

LEST WE FORGET

# THE NUGGET

Thursday, November 10, 2011  
Volume 49, Issue 10



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## PERFECT START AT NATS

Men's, women's soccer teams win first games at nationals, stories page 8

### COACH OF THE YEAR

NAIT's Sergio Teixeira, left, accepts his award as the CCAA women's Soccer Coach of the Year Tuesday in Quebec City. Presenting the award is Guillaume Lussier, representing sponsor Josten's.



Canadian Collegiate Athletic Association photo

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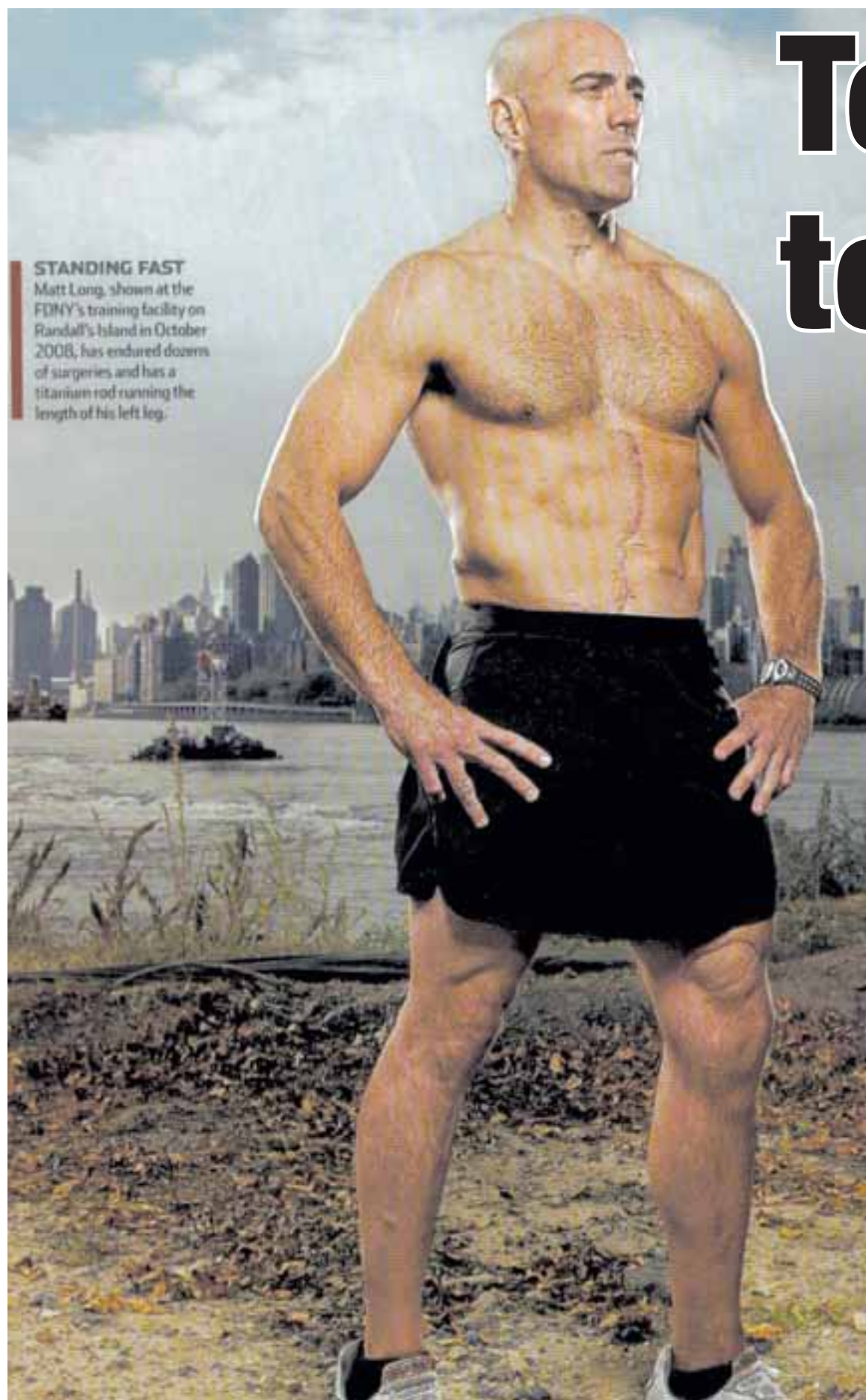
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# NEWS & FEATURES



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## Testament to courage



**DOSE OF  
EXTRAORDINARY**  
ANNA ESTANISLAO  
Issues Editor

I've always admired people with the strength and determination to bounce back from whatever hardships they face.

Resilient, I believe is the word. To be resilient is to be stretched like a rubber band to the point of breaking and come back with as much elasticity as before. Browsing through articles about two years ago, I came upon a story that truly represented what it means to be resilient.

Matt Long is one of the New York City firefighters that was involved in 9/11. As you could imagine from that experience, it was important to be in top shape so that he could be ready for anything. Subsequently, he started participating in triathlons.

In 2005, his life took a full 180. He was run over by a bus, "pinned underneath it and impaled on the bicycle he was riding until rescue crews could remove him and rush him to the hospital." Doctors said he had a one per cent chance of surviving. I honestly cannot imagine the amount of pain it caused Long and his family.

Miraculously, he lived after having undergone 40 surgeries and staying at the hospital for months. Long was determined to regain his body and strength through rigorous training and physical therapy. In an interview, he says that the support of his family, friends, and the New York Fire Department helped him pull through his ordeal.

Just three years after the accident, Long ran the New York City Marathon. Doctors believed he couldn't do it and would further injure himself but were surprised when he reached the finish line. Friends also wondered why he chose to pursue running a marathon again.

"Because that's what I had done before ... to prove that I'm back as an athlete, that's what I have to do," he told one interviewer.

This wasn't the end for Long. He was determined to join the Ironman Triathlon. Long successfully completed the triathlon, which consists of a 2.4-mile swim, 112-mile bike ride and 26-mile run – in under the Ironman time limit of 17 hours.

Today, Long is the author of *The Long Run* and the founder of the I Will Foundation, which helps people whose life has been altered by illness or traumatic injury through hands on training, coaching and financial support.

Long is an inspiration and one of the greatest examples of being resilient. He was the rubber band that was stretched to breaking point and came back with as much elasticity as before. It was a tough journey but Long set goals, which inspired him to keep moving forward.

## B.C. plane crash hits close to home

By SAMANTHA SILVA

On Thursday Oct. 28, a Beechcraft King Air charter plane that was heading to Kelowna crashed onto a city street just outside Vancouver's International Airport. With the two crew members in critical condition, eight passengers and the co-pilot were sent to hospital. The pilot, Luc Fortin, was reported to have died from his injuries.

On Friday night (Oct. 29), I decided to phone my aunt in Vancouver. Since my par-

ents had left on for Israel for vacation, I wanted to check in with my other family members. That is when I learned that my cousin's husband (Reuben Cohen) was on board and had suffered serious injuries. Reuben was in the ICU (Intensive Care Unit) with a fractured spinal cord. Our family was concerned and in shock, we were unsure whether Reuben would be able to walk again.

Then came the good news. Reuben didn't need to have surgery or wear a brace. After an

MRI, the results showed that he would recover from his injuries after six months. After reading several news articles, we found that Reuben and all passengers were lucky to be alive. Due to the kindness of strangers, he can still see his two children. He and my cousin Dimithra were supposed to come to Edmonton on Remembrance Day to visit our family.

Reuben's memories of the crash are gruesome and heroic. After leaving the airport, he remembers seeing oil leaking before take-

off. This memory is quite controversial. Since oil was coming out of the plane, why did the ground crew prevent the plane from flying?

Although Reuben passed out as the plane crashed into the ground, he remembers being pulled out by Good Samaritans.

If the plane had crashed in an open field with no witnesses, Reuben and all passengers would have not been here today. Thus, I would like to give a shout-out to the Vancouver heroes.





Photo by Nicole Brown

These NAIT Construction Engineering Technology students are two of more than 60 who worked on Habitat for Humanity homes in October.

# Where the heart is ...

By ANIKA NOTTVEIT

NAIT students are lending a hand. Based in Anderson Gardens, Habitat for Humanity is an organization that brings volunteers together with the purpose of building homes for low income families. NAIT's Construction Engineering Technology Program has been involved for six years. Currently, there are 62 first-year students helping out.

It's both a win-win situation for NAIT students and the organization.

"Habitat loves having us out because we bring experience," NAIT's Construction Engineering instructor Brad Mielke says.

"A massive truck load of dry wall showed up on site this year. Within a half hour it's all gone and unloaded. They can get a different brand of work out of us."

Every year NAIT students go to help out with houses that are in different stages of construction. "Visually we didn't do as much this year as last. Last year big things were going on like roofs and stairs. This year much more background stuff was going on," Mielke says.

During the Construction Engineering students' practicum, it is required for them to have a valid first aid certificate and two days of volunteering for their diploma.

Another area of NAIT that is also involved with Habitat for Humanity are the Culinary students. They provide on-site lunches for four days.

James Ayres, an instructor at NAIT, originally approached Habitat wanting to contribute to the cause. He had the idea of taking the classroom experience and practical work experience to go along side Habitat. There's a lot of people to help out, therefore it's worked well for many years.

The students don't actually help families move into the homes once they're completed. But they have been a part of dedications in the past.

Families are chosen to live in the homes based on Habitat for Humanity criteria. It isn't an easy task to choose the families for the homes. There is commitment involved and the family has to be willing to partake in it. For instance, the down payment is volunteering. There are 500 hours of sweat equity involved. The family has to earn a minimum of \$32,000 to qualify for a home. The maximum a family can earn to qualify for a home is \$54,000. If the family decides that they meet the criteria, they fill out an application form. If all criteria are met, a group of trained volunteers will visit the family at their current home. They will take notes on the family's needs.

"Every one of our families has their own stor-

ies," Alfred Nikolai, President and CEO of Habitat for Humanity in Edmonton says. "It's difficult to say this family's story is more important than another's."

It's estimated that more than 45,000 families in Edmonton could meet Habitat's criteria. "Many families are working from pay period to period not having much hope for the future. They pay 70 per cent for their shelter. There isn't much leftover for winter boots and groceries," Alfred Nikolai said.

"We can change their biggest burden in life to their great blessing. That monthly payment can be changed to equity." Once families move into the homes they pay the mortgage to Habitat. The mortgage money is used to build more homes for other families. This cycle keeps Habitat for Humanity in action and able to produce more houses.

"Families thrive in so many different ways. The mothers never talk about financial security. They talk about sleepovers. It gives them pride, dignity and self esteem. Also for the kids." Furthermore, Nikolai says, "When you're proud of the place you live, you'll bring your friends home from school. There is a whole different social essence."

Habitat for Humanity is "building hope and homes in Edmonton."

It's great that NAIT can be a part of it!



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

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

# Letters

## We want your views

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

Get those thoughts into print.

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

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

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

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



# Open House hits the mark

By EVAN DEGENHARDT

NAIT's Open House is always an incredibly busy time for staff, students and prospective students, and this year was no different. With everything going on, it's hard not to catch some school spirit.

This school pride is definitely exemplified in the annual Best Booth contest. While at NAIT, the program a person is enrolled in becomes like your team, your family. Within a program, there are a group of individuals that you can learn from, stress, and laugh with. This environment can create some powerful bonds, as well as some great competition!

## Booths around campus

This is exactly what the Best Booth contest thrives on. Every year during NAIT's Open House, booths and exhibits are set up around campus showcasing NAIT programs. It's an excellent way to increase awareness and to pass on information to potential students.

However, the Open House is also a great opportunity for bragging rights! It all comes down to this one simple question: Which booth, and consequently, what program, is better than the rest?

First of all, five judges were appointed to grade each booth. These five judges were from the Encana Centre, SSCC, Executive Office and Student Life. To remain unbiased, the judges were chosen on the basis that they were not associated with any particular NAIT program.

## Three criteria

The judges then used three different categories on which to base their assessments. Each of these categories had specific criteria that needed to be met in order to achieve a certain score. The scoring for each category had total of 10 possible points.

The first category was based on each booth's



Photo by Laura Dettling

Interest was high at the various booths set up for NAIT's annual Open House, which this year ran on Oct. 14 and 15.

ability to engage the audience. This assessment included questions like: Did the booth exhibit a welcoming, comfortable environment? Did members representing each booth interact with the audience? Could the booth attract visitors on its own?

