

SEASON'S GREETINGS – SEE YOU IN JANUARY!

THE NUGGET

Thursday, December 8, 2011
Volume 49, Issue 14



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

TEACHER'S MEMORIAL SET

Graham Miller to be remembered at Jan. 7 service, story page 4



Photo by Laura Dettling

PILED HIGH

Joe FM radio announcer Rhubarb Jones looks over a stuffed bus Friday at Namas Save-On-Foods. Approximately 20,000 kg of food and \$14,000 were collected at various Save-On-Food stores in Edmonton and Sherwood Park during the annual Stuff-A-Bus campaign.

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NEWS & FEATURES

Photos for folks



A DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

It's the last issue and I hope I inspired you in some way. If you would like to read the past articles and the extraordinary people/organizations I featured, visit www.thenuggetonline.com.

You know that moment when you look through your old photographs and a blast of nostalgia hits you? It can either be exciting, joyful or downright frightening to see moments of the past. I find that photographs are special memorabilia that one can cherish forever. Our mind can only hold so many memories and that's where photos help capture and treasure those moments. Whether it's a portrait of you, your dog or family, it holds a special meaning.

But not everyone has the opportunity to have their pictures taken. This is where Help-Portrait comes in. Help-Portrait is a non-profit organization where photographers around the world gather and use their photography skills to give back to the community. The idea is brilliant and very simple: find someone in need,

take their portrait, print it and deliver it to them. Whether you're a professional, amateur or hobbyist photographer, your camera can help someone who has never had the opportunity to get their portrait done.

Help-Portrait was founded by Jeremy Cowart, a celebrity photographer from the United States. In an interview with CNN, Cowart said: "I believe in people. I think that people really do want to give back and photographers especially tend to be very passionate people. When you combine Christmas and serving people, I really believed it would be a no-brainer."

Cowart's idea took off and he chose a specific date for the movement to begin so that people can have their portraits in time for the Christmas season. So this Dec. 10, all around the world, Help-Portrait will commence.

The organization is funded by other organizations, private donors, sponsorships and merchandise sales. This movement has spread around the world, inspiring and motivating people to grab their cameras and make someone smile and have something to remember by for this holiday season. If you're wondering who exactly the people in need are, it can vary from single parents who can't afford to have their photos professionally taken to homeless people.

It's the chance to give someone hope and for photographers to use their skills for good.

For more information on Help-Portrait, visit www.help-portrait.com. It's never too late to get involved and give back to the community.

For a story on Edmonton's Help-Portrait program, which is run by a NAIT alumnus, see page 5.

Feeling pressure? Just exercise!

By BART PADJASEK

With finals approaching, the common themes of a student life include constant stress, poor eating habits, and sleep deprivation.

Regular exercise during these weeks is an easy solution to combat most bad habits, but students without a lot of workout experience or just tired of the same weight room routine may be at a loss of motivation. That's where the NAIT Recreation Department comes in.

This month, NAIT is joining with the United Way to bring the next set of drop-in fitness classes to the main campus. Each class is only one session, so there is no commitment necessary to keep the program up. It's only \$5 (plus GST) to register for any class, with all profits going to the United Way in Edmonton.

Want to experience a great calorie-burning workout while still having a great time? Try the Latin-inspired dance workout Zumba.

Need a pick-me-up in the mornings with-

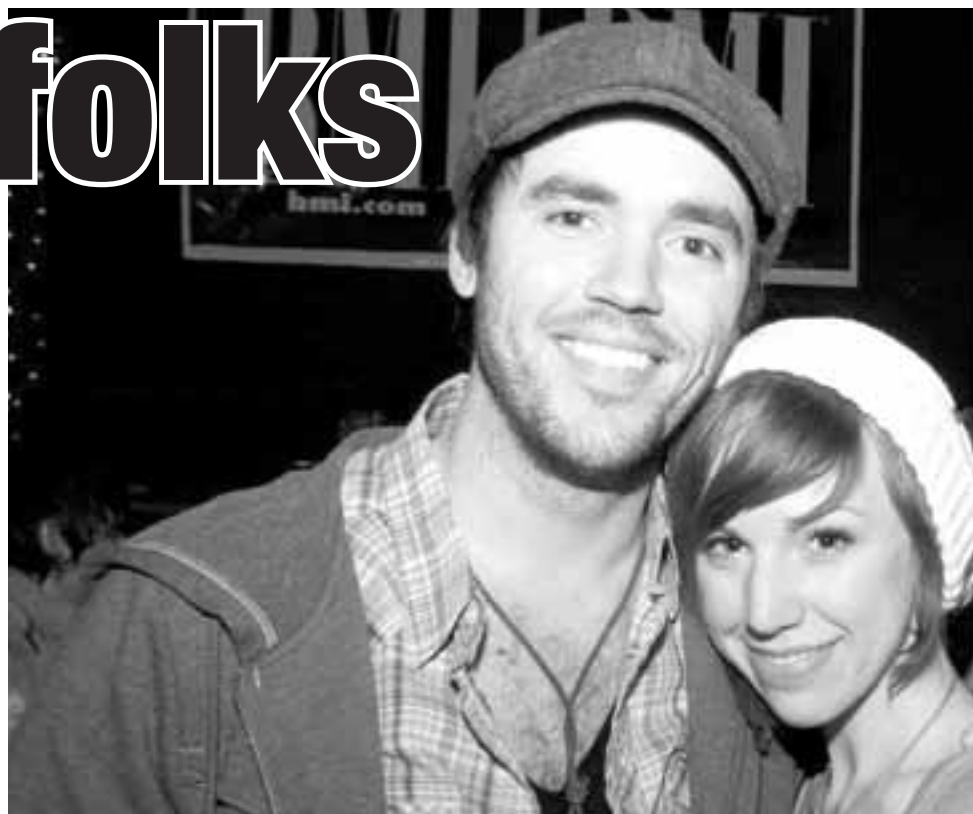
out that cup of coffee? Morning Jolt Bootcamp may just be the thing for you.

TRX Circuit, a workout based on suspension and weights, is included as well. This is the perfect option for those that want to improve both strength and conditioning.

Many more classes are available. Check the NAIT Recreation website for details on all programs and times.

Each drop-in preview class ranges from 30 minutes to one hour, depending on the program, and is open to all levels of experience.

The United Way, and its associated centres, combats social issues such as poverty and homelessness and works to better the lives of people all over the world. With such a large goal they could always use your help in terms of money, and what better way to give then to get in shape while doing it? To register go to the recreation department at E-134 before the first classes begin.



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Help-Portrait founder Jeremy Cowart and a fan.



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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



Photo by Laura Dettling

Radio personality Rhubarb Jones, centre, joins ETS bus driver Lorie Sinclair, left, and volunteer Sherry Kordoban in the stuffed bus.

Stuffing buses for needy

By MIKE JONES

The Edmonton Food Bank held its 17th annual Stuff-A-Bus campaign this past weekend and volunteers unloaded nearly 13 buses full of food for the Christmas and Festive campaign.

Forty-foot Edmonton Transit Service buses were parked at various Save-On-Foods locations over the past weekend in Edmonton and Sherwood Park. Early estimates have the events raising nearly 20,000 kg of food, with volunteers continuing to unload buses late into Saturday night.

Organizers are attributing the success to a great team of volunteers, young and old, as well as media coverage from Joe FM (which broadcast live on site at all events) and Global TV.

Despite being several days shorter than last year's campaign, volunteers managed to match last year's monetary donations of \$14,000, thanks in part to a new Donate Online option. Last year's campaign brought in almost 35,000 kg of non-perishable food.

In an effort to meet significant shortages of certain foods, Stuff-A-Bus incorporated a recommended "Item of the Day" program this year.

The optional program included such items as canned fish and meat, pasta and juice boxes. Donators who brought more than the items of the day were entered to win a grand prize,

including a signed Magnus Paajarvi Edmonton Oilers jersey, a \$100 Earls gift card and a West Edmonton Mall family attraction pass. In addition, many secondary prizes were awarded, including several pairs of tickets to the Citadel's long-running fan favourite presentation of *A Christmas Carol*.

There is still a lot of work to do for the Edmonton Food Bank to reach its goal to make sure that all Edmonton families have a good Christmas this year. If you'd like to donate money or volunteer your time, you can visit the Food Bank's website at www.edmontons-foodbank.com.

Furthermore, you can make non-perishable food donations at any City of Edmonton fire station or major grocery store.

ETS and its partners have operated the annual ETS Stuff-A-Bus campaign in late November or early December since 1995.

Since its inception, Stuff-A-Bus has collected 282,545 kg of food and \$311,729 in cash donations helping nearly 5,000 families.

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

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cporter@nait.ca or (780) 378-2899

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Much missed by staff, students



Graham Miller
Killed in a traffic accident

edmontonsun.com

By **MIKE MARSHALL**

Earlier this semester, NAIT experienced a tragedy when Information Technology instructor Graham Miller was killed in a motorcycle accident.

The 47-year-old was known by staff, and students alike, as quick to smile and laugh, a lover of rugby and motorcycles and having an incredible drive, not only to teach, but to learn as well. In 2009, he took a sabbatical to finish work on a Master's degree in Cardiff, Wales.

Miller was born in 1966 in Pasadena, California to Canadian graduate student parents. It was through his parents that a lifelong love of travel was instilled in him. Toronto was his home during adolescence and high school, where he quickly took an interest in rugby that would last his whole life.

A collection of odd jobs out of high school, including first cook in a restaurant and helicopter pilot, shaped him into the man affectionately known as "Chopper" to his friends on the Clansmen Rugby Club.

Graham eventually moved to Edmonton to help take care of an ailing grandmother. It was here that Graham studied Information Technology at NAIT. While a student, he soon discovered that he had an excellent knack for helping and tutoring fellow students. Working his way up the educa-

tional chain, Graham became a summer course instructor and eventually a full time instructor for the program that he loved. He received a major teaching award in 2005, and was even sent to China, by NAIT, to teach.

With tragedy comes hope, however. Although NAIT has lost one of its most beloved faculty members, his passing has been commemorated with the "Graham Miller Memorial Fund," allowing a scholarship to a student who personifies Graham's values of hard work and dedication to the program and school he loved.

For those who wish to make donations to the memorial fund, please address them to:

NAIT, c/o Sabrina Giordano,
11762 106 St. N.W.,
Edmonton, AB T5G 2R1.

A memorial tribute will be held at the NAIT Shaw Auditorium on Jan. 7 at 3:30 p.m. to honour Graham. Following this, a reception will be held at the Clansmen Rugby Club, a short distance away from campus.

Expect a large crowd, as the many students, friends and family this fine instructor and man touched come out to pay their respects to the cook, the helicopter pilot, the rugby player and the instructor but, most of all, the man.

Healthy diet gives brainpower a boost

By **CHELSEA BIRD**

As this semester comes to an end, it's easy to want to mentally check out and coast through the next couple of weeks on autopilot.

For most programs this is the busiest time of year, so how can you power through the last round of assignments and group projects and perform well on your final exams? Well, a healthy diet is a good start. Eating well enough for it to affect your brain and productivity doesn't take as long as you might think.

Reaping the benefits of a healthy diet starts with the first bite of healthy food. So which foods are right for your brain? The big winner overall is anything that contains omega-3 fatty acids. Foods like wild salmon, nuts, blueberries, avocados and seeds are all full of them.

Sugar and caffeine are an easy source of energy but ultimately lead to a crash. If you can't do without your morning cup of coffee, at least pair it with a healthy breakfast. Foods with a high fibre content like cereals and breads or high protein like eggs will help keep your energy levels up for longer.

Also fresh fruit and vegetables are a great source of energy and plant protein.

Another thing you can do to help beat stress and keep yourself focused is to exercise. This is obviously important, but even getting outside or moving around for 10 minutes will help keep you focused.

Ever leave a report or project for a few minutes, then come back to it and find you have more perspective or a new idea? If



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you can get up and take a bathroom break to stretch and clear your head, you'll come back to your exam or project with more focus. Also, make sure you're drinking a lot of water. Getting dehydrated doesn't take long and can quickly lead to headaches and exhaustion.

Finally, this is a no brainer – sleep. Make sure you're sleeping enough for your body to feel good. We're all adults; we know how much our own body needs to feel good. For some people it's six hours, for others it's nine.

Final exams and projects are stressful because most of us have a big portion of our marks riding on them. Treating your body right will help get you through them.

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HELP-PORTRAIT

By **CLAIRE THEOBALD**
Assistant Issues Editor

Although Javier Salazar, a successful professional photographer and NAIT alumnus, has made his living capturing people in their best light, the power of a portrait never really struck him until he stumbled across the Help-Portrait Campaign.

"It's amazing," Salazar said. "It's a very good way for photographers to give back."

Help-Portrait was a movement started in the United States to have photographers world-wide join together on Dec. 10. to give back to those less fortunate by taking portraits of them free of charge.

Now in Help-Portrait's third year in Edmonton, Salazar has organized three locations where individuals can have their hair and makeup done and have a professional portrait taken that Salazar says helps people see themselves in a different, more positive light.



Javier Salazar

"I think it gives them a lot of hope," Salazar said, "and you can totally see it in the tears that they have when they receive the photo."

Salazar, lead organizer of the event, says that he was amazed by the response he got after he gave these individuals their photographs, but it was hearing their stories that really encouraged him to continue with the event.

"I take portraits all the time ... but when you take these portraits, it totally takes it to a different level," said Salazar. "The [response] that we get are tears and hugs, and seeing these people, it just makes it definitely worth it."

Salazar recalls a man who came in with his daughter to have a family portrait done. The man only got to see his daughter on weekends, and never had a picture of both him and his daughter together. His daughter was 15 years old.

