#### Soccer Nationals Nov. 10-13

### Thursday, November 4, 2010 Volume 48, Issue 9

# MIGGET



YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

# LUNG TESTER UNVEILED

Instructor invents automated device to aid teaching, story page 5



#### PROVINCIAL CHAMPS!

The Ooks men's soccer team celebrates after winning the ACAC provincial championship on Oct. 24. The men will try to add a national title to their resume at the CCAA championships in Spruce Grove next week. NAIT is hosting the tournament, which will run Nov. 10-13.



The Nugget Thursday, November 4, 2010

# NEWS&FEATURES ETS, U-Pass changes?

#### By RACHEL JACQUES

NAITSA is lobbying for Edmonton Transit to change its service to and from NAIT.

At last week's Senate meeting, NAITSA V.P. External Govind Pillai announced he is currently lobbying ETS to increase its routes to and from NAIT.

The head of ETS, Gord Dykstra, has been in contact with Pillai on numerous occasions about the change and says that if an increase is to take place, ETS needs commitment from all areas of the city and surrounding suburbs such as Spruce Grove, Sherwood Park and St. Albert.

Pillai said that with the planned 2014 LRT station to be built on the City Centre Airport lands once the area is redeveloped, the ETS routes would automatically increase for NAIT, but in the meantime, he is still lobbying for other increased routes.

NAITSA also plans to utilize the airport land for its own new building with the ultimate goal to have the building located right next to the future LRT Station.

Executives said the new NAITSA building would provide more space and student services

Unfortunately, it will be quite some time before the land is ready to be developed but NAITSA will have some stake once redevelopment does take place.

NAITSA President Timothy Jobs said at the meeting that he has met with recently re-elected Mayor Stephen Mandel to discuss the lands and to give NAITSA the chance to provide some input.

But in the meantime, Jobs has said the cur-



rent NAITrium may have some renovations in

Meanwhile, along with ETS route changes, NAITSA is also lobbying for changes in the current U-Pass system.

Jobs is hoping students who are not currently eligible for the U-Pass, such as the students living in Sherwood Park or Spruce Grove, may become eligible in the near future.

Jobs said Mandel has taken the initiative on this issue and will be speaking with councillors from those areas to see if he can get them on

NAITSA will also be polling practicum stu-

dents who are currently ineligible for U-Pass service, in order to get a feel for their level of interest in receiving the universal transit pass.

If interest warrants, then Jobs said NAITSA will look into the steps involved in changing U-Pass eligibility.

Senators meet again next Wednesday.

### novaNAIT boosts grad's business

#### By JULIE KRAUS

JR Shaw School of Business graduate Konrad Misiewicz's says his business - launched with the help of NAIT – is coming along nicely.

His business plan won the 2009 HATCH competition – a competition that helps finance a



**Konrad Misiewicz** 

student or recent graduate who has a great idea.

Misiewicz's winning idea was for an improved "pig tracker". He was in town last week for a Work Force Forum conference.

"Right now we have a good product. nova-NAIT has helped me get it incorporated and we are building a receiver for it. We're actually planning to have a launch party in January," he said.

Students in their last year of study at NAIT or who have graduated within the last year are given the chance to start their own business with the HATCH competition.

SIFE NAIT, novaNAIT and Alberta's Youth Technopreneurship Program (YTP) holds the competition for students with innovative business ideas, awarding them \$20,000 in seed money, including access to space and services at the Duncan McNeill Centre for Innovation, if their idea is chosen.

Misiewicz was the first "technopreneur." His idea for an improved pig tracker could potentially save the oil industry a lot of money.

A pig device is placed inside a pipeline to clean residue, and as they are very valuable, a pig tracker helps retrieve them when they get stuck or lost. Misiewicz says his pig tracker is made better, is more durable and can detect farther distances than current models.

He said the pig tracker, which is an ongoing effort with his father Mark, will benefit the oil maintenance firms and contractors who will buy

"We are working on a very viable business and I definitely see it coming together soon, as soon as we get over a few roadblocks," he said.

This year's HATCH competition ends Friday (Nov. 5).

"This is the second year we have done the HATCH competition," said Sandra Spencer, product development officer with novaNAIT. "Other schools have done things like this so we wanted to as well. The idea is that the entrepreneurship creates economic impact as well as social and environmental impacts."

Spencer said every year novaNAIT must make a business plan proposal to the government in order to obtain the prize and start up money.



### Remember Movember

#### By CELESTE DUL

November is a month that welcomes fall leaves, chilly breezes and moustaches.

It's the month of "Movember" and people worldwide should expect to see some extra facial hair.

Movember promotes awareness of cancer in men through a moustache growing contest for charity.

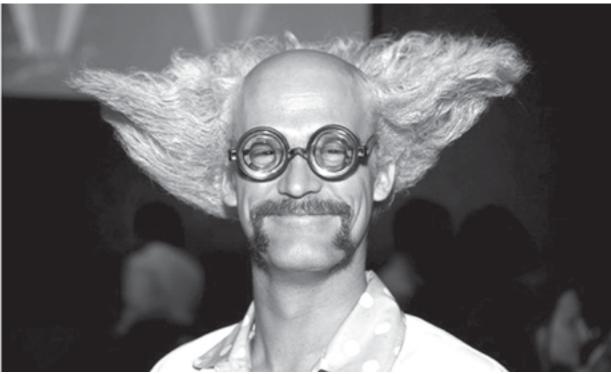
Participants, known as 'Mo Bros', will start November with a clean shaven face, and compete to see who can grow the best moustache by the end of the month.

During the month, Mo Bros will be raising money for a great cause to benefit men's health.

NAIT's own NR92 radio students have started their own team for Movember, and have already begun raising money.

"Not only is it for a serious cause," says Doug Yearwood, leader for "Jocks of NR92" Movember team. "But we get to compete to see who has the best moustaches."

All of the money raised in Canada will go towards Prostate Cancer Canada, a non-profit organization that funds the development of awareness, education, advocacy, support of those affected, and research into the prevention, detection, treatment and cure of prostate



This New Zealander was named International Man of Movember for 2008.

"As a class we decided to take it on. It's for a great cause," explains Yearwood.

"As a group, we haven't dicussed how much we'd like to raise, but I personally would like to raise \$1,000."

Movember was started in 2003 in Melborn, Australia as a joke in order to bring the moustache back but also promote men's health.

In 2004 it evolved and raised \$55,000 for the leading cancer affecting men: prostate cancer.

Movember has now expanded to Canada, the U.S., U.K., New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

In 2009 the Movember movement raised a total of \$7.8 million.

If you'd like to get involved, register through http://ca.movember.com. You can register as an individual or a team and they will send you all the information you need in order to become a "Mo Bro."

If you'd like to help support the cause without growing the 'stache, you can donate through the same webpage. Search "Jocks of NR92" to donate directly to NAIT's fundraising radio students.

### Feds give nano money

#### By STEVEN DYER

Last month, Prime Minister Stephen Harper announced the federal government is investing \$2 million into Alberta's nanotechnology industry and it looks like NAIT students could benefit from that grant.

The money was given to the Alberta Centre for Advanced Micro Nanotechnology Products (ACAMP).

While NAIT isn't receiving any of the money directly, some graduates will likely benefit as the institution is the first and only school in Canada to offer a nanotechnology program.

"The money will be spent on three different areas of nanotechnology research," said Ken Brizel, CEO of ACAMP.

He also said that the money will be used to purchase new equipment in order to further nanotechnology studies in the province.

Mark Archibald, NAIT's Nanotechnology Systems program chair, says the investment should help ensure NAIT graduates find employment in the industry.

"This investment suggests federal confidence in high technology companies and research facilities. Those high technology companies and research facilities should be looking to hire NAIT's future nanotechnology systems grads," he said.

Nanotechnology is the study of controlling of matter on an atomic and molecular scale. It can be applied for various purposes and as our understanding of it continues to grow, so will its applications.

NAIT's program teaches students about various subjects such as microbiology, electromagnetism, digital systems and molecular biology. Students learn how to relate chemical and biological concepts to nanotechnology applications.

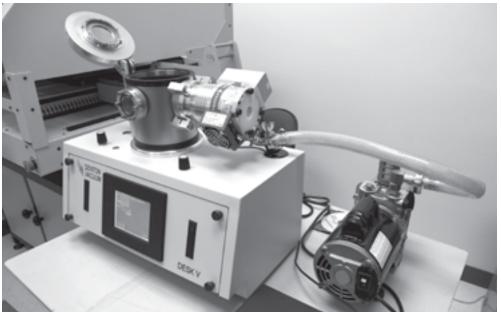
ber and will be having its second come January.

Both Brizel and Archibald are excited about the opportunities that nanotechnology research presents for Alberta.

"Advancements in nanotechnology will greatly benefit our society and

"The \$2 million federal investment in Alberta nanotechnology supports economic diversification and innovation in Alberta and Canada," said

For more information on cost and entrance requirements for NAIT's Nanotechnology Systems program, visit www.nait.ca.



The program had its first intake this past SeptemThis is one of the machines used in NAIT's nanotechnology program.

Photo by Laura Dettling
Photo by Laura Dettling

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

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

#### **Letters**

#### We want your views

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

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

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

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

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

# Dangers in the classroom

#### By DARYLANN HUTCHINGS Assistant Issues Editor

Many students attended the Civil Campus Conference this past week.

The event was a collaborative initiative among

NAIT, MacEwan University, Norquest College and the University of Alberta. It was designed to explore strategies for establishing safe classrooms and campus environments and with guest speakers presenting throughout the day.

"This is always an exciting event," said Philippe Warsaba, NAIT's director of recruitment and student life. "We are happy with the turnout."

The keynote speaker of the day was Dr. Gordon Neufeld, who is a developmental psychologist with 38 years of experience with children and youth.

Neufeld talked about classroom relationships and why they matter.

His keynote explored three types of learners and the problems each faces in most classroom situations.

Along with students, many teachers attended the conference and Neufeld was able to connect with the audience with the examples he used, which touched those who have

taught and are still teaching

The next speaker was Kevin Cameron, a board certified expert in traumatic stress. Cameron talked about the signs and signals of a stressed and troubled student.

Cameron has worked on cases including the high profile Taber school shooting years ago. He trains crisis response teams nationally and internationally and consults with schools and communities impacted by trauma

Cameron hopes to see NAIT, U of A, Norquest and MacEwan on board for his threat prevention course.

"The only reason I do conference presentations is to get people into the field and to understand," explained Cameron. "If you're not developing comprehensive protocols and

adequately trained to do it, it is basically negligent in this generation to not be addressing the issue of violence prevention."

Warsaba is confident the board of directors at NAIT will invite back Cameron for his course.

This is the first year NAIT played host to the Civil Campus Conference.

To check out more about the Civil Campus Conference, visit www.civilcampus.ca.



**Philippe Warsaba** 

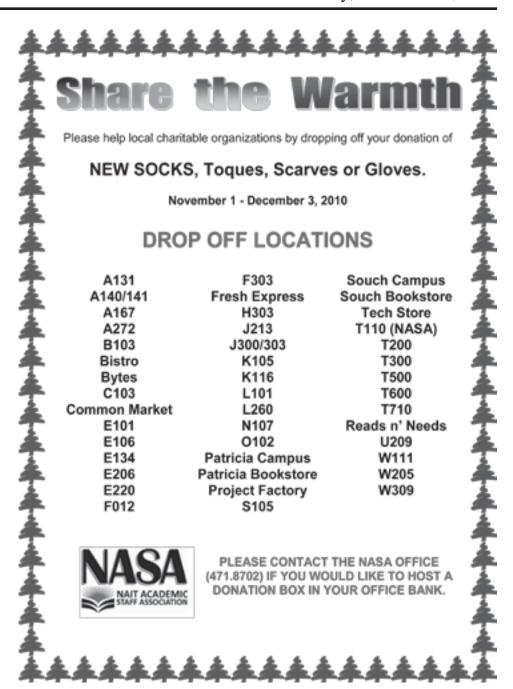








Photo by Laura Dettling

An automated test lung invented by NAIT instructor Ian Pappin, inset above, is shown in this photo.

# Instructor builds lung test device

By CATHERINE YE

Last week was National Respiratory Therapy Week.

It was a time for people to be more aware of their breath, which most take for granted and may even never think about it unless problems occur.

It was also a chance for a NAIT instructor to show off his newly-invented automated test lung.

Respiratory instructor Ian Pappin has taught at NAIT for 11 years and invented an automated test lung to simulate a patient's breathing.

"The test lung is a machine which can mimic the normal physiology of a patient by initiating (breathing) and also be able to change the lung's physics to mimic a disease process," Pappin said.

The automated test lungs give students invaluable hands-on simulation experience that they otherwise would only get in a hospital with a real patient. Even though there are already some similar devices on the market, there are not many machines which can initiate the breath and create negative pressure towards breathing, which is what Pappin's automated test lung does.

