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Degree option for trades

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Photo by Bryan Cooper

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INNOVATIVE PROGRAM

Premier Alison Redford speaks at the Shell Manufacturing Centre on Wednesday, Nov. 14 about a new program that offers certified tradespeople two years credit towards a four-year Bachelor of Business Administration degree.

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NEWS & FEATURES

Vote set for new U-Pass deal

By **NICOLE MURPHY**

NAIT students will be voting on renewing the U-Pass transit contract in February.

The U-Pass, with its access to public transportation, comes with a mandatory fee that all NAIT full-time students currently must pay.

This pass gives students access to all regular service on ETS, Sherwood Park and St. Albert buses during the school year. Other post-secondary institutions that have implemented the mandatory pass are the University of Alberta and MacEwan University.

The U-Pass is currently \$140 (per semester) and the three-year contract that was voted on by students expires on April 30, 2013.

Earlier this year, Edmonton Transit wanted to increase the fee to \$170. This number was reached by a formula based on 30 per cent of the current adult fare (\$3) multiplied by the average number of trips students take per month. ETS contended that students use the U-Pass an average of 47 times a

month, but not even 25 per cent of NAIT students picked up their U-Pass the winter semester of 2012, so this number seemed to be inaccurate.

When asked to negotiate the price increase with ETS, Jason Roth, director of advocacy for the NAIT Students' Association, said that the city agency "told us they couldn't negotiate."

"They really truly felt that they did not have the legal basis to change their fare policy because they had been given that direction through budgeting process by city council. So we had to go to city council, lobby them to instruct Edmonton Transit that they could negotiate outside their fare policy."

For four to five months, the U of A Students Union, the Graduates Association at University of Alberta, the Students Association at MacEwan University, and NAIT Students' Association

lobbied to have ETS negotiate the price increase.

"We all had a common front and worked

hard together to get it done," Roth said.

He went on to explain that once ETS was given the authority to negotiate, an agreement was reached quickly. The price compromise is a bridging strategy until smart card technology is implemented to have accurate counting for average monthly trips made by students.

The new price of the U-Pass that was agreed sees an increase of \$7.50 each school year for the next four years. These prices per term year will be: Year 1-\$147.50, Year 2- \$155, Year 3- \$162.50, Year 4- \$170. The contract has passed through (the transportation and infrastructure committee), but still has yet to pass through city council.

"The committee has agreed to recommend it to council, but I don't anticipate there would be problems with that. So we're working with ETS as if it is a done deal," Roth said.

From Feb. 8-14 next year, NAIT students will have the opportunity to vote in favour of or against the mandatory U-Pass contract. The vote will be online as part of the elections for a new student executive and, if two-thirds of students who cast ballots do not vote in favour of the U-Pass, then NAIT will not implement it. Students who use public transportation will

have to buy monthly student passes, which are around double the price of the U-Pass.

At the U of A and MacEwan University, the U-Pass is increasingly popular and, in fact, parking no longer sells out. But at NAIT, where public transportation may be less safe and less accessible from certain areas of the city, is ETS a realistic option for students?

Sarah Stilwell, a student at NAIT said: "For the insecure transportation service they currently give I wouldn't want to give them one

cent more, unless they're using the increase in prices to increase their current security."

Roth did say that

there have been increased services to NAIT as a result of the approval of the U-Pass, such as the No. 15 route and some express buses.

However, if the four-year contract with the U-Pass is not voted in by NAIT students, such privileges and extra services may not be extended by ETS.

As well, when the LRT expansion is finished, access to NAIT via public transit will be much more accessible and convenient to students who live in the far reaches of the city.



Jason Roth

U-Pass

Advising Centre open for students



DAVID ADOMAKO-ANSAH
Issues Editor

On Nov. 15, NAIT opened up its new Student Advising Centre.

The office is located in the HP Centre beside Bytes (W-101). The new centre is designed to support students throughout their stay here at NAIT.

"It means added support, more flexibility, minimized back and forth," says Angela Briggs,

NAIT's Student Engagement Facilitator.

"The idea is that we can service a student a lot farther than most other areas, and so, what it means for students is that there is less 'go-around,' the idea is a one-stop shop. It means more career support that wasn't there before."

Students looking for guidance on their career paths can talk to advisers at the new centre.

"They just found the need for students, for advising in general," says Tina Warbis from Academic Upgrading.

"Before, it was pretty segregated between departments and they wanted to create some kind of centralized location so that they can come, even if it's from the first step where they have no idea where they even want

to start or they have a very clear idea of what program, but they need help (getting there.) It's one-stop so they don't have to go all across NAIT."

It's a significant milestone in NAIT's history and supports students in a completely flexible environment.

If you're looking for specific information on your program and the possible jobs you should be looking at, this is the right centre for you to go to. If you need help with interviewing or need tips on how to make your resume better, this, again, is the right place

to go.

"For current NAIT students, it's a great place to go when they don't know where else to go. Current NAIT students, sometimes they

find that they need to tweak their plan a little bit. With the new academic model it's going to be a lot of choices for part-time pathways, maybe check out some open studies, we can help them plan all that," says Academic Adviser Dawn Dayman.

"This is a brand new thing and also for current students, we would help them with getting ready for jobs searches, so that involves giving feedback on resumes and helping with creative strategies on job search techniques," she said.

On hand to open up the new centre were Dr. Glenn Feltham, president and CEO of NAIT, Dr. Paula Burns, provost and VP Academic, Karen Bennett, AVP of Student Services and Jonathon Bilodeau, vice-president of Student Services with the NAIT Students' Association.

Students looking for guidance on their career paths can talk to advisers who will be staffing the centre.



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Matter of degree

By **CLAIRE THEOBOLD**
Editor-In-Chief

The days when a career in the trades was seen as mostly an alternative for the non-academic are gone, thanks in part to the new Trades to Degrees program at NAIT.

"A career in trades is often seen as a dead end," said Dr. Glenn Feltham, president and CEO of NAIT. "If you want to continue in post-secondary, you effectively needed to start over. Trades degrees acknowledge the value of work experience and post-secondary education that linked certification as a trades person."

Trade worth two years toward degree

The Trades to Degrees program invites those who already have a trades designation to come back and earn a Bachelor of Business Administration (BBA), crediting their experience in their trade at the equivalent of the first two years towards that degree.

The program was introduced this fall, through the J.R. School of Business, to 22 students, many of whom are currently instructors at NAIT.

"It gives us the ability to move on into different areas in the school of trades," said Trades to Degrees student Boni Ehman, who is also a parts technician and an instructor at NAIT.

Trades to Degrees will help trades persons looking to further their careers secure positions in more managerial and organizational roles, something the trades industry in our province and around the world is in need of.

"It's strengthening our work force, our economy, our province itself," said Stephen Khan, Minister of Enterprise and Advanced Education, at a celebration for the launch of the program last week.

New opportunities

Alberta Premier Alison Redford hopes that this initiative will encourage youth planning their career paths to take a new look at the opportunities a trades education can provide.

"Being in trades is an incredible career path that will provide great success to the person involved," Redford said.

The Trades to Degrees program is currently only offered for those looking to pursue their BBA, but executives are already looking at expanding the scope of the program to create other pathways.

"We look forward to exploring many more pathways such as this," said Dr. Paula Burns, NAIT Provost and VP Academic.

Students interested in the program are interviewed to assess their skills



Photo by Bryan Cooper

NAIT President Dr. Glenn Feltham at the premier's address.

and Feltham promises that each student will be given all of the resources necessary to ensure their success.

"We want every single person who enters this program to succeed at the very highest level," Feltham said.

For more information about the Trades to Degrees program, including how to apply, visit www.nait.ca/89409.htm.

Big bucks in parking tix

By **CODY MALBEUF**

Edmonton is always known as a place of long winters. We have two seasons: winter and construction.

The distinction between those two seasons rarely hits as hard as it did on Nov. 7.

Weather forecasts predicted up to 10 cm of snow. That might have been an accurate prediction if the snow had ever stopped. Snow continued all day and absolutely covered Edmonton, leaving over 25 cm in areas.

Weather has a lot more negative connotations in life now than when you were a kid. As a child it just means fun in the snow and learning to spell your name (that's a peeing in the snow joke, just to clarify).

The biggest danger is you end up licking a metal pole and have to tell your parents they were right for the first time, although it will sound like "Ew er bite."

However, as an adult the bad weather has a lot

harsher consequences.

For one, Nov. 9 was one of the most profitable days in Edmonton, also one of the busiest for traffic workers.

By noon, over 130 tickets had been issued, and 80 requests for vehicles to be towed.

This ticket costs \$50 for any car left out on the street. That's not the only cost.

If your car stays there, it gets towed, which costs at least \$100 for anyone wanting to get their vehicle back.

The city tried to let people know about the ban in any way they could.

ETS signs were featuring the parking ban all day as well as less conventional social media tools like Facebook and Twitter.

Nevertheless, it can be a challenge to avoid even if someone is aware of the ban.

NAIT students like Michael MacMullin have a negative view of the parking ban.

"If the city of Edmonton wants to enforce the

parking ban on the streets, maybe they should put the money from the tickets into providing off-street parking for people who don't have a choice," said MacMullin.

"Winter lasts a long time and that's not fair for a lot of people who rely on parking all year round."

That would be quite a lot of money going towards that cause. The city of Edmonton gave out 626 tickets over the course of Edmonton's first annual parking ban.

That makes a total of at least \$31,000 from three days of parking tickets.

It sounds like a lot, but three times that amount was handed out in February 2012.

For this snowfall, the city had 86 pieces of snow removal equipment out working the streets. Some areas were still covered in snow until Nov. 15 still, but the effort was there.

Edmonton snow removal deserves a shiny participation ribbon.



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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.

Takeover hangs in balance

By AMOR DARDOURI

The China National Offshore Oil Corporation (CNOOC Group) has proposed to take over Calgary-based Nexen Inc. for \$15.1 billion.

CNOOC is a state-owned enterprise. It is the third-largest national oil company in China and it focuses on the exploitation, exploration and development of crude oil and natural gas offshore of China.

The Canadian government needs to decide whether to approve or reject the controversial deal.

In fact, the review of the offer was extended to Dec. 10, which will give the Canadian government more time to study the takeover and determine whether the deal has a net benefit for Canada under the Investment Canada Act, which is the main mechanism to review significant investments in Canada by non-Canadians.

The CNOOC-Nexen transaction would be the biggest Chinese acquisition in the world.

"It is a major investment into Canadian company and as many Canadians indus-

try experts say Canada doesn't quite have that amount of cash on hand to develop the Canadian oil sands potential so for investment it will be most welcomed to help Canada develop the very valuable resources in the country. Actually, from that perspective it is good for Canada and from the stakehold-



ers' perspective of Nexen itself. Some say this takeover will increase the value of their stock by over 60 per cent," said Jia Wang, assistant director at University of Alberta China Institute.

According to Richard D. Beason, professor of business and economics at the University of Alberta, the deal will help the economy and create new job opportunities.

"The Nexen deal is good," said Beason. "We have an investment deficit now in terms of developing resources that cannot be funded internally. Canada has been saying for years that Canada welcomed foreign investment in order to fund this development. If we now start denying these deals, the world will see Canada as closed for business. The foreign investment will mean new projects and

employment, tax revenue, etc."

On the other hand, there is a public concern about the state-controlled company's investment in Canada. A recent poll reveals that 58 per cent of Canadians oppose to the CNOOC-Nexen takeover.

Canada already has rejected a \$5.3 billion bid last month from Petronas, the Malaysian state-controlled company to purchase the Calgary-based Progress Energy Resources, saying it didn't have "net benefit" to Canada, but it gave Petronas 30 days to resubmit its offer.

The Petronas rejection was seen as a surprise for some investors, shocking markets and raised some questions about the criteria for foreign investments in the country.

"I think it will be really useful to have the ground work of what the government uses to assess any major foreign investment in Canada's industry or resources sector. I think that it will be very helpful to have at hand for any investors, for foreign investors who want to invest in Canada" said Wang.

Whether Ottawa regulators prove or reject

the CNOOC-Nexen deal, it seems any decision will have an impact on the Canada-China economic relationships.

"Either way, it will affect the Chinese-Canadian business relationships because it is a major deal. If the answer is yes and the deal goes through it will obviously send a positive sign to the Chinese side, but if

this deal is turned down by the federal government, that will have sort of a chilling effect definitely to the economic relationship between the two countries and especially, if it has been a friendly takeover, not a hostile one," said Wang.

However, if the deal is blocked, it will affect prospective foreign investors in Canada, said Beason.

"If the deal is rejected, it affects more than Canada-China relations, it basically sends a chill into all potential foreign investors."

The federal government is expected to make a decision on the CNOOC-Nexen deal soon and to detail new guidelines for foreign state-owned enterprises (SOE) investment proposals.



UBC hacked

By WILL McDONALD
The Ubysey
(University of British Columbia)

VANCOUVER (CUP) – For the first time, UBC may not be happy to be on the same list as Harvard and Cambridge.

Four of UBC's servers were hacked on Oct. 1 as part of an attack by the hacker group Team Ghost Shell, which released 120,000 files from 100 universities across the world. One other Canadian university, McMaster, was also a target.

Randy Schmidt, associate director of UBC Public Affairs, said the four UBC servers that were hacked had lower security measures, making them more vulnerable than other servers on campus.

Hackers released files from servers for the Museum of Anthropology, Thunderbird Athletics and the Faculty of Arts. According to Schmidt, most of the files did not contain any sensitive information.

The majority of the files were usernames for UBC blogs, with the passwords redacted. However, the server within the Faculty of Arts contained usernames and logins for a linguistics course. Schmidt said all the students affected have been asked to change their passwords.

"The most concerning piece for us was the server that had to do with the linguistics course, and so I understand that full or partial names of 90 students were part of that, along with user-

names and passcodes to the course accounts," said Schmidt. "All the other information seems relatively innocuous."

Schmidt said there are thousands of servers on campus and he couldn't confirm how many were set up in the same way as the ones that were hacked.

"What I was told was that the similarity seems to be the common coding problem for those servers, so I'm not sure if they were targeted or not," said Schmidt. "It's a big campus, so I'm not quite sure if there would be others that are coded that way."

Schmidt said that people have tried to hack into UBC's servers before, but the details are confidential.

"Due to its size and resource intensiveness, UBC is frequently a target for attacks," said Schmidt. "For security reasons, we do not discuss the incidents."

However, Schmidt said that UBC uses higher security measures for servers that contain more sensitive information.

Schmidt said UBC IT repaired the hacked servers shortly after they were accessed.

"All four servers were secured soon after learning of the leaks. The servers that have been brought back online have been secured. One server will remain down, as it will be retired instead of being returned to service. Impact on the services provided is very low," said Schmidt.

The hacking team referred to their efforts as Project West Wind, which targeted over 100 universities.

