

NEXT ISSUE ON JAN. 10 – HAPPY HOLIDAYS!

THE

NAIT **NUGGET**



Thursday, December 6, 2012  
Volume 50, Issue 14

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finished with it.

YOUR STUDENT NEWSPAPER FOR 50 YEARS, EDMONTON, ALBERTA, CANADA

# NEW PARKADE OPEN

Additional 986 spaces will ease parking headaches, story page 3



Photo by Tyler Frith

## LRT WORK CONTINUES

A worker moves some materials this week at the NAIT LRT construction site. The 3.3 km extension from Churchill Station will end at NAIT, with completion expected in April 2014. Preliminary engineering of the line was completed July 2009 and construction of the phase from the MacEwan Station to NAIT began in the summer of 2011. The line is estimated to cost around \$755 million.



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# NEWS & FEATURES

## Canadian, and proud of it



**CONNOR CORSARO**  
Assistant Issues Editor

What makes us Canadian? It's a question that many ponder.

To be Canadian can mean anything because the key thing to being Canadian is being different. We are a brilliant combination of different races, religions and types of people.

To be Canadian is more of an idea than an actual process. It's an idea that we can be free in the goals we choose to achieve and the milestones we choose to reach.

But what is it about Canada that makes Canadians proud to be Canadian? According to a recent national poll by the Association for Canadian Studies (ACS) the thing that makes Canadians most proud is the fact that we have universal health care.

A staggering 74 per cent of people viewed our universal health care as "very important" to Canadian pride. Add in the people who viewed it as "somewhat important" and the number jumps to 94 per cent.

So what's the least important thing? According to the ACS, it's the monarchy. Understandably so, however, still a little staggering that only 10 per cent of people viewed the mon-

archy as "very important."

So what do we pride ourselves on most? The top five things Canadians take pride in are:

1. Universal Health Care .....94%
2. Canada's Reputation in the World.....93%
3. Economic Performance .....92%
4. Charter of Rights and Freedoms.....90%
5. Canadian passport.....84%

What do we take pride in the least?

5. Multiculturalism .....68%
4. Official languages policy/bilingualism 61%
3. War of 1812 .....61%
2. 1982 partition of the Constitution .....61%
1. Monarchy .....39%

When I talked to some NAIT students about their opinions on the thing that makes them most proud to be Canadian, I got multiple responses, which surprised me because I expected more along the lines of "health care" and "multiculturalism."

While I did get those responses from people like a classmate who said, "I'm proud that we can be a united nation of many different beliefs and ideas I love our multiculturalism. It makes every individual so unique and makes Canada endlessly diverse."

And another, who proclaimed love for universal health care.

"We give a damn about the less fortunate, which makes me proud – charity and universal health care! I love the fact that we care about others in this country and it's not all me, me, me," he said.

I had a few other responses as well, ones that were both on the list of the top five things and others that weren't. Perhaps my favourite is from Radio and Television Arts

instructor Lamya Asiff.

"We consider things. We are an intellectual people and we focus on issues instead of just pushing them under the rug," she said. "The fact that we can think something through and solve it is what makes me proud."

Other responses included our charitable acts.

"We are a charitable people and the fact that we care about ourselves and Third World countries and we go out of our way to help others in any scenario or situation like the earthquake in Haiti," said one student.

Lastly when I talked to a friend of mine he agreed with 93 per cent of people, that we are held highly worldwide.

"I'm proud to be a citizen of a nation held in high regard worldwide, to be able to go to nearly any nation with our flag on my backpack and be recognized as 'one of the good guys' is incredible."

So Canadian pride is like our identity and our society, varied and diverse. I love it, in fact, this makes me the most proud to be Canadian.

For so many different people the most important thing can be something totally different. People look at things like the monarchy as unnecessary and therefore many



people question it.

So why is it important? Because every piece of Canadian history or identity has shaped our country. For better or worse we are stuck together and we should embrace everything about Canada.

Is it bad if we don't? Of course not. As I always say, you can't please everyone, but everything is important, whether we think so or not.

## Time has come to move on ...



**DAVID ADOMAKO-ANSAH**  
Issues Editor

Hello fellow staff and students at NAIT, as well as those people who just randomly

picked this issue up off the floor in some random location.

I just want to say thank you for reading my articles this semester and letting me into your life for a couple of minutes every week.

I'll admit it wasn't easy getting stories ready every single week. Coming up with ideas that our wonderful contributors could write about was tough.

Every story idea I put forth, you the reader were always in mind. If I'm not interested in what we're writing about, I highly doubt that you would be as well. The last

thing I wanted to do was bore you.

This will be my very last *Nugget* article. I will not be here next semester. My time at NAIT is finished. I will be taking my talents to a TV station here in the city, where I will be completing my Television practicum. Once that is completed, I will be able to join the thousands of other NAIT graduates.

I will miss my time with my fellow editors. Thank you for everything you taught me Frank, Claire, Connor, Mike, Anika, Evan and Lauren. You seven are what made coming in for the meetings fun

and exciting.

There was never a dull moment and I will cherish every single one of them. Good luck in all of your future endeavours! I look forward to seeing your names up on my television set or hearing your voices on whatever radio station I'm listening to.

It's been a pleasure writing and editing for this wonderful paper, especially on such a special year; NAIT's 50th. I'm more than happy to pass the torch on to your new Issues Editor, Sarah Stilwell.

I hope you all have a wonderful holiday. Stay safe and God bless.

**The Nugget, your friendly student newspaper,  
needs enthusiastic staffers. Pay for part-time work.  
Contact Claire Theobald  
studenteditor@nait.ca**





Photo by Kevin Tuong

### COOKING CONTEST

NAIT Culinary students are hard at work Monday in a contest to create Asian-inspired dishes that will be added to Tokyo Express's Tetsu Chef line of heat and serve products. Twelve competitors created 17 dishes and the two to six chosen will be in grocery stores across Alberta. Winners will be announced in January and will get \$500.



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**Submissions encouraged:**  
studenteditor@nait.ca

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

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

# More parking for all

By DEXTER WATTY

Parking at NAIT has always been troublesome, but now NAIT students have a new place to park.

A 986-spot parkade has opened right by the Industrial Technical Building on 103 Street and 118 Avenue, just north of the L-Building on the site of the old M-Building. This new parkade will help with finding parking on campus, which has never been an easy feat to accomplish for those who aren't willing to risk parking at Kingsway Mall.

This new parkade has cost \$24 million and should curb a lot of parking troubles for students.



Although the new LRT extension is supposed to be completed in 2014, there will still be students who drive to school.

"The LRT is full of weird people and sometimes I need a break," said Josh Yaworski.

Find parking on NAIT's campus isn't a simple task, which I had to figure out the hard way on my first day driving to school. Already late for class, I was in a rush to find parking near my class, which was an impossibility. The existing parkade doesn't

always have spaces.

I had to settle for parking behind the apartments on 103 Street and 117 Avenue, just five

minutes away from my building.

The existing parkade "is troublesome because the first seven floors are reserved for staff parking," said NAIT student Benjamin Loblick.

"The parkade is always filled when I get to school and I usually park on or near the top floor."

This is a problem for many students, especially on snowy days when the top floor gets closed off.

With the new parkade and the new NAIT LRT line set to open in 2014, parking problems will soon be a thing of the past.

Daily parking in the new facility is \$3 per hour to a maximum of \$8 and monthly fees are \$73 plus GST.

Plug-ins are available.

# Celebrate Christmas at Fort Ed

By LUCAS ANDERS

Looking for a way to celebrate the holiday season?

Take break from shovelling your driveway, grab your significant other and head down to Fort Edmonton Park. It is a great way to embrace old man winter and celebrate Christmas.

Join interpreters at the Christmas Reflections event and find out what a Christmas winter might have looked like in 1905 and 1920. "This is an event that has been running at the park for over 18 years now," said special events co-ordinator Charlene Roche.

"A lot families choose to make it part of their family tradition, which is fantastic. I am really honoured that they do so."

You don't need a time machine to visit Edmonton's past. To visit Fort Edmonton Park all you have to do is hit Fox Drive. Not only will you get to take a journey into the past, but you will also have an opportunity to go on a horse drawn wagon ride with friends and family.

Don't let the cold weather scare you off.

There will be plenty of hot chocolate or hot apple cider on hand to warm your insides. There will be many Christmas displays that capture the imagination and beauty of the season.

The sparkling lights and displays are sure to capture your imagination. Christmas Reflections will feature a number of activities for all ages. Build Christmas crafts with your friends and sample some baked goods. Fort Edmonton will have you in the Christmas mood at the end of the night.

You can also get a head start on Christmas shopping for the Christmas lover in your family buying decorations at Reed's Bazaar and some of the shops in Fort Edmonton Park.

You can warm up those vocal cords, too. There will be some live music and carols to get you in the festive spirit. The musical group Amati and a rotation of musicians will take your requests throughout the night. If this doesn't make your heart grow three sizes, I am not sure what will.

Fort Edmonton's Christmas Reflections started on Dec. 2 and runs all the way to Dec 23.

If you have been to the park in the summer, you have a rare opportunity to see the park in heart of winter, as it does not operate over the full winter season.

"If you have never been to Fort Edmonton Park before seeing these historical buildings decorated, the horse drawn wagons and people walking around, it's just your quintessential charming traditional holiday experience," Roche said.

"We allow only several hundred [visitors] a night, because we want to keep it smaller and more intimate."

Roche highlighted that there are many nights to accommodate the demand while keeping the intimacy of the venue.

Whether you are looking for date night or simply want to spend some time with your family and friends, Christmas Reflections is a great way to enjoy the lights and festivities.

Admission is \$19. If you want to know more, go to [www.fortedmontonpark.ca](http://www.fortedmontonpark.ca).

## Letters

### We want your views

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

Get those thoughts into print.

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

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



**DO YOU KNOW THESE PEOPLE?**

				
<b>OLIVIA CASTOR</b> Age: 33	<b>JOHN TRINH</b> Age: 39	<b>JUSTIN OCLOO</b> Age: 32	<b>DEAN URSEL</b> Age: 40	<b>SCOTT YULL</b> Age: 43

These people have outstanding criminal warrants. If you have any information regarding the whereabouts of these individuals, or if one of them is YOU, contact your local police division or visit:

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edmontonsun.com

# Project OWE results in 50 arrests

By **DAVID ADOMAKO-ANSAH**  
Issues Editor

Fifty people with outstanding warrants have been nabbed as part of the Edmonton Police Service's Project Operation Warrant Execution, or Project OWE campaign.

A total of 45 officers from several policing agencies – the EPS Specialized Traffic Apprehension Teams (STAT), its Targeted Offender Section and the Alberta Sheriff's Fugitive Apprehension and Suppression Team (FAST) – were redeployed for the month-long campaign.

The second phase started Nov. 14. "When you compare it to last November, crime numbers are actually down," says Staff Sgt. Regan James of the Edmonton Police Service.

"We certainly attribute all of the violence reduction strategies that the police service and the chief himself has in place. So does it save us police work? Absolutely, it saves us police work."

Five key arrests were made, including the arrest of a 45-year-old male in Louisiana wanted on assault causing bodily harm,

as well as a 30-year-old male in Manitoba wanted on many counts, including sexual assault as well as possession of child pornography.

The suspects have all been brought back to Alberta for prosecution.

This was the second phase of the Project OWE Campaign.

The EPS started this last April with more than 5,600 warrants and almost 2,700 arrests.

The second phase didn't see as many people as the first, but the charges the police were dealing with this time around were a lot

bigger and the EPS are calling it a success.

This campaign was more about quality and not quantity, James says. Individuals were rounded-up in Edmonton, the United States, even as far away as the Philippines.

Those who had warrants out for their arrest were urged to report to one of the police stations voluntarily before police made the trip to their house to arrest them.

At one man's house, he fled to the washroom on the police's arrival. He apparently had a loaded weapon, but was talked down by police.



**APPRENTICES! ARE YOU COMPLETING THE FINAL PERIOD OF YOUR APPRENTICESHIP PROGRAM?**



## Attend Convocation 2013

If you expect to complete the final period of your Apprenticeship program, anytime between October 1, 2012 and June 30, 2013, you are eligible to attend Convocation 2013.

Gown orders will be taken at the following locations starting Monday, December 3, 2012.

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

**DEADLINE for ordering gowns:**  
Thursday, March 28, 2013.



**CONVOCATION**  
**FRIDAY, MAY 10, 2013 &**  
**SATURDAY, MAY 11, 2013**  
Northern Alberta Jubilee Auditorium  
11455 - 87 Avenue

For more information regarding Convocation 2013 visit [www.nait.ca/convocation](http://www.nait.ca/convocation)

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# Movember madness

By MIKE MacMULLIN

The month of November wrapped up last Friday, and millions of men all over the world shaved off their moustaches and went back into their regular, much less manly routines.

Movember is a huge event in the month, as it is a global cause dedicated to raising money and awareness for men's health issues, specifically prostate cancer.

Movember Canada has been around since 2003, when 30 people gathered and made this happen. From that year onward, support skyrocketed worldwide to the approximately 900,000 people who signed up last year and donated over \$125 million to the cause.