The second category is based on the booth's educational value. Staff at each booth were graded on their knowledge about their program. Delivering credible information to help explain the program to the audience was a key criterion in this category.

The final category was based on the booth's professionalism. The staff of each booth was judged on their ability to keep a clean area and maintain a professional appearance. Material

needed to be current and well stocked. The booth needed to be visually stimulating, as well as attractive and in working order.

In total, there were 122 booths and exhibits that participated in the 2011 Best Booth contest. Usually there are only three winners, but the scoring was so close that at the end of the competition there were actually five winners!

First place went to Digital Media and IT with a score of 105 points. There was a tie for second place, with Occupation Health and Safety and Captioning and Court Reporting both scoring 98 points. There was also a tie for third place. Forest Technology and Wireless Systems Engineering and Com-

munication Technology both scored 97 points.

Aside from bragging rights for the entire year, the first place booth walked away with a prize of one \$50 Food Services card for each member of the booth team, with a spending limit of \$500. Another option was to combine the total value amount of the food cards and hold a catered event.

The NAIT Open House was a huge success. It generated a lot of educational information and enthusiasm about the programs that NAIT has to offer. Many visitors commented on how fantastic and worthwhile the visit had been for them.

It's amazing what a little friendly competition can do!

# Student gets award at World Skills

By CLAIRE THEOBALD

A NAIT fourth-year apprentice student has returned from the World Skills Competition with a Medallion of Excellence.

Sean Donnan has returned from London, England, after being the first student from Alberta to compete as a refrigeration mechanic at what is referred to the "Olympics" of trades competitions.

"When it started, it was pretty intense," Donnan said. "No time to worry about the other com-

petitors, no time to look around, it was straight to business."

Donnan was joined at the competition by 15 of his closest friends and family who came to cheer him on, as well as Todd Matsuba, associate chair of the Refrigeration and Air Conditioning Technician program, who has spent the last year coaching Donnan for the competition.

"It was awesome," said Matsuba. "The enormity of the whole competition was just incredible."

Donnan said the event was even larger than he imagined, with over 200,000 spectators in attendance. However, it was his cool, humble attitude that saw him through his intensive training and the pressure of the competition.

"I was in my own little world those four days, calm, collected," Donnan said.

The Medallion of Excellence was awarded to Donnan after he scored 504 total points, putting his total score in eighth place overall. First place went to a competitor with just 540 points.

"I made a couple of errors, but looking back, hindsight is 20-20," Donnan said. "Looking back, I would have done a few things differently in training, but going into it I felt prepared. I was ready."

This was the first time Matsuba had trained a student for the World Skills Competition, and said going to the event taught him valuable lessons about how to prepare a student in the future. He noted marked differences in coaching styles between competing countries, with Asian competitors going through a full year of intensive training, while Donnan only received daily intensive training in the last month leading up to the competition.

"For Sean to finish that high against these people that were training all year is a testament to his actual ability in the trade," said Matsuba.

Although he would like to see another NAIT student follow in his footsteps, Donnan is enjoy-

ing the return to a relaxing nine to five job as a refrigeration apprentice.

"It's good, I have evenings again," said Donnan. "I can actually have a beer without feeling guilty."

Matsuba is also grateful for the extra space in his schedule, but says he misses the time he and Donnan had together while training.

"You almost feel like something out of your day is missing," Matsuba said.

Donnan credits his success to the training he received from Matsuba, as well as the support he had from family and friends who were there to celebrate his accomplishments with him.

"All smiles," said Donnan of his supporters. "They said they were proud of me and I got a lot of hugs."

Even though Donnan didn't return with the gold, Matsuba says he is proud of what Donnan achieved.

"Win lose, or draw, I've always been proud of Sean," Matsuba added that "it hasn't changed. I still think he's a hell of a good competitor, great talent and I consider him a friend now."

Matsuba said that this is just the beginning, and is already in the process of preparing students for the National qualifiers in the hopes that another NAIT student will have the chance to compete at the World Skills Competition in 2013.



NAIT photo

Sean Donnan, left, works with mentor Todd Matsuba, associate program chair.





**Teagan Gahler**  
NAITSA VP Academic

# Student Senate fills gaps

By **CLAIRE THEOBALD**

The NAITSA Student Senate, now with a nearly full roster of elected members, held their second official meeting of the year on Nov. 2.

Although this was their second scheduled meeting, this was a first appearance for many members as seats left unoccupied were filled during a follow-up election on Oct. 18.

"We try to find candidates to run," said Teagan Gahler, Vice President Academic of the NAIT Students' Association.

"We don't tell people to run, but we let them know and try to get the word out there as much as possible."

The NAITSA Student Senate reserves two seats per program group; however, many of these positions are left vacant after the first official election, so elected senators spent their first week drumming up interest in the student body.

Even still, three positions remain open, two from the Skilled Trades and Apprenticeship programs, and one from Building Construction and Design.

"It has to spark their interest for them to commit," Gahler said, "but we hope it does because it is a huge part of our demographic that needs to be represented."



Alex Sackiw, a senator representing Health Sciences, was one of those elected on the second ballot. Although he had spent the previous year on Senate, Sackiw only ran this year after learning that a Health Sciences seat was vacant.

"I was the only Health Sciences student who showed up," Sackiw said, "and there was only one spot, so I got it right off the bat."

Sackiw agreed that some of the reason could have been related to confusion about the "yes" or "no" ballot system put in place when there are more openings than candidates.

"It can be quite confusing sometimes," said Sackiw. "There isn't a lot of information with the ballot, it's kind of like 'here's what you do, go for it.'"

Sackiw and Gahler both agreed that there was an explanation on the ballot about the "yes" or "no" system, however Sackiw believes that the current explanation simply isn't enough and is leading to confusion among voters.

"A little more information given to the students about how to vote is better than just throwing it at them," Sackiw said, "which is kind of what we're doing right now."

The "no" option exists only on Senate ballots where the number of candidates does

not exceed the number of seats to ensure that no candidate gets elected by default against the wishes of the voters.

"Students can say no if they don't want someone in, and it's simple as that," Gahler said. "It sounds very harsh, but it's the truth."

If seats remain unattended, a second election is held where candidates show up with a group of voters. The one with the most friends, in a sense, wins.

However, with the "yes" or "no" option, at least one senator who ran in the first election had to run in the second election to get a seat, after what some believe to be confusion that caused people to vote "no" without actually intending to include them.

Gahler said that the Senate would explore complaints about the system before the next election.

"We run very high level governance," Gahler said, "and we hold ourselves to that standard so we take complaints very seriously."

In the meantime, the Senate is hoping to drum up more enthusiasm for the senate so they can run a full roster without having to hold two elections.

"Senate is not only the voice of the students," Sackiw said, but we are the voice of NAIT talking to the higher ups."

For more information about the student senate, visit <http://naitsa.ca/Senate.aspx>.

# Alumnus among Top 40

By **STEPHEN SHAW**

There are many opportunities for college graduates to make their names known in the environment that is outside of school, and it is a way to make a difference not only in the community, but to help themselves grow along the way.

Profiled in *Avenue Magazine* in their annual Top 40 Under 40 column, these people have been selected as Edmonton's distinguished individuals who have made a difference in the community. They are under the age of 40, and one of these individuals profiled is Javier Salazar, a NAIT graduate and former photo editor of the *Nugget*, who is now vice president of Junior Achievement for Northern Alberta.

Born and raised in the bustling metropolis of Mexico City, Javier experienced a lot of negative pressure throughout high school. Seeking more positive influence, he joined

the Mexico City national office of Junior Achievement where he found the courage to launch three successful businesses in media, business training and photography.

"My training at NAIT helped a lot," Salazar says, "It's still pretty soon to say, but it opened doors for me and will push me to another level".

NAIT also gave Javier the tools he needed for his passion – his photography business.

"NAIT gave me the tools and knowledge to get here, I got involved in the industry and met other local photographers," Salazar said. "This helped me start my job as a photographer".

As for what advice he can give other students, Javier says to get involved.

"Participate in as many things as you can; clubs, events, seminars. Meet people, the bigger the network, the more possibilities for success" said Salazar. "Share this experience with others

and people will appreciate it and pay it back."

Randy Zutter, the program chair for NAIT's Photographic Technology program, knew that Javier had the attitude to achieve this success. "He was a great student, he was actively involved in the clubs, he did many schools events, he was just an excellent student," Zutter says. "Javier is able to provide an example, and set a standard for the personal goals of the students and what they can achieve".

What does Javier see himself doing in the next five years? "Well, it's too soon to tell," he laughs, "but photography is one of my passions. I hope to be able to create a network that will make my business a household name and be known for high end portrait sessions and weddings".

Five other NAIT alumni are featured in *Avenue Magazine's* list. For more information, check out [www.avenueedmonton.com/top40/alumni/2011](http://www.avenueedmonton.com/top40/alumni/2011).



**Javier Salazar**  
NAIT graduate



# Diabetes and smoking – deadly?

What is diabetes? Your body gets energy by making glucose (sugar) from the foods we eat. Your body uses a hormone, insulin, to help control the level of glucose in your blood. If your pancreas does not produce enough insulin or produces no insulin, or your body does not properly use the insulin it makes, then you have diabetes – either Type I or Type II.

So what's the big deal with smoking?

Tobacco increases blood sugar lev-

els, decreasing the body's ability to use insulin, therefore increasing your risk of Type 2 diabetes!

When you smoke with diabetes you are 11 times more likely to die of heart attack or stroke. WHY? High blood sugar levels will attack blood vessels and cause them to harden (Atherosclerosis). The dangerous chemicals in cigarette smoke also attack your blood vessels in the same way = deadly combination.

For more information about dia-

betes and smoking come check out the Health Promotion booth and enter for your chance to win PRIZES!

November 14 and 15 – Main Campus, South Lobby from 11:00 am to 1:00 pm

November 14 and 15 – Patricia Campus, Main Lobby from 10:00 am to 12:00 pm

November 17 and 18 – South Campus, Main Lobby from 10:30 am to 12:30 pm



*Virtually Speaking*

# Special friend dead at 22

**By GRAHAM McCANN**

Facebook is an interesting invention. You can stay in touch like never before and allow information to be passed faster than ever. A lot of what is put on people's statuses can be inane and pointless, sometimes funny and sometimes urgent. However, it is always virtually emotionless and impersonal. It is sometimes hard to distinguish between sarcasm, a joke and something serious.

On Tuesday Nov. 1, I came home from work and logged onto Facebook. I was looking on the main page through people's statuses, and one caught my eye: "What happened to Andy Ferguson?" I didn't think too much of it. Someone replies to her post: "From what I gather, it was a car accident." At this point it became distressing. I hoped he was alright and assumed

he was in some fender bender and was late for something.

I went to Andy's wall and then I saw the seriousness of the situation with friends writing stuff such as "RIP Andy, We'll miss you." Immediate shock. At that point I knew that this person I spent over a year and a half with in the close knit family of the Radio and Television Program – one of the most hilarious, kind and warmest people I came to know – is dead.

I was alone in my apartment, gathering this shocking and purely horrifying information through emotionless Facebook wall posts, about 800 km away from Edmonton while on my internship in Lethbridge. I can't describe the horrible feeling of dread and isolation this invoked. I had to call another classmate immediately but could barely talk through the

tears.

I can't imagine how alone Andy must have been driving on that highway. His life destroyed in an instant because of a random accident.

The last time I saw Andy was a great one. He was a stand-up comedian and I came to see him perform at the Druid. A lot of the comedians were alright, but when Andy went onto the stage he lit up the room. This was a man with talent and he always made me laugh. We had a great conversation at the table about what we were doing over the summer and what we were hoping for the future. We talked about video games, our favourite comedians, television shows as well as comic book movies. Andy absolutely had a passion for comic books and his favourite super hero was Captain America.

At the end of the night, we went to our cars

and I said bye and waved. That wasn't good enough for Andy. He walked over to me and warmly shook my hand and wished me the best as I was leaving for my internship the next day.

I thought Andy's future was secure. He was very nervous about what the future was to bring but I felt that he was a sure-fire talent and was definitely going to be a fantastic, well known comedian and television personality.

Andy was loved dearly by many, and he touched so many people's hearts. I will dearly miss him and everyone else who never met him or heard his jokes and saw his engaging and entertaining presence will never know him.

However, most importantly and the biggest tragedy is that he only lived 22 years and will not live any more.

Goodbye, Andy. We love you.