"I just started to think about creating one because I could not find a proper one in the market," he said.

The automated test lungs are mainly used for teaching purposes in classrooms and labs.

"It is now still a prototype but it works very well," Pappin said.

He wants to make five more lung devices and allow them to be used by students as soon as January

He is also considering developing the device to a more advanced prototype that could be sold in the real market.

"NAIT is very helpful with me for acquiring funds for my applied research ... very supportive to help me put everything together," Pappin said

He said the automated test lung is a product with a promising future but it's still hard to say how long it will take to get to the market.

Pappin recommends the Respiratory Therapy program to everyone who cares about their own breath.

"Respiratory Therapy is a three-year program and we take about 50 students every year. It is a health care program. Every student should show their caring for the human body and their breath," Pappin said.

Graduates from NAIT's Respiratory Therapy program provide life-supporting and life-enhancing health care dedicated to the assessment, diagnosis, treatment, rehabilitation and education of patients of all ages with cardiopulmonary disorders and acute multi-system problems originating from other conditions.

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THE NUGGET

### Cinda's Tech Talk

## New-look MySpace





#### **LINDA HOANG Issues Editor**

"Fans of the world. Welcome to the new MySpace."

This week MySpace began the launch of their newly redesigned interface to bring it back to the top of the social networking world.

The former social network giant had at one point (in 2006) been the most popular social networking website before Facebook overtook it in 2008.

Since then MySpace has been on a downward slope in popularity, activity and overall purpose and it's the company's hope that this redesign will bring them out of that pit of irrelevance.

"This marks the beginning of an exciting turning point for MySpace," said the company's CEO Mike Jones in a press release. "Our new strategy expands on MySpace's existing strengths – a deep understanding of social, a wealth of entertainment content and the ability to surface emerging cultural trends in real time through our users."

Along with a rebuilt homepage, new layout, navigation and features, there's also a new logo.

The new logo "my" followed by an underscore encouraging users to fill in the blank themselves, is part of a complete overhaul the company hopes will restore the popularity they once had.

The company says that "MySpace is a platform for people to be whatever they want, so we've decided to give them the space to do it" through the newly designed logo.

When the redesign fully rolls out, it looks like users will be able to add their own custom artwork popping out of the underlining space. It's a nice touch, and definitely cooler than their previous logo, but it won't do much to help save

In fact a funny remark someone on the interweb made about the "my" and literal space, is that "like the company, it's half gone." Too true.

The new MySpace has a clear focus on entertainment content. It wants to be "the leading entertainment destination that is socially powered," which is understandable since one of the reasons the social network had been so popular in the past was because it allowed fans and celebrities - specifically musicians - to connect online.

But the fact remains that with Facebook's pages for celebrities and with Twitter's "verified" celebrity accounts, the one thing that MySpace had once been especially unique and known for - its connection to celebs online - doesn't hold true anymore and bringing out a new look won't likely

Whether this revamp actually proves successful or not (and I'm leaning towards the not), it's a commendable last effort by the company to try and save their once magical social network.

The full rollout is expected to take place throughout the month of November.

I wish you luck, MySpace, but I'm not holding my breath that this will be a success.

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





### Tigers in tight spot





#### **EVERYTHING** GREEN

#### **DARYLANN HUTCHINGS Assistant Issues Editor**

Everybody knows of the beloved tiger. A tiger is a wild animal that most of us have only ever seen behind a fence at our local zoo.

Sadly that may be the only place to see tigers soon.

The World Wildlife Foundation (WWF) claims that the tiger population is at its lowest level ever, with possibly as few as 3,200 remaining in the wild.

The WWF goes on to say that although there are no accurate Green column in the Oct. estimates of the world tiger population, numbers are thought to have fallen by over 95 per cent since the turn of the 20th century - down from perhaps 100,000 tigers to the current estimate of just over 3,000.

For over 1,000 years, tigers have been hunted as status symbols, used for decorative items such as wall and floor coverings, souvenirs and curios and in traditional Asian medicines.

The WWF thinks hunting for sport probably caused the greatest decline in tiger populations up until the 1930s. In many areas, tigers were considered to be a pest that needed to be exterminated.

From the 1940s to the late '80s, the greatest threat to tigers

was the loss of habitat due to our population's expansion and activities like logging. In the early '90s, the majestic creature was hunted for its bones,

as many people wanted them to use for traditional medicines. It's a sad thing to think that we are the cause of this animal's numbers declining, but can we really help what most people

think is inevitable? There is not much we can do to help the tigers personally in the wild, but there was a website I ran across that some of you may be interested in.

http://www.thepetitionsite.com/13/save-the-tiger is a petition started to try and help the tigers. Their "target" as listed on the website is to "Pressure world leaders to take action now by providing a voice for the tigers."

And if petitions aren't your thing, then maybe sign up to volunteer at the Edmonton Valley Zoo.

One thing is for certain – if the wild tiger population contin-

ues to decline at the current rate, recovery may not be possible.

#### **Forestry Update**

In my Everything 14 issue of the Nugget, I wrote about forests and the challenges facing the world's forests today. Here are facts clarifying some of the points I wrote:

• Forest area: about four billion hectares (3 952 million hectares or about 40 million km2) or 30.3 per cent of total land area.

- Forest area per capita: 0.62 hectares.
- More than half of the world's forest area is found in the Russian Federation, Brazil, Canada, USA and China, combined.
- Ten countries account for two-thirds of the global forest
- Sixty-four countries had less than 10 per cent of their total land area forested, mostly in North Africa, West Asia and small islands.
- American Samoa, Federated States of Micronesia, French Guiana, Gabon, Guyana, Palau, Pitcairn, Seychelles, Solomon Islands, Suriname and Turks and Caicos Islands all have more than three quarters of their total land area forested.
- Forty-five countries have more than 50 per cent of their total land area forested.

(Source: FAO Forest Resources Assessment 2005)

- Heath Schneider, Forest Technology instructor



It is estimated that there are only about 3,000 tigers left in the world.

### OPINION

# To give or not to give?



KATHY LE **Editor-In-Chief** 

consider myself a generous person. Every year I try to donate my time or money to some kind of charity, but the one issue that's closest to my heart is the problem of homelessness. Despite a raw look, heavy stench and rude manners, I can't help but feel sad whenever I see a homeless person on the street. So, I do what I

think is right – I toss them a couple of coins or, if we're near a food joint, will buy them a burger. Most of the time I don't even hesitate when I reach into my wallet for some money, but lately I've started to re-think my actions when I'm

As a fundraiser for the Hope Mission I went homeless for a night. It was partly to see what 'real' homeless people have to cope with and partly because I wanted to challenge myself. To ensure my safety I didn't stay on the streets for the entire evening but instead slept on mats inside the women's shelter.

#### Lost my appetite

My evening started at suppertime where hundreds of people lined up for a hot cooked meal. As I sat down with a tray of food, I quietly observed my surroundings. Let's just say the sights and smell made me lose my appetite. Does being homeless make one lose their manners and table etiquette? A home is lost ... not a brain. I understand there are many homeless people who suffer from mental illness, but I can tell you those are the people who are the most polite and sane. So that excuse is ruled out. The person sitting a couple of seats down from me with chicken juice dripping down his chin made me want to cringe, while another guy shouting profanities made me want to tell him to shut up. It was a very overwhelming episode.

Then I met Gabriel. He was well spoken, had manners and was just a nice person - someone you would go for coffee with. However, Gabriel is no exception to the reason why many end up in homeless shelters. He also suffers from addiction problems, but the only difference is he's using the programs good people like myself fund to get better. It was a gratifying moment to know there are individuals who've fallen through the cracks of society, but eventually find a way to take control of their lives again. Meeting Gabriel made me feel good about raising money for programming and other things the Hope Mission offers.

It wasn't until I went back to the women's shelter that night that the things I saw and heard really put things into a new perspective for me. The shelter calls Tuesday 'Mardi Gras'. It's a day when the homeless get their cheques from the government. Some will go out for a night and blow it all away. I won't say how much some of these cheques are but let's just say it's more then what I make in a month with my part-time job. I can't say what they spend the 'free' money on, but I think it's safe to rule out rent or food – you know, the important things in life.

#### No grasp of hard work

I was mad. Here I am, a student who is trying to finish school, pay for tuition, save for my internship and pay bills while working part time to get all the above done. I'm not getting any kind of financial help other than some scholarships earned from hard work. Yes, hard work, a concept not very many of them have grasped yet. Getting free money without working would completely take the stress off my shoulders. Seeing this just made me want to take all the money raised and return it to those who've worked for it. I figured if these guys got themselves into this mess, they should figure a way to get out of it or just be written off. Everyone has choices to make. I know a few people who've suffered hard times in life but managed to get through it without resorting to drugs or alcohol. There is no excuse.

Then I thought about people like Gabriel. As you can see it's a huge dilemma – to give or not to give? I understand why some people hesitate to donate money for the homeless. You have to weigh the pros and cons. If you dig a bit deeper, you'll find wonderful people such as Gabriel and your heart goes out to them. And in the same moment you'll find others who abuse the system and let themselves go to waste because of some bumps in the

Regardless of how I feel about some homeless people, I'm glad I raised money for the Hope Mission. But I think if a homeless person ever comes up to me again, I'll point them in the direction of the shelter and walk away. I can't be bothered with their panhandling anymore.



Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

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Trust us on that. Write us.



### SPORTS

**MEN'S HOCKEY** 

# Learning as they go

By KYLE GALLIVER

After failing to win a game this past pucks in the net this weekend. With only

weekend in a pair of losses to SAIT, the NAIT Ooks' men's hockey team is preparing for a homeand-home matchup with the Concordia Thunder. The Thunder and Ooks both head into the weekend with



the pack in the ACAC.

The Ooks will be looking to put more

17 goals scored in eight games, the Ooks are one of the lowest scoring teams in the conference. Only the Grant MacEwan Griffins have scored fewer, with 14. For head coach Serge Lajoie, it's all about

similar records and both sit in the middle of staying positive. He believes if the team sticks to the system and stays patient that

the goals will come.

"I'm looking forward to a game where the guys get rewarded for their hard work,"

The team has been putting in the effort on and off the ice and the coach feels it is only a matter of time until the team's puck luck turns around and some pucks starting

finding the back of the

Despite his team's 3-4-1 record, Lajoie isn't unhappy with his team's efforts. They have battled hard every game and have had the opportunity to win every game.

"I've been impressed by the core leaders on the team," he said. "Guys continue to look to them for guidance on and off the ice."

Lajoie adds that there have been a few pleasant surprises on the team, including 19-year-old Kjell Reid and 20 year-old Max McCloy, who each Clareview arena.



Serge Lajoie

have five points through the team's first eight games.

The defence has been good and the Ooks' goaltending has been solid, so the focus heading into the games against the Thunder will be the team's powerplay and goalscoring ability. Having players come back from injury should also help give the team

> a boost. Injuries have been a problem all year, but the Ooks are ready to welcome almost everyone back.

Lajoie believes that everything happens for a reason, and uses this past weekend as an example. Despite losing both games to the Trojans, who are perennial powerhouses in the ACAC, the Ooks can build off the fact that they were in it through two periods in both games and that a few lucky bounces could have changed the tide of either game.

The Thunder and Ooks play this Friday at 7 p.m. at the NAIT arena and Saturday at 8:15 p.m. at the

**NAIT** notes

By NUGGET SPORTS STAFF Women's volleyballers

The Ooks earned a pair of victories over the visiting Keyano Huskies this Halloween weekend, including a five-set win in Saturday's contest. Tayler Smith led the way for the squad with 26 kills, 10 digs, and five service aces over the two games. Despite the win, head coach Erminia Russo Thorpe says the team still has to work on its consistency. "It was an

earn weekend sweep

interesting weekend for us, at times, we played like the team that has been improving steadily and other times we played very disorganized," she said. However, Russo Thorpe was pleased with the fight she

saw in her team. "The Huskies did a good job of exploiting our weaknesses but we managed to come back and finish them off both nights, which says alot about our tenacity."

#### Strong play carries over to men's side

Not about to be outdone, the men's volleyball team also swept Keyano in the weekend's action, led by third-year left side player Bret Cole. Ooks head coach Simon Fedun was happy with how his team handled one

of their biggest challenges to date. "Keyano has a very good team and they posses the biggest player in the country who changes the way you attack them, seven foot two Ivan Kartev," Fedun said. "Everyone on our roster was needed this weekend to come in and contribute to the victories. It is a testament to how deep we are this season."

#### A step in the wrong direction

The men's hockey team dropped two games to southern rivals SAIT, and scored

> only a single goal in the process. The Ooks conceded three third-period goals in both games, which ended in 4-0 and 4-1 scores. Head coach Serge Lajoie was disappointed with his team's

effort level, and knows the players have to bring a stronger work ethic to the rink if they hope to get back in the win column. "[It was] very clear that some players were not ready to compete," Lajoie said. "These two games versus SAIT hopefully will help us realize the intensity we have to play at against the top teams in ACAC, and also reinforce the small margin of error between a successful and an unsuccessful weekend."