This year, Canada came second behind the UK

with 247,126 registrants and came in first place worldwide with \$37,373,252 raised. Globally, we all raised \$115,192,931 with just over one million participants. That is truly heartwarming. As the saying goes, no pain, no gain and it is all true as participants were struggling to deal with the new moustaches that they were not used to.

Cody Malbeuf, a Movember participant from the RTA program, couldn't agree more.

"If it hadn't been for charity I would've snapped and ripped it off a week in," Malbeuf said. "But you do it for charity and to do something as a group with your friends."

But Movember isn't all pain. Through [ca.movember.com](http://ca.movember.com), contestants receive e-mail invitations to Movember parties in their city, are offered

prizes for amounts of money earned or best moustache pictures, and girls can participate, too, either with real ones or the fake ones that seem to be gaining popularity alongside the month long event. Everybody grows hair and it never stops growing!

I think we can all appreciate the healthy (or not so healthy) lives that we live, and champing through some extra scruff is a lot easier than a lot of people have to go through every year.

I'm a huge advocate of Movember, and I deeply believe that everybody should participate, even the guys who can't grow moustaches. Most charities ask for all kinds of things from you, but this is most definitely the easiest and cheapest way to show your support. All you have to do next year is put away your razor for 30 days and



bitrebels.com

let that little face caterpillar grow!

For more general information and registration information about Movember Canada, you can go to [ca.movember.com](http://ca.movember.com) and check it out. Register early next year and let all of your friends know about the cause if they don't already!

# A million reasons to be happy

By NICOLE MURPHY

*Become A Millionaire for What It Makes of You* is a book that holds the tools to increasing your net worth and overall quality of life.

Author Pierre Lautischer held a book signing at the NAIT Bookstore on Friday Nov. 30.

When asked to explain the title of his book, he explained, "become a millionaire, that is what attracts people. It does talk about becoming a millionaire but it's more than that, because when you become a millionaire it changes you. It changed me anyway, and it changed me for the better."

Lautischer knows too well the troubles of money management. In 2001, he had to declare bankruptcy. A graduate of NAIT's Accounting

and Finance program, this man had to hit rock bottom before climbing to the top.

He dove in to self-education, reading books and listening to audio recordings. By 2007 his net worth was over \$1 million and he was debt free.

Lautischer believes if he can do it, so can you. By following the compilation of tips and behaviours laid out in Lautischer's book, you too can increase your net worth and more importantly, live a healthier, happier life.

Lautischer wrote this book in a series of quick, to-the-point chapters. Each has a summary at the end for quick reference. The chapter titles range from "Income Taxes" to "Honesty and Integrity" hitting all aspects of a

healthy life, financially and otherwise.

"The main thought of the book was to help others help themselves," said Lautischer. "It was my way of giving back and I thought I wanted to affect more people than by just word of mouth."

Through all of Lautischer's self-educational reading, he took what he believed to be the best parts and put them together.

"You know what? Anybody can benefit from it, but if I could target younger people because they have time on their side, and they will almost for surely become rich if they apply some of the concepts."

"I want them to, number one, increase their net worth but I also want them to make a difference in

other people's lives so we talk about honesty integrity, tithing charity. The end game is making the world a better place than you found it."

In the future, Lautischer wants to make a U.S. edition, taking out the Canadian content and making it relevant to the United States.

*Become a Millionaire for What It Makes of You* can be bought at [amazon.ca](http://amazon.ca), the NAIT Bookstore or at some Chapters locations.

Lautischer quoted U.S. business philosopher Jim Rohn by saying, "Formal education will make you a living; self-education will make you a fortune."

This has seemed to work for Lautischer and he hopes it can work for you, too.



## ARE YOU COMPLETING YOUR PROGRAM BEFORE DEC.31, 2012?



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# Gay men donor ban debated

By SARAH STILWELL

In the 1980s, Canadian blood banks launched a "lifetime ban" on gay men donating blood.

The ban was established as a means to safeguard Canadian blood banks from the AIDS virus, which at that time was believed to be carried only by homosexual men.

When AIDS was first discovered, the majority of individuals who were infected were gay men.

As research has progressed, we now know that the AIDS virus can be transmitted to others through blood, sexual fluids and breast milk. What this means is that homosexual and heterosexual individuals run the same risk of being contaminated and passing the virus to others.

All blood at Canadian blood banks is tested.

However, there is a period of time where the detection of AIDS is untraceable. This is why, initially, Canadian Blood Services chose to eliminate the risk.

Now, however, many groups feel that the lifetime ban is outdated.

Currently, monogamous gay couples are banned from donating blood while straight men, who may have had unprotected sex with countless partners, are allowed to donate even though there is a possibility that they could be HIV carriers.

Canadian Blood Services' current lifetime ban on homosexual males is up for deliberation

right now and Canadian blood banks may see a change by the spring.

Recently, Wales, Scotland and England lifted their lifetime blood-ban on homosexual and bisexual men. They have narrowed the ban down to one year. South Africa is currently deliberating the same policy.

In Canada, the one-year ban is out of the question, however, they are still interested in shortening the ban, possibly to five years amid continuing HIV/AIDS research.

With more than half of Canadians who will be in need of blood at some point in their lives, Canadian Blood Services finds it in their interest

to change the rules so more people can donate.

Canadian Blood Services, along with Héma-Québec, require donors to fill in a questionnaire about their medical history and potential risk. Currently, intravenous drug users, people who have possibly been exposed to Creutzfeld-Jakob disease, those who have exchanged money for sex and men who have sex with men are all permanently prevented from giving blood.

The proposed five-year ban instead of lifetime ban is garnering favourable reviews.

Alberta Health has four months to make a decision and a committee will assess the latest Canadian scientific evidence and consult with stakeholders such as Health Canada and patient groups before making the change.



# Organizations intent on helping

By CONNOR CORSARO  
Assistant Issues Editor

Christmas charities are on their way to NAIT as it is the season of giving! Everyone from Goodwill to the Edmonton Food Bank and the Christmas Bureau are gathering donations for the festive season and working towards a common goal – to provide a better Christmas for the people of Edmonton who are in need.

The Christmas Bureau works to supply a festive holiday meal for people who are not able to have one on their own. They take cash donations and any amount helps greatly – \$35 will provide a senior living alone with a festive meal, \$100 will feed a family of five and \$250 will support at least three single-parent families.

The Christmas Bureau works closely with CHED's Santas Anonymous and the Edmonton Sun's Adopt-A-Teen program. They work with over 75 other Christmas charities to provide the best Christmas possible for those in need.

The Christmas Bureau is best known for its gift wrapping stations in many malls in the city. For a donation, they will wrap gifts (quite nicely, I might add) for you on the spot. I have had the pleasure of using this service many a time because I cannot wrap gifts to save my life. However, when I walk out from buying a gift I don't mind giving a charity a few dollars to do it for me. Plus, you support a great cause, which always helps with the spirit and the feeling

of giving something to the community.

Sometimes we take our festive holiday spirit, gifts and meals for granted but everyone in our city deserves a wonderful Christmas.

I am so grateful that we have institutions that are willing to put themselves out there to volunteer time and effort into making someone else's Christmas a magical occasion when it might have not been without them. A festive meal can be the difference between a family holiday that makes some-

one's day or builds a family tradition, or an unhappy occasion filled with longing and sorrow.

Christmas is about giving and we as a people automatically become more generous around this time of year. We genuinely have a wonderful spirit at Christmas time and our generosity helps thousands in our own city.

It is amazing knowing that we can grant the Christmas spirit to anyone who wants it because of organizations like the Christmas bureau.



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# OPINION

— Editorial —

## Memories to last a lifetime



**CLAIRE THEOBALD**  
Editor-In-Chief

I'll never forget my first experience as editor-in-chief at the *Nugget*.

At the NASH 74 conference (lovingly dubbed barf-apelago if you've been following my work) I walked in to the editor-in-chief round table discussion. For the sake of keeping the meeting timely, each of us was instructed to ask only one question.

When it came to my turn, I said "I have been editor-in-chief of the *Nugget* for, oh ..." – I looked at my wrist as if consulting an invisible watch – "about two days now. My question is, how do you do it?"

The room fell silent, and I could see the whites of the other EIC's eyes flash as if to say "Oh dear God ..."

After a full year holding the position, I can safely say I never knew what I was doing and still don't.

I may not have known the first thing about managing a staff and taking care of invoices was a chore for someone who failed math the first time and walked out the second, and I was far from an inspirational leader.

### A vision

I didn't come to the table with skill, I came because I had a vision and the blind ambition and belief that I could make the *Nugget* a newspaper NAIT could be proud of.

In my short time with the *Nugget*, I feel I have helped set the *Nugget* on a path of continuous improvement. I have tried to create a strong backbone for future EICs to build upon in the hopes that it will continue to grow and morph with each new staff always with an eye for improvement.

But I didn't do it alone.

I've always said that if you find a person with a strong work-ethic and a willingness to learn, you can teach them anything.

All of the editors I have had the pleasure of working with have had these attributes but it was the past semester's worth of talented individuals that made the *Nugget* what it is today.

Anika Nottveit and Mike Jones took over the Entertainment Section and injected new life into it, bringing two unique perspectives together and creating a section that was fresh, current and full of life.

### A privilege

Not only did they prove to be true professionals but their effervescence and enthusiasm made the *Nugget* something you wanted to be a part of and it was a privilege to have worked with them and just to have known them.

Connor Corsaro and David Adomako-Ansah were brand new this semester and had the difficult task of taking over the Issues Section, the most difficult and challenging section of the paper. David could always be trusted to be on top of the headlines, while Connor added his own unique spin to the political tapestry.

Evan Degenhardt is one of those genuinely good people you are only lucky enough to meet once in a lifetime. Always reliable, with a creative mind and a quick wit, he led the Sports Section as sole editor for the majority of the semester and never once complained.

Chad Steeves has a true talent for capturing an entire scene within one frame. With a trained eye and creative mind, his

photos filled our pages with colour and life. Not only were we lucky to have him this semester, the *Nugget* is lucky enough to have him return next term when I expect to see him build on the strong foundation he has already laid.

They are all part of a proud tradition that stands 50 years strong and independent, a tradition that hopefully will continue to proudly serve NAIT's student body well into the future.

But there is one member of the *Nugget* team without whom I would never have made it, our production manager, Frank MacKay.

I have spent countless hours in his office picking his brain, looking for advice and learning everything I could from someone who I consider to be one of NAIT's true hidden gems.

When I had nowhere left to turn, I turned to Frank.

Always too kind and humble to ever brag about his experience, he was always ready to lend a hand. Without Frank, there would be no *Nugget*.

This is my last editorial. Soon, I will hand in my key and pass the torch to the next generation of Nugg Heads.

My Wednesday's will never be the same. I will miss the raucous laughter ringing through the hallways and Evan's bad pun pen.

I will miss the Monday afternoons spent discussing the week's upcoming events and catching up with each other.

But most of all, I will miss Frank.

I will cherish the memories of sitting in his cramped office, obsessing over pages. I will miss his laughter and his warm smile. I will miss his gentle guidance and advice and the comforting tone he used to diffuse my temper.

To the contributors who stocked our pages, to the editors who spent countless Sunday nights editing and re-editing, to NAITSA for their continued support, to our loyal readers (and to those who loyally use our pages for lining bird cages and making pinatas), and to Frank, thank you for enriching my experience here at NAIT.

To those taking over, trust your instincts but don't be afraid to change your mind. Take this opportunity to learn everything you can and hopefully you will love the experience as much as I have.

Although next time you crack open a "fresh Nugg" I will be long gone, I will not soon forget the opportunity that has been given to me and the people who helped me make the paper what it is today. Thank you.



DesiComments.com  
philosophicalmindmax.blogspot.com



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

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

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

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

Trust us on that. Write us.



# SPORTS

## Time to turn Nugget page



**EVAN DEGENHARDT**  
Sports Editor

With this *Nugget's* issue being the last of the semester, it also means that this is my last editorial as sports editor for NAIT's newspaper.

Although I've only been editor for one semester, my time spent at the *Nugget* coincides with my time spent at NAIT.

With my last editorial, I wanted to talk about how much my time here at the *Nugget* has meant to me and express my gratitude towards the people who have helped me in my little "*Nugget*" adventure.

*Nugget*. By its very definition, a nugget is anything that one considers of great value or significance.

This definition hits home pretty hard for me, as I hold all of my hours spent at the *Nugget* with great value!

First of all, to anyone who still has the pleasure of calling NAIT home, take advantage of your student newspaper.

You get a free lunch every Wednesday (that's what got me hooked), you get paid to write arti-

cles and you get to explore every single nook and cranny of our amazing institute in the process!

The *Nugget* is a place where you can develop some skills that you never even knew you possessed.

I went to my first lunch meeting on a whim, because some friends of mine were going. I had no idea that I would end up finding a hidden passion for writing and journalism.

Plus, the beauty about our little campus newspaper is that it's a place where you can fail!

At NAIT, we're students here to learn and better ourselves as individuals. The *Nugget* is just one of the options NAIT gives its students, and in my opinion, it's an option that gets far overlooked!