They said their goal was to draw attention to the flawed post-secondary education system. Team Ghost Shell is associated with the group Anonymous, which has hacked numerous government websites.



(Photo illustration by Kai Jacobson/The Ubysey)



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Pre-holiday treat for all



By SARAH STILWELL

Next Thursday, Nov. 29, NAIT is bringing everyone an early Christmas present.

Before everybody at NAIT enters the inevitable stress mode that final exams bring, the second annual Jingle Mingle will give us a chance to relax and enjoy some holiday cheer before we have to hit the books.

Last year NAIT's first ever Jingle Mingle was well-received by the NAIT population. Last year's festivities included cookie decorating, skating, sleigh rides and window painting in the NAITrium.

This year, however, the event has been scaled back a little bit to enable NAIT to do all of the other events currently in the works.

Next Thursday, the festivities start with Christmas carols starting at 4:30 p.m. – no carolling experience necessary. The carolling will

take place outside between the North and South Lobby, and everyone is welcome to attend and lend their voices.

Don't know the lyrics to these classic holiday songs? NAIT's got you covered. The song lyrics will be distributed outside at the event.

The carolling will be followed by the flicking of a switch to light up NAIT with Christmas lights.

Last, but definitely not least, NAIT will be showing the classic *Miracle on 34th Street* in the Shaw Theatre on NAIT's Main Campus starting at 5:15 p.m. Popcorn, snacks and refreshments will be available for moviegoers.

Everyone is welcome to attend the screening of this holiday classic. However, you must register online to reserve your seat.

It's super easy to register and is completely

free to do so. Bring your friends, bring your family, everybody is welcome to celebrate the holidays at NAIT!

Miracle on 34th Street is a 1947 Christmas classic that focuses on whether or not a department store Santa is really Santa Claus or merely delusional.

To many, *Miracle on 34th Street* is regarded as the best Christmas film ever made, so if you have never seen it this is a perfect opportunity to see the warm-your-heart classic.

But don't wait to reserve your seat! NAIT's goal is to completely fill up the 360-person theatre.

Staff, students, friends and family can all register at www.nait.ca/jinglemingle.

For any questions, NAIT's Corie Phillips e-mail and contact information is available on the web page.

With so many exciting and festive things going on next Thursday, it will be hard not to feel any holiday spirit.



Photo by Laura Dettling

A horse-drawn wagon ride was one of the attractions at NAIT's Jingle Mingle last year.

Leon's takes over the Brick

By DEXTER WATTY

In a bold and shrewd business move, Toronto-based retail furniture chain Leon's has purchased Edmonton-based furniture company the Brick for a hefty \$700 million. The move is seen to be a friendly takeover of a rival company.

Leon's has announced that although they will take ownership of the Brick, the two companies will continue to operate under two separate names.

With the growth of Wal-Mart and the plans of American company Target to open 135 stores

in Canada beginning in March 2013, the acquisition is thought to be a strengthening of Canadian companies amongst two former rivals.

Terry Leon, CEO of Leon's and grandson of founder Ablan Leon, suggests that the move was made to keep a lid on costs.

The Brick operates 230 stores under The Brick, United Furniture Warehouse, The Brick Mattress Store and Urban Brick Banners.

Leon's owns 76 stores across Canada with locations in every province except British Columbia.

Canada's housing market is slowing down as

well and Leon, in a recent news release, said the "transaction brings together two great Canadian companies with complementary geographic footprints to strengthen our position in the home furnishings marketplace."

Amidst concerns that Edmonton would lose a homegrown company, Brick CEO Vi Konkle has said the deal "ensures a future longevity and strength for a company that started in Edmonton and will carry on in Edmonton."

Konkle will remain as president of The Brick, and Leon will become CEO of the combined companies. The Brick's shares went

up 52.29 per cent to \$5.33, and Leon's shares went up to \$11.65 the day after this deal was announced.

Leon's reported a 20 per cent drop in earnings last quarter but those numbers are expected to turn around with the acquisition.

Bill Gregson, the Brick's executive board chairman, stated that nothing would be changing and the Brick's association with hockey will continue in the city.

The annual Brick Novice Hockey Tournament for nine and 10-year-olds, held at West Edmonton Mall, will not be affected.



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



Attend Convocation 2013

If you expect to complete program requirements by Monday, December 31, 2012 you are eligible to attend Convocation 2013.

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

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- Souch Campus, Room Z154

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Student government praised

By LUCAS ANDERS

The student Senate at NAIT is doing some important work on behalf of students and can be seen as a model for other student governments in the province, says Senate chair Becky Kallal.

Kallal said Wednesday that the NAITSA group and the student Executive under the guidance of Executive Director Chris Chelmick are “a well-oiled machine.”

Kallal, who is also an elected Catholic School Board trustee and was recently appointed board chair, went out of her way at the Nov. 14 Senate meeting to highlight how proud she is to be working with NAIT’s student government.

“The NAITSA group, both the people in the office under Executive Director Chelmick and the student Executive, as well as the Senate, they totally get what governance is,” Kallal said. “When you see some of these other organizations, the people who should be governing are sticking their hands into administrating and the people who should be administrating are trying to unduly influence the people who are governors, and this group really has it right.”

Kallal highlighted that in order for any student government to function properly they need to have government and administration function separately without interference from either side.

She mentioned NAITSA does a fantastic job of this.

“One of the biggest strengths that makes the NAITSA office and student governance work so well here is that you have Executive

Director Chelmick, who is a real gift in that he is able to empower students in general and particularly the student Executive and the Senate,” said Kallal.

“He really has no ego agenda himself, he just really works for the benefit of NAITSA and the students and empowering them.”

Other business at the Senate meeting included:

- Senator Joslyn Black stated she would be putting her name forward at the next meeting to sit on the Governance Sub-committee. “I’m happy to put my name forward so that I can help the students and be an outlet for their concerns, to work to make a difference, and to make a better campus life,” said Black.

- NAITSA’s audited financial statements for the 2011-12 fiscal year were approved as recommended by the Finance Sub-committee.

- The student executives informed senators about their recent work to increase the awareness of the shortage of mental health resources on Alberta campuses. As



Photo by Chelsey Garand

Miranda Holman, NAITSA vice-president External, addresses last Wednesday’s (Nov. 14) Student Senate meeting as chair Becky Kallal looks on.

NAIT athletics receives a boost

By JOSH YAWORSKI

Too often life overwhelms us.

It pushes us in pursuit of our goals, and we are forced to put aside what is really important in favour of what needs to be done. And that which is left behind greatly misses us.

NAIT president Dr. Glenn Feltham recognizes how hard it can be to balance work and family, and wants to help NAIT staff make it just a little easier.

“One of the [Dr. Feltham’s] main initiatives is to have more staff and student celebrations. He decided to create a day where staff could bring their families to work and enjoy a fun day of activities,” says Andy MacIver of the Athletics and Recreation Department.

“Our goal ... is to create awareness for our athletic teams and show staff how talented and entertaining our home games are.”

And it’s hard to imagine this initiative not succeeding, what with the epic hockey and volleyball lineup, along with the complementary popcorn that was available to guests.

But sports were not the entire scope of the event. All day last Saturday, NAIT staff and their families were treated to a bevy of events, from free swimming in the NAIT pool during the morning hours, to the afternoon volleyball games, to the riveting shut-

out against league rival SAIT.

Prizes were distributed throughout the day, and every effort was made to make NAIT staff and their families feel comfortable, to welcome them into our community and introduce them to everything our Athletics programs have to offer.

Creating memories of NAIT as a venue for staff and their families will facilitate the development of fans in the younger, non-student demographic, something that will be highly beneficial to our school community.

“Success would be if we fill the stands at our events and everyone has a great time and wants to come back to future games,” says MacIver. “It’s a goal I think we can all get behind.”

All in all, the event was a success that we here at NAIT can appreciate. A younger audience drawn into our school would more than likely create a grander school spirit if we can convert them early.

Making students knowledgeable that NAIT is more than just a trade school is important, too.

This event helped people bring in their friends and families and maybe get just a little more insight into what NAIT really has to offer.

a member of the Alberta Student Executive Council (ASEC), NAITSA has stepped up to support and advocate for more resources to address dire shortages in the provinces schools. VP External Miranda Holman highlighted that the mental health services at NAIT are top notch, but she believes it is important to advocate for other smaller institutions which are not getting the same access.

According to the Academic Group, Olds

College has only one staff member devoting just 10 hours per week to mental health issues.

“With only 10 appointments a week, they are not coming even close to addressing the needs of 1,300 full time students,” Holman said. “This advocacy truly helps make a difference in students lives across Alberta.”

Our campus is in the hands of a very capable Senate that has represented us well.





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OPINION

— Editorial —

The bully in the room



CLAIRE THEOBALD
Editor-In-Chief

When she walked into my office, she wasn't at all what I had expected.

She was blond and petite, and walked confidently into the room with a warm smile and an outgoing personality.

I would have never believed she was the girl who reached out to me because she was being bullied.

"It's just shocking," said Felicia, who wanted her real identity hidden. "Being here, paying so much to go to school to better ourselves, and [bullying is] still happening."

Bullying isn't new to her. Felicia says she was bullied from elementary school. Always shorter and struggling with her weight, she was an easy target.

She would resort to faking sick just so she didn't have to face another day of abuse at school.

'It hurts being torn down'

"I used to get food thrown at me," she said.

After she struggled her way through the grades, she overcame drug addiction and the loss of her father before enrolling at NAIT, excited to start fresh in a place where she thought her worst fears about bullying were left on the playground. She was wrong.

"It hurts being torn down," she said. "I've been torn down my whole life."

Her excitement has been replaced with feelings of anxiety and loneliness, so excluded by her classmates that she is forced to sit alone and silent, afraid even to be noticed.

"I don't cry, I'm the sort of person who leaves those emotions hidden, but I went home and bawled," she said tearfully.

After efforts to confront her bully with the problem only caused the situation to escalate, she reached out to her instructors for guidance. She was told to handle it herself.

"It makes someone want to give up," she said. "That's how I felt."

Margaret Marean, psychologist with NAIT's Student Counseling, said she has heard this problem before.

More sophisticated

"We hear that over and over again," Marean said.

Although many are not aware of it, bullying at the post secondary level does happen, just more discretely.

"It's not the typical bullying we think of in Grade 4 where people are getting hurt or blatant name calling," said Marean, "so people don't really identify it."

As the bully graduates, so too does the bullying, transitioning from more classic forms like hair pulling and name calling to something more sophisticated like purposeful exclusion, passive aggression and even hurtful jokes. These can be just as damaging to their victim.

"The meanness just becomes more professional," said Felicia. "Instead of 'I hate you,' it's more drawn out. It still cuts deep."

In the wake of publicized cases of bullied victims taking drastic measures to escape the abuse, campaigns have sprung up everywhere hoping to bring an end to bullying.

I think it is safe to say that we are all very aware of the damage a bully can do. We're all familiar and sympathetic with the victims,

but what of the bullies themselves? Where are they? Why would they do it?

"The bully often, almost never, would label it as bullying because they're not thinking of it in those terms," said Marean, arguing the perception of the action is just as important as the original intent.

To some, a snide remark might just seem like a joke, but to someone more sensitive, that same remark could feel like a personal attack.

"I don't think most bully's realize they're bullying," said Marean.

Her definition of a bully is anyone who realizes the vulnerability of another and takes advantage of or exploits it.

In listening to Felicia's story, I started to look at my program and the relationships among my classmates.

Then I asked myself, could I be a bully?

I can have a dark sense of humour and can be very sarcastic. I am also very blunt at times and I prefer to tell it like it is rather than waste my time sugar coating.

But when thinking back at how my actions, without being inten-

tionally hurtful, could have come across to some of my more sensitive classmates, maybe to them I am a bully. Their bully.

"That's the awareness that we need to be raising," said Marean. "Are you a bully?"

In biblical terms, one would turn the other cheek. Now, the only real hope the bully has is to wait out the bullying, ever hopeful for a brighter tomorrow.

"Unfortunately, one of the strategies we tell students is just get through the semester," said Marean. "Look at what can change for next semester."

Still, every year students drop out or are forced to switch classes in order to feel secure.

Short of creating a completely toothless society, where every joke is run through a database that searches for possible offence, I am not sure if there is any quick solution to end all bullying.

That being said, I know I will be more cognizant of how my actions may be perceived by others, because the last thing I want to be is the bully.



bcgeu.ca



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

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

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

Trust us on that. Write us.

SPORTS

Fond of ... figure skating



LAUREN FINK
Assistant Sports Editor

Winter is in full swing and that means my favourite sport is, too.

I know you're thinking, "No it isn't, it's locked out."

Well that is true ... hockey is usually everyone's favourite winter sport. But not mine. Mine is figure skating.

I know you are probably shocked, who likes figure skating?

I do actually, I love it. I figure skated for 13 years.

This even shocks me because I have two left feet. Figure skating was my thing and is a huge part of who I am. There is something about figure skating. It's definitely a sport full of passion.

Local skater and NAIT student Morgan Black agrees.

"I knew I was passionate about it (skating) when I had to choose between skating and dancing," Black said. "I chose skating because it never felt like 'something I had to do,' I did it because I wanted to."

I couldn't agree more with Black. It wasn't something I dreaded doing when I woke up. I wanted to go. Figure skating is a very fulfilling sport and your passion reflects on your work. Also, it's a pretty awesome feeling, looking like an ice angel while doing something so hard. Doing something that not many people can, like jumping and spinning on the ice, is the best feeling I've ever felt.

Figure skating is a sport that you get out of it what you put into it.

If you don't practise, you won't succeed. This is something I learned after years of long practices and successes and failures.

Recently, I was privileged to speak with the Glenora Figure Skating Club coach, Jan Ullmark.

Ullmark was Sweden's national champion in his prime and coached my personal figure skating heroes Jamie Salé and David Pelletier to gold in the 2002 Salt Lake City Olympics. This guy knows a thing or two about what goes into being a successful figure skater.

I think figure skaters are some of the most dedicated athletes around, constantly learning and pushing themselves. Ullmark agrees.

"In skating, you don't learn it in a year, it takes a year to perfect something, it's a challenge."

Even skaters who aren't competing at national levels put their hearts and souls into the sport.

"I skate four to five days a week, as well as three off-ice days," says Black. The extra hours pay off big, especially for Black, who has won the StarSkate athlete of the year award for the Edmonton region.

As for myself, my biggest accomplishment would have to be no broken bones in 13 years of skating!

Like any Olympic hopeful, Salé and Pelletier dedicated their lives to skating. I said before, you get what you give and they got the ultimate reward, an Olympic gold medal.

When I was little, I wanted to be just like the beautiful figure skaters I'd watch on TV. Hair perfect, beautiful dress and soaring through the air like a bird, a very graceful bird.