Ook forward Jiri Prochazka, left, jostles with a SAIT Trojan during a game at NAIT arena on Oct. 29. SAIT won the contest 4-0.

**SOCCER NATIONALS** 

# Second chance at glory

#### By CATHERINE YE

November 10-13 is definitely a big period of time this year for soccer fans at NAIT, as the CCAA national championships will be held here

The women Ooks have a unique second opportunity at nationals. The team competed in provincial championships two weeks ago, and fell just short of winning, but due to being the host school for nationals, they get a spot in the tournament and have a chance to play for an even bigger title.

The provincial games were tough but the team fought hard throughout. "We played against very good opposition and the girls rose to the occasion," said Ooks head coach Sergio Teixeira. "I am very proud of them. We beat Red Deer 3-0, beat Mount Royal, 7th in the country, 1-0, and lost to Concordia in a shootout."

Mount Royal and Concordia are both teams which rank in the top ten in Canada, with Concordia sitting at number one

Teixeira is definitely happy about the results the team gained, but an injury to one of his players bothered him as well. "We lost Ali Bruni, who is a

defender, in the game versus Red Deer last weekend," he said. "Ali is a key part to our team, but fortunately it did not affect the performance of the whole team, the girls stepped up in her absence."

The coach added, "If there is any hero or star players for the last few games, I will say it is the team as a whole. The girls performed fantastic. Everyone did their job."

When it comes to expectations for the CCAA championships, the coach has a clear goal for the team. "To win. That has been our goal every game," said Teixeira. "We are a very good side if we stay healthy, then we can beat anyone. Our team is a very confident and skillful group of girls. We play as a team and we believe in each other."

The Ooks will have a tough road to the top prize after the pools for the national tournament were announced. "We are in a very tough pool versus BC and Ontario. They will both be very good sides," said Teixeira.

The tournament kicks off Nov. 10. All games will be held at West District Park in Spruce Grove. Check next week's Nugget for a full rundown of all the teams involved.



A NAIT Ook, right, battles a Grande Prairie player during a women's soccer match Oct. 17 at NAIT field. NAIT won 4-1.

#### **Athletes of the week**

October 18-24

#### **Rebecca Merasty** Volleyball



Rebecca Merasty, a libero for the NAIT Ooks women's volleyball team, had an outstanding opening weekend, leading her team to a sweep of the MacEwan Griffins. Merasty earned player of the match for Friday night's 3-1 match and then followed that up with a 14-dig performance on Saturday in the team's home-opener. "Rebecca has really settled in nicely as our libero," said head coach Erminia Russo Thorpe. "She is covering a lot of court in both service reception and defence and she is proving that she can handle it." Rebecca is a first-year Bachelor of Business Administration student from Meadow Lake, Saskatchewan.

Lisa Martin Soccer



Lisa was instrumental in the NAIT Ooks women's soccer team earning a silver medal at the ACAC Championships this past weekend. She scored the lone goal in dramatic fashion in the final minute of the team's 1-0 victory over the Mount Royal Cougars in the semifinal. She also added a goal on a free kick in the gold medal match, which saw the Ooks lose 4-3 to Concordia on penalty kicks. "She was wonderful this weekend," said head coach Sergio Teixeira. Lisa is a fifth-year Continuing Education student from Edmonton.

**Phil Pavicic** Soccer



Phil was instrumental in helping the NAIT Ooks capture the ACAC Men's Soccer Championship this past weekend at Mount Royal University. Phil scored six goals in three games, including three against Mount Royal in the semifinal. "Phil was simply unstoppable this weekend and played at a different level. It was impossible to deal with him with just one defender and when teams committed a second player to try to defend him it just opened up room for everyone else," said head coach Jeff Paulus. "Phil might just have put on the best display of striking I have seen from anyone in the past six years that I have been coaching in the ACAC." Phil is a thirdyear Continuing Education student from St. Albert.

#### **Athletes of the week**

October 25-31

#### Katrina Papenhuyzen Basketball



The NAIT women's basketball team earned a weekend sweep on the road versus Keyano College Oct. 29. and 30. Katrina Papenhuyzen, a second-year forward, was a key contributor to the pair of NAIT wins on the weekend. In Friday's 80-50 victory, Katrina was named ACAC player of the game, posting 13 points, pulling in six rebounds and tallying four assists in the win. Saturday, Katrina continued to play an allaround game, scoring 11 points and hauling in six rebounds while providing much needed energy at the defensive end in a 56-36 NAIT win. Katrina is in her first year of the Business Administration program at NAIT and is from Stony Plain.

**Bret Cole** Volleyball



Bret Cole was instrumental in helping the NAIT Ooks men's volleyball team win two games at home this past weekend versus the Keyano Huskies. Cole had 24 kills, 10 digs and three blocks in the two-game set. "Bret has been our most reliable player this year and is a big reason for us sweeping the Keyano Huskies this weekend," said head coach Simon Fedun. "On Saturday, he played injured and was still a force at the net." Bret is a third-year Instrumentation student from Red

### The death of sportsmanship



OUT OF BOUNDS
RYAN FLAHERTY
Sports Editor

I'm a big football fan. It's probably my favourite sport. CFL, NFL, college, I'm into the whole shebang.

This year, I've had the chance to take in a number of junior games featuring both of Edmonton's teams, the Huskies and Wildcats. Even though both clubs are currently in rebuilding mode, it's a lot of fun watching these young men go toe-to-toe every week.

Junior football provides more than its share of great plays, big hits and exciting action. It's also neat to think that there's a slight possibility one or two of the current crop of players might one day make a living in the pros.

Unfortunately, in junior football there is a big gap between the good teams and the not-so-good teams, and that leads to some lopsided scorelines. Let's just say the first halves of most games are more entertaining than the second halves.

But I've never been witness to a blowout like the one that took place recently at Clarke Stadium here in Edmonton.

The league's top dogs, the Saskatoon Hilltops, came into town and closed out their season by clobbering the Huskies 75-13.

75-13. That's not a typo.

This ridiculous game included two kick return touchdowns, two pick sixes (on consecutive possessions, no less), and at least seven turnovers that I can remember.

In short, it was an embarrassment. Now, I'm firmly against teams "taking it easy" on their overmatched opponents, because it's even more insulting to the loser. But there are certain things that teams with huge leads just shouldn't do. It's one thing to beat someone by legiti-

mately outplaying them for 60 minutes, but there's no need to rub salt on the wounds.

And that's exactly what the Hilltops did by attempting not one, but two short kickoffs when they were already ahead by at least 40 points.

If that wasn't a big enough middle finger to sportsmanship, I had to watch as Saskatoon head coach Tom Sargeant taunted a Huskies defender after the player had been beaten for a touchdown, then proceeded to verbally abuse his own players with loud, profanity-laden pronouncements of how badly they were playing. Might I remind you, this is the



**Tom Sargeant** 

coach of the team which was ahead by at least 40 points at the time.

The thing that bugged me the most about the whole sorry display was that this was my hometown team.

When I was younger, I was a proud supporter of the Hill-tops. Led by the more respectful Dave Hardy, they were a perennial national title contender and the model of a class organization. Nowadays, they may still be a mighty juggernaut of a team, but with exhibitions like the one I watched unfold last weekend, I just can't bring myself to root for them anymore.

**CROSS COUNTRY RUNNING** 

### **Next year country**

Wayne Dalman

By TY HUDEC

Wayne Dalman knew his team was in tough going into the 2010 ACAC cross country running championships this past weekend. The coach of the NAIT cross country team had been training his group over the previous six weeks, with all of their hard work leading up to this final competition. With only the top seven men and top seven women finishers qualifying for the national championships, Dalman's goal was simple. "We're looking for personal bests," he said.

The team, 16 athletes strong, ran their final

race of the season last weekend. The men ran an 8 km race. NAIT's top finisher, Neil Roberts, came home 23rd, with a time of 31:53. Roberts led the men all season long. Fellow runners Mike Karakochuk and Corey Halabi finished 25th and 31st respectively.

The top women's finisher was Andrea Von Englehardt. She ran 26th in the women's 5 km race, in a time of 23:42. Teammates Chennae Lapatak and Teryn Harnack posted 33rd and 34th place finishes for NAIT

Dalman had expected Roberts and Von Englehardt to be the team's top finishers, but he also knew it would be hard for any of the runners to make it to nationals. "The top seven is so tough," he said. "Alberta is one of the strongest conferences for nationals," Dalman said.

The final results from the ACAC Championships showed the U of A's Augustana Campus winning the men's title and Red Deer College taking the women's side. Those two schools will lead a strong contingent of Albertan runners into nationals, as both the ACAC men and women will be looking to defend their national conference titles from one year ago.

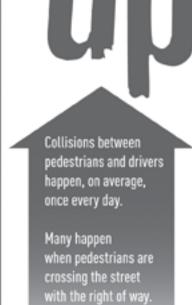
This year's cross country season wraps

up with the CCAA National Championships in New Brunswick, and although no NAIT athletes will be represented, Dalman was pleased with his team's season as a whole.

"We had a really good team as far as nice athletes," Dalman said. "They all really improved in the six weeks."

Dalman also said that the team will be

extending the running season next semester with some spring training sessions. Those sessions will prepare the team for another year of cross country running next fall.



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#### Heads up pedestrians!

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### NFL confronts violence

#### UNSPORTSMANLIKE CONDUCT

#### **GARIT BYINGTON Assistant Sports Editor**

Pittsburgh Steelers linebacker James Harrison is the perfect example for me to use in defending my point on the alleged "devastating hit."

The only reason there are so many huge hits and concussions is because of the massive size now of players, in all positions, and the speed these behemoths possess. It has nothing to do with players targeting the head more. Players used to hit as hard as they could in the past too, they just weren't nearly the juggernauts today's players are.

One thing though, that may be being overlooked by the NFL, like the NHL, is the change in equipment. You can't change to way the players' bodies are, but you can change the extensions you give to their bodies.

The NFL fined Harrison \$75,000 as a repeat offender after he put two Cleveland players out with concussions in separate incidents.

Harrison then threatened to retire, most likely echoing sarcasm, but I understand where he was coming from if he was running the ball out of the wildcat formation with his head

reacting truthfully due to frustration.

How else should he play football? Play a few gears shifted down when the young guys coming up, looking to take his job, are going at top gear? Harrison's got to make a living.

Just because he's a physical specimen and has the ability to hit much harder than those who have played before him, why should he be punished and fined for playing to his unreal ability?

The NFL promised to start suspending players for head shots, starting next

Thankfully, with Harrison's attitude neither a fine or suspension will likely end his ferociousness. This way the league may realize it's not just as simple as adding rules to prevent injuries.

Harrison answered questions after Sunday's alleged ear hole shot on Josh Cribbs, the Browns receiver who was

"Cribbs is asleep. That's the end of the wildcat," the linebacker said.

What a beauty! It's good to see some emotion in a game

where the poster child is a player with the best ability ever at the quarterback position in Peyton Manning, but is a computer devoid of any emotion.

"I've talked to James, and he's very upset," Harrison's agent told ESPN after the fine was announced. "He's quite confused about how to play football."

Harrison isn't going to be overly hurt by sacrificing \$75,000 from a base salary of \$755,000. Especially con-

sidering he also got a \$2.8 million "reporting bonus."

For me it's absolutely hilarious, too, when people, media or fans question why people enjoy the violence so much. Well for one, when have humans not liked violence? From the days of the gladiator (are the NFL players not considered the gladiators of today?), to all the religious crusades and through all the wars and



weekend, but until Steelers linebacker James Harrison hitting San Diego quarnow has used fines. terback Philip Rivers.

### Who will win the Ballon d'Or?

By KITA MURU

Twenty three players have been nominated for the Ballon d'Or, FIFA's annual award for football player of the previous year. As far as the list goes, it's fairly solid.

It's probably no surprise that the club side is heavily dominated by players from Barcelona, Inter Milan and Bayern Munich and Spain and Germany as far as the national team sides go. Pretty much every player on this list merits some consideration, although there were a few notable omissions that probably deserved more credit.

Here is the list: Lionel Messi (Argentina),

Daniel Alves (Brazil), Júlio César (Brazil), Maicon (Brazil), Samuel Eto'o (Cameroon), Miroslav Klose (Germany), Philipp Lahm (Germany), Thomas Muller (Germany), Mesut Ozil (Germany), Bastian Schweinsteiger (Germany), Asamoah Gyan (Ghana), Didier Drogba (Ivory Coast), Arjen Robben (Netherlands), Wesley Sneijder (Netherlnds), Cristiano Ronaldo (Portugal), Xabi Alonso (Spain), Iker Casillas (Spain), Cesc Fábregas (Spain), Andrés Iniesta (Spain), Carles Puyol (Spain), David Villa (Spain), Xavi (Spain)

and Diego Forlán (Uruguay).