Work has begun in earnest on the NAIT LRT line. This construction is taking place on the south side of the main campus.

Photo by Laura Dettling

# NAIT LRT construction ramps up

**By BART PADJASEK**

NAIT LRT construction continues to go on in full force this fall. With winter quickly approaching, crews are hard at work laying the groundwork for the city's northbound transit system.

The route includes a brand new MacEwan station, which travels north on 105 Street, past Kingsway Mall and banks left on Princess Elizabeth Avenue to its final rest stop south of

the Athletics building. Along the way, a stop is also being created for the Royal Alexandra Hospital. The city boasts that a train ride from Churchill station to NAIT campus will cap off at nine minutes. That's a significant improvement from any current public transit options.

Total construction costs sit at \$755 million, with \$100 million coming from the city, \$158 million from the Canadian government and a whopping \$497 million from the province of

Alberta.

The city has spent the last few years planning this route, and for good reason. Edmonton transit is estimating a 45,000 increase of weekday ridership. With the new plan in place, 13,000 of those plan to take the LRT.

Construction of the NAIT LRT station is expected for December 2013, with the grand opening scheduled for April 2014. This leaves many current students out of the loop as most

will be graduated before the project is done. Nevertheless, NAIT is expecting a massive boost of students using public transit in the future.

This is just the first part of the new northern expansion project for the city. After the NAIT station is completed, the next expansion is targeted at the outer city limits of St. Albert.

For more information and updates on the NAIT LRT, go to [Edmonton.ca](http://Edmonton.ca)



# OPINION

— Editorial —

## Much loved, much missed



**CELESTE DUL**  
Editor-in-Chief

Everyone knows that it hurts to lose someone, but you never really understand until you lose someone you cared about. Last week I lost a friend; I have never experienced the emotions I went through when I found out. First I didn't believe it, actually I still don't believe it.

When you're used to someone being there, it's hard to comprehend that they're gone.

On Tuesday Nov. 1, 2011, Andy Ferguson was killed in a head-on collision with a gravel truck. He was in NAIT's Television program and someone I'm honoured to call a friend. Andy was the kind of person who always made your day. There was no such thing as a 'bad mood' when he was around. One day I was really stressed working on an assignment late at school, I left my computer for a few minutes and came back to find the most ridiculous and hilarious video playing on YouTube. This was shortly followed by a text from Andy explaining that I needed to look less upset and the video was to cheer me up.

I've never met someone so genuine. He loved life and, unlike a lot of people, he wasn't afraid to show it. He could make everyone laugh and preformed at many Edmonton comedy nights. Andy wanted to be the next Conan O'Brien, and there's no doubt in my mind that he would have been. He was able to make any situation funny, no matter how bad things seemed.

Truth be told, he would probably be mad at me for writing this article. He liked when I wrote about cool animals, interesting facts and ridiculous truths about the world. Last year when I couldn't figure out what I wanted to write on for the week, he suggested I write about the Blue Whale. I thought he was kidding, but he wasn't, and it's probably one of my favourite articles I've written. He took things that most people would overlook and made them magical.

It hurts so much to know that I won't be able to talk to him again, that I won't be able to watch him succeed. But, I can take comfort in the advice he gave me the last time I talked to him. He told me not to take life so seriously, and that I needed to focus on the people I love instead of impressing everyone. He was right, and my life is different because of him. I won't forget him and I know many others feel the same way.



**Andy Ferguson**

Supplied photo

**NAIT  
NEWS  
WATCH**

Saturdays at 6pm on CTV Two

Starting October 1

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

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

Trust us on that. Write us.





# SPORTS

## NATIONALS – WOMEN'S SOCCER

# Women continue to win

By KEVIN MARTIN

NAIT kicked off the CCAA national championships in Quebec City yesterday with a 3-2 win over Ahuntsic Indiennes in the Oaks' first game of the tournament.

Goal scorers for NAIT were CCAA All-Canadian Leanne Kadatz, who scored twice and Kelly Tataryn with the other.

Next up for the NAIT women will be a matchup against the Ontario's Humber Hawks on Friday at 8 a.m. MST.

### Teixeira honoured

Also coming away with a victory this week was head coach Sergio Teixeira, who was named the CCAA women's soccer coach of the year on Tuesday night at the annual CCAA awards banquet.

"Sergio Teixeira's not just focused on soccer, he's implicated in his players' academics," says Vince Amato, CCAA's vice-president of marketing. "And there are lots of good things happening on the field as well."

The NAIT women's soccer team has dominated Alberta and is now in a search of new prey.

### No losses

The team has had a remarkable season with a 10-win, no loss record. Many of these games were not competitive but were a display of pure domination. With 52 goals for and eight goals against, the Oaks are as close to a perfect women's soccer team as you can get. The wins can be attributed to the team unity on the soccer pitch. There have been some great individual performances but Teixeira credits the season's success to team play.

"Everyone stepped up. Fantastic effort from everyone," said Teixeira before the team left for Quebec City. "Lots of individuals stepped up but it was a fantastic team effort."

## NATIONALS – MEN'S SOCCER

# Impressive start for NAIT men

By AVRY LEWIS-McDOUGALL

Ook Zach Kaiser pumped in four goals yesterday to lead the men's soccer team to a 6-2 trouncing of host Elans Francois-Xavier-Garneau in their first game at the Canadian Collegiate Athletic Association championships in Quebec City.

Danny Desousa and Joe Costouros added one goal each.

When reached for comment on the game, NAIT head coach Jeff Paulus was happy with his team's performance.

"We work very hard on our attacking play and ball movement so it was very nice to see it all come together in this game. That being said, we have room for improvement and hope to be better on Friday," he said.

The NAIT men went into the tournament ranked No. 2 in the nation and one could say they are ready for redemption.



ccaasoccer2011.ca

2011 NAIT Oaks' women's soccer team

Kadatz has been the star of the team this year with an unfathomable 20 goals. Her two goals per game average is unheard of and put her atop the CCAA scoring leaders. Nicola Weber was the other main contributor this year with 10 goals.

This season was not a surprise but a continuation from an impressive previous year. The women's team last year had a record of 7-2-1. They lost in the ACAC final via a penalty shoot-out. They also had a great showing at the Can-

adian Nationals as they fell in the final. Teixeira is pleased with the success that they have had.

"Our initial goal was to finish first in our league," he said last weekend in an interview.

"Then our second goal was to win the ACAC. Now our last goal is to win Nationals."

Two of those goals have check marks beside them but the third one is within grasp. However there is a large obstacle in front of that final goal. The Élans de Francois-Xavier Garneau are not willing to hand over the title

that they won by beating the Oaks in the final last year. They also have home field advantage and are willing to do anything to defend their title.

Many expect to see these two teams in the final again but every team in the field of six has a chance.

Support the Oaks in their pursuit of a national title by watching every game live at CCAA.com, and cheer them on for the gold.

The reigning ACAC champs arrived in Quebec City earlier this week and will also play such teams as the Humber Hawks from Ontario and the Holland Hurricanes from the East Coast.

The defending champion is the Vancouver Island Mariners of the PACWEST league.

Before leaving with the team, Paulus said that he's ready for another shot at the Mariners, who defeated his team for the gold medal in last year's nationals. How-

ever, he is more focused on the Humber Hawks, as their playing tactics and strategy is to be aggressive and the key to victory is matching that aggression.

"My team does not sit back on the ball," said Paulus in an interview on Sunday.

This year, NAIT was crowned victorious at the ACAC finals, where they defeated Grant MacEwan 3-1. They finished the regular season with eight wins and two ties, a national best.

Costouros, Kyle Saban and Kaiser led the team in scoring in the playoffs, with Kaiser, Costouros and Andy Estrada leading the scoring in the regular season.

NAIT's defence and goalies Brandon Black and Justin Ammar also dominated during the year. The Oaks only allowed five goals the entire season, a league best.

The ACAC tournament saw host NAIT beat Mount Royal in the semifinals, then move up to the finals, where they defeated MacEwan in extra time. NAIT keeper Brandon Black let in only two goals during the entire playoffs.

Tomorrow (Friday) the NAIT Oaks match up against the Humber Hawks at 1 p.m. MST. This game is being streamed live on the CCAA website at [www.ccaa.ca](http://www.ccaa.ca)

For a profile on yesterday's game star, Zach Kaiser, see page 10.





## WOMEN'S HOCKEY

# Ooks wake up in time to win

By GRAHAM MOSIMANN

Despite being behind by a two goal margin after 30 minutes of play on Saturday at home, the NAIT Ooks women's hockey squad was able to put together a powerful second half performance against the rival SAIT Trojans to

take the game 4-2.

A lethargic start to the game was broken up with a goal by SAIT winger Justine Cantley. The Trojans extended their lead with a goal by Kali Jamieson, but the SAIT game fell apart soon after. The two-goal lead is con-

sidered the "worst lead in hockey" and the Trojans proved the adage was true.

With goals from Gabrielle Pelland and Sheri Bowles, the Ooks erased the Trojan lead in under three minutes. The two quick goals were enough to kick-start the apathetic

Ooks, who played a dominant brand of hockey throughout the rest of the game. Lacie Richard and Chantal Froehler teamed up in the latter half of the third frame to put the Trojans away for good.

It was an early season character win for the Ooks and it's a confidence boost head coach Deanna Iwanicka plans to take advantage of.

"One of our goals coming in (to the season) was to win as many home games as we can, it just helps us build our confidence with our games at home" said Iwanicka.

The game-winning goal came on the power play, and it's a part of the game that wasn't lost on the head coach.

## 'Feels good'

"It helps that we got a goal on our power play, we've been working on (the power play) lots, and it feels good to get a goal in," she said.

The Trojans lacked heart throughout the game, with their two goals coming largely under very lucky circumstances.

"(In the) third period we had a couple of lulls and NAIT was able to capitalize on us. They outworked us" said SAIT assistant coach Tim Fast.

"Our first two periods were good, we kept them (contained) but we fell apart after that."

One of the few bright spots was the game of diminutive forward Michelle Jones. The product from Nelson B.C. clocks in at five feet tall and played a game much bigger than her size would indicate. Throughout the game she made excellent hockey decisions as she made powerful plays that could have turned the time of the game, had her teammates been willing to rise to the example she set.

## Character builder

At the end of the night, the Ooks carried out a strong, hardworking, character building performance. SAIT wasn't able to keep up the same tempo and fell behind because of it.

Currently, NAIT sits two points back in the standings from SAIT, one point above last place Red Deer. The Ooks can extend that lead with a win against Red Deer on Friday, Nov. 11 at the NAIT Arena. Admission is free with your student ID. Puck-drop is at 7 p.m.



Photo by Chad Steeves

**Ook Michelle Pochapsky, right, fights for the puck with a SAIT player last Saturday (Nov. 5) during a game at NAIT. The Ooks won 4-2.**

## MEN'S HOCKEY

# Close win over Grant MacEwan

By NICK BERRY

The NAIT men's hockey team pulled out a 4-3 win over their 109 Street rival the Grant MacEwan Griffins at the Bill Hunter Arena on Friday night.

The Ooks (5-3-0-1) were looking to add another win from a MacEwan squad (1-7-0-1) that has been struggling to get out of the starting blocks so far this year.

The teams are fierce rivals and that was certainly evident in this game. No check went unfinished and there were numerous altercations after the whistle, leading to a total of 15 power plays combined on the night.

The first period action was mostly controlled by NAIT's ability to get the puck into the zone and forecheck hard. MacEwan goalie

Travis Rolhieser was solid in net, making a number of big saves early and getting some help from the posts on a Steven Pratt shot just minutes in. Rolheiser's effort sparked his team, and just before the end of the first period a scramble in front led to Kelin Hrycuik potting his fifth of the season behind NAIT starter Graeme Harrington. At the end of the first it was 1-0 G Mac.

The second period was a lot like the first, with NAIT controlling most of the action and Rolhieser coming up big. After MacEwan took a hooking penalty, NAIT went to work on the power play and after sustained pressure on net Josh Lee finally slid one past Rolheiser to tie it at 1-1. The period got progressively rougher as it went on, with both teams taking runs at one

another and getting into it after the whistle. The teams were unable to capitalize on any of their power play chances and after a big scuffle at the end of the period the two teams took a tie into the locker rooms for the second intermission.

The action picked up in the third period with a five-minute stretch that produced a couple of penalties and five goals. After a Darren Tarasoff point shot found its way behind Harrington to make it 2-1 MacEwan, a point shot from Andy Willigar hit a few bodies and ended up on Colton Yaremovich's stick and he had an open net to deposit it in and tie the game at 2-2.

