

NAITSA's NEXT TOP MODEL IS BACK

THE NAIT NUGGET

Thursday, November 15, 2012
Volume 50, Issue 11



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



Photo by Chad Steeves

HANG ON!

This barrel racer has her hands full as she gets ready to round a barrel at the Canadian Finals Rodeo at Rexall Place on Nov. 10. The annual event ran from Nov. 7-11.

MEDAL FOR WOMEN'S SOCCER

Ooks take third place at national championships, story page 8

INSIDE:

COMICS: Page 26

CONwisDOM: Page 28

Editorial: Page 7

Entertainment: Pages 16-31

Horoscopes: Page 28

Hot Single: Page 29

Mouthing Off: Page 21

News & Features: Page 2-5

Sports: Pages 8-14



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NEWS & FEATURES

Waiting for the president



DAVID ADOMAKO-ANSAH
Issues Editor

"Hey ... shut up!"

— Stewie Griffin, *Family Guy*

Now that the 57th U.S. presidential election is in the books, most people are probably sick of hearing about it. For those who are sick of hearing about Obama, Romney, binders, bayonets and the whole shebang, it doesn't seem like you can escape the media coverage, even days after the historic election.

Sorry, but I'm going to talk about it anyways.

On Tuesday Nov. 6, Americans went to the polls to vote for their favourite candidate, and in the wee hours of Nov. 7, it was announced that President Barack Obama had been re-elected by

the American people, winning the popular vote with over 50.6 per cent of the vote and 332 electoral votes (you need 270 to win) thanks to victories in key states such as California and Ohio.

That's great for the majority of the American public, as well as the Democratic Party and all those who support them. But what does President Obama's re-election mean for Albertans?

In the past, President Obama has questioned just how safe our oil sands – or "tar sands", as he's referred to them – are for the environment. Today, it seems the president has no problem with the Keystone XL Pipeline Project, stating that it will help with the distribution of offshore oil.

Former Gov. Mitt Romney had originally promised to approve the Keystone XL Pipeline Project on his first day of office if he were to get elected. Since the governor and his Republican Party failed to win the election, we'll never know if that is true or not. Much to the dismay of Prime Minister Steven Harper and his government, during the election, President Obama said he would put off his decision about the pipeline until after the election.

Well, it's after the election.

No one really knows what President Obama and his team want to do about Alberta's natural resource. In the past, the democrats have referred to it as 'dirty oil.' Despite that, many feel that the President will take action and approve the Keystone Pipeline early in his re-election. Others aren't so sure, predicting that we won't hear an answer until the year 2014. But nobody really

knows, it's all speculation.

What we do know (or at least, are 90 per cent sure) is that Alberta Premier Allison Redford, Prime Minister Steven Harper and the rest of the Conservatives are on the edge of their seats waiting for an answer from our neighbour down south about the future of the Keystone XL Pipeline Project.



With U.S. President Barack Obama's recent re-election, the fate of the XL Pipeline hangs in the balance.

oilinvestingnews.com

Raves – what to do about them?



CONNOR CORSARO
Assistant Issues Editor

Raves seem to be a growing phenomenon in new generations, but they have also become a controversy.

With the growing popularity of the dance, techno, and dub step genres, there are (not surprisingly) more rave shows with bigger acts are coming to town and attracting bigger audiences.

The big ones include Boonstock, which featured Avicii, Afrojack and Kaskade last year, and the year before Steve Aoki, Bloody Beetroots Death Crew 77 and Calvin Harris.

But the big one that is causing a load of commotion is Elements Music Festival, held at the Edmonton Expo Centre for its inaugural year just this past April.

The city ran out of ambulances due to 27 substance overdose calls and Alberta Health Services treated a total of 41 out of 16,600 people who attended the event.

With the bigger shows we also see more drug problems and the bigger the government involvement becomes.

EPS and EMS had drug disposal bins outside and did a lot to try to prevent the use of illegal substance at the event. Unfortunately, there was no stopping all of it or stopping people from doing it before they came.

On top of all of this, the event hired their own EMS and security services who were still overwhelmed with the incidents.

So what's the argument? The city thinks that there should be stricter rules on these events, and the organizers say that there's nothing we can do to stop things like drug use from happening and this event is one unlike

the city has ever seen before.

In fact, we should be trying to crack down on these parties and push to banning them all together.

The promoters think they bring in good revenue for them and the venues – with the exception of Elements festival, which put the promoter (Boodang Canada) \$205,000 behind the profit mark due to all the extra police, late night transit, government bills and the overtime they had to pay for.

With decent security and a manageable amount of people, we don't run into as many of these problems. They also think banning the events will simply push them underground and end up causing more drug related deaths.

One report said that of two shows in October, only four of 10,200 participants went to hospital due to drugs.

So, there is clear improvement. However these were two events with significantly less people at each. I am thinking, perhaps, that we should just refrain from throwing events that draw crowds of more than 10,000 people.

The problem with a lot of people is that people feed on each other's energies. If someone is popping pills, others will be quick to join in to experience the euphoria. Keeping these events at a manageable amount of people makes it easier to be more thorough with searching and allows the security to keep a better eye on people.

Although city council was torn on the issue, Mayor Stephen Mandel seems willing to remain open minded about these events.

"I think there are some inherent issues with it," Mandel told the *Journal*. "But at the end of the day, we need to allow our younger generation to enjoy and do the things that they want because 99 per cent of them are not out for trouble."

Straight from the mouth of the mayor who, along with city council, backed down from the push to eliminate raves from our city.

The consequence is that promoters are going to have to crack down on people who pose a threat to themselves or others if they want to keep their raves going.

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NAIT's TOP 50 IN 50

Multi-faceted career

By SARAH STILWELL

It has been five decades since NAIT offered its first course.

In that time, NAIT has pumped out 172,000 alumni. Some have become leaders in their respective industry and some became an extended part of your family when you watched the evening news growing up.

To honour some of NAIT's most beloved alumni, they put together a list of the top 50 alumni over the past 50 years.

These individuals were chosen based upon their accomplishments in the industry, their knowledge and skills and their contribution to government and the community.

One of them is David Dorward, who was elected this April as the MLA for the Gold Bar district.

He graduated with honours from Accounting in 1973, but NAIT was only his stepping stone for all his future success.

He doesn't believe his education has ever stopped since attending NAIT, explaining that his

profession is one of lifelong learning.

"NAIT was there with open arms when I needed them to be," said Dorward.



David Dorward

What sets NAIT apart for Dorward is the practical and fundamental education he received in accounting, which set him up for the future success in his career, especially when he continued his education at the University of Alberta.

After about seven or eight years of schooling, he became certified as a Chartered Accountant (CA) and ran his own tax accountancy firm. Recently, Dorward was elected as MLA for the Gold Bar district, the same district he grew up in.

"University is so theoretical," he said, in comparison to the education he received at NAIT.

"I had the theory and practical (aspects), which definitely helped with the success in my career."

Being very committed to his family, with four children and 12 grandchildren, Dorward still found the time to work for his community.

It took about seven or eight years and \$40 million in donations before he could turn the little idea inside of his brain into something tangible, but founding the Saville Community Sports Centre is a project that he can always look back on and be proud of.

The Saville Centre is now home to programming and opportunities for people of all ages and abilities, from recreational to Olympic levels.

As for getting into politics, Dorward had always been interested. More so, he wondered if he would ever have the opportunity to be elected.

"With a CA firm of 20 people, you can't just walk out the door. I had to make sure there was a succession plan," he explains.

There are a lot of factors for one to be able to have the opportunity to run for office.

First off, you have to be the right person for the party in the area.

Usually, multiple people want the job, which makes it a hard job to be chosen and then candidates still have to be elected by the voters in the riding, which, in Gold Bar's case, was around 30,000.

For current NAIT students, Dorward encourages them to set achievable personal and professional goals.

"Work hard to achieve them," he said. "Never be afraid to set new goals along the way."

How early is too early?

By CODY MALBEUF

Halloween is still a fresh memory in peoples minds, and the tummy aches of small children will stay with us throughout all of November.

Most people would expect that corporations racked up enough money exploiting candy, fear and women in skimpy clothing, but that doesn't seem to be the case.

It seems it's now Santa and Frosty's turn to carry the marketing load in the business world.

As early as Oct. 28, stores began selling Christmas decorations.

Some people are OK with this happening. After all, Christmas is a fun holiday.

People receive presents hidden behind family values, there's a magic chubby home-invader, and everything you could need for a fun holiday.

Students like Jenny Oatway feel this early celebration is fine.

"It's my favourite holiday," she said. "Last year everyone told me I couldn't listen to Christmas music till Dec. 1 and I didn't get nearly the amount of Christmas music I wanted to listen to. This year I'm getting my fill."

A perfectly reasonable thought. Just recently Michael Buble released a Christmas album. It topped the U.S. Billboard chart, and also got the Juno award for Best Album of the Year, making it the first holiday album to win the award.

So it seems plenty of people stand with Jenny on the issue of Christmas music.

Christmas decorations at this time seem excessive though.

Students like Amanda Schultz feel there is a definite time and place for Christmas decorations. Christmas is not that time.

"I just think that people should wait till at least Dec. 1 before putting up any decorations. Before that it's just silly," she said.

An understandable statement, just because snow is on the ground, does not make Christmas closer.

Advent Calendars are made with 25 slots in them, so that you have just enough chocolate for every day leading up to Christmas. No advent Calendar begins in the middle of November.

However, there is a much better reason to hold back on celebrating Christmas at the beginning of November than a risk of looking silly.

A much bigger issue follows the early sale of Christmas decorations. It can be considered disrespectful by some because there is one holiday in between Christmas and Halloween that companies seem to glaze over: Remembrance day.

Nov. 11 is a day set aside to remember the brave men and women who gave there lives so that those of us living today would have a better life.

It is arguably the most important holiday of the year, yet Reindeer were put up for sale before it happened.

Most NAIT students don't seem to have a problem with celebrating Christmas early, but a number of students have a problem with Santa arriving before Remembrance Day.

For the majority of NAIT students, Christmas decorations on sale by Nov. 10 was just too soon.



Christmas decorations were on store shelves as early as Oct. 28.



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

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

Letters

We want your views

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

Get those thoughts into print.

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

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

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

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

NAIT grads showcase cake

By **ANIKA NOTTVEIT**
Entertainment Editor

After winning Alberta's innovative cooking competition in the spring, Mallory Bowes and Elizabeth Dowdell are now working on getting their winning product out for sale.

The NAIT graduates from the Culinary Arts Program participated in the Mission ImPULSIBLE competition. It's a national innov-

ative cooking competition. The purpose of this competition is to create consumer use products.

They developed a gluten free cake mix. It was a dry cake mix with the main components being chick pea flour and pea fibers. It makes a light and fluffy angel food cake.

This mix won them the competition in Alberta and they went on to take second place at Nationals in Montreal.

Pulse flour is any lentil or dried bean that is ground into flour. Pulse flours are more nutritional, because they do not take the outer layer off like with wheat flours.

"It's kind of a challenge when you're working with pulses and pulse flours because there's a high moisture and protein content, so they're very dense. They retain a lot of moisture and it creates really, heavy and rich batters easily. At least that was our experience...it was a bit of a challenge," Elizabeth Dowdell said.

Dowdell and Bowes didn't just make a cake. They created this dry mix that you just add water too. It is like a cake in a box that can be used at home.

"Our goal was to utilize pulse flours and utilizing a gluten free mix, rather than a traditional one," said Dowdell.

Many people can't eat traditional flour. Bowes has an intolerance to certain whole wheat flours.

"We've realized there's a real lack for products for this. Working with pulses is something that's really exciting. They're really cool and kind of a very innovative product right now. So why not make a product that is available to everyone," Bowes said.

They are excited about the product. Recently, they've been building their

business plan and learning how to run a business.

Dowdell says, "we're learning how to estimate a cash flow, how to create useful market research, and learning from existing companies...we're culinary school graduates, not business graduates. It's a learning curve for us."

They are also busy as they both work in the food industry. Dowdell is employed at Packrat Louie making desserts and Bowes is Banquet Chef at Derrick Golf and Winter Club.

Bowes and Dowdell have been working with Alberta Agriculture with their food and health unit. The current task is finding the right market for their product.

The cake mix is not available in stores yet. They hope the premium food product will be available to the general public and food service in six months to a year from now.

Dowdell's advice for future competitors in Mission ImPULSIBLE is this, "do your research. There's a lot of information about pulse milling and producing foods and pulses... Read the websites. Really rely on the resources devoted to the industry. Also it takes time and effort as well."



Elizabeth Dowdell, left, and Mallory Bowes talk about their gluten free cake product.

The many uses of hemp

By **JOSH YAWORSKI**

I stood on the side of Whyte Avenue, watching as the cars went by, and imagined what it would be like to be in a music video right now, when a large sticky looking man with a tie dyed shirt and ponytailed goatee shattered my thoughts with his dope breath as he said, "what would you say if I told you that there was one plant that can be used industrially as paper, textiles and biodegradable plastic, privately as skin creams, consumed as food and fuel for our vehicles, all while being one of the fastest growing plants in the world?"

I replied, "I'd tell you you're having an acid flashback and embarrassing yourself," and walked away. But as I did, he shoved a small green pamphlet into my hand. It said only one word: hemp.

It's been grown by humans for millennia for its fibre, mostly due to the ease with which a person can grow it. It can prosper without any herbicide, and only little pesticide, and by prosper, I mean explode.

One hectare can yield as much as 25-tonnes of matter, according to some estimates.

All of that matter is composed of a "natural plant grown by farmers that supports nature, not the oil industry," said Bill Finley of Hemp and Company (hempandcompany.com.) in an e-mail.

"As a food, it is higher in omega oils and protein. As a textile it is breathable and very durable," he said.

As early as 1619, legislation governed the growth of it in North America, legislation that actually made it mandatory to grow it.

A primary crop produced by both George Washington and Thomas Jefferson, its growth was so frequent it became one of America's largest crops.

But then the Southern States decided that

they didn't like Mexicans. And one way to make that clear was to ban so called "preparations of marijuana," which the Mexicans enjoyed smoking.

And once banning things due to racism starts, it's hard to stop it, particularly when another oft trodden on group begins using it. Black musicians took to the abuse of hemp rather quickly, as evidenced by many of the songs in the era.

And then in on August 12, 1930, Harry J. Anslinger got a whole bunch of power from the government when he was appointed director for the newly established Federal Bureau of Narcotics, and set loose the hounds of war on marijuana, and through extension, hemp.

And as frequently happens when Americans get confused and angry, Canada got sucked right on in. And all because someone forgot to mention that hemp is not the same as marijuana.

Hemp, or as it is known now to avoid confusion, industrial hemp, is virtually THC (Tetrahydrocannabinol, or stuff that makes the stars really fun to look at) free, usually measured at .03 per cent compared to recreational marijuana's THC content that can be as high as 20 per cent.

Thankfully, we Canadians are a little better than Americans at realizing that we made a mistake and began allowing hemp growth under licence all the way back in 1998.

Since then, even mainstream stores have adopted hemp products.

Bath and Body Works offers an entire line of skin products that utilize the power of hemp, while more and more clothes are showing up in stores bearing the hemp tag.

Bill Finley believes that the stigma once attached to hemp is gone now.

