

Nov. 30 DEADLINE To PAY FOR NEW YEAR'S SKI TRIP

THE NUGGET

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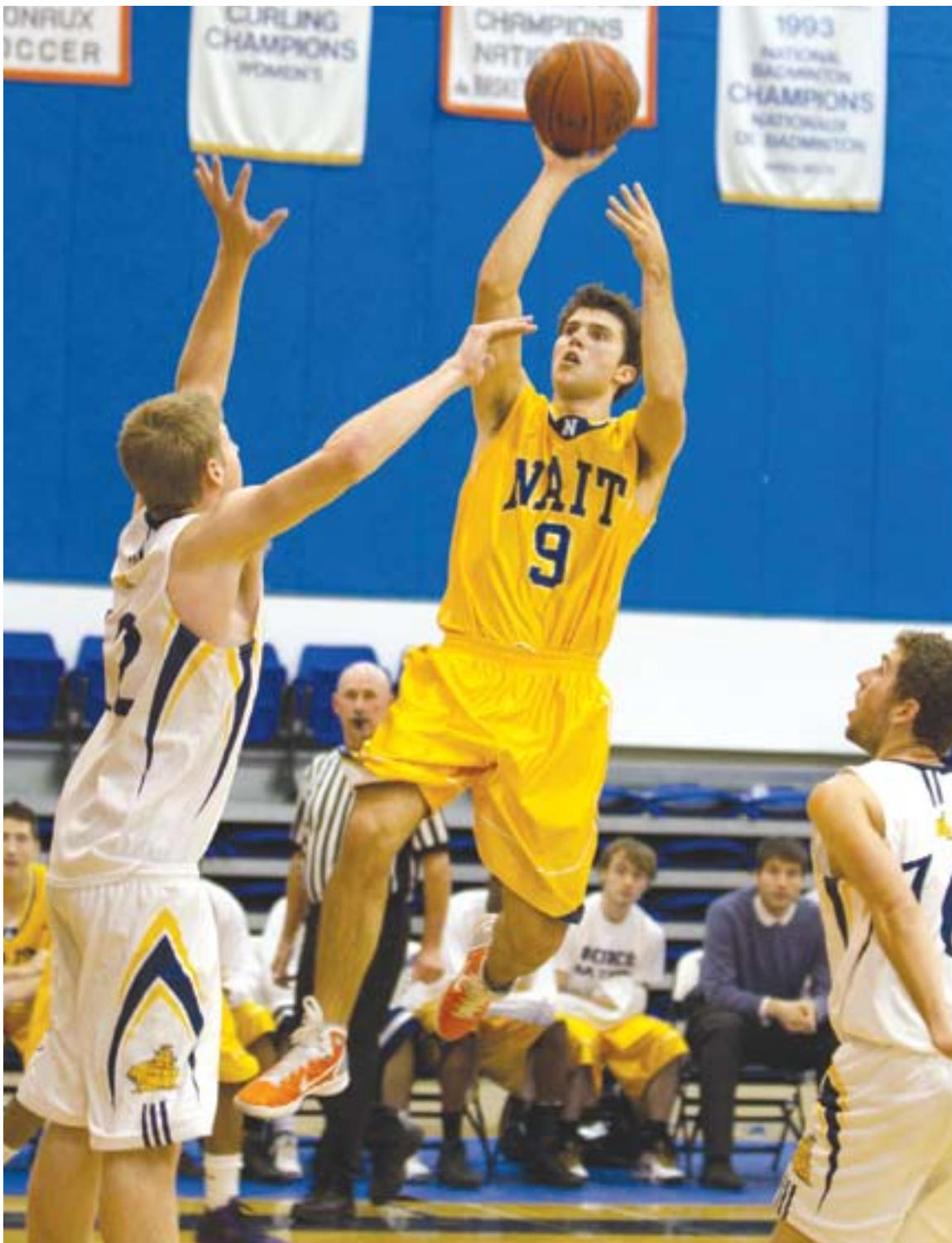


Photo by Laura Dettling

GETTING SOME AIR

NAIT Ooks guard Corey Saban takes a shot against Briercrest College at the NAIT gym on Saturday, Nov. 20. NAIT went on to win the game 105-93.

LEADING THE WAY

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NEWS & FEATURES

Learning about leadership

By RACHEL JACQUES

More than 100 people attended NAITSA's first ever Leadership Summit that took place last Saturday.

Sessions were held in the Shaw Theatre for an audience of more than 100.

In his opening speech, NAITSA VP Campus Life and organizer of the event, Tyler Bernard, said he was nervous but extremely excited that his dream had become a reality.

"I had a goal to have the one event that changed just one person," Bernard said to the audience. "I am grateful, excited and honoured that you have chosen to be a part of this."

Throughout the day, there were a total of five sessions lasting approximately an hour to two per session.

The first presenter was Dr. Paula Burns, VP Academic at NAIT. She spoke on the definition of leadership, evolution of leadership and five strategies on applying leadership in your everyday life.

Her main point was that leadership means having the courage and spirit to make a difference. The five qualities she mentioned included inquiry, illumination, inclusion, inspiration and integrity.

Next up was Dr. Klay Dyer, the associate chair of the Bachelor of Technology in Technology Management at NAIT.

His session was titled "Greed is Good and the Nine Other Reasons that Leadership Fails."

He discussed some famous leaders from films and the reasons that they were not good leaders. He also talked about embracing power, performance and failure as a leader.

The third speaker of the day was an option.

Attendees could either attend a session by Mark Bosworth, who coaches entrepreneurs, executives and professionals, or Sarah Waltz, the facilitator of First Year Experience at NAIT.

Those who attended Bosworth's session listened as he spoke about "Stepping Up and Triage Leadership."

Triage leadership is all about guiding, supporting and challenging those you interact with.

As humans, we have a tendency to sink "below the line."



Photo by Tessa Cocchio

Mentalist Haim Goldenberg does a demonstration with a student at the first Leadership Summit put on by NAITSA on Saturday (Nov. 20).

What that means is that we enter defence mode. We attack, avoid, delay, deflect or abdicate instead of dealing with the problem at hand. Mark challenged us to be "above the line" as leaders. Instead of asking "why" questions, ask "what" questions.

After a lunch at the Nest, Trevor Cadieu, a lieutenant colonel in the Canadian Forces, took the stage. He spoke on the difficulties and stress of being a leader in tough situations.

Cadieu stated the most important quality to have as a leader is the ability to communicate. Besides that, a leader also needs to have a team. A leader should be able to work with other leaders in a team setting to be able to "cover their six."

Last, but definitely not least, was Haim Goldenberg, the mentalist with his own show, "GoldMind." He gave a performance

and taught everyone how to read body language along the way. His main point was that to be able to do anything in life, you must first believe in it yourself. If you convince yourself that you can do it, then you will.

All in all, the summit was a huge success.

"Today was good, very successful," Bernard said. "I'm happy with how [the Summit] turned out and there will hopefully be another one."

NAITSA Senator Kira Hunt enjoyed the day.

"The day was informative and really helped me to understand how to work within a team of leaders," Hunt said.

There is one question that I took from the summit that we all need to think about as leaders in this world.

What will be your contribution?

How to be your own boss

By CATHERINE YE

During Global Entrepreneurship Week, a meeting was held on Nov. 18 at NAIT for students to learn about what it takes to be an entrepreneur.

Speakers from organizations such as NABI (Northern Alberta Business Incubator), AWE (Alberta Women Entrepreneurs) and CYBF (Canadian Youth Business Foundation), which focus on helping entrepreneurs, came to the meeting to support the promising entrepreneurs.

Brittany Schuster, business administration manager of the CYBF, said the main idea behind Global Entrepreneurship Week is to encourage youth to become entrepreneurs.

"The concept is simple: engage youth from around the world to inspire the next generation of entrepreneurs, innovators and change-makers," Schuster said.

NAIT hosted a Small Business Resource

trade show with guest speaker Ken Bautista, an entrepreneur and one of *Avenue Edmonton Magazine's* Top 40 under 40 winners.

Bautista gave a speech about succeeding as an entrepreneur and said people should work toward their own dreams.

"For me, I started my first business during my last university year in 1998," Bautista said. "I got support from many organizations and even won a grand prize provided by TEC Venture. In fact, as many of the entrepreneurs, I didn't know what I could do in the first place. It's really not a shameful thing. The important thing is you have to move forward and find out what you want to

do as soon as possible," Bautista said.

Connecting, doing and winning are three points he made for new and upcoming entrepreneurs. Connecting is not only about networking but also about getting feedback.

"I always like to talk to people, whatever their titles. You never know which one you talk to will be a potential customer or peer of yours," Bautista said.

Doing is more about visioning and mapping.

"Knowing what you are passionate about and applying your expertise on it, in that case, you will get it," Bautista said. "The business world is

about doing. Be a doer all the time."

When it comes to winning, Bautista encourages entrepreneurs to "search for wins and stay hungry. Being motivated and sharing what you are doing now, in this way, you will get feedback quickly. The more quickly you get the feedback, the sooner you can move forward."

Students who attended the session came out with a greater appreciation for entrepreneurship.

"This event is quite helpful for me. I learned a lot from what he said," exclaimed Christina Ramstad, who is running her own massage therapy company called Celestial.

"The experience of Bautista reminded me of some of my similar experiences. This event is meaningful for me," said Thomas Melessi, who has a beverage business and is running a company called Honey Spice.



Ken Bautista

NAIT grad re-elected

By **STEVEN DYER**

NAIT is well known for producing graduates who go on to become successful in Edmonton and even across the country.

St. Albert Mayor Nolan Crouse is one of NAIT's graduates (Chemical Technology '73) who has gone on to lead the City of St. Albert and was recently re-elected in this year's municipal elections.

The Nugget got the chance to interview the mayor and learn about how his education from NAIT has helped him get to where he is today.

Steven Dyer (SD): So how did you go from studying chemical technology to being the mayor of St. Albert?

Mayor Crouse (MC): Well after NAIT I went to Grande Prairie and I worked in the pulp and paper industry, which for me was really the link between NAIT, chemical technology and the working world. As I went through the industry, the chemical technologies stud-

ies I did really helped me and I eventually got some management positions in the industry.

SD: How did NAIT help you get to where you are today?

MC: NAIT helped me by laying a foundation for skills essential to being a mayor of any community such as leadership and team working.

SD: Is there anyone else you think was instrumental in helping you get to where you are today?

MC: Well it was either the first or second boss I had in the pulp industry. He was very skilled at managing and he was able to take my technology base, that foundation and leadership skills and mentor me for management type positions which led me to be mayor.

SD: What are some of the invaluable lessons that you learned while at NAIT?

MC: A lesson that I feel is important are the team building lessons, learning to work as a group to accomplish a goal, whatever

that goal may be. Also the math I had learned really helped me in the real world and it helped me continue to develop my leadership skills.

SD: Are you currently working on any plans to improve St. Albert?

MC: I am not planning anything big, I plan to continue as mayor for this term and I plan to ensure that St. Albert continues to develop and grow as a community. We need to make community improvement one of our top priorities, to make sure the economic base is always growing and supporting the population of St. Albert.

SD: What do you enjoy most about being mayor?

MC: I enjoy the multitude of different people and issues that I get involved with, I think it is fascinating to realize how many things are in a community, anything from trees to rivers to fundraising and I just find it fascinating to watch all of these different circles come together and form a community.

SD: What do you like to do in your spare time?

MC: I enjoy reading about everything that's going on in the city. Most of my hobbies now correlate with my job. For 30 years I coached hockey teams in St. Albert, Sherwood Park, Fort Saskatchewan but I don't do that anymore. I do a lot of running and biking for exercise, but that's about it.



Supplied Photo

Nolan Crouse
Mayor of St. Albert

Business plan pays off

By **REBECCA RESENDES**

Three NAIT graduates are \$20,000 richer after winning novaNAIT's 2010 HATCH business plan competition last Thursday.

At 10 a.m. on Nov. 18, the long-awaited announcement of the most promising business plan submitted into the second annual HATCH contest was announced.

The purpose of the business plan competition is to encourage budding innovators and entrepreneurs to "hatch" their business ideas into profitable enterprises.

Trio won

Dean Vitisin, Katrina Lee and Igor Teterski, the trio behind Triple-i Tracking Technologies Inc. won the contest.

Expressions of joy, pride and accomplishment on the faces of the graduates of NAIT's Bachelor of Technology in Technology Management were evident as the announcement was made in the HP Centre.

"When I received the call I was kind of surprised. I didn't know what to say," Lee said.

All she could think of was, "we made it!"

Win or lose, she strongly believed that participating in this opportunity would become a valuable learning experience.

"It is part of your life experience. So I would recommend people to try it."

Tracking equipment

Triple-i aims to sell and implement customized electronic systems using state-of-the-art radio-frequency identification (RFID) to efficiently track inventory and assets. Triple-i Tracking Technologies' asset management system would be particularly useful in the oil and gas industry – allowing clients to quickly, safely and reliably know the exact location of expensive pieces of equipment.

The \$20,000 in seed money will allow Triple-i access to move its business plan to commercial

viability. The company will also receive one year of office space in novaNAIT's incubator with access to all the amenities and expertise novaNAIT has to offer.

When Vitisin first heard the news, he said it felt amazing.

"I couldn't believe it. It is still sinking in," he said. "It's really exciting to be able to conduct our business into the future and have some money to work with. Gaining our experience, our knowledge, and hopefully gaining our first big customer in the new year."

"Honestly, when I came to NAIT I wanted to get my diploma, get my degree and start working," Vitisin said. "But [after] getting familiar with the technology and through the partnered relationships with PCL gained through the V-Tech program, we were able to get inspired and just think of the possibilities for our future."

Sandra Spencer, product development officer at novaNAIT, said being involved in the HATCH process has been rewarding.

"It has been an incredible experience to help young entrepreneurs pursue their ventures."



Photo by Kim Krushel

Dean Vitisin and Katrina Lee with their HATCH award. The other member of the team, Igor Teterski, was not available for the photo.



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

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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. Write us.

Linda's Tech Talk

Windows 7 a home run?



LINDA HOANG
Issues Editor

Windows turned 25 this week.

That's right. Twenty five years ago on Nov. 20, 1985, a man who was to become the richest man in the world, Bill Gates, unveiled Windows 1.0, what would be Microsoft's first operating system.

