COMEDY NIGHT AT THE NEST, DEC. 1

THE Thursday, November 24, 2011 Volume 49, Issue 12



YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

BUILDING A NEW NEST

NAITSA announces plans to renovate the campus hot spot – story, page 3



A LONG REACH

NAIT badminton player Jim Chou returns serve during the second tournament of this year's badminton season. NAIT won all five categories in the event, which was held here. See story, page 8.



SUNDAY NOVEMBER 27TH KICKOFF AT 4:30

\$14.50' CANADIAN. Jugs during the first quarter, starting one hour before kickoff! \$12 Nachos and \$4.75 Caesars all day long! - Play First Touchdown Challenge!

Raise a glass to those in pursuit of a cup.

2 The Nugget Thursday, November 24, 2011

NEWS&FEATURES

An idea that saves lives



<u>DOSE OF</u> EXTRAORDINARY

ANNA ESTANISLAO Issues Editor

Water is one of the most essential and basic necessities that we need to survive.



The Lifesaver

Obviously, without water we would die. But when droughts, tsunamis, and other natural disasters occur, you often wonder how people will have access to clean, drinkable water. And most of the time, they don't. Not until rescue crews arrive to help them.

A friend showed me a video of a brilliant engineer and innovator on TED Talks. If you're not familiar with TED Talks, it's a conference where various speakers share their views or ideas that they have accomplished (www.ted.com).

Michael Pritchard, an expert and owner of a water treatment plant in Ipswich, England, developed a product that can provide clean water in an instant when there is none easily available.

It's called the Lifesaver. Adequately named, it's a bottle that removes the smallest bacteria, viruses and other microbiological pathogens and transforms the dirtiest water into drinking water in seconds.

In the TED conference Pritchard spoke in, he demonstrated how the Lifesaver bottle works. He had a tank filled with water from the rivers that flowed through the city of Oxford. Then he added runoff from a sewage plant farm, rabbit feces and pond water. I know, it sounds disgusting; it certainly looked disgusting and unfit to drink.

I won't describe all the components and technical information of the bottle but two of the parts that he talks about is the pump handle connected to the bottom of the bottle and the filter located inside which is designed to block the tiniest viruses.

He simply scooped the water up in the bottle, gave it a few pumps, poured water



news.skv.com

Michael Pritchard, with his Lifesaver invention.

into a glass and drank it with no hesitation.

After watching the tsunami that hit South-East Asia and when Hurricane Katrina followed, these events struck a chord in him. He watched refugees on the TV, waiting for clean water to arrive from rescue crews.

For Hurricane Katrina, he says in the conference, "OK, I thought, here's a First World country, let's see what they can do. Day 1: Nothing. Day 2: Nothing. Do you know it took five days to get water to the Superdome? People were shooting each other on the streets for TV sets and water. That's when I decided I had to do something."

Today, Lifesaver bottles are used by thousands of people around the world. Pritchard's invention is distributed to refugees, flood victims and those who have no access to clean water. The Lifesaver bottle is also widely used by the military.

Pritchard's actions are definitely inspiring and have changed so many lives. You can watch Prichard's TED talk at www.ted. com/talks/michael_pritchard_invents_a_ water_filter.html. And for more information on the Lifesaver bottle and Michael Pritchard, visit www.lifesaversystems.com

If you would like me to feature someone who inspires you, e-mail me at issues@nait. ca.

NAIT honours one of its own

By STEVEN DYER

There are all kinds of awards that NAIT students can win, from scholarships to leadership awards. But did you know that NAIT also honours its alumni? Each year NAIT awards one grad with the Spirit of NAIT Alumni Award and one with the Alumni Award of Distinction. This year the Alumni Award of Distinction was awarded to chef Corbin Tomaszeski, whom you might have seen on the popular shows Dinner Party Wars, Restaurant Makeover and Crash My Kitchen.

Tomaszeski grew up on a farm just outside of Edmonton and it was there that he first became interested in cooking. That interest grew into a passion as the celebrity chef grew older and eventually took the Culinary Arts program at NAIT, graduating in 1992.

It was busy for Tomaszeski following his graduation but it paid off for him. He hosts three TV programs that air on the Food Network and is one of the top chefs in Canada. He is well known for his hearty soups, which he said he learned from his mother as a child.

He is also an active member of the Canadian

Federation of Chefs and Cooks and volunteers with a number of organizations, including the Canadian Foundation for AIDS research, the Heart and Stroke Foundation of Canada, Osteoporosis Canada, the Canadian Diabetes Association and the United Way of Canada.

He is currently working on his own cookbook as well as three new restaurants and even a full-service catering business. He also recently claimed the position of executive chef at the Royal Ontario Museum.

When Tomaszeski came to NAIT to receive the award he stopped by the Culinary department to see what had changed in the nine years since he graduated and he also gave some advice to the students that were around working in the lab areas.

"I realized that this was a prestigious award in the sense that it really allows me to say that I've made a difference," Tomaszeski said when asked about the award

"I'm a reflection of this institution and I think by receiving this award it just proves to me that they're doing the right thing, that it worked with me and it's going to work with hundreds of other students, I'm very proud to be here."



edmontonjournal.com

Chef Corbin Tomaszeski speaks with student Kate Marshall during a recent visit to NAIT.

Renovation gets OK

By MATT BUGG

A years-overdue renovation is finally coming to a popular campus landmark. NAIT Students' Association President Govind Pillai announced during last Wednesday's Senate meeting that a proposal to renovate the Nest, NAIT's campus bar, has received approval to head to the

design and budgeting phase.

Pillai had just one word to describe his feelings about the news: "Ecstatic."

"The Nest has been in need of a renovation for decades. We will now have an opportunity to give students a space they can be proud of," he said.

Three local design firms will **restaurant** be asked to prepare a concept for a

renovation that takes advantage of the existing facility. NAITSA had initially planned on expanding the Nest but according to Pillai, 2006 building codes would have required that any increase in size be fol-

lowed by the construction of larger washrooms – thereby negating any gain in space.

"A secret shopper program is possible after Christmas to assess (the needs) of the Nest,"

Once the designs have been received, they'll be

presented to Senate in late January or early March for approval. NAITSA will then forward them to Edmonton-based construction management company, Clark Builders. One of the proposals will be chosen and construction will begin with a projected completion date of mid-August. The Nest would then reopen gradually in preparation for the 2012-13 academic year.

Although students will not be directly involved in the design phase, Pillai said that a an estimator with Clark Builders, a NAIT grad and a former NAITSA executive member, will be involved in the process. Other recent graduates who

have been hired by the firm may also take part in the construction

Also covered at last week's Senate meeting was a presentation by Susan Fitzsimmons, NAIT's Director of Teaching and Academic Development. The presentation focused on the revamped Faculty Development and Performance Evaluation – better known to students as the electronic NAIT Student Satisfaction Survey. The survey was suspended in 2004 following an investigation that found they were being used inconsistently and only to punish instructors with unfavourable results. A task force was struck last year to re-examine the usefulness of studentbased performance evaluation.

Several issues were tackled in the presentation given to Senate, including survey fatigue, data collection and the use of the survey results by faculty. Currently there is a pilot phase involving only a handful of programs, but Fitzsimmons indicated that the surveys are expected to become a part of every course offering at NAIT by next spring.



The Nugget

Room E-128B 11762-106 Street Edmonton, Alberta T5G 2R1

Production Office 471-8866 www.thenuggetonline.com

Editor-in-Chief

Celeste Dul studenteditor@nait.ca

Issues Editor

Anna Estanislao issues@nait.ca

Assistant Issues Editor

Claire Theobald issues@nait.ca

Sports Editor

Patrick Knowles

sports@nait.ca

Assistant Sports Editor

Baljot Bhatti

sports@nait.ca

Entertainment Editor

Natascha Bruhin entertain@nait.ca

Assist. Entertainment Editor

Christine Vu

entertain@nait.ca **Photo Editor**

Laura Dettling photo@nait.ca

Production Manager

Frank MacKay fmackay@nait.ca

> For advertising, call 471-8866 or e-mail: fmackay@nait.ca

Submissions encouraged: studenteditor@nait.ca

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.

An awesome Aussie opp

By ANIKA NOTTVEIT

When starting at a new school, September is an exciting time of year. There's nervousness involved for some students. But, it's probably safe to say there's a general buzz of energy and anticipation for most. Once you've been at the same school for a year, there is a chance that you're tired of it. There could be a desire to try something new. November rolls around and just as the cold weather creeps in, so do the thoughts of heading towards a break. A nice vacation. A trip overseas. An adventure. What if school was an adventure overseas?

Partner school

This is a possibility made reality through Griffith University, which is located in Brisbane, Australia. Griffith University is one of NAIT's partner schools.

Martin Kelly, the Executive Director of KOM Consultants, had a booth set up with information about Griffith on Nov. 16. "The consultants help students through everything," Martin Kelly says, "We will guide them through the whole process." Leaving your home country can be intimidating and daunting. Having someone who knows what they're doing taking you through the necessary steps is definitely a bonus. The steps will include the application process, scholarship options, student loans, student visa process, accommodations, and other travel necessities. There is student residency which is convenient and a great way to meet people. There are 43,000 students at the school and roughly half will be international students.

Credit for NAIT diploma

Studying abroad has many benefits.

"You can fast-track your degree in a shorter amount of time. It's quicker than a Canadian school," explains

Considerable credit is given for a NAIT diploma. There are many studying options available. Some of the programs are Engineering, Business, Dental, Photography, Broadcast/Journalism, Environmental and many more! Qualification from NAIT or other partner schools has to be completed before students go. There have been about 6,000 students from Canada that have gone. This program has been in action for four years and has been growing ever since. The most commonly studied program is Business, followed by Education and Early Years Education. There has also been an increase of Engineering students recently.

"Griffith is a good option when looking for an overseas experience. It will give students a valuable global experience," Mark Kelly says.

"It's a great if you're looking for a change of lifestyle or to get away from the weather!"

Brisbane is located in the Queensland, which is considered the "sunshine state" of Australia. There is access to the beautiful coast and rainforest. It's the location a Canadian needs every once and while. Martin Kelly will be back to NAIT the week of Jan. 16 with more information on Griffith. Meanwhile, visit www.griffith.edu.au/credit.

Reduced Prices! MacBook Pro

13", 15" & 17" Models

Reduced prices on MacBook Pro (in stock, specific models) & AppleCare Protection Plans.

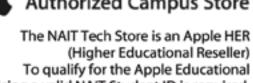


TECH STORE



Authorized Campus Store

(Higher Educational Reseller) To qualify for the Apple Educational pricing a valid NAIT Student ID is required.



W: onlinestore.nait.ca P: 780-471-8390 E: techstore@nait.ca

Letters

We want your views

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

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

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

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

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

Christmas – time for giving

By CHELSEA BIRD

We've all noticed that as soon as Halloween is over, Christmas is everywhere. Malls, stores, streets – it seems everywhere you look Christmas is being thrown in your face, whether you like it or not. With so much hype surrounding the most celebrated winter holiday, events for a good cause can get lost in all the splendour and advertising. Charity

events and volunteering, however, are an important part of this holiday season. Here's a list of some charity events going on around the city to make navigating through winter events a little easier.

The Salvation Army Santa Shuffle is held in Hawrelak Park on Dec. 3. For anyone feeling ambitious enough to run in the

cold, there's a five-kilometre fun run and also a one-kilometre walk. Register online at runningroom.ca.

Edmonton Meals on Wheels is looking for volunteers to wrap and bag donated gifts for people in your own community, Dec. 12 from 1-3 p.m. You don't need to be great at wrapping gifts, you just need to be able to give a few hours of your time. Contact emow@mealsonwheelsedmonton.org for some more info.

Candy Cane Lane is the perfect win-

ter evening activity if you are planning a unique date idea. Donations for the Edmonton Food Bank are accepted at various checkpoints along the lane, so impress your date with your generosity! There are over 200 private homes to check out along 148 Street from 100 Avenue to 92 Avenue. The Lane runs from Dec. 11-Jan. 1, and there are even sleigh rides available!

Another evening activity that I'm definitely going to check out – Snow Valley is offering discounted skiing and snowboarding every Friday during the winter season! At 5 p.m. Fridays, \$5 lift passes are available as long as you bring a non-perishable food item for the Edmonton Food Bank. You must arrive between 5 p.m. and 9 p.m.,

though! They also have discounted ski and snowboard rentals. Skis are \$10 and snowboards are \$17.

Maybe you want to donate but just don't have the time? Edmonton Hope Mission has started their Christmas campaign online. Head to their website and you can submit an online donation to help feed Edmonton's needy. You can donate whatever amount you can, or use their system to donate specific amounts to provide a specific amount of meals. For example,



connect2edmonton.ca

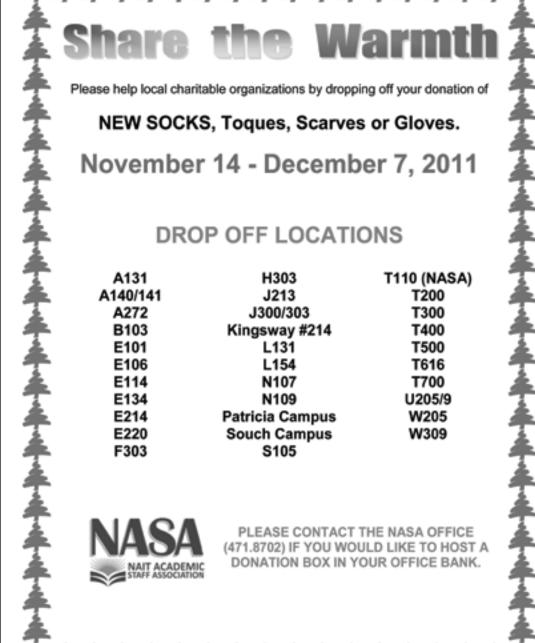
Candy Cane Lane is an annual Christmas fixture for Edmontonians.

donating just \$27 will feed 10 people. You can donate one time or set up a monthly amount to come out of your account.