Only a minute and a half later, Willigar let another blast from the point go and it found its way behind Rolheiser for a 3-2 lead. Only 40

seconds later, a slick three-way passing play was finished off by MacEwan's Daniel Starosta and the game was tied again. Only 45 seconds after that, Jiri Prochazka made a strong drive to the net and shot the puck wide but it made its way around the boards to Willigar, who fed Steele Boomer in the slot and he sniped home his fourth of the season. The pace slowed after that flurry and when MacEwan pulled Rolheiser for the extra attacker they were unable to get any pressure on the NAIT net.

Boomer received Player of the Game honours for his game winner and three assists on the night and NAIT improved its record and moved up to fourth in the division. NAIT next plays on Remembrance Day at Briercrest for two games against the last place Clippers.



# Action starts up

The second weekend of action was a lit-



Briercrest in dominating fashion. They won both matches on the road and held the home team to a single set win. The team is now boasting a 3-1 record. Head coach Erminia Russo Thorpe has been impressed with setter, Kelsey Bleier. The fourth year Finance student was praised for her ability to command the team's attack. The Oaks are planning to keep the wins coming as they travel to battle the Keyano Huskies this upcoming weekend.

## **Athlete Profile**



**Age: 20**

**Sports hero?** – Zinedine Zidane. He's greatly

**Do you think you'll win?** – We have enough skill to do it. It's going to be a big challenge and I'm expecting very tight games.

# ACAC Standings

Team	G	W	L	Pts	PF	PA
Lakeland .....	6	6	0	12	571	483
Keyano .....	6	3	3	6	521	470
King's.....	6	3	3	6	468	471
<b>NAIT .....</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>359</b>	<b>365</b>
Grande Prairie ....	4	2	2	4	302	336

Team	G	W	L	Pts	PF	PA
Mount Royal .....	4	4	0	8	304	234
SAIT .....	6	3	3	6	382	328
Medicine Hat .....	6	3	3	6	419	388
Lethbridge .....	4	2	2	4	217	265
Red Deer .....	6	1	5	2	295	382
Briercrest .....	6	1	5	2	286	381

GPRC 3, Concordia 0 (25-10, 25-11, 26-24):

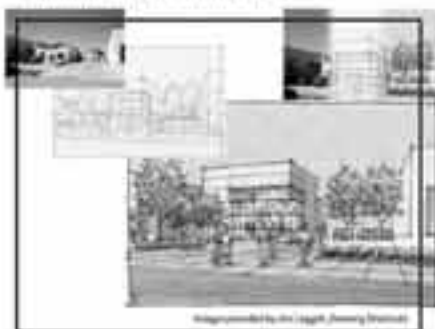
(25-15, 23-25, 25-21, 25-16)



# CLUBS

LEARN THE ROPES. BE A LEADER.

## PRESENTATION: 2D / 3D VISUALIZATION: MERGING PIXELS AND PAPER



Free presentation:

Jim Leggett will describe quick and effective techniques for improving hand and computer graphics, and will touch on current rendering trends and techniques. No registration required.

**Saturday November 12, 2011:** 7pm to 8:30pm  
Shaw Theatre, NAIT, 1271A - 126 Street

Contact: [dbilumova@gmail.com](mailto:dbilumova@gmail.com) for more information  
<http://naite.ca/home-community-event>

## WORKSHOP: 2D / 3D VISUALIZATION: MERGING PIXELS AND PAPER



Full day rendering workshops with Jim Leggett.

**Saturday November 12, 2011:** 8am - 5pm (also for students)  
**Sunday November 13, 2011:** 8am - 4pm (also for students)

**Location:** NAIT Main Campus, L-Building, Room L-106  
1271 Street, Prince's Elizabeth Ave

More information at: <http://naite.ca/home-community-event>

## Fame. Fortune. Instant Recognition.

And one sweet design opportunity.

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

YOU choose the colours.  
YOU choose the look.  
YOU choose the vibe.

Let your imagination run free.  
Contact OHSSS for design guidelines and information.

**\$50** awarded to the winning design

To obtain a design guidelines sheet, contact:  
Crystal Braxton at [c\\_braxton@hotmail.com](mailto:c_braxton@hotmail.com)  
Kim Sanden at [kimsand@shaw.ca](mailto:kimsand@shaw.ca)

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

## What's Going on Around Campus...

WHO LDSSA (Latter Day Saints)

WHAT Weekly Meeting

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

WHERE X203

WHO Christian Club

WHAT Weekley Meeting

WHEN Wednesdays; 12:15 - 1:10pm

WHERE EI15

WHO Rainbow Sanctuary

WHAT Meeting

WHEN November 14, 28, December 12

WHERE 4:30 - 6:15pm

WHO Gamerz of Dungeons & Dragons

WHAT Club Meetings

WHEN Fridays; 5:00 - 10:00pm

WHERE WC312

## CLUBS CORNER

CLUBS CONNECTION #2 NOVEMBER 14, 2011

GRANT INTAKE #2 DEADLINE NOVEMBER 14, 2011

WHO Toastmasters Club

WHAT Weekly Meetings

WHEN Mondays; 4:45pm

WHERE WA110

WHO CETSC

WHAT Beer Garden

WHEN November 10, 2011; 3:00 - 11:00pm

WHERE Annex Dock

WHO Game DEV Club

WHAT Club Information Session

WHEN November 23, 2011; 6:00 - 9:00pm

WHERE Shaw Theatre

WHO KVA

WHAT Pool Tournament

WHEN November 10, 2011; 5:00 - 11:00pm

WHERE Metro Billiards

WHO EDSS

WHAT Movember Madness Moustache Party

WHEN November 25, 2011; 8pm

WHERE Old Strathcona Rack



CHECK OUT CLUBS AT [NAITSA.CA/CLUBS](http://NAITSA.CA/CLUBS) OR CALL 780-471-8457



# Rodeo, and more

By MIKE MARSHALL

As November arrives in Edmonton, so too does the Canadian Finals Rodeo.

Held every year in the capital city since 1974, the CFR is the major championship wrap-up of the Canadian pro rodeo circuit. Along with the rodeo come a number of exciting and fun activities around the community. Great music, good food and even a little partying and dancing should always be on the schedule for any rodeo fan.

In regards to music, the CFR has gone out of its way to bring Edmonton the best. Country superstar Blake Shelton is scheduled to kick off tonight, Thursday, Nov. 10, with a bang. Shelton, known for songs such as "Austin," "Hillbilly Bone" and his new single "Honey Bee," as well as being a judge on the NBC talent show *The Voice*, is sure to have you dancing in your seat. Also featured this year at the Buckle (the bar located in the Edmonton Expo Centre) are Brett Kissel, Emerson Drive and Hey Romeo.

If the rodeo is over but you still have a craving for more things country, then head over to the Ranch (6107-104 Street) the official bar of the CFR. Recently re-opened after taking the summer off, the Ranch features a full sized dance floor, the famous Jack Daniels saloon and a healthy mix of both country and Top 40 music to dance the night away to. Maybe you've got a thirst for wild-west glory

and you want to take on a bull – the Ranch has you covered with two mechanical bulls. Go on and see if you can make eight! Grab a cowboy or cowgirl and make a night out at the rodeo a memorable one.

Any veteran rodeo fan will tell you that a rodeo is nothing without good food. Whether it is your favourite piece of Alberta beef cooked to perfection or a little bit of candy or popcorn to fight off hunger during the second go-round, delicious food is integral.

If you're craving something other than the standard fare at Rexall Place, what better place to take the gang before the stampede than Rodeo Burger at 8525 112 St. Featuring an explosive menu of delicious pure Alberta-beef hamburgers with a mountain of available toppings, Rodeo Burger is sure to please any carnivore. If burgers aren't your forte, try the Outback Steakhouse at 2874 Calgary Trail for a 10-ounce AAA Alberta steak with a little bit of a "down under" flair.

Every year the CFR seems to be more exciting than the last, with this year being no less exciting. With an entertainment lineup that rivals major country music festivals and enough gourmet Alberta food and events to keep even the most adamant city-slicker begging for more, it looks like the CFR will be able to keep the winter blues at bay for a while.



**SKI & SNOWBOARD**  
NEW YEAR'S TRIP

**Dec. 30 - Jan. 2**  
Big White & Silver Star  
Mountain Resorts in Kelowna, BC

**PRICES START AT \$389**  
(+GST, PER PERSON, PRICE INCL. 2 LIFT TICKETS)

**PARTY BUS ON ROUTE | NEW YEARS PARTY**

FINAL PAYMENT DUE NOV. 28, 2011. A \$100 DEPOSIT CAN BE MADE AT THE NAITSA OFFICE TO HOLD YOUR SPOT. IF YOU ARE PAYING ONLINE, YOU MUST PAY IN FULL AT THE TIME OF BOOKING.

**VISIT [NAITSA.CA/SKI](http://NAITSA.CA/SKI) FOR MORE INFORMATION**

STUDENTS' ASSOCIATION

## YOU'RE INVITED SHELL INFORMATION SESSION

Shell invites you to attend our information session to learn about current career opportunities. There will be a presentation, a Q&A session and an opportunity to speak with Shell Hiring Managers and Recruiters. Food and beverages will be provided.

Date: **Wednesday, November 16, 2011**

Time: **4:30pm - 6:00pm**

Location: **Shaw Theatre**

To learn more about career opportunities at Shell, visit: **[www.shell.ca/careers](http://www.shell.ca/careers)**



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# PULLOUT



naitsa leadership summit

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**11.19.11**



# PULLOUT

## SCHEDULE

### 9:00AM

Networking at the Shaw Theatre with a light breakfast.

### 10:00AM

Introduction and welcome from NAIT Students' Association President Govind Pillai and NAIT President Dr. Glenn Feltham along with Young & Free spokesperson Dex Dunford.

### 10:15AM

Opening presentation by Dr. Glenn Feltham.

### 11:15AM

Coffee and donuts networking break

### 11:15AM

First Break Out Session. Choose either **Donloree Hoffman**, *Giving to Get*: effectively leading a team or organization to success requires the ability to empower yourself as the leader as well as your people. Or join **Vince Fowler**, *The Top 2 Inches*: what three questions must you ask yourself before you go after your dreams? What three aspects will fuel your success? What three steps must you take to make it all happen? Vince will share this with you.

### 12:00PM

Come on down and enjoy lunch at NAIT's campus restaurant & bar, the Nest.

### 1:30PM

Larry Anderson: *Live your MAGIC!*™ Larry will convince you that you are gifted, you are important, and you are powerful.

### 2:30PM

Second Break Out Session. Choose either **Nicole de Varennes**, *From Trauma to Transcendence*, *The Development of Leadership Skills*: leadership is less about your needs, and more about the needs of the people and the organization you are leading. Or hear from **Brian Harrison**, *I'm graduated!!! What now?* Brian will explore the ins-and-outs of budgeting and working with reasonable expectations when it comes to joining the workforce. He will walk you through reasonable wage expectations as well as what to know when it comes to purchasing your first home.

### 3:15PM

Coffee and fruit networking break.

### 3:30PM

Theo Fleury's presentation, *Theo's Story- Don't Quit Before the Miracle*: a message everyone needs to hear at some point in their life. It's about hope, about moving forward, about never giving up, even when the obstacles you face appear overwhelming and unbeatable.

### 3:30PM

Meet and greet with Theo Fleury in the lobby.

**EVERYONE WHO PURCHASES A TICKET WILL BE ENTERED FOR A CHANCE TO WIN A \$1000 SCHOLARSHIP FROM SERVUS.**

## SIGN UP

Please fill out the form below and bring it into the NAITSA office with payment to sign up for the Leadership Summit.

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

### PAYMENT OPTIONS

Buy your tickets online at [naitsa.ca/leadership](http://naitsa.ca/leadership) or at the NAITSA office (E-131) with the completion of this form. We accept the following forms of payment at the NAITSA office:



[YoungFreeAlberta.com](http://YoungFreeAlberta.com)



# PULLOUT

## JOIN US AT THE 2ND ANNUAL LEADERSHIP SUMMIT

Your NAIT Students' Association connects you to your future.

The 2011 NAITSA Leadership Summit is a unique opportunity for NAIT students, and students from other campuses in Edmonton, to hear motivational and inspirational speakers discuss topics relevant to their student lives today and professional lives tomorrow. Sign up today to develop your soft skills, sometimes not available in the classroom.

