

VOTE FOR NAIT'S NEXT TOP MODEL

THE **NUGGET**

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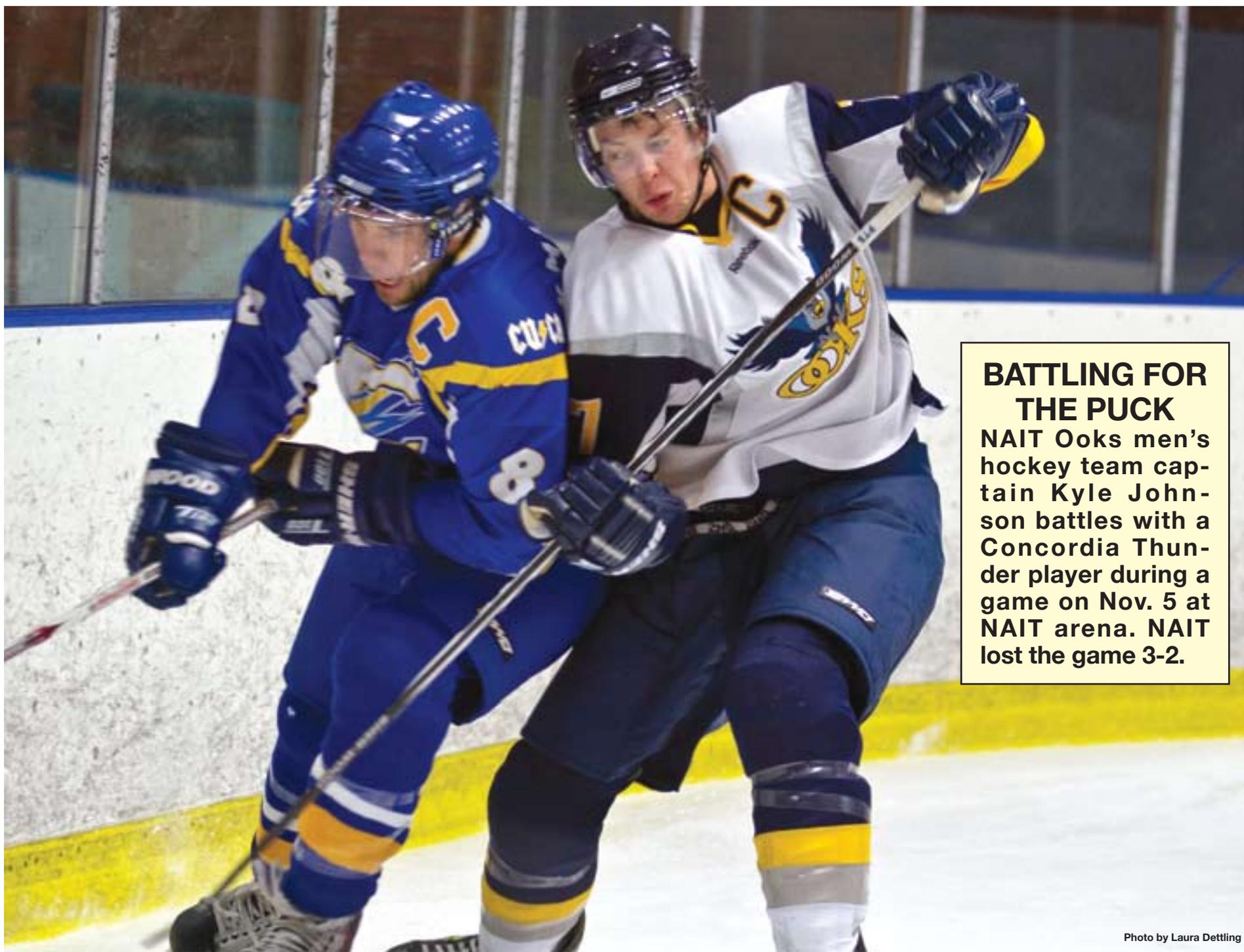


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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

BIG CHANGES AT NAIT

One building ready in spring, another complex planned, story page 3



BATTLING FOR THE PUCK

NAIT Ooks men's hockey team captain Kyle Johnson battles with a Concordia Thunder player during a game on Nov. 5 at NAIT arena. NAIT lost the game 3-2.

Photo by Laura Dettling

NAITSA PRESENTS



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NEWS & FEATURES

Celebration of leadership



Haim Goldenberg

marketwire.com

By LACE SENIO

A lot of people get the wrong idea about leadership. They get into the mindset that leadership is only about being told what to do, being guided from one idea to the next. Leadership is bigger than that, though. Leadership comes from everyday things, the things you say to your friends, the way you organize your Friday nights, being part of the curling team, the people you work with and the ideas you share. Leadership can be found within.

NAIT students are being presented an opportunity to attend NAITSA's first Leadership Summit, being held Nov. 20 at the Shaw Theatre.

NAITSA is proud to be putting on this event because of the positive aspects and empowerment that will come out of it.

The leadership summit is going to be a day full of innovative speakers, workshops, a lunch and a certificate at the end. Organizers say this is a great opportunity for NAIT students and staff to learn the importance of leadership and obtain leadership qualities.

"I am so excited for this. This event is a dream come true. It is going to be big," says VP Campus Life, Tyler Bernard.

He describes how the event will cover

everyday leadership, leadership in stressful situations, ethical leadership and the benefits of being able to read body language, as a leader.

The event offers speeches and presentations from a selection of some of the most inspiring people, both international and local. Speakers for the event are Haim Goldenberg, Trevor Cadieu, Dr. Klay Dyer, Mark Bosworth, Dr. Paula Burns and Sarah Walz. Each will be sharing their experiences as leaders, and the importance of leadership at a personal level, and a professional level.

"With the state that the Earth is in right now, especially with global warming and the fact that we are starting to run low on petroleum reserves,

socially responsible leaders are so important," Bernard said. "You can be a leader right now. It is about simple little actions."

Bernard said there was a lot of work that went into planning the event and said he'd like to thank Service Credit Union for their sponsorship and support.

Students who attended the event will leave with open minds and a broader understanding of leadership.

NAITSA's first Leadership Summit will provide students with innovative ideas on the future, ideas that will lead society into a successful new era.

Tickets are \$29 for students (\$39 for non-students) and can be purchased at the NAITSA office.



Tyler Bernard
NAITSA VP Campus Life

Girl Guides learn about technology

By CATHERINE YE

More than 100 pathfinders and rangers from Girl Guides Canada came to NAIT last week at an annual event held in celebration of National Technology Week.

Pathfinders and Rangers aged 12-18, and about 30 of their leaders and parents who are from Edmonton and surrounding communities, came to NAIT to participate in several hands-on technology and science related sessions.

"I am so happy to see that so many girls came and actually be interested in learning some knowledge about information communication and engineering technologies," said Linda Tutt, the co-ordinator of the event. "We have a lot of funny activities which include programming a robot to sort through M&Ms, heavy metal failure investigation, operating a control panel and electrical wiring."

The Girl Guides were divided into eight groups and they all participated in three science and technology-related sessions led by instructors from NAIT's School of Information Communication and Engineering Technologies.

"The girls found it hard to deal with the electrician's tool and the electrical wiring in the first place, but later when they did their job, they felt a sense of accomplishment and even some of them found it quite interesting," said Ann Marie Silvius, one of the instructors who took part. Silvius was in charge of the "tools of the trade" session.

It was a session for the Girl Guides to get their hands on real electri-

cians' tool pouches and taught them to do some simple wiring work.

"I think sorting M&Ms is the most interesting activity," said Mercedes, a Grade 9 Girl Guide. The sorting M&M section included investigating the technology inside an electronic M&M candy sorter. An electronic camera scanned the M&M candy first, then a servo motor and micro-controller combined with software to decide which color the M&M is, then it sorted the M&Ms into different boxes based on different colors.

"I think this event is very meaningful to girls. For me, I studied accounting before, and then after a while, I found that was really boring for me. So when

I went with my cousin to NAIT's Open House and saw instrumentation engineering technology ... I chose it, and it actually gives me a lot of fun," said Jackie Albert, a second-year instrumentation engineering technology student, and a student senator who worked as tour guide for the event.

"I am happy to see that these girls have a chance to see different majors early so they can make better decisions and choose the [career] they love," Albert said.

Many instructors involved

said the annual event is an important one for young girls who may be interested in non-traditional, male-dominated careers.

"The reason why we have this event is clear. Technology and engineering is not a field for boys only. We want to raise awareness of the incredible opportunities for females in the technology sector. And we do hope the girls will be introduced to the vital role technology professionals play in industry, the economy and in our everyday lives," said Debbie Galick, assistant to the Dean of the School of Information Communication and Engineering Technologies.

National Technology Week ran from Nov. 1-7.



Photo by Linda Tutt

Girl Guides take part in the Electrician "Tools of the Trade" session with Randy Tribiger, right, and Anne Marie Silvius in the background.

Correction

In the Nov. 4 edition of the Nugget, a Page 2 story headlined ETS, U-Pass changes? Sherwood Park was mentioned as not being included in U-Pass service. In fact, Sherwood Park is part of the service area. Spruce Grove and Stony Plain are outside the area currently serviced.



Photo by Laura Dettling

NAIT Associate Vice-President Jack Menduk, right, meets recently with Phil Miller, Delnor Construction superintendent, at the site of the new Alternative Energy Centre, slated for completion in April 2011.

Big changes at NAIT

By CELESTE DUL

NAIT is currently undergoing many enhancements and is in the process of adding new buildings that students should start to get excited about.

Two of the biggest projects are CAT (the Centre for Applied Technologies building) and the Alternative Energy Centre.

When completed, CAT will focus on simulated learning environments and will be the new home of the JR Shaw School of Business. The Alternative Energy Centre will be NAIT's newest eco-friendly addition.

The two are projects that have been a long time coming.

Planning for three years

"We've been planning CAT for three years, and the Alternative Energy Centre for a year and a half," explained Jack Menduk, associate vice president for NAIT's capital projects and facilities operations. "So far we are on schedule and on budget."

CAT will become the central academic building on campus and is expected to house over 5,000 students in areas of study like diagnostic medical sonography, emergency medical technology, magnetic resonance and respiratory therapy. These programs are to address priority provincial needs for those specific technologists.

Current programs in the JR Shaw School of Business, Applied Building Science and Sustain-

able Resources and Environmental Management will also be relocated to the CAT building.

CAT will also be a "one-stop" student services centre for applications, registration, financial payment, parking and more.

Also in the new CAT building will be a student commons, a new computer commons, a cafe and conference and administration facilities.

Both CAT and the Alternative Energy Centre are being constructed in a way that will ultimately benefit NAIT students.

"Student needs are one of the key factors when we build these buildings. We worked on making everything more accessible and open," said Menduk.

Through CAT, NAIT will also be introducing a state-of-the-art interdisciplinary simulation centre for all School of Health Sciences programs. These simulation centres allow for students to gain real life experience in a non-risk environment.

These safe simulation theatres can mimic situations like operating rooms, intensive care units, emergency rooms, home care settings, accident scenes, dental offices, ultrasound settings and medical lab environments.

Menduk said not only will CAT provide a higher comfort and learning environment for students, but it will also steer towards a more environmentally friendly NAIT.

"When we finish CAT, we're knocking down

the K, L and M buildings. CAT is twice as big as these buildings, yet it will use less energy," he said.

Meanwhile, NAIT's new Alternative Energy Centre, which will be home to the school's newest alternative energy diploma, will not only be eco-friendly, but it will also provide a lot more opportunities to teach students about new alternative energy sources.

Power plant upgrading

Beyond CAT and the energy centre, the technical institute is also undergoing power plant upgrading, new switch gear, replacement of almost all windows on campus, a new security system, elevator repairs, a new nanotechnology lab, upgrading of the current dental lab, a new lab for refrigeration and air conditioning mechanics and another new building that will be renovated to become the future home for human resources.

Menduk said NAIT is continuing to develop for both the gain of the environment and for students' well-being.

He says students can look forward to more advancements in the future. The Alternative Energy Centre will be completed in April 2011.

CAT won't likely be completed for at least another three years.

• **For details on the new alternative energy program, see page 4**



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

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

Letters

We want your views

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

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

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.

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Green energy program coming

By CELESTE DUL

Alberta is a province dedicated to and dependent on fossil fuels for much of its economy, but NAIT is introducing a new diploma program that could change the face of Alberta forever.

"It's an emerging industry here, let's face it we're predominantly a fossil fuel-based province and that doesn't provide a lot of security, especially during an economic downturn," explained Dr. William Dushenko, Dean of the School of Sustainable Building and Environmental Management.

"If Alberta wants to truly become the energy province, we will need to diversify so that we have other sources to help stabilize Alberta's energy economy."

The new program being introduced to NAIT in September of 2011, the Alternative Energy Technology program, will focus on training technologists to integrate and optimize the use of renewable energy systems.

This two-year diploma will focus on six areas of energy study, including: Solar PV and thermal, geothermal, wind, micro-hydro systems, fuel cells and bio fuels.

"These are the energies that make the most sense for Alberta in terms of the different types of energy sources we might encounter," said Dr. Dushenko.

The program includes the integration of sources of energy, carbon footprint analysis, system design, and carbon capture technology.