They made it look easy ... something I quickly learned was not the case.

Along with consuming an incredible amount

of time, figure skating is tough.

I think that's one of the biggest misconceptions people have about the sport.

"A lot of people don't understand how difficult, how technical a sport it is and how well trained you have to be," said Ullmark.

The other biggest misconception about figure skaters is that it's a sport for women.

Chazz Michael Michaels (Will Ferrell) showed us in *Blades of Glory* that this isn't the truth.

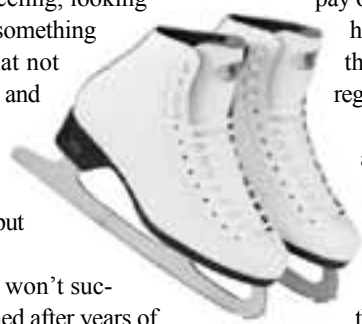
It is just as much a sport for men.

"Mostly, all the boys that I've taught who are good skaters are really good athletes in all sports," says Ullmark.

It is hard for guys to figure skate without being picked on, which is really unfortunate.

When I was little, it would frustrate me that none of my rural Saskatchewan farm boy friends would be my David Pelletier. It just never happened. Oh well, in the words of The Pussy Cat Dolls "I don't need a man to make it happen."

NAITSA is putting on a "How to ... Skate" in the rink Wednesdays at lunch, until the end of November. If you haven't tried before, now is your chance. Who knows, maybe you're the next Jamie Salé or David Pelletier. I'm off to lace up my skates and hit the ice.



BASKETBALL

Injuries hobble women's squad

By **KEVIN MARTIN**

The women's basketball team has been commanding respect in the early stages of this season, as they earned a national ranking for the first time in the program's history last week.

The Oaks (4-0) travelled to Caronport, Saskatchewan for a Friday night match last weekend against Briercrest (0-6).

If a game ever looked like it would be a blowout, it was this one.

As a road team, it's important to play well early and take the crowd out of the game and the Oaks did just that with an explosive first quarter.

NAIT continually fed their post players and got a number of easy baskets as a result.

The Oaks also hit a number of shots from the open floor and had a dominating 25-8 lead into the second quarter.

Briercrest regrouped at the end of the first quarter and played much better basketball the rest of the way.

The main problem facing Briercrest was keeping the stronger Oaks players out of the paint.

NAIT had 24 offensive rebounds throughout the game, while Briercrest only had 11.

The Oaks took a comfortable 43-20 lead into the half.

The Oaks were up by 23 points in the first half but lost their offensive momentum heading into the second. The three-point shot wasn't working for the team, as NAIT shot a terrible 6-28 from behind the ark.

However, the sign of a great team is that their defence stays strong when the offence is struggling.

The Oaks defence proved this to be true and forced 26 turnovers with 22 of those being steals. NAIT was outscored 33-25 in the second half but they still took the game 68-53.

It wasn't a great performance for the Oaks, but it was enough to get the win. Their perfect season continued with a 5-0 record.

Head coach Todd Warnick admitted that their defence was important in the game.

"Our strong start versus Briercrest was important, as it helped us get through some poor shooting in second half," Warnick said. "I'm proud of the way other players stepped up to carry the load to help us weather the adversity."

The real test of the weekend was staying healthy as the Oaks took on Medicine Hat (2-4) Saturday night.

NAIT was already missing fourth year guard Josephine Peacock coming into this weekend when they were struck with another critical injury.

All-star fifth year forward, P.J. Wells went down in the second quarter of Saturday night's game with a knee injury.

The game was close for the entire first half but the attitude of the team changed when Wells went down.

With their two most experienced players out, NAIT's defence didn't have the same sharpness. Medicine Hat went into the half up 38-32.

The Oaks fought hard but it wasn't enough. Medicine Hat took the game 69-56 against an injured and tired Oaks team.

Warnick praised his team's efforts but knows how important the injuries were to the game's outcome.

"This was a challenging weekend for us, as we were without Josephine Peacock and lost P.J. Wells to a knee injury late in the second quarter," said Warnick.

"The Medicine Hat game was especially challenging, with the injury and poor shooting forcing us to play from behind most of the game. While the result was not what we wanted, I was proud of how we battled the adversity we faced and we

learned some valuable lessons to continue to improve this season."

NAIT (5-1) has back-to-back games against Augustana this weekend. The Oaks play in NAIT's main gym on Friday night with tip-off at 6 p.m.

The men's basketball team struggled this past weekend.

The Oaks (2-2) fell to a tough undefeated Briercrest team 93-72.

NAIT looked to bounce back against a (3-4) Medicine Hat team, but lost by 10 points in a 69-59 decision.

Rookie Matthieu Johnson led the Oaks with a total of 40 points throughout the weekend.

Head coach Ben Julius was not pleased with the weekend.

"The weekend was tough," Julius said. "The travel, combined with two good teams, was difficult."

When discussing back-to-back games against Augustana for this upcoming weekend, it appears NAIT's focus will be on Friday's game in NAIT's gym.

"In terms of Augustana, we're not looking at a sweep, we're just preparing for Friday night. It's important that we do the things that will us give an opportunity to win the game," said Julius. "Augustana is a good team that we will be in direct competition with come play-offs, so it is extremely important that we are prepared for them."

The Friday night game at NAIT gets going at 8 p.m.



PJ Wells
Knee injury

MEN'S HOCKEY

Men all alone in first place

By MATT INGLIS

The NAIT Oaks men's hockey team continued their domination of the ACAC in a two-game matchup against the SAIT Trojans last weekend.

Fresh off a win against Grant MacEwan earlier in the month, the Oaks came confidently into the weekend.

The Oaks started on Friday with a close 4-3 victory in Calgary, before coming back to the City of Champions to punish the Trojans 4-0 on home ice.

NAIT head coach Serge Lajoie was impressed with the level of play the Oaks displayed over the weekend.

"So far this season, we have yet to come out and play a full 60 minutes, but I believe we were close this weekend," said Lajoie.

On Friday, NAIT went with goaltender Shannon Szabados, who leads the league in goals against average and save percentage.

However, on Saturday, the Oaks went with backup tender Chris Moore, who posted a shut-out on the night.

Saturday's shutout was the Oaks' third of the season and only the fifth in the ACAC this season.

Coming into the weekend's games against the Trojans, NAIT was prepared for a challenge. "We just focused on what we needed to do and the details of our game plan," commented Lajoie.

With the wins over SAIT, the Oaks remain atop the ACAC standings, yet to lose a game in regular time.

Even coming out of the weekend with the pair of wins, the Oaks coaching staff isn't confident that the team is playing at its best.

"We're still ironing out small details of our



Photo by Kevin Tuong

NAIT Oaks Liam Darragh (27) and Kyle Harris (20) watch the puck elude SAIT goaltender Michael Tadjdeh on Saturday, Nov. 17 during a game at NAIT arena. NAIT won the contest 4-0.

game plan," said coach Lajoie. "We aren't quite where we need to be."

Despite the success the team has enjoyed this season, coach Lajoie knows the Oaks must stay focused in order to keep the momentum rolling.

"We need to have intensity, and play at a

high level."

At this point, Lajoie knows the team can't let up.

"We haven't won anything yet. The only thing we can draw out of the standings and past games is confidence – confidence that we can play and we can win."

That confidence will be a necessity if the Oaks want to challenge for the league title.

Next up, the Oaks will host the fourth place Portage Voyageurs at the NAIT arena on Thursday Nov. 22. After that, the two teams meet again on Saturday for the rematch.

WOMEN'S HOCKEY

Two-game tune-up for the women



Photo by Sara Tetz

A NAIT Oak battles with a Red Stripe player on Saturday. NAIT won 7-1.

By MATT INGLIS

The NAIT Oaks hockey team got a bit of a break from ACAC league competition last weekend, taking on the Edmonton Red Stripes on Saturday and the Calgary Coyotes on Sunday.

The Oaks split the weekend, walking away with a big 7-1 win over the Red Stripes, before falling 4-3 in a close battle against the Coyotes.

The weekend started huge for the Oaks, who exploded offensively, producing seven goals from seven different players, and only allowing one to slip past their net. The Oaks started goaltender Jill Diachuk on Saturday, who was coming off a shutout in her previous start.

NAIT head Coach Deanna Iwanicka was looking to take advantage of the non-conference games.

"We wanted to focus on some key parts of our game that we'd like to improve, rather than focusing on the score or the standings," said Iwanicka.

The Red Stripes provided the Oaks an opportunity to fine-tune components like face-offs, net drives and breakouts in a real game setting.

The offensive blowout by the Oaks is a show of the talent NAIT possess, and Iwanicka was surprised by what the rival Edmonton team brought to the table.

"The Red Stripes were a bit weaker than

expected, although they struggled with player attendance."

Sunday's game was tighter all-around, and provided the Oaks with a good chance to work on their game against a team similar to what they face in the ACAC.

"The Calgary Coyotes gave us a good competitive game, most of those players have played NCAA, CIS or ACAC and their experience was evident and good to see and compete against," commented Iwanicka.

The game opened up with NAIT scoring the first goal and taking an early lead, only to see Calgary tie it up shortly after.

The Oaks re-took the lead in the second, but lost it after Calgary's back-to-back goals towards the end of the second frame. Calgary scored again to make it a 4-2 game in the third.

NAIT wasn't ready to go down without a fight, netting a short-handed marker in the middle of the third.

In the end, the Oaks couldn't rally to tie the game, falling to their neighbors in the south, 4-3.

NAIT's next league competition comes on Friday at home against the third place SAIT Trojans, before traveling to visit SAIT on Saturday.

The last time these two teams met, NAIT dropped one game in overtime, before coming back to rout the Trojans 7-0 in the next.

Athlete Profile



Player: Sharlea Debruyn

Sport: Hockey

Position: Defence

Program: Business

By MATT INGLIS

What got you into hockey? – I actually started as a figure skater, but I wasn't the most graceful. I started hockey after both my sisters, because it looked like a lot of fun. I've tried other sports, but I don't have the passion for them like I do for hockey.

Is there any advice or quotes that have stuck with you? – "Never be afraid to fail, it's getting back up that matters."

What made you choose to play hockey for NAIT? – Last year, coach Deanna asked me to join the team in Calgary for one of their games. I got to spend the whole day with the team and I loved it and the environment they created.

What's your favourite YouTube video? – Hmm, that's a tough one. I honestly can't say I have one, I mostly just watch bloopers from TV

or movies.

What do you do for fun? – When I'm not playing hockey, I enjoy hanging out with my friends or my sisters. I also really enjoy baking, if you would consider that to be fun. I also like camping and hiking. I love the outdoors.

Call Me Maybe, or Gangnam Style? – Gangnam Style!

How do you feel about socks that don't match? – I'm all for that! I used to never match any of my socks, but lately I've been keeping them nicely paired up. But either way works.

How do you feel about Winter in Edmonton? – So far I'm not really a fan. Since I'm not from here and didn't bring a vehicle, I'm forced to take the city buses everywhere. On days when the buses are on time and the roads are good, I don't mind at all.

Athlete Profile



Player: Andre Arsenault

Sport: Volleyball

Position: Libero

Program: Academic Upgrading

By ALI MULLOCK

What is your position and what are you best at on the volleyball court? – I am a libero and I'd say I am best at serve reception.

What's your favourite television show and why? – Definitely *Glee*, because it reminds me of high school, and *Grey's Anatomy* because I love the medical aspect. I have also followed both from the beginning.

What's your favourite movie of all time? – *The Blind-side*. It reminds me of my own life.

If you could eat lunch with anyone in the world who would it be and why? – Beyoncé, hands down. She is an inspiration to the world and to women. "When I leave this world, I'll leave with no regrets."

If you were to be anywhere in the world right now, where would you be? – China, because I am excited to explore and travel. Plus, it's cheap!

Best volleyball advice you have ever

received? – I was playing power and would continually get blocked. One day my coach told me, "hit around the block." Everything changed.

Do you sing in the shower? – Yes, and my favourite right now would have to be "Home" by Phillip Phillips.

Favourite meal of the day? – Definitely would be my night-time tea. I usually go with chai or apple cinnamon, lots of sugar and cream.

Where is the furthest you have ever been from home? – Atlanta Georgia for Junior Olympics in volleyball

What is the most important thing you own? – My treasure box. It is filled with all my important memorabilia.

Does your team have a nickname for you? – Vern, or Verny. I'd say Vern because I remind them of an old person.

Any odd habits we should know about? – I occasionally play with my armpit hair.



It's Argos vs Stamps

By RACHEL PRAZAK

The Toronto Argonauts are heading home to face the Calgary Stampeders in the 100th Grey Cup on Nov. 25.

On Sunday afternoon, the Toronto Argonauts defeated the Montreal Alouettes 27-20 in the Eastern Final in Montreal.

Quarterback Ricky Ray led the way on offence as he completed 28 passes for 399 yards and a two-yard touchdown pass to Dontrelle Inman.

Chad Owens was Toronto's leading receiver with 207 receiving yards on 11 catches. With 139 yards on 13 touches, Chad Kackert led the team in rushing yards. Kackert ran the pigskin 49 yards into the end zone for a touchdown.

Kicker Swayze Waters added three field goals for the Argos on the day.

On defence, the Toronto Argonauts played a strong game start to finish as they held Montreal to only three points in the second half.

Marcus Ball had two interceptions for the Argos.

Montreal quarterback Anthony Calvillo completed 20 passes for 303 yards and he threw two interceptions. Receiver Chris Jennings caught nine passes for 80 yards and a touchdown.

Backup quarterback Adrian McPherson also had a touchdown for the Alouettes and kicker Sean Whyte added two field goals.

After being held to only a field goal in the second half, the Alouettes had a chance to tie the game with 39 seconds left on the clock.

Unfortunately, Brian Bratton dropped a third-down pass in the end zone which sealed the deal on the end of Montreal's season.

In the Western Final, the hometown BC Lions were defeated by the Calgary Stamped-

ers 34-29.

Kevin Glenn retained the starting quarterback position for the Stampeders after Drew Tate was diagnosed with a fractured forearm. Glenn threw for 303 yards and three touchdowns to lead the Stamps to victory.

On Calgary's first possession, Marquay McDaniel scored a 68 yard touchdown just 59 seconds into the game.

It was the second fastest offensive touchdown in CFL playoff history. The BC Lions responded with a 77 yard defensive touchdown by Corey Banks.

Calgary's defence held Travis Lulay and the Lions offence to three field goals in the first half.



In the second half, Kevin Glenn and the Calgary offence got off to a quick start. Glenn found last week's hero, Romby Bryant, along the sidelines for a 57-yard touchdown.

Backup QB Bo Levi Mitchell attempted three quarterback sneaks, eventually scoring on the third.

With the Stampeders up 31-16, the Lions kept playing hard and fighting till the very end.

Paul McCallum added two field goals for the Lions.