Finally, CBC is hosting its annual turkey drive. Bring a frozen turkey to the CBC Edmonton studio (10062 102 Ave.) from Dec. 12-19 from 8 a.m.-6 p.m. on weekdays or 10 a.m. to 6 p.m. on weekends.

Over the Christmas season there will be many good causes and events that will ask you for your time and some of your pocket change. Even if none of these events work for you, try to donate some of your time for a good cause. Most volunteer opportunities can go right onto your resume and only take a few hours. Happy charity season!







NAIT's alumni have spirit

By CLAIRE THEOBALD **Assistant Issues Editor**

The vice president of Cameron Homes was given the 2010 spirit of NAIT Award for her career achievements and her contributions to the community.

"I was extremely honoured and surprised," said Rose Naqvi-Parasynchuk. "Firstly that they followed up with what the alumni were doing but also knew about the various charities and committees that I had been sitting on over the years."

Rose graduated from NAIT's Accounting program and has a Bachelor's degree in Applied Business Administration. Encouraged by her parents, she and her husband started their own home-building business, Cameron

2002, the company has constructed over 300 homes and now employs a staff of 22 people. Rose attributes some of her success to the hands-on approach she and her husband have used in every home they've built.

"I liked the idea of us building someone's home," Rose said, "where they are going to bring their families home and have these intimate memories."

Rose makes a point of giving back to the community and has been involved charities like the Support Network, Heart to Art and Habitat for Humanity. She

also sits on the board of directors for the Canadian Home Builders' Association.

"Many of us are fortunate and blessed enough to give back to those who are less fortunate," Rose said. "[It] should be in everyone's job description."

She tries to impart these values of giving back to the community to her five daughters, encouraging them to give back by any means they can.

"I want them to learn the value of volunteering in any capacity, whether it's for a charity, whether it's for a school play," said Rose, "I just want them to know what volunteering is about."

Rose is proud to be a NAIT alumnus, and emphasized that she applies the skills she learned at NAIT in her career every day.

"The education I received at NAIT Since building their first home in was first class, it really was." Rose said. "The instructors were so knowledgeable, they were people from the field ... so they would tell us what it was really like in the real world."

> The Spirit of NAIT Alumni Award is handed out every year to a former student to has achieved success through their career, and embodies the spirit of NAIT through community involvement.

> "I'm extremely honoured and humbled to have received the award, and I'm proud to be a NAIT alumni," Rose said.

The award was presented at a private alumni achievement event on Nov. 15.



NAIT photo

Rose Naqvi-Parasynchuk

University of Lethbridge **Edmonton Campus**



EDMONTON CAMPUS 780.424.0425

Earn a Degree While You Earn a Living



University of

Work toward a recognized Management degree while you hold a full-time job!

- 4-year degree programs in Accounting, Finance, Human Resource Management, Marketing, General Management, International Management
- Study full-time or part-time (evening and weekend programs)
- Transfer previous courses or complete the full 4-year BMgt degree in Edmonton
- Already have a business diploma? Get your degree in as little as two years (2.5 if you have a professional diploma in another field)
- . Aiming for a career in Accounting? Ask about our CA Bridging Program

Find more information (and life-changing opportunities) at

EARNandLEARN.ca

The gamers' ratings game

By GRAHAM McCANN

Games are expensive. Paying \$60 to \$70 for a new game only to realize that it is not so great is a big let down. Now that there is no Blockbuster or Rogers, renting seems to not be an option anymore. So, game reviews are extremely important.

Magazines like *Gamepro*, *Electronic Gaming Monthly* and *PC* Gamer and websites such as Gamepot, IGN and Gamerankings provide scores and in depth reviews about new releases.

The standard is a number rating out of 10 – zero being the worst and 10 being the best and five being average. However, a problem that has come up is that many gamers don't see five as average anymore. It has now become seven or eight. In fact, when Gears of War 3 received eight and a half out of 10 on a site, a member of the development team got pretty angry and started defending how great his company's game is. There are also posts by users on websites for games that they love with eights saying "why did this game get bad

Another problem recently, which was written about on IGN.com, is fanboy user reviews on the review aggregation site Metacritic. Two similar competing games; Battlefield 3 and Call of Duty: Modern Warfare 3, have brought out the worst in some gamers. The user reviews of Modern Warfare 3 have an average of around three out of 10 on Metacritic. Some users feel that the game is over rated, and to compensate for the high reviews, they give the game a zero. If some people absolutely love the game, they give it a 10. It is an either-or situation, love it or hate it. There isn't any intelligent analysis in choosing a score. Even some of the people that gave it a zero said that they like the game, but they need to balance the review against the super fans.

Battlefield 3 fans have been fighting against Modern Warfare fandom for a while, and some fans have even posted 10/10 reviews for Battlefield 3 while going to Modern Warfare on Metacritic and giving it a zero.

The numbers in the review, of course, shouldn't be the only thing. They should accompany a well written and thought out article about the good and bad in the experience of the game. However, the number should definitely reflect a well thought out analysis of the game and high and low ratings should not be thrown around on every game that is good or bad. The numbers should mean something – a nine and 10 should provide heavy impact on the spectacular nature of the game. You should see an eight and say that this is definitely a game you would go out



Holidays: Stay fit

By STEVEN DYER

We all know that once the holidays roll around, we all tend to indulge, sit around and do nothing, or work all the time. None of those things promote a healthy body so we got Amy Pysar, a personal trainer and an administrative assistant at NAIT, to give us a few tips on how to stay healthy even in the face of temptation.

Steven Dyer: What are some things (food or other) to avoid during the holidays?

Amy Pysar: Avoid drinking all your calories! There are a lot of high calorie drinks during the holidays such as hot chocolate and eggnog; be careful how many you have, they can add up! Also avoid snacking while you cook! Chew gum while you cook to avoid taste testing, it's very possible to eat a whole meal's worth of calories before you even sit down for dinner!

SD: What are some healthy habits people can get into?

AP: Family walks (or roommate walks). Try getting into the habit of taking a short walk before or after dinner. This is a great time to catch up on your day, the latest gossip and burn some calories while you do it. We often stay inside during the colder months, but braving the cold will keep off the win-

SD: What are some simple and quick exercises people can do?

AP: Exercise while you cook! Do some lunges while you wait for the potatoes to cook, throw in

some squats as you stir the gravy; you can even do inclined pushups off the counters. The same can be applied during commercials. Pick one exercise per commercial break and do as many as you can during that time. Change the exercise for the next commercial. For a one-hour show, that's almost a 20-minute workout in total!

SD: If someone wants to indulge a little, how much is an OK portion?

AP: Try to limit your indulgent tendencies to 200 calories or under. Feel free to pick whatever sweet or savory snack you want, but keep the portions small. A great option to satisfy your sweet tooth without sacrificing your waist line is fruit crisp - choose whichever fruit you like. For the chocolate lovers, mix low fat Cool Whip with fat free chocolate pudding, put a half cup of berries on top and you have your own chocolate mousse!

SD: Are there any other general tips you could give people?

AP: Keep yourself moving, even if it's only 10 minutes at a time. When the weather gets cold or the holidays make you busy, throw in exercise when you can. Ten minutes here and there do add up! Also, make sure to take time to relax. Holidays are a break for a reason; we need to take a break. No one is immune from stress eating. The more relaxed we are, the less likely we will reach for those sugar cookies ... for the fourth time ... and the more likely we are to enjoy the holidays for what they are



Photo by Laura Dettling

Personal trainer Amy Pysar has tips for battling those holiday pounds.

OPINION

— Editorial —

My new obsession



CELESTE DUL Editor-In-Chief

hat would you do without the Internet? This is something that has crossed my mind recently, and honestly – I don't know what I would do.

In this day and age, the Internet is used for almost everything from banking, schooling, and even wedding

planning. I know the Internet isn't going anywhere, but I've started to wonder, is the Internet making people feel like we're more productive than we actually are?

Obsessed with a website

Personally, I'm guilty. I spend hours on the Internet daily. Granted, most of it is for school or work but I have recently become obsessed with a website called Pinterest. It's based on a simple concept. Individuals post pictures, recipes, workouts, design ideas and anything you can imagine. Then, you can pin them to virtual bulletin boards; creating a collage of ideas at the click of a mouse.

Time magazine called Pinterest one of the five best social media sites of 2011, along with Google-Plus and Klout. The company raised \$27 million in venture capital led by the firm Andreessen Horowitz and several tech news outlets have reported Pinterest's value at \$200 million. Pinterest is estimated to have just under four million users and has grown immensely from its mere 400,000 users in May.

Empowers users

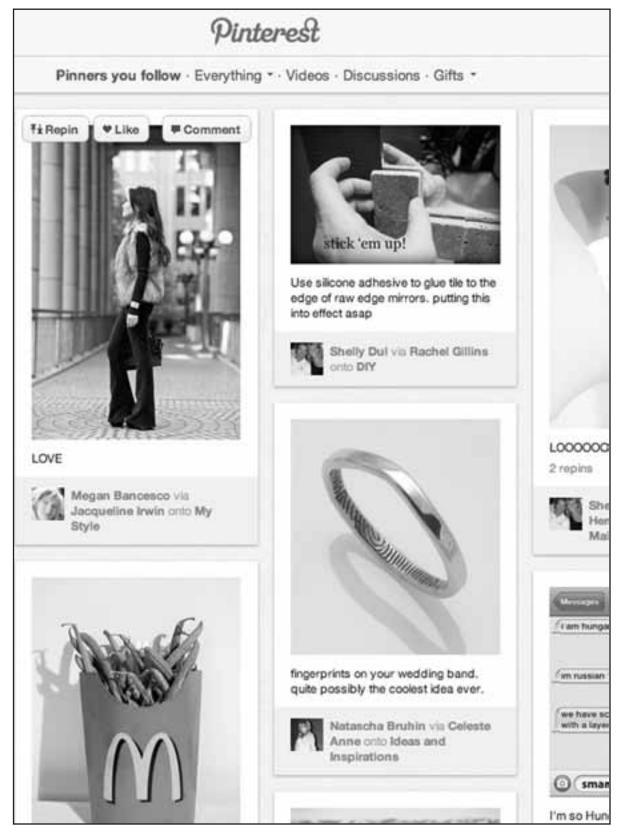
This website has been known to make users feel empowered, motivated, inspired and hungry all at the same time – and without leaving the computer. After a month of using Pinterest, I noticed I had only done one of the recipes I'd "pinned" and only two of the workouts – yet I had practically planned a wedding.

In the last week I've focused on taking advantage of the information this website handed to me, and I'm completely impressed. The workouts posted are incredible, the recipes are easy to follow and the DIY tips are described excellently. Keep in mind that each "pin" comes from a different website. But the more often something is "pinned," the higher the chance of stumbling across it. You can search by category, word or individual profile.

This website has given me easy access to anything I'm looking for. So at this point in my life I don't know what I would do without the Internet. I've grown up with it, and I've become accustomed to using it for many aspects of my life. And Pinterest, much like Google, has become second nature.



Saturdays at 6pm on CTV Two Starting October 1



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

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

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

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

Trust us on that. Write us.



8 The Nugget Thursday, November 24, 2011

SPORTS



By MATT BUGG

There's just something about home court. The NAIT men's and women's badminton teams hosted Tournament No. 2 at the NAIT gym this past weekend, finishing first overall in commanding fashion. In winning all five events – men's and women's singles, men's and women's doubles and mixed doubles – the two sides combined to score a staggering 202 points.

The highlights of the weekend for the Ooks were Jessica Yu posting a perfect 11-0 record en route to winning all three of her events (singles, women's doubles and mixed-doubles), and Dan Kai finishing first in men's singles and mixed-doubles with an 8-0 record. Both players have yet to lose a match this season.

NAIT transfer student Ellexis Lathan had a strong showing in women's singles, finishing second for the second consecutive tournament.

The men's and women's squads also showed their overall dominance by having an all-NAIT final in mixed doubles, women's doubles and women's singles.

In mixed doubles, the pairing of Kai and Yu defeated Quinn Conway and Sinead Cheah, while Cheah and Yu edged out Lathan and Renee Au in women's doubles. Women's singles saw Yu defeat Lathan.

Despite the team's continual dominance

of opponents, head coach Jordan Richey was quick to point to his team's willingness to improve and grow game in and game out.

"(I'm) very pleased with the consistency of our team. We have a large lead in overall points and it would be easy to get complacent, but the players are challenging and pushing each other to maintain their focus. It is these friendly internal rivalries that hopefully will keep our program at the top."

VOLLEYBALL

Men lose two, women on a roll

By MIKE MacMULLIN

The NAIT Ooks men's volleyball team played very hard in two away games at Keyano College this past weekend. The first game, on Friday, ended with an unfortunate 3-1 loss, with Bryce Cardinal leading the team with his seven kills and eight digs. On Saturday, the score was a very close 3-2 loss. Anton Borodyuk was the player of the game with 11 kills, three digs, five blocks and one ace.

