

TUPELO HONEY AT THE NEST ON FRIDAY

THE NUGGET

Thursday, November 17, 2011
Volume 49, Issue 11



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA



Photo by Anthony Houle

RIDE 'EM COWBOY!

Novice bareback rider Cole Goodine shows his form during the Canadian Finals Rodeo held in Edmonton Nov. 9-13. Story, page 10.

NAIT MEN ARE THE CHAMPS!

Men's soccer team wins nationals; women finish with silver medal – stories page 8

INSIDE:

CONwisDOM: Page 23

Crossword: Page 19

Entertainment: Pages 14-27

Editorial: Page 7

Grapevines: Page 23

Horoscopes: Page 20

Hot Single: Page 24

News & Features: Pages 2-6

Sports: Pages 8-13

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NEWS & FEATURES

Life: Love it and live it



DOSE OF EXTRAORDINARY

ANNA ESTANISLAO
Issues Editor

I've written about so many extraordinary people and organizations that inspire me, but this particular story has been stuck in the back of my mind ever since I watched him on YouTube. I have been itching to share his story with you.

We always want what we don't have. And usually we often overlook what we are already blessed with. Nick Vujicic's story has inspired me to be thankful for what we have and that there should be no limits when reaching our goals or aspirations.

Born in Australia, Nick Vujicic was

born without limbs, a rare condition called Phocomelia. There was no medical explanation for this disability. His mother was a nurse and knew what to expect during births; she received the best medical attention yet they were not expecting their baby to be born without arms or legs.

Depression, loneliness, bullying, and self-esteem issues were some of the factors that Vujicic faced throughout his childhood. In the *Huffington Post*, he says "Although I had many friends, my life consisted of so much daily bullying that I believed my life had two purposes: to be teased and to be a burden to others."

He believed he had no point or purpose to his life. At 10 years old, he attempted to drown himself but was unsuccessful.

His family did not give up on him. Their endless support and love helped strengthen him and he began to use the most of what he had. He learned to do the most basic necessities such as learning how to brush his teeth, comb his hair, eat on his own, learning how to write and type on the computer and even learn sports like swimming, and

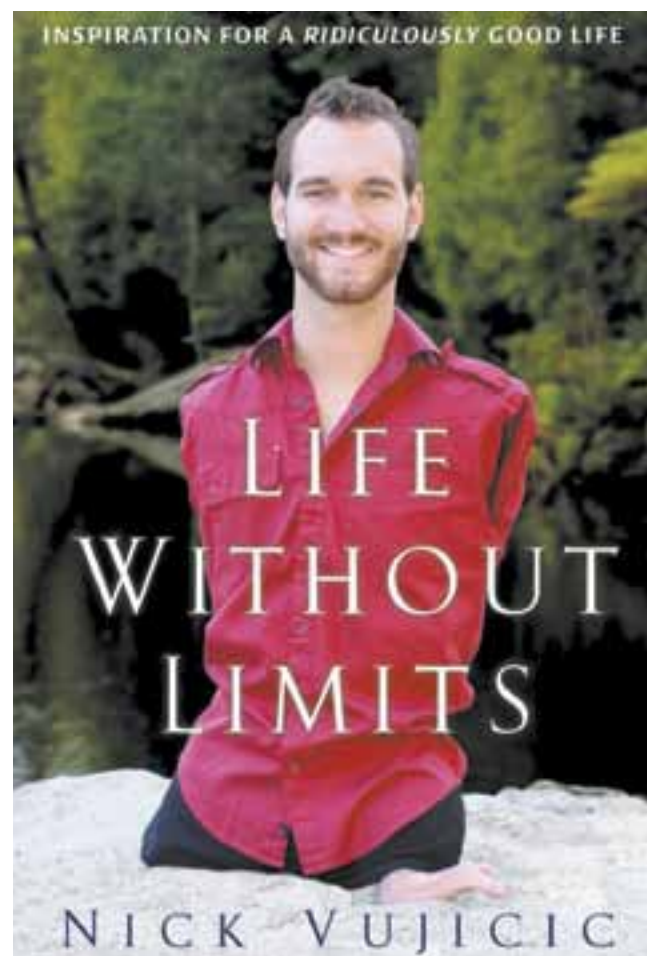
skateboarding. At an early age, his parents taught him to be independent. And Vujicic also learned to accept and embrace the way he was born.

He went on with his life and at the age of 21, Vujicic graduated with a double degree in Accounting and Financial Planning. He began to be a motivational speaker and found his purpose in life.

If Vujicic gave up, he would never be what he is now. Today, at 28 years old, he has travelled the world speaking to millions of people and instilling hope in them. He also has founded two organizations, is a successful author and is more successful in surfing and golfing than most people would even dream.

So remember this: when something bad happens in your life, you can either let it bring you down or you can let it strengthen you. Many of us are blessed with opportunities that are not easily available to others. Seize the day. Do the things that you have always wanted to do.

For more information on Nick Vujicic, visit his website at lifewithoutlimbs.org.



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STUDENTS' ASSOCIATION

A world of experience

By MATT BUGG

From growing up in Communist Romania to studying at prestigious Georgetown University to teaching at NAIT, newly appointed Associate Chemical Technology Chair Laura Lucan has seen the world in a way few others have. Along the way, Lucan became a parent as well as a Canadian citizen, and earned not one but two Masters degrees. It's this versatility and passion for academia that made Lucan a natural fit for the job of associate chair.

"Laura has an extensive IT background that has included work in student advising and distance learning," says Chemical Technology Chair Cindy Rothwell. "She will add a complementary skill set to our program's leadership team as well as a younger perspective."

Lucan's arrival comes at a critical time for the Chemical Technology program; although nearly 87 per cent of graduates found work after completing their studies last year, that proved to be the second-lowest total of the past five years.

"It is probably a complex of factors, between some of our grads personal lives, pursuit of other opportunities and other career paths," Lucan explains.

Born and raised in the Romanian city of Bazau, Lucan graduated high school just as

the Russian communist regime fell in the winter of 1989. Facing a tumultuous period in the former Eastern Bloc states, Lucan nevertheless remained in her home country long enough to complete both a Bachelors degree in Chemistry and a Masters in Computer Science at the University of Bucharest. Lucan and her husband Eugen would then move to Washington D.C., where she would add a masters degree in chemistry at Georgetown.

Although she arrived in Canada in 2007, it took until this past October for Lucan to finally receive full citizenship.

"The process was rather long but smooth and painless, you have to apply then wait in line for your application to be processed," she says.

After a 20-plus year journey that has involved two continents, two universities and numerous life changes, one couldn't fault Laura Lucan for wanting to settle down. However, her passion for personal growth continues to burn bright.

"I was 30 when I left Romania, a fully grown adult. Emigrating is not easy, all ties are severed and what you have to do is grow new ones. Edmonton gave me a home and a new life. This new-found stability and sense of belonging motivates me."



Laura Lucan
Associate chair, Chemical Technology



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

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

Letters

We want your views

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

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NAITSA LEADERSHIP SUMMIT

One day for a life-change

By MATT BUGG

What if you could change your life in one day? What if you could experience life through the eyes of people who have endured abuse, emotional trauma, grave injury or just plain bad luck? The second annual NAITSA Leadership Summit is an opportunity for students to discover the true power of the human spirit.

On Saturday, Nov. 19, from 9 a.m. to 4:30 p.m., eight diverse speakers will be speaking in rooms X-107 and X-108 on NAIT's main campus. Beginning with a light breakfast and an opening presentation by NAIT President Dr. Glenn Feltham, participants will have the chance to then choose a breakout session with one of two fitness-focused speakers: Donloree Hoffman or Vince Fowler.

Hoffman, the author of *Giving to Get*, is a certified corporate leadership coach and maintains an inspirational blog on bodybuilding at bikiniorbust.com. Hoffman was just 20 years old and newly married when she discovered she lacked the fitness to join her husband on a routine run. This inspired her to embark on what would become a lifetime journey of fitness and personal self-improvement.

Fowler, a retired soldier and former professional rugby player, faced adversity both on and off the pitch; along with suffering a devastating knee injury that forced him into painful rehabilitation, Fowler lost a sister, married twice and became a father. He is now a full-time ActionCOACH business coach.

Following the breakout session, a catered lunch from the Nest – also included in the ticket price – will take place. Larry Anderson will then take the stage; the creator of Live Your MAGIC! and a

noted entrepreneur, the story of Anderson's transformation is Hollywood-esque. Homeless and broke, Anderson would have a moment of personal reflection at 19 that would change his life. He'll be sharing that – as well as his ways to identify a person's unique talents, gifts and dreams.

At 2:30 p.m., another breakout session will take place with career coaches Nicole de Varennes and Brian Harrison. Geared towards grads and soon-to-be-grads, de Varennes and Harrison will provide participants with tools to help them thrive in the workplace.

Last but not least, at 3:30 p.m., retired NHL player

Theo Fleury takes to the Shaw Theatre stage. An Olympic gold medal and Stanley Cup winner, Fleury's tumultuous youth – beginning with a troubled home life and continuing with sexual abuse in junior hockey at the hands of coach Graham James – would, at various points, almost cost him his career and family. Battling emotional wounds that he attempted to salve in part with drugs and alcohol, Fleury's story is one that he hopes will help victims of sexual abuse discover that they possess the ability to succeed even when at their lowest point. The Summit will then conclude with a meet-and-greet with the former hockey star.

Featuring eight speakers, two meals and eight hours

of inspiring conversation, the second annual NAITSA Leadership Summit on Nov. 19 is an opportunity for students to discover more about themselves and their abilities than they ever thought possible.

Tickets are \$29 for students and \$39 for non-students and are available online at www.naitsa.ca/summit or in person at the NAITSA office.



Theo Fleury



Dr. Glenn Feltham

Networking opp

By SAMANTHA SILVA

On Nov. 23, NAIT's Sales Management Team is organizing a MAD MEN networking event for 25 businesses and prospective employers at Ernest's Restaurant. The event will allow students to expand their personal networks and learn from various businesses and organizations.

The networking event will also support the Edmonton Food Bank. With Christmas coming around the corner, NAIT students found a need to help their local community. A live auction will take place. Items will include: Bed and Breakfast from Hotel MacDonald, Photofinishing for a Year from McBain Camera, and a painting from the Edmonton Journal. Items will be presented

by a live auctioneer. Participants will also have an opportunity to win door prizes.

Nine classes in the JR Shaw School of Business will be supporting the cause. Classes will have an opportunity to raise food for a chance to win a pizza party sponsored by Boston Pizza. The winning team will be announced close to the end of November.

An award ceremony will also take place at the event. The sales student with the highest mark in the Sales Management class will be present with an award. There is a possibility that other organizations participating at the event may offer some type of award as well.



Photo by Chad Steeves

A DAY TO REMEMBER

Two youngsters have a Remembrance Day experience with a veteran on Nov. 11 during a ceremony at the Alberta Aviation Museum.

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Are you robo-ready?

By ANNA ESTANISLAO
Issues Editor

Robots are certainly evolving, as many have already been created. From industrial robots to humanoid robots that show emotion, it all comes down to the mechanics of building it. Next year, the VEX Robotics Competition will be held. Students will have the opportunity to build the most innovative and efficient robots to achieve the most points in the VEX Gateway, which is the game that the students will be challenged in.

As defined in the VEX Robotics website, "VEX Gateway is played on a 12-foot by 12-foot-square field ... Two alliances – one "red" and one "blue" – composed of two teams each, compete in matches

consisting of a 20-second autonomous period followed by two minutes of driver-controlled play. The object of the game is to attain a higher

score than your opponent alliance by Scoring Barrels and Balls in Goals, earning Bonus Points and Doubling or Negating Goals."

On Saturday, Nov. 19, an Idea Factory workshop will be held for any students interested in participating in the competition. The rules of VEX Gateway will be discussed and strategies will be formed on how to score or de-score in the game. This is definitely a helpful workshop for those who would like to be involved in the world of robotics.

There will be more workshops held for those who register in the competition. For more information on the VEX Competition, visit <http://www.nait.ca/79698.htm>.

The Alberta Regional VEX Competition will be held at NAIT on Feb. 18, 2012. You never know, you might even be building robots for NASA!



A robot that competed at an earlier VEX competition.

simbotics.org

NAIT turns 50!

By ANIKA NOTTVEIT

The year 2012 is a momentous time to be attending NAIT. The school is celebrating its 50th anniversary. It is such an achievement for an institution to be going strong for half a century. It is a testament to its organization and determination to succeed.

NAIT started in 1962. The first class was communication and electrician apprenticeship. The school wasn't even open yet and construction was still under way when the class was held! This year there will be plenty of interesting things to learn about NAIT that are worthy of celebration.

One thing that is definitely worth celebrating are the alumni of the school. There is a simple yet exciting contest at hand.

As part of celebrating NAIT's 50th anniversary, the school is holding a competition regarding the most outstanding alumni. Since it's the 50th Anniversary, 50 alumni will be chosen and featured in an issue of *Techlife* magazine. The alumni can be nominated by the general public, NAIT staff, former staff and students. A nomination submission has to be handed in on behalf of the alumnus. The gate is wide open for all alumni in full time or apprenticeship programs. Retired NAIT staff are also considered alumni.

What makes an alumnus outstanding? The criteria the alumni are chosen on is based on

four categories – service, leadership, innovation and being a role model. Service has to do with involvement with charitable services, volunteer time and service to the NAIT community or the community at large. Leadership is about having respect and prominence in an industry or profession. Innovation poses a twist in the criteria.

It has to do with the nominee's skills in the area of invention. If they've invented a new service or product, that could put them at the top of the list! The last criterion, role model, is very self-explanatory. It is based on how the nominee has been a positive influence on other people.

To nominate an alumni, go to alumni.nait.ca/page.aspx?pid=314 to fill out a form online. The

alumni aren't the only ones that can benefit from this contest. All the names of those who nominate are automatically entered to win an iPad2! The deadline for nominations is Dec. 31, 2011. The draw for the iPad2 will take place on Jan. 16, 2012.

NAIT isn't alone in the 50th anniversary department. There are a number of companies and others celebrating their 50th anniversaries as well. OPEC, the Organization of Petroleum Exporting Countries, is commemorating its 50th. James Bond movies are celebrating 50 years in the making. NASA is celebrating 50 years of launching rockets. What an explosion of a year! Joining in on NAIT's 50 alumni competition is one way you can be involved!



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Virtually Speaking

Next high definition – ultra

By GRAHAM McCANN

Just as 1080p Full High Definition has settled in nicely as the television standard, there is talk about Ultra High Definition standardization. This “Ultra” High Definition is 4320p and roughly 16 times more clear than HDTV.

There are prototypes of these new televisions and by typing in 4320p in YouTube, you can see a demonstration. Even by watching the video in 1080p, seeing it being displayed beside a person looks breathtaking. Sharp, a company that is on the leading edge of LCD technology, developed this prototype display.

The system will not be available commercially for a while, however, and broadcast in Ultra HD will not be tested until 2020.

This might be a smoother transition than to the standard HD, however. In the early 2000s, when HDTV and the switch from 4:3 (standard or “full screen”) to 16:9 (widescreen) televisions was happening, many people seemed to be very confused.

First was the aspect ratio switch. Many people didn’t understand that most broadcasts were in 4:3 and had the picture stretched out from side to side making the people on screen look fat. Having a 4:3 picture on a 16:9 screen shown correctly would have pillar bars on the sides, and certainly people hate those “black bars.”

The “black bars” are known from the wide-screen versions of DVDs, which people did not understand and hated, so the film distributors would make a “full screen” version of the DVD.

Of course, full-screen is a misnomer, because the movies (starting in the 1950s) are mostly filmed in a wide ratio and the sides of the picture would have to be cropped off to fit into the 4:3 television.

In fact, many movies are filmed wider than widescreen televisions and viewing those on 16:9 televisions would still have black bars on the top and bottom, which is called “letterboxing” in case you’re confused about that.

And, of course, there is the problem of people buying HDTVs and not getting the proper cables or media for it and thinking that they have HD.

Now we have 3D television, which is very gimmicky and its status as something with staying power or a fad is still in question. The Ultra High Definition resolution would make the future no-glasses 3D more practical as it would need a very high resolution to look good on a large display.

To get the best quality 1080p, you must have a Blu-Ray player. DVDs just don’t have the storage capacity to hold a high definition movie. The amount of space Ultra High Definition would take up would probably eat up a good percentage of what we consider a large hard drive.

