

THE

NAIT **NUGGET**



Thursday, November 29, 2012
Volume 50, Issue 13

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

HOCKEY TEAMS NO. 1

Men and women lead ACAC standings – stories, photos pages 8, 9



Photo by Laura Dettling

TRAFFIC JAM

NAIT Ook guard Patrick Mart is swarmed by Augustana Viking players during a game Friday, Nov. 23 at NAIT gym. The game ended in a thrilling 99-97 overtime win for NAIT. Story on page 10.



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Wednesdays - Karaoke Night



Thursdays - Name That Tune



NEWS & FEATURES

In search of believers



CONNOR CORSARO
Assistant Issues Editor

"People are tired about being cynical about politics and want to be a part of something meaningful again!"

Justin Trudeau took the stage at the Citadel Theatre last Tuesday to begin his push for Liberal Party leader.

Jump starting the crowd of skeptics, fans and people who are just on the fence about politics with his positive attitude and "Obama-ized" way of thinking, insisting that the change in our nation is not only possible, but within reach.

"If you are a Liberal in Alberta it's because you believe," Trudeaus called.

I believe

I believe.

People often judge me because the Liberal Party has been suffering for a while but in reality, the ideas the party claims to believe are genius.

The idea of a centrist government is a little difficult to wrap your mind around and the problem with it is they can flip flop from idea to idea and method to method because they are in the middle and are supposed to be giving the best policies from both sides of the spectrum.

"Canada is a country based on a promise," he said. "If we work hard, we would have the freedom and success that we had earned."

I am convinced that Justin Trudeau is the right choice for the Liberal party after seeing this rally. He relates to things that are beginning to form.

Centrist ideology

"We have to stop the Band-Aid methods ... we as Canadians are becoming used to this and are now content with the Band-Aid methods."

Trudeau pushed the centrist ideology hard by expressing the need to both be open to capitalistic ideas to progress the nation while at the same time using leftist ideas to keep our health care stable and our community services and projects running smoothly.

"As Jean Chrétien once said, 'My heart on the right, my wallet on the left,'" Trudeau said.

The saying could not be more true for a Liberal,



Justin Trudeau

vancouver.sun.com

and separating ones heart and one's wallet is a difficult task, however if it can be done effectively without risking another's heart or wallet then things can move forward in a progressive way.

This is the way our country will thrive, the only way to truly move forward. Will it keep everyone happy? Of course not, nothing ever will. Will it keep everyone satisfied? I can't think of anything that could do a better job.

"Every year we get lower and lower voter turnouts," he said.

Possibly the most touching moments were when Trudeau talked about youth apathy.

"Our youth have so much information at the click of a mouse! Yet all too often our young people throw up their hands and feel powerless when they don't understand."

Politics can be confusing, but the youth of today have everything so close, they can pick up a book, read a forum or go online and Google a politician's name if they are curious.

It's easy enough but youth feel so disenfranchised it doesn't seem to matter.

If there were 17 Liberals and 15 Conservatives and all the Liberals thought that their vote wouldn't matter, then the Conservatives would win.

You get all 17 of those votes in it's a totally different story.

Apathy seems to be a big problem these days and the unfortunate thing is that there is really no way to encourage a higher voter turnout without giving people a real reason to cast a ballot.

Trudeau focused a lot on the economic issues that are affecting the country, speaking mainly of the bid by CNOOC, a Chinese state-owned company, to take over Calgary-based Nexen.

'We are rebuilding this party and it starts with Canadians.'
— Justin Trudeau

"I believe trade with China is important," Trudeau said. "We have too many resources and too few people to utilize these resources."

Isn't that the truth? We need to rely on foreign investors and while I am still struggling to decide whether I agree with the deal, I would rather Canadians keep in good relations with the Chinese, they make a lot of stuff that I use pretty much daily.

On the other side of that coin however is that Nexen is a Canadian business and we should be encouraging growth and not necessarily a sale. A sale means Canada is no longer running the company, perhaps a partnership would be more suitable.

Again, I'm still not sold on either side.

"The middle class is starting to suffer," Trudeau said. "Household debt is at an all-time high."

Another economic issue is the middle class

debt levels.

Trudeau stressed that people shouldn't have to go to the food bank on their way home from work to be able to eat.

Can you not agree? I know I certainly would not want to be running to the food bank on my way home from work if I had a family. I can only imagine the feeling of having a family and not being able to care for them properly. It can't be a pleasant one. People should not have to feel this way.

For me the biggest selling point of Trudeau's whole rally was the fact that he acknowledged the demise of the Liberal Party.

For many, many elections over the last few decades the Liberals have been losing seats.

"We are rebuilding this party and it starts with Canadians," Trudeau explained as he began discussing the new party policy for deciding their new party leader. "For the first time ever our leader will be chosen by the people of the country who are not active members of other political parties."

Not only card-carrying party members, but also a new category of party "supporters" will cast votes in the leadership election next April.

Now, if only they can get their ideas all straightened out and put them out there people may be more willing to change their ideas on the Liberal Party.

Who knows, they could even become the official opposition again in the next election.

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



Photo by Tyler Frith

READY FOR BUSINESS

NAIT's new parkade, at the corner of 103 Street and 118 Avenue, has been completed on time and below budget. The \$23.5 million structure will be operational on Dec. 3. An official ribbon-cutting ceremony is set for Dec. 10 at 2 p.m. The 989 stalls have plug-ins and will be available to staff and students, with no reserved parking. Staff wishing to transfer from another lot will be able to do so without paying a cancellation fee.