Students will get hands-on experience with skills related to those energy fields, while developing their ideas and knowledge which will help expand and promote the growing industry.

Dushenko explained that the program focuses on training technologists to work with installers as well as engineers to develop and optimize the use of renewable energy systems. Graduates will acquire skills in a broad range of energy technologies so that they can integrate and optimize different operating systems.

The Alternative Energy Technology program provides a broad range of courses in areas such as business, chemistry, physics, design, thermodynamics, as well as specifics on the six different energy technologies in a cutting edge lab environment.

NAIT is eager to get the program started.

"We're really excited about launching this program, and expect students are looking forward to it as well," Dushenko said. "It's a won-

A two-year technology diploma program on alternative energy will debut in September 2011.



<http://hcgreen.com/images/energy.jpg>

derful opportunity to be part of an emerging industry to help this particular technology reach maturity."

The new program will be housed in NAIT's new Alternative Energy Centre in spring 2011, an eco-friendly building that will allow students to further understand and be involved in differ-

ent types of energy technologies.

Dushenko said Alternative Energy Technology is not only providing students with knowledge and skills that will help to develop Alberta as an energy province, but will also address some of the environmental, social and economic issues Albertans face.

Want to know about diabetes?

By ALEXIS DICKSON

Did you know that there are more than nine million Canadians living with diabetes right at this very moment? Diabetes is a very common disease. One that sometimes can be prevented and most of the time, never cured.

November is Diabetes Awareness month at NAIT and the health program is getting ready to teach us about what diabetes is, how to prevent it and how to treat it.

Lora Walker, Occupational Health and Safety consultant, is preparing to set up booths on campus that are meant to educate students about diabetes.

On Nov. 16 and 17, in the South Lobby from 11 p.m.-1 p.m., you can stop by and take part in the awareness booths. Students can get their blood levels spot checked, get informed of ways to prevent the disease, learn directly from nurses about sugar levels, check carbon-monoxide levels, and much more, there will even be prizes.

"Lifescan has donated diabetic cookbooks and pedometers that the NAIT community can enter to win," explained Walker. "We will have informational pamphlets and advice."

Diabetes affects people of all ages. The Canadian Diabetes website shows there has been a 10- to 30-fold increase in American children with Type 2 diabetes in the past 10 to 15 years. They also state that one in every three American children born in 2000 will

likely be diagnosed with diabetes in their lifetime and similar rates are anticipated for Canadian children.

With the goal to improve the health and well being of NAIT students, why not take the time out of your hectic schedule to stop by?

"We are hoping to increase a general awareness to what diabetes is and provide information on ways to prevent and/or control it," Walker said. "Last year we found two undiagnosed diabetics [at the booths], provided them with a glucose monitoring system and had them seek medical advice."

However, if students do not have the time to stop at NAIT's booths, there are a few websites that can check out.

To find how much sugar is actually in the food you are eating you can go to www.sug-

arstacks.com.

For just facts on diabetes, take a look at

Canadian Diabetes Association Website at <http://www.diabetes.ca>.



<http://www.chc-ut.org/>

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NAIT grad wins award

By RACHEL LEES

At this year's Gold Medal Plates, a fund-raising competition featuring top chefs from across the country, former NAIT student Andrew Fung took home gold.

The first of eight Gold Medal Plates events took place at the Shaw Conference Centre. Edmonton's finest chefs cooked up dishes as a way to help raise funds for Canada's top athletes in the Olympic and Paralympics.

Fung, who is a baking and culinary graduate, currently runs the kitchen at Blackhawk Golf Club and said the first-place victory means a lot to him.

"It was like a dream to win, I didn't expect to win. It was a good feeling. I was able to show my staff that by working hard you can win," Fung said.

It was his team's second year competing in the competition, and after changing their game plan the second time around, they were able to take home gold.

"Last year we tried so hard and didn't get anything but this time we tried a simple food, and we took home the gold."

There were 10 chefs from Edmonton facing off to feed 700 people in the competition and Fung's team won by making a home favourite with a twist: Alberta beef short ribs stuffed into a tortelloni gyoza, and

served alongside beef tataki.

"I think we were able to execute the plate properly. We tried not to use any funky or crazy idea, we just stuck with what we knew," said Fung.

The Gold Medal Plates competition has raised more than \$4 million for Canadian Olympic athletes, and Fung will now be eligible to compete in the national competition.

"We got to take home an actual gold plate. I got the title of best chef in city, and now we go on to Nationals to compete against each [Gold Medal Plates] winner of each city [across Canada] in February in B.C.," Fung said.

Fung graduated from the NAIT baking and pastry program in 1998, and then took a NAIT cooking internship in 2002.

"Being at NAIT helped me with exposure. I was able to travel with the team, helping me build a strong foundation. I learned a lot from here, so that I could develop better skills travelling around the world."

And for future cooking experts currently in any of NAIT's culinary programs, Fung has a tip for you.

"Come here, work hard, don't worry about any money first, just learn what you can in your first years, everything will come."



Photo supplied

NAIT grad Andrew Fung shows off the hardware he recently won at the Gold Medal Plates competition.

Looking for a great idea

By JULIE FINKELMAN

Have you ever had a great idea but didn't know how to follow through with it?

This could be your chance to make the most out of your creative thoughts.

The Tech Comm Challenge (or the Technology Commercialization Challenge) is hosted by novaNAIT and is an opportunity for students to design and execute their very own entrepreneurial ideas.

It's a challenge that organizers think NAIT students will easily step up to take.

"Students [at NAIT] in general are very motivated and innovative and they have a lot of ideas," said David Burry, manager of enterprise development and technology transfer with novaNAIT.

He said novaNAIT is looking forward to getting the word out about their services as well as to "create or foster an environment of entrepreneurship" in NAIT.

According to Burry, students at NAIT have the "capability, all the talent and the ideas to create something new from their thinking."

Students can submit any idea, but it is preferred that it is technology-based.

There's also a large prize for the winner of this

competition.

Your idea could be worth \$10,000.

"\$10,000 is a really great motivator [for the applicants]. They receive a lot of assistance from novaNAIT," said Jenine Cerny, NAIT industry liaison and information officer.

Some of the services offered are business incubation, access to novaNAIT's entrepreneur residence, prototype development and technical assistance.

Burry said novaNAIT will help the winner "get from the idea to the product in the store and everything in between."

"[This] is a great opportunity for motivated students with great ideas, and [novaNAIT] will be happy to try to help [them]," Burry said.

To submit your idea, go to

<http://www.novanait.ca> and click on the Tech Comm Challenge link. The application simply asks for your name and to describe your idea in 500 words or less.

The deadline is Nov. 26.

So if you've got an idea that you weren't sure about before, give it a try.

Who knows, you could end up \$10,000 richer and the visionary behind novaNAIT's next new business.



David Burry

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*Linda's Tech Talk***'You are the controller'**

LINDA HOANG
Issues Editor

Gaming changed forever last week.

Well, sort of ... maybe ... we'll see.

Xbox 360's latest motion controlling device, the Xbox Kinect launched last Thursday.

It's basically a bulkier-than-your-usual webcam that turns the players into the controller. Think Wii and Sony PlayStation's latest "Move," but minus the actual holding of a controller in your hand.

As an Xbox Brand Ambassador said to me, with the Kinect, "you are the controller."

Gamers lined up all across the continent to be the first to get their hands on the device, including right here in Edmonton.

In fact, I was at the Kinect midnight launch last week too.

Not because I'm *that* die-hard a gamer and choose video games over reasonable hours of sleep, no. I was there to cover the launch for both this column and my television duties (if

you don't know, I'm a television broadcasting student here at NAIT and attending events such as Kinect is kind of part of the job description).

While I wouldn't personally sacrifice sleep for the Kinect, about 150 Edmontonians did. They waited in line to be the first ones in the city to buy the new device, and were also the first ones to try out live demonstrations of it too.

I'll admit, the Kinect is pretty cool.

I basically stood in front of the webcam and, using motion-sensing technology, it recognized I was there, creating a silhouette and thus "entering" me into the game.

I moved my left hand, the game version of myself moved her left hand. I jumped, she jumped. I ducked, she ducked. I squealed with delight, she ... didn't squeal with delight, but then I kicked at a ball on the screen and there she went, kicking along with me.

As I said, pretty cool, but not perfect.

It's a big move for Xbox, and a big move in the gaming industry in regards to controller-less gaming. I say that gaming changed forever "sort of, maybe" because this truly could be the first step into a whole

new era of gaming.

Or it could flop. As the cliché goes, only time will tell.

Having the opportunity to demo a few games impressed me, but a lot of the titles currently out there are really simplistic and I could see it getting old, fast.

Then again, if more games for the Kinect come out that aren't just, for example, mindlessly playing with a virtual pet or dancing, if the games mature and the technology is honed,

this could really be the first step into a motion-gaming phenomenon that brings ideas, once only imagined, into reality.

Microsoft is predicting the company will sell up to five million Kinects this holiday season. That's right, five million. It's quite a prediction and although I do think Kinects will be a hot seller for the remainder of this year and into the next, five million in a month and a half is a tad unrealistic, but all the best to them.

The Kinect alone costs \$150.

With a bundle including an Xbox, the Kinect and a new game, it's about \$300.

Let me know how you like it!

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



<http://cdn.indyhiphop.com>

The new Xbox Kinect is a big step in motion gaming.

**Coral reefs under siege****EVERYTHING GREEN**

DARYLANN HUTCHINGS
Assistant Issues Editor

One of the things on many people's bucket lists is to see coral reefs up close and personal. I personally have not been lucky enough, but I am planning a vacation over Christmas that might include such an endeavour.

This week I wanted to raise some awareness about the coral reefs of the world.

A Coral reef is made up of coral organisms, called polyps. The polyp starts a reef by attaching itself to a rock on the sea floor and then it divides or buds into thousands of clones.

A single polyp then connects with another single polyp to form a colony that acts as one organism. More single polyps then join together. As colonies grow over hundreds and thousands of years, they join with other colonies and become reefs.

According to *National Geographic*, some of the coral reefs on the planet today began growing over 50 million years ago.

Coral reefs are rich in life. Though they only cover one per cent of the oceans floors, they help sustain and support 25 per cent of all the marine creatures.

Scientists have studied coral reefs around the world for years and more and more reports and investigations are proving to be shocking.

An article written by Helen Scales for *National Geographic* talks about results from studies that show coral reefs in the Indian and Pacific oceans are dying faster than previously thought.

"For the last two decades, Indo-Pacific reefs have shrunk by one per cent each year – a loss equivalent to nearly 600 square miles (1,553 square kilometres). That makes the rate of reef loss about twice the rate of tropical rain forest loss," explained Scales in the study.

The comparison is a hard one to swallow, and it helps if you think of it in terms of another species, like humans for example. If we, as a species, were to lose and not replenish one per cent of our species each year, we would notice a significant amount of our population decline in five years, 10 years, even 30 years.

So who or what is the culprit behind the coral reef decline? Well the first and obvious offenders are humans. Pollution is one way people are destroying coral reefs. Pollution can kill reefs with poisons and

heavy metals.

Another cause that's not as well known is El Niño. El Niño causes an abnormal warming of surface waters in the eastern tropical Pacific Ocean.

In 1998, an El Niño weather pattern sparked the worst coral-bleaching event ever observed.

The future of coral reefs is up in the air. Some scientists believe there will be a wipeout,

others are hopeful that mankind will try and protect them.

Whatever the outcome for this precious resource, I hope that it will still be thriving and healthy so that my children and grandchildren can experience something as beautiful as the coral reefs of the world.

If you have any ideas or topics for Everything Green, e-mail me at issues@nait.ca.



<http://wikimedia.org>

While coral reefs occupy only one per cent of the ocean floor, they help sustain and support 25 per cent of all marine creatures.

OPINION

— Editorial —

A dangerous addiction



KATHY LE
Editor-in-Chief

I am a shoe lover. More specifically, I am a high heel lover. Or is addict a better word? You be the judge. I'm not exaggerating when I say I wear three- to four-inch high heels pretty much every day. As a matter of fact, if you ever raid my shoe rack I probably only have one pair of flat shoes and those are for the gym. To most people, the idea of balancing on a set of picks, with

a diameter of about one centimetre, seven days a week is ludicrous. But to others it's a love affair that blinds us to any potential harm our beautiful friends may be doing to our bodies. Nothing better completes an outfit with a bit of class than a sexy pair of pumps. Heck, I even wore heels with my sweats one time (Sarah Jessica Parker from Sex and the City did it). I remember covering a marathon during the summer for a local newspaper. I wore heels out to the event and a man approached me and said, I'd rather run a full marathon than walk a day in those heels. Obviously my three-inch heeler is comfortable or I wouldn't be wearing them every day, but is it really that unsightly to the rest of the non-three inch heel wearers? They're supposed to make you look good!

High heel dangers

I was heading out the door for school when my mom stopped me before I could slip on some stellar four-inch-heel boots. She was watching Dr. Oz and thought I'd be interested in the topic of the day. He was talking about the dangers of excessively wearing heels more than two inches high and the damage that can happen to your feet. Not only that but he said you don't know about these dangers until it's too late — you start feeling the pain over time. Although I knew there was nothing in this world that could stop me from my shoe obsession, I figured I'd tune in for a bit.