Within the three-minute warning, Travis Lulay completed six passes to three different receivers, including a crucial two-yard TD to Nick Moore.

With under a minute left, and a failed onside kick, it was up to the BC defence to hold off the Stampeders and get the football back.

The Lions were unable to get the ball back and Calgary stamped their way to victory!

Tune in to TSN on Sunday to watch Ray take on Glenn and the Calgary Stampeders in the 100th Grey Cup.

The game kicks off at 4 p.m. on Nov. 25.

Athletes of the week

Nov. 12-18

Sarah Watson
Volleyball



Sarah was a force for the Ooks women's volleyball team this past weekend, leading the team to a sweep of the Briercrest Clippers. Watson had 22 kills, 37 digs, three service aces, and two stuff blocks in the team's two home victories. "Sarah is leading the team in kills with 151 and has an attack efficiency of 30 per cent. She is a leader in our passing system and has shown herself to be very competitive on the court," said head coach Lorne Sawula. "During pressure situations she has come through in a big way and in training she is spending time with younger players helping them develop." Sarah is a fifth-year Diagnostic Medical Sonography student from Edmonton.

Jesse Slobodian
Hockey



The NAIT Ooks men's hockey team earned two hard-fought victories over the SAIT Trojans this past weekend to move them into first place in the ACAC. Ooks defenceman Jesse Slobodian was a major reason why the Ooks picked up the wins. Jesse picked up an assist in Friday's 4-3 win on the road but his true value came in shutting down the SAIT attack in both games. "Jesse was a force defensively," said head coach Serge Lajoie. "He always provides leadership on the blue-line and logged important minutes for our team playing in every situation." Jesse is a second-year Personal Fitness Training student from Edmonton.

ACAC Standings

| MEN'S HOCKEY | | | | | | | | | | |
|--------------|----|---|---|----|-----|-----|----|----|-----|--|
| Team | GP | W | R | L | OTL | TIE | GF | GA | Pts | |
| NAIT | 11 | 9 | 9 | 0 | 1 | 1 | 56 | 14 | 20 | |
| Augustana | 12 | 8 | 7 | 2 | 0 | 2 | 53 | 31 | 18 | |
| SAIT | 12 | 7 | 7 | 3 | 0 | 2 | 50 | 28 | 16 | |
| Portage | 12 | 7 | 6 | 3 | 0 | 2 | 58 | 41 | 16 | |
| Concordia | 12 | 6 | 6 | 5 | 0 | 1 | 47 | 35 | 13 | |
| Keyano | 12 | 5 | 5 | 6 | 1 | 0 | 40 | 55 | 11 | |
| MacEwan | 11 | 1 | 1 | 10 | 0 | 0 | 29 | 54 | 2 | |
| Briercrest | 12 | 0 | 0 | 12 | 0 | 0 | 15 | 89 | 0 | |

| RESULTS | | | | | | | | | | |
|-----------------------------|--|--|--|--|--|--|--|--|--|--|
| November 16 | | | | | | | | | | |
| NAIT 4, SAIT 3 | | | | | | | | | | |
| Concordia 6, Portage 6 (OT) | | | | | | | | | | |
| Augustana 5, Briercrest 3 | | | | | | | | | | |
| Grant MacEwan 8, Keyano 2 | | | | | | | | | | |
| November 17 | | | | | | | | | | |
| NAIT 4, SAIT 0 | | | | | | | | | | |
| Augustana 9, Briercrest 2 | | | | | | | | | | |
| Keyano 5, Grant MacEwan 2 | | | | | | | | | | |
| Concordia 3, Portage 1 | | | | | | | | | | |

| WOMEN'S HOCKEY | | | | | | | | | | |
|------------------------------|----|---|---|---|-----|-----|----|----|-----|--|
| Team | GP | W | R | 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 league games in past week | | | | | | | | | | |

| MEN'S BASKETBALL | | | | | | | | | | |
|---|-----|----|-----|----------|---|---|-----|--|--|--|
| North Division | | | | | | | | | | |
| Team | Div | GP | Div | InterDiv | W | L | Pts | | | |
| Briercrest | S | 8 | 0 | 7 | 7 | 1 | 14 | | | |
| Red Deer | S | 6 | 0 | 6 | 6 | 0 | 12 | | | |
| Lethbridge | S | 8 | 0 | 6 | 6 | 2 | 12 | | | |
| Concordia | N | 7 | 0 | 4 | 4 | 3 | 8 | | | |
| Augustana | N | 7 | 0 | 4 | 4 | 3 | 8 | | | |
| Keyano | N | 7 | 0 | 4 | 4 | 3 | 8 | | | |
| Medicine Hat | S | 8 | 0 | 4 | 4 | 4 | 8 | | | |
| MacEwan | N | 7 | 0 | 3 | 3 | 4 | 6 | | | |
| Olds College | S | 7 | 0 | 3 | 3 | 4 | 6 | | | |
| SAIT | S | 8 | 0 | 3 | 3 | 5 | 6 | | | |
| Lakeland | N | 6 | 0 | 2 | 2 | 4 | 4 | | | |
| King's | N | 6 | 0 | 2 | 2 | 4 | 4 | | | |
| NAIT | N | 6 | 0 | 2 | 2 | 4 | 4 | | | |
| St. Mary's | S | 8 | 0 | 2 | 2 | 6 | 4 | | | |
| Grande Prairie | N | 7 | 0 | 1 | 1 | 6 | 2 | | | |
| Wins versus divisional opponents will result in 1 point. | | | | | | | | | | |
| Wins versus interdivisional opponents will result in 2 points in the standings. | | | | | | | | | | |

| RESULTS | | | | | | | | | | |
|-----------------------------------|--|--|--|--|--|--|--|--|--|--|
| November 16 | | | | | | | | | | |
| Briercrest 93, NAIT 72 | | | | | | | | | | |
| Concordia 79, St. Mary's 62 | | | | | | | | | | |
| Lethbridge 96, Grande Prairie 82 | | | | | | | | | | |
| Medicine Hat 74, Grant MacEwan 64 | | | | | | | | | | |

| Oids 76, Lakeland 71 | | | | | | | | | | |
|----------------------------------|--|--|--|--|--|--|--|--|--|--|
| Keyano 72, SAIT 70 | | | | | | | | | | |
| November 17 | | | | | | | | | | |
| Medicine Hat 69, NAIT 59 | | | | | | | | | | |
| Keyano 78, Olds 53 | | | | | | | | | | |
| Briercrest 87, Grant MacEwan 77 | | | | | | | | | | |
| Lethbridge 86, Concordia 77 | | | | | | | | | | |
| SAIT 87, Lakeland 83 | | | | | | | | | | |
| St. Mary's 90, Grande Prairie 72 | | | | | | | | | | |
| Red Deer 99, Augustana 75 | | | | | | | | | | |

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

| RESULTS | | | | | | | | | | |
|-----------------------------------|--|--|--|--|--|--|--|--|--|--|
| November 16 | | | | | | | | | | |
| NAIT 68, Briercrest 53 | | | | | | | | | | |
| Concordia 78, St. Mary's 28 | | | | | | | | | | |
| Grande Prairie 79, Lethbridge 59 | | | | | | | | | | |
| Grant MacEwan 69, Medicine Hat 62 | | | | | | | | | | |
| Lakeland 73, Olds 72 | | | | | | | | | | |
| SAIT 79, Keyano 38 | | | | | | | | | | |
| November 17 | | | | | | | | | | |
| Medicine Hat 69, NAIT 56 | | | | | | | | | | |
| Olds 74, Keyano 54 | | | | | | | | | | |
| Grant MacEwan 70, Briercrest 38 | | | | | | | | | | |
| Concordia 92, Lethbridge 52 | | | | | | | | | | |
| SAIT 59, Lakeland 55 (OT) | | | | | | | | | | |
| St. Mary's 57, Grande Prairie 56 | | | | | | | | | | |
| Augustana 100, Red Deer 36 | | | | | | | | | | |

| MEN'S VOLLEYBALL | | | | | | | | | | |
|------------------|--------------|----|----|----|----|----|-----|--|--|--|
| DIV | Team | MP | MW | ML | GW | GL | Pts | | | |
| S | Red Deer | 8 | 8 | 0 | 24 | 9 | 16 | | | |
| S | Briercrest | 8 | 7 | 1 | 22 | 8 | 14 | | | |
| S | Medicine Hat | 8 | 7 | 1 | 22 | 13 | 14 | | | |
| S | SAIT | 6 | 6 | 0 | 18 | 2 | 12 | | | |
| N | Keyano | 8 | 6 | 2 | 20 | 9 | 12 | | | |
| S | Lethbridge | 8 | 5 | 3 | 16 | 11 | 10 | | | |
| N | King's | 8 | 4 | 4 | 19 | 19 | 8 | | | |
| N | MacEwan | 6 | 2 | 4 | 8 | 12 | 4 | | | |
| S | Augustana | 8 | 2 | 6 | 14 | 18 | 4 | | | |

| | | | | | | | |
|---|----------------|---|---|---|---|----|---|
| N | Lakeland | 6 | 1 | 5 | 8 | 15 | 2 |
| N | Concordia | 6 | 1 | 5 | 4 | 17 | 2 |
| N | Grande Prairie | 8 | 1 | 7 | 9 | 22 | 2 |
| S | Olds | 8 | 1 | 7 | 9 | 23 | 2 |
| N | NAIT | 8 | 1 | 7 | 7 | 22 | 2 |

RESULTS

November 15
King's 3, Olds 2
(27-29, 25-23, 21-25, 25-15, 15-11)

November 16
Briercrest 3, NAIT 0 (25-17, 25-18, 25-21)
Medicine Hat 3, Grant MacEwan 1
(25-20, 25-21, 22-25, 25-21)
Keyano 3, Grande Prairie 0
(25-22, 25-19, 25-15)
SAIT 3, Lakeland 1
(25-19, 20-25, 25-23, 26-24)
Red Deer 3, Augustana 2
(23-25, 25-15, 25-18, 24-26, 16-14)

November 17
Briercrest 3, NAIT 1
(25-11, 27-29, 25-21, 25-18)
King's 3, Olds 2
(25-18, 22-25, 17-25, 26-24, 15-6)
RDC 3, Augustana 2
(19-25, 11-25, 25-17, 25-16, 15-10)
Medicine Hat, GMU 1
(25-22, 25-15, 21-25, 25-17)
Keyano 3, Grande Prairie 0
(25-19, 25-14, 25-13)
SAIT 3, Lakeland 0 (25-18,25-18,25-17)

VOLLEYBALL

Women extend record to 8-0



By ALI MULLOCK

This past weekend, the NAIT volleyball teams took on the Briercrest Clippers. The women continued their winning streak, while the men were not as successful.

On Friday night, the women’s team was pushed for the first time this season. The Clippers came out on fire and took the first set in an intense battle. Being the first set the Oaks have lost all season, the Oaks were looking to step their game up going into the second set.

“The first set felt a bit off, and it was weird to have to fight for points,” said rookie libero Jasmine Hemsing. “But it also felt really nice to be pushed and show teams what we are really made of.”

The Oaks were pushed hard and the rest of the game was an intense battle.

“I knew when we won the fourth set we were going to win the game,” said rookie leftside hitter Hannah Gahler. “Our momentum was unstoppable.”

Kelsey Tymkow, a rookie left side hitter, made a huge difference in the game coming off the bench in the fourth set.

However, the Clippers were not going down without a fight. In the fifth set, the game went a bit longer than expected, resulting in a 18-16 victory for the Oaks.

Tymkow received the player of the game honours.

Friday night also saw a tough battle for the men’s team as well. The Oaks played point-for-point with the No. 2 ranked Clippers and challenged every play.

It should also be noted that the men’s team is suffering from a couple of bad injuries.

Cody Cuthill and Bryce Cardinal are both out with ankle injuries at the moment, so that made the match even tougher for NAIT.

Unfortunately, the Oaks were not able to get the win, but the game was intense and full of action. NAIT lost in three straight sets, 25-17, 25-18 and 25-21, but the team was hoping to carry some of their third-set momentum into Saturday’s game.

On Saturday afternoon, the Oaks came out prepared and ready to send a message.

The Oaks battled hard, but went on to lose the match in four sets, 25-11, 27-29, 25-21 and 25-18.

The women’s volleyball team is ranked first overall in the ACAC after this weekend and sit in seventh nationally.

The women’s team is currently 8-0 and is hoping to continue their winning streak this weekend against the Red Deer Queens.

The men’s team is also heading to Red Deer this weekend.

Red Deer is currently ranked first overall in the ACAC, so the Oaks will definitely have to bring everything they have.

Both teams are in Red Deer on Friday night but will be playing at home Saturday. The action will start off with the women at 6 p.m. and the men at 8 p.m. Come out and cheer on your Oaks!



Photo by Sara Tetz

NAIT women celebrate a point during a game against Briercrest at NAIT gym on Saturday, Nov. 17. The Oaks won the match 3-1.

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Oil Kings fall

By AVRY LEWIS-McDOUGALL

After returning from a long road trip home, magic wasn't on tap for the Oil Kings on Saturday night.

Edmonton fell to the Prince Albert Raiders 4-3 in a game that wasn't as close to start.

The Oil Kings outshot PA to the tune of 14-4 after 20 minutes. However, they still found themselves down by two goals heading into the intermission.

Prince Albert got the scoring underway thanks to Leon Draisaitl beating Laurent Brossoit early in the first period.

Luke Siemens was a rock in net early for the Raiders, turning away shots from all angles.

The Raiders put another one past Brossoit on a shot coming from Mike Winther.

In the second period, Prince Albert jumped on the Oil Kings with an early goal to put Edmonton in an even deeper hole.

What's insane is that the Raiders scored all of their goals with only 11 shots on the board.

Edmonton, on the other hand, had 25 shots of their own, but still had nothing to show for their efforts. Siemens deserves a lot of the credit.

The Oil Kings finally broke the goose egg with a goal from defenceman Cody Corbett.

Corbett beat Siemens with a shot from the blue-line with 13.4 seconds to go in the second period, trimming the PA lead to just two going into the intermission.

In the third, Edmonton cranked up the heat even more on Prince Albert and in doing so, changed the momentum in their favour.

The newest Oil King and Oilers draft pick David Musil made it a 3-2 game and Michael St.Croix tied things up on a play that was set up with beautiful passing from Henrik Samuelsson and Dylan Wruck.

After a huge comeback from the Oil Kings, this one had to be solved in overtime.

It was the Raiders who were able to crack Brossoit first, with a blooper goal credited to Shane Danyluk.

Afterwards, Oil Kings head coach Derek Laxdal was pleased with his boys' effort, even in a loss.

"Give our guys full credit," said Laxdal.

"I thought they worked hard tonight, we were a pretty short bench, but our guys stepped up and played hard."