Let the shopping begin!

By SARAH STILWELL

This year, 4,000 Walmart stores increased their security for a day known as "Black Friday."

Black Friday is the day after American Thanksgiving where many stores have amazing sales, some posting up to 50 or even 75 per cent off, attracting more than one in every three Americans to go shopping on that day.

Traditionally, Black Friday signals the start of the Christmas shopping season.

Black Friday, which used to be strictly an American sales event, is being embraced by Can-

adian retailers who wish to keep the sales on their own turf rather than encourage consumers to make the trip over the border.

Six per cent of Canadians are planning a trip to the U.S. for Black Friday deals this year, according to the Retail Council of Canada, which is unfortunate for Canadian retailers.

It is difficult for Canadian retailers to compete with their American counterparts. They can't order in a bunch and turn over the same profit as American stores.

It also doesn't hurt that we have a strong Can-

adian dollar, which just encourages Canadians living near U.S. cities to cross the border for Black Friday sales.

According to the *London Free Press*, Canadians at times make up to 40 per cent of the visitors to Great Lakes Crossing Outlets in Auburn Hills, Michigan.

More Canadian retailers have jumped onto the Black Friday bandwagon this year. With only some retailers such as Sears and Walmart Canada last year, several others have also jumped onto the trend.

This year, Best Buy Canada, The Bay, SportChek, Telus, Rogers, Sephora, Indigo and Apple Canada – among many other retailers – are participating in Black Friday sales events. Lucky for them, this year was the most successful Canadian Black Friday to date.

"Cyber Monday," the Monday following Black Friday, is the online counterpart to Black Friday, where you can find awesome deals online.

According to the Canadian News Wire, only 52 per cent of Canadians know what Cyber Monday is. This number, however, is up from 24 per cent in 2010.

If you haven't heard of "Black Thursday," it is the term for stores starting Black Friday deals on American Thanksgiving rather than the midnight after Thanksgiving. Stores such as Walmart start their Black Thursday sales as early as 8 p.m.

Other stores, however, still maintain a Friday sales start and leave Thanksgiving as a day for families to celebrate being thankful.

Black Thursday is already turning into madness, where many employees of "Black Thursday" retailers are threatening to strike and petitions are going viral online.



blogs.windsorstar.com

Black Friday is rapidly becoming a tradition in Edmonton.



The Nugget

Room E-128B
11762-106 Street
Edmonton, Alberta
T5G 2R1
Production Office 471-8866
www.thenuggetonline.com

Editor-in-Chief

Claire Theobald
studenteditor@nait.ca

Issues Editor

David Adomako-Ansah
issues@nait.ca

Assistant Issues Editor

Connor Corsaro
issues@nait.ca

Sports Editor

Evan Degenhardt
sports@nait.ca

Assistant Sports Editor

Lauren Fink
sports@nait.ca

Entertainment Editor

Anika Nottveit
entertain@nait.ca

Assist. Entertainment Editor

Mike Jones
entertain@nait.ca

Photo Editor

Chad Steeves
photo@nait.ca

Production Manager

Frank MacKay
fmackay@nait.ca

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

Submissions encouraged: studenteditor@nait.ca

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

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

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.

WHAT'S GOING ON AROUND CAMPUS

WHO Full Frame Photography (FF47)
WHAT Print Sale Pick up
WHEN December 3 & 4; 12:00 – 4:00pm
WHERE Outside NAITSA, main campus (Rm E-131)

WHO BIO SCI
WHAT Bake Sale
WHEN December 3; 9:00am – 3:00pm
WHERE Outside NAITSA, main campus (Rm E-131)

WHO Civil Club
WHAT Mo-Mania Chocolate Moustache / bake sale / coffee count
WHEN November 30; 10:00am – 2:00pm
WHERE Outside NAITSA (Rm E-131) and HP Centre near Pedway

WHO Dental Assisting
WHAT Bake Sale
WHEN December 4; 11:45am – 1:00pm
WHERE Dec. 4 – NAITSA, Dec 5 – NAITSA (Rm E-131)/HP Centre near Pedway)

WHO OHSSS
WHAT Silent Auction & Bake Sale
WHEN December 5; 8:00am – 4:00pm
WHERE South Lobby, main campus

WHO Dental Assisting
WHAT November Pub Night
WHEN November 30; 8:00pm
WHERE The Ranch

WHO Chem Tech
WHAT Bake Sale
WHEN December 6; 8:00am – 2:00pm
WHERE HP Centre, Pedway

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

WHO IntoNAITion 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

WHO MSA
WHAT General Meeting
WHEN Mon – Fri; 4-7pm
WHERE Room W-A112; Fridays 1-2pm Room E-216

CAMPUS CLUBS NEWS

December 5 Clubs Appreciation Social
 December 14 GIV'er Point Deadline

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



SANTA'S SPIRIT SLEIGH

Hosted by First Year Respiratory Therapy Program
 What: Guess the weight of Santa's Sleigh to win
 December 4th – NAIT SA 12 pm to 4 pm
 December 5th – Annex 12 pm to 4 pm
 December 6th – Common Marketplace 12 pm to 4 pm
 Why: Why Not...? Everyone wants a sleigh full of "cheers" for Christmas

\$10 for 1 guess
 \$20 for 3 guesses
 Winners will be announced on:
 TBA

Must be 18 years of age or older to purchase tickets.
 Government photo I.D. required.