According to the show, wearing high heels can cause arthritis throughout your body. The increase in height shifts the alignment and balance in your body causing compression in your tendons, ligaments and knees. Over time the cartilage in the knees gets destroyed. Sounds pretty scary, hey? A podiatrist on the show said that the real dangers of arthritis comes from wearing three- or four-inch heels because your skeleton doesn't align properly. She continued to say that the knees and hips are pushed forward while the back hyper extends backward to compensate for the misalignment. Keep putting your body through this wear and tear for 20 years and you may wake up with osteoarthritis.

Shocked

I'll admit, I was a bit shocked when I learned about the potential severity of the situation, thinking back on multiple times when I would get painful foot cramps or spasms. Did I mention I'm in my mid-20s? Mind you, not only do I wear heels to school, but I serve at a restaurant and I'm on my feet for at least five hours at a time. Obviously I don't want to be crippled by the time I'm 40, but at the same time I'm not ready to part with my shoes. I know there are lots of readers agreeing with me right now. Think about this, imagine having a career which requires you to dress smart casual and you show up with a Christian Dior suit and Nike kicks. It doesn't take a fashionista to tell you the ensemble will look weird.

I guess the logical thing to do after my new found knowledge was to trade in some of my pumps for sneakers and sulk for the next couple of decades because I'd be confined to heights a few inches shorter than what I've gotten used to. As crazy as this seems, I didn't even care because I was actually going to risk the health of my body just to look good. Well, in this day and age vanity over practicality is the norm isn't it?

Before all you shoe lovers decided to ignore the warning or consider it and throw away all your beauties, Dr. Oz has two alternative solutions that will keep everyone happy. The first is called Poron foam insoles. It makes heels healthier because they're made out of memory foam called Poron Foam. The second is called Insole shoe inserts. It's better than all those other gel inserts because it redirects all your body weight to your heel. There you go. You can still look stylish and be comfortable and keep your body healthy. Goodbye pain, hello Insole shoe inserts.



SOURCES: American Academy of Orthopaedic Surgeons, American Apparel & Footwear Association, American Orthopaedic Foot & Ankle Society, Mayo Clinic, Society of Chiropodists and Podiatrists, "Women's Shoes and Knee Osteoarthritis," by G. Casey Reijnen, Jennifer L. Lakin, Mark E. Karvinsky, The Lancet 2005; 357: 1097-1098
ILLUSTRATION: Reporting by Emma Maloney, The Washington Post

womensshoes360.com

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SPORTS

SOCCER NATIONALS

One down, one to go!

By **RYAN FLAHERTY**
Sports Editor

One down, one to go. That's the way the NAIT Ooks men's soccer team is approaching this week's CCAA national championships after winning the provincial title two weeks ago.

From the start of the season, the team had two goals. The first was to win the ACAC title and earn their way into the national tournament, rather than simply being happy to have a host berth. After the Ooks' impressive 5-0 thumping of Concordia in the provincial gold medal game, consider the first goal accomplished. According to Ooks head coach Jeff Paulus, the victory was made possible because of his squad's commitment both to the team and to each other.

"I believe that this season the team really believed in themselves," said Paulus. "They played for each other and everyone bought into the system that we used on the pitch."

In order to be successful at nationals, the Ooks will need to continue to commit themselves to the philosophies Paulus and assistant coach Charles O'Toole have been teaching. The team's primary focus all season has been speed and that won't change this week.



"Our team speed is incredibly high, but more importantly, the speed at which we can press the attack is one of our assets against any opponent," Paulus said.

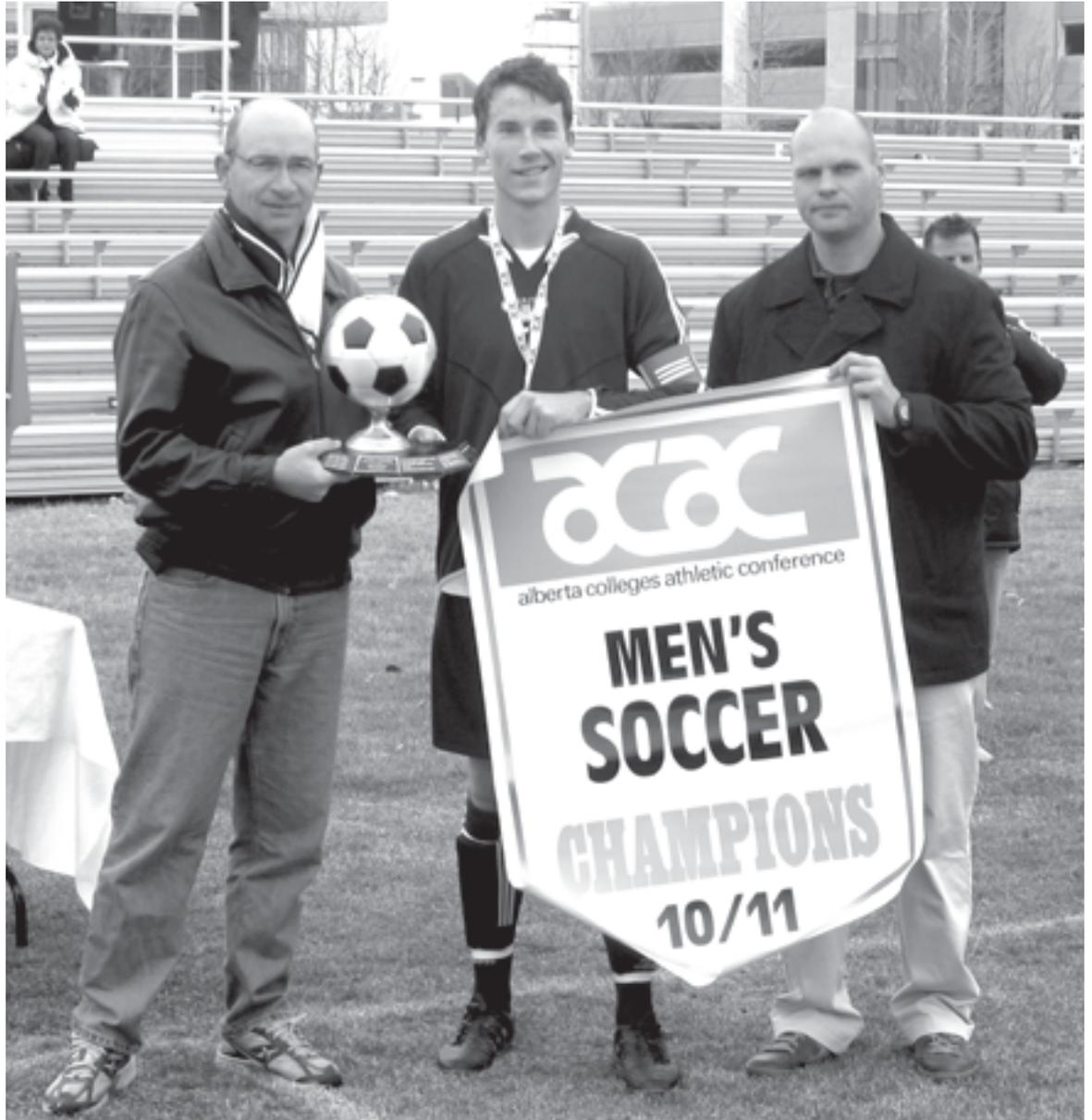
The coach feels that his highly-skilled group of players has the ability to make plays at such a quick pace that their opposition will have difficulty keeping up, something which proved true during the provincial playoffs.

"Certainly it was the speed that we are able to move the ball at that was the difference against our opponents," he

said.

The road only gets tougher however, and the Ooks will face some very strong sides in the six-team field. NAIT is in a pool with Toronto's Humber College Hawks and the University of New Brunswick-St. John Seawolves, and Paulus considers both teams to be big challenges. The Hawks in particular should offer a tough test to the Ooks, as they were able to bring last season's entire roster back for another shot at glory, and earned their provincial title without dropping a single match all season.

Two Ooks will have an extra bit of motivation to bring home a championship. Striker Shane Faria and centre back Jordan Stewart, who also serves as team captain, are in their final year of eligibility and a national



NAIT Ooks' men's soccer team captain Jordan Stewart accepts the ACAC championship trophy and banner on Oct. 24 at Mount Royal College, site of the finals.

title would be a fitting end to their college careers. Paulus is sad to see them leave, but is proud of what the two players have accomplished during their time with the team.

"Both of these players have made such strong contributions to our program," he said. "Jordan's leadership will be seen around NAIT for some time yet as he moves into a coaching role next season and Shane will end his career at NAIT 13th on the

ACAC all-time scoring list."

Paulus says handicapping the tournament is very difficult, as all six teams have a legitimate chance at the title.

"I would suspect that almost every team this year has a good shot at taking the gold," he said, adding, "Hopefully teams will see us the team to beat with our results at our provincials."

The tournament began yesterday

(Wednesday), but the first action for NAIT isn't until today (Thursday) at 11 a.m., when they face the UNBSJ Seawolves. Friday brings a date with the Humber Hawks at 11 a.m., and if the Ooks live up to their coach's billing, they'll be playing in the gold medal game at 4 p.m. on Saturday. The entire event takes place at Fuhr Sports Park in Spruce Grove.

One down, one to go.

MEN'S VOLLEYBALL

SAIT toughest test so far

By **TY HUDEC**

The ACAC men's volleyball schedule this weekend showcases a battle of two teams with 3-1 records, as the NAIT Ooks and SAIT Trojans compete in a home-and-home set. The conference rivals are in a logjam for third place, and with the league's top two teams, Briercrest and King's, off this weekend, both NAIT and SAIT will be looking to gain some ground in the standings.

Ooks head coach Simon Fedun has been pleased with his team's start to the season. They have gone 3-1 against two very solid opponents, amidst some distractions surrounding the team. Fedun has missed two games with the birth of

his third child and is proud of how his team has stayed focused with him gone. He knows his team is going to have to continue to keep their focus, as they face their biggest test yet in SAIT.

"It's going to be tough. They are the defending champs and placed second last year at nationals," Fedun said. "They will be our toughest competition of the year."

While Fedun is aware of the strength of the opponent his team is facing, he also knows that they cannot dwell on SAIT, they must focus on their own game.

"We have to focus on our side and what we need to execute, can't worry about them, just

focus on us," he said.

The coach expects that the keys to success for the Ooks will be their serving and passing.

"We have to serve aggressively and consistently. They are a good serving team, so reversely we have to pass well so we can run our offence."

He also knows his team will need to be tough at the net on defence. They will need to slow down the attack of the Trojans, as SAIT will be looking to come out strong after a disappointing split with Lethbridge College last weekend.

Round one of the home-and-home series goes at 8 p.m. this Friday at NAIT. The two teams will then travel down to Calgary for the rematch on Saturday night.



Simon Fedun

SOCCER NATIONALS

Team by team breakdown

By SEAN HARMAN

With the NAIT-hosted CCAA National Soccer Championships getting underway Wednesday, here's what you need to know about all 12 teams that are vying for the top prize. All games are being played at Fuhr Sports Park in Spruce Grove. The women's gold medal game goes at 1:30 p.m. on Saturday, followed by the men's gold medal game at 4 p.m. Get out and cheer on your Oaks!

MEN

Group 1

Humber Hawks
UNBSJ Sea Wolves
NAIT OOKS

Group 2

Dawson Blues
VIU Mariners
Concordia Thunder

NAIT Oaks

Alberta Colleges Athletic Conference (10-3)

The Oaks come into Nationals as the third-ranked team in the nation and are looking to add a second national title to their trophy case.

Entering the tournament, NAIT has an impressive 42 goals for and only six against and even though scoring comes from almost everywhere, the Oaks are going to need big games from striker Shane Faria and midfielder Thiago Silva, who were one-two in scoring this year.

**Humber College Hawks
Ontario Colleges Athletic Association (9-2)**

Everyone will be gunning for the Humber Hawks as they come into Nationals as the No. 1 team in the country. Humber won its last national title back in 2001 and if they are going to win it all this year, it's going to have a lot to do with All-Canadian striker Aleks Janic and last year's player of the year, Andrew DaSilva.

**Dawson College Blues
Fédération Québécoise du Sport Étudiant (8-2-2)**

The Blues are a very young team with



almost all of their players being freshmen and sophomores. But don't let their inexperience fool you, the Blues are No. 2 in the country and will be looking to win Nationals for the first time in the school's history. And with all-star keeper Adriano Falbo between the woodwork, this team has a very good chance to win it all.

**Vancouver Island University Mariners
British Columbia Colleges Athletic Association (10-2-1)**

This is VIU's sixth time competing at Nationals and they are still looking to capture their first title. The fourth-ranked team in the nation will rely on the MVP of the BCCAA men's soccer championship, Jared Stephens, who netted nine goals in 10 games. This is another team with a very strong keeper in Robbie Cochrane, who has only allowed seven goals in 10 games.



**Concordia Thunder
Alberta Colleges Athletic Conference (9-3)**

It's an uphill battle for the Thunder, who were embarrassed by NAIT in the ACAC finals 5-0, but because NAIT is hosting, Concordia are awarded an automatic berth in the tournament. The Thunder are the sixth-ranked team in the country and are another team looking to win for the first time. James Ryan Presley, who led the team with nine goals, will need a huge tournament if the Thunder want to show everyone that the loss to NAIT was just a fluke.