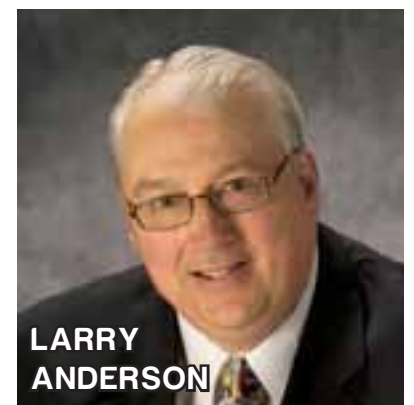
Hear from exciting speakers such as **Donloree Hoffman** who regained a passion for life and now empowers people to get their lives back, even more than they thought possible; **Larry Anderson**, who during his Live Your MAGIC! presentation will convince you that you are gifted, you are important and you are powerful. Then join former NHL hockey player, Stanley Cup and Olympic Gold Medal champion **Theo Fleury**, a huge presence on and off the ice.

Buy your tickets today - \$29 for students, \$39 for non-students. Seating is limited. Your ticket price includes parking, a light breakfast, a hot lunch (from the Nest), and a Certificate of Achievement.

Thank you to our sponsor, Servus Credit Union, for its generous support.



**FEATURING  
THEO FLEURY**



**LARRY  
ANDERSON**



**DONLOREE  
HOFFMAN**



**NICOLE  
DE VARENNES**

### THEO FLEURY

A former Stanley Cup champion and Olympic Gold Medal winner, he will captivate you with his story and motivate you to become better.

### LARRY ANDERSON

During his Live Your MAGIC! presentation Larry will convince you that you are gifted, you are important, and you are powerful.

### DONLOREE HOFFMAN

She regained a passion for life and now empowers people to get their lives back, even more than they thought possible.

### NICOLE DE VARENNES

Nicole holds a NACE Level II Coatings Inspector Program certificate and has six years of Coatings experience. She was recently the Laboratory Manager, Materials and Coating Laboratories at RAE Engineering and Inspection Ltd.

### DR. GLENN FELTHAM

Dr. Glenn Feltham assumed the role of NAIT's sixth President and CEO on March 1, 2011. His extensive background includes law, taxation and finance, teaching and institutional administration.

### VINCE FOWLER

Vince's mission is to make a measured improvement in the lives and businesses of others – the ultimate goal is to get you measured results.

### BRIAN HARRISON

Having taken the lead in organizing several system-wide credit union events, such as hockey games and ball tournaments, he knows the importance of team work in the work place.

## TICKETS

# \$29

### Students

# \$39

### Non-students

Tickets available  
at the NAITSA  
office (E-131) with  
a completed form,  
or online at [naitsa.ca/leadership](http://naitsa.ca/leadership). Get  
yours soon, space  
is limited.



**DR. GLENN  
FELTHAM**



**VINCE  
FOWLER**



**BRIAN  
HARRISON**



# PULLOUT

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# CLUBS

LEARN THE ROPES. BE A LEADER.

## CETSC BEER GARDENS

November 10th in the Engineering Annex  
@ 3pm

Please Be Responsible  
Don't Drink and Drive

\$3  
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POWERED BY AND HOST OF  
THE OFFICIAL AFTER PARTY  
**OUTLAWS**  
BOATHOUSE

## Poinsettias



They are available in three colours: Red, White, and Pink; for \$13.00 per plant

Sales support the Occupational Health and Safety Students' Society (OHSSS), who will be donating a portion of the proceeds to Little Warriors.

Order forms are available from [rlm\\_phillips@naitsa.ca](mailto:rlm_phillips@naitsa.ca) or at the NAITSA Office and must be submitted by November 7th, 2011.

Pickup is on NAIT campus on December 1.



## Hatch OPPORTUNITY

Hatch your business with a \$20,000 grant

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

Learn more about the Hatch competition and CYBF (Canadian Youth Business Foundation):

Tuesday, November 15 @ 5 p.m.

To register, please contact Colleen Porter at [colleen.porter@naitsa.ca](mailto:colleen.porter@naitsa.ca) or (780) 378-2889

DEADLINE TO REGISTER IS NOVEMBER 10, 2011

Competition closes January 12, 2012

2011 Hatch Business Plan Competition Details, Eligibility, and Rules

Available at: [www.novaNAIT.ca/Hatch](http://www.novaNAIT.ca/Hatch)



XEROX

Facebook.com/naitsaevents

STUDENTS ASSOCIATION

regis systems

## The Etiquette Dinner on November 29th, 2011 Presented by: Business Connex of NAIT

Ever want to know which is the salad fork?

Buy Tickets at NAUTSA (416-426-4264) or a course meal provided by the wonderful staff at Ernest's on campus

Platinum Sponsor:



"Politeness and Consideration for others is like investing pennies and getting dollars back"  
-Thomas Jefferson



Full Frame 47  
Print Display & Sale  
November 17 9AM-6PM &  
November 18 9AM-5PM  
NAIT Main Campus South Lobby



The Dental Assisting Club collected bras during the month of October during a Now!Radio initiative. For every bra collected Now!Radio donates \$2 to Breast Cancer Research. A total of 3800 bras were collected; Dental Assisting brought in 841 of those bras!



CHECK OUT CLUBS AT [NAITSA.CA/CLUBS](http://NAITSA.CA/CLUBS) OR CALL 780-471-8457



# ENTERTAINMENT

## Don't stop Beliebing



### SPOTLIGHT ON ...

**NATASCHA BRUHIN**  
Entertainment Editor

"Baby, baby, baby ... Oh! I'm like, baby, baby, baby ... Oh!"

These lyrics now sound ironic when sung by a certain teen superstar who allegedly impregnated a 20-year old backstage at a concert. Yes, our beloved Justin Bieber is in the middle of a controversial 'baby daddy' scandal.

According to San Diego native Mariah Yeater, she and Bieber apparently had an intense 30-second hookup last fall at one of his concerts that led to her pregnancy. She has filed court documents demanding Bieber take a paternity

test and also asks for child support because she is sure that the now 17-year-old Canadian singer is the father of her baby.

"Justin Bieber suggested that I go with him to a private place where we could be alone. I agreed to go with him and on the walk to a private area, he told me he wanted to make love to me and this was going to be his first time," Yeater alleges.

When asked for comment on the *Today* show, Bieber didn't seem fazed, simply saying, "I'd just like to say, basically, that none of those allegations are true. I know that I'm going to be a target, but I'm never going to be a victim. It's crazy. Every night after the show I'm gone right from the stage right to the car, so it's crazy that some people want to make such false allegations. To set the record straight, none of it is true. Never met the woman. Like I said before, there's going to be goods and bads in the business."

Furthermore, Bieber has decided not only to take the paternity test when he comes back from Europe in a few days, but to also sue Yeater after the test

results come back negative. Yeater's lawyers were reportedly "nervous" when they heard about these plans.

Yeater was on food stamps when she attained (front row) tickets to Bieber's show last year, and is currently getting \$500 a month of public assistance. Her highest level of education is Grade 11 and she currently has no job. She alleges that the delivery of her son cost her \$25,000.

Her grandfather, Eddie Markhouse, says that, "She met him at a concert and he sent two security guards down off of the stage to bring her backstage to meet him. She said they partied, had some drinks and they indulged in

sex ... She's basically an honest good person. She's got a big heart. She's a good kid and she loves this baby."

However, Bieber wasn't the first guy Yeater has accused of impregnating her. She told John Terranova a year ago that he was the father, and when Terranova denied the claim, Yeater broke his car's windshield. She came back later and started slapping him. Police were notified and Yeater was arrested and charged for battery.

I really don't know what to believe. I find it hard to imagine Bieber wanting to lose his virginity backstage with a stunner like Yeater, yet would she really make up such a serious claim if she knew she could get charged with statutory rape (She was 19 at the time; Bieber was 16)?

Many are saying yes, that if the story is true, the pay-off could be great (aka major dolla dolla bills). But if not ... Yeater could have dug herself into a hole. I guess we'll find out the truth as soon as some DNA is swabbed from Bieber's mouth!

Beliebers, rest assured, Justin's union with lady friend Selena Gomez is still going strong. Or would you be happier if I said it wasn't? Yeah, I don't miss a thing.



celebuzz.com

### Mariah Yeater



justinbiebergasm.com

Justin Bieber and girlfriend Selena Gomez

## Fashion updates

By TOBY DREAMER

Calling all fashionistas! Keep an eye on this column for weekly fashion updates brought to you by the second semester Radio students' You Da Man...nequin campaign and Kingsway Garden Mall.

This week's fashion tip is all about the one fashion item that we all own – jeans! Jeans are great for any occasion, they're versatile and if worn right, are flattering on every body type. Even though they're very popular, skinny jeans are not the only fit in style right now – skinny jeans look great on thin legs because the way that they taper at the bottom actually makes skinny thighs look fuller. Curvy legs, or shorter people

look best in boot cut styles or slight flares.

A great rule of thumb is to look for a pair with a width at the bottom that matches the width of your thigh for a nice long, straight leg look. Also knock off those silly fade patterns! Obvious fade patterns on thighs and the bum of your jeans don't look flattering on anyone! Look for denim in a dark wash with a minimal fade pattern, and you'll have the most flattering and versatile pair possible!

Listen to this fashion tip and more on NR92.com, the station for the students, and check out the Business Tower lounge from Nov. 21-25 to see Kingsway fashions live in action!



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By MICHAEL MacMULLIN

It is that time of the year, once again, when we remember those we love. We remember those who have passed on,

including grandparents, moms and dads, brothers, sisters, daughters and friends. We remember the soldiers who have died for their country, so that we may have the freedom that we have today. We also remember events such as what happened on 9/11. Words and phrases come to mind such as "Lest We Forget," and we start to see the poppies on peoples' shirts and understand why they are there. As Remembrance Day is coming up, we mourn for the deaths of loved ones, but we should also rejoice for the lives that were lived and the memories they left

behind. The following 10 songs serve as a tribute to the lives that have been lost and to the lives that have been affected.

1. Remembrance Day – Bryan Adams
2. In My Life – The Beatles
3. Please Remember Me – Tim McGraw
4. Believe – Brooks & Dunn
5. Where Were You When The World Stopped Turning – Alan Jackson
6. When September Ends – Green Day
7. Brothers – Dean Brody

8. Private Malone – Dean Brody
9. Tuesday – Five For Fighting
10. Hands – Jewel



VIRAL VIDEO OF THE WEEK

## Colin's Bear

By KEVIN ALBUS

Yes, yes, yes, play it again. Colin's Bear Animation is the short video that will have you playing this viral video again and again. Why? I don't know but here are some reasons.

This video looks like some guy had some free time on his hands and wanted to make an animated bear do some funny dance moves to a strangely addicting dance song. The video was made by Colin Sanders from the UOIT. Now that acronym can mean anything, but it also adds at the end that this might have been some bonus work for an "Animation Arts" class. If that's the case, then this might be coming from University of Ontario Institute of Technology.

How to sum up this video? A bear walks into the middle of the frame and starts dancing with his arms. He then proceeds to swing around in a circle WITH HIS FEET FIRMLY ON THE GROUND. Waves at the camera and then does a sideways somersault ... Play it again to make sure my brain just

witnessed what it thought it did.

This video is hilarious and will even prompt you to take an interest in computer animation. I mean *Shrek* was a cool movie. But if half the stuff I thought of was computer animated it would be much entertaining. The video is sitting at 1.5 million views with 10,000 likes.

It was made Nov. 29, 2007, so it's not that old a video, but it came to my attention this semester. As well as all the other tribute videos that people have made in computer animation for this genius. By the way, there are two other related videos to this one. One involves a giraffe – same thing, giraffe dancing to hilarious animation. That one is called "Colin's giraffe."

The second is a bear with some new dance moves but at the end chases a kid. No wonder that video is called "Colin's pedo bear." There's another one with a chicken and a lion. Put it like this – "Colin's" whatever-animal-you-think-of animation is kicking into high gear with many putting up



their versions of this video.

No matter how hard they try, they just can't out do the original Colin's bear animation video that sparked all this free time and creative animation.

Well done, Colin Sanders, you've started

an Internet viral video that has people playing the video over and over to the point they want to make a tribute video with a cat, dog, hippo or even a baby as the dancing subject. <http://www.youtube.com/watch?v=FiARsQSlzDc>

# Tupelo Honey set to rock the Nest

By MIKE JONES

Kokanee Live Music Nights at the Nest are back Nov. 18! Local rockers Tupelo Honey will headline the evening which will also feature Saskatoon's The Steadies.