"When people see what products we have, they are very impressed that these

are regular items of clothing created without petrochemicals, but grown by farm-

ers," said Finley.

"The stigma is [now] positive."



LAUNCHING NAIT'S STUDENT ADVISING CENTRE

NAIT's new student advising centre is an innovative space where students can explore options, learn about new pathways and elevate their NAIT experience.



NAIT 50

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Student advising centre, beside Bytes in the NAIT HP Centre

For more information: email razannea@nait.ca

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Photos by Sara Tetz

Staff and students were evacuated from E-Wing on Tuesday after some NAITSA staff reported symptoms such as headaches and dizziness.

Quick response

By **CLAIRE THEOBALD**
Editor-in-Chief

Staff and students in NAIT's E-Wing found themselves out in the cold while emergency crews inspected the safety of the area on Tuesday after several people reported strange and sudden symptoms.

"Several employees reported similar like symptoms of illnesses to NAIT Protective Services and that seemed really odd at the time," said Jerry Hove, Manager of NAIT Protective Services.

Employees at NAITSA and across the hall in the *Nugget* office have reported headaches, nausea, dizziness, fatigue and eye irritation.

At first, staff did not feel the need to report these sudden symptoms, but after experiencing the same symptoms for a second day it was decided the air quality in the area should be tested for a potential harmful contaminant, like carbon monoxide.

Protective services evacuated the E-wing as a precaution, while five fire rescue crews, a HAZMAT team, EMS and ATCO Gas all went in to check the area.

All tests as of that day came back clean.

"We have found nothing of any concern air quality wise. Nothing is out of the ordinary," said Darrell Dublanko, district fire chief with Edmonton Fire Rescue Services.

While Occupational Health and Safety takes over the investigation, some theorize that the fireplace in the NAITSA lounge

may be the culprit, potentially backing up fumes into the office due to a blocked vent on the roof.

"Perhaps there is a vent that is plugged with snow or ice, and it could just be causing an amount of backup from the fumes in the air handling system," Dublanko said.

However, staff at NAITSA report having had these problems before, the last incident occurring in the spring when there was no ice or snow and there was no need to turn on the fireplace.

"There's something going on around here," said Mary Cumberbatch, administrative assistant

for NAITSA, who experienced the headaches and fatigue first-hand.

Hove says that because no carbon monoxide was detected, staff and students in the area should have no immediate concern for their safety.

"I think people need some assurances at this time that it is safe to be in there," said Hove.

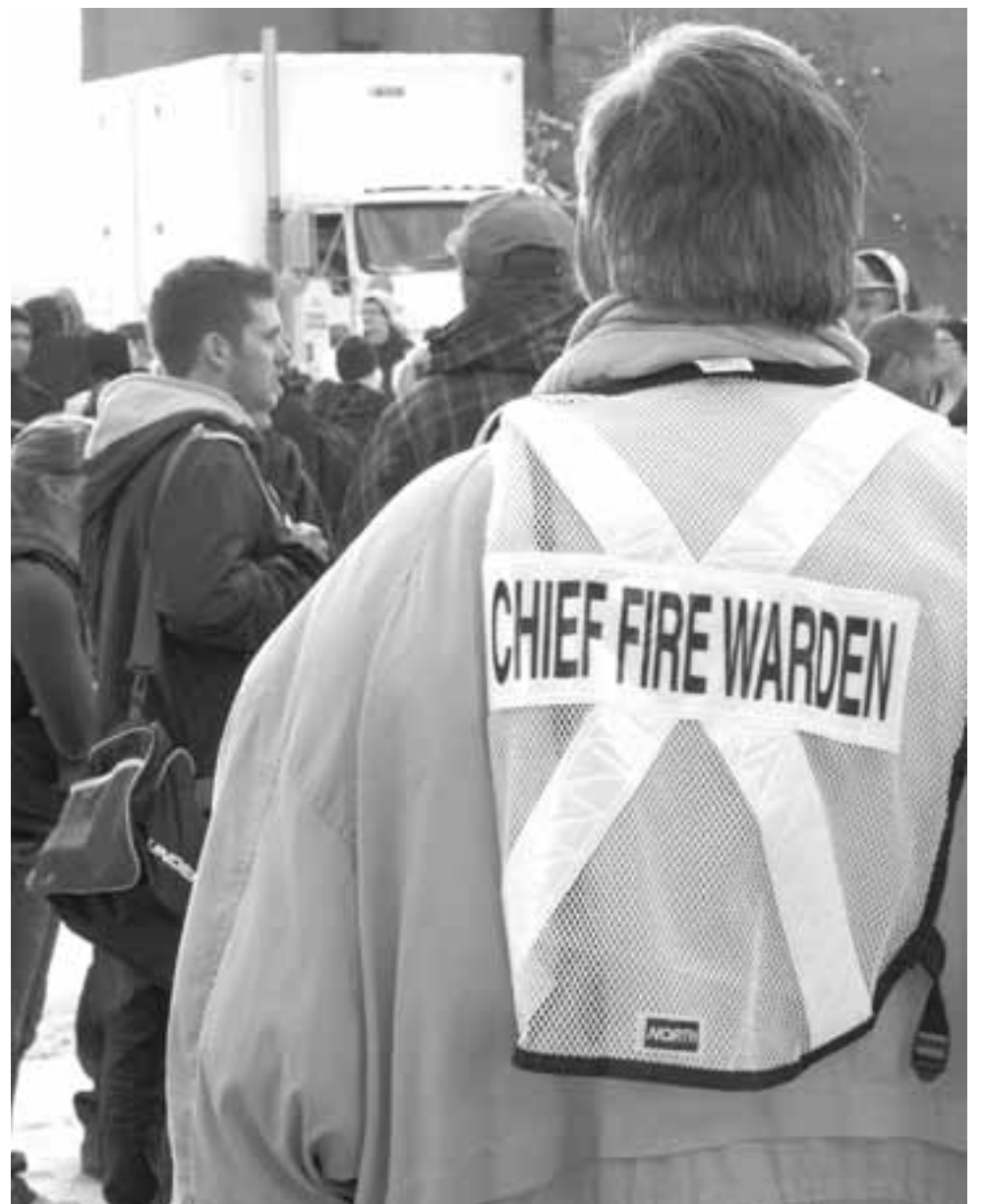
But for staff who work in the area, some who are still reporting symptoms, they won't feel safe until the cause of these sudden and alarming symptoms can be determined.

"I just need them to fix the problem," said Cumberbatch.

The investigation into the cause of these symptoms is ongoing.

'We have found nothing of any concern air quality wise.'

– Darrell Dublanko, Edmonton district fire chief



WHAT'S GOING ON AROUND CAMPUS

WHO EDSS
WHAT Beer Garden
WHEN November 16; 3:00pm
WHERE Annex Dock

WHO BTech Club
WHAT Bake Sale
WHEN November 16; 10:00am – 1:00pm
WHERE HP Centre (near pedway)

WHO Anime Club
WHAT General Meeting
WHEN Thursdays, 4:30 – 7:00pm
WHERE Room X-107

WHO InfoNAIT 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 LGBTech
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 Every Monday; 3:15 – 5:15pm
WHERE Room T-601

WHO Improv Club
WHAT General Meeting
WHEN Mondays 3:15 – 5:10pm; Thursdays 5:00-7:00pm
WHERE Room T-613

CAMPUS CLUBS NEWS

November 28 Clubs Connection; 4:40pm – 6:30pm Rm X-105
November 29 Grant #2 Deadline

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Contest open to all students in any NAIT program. Multiple entries permitted.
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 Deadline for submissions 5:00 pm Friday November 30, 2012.

NOVEMBER RND SONS

STYLE GUIDE



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Check out the Clubs Website for other upcoming Important Clubs Dates

OPINION

— Editorial —

Real problems, real solutions



CLAIRE THEOBALD
Editor-In-Chief

There is no more dangerous a combination than a person born with ambition without the opportunity to make something of it.

Every day, children are born into poverty, addiction and racism, factors that immediately put limitations on their lives.

Think of it this way, how many times as you grew up were you told that you could do whatever you wanted, make your life whatever you wanted it to be, if you only put your mind to it?

Now, imagine growing up understanding that, despite all of your efforts, you will never be allowed to achieve your full potential.

If you are trying to play by the rules only to lose at every turn, you would have to be an idiot not to start looking at alternatives.

'See glamour in it'

This is the reality that encourages youth to join gangs.

"They see glamour in it," says RCMP Insp. Dennis Fraser, the officer in charge of aboriginal policing for Alberta. "They're marginalized, they're underprivileged, [in gangs] there's a feeling of belonging, there's a feeling of accomplishing something. Unfortunately, it's the wrong place to do it."

The gang lifestyle promises cash flow, respect and the security that the relationships with your fellow members bring that you may never have experienced before.

To someone who has grown up poor, neglected and stigmatized because of social caste or race (and if you think for a moment that aboriginal people in our province do not face a disproportionately large amount of socially accepted racism, you need to give your head a shake) escaping through joining a gang is an opportunity too good to pass up.

Gangs understand this and prey upon these at risk youth.

Unfortunately, previous government policy and policing techniques ignored this reality, treating these youth like no-good gang bangers, believing that locking them up was some kind of solution.

Under the rug

Don't believe me? Here's what Shayne Saskiw, Wildrose critic for the Ministry of Justice and Solicitor General, had to say at a recent news conference.

"At the end of the day, you need to convict these people. You need to put them behind bars to actually have a real deterrent," he said.

Using the prison system as a solution is like using a rug to hide the dust on your floor. Sure, if you sweep the dirt under the rug you don't have to deal with it but the problem is still there.

"We have far too many aboriginal people in the justice system, in jail and that tells us there's something that's not working," Fraser said. "We've got to engage the communities. We've got to mobilize them."

Fortunately, it seems our policy makers are starting to wake up, and, after celebrating five years of the Safe Communities initiative, the government of Alberta announced it would be providing an additional \$1 million in funding, collected from

Alberta's Civil Forfeiture Fund, to community-based programs to help steer youth away from gangs before it is too late.

"Essentially, it's organized crime funding organizations against crime," said Minister of Justice Jonathan Dennis.

For too long we have confused the penal system with a rehabilitation facility. In the words of my ex-con neighbour, "the only thing you learn in prison is how to be a better criminal."

If we want to combat the issue of gang violence, we need to stop pretending prison time is a real deterrent. For these kids in these impoverished communities, serving time behind bars is so common it becomes almost an expectation.

These kids don't need rap sheets, they need opportunity. They need someone to tell them that they can do better for themselves and it should be someone who is willing to facilitate that process.

Help them get enrolled in school, and stay enrolled. Get them jobs where they can earn an honest living. Get them counseling to overcome past traumas and find their sense of self-worth. Create addiction treatment centres that address the needs of the whole family to break the cycle.

Ian Goodge, a youth worker with YOUCAN, a program that is doing just that, has seen the change in the youth he works with first-hand.

"They're able to pick themselves up and be proactive with their life and look forward and move towards the stuff they actually want to achieve," he said.

When those resources become readily available, gangs will inevitably lose their appeal and crime rates will drop with them.

"I was very negative before," said YOUCAN youth Chad Charland. "I was kind of negative towards life, but then when I got here I just seen a lot of conflict resolution, a lot of life management skills and it just brought me up. It makes me happy to be here."

Until these youth feel they have something to lose, prison will have little effect.

Other policy makers should take note, because proactive programming is the way of the future and, in my opinion, it is way overdue.

Real problems need real solutions and prison isn't one.



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

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SPORTS

WOMEN'S SOCCER NATIONALS

Medal for women in P.E.I.

By LAUREN FINK

The women's soccer team didn't have long to celebrate their ACAC championship before heading to Canadian Collegiate Athletic Association Nationals this past weekend. But that didn't stop the Oaks from delivering NAIT another reason to celebrate with a bronze medal win in P.E.I.

The first game of the four-day tournament started out with our Oaks playing the ACAA champion Mount St. Vincent Mystics.

And first half of the game showed the Oaks that the Mystics weren't going down without a fight.

Late in the first half of the match, captain Leanne Kadatz was awarded a penalty kick but Mystics keeper Danielle Cyr stopped the ball and kept the game scoreless.

"I don't like missing penalty kicks. It's a given opportunity and to not hit it was not the best feeling," Kadatz commented later.

Kadatz scores first goal

After 48 minutes, Kadatz made up for her missed penalty shot and fired a shot from outside the 18-yard box to beat Cyr and give the Oaks a 1-0 lead.

"Leanne's goal helped us settle down a little bit," coach Carole Holt said. "I think we just took care of the ball a little bit better in the second half, so that was big for us."

Delaney McNaughton added to NAIT's lead in the 68th minute with a low shot across the net to give NAIT a 2-0 lead.

Kadatz gave the Oaks an extra nudge in the 83rd minute, taking a pass and breaking down the left side of the field, beating Cyr again with a left-foot shot from just outside the six-yard box.

Ook goalkeeper Charlotte Lenzion was on fire when her team needed her, turning aside every shot to record a clean sheet for NAIT.

The Oaks took their first game at Nationals easily, winning 3-0.

Ahuntsic too much

The Oaks took to the field again on Thursday against the Indiennes d'Ahuntsic.

Judith Monargue opened the scoring for the opposing team in the 54th minute.

Monargue got just enough of a touch on a free kick to get it past Lenzion to give Ahuntsic a 1-0 lead.

Sarah-Michelle Nadeau extended the Indiennes d'Ahuntsic lead in the 69th minute with a drive from outside the 18-yard box that went over Lenzion's head, making it 2-0 for Ahuntsic.

After the second goal, the Oaks started to press harder, knowing what was at stake and knowing they needed to score.

Ahuntsic keeper Josee-Anne Nantel-Legault was on fire and made several key saves to keep her team in the lead. It was Loren Burke-Gaffney who got NAIT on the scoreboard in the 85th minute with a long free kick from well outside the 18-yard box that went over Nantel-Legault's head.

The Oaks continued to push forward but



Mike Bernard Photography

Ooks star Leanne Kadatz celebrates her goal against the Thompson Rivers University Wolfpack team from Kamloops, B.C. on Saturday Nov. 10. The goal was all the Oaks needed in a 1-0 victory to take bronze at the Canadian Collegiate Athletic Association national championships in Cornwall, P.E.I. Kadatz and fellow Ook Ashley Woodford were named to the tournament all-star team.

Nantel-Legault stood tall and helped her team secure the win, eliminating NAIT from championship contention.

Friday saw NAIT playing the OCAA champions Humber Hawks in the bronze semifinal.

It was a physical game for both teams.

Maintaining composure was the biggest difference, coach Holt said.

"It was a physical game and it was easy to let that take away from what we needed to do, particularly in the second half," Holt said. "We stayed really composed and we kept our shape really well. We were disciplined in the areas that we needed to be."

Edmonton native Lindsay Vicente got the Oaks on the score board early in the first half, after just three minutes.

The game remained 1-0 after 45 minutes, although NAIT thought they scored late in the half but it was called back.

"I checked with the official and she said it

was a hand ball," Holt commented afterwards. Ashley Woodford extended the Oaks lead in the 51st minute to make it 2-0, but Keyla Moreno of Humber got the Hawks on the board in 76th minute and got her team back in the game.