As for who isn't here that probably should be, it's Diego Milito (Argentina). As far as contributions go, Milito scored 30 goals for Inter Milan, one of which helped clinch the Serie A title, one for the Coppa Italia and two for the

UEFA Champions League Final, to seal the treble. In addition to that, he won UEFA Club Forward and Footballer of the Year. Although he didn't do a great deal of damage for Argentina, his accomplishments for Inter alone should have him on this list.

Honourable mention goes to Maarten Stekelenburg (Netherlands). No surprise that Julio Cesar is up there, but if there was room to fit another goalkeeper, it should be the Dutch/ Ajax keeper, who let in only five goals during the World Cup.

Klose probably shouldn't be in. No offence, but he didn't do much for Bayern this past

> year. However, he was lethal for Germany in the World Cup and he's still playing in Euro 2012 qualifying.

> Xavi should win in my opinion. You can make an easy case for how many goals are put in the back of the net, and by that reasoning, Messi, Muller and Drogba would pique your interest. Apparently owning possession (especially during a tie game) is possibly the most important stat a successful football team has. Also, Barca and Spain pretty much owned

ball possession in such a way that it would be the 10th wonder of the world to find a game in which either team didn't. Although Barca and Spain are stacked, Xavi's possibly the greatest reason for the trophy haul of both sides, just due to being a brilliant passer/playmaker with a dash of ball hound thrown in. Xavi is essentitle and leading Uruguay out of the "sky blue" tially the nexus of Barca/Spain's style.

A final honourable mention goes to Forlan. Leading Atletico Madrid to the Europa League

to a fourth place finish in the World Cup, with highlight reel goals to boot, he deserves mention. Well played, sir.



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Xavi is one of 23 players nominated.

Thursday, November 4, 2010

### NBA season: A look ahead

#### By Matt DeBeurs and Kyle Galliver

Basketball season got going last week, and with that in mind, here's a team-by-team rundown of what to look for this year in the Association. Let's do this.

#### Eastern Conference Atlantic Division

Boston Celtics - Last year's Eastern Con-

ference champions added two big name big men in brothers from different mothers Shaquille O'Neal and Jermaine O'Neal. Sure, both may be past their primes, but it should help take the pressure off the big three who are only getting older. Rajon Rondo is the key player for this team. He needs to step up and take over.

New York Knicks – The Knicks were able to pick up one big name free agent despite losing out on the LeBron sweepstakes. Although

Amare Stoudemire is no LeBron James, he should help this young Knicks squad make a splash in the East this year. They won't make the playoffs, but may only be a piece or two away.

New Jersey Nets – With a new GM, a new coach and a Russian billionaire owner, the Nets have been very busy off the court. Unfortunately I don't think they did enough to the roster to make that push into the playoffs. Devin Harris is the real deal at this point, but the rest of the players need to prove themselves.

**Philadelphia 76ers** – The only real off-season pickup that the 76ers made was taking Evan

Turner with their No. 2 overall pick. They're going to be another below-average team in the East this year, but they do have some talent for the future with Andre Iguodala and Marreese Speights.

**Toronto Raptors** – The Raptors lost Chris Bosh to the Heat in the off-season and are hoping that former No. 1 pick Andrea Bargnani can

> take over this team and be the star that Bosh was. That isn't going to happen. Yes, Bargnani will improve his numbers this year but the Raps will be one of the teams in the running for the No. 1 pick in this year's draft

#### **Central Division**

Chicago Bulls – Picking up Carlos Boozer in free agency might be the piece that this team needs to be considered one of the Eastern Conference elite. Derrick Rose will be asked to lead much of this team's

offence, which he is more that capable of doing. The Bulls could upset one of the big powerhouses this year in the playoffs.

Cleveland Cavaliers – The king is gone. So where do the Cavs stand now? I'll wager somewhere at the bottom of the conference. Ramon Sessions was a good pickup, but losing LeBron's leadership and his nightly double-double or triple-triple is hard to replace. The Cavs are another team in the hunt for that No. 1 overall pick.

**Detroit Pistons** – The Pistons picked up Tracy McGrady in the off-season, but it still remains to be seen if he can be the piece that

this once proud championship-winning team needs to get back into the limelight. They also need to stay healthy and hope that Ben Gordon and Ben Wallace put up some big numbers this season.

# Indiana Pacers – They look like a team that will finish near the bottom of the standings this year. The Pacers need a huge year from James Posey, whom they picked up in the off-season, if they want to be successful. My pick for the bottom of

# Milwaukee Bucks – It came as a surprise that last year's version of the Bucks came to within just one win of playing in the Eastern Conference champi-

onship. Don't be sur-

this division

prised if they come close again this year. They picked up Corey Maggette, who will help with the offence and Earl Boykins should be a good bench player for them this year.



Atlanta Hawks – The Hawks inked star Joe Johnson to a new deal and he has been a major reason this team has been successful the past few years. I still don't think that they can compete with the top dogs in the East, but they should be able to make the playoffs again and might have a chance at an upset if everything comes together.

Charlotte Bobcats – The Bobcats had one of the best defences in the league last year, but struggled to put up points. It could be more of the same this year. They need Tyrus Thomas to be the guy on the offensive end if they want to make another run at the playoffs.

Miami Heat – The Heat won the LeBron sweepstakes and were able to get Chris Bosh from the Raptors to join Dwyane Wade in Miami. Can they all share the ball is the big question. I think they'll struggle early trying to find where everyone stands, but will figure it out and win the division. My pick to win the East this year.

**Orlando Magic** – The big question for this team is if they have enough support around big man Dwight Howard to make that push for the championship this year. I don't think they have enough yet, but are only one piece away from maybe becoming the next dynasty in the NBA.

Washington Wizards – Gilbert Arenas is back gun free, and they have the No. 1 pick from last year, John Wall, joining the club. This should be enough alone to get the Wizards out of the basement. I still don't think they'll make the playoffs, but they are turning the corner.

#### Western Conference Pacific Division

Los Angeles Lakers – With all the hoopla this summer over the Big Three of LeBron James, Chris Bosh and Dwyane Wade landing in Miami, many people seem to have forgotten about the best player in the game: Kobe Bry-



Kobe Bryant- the best player in the game?

lyfeuwant.com

run. Is a three-peat possible?

Phoenix Suns – The Suns have consistently been a good team, but this could be the year they fall from the top. With Amar'e Stoudemire now a New York Knick, two-time MVP Steve Nash doesn't have a lot of support and will need another all-star season if the Suns want to

ant. Bryant and his Lakers are the defending

champs after their second consecutive cham-

pionship and have made the NBA Finals three

years in a row. Kobe can never be counted out

and he has the supporting cast to make another

remain competitive.

Golden State Warriors – The Warriors might not be a contender this year, but they aren't far off. This young, talented team is full of potential with players like Stephen Curry and Monta Ellis. Definitely a team to keep an eye on in the coming years.

Los Angeles Clippers – Though they aren't as dominant or as popular as their LA counterparts, the Clippers have made strides in becoming a better team and have a very optimistic future. First overall pick Blake Griffin is healthy and ready to prove that he is a legitimate NBA star

**Sacramento Kings** – The Kings have the reigning Rookie of the Year, Tariq Evans, on their roster, but not much else. Demarcus Cousins should see more court time this season, but the Kings will be on the outside looking in come playoff time.

#### **Northwest Division**

**Portland Trailblazers** – All the pieces are in place for the Trailblazers to have a strong season. The key for the 'Blazers will be staying healthy and players like Brandon Roy and Rudy Fernandez will have to play to their potential. If this all comes together Portland could be a team to watch.

**Denver Nuggets** – Will he stay or will he go? Carmelo Anthony wants out of the Mile High City and whether or not he gets moved could have a dramatic effect on the club. A total team effort is going to be needed if the Nuggets hope to have a successful season.

Continued on next page



Does Orlando have enough support for Dwight Howard?

### **ACAC Standings**

#### **MEN'S HOCKEY** GP W RW L OTL TIE GF GA Pts SAIT ......8 6 6 1 0 1 45 16 13 Mount Royal ...8 5 5 1 0 2 31 15 12 Augustana .....7 4 4 1 0 2 34 14 10 Portage ...........7 3 3 2 0 2 29 24 8 NAIT ......8 3 3 4 0 Concordia ......8 2 2 3 0 3 30 44 7 Briercrest ......8 1 1 5 0 2 21 44 4 MacEwan ......8 0 0 7 0 1 14 44 1 **RESULTS**

SAIT 4, NAIT 1; Concordia 5, Briercrest 2; MRU 5, MacEwan 2

Oct. 29

SAIT 4, NAIT 0; Augustana 1, Portage 0 MRU 7, MacEwan 2; Briercrest 5, Concordia 5 (OT)

#### **WOMEN'S HOCKEY**

Team	GP	W	RW	L	OTL	TIE	GF	GΑ	Pts
Mount Royal	4	4	4	0	0	0	15	4	8
SAIT	4	3	3	1	0	0	14	8	6
NAIT	6	3	3	3	0	0	15	12	6
MacEwan	4	1	1	3	0	0	8	12	2
Red Deer	6	1	1	5	0	0	8	24	2
RESULTS									

Oct. 30 NAIT 2, SAIT 1; MacEwan 4, RDC 0 Oct. 29

SAIT 4, NAIT 2

Oct. 28 RDC 3, MacEwan 1

#### **MEN'S BASKETBALL North Division**

Team	G	W	L	Pts	PF	PA
MacEwan	4	4	0	8	333	263
Lakeland	4	3	1	6	331	298
NAIT	4	3	1	6	333	287
Augustana	4	2	2	4	312	283
Grande Prairie	4	2	2	4	247	251
Concordia	4	1	3	2	291	276
Keyano	4	1	3	2	232	326
King's	4	0	4	0	300	377
Sc	out	h Di	visi	on		
Team	G	W	L	Pts	PF	PA
Lethbridge	4	3	1	6	363	286
Red Deer	4	3	1	6	367	299
Mount Royal	4	2	2	4	322	336
SAIT	4	2	2	4	344	376
Briercrest	4	1	3	2	337	389

#### Oct. 30

NAIT 103, Keyano 59; MacEwan 99, GPRC 81; RDC 93, MHC 77; SAIT 101, Briercrest 75; Lakeland 83, Concordia 72;

Lethbridge 81, MRU 62; Augustana 86, King's 70 Oct. 29

NAIT 68, Keyano 65; Augustana 108, King's 64 Lakeland 85, Concordia 64; RDC 89, MHC 62; MacEwan 81, GPRC 69; MRU 84, Lethbridge 83; SAIT 103, Briercrest 102 OT

#### **WOMEN'S BASKETBALL**

#### **North Division**

leam	G	W	L	Pts	PF	PA
Concordia	4	4	0	8	354	207
Grande Prairie .	4	3	1	6	234	222
MacEwan	4	2	2	4	294	264
Lakeland	4	2	2	4	231	252
NAIT	4	2	2	4	244	218
King's	4	2	2	4	264	257
Augustana	4	1	3	2	287	336
Keyano	4	0	4	0	194	346
	C	ık Di	:-:	_		

South Division								
Team G	W	L	Pts	PF	PA			
SAIT4	4	0	8	301	259			
Mount Royal4	4	0	8	301	259			
Medicine Hat4	2	2	4	279	252			
Red Deer4	2	2	4	205	243			
Lethbridge4	0	4	0	242	296			
Briercrest4	0	4	0	177	290			
F	RESULT	ΓS						

Oct. 30 NAIT 56, Keyano 36; GPRC 60, MacEwan 52; MHC 77, RDC 59; SAIT 89, Briercrest 28; Concordia 66, Lakeland 53;

King's 86, Augustana 67; MRU 67, Lethbridge 62 Oct. 29

NAIT 80, Keyano 50; King's 71, Augustana 68; Concordia 78, Lakeland 46;

MacEwan 63, GPRC 52; MRU 74, Lethbridge 58; MHC 63, RDC 33; SAIT 88, Briercrest 46

#### **MEN'S VOLLEYBALL**

#### **Provincial Division**

				-		
DIV	Team MP	MW	ML	GW	GL	Pts
S	Briercrest 4	4	0	12	1	8
Ν	King's 4	4	0	12	2	8
N	NAIT 4	3	1	11	5	6
S	Mount Royal . 2	2	0	6	0	4
S	SAIT 2	2	0	6	3	4
Ν	Grande Prairie 4	2	2	8	6	4
Ν	Lakeland 4	2	2	6	7	4
S	Medicine Hat 4	2	2	6	7	4
S	Red Deer 2	1	1	5	5	2

#### **NBA** season: A look ahead (cont)

Minnesota Timberwolves – Things have been rough in Minnesota since the departure of Kevin Garnett to the Boston Celtics but the team finally has the right parts needed for a rebuild. They won't be anything special this season, but are only a player or two away from having a very promising young team.