After the game, it was clear that coach Laxdal thought his team deserved a different outcome.

"There are games you play really well and you don't win and there are games you don't play well and you win so at the end of the day they balance out. Give our guys credit, they battled hard to get a point and I felt we deserved to win," said Laxdal.

The three stars of the game were Siemens, who had 47 saves for Prince Albert, Mark McNeill and Keegan Lowe.



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ENTERTAINMENT

Sun sets on Twilight series



ANIKA NOTTVEIT
Entertainment Editor

I am not a huge *Twilight* fan. I've seen all the movies, yes, but being committed to keeping up to the movies has tested my loyalty at times.

Let me tell you how the story of red eyes, werewolves and ridiculous back and forth romance began for me.

Four years ago during the Christmas holidays I found my Dad reading the first *Twilight* book. That's right, my father.

I thought, there's no way he's going to be more up-to-date on pop culture than me, so I began reading. I was reading the book at the same time as my Dad so we silently fought over the book.

The only remedy to this was to read it at the same time. Not only did I read to myself, but to everyone in my house.

I read the book aloud in the evenings by the fireplace. Eggnog or hot chocolate in hand, my

family would join me. First my Dad and sisters, then my Mom and finally my brothers. Yes, even my brothers were intrigued.

This attests to Stephenie Meyers' literacy as it captivated a diverse audience. It also attests to something about my family's unconventional form of holiday entertainment! The fact that we had this experience still makes us chuckle.

After getting through the first book, with some skimming and paraphrasing on my part, we watched the first movie together. This was a disappointment. Going straight from our imaginations to the vampire and werewolf world, the film version didn't quite measure up. The acting wasn't nearly as intriguing as the characters in the books. Displaying thoughts on screen is difficult, I understand. It made for a slow and sometimes awkward movie.

This was four years ago. *Breaking Dawn Part Two* came out in theatres last week. I don't go to a lot of movies in theatres but for some reason I couldn't say no to this one. The end has been a long time coming, so I wanted to see how it finally played out.

Spoiler alert – if you haven't watched the movies leading up to this one, stop reading now.

Bella finally becomes a vampire and she and Edward have a child. Renesmee is half human and half immortal. The vampire governing body, the Volturi, want to take her. It is against vampire laws to have a vampire baby. They are too hard to con-

trol. Half vampire and half humans are unheard of.

This is the best movie yet. The acting is better than the rest. Robert Pattinson and Kristen Stewart seemed to finally get a firm grasp on their characters. Bella actually had a personality. She was loud, reacted to things and talked a lot more. I think it was the mother coming out in her.

Maybe because they've been in love in real life, the love between Bella and Edward didn't look fake. It came across as genuine.

The Twilight Saga was wrapped up so well. I was afraid the ending would be cheesy, but I was mistaken. It was exciting and blows your mind.

Before the credits, each character from all the movies appeared on screen with their name. It

was a good way to end a long saga that affected many actors. Pattinson told *Cineplex* magazine, "it almost feels like a phase of my life is over ... *Twilight* still feels so much like a part of me."

I'm glad we didn't make it a tradition in our house to read each *Twilight* book aloud. That would have been too much of a commitment, but I did appreciate the entertainment we got out of one. I won't deny we didn't make fun of it. The memories we associate with this time are special.

Even though I'm not a huge *Twilight* fan, I couldn't help watching the movies. My motivation may have been to keep up with pop-culture, and join in with the current talk, good or bad. What made you watch them?



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Twilight cast



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By LINDSAY COWAN

Football fans are days away from their favourite game (and party) of the year. Sunday marks the 100th Grey Cup, and this year Canadians have more than one reason to be excited. Whether your favourite team's playing, you're filling the void of missing hockey or you're just excited for the halftime show, here's the best pump-up songs to get you ready for the big day!

- 1) All I Do Is Win – DJ Khaled
- 2) Never Scared – Bone Crusher
- 3) Riot – Three Days Grace
- 4) We Made It – Busta Rhymes ft. Linkin Park
- 5) Remember The Name – Fort Minor
- 6) Jump Around – House of Pain
- 7) Bring Em Out – T.I.
- 8) We Will Rock You – Queen
- 9) Headstrong – Trapt
- 10) Here Comes The Boom – Nelly



VIRAL VIDEO

Battlestar Galactica: Blood and Chrome

By MIKE JONES

Assistant Entertainment Editor

Those who liked it, liked it a lot. The reimagined Battlestar: Galactica series that premiered on Syfy in 2004 went on to massive levels of critical acclaim over its four-season run.

The series, although set in space and utilizing futuristic technology, had more in common with a serial drama. The political dramas and excellent character development earned the show a rabid fan base, far beyond the typical science fiction crew.

The show, which ended on its own terms, was a big hit for Syfy and Universal and the two have tried to appeal to its fans on numerous occasions with a mini movie *Battlestar Galac-*

tica: The Plan, which involved a lot of recycled footage from the series and not a large amount of plot advancement.

A prequel series *Caprica* premiered in 2010 but it didn't win back the same amount of fans as low ratings caused the series to be cancelled in its first season. Many fans felt the prequel went too far back without any of its lovable characters even being born yet.

Another criticism was that the series spent a lot of time dealing with teenage angst over the main character Zoe Graystone (played by Alessandra Torresani) and hardly any time on action sequences such as space dogfights between Colonial Vipers and Cylon Raiders.

Well, Battlestar Galactica fans rejoice!

The series is back with a brand new prequel mini series called *Battlestar Galactica: Blood and Chrome*. The series will air as a movie on Syfy in February 2013 but is being released in 10-minute episodes online on Machinima.com.

The first four parts are out already and I am happy to say the dogfights are back, as are at least a hint of the characters to come. Luke Pasqualino stars as young hot shot pilot William "Husker" Adama, who of course becomes the leader of the fleet and humanity's last hope in the main series.

Sprinkle in some new likeable characters, compelling drama, great special effects and, of course, a little sexual tension and fans will feel like the series never left.

The series takes place during the First Cylon War before the events of the main series but long after *Caprica*. The series also stars Lil Bordan as Dr. Beka Kelly, a mysterious woman who they have to transport and Edmontonian Ben Cotton as Coker a hard ass pilot assigned to accompany the rookie Adama on a routine mission.

The mission soon turns dangerous as the three encounter a Cylon fleet. Eventually they find a long lost Colonial battle ship, but something seems odd.

The fifth part will premiere online Nov. 23 and are expected to be released each week until the show premieres in 2013.

An unrated version of the show is expected to be released on Blu-Ray and DVD on Feb. 19.

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Special night of secrets

By **LAUREN FINK**
Assistant Sports Editor

I've been an avid reader of the Sunday PostSecret blog for years now.

When I heard Frank Warren was coming to Edmonton, I knew I had to go. I went to the Thursday night event at Grant MacEwan and it was a night I will never forget.

Being such an avid reader, I thought I knew what to expect when it came to the event. I couldn't have been more wrong. It was truly an emotional roller coaster. I've never been so happy, sad and then happy again in such a short period of time.

The most surprising part of the event was when Frank Warren, someone who people share their secrets with, shared some of his own. It showed me that even people we trust with our secrets, have their own.

One of the things PostSecret is known for is its anonymity and inclusivity. Being in a space where everyone knows their secrets are safe is a very comforting feeling.

There was a portion of the event where audience members could share their secrets aloud. It was an incredible honour to be trusted with secrets from people I've never met. It also showed me a new sense of compassion. My heart was truly warmed by some of the secrets shared and other times it was broken. I want to commend the people

who had the courage to stand up and share their secrets. It takes an incredibly brave person to do so. Another thing PostSecret is known for is its advocacy in aiding people with depression. PostSecret is a huge supporter of suicide hotlines. A lot of the event was focused on getting through depression and freeing yourself from the secrets that are causing you pain. Frank Warren spoke a lot about not only his own struggles with depression, but shared a handful of secrets about suicide. He really stressed that if you need help, there is always someone there.

Warren hopes PostSecret can be that support network for people. I asked NAIT Radio and Television student Jenny Oatway to describe the event in one word. She replied "paradigm shift." This gives you a sense of how truly amazing and life-changing it is. I couldn't agree with Oatway more, the PostSecret event was a paradigm shift. It was one of the most incredible things I've ever seen.

If you get the chance to go to a PostSecret event, I highly recommend it. You won't

be disappointed. I do, however, highly suggest bringing a box of tissues if you do get the opportunity. (Something I definitely should have done.) If you want to get a taste of PostSecret without going to an event,

check out the blog at www.postsecret.com or check out the "Dirty Little Secrets" music video by The All-American Rejects. This video includes actual secrets from the PostSecret blog.

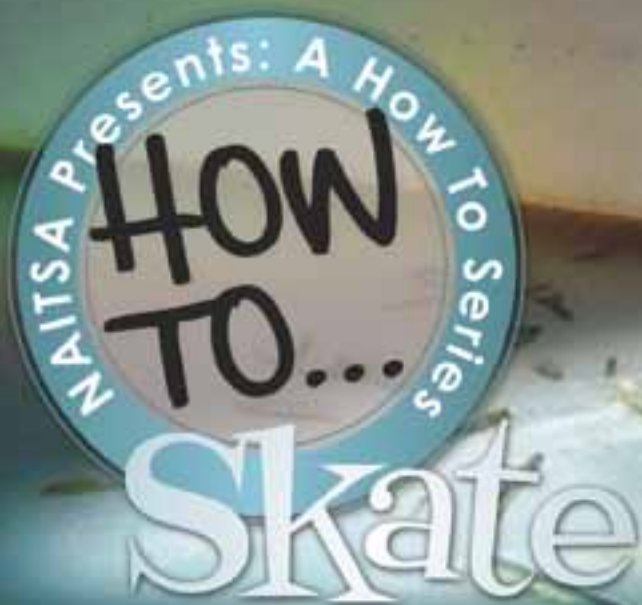


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MOVIE REVIEW

Best Bond ever?

By CRAIG SEPHTON

One of the most-anticipated film series since Harry Potter and more recently Twilight, James Bond puts them to shame with both masculinity and realism.

Skyfall is the next installment of the 007 franchise with Daniel Craig once again taking the helm as the one and only Bond, James Bond.

This is the first movie back from the financial issues with MGM, which was fortunately resolved and Bond was put back on the map. Bond 23 was an exhilarating ride and an emotional story.

Please be warned that the rest of this review may contain spoilers ... but I'll do my best to avoid it.

Skyfall is a story very personal to the characters Bond and "M" played incredibly by Judi Dench. One thing that I noticed most about the plot was that it revolved around and was set in the UK mostly, which added another level of a personal connection to the characters.

While James is originally from Scotland and a portion of this movie has him retreat to his old grounds, being set in England is something that would definitely appeal to the true James Bond fan who may know a bit more about the 007 universe.

There were many compliments given to previous Bond films, including the return of the Aston Martin DB5, the first Aston Martin used by Sean Connery. And, of course, the classic Bond villain, this time played by Javier Bardem, who played a terrifying antagonist in *No Country for Old Men* and alongside Tom Cruise and Jamie Fox in *Collateral*.

Bardem creates a terrifying and sophisticated opposition to Bond, who is able to beat Bond and MI6 at every turn by always being one step ahead – until the end, of course.

Overall, it was definitely a revival from the disappointing result of *Quantum of Solace*.

Many great action sequences, clever twists and, of course, a sexy James Bond. Craig pulls through in this new story of Bond and he is also set to be the man in the tuxedo and holstering a Beretta for the next two movies. It has to be said that Bond fans will be excited for 2014 when Bond 24 comes out.

I recommend *Skyfall* to all, both those just looking for a good movie and those who are the real Bond fanatics.



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Daniel Craig as James Bond

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GAME REVIEW

Heavenly action in Black Ops II

By MATT INGLIS

The latest chapter of the best-selling *Call of Duty* franchise, *Black Ops II*, was released earlier this month, smashing sales records and social lives worldwide.

Developed by Treyarch and published by Activision, *Black Ops II* is unique in the sense that it is the first game in the series to feature different storylines, driven by player decisions and actions, in the main campaign.

Black Ops II took the gaming world by storm,

raking in \$500 million in the first 24 hours after its release. That's not even close to the end of it as *Black Ops II* is projected to break the \$1 billion mark in gross earnings, which is especially impressive considering it was released 10 days after the Xbox 360 goliath, *Halo 4*.

Many gamers, myself included, much preferred developer Infinity Ward's *Call of Duty: Modern Warfare* series, over the first *Black Ops*, with that general consensus showing in online chat rooms and boards.

The original *Black Ops* lacked certain elements that separate a good shooter from a great one.

Treyarch must have taken the gaming world's criticism to heart, because they sure pulled it together on this one.

Online multiplayer has all but extinguished the need for an offline adventure, with many gamers jumping right into the action online without even looking at the campaign.

If you make that mistake with *Black Ops II*, you are seriously missing out. One of the biggest complaints with the first *Black Ops* was that the storyline was set in the past with boring weapons and a

short, simple story. *Black Ops II* answers all these complaints, does a virtual 180 and delivers a stunner that lives up to the hype.

Welcome to the world of secret agents, decade-long grudges, government espionage and battles that "never happened," fought by soldiers that "never existed."

So you liked that the first *Black Ops* was set in the past? Well *Black Ops II* has that. Oh, you prefer modern shooters? *Black Ops II* has that as well.

During the offline campaign, two storylines run simultaneously, one during the Cold War, and another during the fictional Second Cold War, set in 2025.

Do you like wide-open desert battle sequences? How about up close and personal guerrilla warfare in the jungle? Sprawling war-torn cities? You got it. *Black Ops II* is tailored to appeal to every style and every desire of gamers. Want to play through again? Make a different split-second decision at some point during the game and you get to enjoy a different ending.

Not a campaign-type, even after all that? You will still get a big bang for your buck. It's 2 a.m. on a Tuesday and you're feeling lonely? Join the millions of people shredding up the online world at any time, any day.

Not a big fan of run-and-gun-style free-for-alls? Try one of multiplayer's several game modes, like Capture the Flag, Headquarters, Kill Confirmed ... the list goes on.

You're rewarded for your skill or at least, your persistence. As expected with the C.O.D franchise, there is a levelling and unlock system online to keep you going in case you lose interest.

It's been hours and the only numbers you're racking up are on someone else's kill streak. Getting sick of some 12-year-old kid on the other side of the planet decimating your team and breaking you through a headset? Yeah, me too.

Have some misguided anger towards the guy on the other side? Don't be "that guy" who loses it and rage-quits. Jump back to the main menu and select the little gem known as Zombies.

That's right, it's back. If you weren't a fan of Zombies before, prepare to be made a believer.

While Treyarch was on a roll with the stellar campaign they built, they put together something beautiful. Zombies is now a multi-map, multi-gunned, undead-hunting paradise.