You would think that in 25 years there would be lots to celebrate, but spending an evening reading up on Microsoft, Windows and the two decades-plus-a-year history revealed more headaches than milestones.

Can anyone say Vista?

The most loathed Windows operating system (OS) of all time, Vista, released at the end of 2006, was a big pile of incompatibility. It had low frame rates, driver issues, wouldn't run on older hardware, the list goes on. Even Microsoft reps themselves admitted they went wrong with Vista and strived to learn from that mistake.

What other blunders has the company faced?

Well it wasn't just Vista that had its problems, earlier systems were buggy as well.

The company was also prosecuted in the U.S. for anti-competitive, anti-trust behaviour back in 1999.

Then again nearly 10 years ago, the European Union fined the company \$1.3 billion for more anti-competitive actions, saying Microsoft was practising business that "continued to stifle competition."

On the aesthetic side, let's face it, Windows platforms have never been pretty.

And forget about all of the viruses.

Also, fun fact – did you know that Paint didn't change from the time Windows 95 was released in 1995, all the way up to the Windows 7 release last year? Ha ha.

But one thing we – and by we I mean Microsoft – can celebrate, is Windows 7, the company's fastest-selling operating system in its long history, which has proven to be a great success.

On top of that, Microsoft's next OS, Windows 8, should be released next year.

And there are plenty of interesting rumours surrounding the "risky" and "innovative" system that are worth a read.

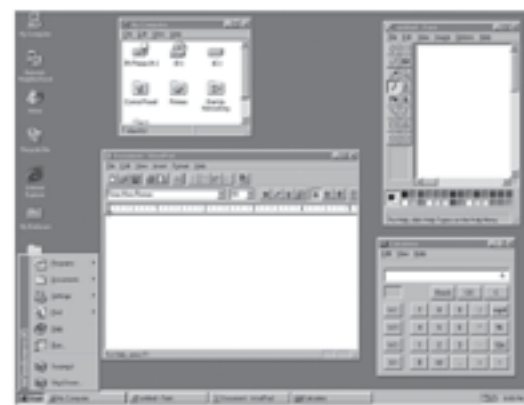
Windows was the first system I ever used on a computer and it's been a love-hate relationship but there's no denying the company – and the operating system's – relevance and contribution to computing and technology.

What's next for Windows 25 years from now? It's scary to me to try and imagine how incredible technology will be in 2035 – how Microsoft and Windows will advance over the next two decades – but it's also exciting.

For now, happy birthday Windows. You've had some ups and downs, like anyone (anything?) but it's been a good ride.

I'm looking forward to seeing what comes next (so to speak, as I'm a Mac user).

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



thenextweb.com

A screen capture, left, of Windows' first operating system launched in 1985, Windows 1.0. A screen capture depicting Windows 95 is shown above right.



Eyes on outer space



EVERYTHING GREEN

DARYLANN HUTCHINGS
Assistant Issues Editor

I wanted to take time this week to talk about the great, all-powerful space race.

Reading news articles online, I have been noticing lately a lot about different countries and the advancements in their space technologies and what they have been doing to further themselves in the space race.

What I find most amazing about the entire space craze is that countries have spent a lot of resources on space exploration while we are still discovering new species in the oceans and we haven't been able to make it to the bottom.

If you haven't got the point I am trying to get at, read it again. For those of you who did, write me an e-mail if you like, I would love to talk to people who share my interests.

Continuing on with the space race, on Nov. 16 an article from newsdaily.com was posted with the headline "Japan brings back first asteroid dust to earth."

The article said that a Japanese space probe that had been on a voyage for seven years ended its mission earlier this year and brought back dust from the surface of an asteroid for the first time ever.

So what does this mean? Well, these scientists are hoping that the dust particles will help unlock secrets of the solar system's formation. The article goes on to say, "Asteroids are believed to have retained their original state over time, unlike the Earth's surface, which has been affected by atmospheric changes, water and volcanic activity."

I would have to say this is a great triumph that Japan has over other countries in the space race, but they are not being greedy, well at least not completely greedy. A Japan Aerospace Exploration Agency (JAXA) representative said, "Part of the sample will be distributed next year to researchers around the world for further tests."

So in other words, Japan is going to share but only after they spend some well deserved time alone with the samples. Which is actually nice of them, because they could just keep everything for themselves, but they are actively adding to the space exploration scientific community by offering up samples to researchers worldwide. This is going to allow other highly trained scientists to ana-

lyze the material from different points of view.

This is a great thing for the scientific community and many people are excited about the find. Now let's wait and see what the dust tells

us about our past and maybe even about our future.

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



www.universetoday.com

An artist's conception of the remains of an asteroid as seen by the Spitzer Space Telescope. Asteroids are minor planets. Like planets, asteroids also orbit around the sun.

OPINION

— Editorial —

A law to be ignored?



KATHY LE
Editor-in-Chief

We all do it and there's no denying it. Observe the next time you're on the road and you're bound to see driver after driver doing something in addition to ... driving. I don't really have to look far since I'm guilty of being distracted during my own commute. It doesn't even have to be a long trip, either. If I'm on the road

for a split second, my free hand (or sometimes both) is reaching for something else to keep occupied. Look, I'm not ignorant. I know it's dangerous and that I shouldn't do it. But the thing is, I, along with so many other people out there, know I shouldn't do it but I still do. It's a bad habit. And the thing with bad habits is they're all very hard to break.

So my question is, will the new distracted driving law really help stop this problem? For those who don't know about the law, here's a summary: Alberta's distracted driving bill passed a third reading in the legislature last week, meaning numerous behind-the-wheel activities other than driving will be illegal. This includes eating, grooming, texting, talking and handling any other electronic device (i.e., iPod). The new law is expected to be in effect by next summer and the fine is a hefty \$172 if you get caught. Even though it's going to be against the law to perform all these other activities while driving, I honestly don't think people are going to change. With the way society is functioning this decade, people are too busy to steer clear of multitasking.

Incredibly busy

As a student, I'm incredibly busy with school, side projects, homework, the paper and work. Some days I'll be so busy at school, with a very narrow time slot between NAIT and work, that I won't have time to eat. So what do I do? I'll pick up food on the way to work and chow it down. When I'm on the road and my cell goes off, more often than not it's an important call I need to take because it's for an interview for a story or something to do with school. Honestly, those are the kinds of conversations I have on the road. It's rarely a chat with a friend, talking about nothing because I'm bored. This goes the same with texting, though I try to only text when the car is stopped because I'll admit it's definitely the biggest eye stealer from the strip of asphalt ahead.

Now, the thing with this new law is it exempts certain things such as hands-free devices and navigation systems such as a GPS. I feel that if a law should be passed (regardless if people obey it or not) it should be an all or nothing deal. How can something such as the GPS be exempt? It's soooooo distracting. How many of us at one point just wanted to tell the GPS lady to shut up? I was in the car with a friend on the weekend and every time the GPS went off it would distract us both. Now will that stop me, or others from using it if it were part of the distracted driving law? Probably not. And I'm not against it. My point is it makes no sense to make a rule and then make exceptions.

A society of lawbreakers

I read in the paper the other day that Lloydminster, being that it straddles two provinces, has laws that are torn right along the border. Saskatchewan already has a distracted driving law in place, but Alberta is lagging behind. I just wanted to point this out because I think it's hilarious. Lloyd will be my home in January ... so I'll just make sure I stick to the Alberta side. Let's use Lloydminster as an example to prove my point about people not obeying the law. Lloyd RCMP have said that when drivers cross over to Alberta from the Saskatchewan side, they don't hang up their phone. See. It's a bad habit and no one is quitting. A general example is speeding. It's totally against the law but we all do it. What about wearing seat belts? Trust me, not everyone wears those, either. Finally, what about drinking and driving? This offence is serious but still each year so many people are dying from cases involving impaired driving. WOW. I guess I've just pointed out that we're a society made up of lawbreakers!

Anyway, I predict that people will still continue to do what they've always done behind the wheel while driving. And when it becomes illegal it'll just be another way for the city to collect money from fines. Also, those people

breaking the law will just be more careful when they do. When I say careful I mean they'll be on the look out for when the police are around. Tell me if that's not distracting, too.



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SPORTS

MEN'S BASKETBALL

A work in progress

By KYLE GALLIVER

The Oaks men's basketball team is preparing for a pair of games with Concordia to wrap up the first half of their ACAC regular season. The team will be sticking to its strengths in the two games with a focus on transitioning the ball, attacking and putting constant pressure on the opposing defence using fast breaks.

Although the Oaks are off to a good start at 6-2 and sit second in the North Division of the ACAC, head coach Don Phillips says there are still areas the team can improve on.

"Team formation has been a work in progress," says Phillips. "We need to work towards becoming a true team."

The team has many core players back this year, including Shane Reece, who is averaging 13.6 points per game and sits 12th in ACAC North division scoring and is a big time leader for the Oaks. Other important players



like Jawauwn States and Shane Cox are also back with the team and are leading by example. The team has also added some new faces. First-year player Nick Cupelli hasn't played a lot, but he's really improved so far this season.

"His teammates and coaches have noticed a big improvement with him,"

says Phillips.

The team doesn't have a lot of local players and many will be leaving the province for their Christmas break. Phillips says it's on the players to stay committed and focused during their time off.

"I trust they will be ready to go when they get back."

The Oaks have set a mandate for the season, and that is to win the National Championship.

"Shoot for the top. If not, why do you keep score," says the coach. Taking first in the North Division would help them with that goal, as the top team in the division hosts the ACAC Final Four. But Phillips insists it doesn't matter where the championship is played, he wants to win and says the Oaks just have to play their game and stick to the basics.

"It's really a simple recipe, play defence, stop them and score more points."

The Oaks and Thunder play this Friday at Concordia and Saturday night at the NAIT gym. Tip-off for both games is at 8 p.m.



Photo by Laura Dettling

NAIT Oak Gerard Mozwa goes for a layup under a Briercrest College player on Saturday, Nov. 20. NAIT won 105-93.

WOMEN'S VOLLEYBALL

Hopes high for weekend games

By CATHERINE YE

In advance of the mid-season break, the NAIT Oaks women's volleyball team will play a pair of matches against Concordia University College on Nov. 25 and 26.

Despite relatively recent losses to SAIT and Medicine Hat, head coach Erminia Russo Thorpe has an optimistic attitude towards the weekend.

"We played Concordia three times before and beat them three times. I feel good about our team against them, because we are bigger and taller," Thorpe said.

Understanding the strengths and the weakness of the Oaks squad is the first step to this success. Thorpe points to several things both

positive and negative which have led to the Oaks' current 5-3 record.

Speaking of the weaknesses of the team, the most common word out of Thorpe's mouth is "error."

"We made so many mistakes on our side over the course of the last [few] games. Mostly service reception errors and hitting errors at the wrong time in the match," Thorpe explained.

As for what's going well?

"Blocking, [and] we have couple of hitters continue to keep us in the matches, and we played stably," Thorpe said.

As a new coach who has not been with the team for a long time, Thorpe thinks the team still has a lot to get better at.

"We need to strengthen the service receptions which is the most important thing. We also need to practice hitting from different angles and positions as well as blocking. We are actually a pretty good serving team most of the time and we dig well."

Good scouting information on their opponents is the next step towards success for the Oaks.



Russo Thorpe

"Concordia is pretty good and if they get the lead early they will get better and better. So we definitely have to play a consistent game," said Thorpe, "and we are not there yet. So we have more to do."

NAIT will also rely on some key contributors this weekend. Among those Thorpe will be looking to for leadership both on and off the court are setter Kelsey Bleier, libero Tayler Smith and middle players Jillian Irvine and Stephanie Brown.

In order for the Oaks to head into the break on a winning note, the recipe is simple, says Thorpe.

"We have to focus on every single detail so that we can get better."

WOMEN'S HOCKEY

The time to win is now

By KYLE GALLIVER

After a pair of losses to the undefeated Mount Royal Cougars over the weekend, the Oaks women's hockey team is preparing for a home-and-home matchup with the Red Deer Queens, a team they've beaten twice already this season.

The main focus for the Oaks heading into their games against the Queens will be increasing their offence. The team will be looking to create more opportunities and subsequently finish them off.

Head coach Deanna Iwanicka believes having better puck possession and keeping the puck away from the other team will help her squad get the job done.

After the crushing 7-2 loss to MRU on Saturday, the Oaks set a goal for themselves: be undefeated in their last four games heading into the Christmas break.

"We need to do things a little differently," said Iwanicka, adding that the loss to the Cougars was a wakeup call and the Oaks need to be more mentally prepared.

There have been some bright spots for the team recently. Emma Sommerfeld and Lindsay Ferguson have been rock solid on the back end.

"She continues to get better all the time," coach Iwanicka says of Sommerfeld.

Rookie netminder Jill Diachuk could see some time between the pipes this weekend. She has a lot of potential and is a future starter, says Iwanicka, it's just going to take some time for her to build confidence in herself and in the team.

"She deserves the opportunity [to start]," says the head coach.

The Oaks start their quest for four straight wins in Red Deer this Friday at 7 p.m. at the Red Deer Arena before heading home for the rematch at the NAIT Arena Saturday at 7 p.m.



Photo by Laura Dettling

The Oaks women in action against the Mount Royal Cougars at NAIT arena on Saturday Nov. 20. NAIT lost the game 2-1.

Athletes of the week

November 15-21

Sinead Cheah
Badminton



Sinead had an exceptional performance this past weekend at the ACAC Badminton Tournament #2 hosted at NAIT. She teamed up with partner Sun Yang to win the women's doubles event, joined forces with Joey Vandervet to win the mixed-doubles event and finished third in women's singles. "Sinead has been a dominant player in the league for the past few years and this weekend she showed her overall game," said head coach Jordan Richey. "We know she is an outstanding mixed player and now we know she can play all three events." Sinead is a third-year player from Edmonton, taking Architecture Technology.

Justin Vincent
Volleyball



Justin helped lead the NAIT Oaks men's volleyball team to two wins over the Medicine Hat Rattlers this past weekend. Vincent had 17 digs on Friday before turning in a mind-blowing 25-dig performance on Saturday. "Justin has been a great addition for us this year," said head coach Simon Fedun. "He is a first year libero and is currently second in the ACAC in digs per set." Justin is a first-year Power Engineering student from Bonnyville.