Medicine Hat .......4 1 3 2 311 358

Oklahoma City Thunder - Kevin Durant is an outstanding player and the former Rookie of the Year will soon be regarded as one of the best in the game, but with nobody else on the roster capable of playing at his level it's hard to think the Thunder will be anything but a lower seeded playoff team.

**Utah Jazz** – A bona fide playoff team that hasn't been able to get past the Lakers in recent years. They will again make the playoffs and should be a strong team, but just don't have the personnel to play with the league's best.

#### **Southwest Division**

Houston Rockets - He may be the tallest player in the league, but Yao Ming isn't tall enough to lift the Rockets to the top. They will

no doubt be a playoff team, but simply don't have the offensive firepower to compete with the league's elite teams.

**Dallas Mavericks** – A lot like the Rockets. They have a perennial all-star in Dirk Nowitzki, but no one to really help him out. Jason Kidd will provide some support but the Mavs just don't have the guns to be a powerhouse.

Memphis Grizzlies – The Grizzlies will be an improved team from last year and continue to commit to the youth movement. It won't come to fruition this season, but Memphis will be a good team in a few years.

New Orleans Hornets - Another team in the West with a legitimate all-star and not much else. Chris Paul is good, very good, but until a supporting cast is brought in it'll be another year without playoffs for Hornets fans.

San Antonio Spurs – If they can stay healthy, the Spurs are a team with a lot of talent. Tim Duncan and Tony Parker are two of the best at their respective positions and make San Antonio an always dangerous opponent.

Ν	MacEwan 4	1	3	7	11	2
S	Lethbridge 4	1	3	5	11	2
Ν	Keyano 4	0	4	2	12	0
S	Augustana 2	0	2	1	6	0
Ν	Concordia 4	0	4	1	12	0
RESULTS						

#### Oct. 30 NAIT 3, Keyano 0 (25-22, 26-24, 26-24)

Briercrest 3, Lethbridge 0 (35-33, 26-24, 25-22) GPRC 3, Lakeland 0 (25-13, 25-23, 25-13) King's 3, Concordia 0 (25-14, 25-21, 25-18) MRU 3, MHC 0 (25-12, 25-17, 25-22) SAIT 3, MacEwan 1 (25-22, 19-25, 25-19, 25-21)

Oct. 29 NAIT 3, Keyano 1 (25-23, 21-25, 25-20, 25-19) Briercrest 3, Lethbridge 0 (30-28, 25-17, 25-18) GPRC 3, Lakeland 0 (25-19, 25-14, 25-23)

SAIT 3, MacEwan 2 (25-22, 21-25, 25-21, 21-25, 17-15) MRU 3, MHC 0 (25-20, 25-17, 25-16) King's 3, Concordia 0 (25-14, 25-21, 25-19)

#### **WOMEN'S VOLLEYBALL**

#### **Provincial Division**

DIV	Team MP	MW	ML	GW	GL	Pts	
N	NAIT4	4	0	12	4	8	
N	Grande Prairie 4	3	1	11	3	6	
N	Lakeland4	3	1	9	5	6	
S	Mount Royal2	2	0	6	0	4	
S	Red Deer2	2	0	6	0	4	
N	MacEwan4	2	2	7	6	4	
S	Medicine Hat .4	2	2	6	6	4	
N	Keyano4	2	2	9	9	4	
N	King's4	2	2	6	8	4	
S	Lethbridge4	2	2	6	9	4	
S	Briercrest4	0	4	6	12	0	
N	Concordia4	0	4	2	12	0	
S	SAIT2	0	2	0	6	0	
S	Augustana2	0	2	0	6	0	
RESULTS							

Oct. 30

NAIT 3, Keyano 2 (19-25, 25-21, 25-7, 14-25, 15-9)

Leth. 3, Briercrest 1 (25-21, 14-25, 25-19, 25-23) GPRC 3, Lakeland 0 (25-17, 25-19, 25-22) King's 3, Concordia 1 (19-25, 25-15, 25-18, 25-18) MRU 3, MHC 0 (25-19, 25-12, 25-20) MacEwan 3, SAIT 0 (26-24, 25-17, 25-20) Oct. 29

NAIT 3, Keyano 1 (25-12, 28-30, 25-20, 25-11)

Lethbridge 3, Briercrest 2 (15-25, 25-19, 25-19, 19-25, 15-8) Lakeland 3, GPRC 2 (25-22, 20-25, 13-25, 25-19, 15-11)

MacEwan 3, SAIT 0 (25-18, 25-22, 25-15) MRU 3, MHC 0 (25-16, 25-22, 25-20)

King's 3, Concordia 1 (25-18, 19-25, 25-11, 25-20)

#### **DADMINITON**

DADIVIIIVI OIV	
Team	Points
1. NAIT Ooks	216
2. Concordia Thunder	138
3. Mount Royal Cougars	107
4. Red Deer College	91
ACAC Singles Championsh	nip
Men	
1. Matt Chan – MRU	
2. Jie Sim – Concordia	
3 Joey Vandervet – NAIT	

Women 1. Sun Yang - NAIT

2. Grace Box - Concordia 3. Sinead Cheah - NAIT

**ACAC Doubles Championship** Men

1. J. Vandervet / J. Chang - NAIT 2. T. Grusie / C. Hanson - NAIT

3. P. Dushenski / J. Sim - Concordia Women

1. G. Box / E. Lathan - Concordia 2. S. Cheah / N Neumann - NAIT

3. S. Yang / L. Dirks - NAIT

Mixed

1. S. Cheah / J. Vandervet - NAIT

2. S. Yang / J. Chou - NAIT

3. N. Neumann / J. Chang - NAIT

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THE NUGGET

# ENTERTAINMENT Making up is easy to do

#### By NATASCHA BRUHIN

NAITSA hosted a How To: Make Up session this past Tuesday in the E-Wing of the school, and I had the opportunity to go and learn some tips.

The two makeup instructors were Kori Obiwahs and Nicole George, both from the Eveline Charles Academy. With the different varieties of makeup kits, they wasted no time filling in the audience about the latest tips and tricks of the trade.

Did you know that you should apply makeup in a downward angle? This keeps the makeup from going on the hair, preventing it from standing up and becoming noticeable. Another helpful tip I learned was that applying a very light powder on cheeks before putting on eye shadow makes it very easy to get rid of eye shadow "fallout" afterwards. Simply sweep off the powder and the excess eye shadow on the cheeks will go with it.

Obiwahs and George applied their techniques to several different women from the audience, applying a "day look" to two of the participants, and an "evening look" for another. "The No. 1 beauty mistake I see is people wearing too much makeup at inappropriate times," Obiwahs said. "They wear their evening look in the morning."

As the experts finished their makeup application on the ladies, the audience quickly picked up on how much of a difference a little makeup can do. I noticed it wasn't the quantity but the quality of the makeup application that made the participants stand out.

Obiwahs and George applied moisturizer to all the women, and then proceeded to sweep on foundation, eye shadow, mascara, eyeliner, lipstick (with lip liner), blush and bronzer.

However, if that makeup list sounds like too much for you, Obiwahs narrowed it down to three makeup essentials no woman should be without.

"Mascara, lip gloss and bronzer," he said, adding that a travel size makeup bag is a great way to keep everything organized when on the go.

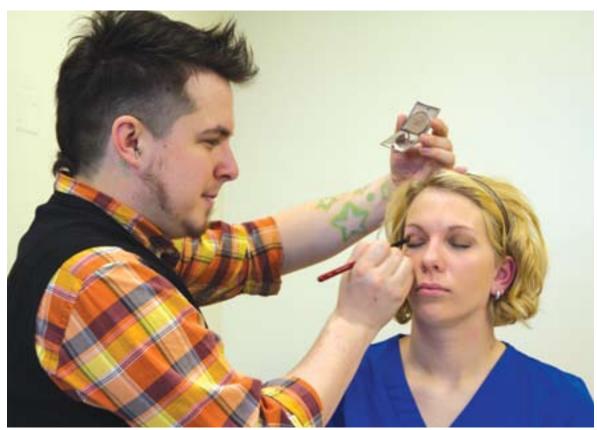
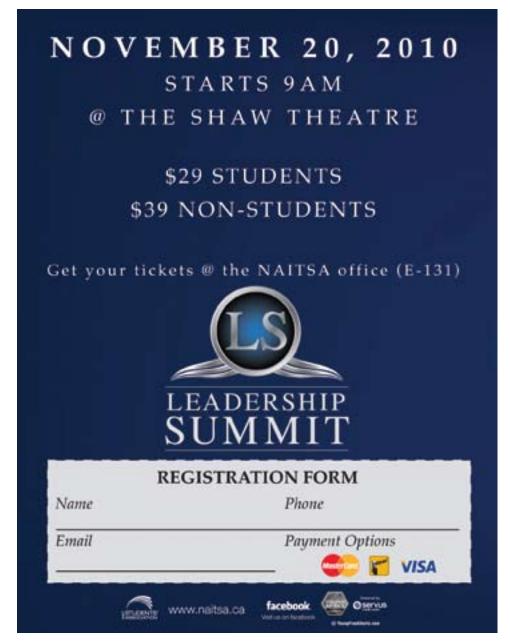


Photo by Laura Dettling

NAIT student Tara Topolinski has some day makeup applied by Eveline Charles makeup artist KoriObi.





#### FOR YOUR LISTENING PLEASURE ...

### \$3.99 mixtape ...

#### By DANICA PACKOLYK

Whether you're driving around, doing homework or just being lazy around the house, here's a little mix you can turn on no matter what you're doing. Good mood, bad mood, it doesn't matter! These are all pretty neutral and you don't always have be playing the hit list's Top 20.

- 1. "Cannonball" Damien Rice
- 2. "Slow Dancing in a Burning Room"– John Mayer
- 3. "Talk" Coldplay
- 4. "My boots" Lights
- 5. "Movie Life" Michael Fitzgerald
- 6. "Twilight Galaxy" Metric
- 7. "Oxford Comma"
  - Vampire Weekend
- 8. "Better Together" Jack Johnson
- 9. "Redesign Me" Versa Emerge
- 10. "Hello I'm in Delaware"
- City and Colour
- 11. "Smoke" Alkaline Trio



**Damien Rice** 

bbc.co.uk/radio1

#### **VIRAL VIDEO OF THE WEEK**

### **Back to school**

#### By KASSIDY KRUEGER

With the NHL in full swing, I thought that it would be a good idea for this week's viral video to showcase some of the talented young stars.

I'm sure like myself, you have seen countless videos on the most amazing goals and moves that these players are capable of, so I decided to pick a video that will give you a little personal insight on these players.

Gerry Dee was a finalist on

the show Last Comic Standing, he now works as a reporter for The Score. Before Dee got involved in comedy or sports, he worked as a teacher, so in this video he tests seven NHL players, including Andrew Cogliano, Drew Doughty, Steven Stamkos and Marc Staal, on basic Eighth Grade questions.

This video will have you shaking your head in embarrassment for these players.

Most of them didn't know the boiling point of water.

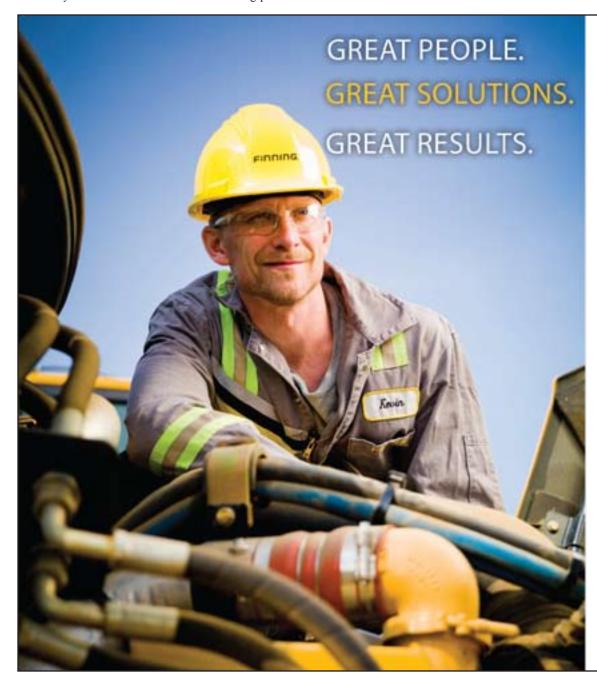
They are definitely not making the dumb jock stereotype disappear. But one of the best parts of this video is whenever the players answer a question wrong, Dee will tell them it is correct, so they aren't even learning from their mistakes.

To check this video out just look up Gerry Dee with NHL Young-Stars or go to http://www.youtube.com/watch?v=hjrKzn4RGdA.

It is sure to keep you entertained.



Gerry Dee interviews Oiler Andrew Cogliano.





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## Oktoberfest = beer, music



The Nugget

Photos by Laura Dettling

A beer-drinking contestant, top photo, takes a timed chug-a-lug of non-alcoholic beer out of a boot during a contest at the Nest during Oktoberfest on Oct. 28. Later, Marc Eshleman of Stoning Mary, above, entertains.