Humber pressured NAIT, and they thought they had scored a game-tying goal, but the play was deemed offside.

The Oaks went on to win against Humber and advanced to the bronze final.

The Oaks took home the bronze medal 1-0, in a game against the Thompson Rivers University WolfPack on Saturday.

Kadatz got the lone goal for NAIT in the ninth minute.

To coach Holt, the fact that the Oaks kept their form, and played a simple game, was pivotal in the win.

"It's the last game of the year, so obviously we wanted to finish on a positive note and to enjoy it, too. It's been a great season for us. There was dis-

appointment in knowing we were not playing in the gold medal game, but we were just trying to pull the positives out of it," said Holt.

NAIT kept playing a strong, composed game which allowed them to take the bronze, Kadatz said.

"We're exhausted after four games now, so to be able to put this win behind us was a good feeling," Kadatz said.

Holt thought the season went well for our Oaks even if they didn't come home with the gold.

"This team has faced a lot of stuff this year," Holt said. "We didn't have a big roster and we had some injuries in the second half of the season. The players showed a lot of character and determination, not just through this weekend but over the course of the entire year. They worked for each other, which is something we can't teach as a coaching staff, they had to do that on their own."

Handy tips for winter driving



EVAN DEGENHARDT
Sports Editor

Every year, winter hits and people here in Edmonton lose their minds about the driving conditions or the extra travel time it takes in the morning.

You'd think we'd be used to winter here in Edmonton by now wouldn't we?

I was going to use my column in this week's paper to go on a giant tirade about Edmonton drivers in the winter, but I've decided against it.

I'm guilty of the old "winter drivin' blues" too. All I'm going to say is that we need to give each other a break.

Leave a little earlier in the morning, drive with the conditions and just be patient. We all have to deal with driving in the winter ... let's not take it out on each other.

That being said, I've decided to take a different approach to this whole "winter

driving" thing.

Lately I've been scrounging the Internet, looking for tips and advice on how to make my winter driving easier. During my search, I stumbled across a list of "home remedies" that may just take the frost out of your winter driving.

Now, I'll advise that you try these winter tricks at your own risk and take everything said here with a grain of winter salt! The Internet is hardly a truthful place!

And, of course, trying any of these remedies won't make you a better winter driver, but if they can help you fight off some of those winter driving blues or just put a smile on your face, my work here is done.

Have you ever been stuck driving in the winter at night? Of course you have, you live in Canada.

Winter makes night time driving an awful experience. You get all of that grime, melted snow and salt caked all over your headlights and before you know it, you can't see a darn thing.

To thwart that pesky problem, all you have to do is rub ordinary car wax on your headlights!

Car wax contains special water repellents that actually prevent that messy snow mixture from accumulating on your headlights for up to six weeks.

One of the major pet peeves about my truck in the winter is my windshield wipers. They seem to squeak no matter what I do and it gets pretty ridiculous.

Squeak-proof your windshield wiper blades just by adding a little rubbing alcohol!

Apparently, all you have to is wipe your blades with a cloth that has been doused in rubbing alcohol and your streaky, squeaky windshield wipers will change to perfect silence and clarity. I think I'm going to try this, and I'll be sure to let the *Nugget* faithful know how it goes ...

With winter comes extremely cold temperatures. These temperatures make driving an absolute pain in the toque.

Ice and snow cake our windshields to the point where we couldn't even see a traffic light if we wanted to, let alone the vehicle that has stopped in front of us.

All you need is a little vinegar and that glazed-over windshield giving you an aneurism is a thing of the past!

Simply fill up a spray bottle with three parts vinegar to one part water and spray that concoction all over your windshield the night before taking your vehicle out.

Vinegar contains acetic acid, which actually raises the melting point of water, preventing water from freezing. So when you wake up in the morning, you can skip

the hassle of chipping away at your icy windshield ... the vinegar will have done the job for you!

I think one of the worst things that happens while driving in the winter is a fogged-up vehicle.

There you are, driving along, just trying to fight through the winter conditions, when all of a sudden ... bam, your vehicle's cab is foggin' up and you can't see anything. Let's face it, fog makes your morning commute a nightmare.

Fog-proof your windshield with shaving cream.

Just spray some shaving cream on the inside of your windshield and wipe it off with a paper towel.

Shaving cream contains many of the same ingredients that are actually found in commercial de-foggers.

Well, maybe this last remedy is a little farfetched, but it's worth a try, isn't it?

There you go, four home remedies that will help you take the bite out of your winter driving this season.

Like I said, try these "tricks" at your own risk, as they definitely are not scientifically proven ...

But if you're sick of Old Man Winter getting the upper hand on you, these home remedies might just be worth a shot!

MEN'S SOCCER NATIONALS

Men denied medal, lose coach

By **AVRY LEWIS-McDOUGALL**

Once again NAIT's men's soccer team was able to reach the CCAA National Championships hosted this year in Coquitlam, B.C. by Douglas College.

Coming off their National Championship last season, the Oaks were favourites to go far in the tournament. Unfortunately, it just wasn't in the cards this year, as NAIT fell short defending their title, finishing in sixth place.

The Oaks started the tournament matched up against the Douglas College Royals and had a rough ride, losing 7-1.

The lone goal for the Oaks came from CCAA Player of the Year, Monty Haines. Douglas College jumped on the Oaks early barely 10 minutes into the game with a goal coming from Javid Khan, who finished the

match with a hat trick.

However, NAIT did rebound in their second game, beating Holland College 3-0 with goals coming from Zach Kaiser and two from Haines, who was the story for NAIT throughout the tournament.

In the end, the Oaks fell short in their third game.

NAIT was matched up against Seneca College, who defeated the Oaks to advance to the bronze medal game.

The Oaks played a tight game with Seneca and had the lead at halftime with a goal courtesy of Kaiser but the Sting battled back and took the lead on the strength of goals from Jorge Perez and Malvin Francis.

At the final whistle, the Oaks fell 2-1 and with the loss came an end to their medal chances.

The end of the tournament also marked the end of the coaching tenure at NAIT for head coach Jeff Paulus, who had plans to step down at the start of the tournament.

The Paulus era came to an end with a loss in the fifth-sixth place game to Douglas College 4-1.

Paulus was the main man in charge of the men's team here at NAIT for the past eight seasons and took the Oaks to the national championships four times under his watch.

This was the first trip to Nationals in which Paulus's squad did not bring back a medal.

"With this being my last season at NAIT, I certainly hoped for a different outcome here at Nationals, but this year it just wasn't meant to be.

"I am very proud of my eight years at NAIT and despite our sixth-place finish at



Monty Haines
CCAA Player of the Year



Coach Jeff Paulus
Leaving NAIT

Nationals, I do believe that I am leaving a program that is now one of the strongest in the nation," Paulus said.

Humber College went on to win the gold medal final, defeating the Vancouver Island Mariners 7-6 in penalty kicks after being deadlocked 2-2 through 90 minutes and extra time.

BASKETBALL

Women remain undefeated

By LYNDSEY COWAN

The women's basketball team battled SAIT on their home court this past weekend.

Going into the weekend, the unbeaten Oaks (3-0) had been dominating from the start of the season, whereas SAIT, who came into the game with a record of (2-2) are far too familiar with nail-biters.

SAIT had seen four games end within 10 points and despite heading into the NAIT gym on a two-game win streak, the Oaks went into the game as the strong favourite.

84-point average

They're the second best offensive and defensive team in the ACAC, averaging 84 points for and 48 points against.

NAIT was set for a close battle with their Calgary rivals, and that's exactly what they got.

SAIT came out confident and proved they could handle the undefeated home squad.

They pressured the ball early and forced a few NAIT turnovers, but the home team maintained control with rebounds. The score was locked up at 16-16 after the first quarter, but NAIT was persistent on the offensive boards.

The second quarter showed a similar story.

NAIT's second and third opportunities gave them an edge on the scoreboard, with Jordan Enns dominating in the key.

Enns would go on to tally a season high 12 rebounds on the night.

The Oaks entered the half with a seven point lead at 38-31, but coming out of the break, SAIT didn't back down.

They kept pressure on the ball and out-scored the Oaks in the third quarter. But the comeback wasn't enough to break NAIT's undefeated standard.

The Oaks' defensive efforts pulled through as they held SAIT's All Canadian, Rachel Caputo, to a season low 15 points.

The Oaks' strong defence and ability to spread the ball pulled through, as the undefeated squad edged out their rivals with a final score of 70-59.

Oaks coach Todd Warnick says his team went into the matchup with the right mentality for SAIT's pressing style.

"Rebounding at both the offensive and defensive end are regular keys for us," Warnick said. "However, we know SAIT is a team that is tenacious on the glass. We had to make sure we controlled that aspect of the game. SAIT is a high pressure team and while less turnovers would have been ideal, it was somewhat expected."

NAIT's starting lineup had a strong performance and held to Warnick's game plan.

P.J. Wells played a disciplined game but

struggled to score for a second straight week.

Her season started with 19-point and 29-point performances, but the last two matchups have held her in the single digits.

Wells shot 22 per cent in Saturday's matchup against SAIT, leaving her with just four points on the score sheet.

Warnick says that it's ultimately the team's diversity that led them to another victory.

"Our team is very deep and that is our greatest strength. We will often get production from a variety of players. PJ's defence and play making ability was pinnacle to our win," Warnick said. "I was proud of our composure, competitiveness and maturity to share the ball and make key stops."

The sharing of the ball was clear with the final numbers.

The Oaks' scoring was spread among 10 players. Guard Josephine Peacock led the charge with 20 points and 10 rebounds.

This fourth win brought exciting news for the women's squad. They secured their first ever national ranking in the history of the women's program here at NAIT.

They're currently ranked No. 7 in the country by the CCAA.

The NAIT men also faced SAIT at home

this past weekend. The Oaks went into the game with a 1-2 record and their southern rivals (2-2) both started the year with an up-and-down season, offering an unpredictable game.

NAIT started off strong in the first quarter, dominating the rebounds at both ends of the court. Right from tipoff, they had the home crowd excited.

Energized

The Oaks were energized throughout the first quarter, leaving them with a 30-14 lead over SAIT. The Calgary head coach must have given some strong words going into the second, as his squad stayed strong and started to rally.

SAIT spread the ball well and kept NAIT's defence on their toes.

The away team went into the half with hope but still down by a score of 45-31.

It was a close match until the final buzzer, but NAIT's strong scoring performance and control on the glass allowed them to maintain the lead throughout.

The Oaks finished with 49 boards, with three players scoring in the double digits.

The NAIT men took the victory with a final tally of 83-72.



Photo by Sara Tetz

NAIT Oaks point guard Shaquille Bedminster takes a shot on Saturday, Nov. 10 against the SAIT Trojans at NAIT gym. The Oaks won the contest 83-72.



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VOLLEYBALL



Gals 6-0, guys swept

By KEVIN MARTIN

The men's volleyball team had back-to-back games against SAIT this past weekend.

The Oaks (1-3) were looking to upset an undefeated SAIT squad at home Friday night.

On paper, this matchup looked like a blowout waiting to happen. The SAIT Trojans have eight players with three or more years of experience while the Oaks only have two.

NAIT's tallest player is Spencer Timanson who stands at six-foot-four, while the Trojans have eight players that stand six-four or taller.

The Oaks deserve tons of credit as they gave the taller, more experienced Trojans all they could handle.

The first set went to SAIT without much difficulty (25-18).

As expected, the Trojans used their height and set up powerful blocks that frustrated the younger Oaks players.

Great passing and defence from SAIT hushed the NAIT crowd in the early stages of the match. However, NAIT gave their fans something to cheer about in the second.

The Oaks decided they needed to force feed their best players to stay in this match.

Ook setter Mike Wickstrom continually set up outside hitter Bryce Cardinal and fifth year middle Spencer Timanson.

Cardinal had a total 12 kills in the match while Timanson lead the team with 14 kills. The Oaks took the second set easily, 25-19.

NAIT's push wasn't enough though, as SAIT took the next two sets and won an extremely close match 25-18, 19-25, 25-22, 25-23.

Fifth year Libero Greg Gulash led the Oaks on defence with 11 digs.

The Oaks travelled to SAIT's gym the next

night to try to steal a win in Calgary.

However, the Trojans were just too much to handle in front of their home crowd.

NAIT failed to score more than 18 points in a set as SAIT took the match easily in three straight sets, 25-15, 25-18 and 25-14.

SAIT won the battle at the net the entire weekend, as they had 20 blocks to NAIT's five.

It was a disappointing finish for NAIT after playing so well on Friday.

A little salt in the wound was added when Bryce Cardinal went down early in the match with a sprained ankle.

Head coach Doug Anton wants to stay optimistic despite the two losses and an injury to a key player.

"SAIT is probably the best and most experienced team in the league right now and we are very young," Anton said. "Unfortunately, Bryce Cardinal sprained his ankle last night as well so we now have even more challenges. But this also provides an opportunity for some of our young players to step up, show what they can do and gain valuable experience."

It doesn't get any easier for NAIT who now sit at 1-5 on the season, as they have back-to-back games at home against Briercrest (5-1) this week.

Anton says he is ready to mix things up but is encouraging his players to stay confident.

"With our injuries, we will need to focus on a couple things in preparation for Briercrest," said Anton. "We will need to make a couple adjustments to our offence – some players may need to change position and we need to do a much better job in blocking. Those will be the key areas as well as working to keep team morale up. It's been a tough couple of weeks."

The women's team (4-0) also had two games against SAIT (0-2).

After the weekend, the Oaks continued to be the talk of the ACAC with another two solid wins.

NAIT took Friday's match in straight sets, 25-15, 25-19, and 25-21.

The Oak's strength came from their outside hitters as Sarah Watson-Kostaniuk had a great match with eight kills and 14 digs.

Ashley Lee added 10 kills and 11 digs.

Saturday's match was more competitive but the Oaks still won in straight sets, 25-23, 25-23

and 25-16. Watson-Kostaniuk and Lee once again dominated with a combined total of 20 kills and 21 digs between them.

The Oaks are still first in the ACAC and have not lost a single set through six matches this year. Head coach Lorne Sawula looks to keep the success going as Briercrest visits them this weekend.

NAIT, now 6-0 will face Briercrest whose record sits at 2-4.

Everything gets underway in NAIT's main gym at 6 p.m. on Friday. They play at 1 p.m. on Saturday as well.



Photo by Kevin Tuong

Ooks Sarah Watson-Kostaniuk, (6) and Ashlyn Skaley (11) block the ball against SAIT on Nov. 9. NAIT won 3-0.



Photo by Kevin Tuong

NAIT Ook Bryce Cardinal spikes the ball during a match against SAIT at the NAIT gym on Nov. 9. SAIT won 3-1.

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BROADCAST BROADCAST BROADCAST BROADCAST BROADCAST

Athlete Profile



Player: Nicole Joan Ruptash
Sport: Basketball
Position: Guard
Program: Personal Training

By DEXTER WATTY

What is the most exciting moment in your athletic career? – In high school, I was the only Grade 10 student that was playing on the senior team and we were playing against a rival team that we hadn't beat at our home gym in 11 years. At the end of the game the score was tied and somebody fouled me as I was shooting a half-court shot, so I got three free throws. I missed the first two, but made the last one and we won by one point. I just looked at my mom after as we were leaving and asked "Did that really just happen?"

