: From Team Building (RTA’s way of getting to know each other) Albert and I found out we had a common interest in music and that’s how the two of us came together.

Albert: Mike came in later – he started off as a guest on our show and he loved it so much that we asked him to join us.

Mike: One show was all it took!

Danica: How did you come up with the name?

Lisa: We brainstormed for a good two to four weeks, but Albert came up with our name.

Albert: We wanted to put “current” in the name because we were playing the newest up and coming music, but we didn’t

know how to word it. Eat The Current or Consume The Current didn’t sound all that good – so we eventually got *Drink the Current*.

Danica: So what type of music do you guys play?

Albert: A lot of modern, indie rock and electronic. We want to keep our show fresh, and play songs as soon as they’re released.

Mike: We do some hip-hop, pop and auto tune as well (he laughed at the idea of auto tune).

Lisa: We never play the same thing twice – well, at least we haven’t yet!

Danica: Who is your favourite artist?

Mike: Definitely Keane, love her!

Lisa: I don’t really have a favourite artist, but my favorite kind of genre is sexy vocal house, such as Cascade!

Albert: I don’t really have a favourite artist either – but I definitely don’t like country, metal or scream.

They also talk about a variety of items.

Danica: What kind of gossip do you guys talk about?

Lisa: Anything and everything – from *Jersey Shore* to *Glee* to any kind of nonsense. On Halloween I went over the top 10 Halloween costumes!

Mike: Lots of train wreck celeb news – people listen to it because they just can’t get enough!

Albert: We honestly just talk about a lot of nonsense, I mean once we talked about how prostitutes in Spain have to wear safety vests. It may sound weird, but its interesting.

Danica: Is there anything that you want people to know about the show?

Lisa: It’s funny – it really is, and we feed off each other well.

Mike: Definitely funny as hell!

Albert: We’re not all about intense celeb news ... if it’s a train wreck we’ll talk about it, but we talk about other stuff too. We play the hottest up and coming songs, and we play them first.

Drink the Current is Tuesday from 4:30 p.m. to 6:30 p.m. and Wednesday from 6 p.m. to 7 p.m..

Check out their Facebook fan page called “Drink the Current” and call in for requests at 780-471-8833.



Photo by Danica Packolyk

Michael Gordon, left, Lisa Vaughn and Albert To combine to bring you Drink the Current on NR92.

NAIT grad living a movie dream

By CELESTE DUL

What do *Avatar*, *War of the Worlds* and *Alice in Wonderland* have in common?

NAIT graduate Todd Cherniawsky. Cherniawsky worked as a set/art director for those movies, three of a long list of Hollywood flicks he's been involved in.

The NAIT graduate earned his Bachelor of Fine Arts diploma from the U of A after an honours diploma in Architectural Technology here at NAIT in 1998, a step that started his journey towards his childhood dream of working to help create movies.

"There were two different stages and realizations," explains Cherniawsky. "As a kid I always dreamed about it, wanting to know how the worlds were created, and I was a movie freak. Then when I became an adult I was involved in art and design and knew I should take a risk."

His role in movies is to create the world the actors work and act in. This involves finding the right real life location, drawing to scale the components of the world, constructing it, decorating, adding graphic computer components and more.

"There is so much work that goes into creating a world, some worlds can't even be described. It's really a collaborative art form involving every kind of designer. It's a lot of work, but every day you're in a different world using different techniques and it's a lot of fun."

He says creating an environment is exhausting work.

"If you do it right it shouldn't be noticeable. You have to understand how humans interact with their environments and there's a big architectural component that goes along with creating the perfect atmosphere."

Cherniawsky believes there are so many factors that have gotten him where he is today, and NAIT is one of them.

He explains that he got an incredible foundation for drawing to scale at NAIT, and the skills learned here made him immediately employable, because you aren't just doing theory.

For students looking to get into the industry, Cherniawsky suggests that the best thing you can do is show up and try. He explains that education and work experience is important, but you have to have passion and an early hunger in order to break into the industry.

"I worked free of charge for a lot of respected people in the industry just because I knew they would be good to mentor under," says Cherniawsky.

He believes that every student should follow their passion, because nobody knows when there's going to be a good time to do what you want.

Therefore, you should be what you want and it will pay off because the world changes so rapidly.

Cherniawsky is currently working on a new Disney flick, although he can't release the title of the film yet.



Matt Cherniawsky in his office.

"It's still in the early stages and at this point and we aren't allowed to release any information," he said.

His latest major motion picture, *Avatar*, has made a huge impact in the media and Cherniawsky's reputation.

"When we were making *Avatar*, nobody

thought it was going to be as big as it became," he explains. "We hoped that it would, but none of us expected it to become so huge."

This passionate NAIT graduate has worked extremely hard to get where he is and is proof that great things can happen when you follow your dreams.

THE NUGGET PRESENTS:

NUGGET COMICS

M
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C
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CHUBBY
CHUCK'S
DONUTS

HONESTLY
OFFICER, WE
BOTH KNOW
THAT I WASN'T
SPEEDING!

J.B.

Cartoon by John Benesch

HOT

SINGLE OF THE WEEK

Editor's note: If this page were colour, this suit would be red.



Photo by Ali Yusuf

Big Red Radio and Television

Nugget: I have to ask. Do you have a skin condition of some sort?

Big Red: It is a skin condition. It's called Red-itus. It's non-lethal, non-contagious.

Nugget: Glad to hear that. Do you have problems going out in public with your skin condition?

Big Red: I get a lot of laughs and pointing. Someone called me orange once. I wasn't too happy about that. It didn't fly with me, so I beat him up.

Nugget: What do you look for in a girl?

Big Red: Girl parts ... I'll take what I can get. I mean, I'm red. I can't be picky.