#### By CATHERINE YE

If you like a good excuse to drink beer, party and pull up some lederhosen, then it would be a shame if you missed NAITSA's Oktoberfest.

The Nest was filled with all kinds of music, beer and cheers last Thursday. It was also hosted by NAITSA members dressed as German bar maids, who presented many drinking games like beer pong and "Das Boot," where contestants had to drink non-alcoholic beer out of a large boot-shaped glass.

#### Wanted to try

Some contestants said they knew that they probably couldn't drink all of the beer from the large boot, but wanted to try anyway.

The winners, Louis and Cody, who came dressed up in traditional German wear, won Oilers tickets after drinking all the beer in 56 seconds.

They both thought it was fantastic.

#### Lots of swag

Beer Pong was also a challenge, but NAITSA gave away lots of swag like T-shirts and caps anyway just for

Those who didn't join in thought it was fun just to watch and drink while others made fools of

So, if you missed this year, then get yourself there next time!

### **Screaming for** Screamfest

Everyone loves Halloween, right? But do you remember when Halloween used to be about being scared until tears started falling instead of being socially accepted for dressing down? Screamfest is the perfect solution

Screamfest was held in Vancouver, Calgary and Edmonton over the last weeks of October. It has quickly reached the status of biggest attraction for Halloween in Canada. Hosting six freak shows that leave you cringing and seven haunted houses that might leave you with permanent emotional scars, this is the best thrill one could experience without endangering themselves.

The effects, actors, makeup and sets made you feel like you were walking through a real live horror movie.

"This event is something unlike any you have ever seen," organizer Philip Sheppard explains. "We work hard to keep it that way."

Two of the haunted houses had 3-D paint

on the walls that created a more intense experience. It would mislead your attention to the writing on the walls and distract you from the people in the houses trying to scare you. The use of smoke and mirrors in other houses gave more of an eerie atmosphere; but all of the haunted houses had spooky moments that would make you jump out of your skin.

Having gone through the experience first hand, I wondered who is braver between Calgary and Edmonton. Sheppard believes that Edmontonians are braver and goes on to explain that Edmontonians' "reactions are what people like him go [to Screamfest] for," but he was expecting more terror.

So you're thinking Screamfest is not for you? Well, don't be too afraid. It's not like there isn't any security. Also, paramedics are on site at all times and the actors have been trained not to touch you. It is completely

I am personally very happy and fortunate to experience Screamfest. I hope all you keep it in mind for next year.



Raymond Camphu does his show, Chinese Food for Breakfast, in the NR92 studio.

### Good music, good talk

#### By DAVID ADOMAKO-ANSAH

I sat down with first-semester RTA Radio student Raymond Camphu about his morning radio show, Chinese Food for Breakfast.

**David:** What is your on-air personality? **Raymond:** Ray, Chicken Foot, the Asian Guy. Depends on how I'm feeling.

**D:** What made you want to start a radio show?

R: Well, I love music! I don't have a format, though. I like playing music that people haven't

heard in a while. I like it when people relive their "happy moments" with music from their past.

**D:** What is your show about?

R: My show is about good music, good talk. It's just a good time. Having new music is good, and I do play some new tracks, but rather than trying to make some new memories, why not reminisce over the old music that made you happy? That's what my show is about. At first, I tried to do a talk show, but I'm still working on engaging the listeners into the show. My show is about nothing, but we don't ever talk about nothing.

**D:** What kinds of music do you play?

R: I'm into all kinds of music. I'm very listener driven, so I'll play anything. I'll go from Ludacris to Motley Crue. I want to cater to those who are just waking up, the ones who are waking up with a massive hangover, anybody and everybody.

**D:** How can people reach you if they want to get involved with the Chinese Food for

R: I give out my personal cellphone number so people can text me, I open up the Face-

book fan page and I open up the phone lines. It's easy to get a hold of me. All of my co-hosts are listeners, like Ty, our

sports guy.

**D:** What is the connection like with your

R: I would say it's very good! I want to be relatable to my listeners. Also, I'm all about having a good time on my show. It's not my job to inform everyone. It's my job to entertain them. If I've done that, then mission accomplished.

You can tune into Chinese Food for Breakfast every Saturday morning at 9 a.m. on nr92.



### Fable fans will take to No. 3

#### By CODY MILLARD

Lionhead Studios released the third installment in the *Fable* series for the Xbox 360. The hype surrounding Fable 3 had expectations

brimming. However, the game they released didn't meet all expectations. The graphics haven't changed much since the first *Fable* was released back in 2004, and some aspects of game

play have taken a few steps back.

The storyline has you take control of a prince or princess who is the child of Fable 2's main character, and are trying to start a revolution the Kingdom of Albion against the King - your malevolent brother.

The same morality system is in effect; you can be benevolent or malevolent towards the townsfolk, and depending on which side you choose to take, your appearance will shift to display the consequences of your actions. Lionhead has drastically improved this over Fable 2 allowing your purity or corruption to affect entire cities and their economies.

However, it seems that with these advances in game play, Lionhead took away from other areas. The combat system seems to have suffered the most from these changes. Spell casting has been stripped down, and the abundance of weapons has been removed. Now you only have one melee and one ranged weapon (Sword or Hammer, Pistol

or Rifle) that will change depending on how you use it.

The extreme hype before, and disappointment after a Fable game has been released is not new to this installment, as its creator, Peter Molyneux, has a notorious problem with talking too much and thinking aloud about great ideas which are not

followed through.

In essence, it is a more polished Fable 2. If you enjoyed playing the first two Fable games, then you'll be right at home with Fable 3. If you didn't, then don't bother with this one.







#### Mainstream Ignorance

#### By GRAHAM McCANN

- 1. Dracula is based on a real person. Vlad Draculea, also known as Vlad the Impaler, was born in Transylvania, and ruled the Kingdom of Hungary in the 1400s. He is known for his brutality, such as impaling en masse the bodies of thousands of his enemies in fields to instill fear in his enemies.
- 2. The idea of Zombies originated in Haiti, but they were not necessarily walking corpses, but people under spells. Filmmaker George A. Romero spread the idea of walking corpses in his 1968 film Night of the Living Dead.
- 3. Superstitions are not always harmless and fun. Tens of thousands have been murdered in the middle-ages for being suspected of witchcraft. Currently, thousands of people lose countless dollars to con artists such as psychics and sometimes die in the care of faith healers.
- **4.** There are many theories as to why the number 13 is unlucky, one of which is the number 12 is a number that portrays completeness. There are 12 months in a year, 12 hours on a clock, and 12 Zodiac signs. Thirteen in considered to be an imbalance, therefore is considered an unlucky number.
- **5.** Bela Lugosi, in the 1931 movie Dracula, eerily uttered the line that would be repeated often in other Dracula films: "I never drink ... wine."

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# City band about to release 2nd album

#### By LACE SENIO

Feast or Famine is releasing a new album called *Edmonton* and *Company* on Nov. 11. This is the second album of the year for the ska/punk quartet, the first being *Good For People, Bad For Business*, released in April. Along with a new album, the band plays shows every weekend and has a fan base that is multiplying rapidly.

Feast or Famine has dedicated much hard work to the band.

"Our band has definitely grown. We are really focused, putting a lot of hard work into practising. We practise at least four times a week, and then play gigs on the weekends. We put a lot of time and effort into crafting our songs and improving our live performance," said bassist Paddy Sperling.

"I am really happy with it, we worked really hard on it. I think it is a product we are all really proud of," guitarist Kevin Klemp added.

The sound of Feast or Famine has grown since the first album, and the band can't wait for everyone to take a listen.

"We think that if you hear it, the positivity in the album really shows," percussionist Matthew Kerby said. "The people



#### **Feast or Famine**

who hear it, we think they'll really like it."

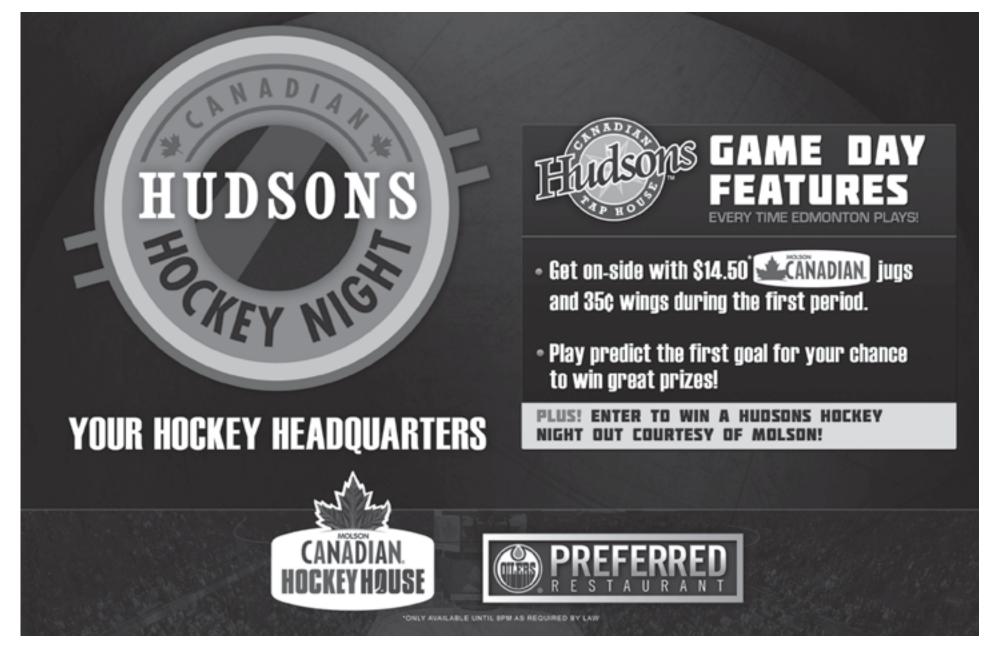
Feast or Famine are proud to be from the Edmonton area. They think that the talent here is just as good as anywhere else. The love and appreciation of the Edmonton music scene prompted them to have Edmonton in the name of the album

"I think we are going in a good direction. It takes a lot of

effort to get something you want, you have to work really hard to achieve something," said guitarist Kyle Shabada.

"That is where we are at right now, moving from one goal to the next."

The release party for the album is at Lyve on Whyte, on Nov. 11 and will feature other local bands like The Weekend Kids and The Old Sins.



### Damn Heels a hit with Dragons

By JELENA DJURKIC The Ryersonian (Ryerson University)

TORONTO (CUP) — Fifty thousand dollars and a television show can do wonders for business.

Just ask Hailey Coleman, a Ryerson University graduate, who recently appeared on CBC's Dragons' Den, a show where entrepreneurs can pitch their products and businesses to venture capitalists who are hoping to snag a deal on a new investment.

Most are rejected. Some, like Coleman, start a bidding war.

Coleman's business is called Damn Heels. She makes foldable ballet flats that women can toss in their purses to wear when their beloved heels start hurting their feet. And they inevitably do, something that the dragons recognized immediately.

Coleman went on the show asking for \$25,000 for 33 per cent of her company. By the end, hosts Jim Treliving and Arlene Dickinson were pitching themselves to Coleman, each offering their reasons for why she should go with either of them.

She ended up shaking hands with Dickinson, who offered her \$50,000 - half in marketing services and half in capital – for a five per cent royalty. The deal is still a work in progress.

But since her Sept. 22 appearance on the show, Coleman has had 20 retailers contact her to put Damn Heels on their shelves.

Coleman's idea to save women's tender toes came to her in 2007, when she and a friend were backpacking in London, England. After a thin enough to be compact but could withstand long night out on the town, the two got on a bus to go back home.

Unfortunately for them, it was the wrong bus. The two girls spent the next hour hobbling back barefoot, their party heels too much for the walk home. It was that moment that sparked the idea for Damn Heels.

"Every girl has cursed her damn heels at the end of the night," said the 22-year-old. "I realized it was a faux pas that could be prevented."

But it wasn't until February 2009 that she decided to pursue the idea. She enrolled in a business plan writing class and hired a designer through Craigslist to help her make the shoes. Although she didn't know much about shoe making, Coleman knew what she wanted them to look like.

"I wanted something that was simple and classic. That's where I got the ballerina style,"

The result was a black ballet flat that was

late-night walks home. But they also had to look good.

Thursday, November 4, 2010

"I wanted it to be convenient, comfortable and fashionable," said Coleman, who launched Damn Heels last December and has sold 2,000 units since. "We feel sexy, confident and gorgeous in our heels, so I still wanted you to feel that good when you're wearing the flats."

Each pair retails for \$20 and are currently in 17 stores. The kicker is that the pouch that the flats come in expands into a tote bag that can be used to carry your high heels home.

"I wanted the product to be part of the packaging," said Coleman. "People love that it's a whole thought process."

Coleman initially thought university women would be her top clients. But her target audience has quickly expanded.