How many pairs of shoes do you own? – Including all types of shoes and basketball shoes, I'd have to say maybe 50!

What's your favourite pair of shoes right now? – Lebron 10's. I just got them and they're black and red and super comfy. I like them. Besides those, I'd say my Hyperdunks from last year.

What is your favourite sport to watch? – Probably football. I do like basketball too,

but I prefer NFL or even college level football and basketball.

What's your favourite team? – My favourite teams is the Green Bay Packers and the New Orleans Saints.

Excuse me, did you say Green Bay? – Yeah ... I love Aaron Rodgers.

I'll pretend I didn't hear that. – What's your favourite thing to do in your spare time? Sleep. Enough said.

If I turn on your iPod, what's the most listened to song right now? – I think the theme song to my life is "The Thrill" by Wiz Khalifa

Who is the biggest inspiration in your life? – My mom. She puts everything and everybody in front of herself. She's given me everything that I could possibly want to the best of her ability. She's a strong woman and I admire her for it. Athlete wise, I'd have to say Usain Bolt. He's put in some work, and coming from nothing I think that's really cool. And he's cocky because he knows he can be.

Athlete Profile



Player: Daniel Helvert
Sport: Volleyball
Position: Middle
Program: Geomatic Engineering

By ALI MULLOCK

What is your favourite skill to perform in a volleyball match? – It depends on the day, but I really love to serve.

According to you, which position on the court would take the smartest player? – The setter, for sure. It's their job to know where the block is, make the choices and find out who are the play makers of the offence.

Who has inspired you the most to play volleyball? – John Schmidt. He is the right side on Team Canada and really is amazing. Personally, a boy from my high school inspires me. He's in Grade 12 now and he is so short, but so amazing. He is the best digger. He always knows where the ball is going to go.

What other sports do you like to play? – Basketball. I used to play it and I really enjoy the game.

What was your favourite moment as an athlete? – It was in Grade 11 when I was playing my first tournament with the senior team and we had a huge win in the finals at the

UBC tournament.

According to you, who has the most physically demanding job on the team? – Greg Gulash! He (the libero) definitely has the most physically demanding job on the team. They have to be there for every dig and if they aren't they must work extra hard to get there. Liberos also must sacrifice their body the most.

What is the best advice you have ever received from a coach? – From my coach right now Doug, "There is no such thing as talent. If you work hard enough, you will be the best."

Do you like to play beach volleyball in the summertime? – I love playing, but I am terrible at it.

What is your favourite activity in the snow? – I love to snowboard. Every year my mom, sister, and I go to Lake Louise and snowboard for a weekend.

What were you for Halloween? – The Legoman, and I loved it.

Oil Kings in Top 10

By KELSEY LYDYNUIK

The Oil Kings have just returned home from a six-game road trip and with the trip have climbed back among the Top 10 teams in the Canadian Hockey League.

They got off to a rough start, losing 3-2 to Prince Albert, but that loss did not weigh the team down.

The next day they were in Swift Current, taking that game 2-1. This game also marked the debut of defenceman David Musil (who went 31st overall to the Oilers in the 2011 NHL Entry Draft).

The Oil Kings acquired Musil in a trick-or-treat trade with the Vancouver Giants on Oct. 31, trading defenceman Mason Geertsen along with their first-round pick in the 2013 WHL Bantam Draft.

Musil didn't really do anything too exciting in his debut other than pick up a few minors to land him in the sin bin for a total of six minutes.

Next, the Oil Kings took on Kamloops, which was the top team in the league with an astonishing season of 17-1-0-1.

With an outstanding effort from the goaltender, they beat the Blazers 2-1, tarnishing this near perfect record. For the second consecutive game, Laurent Brossoit was named first star of the game.

The Oil Kings would get no rest on the

road, as the very next day they were looking to go three and one against the Rockets.

Although statistically Brossoit didn't seem that stellar, for the third night in a row he had a fabulous game, and was particularly sharp when called upon to stop several breakaways after defensive breakdowns.

Unfortunately, this wasn't enough to make up for the 180-degree turn the rest of the team took and the Oil Kings fell 3-2 to Kelowna after a lacklustre performance from Brossoit's teammates.

The Oil Kings wrapped up the road trip with a double-header in Prince George, sweeping the weekend with match-

ing 4-2 scores.

Tristan Jarry made his second start of the road trip in goal on Saturday, while Musil picked up his first goal as an Oil King. With the pair of wins the Oil Kings returned home with a 4-2-0 record on the trip.

One very impressive thing that should be noted from this roadie is the penalty kill.

Although the team took many unnecessary penalties, they were 30/30 on the PK this trip.

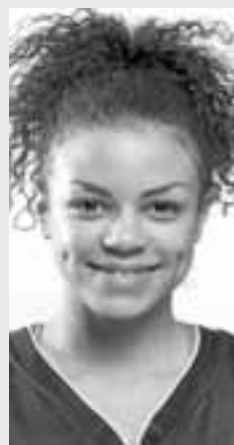
If the team can keep numbers like that up and play every game like they did against the Blazers, the Oil Kings could easily be on a trip to Saskatoon in May to take another shot at the Memorial Cup.



Athletes of the week

Nov. 5-11

Josephine Peacock
Basketball



Josephine, a two-time career ACAC All-Conference player, was key to helping NAIT defeat the SAIT Trojans 70-59 this past weekend, posting a double-double with 20 points and 10 rebounds while anchoring NAIT's defence to hold SAIT to a season low 59 points. "Josephine was key to our victory over SAIT," said head coach Todd Warnick. "Her defensive intensity set the tone for us throughout the game". Josephine is a fourth year Business student from Edmonton.

Brayden Torrensan
Basketball



This past weekend, Bryaden was a force in the Oaks' 83-72 win over SAIT. He went four-for-five from the three-point line and ripped down nine rebounds. Torrensan also posted four blocks and threw down a thunderous dunk in the middle of second quarter that got the entire crowd on its feet. "Brayden has been a staple for our team defensively," said head coach Ben Julius. "We can't wait to see what he brings to the floor next game". Brayden is a second year Biological Sciences student from Edmonton.

ACAC Standings

MEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
NAIT	9	7	7	0	1	1	48	11	16	
SAIT	10	7	7	1	0	2	47	20	16	
Portage	10	7	6	2	0	1	51	32	15	
Augustana	10	6	5	2	0	2	39	26	14	
Concordia	10	5	5	5	0	0	39	29	10	
Keyano	10	4	4	5	1	0	33	45	9	
MacEwan	9	0	0	9	0	0	19	47	0	
Briercrest	10	0	0	10	0	0	10	75	0	

RESULTS										
November 9										
SAIT 7, Portage 4										
Augustana 5, Keyano 3										
Concordia 5, Briercrest 1										
November 10										
NAIT 5, MacEwan 2										
Keyano 3, Augustana 2										
SAIT 2, Portage 2 (OT)										
Concordia 7, Briercrest 0										

WOMEN'S HOCKEY										
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts	
Red Deer	6	5	5	1	0	0	27	10	10	
NAIT	6	4	4	1	1	0	26	18	9	
SAIT	6	2	1	3	1	0	12	23	5	
MacEwan	6	1	1	5	0	0	6	20	2	
No games in past week										

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

Wins versus divisional opponents will result in 1 point.
Wins versus interdivisional opponents will result in 2 points in the standings.

RESULTS										
November 9										
Concordia 67, Medicine Hat 60										
MacEwan 62, SAIT 48										
Briercrest 94, Keyano 78										
Lethbridge 89, King's 59										
Augustana 89, St. Mary's 62										
November 10										
NAIT 83, SAIT 72										
King's 77, St. Mary's 72										
Concordia 95, Briercrest 77										
MacEwan 79, Olds 65										
Red Deer 94, Grande Prairie 86										
Medicine Hat 65, Keyano 55										
Lethbridge 98, Augustana 96										

WOMEN'S BASKETBALL										
North Division										
Team	Div	GP	Div	InterDiv	W	L	Pts			
Augustana	N	6	0	6	6	0	12			
King's	N	6	0	6	6	0	12			
NAIT	N	4	0	4	4	0	8			
Lakeland	N	4	0	4	4	0	8			
MacEwan	N	5	0	4	4	1	8			
Keyano	N	5	0	4	4	1	8			
Grande Prairie	N	5	0	3	3	2	6			
SAIT	S	6	0	3	3	3	6			
Concordia	N	5	0	2	2	3	4			
Olds	S	5	0	2	2	3	4			
Medicine Hat	S	6	0	2	2	4	4			
RedDeer	S	5	0	0	0	5	0			

Briercrest	S	6	0	0	0	6	0
Lethbridge	S	6	0	0	0	6	0
St. Mary's	S	6	0	0	0	6	0

RESULTS										
November 9										
MHC 61, Concordia 59										
SAIT 73, GMU 71										
Keyano 54, Briercrest 39										
King's 84, Lethbridge 33										
Augustana 80, St. Mary's 30										
November 10										
King's 67, St. Mary's 44										
Concordia 70, Briercrest 43										
MacEwan 72, Olds 68										
Grande Prairie 55, Red Deer 53										
Medicine Hat 77, Keyano 58										
Augustana 97, Lethbridge 45										
NAIT 70, SAIT 59										

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

RESULTS										
November 8										
MacEwan 3, Concordia 0										

(25-19, 27-25, 25-12)

November 9

SAIT 3, NAIT 1

(25-18, 19-25, 25-22, 25-23)

Briercrest 3, Augustana 1

(25-15, 18-25, 25-15, 25-19)

King's 3, Grande Prairie 2

(25-17, 17-25, 16-25, 25-23, 15-13)

Olds 3, Lakeland 2

(30-28, 15-25, 22-25, 26-24, 26-24)

Medicine Hat 3, Keyano 2

(25-21, 26-24, 23-25, 9-25, 18-16)

Red Deer 3, Lethbridge 0

(25-18, 25-16, 25-17)

November 10

SAIT 3, NAIT 0 (25-15, 25-18, 25-14)

Briercrest 3, Augustana 1

(23-25, 25-21, 25-19, 25-13)

MacEwan 3, Concordia 0

(25-22, 25-19, 25-14)

King's 3, Grande Prairie 1

(25-15, 24-26, 25-21, 25-23)

Lakeland 3, Olds 0 (25-16, 25-23, 25-20)

Keyano 3, Medicine Hat 1

(24-26, 25-23, 25-21, 25-23)

Red Deer 3, Lethbridge

(25-20, 23-25, 25-14, 25-19)



Coach Serge Lajoie

MEN'S HOCKEY

Men continue to win

By MATT INGLIS

NAIT's dominance on the ice continues.

The Oaks men's hockey team matched up against a struggling Grant MacEwan Griffins team over the weekend, walking away with a win and holding the top spot in the ACAC men's hockey overall standings.

The two teams were scheduled to meet up at the NAIT arena last Friday, but ice plant issues prevented the game from taking place.

The second game of the weekend was played on Grant Mac's home ice, the Bill Hunter Arena.

The Oaks battled it out with the Griffins through all three periods, but pulled off a 5-3 victory in the end.

NAIT head coach Serge Lajoie was happy with the result, but thought the Oaks made the game closer than it needed to be.

The Griffins, who now hold a disappointing 0-9 record, weren't ready to go down without a fight.

"I was impressed with Grant Mac. They were hardworking and relentless," said Lajoie.

Despite the determination of the Griffins, the Oaks took control of the game, starting early in the first.

"We had a very good first," said Lajoie. "We came out executing how we needed to."

While the Oaks' roster was limited, the NAIT coaching staff was impressed with the overall effort by the group of forwards that were dressed.

The line of Kyle Harris, Tyler French and Liam Darragh made an impression on coach Lajoie.

"They're really starting to show great chemistry together."

Individuals that stood out for Lajoie were Oaks leading scorer Jordan Draper and line-mate Kevin Carthy.

Coach Lajoie said that after the Oaks' victory, the emphasis in practice this week will be focusing on

details.

"We'll be working on tightening up the execution of our system."

The Oaks next test will come this weekend against the second place SAIT Trojans.

NAIT will travel to Calgary on Friday to battle with the best in the south, before returning back to home ice to close out the series on Saturday.

The Trojans are coming into the weekend's set against NAIT with a 7-1-2 record.

The victory last weekend brings the Oaks overall record to an impressive seven wins, with just one overtime loss and one tie.

Friday's postponed game will be played at each team's earliest convenience, but no date has been set as of now.

The issues with NAIT's ice plant have since been resolved.

Eskimos – where to from here?

By RACHEL PRAZAK

On Sunday morning, the Edmonton Eskimos faced their former quarterback Ricky Ray and the Toronto Argonauts in the Eastern Semifinal.

After being defeated by his former team twice in the regular season, Ray saved his best for last.

Ricky Ray completed 23 passes for 239 yards and two touchdowns as the Toronto Argonauts sailed past the Edmonton Eskimos with a 42-26 win.

The Eskimos got off to a much needed quick start as they marched 91 yards down the field and scored a touchdown on the opening drive of the game.

Running back Hugh Charles had a 46-yard run that set up an 11-yard touchdown pass to slotback Cary Koch, propelling Edmonton to what would be their only lead of the game.

Even without JC Sherritt in the lineup, the Eskimos defence started off strong, forcing Toronto to a pair of two and outs.

On a second-down play, Edmonton quarterback Kerry Joseph handed the ball off to former Argonaut Cory Boyd, but immediately he was hit at the line of scrimmage and lost control of the football. Toronto recovered the ball, giving the Argos possession at the Edmonton 27-yard line.

This fumble would turn out to be a costly one for Boyd and the Eskimos as Ray found Chad Kackert for a 12-yard touchdown catch which tied the game at seven.

After Toronto's touchdown, the momentum began to shift into the Argos favour.

After a quick two-and-out for the Eskimos, Grant Shaw punted to Chad Owens from deep in his own end. Owens caught the ball and ran it back for a 59-yard punt return touchdown.

The Eskimos were looking to strike back as Joseph found slotback Fred Stamps for a

46-yard gain, but on the next play, Argo Marcus Ball jumped in front of a shovel pass to Hugh Charles for an interception.

Ball ran the pigskin back 53 yards, which led to an 11-yard touchdown catch for Toronto's Maurice Mann.

Before the half, Toronto added a 34-yard field goal by Swayze Waters and a seven-yard touchdown run by Ray.

The Argos led the Eskimos 31-7 at halftime.

In the second half, Edmonton looked to their young quarterback, Matt Nichols, to replace a struggling Joseph.

However, just minutes into the third quarter, things took a turn for the worse for the Eskies. Facing pressure on second and long, Nichols' pass was overthrown and he was rolled over by a crowd of Toronto defenders.

Nichols suffered a gruesome dislocated ankle on the play and was helped off the field by a stretcher as his team mates surrounded him.

With their season on the line, the Esks continued to battle as Joseph charged into the end zone for a 16-yard touchdown, topped off with a two-point conversion.

After an unsuccessful on-side kick, Kackert added a touchdown for the Argos.

Edmonton would add another touchdown with a two-point conversion, but it was too little too late for the Edmonton green and gold.

With a disappointing loss to end a difficult season, I and the rest of the Eskimo fans are now left wondering where to go from here?