Nugget: Can you describe yourself in three words?

Big Red: Awesome. Confident. Huge.

Nugget: If you were given \$10,000 to go on one date, what would you do?

Big Red: A wine and diner. Then we would go to the roller skating rink. After that take her on a hot-air balloon ride. Maybe the water park after that, but \$10,000 is a lot of money to spend.

Nugget: If you wanted the ladies of NAIT to know one thing about you, what would it be?

Big Red: I have so much passion that I would make them red all over.

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

Message of hope, love

By CATHERINE YE

When winter comes, we seem to generally be able to have the necessary tools to keep ourselves warm. However, for people in Africa suffering from war and disease, we often try to find ways to warm their hearts.

K'naan, famous for his song "Waving Flag" for the 2010 FIFA World Cup, came to the River Community Church's fourth annual speaker event "Out of the Darkness" at the Westin Hotel on Monday to help raise awareness for the needy in Africa.

The event is not only for global issues, such as humanitarian projects in Zambia, but a fundraiser for local families in need.

K'naan is from Somalia and grew up in Mogadishu during the Somali Civil War but moved to Canada when he was 13. He shared some of his stories about his life in Africa at the event.

His aunt, Magool, was one of Somalia's most famous singers. His grandfather, Haji Mohammed, was a poet.

This led to his future as a singer and his deep appreciation for art and culture.

"I always feel unfair when people think Somalia is a country full of violence. In my eyes, my hometown is a country with poetry," K'naan said. "Maybe the economic situation is not well in Somalia, but culture is something not changed by nature."

Daniell and Ruby, University of Alberta law students from Kenya and Zimbabwe, also shared poetry with the audience.

Their poem, called "All the Mothers We

Left Back Home" talks about the hope of a better living and learning environment African mothers have for their children.

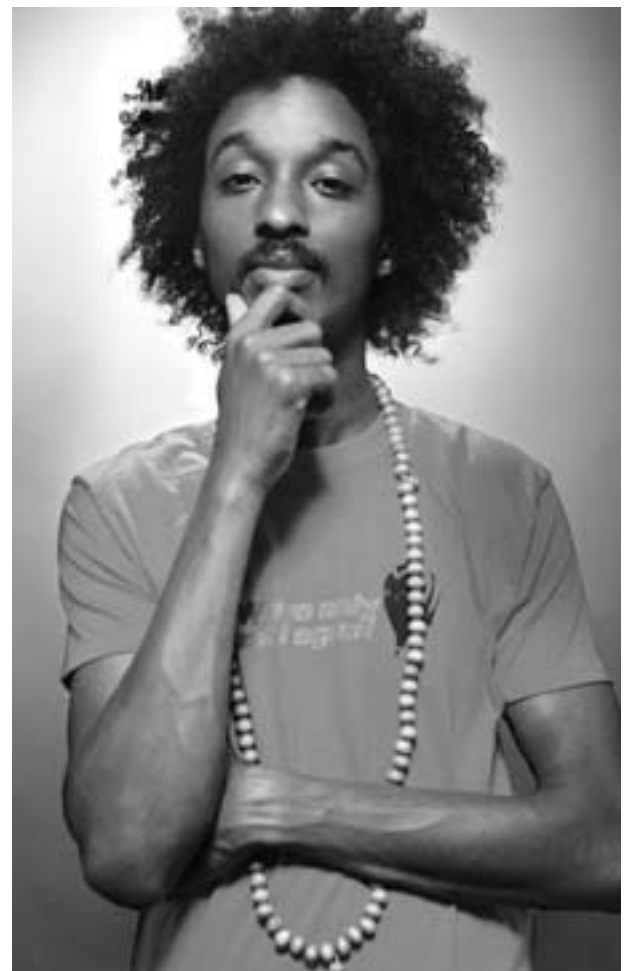
When K'naan came to Canada, he couldn't speak English, but taught himself hip-hop and rap phonetically.

"You can see some contradictions in my songs. My melodies are usually beautiful, but the lyrics are angry," he added. "I love my life for sure, but my experiences past about spending time in prison and losing a lot of friends makes me sad sometimes."

K'naan has two sons and says he has a happy family.

He says that he is happy to hear his sons say that being together means love.

"Love is meaningful. We should learn how to love despite all the war and disasters," he said.



djbooth.net

K'naan

Nest for wings

CAMPUS FOOD REVIEW

By DAVID ADOMAKO-ANSAH

While catching the finale of NAIT's Next Top Model last Wednesday at the Nest, (hosted by NAITSA), I suddenly got the munchies. I decided, since it was Wednesday, I'd order up some wings. Not one to mess around, I got two different kinds. BBQ and salt and pepper, to be exact. I have to be honest; they were delicious. By the time I was finished, my

hands were covered with BBQ-y goodness. If you're looking for the perfect balance of BBQ sauce and chicken, look no further than the Nest. Now, the salt and pepper wings? Don't even get me started. Crunchy, yet chewy and delicious. Enough said. If you go on Wednesday, you can get these tasty dishes for \$5 a bucket. On all other days, they're \$10. Definitely worth the price. Deuces.

Wil's special brand of music



ALI YUSUF
Entertainment Editor

Wil Mimnaugh is a Canadian song writer and folk artist who was brought up by his musician parents. With their musical influence, he knew that he was meant to play music for the love of it.

Ali: First and foremost, who are you and what do you do?

Wil: I sing songs to people, songs that I wrote.

Ali: Where do you find inspiration when you're sitting down writing a song?

Wil: People, living life. It's just the dynamics or relationships and the infinite trials and the wonderfulness of it all. I think it's really interesting on a lot of levels and I've always been fascinated by [people]. There is a little bit of inspiration in film and having been an artist and an illustrator I have an affinity for film.