Luckily there is a terabyte disc in development. As a reference; a Blu Ray disc holds 50 gigabytes. One terabyte is 20 times that.

It’s always interesting to see the wonders in store and realize that people in the future will always be looking down at what we see as amazing now.



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Ultra high definition will be about 16 times more clear than HDTV.



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OPINION

— Editorial —

Tragedy on the ice



CELESTE DUL
Editor-In-Chief

A 16-year-old hockey player passed away this week due to what officials are calling a “freak accident.”

Kyle Fundytus, a forward with the South Side Athletic Club Don Wheaton Midget Double-A team, was struck by a puck in the neck during a game on

Nov. 12, in Edmonton’s Clareview arena. He was trying to block a shot. Fundytus was rushed to the Royal Alexandra Hospital Saturday afternoon after being struck in the third period of a game. His passing was reported on Sunday, Nov. 13 on the team’s website.

In response to the incident Devan Tchir, a university student who has played goalie his whole life, feels that something needs to change when an incident like this happens.

‘Absolutely tragic’

“It’s absolutely tragic, it’s just a fluke but there has to be some sort of action. Not much can be done, but again, if they could get something that protects a little more from puck impact, I think it would be ideal, for sure.”

Although this was a “freak accident,” it is not the first of its kind. In 1996, University of Alberta Golden Bears’ defenceman Mark Goodkey was playing a rec hockey game in Stettler when he was struck in the neck by a puck while blocking a slap shot. Mark also died due to his injuries.

“Neck guards are intended for abrasion resistance – errant sticks, certainly skate cuts and that kind of stuff,” said Kelly Hodgson, a marketing representative for United Cycle. “In some of the neck guards there’s Kevlar woven into the fibre, which make them more cut resistant and in the end I think that’s all we can ask of the neck guard without seriously affecting the mobility of the neck during the game.”

Shot blocking part of the game

Shot blocking is common in the NHL, and has become part of the game in lower tiers of hockey across Canada. In the NHL, more than 34,000 shots were blocked last season, up 22 per cent from a decade before. Hockey Canada and Hockey Alberta are expected to review what happened to Fundytus, and may eventually look at the practice of players blocking shots with their bodies.

“Today’s athletes are bigger, stronger and faster. With that, the technology and equipment has jumped immensely. If it hadn’t, we’d see a lot more injuries then we are seeing now,” Hodgson said.

This was Fundytus’s second year in the Northern Alberta Midget AA Hockey League and he was a four-year member of South Side Athletic Club. He was one of the leaders of the Don Wheaton Midget AA hockey team. The SSAC said that there are plans for a Kyle Fundytus Memorial Scholarship in the works and will provide more details regarding donations in the future.



thestar.com

Kyle Fundytus



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SPORTS



Supplied photo

Happy members of the men's soccer team pose with their trophy Nov. 12 after winning the Canadian Collegiate Athletic Association championship in Quebec City.

NATIONALS – MEN'S SOCCER

A golden memory for NAIT

Stories by KEVIN MARTIN

They are champions! It is official; NAIT has the best men's college soccer team in Canada. After a long season it all came together Saturday as the Oaks defeated Holland College 2-1 in extra time to claim the title.

The Oaks had a great start to the tournament as they faced the host team. FX Garneau was looking to win in front of the home crowd but NAIT took it to them. The Oaks made it clear that they were a team to watch out for with a dominating 6-2 win over a good FX Garneau squad. Zach Kaiser had three goals and was named player of the match.

Danny Desousa had two tallies and Joe Costouros added one.

The men returned to the pitch Friday to battle the Humber Hawks. The team from Ontario was unable to score against the Oaks as NAIT won the game with a 2-0 score. Montgomery Haines had both goals for the Oaks in the shutout. Mallan Roberts was awarded player of the game for his lockdown defensive play. The impressive win gave NAIT a spot in Saturday's championship game.

The most important match of the year was set. The NAIT Oaks were up against the Holland Hurricanes of Prince Edward Island with gold on the

line. It seemed fitting that the action packed tournament would conclude with a fantastic championship game. The match was a scoreless deadlock until Montgomery Haines tallied in the 70th minute. With the goal drought over, the Hurricanes answered with their own score a few minutes later. Regulation solved nothing and the championship match went into overtime. The 95th minute is when Haines decided to end the suspense. His goal gave NAIT their first national championship since 1987. The player of the game award went to the hero, Haines, as well as the tournament MVP award.

NAIT also took home a number of prestigious awards as Jeff Paulus was named a finalist for the CCAA men's coach of the year title. Kaiser, Roberts, Costouros, Haines and Brendon Black were all named to the tournament all-star team. Jose Acosta was also selected as a CCAA All-Canadian.

The men had a dominating 8-0-2 record in league. They kept striving forward and they won the ACAC title. Now they have capped off the season with the most prestigious title of all. This team has made our student body proud and will continue to have support as they look to repeat as champions next year. Thank you for the amazing season.

NATIONALS – WOMEN'S SOCCER

Second silver finish

The women's soccer team has been looking forward to the Canadian national collegiate tournament all year for a second chance to call themselves national champions and for the second year in a row, they came up just short.

The Oaks started off the tournament with a fantastic win Wednesday morning. It was a very competitive match with the Oaks scraping out a win by a final score of 3-2. The one-goal match set the tone for a very competitive national tournament. Leanne Kadatz continued her remarkable year with two goals and Kelly Tataryn chipped in the third. 1st year Kelsey Mitchell was given the player of the match award. After an important first win the girls had Thursday off and were looking ahead to the Humber Hawks.

Friday afternoon rolled around and the women were aware that a spot in the National Finals was on the line. In one of their most important games of the year the Oaks took it to the Hawks. The girls had momentum

and kept their opponents off the scoreboard. The dominating 4-0 win meant that the Oaks would once again be playing for the championship title. Leanne Kadatz had two tallies as her reputation as one of the best players in the country grew. Kelly Tataryn and Hamie Vriens had one goal each.

With the finals set, college soccer fans were left wondering if they were seeing déjà vu. For the second straight year the National title was going to be given to either the NAIT Oaks or FX Garneau. FX Garneau got the better of the Oaks in the 2010 final. It however was by the slimmest possible margin with the game being decided via a penalty shootout. The rivalry meant that both teams would have extra motivation to get their hands on the 2011 title.

This looked to be NAIT's tournament as Nicola Weber netted a goal in the 33rd minute. Unfortunately the one goal lead did not hold up, as the Quebec team would not be denied. FX Garneau tallied twice and for the first time all year the Oaks experienced a loss. Con-

gratulations are due to François-Xavier-Garneau Élans for winning the championship.

NAIT was on the receiving end of quite a few awards. Leanne Kadatz was named to the tournament all-star team and as a CCAA All-Canadian. Laura Kautz, Kelsey Mitchell and Kelly Tataryn were also named to the tournament all-star team. Sergio Teixeira was selected as the 2011 CCAA Women's soccer Coach of the Year.

Some people will say that a second place finish at Nationals is a let down for this Oaks team. Is going a perfect 10-0-0 in your league a let down? Is winning the ACAC title a let down? Is being ranked 1st in Canada for most of the year a letdown? The Women's soccer team has nothing to hang their heads about after second place finish at nationals. You ladies have blessed our student body with a fantastic season and we look ahead to more exciting soccer next year. On behalf of every NAIT student I would like you thank you for how you represent our school.

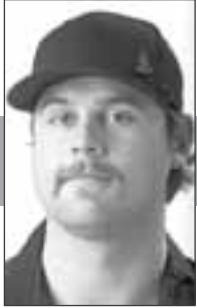


Photo by Dorothée Harvey

Oaks women celebrate a goal in Quebec City.



Four teams left ...



PATRICK KNOWLES
Sports Editor

And then there were four ... the CFL playoffs got underway this past weekend with the East and West semifinals being played. The eastern division game saw the defending Grey Cup champions from Montreal faced off against the 8-10 Hamilton Tiger-Cats. Over in the Western Conference, you had the battle of Alberta with the Edmonton Eskimos hosting the Calgary Stampeders.

The Eastern semifinal was the first of

the two games to be played on Sunday and this game can be summed up in one word – shootout.

Both teams had little trouble scoring the rock with the game being tied at the end of regulation at 44-44. This meant that the fans at the Big O in Montreal were treated to a little CFL overtime action. Hamilton got the ball on offence first, and, as it calls for in the CFL rule book, the ball was placed on the Montreal 35-yard line.

Hamilton was able to punch the ball into the end zone for a touchdown and another CFL rule calls for the team on offence to go for a two-point conversion and not just kick the one point convert. The Tiger-Cats were successful on their two-point conversion attempt, putting the pressure on the shoulders of CFL all-time passing leader Anthony Calvillo and his Alouettes offence. They came up short on third down and Hamilton got the big upset victory in Montreal.

In the West, Calgary got off to a quick start and took an early lead, but this all changed midway through the second quarter when Stampeders quarterback Blake Tate fumbled the ball and the Eskimos defence picked up the ball and ran it back for a touchdown. This changed the entire momentum of the game and it was all Eskimos from that point on. The Stamps tried to change the momentum at half time by putting in last year's most outstanding player, quarterback Henry Burris, but they were not able to overcome the lead that had been accumulated by Edmonton in the first half. Make the final 33-19 for the Eskimos.

So now the matchups have been set for the East and West finals.

We have the Hamilton Tiger-Cats going to Winnipeg to play the Blue Bombers and the Edmonton Eskimos head to Vancouver to play the hottest team in the league, the B.C. Lions.

Eastern Final

I look for this to be a very close and competitive game, with both teams' defences stepping up big and making it hard for the other team to get the rock into the end zone. This means this game will probably come down to the place kickers.

Prediction: Winnipeg 20, Hamilton 16

...

Western Final

I didn't like Edmonton's chances coming into this game to begin with, and now with their star running back Jerome Messam out for the rest of the season with a torn meniscus, I like their chances even less. But with that being said, the last time that the Lions hosted the West finals and Grey Cup in 2005, the Eskimos beat the Lions and went on to win the Grey Cup as well. Don't expect history to repeat itself.

Prediction:

B.C. 33, Edmonton 20

Plenty of blame to go around

By **DAVID ADOMAKO-ANSAH**

When fans and players of the National Basketball Association hear the names David Stern or Adam Silver, commissioner and deputy commissioner of the NBA, I can only imagine that rage ensues.

To sum up what has been going on since July, the 2011-2012 NBA season has been on hold due to the fact that NBA owners and members of the National Basketball Players Association cannot come to a deal that both sides can agree on. It's a numbers game.

One thing owners are looking for is \$800 million in salary cuts for the players as well as a 50/50 split of all revenue. Right now, players earn 57 per cent of all basketball related income (BRI). Derek Fischer, Los Angeles Lakers point guard and president of the NBPA and Billy Hunter, executive director of the players' union seem unwilling to take any offers thrown at them by Stern and Silver.

Originally, NBA owners were looking for a hard salary cap, instead of the soft one they currently have in place. The soft cap allows teams to exceed the salary cap set in place. Every season, the salary caps increase and with the many exceptions currently set in place, teams and players are well over the original cap that is set at the beginning of each year.

Some exceptions in place include the mid-level exception where teams are allowed to sign a player equal to the average player cap even if they are over the team's salary cap; the rookie exception, which lets teams

sign their first round picks even if there they've exceeded the cap; the Larry Bird exception, where free agents can earn the maximum player salary cap if said player has played for said team sometime three years prior. It's called the Larry Bird rule because the Boston Celtics were the first to do so back in the day. Other exceptions include the bi-annual, early bird, non-Bird, traded player, minimum salary and disabled player exceptions.

Stern, Silver and the owners are looking to get rid of all of these exceptions and have a hard cap like they do in the NHL. Contracts and player salaries are currently set by player seniority, with a hard cap – all that would end. Stern says the league lost \$1 billion last season. Twenty two of the 30 teams were reported to have lost money.

It's clear that neither side has listened to Jay-Z and Jermaine Dupri's hit song "Money Ain't A Thang." If they had, we would all be at local sports bars, in front of the TV, or streaming a game tonight. Instead, we sit here watching these negotiations, with Stern's last proposal being a 72-game season starting

Dec. 15, as expressed through his and Silver's Twitter Q&A session Sunday afternoon. Philadelphia 76ers centre Spencer Hawes and Miami Heat guard Dwayne Wade took advantage by tweeting questions as well. Players have already agreed to a seven per cent cut in the revenue they received last year, bringing them down to 50 per cent and about \$300 million.



Like I said, this is a numbers game. It's been 140-plus days since negotiations began and, as a fan, I could now care less about who gets what. I would like to see some NBA basketball. Right. Now. I can no longer tell which side is playing Superman and Batman and who the evil Lex Luthor and The Joker is. I could care less which side is David

and which is Goliath. Come to some sort of agreement so that I can watch Amare Stoudemire and the Knicks play in the newly renovated Madison Square Gardens. Owners and players, work something out so I don't have to see Blake Griffin and Dwight Howard doing commercials for KIA Motors and *MW3: Call of Duty*.

Athletes of the week

November 7-13

Leanne Kadatz
Soccer



Leanne capped off an amazing season this past week at the CCAA Soccer Championships in Quebec City by leading her team to its second consecutive Nationals silver medal. She was selected as the ACAC women's soccer Player of the Year and a CCAA All-Canadian at the Championships. She led the Nationals in scoring with four goals in three games, scoring two goals in the Oaks' opening 3-2 victory over Ahuntsic and then netted another two goals in the team's 4-0 victory over Humber. "Leanne was fantastic this week, scoring some incredible goals," said head coach Sergio Teixeira. "She had an amazing season for our team." Leanne is a second-year player in the Animal Health Technology program and is from Edmonton.

Montgomery Haines
Soccer



At the CCAA National Soccer Championships in Quebec City, a star was born for the NAIT Oaks men's soccer team. Montgomery Haines came off the bench to score four goals in the team's final two games, leading the team to the 2011 CCAA National Championship and a gold medal. Haines scored the only goals in the team's 2-0 victory over Humber, and as if that wasn't enough, he then scored both goals in the team's 2-1 victory over Holland in the championship game. He was named a CCAA Nationals All-Star and was selected tournament MVP. "Monty has had a difficult year with injuries but certainly was recruited to score goals," said head coach Jeff Paulus. "It was great to see him healthy, enjoying the game and of course scoring our last four goals of the tournament to give us the gold medal." Monty is a first-year Academic Upgrading student from Beaumont.



CFR puts on a show



By MIKE MARSHALL

His legacy is rodeo and cowboy is his name.

— Baxter Black

Since 1974, Edmonton has hosted the Canadian Finals Rodeo, the penultimate championship for the Canadian Professional Rodeo Association (CPRA). The 2011 edition featured five nights and six performances from the best of the best on the circuit.

The CFR only allows the top 12 cowboys and cowgirls to compete for the title of Canadian champion in their respective events. Each event represents a different job that had to be done in the days of wild horses and homesteading, be it breaking in a wild bronco, roping and doctoring a sick calf or steer, or wrestling down a stray; the CFR allows us all to taste a bit of the old West and what better way than to see it done right by the cream of the crop.

Day 1

The first performance kicked off with a bang (quite literally, the pyro will make you spill your beer if you're not paying attention) In the bareback event, Dustin McPhee proved why he deserved to be at the finals, scoring an 83.5 and taking home a cool \$11,000 for his eight seconds of work. Turning to the saddle bronc, Chet Johnson of Gillette, Wyoming decided to show the Canadian boys how to handle a snorting mare, scoring an 84. The stock this night was especially good with some hard buckers.

When it comes to steer wrestling there are two families who seem to have a stranglehold on the event, the Milan brothers and the Cassidy brothers.

On this night it was the Milans' turn to shine, with Straws Milan putting up a quick 3.6 seconds. To put that into perspective, he jumped off a horse running at full speed and pinned a steer down completely on its side in less than four seconds. Who

says these guys aren't professional athletes?

Turning to the ladies side of the show, Lindsey Sears of Nanton finished the cloverleaf around the barrels at 14.58 seconds, well enough for first place.

The event that seems to attract the most fans to the rodeo is the bull riding. The riders came out especially strong to start off, with 11 of 12 completing a ride for a score. In the end it was Devon Mezei of Scandia who took home the crown of go-round winner with a score of 87.

