

LIVE MUSIC FRIDAY AT THE NEST

THE NUGGET

Thursday, December 1, 2011
Volume 49, Issue 13



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



JINGLE & MINGLE



Christmas get-together for staff and students today, Dec. 1, story page 3

GETTING AHEAD

NAIT Ook Liam Darragh sweeps around a Concordia defender Friday at NAIT arena. The Oaks won 6-3. See story, page 11.



Photo by Laura Dettling

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NEWS & FEATURES

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DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

I came by another awesome, inspiring, and (I apologize for the lack of better adjectives) “kick-ass” individual across the web. More specifically, on TED Talks (www.ted.com).

Born in Las Vegas, Nevada, Amy Purdy felt that she was in control and set for life. At 19, she graduated from high school and became a massage therapist ready to travel the world.

Meningitis

But she wasn't expecting to be diagnosed with bacterial meningitis, which is a rare but fatal disease if left untreated. Meningitis is the inflammation of the lining around the brain and spinal cord. Coming home from work, Purdy was not feeling well and experienced flu-like symptoms. In less than 24 hours, her spleen ruptured and she lost circulation in her hands, feet, nose, ears and kidney due to a blood condition. Thankfully, her brain and heart were unaffected. She was in a coma for almost three weeks and doctors believed Purdy had less than a two per cent chance of surviving.

Doctors had to amputate her legs below the knees because they had never regained circulation. She also received a kidney transplant from her father.

In the video from TED Talks, I love her positive spirit. She talks about how she first received her new prosthetic legs and looked at it from a different perspective. At the beginning, she was “physically and emotionally broken” for a few months. Purdy was always found in bed lying beside her prostheses, trying to escape reality. But as she says in the video, “In order to move on, I had to let go of the old Amy and learn to embrace the new Amy.” She even jokes about being able to adjust her height ... depending on who she dates. And, “Most of all, I can make my feet the sizes of all the shoes that are on the sales rack.”

Final decision is ours

One of the most profound things she says, and which I believe can apply to everyone, is the question she asked herself at that moment of realization: “If my life were a book, how would I like that story to go?” We truly are the writers of our own story. Unexpected and uncontrollable things may occur but we have the final decision on how things may go.

So what did Amy Purdy do? She rekindled her love of snowboarding. It was a challenge from the start because her knees and feet wouldn't bend. But she chose to be creative and made her own feet and legs. She formed a non-profit organization called Adaptive Action Sports, to help adaptive (disabled) athletes get involved with action sports, art and music. In February 2011, she won two back-to-back World Cup medals, which Purdy says, “made me the highest ranked adaptive female snowboarder in the world.”

Today, Amy Purdy isn't only a professional snowboarder. She is an actress, model, makeup artist and skateboarder. Purdy has been featured in an indie film, appeared in Madonna's music video and much more. For more information, visit her website at amy-purdy.com.



brandonrobins.blogspot.com

Amy Purdy with her Adaptive Action Sports pal Brandon Robins.

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Celebrate the season

By ANIKA NOTTVEIT

There are many ways to get into the Christmas spirit. As a student who has to be at school five days a week, the holidays can sneak up. Jingle Mingle is a first time ever event happening here on the NAIT campus. It will offer the NAIT community a chance to get into the Christmas spirit while at school. It is a festive event offering tons of activities.

It will take place on Thursday, Dec. 1 from 2 p.m. to 5 p.m. in various locations around Main Campus.

These activities include skating, cookie decorating, competitions, horse-drawn wagon rides, an ice/vegetable sculpting demonstration, and a tree light-up. There will also be window painting in the NAITrium. A NAIT alumnus will be overseeing this activity. What's really neat about all these events is, they're free! There will also be food and beverages in various locations around campus, also free.



Dr. Glenn Feltham
Will officiate

NAIT president Dr. Glenn Feltham wants to "kick off the season by celebrating and having fun," said chief of staff Roxanna Stumbur. The event is an effort to get staff and students together. NAITSA and NAIT executive members continue to seek more opportunities to enable staff and students to collaborate and visit. The goal is to find creative ways to include the NAIT community. Celebration is one way to do this.

"We want to find ways to say to the NAIT community you're doing a great job. We need to appreciate all the effort everyone puts out," Stumbur said.

Dr. Feltham will be lighting the large trees by the flags around 5 p.m. Christmas music will help bring the festive season to NAIT.

There are many different areas of NAIT helping out with this day. The Personal Fitness Training students assisted with garland displays. The Baking program is supplying the cookies to decorate. Food

Services is preparing much of the food. The outside competitions are being organized by the Athletics department. They also made available arena time for the skating portion of the day.

"Every area on our campus offers something unique," Stumbur said. "We need to take advantage of that. Our campus is so big and spread out. There's lots of space, which is good, but also makes it difficult for us to meet and mingle.

"This event is a starting point to lots of activities. We will start small, start thinking outside the box and hopefully this idea will grow," she said.

"Next year we'll add in additional activities."

There will be a snowman triathlon competition at Jingle Mingle in the soccer field. The president will be handing out prizes at the end of the event.

An opportunity to donate warm winter clothing such as socks, gloves, scarves and toques will be available. NAIT has actively supported the Share the Warmth campaign, which collects these items for those who are in need.

There are posters around campus that outline the events happening on Dec. 1. There are no set rules or ways for the day. Staff and students can participate or watch. There will be events happening at the same time all around campus. Everything is free.

What a great way to get December started!

Students network

By SAMANTHA SILVA

NAIT's Sales Management students had a chance to get together with several business people at Ernest's Restaurant on Nov. 23. Since the start of the semester, the Sales Management class had been working to organize the event from start to finish. From selecting the food to finding a key note speaker, the students were responsible for making the event a success.

The event was fun and entertaining. Businesses were genuinely interested in talking with students. Companies like Finning, Printer World, Sun Media and Delcon Development Group are just some of those in attendance.

Al Hamilton, retired NHL defenceman for the Edmonton Oilers, was the keynote speaker for the event. One central message that students took away from the event was: "Always sell yourself."

Hamilton spoke about his experiences and how important it is for students to continue fighting regardless of what obstacles may be. On a sad note, he mentioned that he is currently battling prostate cancer.

Doug Henke, a live auctioneer was also brought in to engage guests to bid on items that were donated to support the Edmonton Food Bank. Doug has been a sales representative for Nestle Canada for 30 years. In 1987, he graduated from a college of auctioneering in Mason City, Iowa. The live auction raised approximately \$3,000 for the Edmonton Food Bank.



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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?

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Things to do at Christmas



CLAIRE THEOBALD
Assistant Issues Editor

Hark! The holiday season is upon us, and Christmas is nigh. Whether this is your first Christmas in Edmonton, or your 100th, Edmonton is packed with holiday activities that suit every budget. Here is a list of events that would impress everyone from the merriest of merry-makers, to the most skeptical Scrooge:

Candy Cane Lane

What: Candy Cane Lane.

Where: Along 148 Street, starting at 100 Avenue.

When: Until Jan. 2, 2012.

How much: Food Bank Donation.

Have the holidays left you with a little less jingle-jangle in your pockets? Take a stroll down Candy Cane Lane. You'll have your sweetheart swooning for the cost of a food bank donation. You'll save cash, and be genuinely helping a worthy cause. For those of you not in the know, Candy Cane Lane is an Edmonton

community that does Christmas up right, and trims every tree and decks every hall to the tune of a couple million watts.

Singing Christmas Tree

What: Edmonton's Singing Christmas Tree.

Where: Jubilee Auditorium.

When: December 16-18.

How much: Tickets from \$15-\$55 (available at Ticketmaster and at the box office).

This holiday tradition is reserved for the die-hard Christmas fan. Edmonton's Singing Christmas Tree is an annual event at the Jubilee Auditorium where a 35-foot Christmas tree is stuffed with performers who sing songs so filled with Christmas spirit, it would make the Grinch's heart explode. You can feel better about the ticket price, because all net proceeds are donated to a local charity.

Bethlehem Walk

What: Bethlehem Walk.

Where: West Edmonton Christian Assembly, 6315 199 St.

When: Dec. 8-12.

How much: Free!

For those searching for the "true" meaning of Christmas. Think of this as a haunted house, but less blasphemous. Put on by the West Edmonton Christian Assembly, take a tour through a man-made Bethlehem. High-five the baby Jesus, and then enjoy hot chocolate and cookies with some ol' fashioned carollers.

Cookie Exchange

What: Cookies and Carolling.

Where: Southwood Community League, 1880 37 St.

When: Dec. 11.

How much: A batch of cookies.

Think your Christmas baking is the bee's knees? Prove it at the Cookies and Carolling event hosted by Southwood Community League. Bring your kids and a batch of cookies to share while you enjoy some free Christmas cheer.

Country Tunes

What: Adam Gregory is coming home...

Where: Jasper Place High School Gymnasium, 8951 163 St.

When: Dec. 19.

How much: \$25 each, or five tickets for \$100.

OK, so not exactly "holiday themed," but I'm sure the holiday spirit will sneak its way in here somewhere. Country music sensation Adam Gregory is performing at Jasper Place High School to support the Public Schools Foundation. Take your country honey for a date and support public school programs. Enjoy some music and help our schools afford instruments!

Story Slam

What: Edmonton Story Slam.

Where: The Haven Social Club, 15120 Stony Plain Rd.

When: Dec. 21.

How much: Suggested donation of \$5.

Need a break from the ho-ho-hos and the fa-la-la-ing? The Haven Social Club pits 10 storytellers against each other in a competition in a war of dramatic prose. Don't knock it till you try it!

Metropolis

What: Metropolis, Edmonton International Winter Festival.

Where: Churchill Square.

When: Dec. 31.

How much: Free admission.

Edmonton's first winter festival spectacle, Metropolis, promises to transform Churchill Square into a winter wonderland. With artists and architects unveiling shrink-wrapped structures to house winter themed activities, a cold-weather spin off of Taste of Edmonton, there is sure to be something for everyone. Stick around, because after these festivities are done, it will be time to ring in the New Year!

C'mon Scrooge, it's not too late to learn to enjoy some good old fashioned Christmas cheer. And at these prices, you might even be able to let Bob Cratchit put another lump of coal on the fire. Whether it be with family, friends or someone special, Christmas is about spending time with those you love, so you might as well try something new. Happy Holidays!

Dollars for a worthy cause

By CHRISTINE VU
Assist. Entertainment Editor

This past weekend, on Saturday Nov. 26, marked the day that the Terra Centre received \$620 in seed money to fund their newest project. The Terra Centre is an organization that offers services to pregnant and parenting teens. With that money, the Terra Centre will begin a peer-led education initiative aimed at teens by teens. The funding was made possible by a micro-funding project called MEAET. The idea of MEAET came from simply getting down to the "meat" of the issue.

MEAET is an event held by Edmonton's NextGen, which is held at the arts venue, Latitude 53. Since it was started in 2005, Edmonton's NextGen aims to bring young people and ideas together to better the community and MEAET allows people to take the next step and see their projects come alive. Anyone is welcome to participate, whether it is to pitch an idea or to enjoy a catered dinner and donate \$10. After the dinner, presenters pitch their ideas and diners vote for the project that they wish to see

receive the pool of donations. It is a proactive event that allows people of different levels of income to contribute to make a real change.

During their second MEAETing, presenters from seven different organizations brought forth proposals. Among them were the Live Out Loud Youth Society, whose goal is to "register, develop and build by focusing on youth." Then there was Little Hearts, Big

Dreams, which wanted to use the money for their benefit concert for young critical illness patients. The Edmonton New Technology Society (ENTS), an organization made up of tech savvy enthusiasts, was third to present. ENTS provides a workspace and tools for members to

work on projects.

MEAET is a new project that encourages discussion and action. Edmonton's NextGen is all about young people stepping up and making a change for Edmonton's next generation. What better organization to receive the seed money than the Terra Centre, a place that helps young parents raise their kids and stay in school.



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Time for a shootout!

By MIKE JONES

Do you have “Moves like Jagger”? Do you have more skills than Crosby? More “hop” than Nugent-Hopkins? Then the station for the students, NR92, is giving you your chance to prove your worth with the NAIT Hockey Shootout!

NR92, the Nait Ooks, the Edmonton Oil Kings, the Nest and Paramount Pictures want to send you and four of your friends on an All Canadian

Night Out! For your chance to win, come down to the North Lobby on Friday, Dec. 2 and the South Lobby on Thursday, Dec. 8 from noon to 1:15 p.m. to test your hockey skills on a live goaltender.

Everyone who scores on the “not quite all-star” goalie will win movie passes and various other swag from Paramount Pictures films such as *Hugo* (directed by Martin Scorsese) and *Mission Impossible: Ghost Protocol*. And everyone who tries their hand at being the next Ovechkin will be entered to win of two All Canadian Night Out grand prizes courtesy of the Edmonton Oil Kings and the Nest. It's also your chance to meet and hang out with some of the personalities from NR92 and have your picture taken with the

official NAIT Athletics mascot, the NAIT Oook!

In addition, the Shootout crew will be all set up & showing their Oook pride at the Battle of 109 Street on Friday, Dec. 2 as your NAIT Ooks men's team takes on the Grant MacEwan Griffins. The game takes place at the NAIT Arena (right above the Nest) with the puck dropping at 7 p.m.

All Ooks home games are free to NAIT students,

so come show your Ooks spirit and cheer the home team on to victory against their fierce rivals! If you can't make it down to the games, remember that all NAIT Ooks' mens and women's home games are broadcast live on NR92.com!

The All Canadian Night Out package consists of five tickets to see the Edmonton Oil Kings battle the Swift Current Broncos at College Night on Saturday, March 3 at Rexall Place. The package also contains five souvenir Oil Kings T-shirts and a free steak dinner for five at your campus bar, the Nest!

So head down to the shoot out and come show off your dangles for your chance to win a great night out with your friends!

NR92 dot com
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Campus Radio



Photo by Chad Steeves

Radio and Television Arts student Sheldon Higgins tries out his form with the NAIT Oook as he gets ready for the NAIT Hockey Shootout.

Pick a stunt, raise some money

By MIKE JONES

What would you do to put an end to youth homelessness? Virgin Mobile Canada wants to know! Starting on Nov. 16, Virgin Mobile Canada is partnering with Virgin Mobile USA and the non-profit foundation Virgin Unite to try and combat youth homelessness. Virgin's goal is to challenge people of all ages to do whatever it takes to help the cause. It is a very intriguing concept but to some people, “doing whatever it takes” might seem a little vague. On the contrary, the concept is extremely simple.