Ali: What sort of messages do you want your listeners to get out of your music?

Wil: Well, when they see a show, I want them to be actually moved because that can only happen in person. [To be] moved somehow, somehow by the actual act of the performance. Records are a totally different deal all together. I think if people can just have the patience to sit through the song and listen to the words I think they'll find something in the words. There's no hidden message, right to the point.

Ali: Every artist has this moment in their life that made them decide that being a musician is what they want to do. What was that moment for you?

Wil: There's a lot of them. Every few years that changed for me. Going way back to when I watched my dad playing guitar and singing in the kitchen. I'm going to say this. I had gone down to the States to do a couple of shows with Feist, I wasn't going down to play. Wink, wink, nudge, nudge. So I went down there, had a good friend pick me up in Seattle, took me to a guitar store, bought a cheap guitar, and I played



hightideconcerts.net

Wil Mimnaugh

for 2,000 people. I was like "F***, I like this a lot!" So that was a pretty enlightening moment where I wanted to keep playing music, not for the money, but because that whole day was wonderful.

Ali: Aside from being a musician, what else do you do for fun?

Wil: I ride mountain bikes avidly. I have done that for a couple of years now.

Ali: You mentioned that you are a movie lover. What movies and music have influenced your songwriting?

Wil: Anything with a lot of weight to it like *Eternal Sunshine of the Spotless Mind*, or *Children of Men*. I have an affinity for heavy matter like Ray LaMontagne's *Trouble*. I'll never forget when I first

heard that record.

Ali: Finally, what is your favourite part of the 80's?

Wil: Oh man, I would say but it's very inappropriate, I will say it was to do with a girl from Quebec. She had a very nice figure. Hah!

Check out Wil's Myspace page to listen to all of his folk-inspired tracks.

Jersey Shore north?

By **LAUREN FIELDING**
The Sputnik
(Wilfrid Laurier University)

BRANTFORD, Ont. (CUP) – Did you think that reality TV couldn't get any trashier than MTV's *The Jersey Shore*? Well, think again.

Our favourite guidos and guidettes have some stiff competition to face as Canada shows off their own brand of party animals in *Lake Shore*, trying to prove that "there's more to growing up in Canada than hockey and maple syrup."

The show is based out of Toronto, and follows a group of eight people from eight different cultures as they explore Toronto's club life, pushing the boundaries and generally being dramatic in front of a camera and an audience of voyeurs, hungry for drama.

But those concerned for the fate of Canadian television need not worry just yet. While the cast is secured, the show is still in negotiations with television networks and has yet to land a deal. So far, all the hype has been through a webseries posted online. According to the website, the

series is said to be filmed in spring 2011 in a yet to be secured house on Lake Shore Boulevard in downtown Toronto.

These eight twenty-somethings were chosen from thousands of applicants, an attempt to show how much of a melting pot Canada has become. These characters ravage the downtown Toronto area in search of sexy, fun times and spend almost as much time bitching each other out and causing drama as they do downing tequila shots and hooking up.

There have been claims from viewers that *Lake Shore* is using racism to capitalize on ratings, and one particular viewer stated that *Lake Shore* has "tarnished the reputation of Canadians."

These characters are ignorant, and seem to only care about one thing, being sexy, getting laid and getting drunk.

Lake Shore is pushing the boundaries as far as it possibly can because those who produce it know exactly what they are up against; pointless ignorance and self-obsession.

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SCOTT PILGRIM vs THE WORLD

A visually stunning world

By ALI YUSUF
Entertainment Editor

Scott Pilgrim vs. the World is graphic novel turned film about a boy who falls for a girl. Title character, played by Michael Cera, falls for Ramona Flowers, played by Mary Elizabeth Winstead and they go through the normal trials of a relationship.

Wait. Did I say “normal?” It’s actually the complete opposite. Scott must duel The Guild of Evil Exes to the death in order to continue dating Ramona. This colourfully elaborate film is a true gem and sure to be a cult hit in the near future.

This movie is one hell of a visual orgasm. Edgar Wright, the director of the film, really stuck with keeping the movie as close to the graphic novels as he could by visually portraying the movie more as a comic than a movie. However, this highly anticipated flick, despite its critically raved reviews, actually bombed at the box office.

I have a riddle for you: What do you call it when a movie/TV show makes the critics drool for more, but doesn’t do well on a box-office/ratings standpoint? *Arrested Development* Syndrome (or ADS). Even though *Arrested Development* was a critical success and an award-winning comedy, it was cancelled due to poor ratings. Now we must ask ourselves; is Cera being involved in both works that share a condition a coincidence or not? I’ll leave that to you. I feel that *Scott Pilgrim vs. the World* is another piece that suffers from ADS and here’s why:

Number 1: No one before the age of 14 and after the age of 30 understands what the hell is going on in the movie. There are people (literally) fighting over a woman’s love, crazy acrobatics are used during these fight sequences, and most of all, their special powers and high-calibre fighting skills are not explained whatsoever. Also, it references video games, logic, speech and behaviours that most people beyond those ages would not understand.

Number 2: Nobody likes hipsters. Basically, hipsters are people who revolt against mainstream society but look a lot less creepy than Goths. Even though the characters in *Scott Pilgrim vs. the World* are huge dorks that like gaming and playing music, they are often mistaken for hipsters. The main difference between dorks and hipsters is that dorks have the potential to be nice. As soon as you take that away, they are branded as hipsters.