On a side note, Blake Schlosser was awarded Cowboy of the Year from the CPRA. Blake is a legendary pickup man for the circuit and I can think of no better honour for him as he retires. Congratulations, Blake.

Day 2

Thursday night's show started off with a performance from country music star Blake Shelton, who was more than happy to report to the audience, "I've been drinking a bit."

Dusty LaValley, however, probably was not drinking. The tall cowboy from Crooked Creek came flying out of the chute in the bareback and spurred his way to an 86.75 to win the go-round.

In the saddle bronc, after winning the go-round the night before, Chet Johnson dropped to third after Taos Muncy showed how to break a horse with a solid 83.75. Rylan Geiger came in second with an 80.75

Turning to calf roping, Tyson Durfey was the man of the hour with a time of 7.6, pocketing just under \$11,000.

The steer wrestling was tighter than a steel drum this night, with first and third place separated by two-tenths of a second. In the end it would be Rowdy Hays taking the go-round with a time of 3.9.

Onto the bull riding, where Chad Besplug outlasted the

horned menace, getting an 86 from the judges and the loudest ovation of the night from the fans.

Day 3

Day 3 was also Remembrance Day and the opening ceremonies reflected that. Featuring the Princess Patricia's Canadian Light Infantry, a small service was held before the events began in honour of the fallen. It was quite touching to watch and really reflected the cowboy spirit of brotherhood.

In bareback, LaValley proved that the night before was no fluke by spurring his way to a beautiful ride and a score of 87.75. With two go round wins, LaValley put himself in position to pull away from the pack for the Canadian Championship.

Geiger was looking for a way to move up from his second-place finish the night before, and he found it this night. He rode a big bad bronc to an 86.25 score and took first place on the night in the saddle bronc.

Turning to steer wrestling, the Cassidy brothers decided to truly shock the crowd. First, Curtis Cassidy pulled out an incredible time of 3.2, one-tenth of a second off the record at Rexall. A few riders later, brother Cody stepped up to the barrier ... and pulled off the exact same time of 3.2. The brothers shared first prize and a hearty applause from the crowd.

More bull riding, more Chad Besplug. The Claresholm cowboy took his second consecutive go-round with a beauty of a ride and an 89.00.

Day 4 (1 p.m. and 7 p.m. shows)

The fourth day was one that separated the men from the boys. You might be able to play double-headers in baseball, but in the world of pro rodeo you're going to have a lot more wear and tear.

LaValley put his CFR into high gear, winning his third go-round in a row by the skin of his teeth, his 85.75 beating out Luke Creasy by a quarter of a point. In the evening performance, however, he was bested by Jake Vold, who rode his way to an 86.

On to the steer wrestling, where Cody Cassidy decided to show all the boys how he makes his paycheques. A 3.8 in the matinee and the afternoon threw him into the spotlight as a favourite to win the buckle.

Checking back in with the saddle bronc, Kyle Thomson awoke from the bottom of the standings with an 82.5 in the matinee, but his glory was short lived as Geiger stepped back up to the plate and posted an 85.25 in the evening.

Checking back in with the ladies, Gaylene Buff picked up the fastest lap time in the matinee barrels at 14.625. The great Lisa Lockhart took over in the evening, posting a time of 14.310.

Saturday, Brahma bulls were exciting. Taking the go-round in the matinee was Denton Edge with a ride scored at 87.50. Come Saturday night, however, it was all Tanner Girltetz with the Cereal, Alberta cowboy winning the go-round with a score of 87.50.

Day 5 (Championship Sunday)

After numerous months of touring the Prairies, many injuries, many dollars spent and all other sorts of blood, sweat and tears, the entire rodeo season came down to this: championship Sunday.

In the bareback championships, Kyle Bowers won his first go-round of the rodeo and picked up \$11,000. However, nobody was going to touch LaValley, as he picked up the Canadian bareback championship.

In the saddle bronc finals, Taos Muncy capped off a CFR in style, winning the go-round and the buckle as Canadian Saddle Bronc champion.

Steer wrestling was next. Hays was going to make Cody Cassidy sweat a bit with a 3.5 go-round win but Cody had the buckle in the bag after all the cash earned was counted.

And so it came to the bull riding. Girltetz decided that enough was enough, pulled up his boots and won the final go-round with an 87.25, putting him just ahead of Chad Besplug for the Canadian bull riding championship.

Other champions:

Tyson Durfey – Tie-down Roping
Turla Churchill – Barrel Racing
Levi Simpson – Team roping header
Tyrel Flewelling – Team roping heeler.

For the rest of the competitors, it will be a long winter thinking about the next rodeo season.



Photo by Angela Moberg

The bucking was top notch at the Canadian Finals Rodeo.



Serge Lajoie
‘Getting there’

MEN’S HOCKEY

Ooks sweep Briercrest

By **AVRY LEWIS-McDOUGALL**

Our hockey men’s Ooks marked up two big wins this week over Briercrest. The first game was a dominating 4-0, the second one a furious back and forth, which ended in a 6-5 score for NAIT.

Liam Darragh, Brendan Volcan and Jiri Prochazka did all the scoring on Friday (two goals for Jiri) and Steele Boomer contributed three assists in the game. The Clippers couldn’t withstand the assault from NAIT and the game ended 4-0.

Saturday was less of a domination on the part of NAIT. The Briercrest Clippers tried their hardest to make the weekend series 1-1 but goals from Boomer, Prochazka and Kjell Reid made the game a NAIT win, 6-5 over the Clippers.

The Ooks are 7-3-1 this season in the ACAC

standings, and are playing solid hockey. Head coach Serge Lajoie says that it’s still not good enough.

“We don’t want to let up on any teams in games,” said Lajoie, after the contest on Saturday.

The team almost gave a win to Briercrest on Saturday but managed to keep it together.

“We did good things this weekend and the team is getting there,” said Lajoie.

Boomer, former member of the Kootenay Ice, has been a fantastic addition to the Ooks as he leads the club in scoring with 13 points – four goals (three of them power play goals) and nine assists.

Up next for the men is a home series versus the Portage Voyageurs (4-6-1, 10 points) next weekend.

“They’re not a team we want to take lightly,”

said Lajoie. Portage is right behind the Ooks in the ACAC standings and the coach doesn’t want to let the games get as close as Saturday’s contest versus the Clippers.

Ooks goalie Graeme Harrington has been phenomenal in the NAIT net as the starting goalie this season. He’s got a 4-0-1 record with a 2.4 goals-against average.

We’re coming up on the halfway point of the season and the men are sitting fourth in the ACAC standings. Mount Royal, SAIT and Augustana are sitting well ahead of NAIT, but we still have the rest of the season ahead of us.

Best of luck to the NAIT men’s hockey team in their series against Portage on Friday, which will be played at the NAIT arena at 7 p.m.

WOMEN’S HOCKEY

First place tie for women

By **EVAN DEGENHARDT**

The NAIT women’s hockey team was in action against the Red Deer Queens on the weekend in a home-and-home series. The Ooks were coming into the weekend locked in a three-way tie for first place in the ACAC and were looking for two big wins to gain sole possession of first place. However, the Ooks were starting out on the road and knew they would be facing a tough Red Deer squad.

The Ooks started off Thursday night’s game a little slowly. Still, they were persistent and forward Danielle Brown scored a goal with just

under a minute left to play in the first, putting The Ooks up 1-0. Red Deer stormed back in the second period and competed hard to tie the game at 1-1. However, around the midway point of the second period, RDC found themselves in some penalty trouble. NAIT’s powerplay took over at this point in the game, capitalizing on their opportunities and scored three powerplay goals to finish off the second period with a lead of 4-1.

NAIT faced a similar situation during last weekend’s game against SAIT. They had a three-goal lead but ended up losing 5-4. Knowing this, the Ooks could not get complacent against a determined Red Deer team. That being said, Red Deer scored two goals in the third period and fought their way back to within one goal. The Ooks held on to their lead though, and the game finished with NAIT logging a 4-3 win.

A notable player of the game for NAIT was captain Danielle Brown, who currently sits atop the ACAC as the league’s leading scorer.

On Friday evening, both teams headed back to the NAIT arena for their second game. The Ooks were anticipating a determined and hungry Red Deer team.

The first period started off with both teams playing defensively. Goaltenders Jill Diachuk of NAIT and Camille Trautman of Red Deer played exceptionally well. After the first period, there were no goals on the board.

The defensive stalemate was broken early in the second period as Ooks forward Michelle Pochapsky scored the game’s first goal. The rest of the period was marked by penalty trouble for both teams. Red Deer went on a five-on-three powerplay for over a minute and a half, but great shot blocking and excellent goaltending kept the visitors off the board.

NAIT built on this momentum and Pochapsky scored another goal midway through the second period to put the Ooks up by two. However, the Ooks found themselves in some penalty trouble again and this time Red Deer capitalized on the opportunity. The Queens put themselves on the scoreboard with a powerplay goal from Nikki Connor. After two periods, the score was 2-1 and both teams knew they would have to put everything on the line in the third.

The third period proved to be another defensive battle. Red Deer pressured NAIT and kept up the attack. But the Ooks weathered the

storm and maintained the one goal lead until the final whistle. The final score was 2-1 for the Ooks.

Throughout the game, NAIT was riddled with penalty trouble but their penalty kill proved to be a key factor in the game. Coach Deanna Iwanicka spoke of her team’s ability to remain resilient in pressure situations.

“The penalty kill has been one of our strong points all season. We’ve stuck to what we have been doing and our team killed off basically a two minute five-on-three. It was a big momentum shift in the game. I don’t have any complaints there.”

With the wins, the Ooks now sit tied with Mount Royal for first place in the ACAC with 10 points each.



Deanna Iwanicka
Strong on penalty kill



Photo by Chad Steeves

LAYING UP

NAIT Ouk Brock McMillan drives for the basket against the Lethbridge Kodiaks at the NAIT gym on Saturday Nov. 12. The Ooks won 95-64.

Athlete Profile



Player: Kelsey Bleier
Sport: Volleyball
Position: Setter
Program: Bus. Admin./Finance
Age: 21

By MIKE JONES
How long have you been playing volleyball? - A long time. Since as long as I can remember.
Do you play any other sports? - I played softball but I had to quit for volleyball.
What did you do before you came to NAIT? - I was at Red Deer College playing on the softball and volleyball teams.
What made you want to come to NAIT? - I came for the Business program.
How hard is it balancing school and volleyball? - This year in particular has been hard. It's always a long season because volleyball goes until February.
What do you do to unwind after a game? - I always go over the game in my head and try to see what I did well and where I need to improve.
What is your pre-game meal like? - It's never anything in particular. Just whatever I'm craving.
Do you have a sports hero? - I don't have just one really but I guess I would say I aspire to be like Gretzky.
What music do you or your team usually listen to before a game to pump you up?

- Top 40, mostly. This year it's been a lot of LMFAO's "Sexy and I Know It" and Maroon 5's "Moves Like Jagger."
What goals do you have for yourself or your team this year? - I want to win provincials and hopefully go to nationals.
Do you have a favourite school to play against? - MacEwan. It's always a good game against them, even though I hate playing them because we always play them. We have a good rivalry, though.
With new players rotating in and out every year, how do you bond with your teammates? - It's mostly off the court. Who you see in the team's room or the gym is usually whoever you are going to bond with the most. We actually had a team scavenger hunt at West Edmonton Mall this year. That was a lot of fun.
Do you have a favourite position? - I always play setter but I have played right side before, too.
What's your favourite thing about NAIT? - I'd say the diversity of the programs in the school. Lots of the girls are in programs like Business and Photography but we have a girl from carpentry, too.
Gatorade or Powerade? - Gatorade. Anything but grape, though.



Photo by Laura Dettling

TUSSLE FOR THE BALL
NAIT Ook Josephine Peacock (7) fights for possession during a home game against Mount Royal on Friday Nov. 11. NAIT lost 65-53.

ACAC Standings

Table with 10 columns: Team, GP, W, RW, L, OTL, TIE, GF, GA, Pts. Includes Men's Hockey, Women's Hockey, and Results sections.

Table with 10 columns: Team, G, W, L, Pts, PF, PA. Includes Men's Basketball, Women's Basketball, and Results sections.

Table with 10 columns: Team, G, W, L, Pts, PF, PA. Includes South Division, Men's Volleyball, and Results sections.

Table with 10 columns: DIV, Team, MP, MW, ML, GW, GL, Pts. Includes Women's Volleyball and Results sections.

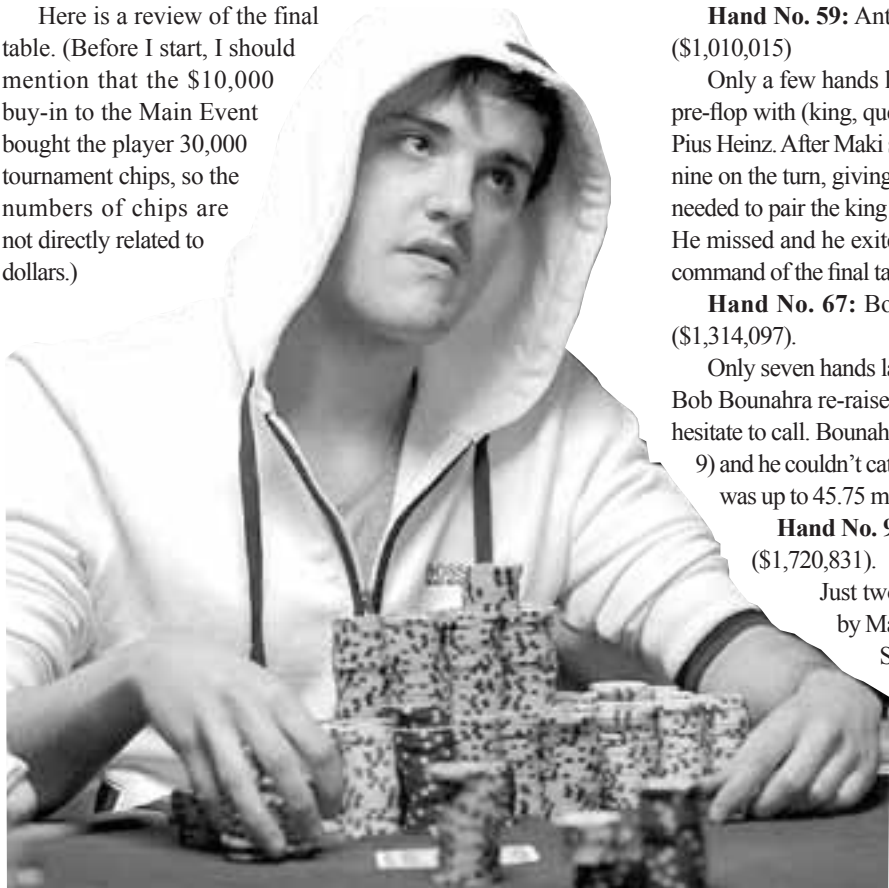
Pius Heinz wins it all



By NICK BERRY

The final table of the World Series of Poker was guaranteed to be a little different than past Main Events. It would still be held in the Rio's Penn and Teller Theater but this year there were no monster stacks and uniquely, there were no stacks on life support that just sneaked into the final table.

Here is a review of the final table. (Before I start, I should mention that the \$10,000 buy-in to the Main Event bought the player 30,000 tournament chips, so the numbers of chips are not directly related to dollars.)



Pius Heinz
\$8.7 million richer

Hand No. 51: Sam Holden eliminated in ninth place (\$782,115)

Sam Holden was the short stack coming in and despite there being a fair amount of play, he was the first to fall. He got all his chips in with (ace, jack) but couldn't spike on Ben Lamb's (ace, king) and Sam Holden was eliminated in ninth place while Lamb moved to 34.4 million in chips.

Hand No. 59: Anton Makiievskyi eliminated in eighth place (\$1,010,015)

Only a few hands later, Anton Makiievskyi got all his chips in pre-flop with (king, queen) and was called by the pair of (nines) by Pius Heinz. After Maki spiked a King on the flop, Heinz hit a two-out, nine on the turn, giving Heinz the full house, and now Makiievskyi needed to pair the king or jack to make the best hand and stay alive. He missed and he exited in eighth position and Heinz moved into command of the final table with 61 million chips and the chip lead.

Hand No. 67: Bob Bounahra eliminated in seventh place (\$1,314,097).