VISIT THE CAMPUS CLUBS CENTRE

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

Check out the Clubs Website for other
 upcoming Important Clubs Dates

**NAITSA
 CLUBS
 365**

MECSA PRESENTS

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BEER GARDENS

NOVEMBER 30TH 2012

Top of the TOWER (6th Floor) Starts at 3 pm

\$3.00 DRINK \$2 PIZZA SLICE

AFTER PARTY @ **Lucky** dance pub

MECSA

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NOVEMBER 2ND - DECEMBER 5TH, 2012



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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 @ kimsand@shaw.ca
Trevor Eades at trevor1@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.

ANIMAL HEALTH TECH CLASS OF 2014 PRESENTS:

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DECEMBER 1: 9 AM-3 PM
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HATCH BUSINESS PLAN COMPETITION

April 13, 2012 to January 9, 2013

HOW IT WORKS:
Hatch is a business plan contest open to current NAIT students or graduates from NAIT in the 2011-2012 academic school year. The applicants are those who need a little assistance to help make their business plan a reality.

KEY DATES:
The competition is open to ideas with a technology, science or knowledge-based focus.

KEY THE BUSINESS PLAN:
To enter the Hatch business plan contest, applicants must submit a complete, quality business plan.

Need Help Writing Your Business Plan?
FREE Business Planning Boot Camp - November 24 & 25, 2012

KEY JUDGES:
All eligible entries will be considered and the top applicants will be chosen to present their ideas to a panel of judges from NAIT and Industry.

KEY HATCHES:
The winning entrant could receive \$20,000 in seed money to be used for expenses directly related to moving your business plan forward. Finalists will be fast-tracked into the provincial Venture Prize competition. This also includes one year of incubation space to help get things started.

The contest officially opened on Friday, April 13, 2012 and closes on Wednesday, January 9, 2013. The contest will be closed to get Hatch!

To register or for more info, contact:
Sameer Singh
sameers@nait.ca
780.378.2898

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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)



NAITSA CLUBS 365

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Priorities help manage stress

By **MEAGHAN WILLIS**

I'll admit, I'm probably the worst person to give advice on mental health.

School makes me so stressed sometimes, I cry randomly throughout the day.

But when I went to my *Nugget* meeting last week and saw that this article was up for grabs, I thought, why not? I could learn a thing or two about how to deal with stress and my psychological well-being.

Taking the television program here at NAIT, I definitely have a lot on my plate. With six classes, newspaper articles, exams and a show bi-weekly, I'm barely managing it all.

But it doesn't help when you are at your breaking point every second of the day. So I decided to look into ways to manage how you deal with the stress in your life.

Here at NAIT, not only do they provide academic counselling, but free personal counselling to help students manage their stress and

personal lives.

I went to the Student Success Centre and I was really pleased with the whole experience.

Upon arriving, the woman who greeted me was very pleasant and warm so I felt comfortable instantly and I was shown to a counsellor's office.

I told the counsellor that I was doing research on ways to manage your stress levels and take care of your psychological well-being for students here at NAIT and she had plenty of suggestions.

I was given two brochures to look at and I learned a lot about what kinds of stresses there are and ways to deal with them. According to this information package there are three levels of stress:

Positive Stress, which can help to energize and motivate you, Unwanted Stress, which is unavoidable like deadlines for example, and Chronic Excessive Stress, which can wear on

your body and mind after a certain point.

To deal with these different types of stress, you should first evaluate where you are now and where you want to be.

Sit down and figure out what the stressors in your life. Find out what's important to you and change the situation to one that you want to be in.

Try avoiding negative things and minor stresses that add to your daily routine and use different coping skills to get by when you are feeling strained.

It's important to get the right amount of sleep and exercise so your life feels more balanced.

Try to plan out your workload at the beginning of every week so you know your schedule and you can work on the important things first.

Besides doing things to deal with your stress, don't forget that it's all about attitude.

Being positive helps you to control your

tension and worries, so make sure you do things for yourself every day.

Try to accept things you can't change and stay in the present instead of concentrating so much on the future. Don't forget to laugh and do things that you know make you happy.

Use relaxation techniques such as deep breathing, visualization and meditation when you feel yourself spiralling out of control. Make sure you set realistic goals and reward yourself when you reach them.

There is no doubt school and work are exhausting and put a great deal of strain on your life, but if you take the right precautions you can succeed without losing your mind.

Take a step back and evaluate what's really important to you and if something is really worth the strain it's causing you.

At the end of the day, you have to commit to being happy and healthy. Only you can change your life.

Trees are keys to hospital funding

By **KEVIN MARTIN**

Most Edmontonians are running around getting presents ready for the holiday season, but one group of people are getting ready to help others.

The best thing about the holiday season is the giving spirit and a great example is the University of Alberta Hospital, which uses the most recognizable symbol for the holidays, a Christmas tree, for a great cause.

The University Hospital is getting ready to welcome Christmas lovers back to the annual Festival of Trees in support of critical care at the hospital.

The Shaw Conference Centre will soon be lined with rows and rows of dazzling Christmas trees. Ornaments, beads, lights and dozens of

other decorations guarantee that every Christmas tree stuns.

It's an amazing display of both sides of the holiday spirit – the festive and the giving.

Proceeds from this year's Festival of Trees will support critical care at the hospital. The goal is that the its dedicated critical care specialists have access to the latest technology and equipment to save lives and ensure patients their best recovery possible.