Through the online website, Do Whatever It Takes, Virgin is challenging anyone to pick a stunt and raise some money. Here's how it works. All you have to do is create an online pledge promising that you will do a crazy or interesting stunt, once you have reached your designated pledge goal. Hypothetically, let's say that you pledged to raise \$100. On top of that, you agree that you have one week to complete that goal. If you reach your target goal in the time that you have given yourself, you will promise to do something outrageous, like shaving your head into a mullet and sporting the look for one whole week! In addition, by setting up an account at www.dowhat-everittakes.org, you can post a video of your whacky antics for everyone else to see! This is only one example

and the possibilities are truly endless. Whether it be dressing up as a ballerina or eating four whole cloves of garlic, you can tailor your activity to your own unique style or interests. The whole concept is truly genius. It allows people to get involved and make a difference, while having fun and showing off a little creativity at the same time.

“It is unacceptable that young people don't have a place to call home and that we are missing their talent and potential from the world,” Virgin Unite CEO Jean Oelwang said in a press release last week. “We are honoured to be raising awareness of the issue and to help everyone show their support and take an action. Your support will help our partners on the grounds who are dealing with these young people's issues on the front lines.”

All the donations raised will go straight to Virgin Unite's and Virgin Mobile's RE*Generation program. It is an initiative that helps to generate services, resources and a better future for youths who are homeless or at-risk.

So what are you waiting for? I highly recommend that you check out the website, www.dowhat-everittakes.org and perhaps make a pledge of your own. This is a perfect opportunity to bring about some positive change in our world!



Jean Oelwang

tedoxbridge.com



*Virtually Speaking***SOPA a threat to Internet?****By GRAHAM McCANN**

The Internet could change drastically over the next year. The United States Congress is looking at a bill called the Stop Online Piracy

Act (SOPA). On the surface, SOPA looks good – online piracy is a bad thing and it certainly

would be great to stop it. However, looking deeper, this bill is far more damaging to the Internet as a whole as well as to free speech on the Net.

YouTube would pretty much be wiped out and everything would be very closely regulated when dealing with copyrighted material. Forget posting your favourite music and even pictures of copyrighted stuff. Non-corporate websites that deal with reviews in video games, television and movies such as that-guy-with-the-glasses.com, escapistmagazine.com and many others would be out of business.

Google™



Basically, this bill shifts power over many aspects of the Internet to the entertainment industry. They can censor anything and bring anyone to court when it

comes to the use of a company's material.

A website that may appear friendly

to piracy or have an article that may be friendly to it like lifehacker.com noted, that site's domain could be blocked. Life Hacker also noted that pirates would just go past the blocked domain name and go directly to the IP address (which would

not be blocked) of the site. This would obviously have little effect against piracy in the end anyway.

The bill is incredibly broad and vaguely worded that really any little thing could be censored on the Net if in dispute.

This is an American bill, and there isn't really anything Canadians can

do except pressure Americans, but unfortunately everyone is affected by this. The Internet is a very international medium and because a lot of Internet content comes from the United States, it will change the way Canada uses the Internet.

Deep criticism of the congressional hearings also comes from many Internet advocates after watching the display of incredible ignorance from Congress members.

The deep ignorance of Congress dealing with the digital age and science makes me worry this thing could get passed. However there is incredible opposition to this from an array of Internet freedom advocates including Google, Mozilla, Reddit and Facebook.

The problem with piracy is an issue which costs artists, especially independent artists, dearly in some cases, but the solution should come from sound, informed and intelligent investigation into the issue.

For more information on SOPA, google it to find a list of interesting articles and read the Wikipedia entry. Also tell friends living in the United States to write or call their members of Congress.

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OPINION

— Editorial —

It's mind over matter



CELESTE DUL
Editor-In-Chief

We are currently living in the age of technology and, as technology grows, so does our mind. Society is getting more intelligent with each advancement. But, some scientists believe that, in the next 50 years, there could be a neurological epidemic. And, in order to stop this from happening,

we need to put more effort and money into studying the brain and its functions.

Epidemic of neurological diseases

TED Talks featured a presentation by Gregory Petsko, a biochemist, who has suggested that there will be an epidemic of neurological diseases, such as Alzheimer's, as the world population ages. For the last 1,200 years, the age scale has been a pyramid, with the bulk of ages being young. Today the pyramid has shifted, and by 2050 it will start to become an inverted pyramid. Petsko says that this is because our life expectancy has been increasing since 1840, and has since been increasing by about five hours a day.

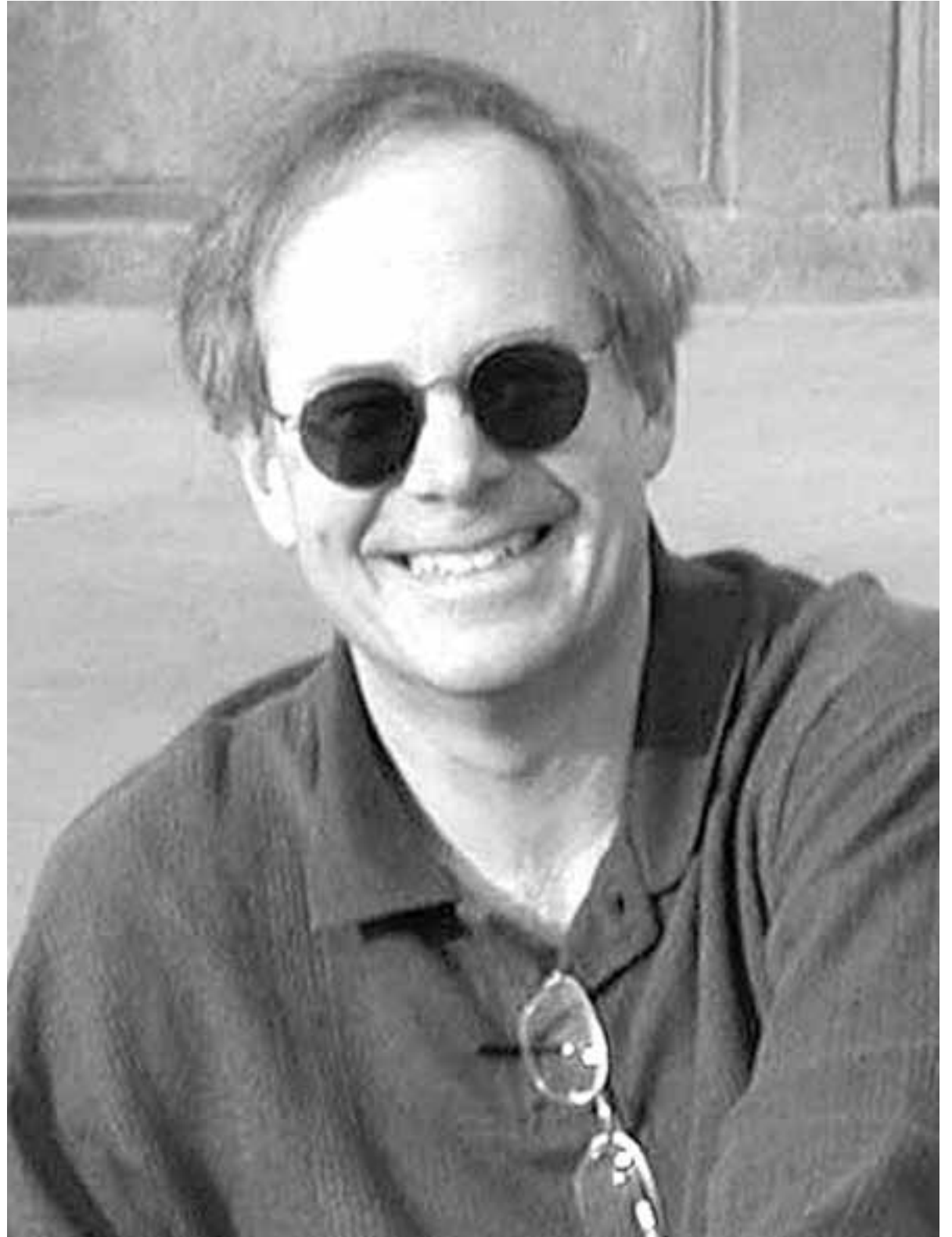
Generally this would be a positive statistic. The human race is able to live longer and not many people would complain about that. However, Petsko points out that at the age of 65 the chance of getting Alzheimer's or Parkinson's disease grows exponentially. In 2050 it is expected that there will be close to 32 million people, in the United States alone, over the age of 80. He predicts that over half of these individuals will have Alzheimer's disease, and close to three million will have Parkinson's. We currently have no cure for either of these neurological diseases.

Not enough funding

Research has shown that all different neurological diseases have one similarity; proteins in the brain become tangled. As a biochemist, Petsko is attempting to develop a drug that would hold these proteins in place and hopefully help stop neurological damage. They have also been able to link neurological diseases with cancer, because those who have a neurological disease have a low incidence of most cancers. Petsko says that the government isn't providing enough funding to help with research. In fact, most of the funding for neurological studies is coming from private philanthropies.

In addition to wishing him and others luck in developing a cure for neurological diseases, Petsko gives tips on ways to prevent these diseases. Drinking caffeine lowers the chance of some neurological diseases, although it's not known why. Staying mentally stimulated and consuming fish oil can also lower your risk. Although they aren't always avoidable, head injuries and the avian flu can cause neurological diseases. High blood pressure is also a risk.

With the blessing of having a longer life, we need to learn to keep better care of our bodies and minds and Petsko's presentation is a marvellous example of why.



Gregory Petsko

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SPORTS

WOMEN'S HOCKEY

Ooks refuse to give up

By EVAN DEGENHARDT

Over the weekend, the NAIT Ooks women's hockey team faced off against the Mount Royal Cougars in a home and away mini-series.

Before Friday night's game, NAIT and Mount Royal were tied for first place in the ACAC with 14 points each. With the season half way over after this weekend, NAIT was looking to get a couple of wins over the Mount Royal Cougars and grab a hold of first place.

However, the teams split their games, with Mount Royal dominating the Ooks 7-1 at home and the Ooks mounting a thrilling 3-2 overtime comeback win at NAIT on Saturday night. However, Mount Royal earned a point for the OT loss and finished the weekend one point ahead of NAIT in the ACAC standings.

MRU scored early

On Friday night, Mount Royal came out with intensity in the first period and got on the score board early. Although NAIT kept up pace and battled hard, they found themselves in some penalty trouble. Late in the first period, the Cougars went on the powerplay and scored on the advantage with under a minute left. Heading into the second period, the Ooks were down 2-0 and knew that they would have to step up their game if they were going to have a chance at coming back.

The second period proved to be equally tough for the determined NAIT squad. Despite their best efforts, NAIT could not curb Mount Royal's offensive attack. The Cougars scored at the 3:29 mark in the second to go up 3-0. After this, the Cougars didn't let their foot off of the gas pedal. Mount Royal scored two quick powerplay goals and potted a late second period marker to go up 6-0 after two periods.



Deanna Iwanicka
'We responded well'

Although they were down significantly, NAIT battled hard until the end of the game. The third period was a lot closer in terms of chances and the Ooks managed a powerplay goal late in the third period. However, their efforts were not enough to come back from a six-goal deficit. Mount Royal ended up winning the game 7-1.

Heading back home, the Ooks knew they had to bounce back from their lopsided loss. Penalty trouble had plagued them in the previous night's game and NAIT knew they needed to make some changes.

Saturday night's game was a completely different story. The first period started off in a defensive stalemate, with both teams trading equal opportunities. Mount Royal was first to strike at the period's halfway mark, taking the lead in the game 1-0.

Great goaltending

Although NAIT was outshot 12-3, great goaltending by Krysten Pattison and excellent defensive work kept the Cougars off the score sheet.

The second period started off a little slower, but the Ooks started to pick up their pressure half way through the period. Some good fore-checking and puck possession by NAIT created an odd-man rush and the Ooks tied the game with a goal by Chantel Froehler at the 11-minute mark. The Ooks maintained great puck control and their time of possession looked exceptionally good in the second period. However, a late penalty took a bit of their momentum away. Mount Royal capitalized on this opportunity and scored a powerplay goal with only a few minutes remaining in the second. After two periods of play, the Ooks



Photos by Kevin Tuong

An Ooks player fights for a faceoff during a game against the Mount Royal Cougars on Saturday night at NAIT arena. NAIT won 3-2 in overtime.

trailed Mount Royal 2-1.

Coming into the third period, NAIT was looking to extend the pressure they had applied in the second period. Their hard work paid off, as the Ooks drew a penalty and went on the powerplay. The Cougars got a few shorthanded chances on the Ooks' net but Pattison calmly turned them aside. The Cougars put up a great penalty kill and still the game remained 2-1 half-way through the third. The pace of the game picked up as both teams exchanged great chances on both ends of the ice. But it was the Ooks who ended up scoring on the powerplay with a wicked slapshot from the wing by Karli Reeve. A high-paced third period ended with both teams putting everything they had on the ice, but the game still remained tied. Time for some overtime!

There were superb chances from both teams during the overtime session, but in the end a rocket shot from the slot by Reeve ended the game and gave NAIT a 3-2 win. This truly was an entertaining game to watch.

Coach Deanna Iwanicka spoke of her team's ability to come back and win in overtime.

"It's obviously pretty exciting. I think we responded well from yesterday's game."

Iwanicka also spoke of her thoughts heading into the Christmas break.

"For now, we are looking to keep the competition up within the team, have some fun, take a break and be ready to come back strong in the next half of the season," she said.



The Ooks show a little team spirit as they take to the ice against Mount Royal on Saturday night.



BC Lions make history



PATRICK KNOWLES
Sports Editor

This past Sunday history was made when the BC Lions were the first team in the 99 years of the league to start a season 0-5 and end up winning the Grey Cup. That alone is mind blowing when you think about it. No team in 99 years has ever overcome the deficit that the Lions were in at the start of the season and what adds to this impressive feat is the manner in which they did it.

When you start a season 0-5, the chances of making it into the playoffs, even in the CFL where six of the eight teams make the playoffs, are very slim. But then to be 1-6; by then all hope is lost.

But not for the BC Lions, no sir. This year's team was a team of destiny. After the 1-6 start they rattled off 10 wins in their last 11 games and were the hottest team in the league, without question.

Going into the Grey Cup game Sunday, the Lions had a chance to be only the fourth team in league history to win the Grey Cup at home, joining the 1972 Hamilton Tiger-Cats, the 1977 Montreal Alouettes and the last team to do it, the 1994 Lions.

The Breakdown

The Grey Cup game was a perfect end to a very entertaining CFL season, with the league's top offence matching up against the league's top defence in Winnipeg. The game started with a bang when Lions' kick returner Tim Brown brought the ball to about midfield, giving the Lions outstanding field position to start the game and they took full advantage of that. Andrew Harris, a Vancouver Island Raiders product, ran the ball in for a touchdown with an awesome 16-yard run, giving the Lions an early lead.