Only seven hands later, Martin Staszko raised to 1.7 million and Bob Bounahra re-raised all in for 4.475 million and Staszko didn't hesitate to call. Bounahra was behind with (ace, 5) to Staszko's (ace, 9) and he couldn't catch up. He exited in seventh place and Staszko was up to 45.75 million in chips.

Hand No. 99: Eoghan O'Dea eliminated in sixth place (\$1,720,831).

Just two hands later, O'Dea shoved and was called by Martin Staszko. His (queen, 6) couldn't spike on Staszko's pair of eights and O'Dea was out in sixth and Staszko moved up to 41 million.

Hand No. 100: Phil Collins eliminated in fifth place (\$2,269,599)

Only one hand later and Phil Collins was the last one to act, and shoved all-in for 18.3 million. When it came back around to the Heinz, he took about a minute to make sure, then called with his monster stack to put Collins at risk for his tournament life. He

was racing his (ace, seven) against Heinz's nines and despite picking up some outs on the turn, Collins wasn't able to hit and hit the rail in fifth place. Heinz added to his chip lead with over 89 million and looked primed to make it to Tuesday's final three.

Hand No. 178: Matt Giannetti eliminated in fourth place (\$3,012,700).

Giannetti doubled his stack once but was unable to do it again and after he had the button and moved all in for 12 million, Ben Lamb made the call. Lamb woke up with a pair of Kings and Giannetti could not spike his ace and he was out in fourth place.

Hand No. 182: Ben Lamb eliminated in third place (\$4,021,138).

After Heinz folded, Ben Lamb raised all in for 10.9 million. Martin Staszko woke up with a pair of jacks and Ben Lamb's (queen, six) couldn't hit to keep Lamb alive. Lamb won the WSOP Player of the year award and with this cash he will total over \$5.7 million at this year's World Series, which I'm sure he'll take. Staszko moved into the chip lead going into heads up with 117 million to Heinz's

Head up Pius Heinz vs. Martin Staszko – Final Two

With that, the winner of 2011 World Series of Poker Main Event Champion would be from Europe. It was down to the Czech, Staszko, who came into the final table with the chip lead over Heinz, the uber-aggressive young German.

After nearly 120 hands of heads-up play and the chip lead changing hands several times, over the course of the duel, Heinz was by far the more aggressive player. He kept constant pressure on Staszko in order to chip away after falling behind.

Then after a few raises pre-flop, Heinz shoved all-in with just ace high and Staszko called with a flush draw to put Heinz at risk if he won. Staszko missed and Heinz doubled up into the huge chip lead. Only a few hands after that the last hand was dealt and when Staszko's hand could not improve he had to settle for the \$5-million second prize. Heinz became the first-ever WSOP Main Event champion from Germany and earned himself \$8,715,638 in prize money. He's also going to be rocking the most coveted prize in all of poker, the WSOP Main Event bracelet. Congratulations to Pius Heinz!



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ENTERTAINMENT

A new monster in town



SPOTLIGHT ON ...

NATASCHA BRUHIN
Entertainment Editor

Whether you like it or not, you have to acknowledge that the popularity of vampires in pop culture has been insane for the last few years. We have vampires showing up in movies (*The Twilight* series, the *Underworld* series), TV shows (*The Vampire Diaries*, *True Blood*) and let's not forget that before these franchises, there were Anne Rice's vampire books and *Buffy the Vampire Slayer*.

This past Halloween, there were about a dozen variations of 'vampire' from Edward of the *Twilight* series, to classic Dracula. Up until this year, vampire mania was at its highest blood level (pun fully intended); then another classic monster icon showed up on the scene.

Yes, the decaying, limping, terrifying yet pathetic undead creature that is the zombie is rapidly taking over as the resident popular mon-

ster in the entertainment world and I can't deny it: I love it. I love zombies! While they may not possess that deadly seduction technique that makes us all fall for vampires and admitting to crushing on a zombie will get you a few side-glances, their passionate and relentless quest for 'food' is endearing.

OK, so in actuality, it would be highly terrifying having a zombie come after you but when you're safe on your couch watching someone else run for their life on the TV screen, it's the best entertainment around. Hollywood has noticed, what with the steady increase in zombie entertainment over the years. There have been movies such as *Zombieland*, *Dawn of the Dead* and the *Resident Evil* series, as well as the game *Left 4 Dead*, but nothing has been more popular and successful than the AMC basic cable TV show, *The Walking Dead*.

Since debuting last fall, *The Walking Dead* has gained a massive fan base with over seven million people regularly tuning in to watch the show. The show chronicles life after a zombie apocalypse, focusing on a group of survivors lead by Deputy Sheriff Rick Grimes. The show features in-depth character development and excellent storylines that keep fans eagerly coming back each week.

With such steady popularity, AMC announced plans a few weeks ago to bring the show back for a third season when only two episodes into its second season.



gniteme.co

Zombies are everywhere in popular entertainment these days.

Hearing of AMC's success with the subject of zombies, the CW has announced its plans to develop a zombie-themed show as well. Tentatively titled *Awakening*, the show will be a zombie survival drama featuring two sisters as they try their best to stay alive in a world filled with the undead.

The question remains however: Will zombies drive vampires back into their coffins? Or will yet another classic monster drive out both of these undead creatures in the long run? I guess it all comes down to the general public's current

interests. Will the tweens' love for everything Edward Cullen outweigh the adults' (OK, my) infatuation for Deputy Sheriff Grimes?

Do you prefer vampires or zombies? Or how about ghouls, witches, mummies or werewolves? Let us know your opinion in the paper's weekly Grapevines! Write in at grapevines@nait.ca!

As well, if you had a boyfriend or girlfriend recently make a remark so absurd or insulting that you thought, "WTF?!" spill to us at entertain@nait.ca and we'll post your quote in an upcoming article!



...need help?



MIXOLOGY

Tues. Nov. 29

5:00 pm - 8:00 pm @ the Nest

Free admission, space is very limited. Sign up online at naitsa.ca/howto; at the NAITSA offices (e-131), or at the Nest.



FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape ...



By ALI MAGEE

The winter season is approaching and with the busy schedules of finishing final exams mixed with working, Christmas shopping and visiting family are quickly approaching! Although you will be feeling beyond worn out by the time you get to take a break from classes, it's important to try to keep your energy levels high to make it through the last few weeks. This playlist is full of upbeat and energetic songs; whether you use them to wake you up during the morning, get you pumped on your way to school or keep you awake while you study is up to

you! Music is an awesome way to keep spirits high and the fast rhythms of these songs are sure to keep your energy levels full!

1. Rihanna
– We Found Love
2. Beach Boys
– Wouldn't it be Nice
3. Coldplay – Paradise
4. Red Hot Chili Peppers
– Can't Stop
5. The Killers
– Somebody Told Me
6. The Verve



- Bitter Sweet Symphony
- 7. Justin Bieber – Baby
- 8. Outkast – Hey Ya
- 9. CSS
– Music is my Hot Hot
- 10. Selena Gomez
– Love You Like a Love Song
- 11. Barenaked Ladies
– One Week
- 12. Prince – 1999
- 13. Black Eyed Peas
– I've Got a Feeling
- 14. Jackson 5 – ABC
- 15. Eric Prydz – Call On Me

VIRAL VIDEO OF THE WEEK

Cute, win, fail

By STEVEN DYER

So we've seen a lot of cute animal viral videos all over YouTube, but I'm getting tired of looking for epic videos, so I found some videos that just tell me which ones are "epic wins." "Cute, win, fail!" is a video series by Tobuscus that showcases three videos each week. One is cute, one is a win and the last is a fail. Then we get to vote on which is the most epic video of the week! How great is that? It's an epic win.

Last week for cute we had an adorable baby trying to talk and then the camera went dark. When we came back the baby had an epic wizard face!

Now when you combine a camera with an overly

big balloon, the results are almost always going to be bad ... for the people involved, at least. That's what we have this time, an epic big balloon fail!

Lastly the win of the week ... Well, I'm not going to spoil it for you but it involves a surfboard, the ocean and ... a puppy? Well, we know it's not a fail, so it's got to be good!

So after hearing about wizard baby cute, big balloon fail and the mysterious win, how could you not want to go to <http://www.youtube.com/user/Tobuscus#p/u/1/0Bu0VmHJXUM> and watch all of the awesomeness?

And don't forget, "do do, do do do do do do subscribe."



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- HP Centre
- Engineering Annex

And, attend our information session from 11:30am to 1:30pm at the Shaw Theatre.

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Jo Thrillz right at home

By MIKE MacMULLIN

Jo Thrillz, a local hip-hop artist on the rise with a very “goony” background, releases a new mixtape today, which will be made available for free download online.

Where did he come up with his name, what’s so “goony” about his background and who exactly is this Jo Thrillz?

Ontario-born Joel Vaillancourt, 21, moved to Edmonton in 1996 when he was six years old. His mom was in the military and the travelling he did eventually brought him to the City of Champions. He spent grades one to nine at the military base.

“Edmonton is definitely my home,” Thrillz proudly declares.

A turning point in Jo Thrillz’s life was in Grade 6, when he went to a yard sale where a man was getting rid of all of his old CDs for 25 cents apiece. Joel bought as many albums as he could and walked away with some Wu Tang, Notorious B.I.G., Nas and more. He really enjoyed Wu Tang’s music, and was really attracted to the hip-hop beats. Soon, he began to freestyle and rap on his own.

Jo Thrillz’s musical inspirations include famous rapper Nas. “I’ve listened to Illmatic so many times and that album just really speaks to me,” he said.

If Jo Thrillz could work with any artist, he says it would be Drake, because he “continues to just get better and better as he continues to fall into his own style and he’s amazing.”

One thing that separates Jo Thrillz from a lot of other people interested in hip-hop is that he is really up to date with the local scene. He’s always searching for new talent and pays attention to hip-hop artists in Edmonton, and Canada as a whole. Music isn’t just a job to Jo Thrillz – it’s a lifestyle.

“My iPod ... I know where that is more than my phone!” says Jo Thrillz.

When Thrillz first started out at age 13, he recorded himself on a cassette player with a cheap MIDI keyboard that came pre-loaded with its own hip-hop beats. His style back then was much dif-

ferent as well. When he was listening to artists like Wu Tang, it was reflected by his music. He rapped about living in the ghettos and having a hard life, when really, he wasn’t living it. As Thrillz got older, he chose to follow a truer representation of himself.

Recently, Jo Thrillz found an old cassette with him rapping over it, and it brought back memories.

“It’s funny to hear that – how I’ve evolved as an artist ...” he adds, laughing. “I’m glad that stuff didn’t get out.”

When Thrillz was in high school, he used to be heavy into videogames, as any normal teenage boy would be. His game name was “JO3L”, with the “3” replacing the “E” in his name. One day he accidentally put a “Z” at the end and tried to sound it out. “Jo Three L’s” quickly turned into Jo Thrillz and the name stuck.

It wasn’t until 2006 that Thrillz went online with his work. At first, he made a lot of comedy videos and vlogs on YouTube, and then he did parody raps. People enjoyed the songs. Viewers thought he could actually put a flow together, which led to questions about why he wasn’t making “real” raps.

After a while, Thrillz put together some original rap videos and people really went for them. One factor that really helped him along is the amount of confidence he had. Thrillz has always been outgoing and liked to be the centre of atten-

tion. He loves to perform.

“The reason I’m so confident today is 100 per cent my mom,” Thrillz says. “She’s always had faith in whatever I do and has always pushed me in the right direction.”

Jo Thrillz has done nothing but move forward. Recently on his YouTube channel, MrJoThrillz, he

has been making more serious rap videos and doesn’t see himself returning to his old ways.

“It was fun while it lasted, but it was in a different stage of my life ... I’m always gonna be a funny guy and make jokes and stuff but my No. 1 priority right now is music.”

Thursday, Nov. 17 is the release of his first ever mixtape, titled *The Gooniest*. It includes songs that have been heard on YouTube, such as “Never Know,” “Crazy,” “Feeling Like This,” and “Gucci Gucci (Remix).” But more important, there are a lot more songs that

you have never heard before.

The album is inspired by goony. Thrillz defines goony as “partying, but being yourself, being unique, using the slang we use and, you know, just going crazy! And that’s really what I am. I’m goony – I’m the gooniest!”

Goon, which has no direct relationship to The Goonies other than the mixtape’s font style, is the central theme of the mix tape. It has a large var-

ity of songs and emotions within, and there are a lot of songs that you wouldn’t think to be on this mixtape, but they are, and they fit in well.

“I think if you pop it in, you’ll know why it’s called *The Gooniest*,” says Thrillz.

If Jo Thrillz had to pick a favourite song on his mixtape, it would be “Welcome To My World.”

“Lyrically, it’s on the next level compared to some of my others ... the beat’s really crazy.”

There will also be another song, called “I Love It,” that will feature friend and producer J Dats. A few of Joel’s songs have original beats produced by J Dats. Other than the help from his friends in the studio, he recorded this mixtape on his own. The whole mixtape was recorded at Music Box Studios.

Thrillz sees an album coming in the near future. He is going to the A&R Power Summit in New York this December to meet with three A&Rs from three different labels and show them a demo he’s created to get a chance to record with a major label.

“G-Unit is going to be there, Universal Records, Island Def Jam ... a lot of major labels.”

Jo Thrillz has performed live, but not lately, because of the time involved in making *The Gooniest*. Thrillz used to be in a band called The Dow Jonez, who were an electronic-dance group. They played at a lot of bars and even opened up for LMFAO in British Columbia. However the band wasn’t going in the direction he wanted and they split up a few months ago.

Now that his mixtape is released, Thrillz is going to be pushing heavily for performances and maybe even a tour.

“I have no idea what that would entail, but that is the goal – to eventually tour and do the whole music thing because that’s what I’m really focused on right now,” says Thrillz.

The Gooniest will be available for download at jothrillz.com on Nov. 17.

“Just listen to it, give it a chance. I promise you’ll find something in it you wouldn’t have expected to hear.”



Joel Vaillancourt, AKA Jo Thrillz

PAINTING WITH ELLA

Album release set

By CHRISTINE VU
Assistant Issues Editor

After forming in 2008, Edmonton based acoustic folk band Painting With Ella will be releasing its first full length album on Saturday Nov. 19 at The ARTery.

Band members Emily Guthrie, Jaclyn Turville and Robyn Newman-Wilson say it has been a long time coming.

“It’s exciting. It’s been a big part of our lives for the last few months so it feels good to finally be releasing the album,” says Turville.

The trio, who met while attending Victoria School of the Arts, started recording their album entitled *One Lost Kite* nearly a year ago but some of the songs date as far back as four years ago when the band first started.

“It’s a good mix. There are songs that we put together quite recently for the album and some songs are ones that we’ve been performing as a band for a long time,” Turville explains.

All 15 songs on the album are originally written and composed by Painting With Ella. Newman-Wilson did all the artwork for the album. The title for the album came together after many brainstorming sessions. They wanted the title to properly represent what the album means as a whole.

“We put together what all the songs meant to us and we found the most common thing between them all,” says Newman-Wilson.

Guthrie adds, “insecurity ...”

Turville notes, “being alone ...”

And with finality Newman-Wilson says, “being adrift.”

Turville explains further: “We thought the image of one lost kite was symbolic of our feelings of being insignificant.”

The album not only reveals their growth as young adults in general but as song writers as well.

“For me personally, when I first began writing songs it was a lot more simple compared to how I write now,” said Guthrie. “We also learn from each other.”

Turville agrees.

“I think that’s one of the best parts about being in a band; we get to bounce ideas off each other,” she said.

Of the 15 tracks only one song, “Cardboard Room,” was written collaboratively among the three.

“It’s about someone we all had in common ... just an incident,” says Newman-Wilson, as her bandmates burst out laughing. “We all decided to write about that since we had common ground.”

Now that recording an album can be ticked off their to do list, writing more songs together (under different circumstances, of course) and one day playing at Edmonton’s very own Folk Fest have been added.

Tickets for the album release and all-ages show can be purchased online at yeglive.ca or in person at Blackbyrd Myoozik.



Supplied photo

Painting With Ella members from the top: Emily Guthrie, Robyn Newman-Wilson and Jaclyn Turville.



Eight steps to good health

By ANNA MacLEOD

The end of days is upon us!

Oh, wait, nope. I just meant cold and flu season – but still, that isn't an awesome prospect.