"That photo for him was priceless," Salazar said.

This year, they are adding a new project where they will print off extra copies of the portraits and have those who were photographed write the significance of the portrait on that copy. Then, Salazar will post them on his blog so that people can see the impact this kind of work has on a community.

"Now it's not just us hearing these stories," Salazar said. "We are actually going to be able to show you."

It was not without trepidation that Salazar decided to start the Edmonton chapter of the campaign. Many people were confused



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by the idea because they did not see the point of giving people in need photographs.

Salazar admits that at the beginning when he was asked "Why are you giving a homeless man an 8 by 10 photo when he doesn't have anywhere to put it?" He didn't really have an answer. However, he stuck with his guns, knowing that the proof of the impact would be in the photos and the stories of those who arrived.

"Homeless people come, and they leave with that photo, and they mention that that's one of their treasures," Salazar said, adding "they don't have a house, but at least now they have a photo that they can have with them wherever they go."

One man he photographed was glad he finally had something to send to his mother in Toronto, something that would show her he was still alive.

"When you're there, and you take their photo, and that person opens the envelope and sees the photo and starts crying, that's when you understand the impact," said Salazar.

Salazar said that it may be difficult for some people to understand the impact without seeing it for themselves, and with most charities focusing on immediate needs, Help-Portrait does seem a bit out of the ordinary.

"A lot of organizations, and a lot of time we volunteer, a lot of people when they donate, they go for just the first needs," Salazar said. "There's more than that, human beings need a little bit more than just food."

Salazar believes that these photographs have a huge impact on that person's sense of pride and self-worth and serves to improve their quality of life.

"They see the best of themselves right in the photo," said Salazar.

This year, the volunteer photographers, hair stylists and makeup artists will be set up in three locations: the Paramount Theatre building on Jasper Avenue, Trinity Lutheran Church and the Alberta Community League. Anyone who would otherwise be unable to afford a portrait is invited.

Opportunity to voice your opinion

By **BALJOT BHATTI**
Assistant Sports Editor

When students return to NAIT in January, they will have a chance to express their opinions on NAIT and what the campus can do for them. NAIT's President and CEO, Dr. Glenn Feltham, is working on a vision for NAIT to be realized in 2021. For that to come to fruition, Dr. Feltham is asking a single question – if NAIT could make you one promise as a student, what would it be?

During the week of Jan. 9, NAIT students will come down to the Main, Patricia and Souch campuses to spend 10 to 15 minutes answering that very question. Dr. Feltham seems determined to continually improve the NAIT campuses around Edmonton.

"In creating our vision for NAIT in 2021, we've not yet determined our fundamental promises to students," said Dr. Feltham. "We've done this quite intentionally, because we want students to take the lead.

We believe students know best why they came to NAIT and what they expect from us."

The event will be scheduled to accommodate both students who are at school during the day and those who attend school during the evening or on weekends. Leanne McCarthy, executive director of the department of Continuing Education said: "It is important for all students to have an opportunity to be heard, including those who study here on evenings and weekends."

Malcolm Haines, the associate dean of the School of Trades commented on the opportunity not to just improve the main campus, but the other NAIT schools as well.

"This is an excellent opportunity for the students at our satellite campuses to participate in the process of change that is sweeping through NAIT," said Haines.

"They are an important part of the NAIT community and this will reinforce to them that their opinions are valued and

respected," he said.

Students who will attend the event and answer the above question will be gifted some free goodies. Watch for your oppor-

tunity to express your vision for NAIT this January, the week of the 9th, and let yourself be heard in this important conversation.

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Virtually Speaking

Skyrim – a beautiful fantasy

By GRAHAM McCANN

The recently released *Skyrim* is taking up many people's time. If you haven't heard of it, you are probably far removed from almost any gamer out there. It is a massive role playing game, though not online like *World of Warcraft*, it is a single-player adventure. However, its expansive world provides hours and hours of content and exploration. It would be easy to clock 60 hours into it. The graphics in the game are absolutely gorgeous. If you want to get the most out of the game visually, go with the PC version over the 360 or PS3 versions if you can. Also, the loading times are faster. The *Elder Scrolls* series started on the PC and I see it as a PC game as default.

Skyrim is the fifth main installment of *The Elder Scrolls* series, the previous being *Oblivion*, released in 2006 and the one before that *Morrowind*, in 2002.

The Elder Scrolls was first released in 1994 as *The Elder Scrolls: Arena*. It was a revolutionary first-person RPG which has the very basic mechanics that have evolved over the last 17 years. It also began the deep expansive lore continued in the sequels and side story games.

From the 1980s to the mid 2000s, PC gaming culture and console gaming culture had somewhat different vibes because of the different nature of the two platforms.

PCs were upgradeable, were always




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becoming more powerful and had more precise and expansive controls with the keyboard and mouse. Not many people know of *Arena*, nor *Daggerfall*, the sequel released in 1996, but looking back at them can provide insight into the evolution of PC gam-

ing. In fact, you can download *Arena* for free at www.elderscrolls.com/arena. Check it out if you are playing *Skyrim*. You don't have to devote time to finish it, just play around with it for a while. Get a feel for it and get used to the graphics and then go back into *Skyrim*

and be blown away again with how incredibly beautiful, big and absorbing it is.

If you're a patient gamer that enjoys variety and being absorbed into a beautiful fantasy world, you owe it to yourself to buy *Skyrim*.



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OPINION

— Editorial —

Triumph of the spirit



CELESTE DUL
Editor-In-Chief

With school coming to a close for me and my field placement starting up in January, this is my last article for the *Nugget*. It has been an amazing experience and I'm extremely grateful to have it.

In my last article, I would like to share a story I just discovered with you.

After learning about the life of Lizzie Velasquez, it's hard to feel down on yourself about anything. I want to use this as my last article because I feel like it's something that everyone can learn from and, after you hear Lizzie's story, nothing will seem impossible.

No idea how she survived

Lizzie Velasquez was born in Austin, Texas. Four weeks premature, Lizzie only weighed only two pounds, 10 ounces and had very little amniotic fluid protecting her in her mother's womb. Her skin was translucent and her parents, Guadeloupe and Rita Velasquez, had to dress her in doll clothes. Her mother said that doctors had no idea how she survived.

At 21-years-old, Lizzie weighs about 60 pounds and has zero per cent body fat. She is one of three people in the world living with an undiagnosed disorder that doesn't allow her to gain weight. In order to survive she has to eat roughly every 15 minutes. In a statement on her website, aboutlizzie.com, Lizzie said:

"I have a lot of the same physical features as kids with progeria. Like the pointed nose, small mouth and appearing with aging skin. The difference is that progeria is terminal and has a lot more complications. The small amount of information that I just wrote about is literally the only information my doctors know about my syndrome. It's just one big mystery and hopefully one day there will be a miracle and an answer to all our questions."

Loving nature

After learning about her story, I watched some of the videos she has posted online and I was blown away by her positive attitude and loving nature. Even though she has been bullied most of her life, she doesn't even remotely let this bring her down. She's written a book, called *Lizzie Beautiful: The Lizzie Velasquez Story* and has become a motivational speaker. No matter what life has thrown at her, she is determined to make her dreams come true and she tells others to do the same.

I don't feel like my writing can do justice to just how amazing Lizzie is, so I strongly suggest you see for yourself. Visit www.aboutlizzie.com, or check out her youtube channel, <http://www.youtube.com/user/lizzitachickita?feature=watch>.



Lizzie Velasquez

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Trust us on that. Write us.



SPORTS



NAIT Ook Rebecca Merasty digs the ball during a game against Grande Prairie on Friday. NAIT lost the match 3-1.

V-ball teams take 3 of 4

By EVAN DEGENHARDT

After a long first half of the season, the NAIT volleyball teams are headed into a much needed Christmas break. Both teams were in action over the weekend, playing their final two games before the break. The men swept Grande Prairie, winning both of their games in the two-game series, while the women's team earned a split against Wolves.

Began weekend in 3rd

Heading into the weekend's action, the NAIT's women's team was third in the ACAC with a record of 6-2.

NAIT was hoping to go into the break with a couple of wins and remain in the top of the standings. On Friday night, Grande Prairie proved to be a worthy opponent. NAIT lost the match 3-1, with set scores of 23-25, 25-20, 25-21, 25-18.

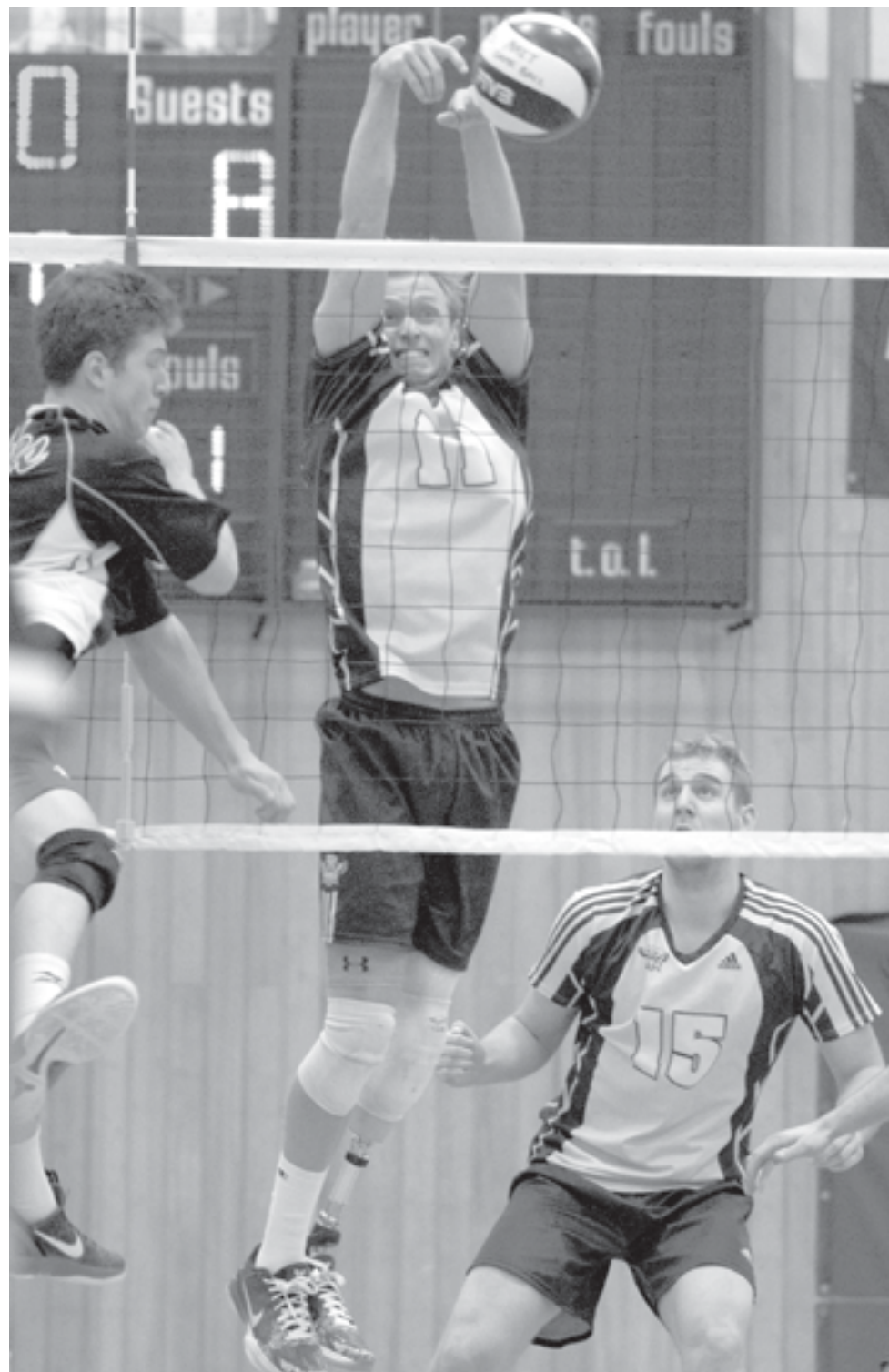
Saturday's match was a much different story. The Oaks came out with a distinct determination and swept the Wolves in three straight

sets, 26-24, 25-13, 25-22. Although the matches were close, NAIT proved to be a team that could bounce back from a previous night's defeat. A stat leader for the Oaks over the weekend was Sarah Watson, who had 17 kills as well as 20 digs. Tayler Smith also had a great weekend, with 16 kills, 40 digs and two aces.

Coach Erminia Russo Thorpe spoke about her team's efforts.

"This is one of the first weekends of league play this term that we were really challenged. Although we lost on Friday we still played well. We fell short in the last three sets by committing errors at critical times in the match and we didn't serve the ball tough enough. Saturday was different. There was an increased level of intensity and the focus was on each play and each player just doing her job".

Coach Russo Thorpe also commented on



Photos by Anthony Houle

NAIT Ook Austin Hinchey goes high for a block against Grande Prairie during the men's game at the NAIT gym. The Oaks won 3-2.

the team's schedule over the upcoming break.

"Next up, we resume training, Dec. 29-31 with the University of Alberta. We will also be competing in the Mount Royal Tournament Jan. 2-4."

Meanwhile, the men's team also faced off against Grande Prairie. Going into the weekend, NAIT's record sat at 2-6 and they were hoping to get a couple of wins.

Friday night's match proved to be a battle of attrition for both teams, but it was NAIT that came out on top in the end. It took five sets to determine the winner, with the Oaks winning 3-2. The scores from Friday night's match were 19-25, 25-20, 25-22, 23-25, 15-13.