**UNB-St. John Seawolves
Atlantic Colleges Athletic Association (6-3-1)**

The Seawolves travel west as the fifth-ranked team and have never fared well on the national stage, having yet to place in the top three. UNBSJ



will need the same production out of ACAA player of the year, striker Brian Peters. Another player to watch is keeper Jason Demerchant, who is one of the main reasons the Seawolves advanced to Nationals.

WOMEN

Group 1

Concordia Thunder
Holland Hurricanes
FX Garneau Élans

Group 2

Humber Hawks
NAIT Oaks
Kwantlen Eagles

NAIT Oaks

Alberta Colleges Athletic Conference (9-3)

Rebounding after their loss to rival Concordia in the ACAC finals, the Oaks will look to feed off their home field advantage and try to capture their first ever national title. Even though they come in as the sixth-ranked team, this NAIT squad will always be dangerous as long as they have striker Leanne Kadatz, who scored an incredible 22 goals in the regular season, shattering the ACAC single season record.



**Concordia Thunder
Alberta Colleges Athletic Conference (11-0-1)**

High expectations are on the shoulders of the Thunder, who are looking to become the first ACAC team to win back-to-back national championships. But there is no better place to do it than at home. Concordia is the No. 1 team in the country and has yet to lose this year. The Thunder will hope that keeper Patricia Arends will keep up her amazing season after only allowing six goals and posting eight shutouts.



**Humber College Hawks
Ontario Colleges Athletic Association (10-0-1)**

Humber College arrives in Edmonton looking for its first national women's title and to improve upon its bronze medal finish in



2008. With most of the players from that third-place team still playing, the Hawks have a lot of experience when it comes to pressure situations. The Hawks will rely on OCAA player of the year Kayla Moreno, who missed last season due to injuries and two time All-Canadian midfielder Joanna Alexopoulos.

**Kwantlen Polytechnic Eagles
British Columbia Colleges Athletic Association (12-3-1)**

Kwantlen enters Nationals looking to better its third-place finish from last year, the only time they've placed. The Eagles definitely will be a team to be reckoned with coming from the very strong BCCAA league. Shanay Sangha leads the fourth-ranked team into the tournament and is hoping to equalize the MVP performance that she had at Provincials.



**Francois-Xavier-Garneau Élans
Fédération Québécoise du Sport Étudiant (10-1-1)**

A perennial powerhouse in women's soccer, having captured four gold and one silver at Nationals. With their last gold coming in 2007, F.X. Garneau is looking to tie Capilano College as the only women's soccer team to capture five national championships.



**Holland College
Hurricanes
Atlantic Colleges Athletic Association (11-2-2)**

The Hurricanes are making their third trip to the national stage and are hoping to come away with a better result than in previous years, having never reached the medal round. However, the No. 5 team in the country is in tough, being placed in a pool with defending champion and No. 1 seed Concordia. If they hope to go all the way, they're going to need defender Emily MacPhee to keep up her strong play on the back end and Jillian Durant to produce up front.



WOMEN'S HOCKEY

Ooks need consistency

By KYLE GALLIVER

When asked to describe the season so far, Oaks women's hockey head coach Deanna Iwanicka needed only one word: inconsistent.

The Oaks are preparing for a pair of games against the Grant MacEwan Griffins on Friday and Saturday. The team hasn't played a game since a 2-1 win over southern rivals SAIT on Oct. 30 and has spent its time a little differently with a focus on off-ice conditioning. The Oaks are looking develop consistency, which Iwanicka believes comes from intent in practices and focusing on positives.

In their upcoming games against the Griffins the Oaks will work on putting the puck in the net with extra stress on second effort and rebounds.

"It's up to the players to show emotion and that they want to win."

- Coach Deanna Iwanicka

"We need to expose their goalies," says Iwanicka.

A strong spot for the team through the first six games has been its ability to win face-offs and the consistent offence the defence is contributing.

A few players have stood out early in the season. Jenn Hancock currently sits fourth in ACAC scoring after recording seven points in five games and is back playing as a forward after spending last season play-

ing defence. Emma Sommerfeld is in her second year and is showing significant improvement after an inconsistent rookie season.

"She stepped up her intensity in practices. It really shows," says Iwanicka of Sommerfeld. "She is more solid and more reliable."

The Oaks are hovering right at the .500 mark with a record of 3-3, but that's not good enough for the head coach who wants to get better over the next eight games and is not satisfied with a so-so record.

"It's up to the players to show emotion and that they want to win," she says.

The Oaks and Griffins face off Friday at 8 p.m. at the Londonderry Arena and at the NAIT Arena at 7 p.m. on Saturday.



Photo by Laura Dettling
A NAIT Oaks women's team player makes a pass during a recent game.

It's about time for gals



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

Well it's about bloody time. The Hockey Hall of Fame selection committee actually took a progressive step. By naming Angela James and Cammi Granato as part of the 2010 HOF class, the committee finally pulled its collective head out of its rear end and acknowledged the contribution women have made to the sport of hockey.

Many would say it's an acknowledgment that is long overdue. After all, women's hockey has been a full medal sport in the Olympics since 1998, when Canada took silver in Nagano, Japan. And since the International Olympic Committee requires a sport to be reasonably well

established before giving it medal status, you can extrapolate the origins of the women's game several years further back than that. In fact, the first women's world championship was held back in 1990.

So it makes you wonder a bit why it took so long for the HHOF to induct its first female members.

As it turns out, the explanation is quite simple. You see, women have always been eligible for induction, but until this year female players have had to compete with the men for one of four available spots on the ballot. Year after year, the HHOF selection committee – an old boys club if ever there was one – looked at its list of eligible candidates and decided that the women weren't good enough. This includes years like 2005,

2006, and 2008, when the committee called only two players to the Hall.

In other words, there are four spots available to players each year, but the selection committee decided in those years that despite a shortage of Hall-worthy men, they'd rather have a light ballot than induct the

odd woman or two.

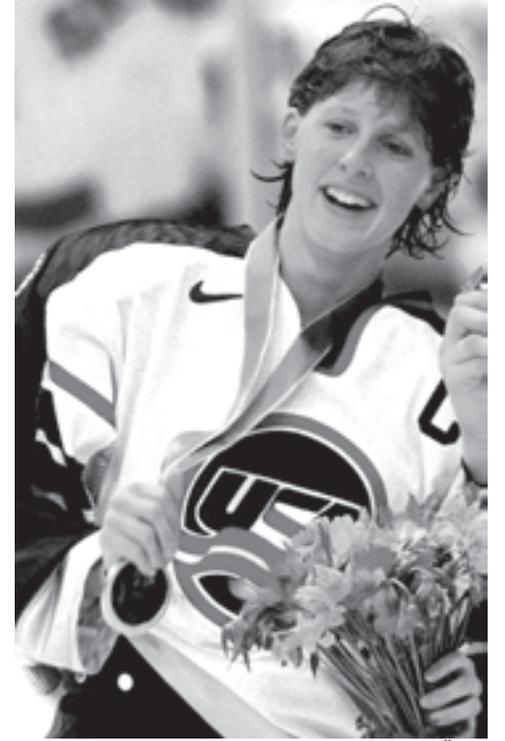
That nonsense came to a stop this year, when the HHOF changed its selection criteria

and added a new ballot. Now, voters can select up to 4 male players and up to 2 female players. They're still not required to fill all the spots, but at least now the women won't be competing directly with the men, of whom there is a decidedly larger pool from which to choose.

It's good to see the Hall finally taking steps to ensure that the women of hockey are properly feted, but it's a shame that it took this long. Despite the fact that the women's game has grown exponentially in North America over the past two decades, HOF brass reacted far too slowly to the changes in the landscape. As soon as Canada won double gold at the 2002 Olympics the powers that be should have been looking at their selection process and determining what changes needed to be made to allow women to be voted into the Hall.

Sure, they can say, "women have always been eligible", but anybody with a basic understanding of the game knows that despite the tremendous increase in the number of girls playing hockey, it is still a male-dominated sport. Add to that the fact that the 18-member selection committee is comprised entirely of men (most of whom are over 50), and you can start to see how the women of the sport have been overlooked for this long.

Interestingly enough, this year, the committee only ended up naming a single male player to the HOF ballot. Dino Ciccarelli spent 19 years in the NHL, appearing in three Stanley Cup Finals along the way. He scored over 600 goals and racked up 1,200 points in the regular season, and was a clutch playoff performer as well. He will always be remembered as a gritty player who



Cammi Granato

had a knack for scoring in the tough areas, and as a great locker room presence who always stuck up for his teammates.

From now on though, he'll also be remembered as the lone male player to be inducted alongside the Hall's first female members.

So congratulations to Angela James and Cammi Granato. Though it's overdue, it's a well-deserved honour. Here's hoping more women follow them soon.



Angela James

Eskimos left out in the cold

By MATT DEBEURS

As I sat down Saturday morning, and proceeded to watch the B.C. Lions come from



Eskimo lineman Patrick Kabongo shows the strain of a hard season.

behind to beat the Hamilton Tiger Cats, then see Zenyatta, a horse who had never been beaten, lose by inches, I knew that there were bad vibrations in the air for the Eskimos. Sure enough, they lost a heartbreaker in Regina against the Roughriders to lose out of the playoffs.

So what now? Is it a success to even to get this far after having the worst start to a season since 1965? I don't think so.

This franchise that has a long history of winning needs to be better. Fans demand better. But I do think they have started down the road to improvement with the hiring of General Manager Eric Tillman. Despite all the controversy off the field for Tillman, he still can be considered one of the best football minds in the CFL. Tillman can't be given all the credit for the late season success,

but he did play a hand in it. He was able to sure up the offensive line that had little to no success at protecting Ricky Ray earlier this year, and was able to add some decent Canadian talent which helped with overall team depth.

The big question that he'll have to answer, now that the Eskies are out of the playoff picture is if he'll keep head coach Richie Hall at the helm. Twice Tillman passed over Hall for the head coach job in Regina even when he was the team's current defensive coordinator, so maybe there's something to the argument for a new coach.

Another question plaguing this year's team is its lack of depth. What has happened to the days of the Eskimos power house receiving cores? Besides Fred Stamps, where's the depth

that the championship winning teams of the past had? Remember when Ed Hervey, Jason Tucker and Terry Vaughn were all on the same team? Edmonton needs to get back the receiving depth that helped them win in both 2003 and 2005.

You could go on and on about what was wrong with this year's version of the Edmonton Eskimos. But let's look on the bright side, they did come from last to almost sneaking into the playoffs in the last minute. And we now have a G.M. who has a history of building Grey Cup contenders. Don't forget that Ricky Ray is still considered one of the elite QB's in the league. Keep the faith Eskie fans. Yes, times are tough now, but I see things getting better sooner than later.

There are stats and there are stats

By KITA MURU

Disclaimer: There are no guarantees this will help you, as far as fantasy sports are concerned.

I guess it's safe to say that everyone around here knows about hockey, most probably like it, and some are interested as far as the statistics involved in it. You'd wind up on a computer or looking in the *Sun* for conventional stats like a team's record, goals scored and/or allowed, shots, penalties, etc. And you would probably interpret those stats to get a gist of how good a team is.

But if you care to dig a little deeper, there's a

whole other set of statistics that are really interesting (something that's really hard to say about statistics). The idea behind them is figuring out how good a team is based on the players they field. One stat in particular that comes to mind is the "Corsi," named after Jim Corsi, who was an NHL goalie and currently works for the Buffalo Sabres.

The Corsi is used to determine possession based on the total number of shots taken by a team minus the number against. It counts all shots that are blocked, missed and on target, assuming that

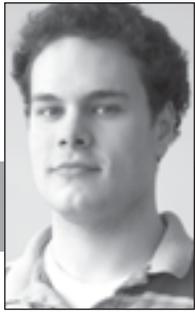
the team who shoots is in the offensive zone to determine how much possession a team is holding, hence which team is carrying the play. As far as scoring goals goes, apparently taking more shots than your opponent in the long run is more important than say ... having an abnormally high shooting percentage.

Why is it important as far as Alberta's concerned? A few of the Flames and Oilers blogs use these kinds of stats to figure out why their teams perform the way they do (it looked like the Oilers sucked last year while the Flames were unlucky).

Also, directing more shots at the net – especially at even strength – is possibly the most important thing a hockey team can do to win games. And for the most part, I would believe it, because now the more I keep watching a hockey game, the more I keep thinking about these kinds of statistics.

I know to some of you it might seem boring, but stuff like this beats ANOVA (analysis of variance) for me. I would probably recommend taking a look at sites like the SB Nation sites Behind the Net, The Copper and Blue or Matchsticks and Gasoline if you're interested in any of this stuff.





Smyth makes it to 1,000

UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

Ryan Smyth just recently played in his 1,000th game in the National Hockey League and a few of the Oilers ex-staff made the trip to see the man they worked on for so many years, to salute him for reaching that milestone.

Ken Lowe, Barrie Stafford and Sparky (Lyle) Kulchisky brought him the game sheet from his first NHL game on Jan. 22, 1995.

Lowe, the former Oilers medical trainer; Stafford, the team's former equipment manager and Kulchisky, the former equipment guy, made the trip to L.A. to watch the former Oiler reach the millennium mark.