The *Nugget* challenged me in a way that was different. I gained skills and knowledge that I will most certainly use outside the walls of NAIT and for that I will be forever grateful.

But the *Nugget* also did something else for me.

Our campus newspaper introduced me to a variety of people that I consider family.

There were a number of people that were part of my *Nugget* journey and I can't mention them all.

But I do want to mention a few individuals who made my time at NAIT's newspaper some-

thing that I will never forget.

First of all, I have to say a special thanks to the man who recruited me into this whole thing.

Patrick Knowles, thanks for giving me an opportunity to take over your section and for giving me a shot in the first place. I have to say, you're one tough individual to please but your attention to detail and your love for sports were always apparent.

Your tough love was exactly what I needed, and I will always appreciate your mentorship.

Frank MacKay. Without you, I don't know what I would've done. You sit behind the scenes with this whole newspaper and you don't get the credit you truly deserve.

You spend endless hours every week perfecting our paper, and, at the same time, you still manage to rope our entire *Nugget* team in. The knowledge and advice

that you have passed on to me in our time spent together is irreplaceable. For all of this Frank, I truly thank you!

Claire Theobald. Our fearless leader, you are one of the most intimidating individuals out there. But as a team, we needed that drive and determination behind us, otherwise everything would've fallen apart.

That being said, you are also one of the most hard-working and dedicated people I've met!

I cherish our *Nugget* time together every

week. Thanks for all the memories.

To the other section editors, Anika Nottveit and Mike Jones, who are also leaving this semester, it was the two of you who kept me sane!

Without both of you to laugh and blow off steam with, my *Nugget* time would have been a lot duller. But the three of us were also able to take over the *Nugget* this semester and turn it into something truly impressive! As a team, we're second to none. I have a ton of respect for both of you.

To the future of my section, Lauren Fink.

You have no idea how impressed with you I am. You're a natural born leader and you have this perfectionism about you that makes me certain this sports section is in good hands. Thank you for taking over for me, I don't think I could've chosen a better individual to leave things with.

To all the coaches, athletes and NAIT Athletics staff, thank you for taking the time out of your schedules to be a part of this newspaper.

Whether it was through interviews, quotes or feedback, your contributions truly made this campus newspaper better.

And finally, to all of the readers out there, you Nugg Heads are why the *Nugget* has been around for over 50 years. Thank you for your support and your dedication to the campus newspaper.

I think my exit music started to play about 200 words ago, so with all of that, I'll sign off with the words of a true beauty, Mr. Don Cherry.

"Don't go changing, do it your way, go down blazin'."

Cheers NAIT. It's been an absolute blast.

**I went to my first lunch meeting on a whim .... I had no idea that I would end up finding a hidden passion for writing and journalism.**

### WOMEN'S HOCKEY

## Two top teams split series

By **AVRY LEWIS-McDOUGALL**

The NAIT Oaks women's hockey team left for Christmas break on a high note, giving their

fans the present of a 2-0 win over the Red Deer Queens this weekend in the NAIT Arena.

The top team in the ACAC was kept off

of the scoreboard for the first period with the frame being a defensive battle between the two best teams.

However, the offence came alive in the second period courtesy of the Conference's leading scorer Michelle Pochapsky. Taym McCormick added to the NAIT lead as the period ended with the Oaks up 2-0.

In the third, veteran goalie Jill Diachuck stood on her head and made 21 saves in the victory, with her record going to 4-0-0 on the season. The Oaks' record goes to 7-2-1 leading into the Christmas break, after splitting the series with the Queens following a 6-1 loss in Red Deer on Thursday night.

NAIT head coach Deanna Iwanicka was glad to see her team step up and was impressed with their ability to deal with an injured lineup including forward Vanessa Klimpke.

"All year, whether we've had Vanessa or not, I think other players have stepped up to fill

the roles where they can," she said. "Overall, I think the team has bought into what they need to do, no matter who's in the lineup."

Iwanicka also praised the play of her goaltender for her shutout performance against one of the top goalies in the Conference.

"She definitely was a game difference for us, compared to the Red Deer goalie who's rated No. 1 (Camille Trautman)," Iwanicka said.

"They got an equal number of shots and Jill shut them down."

Going into the break, the Oaks have 15 points on the year, while Red Deer is in second with 14, SAIT has seven and Grant MacEwan is last in the Conference with 6 and a record of 3-7-0.

The top three leading scorers in the ACAC belong to the Oaks with Pochapsky first with three goals and 14 assists for 17 points, Sherri Bowles second with nine goals, six assists for 15 points and the injured Klimpke with six goals and eight assists for 14 points.

NAIT also leads the ACAC in scoring with 45 goals and have given up only 30 which is second best in the Conference (Red Deer has only allowed 17).

The Oaks return to action on Jan. 11 against the Grant MacEwan Griffins.



Photo by Taylor Mah

**NAIT Ooks Michelle Pochapsky (19), the ACAC scoring leader, tries to beat a Red Deer player to the puck during a game Friday Nov. 30 at NAIT arena. NAIT won 2-0.**



# Some are born spectators ...



**LAUREN FINK**  
Assistant Sports Editor

N(u)gget Zone Challenge!

With finals looming, I decided to find a distraction and learn a new sport this week, for the first ever, N(u)gget Zone Challenge (a play on NAIT NewsWatch's NZone Challenge).

In hopes of finding something I was good

at, I hit the volleyball court and found out I'm anything but the next NAIT Ook.

I recruited the help of Ook's setter Alison Mullock, to try (try being the keyword) to teach me the ways of the court.

Before we hit the court, she set me aside and gave me some pointers.

"Control the ball, think one play ahead, hit around the block and don't be afraid of the floor," she said.

This is when panic mode set in.

"What does 'hit around the block' even mean? 'Don't be afraid of the floor,' does that mean I'll be on the floor a lot? Should I've brought knee pads?"

There wasn't much time for me to ponder these questions, as Mullock was ready to get going.

We started off with passing, which I learned was harder than it looks. Also, it hurts, a lot.

My arms are still stinging in the spots where the ball hit, repetitively.

After taking a quick break to ice my delicate arms, we started to set. Do you know what it's like to be the last person picked in gym class? That's how I felt after learning to set.

Mullock tried her best, but couldn't help but laugh at my setting abilities, saying "that was a train wreck, Lauren is dreadful at setting."

I personally don't think I was that bad at setting, after trying hitting, which we did next.

Let's just say the only spikes I like are on the collars of my blouses.

Finally we got to something I was decent at, serving. Perhaps I was only good at it because of all the pent up anger I had from the previous things I had learned and failed at. Either way, I was getting the hang of something, finally.

After spending a while serving, we moved on to diving, another thing I was good at, surprisingly.

Diving is hard. You have to know exactly where to go and when to get down. I liked being able to save the ball from hitting the floor, knowing that in a game that can mean a point for my team.

We ended on a low note, with a ball Alison hit striking me straight in the ribs.

That hit concluded our lesson, but before we packed up I asked Mullock what position I would play.

"You would play libero," she said, "but I suggest you just try an easier sport like soccer or knitting."

I was only mildly offended by what she said, because I know that it's the truth. However, instead of soccer or knitting, I think I'll just stick with watching.

## WOMEN'S BASKETBALL

# Women regain their form

By **KEVIN MARTIN**

It's been a roller coaster season for NAIT's women's basketball team.

The girls were the talk of the ACAC after starting their season 5-0 and absolutely dominating their competition. They also reached a major milestone.

For the first time in NAIT's history, the women's basketball team achieved a national ranking. They were seventh in Canada, but then injury struck.

Fourth-year player Josephine Peacock and fifth-year player P.J. Wells went down in back to back games with injuries. Missing two key Ooks on the court meant that NAIT would go on to lose the next three games.

It was a nasty little losing streak but Peacock returned for a couple of games against Keyano and it was exactly what NAIT needed.

### Keyano smothered

Keyano wasn't welcomed very kindly to NAIT's main gym Friday night. The Ooks absolutely smothered them with their defensive intensity. They were physically dominant and active with their hands, which lead to a lot of turnovers.

NAIT had an incredible 20 steals in the game with a large number of them coming in the first quarter. The Ooks showed they were the dominant team with an 18-4 first quarter lead.

Josephine Peacock looked like she hadn't missed a beat. Her shot was fantastic as she went six for nine from the field and scored 15 points.

Her main contribution was on defence as she lead the team with eight steals. Despite being a guard, she also led the Ooks with seven rebounds. The Ooks had a comfortable 37-21 lead at halftime.

The second half featured more of the same from the Ooks and it turned into a blowout. The final score was 78-45 and the losing streak was over.

### 7-3 record

The teams took to the same court on Saturday night and the result was the same, almost deja vu-like. Peacock lead the Ooks in steals and rebounds as they went on to win 67-49. The Ooks moved to a dominating 7-3 record on the season.

Head coach Todd Warnick is super happy with how the first half of the season has gone.

"I am pleased with our performance overall," he said. "We have shown significant growth in the first half of our season and we are excited for the second half of the year. Josephine was key in both our victories on the weekend her dynamic play at the defensive end recording 12 steals over the two games were big in our ability to create offence from our defence"

The team is done for 2012 and now have a lengthy break before their next games on the second weekend of January. The Ooks finish the first half of the year with a 7-3 record and it's the best in

NAIT's history for the Women's team.

When asked about his other star player Wells, Warnick is planning to see her in 2013.

"We have some time now to rest and focus on school as we don't take to the court again until 2013," he said. "We are hope-

ful for PJ's return in January and our play in this first half of the year has been bolstered by the consistent play of second year players who have been strong for us despite injuries to others."

The girls look to build on a fantastic first half on Jan. 11, when they kick off the second half of their season against Lakeland.



Photo by Jesse Kushneryk

**NAIT Ook Jordan Enns drives past a Keyano defender on Friday Nov. 30 at NAIT gym. Ooks won 78-45.**

**NAIT Ook Shaquille Bedminster tries to put up a shot against Keyano on Friday. NAIT won 85-80.**



Photo by Taylor Mah

## MEN'S BASKETBALL

# Two big wins

By **DEXTER WATTY**

The Ooks men's basketball team was back in action this past weekend against the Keyano Huskies.

Coming off of a thrilling matchup against the Augustana Vikings last weekend (in which the Ooks went 1-1 including a narrow overtime victory,) the Ooks took two wins in home games against the Huskies this past weekend to improve their record to 5-5 headed into the winter break.

Although the Ooks pulled away with a five-point win on Friday, there was never really any doubt that NAIT wouldn't win.

With NAIT riding a 13-point lead into the final quarter, Keyano made a late push in the last two minutes but came up short.

Lance Wesolowski of the Huskies was the game's leading scorer with 27 points. Patrick Mart and Shaquille Bedminster each had 17 for NAIT while Brock McMillan led the team in scoring with 23 points.

Saturday's game was closer, until the final frame where the Ooks outscored the Huskies by six points en route to an 11-point victory.

Yona Berhe was Keyano's leading scorer, playing all 40 minutes and scoring 30 points.

Matthieu Johnson and Brock McMillan led the way for the Ooks, scoring 19 points and 20 points respectively.

NAIT shot 46 per cent from the field in their two victories and out rebounded the Huskies by 29. The Huskies shot a meager 36 per cent from the field, which ultimately led to their losses.

Coming into the second half of the season, the Ooks play crucial games against divisional opponents.

Wins in divisional games are worth one point in the standings, as opposed to interdivisional matches which are worth two.

"Every point matters," said head coach Ben Julius. "At this point in time every win is important."

That statement holds true as the men's team is fourth in their division behind the Concordia Stingers who are 6-3 on the season, Augustana Vikings (5-4), and the Keyano Huskies. The Ooks have seven points and are tied

with our 109 Street rival the Grant MacEwan Griffins, who are 4-5.

The men are back in action on Jan. 11 at home against the Lakeland College Rustlers, who are 4-5.

**Coach Ben Julius**



## Athlete Profile



**Player:** Mike Wickstrom  
**Sport:** Volleyball  
**Position:** Right side/setter  
**Program:** Business

By **ALISON MULLOCK**

**Do you prefer being a hitter or a setter?** – I definitely prefer setting. You have more control and hitting is not my "strong point."

**What's your favourite Christmas song?** – "Six White Boomers," the Australian Christmas song, because I know all the words!

**What would you want for Christmas if you could have anything?** – A vacation to New Zealand. I have always wanted to go there, so why not!

**What is your favourite Christmas baking?** – My grandma's shortbread always hits the spot.

**What is the best volleyball advice you have ever received?** – "Stop dumping"- everyone.

**Dream job?** – I really want to go overseas to play professional volleyball, possibly Poland.

**What is your favourite activity in the snow?** – Snowball fight for sure! I haven't had one this year yet, but when I do, it will be awesome.

**If you could eat lunch with anyone in the world who would it be?** – Bryce Cardinal and Cody Cuthill because they are super awesome and my friends.

