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Thursday, November 18, 2010 Volume 48, Issue 11

NUGGET



YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

PROGRAMS TO BE CUT?

Nine programs considered for suspension by administration, page 2



NATIONAL TITLE ON THE LINE

Photo by Laura Dettling

NAIT Ooks defender Kelly L'Heureux and Katleen Bérubé-Garneau of the FX Garneau Élans chase the ball during their Canadian Collegiate Athletic Association final match on Saturday, Nov. 13. The women lost 3-0 to take the silver medal. The men's Ooks later took on the Vancouver Island University Mariners in their final match, losing 2-1 in a shootout to also take home silver. Full coverage of the national tournament on pages 8 and 9.



NEWS&FEATURES

Nine NAIT programs facing the axe

By CATHERINE YE

Nine programs at NAIT are currently under review for suspension for the 2011/12 school year.

Graphic Sign Arts, Aircraft Skin and Structure Repair, Marine Service Technician, Record Management and Business Operation, Cytotechnology, Telecommunication Engineering Technology, Medical Transcription, Power Engineering (3rd Class) and Avionics Engineering Technology are all in danger of being cut, depending on stakeholder consultations and program review meetings that took place early this week and last week.

It's a process that NAIT's provost and VP Academic Dr. Paula Burns said ensures NAIT will remain relevant for industry as it changes.

Burns said that as the economy and technologies evolve, so too must NAIT's programs.

To ensure NAIT's programs continuously improve and remain relevant in a changing world – and that NAIT has a strategic, sustainable mix of programs, the school administration issues the annual program review.

Students worried

But students enrolled in the specific programs facing suspension are worried.

They are worried not only about losing their program, but also about how the review and stakeholders' meetings were handled.

"We were totally unaware that this was going on behind closed doors and were given very little time to prepare statements/letters to sway their decision," said Rebecca Resendes, a Medical Transcription student. "We were told that there would possibly be no room for student support because of limited seating ... all of this unintentionally conveyed a very negative message to students [that] 'your opinion doesn't matter.'"

Resendes and a group of Medical Transcription students met with NAITSA executives last Friday asking the students' association to help save their program.

One of the students' arguments is **Dr. Paula Burns** that even if they graduate, graduating from a suspended program wouldn't help them get jobs.

Difficulty seen in job market

"It is going to be difficult selling a prospective employer on the value of our certificate, when they ask, 'isn't that the program they cut?'," Resendes said.

Last spring, 13 programs faced suspension without a formal review process.

It was the school's way of trying to cope with a then \$12.3



Photo by Laura Dettling

NAITSA Vice-President Academic Tessa Cocchio, back to camera, meets with Medical Transcription students recently to discuss their concerns over a proposal by NAIT administrators to suspend their program.

million budget shortfall.

Staff in the threatened programs were told about the proposals just one day before the Academic Council was supposed to vote on the motion

This caused an outcry from students, staff and NAITSA, which resulted in the announcement that a formal review process would take place first.

NAITSA VP Academic Tessa Cocchio said the change between last spring and this fall's processes is a vast improvement.

"Last year was controversial. [That was] partially because a large part of the process wasn't followed and partially because it wasn't transparent," Cocchio said. "NAITSA is very content with the way program reviews are being handled this year. It's transparent, it's clear to those involved and it has student input, staff input and industry input."

Cocchio said NAITSA will represent the students and is encouraging students in programs that are up for review to voice their concerns to NAITSA.

NAIT administrators confirmed that the school will work with NAITSA for the review process.

"NAITSA will speak for your students and help the Board of Governors to make final decision," Burns said.

And some program heads are remaining optimistic.

"The stakeholders meeting went really well from the programs' point of view," said Rob Dawson, chair of Marine Service Technology. "We had a very good turnout with representatives from three major engine manufacturers present as well as a number of dealers from the Edmonton area. They all expressed

their concern over their ability to find trained technicians if the Marine Technician program is suspended and reiterated the abundance of jobs (available) for the grads from this program."

Dawson said if his program and others are cut, it won't be because of a lack of jobs, it would be for low enrolment and completion statistics.

"Application numbers not being high enough and percentages of students completing the program and continuing in the industry being low according to surveys conducted by institutional research," he said. "It will not be because of few jobs and lack of industry support."

Several more review and recommendation meetings are scheduled in January. The Academic Council will make a final recommendation for suspended programs to the NAIT Board of Governors in February.

After that, recommended suspended programs go to the Minister of Advanced Education and Technology for final approval.

For now, Resendes and her Medical Transcription classmates wait to hear the fate of their program – and for the industry they're hoping to get into.

"We entered the Medical Transcription program because we are passionate about contributing to our society and to patient care," she said.

"Sadly, that is the real issue at stake."



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



THE NUGGET

It's time to Stuff a Bus

By REBECCA RESENDES

You are curled over your exam, surrounded by heavy silence, and then hunger strikes with the loudest growling sounds.

You become consumed with plans to pillage the nearest vending machine and stuff your face before the next class.

When the growling goes off again, others chuckle with relief that it is not coming from them ... but for more than 15,000 people, it is no laughing matter.

Did you know that Edmonton's Food Bank serves more than 300,000 meals and snacks to 15,000 hungry Edmontonians each month?

This year, NAITSA and NAIT student volunteers are helping the food bank with their annual "ETS Stuff a Bus" campaign to raise food and money to feed those 15,000 people.

On Saturday Nov. 27, students are volunteering to help in the final "blitz day" for the Stuff a Bus campaign.

"I am really excited to be a part of such a great cause and hopefully our efforts will help out that much more in collecting food and money for the Food Bank. We actually have a lot of students interested in attending the event which is very exciting," said Hailey Hudson, NAITSA volunteer co-ordinator.

Hudson said that most people do not know how many perks go along with volunteering.

"I am going to try my best to make this a fun



Photo by Chris Thombs

day for the students by having contests and games during the event. The most important thing is to have fun and leave feeling like you really helped out your community," Hudson continued. "If students feel that they really donated their time to a good cause, then they will be more interested in volunteering for NAITSA or any other volunteer opportunities in Edmonton."

Since 1995, this annual campaign has collected 247,902 kg of food and \$297,773 in cash donations to help feed Edmontonians in need.

Over 40 per cent of the food bank's clients are children under the age of 18.

So next time you rush to stuff your face, think about rushing to stuff a bus too.

You are guaranteed to have fun, meet new people, and feel great.

Volunteers and donations are always welcome.

Stuff a Bus 2010 runs from Nov. 21-27.

For more information, go to www.edmontons-foodbank.com.

Shortage of study space

By RACHEL JACQUES

There's not enough student study space on campus, say NAITSA senators.

The issue, originally brought forward at the Oct. 27 Senate meeting, was a hot topic at last week's meeting and one that NAITSA is now looking into

Senators say students are having issues finding places that are open later than normal hours, to study for their exams and more study spaces should be open later.

NAITSA VP Academic Tessa Cocchio said she

plans to speak to NAIT's director of recruitment and student life to ask him to look into the request.

They are both looking at having the HP Centre hours extended over exam weeks.

Cocchio said she hopes this change will be put into effect as soon as possible.

"We are hoping to have the HP Centre café open 24/7 by finals," Cocchio said.

Another important topic discussed at last week's meeting was the still-vacant senate seat from the School of Trades.

All of the NAITSA executives are working

hard at resolving this issue, but they have hit some bumps and potholes along the way.

As it turns out, it isn't easy to find willing volunteers to sit on Senate.

What makes things more difficult is that, as the bylaws are worded now, only full-time students are able to act as a Senator. As there are a very limited number of full-time trades students, which makes the search even harder.

Executives are looking into changing some of these bylaws to incorporate more students into the eligibility for a senate seat.

If the vacant position isn't filled, the School of Trades will be short that percentage of votes as the votes cannot be split between the two existing senators.

There were also two new sub-committees formed at the meeting.

A finance sub-committee will allow five senators to sit and meet to help approve and provide input into the NAITSA budget.

A governance committee was also formed with an equal amount of senators.

That committee will be in charge of running through bylaws and changing or fixing anything that needs remedy.

The next Senate meeting is on Nov. 24.



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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.



Photo by Laura Dettling

Study areas in the HP Centre can get crowded as students try to find a place to do their work.

Photo Club sale set

By STEVEN DYER

NAIT's Photography Club is holding an annual sale at the end of the month for works of art they themselves have shot, cut and developed.

The event will be taking place on Nov. 30 in the South Lobby from 9 a.m. to 5 p.m.

The photos for sale are all students' work and will all have the same price. One 16x20 matted and mounted print is \$60 or students can purchase two for \$100.

Photo Club president Kat Hawn is all geared up for this sale, which had formally been put on by the Photography program.

"This sort of sale has been done before, but it was held by the program. This is the second year that the club has been in charge of it," Hawn said.

"It helps the students out more this way because it gets them more involved with the work that goes into this sort of event."

And the sale is also helping out the Edmonton

According to Hawn, this year it was decided there will be a 50/50 split between proceeds, the largest portion to go to a charity from the sale so far.

"In the past there has always been a split where the profits will be spent, some will go to maintaining the Photo Club and student memberships to photographic organizations like the Professional Photographers of Canada, while the rest goes to the Food Bank," Hawn explained.

The Edmonton Food Bank is one of the top charities in the country due to community involvement and the Photography Club chose it as their charity choice for one main reason.



yourself or maybe for someone else, check out

the South Lobby on Nov. 30.

This photograph by Photo Club president Kat Hawn is one of many prints that will be on sale in the South Lobby on Nov. 30.

If you want a good quality photograph for

way you look at it.

"Every year the students get together and

There are 41 NAIT students and/or family members of students who have utilized the Food Bank so far this year on a regular basis.

The Photo Club sale helps NAIT students

pitch ideas about which charity we should give the money to, this year it was the Edmonton Food Bank," Hawn explained. "We actually found out that there are NAIT students who utilize the Food Bank."

and people living in Edmonton no matter which

Kids' Christmas party ready to go on Dec. 4

Sheryl Hansen

By STEVEN DYER

On Dec. 4, NAIT will be holding its annual Christmas party for the children of staff and

This party is tailored specifically for the children, including crafts, face painting, balloon animals and more, but activities will be on campus and NAIT students are sure to notice.

One of the organizers, Sheryl Hansen, is very excited about this upcoming party. "The events will be happening all around campus and it is all for the children," she

"There will be a carnival set up in the North Lobby. There will be basketball nets set up, hockey nets and other fun car-

nival games. Tickets for the carnival games will be 50 cents each and you are guaranteed to walk away with a little something."

In the South Lobby there will be the stars of

Christmas, Santa and Mrs. Claus. They will be there all throughout the party and there will also be a gift booth located in the South Lobby as well.

There is also swimming from 12:15 p.m. to

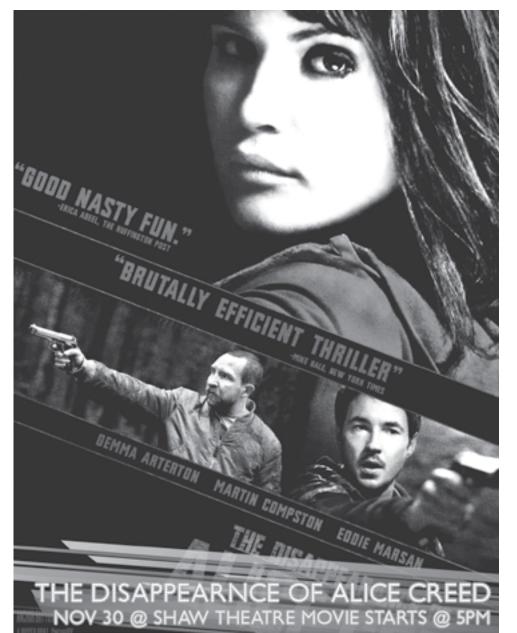
3:45 p.m. and skating from 1 p.m. to 2 p.m., both at no additional cost.

Hansen said there will also be more fun activities like train rides happening at various locations throughout the day.

She said the party promises to be a very fun event and it's also not the first of its kind.

"This event has been held in the past and it has been very successful. More than 1,000 people, children and adults are expected to show up for it," Hansen said.

This event would not be possible without volunteers, however. If you are interested in helping during the Christmas party, contact Hansen at 780-471-8574.



Top 40 Under 40

Former NAITSA staffer rewarded

By JULIE KRAUS

NAIT graduate Mike Anderson says his business, Trixstar Productions, is not only getting busier and busier, but it's also responsible for earning him an important city title.

Anderson was recently named one of Avenue Magazine's "Top 40 under 40."

This makes him one of Edmonton's "Best and Brightest Young Leaders."

Anderson is executive producer and CEO of his company Trixstar Productions, which plans and executes marketing campaigns for celebrities. Anderson often works with celebrities including Nickelback, Dog the Bounty Hunter, and the "Hot Guy from the Old Spice commercials."

Business is booming

And he says business is booming.

"We're really taking off this last year. It's exploding more every day," Anderson said. "We did the Bear's Halloween Howler, Big Valley Jamboree, downtown party tents and soon the Grey Cup."

