

NOVEMBER IS MOUSTACHE MONTH!

# THE NUGGET

Thursday, November 3, 2011  
Volume 49, Issue 9



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YOUR STUDENT NEWSPAPER EDMONTON, ALBERTA, CANADA

## GUNNING FOR GOLD!

NAIT's soccer teams cap season with trip to nationals; stories page 11



Photo by Chad Steeves

### SWEEP DENIED

A Sait player heads for the puck during a game at NAIT arena on Saturday, Oct. 29. The Ooks, after beating the Trojans in Calgary the night before, were beaten 4-1 in this contest. Game story, page 8.

SPECIAL EDITION  
**WINE vs BEER**  
THURSDAYS

**THURSDAY, NOVEMBER 10**

For one night only, this battle just got bigger.

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# NEWS & FEATURES



Craig Kielburger, who began Free the Children when he was just 12 years old, delivers his message to an audience.

blogs.ubc.ca

## Never too young to act ...



### DOSE OF EXTRAORDINARY

ANNA ESTANISLAO  
Issues Editor

When I was a child and saw those commercials about malnourished children and the harrowing effects of poverty in different countries, it motivated me to help those kids and create change somehow. But I had no idea how to start.

Free The Children is a Toronto-based charity, which describes itself as the world's largest network of children helping children through education. It was founded by Craig Kielburger in 1995 when he was just 12 years old.

After searching for some comics in the *Toronto Star*, one of the stories shocked him. He was infuriated about the mur-

der of Pakistani Iqbal Masih, a boy his age. Iqbal was sold into slavery at the age of four, spending six years chained to a carpet-weaving loom. He was sold to pay off a loan his parents had taken out to pay for their eldest son's wedding. At 10 years old, a human rights organization helped him escape the factory. Iqbal eventually spoke out against child labour in different countries. But the wide media coverage he received from speaking out gathered the attention of those against him. At 12 years of age, Iqbal was murdered.

The first thing Kielburger did was gather a group of his classmates who started to present petitions to political and corporate leaders. As they continued to spread the message, the media also took notice, which led to the birth of Free The Children.

As Kielburger also had success with the Ontario Federation of Labour, he subsequently planned to visit Southeast Asia and began to work different jobs around his neighbourhood to purchase his plane ticket. He met with various human rights groups and met with child labourers to hear their stories. It was also perfect timing, as Canada's former Prime Minister Jean Chrétien was also in Southeast Asia for a trade delegation. Kielburger tried to meet with Chrétien and the child labourers but he was unfortunately turned down.

When Kielburger returned to Canada, his organization gained more national attention. He was featured on CNN News, the Oprah Show and other well-known television programs.

In 1999, Kielburger wrote his first book, *Free The Children*, about his journey to Southeast Asia and how he started his charity.

He has inspired and reached millions of people around the world. As his organization continued to grow, Free The Children has made it their primary goal "to free children from poverty and exploitation and free young people from the notion that they are powerless to affect positive change in the world."

Today, Free The Children is active in 45 countries and has built more than 650 schools and school rooms around the world. It has been awarded the Children's Nobel Prize and a human rights award.

I believe what Kielburger started goes to show that anyone has the power to make a positive impact in the world. If you have the motivation to make a change but are unsure of where to start, simply lending a helping hand to others or spreading positivity are small ways to greatness.

You can find more information about Free The Children at [www.freethechildren.com](http://www.freethechildren.com).



A DAY IN THE LIFE OF ...

# A Culinary Arts student



**CHRISTINE VU**  
Assistant Entertainment Editor

Every student here knows that being enrolled at NAIT doesn't mean sitting in a class room listening to a lecture all day. Each program offers a hands-on experience so students can try things for themselves. While a student may be snapping photos or fixing a car, Craig Wigston is spending his school days in the kitchen. Craig is a first-year student who gives us an inside look at the culinary arts.

**Nugget:** What made you decide to enter the Culinary Arts program?

**Craig:** I worked in some restaurants when I was in high school and I fell in love with cooking very quickly and I wanted to see the profes-

sional side of the industry to reassure me it's what I want to do for the rest of my life.

**N:** Before school, who taught you how to cook?

**C:** The chefs and other line cooks in the restaurants I was working in.

**N:** Do you watch the Food Network? What's your favourite show?

**C:** I do, and my favourite show would be *Kitchen Nightmares*.

**N:** Who is your favourite chef?

**C:** My favourite chef would be Mr. Roote, my chef garde manger. He taught me so much in just three weeks.

**N:** What is your favourite part of school?

**C:** My favourite part of school is the atmosphere and how everyone that's in my classes or in the food labs wants to be there. They share the same love of food as me.

**N:** What is your least favourite part of school?

**C:** The early mornings.

**N:** What is your favorite dish to make? What is your specialty?

**C:** My favourite dish is pasta, as well as my specialty.

**N:** What dish would you like to master?

**C:** I Would like to master desserts and pastries because they can be so delicious when done right.

**N:** Do you get a lot of homework?

**C:** Quite a bit.

**N:** What do you do in your classes?

**C:** We make a lot of different dishes and learn a lot of different cooking methods.

**N:** Do your classes have a large or small number of students?

**C:** For theory classes we have our full group of about 45 but during the practical classes when were in the labs we are split into three groups of about 15.

**N:** What kinds of things have you been learning?

**C:** I've been learning so much, from basics to classical dishes.

**N:** Do you cook things for the cafeteria?

**C:** Yes, we sell most of our food to Food Services, so consistency is very important.

**N:** What's a typical day in Culinary Arts?

**C:** Cook from 7:15 a.m. to 12:30 p.m. with a half an hour break usually in there somewhere. Then we have theory at 2:15 p.m. till 4 p.m.



Supplied photo

NAIT student Craig Wigston, foreground, doing what he loves – working in a kitchen.



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

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

# Letters

## We want your views

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

Get those thoughts into print.

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

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

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

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

# A sobering story for all



**CLAIRE THEOBALD**  
Assistant Issues Editor

After a tragic collision that saw four Grande Prairie teens killed, and one in critical condition, a 21-year-old man is facing 11 charges including impaired driving causing death and failure to remain at the scene.

## Disturbing trend

According to police, the five teens, all on the same football team at Grande Prairie Composite High School, were driving in the same car following a party when a pickup truck struck their vehicle. The pickup then fled the scene of the accident.

Police suspect alcohol as a factor in the collision.

According to statements published on MADD Canada's website, Alberta Motor Association spokesperson Dan Szarko said that the AMA has observed a disturbing trend where over the past three years impaired drivers are being arrested with increasingly high levels of intoxication.

"We are seeing drivers getting behind the wheel more drunk," Szarko said, adding "It sounds like through no fault of their own they just encountered a drunk driver."

## The devastation

Just imagine the devastation. Four mothers have had to bury their children and countless family members and friends are mourning the loss of those they loved.

Four lives cut tragically short, just



mile0city.ca

**These four Grande Prairie teens were killed in a crash that has resulted in 11 charges against a suspected drunk driver.**

because one man allegedly decided to get behind the wheel of his vehicle when he was too intoxicated to drive.

The scary part? This was no isolated incident.

According to statistics posted on MADD Canada's website, there are between 1,350 and 1,600 fatalities due to impaired driving in Canada every year. Approximately four people will die every day in Canada because someone selfishly put their needs ahead of the safety of innocent bystanders.

You don't have to look far to see it. As a bartender, I would see at least one jerk a night get into an argument with security about how they were getting home.

The Alberta Liquor and Gaming Com-

mission expects bar staff to be able to watch its patrons, and make sure nobody hops into their car after having one too many, but if you've frequented some of Edmonton's popular night spots, you can understand how hard it is for a dozen staff to watch over potentially hundreds of patrons.

What ever happened to personal responsibility? When did we become so self-centred, and so self-important that we would risk the well-being of others over paying for a cab or phoning a friend?

It is already too late to save the lives of Matthew Deller, 16; Vincent Stover, 16; Walter Borden-Wilkens, 15 or Tanner Hildebrand, 15.

Although the community has rallied

together to show its support, all of the best wishes in the world will not replace the lives of those four young men.

All we can do is hope that their story will save others in the future and send a message that driving under the influence is never an option.

If you, or someone you know, gets behind the wheel of a car after having a few too many, then the blood of these boys, and the thousands more who will die as a result of driving under the influence will be on your hands.

So please, next time you go out on the town, plan your trip home. Take a bus, take a cab or phone a sober friend because a life is too great a cost to pay for a trip home.

# Win-win ... be a peer tutor!

By **CHELSEA BIRD**

Want to make a bit of extra cash and add something really sweet to your resume? Your grades don't need to be straight As, nor do you necessarily need a 4.0 GPA to be

a peer tutor at NAIT.

NAIT is looking for tutors to help students within their programs, or in a program as similar as possible to the one they're currently studying.

You'll earn \$15 per tutoring hour, and can feel good about yourself for helping out a fellow student. The schedule is as flexible as you can be and you can work as much or as little as your availability allows.

Tutoring offers an opportunity to bridge gaps in a student's learning experience. Quite often, throughout their schooling, students haven't learned how to study properly and just need a little bit of assistance with study skills. Not all students know how to study to complement their individual learning habits. Other times, students just need to understand the concepts of their program a little bet-

ter. A tutor's job is to make these problems a little less daunting.

You've probably heard ads or seen posters advertising the NAIT tutorial learning centre, which is a phenomenal resource for students needing a little bit of guidance. But peer tutoring is a valuable experience for both the tutor and the student.

Even if you understand the concepts yourself, reiterating them only solidifies your personal understanding of the topics, ultimately making your own grades better. Not only that but peer tutoring will look great on your future resume, proving that you had a firm grasp on your educational

experience, and made great use of it to help others. Also you can be sure that your teacher will recognize that you're going above and beyond to explain the concepts that they're teaching.

The right person to become a peer tutor is someone who is articulate, organized and responsible. You obviously need to be passing your classes, but the NAIT tutorial centre will match you up and determine what subject you would be best to tutor.

If you're interested in taking advantage of a good opportunity, and have some extra time, contact the NAIT tutorial centre to set up your new tutoring gig!



businessed101.com

The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also 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](mailto:tutor@nait.ca). Cost is approximately \$15/hour.





# Instructor wins \$50,000

By EVAN DEGENHARDT

What would you do with almost \$50,000 in cash and prizes?

The possibilities are almost endless; bills could be taken care of, student loans could be paid back in full, and of course there is always that elusive trip to Disneyland.

For most people, the thought of winning that kind of money is just a fantasy, but for NAIT instructor Timothy Rosen, this dream became a reality when he won the *Edmonton Sun*'s "Change Your Life" contest last Tuesday.

The "Change Your Life" contest has been a promotional activity that the *Sun* has put on for a number of years. It usually runs in the fall, and it is a unique way of increasing newspaper sales as well as giving back to the community.

Here's the rundown of how the contest works. First, a person must purchase a copy of the *Sunday Sun*. Inside that newspaper is a game card that the reader can cut out and keep. Now, readers must look for six special icons within the paper during that week. These icons could be anything ranging from a mortgage advertisement, to a symbol or picture. At the end of the week, if all icons have been

found, they can be cut out of the paper and glued or taped to the original game card. Then, the reader sends in his game card with all six icons attached and he or she is entered into the draw. It's that simple.

Over 10,000 game card entries were submitted into The Sun's "Change Your Life" contest, but not everyone becomes a finalist. The contest runs for a total of five weeks. At the end of each week, there are only 5 entries that are randomly selected. In total, there were only 25 finalists selected for a shot at the grand prize. Rosen was one of those finalists.

This is where the fun really begins. The grand prize winner is determined by means of a "reverse draw". It is a process where the entries are drawn out randomly, but with a little twist. Once an entry is pulled out of the draw, that person becomes eliminated. This goes until there is only one person left standing and that man was Rosen.

Talk about being put in the hot seat! Rosen had to wait and watch in anticipation as 24 other finalists were knocked out before him. The electrical apprenticeship instructor, who is married with three kids, spoke of this nerve-wracking

experience and how it will most certainly change his life.

"When the last name was drawn, and mine was still in there and we knew we had won, it was kind of overwhelming. But we were very happy and the money is going to help out a lot for us," Rosen said, "It will let us pay down a bunch of debt, I might get to stop taking the bus to work and start driving again and Christmas should be good for the kids this year!"

Rosen walked away with the grand prize of \$40,000 in cash and \$4,800 in Safeway gift cards.

None of the other finalists went home empty handed. The runner up received \$5,000 in cash and \$400 in Safeway gift cards. Assortments of prizes were also given out to the remaining finalists.

The "Change Your Life" contest, which was sponsored by Jayman MasterBUILT and Safeway, was a great success, according to the promotions department at the *Sun*. Not only did this contest drive people to pick up the paper, but the grand prize was also given to an extremely deserving family, who will certainly put the money to good use.



**Tim Rosen**  
'Christmas should be good for the kids.'

## It's the month of Movember

By ANIKA NOTTVEIT

It's that time of year again, when guys shave their faces leaving only their upper lip covered for the entire month.

Some call it "mustachio month," or "greasy 'stache time," but we know it here at NAIT as Movember.

The mustache hasn't been trendy or in the fashion spot light for many years. There are few notable mustaches out there, like Ron Burgundy's or Tom Selleck's, but it's very rare you see someone seriously rocking out the lone hefty 'stache.