Play with a friend, play with yourself, play in the dark. Getting chased by glowing-eyed corpses has never been more entertaining.

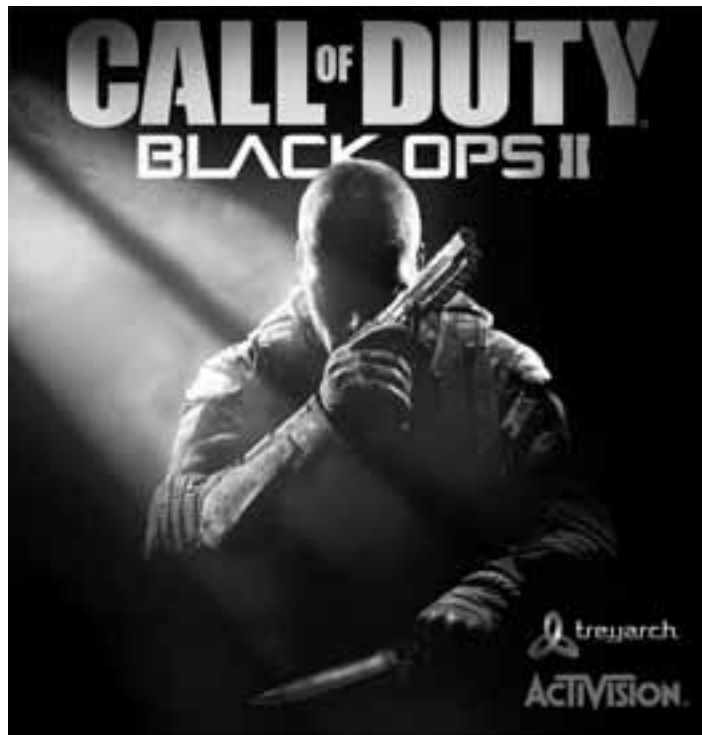
There's more to it than hunkering down in a corner and surviving wave upon wave of the living dead, there's now the threat of the unknown, and the element of adventure.

That same rickety shack with the same boarded-up windows gets old, don't you think? So go outside.

Take the fight to those soulless creatures. That fog in the distance that has an eerie, un-welcoming aura to it? You better believe you're going for a run through there.

If you haven't already immersed yourself deep into this action-packed, limitless, bullet-crammed, explosion-filled, piece of heaven, I highly suggest you do so.

My rating for *Call of Duty: Black Ops II* is: classified.



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



Attend Convocation 2013

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

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

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

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



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

For more information regarding Convocation 2013 visit www.nait.ca/convocation

NAIT®
50

New bar all about socializing

By **RIANNE McDONALD-ZWICKER**

The Edmonton bar scene is rapidly expanding in the last couple months with one more establishment set to open in December.

Central Social Hall is aiming for a different approach. The owners want to have a pub to fill the gap between a nightclub and a restaurant. They are not going for a place just for the party go-ers, sport fanatics or couples – they are aiming for it all.

Jesse Kupina, the owner of the upcoming Social Hall, explains: “The vision for the place is to be offering something completely unique ... seven days a week that serves food and changes into a dance destination at night time. We want it to be a good location for lunch, drinks after work, date night, sports and weekend parties.”

The owners of the Central Social Hall have their roots in a bunch of the nightclubs, including The Ranch and the newly opened Whiskey Rock. They are not new to this market, with Kupina being in the business for a decade.

The pub’s #publicconversation billboards and videos encourage Edmontonians to stop making their phone their main source of entertainment, but to be aware of the people around them.

They aren’t making a no cellphones rule in their business. They are encouraging people to visit and take part in interactive fun ways face to face, and ignore their phones rather than the people around them.

“We wanted to create public conversation,

without saying this is a gimmick for a pub,” Kupina adds.

“We had a lot of people, good and bad, attacking our videos and just talking about our videos. We wanted to create some excitement and create some talk and that’s what we are about ... Even though we did an anti-social media campaign on social media, we want to encourage people to come down to the bar and get social.”

Since they are a new pub, of course they are looking for staff. A hiring fair is later this month from Nov. 23 to 26.

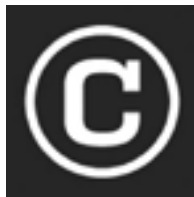
Don’t worry if you don’t have experience, they are looking for people willing to learn.

The pub wants to portray a “come as you

are” vibe and are looking for people that will represent that, as well as providing great service to Edmontonians.

“We traditionally don’t chase people with a ton of experience because we want to teach them that we are here about the experience for the customer not about just making that dollar or making that tip. We just want people have a great time, have a great experience.” Kupina continues, “I prefer to hire a student that wants a part-time job and just loves being with our company.”

Central Social Hall is opening Dec. 14 in the downtown area at 109 Street and Jasper Avenue. The pub will be featuring some old bar favourites with a modern twist that you won’t want to miss.



Like beer? Lots of it Underground

By **EMILY FITZPATRICK**

Calling all beer lovers! There’s a new bar in town called The Underground Tap & Grill and it’s going to be your new favourite place.

The Underground is located on 10007 Jasper Ave. right under Treasury. What’s special about this bar is it has 72 different types of craft beer on tap.

For those of you who are not familiar with craft beer, Wikipedia tells me it is “a term coined by the American Brewers Association; it gives a definition of small, independent and traditional breweries with production of six million barrels of beer or less.” So, essentially not big company owned

breweries such as Molson or Sleemans.

The general manager is excited about bringing new beer choices to Edmontonians who are feeling curious and looking to get out of their comfort zones. “We’ve had a really eclectic group of people come in here. Young and old people who are interested in craft beer, and people who are just curious about beer,” said David Helm.

When you enter The Underground you are taken down an escalator and enter a darker room with a décor of brick walls with wood details and booths and tables with comfortable leather chairs.

The 72 taps include beer from Edmonton, Saskatchewan, Calgary, B.C., Quebec, Europe and the U.S. Of the 72 taps, 12 will be in con-

stant rotation. Helm feels it’s important to keep variety within the beers and keep them lively and interesting.

The bar supports local Edmonton breweries such as Yellowhead, AlleyKat and Ambers. They are looking to add Hogs Head as well, a new brewery in St. Albert.

When asked what an avid drinker of beers like Kokanee or Canadian should start their craft beer tasting experience with Helm suggests Yellowhead Premium Lager. The flavour is described as a “Led by aromas of mild hops and fresh grass, Yellowhead’s texture is crisp with gentle malt sweetness and a subdued bitterness on the palate.”

My comrade, who isn’t a very big beer fan,

like me, thoroughly enjoyed the lager. And the best part is it’s brewed just five blocks away.

I personally went for Blanche de Chambly, one of my personal favourites out of the Quebec brewery Unibroue. Its flavour is described as, “Wheat and subtle spices blanketed in citrus flavours reminiscent of orange and lemon.” Or as I describe it, a classier, more delicious Rickards White.

Whatever your tastes are, dark, wheat, hops or fruit, Underground will have something for you. They also have a full menu to go along with the beer of your choice. And if beer’s just not your thing, they have a full bar to cater to whatever your poison is.

TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



How to protect your laptop



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

The main reason why laptops are a sought after by thieves is the same reason people like to use them. They are small, easily carried, powerful mobile computers that provide the user with the means to work outside of the office easily.

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

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

Non technical solutions

- Keep the laptop out of sight. When not in use the laptop is safely tucked away in a locked desk drawer or cabinet. Never leave a laptop in a locker. Always take it with you or put it in the trunk of your vehicle...out of sight / out of mind.
- If you work in an office, keep your office space locked when you are not in it. Everyone is busy working so relying on coworkers to watch your office while you are out is taking a significant risk. It is amazing how fast items can grow legs when left unattended.
- Communicate to employees the responsibility

of owning a laptop. Extra care must be taken to ensure it is safe and secure.

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

Cables

One of the cheapest and most cost effective solutions to deter thieves is to attach a security cable to your laptop. In most cases, the very fact that you have made the effort to physically secure the laptop to an immobile object will be enough to cause a potential thief to look for easier prey.

Secure storage cabinets

Don’t leave laptops unsecured in general areas. If your work group has ‘common use’ laptops lock them in a storage area or cabinet. Do not leave them in the general work area for everyone to see and potentially steal.

Label and tag the laptop and all accessories

Make sure that everything that can be labeled is labeled with the name of the individual or organization it belongs to and ensure that these labels are conspicuous. Record the serial number of the laptop and have that information accessible if you need it.

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

If you have information about a crime, con-

tact 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/security for more information.

Everybody benefits, except the criminal.

Movember Fundraising

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

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

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

Christmas Bureau of Edmonton

Today, the Christmas Bureau of Edmonton serves over 65,000 people including seniors, families with children, and individuals alone each holiday season. The people they assist receive more than a meal, it’s Christmas 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, Souch 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, Souch Campus and Patricia Campus) to drop off your donations. We will be accepting donations until Dec. 7.

WHAT'S GOING ON AROUND CAMPUS

WHO Business Connex
WHAT Advantage 2 – Mock Interview/Industry Mingle
WHEN Wednesday, Nov 28th 2012: 7-8pm (doors open at 6:30pm)
WHERE The Nest Taphouse Grill

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

WHO IntoNAITon 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 Mondays: 4:30-6:30pm, Thursdays: 4:50-6:50pm
WHERE Mondays Room T-603; Thursdays Room T-712

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

CAMPUS CLUBS NEWS

November 28 Clubs Connection; 4:40pm – 6:30pm Rm X-111
November 29 Grant #2 Deadline

**Fame.
Fortune.
Instant Recognition.**

And one sweet design opportunity.

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

YOU choose the colours.
 YOU choose the look.
 YOU choose the vibe.
 Let your imagination run wild.
 Contact OHSSS for design guidelines and information.

\$50 awarded to the winning design

To obtain a design guidelines sheet, contact:
 Kim Sanden @ kimsai@shaw.ca
 Trevor Eades at treve11@netscape.net

Contest open to all students in any NAIT program. Multiple entries permitted.
 The winning design will become the sole property of the Occupational Health & Safety Student Society (OHSSS).
 Deadline for submissions 5:00 pm Friday November 30, 2012.

Investments Club of NAIT

Online Investment Competition

Contact: investmentclubofnait@gmail.com

- Real time market simulation competition against institutions such as University of Alberta.
- Manage portfolios, build connections, and win prizes!
- 1st competition runs November 15th through December 6th and is available to ALL STUDENTS.
- Attend weekly meetings:
 - Monday 3:15pm (Location: T601)
 - Thursdays 5:00pm (Location: T712)



B.Y.O.B

Bring Your Own Banana on November 27th to turn
 this into **THIS!!!**



Stop drooling and come to MRT66's Banana Split Sundae Bar between 11am – 2pm outside the NAITSA Office!

\$3 if you BYOB. **\$4** if you need one

VISIT THE CAMPUS CLUBS CENTRE

Room E-131, NAIT Main Campus
 780.471.8457 | 780.471.8871
campusclubs@nait.ca | naitsa.ca/clubs

Check out the Clubs Website for other
 upcoming Important Clubs Dates

NAITSA
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NOVEMBER 30TH 2012

Top of the TOWER (8th floor) Starts at 3 pm

\$3.00 DRINK \$2 PIZZA SLICE

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MECSA

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\$2 ADMISSION

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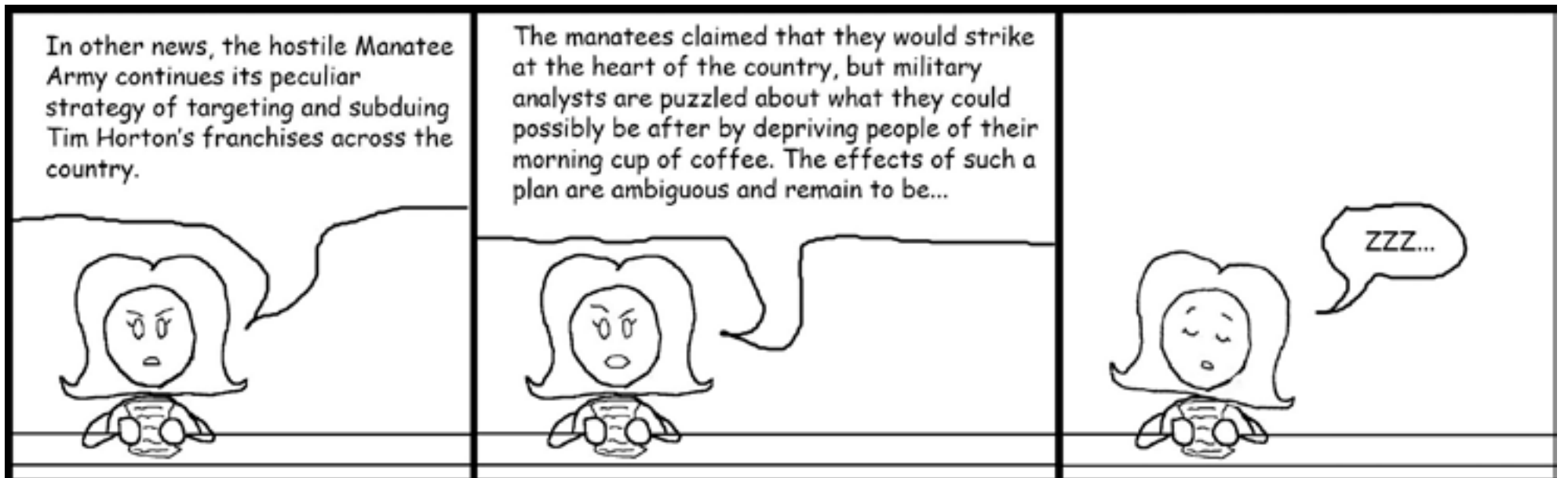
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Check out the Clubs Website for other
upcoming Important Clubs Dates

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

CD REVIEW

“Red” worth \$15? Not so much

By LAUREN FINK

If there is one celebrity I cannot stand, it's Taylor Swift. You may ask, why are you writing a CD review on her new album, then? Well the answer is simple and extremely painful for me to admit. I bought it and wanted to like it.

Twelve-year-old girls everywhere have been singing along, and “relating” to Swift's new album *Red* in the back of their moms' vans since Oct. 22.

Red includes 16 angst-filled tracks like the singles, “We Are Never Ever Getting Back Together,” and “Begin Again.”

Unlike most artists, Swift wrote or co-wrote every song on the album. This isn't hard to tell when you listen to them.

Actually, I could probably write my entire article on which celebrity heart throbs Swift used as

inspiration. I'll spare you but it isn't difficult to connect the dots.

Swift does a great job of writing songs her fans can relate to, or in my case ones I pretend I can relate to. Songs like “I Knew You Were Trouble,” and “Everything Has Changed,” are my personal favourites to sing along to when I'm pretending I know what it's like to be in love.