Tupelo Honey are on a roll, having released their first full-length album, *Caught Up In the Excess*, in March. They also just won an *Edmonton Journal* contest to create a theme song for the Edmonton Oilers with their submission "Can't Stop" which received nearly 60 per cent of the final vote and won the band \$500.

Tupelo Honey have been playing together as a band for the better part of the last 10 years. In that time they have amassed a huge local following touring as support for many national acts like Three Days Grace and Sam Roberts.

They also have three EPs to date, which spawned local radio hits like "Why I Bother," "Make Me Believe," "Because of You," "Morphine" and "Not Alone."

In 2010, the band faced its hardest challenge to date when lead singer Matt Landry

parted ways with the group due to creative differences.

The band attempted to audition new singers but eventually realized backing vocalist Dan Davidson was more than capable of handling vocal duties. They recruited local guitarist Brad Simons to flush out the lineup and went into the studio to create their first full-length, which was released by Warner Music Canada. The first single "Falling" received significant radio play on rock radio throughout Canada.

Opening the night will be Saskatchewan alternative rock band The Steadies. Formerly known as Mobadass, The Steadies feature former Wide Mouth Mason bassist/co-founder Earl Pereira.

The show kicks off at 5 p.m. and is absolutely free but get there early to get the best spots! And don't worry about being on a budget because the Nest will feature \$3.25 cans of Kokanee all night long.



Tupelo Honey



## MOVIE REVIEW

# Shakespeare and others

By BART PADJASEK

Roland Emmerich seems to have a specific type when it comes to filmmaking. With a history that includes directing *Independence Day*, *Godzilla*, *Day After Tomorrow* and *2012*, his latest film, *Anonymous*, is quite a step away from the norm.

Emmerich trades in his love of large-scale visual affects and cheesy action sequences for a tale of poets, treachery and political intrigue based in Elizabethan era England.

For a film that's advertised as a tale of Shakespeare, the bard plays a very small part in comparison to the rest of the colourful cast. In fact he is no more than a figurehead to the plays that scholars to this day speculate the Earl of Oxford actually wrote.

That being said, this is not an historical film for scholars. The film is riddled with historical inaccuracies that would drive any English literature major mad. But like Shakespeare's plays at the time, historical liberties were taken to add much needed interest to the plot and characters. This is where the film really succeeds.

The Earl is the main protagonist in *Anonymous* and believes that power lies not with royalty but with the common people and their numbers. So to control his surroundings, he creates great political tragedies of literature such as *King Lear*, *Macbeth* and *Richard III* and plays them at the local theatre under the assumed name of Shakespeare to rile the people.

From here, the film adds pieces of political



teaser-trailer.com

**Anonymous is advertised as a tale about Shakespeare, but the bard plays a small part in the action.**

thriller, murder, revolution, incest and a hint of comedy. The script reads something like a tragedy that even Shakespeare himself would be proud of.

Any star actors most North American moviegoers would know do not headline the film. Instead, it features a wide variety of British actors with enough talent that you don't get distracted and instead get lost in the world that

Emmerich and his team built.

Even though *Anonymous* may not feature a lot of scenes that work well with a team that's known for their special effects wizardry, this character drama does include some beautiful panning wide shots that Emmerich is known for, to place the setting and make you feel like you know the world that you are a part of.

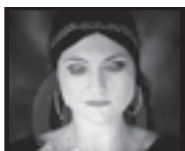
Overall, *Anonymous* is not a film for Shake-

spearian scholars or fans of Emmerich's previous works necessarily. Instead, it's a film for those who love to get lost in a plot as intricate and detailed as it is moving and thoughtful. It gives respect to the era and Shakespeare, but adds a flair that a lot of movies are missing today.



## THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

### November 10-16

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

### Scorpio (Oct. 23-Nov. 21)

Life's all about making things happen. Don't just sit there and plan things this week, go out and accomplish them. It's time to put those hands to work.

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

Watch your diet this week. With school and no time at all you might be tempted to eat a lot of junk food. Keep yourself in check. No greasy food!

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

Life is full of storms and waves. Just go with the flow. This week, try to keep yourself mellow and with the flow. Things happen for a reason. Try to keep that in mind if garbage hits the fan.

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

This week is going to be amazing. If you see something this week you want, whether a person, a guy, power, money – take it. Things won't get any easier for you this week, but keep yourself in check. Greed is bad.

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

If one door closes for you this week another door will open. Keep your options open and if things start to look south in a relationship, jump ship. You'll find someone or something else.

### Aries (March 21-April 19)

Try to relax and take it easy. If you can take a break, take it. Put the books down and just enjoy life for a few moments. If you do not like your program, maybe it's time to look at other options.

### Taurus (April 20-May 20)

Learn to listen to other people's opinions. You might be surprised at what you hear. Take the time to listen and learn from others' mistakes instead of becoming a bad example yourself. Just listen, watch and learn.

### Gemini (May 21-June 20)

Study hard for any tests you have coming your way this week. Things are about to

get tougher for you at school, so better safe than sorry, and get whatever assignments or homework you have out of the way.

### Cancer (June 21-July 22)

Enjoy this week, things are going to start looking up for you. There's more to life than just school. All that hard work in school will finally be rewarded.

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

Stay strong in school and life. Things usually get tougher at mid-point but just remember there's a light at the end of the tunnel. If you're feeling down, go eat something you love, that cheers everyone up.

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

This week go out and get yourself an early Christmas present. Spend money on yourself, enjoy life and spend some of that scholarship money on something more than just school and books.

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

It's time to let loose and take chances. You see that special someone, it's time to ask them out to dinner or something. Just make sure to keep your wallet in check and not go overboard with dinner plans, you wouldn't want to end the night scrubbing plates to pay.





# Miss Snowy creating an empire

By ANIKA NOTTVEIT

Alana Snow is a second semester radio student, rapper, radio-show host and website creator. You may think a person couldn't do all these things, but Alana does, and well! Here's a closer look at the activities of Miss Snowy.

**Nugget:** What is your website, MissSnowy.com, about?

**Alana:** My website consists of rap songs and videos that I make, all by Miss Snowy. It also has playlists from my radio show, *Ballar's R Us*. I pick new rap songs every week. My radio show is every Saturday 12:30 p.m.- 2 p.m. It's just me all alone. I love it.

**N:** What was the inspiration for your website?

**Al:** The whole theme is about the Miss Snowy empire. Basically, I've always wanted to rap and be a rapper. But I always thought, I'm not enough of this and too much of that, it will never be possible. That's where the empire came from, because my dreams are so big, only an empire could house them. The empire's not literal; it's more of a figurative thing. I just don't want to die without having fulfilled my dreams. It's for real, and it's going to be big. Get on it now, it's going to the top!

**N:** When did you start rapping?

**Al:** It's been six years. When I first went to university, I'd go into the library and tell myself, "If you study for 10 minutes, you can make up another rap." Then I'd study for five and make a rap for 30. So, I dropped out after the first semester. That's when I knew I wasn't meant for university. Then, I went into drama. I'm a double college dropout! Kanye's a college dropout, but he's got nothing on me. I'm a double college dropout. What up with that!

**N:** Whom do you look up to in the rap world?

**Al:** I like Kanye. When Kanye came out with *Jesus*

*Walks*, I had a religious experience. And since then, he can do no wrong. Right now, I love J Cole. We're going to get married – probably next spring. It'll give him time to get to know me. I love Nicki Minaj. She's so different. She's so smart at branding herself and is so successful.

**N:** Where do you see the future of MissSnowy.com going?

**Al:** Platinum.

**N:** What do you rap about?

**Al:** Every single rap has a story behind it. For example, the Crayola rap is about how I

write all my songs with Crayola markers. I do that because it's so smooth when I write it, and it's so beautiful, though there is a problem with that. When it gets wet, you're screwed. The marker smears on the page. My recent song is "The Greatest." You go up to someone and ask them to play a game that's called "I'm the Greatest." Then they give you compliments.

You know when you need that extra lift in life, and no one is giving it to you? Why don't you just go up and ask for it? Make it a game.

**N:** How can we follow Miss Snowy?

**Al:** You can follow me on Twitter. Miss Snowy Empire is my user name. Also, check out my YouTube channel. It is TheMissSnowy-Empire. Get on it!



awolnationmusic.com

## CD REVIEW

# New look for modern rock

By GRAHAM MOSIMANN

The first album by this alt-rock/techno/dark-power genre-splitting group AWOLNATION, reminds me of Dancing Dan.

Somewhat of a folk hero, Dancing Dan can be seen around Edmonton just dancing and rocking to whatever beat, rhythm or styling he feels like. No one tells him to change, or be someone else. He is just Dancing Dan. And that free, uncensored individuality is what personifies the brand of music that is AWOLNATION.

While everything can be loosely fit under their own style, there is so much variety on

this record without it being uncomfortably random! To be truly appreciated, this is an album that must be listened to from front to back so one can understand the free-verse nature of the record.

Tracks like "Some Sort of Creature" and "My Nightmare's Dream" seem so out of place that you have to applaud a band on having such a sense of freedom. While "Sail" garnered the most attention (the track has recently gone gold for selling over 100,000 copies on iTunes), the real gems in the record lie in the songs "Jump on my Shoulders" and "Burn it Down." Very fast paced and lyric-

ally powerful, these are the tracks that have you dreaming of running through town, just because you can. No limits, no restraints. There are very few albums like this in the world, and AWOLNATION's Megalithic Symphony is a very underappreciated modern rock jewel.

With a performance on Letterman on their resume, AWOLNATION's stock can only go up. Pick up this album and discover something brand new in the world of modern rock.



## TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



# Driving in winter weather



Winter weather is just on the horizon and now is the time to be prepared for the challenge of winter driving. Here are some simple tips to keep yourself safe and ready on the road this winter.

Extra care is required to ensure safety for everyone. Weather conditions can be unpredictable and place extra stress on drivers and vehicles. Always adjust your driving speed to road conditions and to the limitations of your vehicle. Allow extra travel time in bad weather.

Slow down and stay alert. Maintain a safe following distance. It will take longer to stop your vehicle in slippery conditions.

Maintain good visibility. Clear all snow and ice off your windows, roof, lights and mirrors. Wait for the fog or frost to clear from all windows before driving. See and be seen.

Accelerate and brake slowly. When start-

ing from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning wheels. When stopping, plan to apply the brakes gently. Slowly add pressure rather than braking suddenly.

Always wear your seatbelt.

Some other simple reminders are:

1. Keep your gas tank near full to avoid ice in the tank and fuel lines.
2. Try not to travel alone, especially in unfamiliar places.
3. Let someone know your timetable and primary and alternate routes.
4. Fully check and winterize your vehicle well before the winter season begins. Be sure the tread on your tires is good enough to last

throughout the entire season. Install chains on the tires if necessary.

5. One final note is to equip your vehicle with an automobile safety kit. No kit can fully prepare you for a winter driving season and all of the contingencies that could arise as a

result of a sudden change in weather patterns. But make sure that you think about the individuals you will be protecting in your car or truck. Each may have their own needs. It is a better idea to pack extra

of the supplies needed than to be stranded without the proper equipment.

If you experience car trouble, it's recommended that you stay in your vehicle to avoid personal injury.



If you need to use a cell phone to call for help, pull well off the road to make or receive a call. Using hand-held cell phones and other hand-held electronic communication or entertainment devices while driving is against the law.