Athlete Profile



Player: Rosalina Hicks
Team: Womens Oaks basketball
Position: Guard

By DAVID ADOMAKO-ANSAH

This week, I had the pleasure of interviewing third-year Personal Fitness Training Student and NAIT Oaks basketball player Rosalina Hicks. She was kind enough to let me know about her pre-game rituals, future plans in basketball and some of her favourite beverages.

DAVID: How long have you been playing basketball?

ROSALINA: I have been playing for seven years.

D: You play for the women's basketball team. What is your role as an Ook player and teammate?

R: My role is to help lead the team both on and off the court. Also, I help keep the morale high and positive.

D: How many years have you been playing for NAIT?

R: I am in my third year playing for the Oaks.

D: Is this more of a passion, or could we one day see you in the WNBA?

R: This is more of a passion, although if the opportunity came to play in the WNBA, I wouldn't say no!

D: Do you have any pre/post game rituals?

R: My pregame ritual is that I must brush my teeth before every game.

D: Gotta stay fresh and clean. What is your favourite shot?

R: Hmm. I would have to say a sour jack or tequila. Ha ha! Just kidding. I would have to say the three-point shot right from the top of the arc.

D: Any advice for anyone trying to step their game up?

R: My advice would be to just work hard if you want to get there. It sounds pretty cliché but work hard and any good coach will recognize that above all else.

D: Thank you for your time Rosalina!

To catch Rosalina and the rest of the Oaks in action, head to nait.ca/athletics for game dates and times. Deuces.



Riders chase redemption



By Doug Yearwood

Redemption. Rivalry. Rematch. Reiterate. Redemption. Rivalry. Rematch. These three words are the three most commonly referred to nouns when discussing this year's Grey Cup final, at least from a Saskatchewan Roughriders perspective. Coming off an away win in Calgary, Saskatchewan seems to be this year's "team of destiny." The problem is they have to play the Montreal Alouettes before being crowned anything other than "the team who couldn't count that one year." Here's what to look for this weekend on each side of the ball.

Offence

Look for Wes Cates to be utilized on the frozen turf. In the 2009 Grey Cup, the run game kept Saskatchewan in the ball game. Darian Durant will have to play within himself and not try to extend plays too often, because having his defence on the field could spell trouble against the Als offence. Durant should feel some confidence against the Als though, as he threw for seven scores and over 900 yards in the two games they played against each other this season. If Montreal's front seven isn't giving any love on the ground, look for the Riders to try and expose first-year cornerback De'Audra Dix.

Defence

If Darian Durant is putting his team in

bad situations, he's lucky to have one of the most intense defences in the league playing behind him. Omarr Morgan and James Patrick will be given the duty of eliminating the pass game. If they're successful in achieving a balanced attack, Barrin Simpson will have to shut down the other A.C. — Avon Cobourne. Although Cobourne was a force in last year's edition of the Grey Cup, this season he was largely ineffective against the Riders, with 17 carries for 73 yards. Calvillo has thrown six TDs and only one interception in the two games the teams played this season.

Special Teams

Ryan Grice-Mullen needs to gain the Riders some yardage up the field. He had one of the lowest return averages in the league on both punt and kick returns, so anything he can add in terms of field position or on the scoreboard could go a long way in helping the Roughriders' chances. Luca Congi hit four field goals in last year's contest, but he is lost for the year to injury, and so the Riders must soldier on with the largely-unproven Warren Kean in his place. Eddie Johnston, Saskatchewan's punter, was second in the league in punt average, and pinning Montreal as far back as possible will be crucial in this game.



ruefrontenac.com

Saskatchewan Roughrider quarterback Darian Durant will have to play within himself during this year's Grey Cup game.



Calvillo Als' big weapon



By MATT DeBEURS

The Alouettes have dominated the CFL in the past decade. They have made seven Grey

Cup appearances, winning two of them. And a huge part of the team's success can be put on the back of long time Alouette, and future Hall

of Fame QB, Anthony Calvillo.

Offence

Calvillo has been the best player on the team in arguably the most important position for the last 13 years. And it was no surprise to anyone that this year was any different. He led the league in pass percentage, QB rating and only threw seven interceptions against his 32 TD passes this year. He will be the catalyst for this team in the Grey Cup. And who goes hand in hand with Calvillo? Ben Cahoon. Even though Cahoon's numbers tailed off this year, he is still Calvillo's go-to target down the stretch. The Roughriders really have to game plan for Cahoon in the Grey Cup because he has proven himself to be one of the best big time players ever in the CFL. Besides Cahoon and Calvillo, the Roughriders still have to deal with running back Avon Cobourne, 1,000-yard receiver Jamel Richardson and the Als offensive line anchored by Scott Flory that is one of the best in the league. A tall order to defend for any team.

Defence

Although the Alouettes were a very

strong team against the run, they did have trouble defending against the pass at times this past year. They have given up the most yards per pass, most passing yards against and the most passing yards per game. But this team is as stingy as it gets against the run. With linebacker Chip Cox and defensive linemen John Bowman and Anwar Stewart plugging up the middle of the Als front seven, this squad has been stellar against the run all season. It will be interesting to see how the Roughriders use Wes Cates against this strong Alouette defensive corps in the Grey Cup. Look for the Roughriders to air it out and try and stretch the Alouette secondary.

Special Teams

The kicker for the Als, David Duval, is about as steady as kickers get in the CFL. He ended this year with a strong mark of 72 per cent of kicks made and was second in the league in total points scored. Not to mention he's a strong punter too, which is so important in battling for field position in the CFL.

Returning kicks for the Als all year have been De'Audra Dix and Tim Maypray. Maypray was second in both kickoff yards and kickoff average this year, and with his breakaway speed, is a constant threat on special teams.



ruefrontenac.com

The Als will be expecting big things from running back Avon Cobourne on Sunday.

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Editors make their picks



We know this is what you're really waiting for. What do the *Nugget* sports editors think about the Grey Cup? Well, go ahead and buy that Pro-Line ticket, but there's no guarantee you'll be any closer to figuring out who's going to win on Sunday after reading our picks. One thing we agree on? It's gonna be one heck of a game.

**Ryan Flaherty, Sports Editor
Saskatchewan**

Sure, there's plenty of logic to support this prediction. The Riders proved this year to be more than capable of going toe-to-toe with the at times unstoppable Als. The season series between the two teams was split, and included what was probably the game of the year way back in the season opener, a 54-51 OT Rider win for the ages. And you can count the weather conditions as a favourable factor for Saskatchewan as well, given that the Green and White have just played in the

cold, whereas the Als are coming from a cozy dome. It's supposed to be reasonably balmy come game time, but it will still be a much different climate than what the Als are coming from. Also, the Rider defence is playing better than it has all year, finally appearing to have locked down their second-and-long issues.

But this isn't about logic. This is about destiny. And it just feels like the Riders' year. This edition of the Roughriders has defied logic at nearly every turn all season long, winning games they had no business winning and overcoming injuries to several key players along the way. All to get them back to a game they lost a year ago on a momen-

tary, yet severe, mental lapse, and against the very same team that beat them, no less. How can you look at that and not wonder if there's something a little more to this Grey Cup than usual? It's gonna be a doozy, folks. SSK 28, MTL 27.

**Garit Byington,
Assistant Sports Editor
Montreal**

It's so hard to choose the winner in this game. Saskatchewan will bring everything they have after last year's 13-men-on-the-field debacle. Yet Montreal, and especially quarterback Anthony Calvillo, will be just as desperate, if not moreso, as Calvillo will not want to go to a record of 2-6 in the Grey Cup. Three of five would look so much

better. Montreal gets the edge at quarterback.

The defence and receiving corps are sawoffs. I give Montreal the special teams advantage, and I give Saskatchewan the nod as having better Canadians. Both teams have studs at running back. Joffrey Reynolds had a lot of hype going into last Sunday's game against the Riders, but he seems to almost always choke in the big games the last couple of years. Avon Cobourne and Wes Cates may have emerged as the two best backs in the league. I said from the start of the year that Montreal was going to take it, so I can't change my mind.

Montreal wins in overtime, but there's something to Calvillo's 2-5 Grey Cup record, and something about the possibility of 50,000 watermelon-wearing Roughrider fans in the stands that makes me not overly confident in my prediction.

Final score: MTL 34, SSK 31.



Rapids take title

By KITA MURU

This Sunday in Toronto, at BMO Field, in cold November weather, the stage was set for the 15th edition of the MLS Cup Final, between the Colorado Rapids and FC Dallas.

Both teams qualified in fairly different ways, the Rapids through solid defence, and a resurgent offence. Dallas, on the other hand, has had incredible goal-keeping provided by Kevin Hartman (who was needlessly cast off by Sporting Kansas City) and superb playmaking from the league's Most Valuable Player, David Ferreira.

The match was a choppy affair from the get-go, with Dallas carrying the play. In the 17th minute, Ferreira received a through-ball from Dax McCarty, but had his run cut down excellently by Rapids defender Drew Moore.

It was even choppy in the 26th minute as Colorado forward Connor Casey had a one-on-two battle with Ugo Ihemelu and Jair Benitez, which ended with Benitez clipping Casey in the box – the ref didn't call a penalty on the play.

Dallas took the lead in the 34th minute, as Benitez launched a long ball which Marvin Chavez ran onto, then delivered a low cross, which David Ferreira slammed home.

That lead would last through the first half and 10 minutes into the second, until Colorado's Jamie Smith sent in a cross for Casey, whose first attempt missed, but Casey kept at it to tie the game. Colorado had the chance to retake the lead, but a Jeff Laren-

towicz free kick was turned aside by Hartman.

Colorado dominated the second half but couldn't find the winner. The critical moment occurred in the second half when Colorado's Macoumba Kandji received the ball in the Dallas box. He beat Benitez and had his shot deflected into the Dallas net by defender George John – Colorado took the lead off the own-goal.

At the end, John had a chance to reply for Dallas but his chance was turned away by Matt Pickens. McCarty had a header go just over the bar and Jeff Cunningham deflected a

throw-in but had his chance denied off the line by Drew Moore.

The Rapids held on after that to win the Philip F. Anschutz Trophy.



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THE NUGGET

NAIT notes ...

By NUGGET SPORTS STAFF
**Men's volleyball team sweeps
Medicine Hat**

The Oaks returned home from their weekend set against the Rattlers with a pair of victories, thanks in large part to the two-headed monster of left side players Bret Cole and Greg Mann. Cole had 20 kills, four blocks and five digs to lead the way for NAIT on Friday, while Mann stepped up on Saturday with 20 kills, two blocks and eight digs. According to head coach Simon Fedun, the weekend wasn't necessarily pretty, but his squad got the job done. "I don't think we played our best volleyball of the year, but when you're on the road sometimes winning ugly is required," he said. The Oaks close out the first half of the season with a home-and-home set against Concordia this weekend.

**Winless weekend for
women's volleyball**

It was a tougher result for the women's Oaks, coming away from Medicine Hat without a victory. "It was not one of our best performances," said head coach Erminia Russo Thorpe. "We made a lot of errors, particularly in hitting. Our lack of aggression in serving also made it easy for Medicine Hat to control the game." Despite the losses, there were some bright spots for the team. In what is becoming a recurring theme for the Oaks, left side player Alison Warick provided some life off the bench and libero Tayler Smith continued her strong play, posting 10 kills and 27 digs over the weekend. The Oaks will look to rebound this weekend against Concordia.

**Men's hockey team fights
through injuries**

After losing five straight games, the men's hockey Oaks have now won four in a row, thanks to a hard-fought pair of victories over the Portage Voyageurs over the weekend. On Friday, NAIT skated to a 4-3 win thanks to goals from Kyle Teague, Dan Hillman, Vincin Scott and David Jacobsen, and a 30-save

performance from Graeme Harrington. The Oaks continued to get balanced scoring on Saturday, as Max McCloy, Cam Larson, Adam Tomkow, Kjell Reid and Scott paced the attack in a 5-2 triumph. Despite being outshot 33-21, Harrington was again solid in goal, and was named player of the game for his efforts. The Oaks now sit just two points out of second place. It may have been a costly weekend, however, as the squad lost several players to injury. The team was missing five players in Saturday's game, including leading scorer Steven Pratt, and McCloy and Jacobsen both departed the contest early with injuries of their own. The Christmas break can't come soon enough for the banged up Oaks, who have one game remaining, against Augustana on Dec. 4.

**Badminton squad continues to
lead the pack**

The Oaks maintained their first-place standing in the ACAC by winning the year's second tournament right here at NAIT. The team took home gold medals in four of five brackets, and seven medals in total, while cruising to a 53-point victory over second-place Concordia. Mainstays Sun Yang and Sinead Cheah took home gold and bronze respectively in the women's singles event, and the pair teamed up to win the women's doubles event as well. Cheah added to her personal hardware haul by pairing with Joey Vandervet to take gold in mixed doubles. NAIT also went one-two in men's doubles. Ian Wong and Jason Chou were the gold medal team, with Tanner Grusie and Carl Hanson right behind them. Finally, Chou took home a bronze medal in men's singles. The Oaks now have 411 points on the season, and have opened up a wide margin over Concordia, which has 280. Mount Royal sits in third with 245 points. The Oaks are now off for the Christmas break before heading to Honolulu for a tournament at the end of the year.



Votto MVP, defeats demons



OUT OF BOUNDS

RYAN FLAHERTY
Sports Editor

Joey Votto's got himself a big payday coming. The Cincinnati Reds first baseman was named Most Valuable Player of the National League this week, just in time for salary arbitration season. And you can be sure the strapping Votto will get himself a hefty raise from the \$550,000 he earned this year.

The numbers don't lie. Votto finished second in the NL with a .324 batting average, and smashed 37 home runs and knocked 113 runs in, good for third in those categories. He was in the thick of a Triple Crown race for most of the season, and despite ultimately falling short of one of baseball's most elusive feats, Votto's season was one of the more dominant in recent memory.

Canadian, too

Oh right, and he's Canadian.

Yes, Votto is the third Canadian major leaguer to be named MVP in either league, following Larry Walker, who won the NL award in 1997, and Justin Morneau, who took home AL honours in 2006.

To be sure, it is a point of pride for Canadians that one of our own has been recognized in a sport that is not known for having a lot of Canuck talent. But Votto's achievement has absolutely nothing to do with the location of

his birth, and the slugger himself suggested as much in accepting the award.

"There's something about having guys who have achieved before you that sets a bar you want to reach to," Votto said. "But I'm mostly proud to have won this for myself."