This year, however, the NAIT Ooks basketball team has taken the 'no shave November' vow to raise awareness for prostate cancer.

"As high profile student athletes, our players

have an opportunity to help. And since a mustache isn't in fashion these days, people notice and ask 'why are you growing that hideous mustache?'" Hansen explained. "It's a good conversation starter and allows us to raise people's understanding of the disease."

Hansen knows personally the impact of prostate cancer, so this campaign is close to his heart.

"Having had six family members pass away from cancer and another two who have beaten it," said Hansen, "this cause hits home for me."

Hansen hopes that by raising awareness, people will be encouraged to get checked for prostate cancer early, promoting cancer prevention.

The basketball team is starting to grow their mustaches this week and won't shave them off until November 26th, the last home game. The team has been doing it for a few years.

There is a website (<http://ca.movember.com/?home>) dedicated to Movember. The website has lots of information about Movember and how to fundraise successfully, including a guide dedicated to growing, grooming, and trimming the mustache.

There is also an app for Movember, where you can track your Mo progress, recruitment and fundraising. There is even a line of men's TOM shoes with cool little mustache's embroidered on the side!

November is the month for men's health, and the mustache can be a great reminder for men to tune into their health routines. This is the month to grow and show, so let your hair bring awareness!



artofmanliness.com

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*Virtually Speaking*

# Rage a sight to behold

**By GRAHAM McCANN**

Even if you're not a gamer, you have probably heard the term "first-person shooter." The term "first person" refers to the view which the player controls the game through the character's eyes and very often looking past a gun gripped by the character's hands.

Some of the most popular and ground breaking titles over the past 20 years have been of this genre. The massively popular *Call of Duty* games are FPSs. The straight forward, fun and addictive gameplay of being able to run and gun against friends and fellow gamers in online deathmatches as well as it being a great medium to explore fantastic worlds and stories in single-player games makes this genre here to stay for the next 20 years.

**What's so special?**

Among the many titles in the saturated first-person based shooter and adventure market released this year – including *Crysis 2*, *Deus Ex: Human Revolution*, *Elder Scrolls 5: Skyrim*, *Call of Duty: Modern Warfare 3* and *Battlefield 3* – is a game called *Rage*.

What's so special about *Rage*? It had a seven-year development cycle, has spectacular graphics and is made by none other than id Software, the creator of the first-person shooter.

This is id's first game since 2004's *Doom 3*. If id Software isn't a familiar name to you, then *Doom* probably is. Released in 1993, *Doom* was one of the original first-person shooters and transformed the PC gaming world. In part because it was also

the first to have local area network death-match multiplayer as a complement to the single player game. The game would get a sequel in 1994.

Violent and brutally gory the kids loved it and the media and parent groups demonized it, blaming it for evil such as the Columbine shootings.

But this was not the original FPS, nor was it id's first dive into controversy.

*Wolfenstein 3D* was the first. Released in 1992, the game put you in the role as B.J. Blazkowicz, a prisoner in a Nazi castle who must traverse the corridors killing Nazi guards. The game was among the most violent of its time and placing that along with Nazi imagery and music was a surefire way to land in the crosshairs of media controversy and a ban in Germany.

**Quake released in 1996**

Id Software made another stride in 1996 with the release of *Quake*. It was the first full 3D FPS, and the "*Quake* (graphics) engine" was licensed out to other developers, which lead to the fledgling Valve Software using a modified version of it for the *Half-Life* engine. id continued with *Quake 2*, using the "id tech 2" engine (*Doom* was id tech 1).

The company continued to push their graphics engines, and *Doom 3* (id tech 4) was a sight to behold in 2004. *Rage* and id tech 5 started development after *Doom 3*'s release and you can tell that id is a perfectionist when it comes to the technology in creating game worlds. *Rage* is certainly a sight to behold.



kotaku.com

**Rage**



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# OPINION

— Editorial —

## A new inspiration for Movember



**CELESTE DUL**  
Editor-In-Chief

**N**ovember is a month that welcomes fall leaves, chilly breezes and moustaches. It's the month of "Movember" and people worldwide should expect to see some extra facial hair.

Movember promotes awareness of cancer in men through

a moustache growing contest for charity. Participants, known as 'Mo Bros,' started on Nov. 1 with a clean shaven face and compete to see who can grow the best moustache by the end of the month.

During the month, Mo Bros will be raising money for a great cause to benefit men's health. This year, the passing of NDP Leader, Jack Layton is expected to inspire more people to donate to the cause. Layton, who was diagnosed with prostate cancer in February 2010 and died of an undisclosed second type of cancer Aug. 22, was a supporter of Movember, having donated \$1,000 to the cause last year.

### In Jack's memory

Mo Bros entering the competition can donate in Layton's honour. Movember Canada has created a Jack Layton memorial team that all Canadians can join, allowing money to be raised in his memory.

Jack Layton served three decades of public service and was Leader of Canada's New Democrats from 2003-2011, and anyone who read his letter to Canada can agree, he dedicated his life to building a better Canada.

He is a true inspiration. In his final letter to Canadians he wrote, "My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world." I believe these words will inspire many people through the month of November to raise money for prostate cancer.

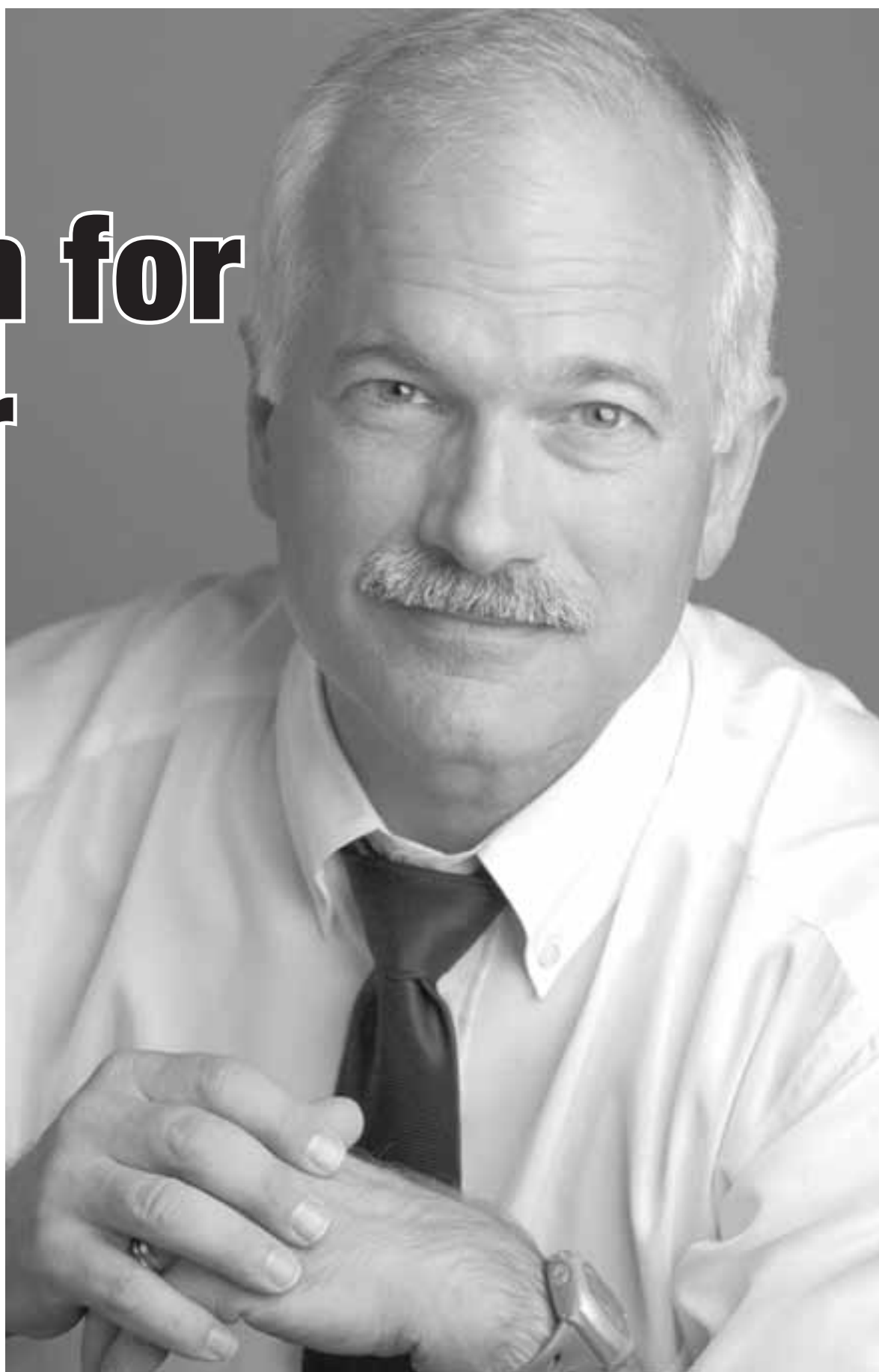
### A great cause

All of the money raised in Canada from Movember will go towards Prostate Cancer Canada, a non-profit organization that funds the development of awareness, education, advocacy, support of those affected and research into the prevention, detection, treatment and cure of prostate cancer.

I think this is a great cause and a creative way to get people involved. But, as a female, I wondered how I could participate (thankfully not being able to grow a moustache).

After a bit of research I discovered that females can participate as a 'Mo Sista.' Although Mo Sistas can't actually grow a moustache they can, make a team, donate to a friend or organize an event to get people involved in Movember.

No matter who you are, Movember is something you can jump on board with. Although some girls might not like the greasy moustaches that start appearing, you can't get upset with a great cause. If you're interested in watching the progress of teams or individuals, check out <http://ca.movember.com> and donate to your favourite contestant.



Jack Layton

britannica.com

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

Trust us on that. Write us.



# SPORTS

## MEN'S HOCKEY

# Men split series with SAIT

By TY HUDEC

The ACAC hockey season continues to roll on and the NAIT men were in action this past weekend with an away-and-home set against the SAIT Trojans. The teams played Friday in Calgary before returning to the NAIT Arena on Saturday.

Graeme Harrington got the start in the Ooks net on Friday and stopped 24 of the 27 shots he faced, the team capitalized on three of their 10 power play opportunities and handed the Trojans their first loss of the year with the 5-3 road victory. Josh Koper led the offensive charge with a pair of goals, while Jesse Slobodan added a goal and an assist. Trevor Conrad and Jiri Prochazka also scored for NAIT in the win.

The Ooks fired 34 shots on the Trojan net. SAIT netminder Adam Bartko was pulled late in the second after allowing four goals on the 24 shots he faced. Andy Williams stopped nine of 10 in relief.

The following night was a different story back at NAIT. After a scoreless first period, the Trojans scored twice in both the second and third frames and rode a strong performance in the crease from Williams to a 4-1 win.

NAIT scored first in this one. Liam Daragh's third of the year gave them a brief second period lead before the Trojans struck for four unanswered goals. Travis Bradshaw scored twice for SAIT, while Clinton Pettepiece had a goal and an assist, giving him a team-leading 13 points on the year.



Photo by Chad Steeves

**NAIT Ooks Steven Pratt is surrounded by SAIT players last Saturday during a game at NAIT arena. SAIT avenged Friday's 5-3 loss to the Ooks in Calgary with a 4-1 win here.**

The Ooks outshot SAIT 33 to 28, but Williams stood tall in net, making 32 saves. Shannon Szabados got the start in the Ooks net and stopped 24 of the 28 shots she faced.

Ooks head coach Serge Lajoie was very pleased with his team's effort against a perennial powerhouse in SAIT.

"Good games. Came down to special

teams," Lajoie said. "We proved to ourselves we not only can compete against SAIT, but for a large portion of both games we were by far the better team. Very encouraging weekend."

NAIT now holds a record of 4-3-0-1, good for fourth place in the ACAC. The Trojans have seven wins and just the one loss and sit tied with the Augustana Vikings for second. All

teams are chasing the league-leading Mount Royal Cougars, who are undefeated with seven wins and one tie, (that tie came against NAIT).

The Ooks will look to continue their strong play when they are next in action this Friday. The team heads to Grant MacEwan to face the Griffins in the first meeting between the cross-town rivals this season.