“The Last Time,” and “Begin Again,” make me want to get a skinny, no foam, no sugar chai latte from Starbucks while I wear a slouchy toque and Instagram pictures for my blog.

Speaking of hipsters, I died inside a little when I listened to “22.” Taylor Swift, you are not a hipster. Unless saying you're a country singer when you sing mostly pop music is going to be the new thing.

“Stay Stay Stay” is another song I'm not so keen on, unless it's OK making your boyfriend stay in a relationship with you when you're constantly fighting. I guess when you're Taylor Swift, you'll take what you can get.

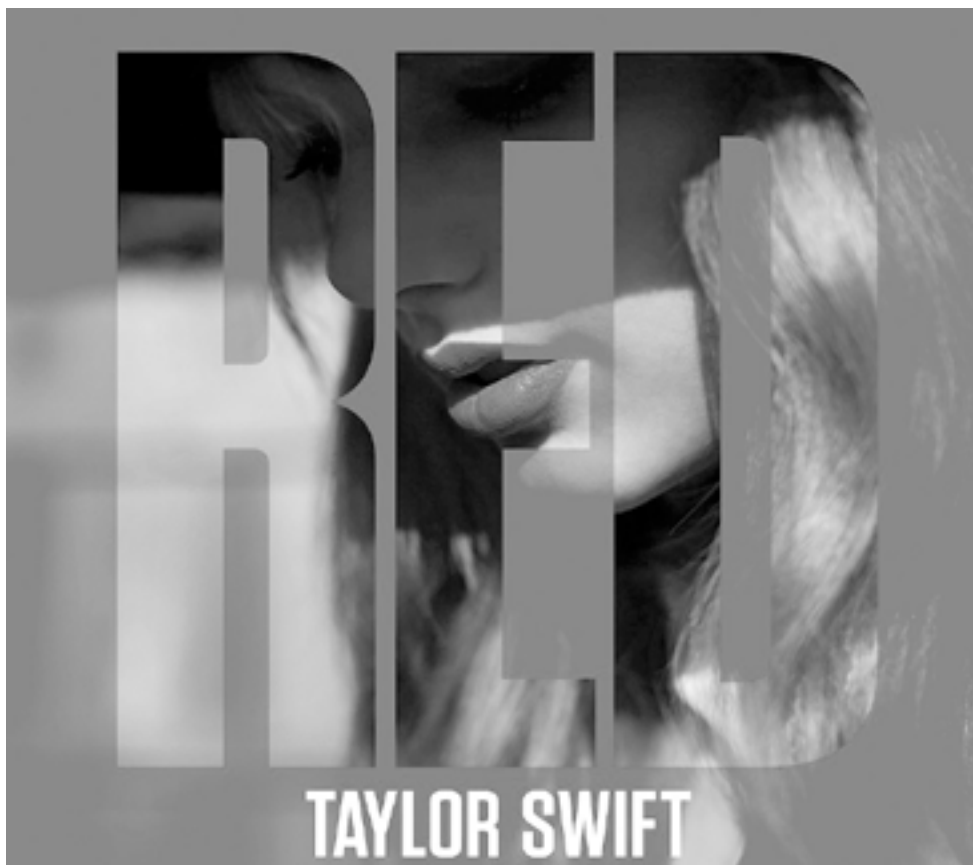
The more I write about this CD, the more I almost wish I hadn't spent \$15 on it.

Although, I am really into the pity car rides I

take to school every day now. Thank you Taylor Swift, for not stepping outside of the box.

Also, some advice from someone who isn't making millions from singing about failed (non-existent, in my case) relationships, switch genres. You are about as “Country” as Wiz Khalifa.

★★★★☆



8tracks.com

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JANUARY 31, 2013

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How to manage stress



TIMELY TIPS
MARGARET MAREAN
NAIT Student Counselling

Stress is your body’s reaction to over stimulation. A certain amount of stress is normal and necessary but too much can be counterproductive. Here are some tips for managing your stress level.

Be aware of your internal dialogue. The fastest way to increase stress is to tell your self negative message such as “I’m such an idiot”

or “Everyone else is smarter than I am”. Often the way we think about a situation increases our stress levels out of proportion to the actual event. Thinking patterns such as “People will think less of me if they know I am not perfect” or “I made a mistake so people will think I’m a total failure” are sure-fire ways to decrease confidence and increase stress. Replace self-defeating, critical thoughts with realistic positive messages such as “I will do my best”, “I know my material” or “People will like me for who I am”.

Develop a plan. Prioritize, make a schedule, set boundaries. Having a plan helps you to feel in control of your life, especially during stressful periods such as final exam time.

Get organized. Make sure your home, schoolwork, clothing, etc. are in order. Get your books, lunch and clothing ready the night before so there are no added stressors in your day. Physical clutter and disorganization increase mental clutter and disorganization.

Do a lifestyle cleanup. Can you let go of

negative relationships or obligations that are no longer rewarding? Can you avoid situations and people that upset you? Do you need to work on not comparing yourself with others?

Exercise. In addition to reducing stress, exercise increases blood flow and oxygen to the brain, gives you some downtime, increases self-confidence and helps you to sleep better. Any exercise that increases your heart rate for 15 to 20 minutes will help reduce stress.

Take care of yourself! Most people need at least seven hours of sleep per night. Fatigue reduces your ability to cope with stress.

- Good nutrition is important, too. A diet high in non-nutritious food puts more physical stress on the body and this further reduces your ability to cope. Stimulants such as caffeine, salt, chocolate, alcohol, sugar and smoking can make you more susceptible to stress.
- Build in time for yourself. Do an activity you enjoy even if it is only for a few minutes a day. Plan something to look forward

to every week.

Be realistic. Perfectionists always have higher stress levels. Set goals which are challenging but achievable.

Avoid procrastination. Putting off unpleasant tasks only increases stress.

Develop some quick stress-reduction strategies. Deep breathing, progressive muscle relaxation and humour are quick ways to become calmer.

Talk. Being connected to other people and sharing ups and downs helps you recognize that others are going through similar emotions. Sometimes talking with someone objective can help you work through a situation. See a counsellor if you have concerns that are increasing your stress or if you need to work on stress reduction techniques. Counsellors are available from 8:15 to 4:15 Monday to Friday. Appointments can be booked in person at Student Counselling, Room W-111PB in the HP Centre or by calling 780-378-6133.

Danko Jones can put on a show

By CONNOR CORSARO
Assistant Issues Editor

I’m not going to beat around the bush about this. I have never been a Danko Jones fan. Ever since I saw him open for Nickelback in 2006, I had no desire to ever see the three-piece rock ensemble again. However, I have a theory, which was proven on Sunday night. Some bands should never leave the bar scene. Danko Jones is one of those bands. Not that the quality of the music is bad, just some bands play better in a small and intimate venue.

Opening band Hard Honey were enough to sell me on the whole show. The band came out with an excited youthful energy and played song after song straight off the top of their heads. “You guys wanna hear a ballad? lead singer Kyle Night asked. “Damn, I didn’t expect that at a Danko show but OK, f**k it, I love this song!”

Hard Honey radiated exactly what an opener should, getting the crowd excited for Danko’s appearance. Hell, they even had the rocker attitude to go along with the style that

seems to have died in a lot of rock and roll.

Danko Jones wasn’t quite as accommodating to the audience. “I thought we had a theme going here,” he said at one point.

“Every time you people yell out a song I’m going to go out of my way to not play it!”

I’ll never understand how a band can pull off a real dirtbag move like that and get away with it, but the screaming of “We are rock and roll!” and “We’re glad to see the last of the real rock and rollers here gathered in this space!” made it clear they were there to rock and not mess around. They pulled out all the stops, jumping around the stage, grabbing people in the audience and loving every second of the clapping and singing along.

The 15-song set included some of the songs that put them where they are today, including “I Want You”, “First Date”, and “Full Of Regret”.

Again, I have never really been a Danko Jones fan but this show definitely gave me the initiative to pick up albums *Sleep Is the Enemy* and *Below The Belt* for one more go.

Danko Jones may not be for everyone, but they know how to put on a show that makes you want to love them. Next time they are in town with Volbeat is for the Thaw at the Shaw in March. Only time will tell what the future has in store for the band that has remained pretty constant.

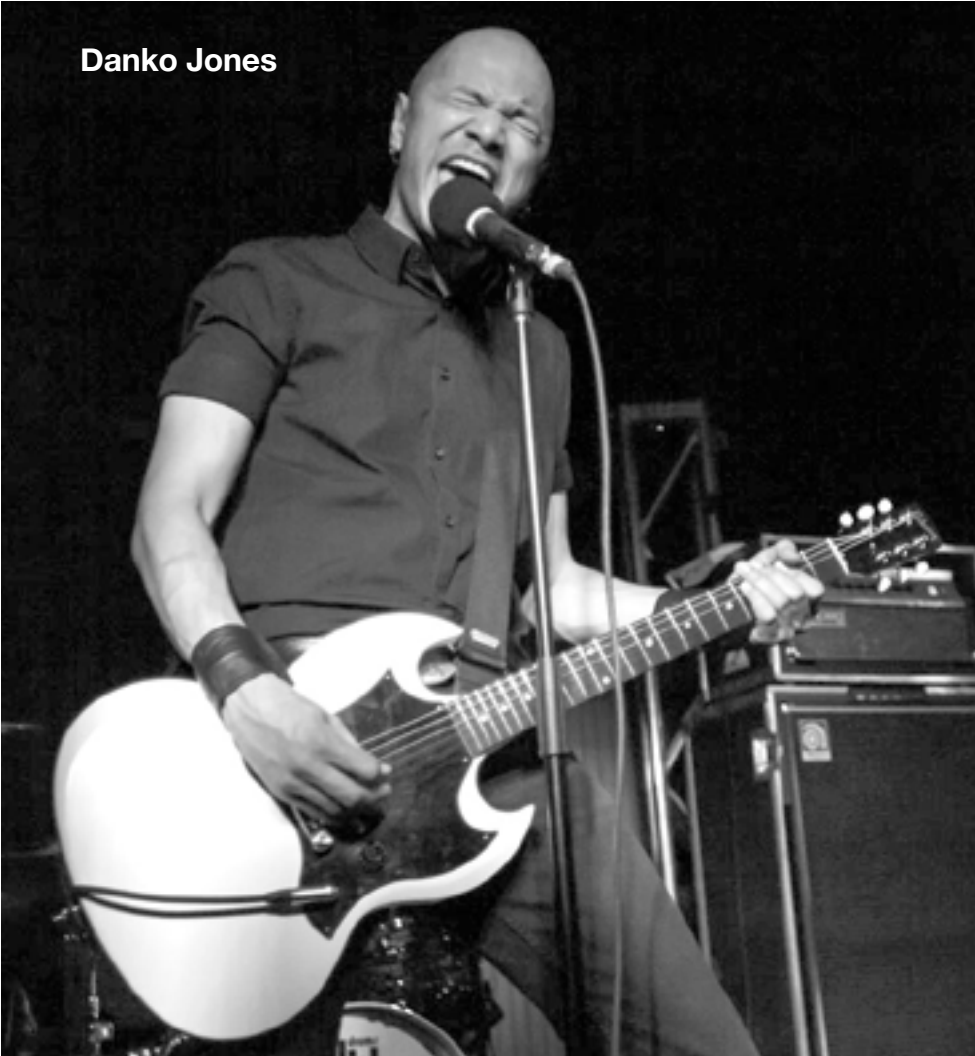


Photo by Penny Vanderheyden

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|----|------|---|-----------------------------------|
| 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. 22-Nov. 28

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

Sagittarius (Nov. 22-Dec. 21)

You are going to get some very good news, but don't let it get to you. There are others who would steal this opportunity from you in a second. Make some changes in your personal life to avoid extra stress.

Capricorn (Dec. 22-Jan. 19)

This week is going to be really disorganized. Make some changes in your life to maintain a strong sense of organization and being on time. You have a lot of skills that will be put to use, so drink lots of coffee to stay alert.

Aquarius (Jan. 20-Feb. 18)

Not everyone is going to respect

your privacy this week. Take the time to protect your personal things before trouble steps foot in your doorway. This week is about you. Guard yourself, your loved ones and your personal possessions.

Pisces (Feb. 19-March 20)

Talk about things with someone you trust this week. Things aren't going to be as easy as you thought they would be, so another person's opinion will only help. Be careful how much you solicit.

Aries (March 21-April 19)

If I were you, I'd proceed with caution over the next week. There has been a lot of negativity lately, and wearing your heart on your sleeve could be your downfall. Listen to your heart and keep your friends close. Love always comes when you need it.

Taurus (April 20-May 20)

Keep an open mind and don't allow others to cloud your judgment. You will need to make a very difficult decision, but perseverance will help you through it.

Gemini (May 21-June 21)

Don't spend your time being so worried about money. You have a lot of creative energy. Find a way to utilize it and make a profit from it. But don't get too caught up – your social life matters too. This week you need to try to find an equal balance.

Cancer (June 22-July 22)

Go somewhere you've never been before, just because. Every once in a while you need a break and your time has come. Spend your time with people who are looking for the same thing as you.

Leo (July 23-Aug. 22)

It's time to seriously analyze your friends. A traitor may be among them, so guard your heart this week. You may have to backpedal because of a future problem, but stand your ground and take responsibility to work things out.

Virgo (Aug. 23-Sept. 22)

Be a leader. Now is not the time to step down from the podium. You have

worked hard to get where you are, so don't let that affect you. Your ability to understand the inner workings of your project will be an inspiration to others.

Libra (Sept. 23-Oct. 22)

Avoid stress this week, because a doozy is on the way. To survive, keep your friends and family close and trust in them as well as yourself. Look for the positive.

Scorpio (Oct. 23-Nov. 21)

Don't just stand in the back and wait for someone to step up to the plate. You have a responsibility, so stand up for yourself and take what is rightfully yours. This week will be a test, but if you realize it, you will succeed flawlessly.

Who ya gonna call?

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

Housing – Online housing registry at www.rentingspaces.ca

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."

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.

THE NUGGET PRESENTS:

Dr.CONwisDOM

CODY MALBEUF
AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,

I've got a crush on a girl in my program, but the semester's almost over. Soon as the semester is over, I'm moving to BC. Do I start a relationship knowing that I'll be gone in a month?

Sincerely,

Sex for a month followed by nothing but talking.

Dear Sex for a month followed by endless talking,

Just remember we are not the Amish. Their rules of funny beards and no communication except face to face don't apply in our daily lives. However, modern technology only goes so far. It's really hard to get an erection from Twitter messages. Not impossible, but a girl right in front of you is quicker. Cuts the hours it takes with Twitter down to two and a half minutes (which is a respectable amount of time!).

...

Dear Dr. CONwisDOM,

I just quit my job. I know that I had to because I can't just stay at the same dead-end job my whole life. I've got to start a career. I know I did the right thing, but I still feel bad about it. How do I feel better about this?