The lifestyle habits of students (read: drinking, minimal sleep, unbalanced diet and stress) are draining on the ol' immune system, so here are some tips to keep you rosy-cheeked and healthy.

1. Sleep. Um, doi (that's what the kids say these days, right?). Anyways, that's an obvious one ... but just because it's obvious doesn't mean you're doing it. Whilst we slumber, our bodies secrete melatonin – a chemical that has been linked to restoring immune system function. If you don't sleep, you don't secrete ... at least, that's what my mom always said.

2. Drink water. Dehydration causes your body stress. Hell, it causes me stress – I worry about you. Sugary and caffeinated beverages can suppress immune-system function, not to mention cause weight gain and dehydration.

3. Eat as much garlic as you can stand. Or, just take it in pill form. Either way, allicin, an organosulphur compound found in garlic, has been shown to have antimicrobial properties. If that isn't enough to sell you, garlic also helps to support two important cells of the immune system: T-lymphocytes and macrophages. Bam. Lawyered.

4. Zinc: Take it. You may or may not have noticed, but most "immune-support" vitamins

these days have Zinc in them. It's the new echinacea and for good reason – it helps to prevent a weakened immune system. There's a ton of research. I read some. It's boring. Just trust me.

5. Exercise ... at least a little. While no studies have conclusively shown exercise to magically fight off colds or whatever, they have shown that exercise reduces stress. If you recall, stress weakens the body's immune system. So I think we can safely conclude that moderate exercise helps to support a healthy immune system.

6. Add a little vitamin D to your life. Harkening back to that "stress" business, the limited sun exposure – and therefore limited vitamin D – during the winter can cause your mood and energy to fluctuate. What a drag. Not only that, but vitamin D helps to activate those aforementioned T-cells and regulate immune function in general. Lucky for you, more and more vitamin brands are carrying "C and D" complexes.

7. Do it. Sex-wise, I mean. Having sex once or twice a week has been linked with higher levels of immunoglobulin A, an antibody

that can help to protect you from colds and other infections. Fun!

8. Wash your hands. A lot. Other people are

gross and leaky. Insane paranoia aside, experts do tout hand washing as the first line of defence against colds and the flu.



sdiel.com

Unlikely cartoonist hits big time

By MIKE BASTIEN
The Capilano Courier
(Capilano University)

VANCOUVER (CUP) – One of Kate Beaton's first comics was a crudely drawn doodle done on MS paint with a headline of, "Whoops I am a lady on the Internet," featuring her as a stick figure in front of a laptop reading, "hey I think ur sexi I like ur comixs I think I am stalking u I hope that's ok???" on the screen of her computer.

Now, with her new book *Hark! A Vagrant* on the top of the *New York Times* bestseller list for hardcover graphic novels, there's no "whoops" about it. Combining art, wit, history and eventually shedding the MS paint for hand-drawn comics, Kate Beaton has taken the Internet by storm. She most recently made an appearance at the Vancouver International Writers Festival, in conversation with radio host Bill Richardson, where she was unique as a graphic

novelist among many other authors of the conventional form.

Born in Cape Breton, Nova Scotia, Kate Beaton aspired to be an animator as a child. She then got a degree in history and anthropology at Mount Allison University in New Brunswick, but it was in 2007 when she first found her calling making comics. Beaton explained that it started out as a personal project: "I had been doing them and putting them on Facebook for friends to

see, and then I got such a good response and encouragement from people to do my own website. So I just did, and never really looked back."

Despite there being thousands of web comics, *Hark! A Vagrant* is one of the few to prove profitable. "I had no idea anything I made would be so well-received," Beaton said. "The thing is, I would have been doing this anyway. Maybe not so much on a large scale but I would be making comics; I have been for a long time."

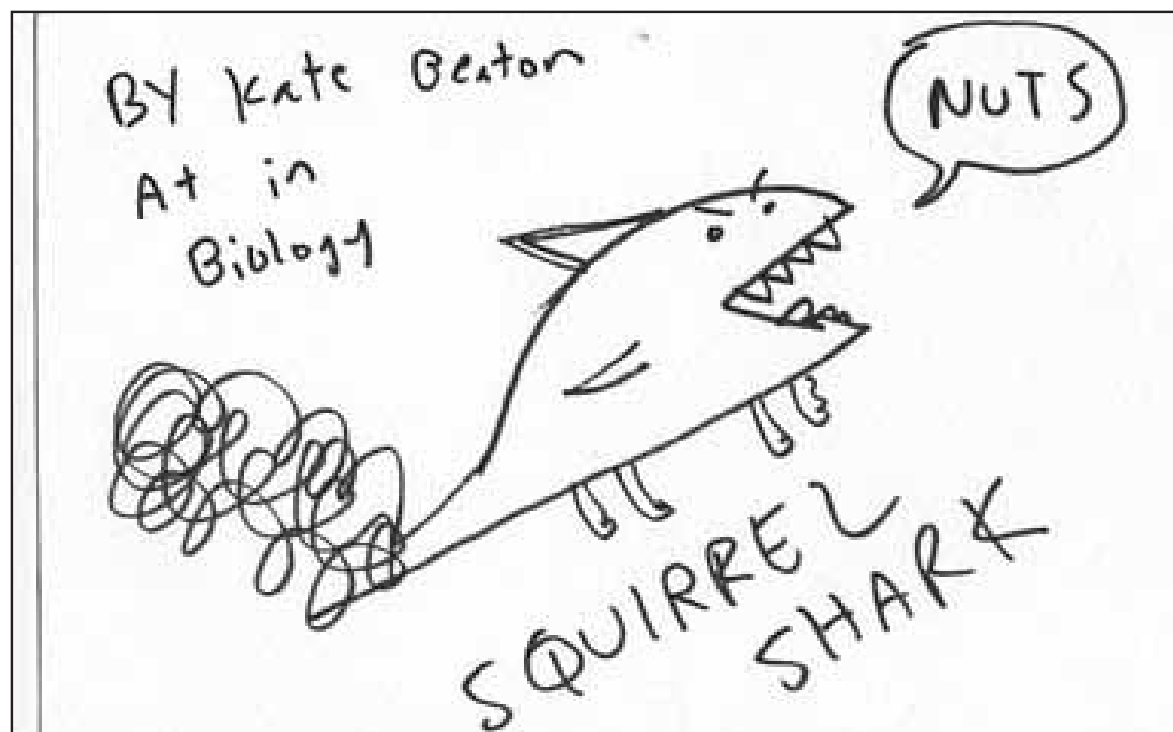
Beaton's popularity is due not only because of her art or writing, but also because she has struck a nerve with a previously undiscovered niche. While

most web comics such as *The Oatmeal* and *Amazing Super Powers* are about video games or pop culture, *Hark! A Vagrant* is about history. The majority of Beaton's work consists of comics about historical figures such as Napoleon, as well as a few forays into comics about mystery-solving teens and the adventures of an overweight pony. Beaton explained, "I chose to make comics about history because I think it's interesting and I like it."

One of the most fascinating things about *Hark! A Vagrant* is the art. In an industry ruled by comics done on a computer, it is somewhat fitting that a comic about history is done by hand. "I draw it with pencils and then I use a pen on top; it is terribly simplistic. I use brush pens for lines and I use grey-scale markers and watercolour to shade it."

The web comic industry is booming. Despite providing their content for free, comics such as *Penny Arcade*, *xkcd* and *Dinosaur Comics* are able to make money through website ads and merchandising. Beaton's talents and quirky sense of humour have made her one of the most popular web comic artists online, with a website that gets 1.2 million hits a month. What's more, while other comics are moving from print to Internet, Beaton's success has even transcended her online roots with the book sales to back it up. This could be explained by her love for what she does: by combining her two passions, she has created strips filled with humour and insight.

Kate Beaton's comics can be accessed online at www.harkavagrant.com.



Kate Beaton has topped the *New York Times* bestseller list with her quirky cartoons.

MOVIE REVIEW

Twin disaster

By KEVIN ALBUS

Well, where can I start – I don't like this movie. When I saw the trailer for *Jack and Jill* I didn't like it. I knew the idea has already been done so many times that it's not worth forking money over to see again. That goes for the people who watch the movie and the big studios that make the movie. A man dressing up as a woman has been done for so long now that it's boring.

Twins

The conflict of trying to act as a woman while you're naturally created to behave like a man, yeah, I get it. It's funny and playful, but that's it. But this isn't like most movies where a guy acts as a girl and desperately tries to not get caught and spoil the suspense. Now, Adam Sandler in this movie is both a woman and man, but they are two different characters. Should I mention that they're twins and twins apparently act the same? But there should be some notable differences between the twins, like voice. The voice of Jill will annoy you. It's not close to an actual women's voice, but Sandler tries and I'll give him that. But am I supposed to expect that if Sandler had a female twin that it would have the same mannerisms as a dude? I'm talking from being muscular to eating Mexican food. Everything that Sandler as a man would do, his twin would do the same despite being a woman. I mean, come on. If I had a twin and we both liked lobster, that's rational. But if I belched at the table and picked my teeth with my finger, would my female twin do the same? Probably not. And that's what's wrong with *Jack and Jill*, among other things.

The movie is basically Adam Sandler (Jack) having to deal with Jill (Adam Sandler), his twin sister. The original plan was that Jill was

just going to stay for Thanksgiving, but ends up staying longer, much to dismay of Jack. Jack is a businessman trying to get a deal done with Dunkin' Donuts for a TV commercial. So with him having a huge deal on the line with his job and having a pain in the ass twin sister at home, you can tell he is stressed out. Dunkin' wants Al Pacino for the commercial, hoping to use his name to get people to come to Dunkin' Donuts. Sounds awfully like this movie. So Jack tries to get Pacino on board and even Pacino isn't interested because he's doing more professional acting. But Jill somehow woos Al Pacino, and Al is in mad love with this muscular woman. Jack sees that his deal could be done if he hooks up his twin sister with Al and then Jill would be able to leave because she's no longer single ...

Lost yet?

Alright now if you're lost within the plot I don't blame you. You're probably asking why is this even happening? Why do these unnecessary and unfunny events happen in a Sandler movie? Well because it's a Sandler movie and if you haven't noticed he hasn't been making any good ones in a while. *Click* was the last decent movie I saw from him and it even had an awful "it was all a dream" kind of ending – the one that pisses off everyone watching as they realize that they wasted two hours. Of course we all remember back to *Happy Gilmore* and *Billy Madison*, the two best movies that Sandler made and which are Top 10 nominees for any comedy movie list.

But that was back in the '90s. Its 2011! That's a long time without gold. You think you'd quit milking the movie industry for money if you haven't been making successful movies. You have an average one and then a bad one and the



filmofilia.com

Adam Sandler, left, and Adam Sandler, right, in *Jack and Jill*.

cycles just repeat. People get annoyed by it, to the point where they may not want to see any more movies you make unless they're ripped off the Internet. That's when you get your money's worth. You think of movies that require a man to dress and act as a lady and it's funny. *Norbit*, *Mrs. Doubtfire* and *White Chicks*. Notice that in these movies there is a separation of characters between the one who is a man and the other half that is dressing up like a lady. Not in this movie. You can tell Sandler is wearing a wig without looking at him. Jill acts like Jack and vice versa. Maybe the idea of twins is supposed to be easier for a movie, but then again that's just lazy.

Comedy without comedy

This is a comedy that lacks comedy. Jokes are predictable. The movie relies on cameos that aren't funny. I also found this movie to be hypocritically racist. Sandler plays a man who is Jewish and has an assistant that slips up and cracks too many anti-Semitic jokes. Sandler warns him many times in the movie that he crosses the line. OK, but when you have a Mexican character in the movie and all his jokes are border jokes, it seems you're ignoring a particular group in this movie when it comes to racism.

There's another point in the movie where a Mexican character is injured and needs jalapenos to revive him ... I can go further but I'm giving too much away for something that has nothing.

Creepy

This movie also has a strange incest theme to it. No joke, but I think it's used as a joke. It tries to be funny, but ends up being creepy and again unnecessary. It also has its moments where you feel something for the characters but that's not even close to getting you involved with them. You're more interested in what they're going to do next than why. There's no reason for the action and that's where I tap out when watching a movie.

This movie has the best scene near the end, which sums it up. So if you feel like walking out in the first 15 minutes like I did, stay and watch the ending. Whatever Pacino and Sandler talk about, assume it's regarding the movie you just watched. I'm giving this movie half a popcorn kernel out of five. Go watch this scratch-your-head comedy. Just make sure you can get reimbursed for your ticket.



CD REVIEW

Waits exuberant, diverse, risky

By TIMOTHY DYCK
The Manitoban
(University of Manitoba)

WINNIPEG (CUP) —Tom Waits is notorious for taking lis-

teners to bizarre and gritty soundscapes. His musical prowess has been punctuated with sharp horn melodies, drunken carnival-esque sounds and bitter drunken piano

ballads, all the while sung through an ever-grittier, gravel-in-the-throat voice. *Bad as Me* puts the listener back on the musical odyssey with Waits, but in unexpected ways.

For an artist like Waits, the evolution of creativity cannot be stymied. Starting off the album, a crisp horn section plays, accompanied by what is perhaps the clearest growl Waits has ever made. "Chicago" is an archetypal album opener. Its narrator invites the listener to travel along and "to leave all we've ever known / for a place we've never seen," which is slightly misleading; *Bad as Me* comes off as a musical reinvention of familiar territory that Waits has already tread.

A musical magpie, Waits has borrowed, appropriated and reinvented instruments and sounds to craft an experience that is nailed together with supple and creative lyrics. By no means is this a Peter Gabriel reimagining, but more like an aged Waitsian visitation to his storied history, as viewed through whiskey-coloured lenses. Think

of it as an entry into the potentially difficult catalogue of one of music's most creative forces.

The melodic "Last Leaf" sounds like a "Blue Valentine" melody and "Face to the Highway" could have come from the same musical milieu of "Mule Variations." The varied nature of the album is a departure from his narrative fare of *Swordfishtrombones* or even *Blood Money*, but that's OK; Waits isn't known for playing by conventions. "Hell Broke Luce," a stomping wartime reportage as narrated by a soldier, is Waits' riskiest foray by far. While there is a youthful jangle to his voice in a few cuts, "Talking at the Same Time" has Waits' clearest falsetto ever recorded.

Waits has stated in interviews that his musical learning has been reversed – starting in a formulaic writing format, he later progressed to a more responsive, primitive sound, exploring a wider gamut of melodic emotions. *Bad as Me* is the first new album in seven years

– only a B-sides compilation and a live album have satiated the fans in the interim.

For those to whom Waits is a stranger, he has been a part of the pop music scene for a long time. The Eagles and Rod Stewart have recorded his songs as hits. Waits has worked on movie scores for Jim Jarmush and Francis Ford Coppola. *Bad as Me* is a creative progression for Waits. He has cleared his sound from the dusty resonance of the last 12 years. It is perhaps one of the more accessible Waits albums since 1987's *Rain Dogs* (and it's still not an easy task).

For a man who is turning 62, his exuberance and diversity of sound cannot be matched. There aren't many of his contemporaries that can take such bold risks and be honest to the artistic forces that drive them. Waits says it best on "Kiss Me," asking the listener to "kiss me like a stranger, once again."



CROSSWORD

- Across
- 1- Pillar

5- Wimp

9- Actress Anouk

14- "The Time Machine" race

15- Actor Estrada

16- Stylish

17- Denomination

18- New Orleans is The Big _

19- Feudal estate

20- Capital of Estonia

22- Divert

23- Facial expression used by Elvis Presley

24- Surmise

28- Crimson

34- Deficient in pigmentation

38- Coal scuttle

39- Consumer

40- Post

41- Christian festival

43- Don of talk radio

44- Russian fighter

47- Thespians

48- Magical incantation

51- Olds model

52- Extent

57- Israeli desert

61- Lee side

63- _ there yet?

64- Monogram ltr.