"We pride ourselves on 360-degree event planning, meaning we market, manage, execute the events, handle all aspects and wrap it up," said Anderson.

When asked why he felt he was awarded the Top 40 Under 40 honour, Anderson joked.

"They must have ran out of applicants," he said. "I was nominated and simply very lucky to get

He adds that his volunteer work may also have something to do with the title.

A Big Brother

"I've been a Big Brother for 10 years, and I hold that very close, so that may have played a part as well."

Anderson is a NAIT Marketing and Management graduate. After graduating, he worked as the entertainment and marketing manager for the NAIT Students' Association for 11 years, which stemmed off his interest in volunteering with the Students' Association while he was a student here. He also has a diploma in project management and education in event planning.



NAIT graduate Mike Anderson was recently named Avenue Magazine's "Top 40 Under 40." Anderson's Trixstar Productions works on live events with celebrities. Mike, left, is shown with Bret Michaels after a recent event organized by Trixstar.

and Calgary, it now organizes events across Canada and even several upcoming events in the United States.

"There's always something new. Just last week I was asked to fly up to Inuvik, so there I was doing site inspections and measurements for an event. It's always exciting," says Anderson.

When Anderson worked with NAIT, he was the one who While Trixstar Productions used to work only in Edmonton introduced the popular outdoor concert known as Ookfest, now

known as Campus Chaos.

The "best and bright" young leader encourages NAIT students to get involved in things other than just their schoolwork.

"Everyone will have the same diplomas in the end, but there's so much more you can do that will enrich your experi-

AIT instructor honoured

By NICOLE de CHAMPLAIN

Nine years of time, effort and kindness has paid off for one NAIT instructor.

Karmen Masson, creator of local charity Suit Yourself and a NAIT business law instructor, was named Avenue Magazine's Top 40 Under 40.

The lawyer, instructor, and executive director of Suit Yourself thinks that receiving the award is not the only rewarding

"It's inspiring to get this award but it makes me realize how fortunate I am to have the support of other woman in the community," Masson said.

Struggling after a negative relationship 10 years ago, Masson decided she needed to do something to bring goodness to her own life.

She decided to transform one of her passions into something that could help other woman feel empowered, something involving fashion.

With the help of private donations from

Suit Yourself, an organization that collects women who use Suit Yourself are women

and distributes clothing and accessories, free of charge, to low-income women seeking employment.

"We've never had a formal advertising campaign or anything and that has worked miraculously," Masson said of the charity's success.

She said that there is no certain demographic of woman coming in for assistance. The only requirement of the woman is that they are low income and can't afford cloth-

her friends and family, Masson kick-started ing for interviews or the workplace. The

of all ages, different cultures, and immigrants and they all have something in common.

coming in are struggling whether it's tionally," explained Masson.

Masson said she was chosen for the award because of the success and the longevity of the organization. In the last year, Suit Yourself tripled the number of women they have helped and increased

the number volunteers.

They have also have moved to a more central location.

"I think that this has been around for such a long time and it's grown so much and it's not going anywhere," Masson said.

She explained that Suit Yourself gets "The women referred clients from several agencies.

> "We have a list of approximately 45 agencies that refer people to us."

financially or emoesteem and an experience that they wouldn't get the chance to have otherwise. Masson explained how some of the ladies describe the experience of getting the clothing as being in a high luxury-clothing store.

"I mean that feeling of being able to give that gift, to me, is the best reward I could get," she said.

And although Masson says she may not keep the executive director position forever, she always plans to be involved in the



Karmen Masson

Cinda's Tech Talk

A Titan-ic struggle?





LINDA HOANG Issues Editor

Gmail. Yahoo. Hotmail.

Facebook unveiled Monday Project Titan - as it's being referred to internally – a new messaging system that technology bloggers have dubbed the "Gmail killer."

Forget @gmail.com, how does @facebook.com sound to you?

CEO Mark Zuckerberg said the new messaging platform will include traditional e-mail features but says the company's platform takes it to a more modern level.

Key points of the system, as reported by technology and social media website Mashable.com, include seamless messaging, conversation history and a social inbox. The system will be simple, short and informal.

Seamless messaging means users will be able to send and receive instant chat messages, text messages and e-mail, all through the Titan system.

Conversation history means users will have an everlasting record of messages sent through Titan. And when they say everlasting, they do mean these messages are kept forever.

Finally the social inbox is a filter so you only see what you want to see. You can get messages from those you classify as friends, those you classify as "other" and if you have Facebook friends who aren't really your friends (because let's admit, you don't actually know every person on your friends list), then you can throw their messages in the "spam" filter.

But while e-mail is one of its components, Zuckerberg stressed that Titan is not meant to be an e-mail killer.

I think it's funny that tech bloggers around the world were quick to jump on the fact that this new system would kill current

I for one am certainly not too keen on the idea of handing out a "@facebook.com" address in professional situations. I keep Facebook and Facebook messages separate from e-mail for a

One of the points about Titan that the Facebook team seemed to be putting out there is that e-mail is slow, rigid, impersonal, while Titan will be quick, informal and personal.

Well Facebook, I like that e-mail is a slower process. I like that e-mail is formal.

I like that it's slightly personal but not so personal that you can see the photos of the party I went to the night before in the same browser window

I think Titan has lot of interesting aspects about it that will make it a great new messaging system within Facebook. But it won't replace my e-mail.



Facebook announced their new messaging system early this week. Some say it will be an e-mail killer.

However, maybe that will be a different story for a younger generation coming onto the social networking giant.

I could potentially see the internal message system take the place of e-mail for upcoming generations.

It's also important to note something that author David Kirkpatrick said about the internal messaging system and its potential impact on the Internet overall.

"Facebook is becoming its own alternate Internet, loaded with functionality you simply cannot find elsewhere," Kirkpatrick wrote in The Daily Beast.

Very true. While I'm still skeptical at this point whether Titan will actually "kill" Gmail, Yahoo or Hotmail, coming off of what Kirkpatrick said, it could very well be the step to increasing Facebook's dominance on the interweb – to keep Internet users on Facebook and on Facebook alone.

Titan will roll out over the next few months and will at first



A whole lotta shakin'





EVERYTHING GREEN

DARYLANN HUTCHINGS Assistant Issues Editor

The ground shaking, jolting houses off their foundations, book cases falling, trees being uprooted, cars being crushed, roads rippling, bridges collapsing – all happening in a matter of seconds.

It's a scene that so many people have only ever seen dramatized and overplayed in movies. I know we live in Alberta and the likeliness of an earthquake happening is low, but earthquakes continue to ravage elsewhere on Earth.

Earthquakes happen when plates, or rocks, within the planet suddenly break or shift under stress, sending shock waves rippling. According to National Geographic, thousands of earthquakes occur every day around the globe, but most of them are too weak to be felt.

Scientists are constantly monitoring earthquakes 24 hours a day, 365 days a year. Scientific instruments detect about 500,000 quakes worldwide every year. People, however, only

feel a small portion of those.

So why is it that tons of earthquakes happen every year, but we only ever hear about the big ones that destroy lots of infrastructure and

Each earthquake produces waves, like a rip-

ple effect that occurs when dropping a rock in water. These waves are measured on a seismograph.

Scientists then assign magnitudes using the Richter scale. A magnitude is the numerical level that indicate the energy released by a particular quake.

The higher the magnitude, the greater the effect. We only hear about the big earthquakes that top the scales, usually above the 4.0 magnitude mark.

But that doesn't me the little earthquakes are never talked about. I found a really cool website I think everybody should check out. It's www.earthquake. usgs.gov, and it's a website that has live maps of the world showing earthquake areas that are active. It also has a variety of topics from things like how to prepare ing an earthquake and daily fun facts about year, many people have been left homeless.

That being said, earthquakes are tragic when they take lives and then kill some of the remaining individuals by destroying infrastructure.

With the amount of earthquakes in the last

If you want to help you can go to www.redcross.com and donate to help those affected by

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



NationalGeographic.ca

for an earthquake, report- Aftermath of an earthquake in Japan in 2004.

OPINION

— Editorial —

Into the public arena



KATHY LE Editor-In-Chief

ne glimpse at our city's core and you'll agree there are some areas that need a little revamping. Even with new vertically climbing buildings in the works, there are many parts of unsightly dead space that bring down Edmonton's look. The big issue these last two weeks revolves around the downtown arena and entertainment

district proposal put forth by the Katz Group. Although not a new issue by any means, since the idea was talked about earlier this year, this is the time when Edmontonians get their say on the matter. After my day of research all I can say is this issue is not one to be resolved easily.

For and against

Some people I spoke to who are against the redevelopment say that filling the T-zone of empty parking space next to the Baccarat Casino with an entertainment and sports district will not help to revitalize the area and that the cost would be ludicrous. Some who like the idea don't agree with the funding ideas presented. Just to recap for those who aren't aware, the city has proposed a few ways to pay for this project that could cover 16 acres in the downtown area in the near future. In addition to Daryl Katz's own contribution of \$100 million to the arena and another \$100 million to the surrounding area, the estimated remaining \$300 to \$350 million might come from a community revitalization levy (CRL), user pay fees and provincial and federal funding. The goal is to pay for it without increasing property taxes. The CRL would only affect business owners in the new area, who unfortunately would pay extra taxes for up to 20 years.

I completely agree with the idea of revitalizing the downtown area as I do agree with the other revitalization projects around the city – look at 118 Avenue. It's starting to see brighter days than it has in years – but I also don't think the money should come from anyone's (the public) pocket, especially from those in the new district. If anything, I think the CRL could deter potential business investors from expanding and building in the new area. And what if the development only stays within the arena and its immediate surrounding areas? With the long winter months in Edmonton, I don't see many people walking out to other areas of downtown to increase traffic and vibrancy. A user fee, however would be fine as I guess it's only fair that people willing to shell out the big bucks to go see a game or concert should pay an extra \$5 to help fund the arena.

Difficult decision

There are many unanswered questions that I have (as do many involved citizens), but I don't have enough room or time to delve into every detail. We can only hope that all the concerns and opinions expressed during the open house and discussion groups held last week will help the city come up with some solution that won't upset too many people. I feel there's going to be a lot of disappointment, no matter what the decision will be. The one other point I will make is there are many other pressing issues in the city that need to be addressed. And despite how some readers felt about my homeless editorial two weeks ago, homelessness is one of the concerns I'll bring up because I do care. When it comes to the subject of revitalizing our city, the millions of dollars going towards the arena project could definitely help address a lot of other problems. It would be a different story if Edmonton were perfect and we had extra money to blow, but we don't. I'd like to compare this situation to driving an expensive car but not being able to pay rent. It's crazy that the city and the Katz Group is proposing this new arena (first and foremost for the Oilers) and entertainment district for enjoyment purposes when we have a big problem such as homelessness to deal with.

I think it's all about making money for a rich man who will only get richer from this. And I also think the decision has already been made. The Oilers

are going to get a new playpen and the area downtown will be developed the way it has been sketched out to be. Even though the Oilers have yet to prove themselves as a winning team (even a non sports fan like myself knows they're in deep waters), they are the main reason Edmonton is still on the map. The last thing we need is for their owner to ship them off somewhere else. It's all business.

The way I see it, at least we'll have buildings instead of an empty, desolate-looking parking lot. Yes, build something, but come up with a better way to fund it. Perhaps Mr. Katz wouldn't mind emptying out more of his pockets? It'll essentially be his arena. For those interested or who want to find out more, www.edmonton.ca will have details on this.



Drawing of proposed Edmonton development.

CANADIAN ARENA CONSTRUCTION Recent Examples of Private Financing

City / Arena Cost to Build(1) Subsequent Sale Price Year Opened/ Year Sold 100% Private Financing Montreal / Yes \$270M \$100M⁽³⁾ 1996 / 2001 Bell Centre Ottawa / No(2) \$170M \$27.5M(3) 1996 / 2003 Corel Centre Vancouver / \$70M(4) \$160M 1995 / 1997 Rogers Arena

Notes:

) Source: http://www.hockey.ballparks.com

Financing included a loan from the Province of Ontario for \$26.8M

Per NHL document

Estimated portion of total sale price related to arena (based on total sale price that included the arena, hockey team and basketball team)

Illustrations provided by the Katz Group

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.

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Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic.

Trust us on that. Write us.



SPORTS

SOCCER NATIONALS

Heartbreak for Ooks men

By RYAN FLAHERTY **Sports Editor**

Everything seemed to be going right for the NAIT Ooks men's soccer team in Saturday's CCAA championship final. Then, in an instant, the Vancouver Island University Mariners flipped the script, eventually defeating the Ooks 2-1 in a thrilling penalty kick shootout.

The Ooks loss came after NAIT seemingly had victory in their sights. Leading 1-0 on the strength of a Thiago Silva goal, the Ooks watched as VIU's Brad Crewe streaked down the left flank and buried a goal past stunned NAIT keeper Brandon Black in the second minute of stoppage time of the second half.

Mariners' momentum

The Mariners' momentum continued throughout the 30 minutes of extra time that followed. Although unable to beat Black again, VIU carried much of the play during the half-hour and had at least three good chances to score.