Smyth of all people definitely made his trainers earn their paycheques. He has to be one of the toughest guys ever to play the game. The trainers made sure regardless how disfigured or injured Smyth was that he could strap on that chinstrap that hangs five inches below his chin, and take to the ice. You knew he was destined for a career of pain and punishment when he chipped his tooth his first game ever played on January 22, 1995.

He made his living in front of the net screening the goalie. He was constantly abused in the crease, and takes every bit of punishment possible, but continues on, like

the well-oiled machine he is, screening the goalie and getting the greasiest goals known to mankind. In the first half of his career the rules allowed players to really take liberties with players such as Smyth who parked themselves in front of the net. Derian Hatcher and Adam Foote, especially during their battles in the playoffs, really gave Smyth's back a nasty cross-checking treatment. If it wasn't for the rule changes he might not have made it this far.

He drives the net every chance he gets, and just has grease dripping from him every shift. The man who made saying "ah yah know" famous in his interviews, is the epitome grit on the ice.

When down 2-0 to the San Jose Sharks in Game 3 of the 2006 playoffs, Smyth took a Chris Pronger pass right in the face, losing three teeth in the process. A microcosm of his career. The missing Chiclets and continued play of Smyth inspired the team into a 4-2 series victory.

Aside from Al Iafrate and Jaramir Jagr, no one can even come close to the oily mullet Smyth sports. His flowing locks, to go with his toothless grin, and occasional black eyes, made his teammates question just how manly they really were when looking at this greasy manly specimen.

Smyth scored in his 1,000th game, and looks like he has a great shot to win that elusive cup, as the Kings have rolled this season without the dastardly dangerous Drew Doughty even in the lineup.

As greasy as Smyth's palms are, Captain Canada seems like he should have his Pennzoil grips on Lord Stanley before he hangs 'em up.



nhl.aurions.typepad.com

Former Oiler Ryan Smyth holds up his new Los Angeles Kings jersey after he was traded to the team on on July 3, 2009.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	10	7	7	1	0	2	42	17	16
SAIT	10	7	6	1	0	2	55	25	16
Augustana	9	4	4	1	1	3	43	24	12
Concordia	10	4	3	3	0	3	36	47	11
Portage	9	3	3	4	0	2	31	35	8
NAIT	10	3	3	5	1	1	20	26	8
Briercrest	10	2	2	6	0	2	28	52	6
MacEwan	10	1	1	8	0	1	22	51	3

RESULTS

Nov. 6

Concordia 3, NAIT 1; MacEwan 4, Briercrest 2
MRU 7, Portage 0; Augustana 4, SAIT 4 (OT)

Nov. 5

Concordia 3, NAIT 2 (OT); MRU 4, Portage 2;
Briercrest 5, MacEwan 4;
SAIT 6, Augustana 5 (OT)

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
Mount Royal	6	6	6	0	0	0	24	6	12
SAIT	6	3	3	2	0	1	18	14	7
NAIT	6	3	3	3	0	0	15	12	6
MacEwan	6	2	2	3	0	1	14	16	5
Red Deer	8	1	1	7	0	0	10	33	2

RESULTS

Nov. 6

SAIT 2, MacEwan 2 (OT); MRU 4, RDC 1

Nov. 5

MacEwan 4, SAIT 2

Nov. 4

MRU 5, RDC 1

MEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
MacEwan	6	5	1	10	465	398
Lakeland	6	5	1	10	502	448
Concordia	6	3	3	6	490	428
NAIT	4	3	1	6	333	287

Augustana	6	2	4	4	464	482
Grande Prairie	4	2	2	4	247	251
Keyano	6	1	5	2	382	487
King's	6	0	6	0	412	519

South Division

Team	G	W	L	Pts	PF	PA
Red Deer	6	4	2	8	523	442
Lethbridge	4	3	1	6	363	286
Briercrest	6	3	3	6	501	534
SAIT	6	3	3	6	480	516
Mount Royal	4	2	2	4	322	336
Medicine Hat	6	2	4	4	443	495

RESULTS

Nov. 6

Briercrest 79, MacEwan 67; SAIT 77, King's 71

Concordia 101, Augustana 73;

MHC 76, Keyano 72;

Lakeland 102, RDC 91

Nov. 5

Briercrest 85, Keyano 78; Lakeland 69, SAIT 59

MacEwan 65, MHC 56; RDC 65, King's 41

Nov. 4

Concordia 98, Augustana 79

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA
Concordia	6	6	0	12	541	345
MacEwan	6	3	3	6	456	387
Grande Prairie	4	3	1	6	234	222
Lakeland	6	3	3	6	351	386
NAIT	4	2	2	4	244	218
King's	6	2	4	4	384	419
Augustana	6	1	5	2	425	523
Keyano	6	0	6	0	291	505

South Division

Team	G	W	L	Pts	PF	PA
SAIT	6	6	0	12	512	323
Mount Royal	4	4	0	8	301	259
Medicine Hat	6	4	2	8	448	372
Red Deer	6	3	3	6	321	356

Briercrest	6	1	5	2	290	429
Lethbridge	4	0	4	0	242	296

RESULTS

Nov. 6

MacEwan 92, Briercrest 50;

Concordia 94, Augustana 80;

Lakeland 53, RDC 52;

MHC 96, Keyano 50; SAIT 98, King's 60

Nov. 5

Briercrest 63, Keyano 47; SAIT 82, Lakeland 67;

MHC 73, MacEwan 70; RDC 64, King's 60

Nov. 4

Concordia 93, Augustana 58

MEN'S VOLLEYBALL

Provincial Division

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

RESULTS

Nov. 6

Briercrest 3, Concordia 0 (25-17, 25-15, 25-15)

GPRC 3, MHC 0 (25-11, 25-22, 25-21)

RDC 3, Augustana 0 (25-16, 25-17, 25-19)

SAIT 3, Lethbridge 2

(19-25, 20-25, 28-26, 26-24, 15-11)

Nov. 5

Briercrest 3 Concordia 0 (25-18, 25-14, 25-21)

MHC 3, GPRC 0 (25-22, 25-23, 25-23)

Lethbridge 3, SAIT 1

(25-8, 14-25, 25-22, 25-23)

MacEwan 3, King's 1

(25-20, 28-26, 16-25, 25-20)

RDC 3, Augustana 0 (25-12 25-22 25-19)

Nov. 4

King's 3, MacEwan 1 (31-29, 25-21, 22-25, 25-17)

WOMEN'S VOLLEYBALL

Provincial Division

DIV Team	MP	MW	ML	GW	GL	Pts
S Red Deer	4	4	0	12	1	8
N NAIT	4	4	0	12	4	8
N Grande Prairie	6	4	2	16	6	8
N Lakeland	4	3	1	9	5	6
N King's	6	3	3	11	11	6
N MacEwan	6	3	3	10	11	6
S Medicine Hat	6	3	3	9	11	6
S Lethbridge	6	3	3	9	13	6
S Mount Royal	2	2	0	6	0	4
N Keyano	4	2	2	9	9	4
S Briercrest	6	1	5	11	15	2
N Concordia	6	1	5	5	17	2
S SAIT	4	1	3	4	9	2
S Augustana	4	0	4	1	12	0

RESULTS

Nov. 6

Briercrest 3, Concordia 0 (25-16, 25-17, 25-20)

GPRC 3, MHC 0 (25-23, 25-20, 26-24)

RDC 3, Augustana 1 (25-18, 19-25, 25-17, 25-11)

SAIT 3, Lethbridge 0 (25-18, 25-14, 25-17)

Nov. 5

Concordia 3, Briercrest 2

(25-21, 25-22, 24-26, 24-26, 15-13)

MHC 3, GPRC 2

(19-25, 26-24, 23-25, 25-15, 15-12)

Lethbridge 3, SAIT 1 (22-25, 25-21, 25-20, 25-23)

King's 3, MacEwan 0 (25-16, 25-23, 25-16)

RDC 3, Augustana 0 (25-12, 25-9, 25-12)

Nov. 4

MacEwan 3, King's 2

(24-26, 25-22, 25-20, 19-25, 15-11)

ENTERTAINMENT



Model search



ALI YUSUF
Entertainment Editor

The reality hit show has made its way to NAIT. Actually, just the concept for the show has.

NAIT's Next Top Model, put together by NAITSA, took 18 of NAIT's most beautiful and charming gals, gave them some free photo shoots and uploaded the pictures online. Then, NAIT students can check out the models at www.naitsa.ca/models and vote for which model they think should earn the title of NAIT's Top Model.

It sounds pretty easy, right? Well, not really. Every week, the models have to get dolled up for each photo shoot. Each model can take up to an hour and a half to get their entire make-up done right by a professional. Then, each model will only get a total

of 10 minutes with the photographer to snap in as many pictures as they can squeeze in.

Ever since the event began at the start of the month, four models will be cut after each voting round. This will continue each week until Nov. 24 where the eight finalists will compete on a runway at the Nest.

The contest winner will receive a one-year contract with Blonde Talent Agency and runner-ups will receive Oilers tickets and gift certificates from local businesses. Audience participation as well as three judges will choose the winner.

The experience is reward enough for contestant Rachael Jacques.

"It's so much fun being all dressed up and having a lot of makeup. I don't wear a lot of makeup or get dressed up often so this is a real change for me.

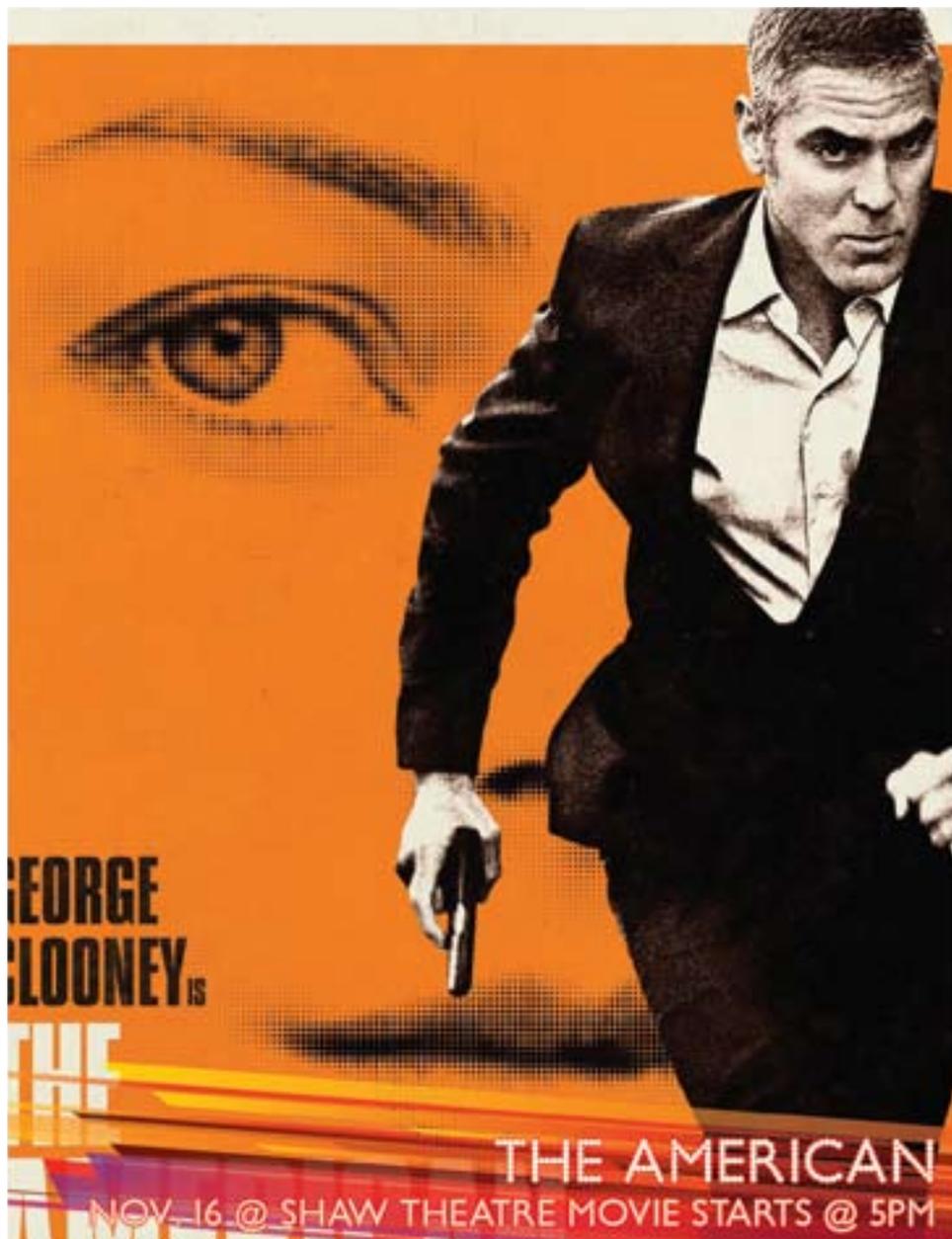
"I'm having the time of my life," says Jacques.

The Nest will be hosting the finale (I say that like it's an actual reality TV series) on Nov. 24 and everyone is welcome to show.

Come out and cheer for your favourite model and help them secure the top spot.

Just so you know, fellas, this might be the only chance where you wouldn't get smacked upside the head for hollering at girls in public.