It's not that Votto doesn't feel proud to be Canadian. He just acknowledges that his nationality is not the first thing that comes to mind when he reflects on his accomplishment.

Don't be mistaken, the Canadian angle makes a great storyline. Votto's a good role model for aspiring Canuck ballplayers and all that. But the fact is Votto's story is much more interesting than simply examining where he grew up, and to overlook what he's gone through to get to this point is a disservice not only to him, but to the other players who have won the MVP before him.

Anxiety disorder

During the 2008 season, Votto's father died. Votto took some time off to be with his family and grieve, but returned to the Reds after missing about a week of action. He finished the season in a fog as he continued to deal with the sudden and unexpected loss, and many with the Reds were unsure of what they'd get when Votto reported for spring training in 2009. When he did report, things at first seemed fine, and Votto began the year in Cincinnati's starting lineup. But soon, it became clear that Votto was still dealing with some lingering issues.

In May of 2009, Votto was put on the disabled list with what the Reds called 'dizziness'. Some called it vertigo. Some called it a bout of pneumonia. Eventually Votto returned to the Reds lineup, and he put up good numbers for the rest of the year, but it wasn't until this season that he revealed the real reason he



newsok.com

Joey Votto gets another hit on his way to the National League MVP title.

missed so much time.

At a press conference this spring, Joey Votto told the gathered media that he had been battling an anxiety disorder since his father's passing. Like many athletes, he had felt that getting back in the game was the best therapy for dealing with the loss of a family member, but in Votto's case, it wasn't enough. When the condition began to manifest itself in the form of headaches, dizziness and nausea, Votto realized he needed professional help, and the Reds, to their credit, gave him the time to get it.

For an elite athlete like Votto to admit to suffering from something like an anxiety dis-

order was a big deal. Athletes are supposed to be among the most mentally tough people around; at least, that's how they're built up by fans and media alike. Revealing this type of frailty is not common amongst pro athletes – the biggest weakness we usually see is tears over being injured or traded – and Votto was brave to be so up front about his troubles.

So by all means be happy for Joey Votto, and be proud that he's Canadian. But don't lose sight of what he's gone through to get where he is, and be proud of how he's dealt with his demons too. That's the real storyline with this MVP.



DEPARTMENT OF ATHLETICS AND RECREATION

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

POOL – Part time lifeguard and/or aquatic fitness leaders
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These positions will be casual part time. For more information, please contact

Pool Recreation Facilities and Operations Manager Jeff Riddle at 780-471-7605 or e-mail jeffr@nait.ca

FWC Fitness Weight Centre Supervisor Wayne Dalman at 780-471-8363 or e-mail wayned@nait.ca

SEC Sports Equipment Centre Supervisor Nash Kilimosko at 780-471-7729 or e-mail nashk@nait.ca

Interested students are also welcome to check out the facilities and talk with the existing staff.

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

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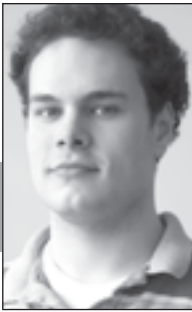
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UNSPORTSMANLIKE CONDUCT

GARIT BYINGTON
Assistant Sports Editor

I was reading a recent article on TSN.ca, that was a transcribed Q&A between sportscaster James Duthie and Colin Campbell, NHL senior vice-president and director of hockey operations. So Colin, pronounced Colon, doesn't feel his credibility has taken a hit at all after e-mails surfaced in which he calls Marc Savard a "faker," criticizes former referee-in-chief Stephen Walkom and gets his e-mail hate-on with calls made against his son Gregory Campbell, who plays for the Boston Bruins.

Duthie asks Campbell if he feels this entire situation has diminished his credibility. Colin quickly begins to talk about how they (I'm assuming he means the league) have been challenged before.

Well, that's just great Colin, now back to the question.

He then proceeds to talk about how he's been challenged before in decisions and doesn't blame players or teams for challenging him or hockey operations.

Again, to speak for Duthie, answer the question please, Colin.

He finally gets to the answer and ends with this quote.

"... then that must mean everything I did the past three years were wrong or should be questioned."

Well, if you ask me, all the ridiculous rule changes and des-

perate attempts to keep up with the times and the increasing size and speed of players have been mismanaged by ol' Colin. However, if anything, everything he has done in the past few years should definitely be questioned. Is there not some sort of credibility that is needed for a position such as his? You know, some sort of checks and balances that the league uses? I guess it's a forlorn hope with this league and the people in charge.

When Duthie brings up Colin's quote calling Savard a "little fake artist," Colin admits it's inappropriate, but quickly gets in the last word on how he never knew e-mails would be looked at again. How can you not get that the Internet is permanent and anything you put on there can be found?

Duthie then does some nice poking and prodding and gets Colin to rant about how he really feels Savard is indeed a faker and great at drawing penalties. Once again, all this is becoming permanent gold for the Internet, too. This is the



sportsofboston.com

Colin Campbell

same Savard that is constantly hurt and never goes down from a hit, or in Colin's case, alleged hit, without getting back up with some new kind of injury. How can you fake injuries? He's literally hurt every time he gets back up so he must be throwing himself hard on the ice when these alleged dives occur.

Then Duthie goes on to bring up the e-mails in which Colin completely disregards his professional position and goes all "hockey dad" in e-mails regarding some calls in his son Gregory's games. Colin mentions how it is tough for his kid to play sometimes with him as father. The opponents never let him hear the end of it in trash-talking, apparently. Yeah, OK, Colin. I guarantee the stuff they say about you being his dad is nothing in comparison to the daily routine smack-talk regarding wives, moms, sisters and so on. I mean really. Get over yourself.

Check out this interview on TSN.ca if you get the chance.

ACAC Standings

| MEN'S HOCKEY | | | | | | | | | | | |
|------------------|----|----|----|----|-----|-----|----|----|-----|--|--|
| Team | GP | W | RW | L | OTL | TIE | GF | GA | Pts | | |
| SAIT | 13 | 10 | 9 | 1 | 0 | 2 | 66 | 31 | 22 | | |
| Mount Royal .. | 13 | 8 | 8 | 3 | 0 | 2 | 50 | 25 | 18 | | |
| Augustana | 13 | 7 | 7 | 2 | 1 | 3 | 68 | 37 | 18 | | |
| NAIT | 14 | 7 | 7 | 5 | 1 | 1 | 36 | 36 | 16 | | |
| Concordia | 14 | 5 | 4 | 6 | 0 | 3 | 51 | 62 | 13 | | |
| Portage | 13 | 4 | 4 | 7 | 0 | 2 | 42 | 51 | 10 | | |
| Briercrest | 14 | 3 | 3 | 9 | 0 | 2 | 41 | 77 | 8 | | |
| MacEwan | 14 | 2 | 2 | 11 | 0 | 1 | 33 | 68 | 5 | | |

RESULTS

Nov. 20

NAIT 5, Portage 2; Augustana 12, Briercrest 4; MacEwan 4, Concordia 2

Nov. 19

NAIT 4, Portage 3; Augustana 7, Briercrest 2; SAIT 3, MRU 1; Concordia 8, MacEwan 2

| WOMEN'S HOCKEY | | | | | | | | | | | |
|----------------|----|----|----|---|-----|-----|----|----|-----|--|--|
| Team | GP | W | RW | L | OTL | TIE | GF | GA | Pts | | |
| Mount Royal .. | 10 | 10 | 8 | 0 | 0 | 0 | 40 | 12 | 20 | | |
| SAIT | 10 | 4 | 4 | 4 | 1 | 1 | 25 | 25 | 10 | | |
| NAIT | 10 | 4 | 4 | 5 | 1 | 0 | 24 | 24 | 9 | | |
| MacEwan | 8 | 3 | 3 | 4 | 0 | 1 | 17 | 22 | 7 | | |
| Red Deer | 10 | 2 | 2 | 8 | 0 | 0 | 14 | 37 | 4 | | |

RESULTS

Nov. 20

MRU 7, NAIT 2; RDC 3, SAIT 2

Nov. 19

MRU 2, NAIT 1 (OT)

Nov. 18

SAIT 2, RDC 1

| MEN'S BASKETBALL | | | | | | | | | | | |
|------------------|---|---|---|-----|-----|-----|--|--|--|--|--|
| North Division | | | | | | | | | | | |
| Team | G | W | L | Pts | PF | PA | | | | | |
| Lakeland | 8 | 7 | 1 | 14 | 704 | 564 | | | | | |
| NAIT | 8 | 6 | 2 | 12 | 704 | 621 | | | | | |
| Concordia | 8 | 5 | 3 | 10 | 656 | 570 | | | | | |
| MacEwan | 8 | 5 | 3 | 10 | 612 | 568 | | | | | |
| Augustana | 8 | 2 | 6 | 4 | 602 | 651 | | | | | |

| | | | | | | |
|----------------------|---|---|---|---|-----|-----|
| Grande Prairie | 8 | 2 | 6 | 4 | 653 | 787 |
| Keyano | 8 | 1 | 7 | 2 | 489 | 667 |
| King's | 8 | 0 | 8 | 0 | 528 | 721 |

South Division

| Team | G | W | L | Pts | PF | PA |
|--------------------|---|---|---|-----|-----|-----|
| Lethbridge | 8 | 7 | 1 | 14 | 750 | 583 |
| Red Deer | 8 | 5 | 3 | 10 | 680 | 605 |
| Mount Royal | 8 | 5 | 3 | 10 | 671 | 629 |
| SAIT | 8 | 4 | 4 | 8 | 634 | 657 |
| Briercrest | 8 | 4 | 4 | 8 | 714 | 704 |
| Medicine Hat | 8 | 3 | 5 | 6 | 615 | 685 |

RESULTS

Nov. 20

NAIT 105, Briercrest 93; Concordia 95, RDC 74; SAIT 86, Augustana 70; MHC 97, GPRC 94; MRU 86, Keyano 54; Lethbridge 89, MacEwan 84 Lakeland 103, King's 65

Nov. 19

NAIT 96, MHC 75; Briercrest 120, GPRC 65; Lethbridge 94, Keyano 53; MRU 81, MacEwan 63; Lakeland 99, King's 51; RDC 83, Augustana 68; Concordia 71, SAIT 68

WOMEN'S BASKETBALL

North Division

| Team | G | W | L | Pts | PF | PA |
|----------------------|---|---|---|-----|-----|-----|
| Concordia | 8 | 7 | 1 | 14 | 693 | 453 |
| Grande Prairie | 8 | 7 | 1 | 14 | 526 | 431 |
| MacEwan | 8 | 5 | 3 | 10 | 618 | 504 |
| Lakeland | 8 | 4 | 4 | 8 | 469 | 512 |
| NAIT | 8 | 3 | 5 | 6 | 451 | 448 |
| King's | 8 | 3 | 5 | 6 | 510 | 537 |
| Augustana | 8 | 2 | 6 | 4 | 573 | 688 |
| Keyano | 8 | 0 | 8 | 0 | 412 | 670 |

South Division

| Team | G | W | L | Pts | PF | PA |
|--------------------|---|---|---|-----|-----|-----|
| SAIT | 8 | 8 | 0 | 16 | 687 | 457 |
| Mount Royal | 8 | 6 | 2 | 12 | 555 | 513 |
| Medicine Hat | 8 | 5 | 3 | 10 | 577 | 514 |
| Red Deer | 8 | 3 | 5 | 6 | 419 | 522 |
| Lethbridge | 8 | 2 | 6 | 4 | 486 | 559 |

| | | | | | | |
|------------------|---|---|---|---|-----|-----|
| Briercrest | 8 | 1 | 7 | 2 | 384 | 552 |
|------------------|---|---|---|---|-----|-----|

RESULTS

Nov. 20

NAIT 60, Briercrest 51; SAIT 106, Augustana 66; Concordia 84, RDC 39; GPRC 88, MHC 64; MRU 81, Keyano 62; King's 64, Lakeland 51; MacEwan 85, Lethbridge 59

Nov. 19

MHC 65, NAIT 54; GPRC 63, Briercrest 43; Lethbridge 84, Keyano 59; MacEwan 77, MRU 58; Lakeland 67, King's 62 (OT); Augustana 82, RDC 59 SAIT 69, Concordia 68

MEN'S VOLLEYBALL

Provincial Division

| DIV | Team | MP | MW | ML | GW | GL | Pts |
|-----|--------------------|----|----|----|----|----|-----|
| N | King's | 8 | 7 | 1 | 22 | 6 | 14 |
| S | Briercrest | 8 | 6 | 2 | 21 | 7 | 12 |
| N | NAIT | 8 | 6 | 2 | 21 | 11 | 12 |
| N | MacEwan | 10 | 6 | 4 | 23 | 19 | 12 |
| S | Red Deer | 6 | 5 | 1 | 17 | 6 | 10 |
| S | SAIT | 6 | 4 | 2 | 13 | 12 | 8 |
| S | Mount Royal | 6 | 4 | 2 | 12 | 8 | 8 |
| N | Grande Prairie .. | 8 | 3 | 5 | 12 | 15 | 6 |
| S | Lethbridge | 8 | 3 | 5 | 14 | 18 | 6 |
| S | Medicine Hat | 8 | 3 | 5 | 12 | 16 | 6 |
| N | Keyano | 8 | 3 | 5 | 12 | 17 | 6 |
| N | Lakeland | 8 | 3 | 5 | 9 | 16 | 6 |
| S | Augustana | 8 | 1 | 7 | 6 | 21 | 2 |
| N | Concordia | 8 | 0 | 8 | 2 | 24 | 0 |

RESULTS

Nov. 20

NAIT 3, MHC 1 (25-22, 21-25, 25-19, 25-17)

Keyano 3, Augustana 2

(25-23, 22-25, 15-25, 25-12, 15-13)

MacEwan 3, Briercrest 2

(22-25, 27-25, 17-25, 28-26, 15-11)

King's 3, Lakeland 0 (25-21, 25-14, 25-17)

Lethbridge 3, MRU 0 (25-22, 25-12, 25-21)

Nov. 19

NAIT 3, MHC 2

(25-20, 25-20, 23-25, 23-25, 15-9)

Keyano 3, Augustana 0 (25-23, 25-13, 25-19)

MacEwan 3, Briercrest 1

(27-25, 25-19, 14-25, 25-18)

MRU 3, Lethbridge 1 (25-21, 26-24, 24-26, 25-21)