Number 3: Nobody likes Michael Cera. Michael Cera



poprenegade.wordpress.com

Ramona V. Flowers, right, played by Mary Elizabeth Winstead, has a moment with Scott Pilgrim, played by Michael Cera.

doesn’t even like Michael Cera. I’m pretty sure he is sick of the petty, whiny, soft-spoken lead character he portrays in damn near every movie he’s been in. I’ll admit, as much as I loathe Cera, his work in this film is actually suitable for the flick. He plays the nice guy dork just like he would in anything else he would be in. Call it lazy acting, but he does the job right this time.

Scott Pilgrim vs. the World is definitely worth watching regardless of how mainstream society sees the zaniness of

the flick. You might need to be a dork to see this. But once you see it you might need to change your underwear. Visual orgasm.

★★★★★

Mainstream Ignorance

By GRAHAM McCANN

1. Dark chocolate can still contain milk, just less milk than milk chocolate. It is also much healthier for you and contains less sugar and more cocoa.
2. There has been no correlation found between eating a moderate amount of chocolate and risk of pimples or zits.
3. There is only black liquorice. Red liquorice is candy made to be like liquorice, but is not made from the extract of liquorice plants.
4. There is very little proof for the correlation between eating burned food and likelihood of cancer.
5. Carbohydrates do not contribute to weight gain unless they are contributing to excess calories. This is the same with protein and fat. Simply, calories unused will cause excess weight gain. The best way to stay fit is eat healthy and work hard.

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Mixology 101

By LACE SENIO

When most people attempt to relax after a hard day, they watch television or read a book. Franco Comminatore, however, makes drinks.

"I find bartending relaxing, almost like cooking," he says. There must be something soothing to pouring and mixing and garnishing. Then there is the added bonus of a tasty drink to sip after you finish the act of mixology.

NAITSA presents the next edition of the "How To Series," mixology style. Mixology is the art, or skill, of preparing mixed drinks. It is something extraordinary to be able to mix drinks. It's something that requires patience and creativity. This is why NAITSA is offering this how to session, to enable students to have fun and experience creativity at a whole new level.

The thing is, how many of us have tried to impress our friends with our drink making skills? How many of us have failed? How many of us know how to garnish a drink and how many of us really know the difference between a highball and a cocktail? Comminatore promises to answer these questions at the Nest on Dec. 8, starting at 4:30 p.m.

"I have taught the course once before, and it

is always a lot of fun," he explains. Comminatore says the course will offer students knowledge about bartending.

He hopes to teach the fundamentals of drink making, the importance of which garnish goes with what drink and the different ways to make drinks. He also is going to teach participants the proper terminology that goes with drink mixing.

"If nothing else, bartending is rewarding. It is rewarding to make a drink look good. It also teaches you a lot of people skills," he says. Like cooking, drink mixing allows you to get a little creative, to see what tastes good and what looks good. Comminatore has been bartending for eight years and has a ton of experience.

The event is sure to be a great time and it will be an excellent way to meet new people and learn a new skill. There will be drink demonstrations and samples for students to try.

"I am expecting to have a copious amount of fun," declares Comminatore. He advises participants to "just come with a good attitude and be ready to learn and have fun."

Discover the art and skill of mixing drinks, and have a lot of fun while you learn. Remember, you must be 18 to attend this event and be sure to drink responsibly.



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THE NUGGET PRESENTS:

GRAPEVINES

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

I love it when there is fresh snow on the ground, but it is only slightly cool outside.

– Winter Wonderland

...

The start of my program feels so long ago, now I can see clearly things I made mistakes in, and how I could have avoided it.

– Lamenting

...

I can't wait for the semester to be over, but I know I will miss it when it is.

– Precognitive

...

I can't stand it when students blame teachers or something else. It is usually your fault.

– Take Responsibility

...

Problem #25

Well, well, well look who's back. Oh ya, that's right, it's me again. It's been 2 years since my last message and Nug-

getboy is back at it again. Oh ya boo ya. Damn, quite a bit has changed since I was browsing around the campus.

Anyways, let's get to the point shall we... the only problem that I found was that when I was walking down the hallway, I witnessed low cut jeans, nice pink thong underwear between the cheeks, a great tan to go with it ... only to realize that it was 1 axe handle wide.

To 'Needs a Buzz' & 'Angry Vendor', check this wicked website <http://healthandyou.mychoices.biz>. Click under 'Shop our Store' for better energy drinks with 0 sugar and cheaper/better bottled water. All what NAIT does is ripping off your tuition money.

Next time: Problem #26; SPEEDO

– Nuggetboy

...

To the two blondes walking through the Spartan building, we do look because it's nice to see some hot girls once in a

while compared to the overload of testosterone in the building!

– From the men in the Spartan Centre

...

To the Asian guy in the HP Centre: Don't be shy come over and talk to us ladies in the blue uniforms. Be a real man!!

– Yellow Fever

...

Why does toilet paper have to be so uncomfortable at school? I'm already iffy about using the public washrooms here, at least give me something to look forward too. Nice comfy, fluffy, cashmere-ish toilet paper to wipe with would be AMAZING!!

– Virgin A\$\$

...

My H.R. teacher is so cute!! I love sitting in her class and listening to her ... well, I pretend to listen, I just let my mind wander ... if you know what I mean ;)

– Hot 4 Teacher

...

To the girl who left class early today ... when you left and said, 'Ya, I'm just gonna go home. I can go see my cat and pet it' ... well a couple of us sure weren't thinking about your feline ...

– I'd help pet that

...

So I've been reading the Nugget since I started school and enjoy reading the entries from other readers. I have noticed that there is alot of really horny people commenting and its kind of disturbing to know that these people are walking the same halls as me everyday.

– Sketchy Student

...

To the pretty student in the Business Tower. Yes, you're beautiful! But please, please get dressed before you come to school!! Wearing lingerie as a top is not professional and if you could also save the bar clothes for the bar! Thanks!