The rest of the first half was fairly uneventful with both teams converting a pair of field goals and the first half finished with B.C. leading 14-6. You could clearly see that the nerves from the magnitude of the game were getting to

league Most Outstanding Player Travis Lulay, the Lions quarterback, who on several occasions overthrew his receivers on passes he had made consistently all season.

In the second half, it was the Blue Bombers getting on the scoreboard first with a field goal, making the score 14-9. These were very anxious and tense moments for the Lions and their home crowd of 54,313, who did not like the tempo of the game because it was playing right into the style of game the Blue Bombers like playing.

With under a minute to go in the quarter, the Lions needed a spark to get their offence re-energized after being shut down for the previous 30 minutes. They got that spark from the most unlikely source, receiver Kierrie Johnson, who hooked up with Lulay on a 66-yard score for his first ever CFL touchdown and what a time to get it, giving the Lions a 24-9 lead going into the fourth and final quarter.

'No lead is safe'

The Lions scored another touchdown half way through the fourth quarter when Arland Bruce was on the receiving end of a six-yard pass from Lulay, putting what most thought was the last nail in the Winnipeg Blue Bombers season.

But if you are as big a CFL fan as I am, you know that the new slogan the CFL started using this season was that "No Lead is Safe" and sure enough that was exactly the case. Winnipeg scored back-to-back touchdowns, making it an eight-point, one possession game. With less than two minutes to go, the Blue Bombers needed to convert an onside kick in order to keep the comeback alive. Their attempt was not even close and with another Paul McCallum field goal, the icing was on the cake that was the BC Lions' football season.

Lulay was named game MVP and Andrew Harris was named the game's top Canadian. The Lions made history this season for two reasons. First, they are the only team to win two Grey Cups at home and then they were the first team to win the Grey Cup after starting the season 0-5.

And with that, we say goodbye to the CFL until next June when the Lions will look to win back-to-back championships and every other team will be chasing them trying to take their crown.



REUTERS/Richard Lam/sports.nationalpost.com

BC Lions wide receiver Kierrie Johnson celebrates scoring a touchdown against the Winnipeg Blue Bombers during this year's Grey Cup game.

Athletes of the week

November 21-27

Kelsey Bleier
Volleyball



Kelsey had a solid two matches from the setting position this past weekend leading her team to two victories over the Augustana Vikings by running a balanced attack and using all of her hitters effectively. She also contributed one kill, seven digs and one stuff block. "This year, Kelsey has really improved on running the floor," said head coach Erminia Russo Thorpe. "She knows when to set certain hitters in the right situations and spreads the sets around so all the hitters are involved." Kelsey is in her fourth year and is in the Finance program at NAIT. She is from Strathmore.

Gamachu Ibrahim
Basketball



Gamachu was a force for the NAIT Ooks this past weekend with 17 points, nine rebounds and an assist Friday in the team's 83-71 win over the Concordia Thunder. Ibrahim followed that up by adding another 12 points Saturday in the team's 70-55 win at home. "We had to grind out two wins this weekend and Gamachu was a driving force for this to happen," said head coach Mike Hansen. "This was a critical sweep that puts the team in great shape heading onto the second half of the season." Gamachu is a second-year Academic Upgrading student from Toronto.

NAIT OOKS
HOME GAME SCHEDULE
VOLLEYBALL

Fri. Dec. 2
Women at 6:00pm
Men at 8:00pm

WVU vs

Sat. Dec. 3
Women at 1:00pm
Men at 3:00pm

WVU vs

MEN'S HOCKEY

Fri. Dec. 2
at 7:00pm

vs

BASKETBALL

Men sweep Concordia

By **PATRICK KNOWLES**
Sports Editor

After a long stretch for the NAIT basketball teams, they will be getting some much needed rest going into the Christmas break. They played their final regular season games before Christmas last weekend with the men sweeping their two-game series with Concordia, while the women's team

earned a split against the Thunder.

Going into this weekend's action, the men's team was sitting in second place in the North Division with a record of 6-2, the only losses coming in the first weekend of the season against Lakeland. Ranked fifth in the nation, the Oaks were looking to finish strong going into the Christmas break.



Photo by Chad Steeves

Corey Saban drives against a Concordia opponent during play at the NAIT gym on Saturday, Nov. 26. The Oaks won 70-55 to complete their two-game sweep.

The first game of the home-and-home series was held at the Concordia gym with the NAIT men coming out of the gate sluggish and struggling to score before eventually finding their stride and pushing ahead in the second quarter to lead by 10 at half. The Oaks led by as many as 23 points in the second half as they cruised home for the win.

Leading the way in scoring for the Oaks were Gamachu Ibrahim, who had 17 points and Brock McMillan, who chipped in with 15.

Saturday night, the men returned home and continued to struggle against a much less talented team from Concordia. Having several opportunities to break open the game, they repeatedly failed to convert on easy scores and foul shots. The Thunder hung around most of the game before a huge three pointer by Jordan Reiter pushed the Oaks' lead into double digits to seal the win.

Shooting less than 40 per cent from the foul line and not capitalizing on easy opportunities didn't sit well with head coach Mike Hansen going into the Christmas break but he managed to stay positive and look at the good things his team did during the games.

"Great teams find ways to win. Sometimes you have to grind it out and that's what we did tonight. I was very happy that, despite our struggles, we stuck to the game plan and continued to work hard on defence."

When asked about the getting the sweep this past weekend, Hansen added: "That was a critical sweep that puts us in great shape heading into the second half of the season."

Leading scorers from Saturday were Reiter, who had 16 points and Clayton Crelin, who added 15. The men's team finished the first half of the season with an 8-2 record and sit second in the ACAC standings.

The women's team battled hard on the weekend, earning a hard fought split with the Thunder from Concordia. The first game played at Concordia saw the women fall short, losing a very close game 63-61. This game was a back and forth affair with no team able to break away and establish a big lead. Leading scorers for the women on Friday were

Josephine Peacock, who had 15 points and Cheyenne Pyrozko with 13.

Saturday night had the Oaks hosting the Thunder and this game was also a tightly contested battle with neither team able to break away from the other. Going into the final quarter, NAIT was able to establish a lead and hold off the Thunder by making their foul shots down the stretch to clinch a 60-54 victory.

Coach Todd Warnick was pleased with his team's performance and spoke on the improvement in the rebounding category.

"After being out rebounded in Friday's loss 57-35, the girls responded Saturday at home with a 38-33 rebounding advantage while forcing the Thunder into 31 turnovers on the night," he said.

At the unofficial halfway point of the season, the much improved women's team sits at .500 with a record of 5-5 and is right in the play-off hunt.



Photo by Chad Steeves

NAIT OoK Lindsay Papenhuyzen eyes the basket during a game against Concordia on Nov. 26. NAIT won 60-54.

NFC — 5 weeks left

By **STEPHEN A. KACZMAR Jr.**

With Week 12 of the NFL season almost in the books, it's time to look back, reflect and predict what's next as it comes down to the home stretch as the regular season winds down with only five weeks remaining. This week I cover the NFC.

NFC East

What is usually one of the tougher divisions to win is turning out to be much the same this year — but it isn't the three-team race many thought it would be. The Philadelphia Eagles were the highly touted "Dream Team" out of training camp, but injuries to a struggling Michael Vick has all but derailed the 4-7 Eagles. It's coming down to the Romo-revived 7-4 Cowboys and 6-4 New York Giants. The two teams have yet to play each other, and they

will meet twice, in weeks 14 and 17 — mark your calendars. Those two games will undoubtedly determine the outcome of this division. I like the Cowboys here, with the slightly easier schedule.

NFC North

I don't think there was any doubt that the Green Bay Packers would finish first once again but what many didn't think (me not one of them) is that they got better. The Packers are 11-0 and are closing in on a 17-0 season — it could happen. The pleasantly surprising Detroit Lions have tailed off recently but have exceeded expectations. We kind of saw it coming — great things to come from Detroit very soon. Although the recent Ndamukong Suh ruling may put a damper on things. While Chicago's Jay Cutler is on the shelf till the end of the

season, Caleb Hanie is the main man in Chicago. They lost a tight one in Oakland but they have an easy schedule remaining. With Suh out of the lineup for two games it hurts the Lions chances.

NFC South

This division has turned out to be one of the more predictable ones but the Tampa Bay Buccaneers have failed to capitalize on what was a great season one year ago. The Saints are 7-3 and the Falcons are 7-4 and will duke it out till the end to see who gets first. The two teams meet on Dec. 26 in New Orleans and a win in that game could be the difference. Meanwhile in Carolina, Cam Newton has been awesome and is providing the Panthers with hope for the future. I like the New Orleans Saints to finish first.

NFC West

Coming into the season, this was anyone's division for the taking but that is not the case anymore. The San Francisco 49ers are enjoying a remarkable season under their new coach Jim Harbaugh and a ground defence that doesn't give up an inch. They've pretty much clinched, and there really isn't anything else to talk about in this division — seriously. Seattle, Arizona and St. Louis have been lackadaisical, at best. The Rams are the second worst team in the league while the Cardinals have struggled in all aspects of the game while the Seahawks offence has been brutal, to say the least. It will be interesting to see how the 49ers handle the pressures of the NFL postseason — they've been a great story thus far.

Next week: The AFC

MEN'S HOCKEY

Ooks in thick of playoff race

By **PATRICK KNOWLES**
Sports Editor

The NAIT men's hockey team exploded offensively in the second period of Friday night's game against Concordia, scoring four goals in the frame on route 6-3 victory over the Thunder.

Leading up to action Friday at the NAIT arena, the Ooks sat in fourth place in the ACAC, two points behind third-place SAIT.

NAIT got on the board just over a minute into the second period with Andy Willigar getting the goal. The Ooks took advantage on the power play with some nice passing, setting up Jiri Prochazka for their second goal. Just over three minutes later, Josh Koper scored, putting NAIT up 3-0, then four minutes later Koper set up defenceman Ryan Smith for their fourth and final goal of the period. Concordia did manage to get one goal back from Greg Hennessey on the power play with just over a minute to go in the period, making the score 4-1.

Each team was able to put two more past the other team's goalie in the third, making the final 6-3. Shannon Szabados got the victory between the pipes for the Ooks on Friday night, making 16 saves on 19 shots.



Photop by Laura Dettling

Ook Michael Westfall cuts between two Concordia players on Friday, Nov. 25 during a game at NAIT arena. The Ooks won 6-3.

Head coach Serg Lajoie was happy to come away with the victory on Friday but knows his team needs to play better in order to compete with the top teams in the conference.

"We really are trying to get the team to play for a full 60 minutes against all the teams in our league. Playing well for one period is not going to cut it when we play against the top teams in our league."

Saturday night NAIT travelled to Concordia and got off to a very sluggish start and Concordia capitalized, with two goals three minutes apart half way through the first. NAIT's Clinton Senkow got one of those back with just 13 seconds to go in the frame, making the score 2-1 going into the second.

The second period saw both teams battling hard to get pucks on the goalies, with only one goal being scored, by NAIT's Colton Yaremovich, with just under four minutes to go in the period. The Ooks managed to direct 10 shots

towards Concordia goalie Richard Gagnon.

It was all NAIT in the third period as they controlled the puck nicely and managed to fire 17 shots on Gagnon in the frame, getting one of those shots past him just under five minutes to go in the game. Steele Boomer notched the game winner, giving NAIT the hard fought 3-2 victory and a crucial two points. With SAIT losing the same night to Grant MacEwan, NAIT ended up in a tie with SAIT for third place in the conference at 23 points.

Getting the weekend sweep over Concordia was huge for NAIT and Lajoie said he understands the significance of these two victories going forward.

"The top four teams in this league are so closely matched and every game and point is very important," he said.

NAIT plays one more game before the Christmas break on Friday night at the NAIT Arena against the Grant MacEwan Griffins.

VOLLEYBALL

Women shut out Augustana

By **BALJOT BHATTI**
Assistant Sports Editor

The NAIT women's volleyball team swept Augustana College this past week. The Ooks made a clean sweep of Augustana on Thursday and Friday, with both games ending 3-0.

Jasmine Hawryliw and Stephanie brown led the stats for both games, with 14 and eight kills, respectively. They both had three digs as well. The scores on the first game were 25-16, 25-8, 25-15 and in the second game, 25-19, 25-14 and 25-20.

Head coach Erminia Russo Thorpe was happy about the wins but also realistic about facing off against the new Augustana team. "This is only the second year that Augustana has been in the league, so they are still developing," she said on Sunday.

She also praised her team's consistency on the court.

"What I liked about our play this weekend was the fact that we were able to maintain a consistent level of play no matter who was on the floor," she said.

"We are starting to establish how we can control our side of the court and not let the other team dictate our play."

Coach Thorpe was also enthusiastic about player Kelsey Bleier, who had two solid matches as a setter. She got one kill, seven

digs and one stuff block.

"This year, Kelsey has really improved on running the floor; knowing when to set certain hitters in the right situations and spreading the sets around so all the hitters are involved."

After their wins at Augustana, the Ooks will be hosting Grande Prairie College on Friday at 6 p.m. and Saturday at 1 p.m. This will be the last series before their Christmas break.

Meanwhile, the men's volleyball team was also facing off against Augustana in an away game on Thursday and a home game on Friday. Thursday resulted in a loss for NAIT (3-1) but they bounced back on Friday and won the match 3-1.

The players of the games were Luke Ryan and Justin Vincent. Austin Hinchey came back to the team after a two-week absence. He was attempting to qualify for the Olympic volleyball team. He made a huge contribution on the offence.

Head coach Simon Fedun was enthusiastic about the win on Thursday.

"It was nice to see the team's hard work finally get rewarded with a win," said coach Fedun. "We had been on the road for such a long stretch and it would have been easy to get discouraged, but the guys kept moving forward."

The Ooks will be playing another tough

opponent with Grande Prairie College coming to NAIT on Friday night for a game, with a second game on Saturday. Coach Fedun

is optimistic about the following games. "Hopefully we can carry a little momentum into this weekend."



Photop by Laura Dettling

NAIT men's volleyball defenders brace for a spike from an Augustana player on Friday, Nov. 25. The Ooks won 3-1.

U.S. university sports programs attract millions of dollars in revenue and huge crowds to watch the students play, but often these athletes get left out in the cold.



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College sports gone wild



BALJOT BHATTI
Assistant Sports Editor

Last week in the *Nugget*, I wrote an editorial about the ongoing scandal that has rocked Penn State University and their collegiate football program. This week, I'll be talking about a theme much broader than Penn State itself, but its existence created situations and circumstances that allowed a scandal like Penn State to go on unnoticed. I'm talking about that corrupt, amoral and dirty institution known as college sports.

Began in 1843

College sports have been around forever, with the first organized sports club being the Yale Boat Club, formed in 1843. Harvard University was close behind with its own boat club and from there they began an intercollegiate competition. Soon other universities joined in, and the practice of competing colleges spread to every other sport. It was a principle that you couldn't help but admire – a sound mind in a sound body, to build the better all-rounded collegiate student.