King's 3, Lakeland 0 (27-25, 25-23, 25-19)

WOMEN'S VOLLEYBALL

Provincial Division

| DIV | Team | MP | MW | ML | GW | GL | Pts |
|-----|--------------------|----|----|----|----|----|-----|
| S | Mount Royal | 6 | 6 | 0 | 18 | 2 | 12 |
| N | Grande Prairie ... | 8 | 6 | 2 | 22 | 8 | 12 |
| N | Lakeland | 8 | 6 | 2 | 20 | 9 | 12 |
| N | MacEwan | 10 | 6 | 4 | 21 | 15 | 12 |
| S | Medicine Hat | 8 | 5 | 3 | 15 | 12 | 10 |
| N | NAIT | 8 | 5 | 3 | 18 | 14 | 10 |
| S | Red Deer | 6 | 4 | 2 | 14 | 7 | 8 |
| N | Keyano | 8 | 4 | 4 | 17 | 16 | 8 |
| N | King's | 8 | 4 | 4 | 15 | 16 | 8 |
| S | Lethbridge | 8 | 3 | 5 | 9 | 19 | 6 |
| S | Briercrest | 8 | 2 | 6 | 14 | 20 | 4 |
| S | SAIT | 6 | 2 | 4 | 8 | 14 | 4 |
| N | Concordia | 8 | 1 | 7 | 6 | 23 | 2 |
| S | Augustana | 8 | 0 | 8 | 2 | 24 | 0 |

RESULTS

Nov. 20

MHC 3, NAIT 0 (25-19, 25-23, 25-17)

Keyano 3, Augustana 1

(18-25, 25-12, 25-13, 25-7)

MacEwan 3, Briercrest 0 (25-21, 25-19, 25-18)

Lakeland 3, King's 1

(25-16, 25-14, 16-25, 25-23)

MRU 3, Lethbridge 0 (25-15, 25-17, 25-15)

Nov. 19

MHC 3, NAIT 1 (25-21, 22-25, 25-20, 25-16)

Keyano 3, Augustana 0 (25-16, 25-22, 25-15)

Briercrest 3, MacEwan 2

(24-26, 25-17, 25-20, 20-25, 17-15)

MRU 3, Lethbridge 0 (25-15, 25-10, 25-18)

King's 3, Lakeland 2

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

ENTERTAINMENT

Indie Night a mixed bag



ALI YUSUF
Entertainment Editor

One should wonder if being a *Canadian Idol* Season 3 second runner-up is a good thing or a bad thing. I'm not here to point any fingers, but Rex Goudie (who was a runner-up in *Canadian Idol*) stopped by the Nest to play a couple of songs for Indie Night last Thursday.

Rex Goudie can be described as a pop-rock, wears-his-heart-on-his-sleeve kind of guy. Although the B.C. born, Newfoundland-raised musician is talented, it's not anything we've never seen before.

His single from 2005, "Run", off his album *Under The Lights*, speaks about a guy who is in love with a girl who is

far away. Yup. I just saved you the four and a half minutes needed to listen to the song. It's literally the other story of "I'm Leaving On A Jet Plane" but with attempts at testosterone thrown in the mix. I said "attempts" for good reason.

I shouldn't be too hard on Goudie. He is probably a better performer than I give him credit for.

Billy the Kid (no, not the outlaw) also came around for Indie Night last Thursday. She and her guitar made a brilliant pair as she sang in her folkish and outlaw musical style. Her single "These City Lights" off her album *The Lost Cause* speaks of the trials of love in a new city. However, the sound, the lyrics and the entire presentation of the song made it a very enjoyable listen. Fun fact: Raine Maida of Our Lady Peace and Billy are pretty good pals. He actually produced this album for her.

Rex Goudie, along with Billy the Kid, came to town to play a couple of songs for the Nest last Thursday. Make sure you check out www.naitsa.ca for more Indie Night event information.



Photo by Laura Dettling

Billy the Kid at the Nest last Thursday, Nov. 18.

THURSDAY DECEMBER 2

LYNDSEY ELL

INDIE NIGHT
at the nest

Live music Thursdays starting at 4.30pm

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

"GOOD NASTY FUN."
—JEFF LABREC, THE WASHINGTON POST

"BRUTALLY EFFICIENT THRILLER"
—JOE BALE, NEW YORK TIMES

GENNA ARTERTON MARTIN COMPTON EDDIE MARSAN

THE DISAPPEARANCE OF ALICE CREED

NOV 30 @ SHAW THEATRE MOVIE STARTS @ 5PM

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By DAVID ADOMAKO-ANSAH

So I was listening to my iPod the other day and I was looking for some really good Canadian hip hop. It's been a while since I've seen any new hip hop or R&B from our great artists here up north, so I thought this week I'd give y'all some of the best hip hop melodies from the last decade and a bit. Hope you enjoy. Deuces.

1. In Essence – "I.E."
2. Kardinal Offishall featuring Clipse – "Set It Off"
3. Jacksoul – "Can't Stop"

4. Swollen Members – "Steppin' Through"
5. Keshia Chanté, featuring Freeway – "Fallen"
6. Dru – "Stay With Me (Always)"
7. Jully Black, featuring Demarco – "Sweat of Your Brow"
8. Kreesha Turner – "Don't Call Me Baby"
9. Quanteisha – "Get Loose"
10. Drake ft. Andreena Mill – "Closer to My Dreams"



Keshia Chanté



Kardinal Offishall

VIRAL VIDEO OF THE WEEK

Harry Potter, with a twist

By KASSIDY KRUEGER

Are you part of the House of Gryffindor and enjoy a big glass of butter beer after long day's work?

Well then, this week's viral video will tickle your fancy.

A Very Potter Musical is a full-length play done in 23 parts on YouTube and runs around three hours.

It was only supposed to be half that time, but the cast improvised a large majority of the show.

A Very Potter Musical is a unofficial, fan-made parody show that mixes

all the things you love about Harry Potter with a "Glee-like" aspect.

This musical adventure follows Harry and his pals as they go back for another year at Hogwarts, only this year their wizardly world gets turned on its head as the Dark Lord returns to get his revenge on The Boy Who Lived.

The musical combines aspects of all seven books and gives them a gut-busting twist. One of the parts that will keep you laughing is Dumbledore's obsession with Zac Efron. Be sure to

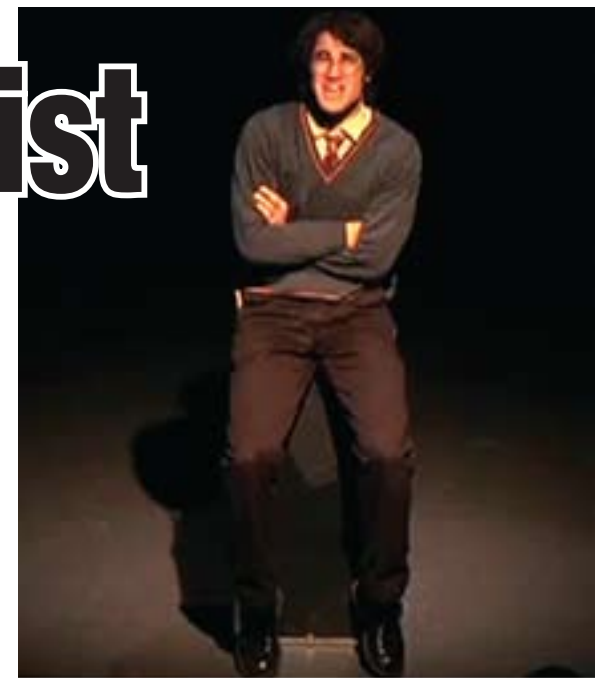
watch that part.

A Very Potter Musical has close to one million hits and because of its popularity, the cast released *A Very Potter Sequel* just this past summer.

The lead actor/lyricist Darren Criss gained his fame from *A Very Potter Musical*, and is now a regular character on *Glee*.

If you consider yourself a Harry Potter fan at all, then seeing this parody is a must.

View the video at http://www.youtube.com/watch?v=wmwM_AKeMck



YouTube

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

NAITSA Presents: A How To...
MIXOLOGY

www.naitsa.ca facebook

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

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

After that, prices are as follows:

| | |
|---|---|
| \$399+GST per person in a 4 person room | \$419+GST per person in a 3 person room |
| \$439+GST per person in a 2 person room | \$449+GST per person in a single room |

*Price includes 3 nights accommodations at Powder Springs, Revelstoke, 2 lift tickets to Revelstoke Mountain Resort, a New Year's Eve party, nightly excursions, and transportation on a licensed coach bus. Optional 3rd lift ticket for MY day is available for purchase (\$60).

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

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

STUDENT'S ASSOCIATION www.naitsa.ca facebook

A photo can be priceless

By CELESTE DUL

During the winter season, people generally think about giving to the less fortunate through food, clothing or shelter, but not many consider how much a portrait can mean to someone.

Help Portrait Day is a charity day taking place around the world where photographers take portraits for free and spread hope for those who don't usually get the opportunity to have professional photos done for them.

"It's a movement to give back to people in need by giving them a holiday photo and allowing them to capture a moment in their life, something some of them have never experienced," says Javier Salazar, a NAIT photography graduate who is organizing the event in Edmonton.

"Last year Edmonton had four locations and we had 200 people come out."

Help Portrait Day gives back to the less fortunate in a less conventional way and it allows them to feel better about themselves and lets them experience something they wouldn't normally get to do.

"In one situation, we had a single mom come and get her portrait done, we did her hair, makeup and put her in nice clothes," Salazar said. "When she saw her picture she cried, because she had never seen herself in a portrait and was able to see herself in a different way."

This will be the second year Edmonton is participating in this movement and organizers and participants hope it is just as successful as last year.

Help Portrait Day will be held on Dec. 4 in three locations throughout Edmonton: the City Centre Church, Trinity

people come out."



writrains.com

The idea is simple: find a person or people in need, photograph them and then deliver the printed picture back to them. The 2009 Help-Portrait movement reported over 41,000 portraits given to individuals in 42 different countries.

Lutheran Church and Gateway City Church.

And you don't have to be a professional photographer to get involved. Help Portrait Day needs volunteers who can help in a variety of areas from hairdressing, wardrobe and

makeup.

If you are looking to use your experience or time to spread hope throughout the community with this unique event, visit www.help-portrait.ca.

Setting up the end

By DANICA PACKOLYK

For the past month, people all over have been talking about *Harry Potter and The Deathly Hallows: Part One*, and how excited they were to see it.

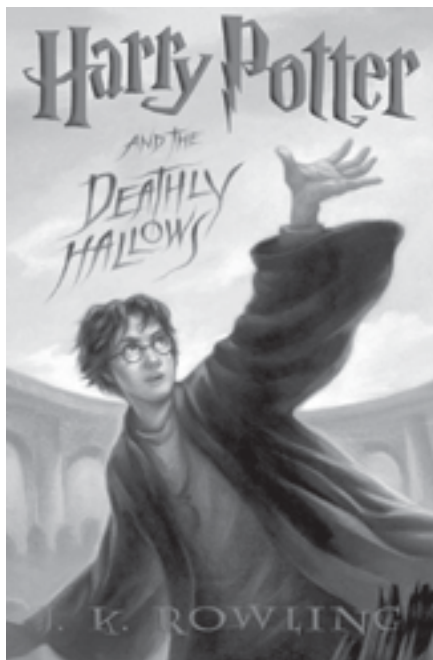
With all the hype surrounding it, I thought the movie wouldn't be as good because of too much expectation. I was wrong.

For those of you who have read the books, watched all the movies, and have anticipated this one, it definitely does not disappoint.

Gone are the days of cozy Hogwarts, and the warmth that filled your heart in the first five movies, with Dumbledore helping every step of the way. Instead, Harry and his two best friends, Ron and Hermione, are left on their own with Dumbledore dead.

Hogwarts is no longer safe and Voldemort grows stronger every day.

As part one of the last chapter, the film is more of a mood piece, as it builds up the tension and darkness awaiting the magical world.



mymoviecinema.com

There are plenty of scary thrills and lighter moments that break up the intensity of the film nicely.

In hopes of finding the horcruxes – the talismans into which Voldemort has secreted bits of his soul – the three venture off, not knowing where to look. For Harry, Ron and Hermione, everyone they love is either dead or gone underground so they have no one but each other.

Overcome by the uncertainty of their predicament, tension quickly grows between the three, and eventually explodes.

One of the best things about the movie is that Ron and Hermione's characters take on

an almost equal role to Harry, showing themselves as true heroes.

The end of part one leaves your heart aching, but still in anticipation for the rest of the story.

People always say not to wish your life away, but I can't wait to see the last installment of this worldwide phenomenon.



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thenugget@cu-ads.org





It's showtime at Grey Cup!

By **KATRINA TAYLOR**

Nov. 25 is the start of the 2010 Grey Cup Festival in Edmonton.

It is an honour for Edmonton to be holding the 98th annual event and the city is raring to go with parties and celebrations. If you've seen the lineup of events to happen, you'll definitely want to be part of the Grey Cup action.

The festival is going to start with the Rex-all Kick-Off Party where anyone can come out for free, and join hundreds of Edmontonians in starting the Grey Cup festivities.

A one-act play called *True Grid* can also be seen from Wednesday to Friday at the Stanley A. Milner Library theatre.

The Gibson's Pro Players Award Show after party is Nov. 25 after the awards at the Underground Huddle in City Centre. It features the Team Canada DJs – Harman B and DJ Kwake, Mix Master Mike of the Beastie Boys and some of your favourite CFL icons.

The Molson Canadian Cabarets will be held at the Shaw Conference Centre Friday and Saturday and will feature artists such as Theory of a Dead-

man, Matthew Good, Tom Cochrane and more. The Scotiabank Gala Dinner, taking place at the Expo Centre, will surely be memorable, with high-end entertainment like Jully Black.

"Huddle Town" is the name of Churchill Square for the celebration where venues, displays and games will take over. The Sirius Satellite stage will feature performers such as Stereos, George Canyon, Bif Naked, Emerson Drive and more.

An interesting attraction will be the 520-foot long Capital Power zip line that will reach speeds of 80 km/hour for all the thrill-seekers out there, for free.

Expect this year's festival to be a huge celebration with tail-gate parties, football all-stars, a huge parade and, of course, a cheerleader extravaganza.