Despite conceding the late marker, the Ooks entered the shootout with confidence, having earned a spot in the final with a shootout victory over the topseeded Humber Hawks a day earlier under

very similar circumstances. In the Humber game, the Ooks had also given up a late goal, but Black was nearly unstoppable in the penalty kick session, leading to a victory for NAIT.

Confidence evaporated

However, any confidence the NAIT players may have had because of that experience seemed to evaporate as Saturday's shootout began. Mariners keeper Robbie Cochrane stopped two of the Ooks' first three shooters, and suddenly it seemed all but over for the ACAC champions. But by the time the dust had settled and all five shooters had taken their turn for each team, the squads were knotted up at two goals apiece. Extra shooters were required.

After the first shooter for each school scored, Cochrane again came up huge, robbing NAIT's Geng Thian. Then, Mariners defender Chris Arnett calmly stepped up and slotted home the winning goal and the celebration was on for VIU and their fans. Cochrane was named tournament MVP.

For the Ooks, who had seemed to have the title in their grasp, the loss was heartbreaking. The shootout was particularly excruciating for head coach Jeff Paulus.

"It's tough, it's so tough. I don't even watch the shots or the saves. I can't," he said. "And really, I think my heart breaks for some of these kids because there's so much pressure on them. They go up and you know they're a hero when they score and when they don't it's a long walk back from that



NAIT Ooks men's soccer team members show off their silver medals and second-place trophy on the weekend after the Canadian Collegiate Athletic Association championships that were hosted by NAIT in Spruce Grove. The men lost the championship match 2-1 to the Vancouver Island University Mariners in a penalty kick shootout.

penalty spot to the rest of the team, so it's a difficult situation."

"It's tough, really, to talk about."

Though the silver lining of a second-

place finish may be hard to swallow for the Ooks for a while yet, Paulus felt his squad had nothing to hang their heads about.

"I'm so proud of my guys," the coach said. "They fought, they held on through extra time. It's tough to come back when you get scored on so late, it's tough to hold on. For 30 minutes in extra time they fought."

As for the way in which NAIT lost, Paulus was pragmatic. "If it goes to a shootout, it's flip a coin."

For three Ooks players, this was their last chance at a national title. Shane Faria, Kyle Saban and captain Jordan Stewart all completed their fifth year of eligibility this season. Though they will be difficult to replace, Paulus is already gearing up for another run at the title next year, announcing on Monday that he had already confirmed three new players for the 2011 squad.

medal at Nationals is their

best finish since winning it all in 1987, and an improvement on the bronze they took home in 2005. The Ooks also received special recognition at the medal ceremony, as they were given the Fair Play award for displaying the best combination of quality play and good sportsmanship throughout the



For NAIT, the silver NAIT Ook midfielder Kyle Saban, left, and midfielder Thiago Silva, right, fight for the ball with a Vancouver Island University player during the championship game on Saturday, Nov. 13.

SOCCER NATIONALS

Dream run ends for women

By RYAN FLAHERTY Sports Editor

The dream is over for the Ooks women's soccer team, as they came up just short in their quest for a national title. The Ooks lost in the finals of the 2010 CCAA soccer championships this past Saturday, beaten 3-0 by the FX Garneau Élans.

The host Ooks defied the odds to reach Saturday's final, defeating the second-seeded Humber Hawks and the third-seeded Kwantlen Eagles in the tournament's group stage. In Wednesday's win over Humber, NAIT gave up a late tying goal only to take the match on penalties. Then on Thursday, the Ooks again conceded a late marker to the Eagles before NAIT scoring star Leanne Kadatz connected for the eventual winning goal in extra time.

However, the Ooks women ran into a brick wall in Saturday's final in the form of the Élans, a disciplined machine with an impenetrable back line and quick-strike offensive ability. FX Garneau, which entered the tournament having won three of the previous eight national titles, did not concede a goal throughout the week, and played near flawless soccer throughout the final game.

After a relatively tame first half, in which neither team really pressed the issue, Léa Chastenay-Joseph opened the scoring for the Quebec champions in the 68th minute, breaking in alone on Ooks goalkeeper Tara Evans after the ball popped loose at the edge of the penalty area. On the play, Teixeira claimed a NAIT player had been fouled, leading to the loose ball, but the referee's decision stood.

The controversy continued in the 86th minute, when Evans was given a straight red card for an aggressive tackle on FX Garneau's Katleen Bérubé-Garneau in the NAIT penalty area. Evans had not received a yellow card in the match, however, the referee felt that the keeper had not made an effort to play the ball, and so she was ejected.

The expulsion of Evans left NAIT without a true backup to take her place. Kadatz took over to face Esther Rochon for the subsequent penalty kick, which Rochon buried, and Chelsey Barnes played the rest of the way in the Ooks net, but the damage was done, and the Élans cruised the rest of the way. Chastenay-

Joseph, who was named tournament MVP, added a third goal in stoppage time to close out the scoring.

Afterward, Teixeira was still frustrated by both calls, but realized they were out of his hands.

"That's tough to rebound from that, for sure. Even on their first goal, that's a foul, at least in



Photo by Laura Dettling

The NAIT Ooks women's soccer team gets together on Saturday after their second-place finish in the CCAA soccer finals. The women lost the championship game 3-0 to the FX Garneau Élans.

my opinion it was a foul, and he didn't call it. What are you gonna do," he said.

The game was the last for Ooks players Claire McWilliam and Lisa Martin, both of whom were key contributors to NAIT's unlikely title run.

Despite the loss and the circumstances surrounding it, Teixeira was proud of his team's performance on the big stage.

"We had three excellent games. We lost to a very good side today. That is an excellent team," he said. "And we had our chances. Unfortunately we didn't bury them when we had our chances but I'm very proud of this group of girls."

Although they came up short in the final game, the silver medal was the first ever medal won by a NAIT women's team on a national stage.

FX Garneau will have a great opportunity to defend their title as the championship tournament will be hosted by the school in 2011. For the NAIT Ooks, the dream to get back to the dance begins today.

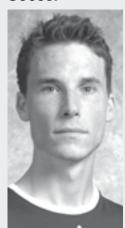
Athletes of the week

November 8-14

Claire McWilliam Soccer



Jordan Stewart Soccer



In his final game as a NAIT Ook, Jordan led his team to a silver medal at the 2010 CCAA men's soccer championships on the weekend. Jordan was named the player of the game against Humber College in the semifinal win and was selected as a tournament all-star. The Ooks captain was all over the field throughout the championship and his sportsmanship was one of the main reasons the Fair-Play Trophy was awarded to the NAIT Ooks. "Playing his last three games of his college career, Jordan showed his class, leadership and ability as he anchored our team defence in the CCAA Nationals," said head coach Jeff Paulus. "We will miss him next season." Jordan, from Ardrossan, is a Bachelor of Business Administration student. Congratulations on a great career with the NAIT Ooks men's soccer team, Jordan.

Claire was a force on the weekend for the NAIT Ooks as she led her team to the silver medal at the CCAA women's soccer championships. That was the first medal earned by any NAIT female team at the national level. Claire was a force right from the first game, as she scored two goals in the Ooks 4-3 shootout win and then followed that up with another two-goal performance versus Kwantlen, earning her player of the game and tournament all-star honours. "Claire has been unbelievable for us throughout her five-year career," said head coach Sergio Teixeira. "We counted on her for all situations and she always delivered." Claire, a Continuing Education Business student, is from Sherwood Park. Congratulations on a great career with the NAIT Ooks women's soccer team, Claire.



Photo by Laura Dettling

NAIT midfielder Lisa Martin chases an FX Garneau Élans player during the women's CCAA championship match on Saturday, Nov. 13.

And then there were four

By RYAN FLAHERTY **Sports Editor**

After a wild Sunday of CFL action, the competition for the 2010 Grey Cup is down to four teams. In the East Division semifinal, the Toronto Argonauts upset the favoured Hamilton Tiger-Cats 16-13, while the Saskatchewan Roughriders beat the BC Lions 41-38 in an overtime thriller. The games unfolded quite differently, but both ended in equally dramatic fashion, on a Byron Parker interception and a Jason Clermont touchdown, respectively.

The victories have set up a pair of great matchups for this Sunday's division finals, as Toronto will face the defending champion Montreal Alouettes and the Riders will travel to Calgary to take on the Stampeders.

East Final

The 9-9 Argos will have a very difficult task on their hands in the form of the 12-6 Als. Montreal quarterback Anthony Calvillo is the odds-on favourite to win this year's Most Outstanding Player award, and he's well-rested to boot. The 17-year vet

was rested in Montreal's final regular season game, and the team enjoyed a bye last week as the first-place team in the East.

For some QBs, the extended layoff could lead to some rust, but Calvillo is one of the

league's all-time greats, and will be ready to go come game time. And with the stable of receivers Calvillo has at his disposal, highlighted by Jamel Richardson, Ben Cahoon, Kerry Watkins and SJ Green, the Als could potentially blow the good ship Argonaut right out of the water.

In order for Toronto to win, the Argos will need to continue following the blueprint which has got them to this point. It involves playing opportunistic defence, lights-out special teams featuring star returner Chad Owens and a physical ground game with Boyd as the centrepiece. They'll likely need at least a couple of the famous Argo bounces to grind out a victory.



West Final

The West Division final has the potential to be just as, if not more, dramatic than the Riders-Lions clash of last weekend. In fact, Saskatchewan and Calgary have already

> locked horns in an overtime slugfest earlier this year that the Riders eventually won 43-37. However, the Stamps won both of the other games between the two teams this year; once at home, and once on the road.

The Stampeders enter with the league's best record at 13-5, and feature the No. 1

offence in the CFL, having scored over 100 points more than the next best team. Quarterback Henry Burris was third in passing yards this season, and Calgary has the best one-two punch at running back in the country in Joffrey Reynolds and Jon Cornish. But the Stamps are no one-trick pony, as they also possess one of the CFL's hardest-hitting defensive corps.

After forging ahead to a 9-4 record this season, the Riders stumbled down the stretch and finished at 10-8. However, their tenth win came in the season's last game, and having

followed that up with last weekend's heartstopper over BC, the Riders appear to have addressed many of their weaknesses. Saskatchewan quarterback Darian Durant led the CFL with 5,542 yards through the air, and receiver Andy Fantuz racked up 1,380 yards as the best pass-catcher in the nation. Meanwhile, the Riders hope to get the league's top tackler, middle linebacker Barrin Simpson, back from an ankle injury to anchor the team's run defence.

This has all the makings of another instant classic, and home field won't be as big of an advantage for the Stampeders, as most games against Saskatchewan feature a significant percentage of Rider fans in the stands. If the Riders can avoid giving up big plays on special teams (their most glaring weakness this season), and if their offence, especially Durant, can protect the ball, Saskatchewan has a legitimate shot to pull off the upset. But if Henry Burris plays as he has for the majority of the season, and if Calgary forces at least a pair of turnovers, the Stamps could cruise.

Official Nugget prediction: MTL 31, TOR 16; CGY 38, SSK 35. Look for the Als to meet the Stamps right here in Edmonton next weekend in a 2008 Grey Cup rematch.



Ook badminton player Natalie Neumann practises Tuesday for this weekend's tournament.

BADMINTON

Ooks under the gun

By NAIT ATHLETICS

start this season but faces a big challenge this which makes room for promising red-shirt Ian weekend – no, make that several challenges – in Wong to step in. ACAC Tournament No. 2.

The competition is running a week later than usual; NAIT's commitment to host the Canadian college soccer championships last week prompted the delay.

Not only will the second-place Concordia Thunder be loading up to erase or lessen the Ooks' 78-point margin, but third-place Mount Royal and fourth-place Red Deer have also had some promising workouts.

Injuries and dental issues could be a problem for the Ooks.

Jonathan Chang's sore ankle has prompted NAIT's badminton team is off to a good coach Jordan Richey to plan around him,

> Also to be absent for the first day of competition is Joey Vandervet, who has a dental appointment that can't be broken.

> Talented Matt Chan of Mount Royal is sure to provide tough opposition for anyone he meets after he served notice by winning the men's singles event in ACAC Tournament No. 1 last month.

> In the department of good news, NAIT's three top female players - Sun Yang, Sinead Cheah and Natalie Neumann - are all on tap.

> Competition begins in the NAIT gym at noon on Saturday and 10 a.m. Sunday.

NAIT notes

By NUGGET SPORTS STAFF First sweep of 2010 for men's hockey team

The Ooks earned their first twofer of the season, defeating the rival Grant MacEwan Griffins in a home-and-home set last weekend. In Friday's win, NAIT stormed out to a

4-0 first period lead before hanging on for a 4-3 win. Andy Willigar, Steven Pratt, Jiri Prochazka and Ryan Smith scored, and the Ooks connected twice on the power play in the victory. Brent Topilko

returned from an eight-game absence and chipped in with three assists. On Saturday, the Ooks outplayed the Griffins from start to finish, and if not for several posts hit by Topilko, would have won by a greater margin than the eventual 3-2 final. NAIT got goals from David Jacobsen, Davis Baroldi and Willigar. Ooks head coach Serge Lajoie hopes the team will get some momentum from the wins. "The guys committed to playing simple hockey and doing all the little things that need to be done to be successful. [This is] our first sweep of the year and this will help build confidence in the locker room," he said.