Saturday was a completely different story. NAIT came out and completely dominated the play. The Oaks won the first three sets and took the match 3-0 over the Wolves. The first set of the match was extremely close but the Oaks edged out Grande Prairie with a score of 28-26. The second set was not as close. The Oaks took control of the play and beat the Wolves by a

score of 25-14. Although Grande Prairie pushed back in the third set, it just was not good enough. The Oaks won with a score of 25-23. There were a couple of players to make note of. NAIT's Lyndon Mercier had 29 kills over the weekend and also finished with 21 digs. Ook Trevor Langvand, who had not played since NAIT's first weekend due to injury, provided a major impact on both nights. Langvand finished the weekend with 20 kills and 23 digs.

Coach Simon Fedun spoke of his team's efforts over the entire semester and how they handled themselves despite a tough schedule.

'Entire team healthy'

"This was the first weekend since the end of October that we've had our entire team healthy enough to play," Fedun said.

"It was a tough semester with only four of the 10 matches at home and I am really proud of the guys and how they have handled the adversity. We have kept ourselves in the mix to make playoffs and now we control our own destiny.

"Should be a fun second half."

Tiger Woods is back!



PATRICK KNOWLES
Sports Editor

Finally, after 749 days, Tiger Woods has made his way back into the golf winner's circle. After winning the PGA Chevron World Challenge this past Sunday, I think that it is safe to say that all the changes that have gone on in Woods life, on and off the course, are finally behind him.

It has been over two years since Tiger's infamous Thanksgiving night debacle, involving a golf club, a Cadillac Escalade, now ex-wife Elin Nordegren and a whole lot of crazy. Let's not pretend that this incident didn't turn Tiger's world upside down, because it did. For a moment I thought that he would never be able to recover and he would end up as one of those "what ever happened to ..." sports stories, that my generation would talk about and future generations would have no idea of how dominant Tiger Woods was on a golf course.

Thankfully, I don't think that will be the case.

This is Tiger's first victory since his personal life made the front page of every tabloid on the planet; his last victory prior to that came on Nov. 15, 2009 at the Australian Masters. And maybe, just maybe, this victory is the first step of many needed to help get Tiger back to that level of dominance that he had over the entire field in the first decade of the 21st century.

Don't get me wrong, in no way do I think that Tiger is going to be able to go out and win practically every tournament that he enters, but all the signs say that Tiger is back on the right track. His body is finally healthy. I mean his knees are never

going to be back to where they were before he went under the needle for numerous repairs, but for turning 36 later this month he is in very good physical condition. Add in the changes he has made in his swing, and by changes I mean completely changing the entire mechanics of how he swings a golf club, which look to finally be coming together. Things are looking up for Tiger.

For me the one thing that I think Tiger needed to fix more than anything was his personal life and dealing with the aftermath of everything that came out in the tabloids. Even Superman had a weakness in kryptonite. Tiger's was letting his fame and name become bigger than himself as a person and being so caught up in that, that he thought he could do whatever he wanted and get away with it because he's "Tiger Woods." As Tiger found out, that's just not how the cookie crumbles and you can't live the lifestyle he was living and expect it not to come and bite you in the ass.

I always wondered what that thing would be that would knock Tiger off of his pedestal, because let's be honest, sooner or later you had to know something would come up to put a chink in this knight's shining armour. I just never thought it would be something that was so scandalous that every type of media source, from sports to entertainment and news outlets, would cover it.

This victory was the first for Tiger in the last 27 events he entered, the longest streak of his career. The 749 days between wins was 500 days longer than any other winless streak since 1996, the year that he became a professional. He earned \$1.2 million for this victory, \$500,000 more than his earnings in the seven events he has entered this season combined. With this victory, the former No. 1 golfer in the world moved up to the No. 21 ranked golfer in the world, which is about 30 places higher than he was ranked going into last weekend's action.

This is only two good weekends off golf back to back and the wheels could fall off at any second, but with Tiger actually being able to put two good



Tiger Woods salutes the crowd after winning the 2011 Chevron World Challenge at Sherwood Country Club in Thousand Oaks, Calif. It was his 83rd worldwide victory and first since Nov. 15, 2009.

ibtimes.com

weekends of golf together back to back for the first time in over two years it is hard not to be optimistic about what the future holds for him.

The PGA needs Tiger to be relevant in order for the it to be relevant to golf fans and sports fans alike. In the last 10 major championships we have had 10 different winners and personally I couldn't name three of them. This is not a good thing for the PGA.

When Tiger was in his prime and destroying all who dared challenge him, that was great for the PGA because you were always wondering if anyone could compete on the same level as Tiger and try and dethrone the King of the Links.

With his personal life finally back to actually being a personal life, health issues hopefully fixed and a swing that is finally coming around for the first time in over a year and a half there are no distractions for Tiger. He can finally focus on the game he loves and return to the dominant form we all have become accustomed to seeing. And who knows, maybe that discussion that has died off about Tiger catching Jack, maybe with a strong start to his 2012 season, that conversation will start to be a popular topic again on the 19th hole of your local golf courses ...

Athletes of the week

Nov. 28-Dec. 4

Sarah Watson
Volleyball



Sarah was a force for the NAIT women's volleyball team this past weekend, leading her team to a split with the GPRC Wolves. Sarah had 17 kills and 20 digs in the two matches and was the team's most consistent player. "Sarah is a player who makes very few errors and she is that all-round player that you look for, who plays well both in the front and back row," said head coach Erminia Russo Thorpe. "As a mature player, she brings a sense of calm and confidence to the floor." Sarah is in her fourth year and is in the Diagnostic Medical Sonography program at NAIT. She is from Edmonton.

Trevor Langvand
Volleyball



Trevor played his first matches since being injured in the first weekend. Trevor had 13 kills, 15 digs and a block in Friday night's five-set victory over the GPRC Wolves. He followed that performance up with seven kills, eight digs, four blocks and a service ace in the Oaks sweep of GPRC Saturday afternoon. "Langvand has not played since our first weekend due to injury and provided a major impact on both nights," said head coach Simon Fedun. "He took home Player of the Game honours on Saturday, which was well deserved." Trevor is a third-year Finance student from Red Deer.

NAIT OOKS
HOME GAME SCHEDULE
WOMEN'S HOCKEY

Fri. Jan. 6
at 7:00pm

 vs 

Sat. Jan. 14
at 7:00pm

 vs 

VOLLEYBALL

Sat. Jan. 7
Women at 6:00pm
Men at 8:00pm

 vs 

Fri. Jan. 13
Women at 6:00pm
Men at 8:00pm

 vs 

MEN'S HOCKEY

Fri. Jan. 13
at 7:00pm

 vs 

Athlete Profile



Player: Braden Overwater
Sport: Basketball
Position: Guard, power forward
Program: Business
Age: 18

By EMILY FITZPATRICK

How long have you played basketball? – I have played since Grade 6, so just over six years.

Has basketball always been your favourite sport? – I played hockey and baseball when I was younger but I eventually picked basketball because it was my favourite.

What do you like to do in the off-season? – I like to play other sports like baseball, hang out with my friends, play video games, work out and try to get in better shape.

Any pre-game rituals? – Nothing specific for pre-game. I like to chew gum when I play, though. And I have a lucky pin for high school that I like to keep with me.

What has been your best career moment? – Probably my whole Grade 12 year. We had a great team with some amazing talent. Just the whole experience has left me with some great memories.

How were you recruited to NAIT? – I've known Coach Hansen for a while. And in

my Grade 12 year he came out to some of my games and told me he wanted me to play for NAIT. And I came out to a scrimmage in June and yeah decided this was the place for me.

Where did you grow up? – Didsbury, Alberta.

Any future plans with basketball – Well, this is my rookie year so I just want to keep improving and becoming a better player.

Biggest competition this year? – Probably Lakeland this year. They have a really strong team with a lot of talent. We've lost to them twice already this year but the way I see it we have to beat them once when it matters and I definitely think we have the potential to do that.

What do you eat before games? – I try to eat some protein to give me energy. So chicken or pasta, stuff like that.

Favourite movie? – I like sports movies. Like *Hoosiers*, *Glory Road*, *Friday Night Lights*, *Caddyshack*, *Slapshot*. Stuff like that.

Favourite NBA team? – Boston Celtics.

Favourite NBA player? – Ray Allen.

Athlete Profile



Player: Stephanie Brown
Sport: Volleyball
Position: Middle
Program: Animal Health Tech.
Age: 20

By ANIKA NOTTVEIT

How long have you played volleyball? – I've been playing since Grade 7. I've played three years of college volleyball – one year at King's University and two at NAIT.

Has it always been your favourite sport? – Yes. I ride horses, too, but volleyball has always been my favourite team sport.

How did you decide to go into Animal Health Technology? – I've always loved animals. I wanted to work with them. This program is only two years and I knew it would get me into the job site right away.

What do you want to do with your diploma? – I want to work to in an equine clinic with horses. Hopefully work on the track.

Do you own a horse? – Yes, I own two. They are my favourite animals.

What's your dream job? – On the track or any equine clinic.

What do you enjoy doing in the off-season? – I show horses quick competitively through the States and Alberta. I work, too.

Where do you work? – At barns and vet clinics. I've worked a various barns in the area.

What do you enjoy about that job? – It's pretty chill. I get to have time off whenever I want. It's nice to be able to work with horses, my passion.

Any pre-game rituals? – Usually I like to eat an omelet in the morning. We always have fun in the team room, dance and pump ourselves up.

Where did you grow up? – In Edmonton.

How did you decide to come to NAIT? – It has one of the best Animal Tech programs.

What's something cool about your program? – You can bring your animal in to get spade, neutered or dental work done, for only \$25. It's a really good deal for students and staff. Vet clinics charge way more.

Best career moment? – The travelling. I love being on the bus with the girls. It's a lot of fun.

What's your favourite movie? – *Gladiator*. I like war movies.

AFC – 4 weeks left

By STEPHEN A. KACZMAR Jr.

Last week we looked at the NFC, this week it's the AFC. Not a lot of surprises here, just a devastating injury to one player that derailed an entire team and a division that no one seemingly wanted to win until this week.

AFC East

Early on in the season it looked like the Buffalo Bills were going to turn this division upside down by winning five of their first seven, but they've cooled off in a big way, losing five straight to take them out of the picture.

The New York Jets were supposed to take over the reins atop this division but that has failed to materialize. The New England Patriots remain the class of this division; Tom Brady and Wes Welker have been amazing. Their defence has taken a lot of scrutiny but the league leader in interceptions, Kyle Arrington with seven, plays in their secondary.

While the Miami Dolphins forgot to show up in the first half of the season, only now, when it's pointless, do they start winning.

Rex and his boys picked up an absolutely massive victory to keep them in contention, their offence has been bad all year but Shonn Greene finally woke up this weekend against the Washington Redskins.

Patriots have an easy schedule to end the season; they'll win this division while the Jets still have an uphill battle to get in.

AFC North

The Baltimore Ravens and Pittsburgh

Steelers headline this division once again this season, but with a twist. The Cincinnati Bengals, formerly known as the "Bungles" are in contention for a playoff spot.

thanks to an underrated defence and a rookie tandem of Andy Dalton and A.J. Green. Quite the accomplishment thus far for a team that at the start of the season had no business being involved in the playoff race.

The Ravens, meanwhile, beat the Steelers both times this season although with both being at 9-3, it's a safe bet we'll be seeing both of these teams in the playoffs and maybe one of them in the Super Bowl.

Let me add that even though the Cleveland Browns are pretty irrelevant when it comes to talking playoff races, they own the best passing defence in the league with an improving Colt McCoy – next year they could pull a Cincinnati.

AFC South

We knew the Houston Texans were gunning for

the Indianapolis Colts' spot as the supreme team in this division. What we didn't think was that they would have nine more wins than the Colts this season.

Can players who don't play a single snap win the MVP? If so, give it to Peyton Manning because his team is brutal without him.

Just when you thought the Texans had finally gotten their break, they got broken – literally. Starting quarterback Matt Schaub and linebacker Mario Williams are out for the season and Andre Johnson is in and out of the line-up but their defence has been simply spectacular, the best in the league.

To make matters worse, they lost their backup in Matt Leinart so it's the T.J. Yates show. If he falters, then it's Jake Delhomme ... yikes. The Tennessee Titans have quietly remained in the mix behind a real quiet Chris Johnson who has been horrible this season.

Meanwhile, in Jacksonville, coach Jack Del Rio was let go by the Jaguars. I don't like

that move, you can't blame him for the season they've had – there's a lack of playmakers down there.

The Texans should roll on as division champions. It will be interesting to see how this team performs in the playoffs for the first time ever.

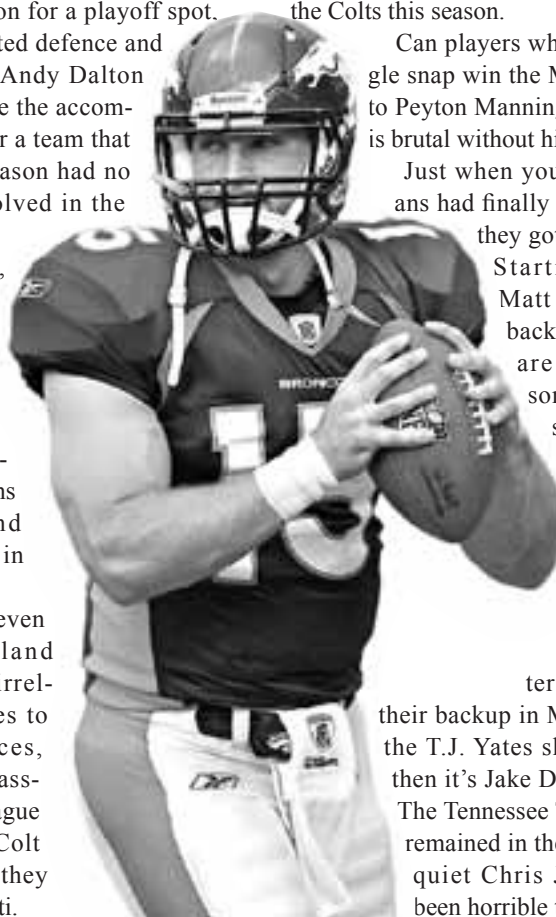
AFC West

Remember the division I mentioned that no one wanted to win, until this week? This is it. The Denver Broncos actually want it. The Oakland Raiders put up a stinker in Miami. It was a game that good teams win and they didn't.