Young girls just starting to wear heels, those who commute and older women who want to wear them as slippers are also eager to buy.

#### Nest poutine best **CAMPUS FOOD REVIEW**

#### By STEVEN DYER

The Nest is known for its drinks, music and ... poutine? As you might already know there are several places to get good poutine across campus, but none compare to the cheesy awesomeness that is found at the Nest.

A bowl of scrumptious fries is covered with mouthwatering gravy and then comes the best part - cheese. The cheese dominates the fries and when all three elements come together in your mouth, the taste is unbelievable!

Sure, there is poutine available at Common Market and Fresh Express, but at those places it can be hit and miss. Some days it will be good, but on others the meal will not satisfy your tastebuds. The Nest will always have great poutine available for only \$5. It's a large enough portion for a meal and it will make you want to come back for more. Tell your friends and go down to the Nest at lunch or after school for something you can never go wrong with – poutine.

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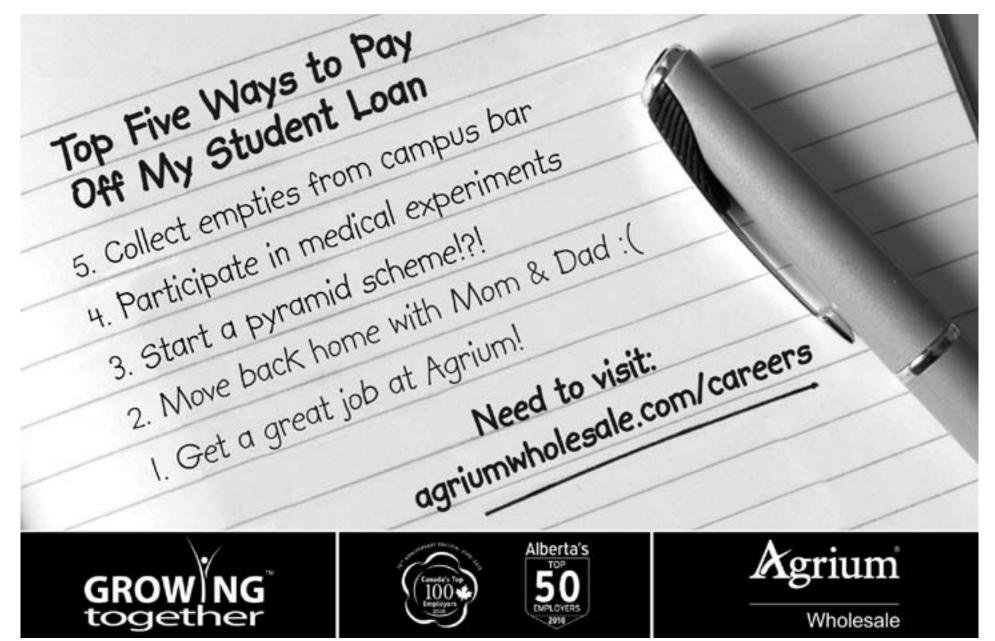
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### Take a walk with the dead

#### By GRAHAM McCANN

AMC premiered The Walking Dead with a 90-minute episode on Halloween. Based on the graphic novel and developed by Frank Durabont (director of The Shawshank Redemption and The Green Mile), the show tells the story of a group of survivors during an epidemic which results in a zombie apocalypse.

The group of survivors is led by Rick Grimes, a police officer who before the virus spread, was shot and left comatose in a hospital. The show begins with Grimes waking up over a month later alone in a necropolis. Bodies litter the streets along with abandoned military vehicles, bullet holes and spent shells. Grimes goes to try and find his wife and son at his home, but it's empty.

He comes across a vigilant man and his young son who help him and fill him in on the situation, and inform him that Atlanta may be a safe haven where he may be able to find his family.

The Walking Dead is as far from silly and campy as it can get. This, in place with other AMC shows such as Mad Men and Breaking Bad, is a serious drama. This is also the most violent show on AMC. The brutality and gore is very realistic and it makes an even greater impact impactful by the deep character and emotion behind it. The zombies were once living, too, and you feel that.

The Walking Dead has a living, breathing world.

The comic/graphic novel was illustrated in black and white, but luckily the show opted for different artistic choices. A big part of the



The television show The Walking Dead has the production values of a movie.

production was that the show was shot on 16 mm film instead of 35 mm, making it grainy and keeping the particular look the creators

This is a not-to-miss show. It is top-notch,

and seems to fully demonstrate the ability to make great television by taking full advantage of the artistic freedom allowed by networks such as AMC. It has the production value of a large movie, but in an episodic format.

This is one of the greatest shows on television in a long time.







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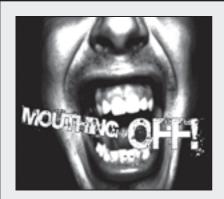








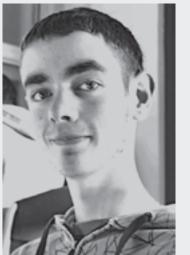






**Darylann Hutchings** 

### How did your midterms go?



half were garbage, zigzag!"

**Chris Partridge Electronic Engineering Technologies** 



"Some of them were great and others were crap."

Adnan Kigozi **Electronic Engineering Technologies** 



"They were decent. I think if I put more effort in I could have done better."

**Brad Ficewich Business Entrepreneurship** 



"Lab midterms are hard!"

Jaycie Ankerstein

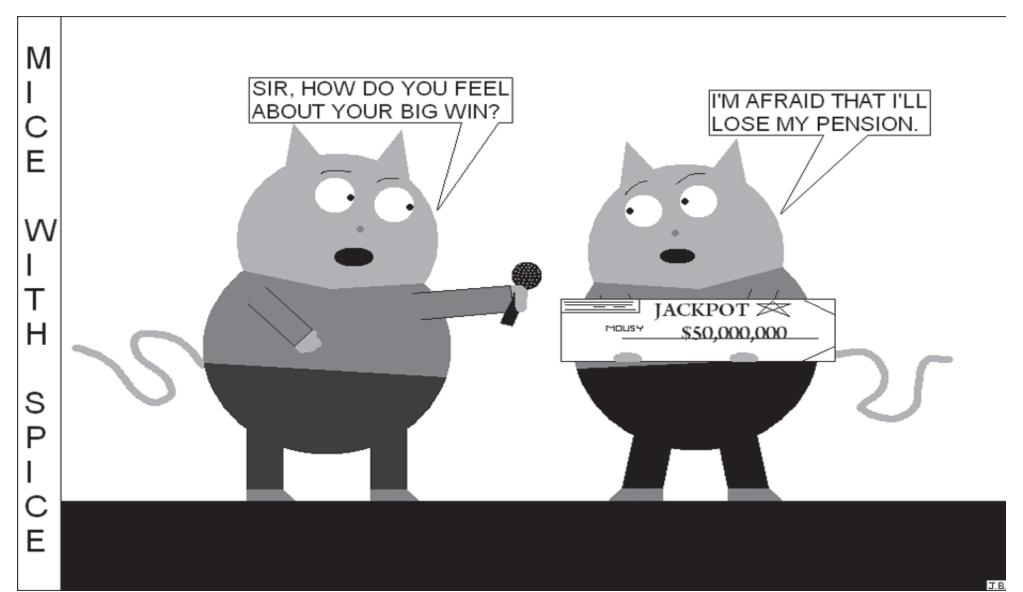
**Medical Lab Assistant** 



"Midterms are too easy!"

**Robin Davis Medical Lab Assistant** 

### UGGE



THE NUGGET PRESENTS:



### RAPEVINES

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I am Miss Nina Dame, a tall goodlooking girl, so lovely and caring with good understanding. Fair in complexion, care with good sharing, honesty and so romantic. I saw your mail in www.orvoskatalogus.hu which interested me and I decided to contact you. I really want to have a good relationship with you. Please contact me through my e-mail address ms.ninadame@yahoo.in We need to talk and know ourself more and equally share pictures to each other. hope to hear from you. Bye with a warmly hugs and kisses.

– Miss Nina

I miss you and the blue chairs ... :( Wish You Were Still Here

While taking a shower this morning, I realized that my conditioner looks like semen. Whooo cum all over my hair!

Dirty-Minded Shower Girl

Dear horoscopes,

You are my bitch this week. Help me decide whether I should lose my virginity this month, but only if you are not a virgin anymore, cuz I want wisdom from the sex pros:P

- The She-LEO

Just thought of this. If Bella is human and Edward is a vampire, what happens when Bella has her period? Save it in a cup and give to Edward as a treat? Or maybe do the 69. Haha

- Twi-hard Thinker

Can't believe I have a crush on the biggest goofed up dork in our class.

Crushed

Dear Eff Parking,

I saw your park job. The loading zone was 10 feet away from your vehicle in the opposite direction, and you parked

about 2 meters from the door. I'm sure if there was an emergency EMS would just love you. You deserve the ticket.

> - Person Who Knows How To Park A Vehicle

Hey eyebrow kid, no one cares what you say. You need to STFU and focus on not pissing your entire class off.

L2Assembly Dbag

To the person who writes Mainstream Ignorance: A. Research what your talking about so it's not just your opinion on the matter. B. Learn what a FACT is. C. Stop writing this article.

Everyone Who Reads Your Article

To all the men in the Spartan building ... We can see you looking, and we are liking and giggling!

– The Two Blondes :)

To the tall guy in bistro, I love eye f\$\*king you:)

- From Glasses Girl

Why are energy drinks at the Common Market \$3.85 when I can get them at any convenience store 2 for

- Needs a Buzz

\$2.25 for a bottle of water in the vending machines is bull \$hit. Give students a break and a little incentive to choose water.

- Angry Vendor

I really hope and pray I get into MLA in January: (I hate waiting for the acceptance letter to come ... it takes so freaking long and you never seem to know until the very end even if I submitted my papers in early!!!!!

- Dislikes Waiting

### SEX SEX 468 SEX SEX

Dear Dr. CONwisDOM,

My boyfriend and I have recently been shopping at some love boutiques. Something caught my eye that he had a negative comment about, but I do really want us to enjoy it together. Is there any way of being subtle about what I want?

- Confused and Wanting More

Dear Confused and Wanting More,

Sounds like you need some real help. The best advice I can give you is to be completely open with him. Tell him what you like and what you want, if he sees you interested in it he may be open to using what you want. If he isn't open to it then maybe you should look for someone who will be willing to give you what you want.

Dear Dr. CONwisDOM,

Lately I have been really missing my ex-girlfriend. But recently I found out that she's dating my ex-best friend. I really can't handle knowing that he and she are doing the dirty. I want to get her back but I don't want her tainted cooter.

- Doesn't Want Tainted Snatch

Dear Doesn't Want Tainted Snatch.

I have to start by saying, ew. Seriously man, get a hold of yourself. Maybe this girl was the one and yes, you want her back, but your own words describe why you shouldn't take her back ... she's tainted. Obviously she has a place in your heart but shouldn't in your bed. I think you should keep a good memory of her and move on, maybe find yourself some un-tainted cooter.

Dear Dr. CONwisDOM,

I recently went back to school after several years in the workforce and although I'm doing fine academically, I'm having trouble dealing with all the young, impressionable hotties that I go to school with. I know I'm too old for them, but they're so ripe and ready, and I'm starting to have trouble controlling myself when I'm on campus. Just the other day I had to make a quick trip to the bathroom to rub one out in the middle of class, and I'm getting boners at the worst possible times. I need help. Is there something I can do to blind myself to all that nubile flesh, or am I doomed to a semesterlong case of blue balls?

- Dazed and Aroused

Dear Dazed,

I can't believe you're actually complaining about the scenic vista before you. As long as you're not having to control any urges to physically engage with these girls (ie. sexually assault them), then this is harmless. There's nothing wrong with a little discreet eye-humping followed by a quick trip to the men's room to relieve the pressure. Heck, it's good for your prostate. If you're still finding the sight of all those young things is interfering with your studies, then perhaps you need to consider entering the priesthood. I hear there aren't many women at those schools.

Dear Dr. CONwisDom

I found an old toy in my closet called Mr. Bucket. It was actually a lame game where there is this battery operated bucket that moved around on the ground while kids used a little shovel to pick up balls and put it in its head and then it spits them out of its mouth, so you have to be fast to put your colour of balls in its head. But, since I took it out of the closet to look at it, it has come alive in the mid*dle of the night – even though it has no batteries, it* seems to come after me to get my balls! I mean, yes,

my balls! What should I do?

Not-into-toys

Dear Toys,

This seems to be a predicament you are in. However, is it really possible that Mr. Bucket – an inanimate object - comes alive to get your balls, or are you just into sick fantasies? Honestly, I would get that checked out at the shrink.