Photo by Emily Vanee

**A NAIT Ooks player returns the ball on Saturday Oct. 29 during a volleyball game against King's. The women went on to win the match 3-0.**



Photo by Emily Vanee

**NAIT Ooks Clayton Crellin gets set to pass the ball during a basketball game against Keyano on Friday Oct. 28. NAIT won the contest 84-68.**



VOLLEYBALL

# Men, women win one, lose one

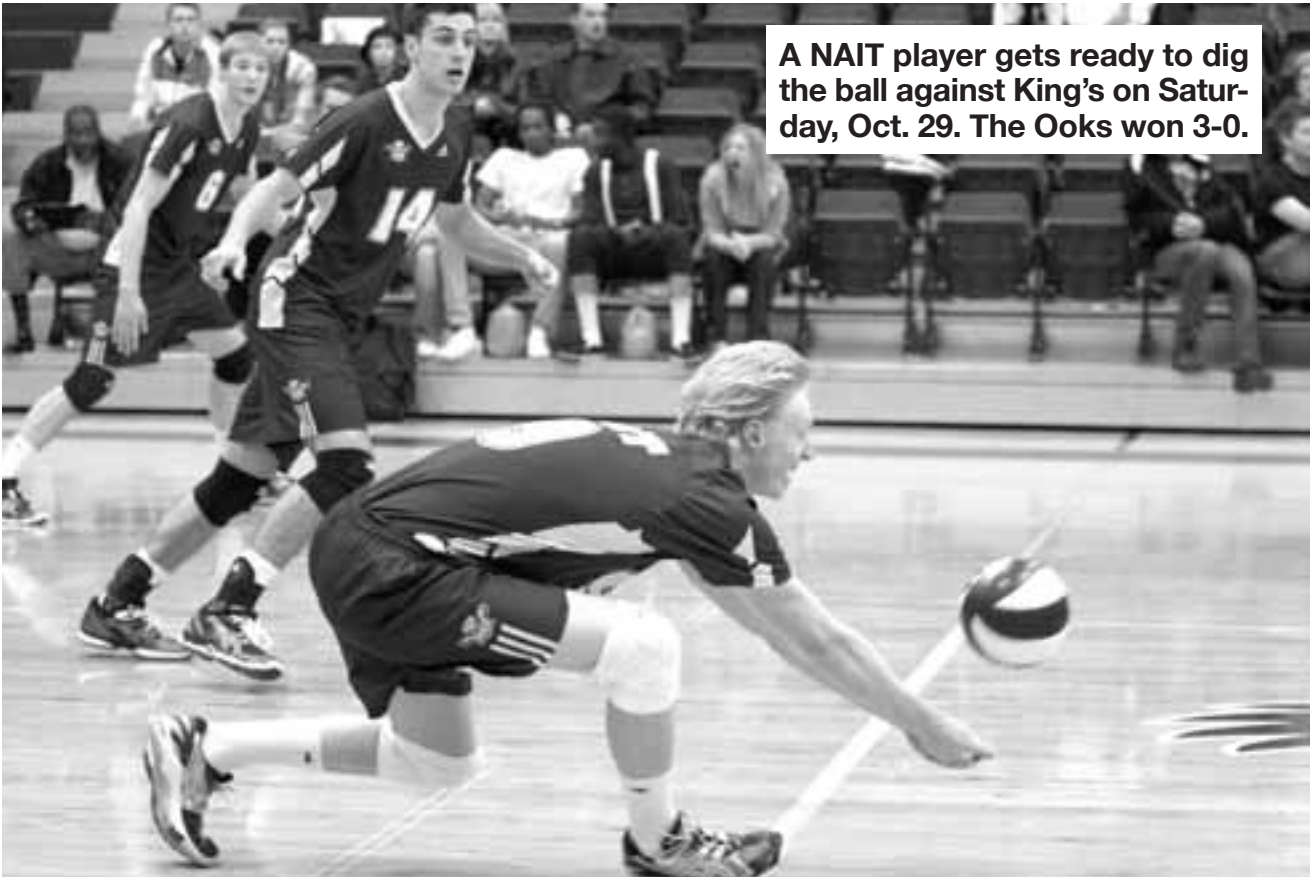
By EVAN DEGENHARDT

NAIT’s volleyball season kicked off with both teams seeing action this weekend. The men and women’s teams each had a series of home and away games against King’s University College. The men’s team played an away game at King’s on Friday and then headed back to NAIT for a rematch on Saturday. On Friday, NAIT and King’s had a heated match that lasted a total of five games. The Oaks took the first two sets in the match, but King’s rallied back and took the next two sets to make it all tied up at two sets each.

The final set of the match was extremely close between the two

teams. However, King’s University College took the final set 16-14 and the overall match at three sets to two. NAIT player, Austin Hinchey played a notable game for the Oaks. Hinchey had five digs in total and was a major factor in all five sets.

Saturday was a totally different story. Being at home, the Oaks thrived on the atmosphere and rallied over King’s to take the first set, 25-23. Although the first set was close, NAIT dominated the second set and won 25-17. The third set proved to be no trouble at all and the Oaks won the third set, 25-16 and the match with a score of three sets to none.



A NAIT player gets ready to dig the ball against King’s on Saturday, Oct. 29. The Oaks won 3-0.

Photo by Emily Vanev

Oaks player Trevor Langvand was a major factor in NAIT’s dominating win over King’s University College. Langvand totalled 12 kills, 10 digs and also two blocks in the three sets that NAIT played on Saturday. An honourable mention goes to Lyndon Mercier, who played two exceptional games for the Oaks. Mercier had stellar weekend with 26 kills, 10 digs and nine blocks in two matches played.

“I am happy with our performance for our first weekend of competition against a good team,” said coach Simon Fedun of his team’s effort over the weekend.

“With the addition of 12 new athletes this year we are still in the process of discovering our identity, but I am pleased with the effort and commitment that the guys are showing.”

Next weekend, the Oaks will be playing two matches in the toughest building in the ACAC versus the defending champions, Briercrest.

The women’s team was also in action against King’s this past weekend. On Friday, NAIT took the first set of the match, 25-23. However, King’s rallied back and swept the next three sets to win the match. Still sore from their loss on Friday, the Oaks were more than prepared to take revenge on Saturday against that same King’s team.

Saturday’s game completely contrasted NAIT’s performance on Friday. The Oaks dominated the play and had significantly fewer errors than the previous night. NAIT controlled the pace and ended up winning three straight sets to take the match 3-0.

Notable stat leaders for NAIT included Jillian Irvine, who had 20 kills and five stuff blocks over two matches. Oak Tayler Smith also had great start to the volleyball season, with 16 digs each night for a total of 32 digs over the weekend. Setter Kelsey Bleier did an exceptional job of running NAIT’s quick attack from the middle and making the right selections during both matches.

“In our loss on Friday night, we committed way too many errors on our side of the court,” said coach Erminia Russo Thorpe of the team’s efforts on Friday. “King’s outplayed us.”

On Saturday, coach Russo Thorpe felt as though the team played a more strategic game. “The team did a very good job of sticking to our game plan, executing on our side of the court and reducing the number of errors committed,” she said.

Next, the NAIT women’s team travels to Caronport, Saskatchewan to play Briercrest on Nov. 4 and 5.

## Athletes of the week

October 24-30

Laura Kautz  
Soccer



Laura scored the lone goal Sunday, leading her NAIT Oaks to a 1-0 victory over the Mount Royal Cougars and capturing the ACAC championship. Kautz was a dominant factor on offence and on defence in both the Oaks’ 1-0 semifinal victory over Red Deer College and in the final. “Laura was outstanding all weekend for us,” said head coach Sergio Teixeira. “Sunday’s final was one of the best games I have seen her play and she has played a lot of great games for our team.” Laura will now lead her team at the CCAA Nationals in Quebec City Nov. 9-13. Laura is a second-year Personal Fitness Training student and is from Edmonton.

Kyle Saban  
Soccer



Kyle blasted home two goals in the ACAC final, leading the NAIT Oaks to their second consecutive ACAC championship. The Oaks defeated the MacEwan Griffins 3-1 in extra time. Kyle was a constant threat to score in the final and was selected as the player of the game. “Saban is a true leader on our team and on the biggest day of the season he had his biggest game,” said head coach Jeff Paulus. “His veteran leadership came through for us in a big way.” Next up for the team is the CCAA Nationals in Quebec City Nov. 9-13. Kyle is a fifth-year Electrical Apprentice student from Edmonton.

## Athletes of the week

October 17-23

Leanne Kadatz  
Soccer



Leanne scored five goals on the weekend, bringing her total to 20 for the season. Kadatz scored a goal and set up three other Friday versus King’s and then scored four goals in the team’s final regular season game Saturday against Keyano. Leanne scored in all 10 of the Oaks games, leading the ACAC and CCAA in scoring this year. “She is the leader of our team, making everyone around her better,” said head coach Sergio Teixeira. “She is known for her goals but she also has numerous assists as she has the presence to dish the ball off when teams are trying to key on her.” Leanne is a third-year player in her second year of the Animal Health Technology program. She is from Edmonton.

Zach Kaiser  
Soccer



In a weekend when the Oaks looked to clinch first place in the north and an undefeated season, Zach raised his game to another level as he scored twice Friday night against King’s and then netted another two goals Saturday versus Keyano. Kaiser opened the scoring in the first five minutes of each game setting the tone for the Oaks. “Zach has been outstanding all season and this weekend really broke out with four goals,” said head coach Jeff Paulus. “He was a constant threat to score and most likely would have had more if he wasn’t subbed early in both games.” Zach is a first-year Academic Upgrading student from Beaumont.





# Just nine are left ...



By NICK BERRY

The conclusion of poker's richest and most prestigious poker tournament, the 42nd annual World Series of Poker will take place at The Rio All-Suite Hotel and Casino in Las Vegas on Nov. 6. This year's edition of The November Nine navigated their way through a field of 6,865 participants that all put up the \$10,000 buy-in, resulting in a total prize pool of \$64.5 million. The Main Event is the culmination of the series which this year boasted 58 events spanning 50 days. The series attracted a record 75,672 entrants from 105 different nations competing for a prize pool of just under \$192 million. These final nine players are vying for the most coveted prize in poker, the WSOP Championship Bracelet and the first place prize of \$8,711,956.

This year's edition of the November Nine has a very different feel than the others. In both 2009 and 2010, one player stood head and shoulders above the others in the chip counts going into the final table. This year should allow for much more play as only one player has cracked the 40-million chip mark, and many of the others are sitting with average sized stacks. ESPN's coverage of the Main Event has changed this year as well. ESPN will begin broadcasting at 5:30 p.m. MT, the cards will be in the air and broadcast virtually live on ESPN2. Play-by-play will be provided by Lon McEachern and David Tuchman, with analysis offered by a soon-to-be-announced cast of professional poker players. Sunday's final table play will continue until three players remain. The players will take Monday off and three-handed action will begin at 7 p.m. MT Tuesday on ESPN with McEachern, Norman Chad and Antonio Esfandiari calling the action. TSN will only be broadcasting the edited final table on Nov. 8 and 10.

Let's meet the 2011 November Nine:

## Seat 1

**24,750,000 in chips**

**Matt Giannetti, 26, Las Vegas**

Originally from Clifton Park, N.Y., Matt Giannetti initially enrolled in a rigorous computer engineering major at the University of Texas. He began playing poker in his dorm room, where many professional card players



cardplayer.com

**Eoghan O'Dea**

get their start. He, like many post-Chris Money-maker era professionals started his career online, slowly building a bankroll up and then ultimately forgoing school to focus on playing poker full time. Giannetti has played professionally for about five years now. He is mostly known as a cash game player and only recently has started to accumulate some money on the tournament circuit. He nursed a small stack most of Day 8 thanks to an agonizing hand in which Ben Lamb took a large portion of said chips. He slowly built his stack back up and during 10-handed play, he managed to accumulate a lot more and now sits in third place.

## Seat 2

**19,700,000 in chips**

**Badih Bounahra, 49**

**Belize City, Belize**

Badih Bounahra is a businessman originally born in Lebanon, who manages a card room. Bounahra is the elder statesman of this extremely young final table and he is also the only player left who would be considered an amateur. On Day 6 of the Main Event, Bounahra barely squeaked out of the day with enough chips to return on Day 7 where he steadily increased his stack the final two days to sit at the final table in sixth spot.

## Seat 3

**33,925,000 in chips**

**Eoghan O'Dea, 26, Dublin**

Eoghan O'Dea (pronounced "Owen O-Dee") is the son of well known Irish actor, poker player and gambler Donnacha O'Dea who won a WSOP bracelet in 1998 and has made the final table of the Main Event himself twice, in 1983 and 1991. The younger O'Dea is no slouch himself, with a couple of second-place finishes under his belt from tournaments in Europe and has just recently put up some cashes on this side of the Atlantic. He final tabled an event at the World Series of Poker Europe during the four-month layover before the final table starts. He has posted the most results of all the players during that time, with a few cashes at the London EPT event as well. O'Dea has been a consistent riser from about Day 5 on. He held on through a stretch of very tough tables on Day 6 and then late on Day 7 he won two huge pots to vault him up the chip counts into second. He begins in second position when the final table starts again.

## Seat 4

**23,875,000 in chips**

**Phil Collins, 26, Las Vegas**

Phil Collins (yeah, poor guy must get it all the time) is another player taking his online reputation to the live felt at this year's WSOP Main Event final table. Going by the screen handle "USCphildo," this University of South Carolina graduate has earned over \$3.3 million playing online and has recorded eight career cashes at the World Series. In this year's Main Event, Collins ended day one with \$71,225 and never looked back, successfully increasing his stack day by day. He enters the final table in fourth position with close to 24 million in chips and a set of skills backed by big name pros like Jason Mercier and Erik Lindgren.

## Seat 5

**13,825,000 in chips**

**Anton Makiievskiy, 21, Ukraine**

Arriving in Vegas just prior to the Main Event, Maki (as he will be known for the rest of the article for obvious reasons) was mak-

ing his first trip to the United States, having just turned 21 prior to the Main Event starting. The Ukraine had not had a bracelet winner prior to this year and now Maki hopes to be the fifth. Four other Ukrainians bested the inflated WSOP fields to claim their place in poker history, including his good friend and former roommate Oleksii Kovalchuck. On Day 5, Kovalchuck gave Maki the Ukrainian sweater he was wearing when he won his bracelet and Maki proceeded to climb up the chip counts. He kept the sweater and when Day 8 began he was atop the chip count with the final table in sight. He, like a lot of the table, tightened up during 10-handed play and his stack slowly diminished. He begins the final table in eighth place but with the levels relatively low there is still time for the young Ukrainian.