– Dress the part!

THE NUGGET PRESENTS:

Dr. CONwisDOM

Dear Dr. CONwisDOM

I have horrible red and sometimes green spots down there. It burns intensely most of the time, especially after having sex. For some reason, my girlfriends all seem to get this thing too after. Weird. They are so furious at me, I think I have to deal with it. Do you have any suggestions, doctor?

– Burning Furious

Dear Furious,

Some topical cream, perhaps. And stop dating to protect the girls from your disgusting junk.

...

Dear Dr. CONwisDOM,

I have a really hard time acknowledging to people I like that I actually like them, or responding to them if someone is interested in me. I wish I was with this one particular girl – she's single, nice looking and kind to me. I don't know what's up with me, I am just so anxious. I just can't do it. I am too anxious. I'd just rather wait for her to come to me.

– Anxiously Waiting

Dear Anxiously Waiting,

You should just approach her. She might not feel the same about you right now, or feel the same way about approaching someone. Don't waste your time, you have nothing to lose. If she isn't interested, then you didn't lose anything and you also shouldn't be ashamed. If she is, then there you go.

...

Dear Dr. CONwisDOM,

Every few months, my boyfriend and I will hole up for a weekend and have sex

nonstop. Is there such a thing as too much sex?

Sincerely,
Curious

Dear Curious,

Though prolonged intercourse isn't bad for you, just make sure you have enough lube and you should be good.

...

Dear Dr. CONwisDOM,

Candy canes and ornamental Christmas tree balls. Have you ever tried sticking those up your rear? Well I have ... and more than once! It hurt the first few times but I powered through and now it's heaven on Earth. Is this normal?

– Happy Holidays

Dear Happy Holidays,

Well this is the most festive time of the year and who I am I to judge what tickles your holiday fancy? Maybe next time add mistletoe above and try the holiday "toys" with your significant other. Just please go gently. Things like that can seriously damage your body if rammed in too quickly.

...

Dear Dr. CONwisDOM,

Is there physical evidence as to why whenever I read the Nugget in class my jeans "get tighter"?

– Doesn't Stand Up

Dear Doesn't Stand Up,

The empirical evidence is as follows: Studies show that whenever you read the

Nugget you imagine yourself in a supreme utopia. This utopia can differ from person to person. Some may imagine themselves in a pool full of spaghetti noodles, whereas some might even find themselves chained to Charlie Sheen's bedpost. My hypothesis is that you imagine yourself surrounded by very luscious, beautiful and scantily clad women shaking their goods. Therefore, the Nugget does in fact give you boners, but only because you love to have a good time. And there's nothing wrong with that.

...

Dear Dr. CONwisDOM

Ever since I started seeing my girlfriend, I noticed that my wallet is thinning out as of late. I never had any trouble with money, yet now I'm finding it difficult to start paying basic bills. I have a feeling that my girlfriend has something to do with this, but I don't know how. What do I do?

– Less Money, Mo' Problems.

Dear Less Money, Mo' Problems,

My only suggestion to you is to stop kidding yourself and stop dating a corner girl who you have to pay to get the attention you seek. You're sad, bud.

...

Dear Dr. CONwisDOM,

I watched the Victoria's Secret fashion show the other night, and all I can say is wowee-zowee. Those are some smoking hot ladies. My question is this – how can I get my girlfriend to wear fancy lingerie like that? She's more of a granny panty kind of gal, and while it isn't a deal-breaker or anything, it

sure would be nice if she'd spice things up every once in a while, you know? Problem is, she doesn't think she has the body to wear sexy stuff like that. How can I convince her to change her mind?

– Silk Teddy Fan

Dear Silk Teddy Fan,

It's pretty obvious your girl suffers from a lack of confidence, and by the looks of it you're not helping her gain any by watching supermodels and hoping she can look like them. If you want her to wear something sexy for you, here's a bright idea – why not just go out and buy it for her? Don't wait for her to get up the courage to pick something up. Make sure you know her sizes and then hit the store. Find something you think would suit her body while at the same time stimulating your primal urges. Then – and this is the most important part – make sure you tell her how beautiful she is and that you wanted to get her something a bit naughty for those special date nights. Continue to tell her how hot she looks as you get down to business, and make sure to mention it afterwards a few times to reinforce the notion. She'll be much more likely to make a habit of wearing sexy lingerie if you do this.

...

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

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Dec. 2-8

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

Sagittarius (Nov. 22-Dec. 21)

Sagittarius? More like "VAG-ittarius." But seriously, you'll be awesome this week. You'll find solace in putting

a smile on for the week.

Capricorn (Dec. 22-Jan. 19)

Want to make yourself useful? Go out and grab me a milkshake. I like chocolate milkshakes with a side of Kanye West. Don't ask, just do.

Aquarius (Jan. 20-Feb. 18)

If there is one thing I should warn you about this week, it's to not indulge in anything that is Starbucks. You and your colon will regret it.

Pisces (Feb. 19-March 20)

Hey, Pisces. You're looking pretty fine from where I'm standing. What do you say we go out and grab a drink sometime? Wink.

Aries (March 21-April 19)

Even though you're a pretty busy

person, you'll still find time to enjoy yourself in the next few days. Keep an eye out for opportunities that imply fun times. They're out there. Just look for them.

Taurus (April 20-May 20)

Now is an excellent time for you to try out new endeavours. Try baking a loaf of bread. That should keep you busy while your lover cheats on you.

Gemini (May 21-June 20)

Ahh, the twins. Keep them in check. Nobody likes saggy boobies.

Cancer (June 21-July 22)

Make sure you keep up with your studies this week. Finals are coming up and you could sure use the mark. Trust me. Study hard, you lazy sack of fecal matter.