They want to send patients home faster and with the best possible quality of life. The University of Alberta thinks that Christmas trees are a great tool to accomplish this goal.

Elaine Taylor, publicity chair for the Festival of Trees, wants people to know how much

work this takes.

"There is a group of over 30 dedicated ladies that start decorating the trees a year in advance. They have been working since January, with breaks only in the summer and a short one in the fall. Trees also come in from students and outside designers as well," said Taylor. "It's a lot of work."

There are going to be 100 trees on display, along with 150 other Christmas style decorations.

Taylor adds that every detail is looked at on a decoration and that planning is critical to a great display.

"The chair of the committee travels around to trade shows in special preparation for the Festival of Trees," said Taylor. "Every tree is considered and made special."

Adult admission is \$7 while seniors and youth are \$3. There is no charge for infants and children are \$2. Cash, debit and credit are all accepted.

The Festival of Trees is open on the following dates:

Thursday, Nov. 29 – 9 a.m.-9 p.m.

Friday, Nov. 30 – 9 a.m.-9 p.m.

Saturday, Dec. 1 – 9 a.m.-9 p.m.

Sunday, Dec. 2 – 9 a.m.-5 p.m.



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- December 5 @ Common Market
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E106	L154	T500
E114	N107	T616
E134	O102	T700
E206	O117	W205
E214	Patricia Campus	W309
E220	PE200 (HR)	Y304/5
F303	PE300 (ODS)	

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OPINION

— Editorial —

Dinosaurs still roam



CLAIRE THEOBALD
Editor-In-Chief

When asked if gay students should try to be less identifiable to avoid bullying in school, school trustee Dale Shaffrick said, “I think for their own benefit ... it would be helpful.”

As the kids say these days, *facepalm.

Immediately, one disconnected, misguided politician’s comment is spread across the airwaves and through the Internet. Twits tweet, bloggers blog, reporters report.

And like clockwork, Canadians from Eastern Canada accuse Alberta of being backward, behind the times, bigoted red-necks.

To describe the problem, I turn to the popular phrase from *Cool Hand Luke*, “What we’ve got here is a failure to communicate.”

A split

It appears to me that there is a split between old Alberta and new Alberta.

Old Alberta holds strong to Prairie values and stubborn morals, the foundation of a political culture that has in a way helped shape who we are today.

New Alberta is a young, progressive group of individuals sick of being branded as old fashioned. They believe in equality and crave more social support from their government during a time when we cannot be guaranteed the same success our parents enjoyed.

Unfortunately, new Alberta’s policies are still governed by old Alberta’s politicians.

Politics are still a popularity contest. The one who gets the most votes wins. Politicians have long observed the power of demographics and have since favoured older voters in rural settings to secure their seats. You know, the ones who will turn up and vote.

Election gap

New Alberta, for whatever reason, is hung up on the fact that we are too apathetic to actually vote. Maybe it’s because we have been so brow-beaten by old Alberta for so long we have gotten used to the abuse and don’t know any other way to live.

Instead, in each election, the gap between teams seems wider.

For example, I would say it is safe to believe that the average young Albertan is not homophobic. Truly, I have seen heartwarming rallies where hundreds gathered after Chevy Rabbit was assaulted to demonstrate that there is no place in our province for discrimination based on sexual orientation.

But still, all too often another politician forgets which end to speak out of when representing their province and makes another gross remark about women’s rights, the rights of homosexuals or reveals concealed racism.

Guess what folks, because we don’t vote, politicians more in line with new Alberta are doomed to fail because old Albertans vote. Therefore, the successful politicians are the ones that pander to a demographic with less progressive values.

Don’t believe me? Let’s travel back in time to April 15

when a story about a blog posted by Wildrose Party candidate for Edmonton South-West Allan Hunsperger blew up when it revealed that he believed homosexuals would “suffer the rest of eternity in the lake of fire, hell.”

The book of Revelations, applied to 2012. Real cutting edge stuff.

How can we blame the rest of the world for calling us backward if all they ever see is stupidity like that?

And who can we blame but ourselves for letting this madness continue, politically talking the talk but consistently failing to walk the walk?

If those who believe in a new Alberta refuse to engage in even the most basic level of the political process, then what good will that belief do?

Change is slow and reluctant. But to get it, you have to start somewhere.

I don’t know about you, but I’m tired of being painted with the same brush as those who refuse to get with the times.

I personally am tired of seeing the politician who represents the future of Alberta constantly losing to old ways just because their supporters won’t get up and cast a ballot.

If you want change, it’s time to prove it. Start becoming engaged.

Know your politics, read the news and when the time comes, vote!

But then again, if you’re comfortable having the rest of the world laugh at your expense, keep doing what you’ve already done.



ottawacitizen.com

Xenoceratops foremostensis, a newly discovered dinosaur that once lived in Southern Alberta, joins a list of the province’s dinosaurs, which includes some of the human variety.



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

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

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

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

Trust us on that. Write us.

SPORTS



FIVE-HOLE SHOT
NAIT Oaks forward Jesse Koch lets a shot go against Portage Voyageurs goaltender Kirby Halcrow on Thursday night at NAIT arena. The Oaks went on to sweep the two-game series by identical 4-2 scores.

Photo by Kevin Tuong

HOCKEY

High flying men still fine tuning

By MATT INGLIS

The Oaks men's hockey team was looking to build on their lead in the ACAC standings last weekend in a two-game series against the fourth place Portage Voyageurs.

NAIT has been dominating the league this season and came into the weekend set undefeated in regulation time.