**When do you start Christmas shopping?** – I usually start two weeks before Christmas, once finals are over.

**Where would you live if you could live anywhere?** – Australia, because it is super warm and sunny, or anywhere warm.

## Athlete Profile



**Player:** Izzy Hess  
**Sport:** Volleyball  
**Position:** Middle  
**Program:** Business

By **ALISON MULLOCK**

**What would be your dream job?** – I have never really thought about it too hard, but I have always wanted to be a doctor. But with the degree I am getting, I think I would want to be a financial planner.

**When do you start Christmas shopping?** – A week before Christmas, last minute gifts!

**Who is your sports idol?** – Destiny Hooker because she is amazing.

**If you could play any other sport other than volleyball what would it be?** – Probably gymnastics, so I could have a hot body and be able to just whip out the splits on any occasion.

**How many pairs of shoes do you have?** – I have about 15, but I only ever wear like four of them.

**What's your favourite winter activity?** – Building snowmen! I love when the snow is perfect for it!

**What is your favourite vegetable?** – String beans, wax green beans, load 'em with butter! Delish!

**What's your pregame snack?** – Yogurt, broccoli and carrots. Not all together.

**If you could have any name what would it be?** – Chloe because it's pretty and nice.

**What's your favourite position on the court?** – Well, I like middle, but I really miss being an outside hitter. I was an outside until I got to college and definitely miss it.

**What's the most inspirational thing anybody has ever told you?** – "Don't fall on your ass," play defence low but don't fall over.



## MEN'S HOCKEY

# Ooks crush Keyano

By MATT INGLIS

The NAIT Ooks men's hockey team proved why they are the top team in the ACAC once again last weekend with a pair of blowout wins over the Keyano Huskies.

The Ooks travelled to Keyano College on Friday to deal the Huskies their first punishing loss of the weekend, before returning on Saturday to hammer them once again. The Ooks outscored their opponents 16-4 through the two games, notching their first win on Friday by a score of 7-2, and 9-2 on Saturday.

NAIT started goaltender Shannon Szabados on Friday, who despite the score differential, had her work cut out for her. Ooks head coach Serge Lajoie said Szabados performed when needed to keep NAIT ahead in the game.

"Shannon really battled on Friday. She made timely saves throughout the game."

Although the Ooks walked all over the Huskies on the score sheet, coach Lajoie thought the team could have played better overall.

"Friday wasn't our best game. Our execution was off but we got big saves and timely scoring."

All seven of the Ooks' goals on Friday were netted by different players, in a game where everything NAIT threw at the net seemed to find the back of the cage.

Saturday's 9-2 blowout by NAIT saw seven different scorers again, with Ooks forwards Tyler French and Liam Darragh beating the Huskies net-minder twice each. NAIT decided to give Szabados a night off, starting Chris Moore between the pipes.

Keyano got the jump on the Ooks early on Saturday, sliding two past Moore before NAIT responded with nine unanswered goals. Despite being down early on, coach Lajoie was happy with the effort the team put forward.

"Saturday was the better game. We played with more finesse. Even down by two, we felt confident on the bench."

Lajoie came out of the weekend happy with the Ooks overall performance.

"It was a collective effort. When no one jumps out, it speaks to the balance of the team, and how everyone is playing well."

Lajoie has been pushing the Ooks to get better each game this season and says that the team is starting to get to where he thinks they should be.

"It's an ongoing process. Saturday was the closest to a full 60 minutes we've played all season."

The Ooks have been very successful both at home and on the road so far this season, remaining the only team undefeated in overtime.

Coach Lajoie doesn't look at the standings as a chance to relax and is constantly reminding the team to stick to the game plan.

"We want to play good, sound hockey. When we stick to the plan, it's a reminder of how good we can play."

The Ooks are wrapped up for the semester, and will get a well-deserved break over Christmas before returning to the ice in January.



Coach Serge Lajoie

# Oil Kings finish week in first

By KELSEY LYDYNUIK

On Wednesday, the Oil Kings took on the Kootenay Ice, a rematch of the season opener for the 2011-12 WHL Champs.

Unfortunately, this was a much closer game than the season opener.

Edmonton fell 5-4 to Kootenay in a shoot-out loss. Dylan Wruck scored twice and Keegan Lowe once, making this his third consecutive game with a goal.

Through the first and second periods the Oil Kings maintained the upper hand with a 3-1 lead at the end of the second.

It wasn't until the third period that Edmonton saw a real challenge from Kootenay. Four minutes into the third, Kootenay centre Sam Reinhart, (Griffin Reinhart's younger brother) made the score 3-2.

Soon after, it looked as though Mitchell Moroz had secured a 4-2 lead for the Oil Kings, but the goal was disallowed due to a call for

high sticking.

Luke Philp then took the game into his own hands, notching two goals minutes apart giving the Ice a 4-3 lead.

With just under five minutes left, Oil Kings centre Cole Benson evened the score. The scored remained tied throughout overtime and went into a shootout with goals from Sam Reinhart and Philp winning the shootout for Kootenay.

Although they didn't get the "W," the single point that the Oil Kings gained from this game tied them for first with the Calgary Hitmen in the Central Division.

Friday, they were back home for a rematch against the Ice.

We saw Tristan Jarry get the start in net this

game. Jarry performed well, tallying his second shutout of the season.

With goals from T.J. Foster and Henrik Samuelsson, Jarry led the team to a 2-0 victory over the Ice, allowing the team to squeeze past Calgary and clinch the top spot in the Central Division.

Edmonton dominated Kootenay on the penalty kill, as Kootenay went 0 and 3 with the man advantage. Edmonton continues to hold on to the No. 1 PK in the league at 92.9 per cent.

Sunday, the boys took on the Lethbridge Hurricanes, looking to keep top spot in the Central Division.

Jarry started in net for the second night. Curtis Lazar opened the scoring early in the first, finally getting the "monkey," which had

been there since Oct. 20, off of his back.

By the end of the first, Edmonton had a 2-0 lead due to another goal from Wruck.

At the beginning of the second, Edgars Kulda roofed it.

Shortly after, the Hurricane's Graham Hood made it 3-1, Jaimen Yakubowski also netted one for the Hurricanes, making it 3-2.

After a penalty against Cody Corbett, Yakubowski was awarded a penalty shot but missed it. However, he pushed it past the goal line on the rebound off Jarry's head, tying up the game.

Just before the end of the action-packed second, Lazar got his second goal of the night and 10th of the season, giving the lead back to Edmonton.

There wasn't too much action in the third period, as the Oil Kings held onto their one goal lead, taking Lethbridge 4-3 and holding on to the top spot in the Central Division.



# Grey Cup lives up to its name

By DEXTER WATTY

The Grey Cup is an annual tradition for many Canadian football fans.

The year-end affair this year featured great performances from Carly Rae Jepsen, Justin Bieber and former Eskimo quarterback Ricky Ray.

Toronto's QB threw two touchdown passes and racked up over 200 yards through the air in the Toronto Argonauts' decisive victory over the Calgary Stampeders in the 100th Grey Cup.

After an interception on the first play of the game, Ricky Ray looked in top form as he gained his composure and brought the boatmen to an early 7-3 lead at the end of the first quarter.

In the second quarter things just weren't

going the right way for Calgary, who allowed a second touchdown early in the quarter after a fumbled handoff. Ray would also connect with Dontrelle Inman on a very controversial call to put Toronto on the Stamps one yard line.

Then backup QB Jarius Jackson connected with Inman again for one yard and another touchdown.

Both teams would each add a field goal before half time to make the score 24-6.

To many (16-year-old girls), the halftime show was the spectacle of the event, with lots of people tuning in just to see Bieber's performance.

I found it quite entertaining, although Marianas Trench could have done without the tight jeans and eyeliner. That had to have been the lowlight of the night for me, just barely beating out the Stampeder's horrid first half.

The second half was more of the same. Although I truly am a fan of football, this game just seemed quite lacklustre.

During the third quarter, Argos defensive end Adriano Belli was ejected from the match for getting into an altercation with Stampeder's offensive lineman Jon Gott.

Fast forward to the fourth quarter, the



Stampeders found themselves down 13 with under seven minutes to go.

With 5:22 remaining, Ray connected with Andre Durie to extend the lead to 34-14.

This game was all but over before Calgary scored with 20 seconds remaining for a final score of 34-21.

The difference maker in this game was Argos' Chad Kackert, who earned Grey Cup MVP honours. Kackert rushed for 133 yards and had 198 all-purpose yards for the game, averaging 6.65 yards per carry.

As hard as it was to watch Edmonton's ex-quarterback win a championship in his first season with his new team, anything is better than seeing Calgary do better than Edmonton.

ACAC Standings

MEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	15	13	13	0	1	1	80	22	28
Augustana	16	11	10	2	0	3	80	42	25
SAIT	16	11	11	3	0	2	78	36	24
Portage	16	7	6	7	0	2	68	63	16
Concordia	16	6	6	8	0	2	57	55	14
Keyano	16	5	5	10	1	0	48	83	11
MacEwan	15	5	5	10	0	0	46	61	10
Briercrest	16	0	0	16	0	0	21	116	0

RESULTS  
November 30  
NAIT 7, King's 2  
Augustana 6, Portage 4  
SAIT 11, Briercrest 2  
MacEwan 3, Concordia 2  
December 1  
NAIT 9, King's 2  
SAIT 5, Briercrest 1  
Augustana 8, Portage 2  
MacEwan 3, Concordia 2

WOMEN'S HOCKEY

Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts
NAIT	10	7	7	2	1	0	45	30	15
Red Deer	10	7	7	3	0	0	35	17	14
SAIT	10	3	2	6	1	0	24	45	7
MacEwan	10	3	3	7	0	0	16	28	6

RESULTS  
November 29  
Red Deer 6, NAIT 1  
November 30  
NAIT 2, Red Deer 0  
SAIT 2, MacEwan 1  
December 1  
MacEwan 5, SAIT 4

MEN'S BASKETBALL

North Division									
Team	Div	GP	Div	InterDiv	W	L	Pts		
Red Deer	S	10	1	8	8	1	17		
Briercrest	S	10	2	7	9	1	16		
Lethbridge	S	10	0	6	6	4	12		
Concordia	N	9	2	4	6	3	10		
Medicine Hat	S	10	2	4	6	4	10		
Augustana	N	9	1	4	5	4	9		
Keyano	N	9	0	4	4	5	8		
MacEwan	N	9	1	3	4	5	7		
SAIT	S	10	1	3	4	6	7		
NAIT	N	10	3	2	5	5	7		
Olds College	S	11	1	3	4	7	7		
King's	N	9	2	2	4	5	6		
Lakeland	N	9	1	2	3	6	5		
St. Mary's	S	10	1	2	3	7	5		
Grande Prairie	N	11	0	1	1	10	2		

Wins versus divisional opponents will result in 1 point. Wins versus interdivisional opponents will result in 2 points in the standings.  
RESULTS  
November 29  
Olds 85, St. Mary's 77  
November 30  
NAIT 85, Keyano 80  
Concordia 82, Grande Prairie 68  
Briercrest 97, Lethbridge 87  
Red Deer 90, King's 77  
St. Mary's 84, Olds 67  
December 1  
NAIT 81, Keyano 70

Concordia 89, Grande Prairie 65  
Briercrest 83, Lethbridge 81  
Red Deer 94, Lakeland 91 (OT)  
Concordia 102, King's 68

WOMEN'S BASKETBALL

North Division									
Team	Div	GP	Div	InterDiv	W	L	Pts		
Augustana	N	9	2	7	9	0	16		
King's	N	9	3	6	9	0	15		
MacEwan	N	9	2	6	8	1	14		
Lakeland	N	9	0	6	6	3	12		
NAIT	N	10	2	5	7	3	12		
SAIT	S	10	2	5	7	3	12		
Concordia	N	9	1	4	5	4	9		
Olds	S	11	3	3	6	5	9		
Grande Prairie	N	11	1	4	5	6	9		
Keyano	N	9	0	4	4	5	8		
Medicine Hat	S	10	1	3	4	6	7		
Briercrest	S	10	2	0	2	8	2		
St. Mary's	S	10	0	1	1	9	2		
Red Deer	S	10	0	0	0	10	0		
Lethbridge	S	10	0	0	0	10	0		

RESULTS  
November 29  
Olds 72, St. Mary's 42  
November 30  
NAIT 78, Keyano 45  
Grande Prairie 64, Concordia 46  
Briercrest 71, Lethbridge 67  
King's 73, Red Deer 56  
Olds 65, St. Mary's 51  
December 1  
NAIT 67, Keyano 49  
Concordia 66, Grande Prairie 52  
Briercrest 62, Lethbridge 56  
Lakeland 63, Red Deer 46

MEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
S	SAIT	10	10	0	30	2	20
S	Red Deer	10	10	0	30	10	20
S	Briercrest	10	9	1	28	11	18
S	Medicine Hat	10	9	1	28	13	18
N	Keyano	10	8	2	26	9	16
S	Lethbridge	10	6	4	21	15	12
N	King's	10	5	5	23	24	10
N	MacEwan	10	4	6	17	19	8
N	Lakeland	10	3	7	15	22	6
S	Augustana	10	2	8	14	24	4
N	Grande Prairie	10	1	9	9	28	2
S	Olds	10	1	9	9	29	2
N	NAIT	10	1	9	8	28	2
N	Concordia	10	1	9	5	29	2