## Seat 6

**12,375,000 in chips**

**Sam Holden, 22, Sussex, England**

Sam Holden will be battling against the odds if he wants to secure the first-place purse of \$8.7 million at the 2011 Main Event final table. Being very new to the pro-poker world, Holden had a nice score in the Poker Stars Sunday Million for over \$50,000 earlier this year. Although he blanked his first three events, Holden made a fantastic run in the Main. He managed an average stack through most of Day 8, claiming pots through aggression. When the 10-handed play began he tightened up significantly, not wanting to bust out short of the prestige of the November Nine. As a result he will start the final table in ninth place. He claims his online background will improve his odds from the short stack, but his lack of live experience may be too great.

## Seat 7

**16,425,000 in chips**

**Pius Heinz, 22, Cologne, Germany**

Pius Heinz might be changing his career path with the amount of money he'll have from this tournament. Heinz had been in Vegas since early June playing in the World Series and when the Main Event began in early July he chose the first Day 1 session so if he busted he could leave for home earlier. He credits his run to a fantastic read he made on Day 1 and says that really gave him the confidence to move through all the stages of the tournament. His aggressive play lead him to the Top 5 chip counts on Day 6 and Day 7 but it also almost put him out the door in 11th. He needed to hit a 5-outer against eventual final table bubble boy, John Hewitt, in order to double up and propel himself into the final table. He starts the final in seventh place.

## Seat 8

**20,875,000 in chips**

**Ben Lamb, 26, Las Vegas**

Ben Lamb is originally from Tulsa, Oklahoma. Lamb is the most well known player at the final table. He won a bracelet in the \$10,000 World Championship of Pot-Limit Omaha at this year World Series of Poker. He also final tabled the \$50,000 Poker Players Championship this year which resulted in him already receiving the WSOP Player of the Year award. Without his minimum six-figure cash in this event, he already has made over \$1.3 million at this year's World Series. He boasts one of the more impressive tournament records at the WSOP in the past few years with five final tables, 11 cashes and over \$2 million. Lamb will look to do what the big name pros like Phil



wsop.com

**Phil Collins**

Ivey and Michael Mizrachi before him couldn't do, win the Main Event. Lamb was an absolute wrecking ball this World Series and the Main Event was no exception. He lead the field after his Day 1 flight and cruised to the Top 5 of the chip charts after Day 3. He suffered a minor setback on Day 4 but played his regular rock solid game and steadily chipped his way back up to the top of the tournament leader board on Day 7. Lamb has never been at risk in the tournament, meaning he was never been all in when his opponent has him covered. He will certainly be the player everyone is most fearful of and don't be surprised if you see if make some noise at the final table, he starts in fifth place.

## Seat 9

**40,175,000 in chips**

**Martin Staszko, 35, Czech Republic**

Martin Staszko discovered poker a few years ago and slowly but surely built his bankroll online from a few dollars to enough where he had to make a decision about his career. He chose to pursue his new found success and started making his playing poker online. He boasts one of the best ROI (return on investment) numbers in online poker and he has several live cashes to his credit as well. Staszko's Main Event was almost ended around the money bubble but he survived and his methodical gameplay managed to accumulate him an average stack going into the eighth and final day. It seemed Staszko was in a zone on Day 8, taking pots without contest or having the goods when hands were shown down. He was third in chips going into 10-handed play and while most tightened up their play, Staszko became aggressive and moved his way to the top of the chip counts going into the final table.

Despite trying to predict how a poker game is going to turn out is about as likely as picking the perfect bracket in March Madness. But here goes nothing.

**9. Sam Holden**

**8. Anton Makiievskiy**

**7. Badih Bounahra**

**6. Matt Gianetti**

**5. Pius Hienz**

**4. Martin Staszko**

**3. Ben Lamb**

**2. Eoghan O'Dea**

**1. Phil Collins**

Call me crazy but I have a feeling that he's "been waiting for this moment for all his life." I just wanted to use that.



## WOMEN'S SOCCER

# Women go undefeated



Photo by Anthony Houle

NAIT Ook Delaney McNaughton plays against MacEwan in a 7-3 win earlier this season.

## MEN'S SOCCER

# Ooks want gold at nationals

By TY HUDEC

NAIT played host to the ACAC men's soccer championships this past weekend. The championships featured the top six teams in Alberta, competing for the right to advance to the CCAA National Championships in Quebec City.

The tournament kicked off Friday with the quarterfinals. Mount Royal defeated Concordia 2-0 in the opening game, and then Grant MacEwan blanked Lethbridge 6-0 to advance to Saturday's semifinal. NAIT received a bye in the first round thanks to their 8-0-2 record in the regular season.

Saturday's games opened up with a showdown between Mount Royal and NAIT. Edem Mortotsi, Zach Kaiser and Joseph Costouros all tallied once, leading the Ooks to the 3-1 win.

"They're extremely well coached, we knew it was going to be a tough game" Ooks Head Coach Jeff Paulus said of the win. "We played our game and went up 1-0 at the half. They tied it up but then we responded two minutes after they scored and we felt we controlled the game from there."

Grant MacEwan faced the south division's top seed in the Medicine Hat Rattlers in the second semi. The Griffins handed Medicine Hat their first loss of the year with a 1-0 victory, setting up an all Edmonton final.

The medal games went on Sunday afternoon. Medicine Hat captured the bronze with a 1-0 win over Mount Royal. The Griffins and Ooks followed in the championship game with a trip to nationals on the line.

By AVRY LEWIS-McDOUGALL

The NAIT women's Ooks are ACAC champs again! The team got two wins this weekend at Mount Royal in the ACAC playoffs with a 1-0 semifinal win over the Red Deer Queens and a 1-0 championship win over the Mount Royal Cougars on Sunday afternoon.

Nicola Weber was the goal scorer on the penultimate game and Laura Kautz scored early on in the first half of the finals. The two goals ensured the team's ascension, once again, to the ACAC championship and sends them off to Quebec City for nationals.

It's been another dominant season for the NAIT soccer teams as the women finished the season undefeated with 10 wins, and also two wins in the playoffs. The women scored 53 goals this year (no other team scored more than 40) and only allowed eight goals in the entire season. This kind of offensive balance explains why the team is ranked No. 1 in the entire country and they still have no recorded losses this year.

The majority of the offensive output this season came from captain Leanne Kadatz, per

usual. The third-year player finished the season with 20 goals (the league leader in scoring). Other goal scorers were Nicola Weber, Kelly Tataryn, Jennifer Box, Loren Burke-Gaffney, Laura Kautz, Delany McNaughton, Kelsey Mitchell and Jessica Hart.

What's next for the top team in the nation? It's off to the CCAA Nationals in Quebec City for the Canadian finals, and a chance for a bit of redemption for last year. The nationals run from Nov. 9 to Nov. 12, so head coach Sergio Teixeira said they would savour their ACAC win for a short time before turning their minds to Quebec City.

In Quebec City, the Ooks will be matched up against squads from BC, Quebec, Ontario and Atlantic Canada as they continue their quest to become national champs and to get the gold medal that eluded them in 2010. A national title this year would be the first women's soccer title in NAIT Ooks history.

This has indeed been in an incredible year for the women's soccer team. Join the *Nugget* and the rest of NAIT in wishing them luck on their finals run.

trolled the last 15 of extra time. It was a really good performance."

The Ooks are the defending silver medallists at the CCAAs and will look to better that when they head off to Quebec on Monday. The tournament runs from Nov. 9-12.

## NAIT student recreational curling

Mondays 4:30, 4:45, 5 p.m. to 6 p.m.

**Fee:** \$40 per season

Those interested should drop by the Avonair Curling Club across the street from Main Campus.

## CROSS COUNTRY

# NAIT runners compete in Calgary

By KEVIN MARTIN

In sports, everyone likes to see an underdog win. However, the dominant force in women's ACAC cross country once again left little doubt as to who is the best. Jodi Sanguin of Red Deer College took home her second straight provincial collegiate cross-country running title in Calgary this past weekend. The five-kilometre race was hers from the start.

Sanguin ran a dominating race and finished 40 seconds ahead of the second-place finisher, Mariya Jenkins of the Concordia University College of Alberta Thunder. The winning time of 19 minutes and 16 seconds left Sanguin smiling and holding another title. Alexandra Gordichuk of Grant MacEwan University who took home the bronze with a time of 19:58.

"The only obstacle, I guess, was the wind. There was a strong wind coming from the north that started just before the race, and that was something to consider," said Sanguin, who's working toward a B.Sc.

degree in nursing at RDC.

"I tried to stick with the pack for the majority of the race, and pulled away toward the end when I knew I could do so," she said.

Sanguin won the 2010 title in Edmonton with a time of 19:36.

The men's eight-kilometre race featured a showdown of epic proportions. It was a battle between two racers the whole way. Peter Kalya of Lethbridge College and Andy Pohl of The University of Alberta pushed each other to the finish. It came down to the wire but Kalya beat Pohl by a slim margin of three seconds. Kalya's time of 26:43 seconds landed him the title. The two runners blew away the rest of the field by over a minute and a half. Third place was claimed by Devin Woodland of Grande Prairie Regional College.

The top seven athletes from both the men's and the women's events earned the right to represent Alberta at the national level. They will travel to Kam-

loops, B.C. to compete in the Canadian Colleges Athletic Association (CCAA) finals Nov. 12 and 13.

The NAIT Ooks were well represented with some of our runners turning in fantastic performances. Corey Halabi, a second-year Business student, crossed the line with a time of 30:32. He was the top male finisher for the Ooks with a respectable 13th place in a field of 53. Other NAIT representatives included Jakob Claffey (33rd), Phillip Tinka (34th), Ryan Gow (41st), Mike Karakochuk (43rd) and Justin Milsted (51st).

Shelby Crackston earned the top female finish for NAIT with a time of 21:02 for 10th place in a field of 59. Shelby is currently in the second year of her Personal Trainer education. Other female NAIT representatives included Kimberley Boulton (36th), Andrea Von Engelhardt (38th), Chennae Lapatak (46th), Kimberley McKinnon (50th) and Lilit Houlder (51st).



**Shelby Crackston**  
10th out of 59

ah, NAIT: 3. B. Smith/M. Smith, RDC



# Athlete Profile



**Player:** Chris Martinez  
**Sport:** Men's soccer  
**Position:** Fullback/Defence  
**Program:** Online Studies  
**Age:** 21  
**Number:** 19

By ANIKA NOTTVEIT

**What age did you start playing soccer?** I started playing at five years old. My family is into the sport. My Dad and brother played too.

**Has soccer always been your favourite sport?** Yes, no other sport has ever been my favourite. I love the way soccer is played. I like being a playmaker.

**How were you recruited for the NAIT team?** NTC. Jeff has tried to recruit me for a few years. Finally this year I caved and decided to play.

**Do you have any pre-game rituals?** No ... unless you count wearing the same underwear as a ritual. I always tape my socks a certain way as well.

**Do you eat anything particular before games?** Not really. I usually just eat pasta.

**Are you currently injured?** Yes. I was cleated in the left knee from a slide tackle.

I have 18 stitches. I've been out for two weeks. I will be back on the field in a week.

**What do you want to do when you "grow up"?** I would like to work in construction.



**Who is your sports hero?** Lionel Messi. He's from Argentina and plays for FC Barcelona. He has an exciting playing style.

**Who is your biggest rival school?** Grant MacEwan. We are the ultimate rival school. NAIT is undefeated!

**When is the season done?** Nov. 7. Unless we go to nationals in Quebec!

**If you had a to date a girl from a sports team, what sport would you choose?** I would go for a soccer girl. It's what I am familiar with. It would be easy for us to bond because we play the same sport.

**What's your sign?** Aries.

# Athlete Profile



**Player:** Delaney McNaughton  
**Sport:** Women's soccer  
**Position:** Striker  
**Program:** Biological Science  
**Hometown:** Sherwood Park  
**Number:** 13

By CLAIRE THEOBALD

**How long have you been playing soccer?** I started playing when I was three years old.

**What it is about soccer that keeps you coming back?** I like the competitiveness, having to work hard, and obviously the team.

**What do you do in the off-season?** I snowboard during the winter, and during the summer I'm usually playing shinny.

**What do you plan to do when you graduate?** I plan on doing more schooling after to get my whole degree, and then hopefully get a job in my field.

**What field is that?** I want to go into wildlife and fisheries, and conservation.

**Why wildlife and fisheries?** Ever since I was young, I always enjoyed the outdoors, and animals.

**What was the best moment so far in your soccer career?** Definitely last year, as my first year out of high school. Our team was kind of under dogs, and we got all the way to Nationals, the gold medal game.

**How do you balance school and sports?** Time management, lots of it. Any time I have free, I'm pretty much just working on my schoolwork, and then I'm working hard when I am at practice.