Leo (July 23-Aug. 22)

I should be nice to you, Leo. You're one of my favourite signs. Go out, get drunk, get laid. You deserve it, pal!

Virgo (Aug. 23-Sept. 22)

Would it kill you to dress a little sluttier? Just saying, the guys love the goods.

Libra (Sept. 23-Oct. 22)

If you find yourself in a tough situation, all you need to do is make yourself a pros and cons list. Bring out the yellow legal pad and write your sorrows away!

Scorpio (Oct. 23-Nov. 21)

Confidence is key when making those first steps in meeting new people. Hey, piece of advice: I just told Leo to get drunk. Here is your chance.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Keeping children safe



There are four reasons why a child could be missing:

- Stranger abduction
- Parental abduction
- Running away
- Lost

They all have different beginnings, reasons for occurring, and patterns. However, they all have the same unfortunate ending: missing children. This information is designed to help both parents and children handle the situation should it occur.

There are precautions you can teach your child to significantly reduce the risk of his or her being the victim of abduction. A well-informed child has the odds in his favour. Take time to teach your children about personal safety.

- Talk to your child – from an early age and without instilling fear – about the facts of abduction.
- Clearly define what a stranger is.
- Abductors play on emotions of children, such as fear or compassion. Teach your child the different lures used.
- Shopping centres are a haven for abductors. Keep your child at your side. Explain to them that if they lose you, they should go to the nearest cashier or information booth and ask for help.
- Have your phone number engraved on the back of a bracelet or any other inconspicuous place; write it inside all articles of clothing. Tape coins in your child's shoes or sew them into clothing.
- Teach your child to avoid isolated areas such as parks, school grounds and fields.
- Teach them to "buddy up" as there is safety in numbers.
- Establish ground rules as to who will pick up your child and stick to them. Establish a code word, which you and your child know, to be used in emergencies.
- Teach your children to never give any information to a stranger over the phone when they are alone at home. The same applies to callers at the door.
- Instruct your child to report to you or an authorized adult any suspicious incident.
- Tell your children to walk facing oncoming traffic. If a car stops, teach your child to run home or to the nearest commercial establishment.
- Teach your child to say "NO" to an adult; to scream, kick, or fight if a stranger tries to take him away. Doing so will draw attention to the situation.
- Remind your child often that an adult in trouble requires

the assistance of another adult, not a child.

Be sure your children know:

- That police, peace officers, and security guards are there to help them.
- Their full names as well as your full name, address and telephone number.
- How to use both the telephone at home and pay phone, and how to make a long distance call. Explain who the operator is, how to reach him or her, and how he or she can help in an emergency.
- What to do if they become separated from you in a large store or shopping center. Have a pre-arranged spot to meet in case this occurs.
- That no one can forbid them from contacting their parents.
- About their neighborhood. Point out useful landmarks to them while walking or driving. Draw maps with them to see how large their "world" really is. This can be very useful to a lost child in trying to find his or her way home.

Here are some other tips to keep your children safe:

- Always know where and with whom your child is.
- Keep a list of emergency telephone numbers beside your telephone.
- Never leave your child unattended in a car.
- Be selective in your choice of babysitters (or anyone you may leave your child with).

If you have information 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). You will remain anonymous and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

Advertise in

THE NUGGET

Special rates for internal NAIT ads.

For display ads, contact:
Shaun Hoffman, CU Advertising
1-866-867-0098 or e-mail:
thenugget@cu-ads.org

For classified ads, contact:
Mary at 780-471-8855



THE NUGGET

THE NUGGET PRESENTS:

CLUBS CORNER

Upcoming clubs events

Animal Health Technology (AHT2012)

What: Jungle Bar Night
When: Dec. 3; 8 p.m.-2 a.m.
Where: On The Rocks – Jasper Avenue and 117 Street

B-Tech

What: Silent Auction
When: Dec. 8, 9; 10 a.m.-4 p.m.
Where: NAIT Main Campus, South Lobby.

Court Captioning and Reporting

What: Angel Card Reading
When: Dec. 10; 10:30 a.m.-2 p.m.
Where: Outside NAITSA Office (Room E-131)

Dental Assisting

What: Student Discount Cards
When: Dec. 3 and 10; Noon-1 p.m.
Where: HP Centre

Clubs Centre Info

Hours: Monday-Friday, 8 a.m.-5 p.m.; **Phone:** (780) 471-8871

E-mail: campusclubs@nait.ca; **Website:** www.naitsa.ca

Location: Room E-133 – Main Campus



Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games
When: Fridays; 4:15-10 p.m.
Where: Room WC-312

Christian Club

What: Weekly Meetings
When: Mondays: 5:15-6 p.m.;
 Tuesdays/Thursdays:
 12:15-1:10 p.m.
Where: Mondays: Room E-216;
 Tues/Thurs: Room E-201

Latter Day Saints

What: Weekly meetings
When: Thursdays
 11:15 a.m.-12:10 p.m.
 and 12:15 p.m.-1:10 p.m.
Where: Room E-221

Karate at NAIT

What: Weekly sessions
When: Mondays, Wednesdays
 7 p.m. – 9 p.m.
 Saturdays 11 a.m.-1 p.m.
Where: Room S-112

Single Parent?

Are you a single parent or parent interested in joining a student support group/club whose goal is to address specific challenges faced when being both a full-time student and parent?

If so, please contact Marilyn at strawberrydawn2006@hotmail.com and you will be contacted with information about when the next meeting will be held.