The volleyball team, despite their losses this weekend, gave the Keyano players a run for their money defensively. Their coach, Simon Fedun, says that the team has come a long way since the start of the season.

"We had a great weekend defensively and the effort was outstanding. If we can continue to bring that type of attitude and become more efficient with our serve receive to attack then we will be very competitive for the rest of the season. I'm really happy with the progress that the first year kids are showing."

An honourable mention goes to Lyndon Mercier, who had yet another great weekend

with 41 kills, 23 digs, two blocks and four aces over the two hard-fought matches.

This week we have a short week, where our men will be playing much improved games with Augustana, away on Thursday and home on Friday

NAIT also had women's volleyball games this weekend, which were also played at Keyano College. Our women played strong and hard and it paid off with two great wins for us. On Friday we won all three of our games in the first match, with 26-24, 25-16, and 25-20. Sarah went in the first set after the Ooks were down 3-15 and she played a pivotal role in turning the set around for her team. She had very consistent hitting and defence but she also brought some much needed stability to the court.

On Saturday, the women's team smoked their competition again, winning three out of four games. The match ended with the women's Ooks at 3-1, with the first game being 25-14, the second a loss of 21-25, the third a 25-17 and the final game another 25-14.

NAIT's stat leader from the weekend was

Jasmine Hawryliw, with 23 kills, three aces, five blocks and 24 digs. Taylor Smith had 27 kills, four blocks, and 27 digs.

Head coach Erminia Russo Thorpe had this to say about last weekend's games:

"Although the match on Friday night did not start out well, down 3-15 in the first set, we had some key subs, Sarah Watson and Jasmine Hawryliw, both went in and provided stability and sparked up our offence. We could've let that first set go but the fact that we fought through it and stayed calm throughout shows growth for us as a team."

This week, Jasmine Hawryliw will be spotlighting as Athlete of the Week, who played a key role in the power hitting position, overpowering Keyano College with her big hits. Hawryliw is beginning to establish herself as one of the strongest hitters in the league.

Clear your schedules for Thursday, Nov. 24 as NAIT travels to Augustana College and then return home on Friday the 25th to play again, against Augustana. The match starts at 6 p.m.



Simon Fedun 'Happy with the progress'



The year of the Lions!





PATRICK KNOWLES Sports Editor

And then there were two ... With the season that started in June with training camps for all eight teams, this six month grind of a CFL season, will culminate this weekend with the 99th annual Grey Cup being played at the newly renovated BC Place stadium. The game

will be played Sunday between the host BC Lions and the Eastern Division representative the Winnipeg Blue Bombers.

To get to this game, Winnipeg had to get through the Hamilton Tiger-Cats, which proved to be much easier than anticipated. The Eastern Division final was played in -20 C weather in winter-peg, and this game was never close. Hamilton jumped out to a massive 3-0 lead, OK, maybe not a massive lead but this was the only lead and points that the Tiger-Cats would have in the game. Having starting quarterback Kevin Glenn go down early in the second quarter didn't help Hamilton's offensive issues and the Blue Bombers took control from that point on and never looked back, taking the game 19-3, getting 190 yards on the ground from running back Chris Garrett on 29 carries and booked

their spot in the championship game.

In the Western Final, the Edmonton Eskimos were in tough against the CFL's hottest team, the Lions. The Eskimos were clearly outmatched and it showed on all sides of the ball with the league's No. 1 ranked defence causing fits for Eskimos quarterback Ricky Ray, who couldn't handle the pressure from the front four of the Lions defence and was sacked several times throughout the game.

Andrew Harris had another stellar game out of the backfield for the Lions, scoring two touchdowns on 70 all-purpose yards. And then you have the general on the team, quarterback Travis Lulay, who was just on fire. He put up 293 yards passing and 63 yards rushing, with a 61-yard run for a touchdown and hammered the nail in the Eskimos' coffin.

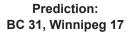
The matchup is set for the Grey Cup and honestly this is the best matchup possible, in my eyes. On one side you have the host Lions, a team that started off the season with a 0-5 record and the hope of playing at home in the Grey Cup then looked very bleak. After that dismal start, the Lions did a complete 180 and won 10 of their last 11 and were basically unbeatable.

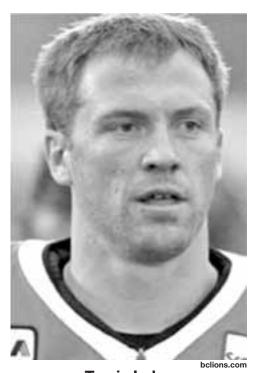
The Eastern Division champion Blue Bombers started off the season as one of the hottest teams but slowed drastically and finished the season with a 10-8 record, having identical 5-4 records at home and on the road. They finished atop the Eastern Division, getting the bye into the Eastern Final.

The Grey Cup game will be tightly contested, with both teams' defences stepping up and controlling the tempo of the game. Expect both teams to play their best game of the year. If the Lions get off to a quick start, it will be

hard for the Bombers to match them score for score because the Lions have more offensive weapons than the Bombers and they won't be able to keep pace.

If the Lions do win, which I think they will, this will be the first time since 1994 that the host team of the Grey Cup will be the champions. What a great way to break in the renovated BC Place stadium, with the home team raising the Grey Cup in front of 45,000-plus crazy fans. Lets hope this time Vancouver can celebrate a championship the proper way ...





Travis Lulay Has hot hand



New BC Place

NAIT OOKS HOME GAME SCHEDULE

MEN'S HOCKEY

Fri. Nov. 25 at 7:00pm



VOLLEYBALL

Fri. Nov. 25 Women at 6:00pm Men at 8:00pm



BASKETBALL

Sat. Nov. 26 Women at 6:00pm Men at 8:00pm



WOMEN'S HOCKEY

Sat. Nov. 26 at 7:00pm



Athletes of the week

November 14-20

Sherri Bowles Hockey



Sherri once again led the NAIT Ooks in scoring this weekend as she added four points in a two-game sweep of the MacEwan Griffins. Sherri scored the winning goal on Friday night in the team's 3-1 victory, then scored the overtime winner Saturday afternoon in the team's 3-2 win. "Sherri had a standout weekend and was an impact player on all areas of the ice," said head coach Deanna Iwanicka. "She blocked some big shots on MacEwan's PP Friday, and finished around the net three times, amongst other created opportunities." Sherri is a second-year Business Administration student from Elkhorn, Manitoba.

Steele Boomer Hockey



Steele was a force this past weekend, leading the men's Ooks hockey team to 4-1 and 5-3 victories over the Portage Voyageurs. Boomer netted four goals and an assist in the two-game set and his line was responsible for eight of the nine goals that the Ooks scored. "Steele demonstrated once again his on-ice leadership," said head coach Serge Lajoie. "This weekend he was rewarded on the scoresheet." Steele is a first-year Business student from Edmonton.

Best area winter getaways

By CHRISTINE VU and MATTHYS PISCHKE

While it may be a little early to put up your Christmas decorations, it is prime time to start thinking about a weekend getaway to the mountains as the end of the semester nears. The Nugget has compiled a ski and snowboard guide for those of you who want to hit the fresh powder but just don't know where, beginning with the clos-

Sunshine Village

Driving distance: Approximately four

Rental and day pass cost: The basic ski package is \$39.95, the high performance package is \$54.95. They also rent out a full ski suit (pants and jacket) for \$29.95.

Accommodation: For a measly \$145 you can ski in and out of your room while staying at the Sunshine Mountain Lodge.

Mountain stats: Ride in style on one of the nine chairlifts or keep warm in the gondola. Banff has over 3,300 skiable acres of some of the best snow in the Rockies. There

Perks: There are runs for all abilities, from extreme beginners to cliff diving experts. The terrain park is also top notch.

Downside: The mountain is prone to high winds with low visibility. Stick to the trees when old man winter starts to blow.

Nakiska

Driving distance: Approximately 4½ hours on AB-2 S to six hours on Cowboy

Rental and day pass cost: Ski packages start from mid performance at \$39/full day to high performance at \$46/full day. Board packages are \$39/full day.

Accommodation: There are over six different hotels and cabins in and around Kanaskis, including Mystic Springs Chalets, which has an outdoor hot pool.

Mountain stats: With 285 acres of skiable area, Nakiska is definitely for families or beginners. The most difficult level on the mountain is a black diamond.

Perks: Designed for the 1988 Winter Olympics, the mountain is equipped with

state of the art snow making machines that are \$76 each. Standard ski, snowboard and guarantee fresh snow no matter what the

Downside: Everything is more expensive during the holiday season.

Lake Louise

Driving distance: Approximately 4½

Rental and day pass cost: A full day pass goes for \$79.95. The resort has a huge selection of skis for all skill levels. The high performance ski package is \$52.95/day. There's a good selection of snowboards for all types of boarders. They don't offer the best boots. High performance snowboard package: \$48.95/full day. They also rent X-country skis and snowshoes.

Accommodation: There is no hotel on the mountain, but you can get a cosy room in the town of Lake Louise for as low as

Mountain stats: Nine lifts including a gondola, four mountain faces, 139 runs, 4,200 skiable acres.

Perks: Being only 60 km from Banff offers a plethora of great skiing opportunities. When one mountain is having a bad snow day, the other is always an option.

Downside: It's easy to get caught up on one part of the huge area and not see the rest. You definitely need more than one day to explore it all.

Marmot Basin

Driving distance: Approximately 43/4

Rental and day pass cost: Day passes

snowblade packages are \$41, while high performance ski packages are \$56.

Accommodation: "Ski and Stay" packages that are available at a number of nearby hotels make it easy and convenient for a

Mountain stats: 1,675 acres of skiable area and 86 trails with more expert terrain for the more adventurous and experienced skiers and snowboarders.

Perks: You can make a reservation for your rentals so you can skip the long lines. Marmot Basin also offers some of the lowest rates in ski passes and rentals.

Downside: Marmot Basin is definitely one of the busier mountains as it is nestled in Jasper National park.

Revelstoke

Driving distance: Approximately eight

Rental and day pass cost: Full day passes are \$74 a day. Standard ski rental packages are \$35/full day while a high performance package is \$45/full day.

Accommodation: "Ski and Stay" at the Nelsen Lodge for \$149/person/night.

Mountain stats: Just over 3,000 skiable hectares is accessible by means of a gondola ride, and then a choice between two different lifts. There are 40 designated runs.

Perks: The mountain is almost always quiet and you will not have to wait in line for a lift. The snow is deep and powdery.

Downside: It is a very small mountain. If the snow is bad, it's bad everywhere.

MEN'S BASKETBALL

Hard work wins

By FRED PAPRINIK

The NAIT men's basketball team had a big weekend last week. It was a two-game road trip that would test the teams endurance and strength. Friday the 18th had the Ooks away to the Medicine Hat Rattlers,

Coach Mike Hansen had high praise for his team after the game. "The team played

together on defence and allowed us to get

out and run," said Hansen. "They executed

the game plan just like we worked on all

their big win the team was fatigued and it

showed early on but had to dig deep. Kyrie Coleman lead the way for the Ooks with 25

points and 15 rebounds in what truly was

The following night the men went over to Briercrest to play the Clippers. Following

who are currently ranked 12th in the conference.

The game looked close early on but a 28-11 second quarter from NAIT broke the game open. The men really showed how tough their lock-down defence can be, holding the Rattlers all-star point guard to just five points on 2/11 shooting. The team's offence was a balanced attack with Corey Saban leading the way with 18 points, Clayton Crellin with 17 and Brock McMillan with 14 points. The final score was 84-65 for NAIT.

week."

Corey Saban

contributed a strong 24 point eight-rebound performance. The Ooks led by 18 at the half and

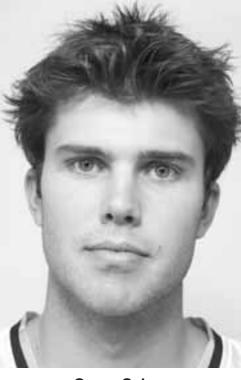
a monstrous performance. Clayton Crellin

coasted through the rest of the game to get the win, the game was actually very sloppy as both teams combined for 50 fouls. Coach Mike

> Hansen said, "After getting a big win last night against a ranked opponent I was really worried about our intensity but the guys were great, we just couldn't sustain it but we grinded through and got the win."