College sports exist wherever there are colleges, but these leagues are nowhere near as popular and beloved as they are in the United States. The reason for this is quite simple – money. College athletics in the US are run like a business, with merchandising, ticket sales, advertising and sponsorships, which are then invested back into the school.

But do school academics get this windfall? Generally not. The money is invested back into what makes money at the college –

sports. A new football stadium here, a multi-million dollar Jumbotron there. The university has to appear as though they aren't hoarding the money, to keep those government subsidies rolling in, so they spend it all back on the athletics program. A million dollars here and a million dollars there and pretty soon you're talking about real money.

Meanwhile, the athletes who make the colleges that much money aren't getting paid a dime. Proponents of college sports will argue "But they get free room and board and most of their tuition is paid for." Yes, but the tuition that is paid for is a drop in the bucket compared to the revenue that a good football or basketball program can bring in to the college.

"They get a chance to make it into pro sports, a dream that every one of these players share," say the coaches and the sports administrators. Fair enough, but only a tiny fraction of those players will ever make it into the NFL or NBA. The rest will either drop out, get injured and spend the rest of their lives hobbled or in rare cases, finish their education and decide to pursue a different, more reliable career. Schools are only allowed to offer a one-year scholarship. That means that any player who actually wants to pursue their degree and not end up in pro sports will probably graduate with debt up to their eyeballs.

Not only that, but contractually a player who walks away from a university athletics program is forbidden from engaging with a different college for a full year after they leave. This means most players are either locked into their programs or they waste a year of their lives looking for other prospects.

In 2006, it was reported by the University of Nebraska that most football coaches in the NCAA do not follow the bylaws that have been put in place by the organization, namely a limit on practice time. Twenty hours a week is the

max, but most coaches will exceed that with little regard for the rules. In the same study, 60 per cent of surveyed NCAA players saw themselves "more as athletes than students." This is the same for members of the student body itself, who saw the sports teams as separate from regular students who were there for academic pursuits.

Because of their intense practice times, long away game schedules and the focus on sports, sports and nothing but sports, most college athletes don't really have time to spend on academics. Their tuition is paid for (in some cases) but as ESPN writer Robert Lipsyte said "a lot of athletes are simply getting cheated out of the chance for an education" since they just can't focus on their schoolwork.

With television rights, ticket sales, merchandising and sponsorship, college sports have become a near billion-dollar business. In fact, the Southeastern Conference in the United States became the first college league to exceed a billion dollars in athletic revenue. This was in 2010, when the rest of the world was struggling to keep up in a stumbling economy. The SEC is made up of some of the most football crazy campuses in America, including the University of Florida and University of South Carolina.

There is also corruption on the academic level, where a wink and a nod from a coach is enough for a teacher to give a player a passing grade in the class. Where exactly is the fairness in this to other students, who probably aren't attending with a full scholarship and a free dorm room?

What happens if a player gets injured his first year or doesn't perform up to the standards that were expected of him? Well, his scholarship gets yanked. Some might argue this is fair. After all, if you're at school on an academic scholarship and your GPA starts to lag, then there goes your free lunch. However, most of

these players are left without a leg to stand on. They have no academic backup, no way to pay their tuition, so most pack up and go home.

This isn't pro sports, where being injured means you get to earn your millions while taking physiotherapy and playing golf. With no collective bargaining agreement and no union to represent the players (other than an ineffectual student union), the kids are getting gypped and the people at the top – the NCAA, the college presidents, the administration, coaches and the athletic program itself – get richer and richer.

Media circuses

In the end, I have to ask: Why are colleges and universities essentially acting like training camps for the NFL and NBA? When Benjamin Franklin wanted institutions of higher learning all across America, was this what he envisioned? Campuses turned into garish media circuses every time some sports scandal occurs?

I suppose the biggest thing that I have difficulty understanding is why the colleges are so adamant that a player cannot be allowed to make money off his own name. Players attempting to sell merchandise with their name on it are punished severely and publicly, to prevent anyone else from doing the same. But when you've got these guys basically locked into indentured labour, then how low can you go when you've resorted to taking away their names from them. Why not let the school just let the highest bidder put their name on the jersey and give a cut of it to the player?

Some would argue that letting a sponsor effectively buy a player's name is a lot like buying the player and owning him. Well, I have to say that these players are essentially already owned. Owned by the colleges, owned by the coaches, owned by the athletics program.

The gladiators and fighting slaves of the ancient Romans never went away. It still exists today, we just call it the NCAA.

Why are colleges and universities essentially acting like training camps for the NFL and NBA?

Athlete Profile



Player: Steele Boomer
Sport: Hockey
Position: Centre
Program: Business
Age: 21

By ANIKA NOTTVEIT

How long have you played hockey? – I’ve played since I was five, so 16 years total.

Has hockey always been your favourite sport? – Yeah, I’ve played other sports but hockey was always my favourite.

What do you do in your off season? – I play golf and worked for a landscaping company the past few summers.

Any pre-game rituals? – We juggle the soccer ball around before each game.

Who is your sports hero? – Muhammad Ali

Best career moment – We won the Western Hockey League last year. That was a pretty great moment.

How did you get recruited? – Well Serge (Lajoie, coach) was actually my teacher in Grade 7. So he recruited me.

Where did you grow up? – Born and raised in Edmonton.

Do you remember the first time you put on skates? – It was probably around five when my dad took me to an outdoor rink near our house.

Do you have any future plans in hockey? – Maybe go to Europe and continue to play hockey when I’m done school.

Who’s your team’s biggest competition? – I’d say SAIT would be the team to beat this year.

What kind of music do you listen to before

games? – Usually I throw on some country music before I go out to get myself pumped.

What do you eat before games? – Usually a big bowl of pasta.

What is your favourite movie? – I watched *The Shawshank Redemption* the other day. That was pretty great.

What is your sign? – I’m a Virgo!

How did you get the name Steele Boomer – It’s a Norwegian family name, I really don’t know, though.



Athlete Profile



Player: Nicole Ruptash
Sport: Basketball
Position: Guard
Program: Personal Fitness
Age: 18

By EMILY FITZPATRICK

How long have you played basketball? – I’ve played eight years or so.

Has it always been your favourite sport? – It has been my favourite to play, though I like watching NFL football.

Why did you choose the Personal Fitness Trainer program? – I’m really into the health industry. I’ve always been interested in that.

What do you want to do with it? – Eventually I want to go into some type of sports therapy. I want to do training with teams. I want to work with athletes.

What’s your dream job? – It would be sweet to travel a lot. So it would be cool to work with some high-end team. I’ve always been around athletics since I was born, even just in a hockey rink with my brothers.

What do you enjoy doing in the off-season? – There really isn’t much of an off-season. I like to go to the lake with my family and friends ... I don’t have much of a life now with school and basketball.

Where do you like to snowboard? – I’m going to Big White in December.

Goals for the season? – I’m not really sure. I am definitely in love with the sport right now, so play as much as I can. I would like to go to Europe. If I can get my school paid for, why

not, right? It also keeps me in shape!

Any pregame rituals? – Usually, just listen to music. Mostly Kid Cudi, he’s my man. Throw a little bit of Drake in there.

Sports hero? – Usain Bolt. He’s the fastest man in the world. That impresses me!

Where did you grow up? – I grew up in Sherwood Park so I’ve been in Alberta all my life. I take the bus every day. You meet some interesting people on there.

Did you play basketball all through school? – Yes, all through junior high and high school. I can’t remember the last time I had a break.

How did you decide to come to NAIT? – What sold it was what Todd (Warnick, coach) was telling me. They were getting a fresh start and building a strong team. I thought with the people that were coming in we would make history. There’s a lot of talent on this team.

What’s been the best moment of your basketball career? – When I was in Grade 10, we were playing against one of our biggest rivals in Sherwood Park ... We were tied, the clock was going down and one of the girls passed to me and I was behind half court and I shot and was fouled. So I had three shots with one point something seconds left. I missed my first two and the third swished. It was crazy!

Sid the Kid’s first steps

By EVAN DEGENHARDT

Two words: Sidney Crosby. Whether you follow hockey or not, I guarantee that you have heard this gentleman’s name. Some would argue that Sid the Kid is the face of the NHL. Others might disagree. But, here in Canada, who can forget his overtime heroics in the gold medal game of the 2010 Winter Olympics. Say what you want about Mr. Crosby, he is most definitely one of the great hockey players of this era.

Since his debut in 2005, Crosby has established himself as a powerhouse in the NHL. Of course, there were a few bumps and bruises along the way, but for the most part, Crosby’s career has lacked any true blemishes. However, this all changed last year when Crosby took consecutive hits to his head and developed a concussion in the process. Jan. 5, 2010 was his last game of the 2010-2011 season and he also missed the playoffs.

I don’t know if anyone really anticipated how serious Sidney’s condition would be. Nevertheless, the hockey world watched and waited with anticipation, as one of the game’s greatest players was sidelined. What made things worse was that there was no

clear indication as to when Crosby would return. If and when he did come back, people were speculating as to whether or not Sidney would be the same explosive, game-changing player that he had been before.

Sixty eight regular season games and seven playoff games later, the questions were about to be answered. The announcement was made that Sid the Kid would be back in the lineup to play the New York Islanders on Nov. 21. After almost a year since his injury, Sidney was healthy and cleared for action. Critics and fans alike were on the edge of their proverbial seats, unsure as to how Sidney would make his debut.

In typical Crosby fashion, the Penguins’ captain came out flying. There wasn’t an ounce of rust on the guy! Sidney silenced his critics as he scored two goals and tallied two assists en route to a 5-0 blow-out win over the Islanders. Not bad for missing over 10 months of NHL-calibre hockey. I know what’s going to be said. Pittsburgh was playing an Islander team that had lost 13 of their last 15 games and that the Isles were also playing their fourth-string goaltender, Anders Nilsson. Say what you want, I don’t think it would’ve mattered who was in net

against Crosby on that night. To come back after such a long layoff and play the kind of game Crosby did, is a solid enough statement on its own. There is no denying that.

Of course, that was only one game. Crosby was running on sheer adrenaline and the real test would be Sid’s consistency over a longer period of time. Although it’s only been a week, I think it’s safe to say that Crosby has been up for the challenge. In the four games he has played since his return, Crosby has two goals, eight points and a plus/minus rating of plus-7. What’s even more notable is Crosby’s dominance in the faceoff department. Sid has won more than 55 per cent of the 96 faceoffs he has taken. The only thing that has yet to improve is Sidney’s ice-time per game. Crosby is only averaging 16 minutes per game. That is a slight decrease in the usual amount of ice time he sees in a game. My guess is that the Pittsburgh coaching staff is trying to ease their star forward into the game as easily as they possibly can. I think this is an excellent strategy. What’s the point in taking things too fast and risking all the progress Crosby has made so far?

Although Crosby may not have a “break-out” year that is comparable to some of



raleighdurham.about.com

Sidney Crosby
Promising return

his previous seasons, he is back and making positive steps in the right direction. All in all, I think it’s safe to say that Crosby’s return has put a few smiles back on the faces of hockey fans everywhere and frowns on the opponents that have to face his talents once again.



ENTERTAINMENT

Kardashians: Is the end near?



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

The name Kardashian is eponymous with the words privilege, excess and a lot of words people call them that I'm not allowed to repeat in this article. Simply put, the Kardashian family is now more of a Kardashian empire, due in part to lucrative endorsement deals that have earned the Hollywood family millions over the years. They have made an empire out of being the faces of various brands and then, of course, becoming the face of their own line of clothes, jewelry, shoes, perfume, etc., as well as having several reality TV shows chronicling their lives.

A lot of people hate on the Kardashians for their apparent money-hungry ways and the over the top ways they spend their fortune. Of course, critics of the Kardashians detest the fact that the family's fame and fortune all started because of the release of Kim Kardashian's infamous adult video a few years back.

And my God, what an ingenious way to become rich! Why don't other celebs release "accidental" sex tapes of themselves to the public

in the hopes of becoming famous? Oh, wait ...

This past year, the Kardashians became even more overexposed when Kim Kardashian announced her engagement to NBA player Kris Humphries via *People* magazine. This started a slew of profits for the couple, with various magazine interviews, photo shoots, a TV special and limited edition products all tied in to the wedding, earning the couple a staggering \$18 million. So basically, their wedding earnings paid for their wedding.

The couple's Aug. 20 nuptials were hyped as the American "Royal Wedding," and every detail of its planning was revealed to the public. While haters began to see red, fans couldn't wait to see Kim's three wedding dresses in the TV special.

Then, shockwaves heard around the world: A mere 72 days after the couple said 'I do' underneath a cross made out of diamonds (believe it!), Kim filed for divorce from Kris on Oct. 31.

The backlash was instant. After making such an extravagant event out of the wedding, many people thought the entire marriage was a sham and just a moneymaking machine.

An online petition was started to Boycott Kim Kardashian and last time I checked, more than 165,000 people had signed that petition, with over 77,000 having recommended it to their friends on Facebook. In conjunction with the petition, there is also the boycottkim.com website and a boycottthekardashians.com. Cindy Snyder, the lady behind the petition, says, "These shows are mostly staged and place an emphasis on vanity, greed, promiscuity, vulgarity and over-the-top conspicuous consumption. While some may have begun

watching the spectacle as mindless entertainment or as a sort of reality satire, it is a sad truth that many young people are looking up to this family and are modelling their appearance and behaviour after them."

After she announced her divorce plans, Kim flew to Australia on a press tour but she stopped the trip short and flew back to America to go into hiding. Since then, she hasn't been photographed at any Hollywood events and was only snapped flying to Minnesota to see her estranged hubby to apparently "talk things out."

But with the second season of *Kourtney and Kim Take New York* premiering last Sunday, many media outlets are saying Kim's only been flying under the radar to calm the outrage her impending divorce has caused and to keep the Kardashian empire from crumbling.

Last weekend, Kim was at the Los Angeles Mission helping feed the homeless on Thanksgiving. It looked like a nice gesture. Then the paparazzi snapped her surrounded by bodyguards, makeup artist, hairstylist and camera crew, and the gesture was kind of ruined when it turned out




moorizzlasays.wordpress.com
Kim Kardashian

to be a lousy publicity stunt.


So the question is: Will Kim and the Kardashian clan survive the negativity and continue to profit from their smart business ventures ... or is this too big a bump in the road for the family to get over?

Funnily enough, the future of their success is partly in the hands of the consumer now – individuals like you and I who buy their products and watch their shows. So will you tune in to the new season of *Kourtney And Kim Take New York* or will you sign the petition like thousands already have?



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By BRETT PLAXTON

Here is a random assortment of music that I enjoy listening to and I hope you do, too. If you enjoy these songs, awesome! If you haven't heard of them, be sure to check them out. And if you don't like these songs, then I guess there is no pleasing you, is there? Feel free to listen to these songs in whatever order you like – that's usually what I do.