The two teams faced off at NAIT arena last Thursday and again on Saturday, with the Oaks coming away with big wins both nights.

Thursday's game at home started slowly for the Oaks, who gave up a 1-0 lead early in the first before knotting it up towards the end of the frame.

The Oaks got the momentum rolling in their favour, posting another three goals before the

Voyageurs pulled their goalie and closed the gap late in the third.

Portage's frustration really began to show in the last 10 minutes, keeping the officials busy. The Voyageurs' goal in the third was too little too late, and the game ended with a score of 4-2.

Another physical, hard fought game on Saturday saw the same result. The second game in the series played at Portage's home arena, the Bold Centre, ended with another 4-2 Oaks victory.

After the weekend, NAIT head coach Serge Lajoie stated that despite the two wins, the Oaks had room for improvement.

"We lack consistency," said Lajoie.

"The team isn't where they could be, and they aren't going to take any breaks.

"We have high standards for our guys. We see little deficiencies in our game that we need to improve in order to get better."

Both games over the weekend saw bad blood and some altercations between players, something that coach Lajoie prepares for each game.

"We rely on the officials to be engaged and to make calls, but sometimes the players take things into their own hands."

Player safety on both sides is a top priority, and while the coaching staff doesn't condone fighting or violence towards the opposing team, Lajoie is proud when the team sticks together.

"We encourage the guys to stick up for themselves and for each other. We're constantly reminding our guys to just play the game the right way."

Coach Lajoie has been happy with the progress some of the younger players have been showing and noted the strong play of first-year forwards Kevin Carthy and Kyle Harris.

The Oaks coach also credited NAIT's leading scorer, Jordan Draper. "He showed tremendous leadership in Saturday's game."

Lajoie was also quick to point out that his defensive pairings were very sound over the weekend.

With the victories on Thursday and Saturday, the Oaks increased their lead in the ACAC standings over second-place Augustana.

NAIT is back in action on Friday the 30th, and again on Saturday Dec. 1 against a struggling Keyano Huskies team.

Women Oaks move into first place

By MATT INGLIS

NAIT's women's hockey team moved into first place in the ACAC overall standings last weekend after a dominating two-game series sweep of the SAIT Trojans.

The Oaks beat SAIT last Friday at home by a score of 5-2, before travelling to Calgary to light the Trojans up once again with a huge 11-4 victory.

NAIT's head coach, Deanna Iwanicka, said that there was no shortage of positives to take from the weekend.

"We scored an abundance of goals, which was spread out amongst numerous players, and we got another sweep," commented Iwanicka.

The first game of the series started slow,

with neither team scoring in the first.

NAIT got things rolling in the second, putting three up on the board before SAIT finally netted one of their own.

Shortly after, NAIT scored another, making it a 4-1 game, before SIAI closed the gap by one. But that wasn't it for the second frame, as NAIT would put one more up before the end of the period.

The Oaks held on to their 5-2 lead all the way through the third period, finishing the game without either team scoring in the third.

The Oaks massive offensive weekend was total team effort, with all five of Friday's goals coming from different players.

Saturday's game in Calgary started much

quicker, with NAIT putting four past the Trojans' goaltender in the first.

The Oaks would get another seven over the next two periods, while only allowing SAIT four in total.

Seven of NAIT's 11 goals were scored by different players Saturday.

The line of Vanessa Klimpke, Sherri Bowles and Michelle Pochapsky contributed the most offensively, pounding SAIT with seven goals and nine assists.

Coach Iwanicka said that NAIT's net drives and aggressive offensive attacks were contributing factors to the Oaks' success over the weekend.

Despite the victories, Iwanicka said that

the Oaks had a rough weekend, the result of SAIT's mounting frustration, with the Trojans' overly aggressive physical play contributing to some roughed up bodies for NAIT.

The Oaks have enjoyed success so far this season, but Iwanicka thinks the team has more to give.

"We hope to make some small improvements in the form of our special teams and goaltending consistency," said Iwanicka.

NAIT hopes to keep the momentum rolling and keep the offence coming against the Red Deer College Queens this weekend.

The Oaks play in Red Deer on Thursday and return home to finish off the two-game series on Friday.

For a perfect Christmas gift ...



LAUREN FINK
Assistant Sports Editor

With the end of November upon us, that means Christmas is quickly approaching ... and that also means it's time to start buying gifts for our loved ones.

This is the first year I've been in post-secondary, which means it's the first time as an adult I have to buy gifts on a tight budget.

Instead of spending lots of money this year, I've decided to go with thoughtful Do-It-Yourself gifts (ones people won't look at and throw away.)

I thought I'd share my ideas with you in this "Do It Yourself Gift Giving Guide."

With the NHL lockout, comes my first gift crisis, my dad.

Usually I would spend upwards of \$200 on simple Oilers tickets. But since there isn't any hockey this Christmas, he won't be getting any tickets.

Hey, it's a good thing for my pocketbook

and probably the only good thing that comes with the lockout.

But with no hockey, and no chance I'm buying anything Eskimos related (you could say it's a pride thing ... a Rider Pride thing) what am I going to get him this year?

One word ... Pinterest. (I know, this is a sports section ... but I'm here to help!)

I hopped onto my newest addiction website and sought out some easy DIY gifts for dads.

The thing about Pinterest is, you can get sucked in for hours. There are also a lot of really useless things on there.

Luckily after what felt like hours, I found a few ideas for DIY gifts for my dad.