Women's volleyball team splits with SAIT

NAIT came within a whisker of sweeping two matches from SAIT, but settled for a split after losing in five sets on Saturday. On Friday, the Ooks beat the Trojans 3-1, with Stephanie Brown leading the way and earning player of the game honours. The secondyear middle had a great night with 11 kills, six stuff blocks and three service aces in the win. The Ooks had a more difficult time with SAIT on Saturday, eventually finding them-

selves on the losing end of a 16-14 scoreline in the deciding set. Second-year middle Jillian Irvine set the tone for NAIT with 14 kills, 11 stuff blocks, four digs and two service aces. Alison Warick was also strong for the Ooks, racking up 15 kills, five digs, and one stuff block. Ooks coach Erminia Russo



Thorpe was especially happy with the performance of the third-year veteran. "She is able to change the momentum of the match with her ability to score from hitting and bringing energy and fire

to the floor when it's needed," Thorpe said. However, the coach was disappointed that her team didn't emerge with a sweep. "It was a disappointing loss on Saturday as we had opportunities to win the match. In the fifth set we made critical errors in service reception and hitting that cost us the win."

Volleyball men split with nationally ranked Trojans

The Ooks came out even in their weekend home-and-home against SAIT, ranked number nine in the country. The Ooks took advantage of their home court on Friday night, beating the Trojans 3-0. "We did a very good job of limiting the amount of unforced errors and put a lot of pressure on their serve receive to attack," said head coach Simon Fedun. NAIT had a much tougher test in Calgary on Saturday night. "SAIT plays very well at home. They are an emotional team that thrive on playing at home in front of their fans," said Fedun. "We gave them too many easy points, which allowed them to gain confidence." SAIT won the match 3-1. Next up for the Ooks is a road trip to Medicine Hat to play the Rattlers.

WOMEN'S BASKETBALL



Stiff test this weekend

By GARIT BYINGTON Assistant Sports Editor

Heading into this weekend, the NAIT Ooks women's basketball team is in action with two games against Medicine Hat and Briercrest. They continue to look to develop as a team after lots of turnover on the team in the off-season.

"I'm pleased with how we've progressed," says head coach Todd Warnick. "We're defending exceptionally well sitting in second in the ACAC North in points against [and] our field goal percentages are up."

The team has recently been on the road but now is back home.
"This past weekend we suffered two challenging road losses

"This past weekend we suffered two challenging road losses but saw some definite improvement across the board. There's progress every weekend we step onto the floor."

With just in his first season as head coach, Warnick is already making the team tougher to play against.

'Competing every time'

"We're competing every time we're on the floor," said Warnick. "We've taken that step, now it's understanding how to make the critical plays at the right times in order to close games out so we end up in the win column."

The Ooks see this weekend as an opportunity to get into the win column and that's the only real way to gain true experience.

"We're going to continue to grow and develop, because you can't simulate that in practice," says Warnick. "We can do as much as we want but at a certain point until you're in those scenarios you're not going to have that opportunity."

The Ooks played Medicine Hat earlier in the pre-season, and suffered an eight-point loss in double overtime. They take them on down at the NAIT gym on Friday at 6 p.m.

'We're going to be tested'

"They're going to be very well prepared. They're playing extremely well right now," Warnick said. "They're definitely one of the top five teams in the ACAC this year, so we're going to be tested."

The Ooks will have their hands full with Medicine Hat as they are considered as one of the powerhouses of the ACAC.

"We're finally healthy after having lost our starting post Courtney Willis to a severe concussion in the first week of regular season," says Warnick. "She'll be returning to our line-up this weekend a after almost a month out."

With the double overtime pre-season game, the Ooks know they can compete with Medicine Hat. Then on Saturday they take on Briercrest at 6 p.m. in the NAIT gym.

"We haven't seen them yet but they're always a tenacious and tough team," said Warnick. "They're road warriors and they're used to being on the road and competing so we have to anticipate that and be prepared on Saturday for a war every time we step on the floor."



Photo by Laura Dettling

Hockey head hits under scrutiny

By DOUG YEARWOOD

Hockey is a fast, hard-hitting sport. But it is fast becoming known as being reckless and dangerous, too.

Edmonton-born University of Denver forward Jesse Martin recently suffered multiple fractures of his C2 vertebrae after being crushed by a devastating hit on Oct. 30 in a game against North Dakota.

Martin, who was trying to clear the puck out of his own zone, chipped the puck and turned up ice, then was slammed by an incoming player, leaving him motionless on the ice. Although Martin has taken his first few steps after what doctors call very successful surgery, headshots in hockey seem to be an issue that is not going away.

This past summer, the NHL Players' Association competition committee answered the call from players who believe that new steps need to be taken to prevent concussions caused by intentional shots to the head. The proposal, dubbed Rule 48, also calls for penalties for non-blindside hits that intentionally



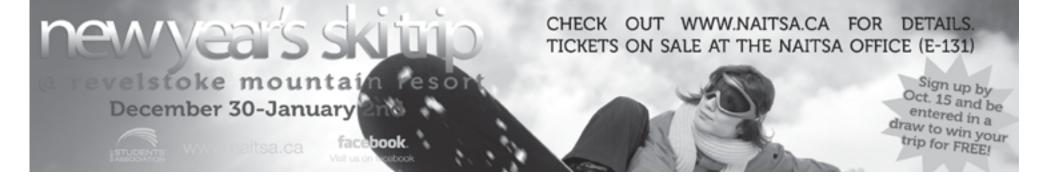
Jesse Martin

target the puck carrier's head, with the consequences including a five minute major penalty, a game misconduct, and, in some cases, fines.

Rule 48 has been applied six times so far this season.

This month a research group, Neurosurg Focus, followed two male junior hockey teams and, over 52 games, discovered that 17 of the 67 players suffered concussions, with 25 per cent of them getting their brains rattled more than once. Another study conducted at the University of Calgary found that body checking in peewee-level hockey can triple the risk of concussions and other injuries suffered by 11- and 12-year-old players. The study followed 74 teams from Alberta, where 209 players suffered injuries

There are plenty of theories on how to deter headshots, including suspending coaches as well as players, as it's thought that a collaboration in solving the headshot issue would make coaches responsible for encouraging players not to make these hits, while still allowing the players to be responsible for themselves on the ice.



What's up with Washington?



OUT OF BOUNDS
RYAN FLAHERTY
Sports Editor

Does anyone have a clue what's going on with the Washington Redskins? It's getting increasingly difficult to figure out exactly what is happening on the field and in the front

office of what is rapidly becoming one of the biggest sideshows in the NFL.

Let's start earlier this year, after Mike Shanahan was hired as the team's head coach. Shanahan, who spent 14 stellar seasons as coach in Denver, and who came to Washington with a reputation as a tough disciplinarian, immediately took steps to make it very clear that the buck stopped with him. As training camp began, the coach told defensive tackle Albert Haynesworth he would not be welcome to join the rest of the team until he could pass a routine physical assessment. Now, that might not normally be big news. After all, players - even big linemen - are expected to maintain a certain level of fitness in



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Donovan McNabb

the offseason and Shanahan was well within his rights to keep Haynesworth off the field until he could reach that level.

But this is Albert Haynesworth we're talking about. The \$100-million man. When a coach holds the league's highest-paid defensive player out of some routine training camp workouts, it sure as heck is big news. But Shanahan was unapologetic, and that was only the beginning

Not to be overshadowed by the Haynesworth controversy, Redskins quarterback Donavan McNabb, whom Washington traded for in the offseason, has taken his turn in the harsh glare of the coach's spotlight in the past few weeks

Two weeks ago, in a 37-25 loss to Detroit, McNabb was benched with two minutes remaining and the game

still very much in the balance.
McNabb had been sacked and had fumbled the ball on the previous possession, but still the decision to sit the QB down with the game on the line seemed puzzling, to say the least. After the game, Shanahan further perplexed the gathered media, explaining the decision by saying that he felt McNabb's backup, Rex Grossman, had a better handle on the team's two-minute offence. When pressed to back up the statement, the coach continued to run down

So which statement is true? Or are they both? In Shanahan's universe, who knows? One thing's for sure, Washing-

McNabb, saying that the 11-year veteran

"didn't have the cardiovascular endur-

ance" to run the hurry-up.



theepochtimes.com

Albert Haynesworth

ton's most recent game won't help things much. After a bye week following the Detroit game and the speculation following that, the Redskins were steamrolled by McNabb's former team, the Philadelphia Eagles, 59-28 in the Monday nighter. Amazing as it sounds, that scoreline actually flatters the 'Skins. Philly screamed out to a 35-0 lead a mere nine seconds into the second quarter, and everything after that was a mere formality.

Interstingly enough, McNabb played the entire game. But Washington was never in a position to run their two-minute drill, so we never got to see if Grossman truly is the master of the team's no-huddle system. And the

Washington offence certainly wasn't on the field for enough of the game to make McNabb's cardiovascular endurance a factor for Shanahan.

And just when you thought things couldn't get more confusing for Washington fans, the team announced on Monday that McNabb had actually signed a five-year contract. That's right. After having both his fitness and his knowledge of the team's playbook called into question, the guy still wants to play in Washington.

So I repeat: does anyone have a clue what's going on with the Washington Redskins? Because I'm not so sure they even do.

Title teams set

MAJOR LEAGUE SOCCER

By KITA MURU

The 2010 Major League Soccer season is nearing its end, and as usual the playoffs have been something to watch (for all four of you). The quarterfinal round was something, with the San Jose Earthquakes knocking off the so-called cup contenders in the New York Red Bulls and their evil axis of Thierry Henry, Juan Pablo Angel and Rafael Marquez. Then,

defending champs Real Salt Lake lost to red-hot FC Dallas, while the Columbus Crew (who won it the year before) lost to the Colorado Rapids and the LA Galaxy beat the Seattle Sounders. For the second straight year, due to the way MLS ranks teams for the playoffs, the final will consist of two western teams.

East Final

The San Jose Earthquakes travelled to Colorado to face the Rapids. Ten minutes in, San Jose midfielder Scott Sealy almost made Rapids keeper Matt Pickens pay for an errant boot, but Sealy's chip from distance wound up sailing over the bar. The Quakes and Rapids traded chances until the end of the first half, when a Kosuke Kimura cross found Omar Cummings. He fanned on the cross, but it still beat Jon Busch for a 1-0 Colorado lead. In the second half, Cummings had a chance to put the game on ice, but his

shot went off the bar. In fact, Colorado had the lion's share of second half chances but Busch kept San Jose in it. It wasn't enough though, as the score would stand, and the Rapids won to move on to Toronto for the MLS Cup final on Nov. 21.

West Final

In the Western Conference Final, the Los Angeles Galaxy welcomed FC Dallas to the

Home Depot Center where LA had only allowed two goals in their last six home playoff games. LA and Dallas traded chances for the first 20 minutes, with LA having premium chances foiled by Dallas keeper Kevin Hartman. At 25 minutes in, David Ferreira received the ball outside the LA box, turned and

fired it past LA keeper Shadi Ricketts to put Dallas up by one. As LA kept trying to find the equalizer, Dallas doubled the lead in the second half when a great cross by Brek Shea was slammed in by George John. A minute after that, Landon Donovan had an open net to shoot at, but his shot from outside the box went over the bar. Dallas went on to bury the Galaxy, as LA defender Omar Gonzalez (who was victimized on the first two goals) couldn't cover Ferreira's through ball to Martin Chavez. Chavez then sank the Galaxy with the third goal of the night, paving the way to the final for FC Dallas against the Colorado Rapids.



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Hope Tavares likes squash

UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON Assistant Sports Editor

What is the deal with the New York Islanders organization? They make the Oakland Raiders of past years (not this year, as the Black Hole is back) look like a well-run team. The whole National Hockey League is by far the poorest run professional league in North America. Thankfully, it's the best game on the planet and can overcome much of the idiocies trying to hold it back while remaining a relevant league. I don't buy the argument that some smaller leagues are run worse. I'm sorry. They have potential to be one of the biggest leagues in the world, and the baby-booming old boys club is doing it's best to keep ESPN from wanting to offer them a television deal.

When something is tainted at the top, the trickle-down effect is seen throughout the lower rungs of the ladder. Hence, it is no surprise you see proud organizations such as the New York Islanders become laughing stocks of the modern era.

Of course, when it comes to on-ice play, Oilers fans fully know what it's like to have an underwhelming product, but that's irrelevant for my

point. That's the way the sports world is. Teams go through stretches of ups and downs over the years as the standard progression of parity most leagues are looking for.

However, then there are teams like the Detroit Red Wings, who even in the salary cap era, manage to remain a powerhouse year after year. Even Red Wings general manager Ken Holland will admit that luck has a ton to do with it. Finding Henrik Zetterberg and Pavel Datsyuk as late as they did in the draft is lucky, but then again, there are a lot of dumb owners and GMs in the league, too. That's how the Islanders remain astoundingly at the bottom of the conference with no real light at the end of the tunnel.