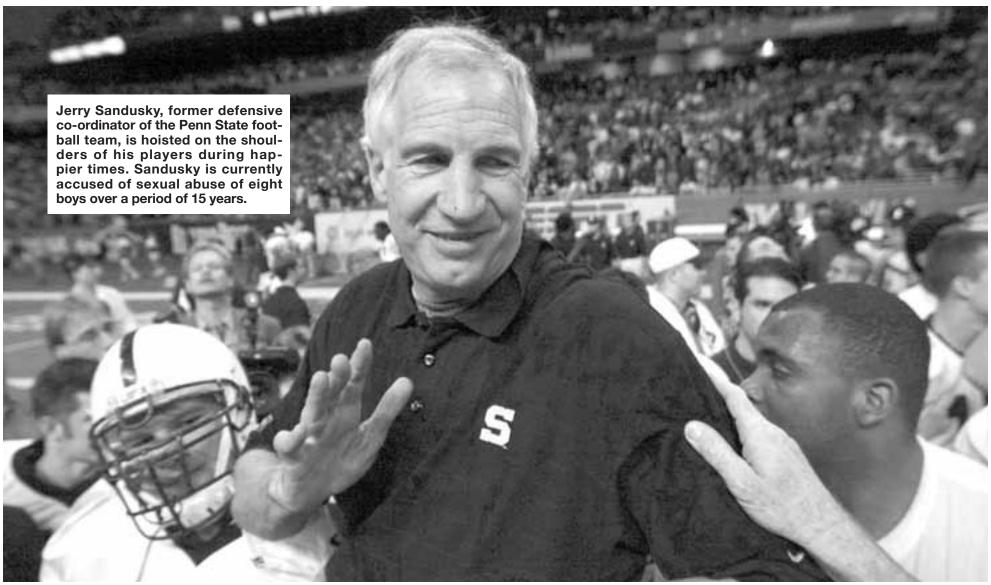
The team will be working hard this week after the wins getting ready for a tough home and away back-to-back series with Concordia on Nov. 25 and 26. This should make for a tough

Ooks lost to Medicine Hat College, 62-47 on Friday, but bounced back on Saturday scorer on Friday and Saturday was Josephine Peacock. Their next game is back home at NAIT, against Concordia University College, is on Nov. 25 at 6 p.m.



weekend, as the Ooks are just two spots ahead of Concordia in the ACAC North Division. The boys will need all the support they can so make sure you can make it to at least one of the two games. Meanwhile in women's basketball, the against Briercrest, winning 64-49. The top





Penn State under the gun



BALJOT BHATTI Assistant Sports Editor

Everyone remembers when they were first let down by their father. It's an inevitable event that occurs in a child's life. They suddenly realize that this towering figure in their life is fallible ... vulnerable ... human.

How people deal with this revelation often shapes their lives from that point onward, and their relationships with other people. It's not their fault; it's just basic human psychology.

It seems to me that the people at Penn State are suffering through this event themselves. Once more in their lives, a father figure has let them down. He's disappointed them, he's shamed them and what is their reaction? Lash out at anyone and everyone who says anything bad about their dear old dad.

Knee-jerk reaction

If ever there was a symbolic last name, it'd be the one that belongs to Joe Paterno. Paterno is derived from the word "paternal," meaning fatherly. And that's what this man was, the father of Pennsylvania State University. When it was revealed that there had been allegations of long running sexual abuse at Penn State by an assistant coach, fans of the champion Penn

State football team reacted as adversely as you can expect crazy fans to react. They flipped over cars, they rioted, they protested, all in defence of their father Joe Paterno, the kindly old man who had won them so many championships. He couldn't possibly have done anything wrong.

The football team's former defensive coordinator, Jerry Sandusky, was arrested and then released on a \$100,000 bail. He was charged with 40 criminal counts, including sexual assault on a minor. His part in this story, however, is done. If Sandusky is as guilty as everyone has already assumed, he will spend the rest of his life in prison, where child rapists generally have the life expectancy of fruit flies.

The part of the story that everyone is still interested in is key - how much did Joe Paterno know? In March of 2002, a graduate assistant in the football program walked into showers in the Penn State lockerroom and says he witnessed Sandusky sexually assaulting a 10-year-old boy. Let's not mince words here, people - he was allegedly raping this

What did this 22-year-old graduate assistant do, after this shocking scene that he says he witnessed? He doesn't immediately go to the police and tell them what he saw. He doesn't tell the university president. He tells his father. His father gives him some sage advice. Go talk to Joe Paterno.

The next day, he goes and talks to Paterno, who in turn does not call the police and instead informs the athletic director at Penn State, Tim Curley. Curley interviews the assistant himself and says they will look into the matter. Meanwhile, Sandusky continues to bring in boys from his at-risk outreach program called The Second Mile under the protection of Penn State.

Nothing ever came of any of these investigations. The entire matter was swept under the carpet. Sandusky was quietly pushed out of the program in 1999, and in 2010 he retired from The Second Mile. In 2011, the Pennsylvania attorney general finally laid charges against Sandusky, nearly a decade after the alleged incident in the showers that Paterno was made aware of. In those nine years, Sandusky allegedly continued to take advantage of a young boy several times. The young boy is only identified as Victim 1 by

> the grand jury. By Nov. 8 of this year, the number of possible Sandusky victims had risen to nine. Nine young boys, who, if Sandusky is guilty, were abused by a man who abused his position of power, all the while

empowered by an organization marked by secrecy, influence and control.

College sports have recently come under a lot of fire for taking advantage of players to make massive amounts of money for the college, with very little return to the people who make them that money. Other programs in colleges suffer while money is diverted to football and basketball programs. Players are enticed with the chance of playing in pro sports. In return, they might be given a scholarship, which is a drop in the bucket compared to how much money the institutions make off their efforts every year.

It's this kind of environment that might foster a situation like child abuse. With so much money at stake, of course players, staff and coaches would be made to shut up and not say anything. And how in the hell could Joe Paterno not have known all along? The man had been a coach at Penn State for over 50 years. He was basically a god at the university, a titanic figure who was known all around the state. It's hard to believe this could go on under his nose without him knowing.

Story won't die soon

What will happen to Paterno? Well, he's been fired and has quietly receded into private life. This story, however, will not die anytime soon and more and more information is coming out every day. The people at Penn State are both confused, shocked and angry, but they mostly seem angry at outsiders who are coming into their town and questioning their ways.

I recently heard a radio interview with a student from Penn State who claimed that the entire college is a "closed campus, with its own zip code, police force and laws" and she stated that Penn State could deal with its own problems. This kind of stupid attitude is exactly how this alleged abuse could have gone on for so long at Penn State. Let us deal with our own problems; we don't need no outsiders to help us.

The problem is, I don't think they are capable of dealing with their own problems. If the allegations are true, the first incidents of abuse took place in the '90s and charges weren't filed until this year. When it takes more than 10 years for people to respond to allegations of child abuse, I think you definitely need someone to deal with your problems.

MEN'S HOCKEY

oks take two games vs Portage

By EVAN DEGENHARDT

The NAIT men's hockey team faced off against the Portage Voyageurs for a home and away series over the weekend.

Coming in, NAIT was sitting just five points up on Portage in the standings and the Ooks were looking to increase their lead over the Voyageurs with a couple of wins. NAIT started the series at home and wanted to capitalize on that advantage.

Both teams came out in the first period with a sense of determination, but it was the Ooks who got on the scoreboard first. Forward Steele Boomer potted the game's first goal at the 6:24 mark to give NAIT the lead. However, Portage came back to tie the game at the 14:33 mark. NAIT took charge of the game's pace for most of the first period and outshot the Voyageurs by almost double. Although the game was tied heading into the second period, the Ooks had controlled most of the first.

Portage was looking to bounce back from their slow firstperiod start but the Ooks were up for the challenge. Both teams put on a defensive show in the second period and the game remained tied after two.

The third period was a different story. NAIT came out flying and their excellent forecheck and puck possession led to Steven Pratt scoring NAIT's second goal at the 1:26 mark to give the Ooks a one-goal lead. At the 11:56 mark, Boomer scored his second goal of the game and NAIT went up 3-1. Late in the third period, Portage pulled their goalie with under a minute to go, but the Ooks defensive pressure was too much. Boomer put the puck in the empty net for his third goal of the game, solidifying a 4-1 win for NAIT.

Constant pressure was a key in the Ooks win, as they managed to post over 50 shots on the Portage goaltender. The Ooks' line combination of Boomer, Jiri Prochazka and Pratt were a huge factor in the win.

Heading into Saturday night's game, NAIT was looking to

expand on its dominating performance from the night before.

The first period was marked by a defensive display of skill from both teams. Portage broke the stalemate at the 7:19 mark to give the Voyageurs the early lead. The rest of the first period remained scoreless.

NAIT started the second period with a lot more jump. A quick goal by Prochazka at 3:51 put them right back in the game. NAIT continued to control the tempo and Prochazka scored his second goal of the night less than a minute later to put the Ooks up 2-1. The pace in the second period remained high, with both teams trading chances. However, Portage took a penalty late in the second period and NAIT capitalized when Boomer scored on the power play with only 30

Heading into the third, NAIT was up 3-1 over Portage and continued to follow the game plan. Forward Brian MacDonald gave the Ooks a three-goal lead and less than a minute later Ooks Pratt scored to make the game 5-1.

Although Portage was down by four goals, they came back quickly and scored to make the game 5-2. Portage took advantage of a NAIT penalty and scored on the power play to make it a 5-3 final and a weekend sweep for NAIT.

All of NAIT's lines were dominating in Saturday night's game. For the second night in a row, the line of Boomer, Prochazka and Pratt capitalized on their chances and helped cap-

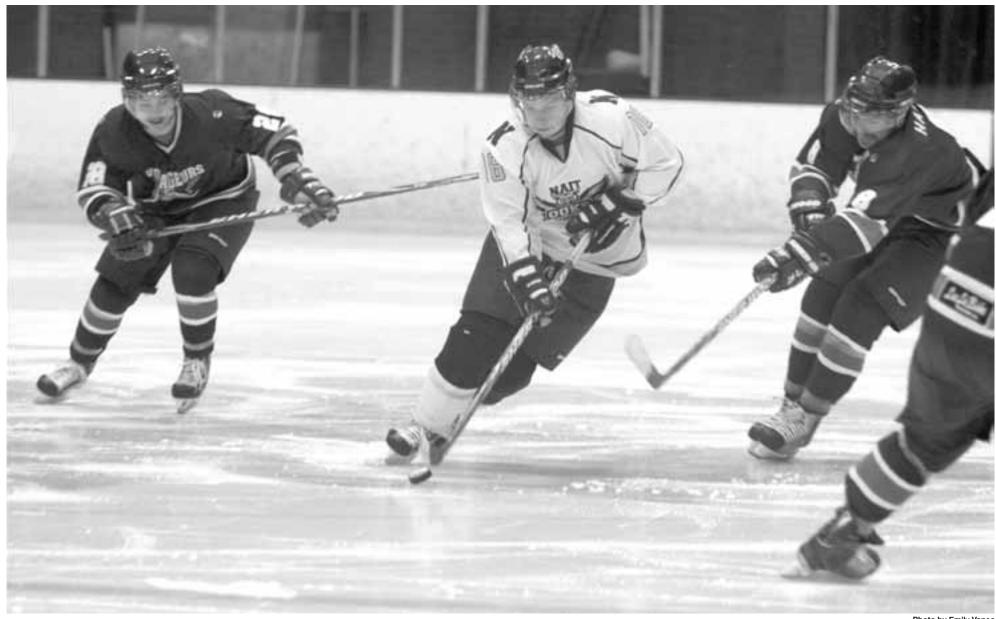
After the game, coach Serge Lajoie spoke of his team's efforts. "It's nice that the guys are reaping the rewards for all the hard work they have been putting in," he said.

"At this point, we have three games left before the season is half over. We want to finish strong, but we know that we have to maintain our focus and take it one game at a time."

Next, the Ooks will head to Concordia, to play a series of games that could have an impact on the current standings.



Jesse Slobodian takes a shot over a fallen Portage defender during a game Nov. 18 at NAIT arena. The



NAIT Ook Steele Boomer, the male Athlete of the Week, carries the puck through a number of Portage players during a game on Friday, Nov. 18 at NAIT arena. Boomer scored two goals in the contest, won 4-1 by NAIT. In the two-game, home-and-home series, Boomer scored four goals and added one assist.





A NAIT Ooks player celebrates a goal.

WOMEN'S HOCKEY

Bowles adds dimension

SPORTS

Bv MATT BUGG

An overtime breakaway goal on home ice capped a triumphant return for second-year star Sherri Bowles as the NAIT Ooks women's hockey club swept rivals Grant MacEwan over

Along with three goals, Bowles added an assist in her return to the Ooks lineup. But Ooks head coach Deanna Iwanicka was quick to praise her contribution beyond the score sheet.

"Sherri was an all around impact player this weekend. She motivated her teammates by going hard every shift; she was blocking shots on the PK and creating chances for herself and line-mates in other situations," Iwanicka said.

The Ooks – who entered the series 4-3-0 and one game back of Mount Royal in the ACAC standings - opened the home-and-home set at Mill Woods Arena Friday night with a 3-1 victory over the Griffins. Grant MacEwan opened the scoring mid-way through the first period, carrying the play and out-shooting the Ooks by a 2-to-1 margin in the early going. However, second-year goaltender Jill Diachuk managed to hold the deficit to just one, and NAIT went on to capitalize on one of their few chances of the first period as rookie defenceman Karli Reeve picked up her first-ever goal as an Ook.

The game remained 1-1 until early in the

third period, when Bowles found the back of the net with her first of the weekend to stake a 2-1 lead exactly seven minutes into the frame. Ooks captain and third-year defenceman Lacie Richard finished off the scoring with her second of the season at 11:55 of the third.

It was a much tighter affair Saturday afternoon at NAIT arena. As in Friday's game, the Griffins would get a boost just minutes in when third-year vet Gabrielle Peland was sent off for slashing at 4:37. Griffins right wing Ashley Holt capitalized in the dying seconds of the man advantage to give the away side a 1-0 lead. Late in the period, Ooks rearguard and points leader Danielle Brown exchanged shoves with Griffins defender Kyla Lorenz, earning the pair offsetting roughing penalties.

The second frame belonged to Bowles. Scoring just four minutes in on a pass from rookie left wing Michelle Pochapsky, Bowles then set up third-year winger Nicole Dunlop for her first marker of the season. History seemed doomed to repeat itself, when, on the shift following Dunlop's goal, Brown went to the box for slashing. However, an inspired kill helped the Ooks head to the locker-room with the lead.