Sincerely,

The cats and the ladles, missing my job.

Dear The cats and the ladles, missing my job,

The saying quitters never win carries on to real life, not just after school specials. However, the exception to that rule is crappy jobs, where only losers and immigrants, who have been misled, work. To stop feeling guilty about

it, just gently remove your tampon and grow a pair. Missing working at McDonald's is like missing Santa or a stepparent, you know you're not being missed back.

...

Dear Dr. CONwisDOM,

I've been struggling a lot with my underwear lately. Every pair that needs to be contained just tumbles out of the left pant leg. How do I fix this? Elastic? Duct-tape? I need something, this cannot continue.

Sincerely,

Hanging too low.

Dear Hanging to low,

OK, I just can't deal with this. I have never had this problem, and I just wish I had enough length for this to be an issue, but I can't deal with problems like this crap anymore. CONwisDOM is resigning. This will be my last answered question. Goodbye, man whose penis hangs too low, and presumably your golden shoes are too tight also.

...

Dear Dr. CONwisDOM

I'm participating in Movember this year, and the moustache is really greasy looking.

You'd think helping out with a charity would get me more girls, but no. How do I get girls while I have this stupid thing on my face?

Sincerely,

My penis is a charity too.

Dear My penis is a charity too,

As it turns out, I am contractually obligated to write this, so some of the oomph has been taken out of my resignation. You still get the benefit of my not-so-large wisdom. As long as your face doesn't see a razor, your fun parts won't see a girl. Movember was originally invented in Australia, probably because they have sexy accents. They can get laid despite a little lip hair. Those of us who don't have aural gold to sway the girls will be using our mouths for nothing but talking while this pubescent peach-fuzz is surrounding it.

...

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

Brie Gray, 19 Personal Fitness Trainer

Morning person or night owl? – Night owl “hoot hoot.”

If you won the lottery, what would be the first thing you would do with it?

– Go to Thailand for 30 days.

Do you like to go dancing? – LOVE (Check out her YouTube video).

Acronym your first name? – B is for Beast. R is for Reckless. I is for Individual. E is for Experienced.

Athlete or non-athlete? – Athlete, I like my men strong.

Have you ever had two dates in one night? – Define a date ...

Turn-ons – Tons of tattoos.

Turn offs – When the guy texts too much.

Do you have an innie or an outie? – Innies for life.

Do you want to “bring sexy back”? – Yes, it’s already been brought back.

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

Onion ring poutine?

CAMPUS FOOD REVIEW

By LAUREN FINK

I’m a regular at the food services around NAIT and stick true to regular costumer style. I always order the same thing. The other night, I headed to the Nest with a group of friends.

However, this time I decided to step out of my comfort zone and try something new. You need to know two things about me before I continue to write this article. One, I’m vegetarian and two, I consider myself a poutine connoisseur.

I know this may confuse some of the readers, yes I’m a vegetarian ... yes I eat gravy. Glad we cleared that up, moving on.

These two things highly influence my supper choices, either I need to choose something with no meat, or I just go with poutine.

I finally decided to go with a dish that includes both. I chose the onion ring poutine. Yes, you just read that correctly.

It’s a spin on the regular deep fried goodness that is poutine. Instead of fries, it obviously includes onion rings and shredded cheese.

When I ordered this basket full of goodness, I was worried. Would it live up to regular poutine? Would it be everything I hoped for? Would it be worth skipping my regular grilled cheese and tomato soup?

When the steaming hot order of onion ring poutine arrived at my table, everything I was worried about vanished. It looked absolutely delightful.

After looking at the oniony, cheesy, gravy mix I dug right in. Let me just tell you. This is definitely something you don’t want to eat around people you don’t feel comfortable with, or on a date. I was a mess while devouring the first bite.

It’s considered an appetizer on the menu, but it was good size for a meal.

The gravy, onions and cheese was a weird mix. I didn’t expect it to taste the way it did. I thought it would taste like poutine with onions. Instead it tasted more like onion rings with gravy instead of the trifecta of awesomeness I expected.

Perhaps if they would have used cheese curds, I would have liked it better. That being said, I did enjoy it.

However, I don’t think I would order it again, solely on the fact I expected a different palate of tastes. I will be sticking with my regular poutine or grilled cheese and tomato soup from now on.

At under \$10, the onion ring poutine is worth a try at the Nest for yourself. It’s an experience.

Classic comfort

RECIPE

By ALISON MULLOCK

Sunday nights in the Mullock household were always Dad’s night to cook dinner.

He normally goes for the typical barbecue and potatoes but with all of the rain it makes it tough to stand outside and give the barbecue the attention it needs.

On Sunday’s like these, my dad always has to think outside the box. Keep in mind that I’m from Vancouver and this time of year it can get very dark and dreary. Comfort foods are all you are ever really craving. The best Sundays were when I would come home and there was a big pot of chili cooking on the stove. The smell always filled the house and I would continuously get caught sneaking a few samples straight from the pot.

Chili, I’d say, is my dad’s specialty and a staple in our household. The first winter that I was living on my own, I asked my dad for the recipe and have always made it since.

Not only is it easy and cheap, but you can freeze the leftovers and have chili ready to be warmed up whenever you are in search for some comfort.

Ingredients:

- 2 large cans of diced tomatoes
- 1 can of pork and beans
- 1 can of tomato soup
- 1 large can of red kidney beans
- 1 green pepper
- 1 medium sized white onion
- 2 cloves of garlic
- 1 small-medium sized package of lean beef
- 1 pack of chili powder

2 tablespoons of flour

Cayenne pepper if you like it spicy

Salt and pepper

Grated cheese for topping

Baguette

Start off by getting a sibling or a hungry friend to open all of the cans while you start browning the beef in a large pot.

Chop the garlic, onion and green pepper, then add into the pot once the beef is browned. Let the veggies simmer for a few minutes with the lid on. Then the fun part, add all of the canned ingredients. Just toss them all in the pot and stir. Put the chili powder in and make sure it’s stirred up nicely. Dash of salt and pepper (cayenne pepper based on how hot you like your chili to be). Add a couple spoonfuls of flour to thicken the pot. Keep simmering with the lid half on for however long you would like, minimum an hour or so.

Chili is like wine, it only gets better with age. Make sure you stir the pot every 20 minutes or so. Also, make sure to sample your chili. This is suggested because we all know you’re going to do it anyway.

Once you have patiently waited for your chili to be at perfection, serve in a nice big bowl and sprinkle generously with cheese. Rip some of the baguette off and eat away. Use your bread to soak up every last bit of chili in your bowl.

This recipe will make enough to feed you and your neighbourhood so make sure you put it in containers and save for a snowy day.

Like my dad would say, “Don’t forget the most important ingredient, love.”



JOE RANGER

As NAIT turns 50 this year, envision yourself at 50



"I hope to have an electrical engineering degree and to have worked as a firefighter for a bit – living in a fairly decent house with a nice car."

Niv Jayasuriya
Academic Upgrading



"Hopefully, I'll be working as a respiratory therapist at the University of Alberta ... as a cougar!"

Lindsay Thibault
Respiratory Therapy



"Living on the coast with my family – West or East Coast, somewhere in Canada. I don't know what I'll be doing at 50, it could be anything."

Megan Pedersen
Respiratory Therapy



"Working in a medical lab suit somewhere in Edmonton – becoming useful to the public, to people who are disabled or people who can't help themselves for one (reason) or another."

Tolulope Olanrewaju
Academic Upgrading



"It's so far away, I hadn't thought about it. I still have 30 years to go! I don't have any targets, but at 50 I'll take a break after working hard for a long time – sit back and remember what I did in the past."

Dao "Rachel" Nguyen
Culinary Arts

Time for winter wear, with flair

By SARAH STILWELL

When it comes to winter fashion for Edmontonians, many of us have the same problem – how do I stay fashionable and not look like a marshmallow?

Edmonton fashion blogger Vicki Lalotitis writes a fashion-forward blog that also recognizes the Edmontonian's need for weather functioning clothing, which sets her blog apart from many others. Her blog, *Adventures in Fashion*, highlights what is trendy and essential for our current weather.

In the awkward weather-transitioning months of October and November, where we can have 35 cm of snowfall one day only for it all to turn into slush the next day, water-repellant boots are a necessity.

Their main function is to prevent "booters," a term commonly used in Northern Canada to describe the soaking wet foot you get from stepping in a puddle.

Fashionable rubber boots can come in all shapes and budgets. Hunter and Michael Kors have some beautiful water-repellant boots, but are upwards of \$150 depending on the height and lining of them.

As well as being very weather appropriate for Edmontonians, their styling is very "Duchess of Cambridge" – classy and ready for anything this Alberta weather has to throw at us.

Pair them up with a pair of knee-high socks or tights and you'll see a side to rubber boots that you've never seen before – the options are endless!

Another necessity for winter, as my mother

always taught me, is the need for a good pair of leather gloves.

For those who drive to school every day, you know how those Edmonton roads are. With adorable, fuzzy mittens, they might be cute but they can sure be slippery on the steering wheel.

At Simons, West Edmonton Mall's newest store and heaven for fashion-mavens, a good pair of leather gloves are \$75 and sheep-lined for \$85 – cosy and practical.

Also this season, keeping the tushes warm is "in." Long jackets and cardigans to the extreme are everywhere, from Simons to American Apparel.

As good Canadian girls and boys, we need to layer our clothing. Who knows if the heater is going to be broken at school or full blast at sauna temperatures?

Most Canadian girls know the beauty of leggings, which allow you to stay cosy and comfortable on the go. They can be dressy or completely casual.

This year at Mercedes Benz Fashion Week in New York, ombre leggings graced the Rag & Bone catwalk. That's right – ombre, like the hair trend.

Ombre tights gradually lighten and they are much more dynamic looking than your general opaque legging.

Layer, bundle up and keep your hands and feet toasty for these winter months that lie ahead. Check out Vicki's blog "*Adventures in Fashion*" for inspiration in any weather condition.



shopstyle.com

Michael Kors boots

CLASSIFIED

STUDENT MASSAGE

\$20/hour

Introductory limited time offer valid only on weekends with Richard, RMT. Book online at www.bodytechmassage.ca

Big Brother Canada – almost

By KEVIN MARTIN

We all know about the reality TV show *Big Brother*. Twelve people are put into a house that has no connection with the outside world. No clocks, no Internet and below average food.

People are eliminated on a weekly basis and the last one standing takes home a hand-

some paycheque. It's a social experiment that produces heartbreak, tears and, above all else, entertainment.

Big Brother started as an American show and has been replicated all over the world. Canadians have never had a chance to apply to be in the *Big Brother* house, but that changed this

past summer.

Slice TV announced in July that they would be hosting a *Big Brother Canada* for the first time ever. Twelve lucky (or crazy) Canadians will be taken into the house and be on national TV. I knew I would apply, and despite my pessimistic thoughts about the odds, I was given a very cool experience.

There were two ways to apply. *Big Brother Canada* was accepting three minute audition videos as well as open casting calls.

I produced a video trying to explain why I would make an ideal contestant. My plan was to make sure they remembered me. I knew that they were going to have thousands of videos to go through so I had to do something special. I talked twice as fast as I do normally and threw out hand gestures with every word.

No response came from my video so, with no expectations, I made the trip down to Calgary for the open casting call. It was quite the scene.

Big Brother set up at a local hotel and said they would open the doors at 8 a.m. I arrived at 6 a.m. expecting to be first in line, but as I walked up to the hotel the line seemed never ending. By the time the doors opened there were a couple hundred people in front of me and at least 500 behind.

I had no clue how they were going to look at us but after a few hours of waiting we found out. They put me with four other strangers and marched us in before a casting judge.

The judge did not smile at us or offer us a handshake. It was clear that she was a no nonsense type of person and she was already judging us by our looks.

She told our group that the five of us would only be given two minutes to impress her.

The first question was directed to the girl on my right. She stumbled over her first few words and the judge looked away from her immediately. It was obvious that she waited hours in line but her shot at the house was over within the first two words.

The seemingly cruel judge looked at me and I immediately locked eyes with her and gave her the biggest smile I could muster. She asked me why I would win *Big Brother*.

I answered in a voice that would get you kicked out of a library while waving my arms as if the building was on fire. She looked taken back but her eyes stayed on me for a while before moving on.

Throughout the next minute and a half I fielded four more questions while the rest of my group only took one each. To finish off the group interview the judge asked me about my physical condition.

In response I got down on my hands and knees and crawled around the floor. I could have given her words but I wanted to give her

something memorable instead.

She looked at me as if I was crazy but flashed a smile, then showed all five of us to the door.

The timing was amazing as I pulled into my driveway after the drive back from Calgary. I felt the vibrations from my phone.

The call came from Ontario and a girl on the other line congratulated me for making it to the next round. I held my breath to keep myself from yelling.

She told me that I was welcome to a one-on-one interview with the casting producer in two days time. She wished me luck and told me to keep the information confidential.

The drive back to Calgary two days later seemed to take hours as I chugged three Red Bulls during the commute. I felt the caffeine and sugar rush through my veins as I was welcomed into the same hotel lobby and asked to wait.

I wish I could tell you the details of what happened in my interview because it was one of the weirdest moments of my life. However, they forced all the remaining contestants to sign a confidentiality agreement.

Let's just say as soon as I entered the interview I hugged the casting producer forcefully. He didn't take to kindly to this and he started swearing at me.

I didn't skip a beat and immediately started swearing back at him. I thought I had blown my chance but we both calmed down after a few minutes and the interview started.

After 10 minutes of banter the casting producer proclaimed his love for me. It was shocking that only 10 minutes earlier he was swearing at me as if I was the worst person on earth.

The interview lasted half an hour in total instead of the expected 15 minutes. We talked about school, life and very personal details that I have not told to a lot of my friends, let alone a stranger.

He thanked me for an entertaining interview and told me that I had aced it. I shook his hand and refrained from a goodbye hug. I was told I would be contacted in a few weeks if I had moved on in the casting process.

Fifteen thousand people applied and they took 500 to the one-on-one interview. From those 500 people they selected 50 and flew them to Toronto for a week long casting process that's referred to as the finals.

From the 50 finalists 12 to 14 are selected to enter the *Big Brother* house. Unfortunately I'm only able to write this article because I was not selected as a finalist.

Where did I go wrong in my interview? I honestly think I did as well as I could and obviously it's upsetting that I'm not going to be on the first season of *Big Brother Canada*. Oh well, I'll try again next year.

Maybe you should try next year too, who knows? Maybe you're the next reality star!

IT'S BACK
SIGN UP BY JANUARY
23, 2013 TO COMPETE
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NAITSA.CA/TOPMODEL

NAITSA'S NEXT
Top Model

TATIANNNA, BUSINESS STUDENT,
WINNER 2011-2012



Kevin Martin



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