RESULTS  
December 1  
MacEwan 3, Lakeland 0 (25-21, 31-29, 25-16)  
SAIT 3, Concordia 0 (25-17, 25-18, 25-20)  
Medicine Hat 3, Augustana 0 (25-22, 25-20, 25-22)  
November 30  
SAIT 3, Concordia 0 (25-16, 25-17, 25-13)  
MacEwan 3, Lakeland 1 (15-25, 26-24, 25-21, 25-19)  
Medicine Hat 3, Augustana 0 (25-21, 27-25, 25-17)

WOMEN'S VOLLEYBALL

DIV	Team	MP	MW	ML	GW	GL	Pts
N	Lakeland	10	9	1	27	5	18
N	NAIT	10	8	2	27	9	16
S	Red Deer	10	8	2	28	12	16
N	MacEwan	10	8	2	26	12	16
N	King's	10	6	4	23	15	12
S	Medicine Hat	10	6	4	21	16	12
S	Olds	10	6	4	21	19	12
N	Grande Prairie	10	5	5	20	20	10
S	SAIT	10	4	6	15	19	8
S	Lethbridge	10	3	7	16	23	6
S	Briercrest	10	3	7	16	24	6
S	Augustana	10	3	7	9	24	6
N	Keyano	10	1	9	5	28	2
N	Concordia	10	0	10	2	30	0

RESULTS  
November 30  
SAIT 3, CUCA 0 (25-14, 25-12, 25-21)  
Lakeland 3, MacEwan 0 (25-23, 25-12, 25,19)  
Medicine Hat 3, Augustana 0 (25-19, 25-20, 25-19)  
December 1  
MacEwan 3, Lakeland 0 (25-22, 26-24, 25-13)  
SAIT 3, Concordia 0 (25-23, 25-14, 25-23)

CURLING

Team	Fall Regional	Results
MEN		
NAIT	.....	5-1
GPRC	.....	4-2
Lakeland College	.....	3-3
Grant MacEwan University	.....	3-3
Red Deer College	.....	3-3
UofA - Augustana	.....	3-3
Olds College	.....	0-6
WOMEN		
Grant MacEwan University	.....	6-0
NAIT	.....	5-1
GPRC	.....	3-3
Olds College	.....	3-3
Lakeland College	.....	3-3
Red Deer College	.....	1-5
UofA - Augustana	.....	0-6
MIXED		
Lakeland College	.....	5-0
UofA - Augustana	.....	4-1
NAIT	.....	3-2
Olds College	.....	1-4
Red Deer College	.....	1-4
Concordia University College	.....	1-4

Athletes of the week  
Nov. 26-Dec. 2

Karynn Flory  
Curling



Karynn skipped her NAIT Ooks women's curling team to a second-place finish at the ACAC Fall Regional this past weekend hosted by GPRC. Flory was instrumental in leading her team to a 5-1 record, losing only to MacEwan. "Karynn was extremely calm and collected under pressure," said assistant coach Karl Mysiuk. "She made some unbelievable shots at crucial times." Karynn is a first-year Personal Fitness Training student from St. Albert.

Matt Brown  
Curling



Matt was instrumental in leading the Ooks men's curling team to a first-place finish at the ACAC Fall Regional this past weekend in Grande Prairie. Brown skipped his team to a 5-1 record at the first event of the season hosted by GPRC. "Matt always has a good game plan no matter which team he faces," said assistant coach Karl Mysiuk. "This past weekend was no exception as he executed his strategy to near perfection." Matt is a second year Finance student from Edmonton.

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# ENTERTAINMENT

## It's time to say goodbye



**ANIKA NOTTVEIT**  
Entertainment Editor

Goodbye. I don't like that word. Saying goodbye sucks. People always say things they don't mean and get all sappy.

I think I don't like goodbye's because they are sad. I don't like being sad.

So instead of an extended goodbye for my last Nugget article, I'm going to throw out a few thank - you's.

Firstly, I would like to thank my assistant, Mike, you always had my back. When I couldn't make a meeting, no worries, you were there. When I needed more story ideas, you were there.

I appreciated all the story ideas you came up with. Your knowledge of bands is astounding! I'm glad you always knew the down low for any local bands. Your always-willing attitude was something I never took for granted. We made a pretty great Entertainment team.

There is one person in the office who's work generally goes unnoticed. If the Nugget were a car, he would be the engine. This person flies under the radar. He works extremely hard, puts in a lot of time, and cares a lot. He cares about the paper, but also about those of us who work there. This person's name is Frank MacKay. Without Frank, the *Nugget* wouldn't exist.

Frank receives all the articles for Issues, Entertainment, and Sports. He reads all of these and lays them out on his computer to make the paper. His eyes are the last to see the pages before they go to print, permanently.

He writes all the headlines. This seems like an easy job, right? Headlines are short and to the point. Just try it yourself. Cover the headline of a newspaper article, read it all and make your own headline. It's hard! To think of punchy, witty sentences takes a lot of thought. This is a skill that is honed over time.

Frank is the most experienced person on the *Nugget* team. I would like to thank him for his patience. Working with hyper, inexperienced students must wear on a person, but Frank never lets this show, if it does.

To all my fellow staffers, as people pursuing a career in the media industry, we will meet again. It was a pleasure working with all of you. I look forward to the time we run into each other, we will have many memories to talk

about and new stories to tell.

We will never forget the "bad pun pen," thanks to Evan!

One more thank you goes out to our contributors. Without you guys, we editors would be writing the whole paper. You bring variety to the paper and also make it possible. I would like to thank all of you for taking time out your week-ends to do some extra writing!

To those that are taking over the paper now, I

hope you will enjoy it and take as much out of it as you can.

Working for the *Nugget* is a job, but it's also a way to get great experience. If you focus on what you can learn, you won't be disappointed.

I meant to make this quick, as quick goodbyes are the best and least painful. Life is too short to dwell on the past. Remember the good times and move on with hope to make more in the future.



Anika at work editing the latest issue of the Nugget.

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\*Prices are subject to change. Please note the following tickets are available SEASONALLY: Edmonton Eskimos, Edmonton Rush Lacrosse, Marmot Basin, and Sunshine tickets. Tickets can only be bought in person at the NAITSA office E131 main campus.





FOR YOUR LISTENING PLEASURE ...

# \$3.99 mixtape ...



By KEVIN MARTIN

Snow, lights and Christmas trees, it's the month of December! Christmas music fills the coffee shops and malls. Smiles are a little bit more common and the mood is generally high. Everybody's happy for a while but after a whole month of the same Christmas music it gets a little stale. People can only handle "Joy to the World" so many times before they take it out on an innocent elf.

Here are 10 Christmas songs that aren't mainstream and will freshen up your holiday season.

1. Little Drummer Boy – Sean Quigley
2. Cold December – Michael Buble
3. All I Want For Christmas is You – Mariah Carey
4. Wish You a Merry Christmas – Jacob Miller
5. Jingle Bell Rock – Thousand Foot Krutch
6. Santa Goes Straight to the Ghetto – Snoop Dog
7. Chillin' With Santa – Derek B
8. Mistletoe – Justin Bieber
9. Oklahoma Christmas



- Blake Shelton
10. Santa Looked a Lot Like Daddy – Brad Paisley

## VIRAL VIDEO

# The world is ending? Let's laugh

By CHRIS FIGLIUZZI

The world is ending. Or at least it will be ending on Dec. 21 of this year if the Mayans and John Cusack are to be believed.

Personally it's not so much the fact that it's ending that has me upset so much as the timing.

I can only assume that since you're reading this article you're probably a student at NAIT or a hobo that just got himself a fancy new blanket and if you're the former you, like most of our readership, have finals coming up quick.

My last final is Dec. 20, meaning that I get a blissful 10 hours to enjoy myself before the world comes to an abrupt halt, which is unfortunate. Of course, there are many theories as to how the world will end on the 21st but my personal favourite was created by albinoblacksheep.com back

in 2008.

Now, this video was created back in the early days of flash so the animation is nowhere near the quality that we have today but the dialogue and story more than make up for it.

I still find myself replying with, "But I am Le Tired" anytime someone asks me to do anything and, with over 6.5 million views, you would think that someone would get the joke by now.

You can check it out on either YouTube or albinoblacksheep.com by simply searching "The End Of The World." It's the fourth video down on YouTube.

Hopefully the world doesn't end on Dec. 21 but if it does, at least it will be entertaining if it goes down like this video.



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# A special Day in the Life



**MIKE JONES**  
Assistant Entertainment Editor

Once in a while, a truly historic concert hits Edmonton and lives up to all expectations.

We've been very fortunate this year with Roger Waters' epic *The Wall* thrilling crowds back in the spring and Metallica bringing the biggest stage they've ever had for two nights over the summer.

Both Metallica and Waters have played Edmonton before, several times in fact, so when Mayor Stephen Mandel announced that the one-and-only Sir Paul McCartney was coming to town for the first time ever, the hype was at an all-time high.

Sir Paul certainly lived up to all the hype last Wednesday in the first of two shows at Rexall Place.

The former Beatle kept the sold out audience waiting just a little bit longer than expected, hitting the stage at 8:30 p.m. instead of the scheduled 8 p.m. But once he hit the stage he stayed there for nearly three hours, commanding all the attention with a 37-song set that included Beatles songs, Wings tracks and snippets from McCart-

ney's solo career.

Backed only by a high-def screen, McCartney and band let the music do the talking using no over-the-top effects (until near the end of the show). Opening with Beatles classic *Magical Mystery Tour* led to the first ovation of the night, which McCartney graciously accepted as if it were his first time.

There were more Beatles songs to come in the first half (*All My Loving*, *Paperback Writer*, *The Long and Winding Road*) and some Wings classics (*Jet*, *Let Me Roll It*).

McCartney covered all the bridges, even playing the U2-esque *Sing the Changes* from his side project The Fireman with Youth, the bassist from the band Killing Joke.

The show rolled on with McCartney dedicating *My Valentine* to current wife Nancy Shevell, who was in attendance. The love songs continued with *Maybe I'm Amazed* and Beatles covers *I've Just Seen A Face* and *And I Love Her*.

One of the most heartfelt moments of the night came when McCartney dedicated *Blackbird* to the legendary John Lennon. The Lennon tribute continued with a heartfelt solo track *Here Today*, which McCartney says he would tell Lennon he loved him if he were here today.

Nary a dry eye in the audience, as even McCartney himself teared up a bit. The showman in McCartney must have known it was time for a tempo change, switching almost instantly to one of his more recent hits, *Dance Tonight*.

The fun song saw goofy dance moves from charismatic drummer Abe Laboriel Jr., at least a few of which were inspired by Psy's Gangnam Style.



**Paul McCartney**

After another Beatle's classic *Eleanor Rigby*, which included beautiful harmony, McCartney emerged with a ukulele and played *Something* dedicated to George Harrison (no mention of Ringo all night).

One of the most upbeat songs of the night, Wing's cover *Band on the Run* was followed with a mass sing-a-long to *Ob-La-Di, Ob-La-Da* and *Back in the U.S.S.R.*

He incorporated a snippet of *Give Peace a Chance* into *A Day in the Life* before hitting the grand piano in the background for a heartfelt arrangement of *Let It Be*.

Up to this point, the band had avoided any pyrotechnics in the previous two hours but that all changed with *Live and Let Die*, the theme song Paul and then wife-Linda wrote for the James Bond movie of the same name.

It's quite possible McCartney blew off as

much pyro in that one song as Metallica did in their entire show this past summer with fireworks shooting off for the entire duration of the song.

The fireworks led to the Rexall being entirely covered in a smoky haze normally reserved for Snoop Dogg and Rush concerts. The smell was a little different, but that's not to say there weren't some folks sparking up as well. After all, the majority of the audience were alive in the '60s.

One big bang requires another so once the pyro subsided, McCartney launched into arguably the Beatles biggest hit, *Hey Jude*, which inspired one of the biggest sing-a-longs in Rexall's history.

After leaving the stage for a grand total of two minutes, McCartney re-emerged for a trio of Beatle's classics, *Lady Madonna*, *Day Tripper* and *Get Back* before disappearing again.

This time waiting less than a minute before re-emerging for the second encore, McCartney performed his signature Beatles song *Yesterday*, which is the most covered song in history for a reason. Up next was the Wing's song *Mull of Kintyre* which featured the Pipes and Drums of the Edmonton Police Service in a truly special moment.