What can be said of Tim Tebow at this point? All he does is win; he won in Florida, wins in Denver and wins in life. Everyone has tried to knock him on his throwing mechanics but something that cannot be questioned is this kid's heart. He believes he can win, and he goes out and does it. Kyle Orton is out of the picture, John Elway can say what he wants but this is Tebow time. Let's not forget that a rejuvenated Willis McGahee is there to help him along the way.

Lost in this are the Kansas City Chiefs and San Diego Chargers – the same Chargers who were pretty much handed this division at the start of the season. It was looking good five games in, sitting at 4-1. Oh yeah, then they lost six straight. It's safe to say this season is a lost one for San Diego.

As for Kansas City, two words. Tyler Palko. Really? I think Tebow and the gang will continue to roll and who knows what he can do in the playoffs?



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Tim Tebow
How good can he be?



Photos by Kevin Tuong

Szabados shuts out MacEwan

By AVRY LEWIS-McDOUGALL

Our NAIT men's hockey Ooks rocked the house on Friday with a crushing 5-0 win over the MacEwan Griffins. It was NAIT's last game before the Christmas break, and a raucous crowd cheered on both teams.

NAIT's defence and goalie Shannon Szabados shut out the MacEwan offence, with Szabados stonewalling 22 shots in her 60 minutes on ice. This was her first shutout of the season and she was analytical about the win and positive about her defence.

"I think we did a good job," she said in an interview shortly after the game. "Keeping the puck out, getting pucks out, keeping it in the other end, and the guys in front of me did a great job with that."

NAIT answered with 37 shots of their own. Josh Koper got his seventh goal of the season with the finale of the hat trick that'd been in the works all game. Andy Willigar and Kjell Reid got the other two goals. Koper spoke about the team's strategy.

"We knew going in that the (other) team had a short bench so we just kept plugging away at it, and getting the pucks in, and it worked for us," Koper said.

This didn't stop NAIT from being plagued with penalty problems. During the second and third periods, a number of penalties were called against NAIT

and a one point, there was resulted in a brief (and unsuccessful) 5-3 advantage for MacEwan. However, Szabados and her defensive cohorts kept the puck out of the net and the shots to a minimum. At the end of the night, MacEwan had seven powerplay chances, and couldn't capitalize on a single one of them.

Heading into the Christmas break, the Ooks are currently third in the ACAC standings, with only three losses on their record. They left the NAIT arena Friday night riding high on an eight-game winning streak. Head coach Serge Lajoie was happy with the result.

"We were just discussing that it might have been one of our most complete games," he said, after the game.

"Shannon was instrumental in making some big saves when we got into penalty trouble, which could have changed the outcome of the game. Josh Koper did a good job of capitalizing on all his chances ... when we look at it as a full 60 minutes, the guys did a good job of executing at a fast pace."

The Ooks will be back in action in January with a series of home and home games. The first series is against Augustana on Jan. 11 and 13. The other two series will be against SAIT and Mount Royal College, the current ACAC leader.

We wish coach Lajoie and his Ooks the best in the new year.



NAIT Ouk Steele Boomer gets ready to face off against a Grant MacEwan player during a game on Friday, Dec. 2 at NAIT arena. The Ooks won the contest 5-0.

Miguel Cotto gets his revenge

By WILL CORTEZ

The first fight between Miguel Cotto and Antonio Margarito took place three years ago in July, with Margarito showing the resilience of a man with a steal chin, beating Miguel to

submission.

Six months later though, there was a lot of controversy surrounding Margarito when he was caught with plaster in his wraps for his title defence against Shane Mosley, ultimately leading to him

losing his belt and getting a one-year suspension.

Cotto since then has told the world he believes he was cheated by Margarito and the reason he lost the first fight was because Margarito used tainted wraps. Margarito swears

he never knew of the wraps and is innocent.

Since then, Margarito has fought once in Mexico and then took on Manny Pacquiao, but lost and suffered a broken orbital bone around right his eye. Cotto since then won the light middleweight championship.

This fight, on Saturday night in New York's Madison Square Garden, was considered tough to call. Both men are considered broken, mainly due to the amount of punishment they have taken. Cotto hasn't been the same after the Margarito fight and Margarito has a bad eye due to the Pacquiao fight.

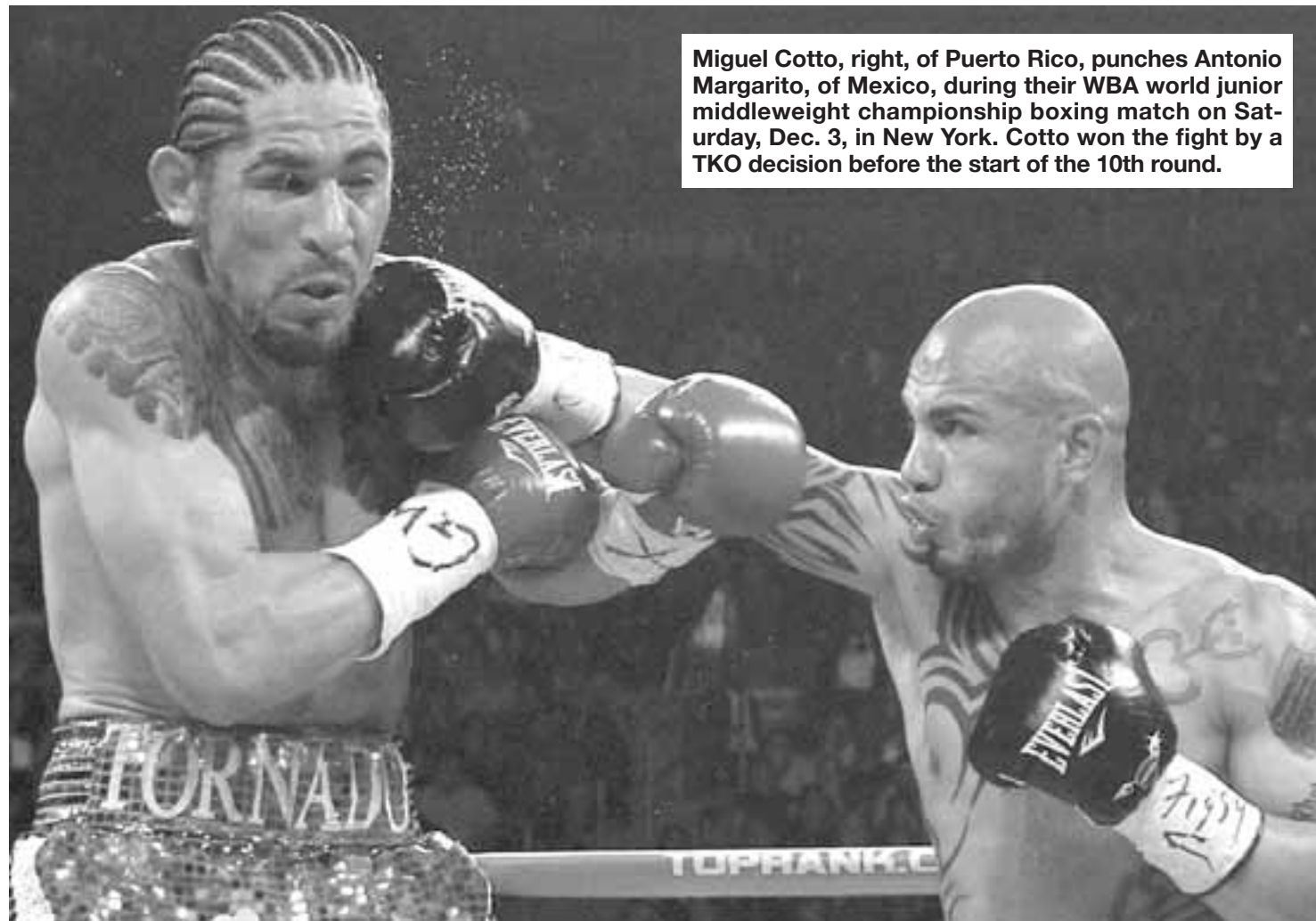
Cotto came out on fire, boxing and moving a perfect fight. From the opening bell, he kept Margarito at bay with a stiff jab and by never staying in one place. Whenever Cotto could he would shoot a three- or four-punch combination, always trying to end with a left hook to Margarito's eye.

The fight looked pretty much a repeat of the first, with Cotto moving and boxing and Margarito blocking punches with his chin and stalking Cotto to the ropes. The big difference was how ineffective Margarito's punches were this time.

By Round 7, doctors were rushing in and out of the ring making sure Margarito's right eye was OK. Rounds 8 and 9 saw Cotto landing stiff jabs and left hooks to the eye, which swelled it shut.

By the end of Round 9, the doctors had seen enough and after a mild state of confusion at the beginning of Round 10, the fight was called to spare Margarito's eye from further injury.

Cotto didn't even really celebrate. Instead, walked over to Margarito's corner and just stared him down. When asked about if he thought Margarito had used plaster the fight time, he said: "I'm still up, I'm still on my feet." Indeed he was, scoring a TKO victory over his hated rival.



Miguel Cotto, right, of Puerto Rico, punches Antonio Margarito, of Mexico, during their WBA world junior middleweight championship boxing match on Saturday, Dec. 3, in New York. Cotto won the fight by a TKO decision before the start of the 10th round.

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Ice golf in Greenland, anyone?

By SEAN EVANS

The Cascade University of the Fraser Valley

ABBOTSFORD (CUP) – Let me answer your first question: they use coloured balls to avoid losing them in the snow.

Your second question: the "green" is referred to as the "white."

Ice golf has been around for centuries. It was first played, as far as we know, back in the 17th century in Holland. Originally called "kolven", the game was played on frozen canals and players used clubs to get a ball into a hole in the ice – much like regular golf.

The World Ice Golf Championship is played every year in Greenland, weather permitting. What is so unique about the modern version of the sport is that it is played on icebergs in the fjord ice.

On the World Ice Golf Championship's website, they explain the process of how the course is made.

"The real architect of the course every year is the ocean, which interacts with the weather and the formations of icebergs in January and February to create an external framework for the course," the website states.

"The course is played on during the winter months and "melts away in May." So, each year the course is completely unique.

An obvious difficulty is the weather. Players are recommended to use golf clubs with steel shafts, as they handle the cold weather well. The length of the course is reduced by about 25 per cent, as golf balls are "less elastic in the cold," the website states.

Probably the biggest challenge that the weather presents is to the athletes, as temperatures can drop as low as -25 C, but, the World Ice Golf Championship website states, "the cold feels less bitter than one might expect, due to the dry climate and the strong sunshine." A likely story.

Floridian Ramon Bernhard, who had "never seen snow before," commented on his experience golfing in Greenland, on the World Ice Golf Championship website: "I was fascinated by the icebergs and the snow."

Indeed, the snow and icebergs would surely be fascinating. But one has to wonder why anyone would be so inclined to play golf on an iceberg in 25-below-zero weather.

American Tom Ferrell gives some

insight. "Ice golf is all about survival. It's about handling the elements."

Again, one has to wonder why. Why not just take a hike? But hey, whatever floats your boat – er, iceberg.

The official tournament is played in Uummannaq, Greenland, a mere 600 km north of the Arctic Circle. The tournament is a 36-hole competition and is usually decided by who can figure out how to not lose their balls the fastest.

The last tournament, held in 2006, was won by an Australian, Jason Cunningham – an unusual victor, considering the lack of ice in Australia.

The most unfortunate part of this story is the fact that ice golf's days could be numbered. Yes, global warming is having a negative affect on the sport. The last tournament was played in 2006, as global warming and changes in the climate have caused the ice to be too thin to play on.

So, if dying polar bears and the thought of the extinction of the human race were not enough to motivate you to carpool, let this be your warning; if you don't do your part and stop ruining the environment, ice golf may be no more. Consider yourself warned.



Photo courtesy of Morton Lin

A competitor takes a snow divot during a tournament.



NBA saves its season



By NICK BERRY

Well, the NBA is going to have a season after all.

In an off season that saw everything from a take-it-or-leave-it offer from the league, to the disbanding of the players' union, a federal antitrust lawsuit and a long strenuous settlement negotiation, the two sides in the NBA labour dispute came to a tentative agreement to settle the players' lawsuit. This agreement is expected to pave the way for a new collective bargaining agreement (CBA) and it allows teams to resume business operations on Dec. 9 with opening day of the season slated for Christmas.

This deal was a surprise, as three weeks ago the talks had stalled between the two sides and the players union had filed the antitrust lawsuit.

So NBA Commissioner David Stern and Billy Hunter, the executive director of the National Basketball Players Association deserve kudos for working out the foundation for the new CBA.

The sides came to an agreement to end the 149 day lockout, a 10-year deal with new agreements on revenue sharing, luxury tax, contract length and extensions as well as escrow.