You don't want to miss a minute of the festivities, especially when the Juno award-winning group The Trews sing our national anthem and entertain at the official after-party and when Bachman & Turner perform at half time.

For more information on events and tickets visit www.greycupfestival2010.com



The Trews
National anthem

chrisd.ca



robsrecordscdsdrvds.com

Bachman-Turner Overdrive
Half time show

THE NUGGET PRESENTS:

NUGGET COMICS

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CONSTRUCTION
DETOUR
NEXT 5 KM

SLOW
→

Cartoon by John Benesch

HOT SINGLES OF THE WEEK



Photo by Ali Yusuf

Ranger Danger and Atticus Pillai From your NAIT Students' Association

Nugget: What would you consider to be a good first date?

Ranger – My ideal first date would be a long walk at a dog park.

Atticus – Well, I have way more fun on a first date because I'm not neutered.

Nugget: What do you love to do when staying in?

Ranger – I just love it when my master lets me sit in their lap and have them scratch the back of my ears. **Atticus** – Oh! Yeah, that totally sounds like a great time! Same thing!

Nugget – Do you find it encouraging or demeaning when your master gives you a treat when you perform tricks? **Ranger** – Whatever! Treats are treats! I love them! **Atticus** – Well, I just trick the ladies into loving me. Look at these puppy dog eyes. You can't go wrong.

Nugget: What is your opinion on cats?

Ranger – Lunch. **Atticus** – Chew toys.

Nugget: If you were to let all the ladies at NAIT one thing about yourself, what would that be? **Ranger** – All I'm looking for is an evening of romance, laying in front of a fire, on a fur rug with my master. That's all I need. **Atticus** – I'm may be small, but I have stamina.

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

Newfoundland to Hong Kong

By ANDREW BUTTON

The Muse (Memorial University of Newfoundland)

ST. JOHN'S (CUP) — A Newfoundlander, a Belgian and a Chinese man walk into a bar. No, it's not the set up to a bad joke, but the story of the band Milkteeth.

A fresh and dynamic Hong Kong-based musical project, Milkteeth blends bluegrass and rock with European folk influences to create a totally original and compulsively listenable brand of acoustic rock.

Fronted by former sex writer and St. John's resident Joey Basha, the band has just finished recording its first EP, *Chance*. The album, mixed by music veteran Koya Hisakazu in Hong Kong's Mark One Studio, features seven songs written by Basha, who sings and plays guitar, with Theo Chan on drums and violin and Jeroen Brulez on bass.

Series of changes

"The lineup we have now came about after a series of changes," said Basha. "In the first few months, it was a bit of a revolving door situation, but it really solidified when we all met at a local bar where there was an open stage on which any musician could get up. So, in fact, the band came about in a very casual way."

Soon after meeting up, Basha, Chan and Brulez started playing in Hong Kong.

"It's gotten up to about 25 shows," he said. "We've had to step back and start turning down offers, unless we're really keen on the other acts."

Soon after they started performing, Milkteeth began recoding and pursuing distribution options. The release of their first EP is an important step in the band's efforts to reach a wider audience around the globe, an effort which has also included the launch of a website, the release of a press kit and performances everywhere from Hong Kong to St. John's.

"We have actually approached a lot of labels and distribution companies," Basha said. "You'd be surprised how much of a hustling job it is to get companies interested — putting together press kits, making yourself presentable. It's all a matter of trying to turn yourself into a viable product."

Viable product

And a viable product they are, if their first EP is any indication. Featuring ingeniously written and passionately performed songs, from the playful "Jolly Shandy" to the wistful "Edging," *Chance* is an eclectic and memorable collection of folk-inspired rock. The album is upbeat and tinged with longing and gives a bittersweet feeling, like having a great time but wishing a certain someone was there to enjoy it with you.

Themes of separation and return, disagreement and reconciliation come up repeatedly, which, along with the music's inviting tone, makes the EP very much the kind of thing you could find yourself listening to on constant loop after a breakup.

Perhaps this has something to do with the fact that all three members are expatriates living in a city dominated by high finance and business. As Basha explains, being a foreign musician in Hong Kong puts you at a distance from the city establishment.

"This is a very money-oriented place," he said. "Since we're not bankers or business men, we're automatically considered rebels. And I like that; it's the perfect mix of metropolitan cool and Chinese culture."

A good burger

CAMPUS FOOD REVIEW

By ELISE COX

In an obscure corner of the U building, there's a well-hidden culinary treat. Fresh Express looks like a convenient spot to quickly grab your daily coffee fix, but it is so much more. Tucked away in the back is NAIT's best kept secret.

Fresh Express is where NAIT's culinary students practise making and serving food. It is set up like a cafeteria, but with a more refined menu. The menu has a lot of diversity with many inventive dishes.

Problem is, when I saw there was a bacon and cheddar cheese burger, I neglected my responsibilities of trying something new and stuck to what I knew I'd like. Although a bacon and cheese burger sounds like it would be dull, Fresh Express delivered quality and excitement.

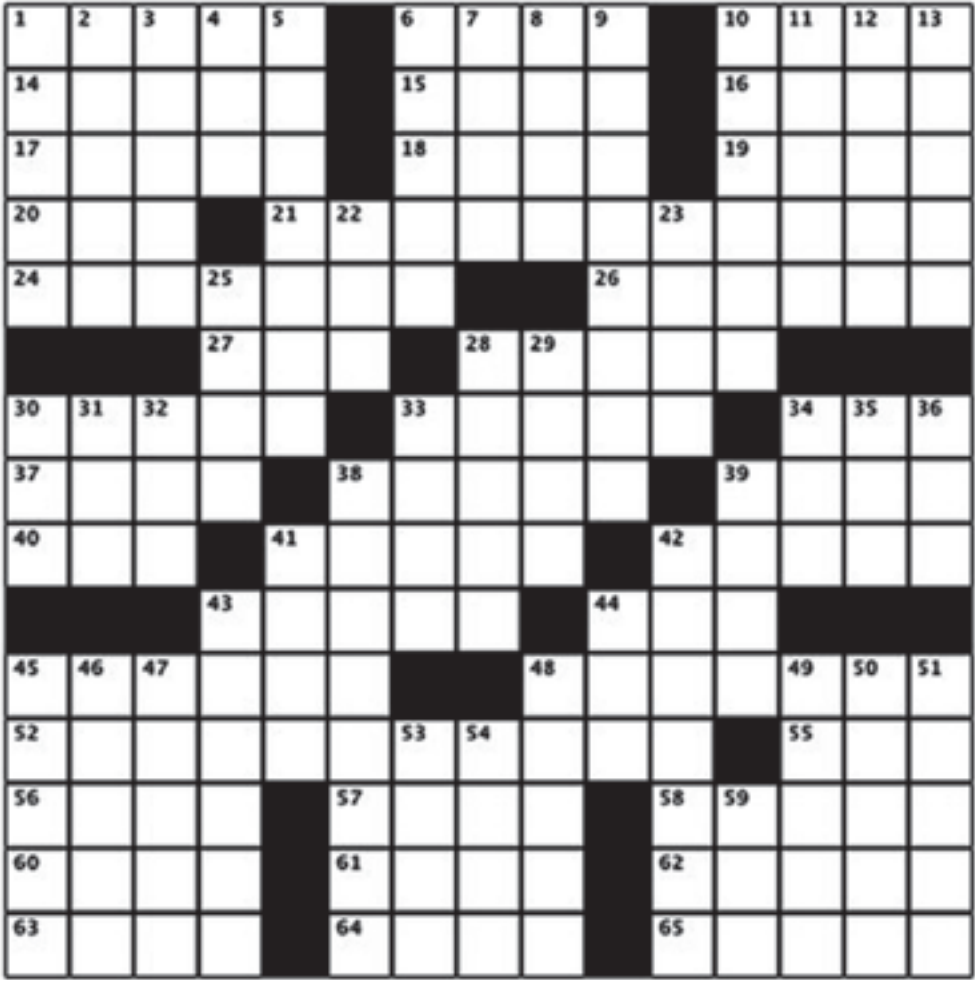
The first thing that catches your eye is the colourful toppings on the burger; green lettuce, red tomatoes, and purple onions. I don't know a single person who doesn't appreciate fresh produce. A real slice of cheddar topped the juicy beef patty and was, of course, accompanied by two strips of crispy bacon.

I order my burger with a side of fries. Thin, crispy, and perfectly salted? Fresh Express gave me all of the above. For the health-conscious person, your side order of fries can be substituted for a salad.

Overall, my bacon and cheddar cheese burger at Fresh Express was delicious. It left me satisfied, full, and was well worth my money. Fresh Express also has so much more to offer because of the creative minds of our culinary students. Go check it out!

CROSSWORD

- Across**
1- Fall bloomer
6- Agitate
10- Romeo
14- Dough
15- Alleviate
16- Soft ball brand
17- High up
18- I smell!
19- Gnarl
20- Letters on a Cardinal's cap
21- Place in time
24- Nuns
26- Kitchen utensil
27- Actor Stephen
28- On top of the standings
30- Expert
33- More unfavorable
34- CIA forerunner
37- Dies
38- Goddesses of the seasons
39- "___ sprach Zarathustra"
40- Accelerate
41- Business accounts
42- Mix smoothly
43- Refuse
44- Go quickly
45- Plea
48- Sinning
52- Extremely conservative
55- Narrow inlet
56- Shrivelled, without moisture
57- Departs
58- Chirp
60- Bakery fixture
61- Med school subj.
62- Cavalry weapon
63- Hotbed
64- Back of the neck
65- Adlai's running mate;
- Down**
1- Accumulate
2- Conductor Georg
3- Implements
4- Mischievous person
5- Heavy napped woolen fabric
6- Joins
7- Diamond cover
8- Golfer Aoki
9- Turned backward
10- Short sock
11- Russian revolutionary leader
12- Became ice
13- Later
22- Baseball stat
23- Church recess
25- Corner
28- Eating implements
29- Some nest eggs
30- Russian space station
31- 100 square meters
32- 6th letter of the Hebrew alphabet
33- Courts
34- Cheer for Manolete
35- Nine-digit ID
36- Turf
38- Hoodlum
39- Actor Baldwin
41- German sausage
42- Two wheel vehicle
43- Respectable
44- That girl
45- Bad lighting?
46- Annoy
47- Trims
48- Stickum
49- Ain't right?
50- Bridget Fonda, to Jane



- Down (cont)**
51- Ribbons
53- Mrs. Chaplin
54- Tide type
59- Gives birth to
- Puzzles provided by BestCrosswords.
com (<http://www.bestcrosswords.com>).
Used with permission.
- SOLUTION: Page 18**

Show up for Edmonton Show 3

By CATHERINE YE

Want to have some fun before final exams start up? Edmonton Show 3 should definitely be on your list of things to do on Nov. 26 and 27.

"Edmonton Show is about a variety of performances like dancing, theatre, music and magic," says Patrick Lundeen, the Artistic Director of Avenue Theatre and Edmonton's Common Ground Arts Society.

"I started the first Edmonton Show about a year ago, and the whole idea behind this show is about getting the emerging artists of all different fields together in a same place to play and offering a chance to perform."

The first Edmonton Show was last February and the second one was put on in April. Both of them attracted a lot of art fans to get involved. After Lundeen was hired by the Avenue Theatre after the two shows, they ask him to continue doing this show.

Most of the performers are independent artists, and even some of them are still students.

For Nov. 26, the show will begin with a solo magician who will perform for 15 minutes. After that, 20 minutes will be provided for F-UN Improv, an up-and-coming improv group, who will perform a few improvisation games similar to those seen on *Whose Line Is It Anyway?*

Three solo dancers who graduated from the BFA acting program at the University of Alberta will give the audience a blend of hip-hop and classical dance for 15 minutes.

"As a performer, I find that what Avenue Theatre is organizing is a great way to show off Edmonton's talent without having to bust up your wallet. It costs 10 bucks to see dance, music, improv ... I don't see how it's not good a deal," says Ali Yusuf, a member of F-UN Improv.

"We want to entertain our audiences, for sure, so

we will keep the bar open. People can grab beers when they watch the show. And when the music part begins, we will take the chairs away, so it will be like a party," says Lundeen.

Lundeen plans to make this Edmonton Show a tradition. So arts fans can enjoy this show every three months.

Edmonton Show 3 is a two-night event starting Nov. 26 and Nov. 27. Tickets for Edmonton Show 3 are \$10.



Show like no other

By ALI YUSUF
Entertainment Editor

Hard core style of life, hard core messages and hard core riffs. This is what makes up *Hard Core Logo: Live*.

The Roxy Theatre presents *Hard Core Logo: Live* which kicked off last week.

Hard Core Logo: Live is a novel, turned mockumentary, turned play about Hardcore Logo, an off-railed Vancouver punk band, that had a messy breakup after years of playing together. Once Joe Dick, lead singer, heard about an old friend of the band getting shot, he wanted to round up the whole gang for a reunion show to raise money for their hospitalized friend.

Together, Hard Core Logo, who is Joe Dick as vocals, Billy Talent on guitar, John Oxenburger on bass and Pipe Fitter on drums, sees how great a success their reunion show was and decides (after much deliberation and unwillingness from Talent) to play six more shows across Canada.

One way to describe *Hard Core Logo: Live* is that it's a musical guys can get behind. It's not choreographed squeamish dance steps to follow intricate music; no, it's a punk show played throughout the production. Any music or theatre aficionado can tell you that *Hard Core Logo: Live* is a show unlike any others.

"The motto of the show has always been 'Thought minus action equals hard core,'" said Clinton Carew, who plays Oxenburger.



The performances were believable but not so likable. It's mainly because they are a bunch of dicks on stage. It's hard to say likable versus unlikable, since you like how these guys are, but you wouldn't like it if they were pricks to you, right?

Talent and Dick provide most of the story telling and fuel the play to take course. Their story is that they've been childhood friends who are always at each other's necks, and they slowly throughout the years started to have more artistic differences, mainly before Talent split from the band. Oxenburger and Fitter provide most of the comic relief, however, it doesn't mean they're not dicks about it. You see, Oxenburger is a schizophrenic and has to take his pills every so often just to keep sane. And Pipe Fitter? He's actually just kind of a loud-mouth douche, but we like him regardless.

I have to mention one scene. I'm not saying that acid or acid abuse is funny, but holy shit. The acid trip scene is ridiculous.