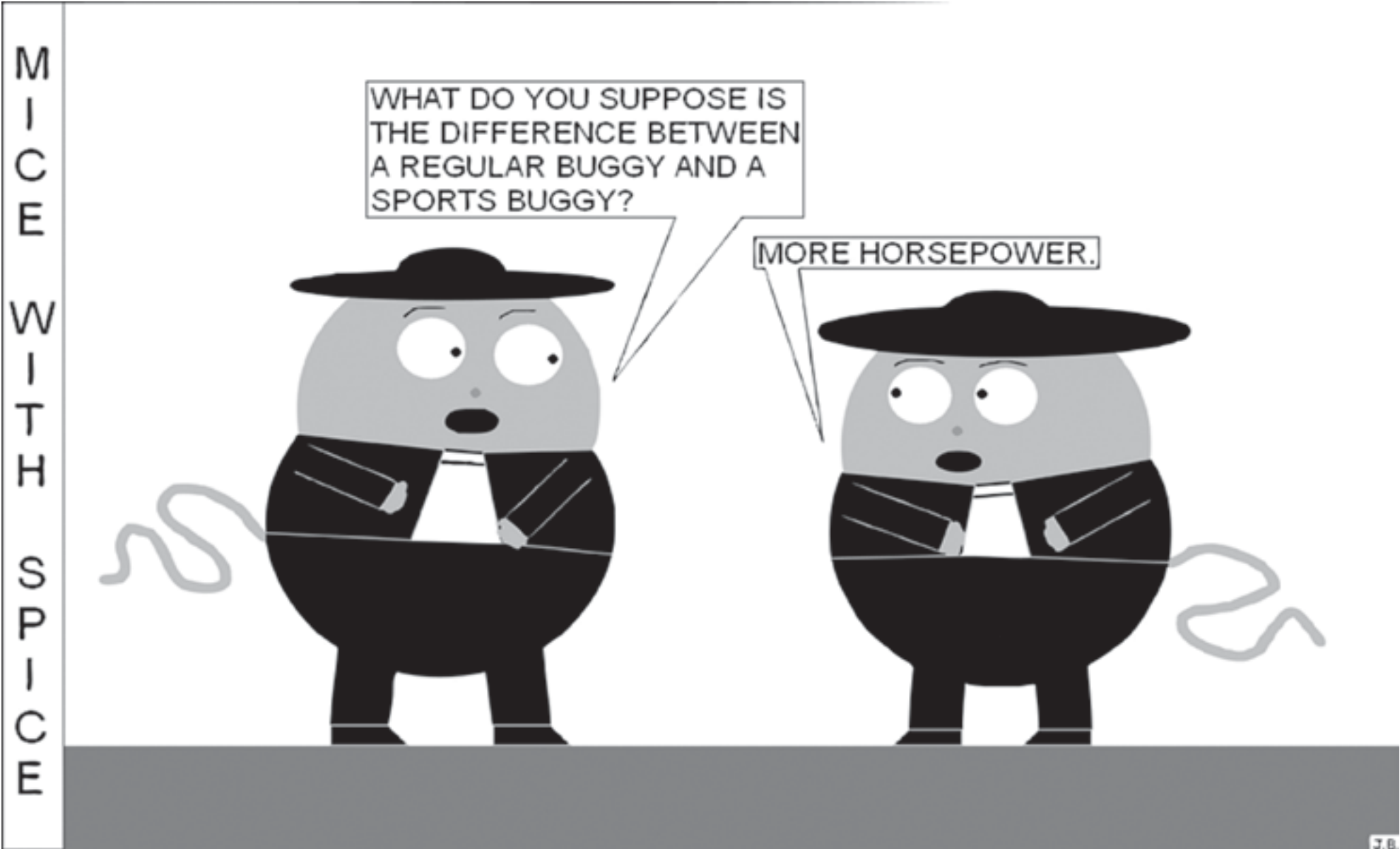
Remember to pay close attention to emergency vehicles and tow trucks. Under the Alberta Traffic Safety Act, if the lights on stopped emergency vehicles or tow trucks are flashing, drivers in the lane closest must slow down to 60 km/h or less.

If you have information about 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 be eligible for a reward of up to \$2,000.

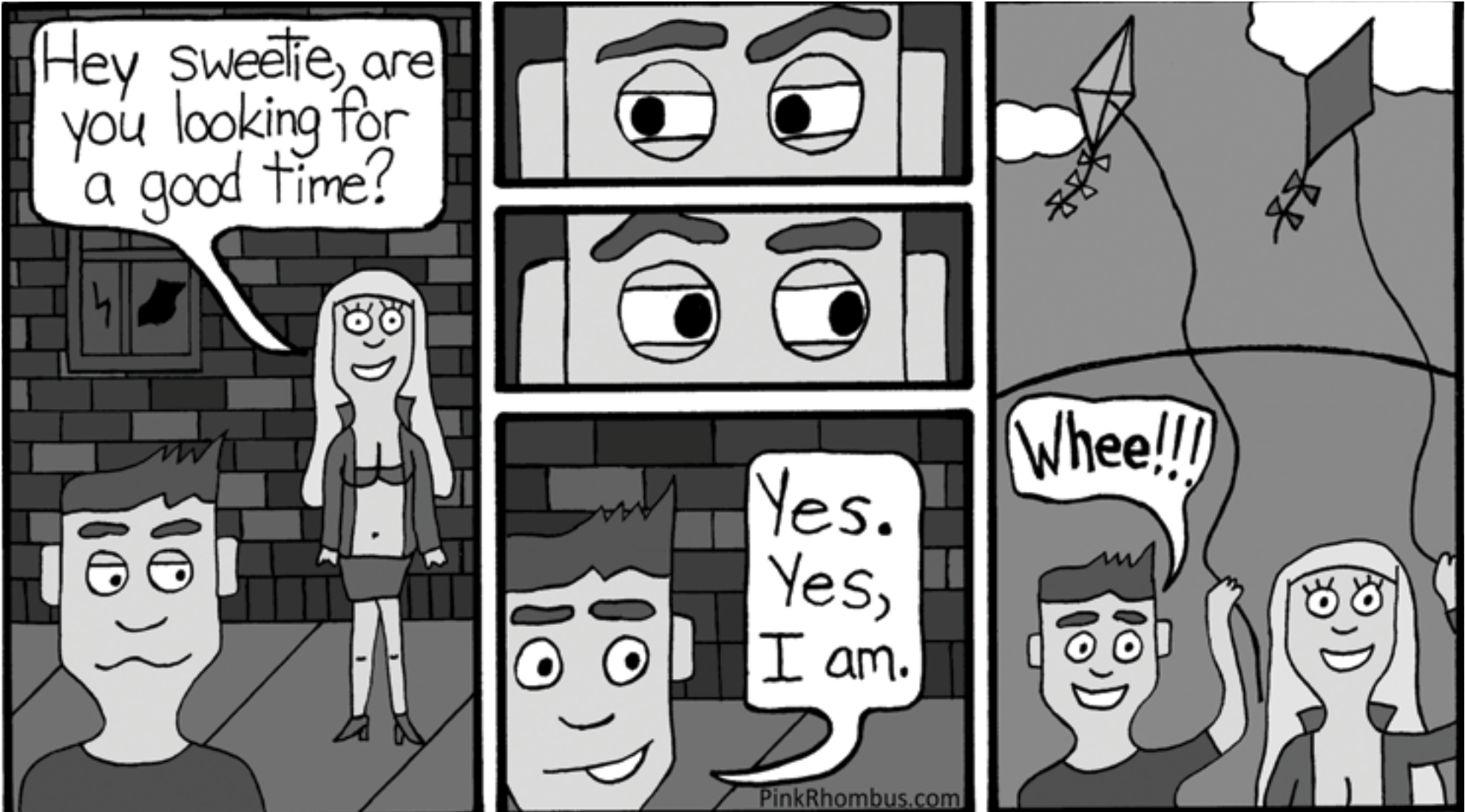
Everybody benefits, except the criminal.



THE NUGGET PRESENTS:  
**NUGGET COMICS**



Cartoon by John Benesch



Cartoon by Josalynne Wilfong and Mark Nordstrom





Grapevines is a chance to speak your mind. E-mail [grapevines@nait.ca](mailto:grapevines@nait.ca) or submit online at [www.thenuggetonline.com](http://www.thenuggetonline.com)

Have you guys seen the posters for the Toga Party on Friday? Looks pretty rad! See ya there?

– Ceaser Polychronopolis

...

Dear men:  
If we have to see one more greasy, pre-pubescent, disgusting moustache, all of us

women will stop shaving and maintaining our body hair ... and it will be scary!

Sincerely,  
Stached-out

...

To our dearest Construction Engineers, C, G and M.  
You put the colour in our crayon box. <3

– Your Lovelies

...

To the “tokin’ babes”  
Thank you for the thank you :)

–The guy

...

We really need a napping room in NAIT! Fully equipped with blankets, free

movies, and couches ... Possibly puppies too!!! Please NAITSA ... I think all us students would be much more productive and attentive in class! Consider it.

...

Dear tall dark and handsome RT:  
Thanks for being so easy to look at! You can test your stethoscope on me anytime ;)



MIKE MARSHALL  
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,  
My girlfriend really likes to get down and freaky with a Disney movie on in the background. Now she wants to take a trip to Disneyland and try to get it on in the Haunted Mansion. Her cartoon fetish is really freaking me out. What should I do?

Signed,  
“Quite the animated girl”

Dear “Quite the animated girl”,  
Some girls have very strange preferences when it comes to coitus, but I must say that your honey takes the cake. Although I will admit to being slightly aroused when watching Minnie Mouse tease poor Mickey around, it’s still something I don’t approve of. Ditch this little mermaid immediately.

...

Dear Dr. CONwisDOM,  
I was “with” a girl last weekend, and

now I can’t pee without lighting some fixture in the bathroom on fire. Also, my testicles have the shape and colour of a common grapefruit. Was it something I drank?

Signed,  
“Really should have paid attention in health class”

Dear “Really should have paid attention in health class”,  
Wow. I’m going to talk nice and slow and clear, because I can already tell I’m dealing with a guy who just isn’t all there. I THINK SHE MAY HAVE PASSED SOMETHING ON TO YOU. I would visit either a doctor or a Catholic priest because any second now your dick is gonna start speaking in demonic tongues.

...

Dear Dr.CONwisDOM,  
I think my girlfriend might be a sex addict. All she wants is to have sex with me all the time. When she’s not doing that, she’s buying me stuff and making me food and she never talks to me when I’m watching the hockey game! What’s wrong with me?

Signed,  
“Between a rock and a soft place”

Dear “Between a rock and a soft place”,  
Wow, it really sounds like you have it rough. We at the Nugget have taken up a charitable collection in your name. We’ve decide to call it the Stop Whining You

Dummy, Can’t You See You Got It Made ... Foundation.

...

Dear Dr. CONwisDOM,  
My boyfriend decided to take five Viagra before a bang session. Holy sweet Jesus, I’m fairly certain we went at it so hard we slipped the San Andreas fault over a couple of inches. Our only question is, is it safe?

Signed,  
“Erection-ed a statue in his honor”

Dear “Erection-ed a statue in his honor”,  
Again, I take my medical licence very

seriously. After all, I did get it out of a Lucky Charms box. I’m sure his heart can take it. If it can’t, and your lover boy slips into a state that’s commonly known as “death”, then rigor mortis will set in, and then you’ve got the stiffest one you’ve ever seen.

...

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](mailto:conwisdom@nait.ca) or submit them online to [www.thenuggetonline.com](http://www.thenuggetonline.com) and your sex doctor will have your “prescription” ready for you the following week!

## CLASSIFIED

### Text me\$\$ages

Get paid for receiving text messages. Watch video at <http://join.cashtexts.biz> for more info. Text “cashtexts 4830” to “69302” to join.

## At a crossroads?

Health, love, career and life choices can all become clearer by consulting with an experienced palmist. \$30 for up to an hour-long session. [elizabeth.helps37@gmail.com](mailto:elizabeth.helps37@gmail.com)



Do you have any personal questions that you want to have answered?

...yes!

Just send an email with your concerns to [conwisdom@nait.ca](mailto:conwisdom@nait.ca) or submit them online to [www.thenuggetonline.com](http://www.thenuggetonline.com).



Thanks  
Dr. CONwisDOM!

Don't forget to check the following week's Nugget edition for your "prescription"!

THE NUGGET



# HOT SINGLE OF THE WEEK



Photo by Eve Koester

## Travis Jones Business Administration – Marketing

**What is your idea of a perfect date?** – Something spontaneous, fun and original ... No awkward moments.

**What do you look for in a girl?** – Personality, attitude, smarts, active and outgoing.

**What is your biggest turnoff?** – Being fake, straight up.

**What are your top three pet peeves?** – Women who stomp around in their heels, Alberta drivers and, of course, the update-your-Facebook-status-every-five minutes person.

**What is your favourite movie?** – *Back to the Future*.

**Would you be willing to take a date to the new Twilight movie?** – Absolutely not ... well, maybe if she is worth it!

**Name one of your guilty pleasures.** – I know I'm a guy, but shopping ...

**Would you rather go skydiving or scuba diving? Why?** – Skydiving! Why go scuba diving? I can look at fish in an aquarium.