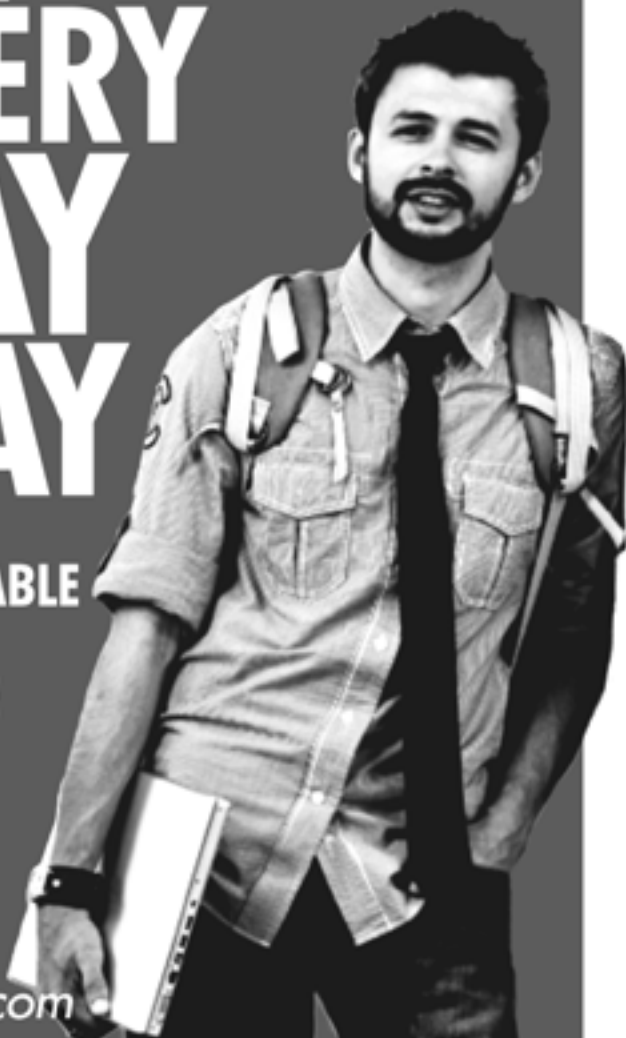
After nearly two and a half hours, McCartney half-jokingly said, "you know we have to go home some time," before launching into the Abbey Road medley of *Golden Slumbers*, *Carry That Weight* and *The End*.

Launching confetti into the crowd after one final bow it was obvious that at the age of 70, McCartney is the ultimate showman and every person in Rexall Place will remember this night forever.

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killscreendaily.com

## Assassin's Creed 3

## VIDEO GAME REVIEW

# A game worthy of respect

By JOSH YAWORSKI

My left foot bears my entire weight as I stand atop the church. To my left, a majestic eagle flies circles around the roost I had just startled her off of, while to my right opens the wide expanse of the Boston Harbor. Sea birds flutter and a light mist clings to the buildings around me.

Colonial ships fly flags of the Imperial Red, like the soldiers that are continuing their search far below me.

In a moment, the leader of the pack will step into the detonation circle for the trip mine I laid beneath the dirt. Doing so will undoubtedly kill the majority of his fellow guards, unless they are spread just a degree thinner than I had anticipated.

Step. Click. Boom. Only four remain. Two I target as I leap from the church tower, my wrist

mounted blades shattering their skulls with the force of my fall and ending their lives.

I roll to the left to avoid the cleaving motion of guard number 42's axe, redirecting the force of his swing against him as I relieve him of his weapon. Five hits are landed upon his body before his associate has reloaded, just enough for a devastating combo, but all momentum is lost as I am shot from across the street.

Musket fire, courtesy of an entire squadron of Red Coats. This is when I take my leave.

Climbing barrels and crates, leaping over startled citizens and swinging on poles, I escape my quarrel, leaving only bodies in my wake. I am Ratonhnhaké:ton Connor, and I am an assassin.

The third segment of the Assassin's Creed saga has arrived and with it comes an entirely

new hero and era.

Would-be Assassins are sent to colonial America, where both the Templar and Assassins are attempting to control the outcomes of one of the most important moments in human history. At the same time, Desmond Miles searches for a solution to the end of the world.

Solar flares will, in only a short time, destroy everything that man has ever created. Only remnants of the society that came before lend mankind a chance at survival.

New weapons, new characters, a new crafting system and a more elegant weapon management system lend themselves to this fresher, brighter *Assassins Creed* game that is more original than any of the previous iterations.

Gone are the tactical missions that bogged

down *Revelations*, and in its place we are gifted with an incredible naval battle system.

The steering is intelligent, the control layout is intuitive and the combat simulation is impeccable. The maps and playable areas are exponentially expanded from the previous titles, finally giving the game a truly sandbox feeling.

Somehow, the *Assassins Creed* games seem to consistently deliver a play experience that seems both new and traditional. The plot lines remain true to *Assassins Creed*'s roots, while still expanding and growing as a game.

This is a game that casual gamers will enjoy, and hardcore fans will respect. Definitely worth checking out.

★★★★☆

# Where are we going with dating?

By MEAGHAN WILLIS

Is this what dating has come to? An online dating site where people are actually bidding for first dates to find love?

Apparently so, on one website, [www.whatsyourprice.com](http://www.whatsyourprice.com), people are paying "attractive" users for a chance to date them.

According to the research done on 700 Edmonton males who actively participate on the website, their "perfect lady" has brown hair, hazel eyes, a high school diploma, drinks moderately and doesn't smoke. (I may or may not have all those qualities, just saying.)

Add it all up and it comes to a whopping \$311.06, should you chose to purchase a date with this fine woman, who clearly likes you for your heart and not your wallet ...

The website differs from regular dating

websites in one major way; the exchange of money for a first date.

There are two categories to choose from when signing up for this dating site. Either you are an "attractive member" and can sign up and use the website free of charge or you sign up as a "generous member" and you are able to browse for the "love of your life" with credit you purchase on the site, as well as paying your new lady for her company on your first date.

You might be wondering how this website is really any different than an escort service. Well, according to the website's owner and creator, Brandon Wade, the website was designed strictly for the only cash transaction being the first date and nothing more.

I did a little research and was not at all sur-

prised when I found many reviews suggesting members pay for a little bit more than a date.

So not only are woman being judged on how good they look and then being priced accordingly but this website borders on seriously dangerous.

Do people really want to meet "the one" online after knowing they only ended up on this date because someone was so desperate they were willing to pay for it?

How could these men possibly think that these women are after anything but their money, and how could these women think of this guy as anything but some creep who needs to pay someone to spend time with them?

Internet dating has become one of the largest money making industries in Canada,

generating hundreds of millions of dollars every year.

With so many people dating online, it's obvious this industry will only become increasingly more popular. I just can't help but wonder how we all got here in the first place.

People aren't meeting organically any more and with so many different technologies to get rejected on, it's no wonder sites like this have begun popping up.

Maybe I have higher standards than the people using this website but I refuse to partake in something so pathetic.

I'm going to hold out for someone who has the social ability to date the old fashioned way, although I wouldn't be mad if he picked up the bill for dinner ...



# Breaking new ground for TV

By JOSH YAWORSKI

In the last 10 years, television has gotten a little ... darker.

Shows like *Dexter*, *Criminal Minds*, *Lost*, and *CSI* have pushed the envelope for what we can handle on television, cable network or not. They ripped open our minds and exposed it to our own darkest self. And then we liked it.

*Dexter* is in its seventh season, *Criminal Minds* in its eighth, *Lost* made six in its run and *CSI* has spawned three spinoffs.

These shows created an atmosphere where viewers were ready to accept something that would push them even further into the abyss.

A television experience so shaking Ken Tucker of *Entertainment Weekly* said, "pretty much all scare, all the time: a whole lotta screams, sex, jolts, mashed faces, psychotic behavior and dead babies."

*American Horror Story: Murder House* received 15 Emmy nominations and a chorus of critical applause world wide.

Delving into themes of psychological disorders, extreme violence, malevolent spirits and desperate teenage angst under the guise of a simple haunted house story, *American Horror Story* achieved an incredible feat. It opened up an entire world of potential subject matter for television.

So when they announced *American Horror Story: Asylum*, many were anxious to see what would come and they were not disappointed. Aliens, Nazis, Christian mythos, and Freudian nightmares were all utilized to their full terrifying potential in this twisted vision.

Much of the original, award winning cast are back, with Zachary Quinto, Evan Peters and Jessica Lange all returning with performances rivalling their incredible roles last year.

Quinto's performance is nothing short of incredible, a truly chilling revelation in how deeply scarred a psychopath can be.

His portrayal is equally shocking as a genius psychiatrist, as it is in the final reveal of his true self.

Once again, the camera work is fantastic, utilizing off-kilter angles and unorthodox framing to ensure the viewer is quite thoroughly shaken. Each plot line is nearly isolated at its introduction, and now, half way through the season, wound together tighter than a hipster's pants.

Even the most mundane details were of crucial importance by three episodes down the road. But most impressive of all is the

asylum itself.

Every single frame of the video is beautiful. The props and sets seem to be teleported straight from the 1950s and everything from the costumes to the vehicles are absolutely perfect.

If you have the stomach for big screen horror on the small screen, you need to watch *American Horror Story: Asylum*. You haven't seen anything like it.



tvrage.com

American Horror Story: Asylum

## Take time to change bad habits



### TIMELY TIPS

MARGARET MAREAN  
NAIT Student Counselling

Right off the bat I am going to tell you that, as a student, this is probably not a good time to make major changes such as quitting smoking. For most students, the end of term is a stressful time with finals looming and projects due. However, it is a good time to start thinking about what you want to change and how you are going to succeed, especially with New Year's resolution-making time right around the corner.

**1. Learn from the past.** If you have tried to make a major lifestyle change in the past, look at what prevented long-term success, what triggered you not to follow through, what you could have done instead and how you could have handled side effects, social situations and public reaction differently.

**2. Know yourself.** When would be the best time for you to make a change? Are you convinced you are ready to make the change? What are the motivations for making the change? What personality strengths do you have that will help you and which personality traits might get in your way? Should you change gradually or go "cold turkey"? Are you a private or a public person?

**3. Know your motivations.** Write down reasons why you want to make the change – physical health, mental health, saving money, looking better or any other benefits. Keep expanding your list and have it at hand to look at when you are feeling weak.

**4. Make your goal public.** Tell friends and family about the change you are planning to make and be specific about what would and would not be helpful in terms of support. However, if there is someone in your social circle who will belittle your goal, you may be wise not to tell them. Even if you are a private person, it is usually beneficial to tell at least one other person.

**5. Set specific short term goals and rewards.** If you are gradually cutting something out, be specific about how much, when, where, etc. If you are quitting cold turkey, set rewards for going a week, two weeks, a month, etc.

**6. Have a plan to deal with with-**

**drawal symptoms.** Whether your goal is to make changes to shopping, eating, smoking, drinking, gambling, procrastination, emotional outbursts or negative relationship habits, recognize that there will be some hard times ahead. What positive habit are you going to replace your negative one with? What are you going to do when you feel drawn back to the old patterns? With physical addictions, the first few weeks are generally the most difficult, however with any bad habit we have to be aware of the pull of slipping back into old patterns. Having a plan for keeping on track is very beneficial. Journaling works well for many people. Having a friend touch base periodically or having a list of people you can call for support are helpful for others. Relaxation techniques, yoga or meditation can help you get through tough times. Take the time to write down your plan.

**7. Clean up your environment.** Get rid of things that are likely to trigger you like ashtrays for smokers, ice cream for over-eaters ... This may mean letting go, at least temporarily, of relationships that foster your bad habit. Re-arranging your furniture or moving around some pictures can reinforce that you are making new, positive lifestyle changes.

**8. Surround yourself with success** such as positive people, environments that you feel good in, hobbies or pastimes that you

enjoy. Think of activities that are not compatible with your bad habit such as going out for a run, cleaning a cupboard, dancing to some music or calling a friend.

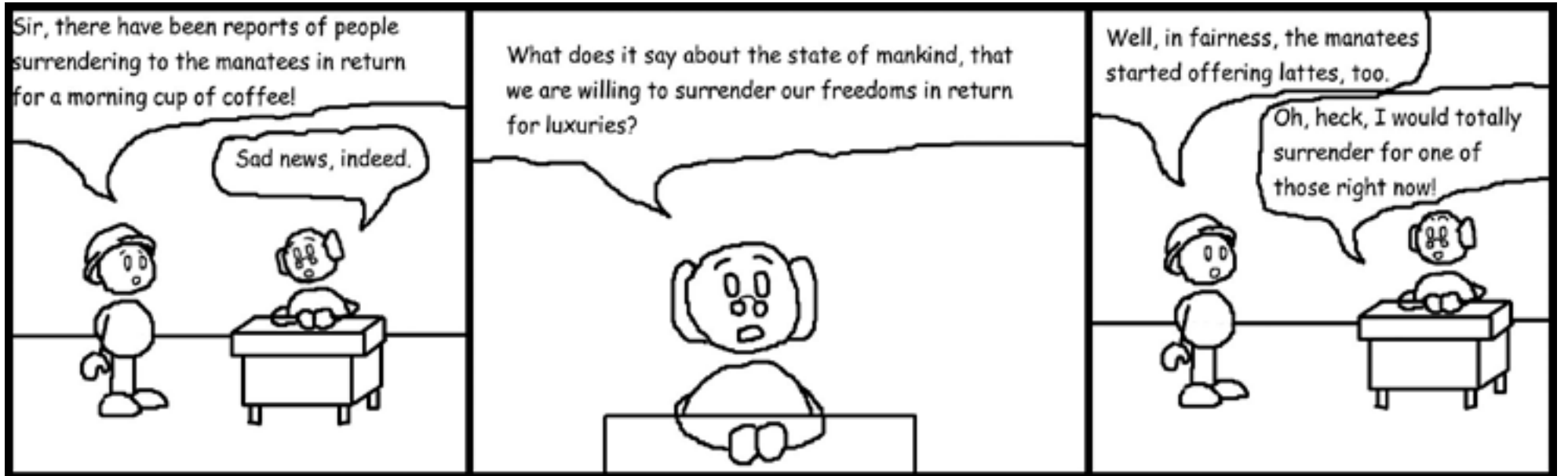
**9. Be mentally prepared.** What are you going to say and do when you feel the urge to backslide? Telling yourself how you are getting stronger, fitter, better can keep you on track as can imagining the benefits when you succeed. Giving yourself positive messages such as "I am a smoke-free person" or "I can feel myself getting healthier" or "I am strong and I can do this" will increase your motivation. Emotions such as anxiety, anger or depression can easily weaken resolve. Having a plan, ideally a written one, in place can help.