The club's undisciplined play carried over into the third and came back to haunt them. At 1:20 into a hooking penalty on former Red Deer fins scored to tie the game at two apiece just over seven minutes into the period. Although MacEwan surrendered a pair of back-to-back power plays late in the third, the Ooks failed to threaten on either opportunity - setting the stage for overtime. On a breakaway that brought the arena crowd to their feet, Bowles scored her second goal of the game in dramatic fashion to seal the win.

With the pair of wins, the Ooks remain tied for first place in the ACAC with Mount Royal.

Special teams remain a concern said Iwanicka. "Our power play has been inconsistent this season. We need to be prepared to work just as hard there as we do five-on-five."

Although the club's penalty kill has been a strength, avoiding penalties has also been an issue. But according to Iwanicka, it's all a mat-

"(It's) something we've struggled with this season. In my opinion, it's the emotion this team plays with, so in some ways it's tough to address it. I want them to keep that aggressive emotion, it's just learning how to channel it and read the momentum of the game."

Next up for the Ooks is another home-andhome set starting Friday in Calgary against coleader Mount Royal. Puck drop is at 7 p.m.

Athlete Profile



Player: Jordan Reiter Sport: Basketball Position: Guard Program: Business <u>Age:</u> 27

By EMILY FITZPATRICK

When did you start playing basketball? - Ever since I can remember. Both my parents played when they were younger and then they coached. So I was always in the gym with them. So it was only natural for me to start playing.

What high school did you play for? - I played at Picture Butte High School, just outside of Lethbridge.

What's your favourite part of the game? – Probably the competition and the

feeling you get during the game. Also the team champions! aspect of it.

Have you always played basketball? -Pretty much, but I also played baseball when basketball wasn't in season. I actually played a year of baseball at Lethbridge College.

Who's your teams biggest rivals - This year, probably Lakeland College. They're going to be the team to beat.

Is this your first year as an Ook? - Yes, before I came here I played for Lethbridge College.

Do you have any pre-game rituals? - Not

really. I do usually tend to get there a couple hours early though, just to get my head in the game and get focused.

Do you eat anything in particular before games? - Yes, I usually tend to have some kind of chicken pasta before I play. Alfredo or

something.

Who's your favourite player right now? - Dirk Nowitzki, the forward for the Dallas Mavericks.

What about all-time? Michael Jordan, for sure.

What's your favourite NBA team? - Dallas Mavericks, the reigning NBA

What are your thoughts on the lockout? - It's more annoying than anything. I just want them to settle it, already. It's just two sides being greedy and I really miss

What has been the favourite moment of your basketball career so far? - Probably winning the CCAA semifinal game last year when I played for the Lethbridge Kodiaks. Unfortunately, we came up short in the final but it was still a great moment for the

Athlete Profile



Player: Katrina Papenhuyzen Sport: Basketball Position: Forward Program: Business Age: 21

By ANIKA NOTTVEIT

When did you start playing basketball? - I started in Grade 7 out at a school in Stony

Have you always played basketball? -In elementary and junior high, I played every sport. In high school, I played basketball, volleyball and badminton. I picked basketball after high school because I had a passion and heart for it.

Has it always been your favourite sport? - Yes, it has always has been. My mom and dad played and my little sister plays, too. She's on the team with me.

What's it like playing on the same team as your sister? – We expect more from each other. It's kind of weird. But we know how each other plays, so that's good.

How did you decide to play at NAIT? - It's because of Todd (Warnick). I went to MacEwan and then Olds. He's an awesome coach that made me want to keep playing and finish my degree here.

What has been the best moment of your basketball career? – Every year has been a new experience. I don't have a favourite moment. I'm excited for every new year and new memories.

What are your goals for the season?

- To go as far as we can, which would be Nationals. I want to be a leader and carry my

What do you enjoy doing in the offseason? - I still play basketball. I like going home to my farm and riding my horse.

What do you like to eat before a game? - Sometimes I eat a burger and sometimes I eat nothing at all. I don't do anything

Do you have any pre-game rituals? - I listen to music. That gets me excited.

Where is your favourite place to travel, when you go on the road for games? -Home is where it's at! I don't like going anywhere. I like playing at home because I'm comfortable here.

What's your dream job? - To not work at all! I would like to open my own business, though. I would like to say it's mine and that I've achieved it. It would be cool to offer basketball to underprivileged children. I would like to use my education for that.

Who's your sports hero? - My dad. He has always pushed my sister and me. He always pushed us to be the best we could. He passed away four years ago. It makes me play harder knowing that. It makes me want to go as far as I can.

The Nugget Thursday, November 24, 2011

ENTERTAINMENT Holiday movie season's here



NATASCHA BRUHIN Entertainment Editor

With December only being a week away, I thought it was the appropriate time to discuss the upcoming movie season. With so many new movies coming out in the coming weeks, how is a person supposed to narrow it down to just a select few?

Well, now you don't have to, because I've done it for you.

I've picked movies for every type of moviegoer in the family. Prefer action when the weather is depressingly cold? I've got you covered. Are you a complete sucker for cheesy romances at Christmas? Relax, I've chosen the perfect one for you. Take a look, jot them down and go check them out over the coming weeks!

For the mega-fan:

My week with Marilyn Release date: Nov. 23

The movie is already getting Oscar buzz for Michelle Williams, who plays the bodacious icon Marilyn Monroe, in this film about one lucky man who gets a week with the beauty in the summer of 1956. While newly married to Arthur Miller, Monroe spends a tranquil week with Colin Clark, an assistant from the set of her film The Prince and the Showgirl. Based on Clark's diary account of the week, the story centres on Clark's attempt at getting Monroe away from the Hollywood scene.

For those needing to fill the void The Incredibles left them:

Arthur Christmas Release date: Nov. 24

With a current "fresh" rating on the Rotten Tomatoes web site, tains no emotion other than cheesy happiness:

this CG-animated comedy looks to be a sure hit for Sony Pictures. The trailer looks hilarious and usually with these movies, if the trailer is great, the entire movie is great. Ever wondered how Santa delivers all those presents in one night? Turns out, Santa has gone high tech, and while errors rarely occur, when they do, the consequences could be devastating. This is the story of the great lengths Santa and his army, err, I mean helpers, go to make sure every child has a Merry Christmas every Christmas.

For the person who dutifully wears reindeer sweaters made by their grandmother even though you're well over the age of six, because you're just that wonderful of a grand child:

Young Adult Release date: Dec. 9

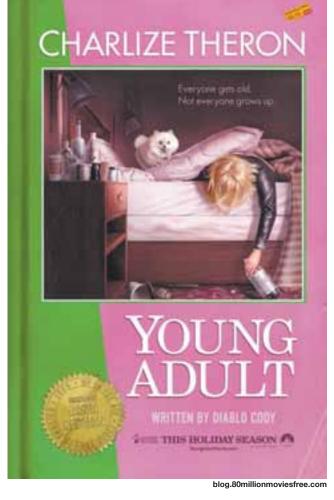
Charlize Theron plays Mavis Gary, an author and divorcee who returns to her hometown to relive her glorious high school days. Things have changed since those formative years and Mavis discovers that people, especially, aren't the way they used to be; her former high school love is now married. Theron plays a character that won't let a small obstacle like the sanctity of marriage stand in her way of getting back her man and goes all out to win back his affections. This movie is a must see if you want to witness Theron being a dry, slightly selfish anti-heroine who will win your bitter, cynical heart the minute she's on screen.

For the person who likes exploding cars, cars being catapulted uncontrollably through the air or cars just being destroyed in any which way possible:

Mission Impossible: Ghost Protocol Wide Release: Dec. 21

If you ignore the hilariously ridiculous tag line ("No plan, no backup, no choice"), this movie looks really, really good. While normally not an Eminem fan, his song in the trailer sold me on this movie. In the trailer alone, you see Tom Cruise dodge exploding cars (a necessity in a Mission: Impossible movie), climb a skyscraper, and question a fellow agent's loyalties (*gasp*). You don't have to be a Tom Cruise fan to agree the Mission: Impossible movies have always provided solid action entertainment, and the fourth installment in this series will surely do the same.

For the person who just wants a feel-good movie that con-



New Year's Eve Release date: Dec. 9

From director Gary Marshall (Valentine's Day), New Year's Eve chronicles the lives of about 100 people (OK, so more like 15) on the year's most fabulous night. With an A-list cast that ranges from Robert De Niro to Sarah Jessica Parker to Jon Bon Jovi, this movie is perfect for the person who loves the holiday

Great night at the Nest

By KEVIN ALBUS

Last Friday, the Nest had a 'Live Music Night' with the Steadies and Tupelo Honey. The two bands put on a great show, with the Steadies opening with songs off their eponymous album, which came with crayons so you can colour in the album art.

Pretty cool idea, plus they did a cover of Sublime's "Santeria" that rocked the Nest and got people dancing out of their seats. While the Steadies kept rocking, I left the bar to get an interview with Tupelo Honey.

I walked into the classroom and introduced myself and made sure to let them know that I have never interviewed a band before and I wasn't sure who felt like talking. First it was the band's lead singer Daniel Davidson and I talking about how it was to be performing at NAIT and he responded positively, reminiscing back to Ookfest and saying NAIT has always treated them well.

At that point, I was hearing perspectives from everyone in the band, from the drummer Greg Williamson to the bassist Steve Vincent. Their thoughts ranged from being in a band and travelling, to opening up for bigger bands like Sam Roberts, The Trews, Billy Talent and Thornley. I'd get some input from Tyler Dianocky and Brad Simons, the band's lead guitarists, which lead to talks about The Bear's New Year's Eve bash with the Headstones this year.

The band was excited to be playing in front of a decent sized venue with an extraordinary Canadian band headlining. This provoked me to ask what their motive is going into the concert at NAIT and at the Bear's New Years Eve bash. Lead singer Dan responded

by saying: "We've done a fair bit of shows where we are comfortable, but we're looking more for the fun and excitement that we'll be having tonight and on New Year's."

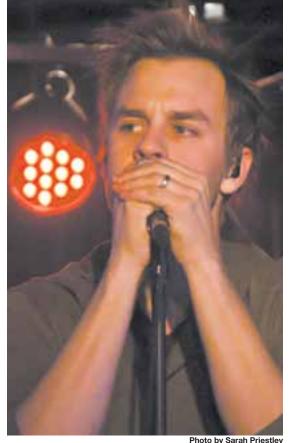
We walked back to the Nest to watch the Steadies finish up their show and soon after, Tupelo Honey took the stage (I sat near the bar drinking more Kokanee because it was on sale). I figured it helped me before the interview because I was expecting a band that didn't want to be interviewed, but it turns out I didn't need the beer because the band was cool enough to take it easy on me for my lack of questions. Even as I watched them play, more questions popped into my head, but I had a great realization during one of their songs. I had completely forgotten that they made the song "Because of You."

I remember back in high school having that song on repeat on my iPod. The lyrics are good; even the guitar and drums will get stuck in your head (Take a listen, its off their album September Sessions).

After they played their last song, the audience asked for an encore and being a good hometown band, they treated their fans well and gave them what they asked for. Before I left I congratulated the band on a good show and told them I'm looking forward to seeing them play with the Headstone's this New Year's Eve.

Both bands put on a good performance and I'd recommend seeing them. Check out the Steadies.ca for their web site and Tupelo Honey's web site at tupelohoney.ca





Dan Davidson, of Tupelo Honey (vocals and guitar) sings at the Nest on Friday, Nov. 18.

FOR YOUR LISTENING PLEASURE ...

\$3.99 mixtape



By MICHAEL MacMULLIN

Blankets of snow have covered the ground. Radio stations have already begun to play Christmas hits all over the city. Moods are rising – but in both directions. The streets are also littered with vehicles, trapped in gridlock. But all of you angry drivers trying to get home from work - do not fear! I promise that I will not torture you with even more Christmas music; at least, not this early. I also promise not to bore you with the likes of "Mistletoe" or other pregnancy-inducing works of music. The collection below is just a few of my favourite "winter" songs to listen to. Forget

the traffic, and forget the cold, just focus on the music. You can truly appreciate these songs and their significance on a cold winter's day while sitting in front of the fireplace or while driving, busing it or just in general. My parting words to you, faithful readers, are: "Bonne écoute!"

- 1. In Like A Lion (Always Winter)
 - Relient K
- 2. Winter Sun Balance Problems
- 3. Winter Winds
 - Mumford and Sons
- 4. The Winter Song Eisley
- 5. Winter Joshua Radin

- 6. Sister Winter Sufjan Stevens
- 7. Snow Emiliana Torrini
- 8. The Winter Cake
- 9. Snow Day Matt Pond
- 10. Canadian Winters
 - Maplewood Lane



Relient K

VIRAL VIDEO OF THE WEEK

It's a video viral cat-astrophe!

By MICHAEL MacMULLIN

Everyone has had that awkward moment when you realize that your mom's friend isn't coming alone for their monthly visit. They have decided to bring their own child along. Usually, your mom will be very enthusiastic, telling you how "close in age you two are" or "how great you two will get along!" But really, what you are thinking probably goes something along the lines of "No no, no, no, no, no, no! Oh god, no!" And then, two hours pass and the doorbell rings. "No, no, no, no, no, no!"