The Eskimos still have a hole in their starting quarterback position and I guess we'll just have to wait and see how things play out in the off season.

The Eskimos season may have just ended, but I'm already counting down the days until training camp. See you in the spring!



Superstitions rife in sports

By KEVIN UNDERHILL
The Martlet
(University of Victoria)

VICTORIA (CUP) — For centuries, athletes have dedicated their lives to sports training. What many people don't realize is that this includes their mental game as well. Legendary baseball player Yogi Berra once said, "Baseball is 90 per cent mental, and the other half is physical." Superstitions, traditions and rituals have worked their way into sports and show no signs of stopping.

From titanium lace necklaces and pump-up tunes to tattoos and pre-game snacks, athletes all around the world adhere to all kinds of weird pre-game routines. These rituals have evolved over time and can be specific to certain sports, teams or players.

Many Major League Baseball (MLB) pitchers refuse to touch the baseline on their way to and from the dugout. No one

really knows why, though some think it stems from a respect for the pristine quality of the lines before the game begins.

A perfect example of a sport ritual is the playoff beard. From late April to June, the sports channels feature more goatees, chops and moustaches than you see during lumberjack week.

Some hockey players tape their sticks the same way every game or put their skates on before their shin pads, but they certainly don't say the word "shutout" during a shutout.

Despite their tough exteriors, most athletes are very fickle individuals. From a young age, athletes find out what works and what doesn't. They figure out what food to eat on game nights and what lucky undershirt has the best winning percentage. If an athlete remembers taking 12th Avenue before winning the big game, you will likely see them on the same road again.

As an athlete myself, I can tell you the

importance of a good pre-game routine. Not only does it prepare you to play, it also makes you feel the confidence of the last time it worked. The confidence a good superstition can provide could make the difference between a win and a loss.

Even fans get in on the action. If your favourite team lost a heartbreaker in the finals, you certainly aren't going to that bar to watch the game again. If your team has a better record when you listen to the American broadcast, then you will be tuning into that network when your team goes to the championships. You may even have to wear the same socks for two weeks if your team is on a roll.

As we embark on another school sports season, we will inevitably run into all kinds of weird superstitions and traditions. As players and fans, we are creatures of habit and in order to keep peace of mind, we stick to those habits even if they are bizarre.

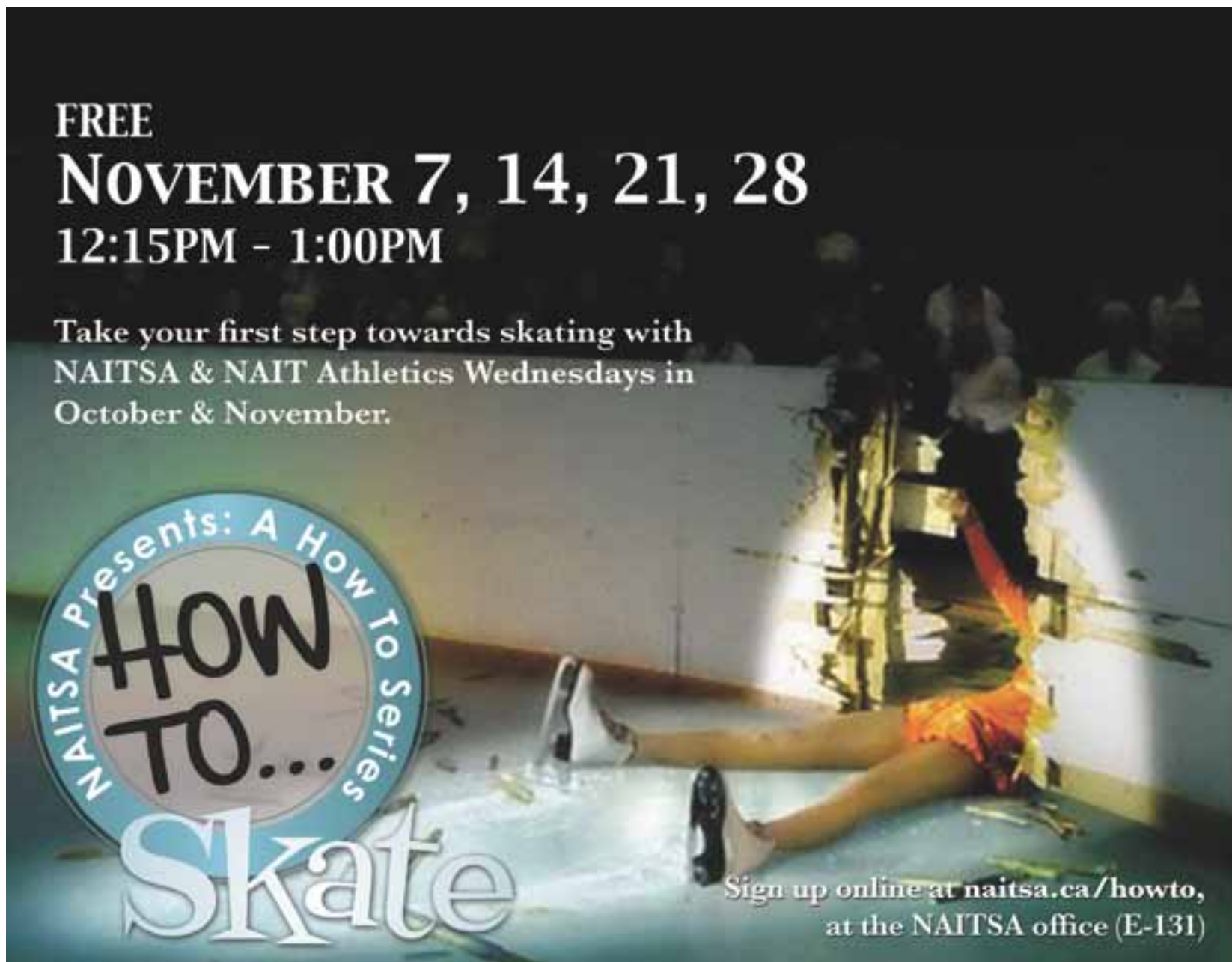


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Baseball players are among the most superstitious athletes.


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ENTERTAINMENT

Small joys of winter weather



ANIKA NOTTVEIT
Entertainment Editor

Winter time has come. There is no getting around it. The snow and cold are here and they will stay.

This is one of the downfalls and perks of living in Edmonton. A perk? Yes, I believe winter brings us together. Specifically, big storms and surprising weather conditions make neighbours talk.

When the first big snowstorm hit Edmonton, the streets were not empty. People still have to drive and carry on with life. I don't drive to NAIT, I take public transit but my commute is still affected by the condition of the roads.

Seeing the snow falling through my window, I realized it's time to pull out the cold weather wear. I put on my recycled wool mittens, made by an Amish lady, an extra sweater layer under my coat, a toque, and set out to

make the 10-minute walk to my bus stop.

Along the way, I saw a very cute little furry puppy trying to run along the sidewalk. The snow was three times as high as he was. I had a little the chuckle with the owner as he scooped down to carry the pup over drifts.

I was thoroughly impressed by what I saw next. An elderly lady was clearing her whole sidewalk and garage entrance. Big flakes were falling, covering the sidewalks fast and I knew this may be the first shovel of the day for her, but it wouldn't be the last.

She looked up at me smiled and said, "Well, it's sure coming down now, isn't it. Winter is here!"

We continued a light conversation about weather. She filled me in with some important news on locations of crashes, how long the storm would last and driving conditions outside the city.

Elderly people like to watch the news it seems, so they know what's up.

I couldn't carry on without asking if I could help shovel. She waved her hand at me and said to carry on, she was used to doing it.

How motivational. She's a tough cookie. I hope I'm still shovelling when the white hairs are coming in.

When I got to my bus stop it was filled with waiting, wet people. Transit was, of course, running late.

This raised more conversation. Questions



shirley-agardenerslife.blogspot.com

Edmonton in winter

like, how long have you been waiting? And, has the 9 been by since you've been here?

I met a fellow NAIT student and we considered ditching the bus and walking to school. We waited it out and talked about the ups and downs of going to a technical school.

The No. 9 didn't seem to be coming to our bus stop. We risked it and took the No. 140. We figured it would get us closer to school.

On board, we met another NAIT student in the same boat. We got off with him, a few blocks from school, to see a car spinning out in a driveway. They looked helpless inside, hoping for help.

The boys jumped forward and got the car out. After we cheered at the small but practical

victory, we continued on our way to class.

Even though this weather can be treacherous and filled with extra work, it brings people together.

Nothing brings people together like grumbling about a common thing. We all hate on winter together and it brings a sense of unity.

Wave to your neighbour while shovelling your sidewalk. Watch the little puppy struggling to run through the snow. These are the little things that make those mundane winter days bearable.

No one escapes the winter chill. We will get through it together.

Maybe you'll meet some sweet neighbourhood characters and fellow Edmontonians because of it.

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FOR YOUR LISTENING PLEASURE ...

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By LUCAS ANDERS

By now you must have reached the stage of acceptance with all this snow on the ground. If you can't beat 'em join 'em! So grab that cup of hot cocoa, banana pancakes, a good friend and curl up by the fire.

This playlist will leave you warm and cosy while you watch the snow flakes drift in the wind and dream about shredding powder on the ski hill. These tunes are bound to leave you feeling safe from the storm as we tackle the winter months together.

1. Banana Pancakes – Jack Johnson
2. Three Little Birds – Bob Marley
3. Summer Vibe – Walk off The Earth
4. The Resistance – Sam Roberts
5. When The Night Feels My Song – Bedouin Soundclash
6. Mountains – Scenic Route to Alaska
7. Set Me On Fire – Acres of Lions
8. Good Life – OneRepublic
9. Collide – Howie Day
10. With a Little Help From My Friends – The Beatles



en.wikipedia.org

11. A Million Dollars – Joel Plaskett
12. Coffee and Cigarettes (Acoustic) – Jimmy Eat World
13. The Girl – City and Colour
14. I Will Wait – Mumford and Sons

VIRAL VIDEO

Taking your games to the woodshed

By CHRIS FIGLIUZZI

Let's face it, I know why you're reading this. You need to waste some time and you're looking to me to help you out. Well, screw off, I have my own problems to deal with.

Sorry, I forgot myself for a second there. I mean I am here to help you escape the drudgery of classes, exams and all that white stuff suddenly appearing outside. I, however, am here to provide you with something more, much, much more. I am here to give you the sheer awesomeness that is the *Angry Video Game Nerd*.

Created by Cinemassacre all the way back in 2004, and still uploading content today, *The Angry Video Game Nerd* has lambasted some of your favourite video games, i.e. *Who Framed Roger*

Rabbit, *Ninja Turtles* and *The Simpsons*, and some of your not so favourite, i.e. *Bible Games*, *Little Red Hood*.

Fear not though, non angry video game nerd, AVGN has not forgotten the many failed attempts at accessories and platforms, I'm looking at you, *Power Glove* and *Virtual Boy*.

No matter what the game, though, *The Angry Video Game Nerd* takes them all to task, blasting them in a barrage of comically angry and swear filled rants. The filming is spectacular, with the videos getting better and better in quality as you move through their library, with the more recent videos even having a theme song and special effects.

So if you're looking for a way to relive your

childhood and have it mocked relentlessly, check out the *Angry Video Game Nerd*. You can find it on YouTube by searching *Angry Video Game Nerd* or by going to cinemassacre.com and selecting the

Angry Video Game Nerd drop down menu. For added fun, check out the trailer for the upcoming *Angry Video Game Nerd* movie where he tackles the worst video game ever made.



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What's the plan?

By SARAH STILWELL

Apple has gained recognition for staying ahead of the game when it comes to the innovation of technology.

This time, Apple's current project has led them to get rid of disk drives on the new MacBook Pro with retina display and iMac, which is due to be released next month.

In addition to getting rid of disk drives, Apple has also made the decision to get rid of the optical drive and Ethernet adapter on these new models, which now seriously blurs the line between a MacBook Pro and MacBook Air.

Thus, the argument arises between having a physical copy of your CDs and DVDs versus going completely digital.

Personally, DVDs don't take up storage space. Sure, you can jump drive it – but as always, they need to be backed up or else your entire library could be gone in an instant.

I can see why it would be beneficial to have a lighter, thinner MacBook Pro, but why make the iMac more portable? The iMac is made to be a stationary computer. I'm just not quite seeing the reason behind that decision.

If you still use CD or DVDs, and either install programs that way or are a Sims 3 fanatic, you must use an external DVD drive – which makes things bulkier and costs an additional sum on top of the already more expen-

sive MacBook Pro and iMac.

Especially since Blu-ray has prolonged the life of physical disks, they aren't going anywhere for at least a little while. I think getting rid of disk drives was just a rather large step in the direction that Apple eventually wants to go.

There is a good chance, however, that their consumers aren't quite as up to speed with going disc-free as Apple is.

For Apple, this is one more step in the disc-free, wireless direction. Are consumers ready for that? I don't quite think a vast majority of them are.

From a business perspective, many companies still use CDs and DVDs for their programs on their computers. This

could incline Apple fans to go to Windows simply because it addresses their needs.

This decision has raised much controversy, particularly on online Apple forums. The majority seems to think that Apple has dropped the ball this time.

Potentially, this could be a ploy from Apple to expand their "App" market, which would make sense considering they are vying for a wireless, portable electronic future.

The lighter weight and larger battery are something to be appreciated, however. For our current technology and lifestyle it seems like these all-in-one computers are lacking some very crucial elements.