1. Big Me – Foo Fighters
2. Hey Bulldog – The Beatles
3. Got My Mind Set On You – George Harrison
4. Temptation – The Tea Party

5. Testify – Rage Against the Machine
6. New Year's Day – U2
7. Positively 4th Street – Bob Dylan
8. Line Up – Aerosmith
9. Love Gun – KISS
10. Master Exploder – Tenacious D
11. Sweet City Woman – The Stampiders
12. John the Fisherman – Primus
13. Lee Majors Come Again – Beastie Boys
14. Paradise Skies – Max Webster
15. Summertime in the Void – I Mother Earth



technodisco.net

VIRAL VIDEO OF THE WEEK

Bieber twisted

By STEVEN DYER

Not everyone likes listening to the big trends in music right now.

For example, I'm not a fan of Justin Bieber and I know people who feel the same about Ke\$ha, Rihanna, Adele and Lady Gaga. But what if you could see their music or something close to it, with a funny little twist?

This week's viral video is a parody of the Justin Bieber song "Mistletoe" redone by the Key of Awesome and it's all about how the sweet little Biebs is really a big player who "gets more ass than a toilet seat" as he says in the song.

Biebs is out breaking hearts in this one and in the end he finds out that you don't mess with crazy chicks!

Check out the video here http://www.youtube.com/watch?v=HfVQO7K4wXc&feature=sh_e_se&list=SL and if you like it, make sure to check out more Key of Awesome!

Fun little fact before you go – their most famous video is a parody of the Ke\$ha song "Tik Tok" that they titled "Glitter Puke."

This video actually has over 88 million views, which is 11 million more than Ke\$ha's music video for the real song!






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ANIKA NOTTVEIT

**If you could only watch
one movie for the rest of
your life, what would it be?**



"Lion King 1½. It was so funny. I wanted to see it for a year. It's so hard to find!"

Deena Sobon
Geomatics Engineering



"Jumanji. It has edge-of-the-seat action. It's humorous. There are lots of animals. The mechanical rhino is the best. There is so much random stuff."

Henry Koopmans
Carpentry



"Harry Potter and the Deathly Hallows, Part Two. It makes me cry. Because I'm a die-hard Harry Potter fan."

Taylor Jackson
Radio and Television



"Anything Bollywood. My favourite movie is, Phir Hera Phen. It's a comedy film. I like the actors. Bapisha Basu is in it and she's my favourite."

Kamlesh Mayani
Instrumentation Tech.



"The Hangover. It's a comedy and will keep you laughing forever!"

Ashley MacRae
Dental Assistant

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU COMPLETING YOUR PROGRAM BEFORE DECEMBER 31, 2011?

IF SO, YOU ARE ELIGIBLE TO ATTEND CONVOCATION 2012

Friday, May 4, 2012 & Saturday, May 5, 2012
The Northern Alberta Jubilee Auditorium

Gown orders will be taken at the following locations starting
WEDNESDAY, FEBRUARY 1, 2012:

NAIT Bookstore, Room X114 or by contacting 780.471.7717
Patricia Campus Bookstore, Room P135
or at Souch Campus – Room Z154

Deadline for ordering gowns is FRIDAY, MARCH 30, 2012

For more information regarding Convocation 2012 visit NAIT's website at www.nait.ca/convocation

CD REVIEW

Stones' Some Girls reissued

By MICHAEL MacMULLIN

For those of you who are familiar with the '60s rock scene, then the '70s, '80s, '90s, hell, even now – prepare yourself for the Rolling Stones. It's been almost 50 years and the Stones are still going, amazingly. But, with moves like Jagger, can you blame them? On Nov. 21, *Some Girls*, a refurbished edition of the original 1978 album, was released. It followed a very successful 2010 reissue of *Exile on Main Street*, and features 12 new tracks that have been bootlegged for years by adoring fans. I will focus on these, as the actual tracks of the album haven't changed, other than being cleaned up.

Reminiscent of Chuck Berry

The first track on the bonus CD, "Claudine," is a very upbeat '50s-sounding song that really reminds me of the sound pioneered by Chuck Berry, back in the day. The lyrics for this song were reportedly inspired by Claudine Longet, the former wife of Andy Williams, who was convicted of misdemeanor criminal negligence for the '76 shooting of her Olympic skier boyfriend, Vladimir Sabich. With lines like "There's blood in the chalet, blood in the snow; she washed her hands of the whole damn show," you can see the irony quite clearly. There are many great songs on this album, including "So Young," a classic rock anthem to chasing jailbait. Next we switch over to "Do You Think I Really Care?" and we hear a sad

tale about "a girl who's never there" in this country-rock ballad.

"When You're Gone" is a definite highlight on this album. It's just a classy, foot-stomping breakup song. The harmonica adds so much to this bluesy track. I wouldn't suggest listening to the lyrics if you want to keep your mood up, though – "I don't want to think about you when you're gone. I don't want to hear your voice talk on the phone. All those notes and those cards, I'll throw them in the yard. I'll put them in the trash where they belong." On Track 5, we switch to another country-flavoured song, "No Spare Parts." The words tell us the story of the Stones' trip from L.A. to San Antonio.

"Don't Be a Stranger," the sixth song on the bonus CD, has a reggae vibe to it. It's a very mid-tempo and uplifting song with a catchy chorus. You just have to sit back, smile and imagine Jagger dancing all over that brightly-lit stage as he sings.

Richards' voice different

"We Had It All" is a melancholy ballad with Keith Richards on vocals and is, in my mind, arguably one of the best Rolling Stones songs. Yes, I went there. The song sings about a lost love. For all of you hardcore Rolling Stones fans, Richards' voice is different in this re-release because of how much his voice has lowered since the demo in the '70s.

Another excellent song is "Tallahassee Lassie," which brings me back to the '50s, but with



a modern edge, and carries quite the punch. One listen to the two-and-a-half minute song will have you singing and stomping your feet and living the attitude and swagger of the Rolling Stones themselves.

"I Love You Too Much" has a '70s ring to it, with memorable lyrics such as "You got me dizzy like a martini lunch." If you're still keeping up, we are now on Track 10 – "Keep Up Blues." This song is a tribute to the Rolling Stones' roots in blues. Jagger has fun with the lyrics, describing himself as a superficial narcissist who wants people to think he's rich and "hip."

Track 11 is an example of 80 per cent of country music. "You Win Again" is about your typical heartbreak woman leaving the man with the trust issues. "Petrol Blues," on the other hand, is a more political song, written on piano.

Overall, *Some Girls* is a pretty good album, and is a lot more cleaned up and clear than some of the previous versions of the songs, which sounded more like drunken rambling mixed with someone who really doesn't know how to work a console. I'll leave the actual truth of that for you to discover.

★★★★☆

RESTAURANT REVIEW

Ramen noodle eatery is here

By KEVIN TUONG

When people think about good food in Canada, Edmonton will almost never come to mind. We're overshadowed by bigger cities such as Vancouver, Toronto, even Calgary! We're lacking in many areas of restau-

rant dining and one of those areas is ramen noodles. Meguro Ramen opened just last month and so far they've been off to a rocky start. But they're our first restaurant to specialize in ramen, and by having the word "Ramen" in their name, I had to see if they

deserved to keep it.

With the newly renovated location being placed in the middle of 97 Street in Chinatown, it definitely stands out against the old and worn buildings surrounding it. The interior is well done for the most part; the walls are properly themed, the chairs and tables are new and comfortable, but the spacing between them gives a feeling of cold and emptiness.

A restaurant's menu is a preview of the quality of the food. So when I saw poorly cut paper menu stuffed in plastic sleeves with "Staples" stamped on them, I was immediately concerned. However, the small bowls (for sharing) and cups looked nice, and had a good weight to them, giving off the feel of quality. The service isn't bad, but it's not stellar. They weren't very busy (only four other tables), yet service was slower than I expected, especially considering that their mediocre menu was somewhat limited.

I decided to try their Chicken Karaage for starters, and was pleasantly surprised. The chicken was both flavourful and juicy, and the sauce was splendid. I had ordered the Miso Ramen while my company ordered Tan-Tan noodles. All the ramen come with the same things, some chashu (BBQ pork shoulder), nori (seaweed paper), corn, bean sprouts and half a soft boiled egg, which I

love. It was however, missing the naruto (a round white slice of processed Japanese fish with a pink spiral inside, it's more than just an anime) a signature finished ingredient of a ramen dish and they were missing! How dare they?!

As for the taste, the miso soup was too salty; oddly enough though, the chashu was lacking flavour. But other than that, it wasn't bad at all, the noodles had a fairly good texture, except they were curly as opposed to straight, indicating that they're not made fresh or in-house. I also sampled a small bowl of tan-tan noodles, which tasted good but it wasn't proper. Although it looked like tan-tan noodles, the soup base had a delicious, but overpowering, peanut taste to it and it wasn't anywhere near spicy like it should be.

In the end, the food wasn't bad, but it wasn't memorable; I didn't get that craving for more like I would with truly delicious food. The soup was probably the worst part of their ramen. It was too salty and I ended up being very thirsty at the end of our meal. Unfortunately, there was no refill for my water. At an average of \$9 per bowl, I would consider it to be just partially overpriced for the quality. Hopefully the next time I return, they'll have found a stronger stride.



Meguro Ramen has just recently opened.

Photo by Kevin Tuong

MOVIE REVIEW

Hugo – a film that just works

By KARL GARNEAU

Set in 1930s France, a boy named Hugo lives an orphan life maintaining the clocks of a massive train station, where subtle events happen, and culminate in a mystery I honestly thought would have taken a more surreal approach (in a similar fashion to Martin Scorsese's previous film, *Shutter Island*).

That's not to say it unfortunately doesn't. There are still mind-screwing elements similar to *Shutter Island*.

It's one fantastic film that was basically a love letter to one of the great directors of the previous generations, Georges Méliès.

The story is about the boy who discovers who the old director really was, and ... well, there really wasn't that much of a conflict.

Sure there were elements of antagonistic danger but nothing to write home about. I'd imagine it would have to do with the fact that these were children – children with little to no sense of perspective for these otherwise little events.

These petty complaints are thrown into the scrap heap when I remember that I watched the trailer and thought that the film was animated in some way, like the upcoming Tintin movie. Alas, I only realized my error half-way

through the actual film. I really did think that it was all really excellent animation. My mistake was not because of the 3D. Frankly, the only reason I watch 3D on occasion is if the movie in question isn't available on 2D. It's a gimmick that's not for me.

Anyway, my mistake was really the result of some truly amazing lighting and colour correction in post-production. The entire movie just looked so beautiful, visually. The audio seemed a bit flawed at points but this is a movie that's based in a time where motion pictures were about the moving pictures more than the sound. These days, I feel the roles had switched, what with all the other movies with their ridiculously shaky cameras and inability to focus on a subject.

Hugo isn't one of those kinds of movies with the camera shake. Whatever you needed to see, you could see. (Although the theatre I went at cut out the top and bottom, which was more or less the theatre's fault and not the movie's.) Whatever motion the

camera made, it made with smoothness and maneuverability akin to an animated film. (The smooth camera movement in impossible spaces helped add to the illusion that this film appeared to be animated.)

However, I mentioned *Shutter Island* before, so I'm going to elaborate on why it was mentioned in the first place. As part

of the mystery, the eponymous protagonist Hugo (played by Asa Butterfield) had spent most of his secret orphan life stealing clockwork pieces from the sorry old man played by Ben Kingsley (A perfect match, if you ask me. Seriously, look up a picture of Kingsley and Georges Méliès. I guarantee you will lose your mind.)

These clockwork pieces are used to try and restore a clockwork automaton with the scariest face I've ever seen in a film next to the Man in the Moon from Georges Méliès' *The Impossible Voyage*.

The entire film really just ... works! Every scene has its purpose, which is fitting for one of the primary themes of the movie. Go see it. If you like 3D, knock yourself out. Otherwise, it's not a big deal, dudes and dudettes.

Actually, upon extended consideration, the movie very much resembles *Finding Neverland* ... except switch Peter Pan with 80 movies worth of insane iconography.



wgrr.com

GAME REVIEW

Nintendorks – gather 'round!

By BRETT PLAXTON

While many of you reading this are playing *Skyrim*, *Modern Warfare 3*, *Arkham City* or *Saints Row the Third*, I, being a hard-core Nintendork, am currently playing the latest instalment in one of Nintendo's greatest franchises. I am talking



about *The Legend of Zelda: Skyward Sword*, which is the 16th instalment in the franchise and is part of the 25th anniversary of the Legend of Zelda and is available for the Nintendo Wii.

The game follows Link, who has been raised on an island in the skies called Skyloft. He is trying to join the ranks of the Skyloft knights when their Princess, Zelda, is lost. Link must enter the land of Hyrule in an attempt to find and rescue her. I haven't actually beaten the game yet; I'm the kind that likes to collect everything, go through all the side quests and check out all the different environments before I go ahead and beat the game.

One thing you'll notice when you play the game is that the graphics are a combination of the cartoony graphics from *The Wind Waker* and the realistic graphics from *Twilight Princess*. You'll also find that you have a new steed, a bird-like creature called a loft bird, which you use to fly to different parts of the world. The main villain is also different in this game. Instead

of the traditional baddie Ganon, the villain is the Demon Lord, Ghirahim and he is just as menacing as Ganon. The game is also great really utilizing the system's Wii Motion Plus, allowing for greater motion control.

The one thing I really liked when I first picked up the game was the bonus items included. The first is a CD containing eight orchestrated tracks from the entire series. The other item I got was a special promotional item exclusive to the first few people in line at Best Buy, and that was a T-shirt with the phrase "Don't make me go Zelda on you" along with six familiar items from the series printed on it. There was also a limited edition set including a golden Wii remote with the Hyrule royal family emblem on it. This game is a nice treat for Zelda fans like me and a great game for newcomers to the series. So go out and buy or rent this game. You will not be disappointed!



Bartending lessons at the Nest

By EMILY FITZPATRICK

Tuesday evening I found myself at a mixology class with 16 other eager NAIT students. The event was hosted by the Nest and the company Twisted Bartending.

The students gathered around a table propped up on the stage where bartender Morgan Rea stood surrounded by liquor bottles. Filled with real liquor, folks! Morgan briefly told us the history of his bartending career, how he started off in lounges and worked his way up in the bar industry. Then he got down to business. He asked the crowd what they'd like to learn or drink. Everyone was a little shy at the beginning. Morgan got things going with a straight vodka martini featuring vermouth, which a forewarning ... is not for the

faint of heart. However, he did show us that when it comes to making martinis, swirl the shaker instead of shaking it to avoid breaking up the ice. After attempting to drink straight vodka, the class decided to move toward cocktails. Morgan demonstrated cocktails like Long Islands, screwdrivers and tequila sunrises. He lit some shots on fire to show a little flair. He also showed everyone how to impress their friends during the holidays with seasonal drinks (peppermint schnapps during Christmas, lemonade and grenadine in the summer).