66- Work like _

67- Type of sanctum

68- The sacred scriptures of Hinduism

69- Travel on

70- Get to know

71- Farm females

72- 24 hour periods;

- Down
- 1- Nuisances

2- New York city

3- Plinth

4- Name

5- "Pure Guava" band

6- Pertaining to a rare element

7- Bro's counterpart

8- What's up

9- Capital of Eritrea

10- Muslim elder and prayer-leader

11- Hindu lawgiver

12- Archer of myth

13- French 101 verb

21- One of Chekhov's "Three Sisters"

25- Slangy denial

26- To and _

27- Make beloved

29- Usual

30- Finely powdered earth

31- Analogy words

32- Not e'en once

33- Blows it

34- Capital city of Western Samoa

35- Leg or arm

36- Make indistinct

37- Ingrid's "Casablanca" role

42- Without _ in the world

45- Chemical ending

46- Needlefish

49- Bat abode

50- Fireball

53- Give merit

54- Gymnast Comaneci

55- Sleazy

56- Borders

57- Arrest

58- Fish-eating eagle

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63							64	65				66		
67							68					69		
70							71					72		

- 59- Actress Rowlands

60- Large jug or pitcher

62- Greek letters

64- "_ had it!"

65- Fresh
- Puzzles provided by BestCrosswords.com

(<http://www.bestcrosswords.com>). Used

with permission.
- SOLUTION – Page 25

Not so dead air

By ANIKA NOTTVEIT

On the radio schedule there is a slot labelled Dead Air. Fortunately, Wednesday nights at 9 p.m., NR92 isn't broadcasting literal dead air. The show *Dead Air* is very much alive with a three-dude trio: Kevin Martin, Cody Malbeuf and Mike Jones.

Anika: Why did you decide to start a radio show?

Cody: Kevin came up to me and said: "Hey dude, I really want to do a radio show with you."

I said: "I really want to go on a date with you."

Kevin didn't jump on that idea, so we decided to just do a radio show. After that, we figured we needed a third person in the room to alleviate the sexual tension, so we brought in Mike Jones. He proceeded to be the only guy on the show who knew what he was doing.

Kevin: I was really against Mike Jones. I really wanted to roundhouse his nerdy face, with his little round glasses. He's always wearing a hat.

Mike Jones: I love my hat.

A: Is this banter a reflection of your show?

C: No, I generally spend most of the time hitting on Kevin. He's typically the friendly one. The previous statement is the first animosity he's ever shown towards Jonesy.

MJ: I would say this is exactly what the show is. Cody runs his mouth and I usually have my finger on the button to turn his mic off. Clearly that didn't happen here!

A: What is the theme of the show?

MJ: Basically, Cody flirts with Kevin and I play AWOLNATION every week.

A: Why is that?

MJ: It started out as a challenge with one of the other radio show hosts, who is also a huge fan, to play the entire album between our two shows by the end of the semester. She bailed after the second week. I'm stubborn and took it all under my own wing!

A: Tell me a little about this "Really?" segment I hear so much about.

MJ: Ugh ...

C: There are many terrible and embarrassing things that have happened to me. I tell a story on air and Mike and Kevin have to guess if it's true or false. An example of a story is I peed all over a video store. It's quite clear Kevin has a lower opinion of me as he says true the most often. Therefore he wins most of the segments.

A: What kind of music do you play?

C: We all pick our own songs. Jonsey and I both love a lot of punk and metal, then Kevin picks Top 40 songs. So, every third song makes our metalhead demographic want to punch a baby!

K: Justin Bieber is for real. I love him.



The trio of Mike Jones, left, Kevin Martin, top, and Cody Malbeuf who have created the Dead Air show on NR92, ham it up before a recent broadcast.

C: No! Bad Kevin!

A: Where do you see the future of your show going?

C: I don't know. We've got a couple themed weeks. Vinyl week is next week. We will be playing records. We've had live performers in studio.

MJ: We've had a fellow classmate, Mae Anderson, come in. We also had Cody's younger sister play. We're one of the highest rated shows on the station, I've got bands from all over e-mailing me asking to play their songs. So we might keep it going. I think we have a good thing going.

K: I think we're stepping into the pornography industry.

C: Bad Kevin!

That is *Dead Air*, folks! Tune in Wednesday nights at 9 p.m. for a riot of a time. You're bound to be surprised by this dynamic group. There is also a chance it may leave you saying "Really?"

bitSHIFT gears up for mobility

By MIKE JONES

After winning first prize in the Great Canadian Appathon in April, the makers of *Super Punch* are getting ready to take on the mobile world. As one of 100 entrants, the team – made up of NAIT students Tyler Ste Marie and Pieter Parker along with University of Alberta students Stephen Baden and Jeremy Burns – came out on top of the 48-hour coding marathon.

“Perfection is deadly in that scenario,” Ste Marie said. “You have to focus on creating a completed game by that deadline. That’s what impressed the judges. We had a full game running with replay value.”

Prize invested in the company

The prize was \$25,000, which the team used to get their business off the ground and to buy some new computers to help assist in the design process.

The team had to make a few changes to the game afterwards to prepare it for its upcoming release on the Windows 7 Phone app store. Ste Marie said a future iPhone and Android release could be in the works. “The art was a bit sloppy and some coding had to be fixed before we released it,” he said.

But what they have created is a fun, light-hearted, comic-style action game featuring bizarre out-of-this-world characters like Dr. Competent and Gust Girl designed by Parker and Baden.

‘New gameplay mechanics’

The mobile gaming industry has come alive in recent years with the major app stores generating over \$1 billion annually. But for every massive success story like *Angry Birds*, there are countless apps that fall off the radar mere weeks after their release. Ste Marie is hopeful about *Super Punch*.

“There are other games like it but we gave it a little bit of a twist and gave it new gameplay mechanics. We gave it our own art style and a different background than anything we’ve seen.”

What sets apart bitSHIFT Games from other app designers is the benefit of quality over value. Most apps (including *Angry*



wp7connect.com

Birds) cost less than \$1 but Ste Marie believes this will change.

“We definitely see the biggest thing right now is people looking to kill a few minutes but we see the mobile industry as a growing market. Once processing power grows within the phones, games will transform into something you could see on an Xbox or Playstation 3. We really aim to buck the trend of making cheap quick games and helping turn the mobile phone into a more legitimate gaming platform.”

The team already impressed judges at the Great Canadian Appathon and were invited to take part in the second contest held

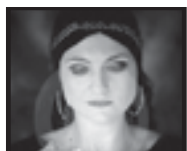
this past month at NAIT. The group decided instead to focus on *Super Punch* with the help of connections with Toronto-based mobile software developer XMG Studio Inc.

Meanwhile, the high school friends are still meeting regularly to decide the future of bitSHIFT Games. “We have a bunch of game ideas. (We’re busy) making concepts scenes; deciding which will work, which won’t,” said Ste Marie.

Stay tuned to the group’s Facebook page (www.facebook.com/bitshiftgames) for updates on the Windows App Store release of *Super Punch*.

THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

November 17-23

(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)

Since no one likes scorpions, watch out, people will be trying to step on you this week.

Sagittarius (Nov. 22-Dec. 21)

You are not William Tell, PUT DOWN THAT BOW AND ARROW!!!!

Capricorn (Dec. 22-Jan. 19)

Your sign is sleeping, expect to have an uneventful week, courtesy of the Sea Goat.

Aquarius (Jan. 20-Feb. 18)

If you ever feel like no one loves you then simply go get some therapy for your insane delusions.

Pisces (Feb. 19-March 20)

Watch out for the fisherman little fish, this week you'll want to stay on your toes.

Aries (March 21-April 19)

You have no chance of getting lucky this week, so don't even bother going out, it's going to end in disappointment anyway.

Taurus (April 20-May 20)

Still haven't gotten the GPS to work huh? Well we should probably go back then ... which way was home again?

Gemini (May 21-June 20)

You're evil twin will not be trying to ruin your life this week so have fun because this is a once in a lifetime opportunity.

Cancer (June 21-July 22)

Mmmmmmm, I've always wanted to try some crab.... Om nom nom...

Leo (July 23-Aug. 22)

You're a lion so be a good kitty this week and you'll reap some easy rewards.

Virgo (Aug. 23-Sept. 22)

Unlike Aries, you will have people flocking all over you for the chance to be your “first.”

Libra (Sept. 23-Oct. 22)

As the keeper of the scales, you have the most difficult job of all, so

this week, give your responsibilities to someone else and just relax. You deserve a break.



CD REVIEW

Decemberists don't miss a beat

By ALI MAGEE

The sixth album coming from the Decemberists does not disappoint those looking for a unique sound and fascinating lyrics. Tracks are filled with an eclectic group of instruments and the lyrics are far from that of a bubbly pop song or in fact of any comparable genre.

Lead singer Colin Meloy shows off his talents not only as a singer but also on an unreal number of instruments, which include acoustic guitar, tenor guitar, harmonica, pump organ and percussion ... Wow! Meloy's voice has a typical indie-rock style, but offers originality in some of the slower songs.

Singing of confused realities, metaphors of ships and cards, it's safe to

say that Meloy is truly the only one that will ever know the true meaning of his songs. Regardless, listening to his music, anyone can form an opinion on what he's trying to portray and find it relatable to; as music should be.

Highlights "Down by the Water" which, in keeping with its theme, discusses Meloy's thoughts on summer and provides many very visually motivated metaphors. Also, sparking as a top song is "All Arise," an upbeat melody partnered with fiddle and tambourine that might have been enough to help this song rise to the top, but Meloy has also mastered lyrics that stimulate a mood to match the instruments.

The album maintains a good flow through the majority of the songs but

unfortunately loses some of its points in the song "June Hymn." The song isn't very original, and compared with its twin "January Hymn," lacks passion and excitement. After that, the album progresses into more songs that Meloy has done a fantastic job on. The final song on the album, "Dear Avery," is slow and chilling, with the band portraying their enthusiasm even on a lower rhythm song. Although parts of the album were disappointing, the sheer imaginative and artistic nature of Meloy and the rest of the Decemberists make *The King is Dead* a good buy. This album showcases Meloy's creativity and pure talent regarding anything that can make a sound.



The Decemberists

ssgmusic.com

TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



Steps for senior safety



Education and awareness of preventive techniques can help seniors and their caregivers in recognizing elder abuse, frauds and scams. The tips provided can help you recognize a potential crime situation and show you how to reduce or remove the risk.

Apartment buildings, lodges, and care facilities:

- Lock your door when you leave your suite, and when you arrive home – always use the dead bolt.
- Don't allow someone that you don't know or immediately recognize into your building. Ask the person who they are, why they need into your building and where they need to go.
- If someone tries to follow you into your building, use another entrance or go back to your vehicle.
- Do not keep large quantities of money in your suite.
- Use your eye viewer (peephole in door) to see who is knocking. If you don't recognize the person, don't open the door. As long as your door is locked, they can't bother you.

General personal safety:

- Do not carry large quantities of cash when you go out.
- When possible, travel or shop with a friend. You are less likely to be intimidated or approached if you are with someone.
- Avoid giving money to panhandlers.
 - If you feel threatened, go to the closest business or public space.
 - If you decide to give money to the panhandler or feel threatened, do not open your purse or wallet. This showcases how much cash or other valuables you are carrying. This could encourage a panhandler to become more aggressive, or try to take your property.
- Carry a cellphone for emergency purposes. Emergencies can happen at any time. Pay-as-you-go phones can be purchased for very little, and could save a life.

Credit and debit card:

- Protect your bank and credit card PIN numbers. Do not share your PIN.
- Never provide personal information over the Internet.
 - o If you shop online, ensure there are

good security protocols in place. Review your credit card statements for information security.

– Only shop on reputable websites.

- Immediately advise your bank if you suspect fraud.
- Change your bank or credit card PIN number often.

Identity Theft:

- Never provide personal information over the phone to someone you don't know.
- If a caller is asking for your personal information – hang up the phone. You can immediately end the call. It is not rude if you are protecting your personal information.
- Never provide personal information over the Internet (email, chat line, website).
- Properly shred anything with personal information on it.
- Do not reveal your social insurance number, date of birth, health care number, bank card or credit card information to a caller you don't recognize.

– Do not hesitate to question the caller.

Ask why they are calling, who they work for, or ask to speak to their supervisor. Fraud artists generally cannot answer these questions.

Scams:

Scams have many forms. Generally, the scam artist is attempting to get your personal information or money. Scam artists may have some information about you (your middle name or date of birth) but will not know much else. If you are suspicious, challenge the scam artist to identify themselves. Ask for their identification, who they work for, or ask to speak to a supervisor. The best way to stop a scam artist is hanging up the phone or closing the door.

- If you don't recognize someone – don't open your door.
- If someone comes to your door soliciting money or posing as company employee, ask to see their identification. If they can't produce it, close and lock your door - call the police.
- Do not send money responding to an Internet ad, offer, or sale unless it is from a reputable company website. These are often scams.
- If a caller poses as a credit card company or bank representative ask them to provide their information, your information, and ask to speak to a supervisor. Most scam artists don't have the information you and your credit card company/bank have. They also won't have a supervisor.

– Advise your credit card company or bank if someone calls. Your credit card / bank card information may have already been stolen.

- If you are asked to send money to a family member, relative, or family friend, it is likely a scam. Ask the caller to provide detailed information that only you and your family members know.

– The caller's voice will likely not belong to a family member – hang up the phone.

– Ask the caller about a family member that doesn't exist. If the caller insists they are doing well – they are obviously lying.

- If you identify a scam, report it:

- Tell your neighbors.
- Tell staff.
- Tell the police.

For more information about identity theft, credit/debit card fraud, and scams check:

<http://www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm>

Elder abuse:

Sadly, elder abuse and neglect happen every day. Elder abuse can come in many forms including:

- Physical;
- Emotional/Psychological;
- Financial
- Sexual.

If you are experiencing abuse or neglect, or suspect that an older adult is being harmed or mistreated, help is available:

- Emergency: 911
- EPS Non-Emergency: 780-423-4567
- Seniors Abuse Helpline: 780-454-8888
- Elder Abuse Intervention Team: 780-477-2929
- Edmonton Seniors Safe Housing: 780-702-1520
- Elder Abuse Awareness Network: 780-392-3267
- Today Family Violence Centre: 780-439-4635

- www.albertaelderabuse.ca

Stop Elder Abuse – Report it!

Information obtained from the Edmonton Police Service.

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.

Santas Anonymous

Protective Services has signed up to be a part of 630 CHED Santas Anonymous this year. CHED Santas Anonymous is devoted to bettering the lives of children in our community by delivering the "spirit of Christmas" to less fortunate children in Edmonton. Help us to make this Christmas a little brighter. Please drop off a new, unwrapped toy to our offices at Main, Souch, and Patricia Campus. Donations will be accepted until Dec. 9.

Food Bank

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

November

We are participating in a Reach for a Cure fundraising event to support the mission of the Canadian Cancer Society. Money raised helps fund leading-edge cancer research that is improving cancer treatments, prevents cancer and saves lives; provides reliable and up-to-date information on cancer, risk reduction and treatment; offers vital community-based services for people living with cancer and their families; and advocates for healthy public policies. Please pledge and help us reach our fundraising goal! Visit our website for a link to donate online or come to our office on Main Campus (D-104).