It starts at the top with owner Charles Wang, whose fascination with squash may hinder his ability to be a successful NHL owner. It was alleged that when Wang and company signed Alexei Yashin, there must have been something written in Yashin's contract requiring him to play a certain amount of squash with Wang. Or else Yashin must have just really liked squash, as he and Wang allegedly frequented the courts swatting balls. Yashin has never struck me as someone who just enjoys playing sports.

Yashin's contract was ridiculous for a guy who makes Alexei Kovalev seem like passion is seeping out of his pores, but his deal has nothing on Rick DiPietro's 15-year deal when it comes to obscene contracts. What the hell was that? A 15-year deal for an above average goalie who has



canada.com

New York Islanders owner Charles Wang shakes hands with John Tavares, No. 1 overall pick, in the 2009 NHL entry draft at Montreal's Bell Centre on June 26, 2009.

injury problems. How's he supposed to remain healthy when he already has a history of injuries and has to play squash all the time? Only on the Island.

Also, only on the Island would you see a goalie retire, only to be named general manager of the team right afterward. Bring in Garth Snow. This guy must have put in lots of squash time with Mr. Wang to make the goalie-to-GM jump. I don't

even know what to say about this, it's too surreal.

Then just recently after losing 10 in a row, Snow fired head coach Scott Gordon only to make him his adviser. So a squash-obsessed owner who gives out ludicrous contracts, a GM who goes from goalie to GM in the speed of light, fired coaches remaining in the organization.

Am I the only one who thinks this is like something out of a movie?

ACAC Standings

MEN'S HOCKEY									
Team (ŝΡ	W	RW	L	OTL	TIE	GF	GΑ	Pts
SAIT									
Mount Royal	12	8	8	2	0	2	49	23	18
Augustana	11	5	5	2	1	3	49	31	14
NAIT	12	5	5	5	1	1	27	31	12
Concordia	12	4	3	5	0	3	41	56	11
Portage	11	4	4	5	0	2	37	42	10
Briercrest	12	3	3	7	0	2	35	58	8
MacEwan	12	1	1	10	0	1	27	58	3
		R	ESU	LT:	S				

Nov. 13 AIT 3, MacEwan 2; Briercre

NAIT 3, MacEwan 2; Briercrest 4, Portage 1; SAIT 6, Concordia 3; Augustana 3, MRU 1 Nov. 12

NAIT 4, MacEwan 3; RU 6, Augustana 3 Portage 5, Briercrest 3; SAIT 3, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Mount Royal	8	8	7	0	0	0	31	9	16	
NAIT	8	4	4	4	0	0	21	15	8	
SAIT	8	3	3	3	1	1	21	21	8	
MacEwan	8	3	3	4	0	1	17	22	7	
Red Deer	8	1	1	7	0	0	10	33	2	
DECILITO										

Nov. 13

NAIT 5, MacEwan 1; MRU 4, SAIT 1; **Nov 12**

MacEwan 2, NAIT 1; MRU 3, SAIT 2 (OT)

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			
NAIT	6	4	2	8	503	453			
Concordia	6	3	3	6	490	428			
Augustana	6	2	4	4	464	482			
Cranda Drairia	c	0	1	1	404	E70			

King's	6	0	6	0	412	519				
South Division										
Team	G	W	L	Pts	PF	PA				
Lethbridge	6	5	1	10	567	446				
Red Deer	6	4	2	8	523	442				
SAIT	6	3	3	6	480	516				
Mount Royal	6	3	3	6	504	512				
Briercrest	6	3	3	6	501	534				
Medicine Hat	6	2	4	4	443	495				
RESULTS										
Nov. 13										
Lethbridge 94	, NAI	T 77	; MF	RU 110	, GPR	C 83				
	1	lov.	12							
NAIT 93, MRU	ا 72 ; ا	_ethk	oridg	e 110,	GPRO	83;				

Keyano6 1 5 2 382 487

WOMEN'S BASKETBALL

North Division

Team	G	W	L	Pts	PF	PA				
Concordia	6	6	0	12	541	345				
Grande Prairie	6	5	1	10	375	324				
MacEwan	6	3	3	6	456	387				
Lakeland	6	3	3	6	351	386				
NAIT	6	2	4	4	337	332				
King's	6	2	4	4	384	419				
Augustana	6	1	5	2	425	523				
Keyano	6	0	6	0	291	505				
South Division										
,	Sou		12101							
Team	G G	W	L	Pts	PF	PA				
	G			-	PF 512	PA 323				
Team	G 6	W	L	Pts						
Team SAIT	G 6	W 6	L 0	Pts 12	512	323				
Team SAIT Mount Royal	G 6 6	W 6 5	L 0	Pts 12 10	512 416	323 374				
Team SAIT Mount Royal Medicine Hat	G 6 6 6	W 6 5 4	L 0 1 2	Pts 12 10 8	512 416 448	323 374 372				
Team SAIT Mount Royal Medicine Hat Red Deer	G 6 6 6	W 6 5 4 3	L 0 1 2	Pts 12 10 8 6	512 416 448 321	323 374 372 356				
Team SAIT Mount Royal Medicine Hat Red Deer Lethbridge	G 6 6 6 6	W 6 5 4 3	L 0 1 2 3 5	Pts 12 10 8 6 2	512 416 448 321 343	323 374 372 356 415				

Lethbridge 55, NAIT 46; GPRC 68, MRU 56

Nov. 12

MRU 59, NAIT 47; GPRC 73, Lethbridge 46

MEN'S VOLLEYBALL

Provincial Division										
DIV	Team MP	MW	ML	GW	GL	Pts				
S	Briercrest6	6	0	18	1	12				
S	Red Deer6	5	1	17	6	10				
Ν	King's6	5	1	16	6	10				
Ν	NAIT6	4	2	15	8	8				
S	SAIT6	4	2	13	12	8				
Ν	MacEwan8	4	4	17	16	8				
S	Mount Royal4	3	1	9	4	6				
Ν	Grande Prairie8	3	5	12	15	6				
Ν	Lakeland6	3	3	9	10	6				
S	Medicine Hat6	3	3	9	10	6				
S	Lethbridge6	2	4	10	15	4				
Ν	Keyano6	1	5	6	15	2				
S	Augustana6	1	5	4	15	2				
Ν	Concordia8	0	8	2	24	00				
DECILITO										

Nov. 6
November 13

SAIT 3, NAIT 1 (25-19, 18-25, 25-17, 25-22)

Keyano 3, MRU 0 (25-18, 25-14, 25-21) RDC 3, GPRC 1 (25-17, 25-20, 17-25, 25-20) Augustana 3, Lakeland 0 (25-22, 25-19, 25-20) MacEwan 3, Concordia 1

(25-20, 25-20, 23-25, 25-19)

Nov.12 NAIT 3, SAIT 0 (25-21, 27-25, 25-22)

MacEwan 3, Concordia 0 (25-22, 25-14, 25-17) MRU 3, Keyano 1 (25-21, 25-20, 22-25, 25-17) Lakeland 3, Augustana 0 (25-22, 25-17, 25-23) RDC 3, GPRC 0 (25-16 25-22 25-20)

WOMEN'S VOLLEYBALL

Provincial Division

DIV	Team	MP	MW	ML	GW	GL	Pts
Ν	Grande Prairie	8	6	2	22	8	12
Ν	Lakeland	6	5	1	15	5	10
Ν	NAIT	6	5	1	17	8	10
Ν	MacEwan	8	5	3	16	12	10
S	Mount Royal	4	4	0	12	2	8

S	Red Deer6	4	2	14	7	8							
Ν	King's6	3	3	11	11	6							
S	Medicine Hat6	3	3	9	11	6							
S	Lethbridge6	3	3	9	13	6							
Ν	Keyano6	2	4	11	15	4							
S	SAIT6	2	4	8	14	4							
S	Briercrest6	1	5	11	15	2							
Ν	Concordia8	1	7	6	23	2							
S	Augustana6	0	6	1	18	0							
	RESULTS												

Nov. 13 SAIT 3, NAIT 2

(25-19, 18-25, 25-19, 20-25, 16-14)

MRU 3, Keyano 0 (25-23, 25-18, 25-17) GPRC 3, RDC 1 (25-22 17-25 25-17 26-24) Lakeland 3, Augustana 0 (26-24, 25-13, 25-21) MacEwan 3, Concordia 1

(23-25, 25-23, 25-14, 25-10)

Nov. 12

NAIT 3, SAIT 1 (25-21, 11-25, 25-19, 25-20) MacEwan 3, Concordia 0 (27-25, 25-17, 25-20)

MRU 3, Keyano 2 (22-25, 17-25, 25-15, 25-8, 15-7) Lakeland 3, Augustana 1 (25-15, 25-18, 25-20) GPRC 3, RDC 1 (25-23, 26-24, 21-25, 25-21)

SOCCER NATIONALS FINAL STANDINGS

Men

Gold – VIU Mariners Silver – NAIT Ooks Bronze – Humber Hawks 4. Concordia Thunder 5. Dawson Blues 6. UNBSJ Seawolves

Women

Gold – FX Garneau Elans Silver – NAIT Ooks Bronze – Humber Hawks 4. Concordia Thunder 5. Kwantlen Eagles 6. Holland Hurricanes

ENTERTAINMENT

30H!3 and rest deliver

By ERIN BEZOVIE

The electro-pop duo 3OH!3 came to Edmonton on Thursday with Southern Belle, Hellogoodbye and Down With Webster. I got to the concert just as Southern Belle was finishing their set, but I checked their MySpace and they seem to be a pretty interesting band. After listening to a couple of their older tracks, I have come to the conclusion that if you like the music in Urban Outfitters, you'll like Southern Belle.

Hellogoodbye was on second and they were everything I hoped they would be. They just released a new album Nov. 9 called Would It Kill You? and it's great. It's a bit of a different style from their first album Zombies! Aliens! Vampires! Dinosaurs! but in a good way. They played their old hits such as "Baby, It's Fact" and "All of Your Love."

Next up was Canada's own Down With Webster. As much as I'm ashamed to admit it, they put on a great show. They had so much energy and the crowd was absolutely crazy for them. I'm pretty sure the crowd screamed as loud, if not louder, for Down With Webster as they did for 3OH!3. They played "Whoa is Me" and "Your Man" along with other songs off their albums.

Finally, the headliner 3OH!3 performed. Consisting of Sean Foreman and Nathaniel (Nat) Motte, 3OH!3 put on an amazing show. The guys kept the audience entertained, like when Sean was given Miss Teen Alberta's sash and he began strutting his stuff. Nat asked Sean, "If you had one word to say to the people of Edmonton, what would it be?"



"I'm drunk ... Oh! And world peace!" Sean replied.

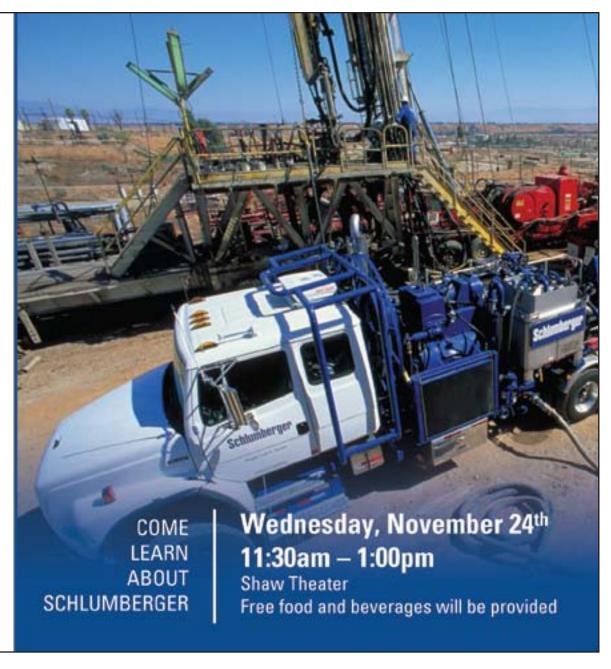
The set list consisted of songs from all of their albums and the crowd favourites were "Don't Trust Me" (from Want) and "House Party" (from Streets of Gold). It was interesting to be standing by some parents during "House Party" because the f-bomb gets dropped 24 times (I counted). Sean and Nat did give some useful tips before the night was over. Did you know that throwing paper airplanes is "all in the hips?" Well now you do. Overall the energy in the Edmonton Event Centre was great, and it was one of my favourite concerts so far



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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By KITA MURU

Hey everyone, I'm assigned to your \$3.99 (or less?) mixtape. As far as my tastes go, I'm usually sort of a mixed bag, not really sticking to any genre save for hip-hop or alternative rock music. So in that case, that's what my mixtape will be centred around, because nobody wants to hear orchestral or J-pop right? So I decided to throw up a few tracks, with the theme being that they were released this year. (List in order of song, artist and album).