Candy Canes For Change



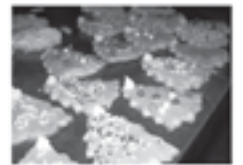
We will be selling candy canes for 1\$ From November 22nd to December 3rd All around NAIT, and the money raised goes towards toys for Santa's Anonymous

Brought to you by Club Five Star

Candy Cane Locations: Nov. 30 – Common Market; Nov. 29 – Fresh Express; Dec. 2 – HP Centre; Nov. 25, Dec. 1 – Book Store; Nov. 26, Dec. 3 – South Lobby.

Would you be willing to support a worthy charity, the OHS Students' Society, and get all the gifts you need for the holidays all at the same time? If so, you should be looking forward to the...

Bake Sale and Silent Auction



WHO: The Occupational Health and Safety Students' Society and our wonderful sponsors
WHAT: Delicious baking and awesome items such as Oilers tickets and work boots to bid on
WHEN: 11:00 a.m. to 1:30 p.m. on December 6, 2010
WHERE: The South Lobby. It will be hard to miss.
WHY: Because, in addition to benefiting people at NAIT, The Hope Mission receives 10% of the proceeds.

If you like giving gifts to yourself and/or others, you should come by and take a look.



SANTA PET PICTURES

On Saturday Dec. 4 (2-6 p.m.) and Monday Dec. 6 (5-8 p.m.), "Santa Claws" will be visiting the clinic to get pictures taken with your pets! Cats, dogs, rabbits, even reptiles are all welcome!

Prices for pictures are:
 5 x 7" \$8
 8 x 11" \$10

\$2 off each additional picture

All photos will be taken at the NAIT Animal Clinic, during weekend or after school hours.

Please e-mail laura_work@hotmail.com before Dec 3 to set up a photo shoot time.



NAIT PAINTBALL

NAIT CLUB: Paintball Action Sports: NAITBALL

Register as a team or individual

Next Game:
 Saturday December 4th
 Indoor!

Or email us about our cookie dough fundraiser, only \$13 a box for 45 cookies!

To register email
 icloutier1@studentmail.nait.ca

Tickets information and pricing available through email and our facebook group/page.

Join our Facebook Group or Page

NAIT Paintball

facebook

Paintball Action Sports: Nait ball

Mrs. D's PRESENTS Crazy About Pets

Come to the NAIT Clinic in X-Wing to order items!

Amazing Tug Toy
 Extra strong. For all dogs.

Amazing Rope Toy
 Durable cotton to clean teeth and gums. For all dogs.

Amazing Tower
 High quality rubber with chamber for favorite treat. For small or medium dogs.

Amazing Soccer Ball
 Push toy with squeaker. For small dogs.

Fish Flavored Cat Treats 3 oz.

All Natural Chicken & Rice Dog Treats 4 oz.

All Natural Peanut Butter Dog Treats 4 oz.

ALL ITEMS \$6.00 each

FUNDRAISING

NAIT AHT CLASS OF 2012

Come to X-100 NAIT Animal Clinic
 Hours: Mon. to Thurs. 7:30-8 a.m.; 3-4:30 p.m.

Surviving final exam weeks



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Most students feel pressure mounting towards the end of the semester. Here are some suggestions for handling the weeks before and during final exams:

1. Write up a schedule for the weeks before and including exams:
2. Start early. Schedule your study periods to avoid last-minute cramming. Start studying at least two weeks prior to your final exams.
3. Make a study guide for yourself. Include lists of key points, terms and ideas, as well as any other important information you find difficult to remember.
4. Allow enough time to study each subject thoroughly. Schedule large blocks of time so that you have time to understand concepts and basic relationships.
5. Learn information in the same form that you need to remember it for exams. For example, brainstorming questions from your notes and making up a mock test sim-

ilar to the one you expect will be given is one of the most effective ways to study. Ask instructors if they have practice tests available.

6. Vary what you study. Don't study for two similar courses consecutively and don't study any one subject for too long.

7. Schedule breaks. Taking a short break every 30 to 50 minutes is recommended. Your brain cannot learn effectively without breaks.

8. Use short periods for review. When waiting for the bus or in the shower, recall and review material that you have studied. Remember, the more frequently you review material the more easily you will remember it and the more it will broaden your understanding.

9. Keep your routine. Stick to your normal daily routine as much as possible. Avoid staying up all night or going to bed really late; it is better to get up a couple of hours earlier than to continue studying late at night.

Take Care of Yourself

1. Think positively about your abilities. Don't allow yourself to get down on yourself about all the studying you should have done in the past, or to compare yourself to others who you perceive as smarter or more organized than you are.
2. Be assertive about your needs. Let family and friends know that you need time to study and that you will be putting yourself first until finals are over.
3. Eat properly. A well-balanced diet, including regular meals and snacks, can

keep you feeling alert.

4. Exercise. A regular exercise program helps with stress. Even if you shorten your routine, try to do something active every day. Running on the spot or dancing during study breaks increases blood flow and oxygen to your brain.

5. Use stimulants in moderation. Coffee, tea and cola drinks contain caffeine and may cause jitters or prevent sleep if taken in large quantities. Water is the best way to keep your brain functioning effectively.

6. Beware of taking drugs. Try not to start any new prescription medications unless absolutely necessary. Over-the-counter stimulants may increase alertness but reduce retention of material.

Take Steps to Deal with Tension

A certain amount of tension is normal and is to be expected. Tension heightens your awareness, motivates you and can enhance your performance. However it can work against you if it escalates too much.

1. Take time to relax. Exercise, meditation and relaxation exercises are a few ways to release nervous energy and maintain your stamina.
2. Anxiety is contagious. Keep away from students or other people who are highly anxious; their nervousness may increase your own stress.
3. Plan rewards. Between exams schedule in an activity to look forward to such as coffee with a friend or a walk. Plan a treat for when finals are over so that you have something to look forward to.