My dad is a Jack Daniels super fan, so when I stumbled upon a Jack Daniels DIY lamp, I thought "This is perfect!" But then I quickly reminded myself that I would have to see this thing every day ... sorry pops, no way.

I went back to the pinning board.

Besides Jack Daniels and the Edmonton Oilers, my dad really loves coffee.

That's when I came across a cool and personalized do-it-yourself mug idea.

To make the mug, all you need is a porcelain mug from the dollar store, a Pebeo Porcelain Pen from DeSerres (in West Edmonton Mall) and an oven.

Write your personalized message (as

corny or serious as you'd like) on the mug then bake at 300 degrees for 30 minutes.

Viola! Your new mug for the coffee loving man in your family is complete.

If your dad isn't into coffee, I have an alternative DIY for you.

It's a newspaper quote canvas photo to hang on the porch, or anywhere in the house.

To make these adorable newspaper canvas works of art, start with a plain white canvas and glue old newspapers on it with Mod Podge.

Once you've let the newspaper dry, stick vinyl letters on top of the newspaper and use a quote of your choice.

My suggestion is a saying that only you and your dad say to each other, for a loving touch.

Paint over the newspaper and allow that to dry. Once it is all dry, peel the vinyl stickers off to reveal your latest masterpiece.

This newspaper quote canvas is perfect for almost anyone in your family. I know my mom would love that as well. Either way, we have yet another gift checked off our list!

Pinterest is a DIY heaven for everything woman related.

From DIY coasters, to necklaces, to bobby pin holders, it has it all.

It's really all about what your mom likes. For my mom, I chose a quote scarf.

A quote scarf is simply just a plain white

scarf with your favourite quote written in cursive on it, with fabric markers.

This is the woman who gave birth to you, so think of something really touching to put on the scarf and get creative.

This DIY is completely up to you. Let the scarf be the canvas and your creativity be the artist.

My last DIY gift is perfect for any lady in your life, a picture frame necklace holder.

There wasn't one specific pin that I found that showed me how to do this, but I did gather a lot of ideas from looking on Pinterest.

First, start out with a corkboard, preferably in a frame (if not, get a frame you like that fits the corkboard) and paint it all one colour.

You can also put fabric on the cork instead of painting it, if you want to get creative.

Next, take little tacks from your nearest hardware store and stick them in a straight line on the cork board.

After that, it's ready to showcase your mother's favourite necklaces.

Hopefully your parents or anyone you give these gifts to appreciate them.

If they don't remind them, it's the thought that counts, and show them your hot glue gun burns (they will have a sudden appreciation).

Who said college kids aren't thoughtful?



NAIT Ook Renata Mastna is tripped up by a SAIT Trojan at NAIT arena on Friday. The Oaks went on to win the game 5-2 en route to a two-game sweep of their Southern Alberta rivals.

BASKETBALL

Men split, women swept

By LYNDSEY COWAN

The women's basketball team battled the Augustana Vikings in a double-header this past weekend.

The Oaks played on home court Friday night and rematched in the away gym Saturday.

NAIT has been dominant through the start of the season, but went into the weekend following their first loss of the year. Before the game, the Augustana squad sat at a perfect 7-0.

It was set to be a close contest, as the two teams average the highest and second highest for scoring in the Northern Division.

Augustana came out strong, as to be expected by a team that averages 96 points per game. Both teams rebounded well, but the first chances just weren't falling for the Oaks.

The score sat at 20-11 at the end of the first quarter, but NAIT wasn't letting the Vikings run away with it.

The second quarter showed more fight from the home squad.

The Oaks limited Augustana's second chances and kept pressure on the ball. Guard Josephine Peacock went on to tally a season high five steals.

NAIT went into the half down 36-23.

NAIT continued to stay strong in the second half, and despite struggling to sink shots and missing P.J. Wells in their lineup, they outscored their opponents.

The close matchup showed solid rebounding from both sides, but Augustana was more consistent on first chances. They made an impressive 50 per cent of three-point attempts.

It was tough loss for the Oaks, with a final tally of 66-55.

Saturday's rematch brought more shooting trouble for NAIT.

They shot just 25 per cent while their

opponent dropped 49 per cent of their shots. The Oaks took their second loss of the weekend, 87-52.

Oaks coach Todd Warnick saw this weekend as a building block for their season.

"I would say that this weekend showed that we have a considerable amount of work ahead of us if we are to compete with the top teams in this league," said Warnick.

When asked about Wells's return, Warnick was hopeful.

"As for P.J., we are optimistic for her return in January," he said.

The NAIT men also faced off against Augustana in back-to-back games this past weekend.

The Oaks were ready for a close matchup against the first-place Vikings and that's exactly what they got.

On Friday night, both teams came out fighting.

It was a battle for rebounds, but NAIT kept control in the key. At the half they had a slight two-point advantage on the scoreboard, 49-47.

The home squad went on to shoot five per cent better than Augustana and pull down 52 rebounds.

The second half was close through to the final buzzer. NAIT pushed to extend their lead to five points by the end of the third quarter, but Augustana fought back. The final buzzer left the teams in a 89-89 deadlock.

Overtime was no different, as both teams fought for every possession.

But NAIT had two players step up big, leading their way to victory.

Matthieu Johnson scored a season high 29 points and Shaquille Bedminster did the same with 25 points.

NAIT took the win in a nail biter with a final score of 99-97.

Saturday night showed a similar story with another close game, but NAIT suffered a slump in the second quarter.