1. "Wretches and Kings" – Linkin Park

- A Thousand Suns
- 2. "The Last Fight"
 - Bullet for My Valentine Fever
- 3. "Almost Famous"
 - Eminem Recovery
- 4. "Natural Born Killer"
 - Avenged Sevenfold Nightmare
- 5. "White Flag Warriors"
 - Flobots (Ft. Tim McIlrath)
 - Survival Story
- 6. "Thumper"
 - Enter Shikari Tribalism

- 7. "Who Dat" J. Cole Cole World
- 8. "Here We Are Juggernaut"
 - Coheed and Cambria
 - -Year of the Black Rainbow
- 9. "Don't Turn the Lights On"– Chromeo Business Casual
- 10. "I Am Not A Human Being"
- Lil' Wayne
- 11. "Power" Kanye West
- My Beautiful Dark Twisted Fantasy
- 12. "Congratulations" MGMT

VIRAL VIDEO OF THE WEEK

No guarantee here

By ALEX TOSTOWARYK

Sex. It is a long and hard subject. Many people use many strategies, plans, and basic knowledge to get some. Many of these ways are of course wrong on a couple of levels.

While searching for this week's Viral Video I came across "Guaranteed Sex." This is an easy 13-step program to ensure you will have sex. Problem is you need a lot of patience to follow this program.

In total this will take you at least a month to complete all the things you need to do. This also involves doing things you never imagined you would have to. Also, you will have to memorize a monologue and that can be a major pain in the ass. But then again when you think about the person that is the aim of your affection, it may be worth the entire effort.

You need to remember though, if you do attempt this, it will either work great or she will see right through you and chances are your life may take a dark turn. Heck, if it works, your life may take a dark turn. If you are ready to try anything then you need to log on to YouTube and look up "Guaranteed Sex." It will be the one right at the top of the page. This video was uploaded to YouTube on Nov. 8 so it's still fresh and has only reached a little over 12,000 views. Check out guaranteed sex for a whole new play in your book.



YouTube

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PICTURE
PIC

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Tuesday, Nov. 23 is Suncor Day at NAIT.

Visit us at one of our information booths between 9am and 3pm:

- South Lobby
- Petro-Canada/Spartan Centre
- Engineering Annex

And, attend our information session from 11:30am to 1:30pm at the Shaw Theatre.



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Okie Dokie Karaoke

By DANICA PACKOLYK

Want to let out your inner DJ? Do you love to sing karaoke? Are you an Edmonton Oilers fan and want to see a game?

Then welcome to NR92 Presents: Okie Dokie Karaoke. On Wednesday, Dec. 8 at 4:30 p.m., students from the Radio and Television program will be hosting a karaoke event at the Nest.

Up for grabs? First place, two Oilers tickets and a spot on a radio show on NAIT's own campus radio sta-



tion, NR92, to co-host and DJ.

Second place, another spot on a

radio show and a surprise bag filled the NR92 swag and candy

And third place gets yet another spot on a radio show. How to win? Easy, show up at the Nest at 4:30 and sing your heart out!

Volunteer to go up and sing, then at the end of the night, three people will be picked by the students hosting the event.

The audience will then decide who gets what place by applause, so make sure you bring a lot of people to back you up! Oh, and don't forget it's Wing Night at the Nest, and they have \$12 pitchers of beer.



Fasabask

David Adomako-Ansah belts out a tune as he practises for the upcoming NR92 Okie Dokie Karaoke contest at the Nest on Dec. 8.

For more information, go to the launch for the event next Wednesday, Nov. 24 in the HP Centre at noon. They'll be giving away gift cards for people who come up sing at the launch

Also, check out the event

page on Facebook by searching "NR92 Okie Dokie Karaoke" and write on the wall for any questions.

So if you're looking for good food, good friends, and good entertainment, come to the Nest for Okie Dokie Karaoke on Wednesday, Dec. 8 at 4:30 p.m.!

Top Model contestants down to eight on Friday

By ELISE COX

The competition in NAIT's Next Top Model has been fierce now that the first round of elimination is completed. This past Friday, NAIT's Next Top Model went from having 16 competitors to 12.

Before elimination, the 16 models participated in a rock star themed photo shoot at the Nest. The girls had an hour and a half to get their makeup done by a professional and then only 10 minutes to get their picture taken by a photographer. From the photos that were taken, the creator of NAIT's Next Top Model and NAITSA event co-ordinator, Jill Peterson, chose which picture to display online.

The last photo shoot was last Monday and featured an industrial background. The models

were given freedom to pick their own outfits.

Natascha Bruhin, a first semester television student, is a model in the competition.

"It's been a lot of fun. All the girls are very friendly so I'd hate to see anyone get eliminated," Bruhin said.

This close knit group of girls won't be able to stay friendly for long. After their photo shoot, voting began again, and the girls with the least votes will be eliminated from the competition.

"Voting can be a very unsure thing," added Bruhin. "It all depends on how many of your friends are willing to go online and vote for you."

The competition will dwindle down to eight models this Friday. Make sure you check out the latest photo shoot online and vote for your favourite model at www.naitsa.ca/models.

date

NOV. 22 & 23

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Fantasy ◀

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► GIANT-SIZED POSTERS

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Breakdown: Three students Nov. 23 5 p.m.-7 p.m.
 \$12/hour, heavy work

Apply with resume to Mary at NAITSA front desk



Photo by Ali Yusuf

Lauren Hughes Jesse Winya Business Administration

Nugget: Describe yourself in three words. Lauren: Fun, outgoing and talkative.

Jesse: Tall, funny and serious.

Nugget: An oxymoron, I like it. Where would you go on a first date? L: Movie theatre, that way if it's awkward you don't have to talk

J: I'd go with dinner and a movie, that way you can get the awkwardness out of the way first and then have the laid-back time.

Nugget: What's your biggest turn-off?

L: Bad breath.

J: Too many piercings.

Nugget: What would you say is your ideal composition of any celebrities mashed up, what would it be?

- L: Carey Price's (Hab's goalie) eyes, Brad Pitt's body and then the way George Clooney dresses ... perfect!
- **J:** Not very good with names ... the girl from Transformers ... Megan Fox! ... that's it.

Nugget: Finally, if there was one thing you wanted the men and women of NAIT know about you, what would it be?

- L: I'm pretty much a Montreal Canadiens fanatic. Have to like the Habs.
- **J:** I like gangster movies.

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

How to succeeds!

By STEVEN DYER

Campus Culture, Jennifer Grundke, came up with the idea of How To ... This has paved the way to events such as How To Guitar and How To Photography. (See facing page).

In a nutshell, the How To ... sessions are seminars on particular skills, such as guitar or photography.

"To make the sessions interesting, we have ones like How To Scuba, and How To Mixology, these are kind of weird and eccentric things that people will find interesting or want to learn but just never had the opportunity or didn't want to get into for whatever reason," says

Tyler Bernard, NAITSA vice-president of Campus Life.

"People always say they want to do something, but if they don't have time or the money, then they won't do it," Bernard added.

"Now, we have free sessions that run for a day or two where they can learn those things."

The sessions are also really interactive and friendly, as NAITSA wants

people to come and have fun learning a Last year, NAITSA Director of new skill they might have a hidden talent for that they never knew of.

> The sessions also have a purpose besides education. They also try to bring about more interaction between students who would normally never

even see each other.

Bernard said they hope that the events will bring about a better sense of campus community.

So far all the sessions this year have been a hit. The guitar, makeup, and photography sessions all had full attendance. The mixology session hit its max signup rate after just two days.

NAITSA seems to be able to catch the campus' attention.

There will be more to come next

Jan. 24 marks the start of the Health Challenge seminar, which is the only event that will end up costing money, as it will take place outside of NAIT.

Also, on March 30 there will be a How To Scuba, which will be free for

Thank NAITSA for all of their effort in this successful program.





Tyler Bernard

How To Photography a snap

By CATHERINE YE

Ever wanted to learn how to take good pictures on your pointand-shoot camera? Well, then you will regret that you missed the free How To Photography class provided by NAITSA.

"Our purpose for providing this class is simple. Students today love the modern technology so much, and many of them own their own cameras," said Fe Maquinay, event co-ordinator at NAITSA.

"But the problem is they don't know how to use them to make great photos. So here is the chance for them to learn photography for free," she said. "These 'How To' classes are a series. We intend to make students enjoy their own interests and

The How To Photography class lasted for two days. The first class started on Monday (Nov. 15). NAITSA invited Jamie Anderson-Reid, who used to be a photography major student, to teach the students skills about taking photos. Anderson-Reid began the class by asking what the students want to know, who they mostly take pictures for and their common questions. Many students mentioned how to improve the quality of the photos and camera setting question are their most concern. Anderson-Reid talked about the fundamental terms in photography, such as aperture, shutter and ISO. After making the students familiar with the technical elements of cameras, she used her own photos to discuss how to choose camera settings according to different situations, such as shooting a portrait, landscape or action. She also went through the camera menus

To show students what makes a great picture, she introduced "Rule of thirds" or "Triangle Rule" about photo composition as well as depth of field. The last part was a step by step lesson in taking a photo.

"I firstly joined the class because I am interested in shooting and I want to make better photos. This class is quite helpful and great. I like it," said Fenanda Boggi, a first year student majoring in Construction Engineering Technology.

"Making a great photo does not mean you have to acquire an expensive camera. As long as you know the rules and know how to break or follow them, you will get great photos."

For the last class Wednesday, Anderson-Reid asked the students to bring several photos taken by themselves to the class. They discussed their own thoughts in each photo and shared their new pho-



Evelyn Liew participates in a How To Photography class.

Comedy, romance in Morning Glory



By STEVEN DYER

Morning Glory is a combination of a good comedy with some of the sappy aspects of a standard romantic comedy.

Becky Fuller (Rachael McAdams) is a smalltime producer who has to try and save a failing morning show called DayBreak by bringing its crew together. The hardest of the people to get to cooperate are the hosts of the show, Mike Pomeroy (Harrison Ford) and Colleen Peck (Diane Keaton).

When she finds out that the show may be in jeopardy, she pulls all the strings she can, and does whatever she has to do to bring this show back from the abyss of low ratings.

Morning Glory gives you your fill of comedy and a bit of romance, as there is a bit of a love story. However, it does not take over the movie and turn into the central plot.

It is also worth watching to see Rachel McAdams' role as a neurotic and obsessive producer trying to combat Harrison Ford, who plays a cold hearted and angry morning show host. This is the best Harrison Ford movie I have seen in a long time, and sadly it might be one of the last.

Morning Glory is sure to leave you wishing for



Rachel McAdams, left, Diane Keaton and Harrison Ford in a scene from Morning Glory.

CROSSWORD

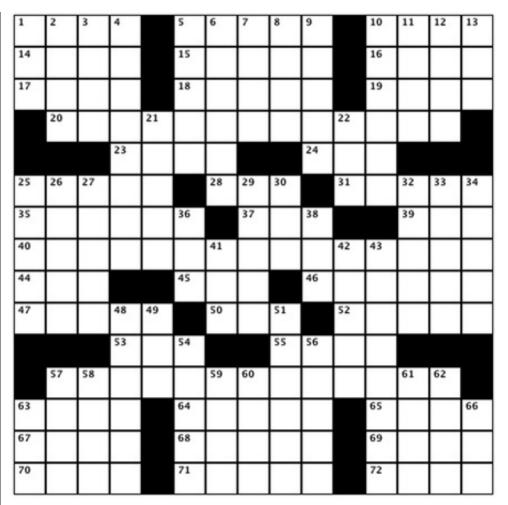
ENTERTAINMENT

Across

- 1- Han was a "Star Wars" character
- 5- Declare
- 10- Clotted blood
- 14- Sewing case
- 15- Strum
- 16- "So be it"
- 17- Tablet
- 18- Declaim
- 19- Flower holder
- 20- Excessive
- 23- Jump on the ice
- 24- Excavate
- 25- Go with the flow
- 28- Resinous deposit
- 31- Coup
- 35- Runners-up
- 37- Hindu title
- 39- Color
- 40- High-speed separator
- 44- AT&T rival
- 45- Anger
- 46- Pollen producer
- 47- Simmons rival
- 50- Circle segment
- 52- Cupboard
- 53- Metal-bearing mineral
- 55- Wrinkly fruit
- 57- Excessive sweating
- 63- Ooze
- 64- Janeiro
- 65- Get better
- 67- Commedia dell' 68- Small egg
- 69- Gaelic language of Ireland or Scotland
- 70- Coconut-husk fiber
- 71- Adjust to zero
- 72- Writing table

Down

- 1- Equinox mo.
- 2- Elevator man
- 3- Corker
- 4- Translucent, waterproof parchment
- 5- Grocery, e.g.
- 6- Slave
- 7- Bedouin
- 8- Ballet skirt
- 9- Correct
- 10- Forced feeding
- 11- Arabian sultanate
- 12- Breather
- 13- Chemical ending
- 21- More
- 22- Accomplished
- 25- Grads
- 26- Soft
- 27- Moving
- 29- "Lou Grant" star
- 30- PC monitor
- 32- Pollex
- 33- Boring tool
- 34- Itty-bitty
- 36- Biol., e.g.
- 38- Apr. addressee
- 41- Baseball stat
- 42- Author Calvino
- 43- Extremely hungry
- 48- Top hat
- 49- 100 square meters
- 51- Embrace
- 54- Diamond flaw?
- 56- Welcome
- 57- Illustrious warrior
- 58- Abominable snowman
- 59- Busy place
- 60- Markers

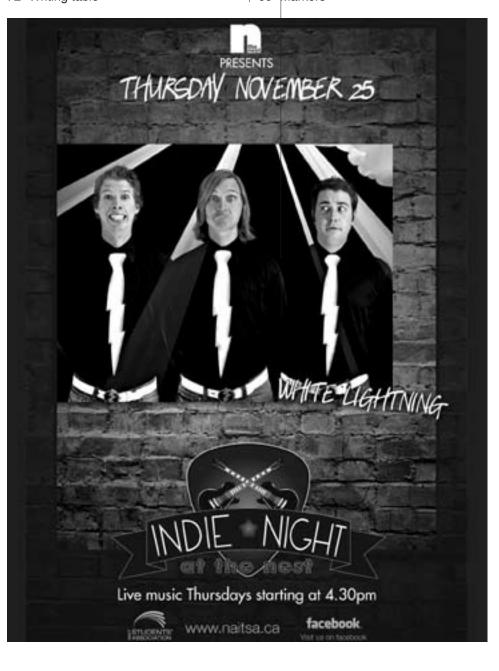


Down (cont)

- 61- Able was
- 62- Back talk 63- Pouch
- 66- Albanian coin

Puzzles provided by BestCrosswords. com (http://www.bestcrosswords.com). Used with permission.