**What are your goals for this season?** Going to provincials, and hopefully winning. Then going to nationals.

NAIT OOKS HOME GAME SCHEDULE			
HOCKEY			
Sat. Nov. 5 Women at 7:00pm		vs	
Fri. Nov. 11 Women at 7:00pm		vs	
BASKETBALL			
Fri. Nov. 11 Women at 6:00pm Men at 8:00pm		vs	
Sat. Nov. 12 Women at 6:00pm Men at 8:00pm		vs	





Dec. 30 - Jan. 2  
Big White & Silver Star  
Mountain Resorts in Kelowna, BC  
PRICES START AT \$389  
(+GST, PER PERSON, PRICE INCL. 2 LIFT TICKETS)  
PARTY BUS ON ROUTE | NEW YEARS PARTY  
FINAL PAYMENT DUE NOV. 28, 2011. A \$100 DEPOSIT CAN BE MADE AT THE NAITSA OFFICE TO HOLD YOUR SPOT. IF YOU ARE PAYING ONLINE, YOU MUST PAY IN FULL AT THE TIME OF BOOKING.

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





# ENTERTAINMENT

## Lindsay trapped by family



### SPOTLIGHT ON ...

**NATASCHA BRUHIN**  
Entertainment Editor

This week, it has been confirmed once and for all from whom Lindsay Lohan gets her crazy. For years, we've known the Lohan family to be not the most private, level-headed family in Hollywood, and well, now we have police evidence to back up that claim.

Lindsay Lohan's father, Michael, was arrested for domestic violence against his girlfriend Kate Major this past week. Lohan allegedly threatened to throw Major off a fourth-floor balcony and, according to Major, threw a cell-phone at her and pushed her around. He was taken into custody after Major called the police and as the cops arrived, Lohan promptly started complaining of chest pains and was taken to the hospital.

Here's where it gets ridiculous: After Lohan was treated for chest pains, he tried to sneak out of the hospital unnoticed by the police. An officer caught him trying to escape and then officially booked him for domestic violence.

### Police called again

Twelve hours later, after Lohan was released from jail and was told by the judge that under no circumstance is he allowed to call Kate Major, Lohan allegedly called Kate! Not just once, but over and over again, until Major called the police yet again.

It didn't end there. As the cops arrived at his apartment, Lohan tried to escape (again!) by jumping off his third-floor balcony, landing on a tree and injuring his foot. This sounds like a fake movie plot, but sadly, it's all true and all fact.

At the same time this is all happening, the rest of the Lohan family are up to their own antics. Lindsay's mother, Dina, is currently trying to pitch her autobiography to publishers. The book is less about her and more about daughter Lindsay. A snippet from the book was released on the Internet: "I blamed her friends, her career and her handlers for a newfound lifestyle of partying excessively. Drinking, drugging and behaving irresponsibly became Lindsay's way of daily living – and it tore me up inside. How could I deny my daughter the chance of a lifetime? How could I hold Lindsay back from her dream of becoming an actress? So, I listened to others and sent my daughter to Hollywood with a few pieces of luggage and a chaperone."

### Is an expose necessary?

Is an expose on her daughter really necessary right now? I guess whatever brings in the paycheck, though, right?

After two DUI arrests, three stints in rehab and a misdemeanor theft charge, Lindsay Lohan is currently completing her mandatory community service at an L.A. morgue before her next court hearing, which will determine whether she's going to jail or not, after having her probation revoked.

You would hope her parents would be the ones trying to help their troubled daughter, but they seem more focused on getting their own 15 minutes of fame. Amidst Michael



celebritypuke.com

### The many faces of Lindsay Lohan

Lohan's own arrests, he still manages to release statements to the media about his eldest child.

He tells one reporter: "She's an addict, she doesn't care and she's in denial. She's smoking either crack or meth, either one or the other. I'm not going to shade it. I want her in a treatment program for a year. Nothing is going to change in her life. She's going to be appearing before judges in the future if she doesn't get help, instead of doing community service in the morgue, she's going to wind up in the morgue."

Thanks tips, but perhaps helping your daughter in need would be more beneficial than just dishing about her to the public! With five mug shots to her name now, Lindsay Lohan has fallen so far from her promising career that was shining so brightly a mere five years ago. Remember when

Lohan was still a healthy, fresh faced redhead, just coming off the success of *Mean Girls*? Yeah, it's hard to remember a time before she was in the news more for her personal problems than her film career.

By the time this article comes out, we'll know whether Lindsay will be going to jail again or not. With overcrowding in L.A. jails, however, it doesn't like she'll be staying behind bars.

I find this unfortunate because an extended period of time in prison could be the harsh reality check the troubled star needs to realize the way she's living her life now won't get her a future. I guess all we can do is wait and see if Lohan will be adding yet another mug shot to her expanding collection or if perhaps her fine father will beat her to the punch.



FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...

**By KEVIN ALBUS**

A mix of everything, but a good listen from beginning to end!

1. City and Colour – Weightless
2. Rural Alberta Advantage – Edmonton
3. MF Doom – Doomsday
4. Toby Keith – I love this bar
5. Matthew Good – Black helicopter
6. Tech N9ne – Einstein
7. Felguk – Side by side
8. Zac Brown Band – Chicken Fried
9. Benny Benassi – Cinema (Skrillex remix)
10. USS- 2 15 16ths
11. Arkells – Kiss cam
12. Holy Grail – My last attack

**VIRAL VIDEO OF THE WEEK**

## “Gangster” deer video on YouTube

**By ALI MAGEE**

*Warning: This video contains bad language*

This video became popular last week, and now with over 32,000 views it is still rapidly gaining attention. The video (<http://www.youtube.com/watch?v=ojpraTCpEr8>) takes place on a residential street where a deer and its fawn have somehow managed to be spotted and filmed. At first, the baby deer is seen lying, harmlessly enough, underneath a vehicle with a cat. This seems already interesting enough for a video that blows up on the Internet; a cute baby wild animal is hanging out in a city with a domesticated cute animal. That's Internet gold! Making this little shot even more unique though, is the narration of the animals talking that is done in a

so-called “gangster” voice. After the cat visits and “hits on” the baby deer, the mom is seen coming to the rescue and apparently, according to the narration, is not happy with the interaction.

She takes her fawn and leads it away from the vehicle up a small hill. The cat follows, making remarks about the little animal's appearance and this aggravates the momma even further! Taking another major twist, the video all of the sudden shows the older of the two deer chasing and harassing a dog. As interesting as it is to see a wild animal interact with a dog, watching this video becomes frightening as the deer brutally kicks the dog – still narrated as if it were a gang fight. After seeing the deer in all of its anger, the viewer becomes afraid

for the cat's safety, as he still won't leave the duo alone. After making one last sassy comment to the mother deer, the cat paws at her face and sets her off on another tangent. Luckily for the cat, he is able to outrun the deer, hopefully to safety and the video ends there.

The events caught on film are extremely interesting, and the narration would have been funny if it wasn't so vulgar and offensive in its terminology. Of course what would an Internet video sensation be without plenty of remixes, follow ups and video responses to check



out. One of the ones worth visiting is “Gangster Deer's Husband.”



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11:30 a.m. – 1:30 p.m.**

North Lobby

NAIT Main Campus  
(11762 - 106 Street)

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\$100 iTunes  
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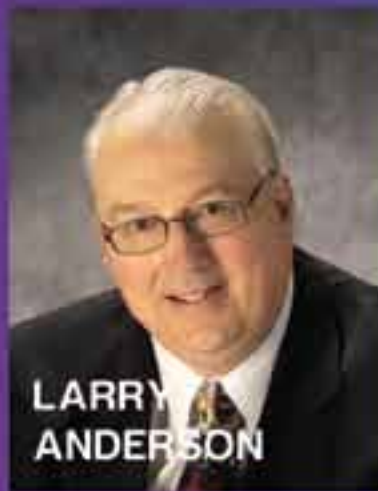




# JOIN US AT THE 2ND ANNUAL LEADERSHIP SUMMIT

NOVEMBER 19, 2011

The Summit is a unique opportunity for students to hear motivational and inspirational speakers discuss topics relevant to their student lives today and professional lives tomorrow. Sign up today, space is limited.



## TICKET INFORMATION

**\$29 STUDENTS**  
**\$39 NON-STUDENTS**

Tickets available at the NAITSA office (E-131) with a completed form, or online at [naitsa.ca/leadership](http://naitsa.ca/leadership). Ticket price includes: parking, a light breakfast, a hot lunch (provided by the Nest), and a Certificate of Achievement.

## SIGN UP

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

### PAYMENT OPTIONS

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



YoungFreeAlberta.com





Tatianna Lazowski

Photo by Ryan White

## NAITSA'S NEXT TOP MODEL

## It's Tatianna!

By KEVIN ALBUS

I had the opportunity to talk to NAITSA's Next Top Model Tatianna Lazowski about her recent win, her hobbies and interests as well as her reasons for entering the contest.

**Q:** In any of the voting rounds leading up to the finale, was there one when you found yourself getting nervous that you might not win?

**A:** The last round was by far the toughest. The contestants were getting narrowed down to the point that there were only five left, including myself. The odds were getting better that I wouldn't be NAITSA's Next Top Model.

**Q:** What was your reason for joining NAITSA's search for its next top model?

**A:** I wanted to meet people and to get involved, primarily just to meet people. With being top model I knew I would have to interact with students and non-students, which is what I'm comfortable with.

**Q:** All the contestants had to get the word out that they were in the contest to get votes. How did you promote yourself to get votes?

**A:** It required a lot of Facebook statuses, which to my friends got annoying at times, but it got the point across. It was also my friends and family that helped as well, by spreading the word to get people to vote. I had family telling their friends to vote and so on and so forth. Social media and word of mouth pretty much.

**Q:** NAITSA's Next Top Model is deemed as a representative for the school; have you noticed recognition yet from other people and has this title changed your personality?

**A:** So far no. I'd say it's a little too early after the competition for people to start recognizing me. I haven't walked through a crowd and had people whisper "Is that NAITSA's Top Model"? As far as a personality change, again, no. NAITSA's Top Model is not going to give me the confidence that I never had before to talk in front of a large group or crowd, for example. I was already comfortable doing that before I entered the contest. To sum it up, I'm still the same person.

**Q:** Your name Tatianna stands out from other contestants, can you give me a brief history of yourself?

**A:** I was named after my great grandma from the Ukraine. I was born in Canada and to be specific, I come from a town called Newbrook with the population roughly at 100 people. I came to Edmonton because it was the closest big city; I also wanted to take Business Administration and Marketing at NAIT – the same school where both my parents went to back in the day.

**Q:** What are your hobbies and interests?

**A:** Well I'm always interested in being with my family and friends. I grew up on a farm so activities ranging from snowmobiling to ATV-ing to ice fishing to me are considered fun. I also play a lot of sports like baseball and hockey and volleyball.

**Q:** Tatianna it was great talking to you. I hope for you to represent NAIT with success like you showed with NAITSA's Next Top Model!

## Take a stroll on Madison Avenue

By STEVEN DYER

So a few weeks ago we talked about the random bag of fun that is *Speaking in Tongues* and while this show might not be "random" it certainly covers quite a few of the bases. *Madison's Avenue*, hosted by Madison Audeau, has a great mix of music from the swinging '60s to even music from our mother country, Great Britain.

**Steven Dyer:** So Madison, what music can people expect to hear on your show?

**Madison Audeau:** The format's a bit all

over the place but I really like it that way. I play a lot of older music, a lot of music from the UK, I spent the summer there and I became really obsessed with their music and culture. I'm really obsessed with Mark Boland right now, so you hear a lot of that. I like a lot of music from the '60s – I kind of live in the '60s a little bit but there's a good modern mix in there too. I like profiling new local music so I try to get as many local musicians as we can.

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

**MA:** I'm a big fan of weird news, so I like to talk about bears that like to sneak into pizza parlors and chow down. Last week we did a big

feature on whether Nick Cage is immortal or not and I like to do a lot of music history. I'm a bit of a music geek. Lots of how bands formed and who they've collaborated with and how music has grown out of those roots.

**SD:** So is there anything special you have planned for the show this semester?

**MA:** I have a few live performances lined up so that'll be fun, live in the studio. Lindsey Walker might be coming in to do some stuff. I just got some new music from a local artist called Doug Horner, which is good.

I've been playing stuff by Lisa Nicole Grace, who I interviewed last week, her music's really good. A lot of other bands too, I just got a new record from a band called "Zero Something" which I'm going to play on the show. They're from Edmonton. I have a few special guests on this season, too, just some friends of mine that like to hang out. We have good chemistry on air so it's always a fun show.

**SD:** When can we expect those?

**MA:** In the next few weeks, for sure.

So there you have it. If you want to kick it to the oldies or party to the new guys, then listen to *Madison's Avenue* every Wednesday night from 7 to 9 on NR92.com.



Photo by Steven Dyer





CHELSEA BIRD

## What do you think about the new downtown hockey arena being approved?



"I'm all for it. It will bring great people to the city and create new events. Edmonton's kind of dull, we need something new!"

Ellexis Lathan



"I don't like it. I think it's a waste of money. I think it would make more sense to just renovate Rexall rather than build a new one that will just get trashed."

Bonnie Katzenback



"I think it's a great idea. It'll make the city look a lot better and attract tourists. It will definitely make downtown look a lot better."

Ivan Radovanovic



"I didn't know there was going to be a new arena, but it sounds like a good idea."

Jay Vadher

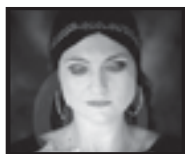


"It's good. I think it will create a lot of work for people."