**Come out and cheer
for your favourite
model and help them
secure the top spot.**



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

Jack Johnson



therunningmannow.com



By KASSIDY KRUEGER

We've all been there. It's 4 a.m. and no matter what you do you cannot get to sleep. Whether it's because you're sick or you have a million and one things on your mind, you just can't for the life of you fall into a slumber. Well, this playlist will not only drop your heart rate and give you complete relaxation, but it will help you drift off into that majestic sleep you've been needing for days.

1. "Home" – Jack Johnson

- 2. "Such Great Heights" – Iron & Wine
- 3. "Death and All His Friends" – Coldplay
- 4. "Sigh No More" – Mumford and Sons
- 5. "Paperweight" – Joshua Radin and Schuyler Fisk
- 6. "Samson" – Regina Spektor
- 7. "Angel" – Jack Johnson
- 8. "What if You" – Joshua Radin

- 9. "12:59 Lullaby" – Bedouin Soundclash
- 10. "Hallelujah" – Jeff Buckley
- 11. "Love is Art/Sleep Through the Fire" – Said the Whale

VIRAL VIDEO OF THE WEEK

LeBron James reaches out

By KATRINA TAYLOR

LeBron James, also known as King James, is a legendary basketball player who has played in the NBA since 2003. He was first signed to the Cleveland Cavaliers as a rookie and went on to be named Rookie of the Year in 2003-04. He has made his name known to the world and his raw talent has been compared with that of Kobe Bryant, Steve Nash and Michael Jordan himself.

On July 1 of this year, James became a free agent when his contract ended with the Cleveland Cavaliers. Several teams courted him, trying to get James to sign a contract with their team. Days after, James made a very public and press-covered decision to play with the Miami Heat for the 2010-11 season. He received much criticism from press and fans for prolonging his decision and for making a spectacle of it. Cavaliers fans felt betrayed and the team owner called him "selfish" and "heartless" among other things.

Which brings us to this week's viral video.

The Nike commercial titled Rise was released this fall and portrays a side of James few have seen before. Nike Basketball's YouTube channel posted the video with a quote explaining the concept:

"This isn't about what LeBron James has done or hasn't done. This is about the difference between the expectations others may have of him versus the expectations he has of himself. What should he do? The answer is a question."

Nike never ceases to make a talk-about commercial, and Rise is very well-done. LeBron James exerts true bravery by showing that side of himself as he received tons of feedback because of it, however the video was a smart move. Rise makes the viewers, the fans and the critics think.

To view Rise, go to <http://www.youtube.com/watch?v=cdtejCR413c> or search Nike Basketball: LeBron Rise.



<http://www.youtube.com/watch?v=cdtejCR413c>

A different look at LeBron James.

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Vote for your favorite model by visiting www.naitsa.ca!

www.naitsa.ca facebook Blonde TALENT AGENCY

Don't buy it, rent

By KITA MURU

Star Wars: The Force Unleashed 2 is Lucas Arts' obligatory sequel to the original *Force Unleashed*, which was (unfortunately) the most commercially successful Star Wars game ever.

If you don't remember, or know the first Force Unleashed, it had an original story centred on Darth Vader's secret apprentice who went by the code name Starkiller.

The sequel is about Starkiller trying to take down Vader and, for the most part, the story direction is decent, if not simple. It was able to weave what happened after the events of *The Force Unleashed* into the game reasonably, even though there is less emphasis around the Star Wars universe in *The Force Unleashed 2*.

The game looks solid as Starkiller moves around cloning facilities, sky cities and battle cruisers. The sound design is the same. If you've played any Star Wars game, the recurring themes and sounds throughout *The Force Unleashed 2* won't surprise you by any means.

As for as how the game plays, abilities, power-ups and lightsabre crystals are the same from the first game. The only difference is Starkiller moves

about with dual lightsabres. For the most part, the game works really well, but there's just one problem: it doesn't have much replay value.

Maybe it's because I was playing it on normal, but the game took about seven hours for me. About half of it was either fooling around or collecting force holocrons, so that left me with about three to four hours of actually playing the game, and not only was it over too quickly, but there isn't much to do after that other than challenges.

In the first game, the second half of the game was mostly the first half only copy-pasted and painted a new colour. In *The Force Unleashed 2*, you're practically going through the very same levels throughout.

If you're a Star Wars fanatic, *Star Wars: The Force Unleashed 2* is a great rental, but if you bought the game you're probably kicking yourself in the nuts. If you're not, you should be.

This is a great expansion pack without a doubt, but it doesn't have enough to be a full priced game.

(Note: this is the PS3/360 version)



platformnation.com

Smooth sailing for B.C. band

By LACE SENIO

On Nov. 4, guests at the Nest were delighted by a trio of talented, young musicians, Hey Ocean! Indie Night-goers left the Nest with a series of catchy tunes stuck in their heads. They are often described as "one of Canada's best up and coming acts." Wherever they go, Hey Ocean! seem to leave people with a desire for more of their infectious sound.

Hey Ocean! is made up of Ashleigh Ball, David Beckingham and David Vertesicome. They come from Vancouver, where they have developed a positive name for themselves on the local music scene. Currently the band is trekking through Western Canada and made a stop in Edmonton along with several other Alberta dates. They played at the Nest and then later played Lyve on Whyte.

"With a wide variety of danceable pop tunes and multi-instrumental talent, Hey Ocean! packs an exceptionally fresh and energetic live show. It's rare to find such a young band achieve that sort of stage presence while still maintaining a precision and prowess that only veterans of the stage share," says Pete Levy, a long time fan and local music critic, on Hey Ocean!'s live performance.

"Hey Ocean! put on such a great live show.

I am always so impressed with them whenever I see them. They are definitely one of the best bands coming out of Vancouver these days," said Levy.

Right now, the band is working hard touring and preparing for their third full-length album. They have really made their mark on the Canadian music industry and people are really taking notice of them. The band works hard, and has big plans for the future. Hey Ocean! started as friends hanging out and playing instruments and developed into one of the most independent, respected and successful bands in Canada.

"We can't wait to tour in other parts of the world and to experience those places the way we've been lucky enough to experience our own country," the band said recently. "We've all travelled internationally, but the possibility of going away together and getting to share our music is a pretty exciting prospect."



themusebox.net

Hey Ocean! is one of those bands that everyone is rooting for. They have what it takes to set the world on fire with their very unique

sound. With their third album on the way and a tour currently taking place, it is no wonder that Hey Ocean! are so successful.

Feast or Famine breaks through

By LACE SENIO

After putting a lot of work into their new album, the local band Feast or Famine is finally ready to reveal the work of art they have been creating to follow up *Good for People, Bad for Business*. The album *Edmonton & Company* is the ska/Punk band's sophomore album, which features seven new tracks. It is being released on Nov. 11, at Lyve on Whyte.

Edmonton & Company introduces listeners to a more mature sound. There is obvious growth between albums. A lot more production went

into this album, which has a 'fuller' sound.

Edmonton & Company has the same Feast or Famine feel to it, but with more grown up music and lyrics. It is also more heartfelt, and you can understand this by listening to the album chronologically.

Musically, the band has really come together on this album. It is somewhere between *Good for People, Bad for Business* and *Edmonton & Company* they found themselves as a band. Not to say that *Good for People, Bad for Business* is bad, it's that the new album's maturity works

better. It might be hard to convey this maturity in only seven tracks, but *Feast or Famine* really nail it.

Tracks like "The Cowboy Trail" provide insight on progression. The track was written about Highway 22, about how it was once a trail used by pioneers heading west, but now is a major industrial route. Tracks like "We Try and Fail" and "Broken Bones" exemplify growth in this very melodic change.

There is an even representation of both song writers, Kevin Klemp and Kyle Shabada, but

listeners will also notice that the whole band has contributed to the album. The collaborative efforts on this album really allow listeners to become acquainted with the new sound.

Edmonton & Company is one of the best albums to be released in Edmonton this year. It is dynamic and tells the story of a band coming together. This is a breakthrough album for the band and one that the vast majority of listeners are sure to love.



Photographer takes plunge

By ALI YUSUF
Entertainment Editor

"This is the first time anybody has seen this kind of art," says Kirby Feng, a volunteer for the Save Scona Pool Act Team and organizer of Off The Deep End Art Exhibit.

I'll admit it; I've never been to an art exhibit in my life. I will also say that Off The Deep End Art Exhibit, which was held Nov. 6 at Scona Pool, was amazing. Not only is the photography amazing, but also the cause behind it.

The cause for the event was on-going threats from the city to close down the pool for other uses. Scona Pool staff did not want to sit idly by and take all the hits, so they decided to organize a few fundraisers in order to save the 52-year-old pool. All of the proceeds go towards equipment for swim classes or utilities. But how was the event so successful?

Ten-time gold medallist of the International Photographic Salon of Japan, Tri-Kiet Vuong, who is a close friend of Feng's, was asked to participate in a photo shoot like no other. Basically, Vuong pushed himself to the limits by learning how to scuba dive in order to take some shots of models underwater for the art show. With numerous models (who

were volunteers at the pool) and Feng at his side, the preparation for the shoot began six months prior.

During their shooting, *Parlour Magazine* caught wind of the project and collaborated with Feng to help with the rest of their shoot by supplying local designers, hairstylists and makeup artists. Not only that, they are also featuring Off The Deep End in a 10-page spread in their magazine.

Difficulties arose during the shoots when they had to teach the models a completely different way to move underwater in order to not let bubbles emerge in order to get the perfect shot. Everyone at the event was very optimistic about the shoot and the event.

"The goal is just whatever we can do. We are all on volunteer effort, nobody's been paid so whatever [money raised] will be good ... If the pool does close, then we did something fun and we can go out with a big bang," says Charis Fossen, a model with the event.

Off The Deep End is also hosting a banquet fundraiser and a silent auction on Nov. 27 at Dynasty Century Place at 6 p.m. Call 780-436-9916 to buy tickets and help save Scona Pool.



Photo by Tri-Kiet Vuong from Vuong Photo Studio

One of the photos taken for an art exhibit to help save the Scona Pool.

Acts at Comic Strip a laugh riot

By ALI YUSUF
Entertainment Editor

Steve White, a comedian who has worked with Spike Lee on various films (*Malcolm X*, *Get On the Bus*, and *Clockers*), put on an amazing stand-up routine along with others at the Comic Strip on Nov. 7.

The night started out a little lacklustre with host Ryan Patterson attempting to engage the audience. His jokes were not relatable by any means and his shtick by laughing at everything he said defeated most of the jokes. The other opening acts that did successfully own the stage were Welby Santos and David Dempsey. Santos's humour is off beat and, for lack of a better term, racist. Let's be honest, racism dealt by a Filipino guy is outright hilarious. Dempsey, an Australian-born comic, is a guy who you could relate to, and he's funny as hell. His main appeal was his ability to mock the audience by calling them out on the jokes he's made by say-

ing how unfunny his jokes were and that the audience should not be laughing. Trust me, he's great. Look him up.

Steve White was the headliner comedian of the night and he delivered consistently. His strengths included his physicality during his act, how he fed off audience interaction and the subtleties he included in every joke. One of his bits included talking about Obama becoming President and him explaining how he "didn't vote for Obama for the reason you all think, but because he's black." (I guess that would have been funny if you knew Steve White is black.)

White's interaction with his audience was astounding, whether he was pretend-hitting on the elderly women in the audience, or if he was calling out the loud-mouthed French guy in the audience the entire time. By the way, the French guy kept expressing that White should start telling jokes and all White would respond with was a swift "shut the f*** up." I'm telling

you, it was amazing to see those two bicker at each other constantly. Maybe it's one of those "had to be there moments" but I assure you it's funny.

It's very hard to re-enact White's stand-up,

so I suggest you look him up on YouTube. It's the only way to give him and the other comics any justice to their performances on Sunday. If you like sharp pains in your stomach from laughing hysterically, then check them out.



watchmojo.com

Steve White headlined at a recent evening of stand-up at the Comic Strip.

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 THE NUGGET

A good year for Weekend

By LACE SENIO

The tattoos that are featured on the bodies of pop-punk band The Weekend Kids are all different, but with one similar aspect. They all feature a banner with “A Good Year” in them. Pete, Andrew, and Philam Nguyen currently have their “Good Year” tattoos, and Daminh Nguyen has his inking appointment booked for sometime within the month.

The year 2010 has been a great year for the band; they have put out a full length album, went on their first big tour, and were named Sonic’s Band of the Month for October.

Being Sonic’s Band of the Month was an opportunity for The Weekend Kids to increase their fan base. They noticed that more people were listening to the tracks on their MySpace page and they were getting radio play, which allowed for people who otherwise wouldn’t be exposed to their music to listen to the special brand of pop-punk that is The Weekend Kids. Also, another perk to being Sonic’s Band of the Month was the

showcase, which was a lot of fun for everyone in attendance.

Of Friends and Foes is the band’s full-length album. With this album, the band saw great success in its production, preparation and release. This album was the band deciding who The Weekend Kids were.

After the release of *Of Friends and Foes*, the band had their first big tour, which they describe as “super fun.” They developed a reputation for their crowd pleasing live performances, with high energy, audience interaction and they encouraged stage diving.

“This year was a good year. To commemorate our album and our tour we all decided to get tattoos. It is definitely something we want to remember forever,” Pete says, as Andrew finishes, “We have to, it is a tattoo.”