The league will play a 66-game schedule beginning on Dec. 25 and running through until April 26. The NBA has juiced

up the already loaded opening day schedule by adding two more games.

The Oklahoma City Thunder will host the Orlando Magic before Blake Griffin and the Los Angeles Clippers visit the Golden State Warriors. Those games are to go along with the Boston Celtics heading to New York to play the Knicks, and the Miami Heat heads to Dallas to play the Mavericks in a rematch of last year's NBA Finals, and Derrick Rose will lead his Chicago Bulls to meet Kobe Bryant and the Los Angeles Lakers.

With all of that business out of the way, the NBA free agent frenzy will have to go into overdrive in order to cram what is usually a four-month process into just over two weeks. Free agency talks will begin on Dec. 5 but players will not be able to sign deals until training camps open and business operations resume on Dec 9.

Key players like Tim Duncan, Jamal Crawford, Tyson Chandler and Caron Butler could all be finding new homes this year and with stars like Dwight Howard, Deron Williams, Kevin Garnett and Steve Nash all hitting the open market after the 2011-2012 schedule, it is sure to be an active market through the shortened season.

With the drama that has already happened and the drama that is sure to come, the 2011-2012 NBA season will be like no other in recent history.



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David Stern
NBA Commissioner

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ENTERTAINMENT

Evidently, beauty is pain



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

The story that has been making headlines these past few weeks is about the unlicensed doctor in Miami, Florida who has been injecting toxic ingredients into patients' bodies. It's really quite appalling that this isn't a made up story; sadly, every detail is true.

Fake doctor Oneal Morris has been arrested and let out on bail after she was found to be practising medicine without a licence and causing serious bodily harm to patients. Morris allegedly injected cement and tire sealant into victims' faces and buttocks and used superglue to patch up entry wounds in the skin.

The alleged victims paid Morris to give them butt and face injections, thinking it was medical

silicone, when, in reality, it was 'industrial' silicone comprised of the above-mentioned ingredients. These kinds of procedures are happening more often than one might think. Dr. John Martin, the doctor currently treating one of Morris's victims, says: "A surprising number of educated people who should know better – nurses, etc. – use backroom treatments."

Many people wonder why individuals would agree to have a procedure done in such an unprofessional, dangerous setting. One of Morris's victims, Rajee Narinesingh, originally born a man but now living as a woman, says she didn't have many options.

"It becomes so dire that you want to match your outside with your inside that you're willing to roll the dice and take your chances."

She further states: "As a transgender person, you're thinking, 'Oh, my God, I can start to look like I want to look like and I don't have to spend

a lot of money."

Morris is currently free on bond but the Miami Gardens police will continue to investigate the claims made by several alleged victims.

The pictures that accompany this story are horrifying, and leave you wondering how far people will go to reach the kind of beauty standard created by our society.

But what is the beauty standard these days? What seem to be the new trends and requirements for women and men living in North America?

It seems the new trend is for young girls to be concerned about beauty and hygiene at an earlier age than ever before.

Many salons have popped about just for young children to go to, with services such as hair blowouts and wax-

ing available to them. These days, girls as young as 10 receive bikini waxes and chemical facial treatments.

While a lot of girls start to shave and tweeze when they hit the age 13 mark, this new trend of the tween-set already acting as adults in the beauty department is something new that has been hitting salons across North America. I don't think there's anything wrong with the tween-set getting their nails done on special occasions such as their birthdays. Sitting in a nice salon next to your mom while getting your nails painted a pretty colour is exciting and fun. However, I think getting anything waxed at age 11 is unnecessary and slightly disturbing. Getting waxed in general is a pretty grown up thing to do, so what are we as a society telling children when we let them go through with such a mature activity? The earlier they start with these beauty regimes, the faster it seems they'll grow up and partake in grown-up activity years before they're emotionally ready to. Or is that just me?

With such shocking stories like the fake doctor taking advantage of self-doubting individuals in the news and the uber-trendy children's salons popping up in big city markets, what will the future generation of adults grow up to be like? Like previous generations before them, will they be just fine or is there a serious cause for concern here?

Let me know your thoughts at grapevines@nait.ca




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Charged

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FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...

By **MICHAEL MacMULLIN**

Hello all, and welcome to this week's \$3.99 mixtape. I'm slowly but surely running out of good ideas for centralized themes around the top picks but this week

I am fairly confident that I can bring my "A" game and pull it off effectively. I wouldn't, however, assume that these picks are "the big guns," as they are quite literally, the "As." You will notice that every artist on this list begins with an "A". In my defence, you have to respect the As. The As are the ones who show up first on your playlist. The As are always at the top of your search bar. The As warm you up for the Bs. They have quite the important role, in my opinion. Besides, there's a lot of good to come out of the As, with artists like Aerosmith, Against Me!, All That Remains, AWOLATION and more! So smack my

wrist for lack of creativity but you can't deny the sheer awesomeness and rocking power of the As. I encourage you to purchase the music and support the bands.

1. AWOLNATION – Wake Up (Megalithic Symphony, 2011)
2. As Tall As Lions – Maybe I'm Just Tired (As Tall As Lions, 2006)
3. Alexisonfire – Rough Hands (Crisis, 2006)
4. Aerosmith – Dude Looks Like A Lady (Permanent Vacation, 1987)
5. All Time Low – Vegas (So Wrong, It's Right, 2007)
6. Avenged Sevenfold – Strength of

the World (City of Evil, 2005)

7. Auralust – Gift For A Traitor (A Gift For A Traitor, 2008)

8. Avantasia – Ride the Sky (Lost in Space Part I, 2007)

9. Atreyu – Honor (Lead Sails Paper Anchor, 2007)

10. Against Me! – Pints of Guinness Make You Strong (Acoustic EP, 2001)

11. All That Remains – The Waiting One (For We Are Many, 2010)

12. Arcade Fire – Rebellion (Lies) (Funeral, 2004)

13. AC/DC – Spoilin' for a Fight (Black Ice, 2008)

VIRAL VIDEO OF THE WEEK

Nickelback can laugh at itself

By **MIKE JONES**

In case you've been living under a rock, Nickelback were booked by the NFL to play for free at half-time for the Detroit Lions-Green Bay Packers game in support of the United Way. A fan who allegedly wanted a local artist to play half-time instead started a petition against the show which soon went on to gather 55,000 votes from Nickelback-haters from all over the world.

Now, normally when your band has sold close to 50 million records worldwide, 55,000 people not liking you is hardly an issue. But rather

than ignoring the issue or firing back with anger towards the haters, which would both likely only add fuel to the fire; Nickelback have taken the best possible route; poking fun at themselves.

Teaming up with Will Ferrell and Adam McKay's Funny or Die webpage, the band meet with a record label executive (played brilliantly by comedian Paul Scheer) to determine why Detroit hates Nickelback so much (the fact that no audible occurred during their actual performance withstanding).

Nickelback are Canadian, which according

to the video might be one of the reasons people hate them so much, even though there are just many haters here in the land of the free health care than anywhere else. But as Canadians, we all have one thing in common (besides our loves of beer and hockey), we love to poke fun at ourselves! Nickelback make fun of themselves, even going as far as to admit their special fondness for goats.

Along the way, the video mocks record labels and the absurdity of online petitions, while bringing up dated pop culture references

like Tom Selleck, Robocop and Dave Coulier (who despite the video, is very much alive).

At one point, the exec suggests the band become motown group "The Four Nickels" which is eerily similar to the 2002 Sum 41 music video "Still Waiting" which featured then Mad-TV cast member Will Sasso suggesting the band become "The Sums" to capitalize on the garage band movement.

Similarities aside, the video is pure hilarity and if you haven't seen it yet you should definitely check it out at www.funnyordie.com

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Be stress free thanks to NAITSA

By ANIKA NOTTVEIT

Massages – they are awesome. Who doesn't like getting a massage? They feel so good and they are so immediately relaxing.

Just think for a moment what someone looks like as they're getting massaged. Their body loses tension and they sink into the chair they're sitting on and their eyes close. Massages put a person in that magical land you never want to leave. Time slows down ... but then it ends and it never seems to have been long enough.

Massages are proven to have many health benefits. They decrease anxiety, enhance sleep, lessen migraines, improve sleep quality and help concentration and energy levels. Sounds like a great list for a student in the middle of exam season.

These days a monetary exchange is needed for a good massage. Wouldn't it be nice if that weren't the case? There's always the option to get a friend to massage you. But then they most likely want you to give them one back. Well, there is an unusual and unique option at NAIT. On Thursday, Dec. 15, courtesy of your Students' Association, there are free massages! There are "stress free zones" being created around campus.

Now, this might sound a bit creepy. But just imagine getting a 10-minute massage

for free during a break. That's a pretty sweet deal. The info on the NAITSA website says, "We'll touch you in all the right places." That's not suggestive at all ... Anyways, they'll be in many areas around NAIT. The list doesn't leave many areas out – HP Centre, South Lobby, Fresh Express, the Tower main floor, outside the NAITSA office, Patricia Campus cafeterias, South Campus cafeterias, Distribution Centre downstairs in the man cave and the second floor of the Annex by the drafting tables. It's likely you don't have to walk far! The services will be available from 8 a.m. until 3 p.m. Maybe there's even a chance to snipe two massages?

The next best thing to getting a free massage is obviously free food. On Friday Dec. 16, free wraps are being offered. You can grab a wrap for breakfast, lunch or a break, from 8 a.m. – 3 p.m. The slogan for this day is "You'll be satisfied when we wrap you up." If you're wondering what kinds of wraps are available, you'll probably just have to check it out! There is most likely a pick up spot near you. Wraps are being offered in all the meeting places around campus. (They're in the same places as the massages).

You probably won't be able to miss the "stress free zones" around campus. Take advantage of them!



brandontapper.com

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 South 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

Comedian John Hastings in action at the Nest.



Photo by Anthony Houle

Belly laughs at the Nest

By BRETT PLAXTON

The Nest held its first comedy night on Thursday, Dec. 1 and boy, was it a good one. The show started at about 4:40 and the first performer was Edmontonian Ryan Patterson.

He was pretty funny, despite seeming kind of nervous. What I liked about him was that he made jokes that were relatable to us Edmontonians, one of which was a joke about 118 Avenue and Emos around there. Another joke of his that made me laugh was that he was talking about being hung over and he described a new drinking game to us. The premise of this game is to call Telus and have a drink every minute until you talk to a Telus person. He also went on to joke about the dangers of being a grenade jumper or a wing man for a friend. After about 20 minutes, he turned the mic over to the headlining act, John Hastings.

For those of you who haven't heard of John Hastings, he is actually a quite well known comedian. This Ottawa native has garnered quite a bit of recognition, including being the winner of the Irving Baker award at the Can-

adian Homegrown Competition as part of the 2010 Just for Laughs Festival in Montreal. He was also named one of the Top 5 comedians to watch by the Comedy Network. Hastings was one of the first comedians to be signed to Canada's only stand-up comedy record label, Comedy Records, and was featured on their debut release *Comedy Records Presents*.

He started off the show by bugging a couple sitting in front of the stage. He claimed to be nervous, but he didn't seem like it to me. He made jokes about touring in the U.K. and some of the trouble got into in one of the hotels there. He also went on to talk about Wales and described it as "Saskatchewan when you kill the one funny guy."

The entire show went on for about an hour and the Nest did a great job of putting it on. I must say I had a good belly laugh that night. After the show when I was paying my bill, I filled out a survey about the show and was given a \$5 voucher off any entree for the next comedy show, which will be held on March 8. I hope to see you guys there next time!

Simple fare but oh, so good!

By KEVIN TUONG

Have you ever seen those diners on TV and wished that we had a similar kind of restaurant with simple delicious food? Well, if you haven't been to Urban Diner, you really need to go – like, now. The location isn't too far away from NAIT by car, so it's a great place to go to for an extra long lunch break.

The interior is well balanced between a classic feel and modern looks. The seats, tables and wall decor are all modern, but they're made mostly out of wood (real or fake), and therefore nothing attacks your senses when you first step in. Instead, it feels welcoming and homey. The first thing you may notice when you enter is a desert showcase for you to drool over before you're seated; unfortunately I'm normally too full before dessert.

The tables are clean and new-feeling but then you see their older looking condiments in the middle, and everything just fits into place somehow. For the most part, the service is friendly and fast. The menu is extremely simple, almost too simple. There are items like "hotdog," "mac and cheese" and "club sandwich" on there, which made me question them on my first visit, but not for long.

Over time, I've tried the steak sandwich, fish 'n' chips, hotdog, breakfast burger (weekends only) and my personal favourite, the Black Angus burger. Although the menu list is simple, everything is special. Take the hotdog for example, what can really be done to it? Aside from having the option to add caramelized onions to it or wrap it in bacon and cheese, it's really big, a good nine inches or so (get your mind out of the gutter!) and the bun is garlic toasted! That's just heavenly.

If you do decide to go on the weekends, it's breakfast menu only in the afternoon, which is still loaded with goodies. Their breakfast burger is more than enough to kick-start your day. With black forest ham, bacon, meatloaf, fried egg, cheddar, onions and cilantro, it's just ... it's the ultimate breakfast in a bun! But as I've said, the Black Angus burger is my favourite. Apart from its amazingly juicy patty, it's loaded with bacon, black forest ham, sautéed mushrooms, caramelized onions, multiple cheeses and best of all, a Dijon aioli sauce that is absolutely addicting.