The Nest was also a very gracious host and

offered free sandwiches half way through to keep everyone's stomachs at ease.

When asked one essential beverage to have in your repertoire, Morgan says it's a tossup between "Long Island Iced Teas and Mojitos, because no matter where you go you're always going to find someone who wants one of each."

If you're looking to stock up your alcohol cabinet, stick the basics of "vodka, gin, rye and rum and get a good flavoured vodka because it cuts down on the ingredients you need," Morgan said.

Twisted Bartending offers a course in classic bartending that teaches you the basics, much

like this class. Also they have a flair bartending course if you want to learn some fancy tricks like throwing bottles in the air.

There are many bartending schools. Morgan himself went to six. Though, "if you want to get into the industry start in smaller bars or bars you like to be in," Morgan said. "If you like going to a certain bar, don't work there. You don't want to spend your downtime at your work place."

The crowd favourite of the night was a drink perfect for the holiday season. Here's the recipe so you can try it at home. Mix one ounce of peppermint schnapps, one ounce of raspberry vodka and top it off with Sprite.

If you missed out on the class this year, be sure to attend the next one because it's an event worth attending.



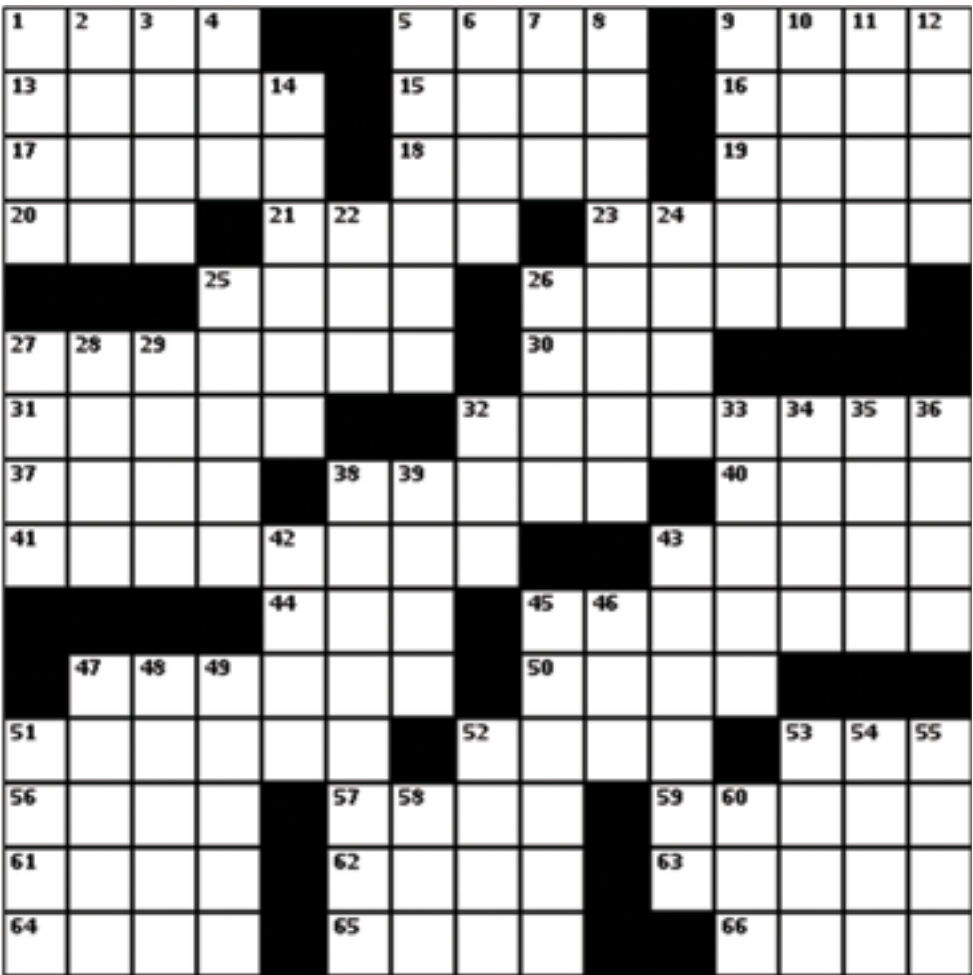
CROSSWORD

Across

- 1- Winglike parts
- 5- Actual
- 9- Exile isle
- 13- Pelvic bones
- 15- As a result
- 16- Bottom of the barrel
- 17- _ nous
- 18- Carson's predecessor
- 19- Hard to hold
- 20- Summer drink
- 21- Civil disturbance
- 23- Pamper
- 25- Cushions
- 26- Birthplace of St. Francis
- 27- Plant-eating aquatic mammal
- 30- Howe'er
- 31- Long for
- 32- Esemplastic
- 37- Apex, pinnacle
- 38- Camera setting
- 40- Zeno's home
- 41- Antidote
- 43- Dens
- 44- Hit sign
- 45- Ancient Egyptian king
- 47- Yellowish color
- 50- Belonging to us
- 51- Surroundings
- 52- Capital of the Ukraine
- 53- Cad or heel
- 56- Getting _ years
- 57- Masked critter
- 59- From the beginning: Lat.
- 61- Prison
- 62- Romance novelist Victoria
- 63- Alleviates
- 64- Compassionate
- 65- Epic narrative poem
- 66- Hang around

Down

- 1- Between ports
- 2- Ground
- 3- Entr' _
- 4- Be human
- 5- Sleep
- 6- Part of Q.E.D.
- 7- Turkish title
- 8- "Your _ " said to a British judge
- 9- Nicholas Gage book
- 10- City in West Yorkshire
- 11- Attorney Melvin
- 12- _ sow, so shall...
- 14- Add fizz
- 22- Chemical ending
- 24- Beginning
- 25- Street machine
- 26- _ extra cost
- 27- Future doc's exam
- 28- Flatfoot's lack
- 29- Appoint
- 32- "Respect for Acting" author Hagen
- 33- A long time
- 34- Bones found in the hip
- 35- Emperor of Rome 54-68
- 36- Deep cut
- 38- Fierce
- 39- Flat-bottomed boat
- 42- Archipelago part
- 43- Immature insects
- 45- Indicates a direction
- 46- Color
- 47- Biblical mount
- 48- Set straight
- 49- Covered on the inside
- 51- Deride



- 52- Serbian folk dance
- 53- Damage, so to speak
- 54- Eye layer
- 55- Cheerful
- 58- Alley _
- 60- _ -relief

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

SOLUTION – Page 25

Comics at Nest

By ANIKA NOTTVEIT

When is the last time you had a full-fledged belly laugh?

It's a fact that there are many positive health benefits to laughing. It boosts immunity, decreases pain, lowers stress hormones, relaxes your muscles and prevents heart disease. Health benefits aside, it's just a fun time.

A place roaring with laughter is a place everyone

wants to be. Today, (Dec. 1), that place will be the Nest. A live Comedy Night is taking place. Two stand-up comedians, John Hastings and David Dempsey, will be taking the stage.



John Hastings performs.

stand-up comedy record label: Comedy Records. He has been a finalist for the 2009 and 2010 XM Canada's "Next Top Comedian in Canada Competition."

Being a full time comedian has given Hastings the chance to tour around Canada. He talks about mature subject matters, which is also a good choice for the college crowd. John says in his blog, "This job I do, I find shock-

ingly fun." It is an honour to have that fun time and experience at NAIT.

John and David are brought to NAIT through Canada's national stand-up comedy company, Yuk Yuk's. The doors open at 2:30

p.m. and the event starts at 4:30 p.m. You may wonder why it's necessary to get there so early, but space is limited; getting a good seat will require an earlier arrival.

Stand up comedy events don't happen often at the Nest – humour would be a great way to start off the weekend. The event is free, so don't hesitate to get your laugh on at the Nest!

Dempsey was raised in Australia, where his comedy career started. He's since moved to Edmonton and continues his comedic acts. His humour is known to be darker, fast-paced and nervy. Sounds like someone that will resonate with students!

John Hastings is from Ottawa and was named one of "five comedians to watch" by the Comedy Network. Hastings was one of the first comedians to sign with Canada's only

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VISIT NAITSA.CA/SKI FOR MORE INFORMATION

STUDENTS' ASSOCIATION

Respect the classics

By STEVEN DYER

Do you ever think that the music nowadays is just too loud? Do you feel it's just too noisy or just plain bad? Ever have a craving to go back in time and listen to those old classics? Well, now you can!

"Respect the Classics" with Brett Plaxton is a great way to fill your craving for the oldies but goodies. Every Tuesday on NR92.com, from 4:30 to 5:30 in the afternoon, "Respect the Classics" is a great way to wind down after a long day of work or school.

Steven Dyer: So what can listeners expect to hear on the show?

Brett Plaxton: Just me playing a bunch of classic rock.

SD: What do you usually talk about on the show?

BP: I just like to talk about the song I'm playing; I talk about some info on that song like when it was written, some inspiration, the facts about it. Sometimes I do "This Day in Rock."

SD: Who are some of your favourite artists?

BP: Rush, Led Zeppelin and Metallica are my three favourites.

SD: What are some of your favourite songs?

BP: "Creeping Death" by Metallica, "Lime Light" by Rush, "Here for a Good Time" by Trooper and "Iron Man" by Black Sabbath.

SD: So how did you come up with the name of your show?

BP: Well, I was thinking about doing a show by myself this semester and I was thinking about the theme one day and I was actually thinking about the scene from "Cars" where

they were raising the American flag and they started playing "Star Spangled Banner" by Jimmy Hendrix and the army car was yelling to turn that racket down and he's like "Hey, respect the classics, it's Hendrix." I'm like, "Oh my god, I'm calling my show *Respect the Classics!*"

SD: Would you consider having a co-host?

BP: I'm thinking about it, I might if anyone's interested in it. It gets some more variety in there.

SD: What can we expect to hear on the show in the future?

BP: More classic rock, and myself talking about the awesomeness of rock.

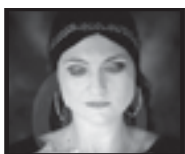


Brett Plaxton takes time for a photo in the NR92 studio.

Photo by Steven Dyer

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 1-7

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

Sagittarius (Nov. 22-Dec. 21)

I'm going to do this a little differently. Each sign has a different piece of a story.

Once upon a time, there was a dude who was also a mouse, but he was a dude named Gerald.

Capricorn (Dec. 22-Jan. 19)

He was a mouse-dude that scared the stuffing out of every elephant in history. He turned it into an art form rivaled by none. The original Halloween was nowhere near as scary as this mouse.

Aquarius (Jan. 20-Feb. 18)

One day, one elephant decided

that he was through being scared. He decided to train himself to become the most fearless overweight Jug-head wannabe in the history of elephant-kind.

Pisces (Feb. 19-March 20)

"But you can't!" said his comrades, "Gerald is a scary little nutter! He'll spread diseases and make you not alive and stuff! You can't hope to stand against the dude-mouse!"

Aries (March 21-April 19)

"Shut up!" said the brave elephant, whose name escapes me. "I'm through being oppressed by the evils of Gerald. He is only a mouse! He is not a rat, and the Bubonic Plague only survives in a locked-up test tube! We're also elephants! We live in some of the most hostile environments on the planet!"

Taurus (April 20-May 20)

"But [Elephant's name] -" "But, nothing," The elephant said, "I will stand up to him, and I will be victorious."

All the elephants cried their eyes out,

fully aware that the brave, foolish idiot of an elephant would march to his unnecessary, but relatively amusing demise.

Gemini (May 21-June 20)

For days, the brave elephant marched, making his way to Greece, where the mouse lived. The elephant broke through Istanbul... or Constantinople... I forget which it was.

He scaled the Alps, and survived what Hannibal's army barely could. At last, he reached Canada... um, somehow.

Cancer (June 21-July 22)

"Evil mouse-dude Gerald!" The elephant bellowed as he approached the tiny little house.

The mouse-dude exited the house and looked up at the massive tusked creature. "Whaddya want?" Gerald asked.

Leo (July 23-Aug. 22)

"In the name of elephants everywhere, I am through being frightened by you! I will crush you and prove to all elephant kind that you are not a force to be reckoned with."

The mouse blinked, and then

scratched his rear. It appeared he had recently woken up.

Virgo (Aug. 23-Sept. 22)

"Yah know, dude," Gerald said, "You ever observe the humans, and how many of them react to insects?"

"Yes," The elephant bellowed.

"Do you think any human with a sane mind would go on an epic journey to terminate the life of a single type of bug?"

Libra (Sept. 23-Oct. 22)

The elephant paused. This was an interesting question. Thinking about it, he himself had not even noticed the existence of the flies that always hung around them for the waste material the elephant clan produced. If anything, the flies could also carry some terrible virus or parasite. He recalled the SARS incident.

Scorpio (Oct. 23-Nov. 21)

The elephant, understanding the new-found wisdom, apologized to Gerald and began to slowly walk away. Suddenly, he was hit by a fully loaded semi-truck and died immediately.

The moral of the story: Look both ways before crossing the street.

THE NUGGET PRESENTS:

NUGGET COMICS

MICE WITH SPICE



TOBOGGANING
DOWN A MOUNTAIN IS
HIGHLY
DISCOURAGED

18

Cartoon by John Benesch

Question #1

A train track is 440 kilometres long.

On one end of the track,
Train A leaves the
station at 6 AM travelling
at 70 km/h.

On the opposite end of the track, Train B leaves at 8 AM travelling at 80 km/h.

When will the trains meet?

$$70 \text{ km/h} + 80 \text{ km/h} = 150 \text{ km/h}$$

For Train A @ 8 AM:

$$\begin{aligned} D &= ST \\ &= (70 \text{ km/h})(2 \text{ h}) \\ &= 140 \text{ km} \end{aligned}$$

$$440 \text{ km} - 140 \text{ km} = 300 \text{ km}$$

apart

$$T = D/S$$
$$= (300 \text{ km}) / (150 \text{ km/h})$$
$$= 2 \text{ hours}$$

The trains will meet in
2 hours at 10 AM.