Josh Yanosik

### THE NUGGET PRESENTS:

## HOROSCOPES



MADAME O

### November 3-9

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

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

Listen to your brain instead of your heart, Scorpio. Even though your heart may be harder to ignore, your brain knows what will benefit you, or hurt you, in the long run.

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

Find a way to get your mind off stressful things this week, Sagittarius. You will only get more stressed if you don't take a break. You have a lot on your plate right now – be ready for a well-deserved change of pace next week.

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

Be careful who you trust this week, Capricorn. Just because someone is a good listener, doesn't mean they're good at keeping things to themselves!

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

Take one day this week to treat yourself like a king. Relax, eat well, enjoy the outdoors, and most importantly get a good night's sleep. You'll need it with the hectic week you have coming up next.

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

Spend time with your friends before your schedule becomes too busy, Pisces. As hard as it may be to find time to see them when you're out and about, it's also very important.

### Aries (March 21-April 19)

Don't let your schoolwork pile up, Aries! You have done the whole procrastination thing before and you know how guilty you feel in the end. Get assignments done as soon as you can after receiving them.

### Taurus (April 20-May 20)

Excitement is soon to be in your life, and the chance to travel this week will ignite your wanderlust. Don't forget to deal with important matters before you take off though, Taurus.

### Gemini (May 21-June 20)

You've been looking for a career change or movement within your company for a while now and an opportunity is soon to come up. Remember to evalu-

ate all of your options before jumping on something too quickly.

### Cancer (June 21-July 22)

Count your blessings this week, Cancer. Sometimes you get too caught up in things that aren't going your way to appreciate all that is good in your life. Try to see the glass half full for a change.

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

This week is a good week to experiment with new things, Leo. Consider taking a class you wouldn't normally consider or picking up a new hobby. Who knows, you might even meet some great

people when you start putting yourself in different situations!

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

Learning from your mistakes is a major part of growing as a person. Make sure you're not allowing yourself to make the same mistakes time and time again. Some people will not give you second, second chances.

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

Don't focus on relationship problems too much this week, Libra. It's a rough patch for you and your lover, but it will only take time to blow over. Be patient.





# CROSSWORD

- Across
- 1- Ancient Palestinian

7- Embrace

10- Cereal grain

14- Fit with clothes

15- Clean air org.

16- Actress Garr

17- Evaluate

18- East Lansing sch.

19- \_ Rhythm

20- Given to vituperation

23- Word with panel or energy

26- After taxes

27- Ascends

28- I smell \_!

29- Prince Valiant's son

30- IV units

31- Skill

33- Bingo!

34- Gasteyer of "Saturday Night Live"

37- Shoebox letters

38- Mom-and-pop org.

39- June honoree

40- Bit

41- "Treasure Island" monogram

42- Black gold

43- Aromatic herb

45- Fall from grace

46- PC monitor

47- Bedouin

48- Month of showers

51- Not for a Scot

52- Licorice-like flavoring

53- Standing alone

56- Needless bustle

57- Help

58- Recompense for hardship

62- Monogram ltr.

63- Hindu honorific

- 64- Sort of
- 65- Lawless character
- 66- Blue
- 67- Fashions;
- Down
- 1- 7th letter of the Greek alphabet

2- Airline to Oslo

3- Bro's counterpart

4- Lift up

5- Polite refusal

6- Formerly, formerly

7- Made of cannabis

8- Overturn

9- Massive wild ox

10- Inflammation of the ear

11- Protection

12- Valuable collection

13- Locations

21- Fantastic

22- Area with coin-operated games

23- More secure

24- Bay window

25- Back streets

29- Sean of "The Lord of the Rings"

30- Graph

32- Mars

33- Worshiped

34- Pong maker

35- Grannies

36- Maker of Photoshop

44- Gangplank

45- Midday nap

46- Frank

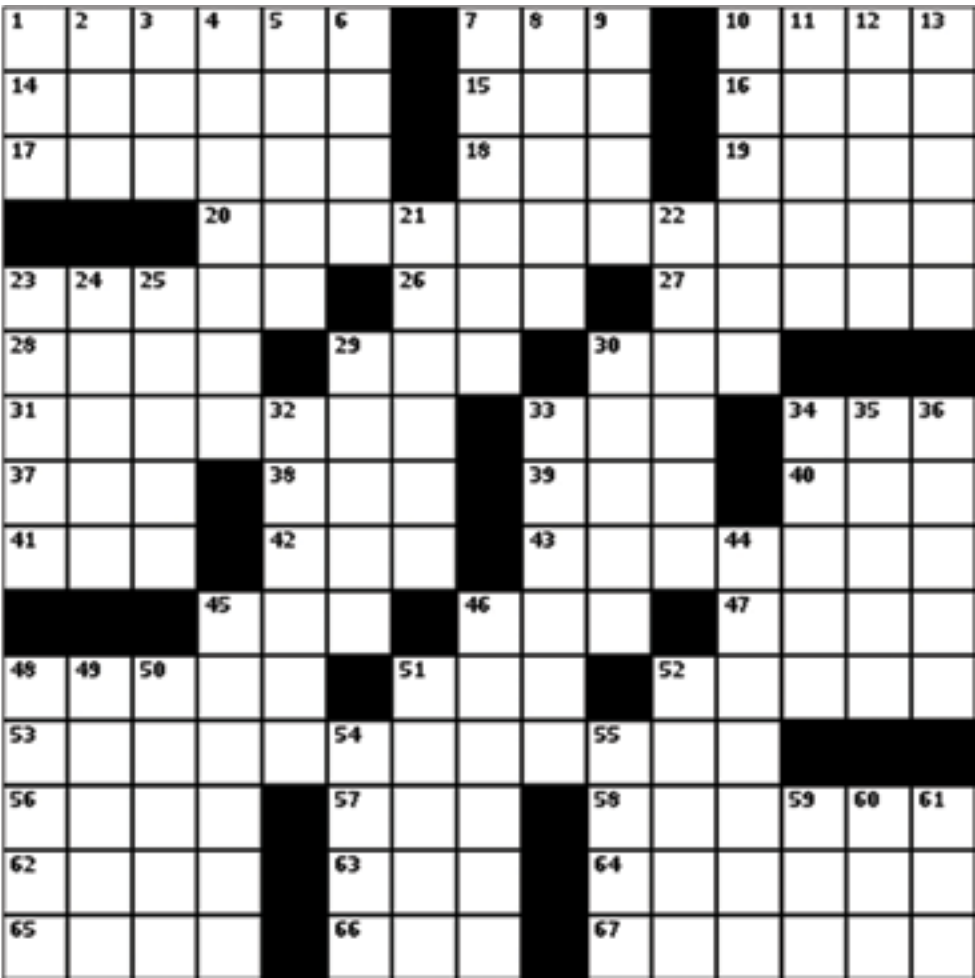
48- Attach

49- Dried plum

50- Gum

51- Currency unit in Nigeria

52- Concerning



- 54- Soviet news service
- 55- Coloured part of the eye
- 59- Hole maker
- 60- Actress Charlotte
- 61- Bad start?

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

SOLUTION – Page 21

## Hard work no sweat for Red Threat

By ANIKA NOTTVEIT

This Friday, Sherwood Park band The Red Threat is playing in Edmonton's Starlite Room, opening for Ten Second Epic, a well-known local band.

The members of this unique and passionate band first started making music together in junior high and now have been together for 10 years.

The boys of Red Threat would bring their instruments to school and put them down next to their desks. Sometimes during class they would strum a tune. Before class and after class they played, much to the amusement of others. They were the kids that would hang out in the band room and jam during lunch. When school was done, they would trek across town with guitars and amps in hand to someone's basement. Many hours were spent together, sharing the passion for music.

This is the origin of The Red Threat. The name was coined from what they were learning in school at the time about communism. When they reunited after a few years of doing their own thing, they decided to keep the original name.

The Red Threat has seen a few different members come and go, but all members are friends from the music scene, with similar backgrounds in musical training.

"All band members have had training in the specific instruments," band-leader Evan Watson told the *Nugget*. "We are learning more along the way."

The band writes all their own music, and Watson notes. "It's very helpful for song writing when everyone can play all the instruments."

An interesting and most recent addition to the band is Tyson Morrie. He used to be a world-class pianist, having played in several foreign countries on various musical tours. Now he is getting into guitar, but brings unique piano rifts to some of the recent songs.

On Friday, the band will be performing a brand new song called "Burning Hearts." Tickets are still available at \$16 apiece on [union-events.com](http://union-events.com), but if the band is added on Facebook they will meet up and supply tickets. This is a common yet unique thing about The Red Threat: they often hit the streets to promote their band.

"Face to face communication is really important," Watson said. "There is a lot of reliance on social networks and the markets are flooded."

The best advice that The Red Threat tells other up and comers is to stick to what you love.

"It comes down to the type of music you like. That's the music you should produce," said Watson. "You can't tell a band to change their style. If you truly support your music, people will be drawn to that."

With so many bands in Edmonton, one thing that helps The Red Threat decide who will share the stage with them is their work ethic. Watson testified to that, saying, "Booking places on your own is very rewarding. We



The Red Threat Supplied photo

encourage that."

Bands that are clearly hard working are the ones they want to help out. Ten Second Epic helped out The Red Threat the same way when they were first starting out.

"Ten Second Epic is one of the hardest working bands in Canada," Watson said. "It means a lot that they're from Edmonton. They provided a really good model of where you can get with hard work. We're excited to open for them."

The Red Threat's music appeals to a diverse age group, ranging from ages 14 to 40. That is one of the things they pride themselves on.

They enjoy playing in halls for school kids and their music reflects a lot of diversity and limited boundaries since there is no target age group when writing lyrics.

When it comes to writing music, it usually starts on the guitar, which for them is the skeleton of the song. They are constantly getting together and writing new music and playing together. All the band members share a passion for music and get along great. Tours are great times for the group of five buddies!

The Red Threat really strives to have tight performances on stage.

"We want to come across as professional as possible," Watson said. "We don't want to be stigmatized as a "local" band. We want to be seen as a Canadian band."

If Friday night isn't scheduled for you, the Starlite Room is going to be bumping with a few hard working independent bands!

## CD REVIEW

# Bennett scores with Duets II

By ALI MAGEE

Celebrating his 85th birthday this year, Tony Bennett proves he's still got what it takes to attract another generation of fans as he collaborates with 17 popular artists on his newest album, *Duets II*, released Sept. 20. At his age, it's beyond impressive that he's still working hard to produce CDs and great music, much less songs that are still making it on the Billboard charts!

The tracks on the album still keep Bennett's original jazz voice and musical accompaniments, whilst adding a new age twist with pop stars like Queen Latifah and Mariah Carey.

One of the more popular songs on the album so far is "The Lady is a Tramp," with Lady Gaga. The chemistry between the two artists is surprisingly fun and Gaga brings her full sass factor to the track. This is one of the first times she has shown off her extremely large vocal range in a jazz area.

Other outstanding tracks include "The Girl I Love," with Sheryl Crow and "On the Sunny Side of the Street," with Willie Nelson. The latter of the

two is my personal favourite on the CD and with Nelson's wonderful attempt at following Bennett's lead, I'm sure the track will quickly rise in popularity.

For those feeling nostalgic about Amy Winehouse, the album will not be a disappointment. Bennett's duet with the late singer/songwriter, "Body and Soul" really is beautiful and a wonderful tribute to her musical career.

Unfortunately, no album is without fault, and *Duets II* proves no different. The combination of John Mayer and Bennett is atrocious. Both men seem uncomfortable and awkward, and neither of them appears to have any passion for the song. The voices together don't mix well and although both singers are fabulous on their own, any more duets should be out of the question.

The album is a fun twist to jazz music, which will attract more people to explore the genre. Pairing an experienced wonder with developing and other younger musicians really makes for a diverse mix of music.



musicandgossipland.com

Tony Bennett and Amy Winehouse

## TIP OF THE WEEK – FROM NAIT SECURITY SERVICES



## Suspicious, harassing calls



It's the middle of the night. Your phone rings and after you answer it:

- The caller shouts obscenities into the phone;
- You hear the caller suggest some sexual act or;
- You hear nothing at all.

What should you do? Hang up.

A suspicious phone call that scares or threatens you is a serious offence and should be reported to the police.

If you have a suspicious phone call:

- Never entertain the caller.
- Do not talk to the caller. Do not beg, plead with or threaten the caller.
- After you hang up, get a notebook or pad of paper and record the time and date of the call.

- Write down the gender of the caller and anything he or she said.

Remember: The caller wants to scare or upset you. Anything you say to the caller will confirm the reaction the caller is looking for.

Say nothing. Hang up.

- If the caller phones many times or at all hours or threatens you or your property, call the police.

- After the call is reported to the police, a phone trace may be placed on your line.

Here are some precautions to take if you are receiving suspicious phone calls:

- It may be someone you know – an ex-spouse, boy/girlfriend, co-worker or it may be a total stranger. You will have to try to recall any details of a past relationship or a suspicious person you met.

- At the same time, you must keep in mind

your personal safety.

- Watch the people around you – at work, at the bus stop, anywhere – just in case the caller knows you and may be following you.

- Advise NAIT Protective Services. We can offer assistance while you are on campus.

A suspicious phone call is very unnerving.

A threatening phone call is a crime.

For more tips and information, visit [www.nait.ca/security](http://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.