They let Augustana take an 11-point lead



Photo by Laura Dettling

Nobody wants to get called for last touch in a NAIT-Augustana game last Friday. The women Oaks lost by a score of 66-55.

going into the half and couldn't complete the comeback. The Oaks went on to lose the rematch 78-69.

Oaks head coach Ben Julius felt his team had the right mindset heading into the crucial weekend.

"Going into the weekend, our focus was more on us than them," said Julius. "We knew that if we executed offensively and stayed loose and had some fun we would give ourselves a good chance to win."

When asked about Saturday's game plan after their win on Friday, Julius admitted the team didn't change much.

"Going into Saturday night's game, our plan was relatively the same, although we focused a little more on the defensive end," he said.

"We need to take care of the ball and not allow easy buckets for our opponents. If we can control the pace of play and execute our game plan, we will be tough to beat."

The Oaks next battle is on home court Friday against Keyano College. Tip off is at 6 p.m. for the women and 8 p.m. for the men.

NAIT Ook Matthieu Johnson drives around an Augustana defender on Friday Nov. 23 at NAIT gym. The Oaks won 99-97 in OT.



Photo by Laura Dettling

Oil Kings 3-0 for the week

By KELSEY LYDYNUIK

Fresh off of their heartbreaking loss in overtime to Prince Albert a week ago, the Edmonton Oil Kings were looking to turn things around this week.

On Tuesday the team took on the Broncos at home.

Last time these teams met was in Swift Current and the Oil Kings beat them 2-1.

That score seemed to be the magic number for these two teams, as the final score for the game at Rexall Place saw the Oil Kings take it 2-1.

Stephane Legault made it known that he had returned to the Oil Kings line up, after being out since Oct. 7 with an injured foot due to a blocked shot.

Legault scored both of the goals for the Oil Kings against Swift Current on the power play, making the team an 50 per cent on the man advantage for the night.

Not only did we see Legault return to the lineup, Mitchell Moroz also returned from his Russian Super Series stint.

On Friday night, it was Griffin Reinhart T-shirt night to recognize that the big fellow went fourth overall in the 2012 NHL Entry Draft to the New York Islanders.

The boys would take on Moose Jaw, whom they had beat 5-1 last time they played.

Just like their last game, the score was a carbon copy of the previous match, as the Oil

Kings took the game 5-1.

Micheal St. Croix opened the scoring for the Oil Kings, followed by the man of the night, Reinhart and a goal each for T.J. Foster, Keegan Lowe and rookie Brandon Baddock.

The Oil Kings finished off their week of play with a game against Medicine Hat on Saturday.

Tristan Jarry, a 2013 NHL Draft hopeful, got the start in net for the game against former Oil King goaltender Cam Lanigan.

Henrik Samuelsson opened up the scoring, giving the Oil Kings a 1-0 lead over the Tigers in the second period, which they car-

ried into the third.

Dylan Bredo capitalized on the power play for the Tigers with less than seven minutes left, tied up the game.

Not only did Bredo even the score between these two teams, he also ruined the Oil Kings perfect record on the PK which they had maintained for an impressive nine games.

Bredo's goal in the third sent the game into overtime.

It looked like the game was heading to a shootout, but Keegan Lowe netted a heroic last-second goal in overtime, giving Edmonton a 2-1 overtime win against Medicine Hat.

To keep up to date with everything Oil Kings, go to oilkings.ca



VOLLEYBALL

Red Deer too much for Ooks

By ALI MULLOCK

The NAIT Ooks had a rough finish to the first half of season this past weekend against the Red Deer Queens.

The women started out strong Friday, winning the first set 27-25.

"I felt, since we won that first set, momentum would carry us through for the game," said libero Jasmine Hemsing.

However, the match wouldn't go that easily for the Ooks. Passing was shaky and some untimely missed serves let the Queens pull ahead and take the second set, 25-18.

The Ooks failed to take advantage of opportunities and fell short in the third set, 25-16.

"There was a moment in the third set that if we would have just seen it, we had the chance to roll them," said assistant coach Tammy Thomas, "but by not taking that opportunity at that moment, we lost the chance and let up, pretty much giving them the chance to take the win from us."

NAIT would also drop the fourth set 25-13 and, with that final set, came the Ooks first regular season loss.

On Saturday night, the Ooks were ready to go undefeated at home. They needed to recover from the previous loss and come out with a bang.

NAIT took the first two sets handily, and were feeling confident about their performance.

The Queens decided that they weren't going to roll over, fighting back and winning the next two sets 25-17 and 25-19 respectively.

The Ooks battled hard but couldn't keep up their fight for the long five-set battle and ended up losing the fifth set 15-9.

The men had nothing to lose this weekend facing the No. 1 ranked Red Deer Kings.

NAIT hoped to hold their own and they did just that.

With the first set, the Ooks came out strong and definitely got into the Kings' heads.

The men made the Kings battle for every point but the team would fall short in the first set, losing 25-21.

NAIT came out a bit shaky in the second, losing the set 25-17, but were determined to gain some momentum to carry into the third.

However, Red Deer kept their pressure constant and swept the Ooks in the third and final set.

On Saturday night, The Ooks were not discouraged with their loss and came out strong, going point for point with the Kings.

"The game wasn't about who was a better team, it was about who was going to make the least mistakes," said Andre Arsenault.

NAIT would lose the two first sets 25-23.

"We passed pretty well on serve receive and had tons of digs, the attacking errors were where we fell short," Arsenault said. "It made it hard for us to challenge the Kings."