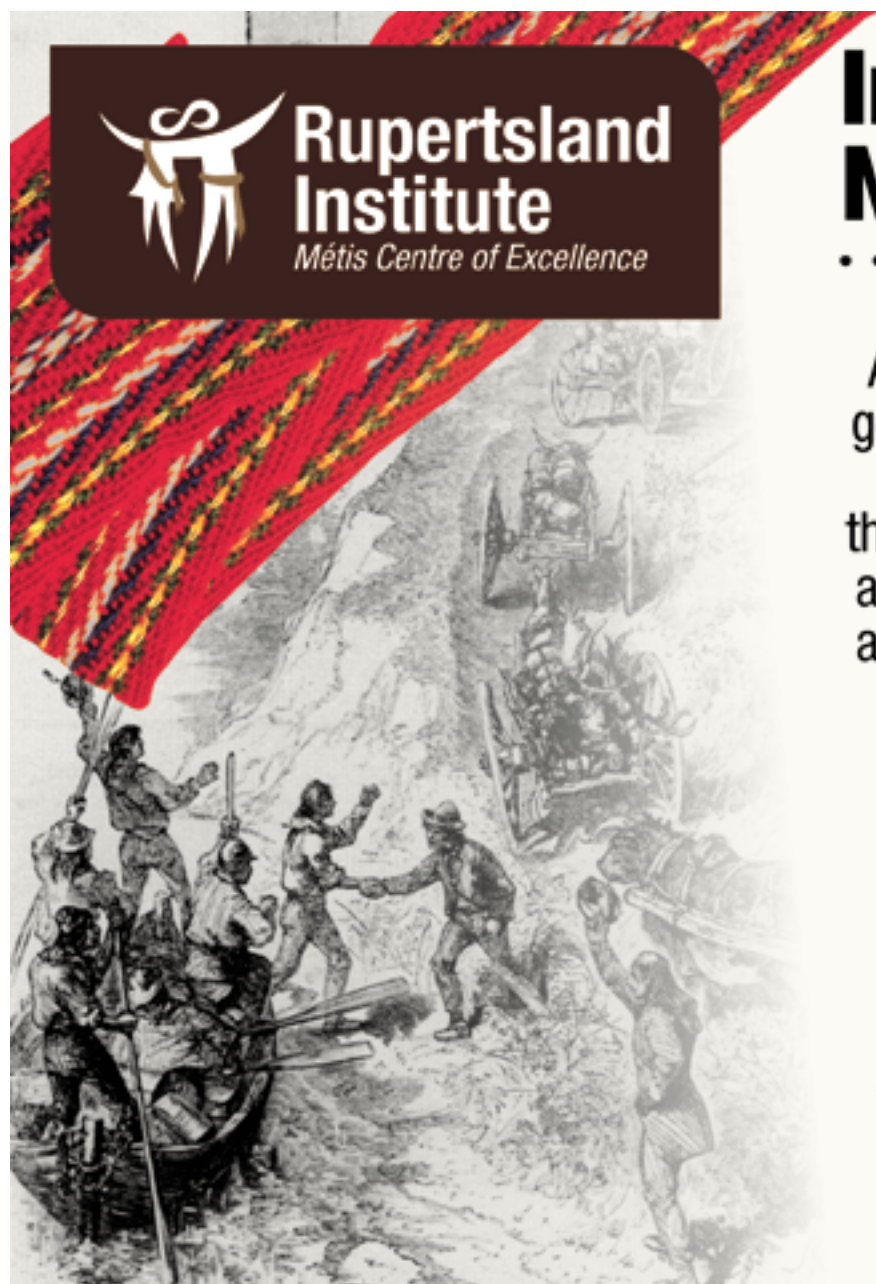
Apple's Macbook Pro



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CANADIAN FINALS RODEO

Not just for cowboys anymore



MIKE JONES
Assistant Entertainment Editor

This weekend I had the chance to check out a couple of shows at the Canadian Finals Rodeo.

One thing I can tell you is that the dedicated rodeo fan base is only a small percentage of the crowd that packed Rexall Place for six showings.

The CFR is a city wide event, a city wide party. In fact it may be Edmonton's defining week-long party.

Let's be honest, Capital Ex attracts more people, but how many people go to bars during that week and drink in honour of Capital Ex?

Sure, once upon a time folks might have

dressed up in turn-of-the-century clothing to celebrate Klondike Days (which makes its return next year – sort of) but that doesn't compare to what the CFR brings.

As hundreds of real cowboys come to town, thousands more hit up Lammle's to pick up Wranglers, plaid shirts and a Stetson hat to celebrate the spirit of the CFR.

It's no surprise how many bars were on hand at Rexall Place promoting and trying to attract the biggest crowds of young good ol' boys and girls.

The country bars in Edmonton are the place to be during CFR but they don't seem to be a long term investment.

Of the six bars promoting at the CFR, only three of them were open for last year's CFR and two of those three opened within a month of CFR 2011.

Only Cook County Saloon, just off Whyte Avenue, has been a staple for many a CFR.

Open since 1981, the bar has long been a favourite of "real" cowboys, attracting an older crowd than some of its counterparts. A lot of the riders and ranchers were on deck for the week-

end's festivities at Cook.

Celebrating their one year anniversary last month, Outlaws Roadhouse in Londonderry Mall was also on hand offering rodeo fans a chance to jump on the Outlaws bus and party into the night.

The bar is not exclusively country, having hosted rock bands such as Econoline Crush in the past as well as modelling contests sponsored by Hot 107, who certainly don't have a lot of Chesney and Toby in high rotation.

Also recently celebrating their one year anniversary since re-opening last October, the Ranch Roadhouse invited country fans and promised to throw a party making the long drive to the South side worthwhile.

The club tented and heated their patio for the weekend, which was a big hit with fans.

The Ranch ran virtually unopposed as the top country bar in Edmonton, in part due to size, for the better part of last year after Oil City Roadhouse garnered a poor reputation and eventually closed its doors over the summer.

But Oil City re-opened its doors this weekend as Knoxville's Tavern and was, understandably, a big draw.

Rather than the traditional mechanical bull, which at least four of the six bars advertised, Knoxville's offered something called a mechanical "mustache ride," no doubt just in time for Movember.

Knoxville's ran into a snag on Saturday night when a sprinkler malfunction caused parts of the bar to flood, although the club remained open the entire time.

Knoxville's looked to redeem itself from the mishap by bringing in current country music "buzz" band Florida Georgia Line on Sunday

to perform hits including their recent smash "Cruise"

Another brand new entry to Edmonton's country bar scene, Fandango's Live Entertainment Saloon on the West End, was in full swing this weekend after a soft opening last weekend.

Located in the former Shark Club building, which has been a lot of restaurants and bars over the years, Fandango's looks to be in it for the long haul.

Preferring to focus more on live music as opposed to the country DJ of the other five clubs, Fandango's brought in country long stays Sawyer Brown for a special concert Thursday night.

The closest country music alternative for fans was Whiskey Rock, also newly opened in August. Owned by the same owners as The Ranch and Union Hall, it is located in the former Diesel Ultra Lounge space, right across from Rexall in the Coliseum Inn. Whiskey Rock drew plenty of casual onlookers and actual riders

not wanting to travel far from their livestock directly across the street.

Of course, one didn't even need to leave Northlands property to

have a good time as the Edmonton Expo Centre (which also hosted Farmfair during the week) hosted The Buckle, a beer gardens featuring live music every night including former CCMA group of the year Hey Romeo! on Thursday and legendary Lacombe based singer Gord Bamford on Friday.

What is clear, is that there were many cowboys and cowgirls (even if just for the weekend) partying it up in Edmonton over the weekend. Let's do it all again next year!

It'll be interesting to see how many country bars there are by then.



Online etiquette

By KEATING SMITH
The Other Press
(Douglas College)

New Westminster (CUP) — Social media is, for many, a necessary evil. Keeping up with study groups, long-distance friends, or a too-busy social circle is close to impossible without the advent of online social resources. But, while some use social media wisely, others are guilty of overkill. Avoiding awful online etiquette is easy, if you avoid the following:

The over-posted meme

Everyone's news feed seems to be completely clogged with the meme-likes of cute cats and the American presidential race. Do some of these makeshift comics make you laugh? Of course they do. That's their objective. Do you see them repeated on your feed multiple times? Very likely you do. With that in mind, do you need to re-post the meme yet again? Probably not. Look at the bottom of the posting. If it has 10,000 likes and 40,000 shares, chances are, a large portion of those in the social media world have already seen it.

The elusive link

The really cool and obscure article you found in the bowels of the Internet may be a good find, but a pictureless, ambiguous link is not likely to garner much attention no matter how interesting the news article/blog/new music may be. Why not write a few opinionated lines when you post it next time? That will grab attention and actually make your post worthwhile.

Your word-vomit

So, after a week of studying, you and the gang finally painted the town red last weekend, and you most certainly deserved it. It can be hard to refrain from drunk Facebooking, especially with a surplus of smartphones on hand. But take heed: when you litter your friends' news feeds with nonsensical, misspelled status updates and blurry dark phone camera pictures, you are essentially puking all over the Internet. Post a picture or update of the good times had that night. Just do it in moderation.

The "Vaguebook"

No one likes a whiner, and posting every emotion you feel throughout the day on public display is the online equivalent of complaining straight into the ear of everyone you know. Not only are vague, emotional status updates annoying, they're rather pointless to boot. Would you not feel better talking to someone in person about your feelings instead of displaying them for the masses to see?

Instagrammed life-shots

Your pet is really cute. You should feel so lucky to have such a loving animal in your life. Do others need to see your pet 10 times a day in different poses with different photo filters attached to it on two different types of social media? No. The same goes for your daily food intake.



What NOT to post on Facebook

annoying, they're rather pointless to boot. Would you not

Do you find taking school exams hard?



Scan the code to find a doctor.

PCN family doctors give easy exams.

To find a family doctor, go to www.edmontonareadocs.ca.





JOE RANGER

Is the re-election of U.S. President Barack Obama a good thing? Why?



"Yes. I like Obama better, because (former Massachusetts governor Mitt) Romney said some bad things about China (Romney stated he was going to list China as a currency manipulator), so I don't like him. Romney's worse."

Jian Zhao
Material Engineering
Technology



"I think yes. Why? Because after the attacks they had on Sept. 11, 2001, he killed that terrorist – a great achievement. He made health care free for most Americans – more coverage for more people. I want him to be president again. It's a country of white people, and (the election) was a perfect example of unity in diversity."

Rohan Kumar
Hospitality Management



"Yes. He is good, Obama is good. He does his work in a very good manner – and he killed Osama bin Laden."

Simranjot Kaur
Business



"In my opinion, it's a good thing. What Romney wanted to do was cut taxes, and in U.S. history, whenever they cut taxes like he was proposing, it has thrown their country into debt further and has affected the economy negatively. If anything, the States need more social programs and Obama has been doing wonders the last four years."

Justin King
Academic Upgrading



"I think yes. Obama is a very inspiring man, a great public speaker. His re-election speech was pretty awesome, I thought and think he's a really inspiring person – a black president. There's still such a big racial divide in the Deep South, he got voted in by women and minorities – a big chunk of the voters. It shows minorities are starting to have a say."

Lauren Daugherty
Radio and Television

Glimpse of the campus clubs scene

By **CRAIG SEPHTON**

NAITSA wants to give back to the student population in the form of learning and recreational clubs, such as the Outdoors Club, the Bakers Club, Club 5 Star, etc. And every semester the clubs get together and have a showcase so students can walk around and get a sense and maybe get interested in one of the many different clubs that are operating on Campus.

"It went really well. There were nine clubs that attended including the Accounting Club, Business Connex, BTECH, Enactus Club (formerly SIFE NAIT), International Club, IntoNAITion Toastmasters, MECSA, Muslim Students Association and the Outdoors Club," said Clubs Manager Rose Baumgartner.

This is an opportunity to meet the clubs' presidents and other members of the club face to face, and to learn and discuss what the club does and what it can offer the student. Whether it be further learning, new experiences or just for fun, there is a club for everybody at NAIT.

Mike Brown, the president of the Outdoor Club pulled the *Nugget* aside and explained why students should join his club.

"There's some great events that we put on, we're trying to do as much as we can for the students by making things as cheap as possible," said Brown.

"Right now, we have the Sunday Night

Rock-Climbing at Rock Jungle, and when you buy our 'Club Card' it's \$10 and the first 10 people get in for free between 4 and 8 Sunday nights.

"It usually is \$16 for a drop in at Rock Jungle, so that will pay for the card right there. As well, we are going to have the New Years Ski Trip coming up and that will be \$325 for students. It's

three days and three nights, and there will be a big party at the hotel. They will have a big room for us so we'll be able to go out and have some good times."

At the Showcase, NAITSA had secret judges walking around to judge the different clubs on how they presented themselves. They were assessed on their visual, interaction and overall.

The top three winners were MECSA in first place, second place was the Outdoors Club and third was Business Connex.

The next Club Showcase will take place in Feb. 6, 2013, and will feature more clubs.

A list of clubs and different events by clubs can be found online at www.nait.ca/clubs. Check it out for more.



Photo by Rose Baumgartner

NAIT's different clubs show what they do at the Clubs Showcase in the South Lobby on Nov. 7.

CD REVIEW

Good Kid a must-have

By DEXTER WATTY

Good Kid, m.A.A.d. City: A Short Film By Kendrick Lamar (GKMC) is the major label debut for Compton emcee Kendrick Lamar Duckworth.

An artist who has dropped two mixtapes, an independent album and an EP since 2009, Kendrick Lamar, formerly known as K. Dot, has been hailed as the next big thing to come out of the West Coast rap scene.

Signed by Dr. Dre to Aftermath/Interscope, Kendrick manages to shine on his debut, a concept-esque album loosely based on growing up in Compton.

The overarching narrative of GKMC is featured on songs like "Sherane a.k.a Master Splinter's Daughter," "Poetic Justice" and "The Art of

Peer Pressure," all play an integral part in revealing some of K. Dot's experiences while growing up, and his trials and tribulations with women, drugs, alcohol and bad influences.

While there are a few songs that don't necessarily advance the story of GKMC like "B**** Don't Kill My Vibe" and "Backseat Freestyle" they are still relevant because they make mention of characters from other tracks.

The album is also sprinkled with various skits including K. Dot chilling with friends and his mom leaving multiple voice mails asking him to bring her van back. This all manages to go hand in hand with the central theme of GKMC, which is growing up.

This intricate combination of self-awareness

shown by such a young man at an early stage in his career, and positive messages both metaphorical and literal, is a concoction rarely seen these days, not just in hip-hop, but music as a whole.

"Good Kid, m.A.A.d City," executive produced by Dr. Dre, is a wonderfully and masterfully composed album featuring beats from Just Blaze, Pharrell Williams, and up-and-comer Hit Boy (the producer behind the mass hit "N****s In Paris" by Jay-Z and Kanye West).

Kendrick Lamar manages to make us all feel like a good kid in a m.A.A.d. city on his debut. This is a definite must-have for any CD collection.

★★★★★



Kendrick Lamar

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Protecting our seniors



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

Apartment buildings, lodges, and care facilities

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

General personal safety

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

Credit and debit card

- Protect your bank and credit card PIN numbers. Do not share your PIN.
- Never provide personal information over the Internet.
 - If you shop online, ensure there are good security protocols in place. Review your credit card statements for information security.
 - Only shop on reputable websites.
- Immediately advise your bank if you suspect fraud.

- Change your bank or credit card PIN number often.

Identity theft

- Never provide personal information over the phone to someone you don't know.
- If a caller is asking for your personal information – hang up the phone. You can immediately end the call. It is not rude if you are protecting your personal information.
- Never provide personal information over the Internet (email, chat line, website).
- Properly shred anything with personal information on it.
- Do not reveal your social insurance number, date of birth, health care number, bank card or credit card information to a caller you don't recognize.
 - Do not hesitate to question the caller. Ask why they are calling, who they work for, or ask to speak to their supervisor. Fraud artists generally cannot answer these questions.

Scams

- Scams have many forms. Generally, the scam artist is attempting to get your personal information or money. Scam artists may have some information about you (your middle name or date of birth) but will not know much else. If you are suspicious, challenge the scam artist to identify themselves. Ask for their identification, who they work for, or ask to speak to a supervisor. The best way to stop a scam artist is hanging up the phone or closing the door.
- If you don't recognize someone – don't open your door.
- If someone comes to your door soliciting money or posing as company employee, ask to see their identification. If they can't produce it, close and lock your door – call the police.
- Do not send money responding to an Internet ad, offer, or sale unless it is from a reputable company website. These are often scams.
- If a caller poses as a credit card company or bank representative ask them to provide their information, your information, and ask to speak to a supervisor. Most scam artists don't have the information you and your credit card company/bank have. They also won't have a supervisor.
- Advise your credit card company or bank if someone calls. Your credit card/bank card information may have already been stolen.
- If you are asked to send money to a family member, relative, or family friend, it is likely a scam. Ask the caller to provide detailed infor-

mation that only you and your family members know.