Most of the time, after the awkwardness passes, things go smoothly but this little cat would beg to differ. The back story is one much like the scenario

described above. YouTube user, MrDron059, has a friend who happened to bring their daughter along with them. Kitty was not impressed. Violently screaming and throwing a very vulgar display of shock, disagreement and just straight up anger, this cat has made it to 3,706,006 views since Sept. 28, 2011. My opinion is that this poor cat had very special plans for this evening. Maybe he had scented candles, romantic movies and maybe he even took a shower to prepare for the special occasion. But then his owner's friend just had to ruin everything by bringing their daughter with them. You almost have to feel bad for this poor feline.

This is a tragedy, really. Then, to boot, his

owner showed over three million people his frustrations. In the video description it is said that the cat never said "no" again after this instance, but I'm sure his opinion didn't change. The owner broke his little heart! A cat may have nine lives, but this one still only has one heart. It's a crying shame. Seeing as the Christmas season is coming up, maybe you, as a NAIT student, could prepare a little gift basket for him. I would suggest slipping in some chocolates, key movies such as *The Notebook*, *Soul Surfer*, *Titanic* and maybe a self-help book or two. You really have to think about the little guys, especially during these times. You have to admire

this cat, though, because he stood up for what he believed in. He didn't just sit back and ignore the issue. He went up there and he shouted it loud and proud - "No, no, no, no, no, no, no!" One could do well to take a lesson from this cat's tragic story. Never be afraid to say no. Stand up for what you believe in. Be true to yourself. And if you do stand up for yourself, make sure the person you are standing up to doesn't have a rolling camera, otherwise it could turn into the gift basket arrangement mentioned above. Enjoy this video (http://www.youtube.com/watch?v=oKItD0L18A), and remember this poor cat over the Christmas holidays.









ANIKA NOTTVEIT

If it was your last day on Earth, what would you eat for your final meal?



"I would eat an endangered animal, because there would be no consequences. Probably a tiger at the zoo."

Conor Trageser Recording and Capturing



"My Mom's lasagna. It is cheesy and tomatoey. It's made with love."

Tim Whinstance-Smith Culinary Arts



"Good old-fashioned roast beef and potatoes. With veggies and lots and lots of gravy! Yorkshire pudding, too."

Kelly Thompson Culinary Arts



"Definitely breakfast for dinner. French toast, eggs, bacon and, of course, maple syrup."

Lindsay Swyrd Culinary Arts



"Peacock. I would want to eat something exotic. It's the craziest I can think of. Maybe it'd be like chicken."

Cam Clark HVac Specials

NOTICE FROM THE OFFICE OF THE REGISTRAR

ARE YOU COMPLETING YOUR PROGRAM BEFORE **DECEMBER 31, 2011?**

IF SO, YOU ARE ELIGIBLE TO ATTEND **CONVOCATION 2012**

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

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

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

Deadline for ordering gowns is FRIDAY, MARCH 30, 2012

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

The Nugget Thursday, November 24, 2011

Photo sale showcases NAIT talent

By CLAIRE THEOBALD **Assistant Issues Editor**

Full Frame 47 photography club hosted their annual print display and sale in NAIT's South Lobby on Nov. 17 and 18, raising money for Santas Anonymous.

The show allows some of NAITs photography students to showcase some of their creative works, while donating 50 per cent of all proceeds to charity.

"It's just an opportunity for the students to showcase [themselves] as a group, and do a little bit of fundraising as well," said Jen Stacey, member of Full Frame 47.

Stacey agreed that the opportunity to have their work purchased and displayed was an exciting prospect, and added that for firstyear photography students, this may be the first opportunity they've had to display their

"A lot of it is stuff that I haven't really seen from people before," Stacey said. "So it's not really from assignments we do, it's more personal work."

The prints are sold for \$60 each or \$100 for two. This year, the club sold 19 prints, two more than were sold last year.

"I think generally you want to, if not top the previous year, you want to match it," Stacey said.

This year, \$500 will be donated to Santas Anonymous. The remaining 50 per cent of the proceeds will go towards the Full Frame 47 club. The club hasn't yet decided what they will do with the money.

"Last year I believe we didn't make enough," Stacey said, "so we ended up just donating the whole amount."



A couple of students check out the display of prints for sale at this year's Full Frame 47 photography club display, which ran last Thursday and Friday.

ity to benefit from the sale. And each year, San- mas" to less fortunate children. Last year, CHED Santas Anonymous.

Each year, the club chooses a different chartas Anonymous delivers the "spirit of Christ-

to talk about.

almost 25,000 children received gifts from 630

Chicken wings, 101 flavours

By KEVIN TUONG

The chicken wing – it's juicy, succulent and delicious. It can even be eaten with just one hand, leaving your un-sauced hand free to make your friends jealous via text. Chicken wings often come in an assortment of different flavours, which is why Wild

Wings takes their flavours seriously by offering 101 different takes on both traditional and boneless wings to suit any wing-lover.

The place is styled like an old western pub, which is actually done quite well. With a name like Wild Wings, you've probably realized that they specialize in chicken wings, which I relish. But they don't offer just wings, Their menu is full of other deliciously unhealthy, yet satisfying, food choices, including fries that can be dressed in any of their 101 wing flavours. Each table features a giant roll of brown paper towel and a normal sized bucket

and soft on the outside, exploding with bits of broccoli, bacon and cheese as you bite into them – yum. I was most intrigued by the next appetizer, the mac and cheese wedges, whose name alone aroused my curiosity. They were cookiesized golden-crispy-triangular pancakes with – wait for it – mac and cheese inside. Yes, you did read that correctly. Although they were pretty good and very interesting, my liking for them was overpowered by the calamari. The calamari is different from a lot of calamari I've had before. First off, they look really tiny, ugly and unappetizing, but oh man;

ing epic.

Then came the wings! Seeing as there were 101 different flavours, I decided to go with the boneless sampler (boneless was cheaper for some reason), which let me sam-

they tasted like heaven. Imagine pop-

corn chicken, except made with cala-

mari; in short, they were pretty freak-

– their uses should be obvious. Enough

about the inedible, I have a lot of food

which my friend will tell you were

great, but became boring quickly.

Then comes the poppers, both crispy

First were the deep-fried pickles,

ple four different flavours. When I saw the choice, I was compelled to be adventurous ... which was a bad idea. I decided to go with "butt naked" (no sauce) to try their basic chicken flavour, which isn't bad but it's nothing special. Second was "Honey Buns" (honey garlic and teriyaki), very normal but also quite good. Adventurous choice #1 was "Smoked Chocolate" (smokey BBQ and chocolate), this was ... very, very weird. I didn't quite like it, but it wasn't revolting. However, the "smoke that jerk" (smoky BBQ and jerk) was revolting. After the second piece, I couldn't handle any more.

All in all, I loved the appetizers a lot more than the wings themselves. But that's most likely due to my choice of wings. By comparison to almost anywhere, the wings here are considered to be a bit pricey (\$10 for nine pieces) but that shouldn't deter you from trying this place at least once. With their vast menu of delicious goodies, I'll be sure to come back to try out other items and flavours, although this time I think I'll stick closer to my comfort zone.

Wild Wings 3803 Calgary Trail 780-438-8264



Photo by Kevin Tuong

Wild Wings serves up chicken wings in ways that redefine the humble fare.

MOVIE REVIEW

Happy Feet 2 a happy time

By KARL GARNEAU

I've never watched Happy Feet. The reason I decided to go see Happy Feet 2 instead of more popular movies like Breaking Dawn Part 1 is because ... well, I've been feeling depressed these past few weeks.

The last thing I want is to subject myself to an awful movie in a cheap theatre with squeaky chairs and twi-hards shouting, "I love you, Edward!" (Or Jacob) repeatedly like a broken MP3.

Happy Feet 2 (and the first one, I'd imagine) is about a penguin that learns how to dance. Said penguin is basically the core centerpiece on this feast-laden table. It's an animated musical with penguins that beat up whatever Antarctic villain that happens to be available. Of course, I can't judge the second movie by comparing it to the first one, which I haven't seen.

Here's what's important about this movie: It's fun. Sure, I hate the music, but that's mainly because my musical tastes are (for the most part) ancient.

Penguins dance with oddly out-of-sync tapping sounds. Plus they sing, which is odd because these are critters that don't have teeth. Those that do have teeth don't actually sing-Wait, no. This is a cartoon about dancing penguins. Realism has no place in it.

I'll tell you what I did like on account of the main story being so ultimately bland. I personally felt good inside every time I saw a sequence with the humans, and the side plot with the krill played by Brad Pitt and Matt Damon.

I loved those two bits of the movie. The colour portrayed in the sections with humans was always a lot of fun to simply look at. Don't even get me started on the Antarctic researcher whom, during the night, turns into Zakk Wylde.

The best thing about this movie, in my eyes, is the previously mentioned krill. Those who aren't tolerant of gay marriage wouldn't like the krill at all, but I for one took them at their deeper values. They are the best characters in the movie despite technically having nothing to do with the overall plot whatsoever. I'd have liked the movie to be about those two krill instead!

Unfortunately, the problems I saw in the movie are mostly on account of the Opera-singing son Erik (played by Ava Acres) of the previous movie's protagonist: Mumbles (played by Elijah Wood).

When one takes a beloved movie and makes a sequel to it that stars the original protagonist, but also puts him on a bus in favour of the protagonist's kid, it's a self-imposed chal-



lenge of giving characters fair screen time. In Happy Feet, the protagonist was simple: Mumbles, the penguin that learns to dance.

In Happy Feet 2, Mumbles is back, but he doesn't change at all. His son is there, but the movie concentrated more on other characters that spout on the morals instead of showing – save for that one truly excellent flashback sequence.

As far as I could tell, there wasn't really a main character. At least with the krill, the characters were the krill. Changes did develop with the krill.

The penguins? Naah. Erik finds that he can't dance, but then he suddenly can. Erik doesn't really do anything aside from being the one that needs saving just to disguise the "damsel in distress" as the "child in distress."

In all seriousness, if you're going to the theatres, go watch this movie. Three stars - but those three stars are for the krill and humans.

Human supremacy!



GAME REVIEW

Call of Duty still king of FPS

By MIKE JONES

You may have noticed your significant other growing rather distant from you as of late; don't worry because you're not alone. The eighth installment in the Call of Duty franchise was released to much fanfare two weeks ago and instantly became the biggest entertainment launch of all time, selling 6.5 million copies in the US and UK alone.

While the first two games in the Modern Warfare series started off with black ops undercover missions, Call of Duty: Modern Warfare 3 kicks off in the middle of World War 3 with an action packed romp through war-torn

The campaign will have you deep under the ocean in a submarine, to flying high in the Russian President's airplane, with settings as var-

ied as Prague and Dubai (where the game's epic climax occurs). While MW3's campaign is a little on the short side, it will undoubtedly test even the most seasoned veterans of the First Person Shooter genre. Unlike MW2's mash up of characters, most of your time here will be spent with ex-Spetsnaz soldier Yuri, although MW2 stars Soap and John Price make

And although the campaign stories are always captivating, where the real meat and bones lies in the Call of Duty franchise is the multiplayer. Multiplayer is back with an entirely new Killstreak reward system (now called Pointstreak).

In addition to tons of new levels and weapons there are also two new game modes. "Kill Confirmed" adds dog tags that need to be picked up in order to claim points for a kill, essentially rendering "camping" with a sniper rifle useless and all in all makes for a much more captivating game. In addition, there is the Capture the Flag influenced Team Defender.

Also new this year is Call of Duty: Elite, which allows gamers to have lifetime statistics and also supports social media integration. Subscribers also have access to downloadable content, daily contests, and pro analyses and

The game is available on Microsoft Windows, Xbox 360, Playstation 3 and Wii. The Wii version has received much criticism due to the control style but all the other platforms have received almost unanimous praise. All in all, the relatively low cost of the game is a fair price to pay for the hours upon hours you will spend leveling up and "prestige"-ing your character in online play.





A treat for fans of New Found Glory



By MIKE JONES

New Found Glory has the best of both worlds. South of the border, they receive consistent radio play and support from MTV but the Coral Springs, Florida, pop-punkers still have the hardcore community's support and respect. Yet, despite their success in the States, the band receives next to no radio support or coverage in Canada. In fact, outside of the odd show in Toronto, the band hasn't toured Canada since 2004, despite a loyal fan base.

Considered one of the pioneers of the poppunk genre, the quintet is back with their seventh studio album Radiosurgery. Re-uniting with longtime producer Neal Avron, the band picks up where it left off from the Mark Hoppus-produced 2009 album Not Without a Fight. The album kicks off with the title track that is catchy enough to get stuck in anyone's head even after a single listen.

like the almost Celtic-influenced "Ready Aim" the way for them as *Radiosurgery* recalls early Fire!" to the crooner "Caught in the Act," which Green Day or Descendants albums. The band plays wouldn't sound out of place on a Weezer album. tribute to the very first punk band, The Ramones, "Caught in the Act" also features indie rock singer Bethany Cosentino, adding a female touch, which isn't uncommon for the band (Not Without A Fight featured lead-guitarist Chad Gilbert's long-time girlfriend Hayley Williams of Paramore).

The lyrical content is still consistent with what New Found Glory has always written about girls. Admittedly, there are some cheesy lines like "I wanna kiss you so hard that your lips bleed" in the up-tempo "Memories and Battle Scars," but it seems unreasonable to expect anything Shakespearian from a pop-punk band.