2 HOURS LATER



PinkRhombus.com

Cartoon by Josalynne Wilfong and Mark Nordstrom

HOT SINGLE OF THE WEEK

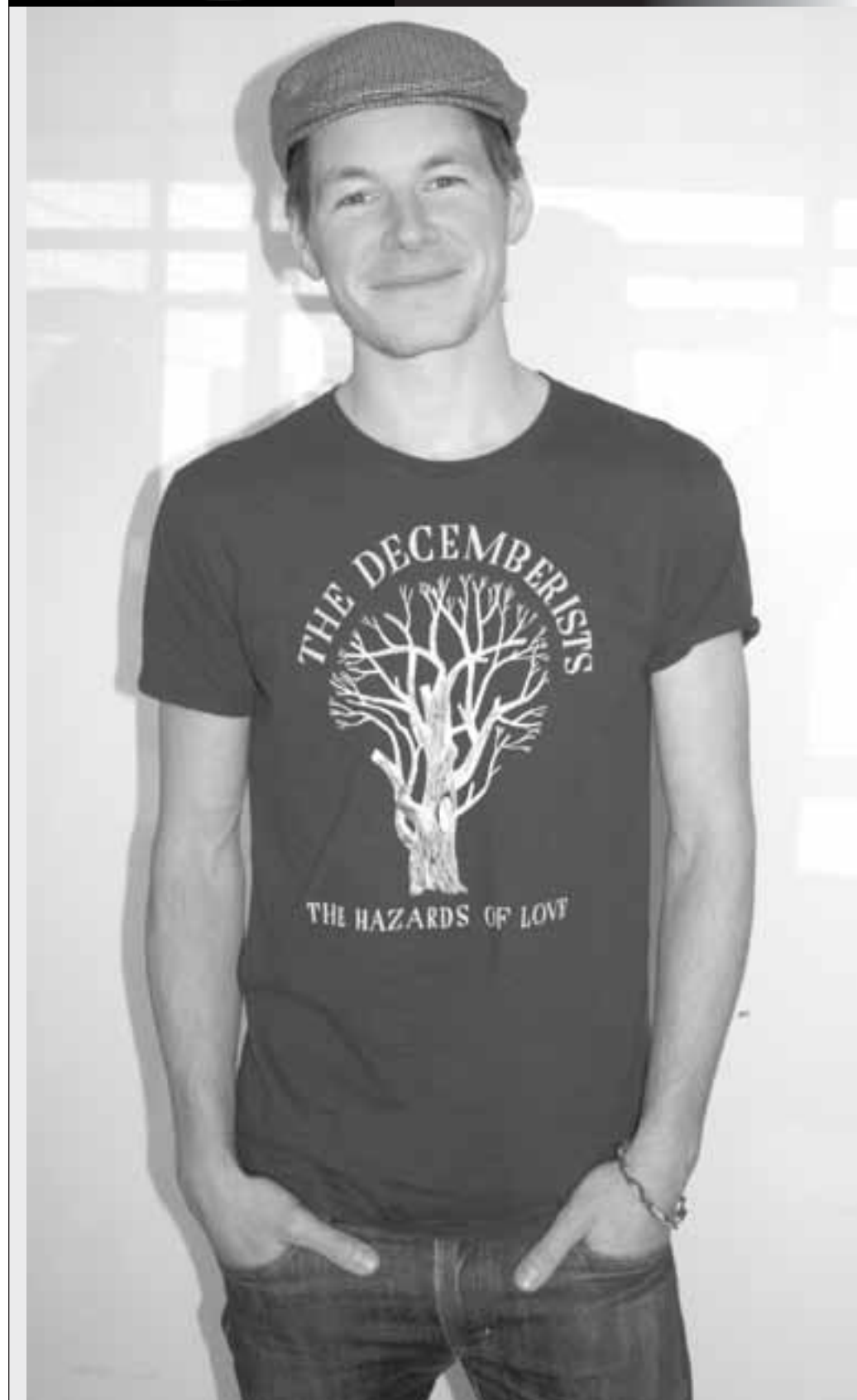


Photo by Anika Nottveit

Luke Fournier, 22 Alternate Energies

Favourite Movie? – The Wicker Man. Nicholas Cage is always solid.

What's your ideal date? – A trip to IKEA to buy furniture. We would eat 50 cent hot dogs and meatballs. Then we would go home and watch Walking Dead.

What is your dream job? – Working in Australia on tidal generators, like wave generators.

What is a turn-on for you? – Blue eyes and girls who can take a joke.

What is a turn-off? – Being called a douche.

What's your ideal vacation spot? – Going to Brazil to go to the Carnavele.

What is your favourite band? – The Decemberists.

Guilty pleasures? – Going window shopping by myself. I just love looking at lighting stores. I also have a guilty pleasure for really good mood lighting.

What's your type? – Small, nice, hipster girls.

Where's your favourite place to shop for clothes? – Value Village.

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

Recipe Jam jam heaven

By STEVEN DYER

I came home last week and I was greeted by the wonderful smells of baking. I went into the kitchen and discovered that my grandma had made pumpkin loaf, peanut butter cookies and one of my personal favourites, jam jams.

Jam jams are cookies with jam in the middle and they are one of my favourite cookies because I've been having them since I was really young. When you bite into the centre of the cookie you really get a good blast of flavour depending on what type of jam you used.

This recipe is really simple and the results are always worth a little work.

Ingredients:

- 2 eggs
- 1 cup of brown sugar
- 2 Tbsp of corn syrup
- 1 cup of vanilla
- 1 cup of butter/margarine
- ½ tsp of salt
- 2 tsp of baking sod
- 2½ cups of flour
- Choice of jam

Instructions:

– Cream butter/margarine and brown sugar in a large bowl, add eggs one at a time, beat well, add corn syrup and vanilla, beat until smooth

– Combine flour, baking powder and salt in a medium bowl, add margarine mixture slowly to flour mixture, mix until no dry flour remains

– Roll dough thin, cut into circles

– Cut the centre out of half of the circles, place jam into the middle of the uncut circles, place circles with cut out centres on top of the jam covered circles

– Bake in oven at 350 for nine minutes

– Let cool and enjoy

Makes 1½ dozen cookies.



A tasty breakfast CAMPUS FOOD REVIEW

By MIKE JONES

We've all been there, you stayed up late last night finishing homework, reading the new Twilight or perhaps a Xbox live marathon. Or maybe you went out for a few beers to watch the game. Either way, your alarm clock didn't do the trick or maybe you were just a little too liberal with the snooze

button. Point being, you rushed through your shower and threw on a hat to hide your bed head hair. You ran out the door and barely made it in time for your bus and realized you forgot to eat breakfast. You have a big exam coming up and there's just no way you can get through it on an empty stomach.

Luckily, the Corner Grill at Common Market will make your day with their breakfast sandwich! Bacon, egg, tomato, lettuce and cheddar cheese on whole wheat bread, toasted to perfection and topped with mayo will leave your mouth salivating for more. Luckily, a heaping order of hash browns complements your sandwich. And the best part is it's super-filling and only \$6.30. So check your pockets and your couch and head down to the Common Market today. Wash it down with a large coffee and rock that exam!



PUT YOUR WRITING GLASSES ON

GET YOUR THOUGHTS INTO PRINT!

Submit your opinion letters with your real name & phone number to studenteditor@nait.ca

*Articles have a 100 word limit

THE NUGGET

THE NUGGET PRESENTS:

GRAPEVINES

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

To A+ cutie,
Be more specific ;D

Curious guy

...

To all the gentlemen at NAIT, a little chivalry would go a long way! So please just open the door! And kudos to the ones that already do.

Love always, your female counterparts

...

Hey, hot basketball player (that was in

the Nugget on Nov. 24),
I noticed you were hot and tall, I'm hot and tall too, we should get together.

Signed,
bio sci blondie.

...

Attention, all you sexy Annex girls:
How come I haven't seen any of you out on the town? I mean, I appreciate all the work you put into looking amazing and it does not go unnoticed but I think we can

all agree that a drink (or 6) needs to be shared between us.

Love,
2nd year Petroleum

...

Buzzed head kid in HVAC:
Your moustache makes you look so attractive and manly. I wish every guy could grow such an epic moustache like yourself. I want your offspring.

– The Duke

...

Dear shy guy,
I'll play doctor with you anytime
– don't be so shy

...

To the lovelies. Show yourselves! Time is running out for us! We're tired of walking to the Business Tower for "real" lovely women!

– Yours truly,
3rd year CIV co-ops

THE NUGGET PRESENTS:

Dr.CONwisDOM



MIKE MARSHALL
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

Yesterday my personal trainer decided to take our workout regimen to a new level, and jumped my bones right on the Bowflex! Should I keep poking a little fun at her or should I tell her that our relationship is only business?

Signed,

"Gonna need a lot more protein shakes"

Dear "Gonna need a lot more protein shakes:"

Only if you feel true love for this fitness guru should you then try some "extra reps" with her. If she finds out that you're just using her as a sexual object, she may drop a 40-pound dumbbell on your balls.

...

Dear Dr.CONwisDOM:

I really like a pair of big boobs. Like huge – 38 double D's just won't cut it for me. Will I ever find the busty woman of my dreams?

Signed,

"I want a girl with a lot on her chest"

Dear "I want a girl with a lot on her chest":

Perhaps you should stop being so shallow and find a girl based on common interests to build a relationship. Wait ... I just read what I wrote ... never mind. Find a chesty babe and go to town, you old sailor!

Dear Dr.CONwisDOM:

I've decided to withhold sex from my boyfriend to test his love for me. My friends say it's cruel, but I think it's a valuable test. What do you think?

Signed,

"The famed scientist Ms. Blueballs"

Dear: "The famed scientist Ms. Blueballs:"

My god, you are a ruthless ice queen. The scientific value of this test is far outweighed by the fact that your poor boyfriend's testicles will eventually shrivel up and fall off, not unlike the scene in *Raiders of the Lost Ark* when they open the Ark of the Covenant. Let the poor man have some loving and make the most of that chemistry.

...

Dear Dr. CONwisDOM,

I really have a thing for guys who treat me horribly, leave me for days on end and comment on my weight until I cry. Some girls say

I'm wrong, but deep down I know what I like.
What do you think?

Signed,

"A glutton for punishment"

Dear "A glutton for punishment:"

My dear, I think you may have a small fuse loose. Look, no girl has to take s*** off a guy. At the end of the day we know who makes the important decisions. My girlfriend still has to open my pudding cup for me (sharp fingernails). Find yourself a guy who doesn't treat you like scum and you'll become a glutton for him.

...

Do you have any personal questions that you want to have answered by the good doctor? 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!

Vinyl vs digital – which is best?

By ANDREW GUILBERT
The Concordian
(Concordia University)

MONTREAL (CUP) – In the last decade or so, the way we experience music has changed drastically. Many now walk around with a miniature library of music in their back pockets, downloading music directly to their computers for a fraction of what they used to pay in stores. Still others have gone retro, touting the virtues of vinyl as the superior method of music enjoyment. But what makes a person prefer one to the other?

Cory Pereira, 24, a.k.a. DJ Pinky Pereira, plays shows all over the world, but currently calls Montreal home. Though he began his career on vinyl, he's since moved on to using nothing but digital music for his shows.

"I know [DJs] that still appreciate vinyl, but the majority of them are digital now, including all the international DJs I know; they're the ones who finally convinced me to switch to digital."

He explains that digital has overtaken vinyl in its once iconic role at the turntables mainly for the

ease of use and practicality the format allows.

"What made me change was cost efficiency and the amount of stuff I used to have to carry for gigs. Now it's so much easier; I can travel with my laptop, my two controllers and my soundcard in the same bag and that's it."

The other advantage, he says, is the sheer amount of music he now has access to during his shows.

"On my laptop right now, I have maybe 200 GBs of music. On vinyl, I'd only have three, maybe four, songs per record," he says.

For some, the prospect of having thousands of songs at your fingertips is exactly what turns them away from MP3s. "There [are] pros and cons to having the ability to access everything," says Sam Mullen, a McGill graduate in music performance. "If you have endless choices, it destroys your focus. I'd much rather listen to an album over and over again so I can hear the fine details of it."

Sylvain Plourde, a professor of digital audio at Montreal's Trebas Institute, argues that that

lack of "background noise" is also what he sees as the big advantage that digital recording has over the analog process vinyl uses. As for the idea that vinyl sounds better?

"You've got to be careful not to compare apples and oranges," says Plourde.

"If you take a \$100 hi-fi record and put it on a \$50,000 turntable, of course it's going to sound better than an MP3 file. But take a cheap record and play it next to a song in [the audio editing software] Pro Tools, and you'll get the same result."

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TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



How to be safe on a date



Sexual assaults can happen when people are frequenting bars and night clubs or even just on a date. Below you will find warning signs and advice on reducing the risk of assault.

You should be especially alert if the person you are with:

- Ignores, interrupts, or makes fun of you;
- Sits or stands too close to you or stares at you;
- Has a reputation for being a “player;”
- Drinks too much or uses drugs; tries to get you to use drugs or alcohol;
- Tries to touch or kiss you or invades your “personal space” when you barely know him or her;
- Wants to be alone with you before getting to know you or pressures you to be alone together;
- Does what he or she wants without asking what you want;
- Gets angry or sulks if he or she doesn’t get what he or she wants;
- Pressures you to have sex or tries to make you feel guilty for saying “no;”
- Behaves as if the two of you are more intimate than you really are;
- Behaves in a way that is unusual or excessively friendly in an attempt to manipulate or control you;
- Gives too many details about themselves that most people would not volunteer;
- Spends a lot of money on you and appears to be expecting something in return;
- Suggests that you do not trust him or her. Again, this is a form of manipulation;

• Doesn’t accept “no” for an answer. If they do not accept “No” for an answer on something small, such as drinking alcohol, they may not in regard to sex either.

To reduce the risk of drug-assisted sexual assault:

- Plan your or night out, arranging your journey to and from home;
- Make sure someone knows where you are going and what time you will be home;
- When going to a pub, club, or party avoid going alone. Friends can watch out for one another;
- Appoint a nominated drink watcher (your non-drinking driver?);
- Alcohol is the most common rape drug, does affect your actions and reactions, as well as your ability to be alert to changing situations. Take care and monitor how much you drink. Stay aware of what is going on around you and stay away from situations you do not feel comfortable with;
- Never accept a drink from anyone you do not completely trust;
- Do not share or exchange drinks;
- Don’t leave your drink unattended, even when going to the bathroom;
- Drugs can be put in soft drinks, tea, coffee and hot chocolate, as well as alcohol. There are a number of drugs that can be used to incapacitate you; most will not be easily detectable in a drink;
- Drinking from a bottle and keeping your thumb over the top is a good idea. Just remember that if you leave it unattended you may not be able to see if anything has been put in it;

• If you return to your drink and it has been moved, looks different, appears to have been topped-off, or tastes strange, don’t take a chance;

• Do not leave the pub, club or party with someone you have just met. Always have a safe ride home with someone you know you can completely trust;

• If you begin to feel really drunk after only a drink or two, seek help from a trusted friend, or a member of the club or pub management. It is important to get to a place of safety as soon as possible. You must be sure you have absolute trust in the person you are asking for help, no matter how long you have known them;

• This can happen to men as well as women and they have the same counseling and legal rights as women do;

You cannot expect to remember a long list of prevention advice, every time you go out. Just be prepared, be alert and be assertive.