4. Book an appointment with a counsellor at Student Counselling if you're feeling highly anxious or overwhelmed.

The night before

1. Spend your last hours calmly reviewing what you've already learned. Try not to tackle new material the night before an exam.

2. Avoid staying up all night. The shorter you are on sleep the less clearly you will be able to think and write what you know on the exam.

3. Cram selectively. The night before an exam when you are more anxious than usual is one of the least effective times for study. Your ability to deal with concepts and synthesize material is greatly reduced, and your ability to memorize is impaired by anxiety. Cramming only serves to make you more frantic about the exam and less prepared to do your best. If you do come up to exam time unprepared, use your last minute studying as a review of key concepts instead of trying to learn it all.

4. Don't go to the movies or get involved in any other activities that might either interfere with what you have been learning or make you feel guilty. Review and relax!

— Some of this information has been adapted from University of Texas and Harcourt Brace College Publishers handouts

The NAIT Student Counselling Centre is located in Room W111-PB, HP Centre. To schedule an appointment phone 378-6133 or drop by the office. Hours are 8 a.m. to 4:30 p.m. Monday to Friday.

Who You Gonna Call? NAIT Services for Students

Academic & Personal Concerns – Student Counselling: 780-378-6133, Room W-111-PB, HP Centre.

Health insurance coverage – Student Health and Dental Plan: 780-471-7730, Room E-125. (Note that you must opt out by Sept. 24 if you have alternate coverage.)

Housing – on-line housing registry at www.rentingspaces.ca/search.htm?ref=3

Injury or minor medical concerns – Health and Safety Services: 780-471-8733, Room O-119
NAIT Security – 7477

Part-time campus jobs/ Volunteering – NAITSA: 780-491-3966, Room E-131

Program-related concerns – Contact Program Chair or Program Advisor

Scholarships & Awards – Student Awards Office: 780-491-3056, Room O-101

Special Needs Students – Services to Students with Disabilities: 780-378-6133, Room W111-PB, HP Centre

Student Loan/Grant Assistance – Financial Aid Office: 780-491-3056; Room O-111

Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A)

Peer Tutors – sign up in Room A-172. The cost is approximately \$15/hour

Violence or potentially violent behaviour, or extreme medical emergency – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 378-6133

Website: www.nait.ab.ca/counselling

... facilitating student success

Space under study

By RACHEL JACQUES

An attempt to extend study space hours for NAIT students in time for exam weeks is still in the works.

Last month, the NAITSA Senate began discussing the option of keeping certain spaces on campus open longer for students to study.

The space in the process of getting extended hours is the HP Centre cafe, which NAITSA is hoping to have open 24/7 for this month's exams.

But Tessa Cocchio, NAITSA VP Academic, said that a number of discussions need to take place before the extension can come into effect.

"Cost is a big issue. We need to have appropriate security, staff and lighting to open the building," Cocchio said.

Meetings were planned for this week to discuss these options but it is still a work in progress.

However, NAITSA is hopeful that the extended study hours will come into effect later this month.

As for the future of a number of NAIT programs, student senators are concerned about stakeholder consultations that were held in

November that may result in the suspension of nine programs.

NAIT's administration will be looking at the programs in order to gain a better knowledge of what programs need curriculum tweaking, changing or possible suspension.

One possible change that came to the Senate's attention is that there will be a few programs cut to 15-week semesters.

The concern is that it will take less time to complete the course but will involve the same workload for students.

But Dr. Paula Burns, NAIT's provost and VP academic, has said NAIT is looking at changing some programs from two 20-week semesters to three 15-week semesters, which would mean there would be five more weeks for the programs involved.

However, the program review is a long process and Burns said the changes would not be put into effect for at least a few years.

The NAIT board has said that the student body will be consulted about all of the changes to take place and the process will be open and transparent.



Tessa Cocchio



DARYLANN HUTCHINGS

How do you feel about school coming to an end?



"I'm excited because I won't have homework or work and I won't have to get up early for a couple of weeks."

Mitchell Rasmussen
Biomedical Engineering
Technologies Program



"I'm excited for school to end so I can sit around the fire and drink eggnog with my family."

Spencer Kearn
Biomedical Engineering
Technologies Program



"I'm excited for classes to end and Christmas to start so I can catch up on all my gaming I missed."

Chris Maier
Biomedical Engineering
Technologies Program



"Pretty excited. It's been a rough semester. I don't get to spend too much time with my family as they are going on holidays but I do get presents when they get back."

Samantha Silva
Business



"I'm happy that schools coming to an end right now so I get to relax and enjoy the holidays."

Steve Barisow
Biomedical Engineering
Technologies Program

December 8, 2010
@ the Nest @ 4:30pm

NAITSA Presents: A How To Series
HOW TO... MIXOLOGY

STUDENTS ASSOCIATION
www.naitsa.ca
facebook
Visit us on facebook

new year's ski trip
@ revelstoke mountain resort
December 30-January 2nd

For a limited time, 40 student tickets will be available at
\$340+GST
based on a 4 person room

After that, prices are as follows:

\$399+GST per person in a 4 person room	\$419+GST per person in a 3 person room	\$439+GST per person in a 2 person room	\$449+GST per person in a single room
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*Price includes 3 nights accommodations at Powder Springs, Revelstoke, 2 lift tickets to Revelstoke Mountain Resort, a New Year's Eve party, nightly excursions, and transportation on a licensed coach bus. Optional 3rd lift ticket for NY day is available for purchase (\$60).

Tickets on sale at the NAITSA office.
A payment plan is available!

Sign up by Oct. 15 and be entered in a draw to win your trip for FREE!

STUDENTS ASSOCIATION
www.naitsa.ca
facebook