### 630 CHED Santas Anonymous

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



CHED Santas Anonymous is devoted to bettering the lives of children in our community by delivering the "spirit of Christmas" to less fortunate children in Edmonton.

Santas Anonymous serves children from infants to 12 years of age and is often short of items for infants to two-year-olds and for nine to 12-year-olds. Here are a few suggestions:

**Infant** – Cloth book, soft doll, rattle, teething ring, play mat, musical toy, shape stacker.

**One to two years** – Board book, large

stacking blocks, age-appropriate plush, puzzles under 16 pieces, plastic truck, Little People and Sesame Street toys.

**Nine and 10 years** – Chapter book, puzzle with 100 to 300 pieces, bead set (intricate), backpack, shoulder bag, board game, sports ball (inflated), Lego and K'Nex (more complex)

**11 and 12 years** – Chapter book, puzzle with 300 to 500 pieces, craft set, science set, board game, watch, fashion jewelry (no pierced earrings), Bionicle Lego.

If you purchase an item that requires accessories, please include them. For example, send batteries with battery operated toys, extra clothes with a barbie, CD with a CD player.

You can drop off new, unwrapped toys until Dec. 9 at our offices on Main Campus, South Campus and Patricia Campus.

### The Edmonton Food Bank

Protective Services will be a drop-off location for the Edmonton Food Bank this year.

Each month, Edmonton's Food Bank serves

more than 15,000 Edmontonians through the hamper program. In addition, another

300,000 snacks and meals are served throughout the city every month. This would not be possible without the support of our community.

Below is a list of the most needed items at Edmonton's Food Bank. It is a guideline for donors, but other food items are also appreciated. Please note that specific foods such as lentils and rice are also gratefully accepted by the



Food Bank for supporting the cultural diversity of Edmontonians in need.

Toiletries such as deodorant and shampoo are also accepted (please ensure that these items are identified and sealed separately from food donations to limit breakage or contamination).

**Most Needed:** Beans, with or without pork, canned meat, canned fish, canned fruit or vegetables, peanut butter, powdered milk, macaroni and cheese dinners, pasta and pasta sauce, cereal and oatmeal, school snack items such as juice boxes, fruit cups and granola bars.

Please join us in supporting this worthwhile cause. Non-perishable foods and other items can be dropped off on Main Campus at D-104.

### November

Help us make cancer history!

We are participating in a Reach for a Cure fundraiser for the Canadian Cancer Society. Money raised helps fund leading-edge research that improves cancer treatments, prevents cancer and saves lives. It provides up-to-date information on cancer, risk reduction and treatment



offers vital community-based support services for people living with cancer and their families and advocates for healthy public policies. Please pledge and help us reach our fundraising goal!

Every pledge is one more step in the fight against cancer. Online pledging is secure and saves the Canadian Cancer Society administrative costs. Please visit [www.nait.ca/security](http://www.nait.ca/security) and click on Protective Services, then Community Involvement.



MOVIE REVIEW

# Paranormal 3 is very scary stuff

By KEVIN ALBUS

*Paranormal Activity 3* ... I underestimated this movie when walking into the theatre. I was going over in my head whether this movie was going to be an “I spy with my little eye” kind of movie, like the first one. But, this didn’t take much eyesight to see how scary and creepy the movie actually is.

This movie takes place in 1988, it’s a prelude to the first two movies. You see Katie, from the first paranormal activity movie, and her sister Kristi, from the second, as little girls. You soon learn how and why this ghostly movement has been following them. Like I said before, it doesn’t take much looking around to see what is happening in the scenes. The thrilling parts are obvious, which makes it easier for people who easily miss things in the prior movies. The movie doesn’t solely rely on cheap jump in front of the camera scares; it’s the fact that there are two girls in the movie. That’s creepy point No. 1. Look at *The Shining*, the two girls add to the level of creepiness with their innocence of the paranormal. The fact is that no matter what age you are you are still vulnerable to ghosts; even if you hide under the bed sheet, which we all did as kids.

Imaginary friend

Creepy point No. 2 is that the youngest girl has an imaginary friend. I’m not going into details. All I’m saying is I will pay more attention to my future kid’s imaginary friend if he gets one. That’s right, I said he, I have already decided my first kid is going to be a boy after watching this movie. I should also mention that I never saw the second movie and I might have shot myself in the foot.

Creepy point No. 3, like all the paranormal movies it takes place in a normal household. Oh my god, I live in a normal household. When it comes to movies where the group of teens decides it would be sweet to go into an old ghost ship or a haunted mansion, it doesn’t tap into your fears because you know they had it coming to them. You can’t relate because you don’t live in a haunted mansion, unless you’re Eddie Murphy, but you’re probably not. The fact that you and I live in a regular house and all this could be happening in our house sustains our fear throughout the movie and especially after we leave the theatre. I even found myself

near the end of the movie plugging my ears because the movie was scary. If you watch a horror movie in mute you obviously won’t get the same result as being in a theatre with surround sound. Add that to the fact that you have some good screamers in the theatre and this movie turns into a ride rather than a movie experience.

The camera placement in the movie spells trouble for only you. You know and imagine with every camera shot being brought up on the screen that something might happen. To me, a majority of the events caught on camera came as a surprise. The minority is the usual lamp swinging in the circle, which I liked to think of as if the ghost is warming up.

I would strongly recommend this movie to anyone that wants a good scare. The first one was kind of scary; it didn’t give me the motivation to go see the second one, though. After watching this movie I’m already clearing up my schedule for when *Paranormal 4* comes out to see how this is going to wrap up. If the first half of the movie isn’t scaring you, I suggest you to stay in your seat and wait till the ending. It had me plugging my ears, spilling my popcorn and cursing loudly to the dismay of the family behind me. Yeah, I caught myself at times making fun of the movie, maybe that’s just a nervous reaction. I hardly found myself cracking a joke near the end as all of us in the theatre sat in suspense as we watched the movie get darker and darker within the plot.

**Something missing**

If you liked the *Blair Witch Project*, then you’ll love this movie. And if you didn’t, then this movie will intensely make up for that piece of crap. The only bad thing I spotted in this movie is that there was a scene from the trailer that wasn’t in this movie. Maybe it was a last minute cut, but it should have been placed in the movie. It made me feel like something was missing but I couldn’t really figure it out until the family behind me pointed it out after the movie. Perhaps the best service they could have ever provided me. I’m giving this movie 4.5 popcorn kernels out of five. Doubt the high rating? Go and see for yourself!



thebarnone.me

Scene from Paranormal 3

## CROSSWORD SOLUTION

1	E	S	S	E	N	E		7	H	U	G		10	O	A	T	S	
14	T	A	I	L	O	R		15	E	P	A		16	T	E	R	I	
17	A	S	S	E	S	S		18	M	S	U		19	I	G	O	T	
			20	V	I	T	21	U	P	E	R	22	A	T	I	V	E	
23	S	O	L	A	R		26	N	E	T		27	R	I	S	E	S	
28	A	R	A	T		29	A	R	N		30	C	C	S				
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37	E	E	E		38	P	T	A		39	D	A	D		40	T	A	D
41	R	L	S		42	O	I	L		43	O	R	E	44	G	A	N	O
			45	S	I	N		46	C	R	T		47	A	R	A	B	
48	A	P	R	I	L		51	N	A	E		52	A	N	I	S	E	
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THE NUGGET PRESENTS:  
**NUGGET COMICS**

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TO SAVE MONEY ON THE DOUBLE WEDDING, WE COULD CONSIDER BUYING ONE CAKE AND SPLITTING IT BETWEEN THE TWO COUPLES.

YOU CHEAP RODENT!

clarkejeffrey.com

Cartoon by John Benesch

SO... TELL US ABOUT THE NEW BOYFRIEND.

WELL, WE MET DURING SUMMER CAMP AND JUST HIT IT OFF! WE SHARE A COMMON HATRED FOR SEXY TEENS.

OH! THERE HE IS! HI HONEY ♡

PinkRhombus.com

Cartoon by Josalynne Wilfong and Mark Nordstrom





# GRAPEVINES

● ● ●

● ● ●

- Your bus buddy <3

● ● ●

- Love you long time

...

– Your lovelies

...

...

– Party Captain

...

- Frozen student



● ● ●


● ● ●

– Signed

● ● ●

*Signed,*

...



**PUT YOUR WRITING  
GLASSES ON.**

**GET YOUR THOUGHTS INTO PRINT!**

Submit your opinion letters with your real  
name & phone number to: [studenteditor@  
nait.ca](mailto:studenteditor@nait.ca)

\*Articles have a 100 word limit.

The NUGGET

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\*Articles have a 100 word limit.

## THE NUGGET

# CLASSIFIED

## Text me\$\$ages

## At a crossroads?

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





Photo by Steven Dyer

## Madison Audeau Radio

**What turns you on?** – Accents and music.

**What's your biggest turnoff?** – When someone takes themselves too seriously.

**What kind of guys do you like?** – Someone with a good sense of humour.

**Ideal first date?** – Going to a concert and drinks after.

**Are you Katy Perry?** – Only by night.

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

## SINGLE OF THE WEEK

# Recipe Vegetarian stuffed bell peppers

By ALI MAGEE

Catch the attention of your guests with this fancy, yet surprisingly easy to make, dish. The only difficult thing about making the peppers is making sure they're not overcooked during the boiling process. If they are left in the water for too long they will become soggy and difficult to work with later on in the recipe. The peppers end up soft and the perfect amount of seasoning makes them mouthwateringly good. The best part about making stuffed peppers is experimenting with flavours to find out which one you like best. Being able to put a personal spin on a recipe definitely requires some knowledge of the kitchen, and if you're unsure about what spices or ingredients will go well in stuffed peppers, try combing through different pepper recipes that catch your eye. When in doubt of your skills, be sure to have someone you trust to critique you and evaluate your dish before making it for others. Good luck on your cooking adventures!

### Ingredients

- 1/2 C long-grain brown rice
- Salt
- 4 red or green bell peppers

- 3 Tbp butter, margarine, or olive oil
- 1 medium onion
- 1/2 C finely chopped celery
- 1/2 C sunflower seed nuts
- 1/4 C minced parsley
- 2 eggs
- 1/4 tsp dried oregano leaves, crumbled
- 1 can (4 oz) chopped green chilies
- 1/2 C shredded cheddar cheese

### Directions

Cook rice in 1½ cups boiling salted water for 35 minutes or until tender. Drain if necessary. Set aside.

Meanwhile, cut peppers in half. Remove seeds and white membrane. Parboil peppers in salted water for five minutes. Arrange in lightly oiled, shallow 1½ quart baking dish. Preheat oven to 400 Fahrenheit. Heat butter or oil in small skillet. Add onion, celery and sunflower seed nuts. Sauté until onion is tender. Remove from heat. Stir into rice. Add parsley, eggs, oregano, chilies, black pepper and salt to taste. Fill peppers with mixture. Sprinkle cheese on top. Put about 1/3 cup hot water in bottom of dish. Bake for about 20 minutes.

## A nice, spicy change RESTAURANT REVIEW

By CHELSEA BIRD

If you want to try something different, where you most likely won't know how to pronounce the name of the dish you're trying, check out Langano Skies on Whyte Avenue.

Langano Skies is an African restaurant with a casual flair. It's decorated in bright and funky colors, and definitely gives off an '80s vibe. I was a little apprehensive to try certain things because I really had no idea what would be good. However, the staff was excellent and had great recommendations. Langano Skies reminded me of an Indian restaurant in terms of experience. It accommodates those who are sharing, and that way even the most nervous diner can try a bit of everything without committing to one dish.



The food is served on a giant platter that sits in the middle of the table. Each diner gets a serving of soft, doughy bread that complements everything on the platter. Although I couldn't tell you exactly what I ate, everything that I did try was delicious. Many different styles of meats, including lamb and chicken and lots lentils and interesting spices make the dishes different, but highly enjoyable.

Prices were pretty decent, roughly \$10-\$15 per person, but could be more or less depending on whether or not you have a drink with your meal. The only one you're going to need is water, though, because some of the food is a little spicy. Not for the faint of heart, but definitely a nice switch from normal Western cuisine!

## Caesar salad wrap-sody! CAMPUS FOOD REVIEW

By STEVEN DYER

I was looking in Fresh Express for a quick lunch and I noticed the Caesar salad wrap. I've never had one before so I thought I'd give it a try.

If there are two things I love they would be Caesar salad and things in wraps. Put them together and I am in food heaven. They put just the right amount of dressing in, too, so you get a really perfect creamy taste. Plus, did I mention they put chicken in the wraps?

The chicken is really nice and tender and a little juicy too. We've got juicy chicken, fresh (it tastes fresh at least) lettuce and the dressing. What else is missing? Oh right, a side. Now, last time I checked, you could get Tostitos with some sour cream and salsa, think it's a little unhealthy? Well you are eating a "salad" wrap, so I wouldn't worry about it. A little salty, spicy and a little creamy, mixed with the earlier goodness. I'd say that's an award winning little lunch, wouldn't you?



# Tips for mature students



## TIMELY TIPS

### MARGARET MAREAN NAIT Student Counselling

Adult students who have been out of school or a few years usually do very well when returning to school, however there are a different set of challenges to face.

Now that you have been in school for a few weeks, you will be more aware of what is working and what isn't. Check off the pointers that you have already incorporated and choose one or two others that you could realistically add in.