Dear Dr. CONwisDOM,

My friend's mom has been freaking me out lately. First, she started calling me a couple of times a day "just to chat." Then she started posting suggestive comments about photos of me on my Facebook page. The other night, she showed up at my apartment a little after dinner time, claiming she was in the neighbourhood and wanted to talk to me about her son. Instead, all she did was flirt with me and I'm pretty sure if I had been into it, we could have boned then and there. What should I do? I'm single, and she's far from unattractive, but my friend and I are close and I don't want to risk damaging our friendship. I guess what I need to know is, where do friends' moms fall into the whole "bros before hos" scenario?

- Reluctant Boy Toy

Dear Reluctant,

Two important questions. Is she hot? If so, then perhaps you should consider just where this friend ranks amongst the rest. Let's face it, the opportunity to carry out a Mrs. Robinson-type fantasy doesn't exactly present itself all too often, so this could be your only shot at some MILF-y goodness. That might not be what you were hoping to hear, but hey, you're the one writing to a college sex columnist for advice. Just sayin'.

Dear Dr. CONwisDOM,

I was having sex with this chick last week and I was wearing a condom, but I came so hard that it blasted off my dick, and when I pulled out it was still inside her. She didn't seem to notice and I was so freaked out that I didn't tell her at the time. It's now been three days, and I haven't spoken to her yet, mostly because I'm so embarrassed – both at what happened and how I handled it. What should

-Lost Jimmy Hat

Jimmy Hat,

First of all, stop trying to impress the people at the drugstore by buying the large condoms when clearly you're not big enough to wear them. Second of all, what the hell is wrong with you? I sure hope you don't have any STIs, because if you do, and she catches one because of what happened, you can get in a ton of trouble. Aside from that, what about pregnancy? Are you seriously going to just cross your fingers that she won't get pregnant due to your leaving a used condom inside her? You need to man up and get in touch with her ASAP to make sure everything's OK. I'm sure it's too late to ever get in her pants again, but you need to do the right thing. Honestly, I'm surprised she hasn't plastered angry messages all over your Facebook page yet. Or worse.

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!

24 The Nugget Thursday, November 4, 2010

# HOROSCOPES



#### **MADAME O**

#### Oct. 21-27

(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)

You need to do something exciting this week. People see you as uptight and grouchy, so why don't you let loose for once. You'll be surprised to see how good it feels to act a little crazy.

#### Sagittarius (Nov. 22-Dec. 21)

Sagittarius, you are going to have a completely uneventful week. Be prepared for extreme boredom.

#### Capricorn (Dec. 22-Jan. 19)

You've acquired a new relationship and the world was forced to witness it happen. Try to keep things to yourself next time. In other words, get a room.

#### Aquarius (Jan. 20-Feb. 18)

You pride yourself on your complimentary and passive nature, when in reality it just comes across as needy and annoying. Grow a spine, Aquarius, and stand up for yourself for a change.

#### Pisces (Feb. 19-March 20)

Your sexual orientation is being questioned this week, Pisces. Make things more clear or switch teams, this is the week to decide.

#### Aries (March 21-April 19)

Dear Aries, I have one word for you: shower. It's starting to be apparent to those around you that your hygiene has not been your priority. The good news is as soon as you get your smelly issue under control your social life will increase substantially.

#### Taurus (April 20-May 20)

You have good luck thrust upon you this week. Enjoy the fact that for once things are going your way because with your history it won't last for long.

#### Gemini (May 21-June 20)

Love is in the air this week, everyone seems to be finding a perfect match, everyone but you, Gemini. Expect your love life to crash and burn, if you're single; don't expect to get any attention.

#### Cancer (June 21-July 22)

You seem to have a lot of energy and enthusiasm this week. Use that to your

advantage, get on top of your tasks and get ahead of the game. You'll be thanking yourself later.

#### Leo (July 23-Aug. 22)

You are full of insightful and confident opinions this week. You may feel like you sound intelligent but people think you're a know-it-all. When it comes to talking this week, remember that less is more.

#### Virgo (Aug. 23-Sept. 22)

You know those days where nothing seems to go right? Well that's going to be your week. Everything that can go wrong will go wrong. I suggest staying home ... and staying away from sharp objects.

#### Libra (Sept. 23-Oct. 22)

You've been out and about recently and feel as though you've reached the top of the social ladder. The truth is that you're coming across as an alcoholic who tries too hard. Take a step back before you end up in the drunk tank.

#### TIP OF THE WEEK - FROM NAIT SECURITY SERVICES



### Handling harrassment



#### What is harassment?

Harassment is described as conduct or comments which are intimidating, threatening, demeaning, and may be accompanied by direct or implied threats to a person's grades, status or job. The most common form is sexual harassment and can include:

- Sexist or racist jokes.
- Display of offensive material.
- Derogatory name-calling.
- Persistent and unwelcome requests for "dates"
  - Unwanted touching, patting or pinching.
  - Verbal threats or abuse.

#### How do you deal with harassment?

Most people involved with this behaviour only want the activity to stop. This requires action and may create some discomfort as most times the people work or have classes together. Some methods known to work are:

- Tell the harasser what the negative impact of their action is and ask them to stop. This can be done verbally or by a written letter. An example is "When you make suggestive comments, I feel so uncomfortable that I can't concentrate on my work. I don't like these comments. Stop saying these things to me."
- Keep a written, chronological account of all incidents of harassing behaviour. Note what occurred, when and names of any others that may have witnessed the incident. Keep any inappropriate letters, jokes, pictures or objects that the harasser gives you.
- Many people who experience harassment feel uncertain or embarrassed; however, ignoring or minimizing the problem won't make it go away. Ask for help. Talk to someone. Seek the assistance of a counsellor. NAIT students

can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Wilson Banwell at 1-800-663-1142. In extreme cases, call the Sexual Assault Centre at 780-423-4121.

#### If you should receive an abusive/ obscene phone call:

- Don't react. Most often the caller is looking for a reaction to the call.
- Don't ask questions to the caller (i.e. Who is this?), as this is what they want you to do.
- Hang up the receiver promptly and gently.
- Never blow a whistle or yell into the phone. The caller will know you are angry and will probably call back. As well, you may face possible lawsuits.
- Never talk to anyone you don't know or are uncomfortable with.
- Consider subscribing to call display so you can see the number of the caller.
- Notify police of any calls you received. If the calls are regular make a log of dates, times, and what was said.
- If you are being harassed or are receiving abusive or obscene telephone calls, contact Campus Security Services at 780-471-7477 to file a report. We can also provide assistance by offering a Safe Walk. Visit our website for more informa-

tion on the Safe Walk program and personal safety tips at www.nait.ca/security.

471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-

If you feel your personal safety is threatened, contact the Edmonton Police Service at 780-432-4567 or call 911.

If you have information about a crime, contact Campus Security Services at 780-

471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.



AND THE WINNERS ARE ...

hoto by Fe Maquinay

Members of Club Culinaire show off their trophy after winning the Clubs Showcase prize for best display.



### Upcoming clubs events ...

#### **Club Culinaire**

What: Bake Sale

When: 11:10 a.m.-1 p.m., Thursdays

Where: HP Centre

#### **Bakers Club**

What: Artisan Bread Sale When: Nov. 5, 11 a.m. until sold out

Where: NAIT South Lobby

Business Connex What: Beer Garden

When: Nov. 5, 3 p.m.- 11 p.m. Where: Business Tower Lounge (8th floor)

#### **MECSA**

What: Beer Garden

When: Nov. 10, 4:30 p.m.-11 p.m.

Where: Business Tower Lounge (8th floor)

#### SIFE

What: Awareness Event

When: Nov. 15, 4:45 p.m.-9 p.m. Where: Bus. Tower Lounge (8th floor)

#### **OHSS**

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

**DMS 2011** 

What: Condom Guess

When: Nov. 8-12, 11:20 a.m.-1:30 p.m. Where: Outside Common Market

#### **CLXT**

What: Hawaiian Night When: Nov. 19; 9 p.m.

Where: Oil City Roadhouse, 10736 Jasper Ave. Tickets at NAITSA until Nov. 19;

outside Common Market Nov. 16-18; 12-1 p.m.



### Regular weekly events



#### Gamers of Dungeons and Dragons

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

in support of the Edmonton Food Bank

Where: Mondays: Room E-216; Tues/Thurs: Room E-201

#### Latter Day Saints

What: Weekly meetings

When: Thursdays

11:15 a.m.-12:10 p.m. and 12:15 p.m.-1:10 p.m.

Where: Room E-221

#### **Clubs Centre Info**

Hours: Monday-Friday, 8 a.m.-5 p.m.; Phone: (780) 471-8871 E-mail: campusclubs@nait.ca; Website: www.naitsa.ca Location: Room E-133 – Main Campus Grant #2 Intake: Deadline: Nov. 30, 4 p.m.

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



### PRINT DISPLAY & SALE





Do you have an idea that you would like to 'Hatch' into a business with \$20,000 funding, office space, and mentorship?

Competition closes November 5, 2010

2010 Hatch Business Plan Competition Details, Eligibility, Guidelines, and Rules Available at: <a href="https://www.novaNAIT.ca/Hatch">www.novaNAIT.ca/Hatch</a>

For more information or inquiries contact Sandra Spencer at <u>sspencer@sifenait.com</u> or (780) 378-6177









### Dealing with procrastination



#### TIMELY TIPS

#### MARGARET MAREAN NAIT Student Counselling

Procrastination is a habit and, like any habit, it can be changed. But you have to be persistent. Make it your goal to get schoolwork and other priorities under control and keep them there.

• Recognize self-defeating patterns such as poor time management, indecisiveness, perfectionism and anxiety.

- Define clear goals. Make sure your expectations are reasonable.
  - Make a daily to-do list and prioritize it.
- Use a weekly planning schedule. Allocate specific periods each day for your study and stick to them.
- Break major tasks down into smaller pieces and take one small step at a time.
- It is best to start with your most difficult or boring task (in order to get it over with, because your mind is more alert at the beginning of your study session and because you can then look forward to the less difficult and/or more enjoyable material). If you cannot do that start with a very easy task just to get yourself motivated
- Use the five-minute method. Commit to do something on the project for five minutes. After the five minutes, decide if you're going to continue. (You almost always will!)
  - Study in small blocks instead of long time

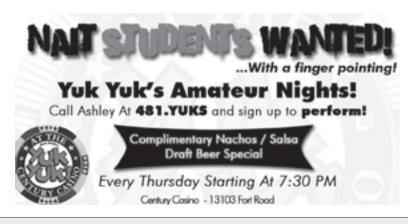
periods. You will accomplish more if you work in 20- to 50-minute blocks and take 10 minute breaks in between rather than studying for two to three hours straight without breaks. You will also find it easier to get started when you are looking at smaller blocks.

- Set false deadlines. Put your deadline for final completion at least a few days in advance of the actual deadline.
- Avoid saying "I'll start tomorrow." Do something towards your goal right now.
- Get rested. Fatigue is one of the biggest contributors to procrastination.
- Do not reward yourself for procrastinating. Every time you do another activity such as watching television, visiting with friends, washing your car ... instead of working on your goal,

you are rewarding yourself for procrastinating.

- Incorporate positive self-motivating statements into your thinking, such as "it is going to feel great to get this done" or "I know I can learn this material."
- Reward yourself for accomplishments and for completing steps along the way. Often the most effective rewards are your procrastination techniques. For example, if you procrastinate by watching television or phoning a friend, use those things as rewards after you have accomplished your goal.
- Challenge the faulty reasoning behind putting things off. Recognize that letting yourself get away with excuses is only fuelling further procrastination.

DO IT NOW!



### 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

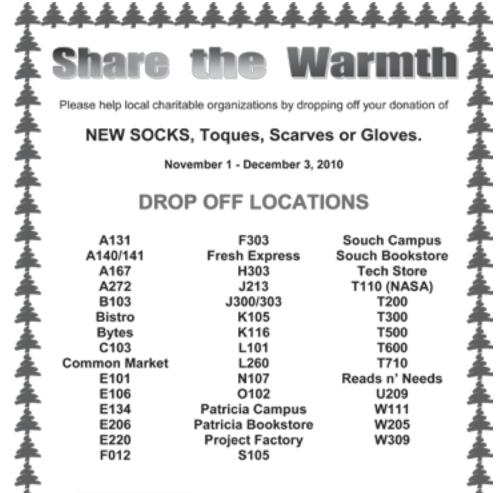
**Violence or potentially violent behaviour, or extreme medical emergency** – Security (7477, 911, or the Police Complaint Line at 423-4567 if appropriate.

NAIT STUDENT COUNSELLING Room W111-PB, HP Centre, Main Campus

Telephone: 378-6133 Website: www.nait.ab.ca/counselling

· facilitating student success







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

### NOVEMBER 20, 2010

### STARTS 9AM THE SHAW THEATRE

Featuring a presentation from world-renowned mentalist Haim Goldenberg (star of the series GoldMind) and other exciting and experienced leaders.

> \$29 STUDENTS \$39 NON-STUDENTS

Get your tickets @ the NAITSA office (E-131)





www.naitsa.ca