Almost all their dishes are served with a large helping of fries but they're unique to anywhere else in the city. They're very thin, almost McDonalds like, except they actually

decompose. The result is ultra crispy that explode with flavour in your mouth. They also have different daily specialty items, which is always worth having a look at. Then there's their homemade iced – take a breath – tea. It's not like Nestea brown sugar water;

it's made from actual cranberry tea that's been carefully tweaked to taste sweet, but still taste like actual tea.

The truth is, I cannot sum up this restaurant in a single review and their food is too delicious to put into words. I can put it better in sounds

like "mmm ..." and "nom ..." and – insert annoying chewing sound. The place is reasonably priced; both the food and decor is suitable for all ages and occasions. Urban Diner is a place that will keep you (and me) wanting to come back for more.



Photo by Kevin Tuong

The Urban Diner has taken ordinary dishes and made them extraordinary.



buffalobeast.com

Nickelback

CD REVIEW

Nickelback – a valiant effort

By MIKE JONES

Give Nickelback credit. They know people hate them. They know that whatever they put out, a lot of people are going to hate it. And while it's true that the band's latest release *Here and Now* is not going to garner them any new fans, Nickelback has produced another album virtually guaranteed to top the charts.

Let's face it, over half of the songs on this album are going to receive significant radio play and chances are you will secretly like at least one of them but would never admit this to your friends. But wait ... if everyone hates Nickelback, who is buying their albums? A recent petition signed by almost 55,000 football fans tried to stop the NFL from having the 'Back play the Detroit Lions Thanksgiving games. Yet they've sold close to 50 million albums and were the No. 2 selling foreign act in the U.S. in the last decade behind only the Beatles.

Another place to give Nickelback credit;

they know their demographic. Beer swillin', tattooed, blue jean wearin', cowboy hat wearin', air-guitar jammin', whiskey swiggin' blue-collar rock fans. Look at some of Nickelback's predecessors: Motley Crue.

Lynyrd Skynyrd. Bon Jovi. Like those bands, Nickelback has produced dozens of smash radio singles and sold out arenas and stadiums the world over. But also like those bands, there is an intense hatred from critics and listeners alike. Do you really think Journey cares what kind of a review they get in the *New York Times*? How about AC/DC? And to Nickelback's credit, they can don't always use the same three chords.

Nickelback do love their formulas and they are apparent on the band's seventh album. There's the feel-good crooner

(first single "When We Stand Together"). There's the itchin' for a fight arena metal track ("This Means War"). There are songs about drinkin' ("Bottoms Up"), songs about one night stands ("Midnight Queen"), even

... Nickelback is not a band to be enjoyed on the CD player. Where Nickelback really shines is live in concert.

songs about hooking up with your best friend's ex ("Gotta Get Me Some"). While lyrics like "She's gonna lick my pistol clean" might make half the population cringe, the formula seems to be working. But for every song about strip clubs and body shots there's a tender love song (see what I mean about Motley Crue?).

The album is a valiant effort, with a heavier style recalling *All The Right Reasons* more than *Dark Horse*. One interesting observation is virtually all of the guitar-driven rockers are on the first half of

the album, while the ballads are kept at the end. The problem with this is most of the songs blend together with only a few stand-outs such as the first single and "Kiss It Goodbye." There aren't many overly memorable songs ... but I'm sure after hearing them a few thousand times on the radio that opinion will change. After all, on 2008's *Dark Horse*, eight of the 11 tracks were released to radio and almost all were significant hits.

But despite the album not being as memorable as some of their earlier work, Nickelback is not a band to be enjoyed on the CD player. Where Nickelback really shines is live in concert. Nickelback's music is to be accompanied by beer, strippers and stuff blowing up. You won't catch this album on constant repeat on my iPod but you will catch me at their show the next time the boys come to town, beer in hand.

★★★★☆☆

December welcomed in style

By ANIKA NOTTVEIT

This past week, NAIT was honoured to have the staff put on an event called Jingle Mingle. There were various activities around campus on Dec. 1 to bring in the Christmas season.

One event that students seemed to enjoy

was cookie decorating. In the North Lobby, students hovered around tables glazing delicious chewy cookies.

All the supplies were laid out on the tables, you just had to walk up and start decorating. Roxanna Stumbur, chief of staff said that “while all activities were enjoyed, the cookie

decorating attracted lots of attention. The end result was many, many very creative cookies!”

In another area, a staff member handed out NAIT lanyards with glow sticks on them. The random surprises didn’t end there. At another location in the North Lobby, a chef taught a group how to make vegetable sculptures. The

participants held impressive gourd shaped penguins.

In one of the courtyards near the North Lobby, ice sculptures were being created by two men working at their hunks of ice with chainsaws. This attracted many cookie-eating bystanders. These ice sculptures are impressive and are still standing.

The south lobby offered a book sale as well as a free food. The spread was amazing. Many unique food options were offered such as Brie cheese bread, meat dumpling buns, cheese balls, veggie wraps, assorted desserts and fruit skewers. As can be expected, this was a hot spot to hang out. Free coffee and juice drew in a crowd as well.

A student, enjoying some food, offered these words concerning the day: “This food is awesome! I didn’t think they would set out such delicacies. The staff seems really into the events around campus, that’s cool.”

Stumbur had some reflective words, from the staff point of view: “The Jingle Mingle NAIT Festive Event was a wonderful opportunity for staff and students to come together to celebrate, have fun, and do cool and nifty things.

“We are uncertain as to how many folks participated but expect that next year’s event will attract even more people, especially since we plan to include more activities. As well, additional efforts will be made to better advertise the event and provide signage directing folks to all the activities.”

If you missed out this year, be sure to look for signs next year!



Photo by Laura Dettling

Movies for the holiday season

By KARL GARNEAU

The winter holidays, as we all should know by now, are less about getting gifts and more about hibernating like bears in a warm comfy home, sitting close to a wood fire or potbelly stove, while listening to Pink Floyd and fighting bears – wait, those last two parts are just me. My point is, it’s about family, friends and warmth. Before I get to my movie list, I’d like to say “Happy Holidays to all, and to all a good break of that one candy bar.”

Captain America

OK, I have no idea why you don’t have this movie on your shelf already. (That’s to those who, in fact, don’t.) I mean, sure it’s a movie about a guy who literally wears the flag that, in some parts of the world, doesn’t have the best of reputations.

I prefer to look beyond that when it comes to a good film like this. As an adaptation, I can’t really judge it on account of not growing up with comic books. (Lego made a more than excellent replacement.) As a standalone film, the pacing is excellent, the cinematography is really, really good and the fight scenes are easily the best in any live-action movie that’s come out in the past four years.

Chris Evans hasn’t really been in the best of roles (*Human Torch*, that guy in *What’s Your Number*, um ...) but he absolutely destroys as Captain America. In all honesty, I can’t think of anyone who could play Captain America better than Chris Evans. Although that’s pretty funny, considering the last live action actor who played the Cap was Reb Brown. He is a beefy dude who’s lack of acting talent is made up for

by the demented girlish scream he often blasts with the force of a furious demigod as he fires a machine gun wildly, or hang-glides with the corpse of a giant bat (no, seriously).

Ip Man

Bless you. In all seriousness, this is a modern marvel of martial arts movies. Out of the two movies that employed similar colour palettes, based loosely on a historical person in China (the other being *Fearless*, starring Jet Li) Ip Man (Donnie Yen as the eponymous role) is loosely based on the life of Grand Master Ip Man, who basically brought the Wing Chun martial art to the modern world, where it was previously a closely-guarded secret amongst family. Seriously, the fight scenes in this movie are just so excellent. Couple that with some of the better cinematography and pace I’ve seen in any Chinese cinema (trust me, I’ve seen really bad examples of that) and you’ve got one of the best martial arts movies today.

Cars 2

Oh come on, Pixar always makes a perfect

stocking-stuffer. I mean, sure *Cars* was considered the weakest of the movies, but *Cars 2* really plays out like the kind of thing kids would do with nothing but their toy cars. I mean something like the ridiculous movie *Death Race* (with Jason Statham).

I can speak for myself, when I had some toy cars, (made with Lego)

I always had them do sweet jumps and unrealistically awesome chase scenes, where they have sticky tires that could scale walls and guns in the hub caps – all that stuff. *Cars 2* perfectly embodied that kind of nostalgia. It’s just hilarious, even though I don’t know the first thing about NASCAR or F1, or even acknowledge the existence of the Indy 500, whatever it’s called ... you get what I mean.

The Elder Scrolls V: Skyrim

Oh wait, that’s a game, not a movie.

Thor

Obviously for the same reasons as Captain America. The costume design alone makes this the more interesting-looking movie that’s come out this year. I rather like those ridiculously larger-than-life scale mail suits and the booming classic theatre acting. Besides, this is all coming together into *The Avengers* next year, so if you haven’t seen it, get it.

Green Lantern

Pff-BAH-HAHAHAHAHAHohoho

heh ... heheh ... That was a good joke ...

Super 8

I personally didn’t like any of the scenes that didn’t have the kids. I also really didn’t like the excessive amount of lens flare and I was bored out of my skull at the monster design, but if you wanted something to tell you that *ET* was a great movie, knock yourself out.

Dragons: Gift of the Night Fury

Well, the direct-to-video release consists of two shorts based in the How to Train Your Dragon universe, both of which cheesy but both of which are fun to watch. The kids will love it.

Well, that’s all good for a list, but what’s coming up for the rest of 2011 are more movies. Here’s a list of what I’m personally interested in.

War Horse

I was interested as soon as I saw the strangely awesome choreography for the horse. In a way, it reminded me of that old movie *The Incredible Journey*, where they choreographed movements for two dogs, a cat, a lynx, some bear cubs and a full-grown bear. Seriously ... how they did that is still beyond me!

Girl With the Dragon Tattoo

Blasphemy Inbound: I’m not that interested in the Girl with the ... I’ll just call it “Gwit.” However, this movie, and those afterward, are being directed by David Fincher, of *Fight Club*, *Zodiac* and *The Social Network*, among others. He’s my favourite director. I want to check this out.

Anyway, happy holidays to you all! Hope your kids enjoy the movies (or yourself or your younger siblings or whoever would like any of the previously-mentioned movies).



Captain America

bajanreporter.com

Where is the Bagman?

By **STEVEN CRESSWELL**

If you've been wandering any hall of NAIT over the past few weeks, it's very likely you've noticed a peculiar man with a bag over his head doing the same thing. Unfortunately, he's not around anymore. If you can find him, there

could be a big prize in store for you.

Bagman, the man with a face for radio, is the spokesperson for NR92, NAIT's radio station. On Nov. 24, Bagman and some students were doing a presentation in the HP Centre. The party was quickly crashed when Bag-

man's arch nemesis Dr. Nefarious showed up and offered a bounty on Bagman's head. Consequently, our hero Bagman quickly went into hiding. Now, some students are willing to fight back. Three pictures have been posted online on NR92.com of Bagman's whereabouts. A reward of a Union Hall "Rockstar Night Out" is being offered by the students for anyone who can figure out which three locations around NAIT the photos were taken at. The prize includes a limo ride to Union Hall, a reserved table and a cool \$100 cash! You can access the photos by going to NR92.com,

clicking on the "contests" tab, and then clicking on the "Bagman" banner. How to enter is explained on the website.

While you may have realized by now that the tension between Bagman and Dr. Nefarious is slightly fictional, the prize certainly isn't! This promotion is run by NAIT's Radio and Television students to get word out about our school's awesome radio station. NR92, run "by the students, for the students." It airs all genres of music, depending on which show you tune into. You can listen in the South Lobby or by logging on to NR92.com.



RTA photo

Drat, missed it

By **EVAN DEGENHARDT**

If you haven't noticed, there has been a lot of interesting things going on around the NAIT campus these last couple of weeks. Whether it's hockey shootouts, roller-chair curling or acoustic guitars, you can bet that NR92, NAIT's campus radio station, is behind all of the action.

NR92 is always cooking up some new way of interacting with the student body and getting people involved around campus. These last few weeks have been packed with NR92 promotions, making it hard not to catch a little school spirit! Plus, the prizes that NR92 have been giving away are definitely worthwhile.

One such example is the "Where's Mae and Mike" promotion that NR92 was putting on all last week. In case you are unaware as to what exactly this means, here's a little recap. Mae, Mike and the rest of their radio crew were roaming around the halls of NAIT last week. They were playing guitars and entering students into a draw for a chance to see City and Colour at the Jubilee Auditorium! Pretty sweet deal. All students were asked to do was "like" the NR92.com Facebook page. It was a pretty simple concept

and the reward for student participation was well worth the time that it took to like the page. Plus, it was hard not to notice the acoustic melodies and the boisterous singing and ranting!

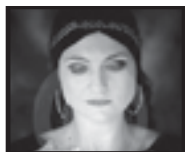
Unfortunately, the contest ended on Friday, Dec. 2. A winner was picked and the tickets were given away! If you didn't get yourself entered, you should be asking yourself the question: why not? It was a great chance to support your campus radio station and to gain some free tickets in the process. But don't worry, NR92 still has some great contests going on around campus. Be sure to be on the look-out for the NR92 logo and don't let another opportunity pass you by.

Even if you are not a fan of winning free stuff, NR92 is still playing 24 hours a day, seven days a week. With exams looming in the near future, don't be afraid to blow off some steam and tune into the station for the students. NR92 plays all kinds of music and it could definitely help relieve some exam tension and get you pumped up for the holidays! I think it's a win-win situation, so go check out the website, www.nr92.com.

You won't regret it!

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

December 8-14

(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)

Stress is piling up on you, Sag. Take some time for yourself to unwind and clear your head. Go to the gym, take a bath or watch a movie for some alone time.