SOLUTION: Page 22





Punk music lives

By JOSH PARSONS The Silhouette (McMaster University)

HAMILTON, Ont. (CUP) — Anyone who is willing to suggest that punk is dead certainly hasn't been checking the concert listings this past year.

Most Canadian cities have seen the likes of iconic punk figureheads such as Johnny Rotten and Iggy Pop in the past few months, both with positive critical reception. So maybe punk is aged, but certainly not dead.

I was only further convinced of this when I had the opportunity to interview Joey "Shithead" Keithley, the infamous frontman of Canada's most prized punk rock pioneers, D.O.A.

If there is anything I learned from my conversation with Keithley, it is that Vancouver's

D.O.A are living proof that the punk rock ethic refuses to burn out. In fact, 30 years of nearly non-stop touring seems to have not phased the band at all

"I think our focus is very sharp, you know, we pick out a plan and stick with it," said Keithley.

Their current tour had them in five different Canadian provinces within a month.

D.O.A are Canada's seasoned veterans of punk rock who have toured the world and played over 3,000 concerts since 1978. Their release, Hardcore '81 is understood as the first reference to the punk sound as hardcore.

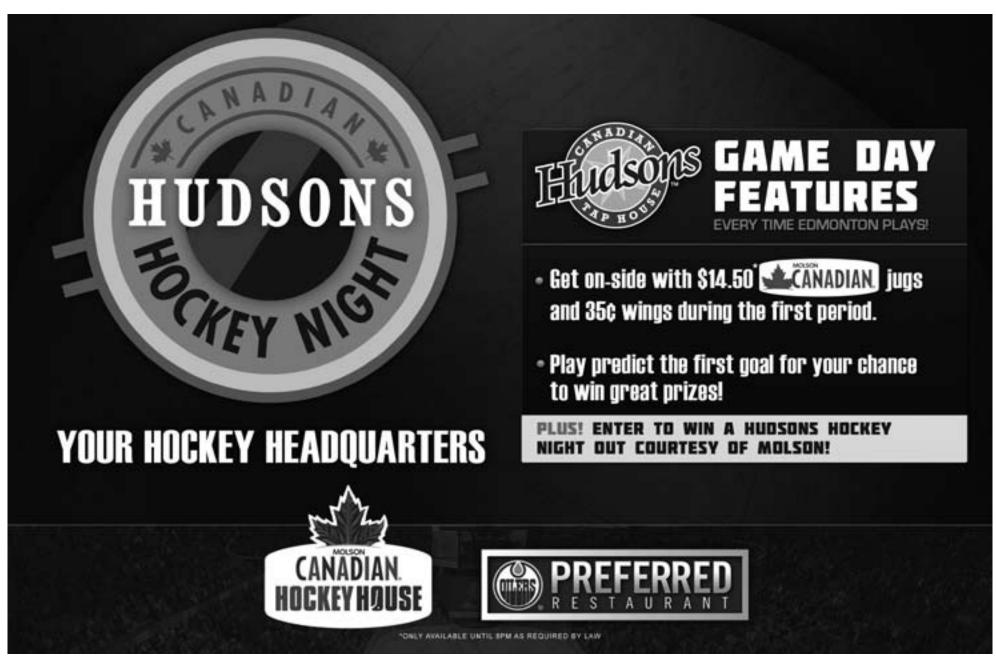
Talk-Action=0, D.O.A's 14th studio album, landed in stores and online on May 1 and Keithley is confident with the overall sound.

Mainstream Ignorance

By GRAHAM McCANN

- 1. Contrary to the popular belief, Italian dictator Benito Mussolini did not necessarily make the trains run on time. Much of the repair work on the train system actually was done before the Fascists came to power. Also, "making the trains run on time" was a phrase meaning "making things work" and was used in a general sense.
- 2. The idea that the Great Wall of China is the only human-made structure visible from earth seems false. No Apollo astronaut is recorded as saying they were able to see it.
- **3.** Being out in the cold does not actually increase your risk of catching a cold. A cold is a virus and is spread as such.
- **4.** 'Sushi' does not mean raw fish, and not all sushi contains raw fish. 'Sashimi' is the term used for raw fish. Sushi is the type of rice used, with a vinegar, salt and sugar coating.
- **5.** Sugar may not actually cause hyperactivity in children. Double-blind trials have failed to find any correlation.





Black Ops great CoD addition

By Graham McCann

Tuesday, Nov. 9 was the hotly awaited release of *Call of Duty: Black Ops*, but some players lined up to get it on the first minute of the day.

Big titles in the gaming industry seem to get a midnight release now, where stores open at 12 a.m. just to sell the one game to the mob of fans waiting outside the door.

Phillip Gribben, entertainment co-ordinator of the Oliver Square Future Shop, said that some people started lining up at three in the afternoon.

"We were expecting a pretty big night tonight, and I think we definitely hit it," he said. "We definitely had over 150 people."



www.dualshockers.com

In the first day alone, Black Ops took in over \$360 million. There is little doubt that it will eventually hit or exceed the \$1 billion that last year's *Call of Duty: Modern Warfare* 2 made.

"I hope I can get some sleep tonight, I probably won't," said Matthew Grenier, who lined up at 5:30 p.m. "I work at five, between midnight launch and work tomorrow, I got at least a solid 12 hours of gaming time before I work."

The regular edition of the game sold for \$59.99, but the Prestige Edition, which comes with a remote control toy car from in the game, was \$149.99. This is what many lined up for, including Grenier, who was wearing the night vision goggles that came with the Prestige Edition of *Modern Warfare* 2.

Now, what is *Call of Duty* (CoD) and does it live up to the hype?

Infinity Ward developed *Call of Duty* as a Second World War game back in 2003 for the PC, but since CoD 3, every second game has been given to Treyarch to develop. CoD 3 was mediocre, and *World at War* wasn't too much better – but, with *Black Ops*, Treyarch really took off.

The game has you as a CIA agent during the Cold War, going on secret missions of assassination. You are being interrogated in hopes you will remember what a cryptic sequence of numbers mean. Many of the missions take place in Vietnam.

The graphics are stunning on the PS3, 360 and PC versions. The character mod-

els and environments look very impressive. *Black Ops* also puts 3-D televisions to use as well. The Wii version is surprisingly good regarding gameplay, but the visuals had to be retrofitted and look dated about a decade.

The game, for example, has also amped up the gore level, now being able to blow off limbs with large calibre bullets.

Treyarch didn't seem to research the weaponry too deeply, as there appears to be a lot of anachronisms. Many of the missions

in 1960s have weapons that were designed in the 1970s and 1980s. There are also some other technical inaccuracies, but overall the weapons are fun to shoot, and that's important for a first-person shooter. The new crossbow with explosive bolts is a cool addition to the series.

The multi-player aspect is really good, and is what many players will stay for after the single-player story campaign. There are many different modes and motivations to continue playing, as you level up to unlock more modes and weapons. You can also customize your own class using unlocked weapons and equipment.

The Zombies mode also

made its way over from *World at War*, with more variety. There is one map in Zombies (unlocked after finishing the game) where you are holed up in the Pentagon, and play as either John F. Kennedy, Richard Nixon, Fidel Castro or Robert McNamara.

This is certainly a great addition to the *Call of Duty* franchise, and will definitely hold players until Infinity Ward releases *Modern Warfare 3* next year.

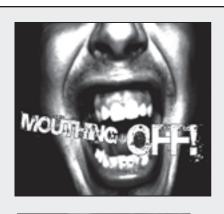


CROSSWORD SOLUTION











Darylann Hutchings

What do you think about the new proposed downtown arena?



"A new arena would be really nice but the idea of tax dollars paying for it is a terrible idea. Make the new owner pay for it."

Ryan Stewart Electrician



"It is a good idea, however the location isn't the best."

Matthew Steinhilber Power Engineering Tech



"It is awesome, definitely a neat attraction."

Kenzie Wagner Accounting



"It would revitalize the downtown core, bring in tourists and assign a little pizzazz. The Oilers need a new rink badly."

Phil Yamkouy Electrician



"Good idea for the city, but could be relocated maybe a little out of the downtown core."

Ethan Cherneske Personal Fitness Trainer

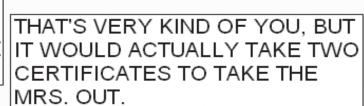
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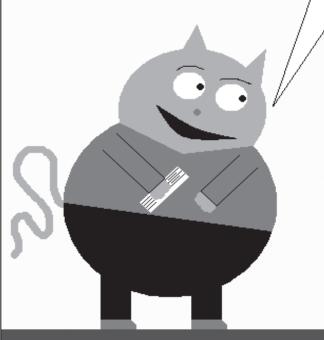
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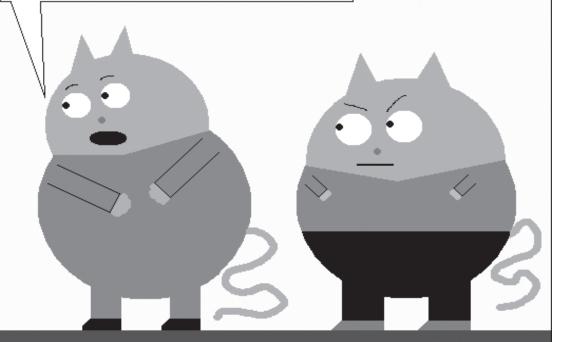
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THANK YOU FOR ALL YOUR HARD WORK THAT YOU PUT INTO MY HOUSE. PLEASE ACCEPT THIS GIFT CERTIFICATE AND TAKE THE MRS. OUT TO DINNER.







THE NUGGET PRESENTS:

RAPEVINES

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

I love the Nugget and one little suggestion is to put in a crossword every week!

- Crossword lover <3

Dear Mechanics/Electricians etc. Come visit X wing more often. You're always welcome as well as out-numbered. - Sick of talking to other women all

The Edmonton music scene is great. The only bands I listen to now are local. Thanks, Edmonton musicians.

Happy Ears

Fellow students, stop complaining about NAIT's food prices. If you can't or don't like paying the price, bring a lunch. - GetSomeMoney

You'd think with a culinary program, NAIT would be a little more creative in ways to clog our arteries. Hats off to NAIT for only providing overly priced unhealthy junk.

- Needs more selection.

Dear New Batch of Boys, DAMN! you're lookin' good;)

DTF

Wish they could give MUFFIN CARDS too like the COFFEE CARDS.

MUFFIN LOVER

YUM, CHEESECAKE

- Dessert lover

They really should pave or put concrete outside the east side of the Spartan Building. I'm sick of walking through mud and getting my nice new shoes dirty!

- Put Tuition Hiked Money in its Place

Dude, if you mention Netflix one more time, I'm going to smash your bones into

– You Know Who

professional and if you could also save the bar clothes for the bar! Thanks! - Dress the part!

I am really, really happy that it is still not snowing. This might not last, however.

To the pretty student in the Business

Tower. Yes you're beautiful! But please,

please get dressed before you come to

school!! Wearing lingerie as a top is not

Weathering through

Why does everyone have to fight and talk behind people's backs? I hate it.

High Tension

I hate the lack of parking in the school, there needs to be more space!

Stalled

People should clean up after themselves in the lunchrooms. Don't just get up and leave your garbage there.

— Cleaner

Thursday, November 18, 2010

I hate the smell sometimes in the Industrial Tech building - it smells as if there is some kind of putrid rotting wood.

- Can't Breathe

I don't blame you for being you; but you can't blame me for hating it. It's just a shame you think the way you do. You're a pretty cool chick.

"Nothing serious"

Shoot an e-mail to entertain@nait. ca if you wanna buy some tickets to a great all arts show on Nov. 26-27. Ten bucks!