THE NUGGET PRESENTS:

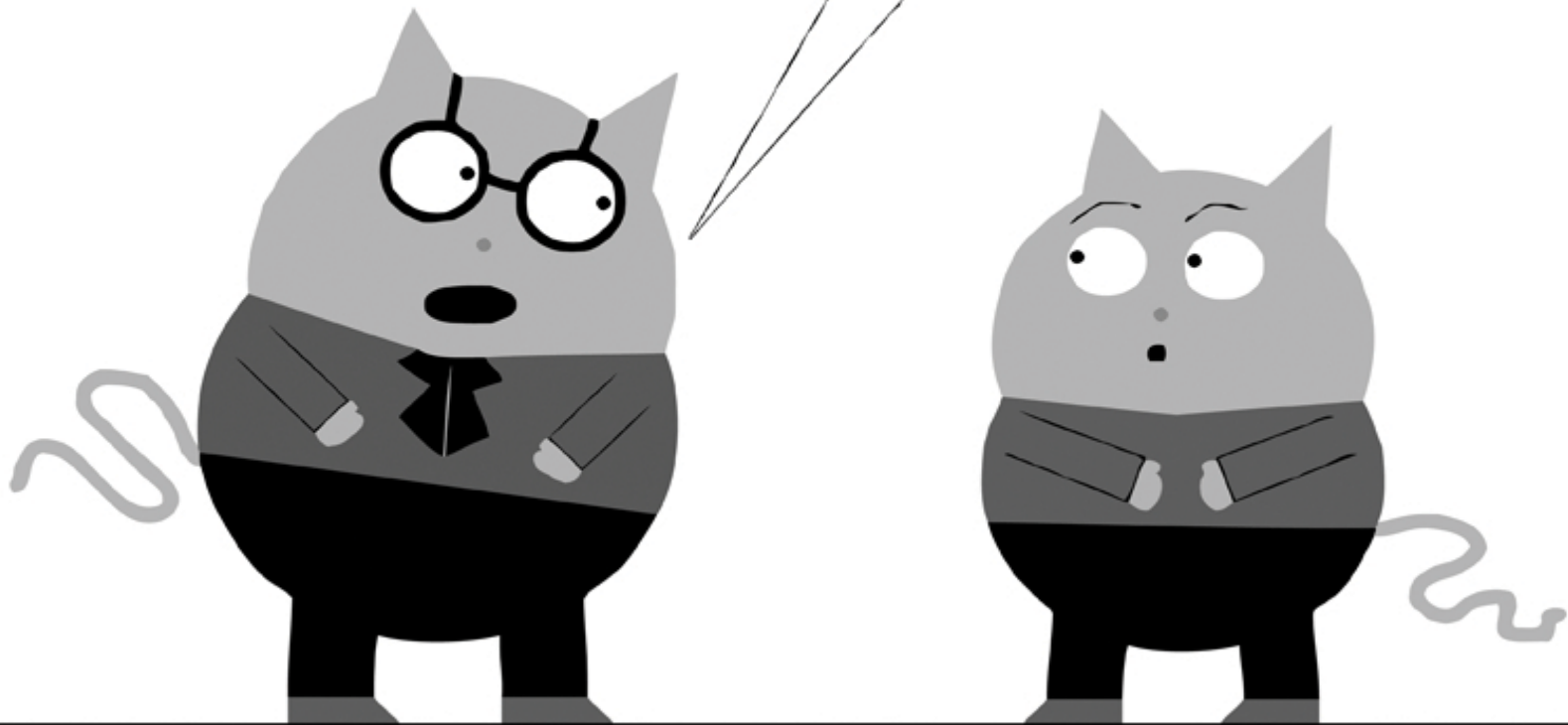
NUGGET COMICS

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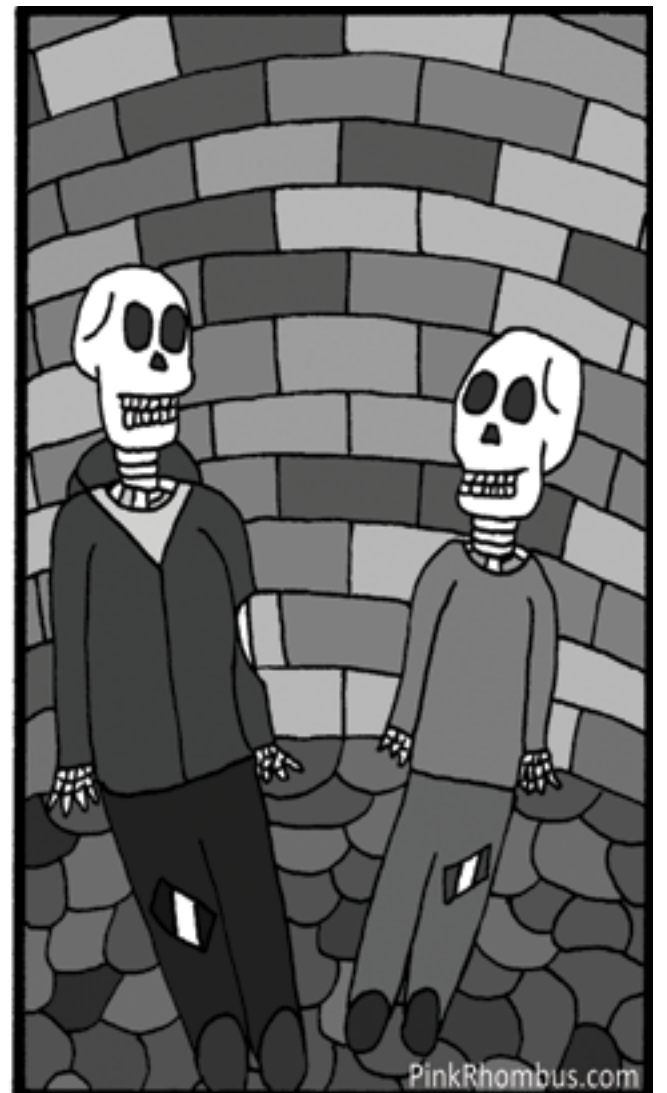
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I TRIED USING A DIFFERENT OPERATING SYSTEM AND I REALIZED THAT WE WERE INCOMPATIBLE WITH EACH OTHER.



WHEN COMPUTER TECHS DATE J.B.

Cartoon by John Benesch



PinkRhombus.com

Cartoon by Josalyne Wilfong and Mark Nordstrom

THE NUGGET PRESENTS:



GRAPEVINES

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

To the ladies who commented about second-year construction engineers – sorry, you must have meant Civil Guys.

– Honest Mistake ;)

...

To the red head paramedic, I'm the ginger in your sister program, you're cute

– Ginger love :)

Girls, guys wear pink all the time to raise money and awareness for breast cancer ... Give us a break, love the Stache

With love,
Mr. Sanchez

...

November is my favourite time of the year

– Keep those staches coming

...

Is anyone else already sick of Christmas music?

– It's only November

...

To the cute guy in line at Timmies – next time, ask for my number.

– Your A+ cutie

...

Great. Snow has arrived – that means everyone in Edmonton forgets how to drive.

– It's the same every year

THE NUGGET PRESENTS:

Dr.CONwisDOM



MIKE MARSHALL
AKA Dr. CONwisDOM

start screwing with her mind. Update your status mid-coitus to "I could be watching Conan right now" or better yet update your current location to "in the middle of the worst lay ever" to get her attention.

...

Dear Dr. CONwisDOM,
My boyfriend loves Call of Duty, and when I say loves, I mean that he plays it for days on end without showering or even farting in my general direction. How can I win him back from the evil XBOX menace?

Signed

"360 seconds from walking out the door"

Dear "360 seconds from walking out the door"

Let's all take a deep breath and remember the time we stayed up till 4 am drunk with the buds trying to get passed the 30th wave on Nazi zombies before we pass judgment. Now that we have done that lets all point at your boyfriend and call him a nerd. The only way

you're gonna get him playing with your box and not the Xbox is to dress up like a half-dead Nazi and come at him wave on wave ...

...

Dear Dr. CONwisDOM,
My girlfriend keeps dragging me to feminist meetings. I go, but they basically sit there and call me out for 2 hours. What should I do?

Signed,

"Please don't burn your bra"

Dear "Please don't burn your bra"
This may be a great time to try out some of your amateur comedy. When your girlfriend stands up to speak, jump up and scream "holy s***, this dishwasher can talk!" It's sure to win over the crowd of ladies and your girlfriend, and if it doesn't work you won't have to go to any more meetings!

...

Dear Dr. CONwisDOM,
My boyfriend rips some wicked farts in bed. I'm not talking your average

one-cheek sneak, but a full on Three Mile Island nuclear core meltdown. How do I get him to stop desecrating our love nest?

Signed,

"Trading in the Dutch oven"

Dear "Trading in the Dutch oven",
There's only one way to win this and it's through mutually assured destruction. Eat a hearty meal of Taco Bell and pickled eggs and wash it down with a Sprite. Allow it to boil before bed time and then unleash the fury of hell upon his nostrils. Once his eyes stop tearing up, you should be able to see the look of love in them.

...

Do you have any personal questions that you want to have answered by the good doctor? Just send an e-mail with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com and your sex doctor will have your "prescription" ready for you the following week!

HELP WANTED

The Imaginus Poster Sale is looking for students for temporary work during the upcoming show at NAIT:

Monday, Nov. 21, 7:30 a.m.-10 a.m.

Load In – \$14/hr

Help Imaginus road crew set up the show. This is physical work, some lifting is required.

...

Mon. and Tue. Nov. 21 and 22

Advertising – \$12/hr

Handing out flyers on campus to promote the show, light work.

...

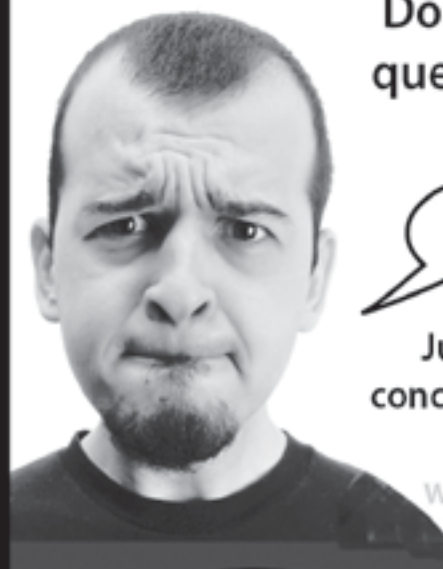
Tuesday, Nov. 22, 5 p.m.-7 p.m.

Load Out – \$14/hr

Help Imaginus road crew breakdown show and pack truck. This is physical work, some lifting is required.

Interested applicants should send availability and contact phone number to jason@imaginus.ca

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



...yes!

Just send an email with your concerns to conwisdom@nait.ca or submit them online to www.thenuggetonline.com.

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.

HOT SINGLE OF THE WEEK

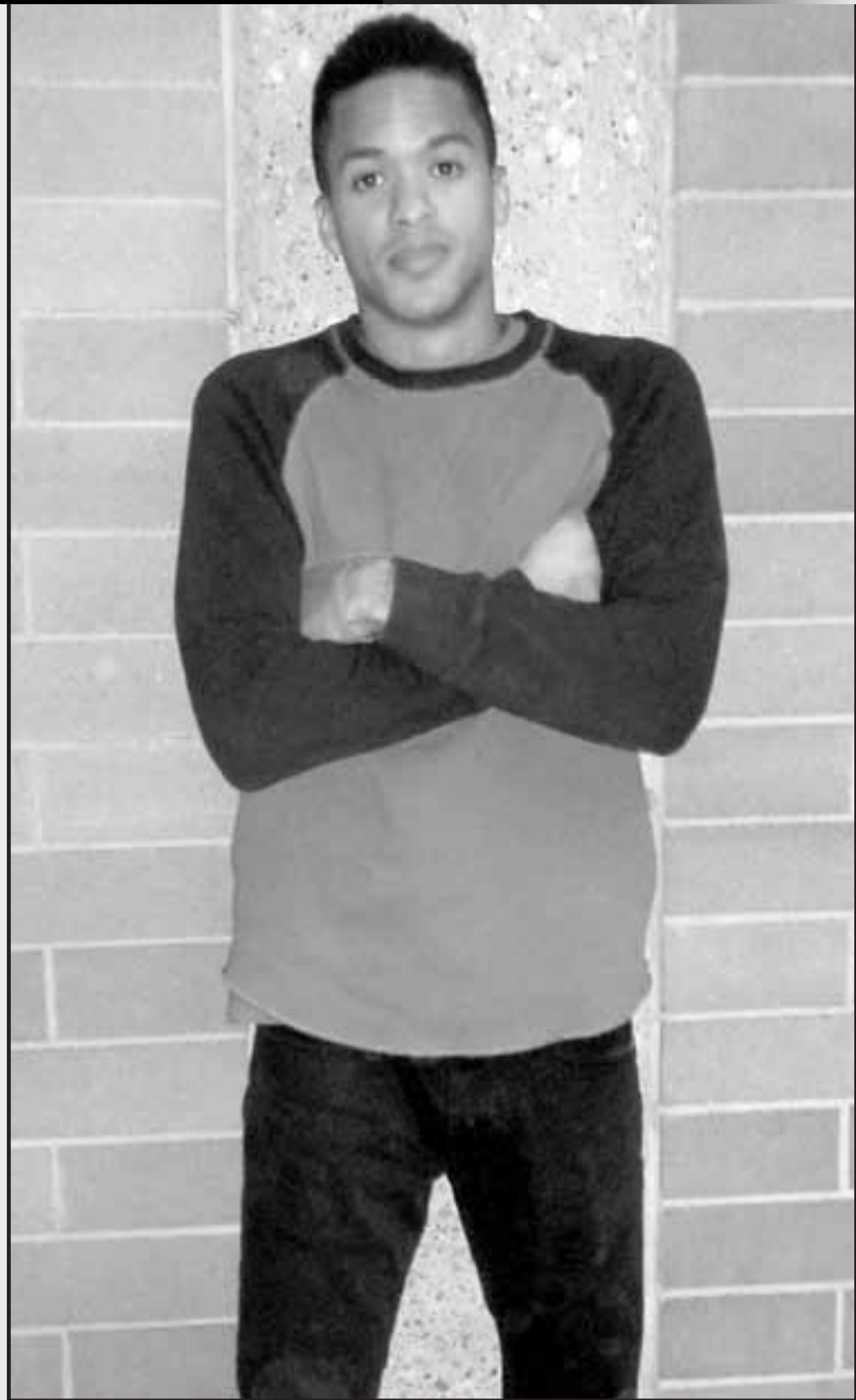


Photo by Emily Fitzpatrick

Josh Clouden, 23 Construction

What's your ideal date? – Probably make dinner together then go for a walk around the city. Preferably in spring or fall so there's leaves around.

What do you look for in a girl? – I like a girl that's smart, athletic and has a sense of humour.

What are some of your turnoffs in a girl? – When they're stuck up or ditz.

Do you have any pet peeves? – When people say "Yo Bra," or when white guys try to act black ... especially around me.

Favourite Movie? – Jurassic Park.

Any guilty pleasures? – Probably chocolate. Milk chocolate is obviously the best ... I mean look at me.

If you could fly anywhere, where would you go? – Well for places I've been before, I would go back to Grenada, an island in the southeastern Caribbean Sea where my dad is from. For places I've never been, I would really like to go to Thailand.

What's your type? – Well I guess I don't have one yet, since I'm single.

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

Recipe Angel punch

By: **BRETT PLAXTON**

Ingredients:

1 cup cranberry juice
2 drops red food colouring
Juice from 1 lemon
8 cups cold water
16 oz. can frozen pink lemonade
8 oz. can frozen orange juice
4 oz. can frozen lime juice
2 litre bottle 7-Up

Directions:

Mix first seven ingredients well; add ice and 7-Up just before serving.

This is one of my favourite punch recipes and is another one of my favourites from the 4-H cookbook. My family has used this one for many years and has always been a hit at whatever social gathering we were at. This is an ideal punch for social parties, family gatherings, or, if you just feel like, making a good punch as I like to do from time to time. As you can see from the directions, this is not hard to make and the ingredients are not hard to come across. I hope you enjoy this as much as I do!

Kudos for Kudos

CAMPUS FOOD REVIEW

By **ANIKA NOTTVEIT**

When lunchtime comes around, I'm usually pretty hungry. I want something to eat and I don't want to wait for it. The Common Market is always crowded at noon and it's often hard to make your way through the mass of hungry students to order the food you want. However, there are a few vendors that don't have long lines sprouting from them and Kudos is one of them.

Kudos is set up directly on the right of the main entrance into Common Market. It is easy to access and the lineup is non-existent. There are four things on the menu currently and when you have trouble making decisions like me, it's always nice when there aren't too many choices!

The one delicious option that got my attention was the chicken souvlaki. The written description was "marinated in traditional spices and olive oil, served with a pita." It's a pita filled with cucumbers, lettuce, onions, tomatoes, mozzarella cheese and chicken. All the veggies and meat are fresh. It's set up like Subway, so you get to pick the vegetables and sauces. The pita is grilled as soon as you order and the chicken is heated up. Most importantly, when you receive the large pita rolled in a tinfoil wrap, it's warm.

When you open the tinfoil, a thick grilled pita is revealed full to exploding with chunks of chicken surrounded by an array of crisp vegetables, held together by sauce. The optional sweet sauce really gives the chicken souvlaki the touch that makes it my favourite. It mixes so well with the vegetables, giving it a full flavour. The tzatziki sauce also adds extra flavour but not too much so it isn't spicy! The tzatziki sauce is creamy. It is also the only unhealthy aspect of the meal, so you feel good about it!

Caution should be taken when eating this pita. Unless you are an expert at eating messy things, some of it is bound to end up on your lap. The pita is carefully folded, but the vegetables and sauce still find a way to fall out. The best advice I have is to just attack the pita with big bites and own it. Extra napkins will also come in handy!