Though at the forefront of their genre today, The band never lets up, blasting through tracks NFG continue to pay homage to bands that paved with an iTunes bonus cover of "Blitzkreig Bop."

As for the music itself, it's unlikely Radiosurgery will make the band any new fans, but their loyal fan base will gladly keep it in rotation for years to come. New Found Glory continue to show their dominance of the genre and prove that as long as their loyal fans continue to buy their albums and come to shows, they will be around for a long time. Now if only they would make a little trip north of the border once in a while ...



The Nugget Thursday, November 24, 2011

Trio just keeps ... laughing

By ALI MAGEE

Suave ladies' man Matt VanBoeyen, partnered with the gorgeous Chelsea Bird and up and coming rap artist Alana Snow, can only lead to one thing: Shenanigans.

For one hour every week, listeners of NR92 are granted the opportunity to witness some of the most hilarious events to ever cross radio airwaves. Perfectly combin-

ing wit, humour and intelligence, these three really know how to get attention ... and keep it.

Man of the hour Matt

VanBoeyen makes it known that he's a player and nobody shall stand in the way of his womanizing. VanBoeyen is less than modest when it comes to his radio show.

"Shenanigan Central is like a gunshot to the ear – but in a good way. Like the bullet is made of cotton candy," he says.

He claims the most memorable moment on the show so far was the time when the radio booth got too hot so the hosts had to start taking off clothing. VanBoeyen is often the DJ for the

show, playing everything from old-school hiphop to modern top 40 hits.

Stepping up with the female side of things is Alana Snow, of the Miss Snowy Empire. For those of you who don't know of her alias Miss Snowy, you're missing out. This girl has the foundation of an empire started, with her insane rapping ability leading her to fame. With

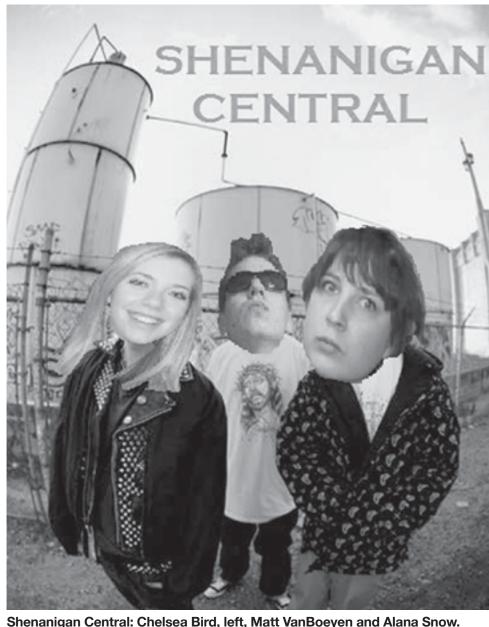
> a background in crosscountry skiing, Snow truly is a versatile character. Winning a rap battle earlier this year with a fellow female co-host rhyming

about their take on shoes, Snow is on the path to stardom and anyone to doubt her can only be considered a fool.

And finally, keeping the balance in this group, the humble Chelsea Bird. Bird is without doubt the most hilarious element of Shenanigan Central. She has a clever response for every sassy comment to come out of her co-host Matt's mouth. She keeps up to date on school issues as a member of the NAIT Senate and her intellect really keeps the show moving forward.

If ever you are in the need for a laugh, or are interested in listening to some awkward

anecdotes and problems, tune into Shenanigan Central. NR92.com, every Thursday from 5 p.m.-6 p.m., these three will be on the air.



Shenanigan Central: Chelsea Bird, left, Matt VanBoeyen and Alana Snow.

A fashion minute

By TOBY DREAMER

Hey fashion lovers! I'm back with yet another fashion tip! I know sometimes those racks of glittery, shiny things sometimes catches your eye more than anything else in the store, so go for it! I'm talking about accessories people! Don't be scared to accessorize your favorite outfits with bold pieces. A good tip to go by is if you're wearing a neutral colored outfit, try wearing bright colored accessories. If your outfit has a lot of colors in it, don't shy away from colored accessories, just make sure that every color you wear is com-

plimentary on the color wheel. Complimentary colors are opposite of each other on the wheel so matching is easy! If you need to see a copy of the wheel look no further than the NR92 You Da Man ... nequin Facebook page! This week in the business tower lounge, the NR92 live mannequins will be wearing fashions from Kingsway Mall, so you can scope out some style! Post a picture of one of the mannequins to Facebook or Twitter and you could win a \$500 gift certificate to Kingsway mall or \$100 to Spasation in Kingsway!

THE NUGGET PRESENTS: HOROSCOPES



MADAME O

November 24-30

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

Sagittarius (Nov. 22-Dec. 21)

Be thankful that you like the winter season. Embrace the snow like you usually do, Sagittarius. Your mood has the potential to boost others around you who don't normally appreciate this chilly weather.

Capricorn (Dec. 22-Jan. 19)

Use this week to get yourself organized, Capricorn. For a usually wellplanned and neat person, you've sure

been letting s lot of things slide. Clean up your areas, go over your planner and set yourself back on the track to success.

Aquarius (Jan. 20-Feb. 18)

You just moved on from a major obstacle in your life, Aquarius. Use this week to recuperate and spend some time alone. Don't focus on anyone but yourself; it's about time you were spoiled.

Pisces (Feb. 19-March 20)

You've been hurt badly before, but Cancer (June 21-July 22) that doesn't mean everyone is out to get you. Take a break from your 'cold' act and give someone a chance that has been wanting one for a while, Pisces.

Aries (March 21-April 19)

As hard as it is to let feelings go, it's also detrimental to the process of moving on from a relationship. Try to shrug off the jealousy, Aries. Spend some time with someone you like to keep yourself distracted this week.

Taurus (April 20-May 20)

Looking for love? Maybe this isn't the best week to put yourself out there, Taurus. It's just not the right time to jump into anything. Try focusing on your schoolwork instead.

Gemini (May 21-June 20)

Beware of whom you trust this week, Gemini. Even though you've known someone a long time, doesn't mean they are looking out for your best interest.

Even though everyone around you seems to be in the holiday mood beside you, don't feel like you're being a downer. You need to take some time to be alone, and deal with things that are piling up, Cancer. Don't feel the need to fake a smile- a real one will come soon!

Leo (July 23-Aug. 22)

Choose to take risks with your job this week, Leo. If you start to take initiative it won't go unnoticed and hey, you'll be

helping out your company coming up to the holidays.

Virgo (Aug. 23-Sept. 22)

If you are itching to travel this season, think about planning a trip to someone close by. Even though your wanderlust has been in full force, you can't afford to take off to somewhere tropical. Remember, road trips still feel like a mini-escape!

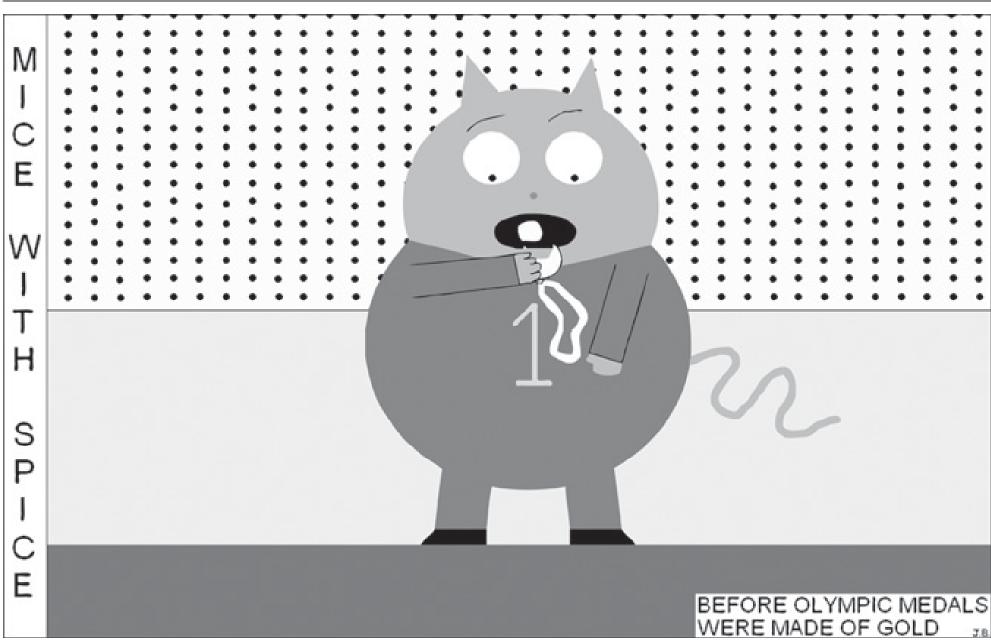
Libra (Sept. 23-Oct. 22)

Start your holiday shopping now. Libra. You know you don't like to be in the mall during the crowded season, but you also like to procrastinate until the last minute; don't this year!

Scorpio (Oct. 23-Nov. 21)

Keep your wits about you, Scorpio. Someone's out to play dirty this week and they're about to do whatever it takes to bring you down. Don't let their childish ways phase you. Nobody else thinks they're funny either.

NUGGET: PRESENTS:



Cartoon by John Benesch





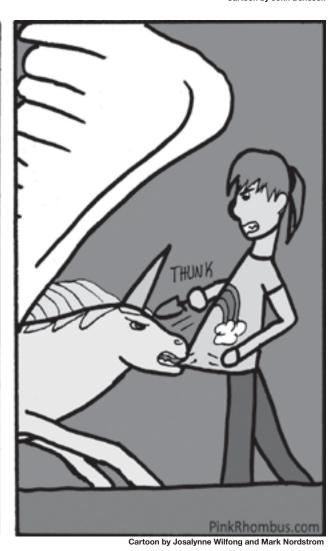




Photo by CHELSEA BIRD

TOBY DREAMER

- 1. What's your go-to fashion item? Dark wash jeans! You can dress them up or dress them down!
- 2. What's your best overall style tip? Don't be afraid to make bold choices, fashion is meant to be fun!
- 3. Any fashion pet peeves? Sweat pants! They're only OK at home. Fitted yoga pants are flattering, and are just as comfortable!
- 4. What's your favoUrite store? H&M. They sell casual pieces and dressier ones, so mixing and matching for a custom look is easy!
- 5. What's your winter must-have item? Scarves! You can accessorize any outfit, and keep warm!
- *Remember fashion lovers, Kingsway Mall and NR92's You Da Man ... nequin campaign is on this week at the business tower lounge at noon! Take a picture of the mannequins and post them to Facebook or Twitter and you could win a \$500 dollar gift certificate to Kingsway Mall, or \$100 dollars for SpaSation!*

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

— Recipe — Chili con carne

By MIKE MARSHALL

As the weather turns colder, there's no better dish to fill up the tummy and warm up the body than a steaming bowl of chili con carne. Everyone seems to have their own favourite chili recipe but I've dusted off what I consider to be the holy grail of the Tex-Mex chili recipes.

Ingredients:

- 2 pounds ground beef
- 1 onion, chopped
- 6 stalks of celery
- 2 cans of pork and beans
- 1 can of tomatoes, crushed
- 1 can tomato soup
- 1 Tbsp of brown sugar
- 1 Tbsp of chili powder
- 1 tsp of salt
- 1 Tbsp of butter

Method:

Brown the meat, onion and celery in butter. Add the sugar, chili powder and salt. Let simmer for about five minutes. Add tomatoes, pork and beans and tomato soup. Allow to simmer for 30 minutes. For those who like their chili with a little more pick-me-up, feel free to add more chili powder I always add a few drops of my favourite hot sauce to the bowl. Now, this chili is a work of art on its own, but I suggest serving with hot, fresh buttered rolls for getting the bowl clean.

A heavenly soup **CAMPUS FOOD REVIEW**

By KARL GARNEAU

On the way to a meeting, I spotted a sign at the Common Market. On the sign was a set of letters written with chalk that reminded me of the old days when chalk was the communicative method teachers used. It was nostalgic, in a way. Sure, the chalk dust was slowly killing every boy and girl in the school but nostalgia is sometimes worth it!

My point of nostalgia arises not because of the chalk on the board, but of the subject the chalk depicted. CHICKEN NOODLE SOUP, the sign silently announced. I never got to see the exact price, but I do know the vitamin water was barely cheaper than the liquid goodness - even in the biggest cup imaginable. In other words, it was cheap soup that filled me more effectively than just about any other meal I've tried.

I like soup. When I cook at home, I constantly experiment with my soups. Sure, every experiment resulted in half-burned soup that resembles the worst possible

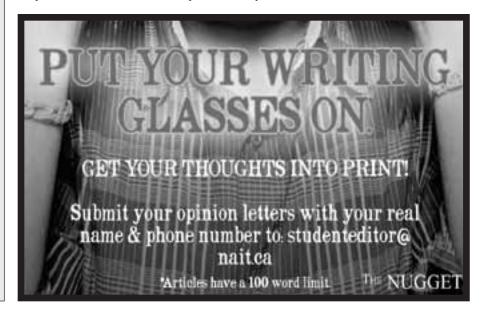
result for toast but I had the heart! I could taste the heart in this chicken noodle soup ... well, not an actual heart, mind. That would be cannibalism. The meat I tasted was the chicken. As per usual for chicken, it was moist and delectable.

The liquid was properly thick. The noodles were pleasantly not firm, the vegetables and chicken weren't a pain to chew through. With a spoon or drinking straight from the bowl, the temperature was pleasant and not at all lethal. The soup was so delicious, especially with the carrots.