The Weekend Kids, looking back, have had a great year.

They hope for another good year, and another 10 good years.



The Weekend Kids

Supplied photo

Mainstream Ignorance

By GRAHAM McCANN

1. Bullets shot in the air aren’t harmless. What goes up must come down. Every year, dozens are killed by bullets shot in the air.
2. The rickshaw wasn’t invented in China, but rather in Japan by an American Baptist missionary named Jonathan Scobie in the 1860s.
3. Lie detectors are not as foolproof as shown in TV. However, someone extremely skilled can statistically score around 90 per cent accuracy.
4. There are actually two countries of Ireland; Northern Ireland and Republic of Ireland. Republic of Ireland is independent and Northern Ireland is part of the United Kingdom.
5. Many people mistakenly believe that since small amounts of vitamins are good for you, then large amounts must be better. This is incorrect; some vitamins are fat soluble, which means they can store themselves in the body for a long time. High amounts of certain vitamins can be harmful to the human body.

Vote for your favorite model by visiting www.naitsa.ca!


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We are looking for reliable people for:

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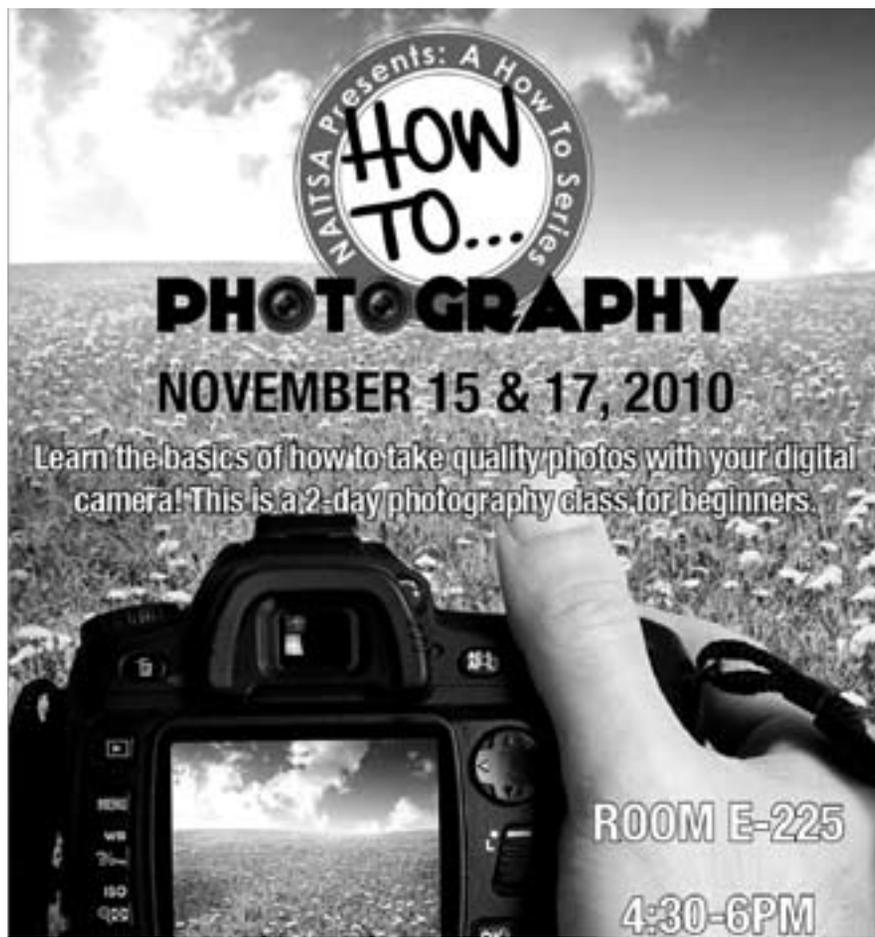
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<p>VLTs and Offsales</p>	<p>Lunch Specials 11 - 2 pm Everyday</p>	<p>Sliders Everyday from 2-7 only \$1.50</p>						
<p>ALL DAY WEEKLY SPECIALS</p> <table border="0"> <tr> <td> <p>Monday Homemade Burgers BOGO Burger - 1/2 Price Pitcher Draft - \$11.50</p> </td> <td> <p>Tuesday Nachos - \$8.99 Caesars - \$5.50</p> </td> <td> <p>Wednesday 12" 2 Topping Pizza Pints - \$4.00</p> </td> </tr> <tr> <td> <p>Thursday Highballs \$4.00</p> </td> <td> <p>Friday Pizzabread and meatsauce \$5.99 Barenders Cocktail \$5.50</p> </td> <td></td> </tr> </table>			<p>Monday Homemade Burgers BOGO Burger - 1/2 Price Pitcher Draft - \$11.50</p>	<p>Tuesday Nachos - \$8.99 Caesars - \$5.50</p>	<p>Wednesday 12" 2 Topping Pizza Pints - \$4.00</p>	<p>Thursday Highballs \$4.00</p>	<p>Friday Pizzabread and meatsauce \$5.99 Barenders Cocktail \$5.50</p>	
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HOT SINGLE OF THE WEEK



Photo by Ali Yusuf

Say cheese!

By ALI YUSUF
Entertainment Editor

The good folks at NAITSA seem to know what peaks the students' interest at NAIT. Another How To series will be starting up on Nov. 15; this time someone will be teaching NAIT students the basics to photography.

The sold-out event will surely get positive reviews just like the How To: Make-Up and the How To: Guitar. I say sold out as if NAITSA is charging student to come in. That's actually one of the pros to coming to events like these – they're free.

The instructor will teach the people at the seminar all the basics in order to take better pictures with your own point-and-shoot digital camera. If I were to wager a guess, they will tell you what will look nice in a shot, how to take a steady shot without a tripod, breathing techniques that will stifle shakiness while taking a pictures, basic composition and rule of thirds (That's right, I learned that in Radio

and Television.).
"Well, I think it is a great opportunity for people to learn how to take a proper picture, many people don't understand how bad they are with a camera, and with a few simple techniques, which [would] be shared at the seminar, I am sure people's love for photography may be renewed," expresses Jon Carson, First Year Radio and Television student.

I guess the moral of the story here is that NAITSA is putting on some great events that seem to be catching the student body's interest. The How To seminars always sells out within weeks. I would love to tell you that walk-ins are welcome, but there is only a limited amount of spots for these seminars. How To: Photography starts on Nov. 15 and again on Nov. 17 from 4:30 to 6 p.m. in room E-225. For those who are going to the event, make sure you bring your own digital camera.

Say cheese!

A shootout

By STEVEN DYER

Not many students are aware of the great news show that happens right here on campus.

NAIT Newswatch is a show by the students, for the students.

It covers all forms of campus news and issues relevant to students.

In order to raise awareness of this awesome show, some students from the Radio and Television program will be in the HP Centre across from the South Lobby on Nov. 25.

On that day at noon there will be a hockey net set up and anyone can come for the chance to win some great free stuff like Oilers tickets.

It's all part of the NAIT Newswatch Shootout event.



Just for coming up and taking a shot, you get your name entered into a draw and you get a sweet prize. Soon after you will have a chance to voice your opinion on various issues around the school like parking and the U-Pass for even more chances to win more prizes.

All of your opinions will be recorded and put on the NAIT Newswatch promotion Facebook fanpage for everyone to view.

If you want one more chance to win you can "like" the fanpage.

Also while you're there, it has links so you can watch previous episodes of NAIT Newswatch for free.

So come out Nov. 25, take the challenge, vent a little bit, and win some great prizes while you're at it.

Spencer Payne
First-year Radio and Television

What turns you on? Your mom. Sexy ladies, I guess.
Especially your mom.

Describe yourself in three words. Glorious, beard and energetic.

If you were to take a nice girl out on a date, where would you go and why? I'd fly us to an exotic place such as Paris or Egypt. Then take her out to dinner at one of the places we discussed earlier.
I'd probably get lucky.

What is a pickup line you would use on a girl you're trying to pick up? Hey, is that a mirror in your pocket? Because I see myself in your pants!

Who is your ideal woman politician? The German Consulate, Angela Merkel. She's a beast.

Finally, if you were to tell all the single women at NAIT one thing about you, what would it be? You know what big hands mean? Big gloves ... Love Gloves, that is.

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

Nerd it up Thursdays on NR92

By **STEVEN DYER**

NR92 has sports, entertainment, and every kind of music there is. What you might not know is that there is a show made for all of the nerds of the world.

Nerd it Up is hosted by second semester radio student Nicole Brown.

Nicole: Nerd it Up is dedicated to all those nerds who are closet nerds, not your typical Dungeons and Dragons nerds. It's for the girls who like comic books and the guys who like the girly anime. This show is for comic books, video games, sci-fi and anime fans. It's for anything that you can be classified as a nerd about and I talk about it.

Steven: So what is your favourite videogame? Comic book? Sci-fi show? Anime?

Nicole: Well I currently have a lot of favourite games like *Mass Effect*, *Knights of the*

Old Republic and *Fable 3*. For comic books, I love anything from Marvel. As for sci-fi, if it has aliens or is in space, I will probably like it. With anime right now I really like *Ouran High School Host Club*, *Sour Eater* and *Naruto*.

Steven: So how is each show different from the last?

Nicole: Each show has its own theme or topic. Last week's show we talked about *Fable 3* and Kinect. The week before was our Halloween special so there was a lot of brains and scary things to talk about. I don't know what I am going to be talking about usually until a day or so before the show happens, I just roll with it.

Steven: So is there anyone else on the show with you?

Nicole: My sidekick, if you will, is Sean McClune and he is in TV. My recurring guest is Alex Tostowaryk

and then my semi-recurring guest is Alex Sackiw, who is in a medical course. My boyfriend Brendan Millet is usually the one who picks the music for the show if he isn't working.

You can catch Nerd it Up every Thursday from 6-7 p.m. on NR92.com. There will be no show on Remembrance Day, but Nicole will be back on Nov. 18.



Nicole Brown multitasks between gaming and her radio show.

Photo by Steven Dyer







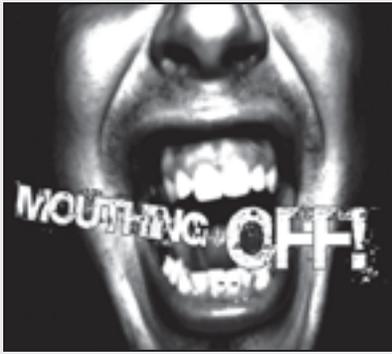
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- Play predict the first goal for your chance to win great prizes!

PLUS! ENTER TO WIN A HUDSONS HOCKEY NIGHT OUT COURTESY OF MOLSON!

*ONLY AVAILABLE UNTIL 8PM AS REQUIRED BY LAW



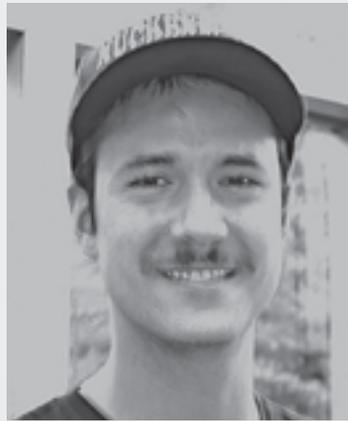
Darylann Hutchings

The city has launched a controversial anti-racism campaign. Are you surprised there is still racism today?



"I'm not surprised there's racism today because there are a lot of stupid, un-educated people out there. The city should do everything they can to educate young people about the dangers of racism."

Renee Burns
Environmental Sciences



"No I'm not surprised. There are a lot of different races around Edmonton today and it's pretty easy to take a side and blame a certain race, with so many stereotypes out there."

Brandon Slevinsky
Engineering



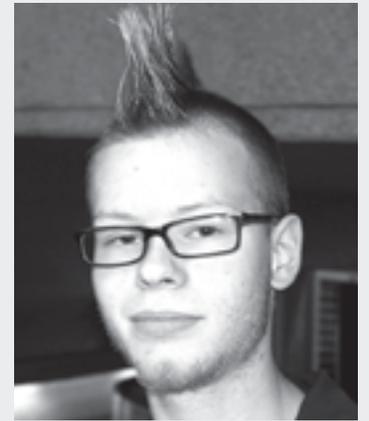
"We've come a long way in regards to racism but we still have a long way to go."

Kat Hawn
Photographic Technology



"No, people will always have it out for others that are different in appearance."

Korrie McClintock
Refrigeration and Air Conditioning



"No, some people still hold grudges against slavery and some people think their race is superior to others."

Nathan Hudson
Refrigeration and Air Conditioning

THE NUGGET PRESENTS:

NUGGET COMICS

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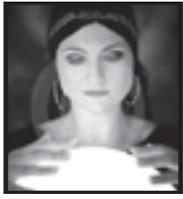


J.B.

Cartoon by John Benesch

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 4-10

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

Scorpio (Oct. 23-Nov. 21)

Hey there, feisty Scorpio! Been setting everyone in their place this week, haven't you? Try taking a step back and letting people flounder without your helpful advice – it'll be your entertainment for the week.

Sagittarius (Nov. 22-Dec. 21)

You're feeling adventurous. Make

use of your rare bravery and ask that certain someone you've been flirting with out on a date. The worst that could happen is you get rejected. But you're used to that, right?