**10. Get support.** While you have to make changes on your own, it is often helpful to get professional help. There are many programs to help with smoking, over or under eating, compulsive shopping or other habits. While friends and family can be supportive, they most often cannot be objective about your situation. Professional counsellors, such as NAIT Student Counselling staff, can facilitate your progress towards changing unhealthy lifestyle habits.

Counsellors are available to help you with this or other personal or academic concerns. To book an appointment come to Student Counselling, Room W-111PB in the HP Centre or call 780-378-6133.

THE NUGGET PRESENTS:

## NUGGET COMICS



Comic by Rory Fidler

# Night Visions – it's all good

By LYND SAY COWAN

This is the first CD that I haven't heard one bad review of. Everyone I know who has heard the album or at least a single, loves it.

Imagine Dragons have been around since 2008, so why are we just hearing about them now?

They started out in Vegas, which means they played small venues in a city full of the world's best performers, and battled to stand out. They spent years paying their dues with relentless touring, small shows and living on Raman noodles because they wanted their debut album to be perfect.

*Night Visions* is the product and in my opinion, it is perfect.

It's an indie-rock album that balances heavier honest music with upbeat, lighter songs. Their first single off the album was "It's Time," so that was the first song from them I heard ... and it was stuck in my head for a month.

I'm not talking about the "Call Me Maybe" kind of catchy. It was the "this is my favourite song ever" kind of catchy.

I posted the video of their acoustic perform-

ance on Facebook, and seven of my friends took the time out of their day to agree that it's a kick-butt song. You can't argue with that.

In their bio, Imagine Dragons talk about how three of the band members graduated from the prestigious Berklee College of Music in Boston, while the lead singer Daniel Reynolds is the type of musician that just goes by pure sound.

I'm biased, but that results in genius, if you ask me. Their token sound is a mix of rock backbeats and acoustic guitar.

My description of their unique vibe and the *Night Visions* album is ... magical.

The first track off the album, "Radioactive," is probably the heaviest song but motivating at the same time. The vibe is very similar to AWOLNATION (who they toured with all summer).

Then there are lighter, tap-your-foot type songs. "Demons, It's Time" and "On Top of The World," are my favourites.

If I haven't convinced you to buy this CD yet, I'm about to. "On Top of The World," has a beat that can only be compared to one thing ... The Lit-

tle Mermaid. For the first five seconds I thought I was listening to "Under The Sea." That's not a bad thing.

So, all I can say about *Night Visions* is, you should buy it. It's catchy, versatile, and the kind

of album that you listen to from start to finish. Imagine Dragons kept me company on my last road trip and we had a wonderful time.

Imagine Dragons are expected to announce a North American tour this week.



402productions.com

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AN EXCELLENT INSTRUCTOR?

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**JANUARY 31, 2013**

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## TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



# Safety over the holidays



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

## In and around vehicles:

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

## In school or while shopping:

- Do not carry large amounts of cash with you.
- Keep all of your valuables with you at all times. Do not leave them unattended on a food court table or on the vanity in public washrooms.
- When shopping, use the buddy system and be aware of your surroundings. Watch for suspicious activities such as someone paying uncus-tomary attention to the contents of purses, wallets and shopping bags of shoppers.

• If you suspect someone is following you, or is otherwise acting suspiciously, contact Protective Services at 780-471-7477 and tell our officers what you have encountered.

• Be extra alert when being jostled or pushed or if there is a loud altercation taking place nearby. This is often a diversion to attract people's attention allowing associate members to pickpocket unwary shoppers.

• Invest in a high quality shielded lock and be sure it is securely fastened before leaving your locker at school or at the gym.

## At home:

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

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

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

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

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

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

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

Everybody benefits, except the criminal.

## Movember Fundraising

Last year, Protective Services participated in the Movember fundraising event to support the mission of the Canadian Cancer Society. We sent out a challenge to the U of A Protective Services to see who could raise the most. With your support we were able to raise \$1,777.75 beating the U of A!

We are looking for your support once again this year. Starting Nov. 1 and running until the end of November, help raise awareness and show your support by making your donation. Help us reach our goal and donate.

Please visit our online pledge site to make your donation: <http://ca.movember.com/team/575193>

## Christmas Bureau of Edmonton

Today, the Christmas Bureau of Edmonton serves over 65,000 people including seniors, families with children, and individuals alone each holiday season. The people they assist receive more than a meal, it's Christmas

## 630 CHED Santas Anonymous

Protective Services has once again signed up to be a part of 630 CHED Santas Anonymous.

CHED Santas Anonymous is devoted to bettering the lives of children in our community by delivering the "spirit of Christmas" to less fortunate children in Edmonton. Help us to make this Christmas a little brighter. Santas Anonymous serves children from infant to 12 years of age. They are often short of items for infants to two-year-olds and for nine to 12-year-olds.

Please come by our offices (Main Campus, South Campus and Patricia Campus) to drop off new, unwrapped toys. We will be accepting donations until Dec. 7.

## The Edmonton Food Bank

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

Please come by our offices (Main Campus, South Campus and Patricia Campus) to drop off your donations. We will be accepting donations until Dec. 7.

# For kids at Fort

By AMANDA SCHULTZ

*The Velveteen Rabbit* is a classic children's tale from the 1920s. It involves a stuffed rabbit who wishes to become real, and is told by another toy that with enough love from the boy, he would become real. This wonderful story is being brought to life in the Capital Theatre at Fort Edmonton Park.

Starting Dec 7 and going till Dec 24, Fort Edmonton management has come up with a new adaptation of the classic tale, with a dad telling the story to his daughter, puppets as the toys and the people acting out the story.

"They didn't change much, just worked a little harder at the set pieces and props and made it look much better," said director Amanda Bergen.

Fort Edmonton chose to do the *Velveteen*

*Rabbit* because no other place in Edmonton is doing this play and it also fits in with the venue. With the old time Edmonton setting and a story that is set in the '20s, it just seemed like a perfect fit.

Bergen, who has been working for Fort Edmonton since 2007 and doing these shows since June 2001, said the play "works on an adult level and a kid's level. The parents are absorbed and don't want to leave. Every kid and every parent will get something from it." It's a great afternoon activity as there are quite a few matinees.

To get more info about this play and other events at Fort Edmonton Park, just visit

[fortedmontonpark.ca](http://fortedmontonpark.ca).

Ticket prices:

Adult - \$28

Student/ Seniors - \$20

Child - \$12, if under two years, free



# break FREE

## TOBACCO REDUCTION PROGRAM

- Free counseling
- Free nicotine replacement products
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- Free quit kits

For more information, visit  
Health Services, Room O-119  
or contact  
Evelyn Gorecki, Tobacco Reduction  
Co-ordinator – 780.471.8733 or  
[egorecki@nait.ca](mailto:egorecki@nait.ca)

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THE NUGGET PRESENTS:

# HOROSCOPES



## MADAME O

### Dec. 6-12

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

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

I know what you did last summer (let the creepy serial killer music commence) ... Just kidding, but someone does know that you haven't been up to the nicest things lately, and it's not Santa Claus. Watch your actions closely, and focus on being a Good Samaritan, because what goes around comes around.

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

Hey, Billy Mayes here! Today I'm going to tell you how to save money! Well really, I'm Madame O, but I still have some good advice. A certain opportunity is going to knock on your dead-bolted door this week, and my advice is don't say no! Go against your instincts on this one, trust

Mayes ... See what I did there?

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

Happiness is a warm gun. Wow, that was dark – even for me. This week you are going to be faced with a multitude of challenges, but stay strong because there are others who are fighting the same fight on your side. Don't pull the trigger, unless you pull the trigger of friendship and real happiness, whatever that is to you.

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

Your guardian angel is watching you very closely this week and for good reason, too. You need to take care of yourself so that when the proverbial crap bounces off the plastic-coated fan blades and hits your mom in the eye; you'll have a pair of wings on standby. Either that, or stock up on Red Bulls. I hear it has the same effect.

### Aries (March 21-April 19)

It's time to pack your stuff and move out. And you have so much stuff! Unless you want to be on the holiday edition of *Hoarders* you'd better start the process now!

### Taurus (April 20-May 20)

This week, focus on you, and the art of having fun! You've got way too many reasons to be stressed out so take a break and a Kit-Kat while you're at it.

### Gemini (May 21-June 21)

'Tis the season to be ... lovely! It doesn't matter so much where you find love, as long as your heart says it's right. Don't let

work get in the way of your personal life.

### Cancer (June 22-July 22)

A friend of yours is desperately calling out for help, and I doubt that they will come right out and let you know how they're feeling like in a rational relationship! Just read between the lines and be there in your friend's time of need.

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

Your energy this week is incredible! Watch that it doesn't get too out of control. You might have to focus and help a friend in need, so be on your toes. Also, drink less coffee you crazy!

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

You are a deep individual. You have been the Papa Smurf of Papa Smurfs lately, and your words of wisdom have been both

beneficial and daunting to those around you. Don't get too caught up in life. Take each day as it is, and you'll do fine.

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

I know you don't want to end up crying in the corner of the classroom this week, so take control of your emotions. You are going to discover a few harsh realities, so keep your friends close and your enemies closer to make it out unscathed. A box of tissues wouldn't hurt, though.

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

You have lived too long under the oppression of everything and every one around you. You've got wings, you just need to find them and take off! This week, focus on being yourself, for yourself. Be who you want to be, B-A-R-B-I-E! But don't worry, you don't have to be a Barbie girl.

## Who ya gonna call?

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

**Housing** – Online housing registry at [www.rentingspaces.ca](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** – Go to [www.nait.ca](http://www.nait.ca) under "Get involved."

**Scholarships, 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 loans, grants** – Financial Aid Office, 780-491-3056, Room O-111.

THE NUGGET PRESENTS:

# Dr.CONwisDOM



## CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

Recently, a girl started making moves on me, but it's not a girl I want to have an interest of me. Whenever I fool around with her I feel an odd mixture of arousal, fear and shame. How do I deal with this?

Sincerely,

*Fear is an aphrodisiac.*

Dear Fear is an aphrodisiac,  
I know the feeling. To many that may

sound like the weirdest boner ever, but is has a name: fear boner. The only true solutions are to stop being pervy (not likely, for me anyways) or start taking Viagra. That way none of the erections are your fault, so you can be guilt free.

...

Dear Dr. CONwisDOM,

I started my program in September and have become really close to the other students who are a few semesters ahead of me. With the new semester approaching quickly, I'm not sure how to handle the departure of these "upper classmen." I've debated heavily drinking and/or drug use but I don't have that kind of money and I fear it will get in the way of my studies. Please help me. I'm already depressed about going to school without them in January.

Sincerely,

Your "1st" biggest fan.

Dear Your "1st" biggest fan,  
I like to think I've had less vocal biggest fans over the years ... who am I kidding, the people who write into this are generally hampered or sometimes myself. Your problem

is a valid one. Those people in the semesters ahead of you are presumably awesome. However, drug use is not the answer, not in a world where sex and masturbation are so accessible ... well at least the second one is accessible for me. If the first one is an option, I recommend that. I'm told it's quite good. I'm a virgin by choice, just not my choice.

...

Dear Dr. CONwisDOM,

I don't want to put Christmas lights up. Everyone else on my block does, but I just don't have the will to. How do I get out of hanging up my lights and joining in the stupid Christmas carols without everyone I live with calling me a Scrooge?

Sincerely,

Deck them in the halls.

Dear Deck them in the halls,  
I just never take my lights down. It leads to funny looks in the summer, but wintertime I'm free. Also if you're the kind of person who gets bent out of shape about singing Christmas carols, I'm sure your neighbours have come up with more creative names than Scrooge over

the years. I've got a couple, but my contract says I'm not allowed to.

...

Dear Dr. CONwisDOM,

The person who writes a joke advice column in our school paper is graduating but he's extremely lazy and won't let go of the free pizza we give him for writing joke advice columns. How do I tell him he's fired once he graduates?

Sincerely,

Editor of the Nugget.