Capricorn (Dec. 22-Jan. 19)

Holiday food is a little too tempting for you. Break away from the choco-

lates and cakes to work in some fruit and vegetables, otherwise your New Years resolution is going to have you spending a lot more time on the treadmill.

Aquarius (Jan. 20-Feb. 18)

Make some more time for friends. You're a bit of a lazy bum lately. Make some calls to your buddies and get off the couch.

Pisces (Feb. 19-March 20)

Feeling a little lost lately? This New Year, look for a new hobby or an activity that you can be passionate about. You'll feel better knowing that you have something to apply yourself to!

Aries (March 21-April 19)

You need to apologize to someone and make things right. Everyone makes mistakes, so own up to it and move on.

Taurus (April 20-May 20)

Feeling romantic? Take that cutie

you've had your eye on for a while on a date, winter is the perfect time to cuddle by the fire and you've got a romantic streak happening this week!

Gemini (May 21-June 20)

Christmas shopping has been your biggest activity lately. Treat yourself to a little gift of your own! You're so generous to others, you deserve something shiny and new!

Cancer (June 21-July 22)

Money is tight this holiday season. Instead of spending a lot on gifts, research things you can make for people. They'll appreciate the thought and your wallet will appreciate the savings.

Leo (July 23-Aug. 22)

You're missing summer big time, Leo. Start researching what you want to do this summer and set some dates

for things you want to do. Camping with your buddies? Mention it now so no one can back out last minute.

Virgo (Aug. 23-Sept. 22)

Stop eating so much fast food. Cooking for yourself is not as hard as you're making it seem. Look online for easy recipes and try to at least make one thing this week.

Libra (Sept. 23-Oct. 22)

Yikes, your Starbucks tab is racking up. Put a coffee maker on your Christmas wish-list and start making joe at home. You'll save big time when you cut those triple grandé lattes.

Scorpio (Oct. 23-Nov. 21)

Do you like being treated badly by the person you're seeing? No? Well then what are you sticking around for? Open your eyes and realize you can do wayyyy better, and move on.

THE NUGGET PRESENTS:

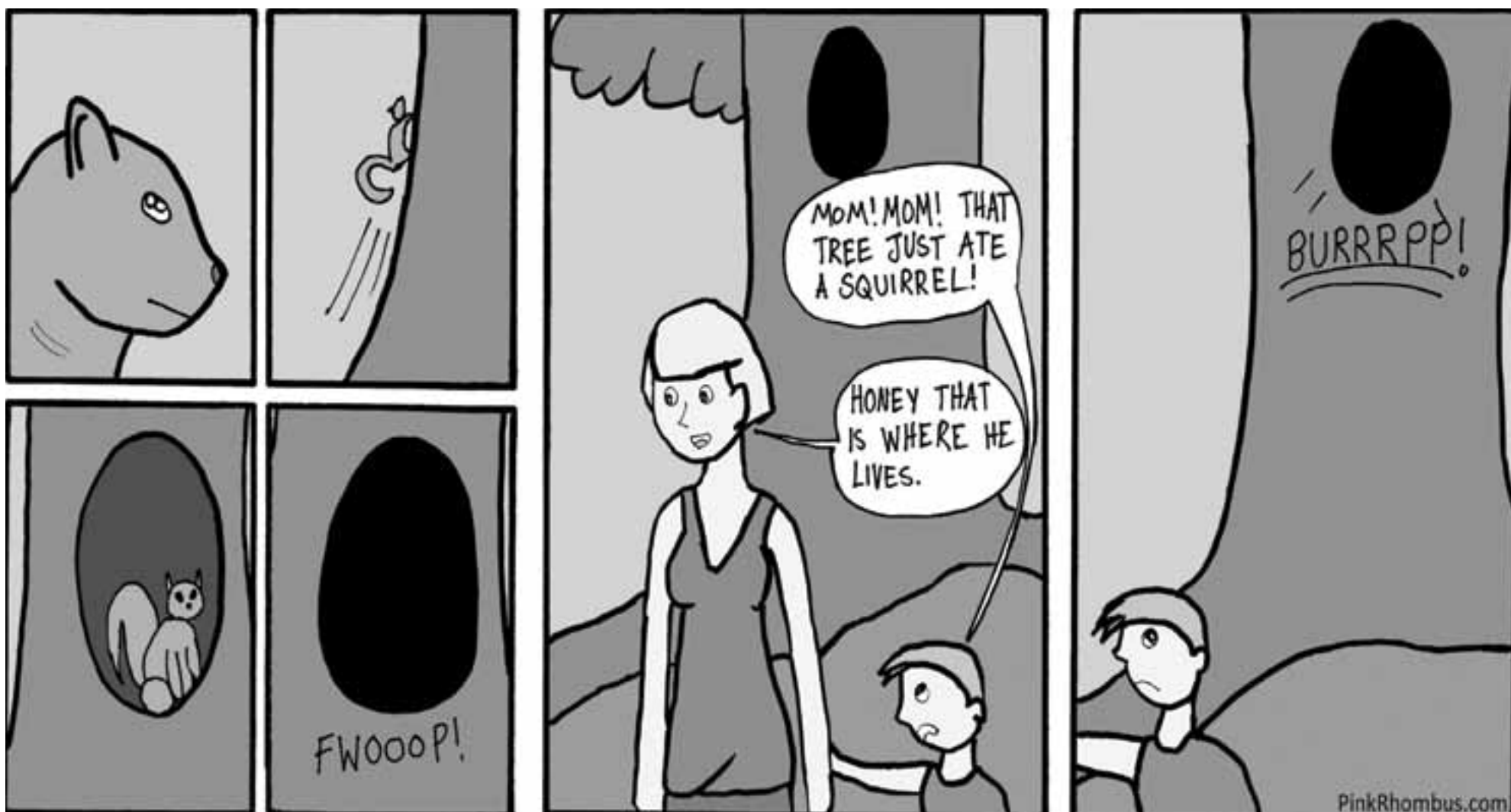
NUGGET COMICS

MICE WITH SPICE

VANILLA ICE CREAM

IT WAS THAT MOMENT WHEN THE OTHER EMPLOYEES AT THE LOCAL FAST FOOD JOINT HEARD THE EXPLOSION J.B.

Cartoon by John Benesch



PinkRhombus.com

Cartoon by Josalynne Wilfong and Mark Nordstrom



FEELIN' IT

Travis Pankiw of Lounge Pistol lets loose, left, at the Nest on Friday Dec. 2 and then acknowledges the crowd, right.



Photos by Anthony Houle

Recipe

Vegetarian chili

By ALI MAGEE

This is the perfect recipe to impress the vegetarian in your life. One of the best parts about making chili is that you can customize it to your taste. With this recipe you can choose to make it as spicy or as mild as you'd like! Another common add-in is corn, or other chickpeas. Enjoy finding out which variation you like best!

Ingredients:

- 1 one-pound eggplant, cut into one-inch cubes
- olive oil
- 2 yellow onions, chopped
- 3 cloves garlic, minced
- 2 medium zucchini, chopped
- 2 large red bell peppers, cored, seeded, diced
- 1 to 2 jalapeño peppers, seeded, finely minced
- 1 28-ounce can Italian plum tomatoes, coarsely chopped, including liquid
- 1 Tbsp ground cumin
- 1-2 Tbsp chili powder
- 2 Tbsp chopped fresh chopped oregano or 2 teaspoons dried
- 1 tsp fennel seeds
- 1½ cup cooked white beans
- 1½ cup cooked kidney beans

- zest of one lemon
- 3 Tbsp lemon juice
- 1 teaspoon sugar
- ½ cup chopped fresh cilantro

Directions:

1. Preheat oven to 350 F. Scatter eggplant cubes in a shallow roasting pan and slather with two tablespoons of olive oil. Cover the pan with aluminum foil and bake for about 30 minutes, stirring once during the cooking. Remove from the oven and set aside.

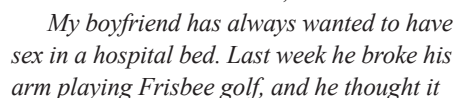
2. In a large thick-bottomed pan, heat three tablespoons of olive oil on medium heat. Add the onions and cook until translucent – about four minutes. Add the garlic and cook until fragrant, about a minute more. Add the red peppers, zucchini and jalapeno peppers. Cook for about five more minutes, stirring occasionally.

3. Add the tomatoes to the pot along with any liquid that may have been in the can (if using canned). Add oregano, cumin and fennel seeds. Add chili powder to desired heat. Stir in the eggplant cubes (carefully so as to not break them up), and simmer for 20 minutes over low heat.



GRAPEVINES

- Never any parking



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!

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New Year's Eve – what to do

By MIKE JONES

The end of 2011 is fast approaching, so it's time to start planning your New Year's Eve. And if the Mayans and/or Roland Emmerich are on to anything, it might just be our last one!

There are so many options for New Year's Eve that you don't have to be "that guy" who sits at home alone and watches the immortal Dick Clark countdown to midnight in Times Square. Events in Edmonton include everything from family friendly activities, to hitting the clubs, to live music and featuring everything from dubstep to rock to Latin and jazz.

1. The oldest tradition in the books has to be the City of Edmonton's annual First Night Festival at Churchill Square and various other locations downtown. This year will feature many events such as live music, fireworks and other family friendly activities. Keep checking www.edmonton.ca for more info in the near future.

2. Another exciting new family friendly event is the brand new medieval themed family New Year's event at the Muttart Conservatory. Entitled The Knight is Young, this event will feature medieval themed games and an armoury display and will cap off with a classic medieval duel and a mini New Year's countdown. And the event will wrap up by 10 with plenty of time to scope out a viewing location for the fireworks. Tickets are just \$45 for a family of four.

3. For the party types, one of the craziest

parties every year is the New Year's Eve Bear Bash at the Shaw Conference Centre, and this

year is destined to be no different. For the first time in almost 10 years, legendary Canadian rockers the Headstones are back together to perform classic hits and rock the night away. Popular local group Tupelo Honey is slated to open the adults only event. The show gets underway at 8 p.m. with the Bear Band and tickets are just \$59.

4. Rock not your thing?

Don't worry, there are several events for the electro fan going on, including the Urban Metropolis Big Bang being held this year at the Edmonton Expo Centre (formerly the Agri-com). The event features two rooms and eight deejays, including Harman B and DJ Kwake.

The no-minors party kicks off at 8 p.m.

5. Another electro event is taking place at the Edmonton Events Centre: Boodang's Countdown 2012 will feature one of the biggest trance deejays on the planet, Gareth Emery, as well as 20 other local and international deejays performing on three stages.

6. But what if you like both rock and electro? Check out the Three Room New Year's Party at the Starlite Room and support local music

with two of Edmonton's favourite party bands: dance punkers Shout Out Out Out Out and ska band Mad Bomber Society. Cygnets and Degree will also play and other local bands and deejays are expected to be added to the list. Check out www.starliteroom.ca for more information.

7. For those looking for a more traditional evening out, the Delta Edmonton South has two classic options for you, including the 12th Annual Latin New Year's Papo Medina International Orchestra and Proyecto Puno. Alternately check out the Jazz New Year's Eve at the Top of the Inn featuring Swing Kings. Both parties offer dinner and dance packages.

8. Looking for a romantic meal before heading out on the town? Check out the Melting Pot on Calgary Trail for a romantic three-course meal featuring fondue and your choice of either filet mignon and pine-encrusted lamb or cold-water lobster tails. Bookings are available between 11 a.m. and 11 p.m. and run at \$200 per couple plus tax and gratuity.

9. The sports fanatic will want to check out the final preliminary game of the IIHF World Junior Championships as Canada takes on the United States at 6 p.m. at Rexall Place. Of course, tickets are long sold out, so check your friendly neighbourhood scalper!

10. And, of course, virtually every nightclub in town will have its own themed New Year's party. Some of the highlights include the Ice Palace at Vinyl Ultra Lounge, the Catalina Wine Mixer at Oil City Roadhouse and New Year's E-ROCK-Tica at Union Hall.

Get your tickets to these events now because a lot of them will sell out far in advance of the big night. And as for next year, you might want to have John Cusack on speed dial.



thegloss.com

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Safety over the holidays



The holiday season is upon us once again. This season is meant to be joyous and filled with love for fellow human beings. Many criminals, however, find this time of the year as a wonderful opportunity to further their careers. Others, driven to desperateness by economic conditions, feel that stealing from others is their only option. To protect yourself, and your possessions, from theft, follow these few simple rules:

In and around vehicles

- Lock your vehicle every time you leave it.
- Never leave it empty and running, not even for a few seconds.
- Don't leave your windows rolled down, not even a crack.
- Don't leave vital information in your vehicle. Your home address is listed on the vehicle registration certificate as well as the insurance card.
- Park in well-lit, well utilized areas near a store entrance when possible.
- Don't leave valuables, such as Christmas presents, in full view. Store them in the trunk or under the seat.
- Affix your parking permit to your window.
- Consider investing in a car alarm or a locking device such as The Club.
- When at NAIT use the Safe Walk Program to escort you to and from your vehicle.
- Always check the back seat of our

vehicle, as well as the area around you, before entering your vehicle. If you see anything suspicious get help immediately or begin screaming. Criminals wish to remain anonymous.

In school or while shopping

- Do not carry large amounts of cash with you.
- Keep all of your valuables with you at all times. Do not leave them unattended on a food court table or on the vanity in public washrooms.
- When shopping use the buddy system and be aware of your surroundings. Watch for suspicious activities such as someone paying uncustomary attention to the contents of purses, wallets and shopping bags of shoppers.
- If you suspect someone is following you, or is otherwise acting suspicious, contact Protective Services at 780-471-7477 and tell our Officers what you have encountered.
- Be extra alert when being jostled or pushed or if there is a loud altercation taking place nearby. This is often a diversion to attract people's attention allowing associate members to pickpocket unwary shoppers.
- Invest in a high quality shielded lock and be sure it is securely fastened before leaving your locker at school or at the gym.