Capricorn (Dec. 22-Jan. 19)

Tired of being made fun of? The next time someone insults you, take this newspaper, roll it up and whack the person over the head with it. You might get an ass kicking in return, but you can always vent about it in your diary later.

Aquarius (Jan. 20-Feb. 18)

Feeling like you can't find anyone that's right for you? Head to your local bar with the motto "DTF" imprinted in your brain. That'll weed out the unwanted grenades and send all the right, poof-tastic people your way.

Pisces (Feb. 19-March 20)

You've become a hermit, wasting your youth away on Facebook. This will in no way improve your chances of landing a date. However, if you create a new

Facebook account with either the user name "Kim Kardashian" or "Ryan Reynolds," you will see the friend requests pile up – and your dating pool widen drastically. You're welcome.

Aries (March 21-April 19)

Anyone mention the big lottery jackpot to you this week? Well, I'm telling you to stop whatever you're doing – even if this means letting go of the double down you're eating – and go out and buy a ticket. Now! Do it! Do it now! Just do it.

Taurus (April 20-May 20)

You're having a great week, thanks to you being your usual, awesome self. Allow yourself to splurge on something you've been wanting for a while – and don't regret it for a second.

Gemini (May 21-June 20)

Feeling overwhelmed with mid-terms? Don't freak out. Use the student-tested way of handling the stress: Strategic classroom seating! If you have never heard of this, then

you deserve to wallow in your pool of anxiety.

Cancer (June 21-July 22)

Wow, aren't you experiencing a ton of luck this week! How awesome are you feeling?! Unfortunately, it's not going to last. Make the most of your luck before it runs out. 3, 2, 1 ...

Leo (July 23-Aug. 22)

You are so ridiculously good looking, it's not even funny. How do you manage to look that stunning each and every day? You must be born with it. No one can look that radiant 24/7. Milk it for all it's worth!

Virgo (Aug. 23-Sept. 22)

Your ball and chain keeping you on love lockdown? Enough of that! You can do so much better, and you know it too. Open your eyes. Don't you see how many hotties are mingling around?!

Libra (Sept. 23-Oct. 22)

Why the long face, Libra? It's nearly Friday. Go out and live it up!

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Assault: What to do



If you are assaulted, you will face a number of painful emotions. Victims often feel fear, confusion, anger, embarrassment, disgust and guilt.

It is important to remember that you are not to blame. The only guilty party is your assailant.

Here is what to do immediately after an assault (as suggested by Alberta Justice, Public Safety Division):

- Call the police – prompt reporting will help them obtain evidence and they will help you get the assistance you need. If you feel uncomfortable, ask that a friend or loved one be with you.
- Don't bathe, change or dispose of your clothes. Such actions may destroy evidence that could convict your attacker.
- Do not consume any alcohol, drugs or medication.
- Go to the hospital for a medical examination. You will be asked to give your name, age and details of the assault. You may ask that a friend be with you throughout the physical examination.
- If this is a sexual assault, you may also want to call a sexual assault centre. Trained counsellors can provide you with emotional support.
- Write down everything you can remember about the incident as soon as possible. This information could be vital and should be kept for court evidence. Use the following checklist to record all you can about your assailant.

Suspect Identity Chart

- Age
- Type of hair/colour/cut
- Beard/moustache
- Complexion
- Weapon
- Shirt, coat, trousers
- Method of escape/direction
- Height/weight
- Eyes/eyeglasses
- Visible scars
- Shoes
- Licence plate
- Vehicle description

If your case goes to court (not all do), you will be treated as a witness for the Crown. This may involve one or more meetings with a Crown attorney. You may have someone with you during these interviews. Your case may take several months to go to court.

You may also consider a civil lawsuit, which can be started before or after criminal proceedings. Obtain legal advice if you wish to pursue this course of action.

Campus Security Services

If the assault occurred on campus property or if you are being harassed by your assailant, contact Campus Security Services and file a report.

- NAIT peace officers may be able to provide additional information for the investigating police officers.
- NAIT peace officers should be

made aware of any court orders regarding contact (peace bond, restraining order, etc.).

- Arrangements can be made with Campus Security Services for safe walks to and from your vehicle.
- We will work with you to help keep you safe while you are on campus.

You Are Not Alone

Family or friends may be eager and able to help. There are also many trained professionals who can offer emotional support and counselling. Know that help is available. You do not have to deal with assault alone. NAIT has access to information on counselling services for both staff and students. NAIT stu-

dents can call Student Counselling at 780-378-6135. NAIT staff members can call employee assistance provider Wilson Banwell at 1-800-663-1142. If you have been the victim of a sexual assault, you can call the 24-Hour Sexual Assault Crisis Line at 780-423-4121.

If you have information about a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). 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.

It's easy.
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for details!

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THE NUGGET PRESENTS:
CLUBS CORNER

Upcoming clubs events ...

SIFE

What: General Meeting
When: Nov. 18; 5 p.m.-7 p.m.
Where: Telus Conference Room

OHSS

What: Comic Strip
When: Nov. 18; 8 p.m.
Where: West Edmonton Mall
 Contact Lori at (780) 975-7150.
 Tickets also available at the NAITSA office

Environmental Design Student Society (EDSS)

What: Cookie Dough Sale
When: Nov. 1-25
 For more information, contact:
 chase.mullen19@hotmail.com

Combined Lab/X-Ray Technology (CLXT)

What: Hawaiian Night
When: Nov. 19; 9 p.m.
Where: Oil City Roadhouse, 10736

Jasper Avenue.
 – Tickets at NAITSA until Nov. 19
 – Tickets sold outside Common Market Nov. 16-18; 12-1 p.m.

Diagnostic Medical Sonography (DMS2011)

What: Condom Guess
When/Where: Nov. 8-12
 11:30 a.m.-1:30 p.m.
 Outside Common Market
 – Nov. 15-19; 11:30 a.m. to 1:30 p.m.

At PetroCan Centre

Animal Health Technology (AHT2012)

What: Fundraising with Lia Sophia Jewelry
When: Nov. 22 & 23; Noon-2 p.m.
Where: South Lobby (NAIT Main Campus)
 For more information, please contact
 sarpid@telus.net

FULL FRAME 47 presents
PRINT DISPLAY & SALE
 in support of the Edmonton Food Bank
 NOVEMBER 30th 2010 11am - 5pm NAIT MAIN CAMPUS SOUTH LOBBY
 FULL FRAME 47 PHOTO CLUB AT NAIT
 fullframeclub@gmail.com

Candy Canes For Change
 1\$ =
 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. 22, 30 – Common Market; Nov. 23, 29 – Fresh Express; Nov. 24, Dec. 2 – HP Centre; Nov. 25, Dec. 1 – Book Store; Nov. 26, Dec. 3 – South Lobby.

Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games
When: Fridays; 4:15 p.m.-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

Clubs Centre Info

Hours: Monday-Friday, 8 a.m.-5 p.m.; **Phone:** (780) 471-8871
E-mail: campusclubs@nait.ca; **Website:** www.nait.ca
Location: Room E-133 – Main Campus
President's Connection: Nov. 29, 4:30 p.m.-6 p.m.; Room X-111
Giv'er Point Deadline: Nov. 29
Grant #2 Intake: Deadline: Nov. 30, 4 p.m.

Mrs. D's PRESENTS Crazy About Pets
 Come to the NAIT Clinic in X-Wing to order items!

Amazing Tug Toy #000
 Amazing Rope Toy #006
 Amazing Tower #046
 Amazing Soccer Ball #007
 Fish Flavored Cat Treats 3 oz. #001
 All Natural Chicken & Rice Dog Treats 6 oz.
 All Natural Peanut Butter Dog Treats 6 oz.
ALL ITEMS \$5.00 each
FUNDRAISING
 Come to X-100 NAIT Animal Clinic
 Hours: Mon. to Thurs. 7:30-8 a.m.; 3-4:30 p.m.

MET presents INDIE NIGHT at the MET
 November 18th at 4:30pm
 FEATURING
 REX GODDIE
 SLIM THE KID
 \$4 hi balls and domestic pints!
 www.nait.ca facebook

KVA CLUB PRESENTS POOL TOURNAMENT
WHERE: METRO BILLIARDS @ 10250 - 106 ST.
WHEN: NOVEMBER 19th 2010 @ 5:30 PM
HOW MUCH: \$20 ENTRY FEE. BEVERAGE TICKET GIVEN WITH ENTRY.
FORMAT: SINGLE KNOCKOUT BEST OF 3 SEMI-FINALS AND FINAL, BEST OF 5
PRIZES: 1st PLACE \$100
 2nd PLACE \$50
 3rd AND 4th \$25 GIFT CARDS TO METRO
DOOR PRIZES: POOL CUES AND CASES FROM RIVER CITY GAMES \$25 GIFT CARDS TO METRO
SPECIALS ON DOMESTIC BEERS, HIGHBALLS ALL NIGHT LONG. TABLE SIDE NACHOS AND SALSA FOR TOURNAMENT PLAYERS
TICKETS AVAILABLE AT NAITSA
 PLEASE DRINK RESPONSIBLY AND DON'T DRINK AND DRIVE. PLAN A SAFE RIDE HOME

Combatting exam anxiety



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

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

How can you reduce exam anxiety?

While studying:

- Allow plenty of time. Spread review over several days rather than cramming.
- Make a schedule including time for each subject and allowing some flex time.
- Set study goals for each study session.
- Build up confidence by reviewing the material frequently. Overlearning is the best insurance against going blank on an exam.
- Make sure you are "really" studying.

Many students prepare for a test by reading their notes or textbooks. As you read along, you may feel that you know (understand) what the author is saying. Understanding what you are reading at the moment does not mean that you know it well enough to remember it for a test when the book isn't there to help you.

- Try to think like your instructor. What types of questions has she or he asked on previous exams? What would you ask if you were making up an exam on the material you are studying?
- Study actively by thinking of potential exam questions and the correct answers, and by making sure you can recite or jot down key concepts with your textbook closed.
- Devise a system for practising rapid problem solving as part of your review for the test. Being experienced at working under time pressure can help alleviate exam anxiety.
- Practise doing what you will do on the test – e.g. solving problems, writing out short or long answers.
- Take care of yourself by eating a balanced diet, getting enough rest and exercising.
- Learn relaxation techniques to use while studying and while taking the test, such as deep breathing, progressive muscle relaxation, visualization and positive self-talk). Counsellors at Student Counselling can work with you on improved stress reduction and relaxation techniques.

Prior to the test:

- If you have problems with anxiety, avoid caffeine (coffee, dark colas). Caffeine mimics and escalates the symptoms of anxiety.
- Try not to study the same day as the exam.
- It is often helpful to go for a brisk five to 10 minute walk before the exam. This increases blood flow and gets you breathing deeply, thereby reducing stress.
- Arrive early enough that you can sit where you are most comfortable, get organized and avoid people who are anxious and might cause you to doubt your knowledge, but don't arrive so early that you have a lot of time to let your stress build up.
- Do not let yourself get into a negative mindset such as "I always panic on exams" or "I blanked out last time so I will blank out again." Instead, think thoughts such as "I know my material" and "I can stay calm and relaxed," etc.

During the test:

- Look over the questions to familiarize yourself with the test.
- Underline key words or phrases. Many students with exam anxiety make errors because they don't read the question thoroughly.
- Don't rush through the test, but work at a comfortable pace and don't worry about how far along classmates are.
- If you go blank, skip the question and go on. Find some questions you can answer.
- Regard a lapse of memory as perfectly

normal; do not let it throw you into a panic. If you block on answering one question, leave it for a while and return to it later.

- Don't panic when you don't know an answer. On multiple choice questions, eliminate options you know are incorrect and then make an educated guess. For other questions, start writing what you know that is related to the question on a scrap of paper. This often triggers ideas that will help you find the answer.
 - Use positive self talk. Come up with positive statements which help to keep you calm, such as "This is only one test," or "I am familiar with this material," or "I can do it," etc.
 - Humour works to reduce stress, and to help with creative problem solving. If you are stuck, try thinking of the funniest thing that has happened to you in the last month. Another quick technique is to visualize a very relaxing place, such as a beach, and to imagine yourself at that place for 30 seconds.
 - Last but not least, don't forget to breathe. Taking five to 10 slow, deep breaths when you are feeling panicky doesn't take long and helps to calm you, while shallow, rapid breathing can create further stress.
- Counsellors are available to assist you with techniques to overcome exam anxiety or with any other academic, career or personal issue that may be affecting your success at NAIT. To book an appointment call 780-378-6133 or come in person to Student Counselling, Room W111-PB, HP Centre.

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

Share the Warmth

Please help local charitable organizations by dropping off your donation of

NEW SOCKS, Toques, Scarves or Gloves.

November 1 - December 3, 2010

DROP OFF LOCATIONS

A131	F303	Souch Campus
A140/141	Fresh Express	Souch Bookstore
A167	H303	Tech Store
A272	J213	T110 (NASA)
B103	J300/303	T200
Bistro	K105	T300
Bytes	K116	T500
C103	L101	T600
Common Market	L260	T710
E101	N107	Reads n' Needs
E106	O102	U209
E134	Patricia Campus	W111
E206	Patricia Bookstore	W205
E220	Project Factory	W309
F012	S105	



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