Dear Editor of the Nugget

Claire, this is you isn't it? Just because I'm graduating doesn't mean I'll stop having social problems to write about. I'm an emotional mess. Once I leave NAIT that's just going to get worse. I can be in your paper or in your house stealing all your left shoes. The choice is yours.

...

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



# HOT SINGLE OF THE WEEK



Photo by Alison Mullock

## Morgan Gahler Business

**What's your favourite time of year?** – Fall, because the leaves are everywhere and the colours are so pretty! Also, I love the clothing you get to wear when it's fall.

**If you could be anywhere in the world right now, where would you be?** – New Zealand! I really have always wanted to travel there. I think it would be awesome.

**M** is for Mischievous

**O** is for Original

**R** is for Real

**G** is for Great

**A** is for Amazing

**N** is for Neat

**Most attractive thing on a guy?** – Humour, somebody who can make me laugh!

**Least attractive thing on a guy?** – Somebody who is too sensitive.

**Athlete or non-athlete?** – Athlete for sure, any sport!

**Is height an issue?** – Yes, they definitely have to be taller than me by a significant amount.

**Dream crush?** – Ryan Gosling, he's a babe.

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

# Healthy omelette?

## CAMPUS FOOD REVIEW

By MIKE JONES

Let me just preface this review with saying I have eaten at one of NAIT's cafeterias almost every single day for the past year and a half.

I've chosen to stick with the basics, poutine, cheeseburger and Panago pizza, because I know these are good and I know I will like them.

I decided to try something new this past week, hoping it would be a positive for the last Campus Food Review of the semester. Unfortunately, it was a disappointment.

Generally, I arrive for class with moments to spare and rarely have enough time to pick up breakfast. If I do, it's usually at the Fresh Express, but on this day I was able to make it down to the Common Market.

I noticed an option on the menu the Fresh doesn't offer, the healthy choice omelette. As someone who loves a good omelette, and at least in theory tries to occasionally make healthy choices, I decided this would be a good idea.

As the omelette was placed on my plate with a side of toast I immediately pondered my decision. This was not an omelette so much as a glorified breakfast wrap, but instead of tortilla it was wrapped in a runny egg. This made it insanely messy and difficult to eat, even with a knife and fork. The second I would go to cut a bite, the egg would fall apart and the contents

would spill out.

Upon the contents spilling out I was able to see what they were and I was surprised to see bacon.

Bacon? Healthy choice? OK ... It actually did taste fairly good and probably would have been better if the eggs were cooked a little longer.

The only issue is, I never got the full flavour because everything would fall apart and scatter in every direction.

There were veggies, green onions, peppers and diced tomatoes, which contributed to the healthy element. Also present was feta cheese.

Now I'm not a huge fan of feta cheese, something about the texture, but when mixed in with other foods of a similar flavour strength it can be quite complementary.

However, in this case there were no sauces or anything to drown it out and unfortunately it was all clumped in the middle so I was overwhelmed by the flavour, which was quite unsatisfying.

Honestly, the best part of this particular meal was the delicious toast. NAIT's cafeterias do offer some great breakfast items such as the breakfast bowl (might be a bit greasy for some) and the breakfast wrap (which actually stays together for the most part).

But, the healthy choice omelette is an unfortunate miss.

★★☆☆☆

N  
NEST  
TAPHOUSE GRILL

N  
NEST  
TAPHOUSE GRILL

# Vanilla ice cream

## RECIPE

By KEVIN MARTIN

I was invited for appetizers the other night at a friend's house. Wings, potato skins and sausage rolls – it was delicious and all of us sat after the meal with very full bellies. There was something missing though, something sweet. We decided that we needed ice cream and that we needed it fast! Luckily, the host had a soft serve ice-cream machine that came in handy!

### Ingredients:

1 cup homo-milk

3/4 cup sugar

2 cups heavy cream

1½ teaspoons vanilla extract

You need an "Ice-cream making bowl."

### Method:

Place milk and sugar in a normal bowl.

Whisk until the sugar is dissolved and then stir in heavy cream and vanilla.

Place ingredients in frozen bowl and mix until desired consistency (12 to 15 minutes).

Serve in cups or cones with any toppings that you would like.

### The Verdict

The eight of us enjoyed a delicious treat! This is a great recipe for a group setting and to satisfy that sweet tooth. This dairy treat is going to get a repeat.

# CLASSIFIED

## STUDENT MASSAGE

\$20/hour

Introductory limited time offer valid only on weekends with Richard, RMT. Book online at [www.bodytechmassage.ca](http://www.bodytechmassage.ca)

## WHAT'S GOING ON AROUND CAMPUS

- WHO** Chem Tech  
**WHAT** Bake Sale  
**WHEN** December 6: 8:00am – 2:00pm  
**WHERE** HP Centre, Pedway
- WHO** Muslim Students Association (MSA)  
**WHAT** Interfaith Discussion Session  
**WHEN** December 6: 4:00 – 8:00pm  
**WHERE** Room WA-112
- WHO** International Club  
**WHAT** Holiday Café Corner  
**WHEN** December 6: 12:30 – 3:30pm  
**WHERE** International Student Centre (Rm E-124)
- WHO** Anime Club  
**WHAT** General Meeting  
**WHEN** Thursdays: 4:30 – 7:00pm  
**WHERE** Room X-107
- WHO** InfoNation Toastmasters Club  
**WHAT** General Meeting  
**WHEN** Mondays: 4:45pm  
**WHERE** Room H-003
- WHO** Latter Day Saints Student Society  
**WHAT** General Meeting  
**WHEN** Thursdays: 11:15am – 1:10pm  
**WHERE** Room WA-212
- WHO** Christian Club  
**WHAT** General Meeting  
**WHEN** Tuesdays: 11:15am – 1:10pm

**WHERE** Room H-005

**WHO** Paintball & Airsoft Sports  
**WHAT** General Meeting  
**WHEN** 2nd Wednesday monthly: 4:30 – 6:00pm  
**WHERE** Room X-203

**WHO** Gamers of Dungeons & Dragons  
**WHAT** General Meeting  
**WHEN** Thursdays: 4:15 – 9:15pm  
**WHERE** Room WC-312

**WHO** LG8Tech  
**WHAT** General Meeting  
**WHEN** Every 2nd Monday starting Oct 1: 12:20 – 1:00pm  
**WHERE** Room H-005

**WHO** Investment Club  
**WHAT** General Meeting  
**WHEN** Mondays: 4:30–6:30pm, Thursdays: 4:50–6:50pm  
**WHERE** Mondays Room T-603; Thursdays Room T-712

**WHO** Improv Club  
**WHAT** General Meeting  
**WHEN** November 22 & December 6: 6:30–9:00pm  
**WHERE** Room E-020

## CAMPUS CLUBS NEWS

December 14  
 GIV'er Point Deadline

## December 19-January 1 CLUBS CENTRE CLOSED FOR THE HOLIDAYS



*The Holidays  
are HERE!*

Club 3 Day is fundraising for the Stollery Children's Hospital Foundation!

We will be selling a wide variety of Food Items and all the proceeds go to the charity.

We can be found outside the Fresh Express on the following days:

- Wednesday, November 20
- Thursday, November 29
- Monday, December 3
- Thursday, December 6

We will be on location from 12:30 to 3 on the set days.  
 Hope to see you too!

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

**hatch BUSINESS PLAN COMPETITION**  
 April 15, 2013 to May 1, 2013

**HOW IT WORKS:**  
 Submit a business plan to the Hatch Opportunity Competition. The winners will receive a \$20,000 grant to help start their business.

**ENTRY DEADLINE:**  
 The competition is open to all students and graduates of NAIT. The deadline for entries is April 15, 2013.

**WINNING OPPORTUNITIES:**  
 The winners will receive a \$20,000 grant to help start their business. The grant is awarded to the winner of the competition.

**CONTACT:**  
 Hatch Opportunity Competition  
 780.471.8457 | hatch@nait.ca

### Investments Club of NAIT

#### Online Investment Competition

Contact: [investmentsclub@nait.ca](mailto:investmentsclub@nait.ca)

- Real time market simulation competition against institutions such as University of Alberta.
- Manage portfolios, build connections, and win prizes!
- 1<sup>st</sup> competition runs November 15<sup>th</sup> through December 6<sup>th</sup> and is available to ALL STUDENTS.
- Attend weekly meetings:
  - Monday 3:15pm (Location: T901)
  - Thursdays 5:30pm (Location: T712)



**SANTA'S SPIRIT SLEIGH**

Round in First Year Investment Program  
 What: Kicks the wings of Santa's Sleigh to the December 1<sup>st</sup> – 15<sup>th</sup> 12 pm to 4 pm  
 December 1<sup>st</sup> – 15<sup>th</sup> 12 pm to 4 pm  
 December 1<sup>st</sup> – 15<sup>th</sup> 12 pm to 4 pm  
 December 1<sup>st</sup> – 15<sup>th</sup> 12 pm to 4 pm  
 Why: Why Not...? Everyone wants a sleigh full of "Others" for Christmas!

\$10 for 4 points  
 \$20 for 8 points  
 \$30 for 12 points  
 \$40 for 16 points  
 \$50 for 20 points  
 \$60 for 24 points  
 \$70 for 28 points  
 \$80 for 32 points  
 \$90 for 36 points  
 \$100 for 40 points

Must be 18 years of age or older to participate.  
 GOVERNMENT OF ALBERTA

**STUDENT HUMAN TRAFFICKING**

Human Trafficking is a crime that affects people of all ages, genders, and ethnicities. It is a global problem that is often hidden in plain sight.

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Room E-131, NAIT Main Campus  
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Check out the Clubs Website for other  
 upcoming Important Clubs Dates



## GIV'er Points as of November 29, 2012

Club	First Semester Points	Second Semester Points	Overall Points
CIVIL	4815	0	4815
OHSSS	2466	0	2466
CETSC	1186	0	1186
MECSA	1081	0	1081
B-Tech	513	0	513
Bakers Club	500	0	500
Club 5 Star	477	0	477
Business Connex	344	0	344
Club Culinaire	0	0	0



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SARAH STILWELL

# What are you doing this holiday season?



"I'll be heading home for Christmas, which is Medicine Hat. I'll be catching a couple DJs and spending time with the family."

**Tanner Seitz**  
Chemical Technology



"I am going to be working all of Christmas, woohoo!"

**Tara Rasmussen**  
Animal Health  
Technology



"I will be going out to the lake house to celebrate Christmas."

**Nathan Dorfer**  
Alternative Technology



"I am going home to see my parents at Christmas."

**Matt Simard**  
Alternative Energy



"I will be playing video games all Christmas."

**Kelsey Rich**  
Chemical Technology

## Busy December scene

By **LYNDSAY COWAN**

It's tough to follow up a month that brought us Sir Paul McCartney, but the concert scene never stops in Edmonton!

December just kicked off with Hits and Holiday Songs from The Barenaked Ladies this past Monday, and there are plenty of other shows to look forward to.

The Canadian rock scene is taking over for most of this month with Indie rock group Mother Mother bringing their Sticks tour to the Edmonton Event Centre on Dec. 7 and 8.

They're no stranger to Edmonton fans or to us here at NAIT. The group played the Nest last year with USS and are continuing to support the local music scene.

Naked Beauty, an Edmonton based indie rock band, are opening both shows. Naked Beauty will play a Battle of the Bands at Whiskey Rock on Dec. 14. The battle will also feature Jake Buckley, Fiction Smiles and

a local headliner to be announced and is free for all.

The Edmonton Event Centre will also host The Sheepdogs on Dec. 14. They're a group that started in Saskatoon, were the first unsigned band to appear on the cover of *Rolling Stone* magazine, and won three Junos in 2012.

The Sheepdogs, alongside Yukon Blonde, are guaranteed to put on an awesome show. The date will mark one of the final rock shows at the Edmonton Event Centre, expected to close its doors at the conclusion of the year.

Theory of a Deadman and Big Wreck are returning to Edmonton, playing The Shaw Conference Centre on Dec. 14.

A few days later, the Shaw will host December's most anticipated show – Alexisonfire. The group is parting ways as singer Dallas Green shifts his focus to his other band, City and Colour. For the last time in Edmonton, they will take the stage on the Dec. 19 for this sold out stop on their Farewell Tour.

Fans of other genres aren't being forgotten. Country fans can see Corb Lund headline the Edmonton Expo Centre on Dec. 7. His show will feature music off his latest album, *Cabin Fever*. The Jubilee will host songwriter Jesse Cooke on Dec. 11.

Rap fans have one show to look forward to: Krayshaw plays the Starlite Room on Dec. 9.

Deadmau5 is also coming to the city of champs for the Big Bounce, also featuring Chris Lake. That intimate show will be at West Edmonton Mall's Empire Ballroom on Dec. 27.

The month wraps up with a show for comedy fans with TV star Gerry Dee headlining the Jubilee Auditorium on Dec. 28.

Rexall Place isn't as busy as past months, but of course they have to host at least one big name in December.

The Tragically Hip are coming to Edmonton on Jan. 23 with music from their fifth and newest album, *Now For Plan A*.



thesheepdogs.com



tokafi.com



thesheaf.com





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8:00pm

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