The last two things I would like to bring up about the chicken souvlaki are the price and size. After taxes, it comes to a mere \$6! It's big enough to keep you filled until supper.

Kudos is a very appropriate name for that place. It's a word meaning acclaim or praise for exceptional achievement. I give kudos and my six bucks for a chicken souvlaki any day!

PUT YOUR WRITING GLASSES ON

GET YOUR THOUGHTS INTO PRINT!

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

*Articles have a 100 word limit

THE NUGGET

RATE YOURSELF

Methods to manage depression



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

Many students find that the onset of winter weather causes some feelings of sluggishness and depression. It is not abnormal to feel sad, lonely or down occasionally. However, if you find yourself feeling helpless, hopeless, worthless and/or constantly fatigued for more than two weeks and these feelings are not due to a significant loss, there is a chance that you may be suffering from depression. The National Institute of Mental Health lists these symptoms of depression:

- Difficulty concentrating, remembering details, and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Persistent sad, anxious, or “empty” feelings
- Thoughts of suicide, suicide attempts
- Symptoms of depression can be similar to symptoms of other disorders such as iron or other nutritional deficiencies, thyroid dysfunction, anxiety, sleep disorders or eating disorders. See your doctor to rule out other causes of fatigue, low energy and mood swings. If your depression is severe you are advised to see a doctor or counsellor as soon as possible. Rate yourself on the following strategies you incorporate into your life that may help alleviate the symptoms of depression or feeling temporarily down:

☐ **I have developed a routine and I stick with it.** When you are depressed it is difficult to make yourself do things however inaction makes depression worse. It is important to pick small goals and work on one or two of them. It is often easier to take action when you have a routine for things such as homework, exercise, relaxation, eating and sleeping.

☐ **I reach out to people I know.** Most people with depression feel like withdrawing from people and activities. However isolation and loneliness make depression worse so it is important to reach out. While you might not want to burden others with your problems, people who are close to you will want to help. Find at least one person you trust to ask for help and support. If there is no one you feel you can reach out to you might want to

consider joining a support group. Try to keep attending social activities even though they may not seem as pleasurable as they did in the past. Whenever possible surround yourself with people who have a positive outlook on life.

☐ **I challenge negative thinking.** Depression colors our thinking, emotions, self-esteem, behaviors and relationships with others. People with depression often see themselves, their current situation and their future in a very negative way. Recognize that when you are depressed you see things as if you are looking through dark lenses. Thinking patterns for people who are depressed include exaggerating negatives, minimizing positives, over-generalizing, black and white, all-or-nothing thinking and taking things too personally. Self talk has a big impact on how you are feeling. Be aware of your negative thoughts and ask yourself if you would talk to your best friend the same way that you talk to yourself. If not, practice using gentler and more supportive messages to yourself. It is often helpful to keep a journal of negative thoughts and what triggered them, and then to look back at the thoughts and try to find more balanced, realistic and positive messages to replace the negative ones. For example, “My best friend doesn’t like me anymore because I am no fun. She hasn’t called me this week” could be replaced with “I know my best friend is having a really busy week and she does not know how low I have been feeling. I will call her and see if she wants to get together after she is finished her project.”

☐ **I do things I enjoy, or used to enjoy, doing.** While you may not get the same pleasure out of previously enjoyable activities, it is important to include these in your day. Make a list of activities you used to enjoy such as going for a walk, playing with your cat, window shopping, listening to music, watching a favorite movie or reading, and set the goal of doing something on your list each day.

☐ **I take care of myself.** While you may feel like you just don’t care what you look like or how you are eating, taking care of yourself can make you feel just that little bit better – and feeling a little bit better can give you the energy to accomplish another small goal.

☐ **I get adequate sleep.** People generally need at least seven hours of sleep each night but it is not healthy to get more than 10 hours.

☐ **I exercise regularly.** Studies indicate that regular exercise can be as effective as taking an antidepressant for increasing energy and decreasing the fatigue associated with depression. To get the most impact aim for 30 minutes a day, but if that seems overwhelming start with 10 minutes – walking, dancing, stationary biking or yoga – as long as you are moving it doesn’t matter what exercise you do. Be aware that overtraining can also be a cause of depression.

☐ **I eat a healthy, balanced diet.** Eating regularly and making sure you have a balance of carbohydrates, proteins and fats in your diet is also important. Certain nutritional deficiencies can exacerbate depression or cause symptoms that mimic depression. Sugary snacks can cause mood and energy crashes.

☐ **I have strategies to manage stress.** Quite often people with depression are perfectionists and/or tend to overextend themselves. If stress could be a factor in your depression identify possible stressors (setting unrealistic standards, work overload, taking on too much, unsupportive relationships) and determine what changes you can realistically make. Challenge your unrealistic standards and set realistic goals. Plan ahead for stressful times such as mid-terms and finals. Learn to say “no” and to ask for help. Build at least a few minutes of relaxation into your daily routine.

☐ **I understand that I am not my depression.** Depression is a set of symptoms that cause you to think, feel and act differently than you normally do. Once you get the resources and skills to manage depression, your thoughts actions and feelings will likely change.

☐ **I am prepared to educate others.** Understand that people who have not had depression will not understand what you are going through, and will not understand that “snapping out of it” is not something you can do. Letting friends and family members

know what is helpful (and what isn’t) will benefit them and you.

☐ **I take the time to get informed about depression.** There are many good books and manuals on depression. Feeling Good by Dr. David Burns or The Depression Workbook by Mary Ellen Copeland are excellent resources. You can also print out a self help manual at <http://www.change-ways.com> . Another way to get informed is to get to know yourself. Observe which people, situations or things trigger your mood to deteriorate and which tend to uplift you. Be on the lookout for things you can do that make you feel better about yourself. If you get repeated depressions make yourself aware of the early warning signs. Depression is easier to resolve if you catch it early.

☐ **I seek professional help when needed.** Depression can be difficult to self-diagnose let alone resolve on your own. Don’t lose hope. Feeling better takes time, but through making positive choices, working on your thinking patterns and asking for support from others the majority of people can overcome depression. If you are making changes and you don’t seem to be getting better, or if you are feeling too blue to make changes, it is time to seek professional help. Staff at student counselling are all qualified professionals experienced in working with depression and other personal or academic areas. You can make an appointment at Student Counselling, Room W111-PB; phone: 780.378.6133.

CROSSWORD SOLUTION

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CLUBS

LEARN THE ROPES. BE A LEADER.

XEROX **Facebook.com/businessconnexnaft** **STUDENTS ASSOCIATION**

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 NUTSA/Essix and 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 Sowell*

EDSS
MOVEMBER MUSTACHE PARTY

November 25th, 2011 8:00pm

Start the mustache trend in NAIT & setting for NAIT to be considered one of our Party Locations

EDSS
We Party Harder

\$4 DRAUGHT ALL BEERS ALL NIGHT

Full Frame 47 photo club at NAIT

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

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 text.
YOU choose the site.
Let your imagination run free.
Contact OHSSE for design guidelines and information.

\$50 awarded to the winning design

To obtain a design guidelines sheet, contact: Crystal Breeze at c_breeze@hotmail.com
Win Breeze at winbreeze@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 (OHSSE).
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 Weekly Meeting
WHEN Wednesdays; 12:15 - 1:10pm
WHERE EI15

WHO Rainbow Sanctuary
WHAT Meeting
WHEN November 28, December 12
WHERE 4:30 - 6:15pm

WHO Gamerz of Dungeons & Dragons
WHAT Club Meetings
WHEN Fridays; 5:00 - 10:00pm
WHERE WC312

WHO Toastmasters Club
WHAT Weekly Meetings
WHEN Mondays; 4:45pm
WHERE W110

WHO Game DEV Club
WHAT Club Information Session
WHEN November 23, 2011; 6:00 - 9:00pm
WHERE Shaw Theatre

WHO Anime/TCG Club
WHAT Meeting
WHEN November 23, 2011; 3:30 - 5:30pm
WHERE X215

WHO DMS 2012
WHAT Bake Sale
WHEN November 16, 17, 18; 11:00am - 2:00pm
WHERE HP Centre (near computer commons)



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

RESTAURANTS

Dont' be fooled by appearances

By KEVIN TUONG

After a long day's work, nothing else hits the spot like deliciously greasy Chinese food. If there's one thing I've learned about Chinese food, it's that the good stuff is located in the rundown-looking restaurants with funny names; and Double Greeting Wonton House fits both of those categories. It's located just barely off the east edge of downtown where all the tall buildings have suddenly stopped growing and every other building is either really old or falling apart.

Not fancy

If the exterior and location make you feel unsure about eating there, then you won't feel any better after walking inside. Despite the restaurant's name, your greeting is about half of what a normal one would be. Chances are that you'll get a nonchalant "How many?" and then you're free to pick from any available table. When you look past the service, the interior decor isn't very appealing, either. The colours are worn and the seats are old and you'll feel like you just walked back into the 1990s.

Fantastic food

Once seated, you'll receive your complimentary generic tea (which is actually quite good), and a long menu of various items to satisfy your hunger at very reasonable prices. I had brought along a friend who almost never eats Asian food with me just to get more insight, so I started them off easy with a beef and broccoli on rice, chicken and broccoli chow mein and, of course, wonton soup. After all, how could you go to a "wonton house" without trying the wontons?

Even though the service and appeal is subpar, the food is fantastic. The beef and broccoli, despite being a very simple dish, was filled with flavour. The chow mein was even better,



Photo by Kevin Tuong

The food at Double Greeting Wonton House is well worth a visit.

with its golden crispy noodles on the inside and its soft sauce-drenched noodles on the inside, all covered with dark-meat chicken that's been deep fried into a Chinese chicken nugget and broccoli; it was certainly the highlight dish for me.

The wontons aren't the best I've ever had, but they're definitely fairly high up on the taste-

o-meter; they had a nice and firm shrimp texture on the inside, with smooth and tasty wonton skins on the outside. The wontons are handmade fresh every day and for a few bucks more, you can get the wontons with noodles, a variety choice of other meats and vegetables.

In the end, we ordered enough food to feed three people for just over \$21, not including

tips. Eating out is becoming more and more expensive as days pass, making this place very reasonably priced despite the lack of service. After all, I went there to eat, and I tell you, the food really hit the spot.

Double Greeting Wonton House
10212 96 St.
(780) 424-2486

Confection perfection at the Duchess

By CHRISTINE VU

Assistant Entertainment Editor

The Duchess Bake Shop located on the increasingly popular 124 Street opened its doors just over two years ago in 2009. Now, they sit at No. 1 on Edmonton's best bakery list on the restaurant review website, urbanspoon.

Inside the small bakery you will find yourself transported. A bakery this pretty can't exist in Edmonton! The walls are white with gold accents, chandeliers hang from the ceiling and most important, a glass case displays the most delicious and eye catching desserts.

Among the fare is the Duchess's signature item, the macaron. Often pastel colored, a macaron is a french pastry that is circular in shape with two light pastry shells that hold a delectable filling such as jam, buttercream or ganache. Macarons come in an assortment of flavours that range from the traditional, like chocolate, to the new and unique, such as ginger pear.

Changing up the flavours while keeping the classics is just one of the things that makes the Duchess a local favourite. You either come back to satisfy a craving or you want to try a new flavour. But most would agree the biggest reason for the bakery's success is they do what they do extremely well.

On my first visit to the shop, I decided to try

salted caramel and chocolate macarons. After hearing so much praise for the bakery I had some expectations. I had also eaten my fair share of macarons while on a trip to France years ago.

My first experience with a macaron consisted of me being shooed out of a bakery after grabbing a macaron and crushing it instantly by mistake. After learning how to properly handle a macaron I have also learned to appreciate it for its fine design and structure as well as its flavour.

I am no expert but I knew what a macaron should be like and the Duchess Bake Shop did not disappoint. One bite into the confectionary treat and my taste buds exploded. The flavour really takes you by surprise. How do they pack all that into two bites? The salted caramel was sweet with a bit of a kick and the chocolate was rich and decadent. The shells of the macarons were just right. Light as a feather but slightly chewy. The filling to shell ratio was perfect as well.

The Duchess Bake Shop also offers fresh sandwiches made with their flaky and buttery croissants but let's be serious, it's all about the macaron. Macarons make perfect treats because they are so light but they are definitely satisfying for any sweet tooth.

Just make sure you handle them with care or you'll be crushed.



Photo by Christine Vu

The Duchess Bake Shop is rated No. 1 in Edmonton.



THE ORIGINAL

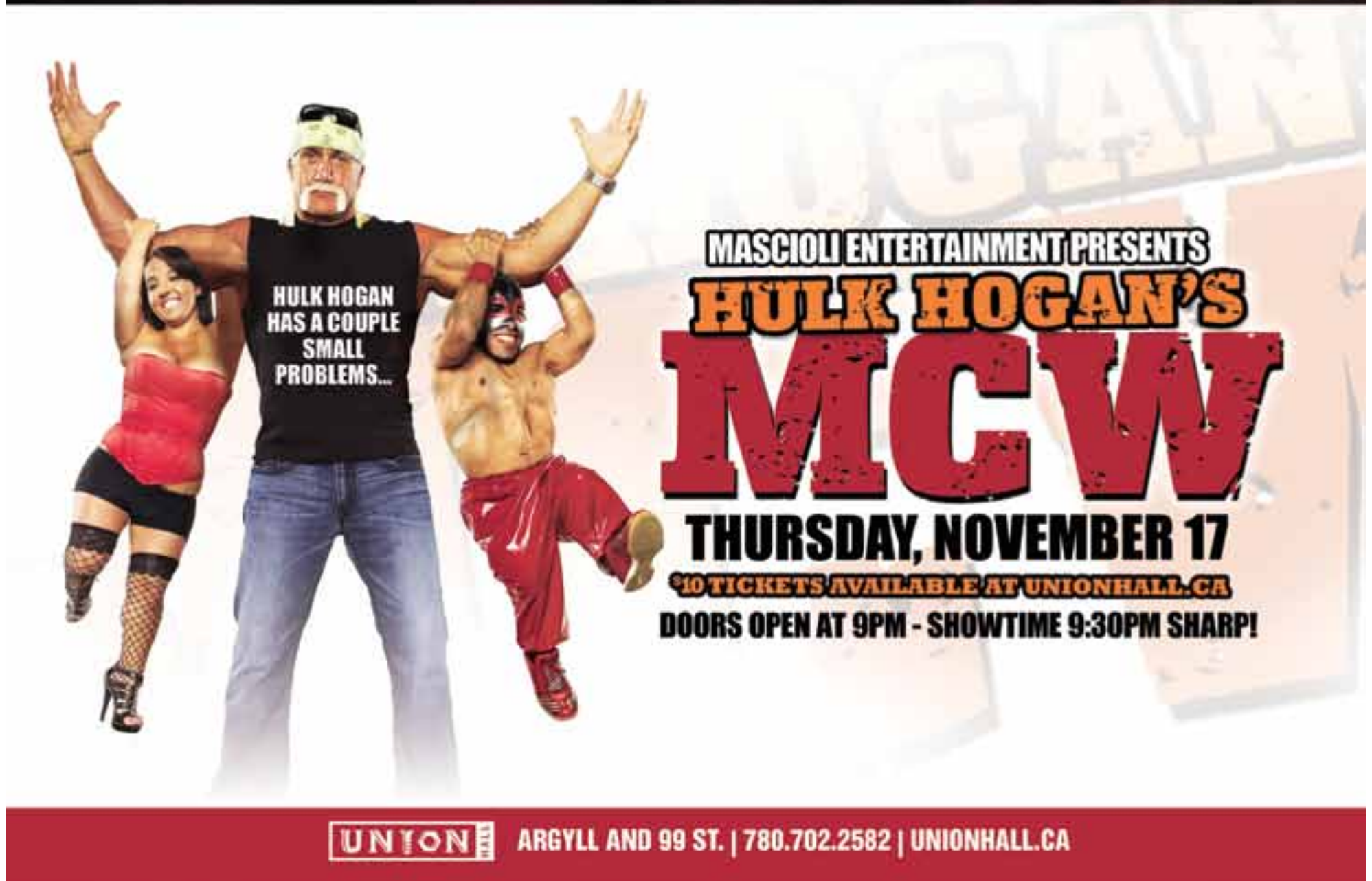
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