The production delivered a great presentation of acting and musical talent as a whole. Separate, *Hard Core Logo: Live* might not have been such a success, but since the two elements are blended to perfection, this gives me all the reason to say: "If you like punk music and theatre, go see this show!"

Hard Core Logo: Live is playing at the Roxy Theatre until Dec. 5.

CROSSWORD SOLUTION



Mainstream Ignorance

By GRAHAM McCANN

1. The first video game could be considered the "Cathode Ray Tube Amusement Device" in 1947. It was a missile simulator based on radar displays in the Second World War.
2. \$1 US in 1915, adjusted for inflation, is worth about \$21.65 US in 2010.
3. Bill Gates is no longer the wealthiest person in the world. It is Carlos Slim Helu from Mexico at \$53.5 billion US, with Gates at \$53.0 billion net worth.
4. Water is actually a faintly blue substance, however the colour is faint enough that it is clear in small amounts. The ocean is blue because of this, not the reflection of the sky. Inversely, they sky is not blue because of the ocean.
5. All parts of your tongue can detect different tastes, it is just that certain parts in different individuals that may detect certain types of tastes more intensely.



SUNDAY NOVEMBER 28TH
KICKOFF AT 4:30

- \$10 Three Sister Nachos from 4PM – Close
- \$14.50* Jugs during the first quarter, starting one hour before kickoff!
- You can win great prizes courtesy of Molson Canadian!



Dose of hip-hop on campus

By KASSIDY KRUEGER

NR92 has brought you many different shows, all unique in their own ways. This one is no different. Tuesday's at 6 p.m. David Adomako-Anseh's show, *A Dose of Hip Hop*, will broadcast hip hop, rap and R&B tracks that you request.

Kassidy: What is the general idea you had for your radio show?

David: I really want to bring people old and new to hip hop, rap and R&B tracks that they want to hear or haven't heard in a long time.

Kassidy: What sets your show apart from the others on NR92?

David: I think mine is one of the only ones that focus solely on this genre.

Kassidy: What are some of the artists that you will feature regularly?

David: Well, when I am not taking requests on the Facebook fan page (search A Dose of Hip Hop), I'll probably be playing some of the new stuff from Drake, Nicki Minaj, Kanye West, Rick Ross, as well as some Jay-Z, Chingy, Ryan Leslie, Ice Cube, Mary J. Blige... basically, if I can find a clean version, I'll play it.

Kassidy: What made you want to do a

show on NR92?

David: When I was around 10 or 11, I wanted to be a disc jockey. I wanted to be a little version of Funk Master Flex. Unfortunately that dream never came true, so having this radio show is kind of the closest that I'll ever come to that.

Kassidy: Will you be playing some old school Will Smith for us?

David: It's funny you ask that. Big Willie Style was actually the first CD that I ever had.

I got it as a Christmas present. I'll definitely be playing some "Men in Black," and "Getting' Jiggy Wit It." Those were my favorites back in the day.

Kassidy: What other fun things are you planning on including in your show?

David: Since my show is only an hour, I'm not too sure how much talk I will be able to put in. I'll probably try and squeeze in some of the latest news, like Kanye's *Today Show* debacle, T.I.'s recent jail sentence, fun things like that. If I get a chance to do any giveaways don't expect any-



Supplied photo

Listen to David Adomako-Anseh on NR92.

thing more than a chocolate bar. I'm on a student's budget.

Make sure you put your diamonds in the

sky every Tuesday at 6 p.m. and be prepared to get jiggy with it, with *A Dose of Hip Hop* on NR92.

Rockfest coming to the Nest

By CELESTE DUL

Mark off Dec. 3 on your calendar because you won't want to miss Rockfest at the Nest. NR92, your campus radio station, presents four great bands in four hours for only \$5 to make your campus life that much better.

NR92 is NAIT's live campus radio station, a station for the students, by the students. It's an online station that gives students freedom and hands on experience while learning how to do the jobs of a normal station. This is where you can listen to the future of the radio industry.

On Dec. 3, from 7-11 p.m. NR92 will be holding a concert at the Nest with headliner Dry Land Band, with special guests Still Within, JFR Project and The Apresnos. courtesy of Next Level Entertainment.

This 18+ event won't disappoint with VIP

Packages to be won, door prize give-aways, and non-stop entertainment.

Tune in to www.NR92.com for a chance to win VIP tickets to the event or come down to the HP Centre Thursday Nov. 25 at lunch to win a package of four tickets, food, drink and VIP seating.

Tickets can be purchased in the South Lobby from 10 a.m.-1 p.m., from either the jocks at the NR92 desk, or the street team wearing NR92 T-shirts. There are only 150 tickets available so make sure you get your tickets fast!

All proceeds from this event will be going to Adopt-A-Teen, a campaign providing Christmas gifts for over 6,000 young teens from low-income Edmonton families.

With great bands, tons of prizes and all proceeds going to a good cause there's no better reason to come spend, what is sure to be, a fun night with

your campus radio station.

For more detail please visit www.NR92.com,

or visit the Facebook event "NR92.com presents: Rockfest at the Nest (18+)." www.NR92.com

Sweet shootout!

By STEVEN DYER

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

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

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

In order to raise awareness of the show, some of the Radio and Television program students will be in the HP Centre across the street from the South Lobby today.

Today (Thursday) at noon there will be a hockey net set up in the HP Centre where anyone can come for the chance to win some great free stuff like Oilers tickets.

It's all part of the NAIT NewsWatch Speakers Corner Shootout Event.

Just for coming up and taking a shot, you get your name entered into a draw and you get a sweet prize.

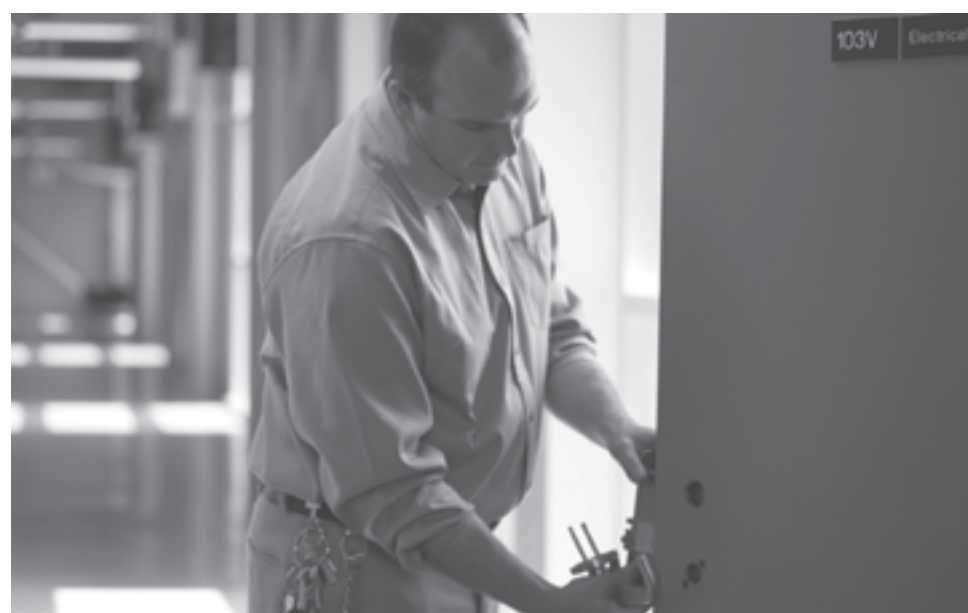
On Friday you will have a chance to voice your opinion on various issues around the school like parking and the U-Pass for even more chances to win.

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

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

Also, while you're there, the fanpage has links so you can watch previous episodes of NAIT NewsWatch for free.

So come on out today (Thursday) and Friday so you can vent a bit, but better yet, have a blast and win some great prizes!



The Alberta Union of Provincial Employees:

The union that represents NAIT support staff, the people who keep your facilities running.

Alberta's largest union, representing more than 75,000 members province-wide, more than 9,000 Education Sector employees and more than 900 members of Local 038 at NAIT.

Alberta Union of Provincial Employees.
Your working people.
1-800-232-7284 www.aupe.org



THE NUGGET PRESENTS:

GRAPEVINES

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

Is a dispute between two vegetarians still called a beef?

– Philosoraptor

...

If anyone want to see something awesome, watch anything by Jay Pharaoh on YouTube. This guy is gonna bring SNL back to its glory.

– SNL Believer

...

Just a few more weeks in the semester, just calm down and work together.

– Cool it.

...

One last 2nd Edition left!

– Home Stretch!

...

Why should it cost about four dollars for a drink and a muffin at NAIT's cafeterias?

– Overpriced

...

I have a huge crush on the personal trainer in the gym. She has piercings, a

sleeve tattoo, a nice body and very cute face. Please know I'm in shape because of you! Sigh, I don't even know her name! *tear* c u tomorrow :(coffee?

– A Single Shy Gal

...

Ladies in the Annex Building ... flush the toilets, stop squirting pee on the seats ... gross ... I'm pressed the whole day.

– OCD QUEEN Need 2 use the LOO TOO!!!

...

NAITSA should have NAIT's Next Top Swimsuit Model. I'd be more than willing to host this event.

– Dark Knight

...

I find it really difficult to refrain from hitting those of you on the 8th floor of the Business Tower who don't have a laptop or any other electronics that need to be plugged in, but yet you still sit at a table by one of the few power outlets. And your

there at 7 a.m.!! It's not as if you don't have a choice of where to sit when you arrive that early.

– Don't Be A Douchebag

...

People who own huge trucks and Hummers need to stop parking in the "Small Car Only" stalls in the parkade. Illiteracy doesn't make you look more manly!

– Friendly Ford Escort

...

To the carpentry douchebags:

Get over yourselves. You guys act like you're the shit, but when it comes down to it, you wouldn't be able to hold a conversation with a woman without stuttering some cheesy pickup line. And even then, you'd need at least five other of your creepy pals to give you the courage to speak up in the first place. Grow a pair.

– Not Impressed

...

Dear Creepy Carpenters,
Us here in the Radio and Television

"arts" do not need to almost be clothes-lined by you pointing to your friend informing us he's "single". That is not the way to get a girl. Maybe you should learn some new techniques. Good day.

– Dresses-like-a-clown

...

Dear Carprentrey creepers,

You don't stare at the Radio & Television girls because we're supposedly dressed as clowns, you stare at us because you know none of us would ever put out for you. Sorry boys.

– Disgusted

...

There's a HOT HOT! Personal Trainer @ the Gym. Short, dark hair, tattoos, curvaceous and awesome piercings. Hmm, How to approach her? I want to ask her to train me but I'm scared! I only sweat when she's around :/ HaHA!! Anyways, I hope single and oh, i am Lesbian ;-) I hope she is too! :D

– Lesbian Lover

THE NUGGET PRESENTS:

Dr.CONwisDOM

Dear Dr. CONwisDOM,

I have the shittiest of luck when it comes to girls. No matter how hard I try, it seems as though when I go on dates with girls something tragic ends up happening that makes them stay away from me. For instance, I took this girl on a date, and she got a little hammered and she puked all over me. It was gross. However, a couple of days later I called her trying to say no hard feelings and that we should go out again, she ended up changing her number because she was too scared of what I thought of her. Another example of this happening was when I was getting fresh with this girl who I liked, and when I was getting off, her dog took a shit in her sheets. I accidentally moved her onto the steaming pile and she kicked me out! I have no idea why all these bad things keep happening to me that are completely out of my control! What do I do?

– Bad Luck Barney

Dear Bad Luck Barney,

It seems to me you have the luck of a black cat walking under a ladder while breaking 13 mirrors. Not to fret, there is a way around this, old chum. What you need to do is take control of the situation when these things start happening. With your puke-fiasco date, what you should have done is pretend it didn't happen. A drunk woman can't tell whether she puked on you if you act like it didn't happen. My friend is a scientist, you see, and he did a study on this. Also, with the bed-shit-apalooza incident, you should have avoided the situation entirely. But since you already have dropped her on some poop, what you should have done is tell her you have a fetish with cleaning. Then slowly, take a wet-nap

and begin to scrape off the feces. All you need to do is take control of the situation. Works every time.

...

Dear Dr. CONwisDOM,

As the cold and snow has hit our fine city and the sun has disappeared, I've found absolutely no urge to fornicate. It's all gone. Is there a direct correlation between seasons and sex?

– Sexytime

Dear Sexytime,

Have you ever heard of Seasonal Affective Disorder or S.A.D.? It's the winter depression or blues, and guess what? It counts for sexual urges too. What you're experiencing is not uncommon. My recommendation? Move. Preferably somewhere where winter isn't eight months of the year and also where there are plenty of hotties. Send me a postcard!

...

Dear Dr. CONwisDOM,

I can orgasm from oral sex, but I haven't had one during intercourse and I really want to. What are the best positions for me to try to reach the big O?

Sincerely,
Wondering

Dear Wondering

For the surest shot at reaching orgasm, you need direct clitoral contact, which is usually easiest with woman-on-top. Give it a try and enjoy.

...

Dear Dr. CONwisDOM

My girlfriend has some genetic thing or other where there is a lump on her chest that makes

her look like she has a third boob. To my mind before – that was totally hot, until I actually seen this atrocity. It was a weird diseased lump right on her chest. Now every time I think of regular boobs, my mind goes back to this thing. I feel like I am damaged now. How can I fix myself?

– Hotandhorror

Dear Horror,

You need some serious cognitive therapy. Yeah, the whole *Total Recall* third boob thing might be hot in your imagination, but it just doesn't happen. I prescribe finding a girl with regular boobs and bombard yourself with that image until the previous horror is washed away.

...

Dear Dr. CONwisDOM

There is this girl after me with a thick accent and furry lips, and she tries to kiss me. I can't stand the idea of this fur coming after my mouth. And the worst part is, she is in my class so I see her every day. Another downer is that I got her for the Secret Santa.

– Furball

Dear Furball,

Razor as a gift. Nuff said.

...

Dear Dr. CONwisDOM,

I am a young woman who has a healthy sex life, but I have one hangup that I can't seem to get over. You see, I don't like handling men's penises. Don't get me wrong, I love them inside me – I just don't like touching them with my hands. I have no idea why, but the thought of holding a guy's dick in my hand just turns me off entirely. What is wrong with me? Is this normal?