- The caller's voice will likely not belong to a family member – hang up the phone.
- Ask the caller about a family member that doesn't exist. If the caller insists they are doing well – they are obviously lying.
- If you identify a scam, report it:
 - Tell your neighbors.
 - Tell staff.
 - Tell the police.

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

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

Elder abuse

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

- Physical
- Emotional/Psychological
- Financial
- Sexual

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

- Emergency: 9-1-1
- EPS Non-Emergency: 780-423-4567
- Seniors Abuse Helpline: 780-454-8888
- Elder Abuse Intervention Team: 780-477-2929
- Edmonton Seniors Safe Housing: 780-702-1520
- Elder Abuse Awareness Network: 780-392-3267
- Today Family Violence Centre: 780-439-4635
- www.albertaelderabuse.ca
- Stop Elder Abuse – Report it!

Information obtained from the Edmonton Police Service

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

Everybody benefits, except the criminal.

November Fundraising

Last year, Protective Services participated in the November 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 with hope and dignity. For everyone else, it's a change to put the true meaning of the season into practice.

Please help. Drop by our office to make a donation. We will be accepting monetary donations until Dec. 7. We thank you for your support.

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 2 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.

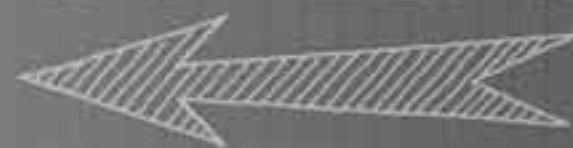
The Edmonton Food Bank

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.

LIBERATE
YOUR
INNER
AWESOME

THE WORST
MISTAKE
YOU CAN
MAKE IS
BEING TOO
AFRAID
TO MAKE ONE
WHEN NOTHING
GOES RIGHT,
GO LEFT



do more of what
makes you happy

be proactive

eat dessert first

EVERY DAY MAY NOT BE GOOD,
BUT THERE IS SOMETHING
GOOD IN EVERY DAY

and if the music is
good, you dance



THE STUDENTS'
ASSOCIATION

www.naitsa.ca

good things come to those who work
their asses off and never give up

A finger lickin' good contest

By **CLAIRE THEOBALD**
Editor-in-Chief

Barbeque royalty from across the Prairies put their recipes to the test in the first annual Long 'n' Slow BBQ Challenge.

"We thought this would just be a great opportunity to back onto the Canadian Finals Rodeo and Farmfair International and show Edmontonians what real barbecue is all about," said Debra Wong, producer for the competition.

Last weekend, eight BBQ Championship teams competed for titles in barbecued chicken, barbecued ribs and the true test for any professional barbecuer, the brisket.

Jon Lord, with his team Lords of the Grill, took home the coveted best brisket prize. Lord admits that in over 20 years of competing in barbeque, with a mantle full of other awards, he has only had a winning brisket once before.

"That does separate the real serious barbecuers from the backyard people," said Lord.

Aside from the sheer calibre of the other competitors, teams also had to face the challenging weather, with temperatures dipping as low as -17 C.

With all good barbecue, maintaining control of your temperature for the duration of the cooking process is key.

That being said, for these tried and tested Canadian barbecue masters, the climate is nothing new.

"The big secret about barbecue is not necessarily knowing how to do it right," said Lord, "it's knowing what to do when everything else is going wrong."

Celebrity judges, including restaurant owners, food critics, food producers, chefs and two instructors from NAIT's Culinary Arts program were given the task of determining a winner.

"It is easy [picking a winning dish]," said



Photo by Claire Theobald

NAIT Culinary Arts instructors Mike Maione, left, and James Szutarski had the pleasant job of tasting the contestants' entries at the Long 'n' Slow BBQ Challenge.

James Szutarski, an instructor with Culinary Arts. "It just stands out."

For both instructors, the dish that stood out the most was the ribs, courtesy of Smokin' Butt Barbecue. For Mike Maione, it was a clear winner.

"You basically look for unique flavour, something that is very tasty to the palate, and

something that makes you want to go back for more," said Maione.

Despite battling the elements and working through the night, Troy Fhenan, from Up In Smoke BBQ and winner in the barbecue chicken category, was just happy to be able to compete.

"It feels great!" Fhenan said, "best thing

about it, everyone here is happy, having a good time."

The competition was run through Farmfair International in conjunction with the Canadian Finals Rodeo. Although this was just the first year, positive reviews have organizers already looking at hosting more barbecue competitions in the future.

CROSSWORD

Across

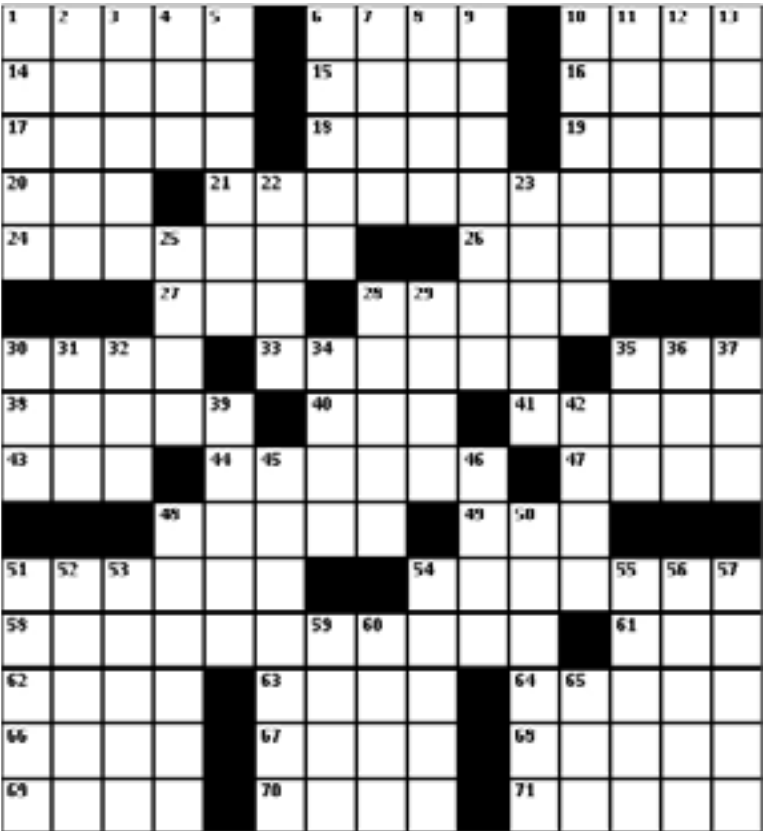
- 1- Circa
- 6- Division of a hospital
- 10- Golfer Aoki
- 14- Profundity
- 15- Away from the wind
- 16- Wyo. neighbor
- 17- Prevent
- 18- Contends
- 19- Marsh bird
- 20- Compass dir.
- 21 - Futile
- 24- Decreased
- 26- Kingdoms
- 27- Not emp.
- 28- Sum
- 30- Eye part
- 33- Emphasis
- 35- Metal container used for frying
- 38- Port near Hong Kong
- 40- Monetary unit of Japan
- 41- Makes
- 43- Little, in Lille
- 44- Small fish
- 47- Cubs slugger Sammy
- 48- Insertion mark
- 49- Gives birth to

- 51- Secret stuff
- 54- Partway through period
- 58- Nomenclature
- 61- Circle of flowers
- 62- Dagger of yore
- 63- Image of a deity
- 64- Supermodel Cheryl
- 66- Jazzy James
- 67- Opera set in Egypt
- 68- Arm bones
- 69- I'd hate to break up ____
- 70- At no time, poetically
- 71- Dry and crumbly;

Down

- 1- One who uses an abacus
- 2- Designer Geoffrey
- 3- Made a choice
- 4- Salt Lake City athlete
- 5- Three times
- 6- Undulated
- 7- First Arabic letter
- 8- Ridge of rock
- 9- Arid areas
- 10- Position, in Britain
- 11- Capital of South Korea
- 12- President Garfield's middle name
- 13- Ph.D. hurdles

- 22- Takes home
- 23- _____ and desist
- 25- Bear in the air
- 28- Lott of Mississippi
- 29- Vintner's prefix
- 30- Mischievous fairy
- 31- Actress Charlotte
- 32- Hosp. area
- 34- Actress Daly
- 35- Paid player
- 36- Ques. response
- 37- Code-breaking org.
- 39- Muscat native
- 42- Gal Fri.
- 45- Shah, e.g.
- 46- Tory rival
- 48- Attacked
- 50- Inner shrine
- 51- Baffled
- 52- Leases
- 53- Minotaur's home
- 54- Tooth
- 55- Actress Verdugo
- 56- Fit for a king
- 57- Young girl
- 59- Comics canine
- 60- Rich supply
- 65- Land in la mer



Puzzles provided by BestCross-words.com (<http://www.bestcross-words.com>). Used with permission.

SOLUTION
Page 29

This cowboy loses his hat but keeps his seat during the bronc riding competition at the Canadian Finals Rodeo at Rexall Place on Nov. 10, the second-last day of the five-day annual event.



THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

Mother Mother coming to town

By JOSHUA YAWORSKI

When someone investigates Canadian modern rock artists, they invariably come across Mother Mother.

Hailing from Quadra Island, British Columbia, the indie rockers have earned dedicated fans Canada wide.

Their latest album, *The Sticks*, dropped on Sept. 8 and made it to No. 11 on the Canadian charts.

Lead singer Ryan Guldemonnd took the time to speak to the *Nugget* in anticipation of the band's upcoming Edmonton shows in December.

Guldemonnd sounded tired, but you can't blame him for that. After seven Top 50 singles on the Canadian Alternative Charts in four years, and a seemingly endless touring schedule, a guy has a right to be a little drained.

"It just happened. The creative process is one you're kind of at the mercy of," says Guldemonnd.

That same creative process pushed the band on *The Sticks*.

"It's meant to symbolize a place of remoteness and isolation," said Guldemonnd.

There is a unity throughout the album that suits its theme, partially due to Guldemonnd's own presence on the album as co-producer.

"It's so intimate with peoples' personalities and peoples' musical characters," he said. "It was a gift."

Even the mournful vocals that open the album are thanks to the pushing of the creative process.

"It just kind of happened as the album began to take on a thematic shape," he said. "There was an idea to have an intro piece. It seemed like it was a good idea to have the voice of innocence and ignorance saying these heavy things. The message is more penetrating when it is spoken from someone who is indifferent to it."

Despite using innocence and naiveté to entrance the listener, as a whole the album seems older and more cynical. This is reflected in Guldemonnd's view of music.

"I've come to realize music is how you dress it up. Whatever outfit you put on the personality is what people perceive as the personality," he said.

Guldemonnd has only recently returned from

Big Sky Ranch in California, the site of the classic western movie *Bonanza*, where Mother Mother was shooting the video for the single "Bit by Bit."

He seems to have really enjoyed the time, and seems excited.

"It's more of a cinematic video," he says. "We weren't playing instruments, we were just portrayed in interesting ways, in beautiful settings."

Mother Mother's rapid rise in Canadian music is fuelled by ferocious fans of rabid intensity who cluster together in major cities and have been

known to consistently fill venues.

"Toronto is really nice, there's a lot of people that come out but Edmonton is maybe our biggest market besides Vancouver," he said. "We're thankful for the friends we have in Edmonton."

Mother Mothers style naturally lends itself to being seen live. Honesty and enthusiasm pour from the stage, and the audience is inevitably swept away in it.

Guldemonnd said he prefers indoor shows to outdoors festival shows.

"They both have a strong point. Freedom is nice, but it can get chaotic and intimacy is beautiful because it is contained and yours," he said. "You can massage the energy. I think if I had to pick I would choose indoors."

That intimacy will abound at the Edmonton Events Centre Dec. 6 and 7 when Guldemonnd and the rest of Mother Mother play with fellow Canadian Hannah Georges opening. Tickets for the Dec. 6 show are still available for \$40.25 at Ticketmaster.



northbayscene.ca

Mother Mother

How to succeed in math



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Post secondary math courses generally go at about twice the pace of high school courses so you are expected to absorb new material much more quickly.

Math is learned mostly by doing problems, not by memorizing. Therefore, most of your math study time should be spent on working through problems. Many students need to spend more than an hour of study time for every class hour of math. The good news is that by regularly doing problems you won't have to study

- extensively for math exams. To make your study time most effective, try following these tips:
- Attend class every day and take complete step-by-step notes.
 - New material builds on what you have already learned. Take responsibility for studying and recognizing what you do and don't know. Get help with concepts you don't fully understand.
 - Study math before your other subjects, especially if it is a weakness for you. You are most alert when you first start to study.
 - Understand, don't just memorize, formulas. Be clear about when and how to use each formula you learn (i.e. What type of problem is it used for? What type of wording should you watch for? What are the steps to solve the formula?).
 - If you have a lot of formulas to memorize, use flashcards with the formula on one side and when to use it, how to use it and a step-by-step example on the other side.
 - Use your homework assignments as practice tests. Go through your notes and then set the timer and work through your homework without referring back to your notes. When you

- are finished go back and use your notes to complete the questions you didn't get. Mark questions that you didn't get and redo them later. You do not know the material well enough to succeed on an exam if you have to constantly refer to your notes while doing your homework.
- The best way to learn a topic is to teach someone else. If you can explain a concept to a classmate you know that you really understand it.
 - Apply Pólya's four-step process to problem solving:
 1. Understand the problem. Read through the problem to get an overview. Reread it to identify exactly which quantity the problem is asking you to find a solution for. It sometimes helps to underline key parts. It is always a good idea to guesstimate an answer.
 2. Devise a plan – convert word problems into mathematics (i.e., find equations which describe relationships among the variables and describe the goal of the problem). Use one or more of the following:
 - Think of every formula or definition that might be relevant to the problem
 - Work backwards. Ask, "What do I need to know in order to get the answer?"
 - Look for a pattern
 - Draw and label a picture, diagram or table
 - Solve a simpler related problem
 - Guess and test
 - Relate the problem to similar examples in your notes or text
 3. Carry out the plan
 - When you work on homework problems write out complete solutions as if you were writing a test answer.
 - Try to do your homework without looking at your notes. Referring to your notes only if you get stuck will make test taking easier.
 - If your answer is wrong, rework the complete problem. Don't just convince yourself that you know where you went wrong.
 4. Look back. Always check that your solution:
 - looks "reasonable," according to your guesstimate
 - is in the proper form
 - is answering the question you were asked to answer
- If you're having trouble, get help ASAP:
- Set up an appointment with your instructor.
 - Form a study group – brainstorm solutions to difficult questions together.
 - Use the Tutorial Centre on campus (Room A-133) or hire a peer tutor (sign up on-line at MyNAIT Student Portal. See www.nait.ca/portal/server.pt/community/nait_peer_tutor_registry/).
 - Counsellors are available to help you with study techniques or to help with personal or career choice problems that may be interfering with your success. Book in person at Student Counselling, Room W-111PB in the HP Centre or call 780-378-6133.

What Thrillz?

By DEXTER WATTY

This past weekend, I had the chance to go to the Yellowhead Brewery to see a concert put on by local emcee Jo Thrillz. A rapper from Edmonton with a buzz, Thrillz was throwing a party to celebrate the release of his second mixtape, *Just Another Weekend*.