You can say I say that because I always like chicken noodle soup, but "No!" says I. "I have tried terrible soups! Most courtesy of myself!"

This is not one of those times when evil science experiments go wrong for the purpose of ruining my life for a few hours. This is the polar opposite of one of those times. Cheap soup that tastes delicious.

Huh ... That sounds very similar to the general consensus on any NAIT catering system.



THE NUGGET PRESENTS:



RAPEVINES

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

Is it just me, or has the return of Eric caused a significant increase in the humidity levels in the Health Sciences areas?

Dear Bistro, What happened to the 50 cent JELLO!!!???

Can't afford lunch

Bring your sexy mustaches to the rack on Friday, guys and girls! We promise hotties and prizes =) tickets are only 5 bucks and you get a free drink!

L building for tickets

Dear nurse girl that I see in the cafe every day, please go out with me.

Shy guy

Dear Civil Boys, Honest, Yes. Mistake, NO.

- Your lovelies

To the civil boys

Eeeeeaaaassssssyyyyyyy don't get to far ahead of yourselves.

Construction men

Muffin Poster Girl:

You look so hot eating that muffin. I want you.

Signed, The Muffin Man

- Boy @ Timmies line

I love Movember. But I'm disappointed in the lack of porn-star-worthy mustaches.

- Where's the facial hair??

Blonde wearing long sleeve green w/ red backpack at couch area in Bytes, were you supposed to be an early xmas present from Santa?

THE NUGGET PRESENTS:

Sex sex 40% sex 50x



MIKE MARSHALL AKA Dr. CONwisDOM

Dear Dr. CONwisDOM:

My boyfriend's idea of a fun date is to take me to Dungeons and Dragons games in church basements. How do I get him to liven up our nightlife?

> Signed, "Very sad level 3 sorcerer"

Dear "Very sad level 3 sorcerer",

OK, so sitting in the basement of Our Lady of Perpetual Lameness and rolling the dice on evil is not for everyone. I suggest you add a little excitement to your boys' life. Offer to dress up like a sexy troll warrior before bed. Let's be honest, it'll probably be the closest thing to female genitalia he's ever seen.

Dear Dr. CONwisDOM:

My girlfriend considers herself somewhat of a writer, and constantly writes me love poetry. Only problem is ... they really suck. How do I let her know without breaking her

Signed,

"Robert Frost-y relationship"

Dear "Robert Frost-y relationship",

Writing is not always for everyone. I suggest you send me a copy of her work and let me judge for sure just how bad her love sonnets are. If it's good, you get a slap on the head. If it's bad, she gets the job as the new Dr. CONwisDOM.

Dear Dr. CONwisDOM:

My boyfriend likes to get revved up before sex by stealing something from the local department store. How do I stop his kleptomania before he finds himself behind bars?

Signed,

"Shop-lifting my standards in men"

Dear "Shop-lifting my standards in men",

While it may seem fun to steal a frozen pizza to get a chubby for the lady at home, getting caught really sucks. Remind your boyfriend that your bedroom is a lot more fun than a jail cell, where the only loving he will receive is from a six-foot-four, 250-pound man named "Scruffy."

Dear Dr.CONwisDOM,

Any time before we have sex, my girlfriend decides that she's going to serenade me with a traditional Celtic folk song. It always reminds me of the time I ran over a neighbour's cat with the lawn mower and gets me softer then dairy queen ice cream. How do I get her to stop, short of "shut the f^{***} up"?

Signed,

"Streisand she ain't"

Dear "Streisand she ain't,"

Remember that she only sings for you because you're special to her, or in other words, you're stuck with her. Better accompany her on the bagpipes because any chance you have at achieving an erection with this lass have long since sailed to the Emerald

n a winter wonderland

By ALI MAGEE

Cold weather is approaching and everyone is looking forward to staying indoors curled up with a blanket. Unfortunately those nights by the fire or TV will soon become boring and you'll long for the days you once spent actually doing things.

Luckily Edmonton doesn't shut down entirely after reaching -25 C, and having snow on the ground doesn't mean you can never see natural light again. Edmonton

winter day.

actually offers a huge variety of winter events and activities to keep you out and about during the coldest months of the year.

From Dec. 1-4, the Shaw Conference Cen-26th annual Festival of Trees.



tre will hold the There's nothing like a good old fashioned snowball fight to put a little fun into a cold

Running from Thursday to Sunday, the event centre will be home to over 300 uniquely decorated trees and a collection of brilliantly decorated gingerbread houses. Tickets for the festival can be purchased at the door.

If trees and decorations aren't your thing, then move right along to Dec. 26, when the proud city of Edmonton will begin their time of hosting the World Junior Hockey Championship.

Even if you're unable to make it to a game, the city will

be alive with excitement throughout the event. Go somewhere fun to watch a game, or host a party yourself!

Adventure isn't hard to find either, with the white blanket of snow covering the city. Edmonton maintains sledding hills throughout the city and tobogganing is fun regardless of age. Highlights of the hills include Emily Murphy Park,

Gallagher Park, _ Government House Park and Rundle Park.

Skating is

locations around Edmonton but the most special place to go outdoors to shred some ice is the outdoor rink at the Legislature building downtown. With the beautifully lit trees and the happy holiday environment it's enough to make any date perfect or just create a warm mood in the cold air to hang out with friends.

Not many people are aware that the Edmonton Zoo stays open throughout the winter. Even though some of the animals have to stay inside in the colder months, it doesn't mean there is no point in checking out our winter friendly animal neighbours. The zoo puts on a "wolf walk" every day where the two Arctic Wolves that the Valley Zoo is home to get walked around the grounds on leashes to meet all the visitors and check out the outside of their habitat. It's a great attraction to keep people coming in the winter.

As tempting as it is to stay inside your cosy house this winter, get up and check out some of the wonderful attractions and events this eclectic city has to offer!

Text me\$\$ages

Get paid for receiving text messages. Watch video at http://join.cashtexts.biz for available at many more info. Text "cashtexts 4830" to "69302" to join.

RATE YOURSELF

Memory and learning techniques



TIMELY TIPS **MARGARET MAREAN NAIT Student Counselling**

Mid-terms are over and finals are not too far away. It's a great time to evaluate how your study techniques are working and to make some changes if needed. Check off the techniques that you already use and then choose one or two others that would be realistic to incorporate.

☐ I know which subjects I need to focus the most effort on and I am aware of the study techniques that will be most effective for me in those subjects. The on-line Strategies for Success Manual under 'On-Line Resources' at www.nait.ca/counselling has a variety of proven study techniques.

☐ I review regularly, daily and at the end of the week if possible. This prevents the need to cram. Cramming for exams is a poor way to get material into longterm memory. The more times material is reviewed the easier it is to access, and to attach new material to.

☐ I schedule shorter study sessions and spread these out over several days. This is much more effective than a marathon study session.

☐ I study my most difficult or most important material first when my brain is most alert. I do not spend time studying what I already know.

☐ I maintain a positive attitude towards the course material. This improves concentration and enhances ability to remember. (While it is unrealistic that you will love every course you take, trying to find something relevant or useful, and thinking about ways in which it can actually apply it to your life will enhance your ability to learn and remember material).

☐ I study in an environment that is similar to the exam setting (e.g. a desk or table away from as many distractions as possible), knowing that this enhances learning and ability to recall information.

☐ I study actively. Passive reading is not enough for most people to commit something to memory. Instead, I:

- Skim chapter and note headings and course objectives, making them into questions and setting the goal of being able to answer these questions at the end of the study session;

- Read a short section and then close the book and either write out or recite the major points in my own words;

- Visualize what I am reading. For major points it may help to make diagrams or pictures to cue my memory;

- Group major ideas or do something to organize points;

- Read material out loud, or while walking around, for variety;

- Jot down major points in my own

- Explain the material to someone

☐ I have methods to improve my concentration such as:

- Setting a study goal and a time

- Scheduling study sessions that are realistic in length (no more than 45 to 50

- Studying at the time of day I am most alert;

- Changing the subject I am studying each hour;

- Taking regular breaks;

- Choosing a quiet study area.

☐ I commit to memorizing a few definitions or points every day. Flashcards work

☐ I use memory tricks – devices made up to cue my memory. For example the acronym HOMES is a way to cue the names of the Great Lakes (Huron, Ontario, Michigan, Erie, Superior) and the acronym "Please excuse my dear Aunt Sally" can cue order of mathematical operations (parentheses, exponentials, multiplication and division, addition and subtraction).

☐ I test myself frequently by making mock exams from old homework assignments or end-of-chapter/module questions. I set a timer so that I need to work quickly, as I will have to on a real exam.

☐ Right after studying I do something relaxing or I have a nap. This gives the brain time to work on material and to organize it. New information, such as television or magazine articles, may interfere or compete with information that has just been learned.

☐ If I am having difficulty with a concept, I review it right before I go to bed. (When you wake up you may find that you have a better understanding of the concept).

☐ I get enough sleep, eat properly and exercise regularly knowing that these factors are important for memory and

☐ I have learned some quick relaxation techniques. A relaxed state of mind increases the brain's ability both to get material into and to retrieve material from long-term memory. Talking about exam material (or reading over notes) right before the exam only increases anxiety. (However being unprepared for an exam will likely lead to anxiety regardless of what relaxation techniques are used).

If you would like to learn more about memory techniques, or if you have other academic or personal concerns, see at Counsellor at NAIT Student Counselling, Room W-111PB, HP Centre. Book in person or by calling 780.378.6133.

Who ya gonna call?

Academic and personal concerns - Student Counselling, 780-378-6133, Room W-111PB, HP Centre.

Health insurance coverage - Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 30 if you have alternate coverage.

Housing - Online housing registry at www.rentingspaces.ca

Injury, minor medical concerns – Health and Safety Services, 780-471-8733, Room O-119.

NAIT Security – 7477.

Part-time campus jobs/volunteering - NAITSA, 780-491-3966,

Program-related concerns – Contact Program Chair or Program Adviser. Scholarships and bursaries - Student Awards Office, 780-491-3056, Room O-101.

Special needs students - Services to Students with Disabilities, 780-378-6133, Room W-111PB, HP Centre.

Student loan/grant assistance - Financial Aid Office, 780-491-3056, Room O-111.

Tutoring - The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open from 8:30 a.m. to 4:30 p.m. Monday to Friday. Also available at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing tutor@nait.ca. The cost is approximately \$15/hour

Violence or potentially violent behaviour or extreme medical emergency Security at 7477, 911 or the police complaint line at 423-4567, if appropriate.

TIP OF THE WEEK - FROM NAIT SECURITY SERVICES



Protecting your laptop



Laptop theft does occur. This information can provide users with an overview on how laptop theft can be prevented.

The main reason why laptops are a sought after by thieves is the same reason people use, the laptop should be safely tucked away in like to use them. They are small, easily car- a locked desk drawer or cabinet. Never leave ried, powerful mobile computers that provide the user with the means to work outside of the office easily.

Of course, not all laptop thefts are committed in an attempt to grab valuable property. Some are stolen to gain the proprietary information stored on the laptop itself. According to some research, approximately 10 per cent to 15 per cent of laptops stolen are taken with the intent on selling the data.

Given the risk of laptop theft and the potential losses that laptop theft can cause, what are some of the steps that individuals and organizations can implement to prevent it.

Non technical solutions

- Keep the laptop out of sight. When not in a laptop in a locker. Always take it with you or put it in the trunk of your vehicle ... out of sight, out of mind.
- If you work in an office, keep your office space locked when you are not in it. Everyone is busy working, so relying on co-workers to watch your office while you are out is taking a significant risk. It is amazing how fast items can grow legs when left unattended.
- Communicate the employee responsibility of owning a laptop. Extra care must be taken to ensure it is safe and secure.

• Be aware of your environment and report suspicious people or events to Protective Services at 780-471-7477.

solutions to deter thieves is to attach a secur-serial number of the laptop and have that infority cable to your laptop. In most cases, the very fact that you have made the effort to physically secure the laptop to an immobile object will be enough to cause a potential thief to look for

Secure storage cabinets

Don't leave laptops unsecured in general areas. If your work group has common use laptops, lock them in a storage area or cabinet - do not leave them in the general work area for everyone to see and poten-

Labelling and tagging

Make sure that everything that can be labelled is labelled with the name of the individual or organization it belongs to and ensure One of the cheapest and most cost effective that these labels are conspicuous. Record the mation accessible if you need it.

> Laptop theft will always be a possibility. Do your part to ensure that it doesn't happen to you. For more tips and information visit www.nait.ca/security.

> 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.









What's Going on Around Campus...

WHO LOSSA (Latter Day Saints)

WHAT Weekly Meeting

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

WHERE X203

WHO Dental Assisting

WHAT Bake Sale

WHEN November 24; 12:00 - 1:00pm

WHERE HP Centre (outside computer commons)

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 OHSSS

WHAT Poinsetta Pickup

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

WHERE HOOS

Toastmasters Club

WHAT Weekly Meetings

WHEN Mondays; 4:45pm

WHERE WATIO

www PGC

WHAT Pub Night

MIEN November 25, 2011; 3:00 - 9:00pm

WHERE THE NEST

will BA Club

WHAT Popcorn Sale

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

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

who Chem Tech

WHAT Christmas Bake Sale

WHEN November 28; 7:30am - 1:00pm

WHERE Outside NAITSA (main campus)

CLUBS CORNER

CLUBS APPRECIATION SOCIAL

DECEMBER 1, 5:00PM