#### 1. Pace Yourself

- Dedicate regular blocks of time throughout the week to studying. Mark these times on a calendar and stick to them. If you have family or significant others, try to involve them in the scheduling process. Designate regular blocks of time with family, too.

- Discuss any changes that need to occur for you to be a more effective student. Help

your children/partner understand what you are doing, why you are doing it and how long the changes will last.

- Prepare family members well in advance when you have exams or major projects.
- Let significant others in your life know that you appreciate their support.
- Try out study techniques in the *Techniques for Maximizing Learning Potential: Strategies for Success* manual available free of charge on line at [www.nait.ca/counselling](http://www.nait.ca/counselling).

#### 2. Create a Study Area

- Ideally you should have a separate space which is dedicated only to studying. Psychologically, this space will signal you to study whenever you are there. Practically, you can have everything you need set up and ready.

- Evaluate your study area to see what you can do to improve it. Does it have space to spread things out? Is it free of distractions? Is the lighting and air quality good?

- Evaluate whether studying at home is reasonable. For some there may be too many distractions.

#### 3. Maintain Balance and Harmony

- When you get too busy you may neglect the most important person in your life – you! Be sure to schedule at least one or two times per week to do something that refreshes or renews you (exercising, meditating, walking, journaling, getting together with friends, watching a movie).

- On a daily, basis become aware of low

energy/low morale times and evaluate what you need to change. Do you need to eat more often, eat more healthily, take a break, talk to a friend, laugh, lighten your course load ...

- Set limits. Learn to say no. Delegate responsibilities.

- Stay positive. While you may feel you learn more slowly and have to work harder than younger students, you also have many skills the younger student lacks such as direction, organizational skills, a broader perspective, self-knowledge, maturity and less time spent partying!

#### 4. Celebrate Your Successes

- Set small goals and reward yourself when you reach them.

#### 5. Establish Support Systems

- You may be the only mature adult student in your class and you may feel like you just don't connect with the 18-year-old lifestyle. Identify at least one person outside the school environment who can be your cheering squad.

- Try to connect with other adult students who can share your stresses and your successes.

- Get to know and enjoy the younger students.

#### 6. Anticipate Crises and Prepare in Advance.

- Write down potential crises, especially if you are a parent, and develop a plan for each. What will you do if you're child is sick and

can't go to daycare/school? What if you get sick? Discuss options with your spouse, relatives, neighbours and friends. Have emergency contact numbers prepared.

- Get the name and phone number of at least one classmate in each class to contact if you have to unavoidably miss a class, or if you get stuck on an assignment.

#### 7. Be Here Now

- If you are at school, focus on understanding the lecture material.

- If you are spending time with your children, focus on them. Work on keeping thoughts off what else you "should" be doing.

#### 8. Maintain a Positive Attitude

- A positive attitude helps with memory, learning and concentration. If you are feeling overwhelmed and doubting your abilities, ask yourself what needs to change.

#### 9. Be Realistic

- Make sure you are setting challenging but reasonable standards and not striving for perfection.

#### 10. Don't Wait to Get Help

- If you are struggling academically, seek out instructors, classmates or a hired tutor.

- Ask family and friends for help when you need it and don't refuse help when they offer.

- See a counsellor at Student Counselling, Room W111-PB in the HP Centre if you need support or if you just need to talk. Book in person or by calling 780-378-6133.

## BOOK REVIEW

# Rainbow Boys worth a read

### By STEVEN DYER

I was browsing through the bookstore for a new series to start reading when I came across *Rainbow Boys* by Alex Sanchez. Now I know the title makes the book seem a little bit cheesy right off the top, and I admit that there are some moments in the book, but in

this case you really can't judge the book by its title.

The story takes place in the fictional town of Whitman, somewhere in the United States. It starts with Jason Carillo, popular, handsome and athletic. He's on his way to getting a basketball scholarship and he has a great girl-

friend but at night he dreams about guys. We then meet Kyle Meeks. He's smart, nice, laid back and the star of the swim team. He's also in the closet from everyone except for his closest friends. Finally there's Nelson Glassman. He's a bit of a drama queen, over the top sarcastic and openly gay, but he's also in love with his best friend.

The three boys struggle for their feelings while also dealing with the homophobic bullies that populate Whitman. Eventually Jason comes to terms with his feelings for Kyle and they begin a fledgling relationship. Nelson starts to come to realize that he will never be more than a friend to Kyle when he meets someone else at the Rainbow Youth meetings. There's just one "small" flaw with Nelson's new crush: Jeremy is HIV positive and doesn't want to risk infecting Nelson. Kyle of course is worried about Nelson, but is a little entrenched in his own love life as well.

The book has a really sweet end-

ing that I'm not going to ruin because there are also two more books in this series called *Rainbow High* and *Rainbow Road*, but I'll save those for another time ... mostly because I haven't finished reading them.

Back to *Rainbow Boys* though, this book has a very good style and pace to it and I never felt like the book was dragging on at points. Even better is that the author has portrayed

the problems that the characters encounter in a very real way; no insane situations or miracle escapes in this book. The characters were, to me at least, very relatable and they seemed very real by the time I was done.

I even found that I hated having to put the book down more that I do with other books, so for me this one is definitely going to get a read once every few months.



businessclarksville.com

## 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](http://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, Room E-131.

**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.

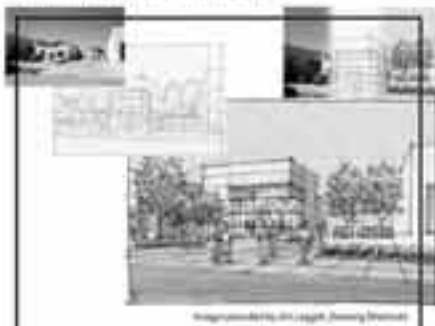
**Tutoring** – The Tutor Centre in Room A-133 (main campus) offers free assistance with Math, Physics and Chemistry. Open 8:30 a.m. to 4:30 p.m. Monday to Friday. Also at Patricia Campus (Room P-150/152) and Souch Campus (Room Z-153A). Peer Tutors – Sign up online to get or to be a tutor by e-mailing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



# CLUBS

LEARN THE ROPES. BE A LEADER.

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



Free presentation:

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

**Saturday November 12, 2011:** 7pm to 8:30pm  
Shaw Theatre, NAIT, 12712 - 126 Street

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

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



Full day rendering workshops with Jim Leggett:

**Saturday November 12, 2011:** 8am - 6pm (also for students)  
**Sunday November 13, 2011:** 8am - 4pm (also for students)

Location: NAIT Main Campus, L-Building, Room L-106  
127 Street, Prosser/Elizabeth Ave

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

## Fame. Fortune. Instant Recognition.

And one sweet design opportunity.

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

YOU choose the colours.

YOU choose the look.

YOU choose the vibe.

Let your imagination run free.

Contact OHSSS for design guidelines and information.

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

To obtain a design guidelines sheet, contact:  
Crystal Briscoe at [c\\_briscoe@hotmail.com](mailto:c_briscoe@hotmail.com)  
Kim Sandon at [kimsan@shaw.ca](mailto:kimsan@shaw.ca)

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

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

WHO LDSSA (Latter Day Saints)

WHAT Weekly Meeting

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

WHERE X203

WHO Christian Club

WHAT Weekley Meeting

WHEN Wednesdays; 12:15 - 1:10pm

WHERE E115

WHO Rainbow Sanctuary

WHAT Meeting

WHEN November 14, 28, December 12

WHERE 4:30 - 6:15pm

WHO Gamerz of Dungeons & Dragons

WHAT Club Meetings

WHEN Fridays; 5:00 - 10:00pm

WHERE WC312

WHO KVA

WHAT Pool Tournament

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

WHERE Metro Billiards

WHO CETSC

WHAT Beer Garden

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

WHERE Annex Dock

WHO Game DEV Club

WHAT Club Information Session

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

WHERE Shaw Theatre

WHO Business Connex

WHAT Etiquette Dinner

WHEN November 29, 2011; 5:30pm

WHERE Ernests Dining Room

## CLUBS CORNER

WHAT: Clubs Connection #2, November 14, 2011

WHAT: Grant Intake #2, Deadline November 16, 2011



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



# CLUBS

LEARN THE ROPES. BE A LEADER.

## Poinsettias



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

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

Order forms are available from [nlyn\\_phillips@hotmail.com](mailto:nlyn_phillips@hotmail.com) or at the NAITSA Office and must be submitted by November 7th, 2011.

Pickup is on NAIT campus on December 1.

## SECOND RODEO (Cause It Ain't Our First)

Are you a student at NAIT?  
Are you 23 years old or older?  
Have you been out of school for more than 2 years?  
Have you been attending post-secondary for more than 2 years?

**Join Second Rodeo!**

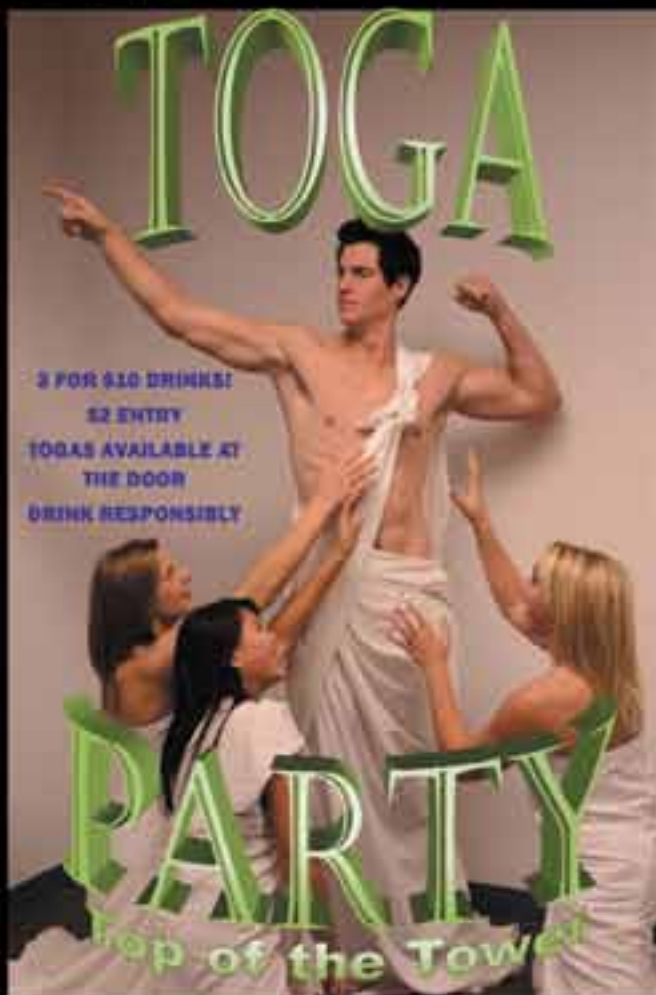
None of the above apply to you? No worries!  
We welcome all perspectives!

OCTOBER	Wed. 12	NAITSA Meet & Greet/ Sign Up 1pm - 4pm	Thu. 3	WB114 Membership Sneak 12pm - 4pm
	Thu. 20	WB114 Info Session (NAIT Services) 12pm - 4pm	Mon. 7	X107 Drop In/ Study Session 9am - 11am
	Thu. 27	WB114 Info Session (Social Media) 12pm - 4pm	Thu. 17	WB114 Guest Speaker Conrad Pillai 12pm - 4pm

Second Rodeo is a club at NAIT focused on support and networking for "Mature Students." Mature Students tend to have past work/life accomplishments that lend a unique perspective to the Post-Secondary experience.

[secondrodeonait@gmail.com](mailto:secondrodeonait@gmail.com)  
[facebook.com/groups/secondrodeonait](https://facebook.com/groups/secondrodeonait)

MECSA presents:



3pm Friday, November 4th



**hatch OPPORTUNITY**  
Hatch your business with a \$20,000 grant

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

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

**Tuesday, November 15 @ 5 p.m.**

To register, please contact Colleen Porter at:  
[cporter@naft.ca](mailto:cporter@naft.ca) or (780) 378-2899

DEADLINE TO REGISTER IS NOVEMBER 10, 2011

Competition closes January 12, 2012

2011 Hatch Business Plan Competition Details, Eligibility, and Rules

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



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



UNION HALL

Miss the first party, or want another  
chance to rock your costume.

## HALLOWEEN

THURSDAY NOVEMBER 3

\$3 HIBALLS AND \$4 EVERYTHING ELSE

\$500 PRIZE FOR THE SEXIEST COSTUME! DOORS OPEN AT 9PM

THE PAUL BROWN SHOW'S

**REALLY** TOUGH  
**CONTEST**  
**WRAP UP**  
**PARTY**

FRIDAY NOVEMBER 4TH



WORTH THE PRICE

PREMIUM ROCK

100.3

FREE ADMISSION BEFORE 9:30 - DOORS AT 8PM

UNION HALL

ARGYLL AND 99 ST. | 780.702.2582 | UNIONHALL.CA

# BACK IN THE SADDLE

## WELCOME RODEO FANS

OPEN NIGHTLY WED-SAT  
4 NIGHTS 4 PARTIES

THURSDAY NOV. 10  
 CFR CUSTOMER  
 APPRECIATION CONCERT  
 FREE Admission before midnight!



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 WITH GUESTS

OFFICIAL  
BAR

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