Information obtained from the Edmonton Police Service.

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

Santas Anonymous

Protective Services has signed up to be a part of 630 CHED Santas Anonymous this year. CHED

Santas Anonymous is devoted to bettering the lives of children in our community by delivering the “spirit of Christmas” to less fortunate children in Edmonton. Help us to make this Christmas a little brighter. Please drop off a new, unwrapped toy to our offices at Main, South and Patricia campuses. There is also a donation box at the Tech Store. Donations will be accepted until Dec. 9.

Food Bank

Protective Services has signed up to be a drop off location for the Edmonton Food Bank. Each month Edmonton’s Food Bank serves more than 15,000 Edmontonians through the hamper program. In addition, another 300,000 snacks and meals are served throughout the city every month. This would not be possible without the support of our community. Please drop off your donations of non-perishable foods to our office at Main Campus. There is also a donation box at the Tech Store.

November

This year we participated in the Reach for a Cure fundraising event to support the mission of the Canadian Cancer Society. The money we raised from this event will help fund leading-edge cancer research that is improving cancer treatments, preventing cancer and saving lives; provide reliable and up-to-date information on cancer, risk reduction and treatment; offer vital community-based support services for people living with cancer and their families and advocate for healthy public policies. We want to thank the NAIT community for supporting us and donating to such a worthwhile cause!

...need help?

NAITSA Presents: A How To Series

HOW TO...

SKI/SNOWBOARD

December 6 @ Rabbit Hill, 6:00PM

STUDENT PRICING		
\$15	Lift pass, lesson and rental	
\$10	Lift pass and lesson	
\$10	Lift pass and rental	

NON-STUDENT PRICING		
\$20	Lift pass, lesson and rental	
\$15	Lift pass and lesson	
\$15	Lift pass and rental	

Included: Snack, bus ride to and from NAIT. Bus will leave at 4:30PM from the Nest.

TICKETS ON SALE NOW. Get really good before going on the New Year's Ski Trip!

BUY YOUR TICKETS AT
NAITSACA/HOWTO
NAITSACA/SKI
OR AT NAITSA OFFICE

RATE YOURSELF

Strategies for taking tests



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Now that you have been through midterms and have finals coming soon, rate yourself on your test taking skills and see what areas you can improve on.

- ☐ I am prepared. (This, of course, is the most important strategy for exam success.)
 - While studying, I test myself on an ongoing basis to make sure I really know and understand the material. Just reading and re-reading is the least effective way to learn. *The Techniques To Maximize Learning Potential: Strategies for Success* manual (available on the Student Counselling website at www.counselling.ca under On-line Resources) outlines many effective study techniques.
 - I do mock tests to assess my knowledge and also to help decrease exam anxiety.
- ☐ I use my time effectively
 - I skim the entire exam first to get a feel for the length and weighting of questions.
 - I budget my time and check periodically to make sure that I am on track but I don't get obsessed with the clock. It is more important to do the questions carefully than to complete the exam by rushing through and making a lot of errors.
 - I am not disturbed about other students finishing before I do. I take the time I need to put in my best effort.
 - I use any extra time to review my answers. If I review them more slowly I might pick up on careless errors or find that there is a better answer. (When you complete a test you tend to relax a bit and you may find that some material you had forgotten comes back to you. Don't hand your exam in too quickly when you finish.)
- ☐ I don't get hung up on difficult questions.
 - If I am unable to work out a question, I go on to the next one and come back to it later if time permits.

- When I come back to an unanswered question, I brainstorm everything I can think of about the subject. Often, by doing this, creative solutions will pop into my head.
- I try to write something down for every question.
 - ☐ I have techniques for managing my anxiety before and during the test, such as:
 - If possible, going for a brisk five to 10 minute walk right before the exam to get myself breathing deeply. This helps with memory and concentration as well as with stress.
 - Arriving early enough to be organized and ready instead of in a panic, but not so early that I have a lot of time to sit and worry.
 - Not talking about the test with classmates immediately beforehand as this usually raises anxiety levels.
 - Finding some questions that I know well to start with in order to increase my confidence.
 - Regarding a lapse of memory as perfectly normal and not letting it throw me into a panic. If I block on answering one question, I leave it for awhile and return to it later.
 - Using relaxation techniques such as deep-breathing, visualization or muscle tensing and releasing exercises before and/or during the exam. Counsellors can help you learn effective use of these, and other, techniques.
 - ☐ I make sure you that I am answering the actual question by:
 - Reading each question carefully and completely before marking or writing my answer, and re-reading the question if I am not totally clear on the meaning.
 - Trying not to read more into the question than is there, or expecting trick questions.
 - Asking my instructor for help in interpreting a test question that is unclear or ambiguous. S/he will probably want to clear up the misunderstanding for everybody if the question really is confusing or misleading.
 - ☐ For problem/formula questions, I:
 - Write down hard-to-remember formulas, equations and rules before I actually begin working on the test problems.
 - Identify the type of problem to be solved.
 - Think about the process needed to solve the problem and outline the method.

- Underline key facts and then plug them into the process.
- Cross out facts once I have used them.
- Do my calculations carefully.
- Check to see that I have answered the question that was asked, and that I have used the correct units.
 - Make sure to show all the steps in my work, knowing that I may get partial marks even if my answer is not correct.
 - Take the time to write legibly and make corrections, if any, as neatly as possible. (Most instructors react subjectively to the appearance of papers to be graded, so let neatness work for you rather than against you.)
- ☐ I have good techniques for answering multiple choice questions including:
 - Anticipating answers before I look at the multiple choice selections.
 - Reading over all of options and choosing the best.
- If you must guess, keep in mind the following tips:
 - Eliminate highly implausible answers.
 - Quite often lengthy or highly specific answers will be the correct choice.
 - Be aware of extreme words like “always,” “never,” “only,” “must,” “all,” “none,” and “completely.” These are often the wrong answers since there are many exceptions to rules. Answers including the words “seldom,” “generally,” “most,” “tend to,” “usually,” and “probably” are often correct; however, never change an answer based just on these tips.

- ☐ For short answer/essay questions, I:
 - Read the question twice to make sure I am clear on what the examiner is asking.
 - Underline key words to make sure I interpret the question correctly.
 - Outline my answer, considering all points.
 - Develop each point as it refers to the answer.
 - Keep the weighting of the question in mind so that I can spend more time on the questions worth the most marks.
- ☐ I will occasionally change multiple choice answers – but only if I am absolutely sure my original choice was wrong. The popular belief that “your first hunch is your best hunch” is not correct. Research shows that changes from wrong answers to right answers are at least equal and probably improve your test scores. However don't change your answer unless you have a convincing reason. And if you know that you have changed a lot of your initial answers to wrong answers in the past, stay with your original answer.
- ☐ I give myself a pat on the back for a job well done. Planning something to look forward to when finals are done is a great way to reward yourself for all the effort you have put in.

Counsellors at Student Counselling are available to help you with any academic or personal concerns that may be interfering with your success at NAIT. To book an appointment, come to Room W-111PB, HP Centre or phone 780.378.6133. We are open Monday to Friday, 8 a.m. to 4:30 p.m.

Hair today ...

By **TOBY DREAMER**

Another fashionable week has gone by fashion lovers and I've got more tips for you!

If you got a chance to check out Kingsway mall and NR92's fashionable campaign, “You Da Man ... nequin” in the Business Tower lounge last week, you obviously noticed our mannequins' gorgeous hair styled by Spasation!

If hair styling isn't what you were born to do, don't stress, this holiday season simple is best! We have dry win-

ters here in Edmonton, so keep your hair hydrated by ditching the styling tools for a while and, instead, put your hair into a loose chignon, slick ponytail or add braids for a casual, Bohemian look!

Funky hair accessories like clips, feather extensions and headbands are easy to put in and add excitement to your look!

Finally, remember to condition and try hair masks to keep your hair moisturized during our driest season and check out Spasation in Kingsway Mall!

CROSSWORD SOLUTION

1	A	L	A	E				5	R	E	A	L		9	E	L	B	A		
13	S	A	C	R	A			15	E	R	G	O		16	L	E	E	S		
17	E	N	T	R	E			18	P	A	A	R		19	E	E	L	Y		
20	A	D	E			21	R	I	O	T			23	D	A	N	D	L	E	
				25	P	A	D	S			26	A	S	S	I	S	I			
27	M	A	N	A	T	E	E			30	T	H	O							
31	C	R	A	V	E					32	U	N	I	F	Y	I	N	G		
37	A	C	M	E				38	F	S	T	O	P		40	E	L	E	A	
41	T	H	E	R		42	I	A	C	A				43	L	A	I	R	S	
						44	S	R	O			45	P	H	A	R	A	O	H	
		47	S	A	L	L	O	W			50	O	U	R	S					
51	M	I	L	I	E	U			52	K	I	E	V			53	C	U	R	
56	O	N	I	N				57	C	O	O	N			59	A	B	O	V	O
61	C	A	G	E				62	H	O	L	T			63	E	A	S	E	S
64	K	I	N	D				65	E	P	O	S			66	S	T	A	Y	

CLUBS

LEARN THE ROPES. BE A LEADER.

SECOND RODEO

('Cause It Ain't Our First)

**We want to hear from
you!
We need your feedback!**



Second Rodeo is a club at NAIT that's focused on advocacy for Mature Students. Mature Students tend to have great work/life accomplishments that lend a unique perspective to the Post-Secondary experience.

facebook group:
secondrodeonait

email:
secondrodeonait@gmail.com

Fame. Fortune. Instant Recognition.

And one sweet design opportunity.

The Occupational Health & Safety Student Society is in search of a new club logo. And we want YOU to design it for us.

YOU choose the colours.
YOU choose the look.
YOU choose the vibe.
Let your imagination run free.
Contact OHSSS for design guidelines and information.

\$50 awarded to the winning design

To obtain a design guidelines sheet, contact:
Crystal Brazao at c_brazao@fionmail.com
Kim Sanden at kimusik@shaw.ca

Contest open to all students in any NAIT program. Multiple entries permitted.
The winning design will become the sole property of the Occupational Health & Safety Student Society (OHSSS).
Deadline for submissions 5:00 pm Friday December 2, 2011.

PFT 2012 WINTER BAKE Sale



**Wednesday Dec. 7
12 - 1PM IN FRONT OF NAITSA**

What's Going on Around Campus...

WHO LDSSA (Latter Day Saints)

WHAT Weekly Meeting

WHEN 11:15am - 12:10pm and 12:15pm - 1:10pm

WHERE X203

WHO Rainbow Sanctuary

WHAT Meeting

WHEN November 28, December 12

WHERE 4:30 - 6:15pm

WHO Toastmasters Club

WHAT Weekly Meetings

WHEN Mondays; 4:45pm

WHERE WA110

WHO Gamerz of Dungeons & Dragons

WHAT Club Meetings

WHEN Fridays; 5:00 - 10:00pm

WHERE WC312

WHO OHSSS

WHAT Poinsetta Pickup

WHEN Nov. 30, Dec. 1; 8:00am - 8:00pm

WHERE H005

WHO Christian club

WHAT Weekly Meetings

WHEN Wednesdays; 12:15 - 1:00pm

WHERE EI15

WHO LDSS

WHAT The Edmonton LDS Institute Choir Concert

WHEN Friday December 2, 7:30pm

WHERE Edmonton Bearspaw Chapel (1203-109 St NW)

WHO BA Club

WHAT Popcorn Sale

WHEN Nov. 25, Dec. 9; 8:00am - 4:00pm

WHERE HP Centre; 3rd Floor (B-Wing)

CLUBS CORNER

CLUBS APPRECIATION SOCIAL

DECEMBER 1, 5:00PM



CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457

CLUBS

LEARN THE ROPES. BE A LEADER.

NAITSA Baker's Club Presents: Christmas Cookie Sale



Benefiting the
Stollery Children's
Hospital Toy Drive



December 9 2011
10.30am to 12.30pm
South Lobby

Candy Canes For Change



We will be selling candy canes for 1\$
FROM NOVEMBER 21ST TO DECEMBER 2ND
All around NAIT, and the money raised
WILL GO TO THE EDMONTON FOODBANK

Brought to you by Club Five Star

Come and laugh at/with Michael Loftus

and support the Occupational
Health and Safety Student
Society (OHSSS) in the process.



WHO: Michael Loftus and opening acts

WHAT: Stand-up comedy

WHEN: Show starts at 8:00 pm on
December 1, 2011

WHERE: The Comic Strip on Bourbon
Street in West Edmonton Mall

WHY: Because laughter is good for
you and fundraisers are good for
us. It's a win-win situation.

Get your tickets from the NAITSA office for
only \$20 each.

Please contact Kim Dutton at 780-471-8452 or kim@naitsa.ca if you need more information.







**ELECTRICAL ENGINEERING TECHNOLOGY
KVA CLUB PRESENTS
POOL TOURNAMENT**



PRIZES:	1 ST PLACE	\$75
	2 ND PLACE	\$50
	3 RD PLACE	\$25

DOOR PRIZES: POOL CUES AND CIGARETTES FROM RIVER CITY GAMES

WHERE: THE NEST @ NAIT
WHEN: DECEMBER 8TH 2011 @ 4:30 PM
HOW MUCH: \$15 ENTRY FEE

TICKETS AVAILABLE AT NAITSA
PLEASE DRINK RESPONSIBLY
DON'T DRINK AND DRIVE. PLAN A SAFE RIDE HOME



CHECK OUT CLUBS AT NAITSA.CA/CLUBS OR CALL 780-471-8457



4C EVENTS
present

BAM MARGERA
hosts

jackass

THE PARTY

thursday.december.1st

FEATURING \$3 HI-BALLS & \$4 EVERYTHING ELSE!
ADVANCE TICKETS NOT REQUIRED, JUST COME ON DOWN AND PARTY LIKE A JACKASS!

UNION ARGYLL AND 99 ST. | 780.702.2582 | UNIONHALL.CA



THE ORIGINAL

Buck Wild

WEDNESDAYS
DEC 7 **END OF CLASS BASH!**
FREE ADMISSION WITH STUDENT CARD OR ID

THE RANCH

6107 104 ST 780.438.2582 THERANCHROADHOUSE.COM

f t



MOLSON CANADIAN
PRESENTS

OILERS GAME DAY
LIVE!

THURSDAY, DECEMBER 15
DOORS 6PM - PUCK DROPS 7:30PM!

EDMONTON

VS

PHOENIX

CHECK OUT THE GAME IN FULL NIGHTCLUB LIGHTS, SOUND & BIG SCREENS!
PLUS ENJOY OUR GAME DAY BUFFET!
GREAT SPECIALS AND PRIZING FROM MOLSON CANADIAN ALL GAME

THE RANCH

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