A maestro of social media, the event was heavily promoted on Thrillz's Twitter account as well as his Facebook page. As a fan of hip hop and a supporter of local music, I took the opportunity to check out the \$10 show.

I had never heard of Jo Thrillz prior to last week so I had to do some YouTube research.

I was expecting a show with little to no fans, but there were a lot more in attendance than I was expecting. By the time Thrillz hopped on stage I was ready to go home, but I wanted to make sure I would be getting my money's worth, so I decided to stick around. What a mistake that was.

Now, I'm not going to knock Jo for the thrill of it because he actually did manage to

come off as genuine, but the show was sub-par at best. With a lacklustre performance and a lack of stage presence, I believe Thrillz has a lot to work on. He is still young, (21, I believe) and has a lot to learn and I believe that a lot more confidence and ability will come with practice and experience.

I took the time to listen to a few of his songs and he does have a bit more technical ability than I am giving him credit for, although he could work on his microphone presence and timing a little bit.

Some of the songs he performed were "Cruising in the E," "Friday," "Get Freaky" and "Say Watsup." I remember, because I did actually enjoy them.

All in all, it will be a while before I give Jo Thrillz another chance simply because first impressions are everything in the business.

If he continues to work on his craft I believe without a doubt he has an opportunity to be the biggest rapper to come out of Edmonton. Keep grinding Joey, and keep being as "Goony" as you can be.



Jo Thrillz
hiphopcanada.com

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NOVEMBER, 2012			
19	Mon.	Time Management & Procrastination	11:15am-12:00pm 12:15pm-1:00pm
21	Wed.	Learning Styles and Listening	11:15am-12:00pm 12:15pm-1:00pm
26	Mon.	Exam Preparation & Writing	11:15am-12:00pm 12:15pm-1:00pm
28	Wed.	Reading to Remember (Bring a text to read)	11:15am-12:00pm 12:15pm-1:00pm

DECEMBER, 2012			
3	Mon.	Managing Exam Stress	11:15am-12:00pm 12:15pm-1:00pm
5	Wed.	Stress Management - Presented by a NAIT Counsellor	11:15am-12:00pm 12:15pm-1:00pm

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THE NUGGET PRESENTS:

HOROSCOPES



MADAME O

Nov. 8-Nov. 14

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

Scorpio (Oct. 23-Nov. 21)

You will be receiving multiple gifts this week. They may not all come in physical form. Be open to gifts that are intangible.

Sagittarius (Nov. 22-Dec. 21)

Believe in yourself, this week may be a challenge, but "shine bright like a diamond."

Capricorn (Dec. 22-Jan. 19)

You are at a crossroads and time is ticking. Make a decision, indecision

freezes time. Movement and flow only come with action.

Aquarius (Jan. 20-Feb. 18)

Love is what you most desire and most fear. Do not run away from a possible relationship this week.

Pisces (Feb. 19-March 20)

It is more important to be kind than clever or good looking, so give yourself a break! Be kind and enjoy life, stop beating yourself up about things you cannot control.

Aries (March 21-April 19)

Be nice to the people you meet this week. One may change your life.

Taurus (April 20-May 20)

Although stress is knocking at your door, just turn off the lights and pretend you are not home. This year, you will pass through finals with ease.

Gemini (May 21-June 21)

A small act of charity goes a long way. Keep your eyes open and ears listening for a chance to make a difference.

Cancer (June 22-July 22)

You will attract a lot of attention this week, make sure it is good!

Leo (July 23-Aug. 22)

Be brave and walk with purpose. Make every place you go better than it was before.

Virgo (Aug. 23-Sept. 22)

Stop wasting time on people who

don't waste time on you! Put your energy in places it is appreciated.

Libra (Sept. 23-Oct. 22)

Spend some time alone this week. Spreading yourself thin will catch up with you.

Who to call?

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

Health insurance coverage – Student Health and Dental Plan, 780-471-7730, Room E-125. You must opt out by Sept. 28 if you have alternate coverage.

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

Part-time campus jobs/volunteering – Go to www.naitsa.ca under "Get involved."

Program-related concerns – Contact Program Chair or Program Adviser.

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.

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

THE NUGGET PRESENTS:

Dr. CONwisDOM



CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

Just found out that my boyfriend hates the movie *V for Vendetta*. If he doesn't like a movie that good, there has to be something wrong with him. Do I break up with him over this?

Sincerely,

Five stars for Star Wars, two and a half stars for the boyfriend

Dear Five stars for Star Wars, two and a half stars for the boyfriend,

It's your call, but if you're a girl who likes that movie you can really get any guy you

want. A girl's movie taste is nearly as important to guys as personality or boobs – it's a key component in any relationship. A guy who says he doesn't like *V for Vendetta* is like a guy who says he doesn't like porn: he is either a liar or emotionally disturbed. I am told neither of these are desirable qualities in a man. There is an off chance he just doesn't like that particular movie and is a great guy in all other aspects, but why take the risk?

...

Dear Dr. CONwisDOM,

I nearly made a pass at one of my best friends. She was drunk and I only wish I could say the same about myself, it would make it less embarrassing. I wouldn't ever be able to actually be with her, we're too close as friends. So how do I make things go back to normal?

Sincerely,

Making a pass at getting things back to normal

Dear Making a pass at getting things back to normal,

I don't think you have the same understanding of human anatomy as others. Just because this girl is your friend, does not mean she's missing those fun squishy parts

other girls have. Even if you don't have many friends to spare, remember you have even fewer naked friends.

...

Dear Dr. CONwisDOM

I just got my work placement once I'm done school locked in. I'm going to be shipping out very soon, but I'm feeling bummed about it. I know this is what I've been working towards my entire time at school, but now I'm nervous. How do I go through with this knowing how much I'm going to miss all my friends and family?

Sincerely,

No laundry service on work experience

Dear No laundry service on work experience,

Oh, poor you. You have to leave to start a career. Are your golden shoes too tight? Are the \$20 bills you wipe your ass with starting to cause chafing? I've been living in my mother's basement writing CONwisDOM articles for 30 years. At around the five-year mark, it stopped being a charming group of friends sticking together and staying where they all met each other, and became a series of mothers who have done more than their fair share of laundry. If you don't move out before you start

to bald, it's never going to happen. Do it while you still have hair and dreams greater than a break from writing to teenagers about their problems.

...

Dear Dr. CONwisDOM,

While I was on a date, I found what I'm pretty sure was a pubic hair in my pasta. This would've been a big enough mood killer, but she didn't seem to like the fact that I kept eating the pasta. Was this a bad move?

Sincerely,

She should've been happy I didn't mind eating pubic hair

Dear She should've been happy I didn't mind eating pubic hair,

I would never have done anything like that. I hate pasta. If it had been on a steak or something, yeah that's totally fine.

...

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

HOT

SINGLE OF THE WEEK



Photo by Ali Mullock

Allie Warick

Left side hitter on OOKS Volleyball Team

Architectural Technology

Tall dark and handsome or blonde surfer boy? – Tall dark and handsome.

Who's your biggest celebrity crush? – Ryan Gosling and Tom Hardy, they both have a scruffy attractiveness to them.

What's your ideal date? – I'm a stay-in kinda gal. Maybe a picnic or ODR (outdoor rink) in the winter and hot chocolate!

Biggest turnoff? – Unintelligent. There's nothing worse than not being able to carry a sophisticated conversation.

Most attractive quality? – Smile and sense of humour.

Body spray or cologne? – Cologne.

Athlete or non athlete? – Athlete, any sport, it doesn't really matter. Nice to be able to relate my love of sports with somebody.

Favourite drink at the bar? – Rum and coke.

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

Shepherd's pie perf

CAMPUS FOOD REVIEW

By EVAN DEGENHARDT

Last week, I didn't pack a lunch.

When faced with a similar situation, most people would be freaking out. But not this guy. NAIT's Common Market always has an amazing spread during lunch, so once class ended I decided to make my way there to check it out.

Without hesitation, I migrated over to the Blue Plate section within Common Market.

If you don't know what the Blue Plate Special at NAIT is, I suggest you climb out from under your "food" rock and go explore it for yourself.

I can almost guarantee you won't be disappointed. Once again, the Blue Plate Special didn't disappoint me.

My eyes immediately landed on the shepherd's pie with tossed salad special.

With my mouth already watering, I waited patiently for the server to fill up my dish.

To my amazement, the helpings were huge! The lady behind the counter handed me a serving of shepherd's pie that was almost the size of the Dixie plate is was sitting on!

What's even better was the fact that this particular shepherd's pie was no slouch. The mashed potatoes on top had a whipped consistency that reminded me of my own mother's mashed variety. (Yes, mom, your

mashed potatoes are better, but these nearly rivalled yours).

I was impressed and I hadn't even had the chance to explore the other layers of the pie! Underneath, I found sautéed ground beef mixed with onions that was incredibly flavourful.

The beef also had a hint of spiciness to it that really kicked the whole meal to that next level.

Of course, you can't have shepherd's pie without the veggies in the middle to accompany it. And this particular dish did not disappoint again.

The generous helping of peas brought the whole meal together and I was nearly drooling as I was paying for my meal!

The tossed salad was a nice addition to the whole meal as well. I ended up just mixing it in with the shepherd's pie to give the dish that extra colour.

Shepherd's pie isn't some meal that you throw together carelessly.

NAIT's Food Services did an excellent job with the dish and they helped me out in a bind after I forgot to pack my lunch!

The best part about the whole meal was the fact that the Blue Plate Special is incredibly affordable.

The whole meal clocked in under \$7! This is perfect for a student on a tight budget who frequently forgets to pack lunch!

CROSSWORD SOLUTION

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MOVIE REVIEW

Wreck-It Ralph's for all

By MIKE JONES
Assistant Entertainment Editor

Wreck-It Ralph, which opened in theatres last weekend, is everything one has come to expect from a Disney movie. Equal parts funny, nostalgic and heartwarming and sporting an all star voice cast, the film has all the makings of an instant classic.

A classmate shared with me earlier this year the trailer, which showed Ralph attending a kind of Alcoholics Anonymous meeting for bad guys in video games and featured appearances from Bowser (Mario's arch-nemesis), Sonic the Hedgehog, bad guy Dr. Robotnik (or Eggman) and even the Pac-Man ghosts.

My first thought was, how did they manage to get the rights to all these different characters? Nintendo owns Mario and Co. while SEGA licences Sonic and his gang and NAMCO owns the rights to the Pac-Man characters.

You can bet Disney cleared all the legal hoops as several other famous video game characters from the '80s and '90s make appearances (although Mario himself is M.I.A.)

The story focuses on Wreck-It Ralph (John C. Reilly) as the bad guy to hero Fix-It Felix (Jack McBrayer) who is becoming fed up with constantly being the bad guy and not being able to earn a "hero's medal."

Disgruntled, he travels to another game, *Hero's Duty* (obviously a play on *Call of Duty*) where he attempts to win a medal by battling millions of alien bugs in one of the film's most badass action scenes where the CGI really shines through.

His clumsiness (they don't call him Wreck-It for nothing) gets him discovered by the hard-nosed Sgt. Calhoun (Jane Lynch) who begins tracking him down after he steals a ship which is boarded by an alien life form.

Ralph ends up crash landing in the game *Sugar Rush*, a sort of Candy Land-Mario Kart mash up where he soon discovers a young girl by the name of Vanellope von Schweetz (Sarah Silverman).

Vanellope offers to help Ralph earn a hero's medal in exchange for his help in fixing her glitch.

Of course, the typical Disney plot line emerges, encouraging kids to "embrace their inner glitch" but at no point does the plot get too sweet to handle, even with all the candy around. In fact, adults and kids alike will tear up as the all too adorable Vanellope wins over our hearts. One of the coolest things about the film is the locations. Set in an arcade the film's makers are virtually unlimited in locations to stage scenes.

The film starts off in the 8-bit world of *Fix-It Felix* before moving on to the dark and Sci-Fi like *Hero's Duty* for some very impressive action scenes. And *Sugar Rush* is about as cute as you can possibly handle with candy and bright colours everywhere.

Nostalgia plays a big role in this game for anyone who ever

owned a Super Nintendo or a SEGA-Genesis. In addition to the aforementioned Pac-Man ghost appearances, Sonic the Hedgehog himself appears and is crashed into by a frantic Ralph at one point. Sonic, of course, loses all of his rings. Ryu from Street Fighter also makes a particularly hilarious cameo.

Wreck-It Ralph is one of those special films that will appeal to anyone. Teenagers and young adults will love the nostalgia, pre-teens will dig the action scenes and kids and adults alike will be enthralled by the plot. It opened to wide critical acclaim and earned \$49 million on its opening weekend. If you haven't checked it out, do so now!

★★★★★



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at the NAITSA office E131 main campus.

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GAMEREVIEW



Halo 4 visuals fantastic

By KODY DAVIDSON

It's been five years since the end of one of the most influential trilogies of all time: *Halo*.

Leaving Master Chief drifting in space at the end of *Halo 3*, questions have been left unanswered.

Probably the biggest and most bold being – do we need another Halo trilogy, or is it time to move on? Hopefully I can help answer this question for you as we dive into *Halo 4*!

Starting four years after *Halo 3*, *Halo 4* throws you right back into it.

A brief introduction to what's going on and

the characters is all that happens before your ship is boarded by the Covenant. You then crash land on the planet Requiem. You find the UNSC ship Infinity and are introduced to a cast of new characters.

To avoid spoilers I'll just say that this is probably my favourite Halo story so far. Mostly because the story isn't really about saving humanity, even if that's part of it, but about humanizing a character who has mostly been known to be a robotic badass.

The ironic part about it is Cortana is the main humanizing factor in the story. The rela-

tionship between Cortana and the Chief makes the story, which touches on the moral implications of the Spartan II program, something many fans have been waiting for the games to touch on.

Visually, *Halo 4* is incredible! With breathtaking vistas, highly detailed weapons and armour, facial animation this side of L.A. Noire and CGI cut scenes sometimes have you questioning if it's real or not. This is definitely the best looking Halo we've seen, if not the best looking Xbox 360 game.

That being said, the seven-year-old hardware of the Xbox and its shortcomings are seen here. Some textures look low res up close. It's amazing the art team was able to create a whole new world while maintaining the look and feel of the past Halo games.

Whatever shortcomings in the visual presentation there may be, because of dated hardware, the sound is more than enough to make up for it. Everything has been completely remastered. Guns sound brutal and little things such as the crunch of your big metal boot on the ground, that just wasn't there before, makes everything feel better and have a boom to it.

The sound track, although not as memorable as Martin O'Donnell's work, feels like a natural evolution for the series.

Gameplay is crisp as ever. The combat system has been refined. Multiplayer makes its return as the now war games.

Embracing the world of online console gaming helped Halo. I assure you that even with added perks and point streak system it still feels like the good old Halo that we all know and love. I can't wait for MLG to get their hands on it!

The question still remains: Do we need another Halo trilogy? I'd say yes, yes we do! With great gameplay, fantastic story and visuals that have just raised the bar.

It feels really good to say this after all these years, Halo is back! "Do not underestimate ... him."



digitaltrends.com



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Chris Burandt in person with the inside on what it takes to be an xtreme sports legend

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