You know you want to.

If are familiar with mash-up music, you need to check out Girl Talk's new album All Day. Shit. It's amazing.

SEX 468 SEX SEX S

- Girl Talk Fan

SEX JEN SEX r.CONwisD

Dear Dr. CONwisDOM,

My guy wants to have anal sex, but that's one act I'm clueless about. Is it safe? What do I need to know?

Needs more info before opening the back

Dear Need's more info before opening the back door,

These days, interest in back door booty is growing. Due to the prevalence of online pornography and the breaking down of sexual taboos, anal sex is no longer considered something only gay guys do. So don't be afraid. Go ahead, give it a whirl.

Dear Dr. CONwisDOM,

Is there a secret to being awesome at oral sex? I'm not sure if I'm doing it well, and I'm not about to discuss my technique with my friends.

- Oral confusion.

Dear Oral Confusion,

ing your guy's mind (and other parts) is enthusiasm. The magic ingredient is simply an eagerness to please. So the next time you're going at it with your man, let him know just how bad you want him by making the first move downtown. Confidently kneel between his legs and grip his shaft firmly. Then take him in your mouth and slide your mouth and hand up and down his penis in tandem, periodically gazing up at him or moaning with pleasure. This should do the trick!

Dear Dr. CONwisDOM,

Lately I've been having dreams that there are many of me and we all start touching each other until I get to this point of complete ecstasy that I wake up and I can't wait to fall back asleep again. Does this mean I'm a lesbian?

- Clone Orgy

Dear Clone Orgy,

No you're not a lesbian. This is just a whole new level of narcissism that doctors and scientists alike haven't had the opportunity to fully research yet. What this could mean I haven't fully wrapped my head around yet but I encourage you to continue sleeping and dream-sexing with yourself. I encourage you to try new imagined positions and my biggest advice is that I think you should begin a diary, a log of your unconscious sexual escapades. It could be of great interest to sexual researchers in the future.

Dear Dr. CONwisDOM,

I am dating someone who I think is a robot. Swapping oral sex strategies isn't as easy Seriously. I'm really worried and also mostly say, trading beauty tips. But the key to blow- I'm wondering, can humans and robots make babies? Because I haven't been using protection and I don't know if birth control even works for robot females. And what if my spawn is evil? Half man, half cyborg? This can't be good. I'm really worried but I have to say, I love her.

- Cyborg Lover

Dear Cyborg Lover,

Are you crazy? You always have to use protection - cyborg or not. Maybe you should get her to see a doctor. In the meantime, I would look up all you can on robots and humans and robot and human mating. You'd be surprised what you'll find. Now I have a question, is she ridiculous in bed? Because being a robot, I'm sure everything is accelerated and I'm assuming bedding her would be wild.

Dear Dr. CONwisDOM,

I am addicted to licking my girlfriend. I just love smothering her in chocolate sauce or caramel, I can't get enough. However, this isn't really a sexual thing ... the abnormal texture of her skin makes it an interestingly tasty experience. The problem is that I never actually have sex with her when we do this, and she wonders why. It's just more of a snack before I go to sleep. Do you think this is normal?

– Hungry in Bed

Dear Hungry,

That's an interesting predicament. I don't know how to address it other than to say, if that's what floats your boat. Just be sure to know that you should put some more effort into satisfying her too.

Dear Dr. CONwisDOM,

I can't help myself from making weird noises when I am having sex. This isn't just moaning, but weird animal chirping sounds. Not only that, my body makes weird noises too! All of my joints keep cracking all over. My boyfriend is really turned off by this. There is nothing I can do! Please help.

Crackly

Dear Crackly,

As for your vocal noises, duct tape?

However, maybe you should go see a doctor about your bones constantly making weird noises, that doesn't sound too healthy. Other than that, you could get your boyfriend to wear earplugs.

Dear Dr. CONwisDOM,

I was hoping to speak to you in private. You see, I am one of your many stalkers. I have travelled the globe trying to find which student newspaper you're housed in. I want your babies, doctor. I've heard of all of the stories and I bet they are all true. I once heard you broke a bear's back by tackling it in a game of one-onone football. Where and when can I meet you? I'm DYING to meet you.

Soon to be Mrs. CONwisDOM.

Dear Freakshow,

I've dealt with your kind before. Don't think that I'm unfamiliar with what I like to call "Dr. CON-Crazies." Let's just say if you don't leave the crap alone, there will be consequences. I have a friend who is the warden at Guantanamo Bay and with just minimal evidence I can have you staying there sucking the dirt off some greaser's toes. But if you're hot, you can meet me in Fresh Express on Monday, Nov. 22 at noon. I'll be the one wearing the banana hat.

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

THE NUGGET PRESENTS: HOROSCOPES



MADAME O

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)

OK, so you think that you have discovered what the secret is between two of your friends? Shut up about it! Just because you have figured out what they were hiding doesn't mean it is no longer a private matter. Hush

Sagittarius (Nov. 22-Dec. 21)

Beware of an old friend that has wronged you before. Although they may have good intentions, ultimately they are not trustworthy.

Capricorn (Dec. 22-Jan. 19)

Alcohol is no way to drown your problems. NAIT counselling can help. Call

Aquarius (Jan. 20-Feb. 18)

Don't worry about failing that last test, nobody expected you to do well anyway. Just try harder next time.

Pisces (Feb. 19-March 20)

If you are wondering what to do this weekend, check out a movie, you deserve a little down time. Just relax; it will may be easier than you think. help you get your mind off things.

Aries (March 21-April 19)

This week you will find a surprise where you least expect it. When you do, embrace it. It may seem like it is the end of the world, but everything happens for a reason.

Taurus (April 20-May 20)

If you are trying to move higher on the social scale, try harder. You are not going to just wake up one day and have the whole world love you. Get over yourself and actually get your hands dirty.

Gemini (May 21-June 20)

You are an excellent person for advice. This week one of your friends will be in need of an ear. But before you give your thought on the situation, make sure you completely know what is going on. It

Cancer (June 21-July 22)

Not everyone gets a joke at the same time. You are definitely behind this week. But it will pass, don't be concerned. Everyone gets a little slow sometimes.

Leo (July 23-Aug. 22)

You have a lot going on in your life right now. Someone new has just come to you, so there is no need to be hanging out by yourself, alone, at home.

Virgo (Aug. 23-Sept. 22)

You must have some mind powers! The person that you have been thinking about for like forever is thinking about you too, finally! Set up a date, voice your opinion let them know!

Libra (Sept. 23-Oct. 22)

Shower. Enough said.

TIP OF THE WEEK - FROM NAIT SECURITY SERVICES



Reporting a crime



Every year thousands of crimes occur in Edmonton. Approximately half of all crimes are reported. It is likely that more than 50 per cent of all crimes that take place are witnessed by neighbors looking out of their windows, by a person walking a dog and hearing the sounds of breaking glass or by a driver observing a person swerving all over the

Why don't people report crime? In most cases it is because they don't want to get involved, they are afraid of being wrong or they are not sure what to do. A five-minute delay in reporting crime reduces the chance of catching a criminal by 65 per cent.

When reporting calls to Campus Security Services:

- Stay calm, don't get excited. Take a deep breath
- State the problem "I want to report a crime ... "
 - a break and enter
 - a theft
 - an injury – a fire
 - a suspicious vehicle or person
 - State the address and who you are.
- Give the full location, directions from nearest office or building
- Give your name, office number, and phone number where you are calling from
 - Let the dispatcher control the conversation.
- Give your phone number so Campus Security Services can call back later if necessary
- Don't hang up. Stay on the line. Only hang up when told to do so by the dispatcher.
 - In the event of an emergency, dial 911.

This information is vital to our peace officers. Understand that even though the dispatcher is continuing to gather information from you, officers are already responding to the area to assist you. The dispatcher will also be able to determine if other services are required (police, fire, ambulance, etc.).

Major factors in describing suspects:

- Description of crime
- Physical description
- How suspects left area and direction of
 - Type of weapon
 - Vehicle Involved
 - Vehicle description

Be aware and practise these precautions:

- Be alert to odd behavior of others.
- Be familiar with surroundings
- Be aware of strangers.
- Be on the lookout for the unusual, such as unfamiliar vehicles, strangers, and unusual phone calls.

How to use 911:

The 911 Emergency Line is used to report a

life or death situation, a crime in progress, an injury accident, a fire, a call for medical aid and ambulance transport to hospital or any other emergency situation. When you dial 911, your call will be answered by an operator saying, "911 emergency. What service do you require?"

At this point ask for:

• Police, ambulance, fire department, Any other emergency service (e.g. hospital, gas company, etc.)

Do not hang up your phone. Your call will be put through to the Emergency Service that you requested.

Use 911 to call the police if you are reporting:

• A crime that is happening as you speak or a crime that just

- A motor vehicle accident where people are injured.
 - An impaired (drunk) driver.
 - Suspicious persons or vehicles.
- Any incident that may result in loss of life or injury to any person.
- Be prepared to give the police the following information:
 - your address and name
 - the problem and where it is happening
 - whether anybody is hurt
 - Stay on the line. Do not hang up your phone.
- Keep talking with the police until they say it is okay to hang up the phone.

Newer telephones on NAIT campuses will alert Campus Security Services of a 911 call coming from your area. However, we would

ask that either you or someone with you also contact Campus Security Services at 780-471-7477 if possible and when safe to do so.

Reporting a crime is not a hard thing to do. The dispatcher will "walk" you through the complaint. Remember a five-minute delay in reporting a crime reduces the chance of catching the criminal by 65 per cent. Get involved. Help make our community a safer place for everyone to enjoy.

If you have information regarding 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 eligible

for a reward of up to \$2,000. Everybody benefits, except the criminal.



ACLUBS CARNERS

Upcoming clubs events ...

SIFE

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

Environmental Design Student Society (EDSS)

What: Cookie Dough Sale

When: Nov. 1-25

For more information, contact: chase.mullen19@hotmail.com

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

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.

Court Captioning & Reporting

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

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: Jungle Bar Night When: Dec. 3; 8 p.m.-2 a.m.

Where: On The Rocks – Jasper Avenue

and 117 Street

SORAD

What: Pub Night When: Nov. 19; 8 p.m.

Where: The Druid (Jasper Avenue)



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; 4:15-10 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.naitsa.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.
Clubs Appreciation Social: Dec. 1



TICKETS AVAILABLE AT NAITSA





Hours: Mon. to Thurs. 7:30-8 a.m.; 3-4:30 p.m.

Boost memory and learning



MARGARET MAREAN NAIT Student Counselling

Here are some techniques and habits that will enhance memory for exams:

- Regular review (daily and weekly if possible) prevents the need to cram. Cramming for exams is a poor way to get material into long-term memory. The more times material is reviewed, the easier it is to access and to attach new material to.
- Scheduling shorter study sessions and spreading these out over several days is more effective than a marathon study session.
- Study your most difficult or most important material first when your brain is most alert. Do not spend time studying what you already
- A positive attitude towards the material improves concentration and enhances ability to remember. While it is unrealistic that you will

love every course you take, trying to find something relevant or useful and think about ways in which it can actually apply to your life. This will enhance your ability to learn and remember material.

- Studying in an environment that is similar to the exam setting enhances learning and recall. It is best to sit at a desk or table away from as many distractions as possible.
- Study actively. Passive reading is not enough for most people to commit something to memory. Instead:
- Skim chapter and note headings and course objectives, make them into questions and set the goal of being able to answer these questions at the end of the study session.
- Read a section and then close the book and either write out or recite the major points in your own words.
- As you read, visualize what you are reading. For major points, it may help to make diagrams or pictures to cue your memory.
- Group major ideas or do something to organize points.
- Read material out loud or while walking around.
- Jot down major points in your own
 - Explain the material to someone else.
- In order to remember material, concentration is essential. Setting a study goal and a time limit can enhance concentration. Sched-

uling study sessions that are realistic in length (no more than 45 to 50 minutes), studying at the time of day you are most alert, changing the subject you are studying each hour, taking regular breaks and choosing a quiet study area also improves concentration.

- If your course involves a lot of memory work, commit to memorizing a few definitions or points every day. Flashcards work well for
- Memory tricks devices made up to cue your memory – may be helpful. For example, the acronym HOMES is a way to cue the names of the Great Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym "Please excuse my dear Aunt Sally" can cue order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).
- Test yourself frequently. One way to do this is to make mock exams from old homework assignments or end of chapter/module questions. Set a timer so you need to work quickly as you do on an exam.
- The best activity to do right after studying for an exam is sleeping (or something relax-

ing). This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been

- If you are having difficulty with a concept, review it right before you go to bed. When you wake up, you may find that you have a better understanding of the concept.
- Getting enough sleep, eating properly and regular exercise enhance memory functions.
- Learning relaxation techniques can enhance memory. A relaxed state of mind increases the brain's ability both to get material into and to retrieve material from longterm memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).

If you would like to learn more about memory techniques, or if you have other academic or personal concerns, see a counsellor at NAIT Student Counselling, Room W111-PB, HP Centre. Book in person or by calling 780-378-

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



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F012

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