– Hands Free Loving

Dear Hands Free,

I wouldn't call that normal, but I wouldn't go so far as to brand you a freak, either. Look, if you have no problem sticking dicks in your mouth or vagina, it's obviously not a cleanliness issue that is "holding" you back. Did you have a traumatizing experience giving a handjob earlier in your life? Or maybe you watched *Tremors* too many times? Perhaps you just haven't found a dick that you like to hold yet. In any event, you need to be up front with your sexual partners about this particular taboo. That way the two of you can figure out clear parameters for your sexual relationship, and maybe even come up with a way for you to conquer this obstacle.

...

Dear Dr. CONwisDOM,

I recently watched the film *The Human Centipede* and now all I want is to be a part of something just like it. Can you tell me if there are any places in the world where this type of medical procedure is legal?

– Daisy Chains are Child's Play

Dear Daisy,

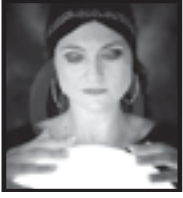
Not that I'm aware of, though I don't specialize in subhuman sex tourism. Seriously. Seek help. That stuff's disgusting.

...

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)

Is the girlfriend giving you the cold shoulder these days? Warm her up with some bling! Diamonds are a girl's best friend, after all ...

Sagittarius (Nov. 22-Dec. 21)

Feeling lonely this winter season? With your charisma, there's no reason you should be. You've got the charm, so use it! Trust me, you won't be disappointed.

Capricorn (Dec. 22-Jan. 19)

Stop with the nosiness. Stop with the eavesdropping. Just stop being such a meddling annoyance because no one appreciates it. Focus on yourself for once, and see the changes start to happen.

Aquarius (Jan. 20-Feb. 18)

I know you're feeling worked up about a lot of things right now, so take my advice and buy yourself a cake- specifically an ice cream cake. Trust me, you'll forget all about your problems.

Pisces (Feb. 19-March 20)

You know that friend you've been

having second doubts about? Yeah, you should drop her as a friend immediately. Your gut was right and so am I – She's a #!@!\$.

Aries (March 21-April 19)

You've got some extra cash on you, so treat your significant other to a nice dinner. They'll appreciate you for it, and it'll get your relationship out of that rut it's been in.

Taurus (April 20-May 20)

OK, so just what do you think you're doing? No, really, do you think that just because you're living on your own and have no parental guidance, it makes it OK to do that?

Gemini (May 21-June 20)

The seventies are over. Get a haircut. You're making the seniors on the bus nervous.

Cancer (June 21-July 22)

What's with all the anger? There is no need for that Mel Gibson. Step out of the ring and breathe. It'll do you wonders.

Leo (July 23-Aug. 22)

OK, you need to stop with the creepy come-ons ASAP. If they were effective, you'd actually be getting some dates, not seeing the girls run for the hills. Am I right, or am I right?

Virgo (Aug. 23-Sept. 22)

Whoa, that was quite a fight between the two of you. Are you going to apologize? You really should. It's not worth the demise of your relationship.

Libra (Sept. 23-Oct. 22)

Stop with the lame jokes. Please. We're all begging you. They're not as funny as you seem to think. Actually, to be honest, they're not funny at all.

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



What is Security Services?



Many times we are asked by staff and students alike who we are and what we do. This week we wanted to focus on identifying to the NAIT Community just what Campus Security Services is.

The main purpose of NAIT Campus Security Services is to provide the NAIT community with the most effective and efficient service aimed at attaining the departmental goals and fostering good staff and student relations.

Who We Are

NAIT Campus Security Services must govern its operations according to institute policy, the wishes of the institute's board, the executive and applicable municipal, provincial and federal legislative authority.

Our department employs full-time peace officers who share a commitment to maintaining a safe and secure environment. We assist over 80,000 students and staff over four major sites and various leased spaces within the metro Edmonton area.

What is a Peace Officer?

A peace officer is a person who works to uphold and enforce certain laws and regulations in Alberta. Peace officers receive their appointments by Alberta's solicitor general and minister of public security under the Peace Officer Act, to enforce specific provincial and federal legislation. The enforcement carried out by NAIT peace officers is recognized as supplemental to, but not a replacement for, the Edmonton Police Service.

A peace officer ensures the public order and personal safety of all persons within the NAIT property by providing a visible presence. Their presence is essential not only for the protection of all who frequent these locations, but also to diminish the threat of intimidation inside and outside the NAIT properties.

What We Do

Peace officers receive training in legal studies, human relations and officer safety. After the legislated training, our officers receive additional training specific to the NAIT environment. Our officers actively patrol both inside and outside our campuses and locations. Available on a 24-hour basis, these men and women are ready and willing to assist with all security needs and in any emergency situation.

NAIT's peace officers have arresting authorities under the Criminal Code of Canada. They will also enforce legislated acts

and bylaws such as:

- The Environmental Protection and Enhancement Act
- The Gaming and Liquor Act
- The Provincial Offences Procedure Act
- The Tobacco Reduction Act
- The Traffic Safety Act
- The Trespass to Premise Act
- City of Edmonton Traffic Bylaw

– 5590

NAIT peace officers can be identified by their uniform, which consists of a grey shirt and navy pants with a grey stripe. Their shoulder patches on their shirts and jackets all state "Peace Officer."

Blended Services

In July 2009, our department switched from contract security guards to in-house peace officers. While a majority of the duties are completed by peace officers, we do contract a few security guard positions for our parkade kiosks, access requests, locker cuts and for extra coverage during special events.

Additional Services

NAIT Campus Security's management team is committed to providing safety and personal security seminars and information sessions. Our sessions can be tailored to best suit your needs. We also provide information through our website, the student and staff portals, and our weekly column in the *Nugget* on a wide variety of topics.

All members of the NAIT community have a big role to play in helping our peace officers to be as efficient as possible and to provide more timely and equitable service.

If you have information regarding a crime, contact Campus Security Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stop-

pers 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.

Advertise in

THE NUGGET

Special rates for internal NAIT ads.

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

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

THE NUGGET

THE NUGGET PRESENTS: CLUBS CORNER

Upcoming clubs events

Environmental Design Student Society (EDSS)

What: Cookie Dough Sale

When: Nov. 1-25

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

Animal Health Technology (AHT2012)

What: Jungle Bar Night

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

Where: On The Rocks – Jasper Avenue and 117 Street

B-Tech

What: Silent Auction

When: Dec. 8, 9; 10 a.m.-4 p.m.

Where: NAIT Main Campus, South Lobby.

Court Captioning and Reporting

What: Angel Card Reading

When: Dec. 10; 10:30 a.m.-2 p.m.

Where: Outside NAITSA Office (Room E-131)

Clubs Centre Info

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

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

Location: Room E-133 – Main Campus

President's Connection: Nov. 29, 4:30-6 p.m.; Room X-111

Giv'er Point Deadline: Nov. 29; 4 p.m.

Grant #2 Intake: Deadline: Nov. 30, 4 p.m.

Clubs Appreciation Social: Dec. 1; 4:30 p.m. (tickets required)

Regular weekly events

Gamers of Dungeons and Dragons

What: Weekly Games

When: Fridays; 4:15-10 p.m.

Where: Room WC-312

Christian Club

What: Weekly Meetings

When: Mondays: 5:15-6 p.m.;

Tuesdays/Thursdays:

12:15-1:10 p.m.

Where: Mondays: Room E-216;

Tues/Thurs: Room E-201

Latter Day Saints

What: Weekly meetings

When: Thursdays

11:15 a.m.-12:10 p.m.

and 12:15 p.m.-1:10 p.m.

Where: Room E-221

Karate at NAIT

What: Weekly sessions

When: Mondays, Wednesdays

7 p.m. – 9 p.m.

Saturdays 11 a.m.-1 p.m.

Where: Room S-112

Single Parent?

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

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



Candy Cane For Change

1\$ = 2

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

Brought to you by Club Five Star

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



FULL FRAME 47 presents
PRINT DISPLAY & SALE
in support of the Edmonton Food Bank

NOVEMBER 30th 2010 9am - 5pm NAIT MAIN CAMPUS SOUTH LOBBY

FULL FRAME 47 PHOTO CLUB AT NAIT
fullframeclub@gmail.com



SANTA PET PICTURES

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

Prices for pictures are:
5 x 7" \$8
8 x 11" \$10
\$2 off each additional picture

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

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



NAIT PAINTBALL

NAIT CLUB: Paintball Action Sports: NAITBALL

Register as a team or individual

Next Game:
Saturday December 4th
Indoor!

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

To register email
icloutier1@studentmail.nait.ca

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

Join our Facebook Group or Page

NAIT Paintball
facebook
Paintball Action Sports: Nait ball



Mrs. D's PRESENTS Crazy About Pets

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

Amazing Tug Toy
Extra strong. For all dogs.

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

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

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

Fish Flavored Cat Treats 3 oz.

All Natural Chicken & Rice Dog Treats 4 oz.

All Natural Peanut Butter Dog Treats 4 oz.

ALL ITEMS \$6.00 each

FUNDRAISING

NAIT AHT CLASS OF 2012

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

Overcoming perfectionism



TIMELY TIPS

MARGARET MAREAN NAIT Student Counselling

Do you set excessively high standards for almost everything you do?

Do your accomplishments rarely meet your expectations?

Do you try to appear faultless to the outside world, even your friends?

Do you judge yourself based on your accomplishments ... consider yourself a failure if you get a "B" ... put things off because you can't get them perfect ... avoid giving your opinion for fear of looking dumb?

Perfectionism: a self-defeating cycle in which individuals set excessively high standards for almost everything they do, often fail to live up to their standards and blame themselves for not being good enough or not trying hard enough. To offset this, they feel compelled

to set more unrealistic goals in order to try and feel better.

Perfectionism usually interferes with, rather than contributes to, success. Perfectionists never feel satisfied and even if they get some temporary satisfaction, they usually don't accomplish as much as non-perfectionists because they spend so much time trying to get things just right. Becoming so obsessed with achievement often means missing out on the satisfactions and joys of life. Perfectionism is a major cause of procrastination. Fear that they cannot do a task perfectly or anticipation of the effort involved to achieve perfection often causes perfectionists to avoid tasks. As well, perfectionists often have problems with relationships because they apply their own unrealistic standards to others and can be critical and demanding.

While setting high standards is good, aiming for compulsively high targets is harmful to your mental, emotional and physical health. Here are some tips for setting realistic standards:

- Set boundaries on the amount of time you put into projects and studying, and stick to those boundaries. Perfectionists often put two or three times the time and effort into projects, even if the projects are minor and all that extra effort usually leads to minimal improvements (two or three per cent). In the meantime, they get stressed about not working on other projects and lose balance in their lives through not

spending time with friends or doing activities they enjoy.

- Decide on one or two things that are most important to you and put your effort into those things. Practise doing a mediocre job, or even a bad job, of other things that are not important to you.

- Try new activities. Remember that we learn by making mistakes. Often perfectionists don't try new things because they don't want to make fools of themselves.

- Know your overload warning signs. If you are having symptoms of stress, feeling like giving up, avoiding necessary tasks or feeling tearful or irritable you may be setting standards that are unrealistic or taking on too much.

- Schedule time for fun and relaxation every day. This actually makes you more creative and productive in the long run.

- Try not to compare yourself to anyone else.

- Alter your negative self-talk. Be aware of how hard you are on yourself and practise giving yourself more praise and changing negative self talk to positive, or at least neutral, messages.

- Ask yourself, "What is the worst thing that could happen if I don't do this perfectly or if I get a mediocre mark?" Usually the consequences are not that critical.

- Make a list of how perfectionism is hurt-

ing you and those around you. Some common examples include low self-esteem, micro-managing, negativity, isolation, difficulty making decisions, not taking risks and keeping relationships distant.

- Watch for positives. Perfectionists are usually wonderful at spotting flaws in themselves and their work, as well as in others. Make a conscious effort to see more good than bad in everything and everyone you evaluate, and to alter that negative inner voice to have a more positive, realistic viewpoint.

- Stop chasing the impossible dream. Judge yourself by who you are, and not by what you accomplish. No one is, or ever will be, perfect. You are wonderful just the way you are!

Healthy achievers take pleasure in pursuing their goals rather than feeling stressed that they might not achieve perfection. Letting go of perfectionist tendencies requires time, effort and patience (and the willingness to accept that your efforts at change won't be perfect)! But healthy goal setting is within your reach ... and you will probably find yourself having a lot more fun.

Counsellors at Student Counselling can help you work towards setting healthy standards. We offer academic and personal counselling. To book an appointment, drop by Room W111-PB in the HP Centre or book an appointment at 780-378-6133.

Who You Gonna Call? NAIT Services for Students

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

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

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

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

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

Program-related concerns – Contact Program Chair or Program Advisor

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

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

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

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

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

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

NAIT STUDENT COUNSELLING

Room W111-PB, HP Centre, Main Campus

Telephone: 378-6133

Website: www.nait.ab.ca/counselling

... facilitating student success

Share the Warmth

Please help local charitable organizations by dropping off your donation of

NEW SOCKS, Toques, Scarves or Gloves.

November 1 - December 3, 2010

DROP OFF LOCATIONS

A131
A140/141
A167
A272
B103
Bistro
Bytes
C103
Common Market
E101
E106
E134
E206
E220
F012

F303
Fresh Express
H303
J213
J300/303
K105
K116
L101
L260
N107
O102
Patricia Campus
Patricia Bookstore
Project Factory
S105

Souch Campus
Souch Bookstore
Tech Store
T110 (NASA)
T200
T300
T500
T600
T710
Reads n' Needs
U209
W111
W205
W309



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



KASSIDY KRUEGER

What are your thoughts on the snow?



"Snow is delicious ... on sno cones only!"

Pat Cay
Marketing



"It is nice and clean. I am excited to go sledding and snowboarding."

Briah Bartels
Business



"I love it. I get to play outside with my two dogs!"

Carson Helfrich
Marketing



"Hate it! It's cold and everyone drives too slow!"

Heather Seth-Perreault
Business



"I like it, the more powder the better."

Connor Miller
Marketing



Recruitment Open House

Nov 30, 2010

11:30 a.m. – 1:30 p.m.

NAIT Main Campus

North Lobby (Building O)

Lunch Will Be Provided



Come learn about exciting job opportunities at Imperial Oil Resources.

Programs of interest include:
Power Engineering Tech
Mechanical Engineering Tech
Chemical Engineering Tech
Petroleum Engineering Tech
Instrumentation Tech
Electrical Tech
Millwright Tech
Environmental Tech/Sciences