At home

- Lock your doors and windows whenever you leave your room or residence. Keep valuables away from direct exterior observation whenever possible.

• If you live in an apartment, do not allow unescorted strangers inside. Report strangers that appear to be loitering to the building caretakers or to the police.

• Be suspicious of unknown persons loitering in the area of your residence. Criminals do not want attention and will usually try to keep their faces hidden and give vague answers when questioned. Report any of these incidents to building caretakers or the police.

• Never leave an exterior door propped open. This is like inviting a fox into the chicken coup.

• Keep records of your valuables including descriptions and serial numbers. Include pictures or video if possible. One copy needs to be kept with a friend or in a safety deposit box at the bank and should be updated regularly.

The management and staff of Protective Services wishes to extend a very happy and safe holiday season to everyone. Please visit www.nait.ca/security for more tips.

If you have information regarding a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). You will remain anonymous and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2,000.

Everybody benefits, except the criminal.

Santas Anonymous

It's still not too late to donate to Santas Anonymous. 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. You can drop off new, unwrapped toys to our offices on Main Campus, South Campus or Patricia Campus or at the Tech Store. Toys will be accepted until Friday, Dec. 9.

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 join us in supporting this worthwhile cause. Non-perishable foods and other items can be dropped off at our Main Campus location at D-104 or at the Tech Store until Dec. 15.

Christmas Bureau

In 2011, it is anticipated that over 70,000 individuals will benefit from the services of the Christmas Bureau of Edmonton. In order to pay the grocery bill, they will need to raise \$1.8M. By working together we can ensure all Edmontonians can embrace the warmth of the Christmas season with a festive celebration. Please come to our office on Main Campus (D-104 – Services Building) to donate. Donations can also be made online through the Christmas Bureau (www.christmasbureau.ca) by visiting the donor page.

CROSSWORD

- Across**
1- Killer whales
6- Metal fastener
11- French possessive
14- Key letter
15- El Greco's birthplace
16- Mil. rank
17- Scorn
18- Way to cook
19- 401(k) alternative
20- Arab sailing vessel
22- Actress Sophia
24- Proud
28- Zigzag
30- Small lobe
31- Rise to one's feet
32- O. Henry device
33- Form of backgammon
37- _ de mer
38- Green _ is the place to be
39- Athletic supporter?
40- Engagement
43- Property claims
45- Seraglio
46- Last car?
47- Musical dramas
49- Newspapers
50- Bailiwicks
51- New Mexico art colony
52- Conditions
53- Feudal estate
56- Band together
61- Albanian coin
62- Old-womanish
63- Gum
64- Non-dairy milk
65- Calls for
66- Community character
- Down**
1- Approves
2- Blame
3- PC core
4- Calendar abbr.
5- Bloodsucking insect
6- Young haddock
7- Black bird
8- "Michael Collins" actor
9- Aliens, briefly
10- Marsh
11- Hubert's successor
12- Violinist Zimbalist
13- Examine, search
21- Tee follower
23- Shoppe adjective
24- Ascend
25- Goddesses of the seasons
26- Letter-shaped fastener
27- Amusement
28- Alloy of iron and carbon
29- Puts down
31- Beat it!
33- Flu symptoms
34- Wombs
35- Perfume the air
36- Affirmatives
38- Gillette brand
41- Greek fertility goddess, flightless bird
42- Person who rows
43- Unhurried ease
44- Proverb ending?
46- Monetary unit of Vietnam
47- Monteverdi opera
48- Annoying
49- Challenges
50- Has a bug
51- Related
54- "Wheel of Fortune" buy

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	47	48						49						
50							51							
52				53	54	55				56	57	58	59	60
61				62						63				
64				65						66				

55- Never, in Nuremberg
57- After taxes
58- Language suffix
59- Juan's uncle
60- Dash lengths

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

SOLUTION – Page 27

RATE YOURSELF

Managing panic attacks



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

If you have ever had a panic attack, you know that the feeling can be overwhelming. Common symptoms include a racing or pounding heart, dizziness, light-headedness, shortness of breath, chest pains, flushes or chills, jumpiness or trembling, terror, fear of losing control, fear of going crazy or fear of doing something embarrassing. The good news is that panic attacks are manageable. Check off the tips you already use and then choose one more that you can incorporate right away:

- I focus on breathing slowly and deeply. Breathe in through your nose to the count of five, hold your breath and then exhale through your mouth for at least five counts. As you breathe, focus completely on your breath coming in and going out of your body. Try to draw your breath deep into

your body. Do this at least five times. It can also be helpful to carry a balloon or paper bag with you. Focusing on blowing up a balloon or bag can prevent full-blown attacks.

- I keep something with me that will immediately help me to become grounded. Carry a pebble or other small object that you can hold and rub when you start to feel panicky. If you always have this in your pocket or purse it will be easily accessible.
- I make sure to move my body if I feel symptoms of a panic attack. During a panic attack, a lot of adrenalin is released. Shaking your hands and arms can provide immediate relief.
- Regular exercise is one of the best ways to reduce overall stress and anxiety.
- I never allow myself to avoid situations out of fear of having a panic attack. Avoiding gives the control to the panic and actually makes it more likely that you will have future panic attacks. Try to schedule regular activities with people you trust.
- In case I start to panic, I have a plan. You shouldn't expect to have a panic attack; however, it is calming to have a plan of what you would do if you did have one. For example, being aware of where the public washroom is in case you need privacy, carrying taxi fare in case you want to leave a situation or going to events with someone you trust can greatly reduce the probability of a panic attack. Making trusted friends or classmates aware that you experience panic attacks can also be calming.
- I have several supportive statements that

I can substitute for anxiety-producing thoughts. When anxious feelings start up, it is helpful to have a statement ready such as, "My thoughts are not helpful right now. Instead, I am going to focus on something supportive and healthy such as my cat playing with his ball." or "It is normal to feel anxious in this situation. When this is over, I will be glad that I did it."

- I maintain as regular a routine as possible. Regular times and habits for going to bed and getting up, eating, exercising and other activities in your life can decrease overall stress.
- I educate myself about panic. *From Panic to*

Power by Lucinda Bassett and *Overcoming Anxiety* by Reneau Z. Peurifoy are two good resources. There is plenty of information on-line as well.

- I seek help when needed. Seeing a counselor to discuss other options to deal with stress and panic and having someone objective that you can talk to can be very helpful for individuals who experience panic attacks. Counsellors are available at Student Counselling, W-111PB, HP Centre, Main Campus. Appointments can be booked in person or by calling 780.378.6133.

The staff at Student Counselling wish you all a wonderful and joyous holiday season.

Who ya gonna call?

Academic and personal concerns – Student Counselling, 780-378-6133, Room W-111PB, HP Centre.
Housing – Online housing registry at www.rentingspaces.ca
Injury, minor medical concerns – Health and Safety Services, 780-471-8733, Room O-119.
Special needs students – Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.
Student loan/grant assistance – Financial Aid Office, 780-491-3056, Room O-111.
Tutoring – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. The cost is approximately \$15/hour.

CLUBS

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SECOND RODEO

('Cause It Ain't Our First)

We want to hear from you!
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Second Rodeo is a club at NAIT that's focused on advisory for future students and to have fun with the engineering students in the Post-secondary environment.



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secondrodeonait
email:
secondrodeonait@gmail.com

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Hospital Toy Drive

December 9 2011
10:30am to 12:30pm
South Lobby

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KVA CLUB PRESENTS
POOL TOURNAMENT**

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WHEN: DECEMBER 9th 2011 @ 4:30 PM
HOW MUCH: \$15 ENTRY FEE.

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3rd PLACE	\$25

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What's Going on Around Campus...

WHO LDSA (Latter Day Saints)
WHAT Weekly Meeting
WHEN 11:15am - 12:10pm and 12:15pm - 1:10pm
WHERE X203

WHO Rainbow Sanctuary
WHAT Meeting
WHEN 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 DMS2013
WHAT Pub Night
WHEN December 16; 7:00pm
WHERE Billiards Club, 10505 Whyte Avenue

WHO Christian club
WHAT Weekly Meetings
WHEN Wednesdays; 12:15 - 1:00pm
WHERE E115

WHO BA Club
WHAT Popcorn Sale
WHEN Nov. 25, Dec. 9; 8:00am - 4:00pm
WHERE HP Centre; 3rd Floor (B-Wing)

WHO Bakers Club
WHAT Cookie Sale
WHEN December 9; 10:30am - 1:30pm
WHERE South Lobby (main campus)

CLUBS CORNER

CLUBS GIV'ER SUBMISSION DEADLINE
December 12; 5:00pm



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

USS back for big show

By MIKE JONES

Big things are happening for USS (Ubiquitous Synergy Seeker) right now. “Yo Hello Hooray,” the second single off their critically acclaimed album *Approved*, is burning up the airwaves and the band is headlining their biggest show to date at the Edmonton Events Centre Friday, Dec. 9. For the band, making *Approved* was an emotional roller coaster.

“Ash and I often joke about how we almost died making it”, said Jay a.k.a. Human Kebab in a phone interview. “It’s so important to us because we couldn’t believe we did it and it’s been so well received.”

The first single off *Approved*, “N/A OK” set personal records for the band in terms of airplay and “Yo Hello Hooray” has already broken those, with no signs of slowing down.

‘We were scared’

“When we first put it (“Yo Hello Hooray”) together with our producer Tawgs Salter, we were scared because we thought this could possibly go down the pop road,” Human Kebab said.

“That’s not something we’d ever really encountered but we also recognize what we do creatively can reach that audience. We felt good doing it even though it was totally different than a lot of our other material. You write so many songs, you put out three records, radio spins the s**t out of your music and then all of a sudden you do something and it’s kind of like people are finding out about us for the first time.”

In the meantime, the band are in the midst of a winter cross-Canada tour. And fresh off playing Boonstock in June and a whirlwind of three Edmonton shows in 48 hours this past September (including a stop at NAIT’s own on-campus bar, the Nest); USS are excited to be back in the capital region headlining Jingle Bell Rock this Friday.

‘More reserved’

“Just from my own personal experience from working in the oil fields, there’s a big difference (throughout Alberta). Calgary is a lot more reserved, (it) kind of reminds me of the financial district in Toronto. (Whereas) Edmonton reminds me of Hamilton or Oshawa where people go out and party or experience an event like it’s the last night of their lives.”

Human Kebab also acknowledges the dedicated fans of Edmonton.

“I think (it’s because of) Sonic 102.9 playing our music and you guys as a city embracing it. Edmontonians have such strong convictions of what they’re into. If Edmonton gets behind something, they pursue

it or support it until the day it dies. I think that’s why we’ve been able to come back again and again.”

The band is particularly excited about playing the Edmonton Event Centre for the first time.

“We started at the Urban Lounge when it was still around in like August ’08. I’m good friends with the guys from Finger Eleven and I hung out with them when they played the EEC back in the spring of ’07. I went to the show and I was like, whoa, there’s 2,000 people here and everyone knows their songs, what does it take to get here? Fast forward to Dec. 9, 2011. Two dudes. Wow,” Human Kebab exclaims.

Unseen side

Long-time USS fans will see a side of the band they have never seen, as the band just recently added live drummer Matt Murphy to the mix.

“We really wanted to deliver the live rock and roll element of what we do. There’s no better way to do that than with an actual drummer. We asked Matt to come in because of the way he plays.”

Some fans of the band may have been skeptical about the live addition to the two-piece, but Human Kebab says the reaction has been extremely positive thus far.

“It’s resonated with a lot of the fans both new and old (and) the show trucks along better.”

It’s been a landmark year for USS and it seems like things are only about to get bigger in 2012 as the band tries their hand at breaking into the difficult United States market.

‘Our own niche’

“We have our own niche. [In addition to the alternative side] we have the electronic element, so some people think of us as club oriented. With the advent of progressive house and dubstep, now you’re seeing young people, who 10 or 15 years ago would have gone to Edge Fest or Sonic Boom, are more leaning to go see a guy hammer away on his laptop with his best electro. Like Skrillex, you can’t get a ticket to see his show to save your life all over the world and he’s one guy. And it makes no difference to the audience; they’re just going for the event. We have some of those elements and I think that’s why we think we can take a shot at the U.S. We do things a little bit differently. We’re proud of it and we don’t care if anyone likes it, so we might as well take a shot at it.”

As far as a possible third single from *Approved*?

“Major talks in USS camp is all roads lead to ‘Damini,’ ” Human



Ubiquitous Synergy Seeker

Kebab reveals.

“We’re hoping to play some showcases like South by South West, maybe jump on a cross-Canada tour with a major headliner, which we’ve never done before. And then while that’s going on, when “Damini” comes out, knock on wood, if it

continues to compliment our story, maybe we’ll even find ourselves in a place where someone wants to work with us outside of Canada. We might have to go back in the studio and write some more songs and put out a full length album which we haven’t done since *Questamation*.”

Catch USS as they headline the all ages Jingle Bell Rock Friday, Dec. 9. at the Edmonton Event Centre with guests Mass Choir. A portion of the proceeds from each ticket goes to benefit the Youth Emergency Shelter Society of Edmonton.

CROSSWORD SOLUTION

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FROM NYC!

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\$9 THREE OUNCE PONIES FROM 7 TO 8 PM
★ SHOW UP BEFORE 8PM AND YOUR TICKET INCLUDES YOUR FIRST PONY JUG ★

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