**Where is your favourite place in the world to be?** – London, England.

**Are you hot and single? E-mail us at [entertain@nait.ca](mailto:entertain@nait.ca)**

# Recipe Bubble pizza

By BRETT PLAXTON

### Ingredients:

2-7 oz. cans refrigerator biscuits

1-16 oz. jar pizza sauce

½ c. chopped green peppers

½ c. sliced mushrooms

½ c. black olives

½ c. sliced onions

1 lb. your choice of pizza toppings (pepperoni, sausage, hamburger, bacon, veggies, etc.)

8-12 oz. mozzarella cheese

### Method:

Cut refrigerator biscuits in quarters or halves. Stir together in a large bowl with the pizza sauce. Add desired ingredients and mix well. Spray a 9x13 pan with vegetable spray. Pour in pizza mix. Bake for 10 minutes at 450 F. Sprinkle with cheese and return to oven for an additional 10-15 minutes.

This is a really great dish to make, definitely one of my favourites. It's a great recipe for students because the ingredients are cheap and it is quick to make. If you are vegetarian, you don't have to worry as you do not have to use meat for your toppings, you can use your favourite vegetable toppings. Fair warning, it may not look the greatest when it comes out of the oven, but don't let the looks fool you as this is a really tasty meal. Have fun cooking and enjoy!

# Best-ever burger

## CAMPUS FOOD REVIEW

By WILL CORTEZ

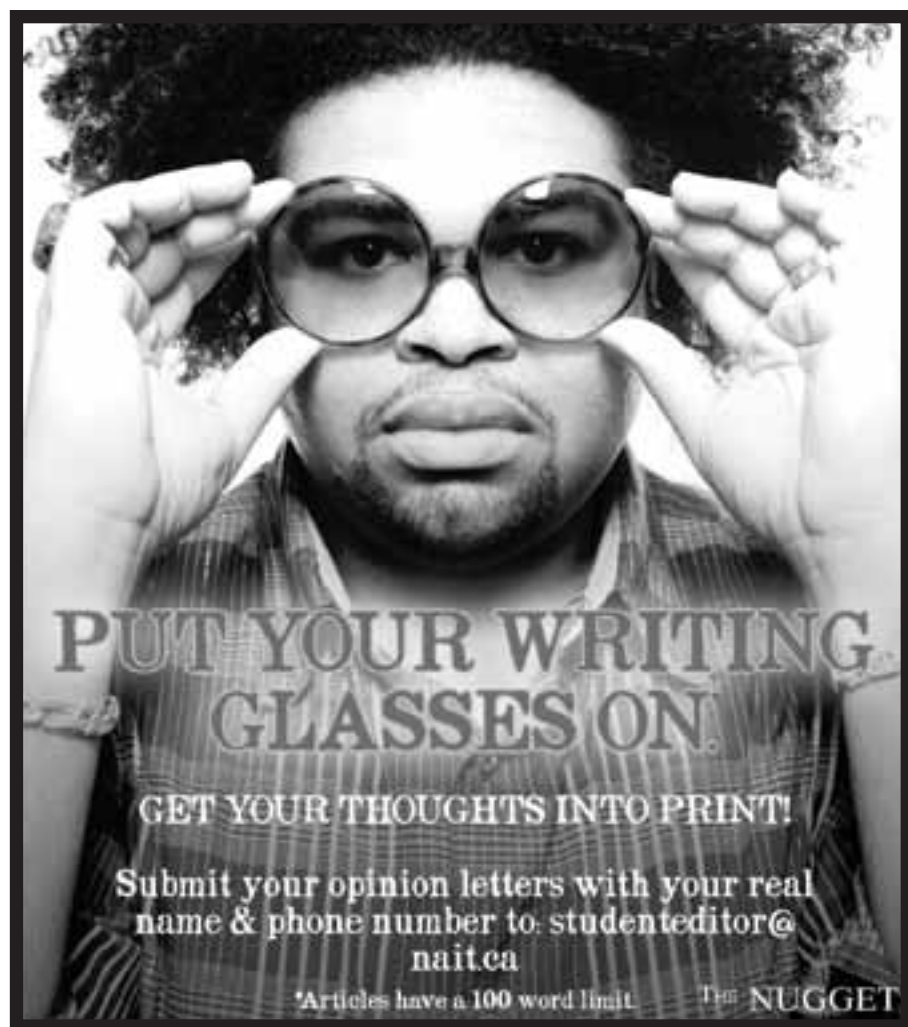
The Common Market is a gold mine of food choices, but the best by far is their cheeseburger. Seriously, that thing is the Godzilla of burgers; it's huge and so good.

You basically get what a burger usually is: two buns, a piece of meat and condiments. It's the burger meat that seems to be the secret, because it doesn't taste bland or like plastic with a few spices on it, it tastes like fresh meat. The burger sells itself to you before you eat it. Sure, it's a bit expensive, but well worth the price in the end.

The fries aren't bad, either. You can't go wrong with potato wedges, actual fries that will fill you up and taste like potato fries.

The cool thing about this burger is you can get it with bacon or extra cheese. It's up to you. If you have the money, I suggest loading it up, because it's going to leave you wanting more.

Another cool thing about this burger is, yeah, it can get high on the calories but at least it's leaving you feeling satisfied with what you ate. I recommend this for people who have a beast of an appetite.





## RATE YOURSELF

# Stress management techniques



## TIMELY TIPS

**MARGARET MAREAN**  
**NAIT Student Counselling**

Stress is your body's reaction to over stimulation. A certain amount of stress is normal and necessary but too much can be counterproductive. Rate your stress management techniques to see where you might improve:

☐ I am aware of my internal dialogue/negative self-talk. I replace self-defeating, critical thoughts with realistic positive messages such as "I will do my best", "I know my material" or "People will like me for who I am".

The fastest way to increase stress is to tell your self negative message such as "I'm

such an idiot" or "Everyone else is smarter than I am". Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as "People will think less of me if they know I am not perfect" or "I made a mistake so people will think I'm a total failure" are sure-fire ways to decrease confidence and increase stress.

☐ I develop plans for projects, homework and studying.

Prioritizing, making schedules and setting boundaries on how much time and effort will go into projects helps you to feel in control of your life, especially during stressful periods such as exam time.

☐ I am organized. I am aware that physical clutter and disorganization increase mental clutter and disorganization.

Make sure your home, schoolwork, clothing, etc. are in order. Get your books, lunch and clothing ready the night before so there are no added stressors in your day.

☐ I do not hang on to unnecessary negatives in my life.

Doing a 'lifestyle cleanup' by letting go of negative relationships or obligations that are

no longer rewarding, avoiding situations and people that upset you, and working towards not comparing yourself with others are great places to start.

☐ I exercise regularly.

In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some downtime, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will help reduce stress.

☐ I take care of myself!

– I get at least seven to eight hours of sleep per night. Fatigue reduces your ability to cope with stress.

– I eat a balanced, nutritious diet. A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.

– I build in time for myself every day. Doing an activity you enjoy even if it is only for a few minutes a day, and planning something to look forward to every week, can help to reduce stress.

☐ I set challenging but realistic goals.

Perfectionists always have higher stress levels because they are always driving themselves to achieve at higher levels and are seldom satisfied with their performance.

☐ I do not procrastinate.

Putting off unpleasant tasks only increases stress. Do it now!

☐ I have quick stress-reduction strategies that I can use when needed.

Deep breathing, visualizing a positive place, progressive muscle relaxation and humour are quick ways to become calmer.

☐ I am connected and able to talk with others.

Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. See a counsellor if you have concerns that are increasing your stress or if you need to work on stress reduction techniques or other personal or academic problems. Counsellors are available Monday to Friday. Appointments can be booked in person at Student Counselling, Room W-111PB, HP Centre or by calling 780.378.6133.

## GAME REVIEW

## Major leagues in your living room

## By AVRY LEWIS-McDOUGALL

The Major League Baseball season has come and gone until the spring, but, that doesn't mean that you still can't enjoy some of the virtual nine-inning game at home with some pals thanks to *MLB 2K11* by 2K Sports (Wii, PS3, Xbox 360, PSP, Nintendo DS and PC).

*MLB 2K11* once again battles with SEC San Diego Studio's *MLB 11: The Show* (PS3, PS2, and PSP) and 2K's brand of baseball is pretty good. 2K brings their own "My Player" mode to the Xbox 360 and PS3 that allows you to go through the ranks of the Minors before getting a shot at playing in the show, although I am disappointed that this game mode was left off of the Wii version. It would have been a cool addition for those who enjoy playing ball on a Nintendo system.



sugarswing.com/

The Wii version of the game does have a mode called "Mini Diamond" a three-inning game in which the field is dramatically smaller and hits off of the wall could result in you still being thrown out at first base; it's a great mode if you have some friends over.

If you're a baseball history junkie this game is for you as *MLB 2K11* has plenty of old school jerseys to unlock in the "Skybox" including Toronto Blue Jays jerseys from the 1970s, and even ones from the 1900s to 1930s (ah, nothing like seeing Derek Jeter wearing a blank 1911 New York Highlanders jersey).

The game does have some flaws such as stagnant commentary (which is provided by Gary Thorne, Steve Phillips and John Kruck in most versions of the game), jerky AI with runners sprinting to bases way too often with another runner already on it. It creates slapstick comedy like easy double plays with two runners on the same base, and fan audio just stopping in the middle of



gamergeddon.com

a game as if the entire crowd left the stands to use the washrooms.

The Dynamic Player Rating System for season mode/franchise mode tracks a players past four weeks of play and simulates real hot and cold streaks for players to show who's on fire or who

should really ride the bench for a few games.

Overall, this is a game that's worth buying and it's easy enough to play with friends and deep enough to play if you're gaming alone.

★★★★☆

## Want to learn to dance?

**By CHRISTINE VU**  
**Assistant Entertainment Editor**

If you have ever watched a movie with superb dancing scenes and live in a fanciful dream state like me then you probably have wished that you could replicate that dance in real life. You may have even put it on your bucket list. Well now you can live out your dreams and be satisfied! Become a swinger.

Sugar Swing Dance Club is a local dance company that offers drop in swing dance lessons. Taking place every Saturday, the Sugar Foot Stomp is a social event that encourages people of all ages to come! There is no need

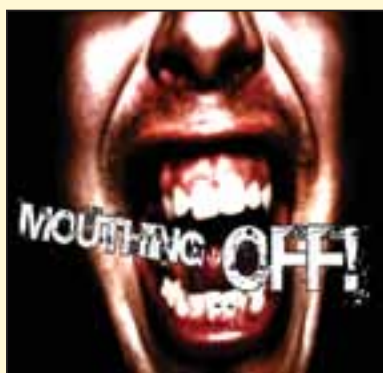
to be shy, swingers of all levels are welcome. The night begins at 8 p.m. with an hour long lesson. The lesson gives you the opportunity to meet new partners as you are required to switch continuously. Then, at 9 p.m., things "swing" into gear in an all out sock hop. With all the new moves you have just learned you will be ready to take on the dance floor on your own.

Sugar Swing is a classy establishment, so there are a few guidelines to follow. Some of them include never taking someone onto the floor without asking first and always saying thank you after you finish. And of course, safety is everyone's No. 1 priority so any

"show-off" performances that include lifts or drops shall be saved for "jam circles." For a full list of dos and don'ts you can go to the official Sugar Swing website, [www.sugarswing.com](http://www.sugarswing.com). You will also find location and ticket information for the next Sugar Foot Stomp.

If once a week isn't enough, Sugar Swing also offers full dance programs that go beyond swing. They also specialize in tap, jazz and African dance. After a couple of drop-in lessons, you will be able to add "swing kid" to your Twitter credentials and everyone knows that means serious street cred.





KEVIN ALBUS

# What's your mindset on Remembrance Day?



"Solemn respect. I always watch the Remembrance Day ceremonies on TV. I also take time to think about the lives lost and why people wear the poppy."

**Joe Hartfiel**  
Radio and Television



"Grandpa fought in the war, what he witnessed and the lives that were lost."

**Rhea Oldach**  
Marketing



"I have an appreciation for the people who fought. It's also nice to have a day off."

**Brittany Slater**  
Marketing



"Just found a poppy. I think about the sacrifices that were made and watch the Remembrance Day ceremonies on TV."

**Yiannis Karayiannis**  
Culinary Arts



"Remember the sacrificed lives of the soldiers. We can all take one day to remember."

**Mike Marshall**  
Radio and Television

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