In the third set, everything began to click for the Ooks.

The Ooks were persistent and were not going to hand the Kings another three-set win.

Hitting errors were minimal and the Ooks pushed hard, taking the third set 25-18.

The Ooks put the pressure on the Kings but couldn't quite continue the momentum and dropped the final set 25-21.

NAIT fought hard against the No. 1 ranked Red Deer squad and are confident heading into the second semester.

"We need to be able to apply pressure consistently. We have two main players injured right now," said Arsenault.

"Next semester we should be ready to showcase a better playing team. Doug Anton

is doing an excellent job at tuning our individual games and I'm excited for more games to come."

The men finished the first half of their season with a 1-9 record, while the women finished with an 8-2 record.



Photo by Jesse Kushneryk

Bryce Cardinal spikes the ball against Red Deer College on Friday at NAIT gym. The Ooks lost the match 3-0.

Athlete Profile



Player: Ethan Redman

Sport: Volleyball

Position: Middle

Program: Business

By MATT INGLIS

What got you into volleyball? – My dad has always coached volleyball and has been involved in many sports, so when I was younger I was always around him when he was coaching, that got me into volleyball.

Why did you choose your number? – Thirteen has always been my favourite number.

Who is your biggest athletic inspiration? – My dad, because he got me involved in sports. Also, both him and my mom having to make lots of sacrifices just so I can play high level sports.

If not volleyball, what would you play? – I've always enjoyed soccer and hockey.

What do you do in the off-season? – I play a lot of different sports, and still play a little volleyball.

What is your dream job?

– To play or be involved some way with a professional sports team.

Taylor Swift or Katy Perry? – Taylor Swift.

Blond or brunette? – Tough one, but I'll have to say blond.

What's your favourite sports team? – The Edmonton Oilers.



Athletes of the week

Nov. 19-25

Vanessa Klimpke
Hockey



What a weekend it was for Vanessa as she led her team to two impressive victories over the SAIT Trojans and vaulted the Ooks into first place in the ACAC hockey standings. Vanessa had a goal and two assists in Friday's 5-2 win at NAIT and then followed that up with two goals and two assists in an 11-4 victory at SAIT Saturday. "Vanessa was one of the top Midget AAA players in Manitoba and now has continued to impress, competing for top spot in league scoring," said head coach Deanna Iwanicka. "Vanessa is a hard working player, motivated to play hockey." Vanessa is a first year Academic Upgrading student from Winnipeg.

Matthieu Johnson
Basketball



Matthieu was instrumental in willing the Ooks men's basketball team to a 99-97 overtime victory at home over the Augustana Vikings. Johnson had 29 points and made 12 of 18 field goals attempted. On Saturday, the Ooks fell to the Vikings on the road 78-69 but not before Matthieu added another 19 points, five rebounds and two steals. "Matthieu really stepped up this weekend, hitting big shot after big shot," said head coach Ben Julius. "Whenever our team needed a bucket, Matthieu delivered." Matthieu is a first year Academic Upgrading student from Toronto.

ACAC Standings

MEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
NAIT	13	11	11	0	1	1	64	18	24		
Augustana	14	9	8	2	0	3	66	36	21		
SAIT	14	9	9	3	0	2	62	32	20		
Portage	14	7	6	5	0	2	62	49	16		
Concordia	14	6	6	6	0	2	52	48	14		
Keyano	14	5	5	8	1	0	44	67	11		
MacEwan	13	3	3	10	0	0	40	57	6		
Briercrest	14	0	0	14	0	0	18	100	0		

RESULTS
November 22
NAIT 4, Portage 2
November 23
SAIT 5, Keyano 1
Augustana 10, Concordia 2
MacEwan 3, Briercrest 1
November 24
NAIT 4, Portage 2
SAIT 7, Keyano 3
MacEwan 8, Briercrest 2
Augustana 3, Concordia 3 (OT)

WOMEN'S HOCKEY											
Team	GP	W	RW	L	OTL	TIE	GF	GA	Pts		
NAIT	8	6	6	1	1	0	42	24	13		
Red Deer	8	6	6	2	0	0	29	14	12		
SAIT	8	2	1	5	1	0	18	39	5		
MacEwan	8	2	2	6	0	0	10	22	4		

RESULTS
November 22
MacEwan 4, Red Deer 0
November 23
NAIT 5, SAIT 2
Red Deer 2, MacEwan 0
November 24
NAIT 11, SAIT 4

MEN'S BASKETBALL											
North Division											
Team	Div	GP	Div	InterDiv	W	L	Pts				
Briercrest	S	8	0	7	7	1	14				
Red Deer	S	8	1	6	7	1	13				
Lethbridge	S	8	0	6	6	2	12				
Medicine Hat	S	10	2	4	6	4	10				
Augustana	N	9	1	4	5	4	9				
Concordia	N	7	0	4	4	3	8				
Keyano	N	7	0	4	4	3	8				
MacEwan	N	9	1	3	4	5	7				
SAIT	S	10	1	3	4	6	7				
King's	N	8	2	2	4	4	6				
Olds College	S	9	0	3	3	6	6				
Lakeland	N	8	1	2	3	5	5				
NAIT	N	8	1	2	3	5	5				
St. Mary's	S	8	0	2	2	6	4				
Grande Prairie	N	9	0	1	1	8	2				

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

RESULTS
November 22
Red Deer 85, SAIT 64
November 23
NAIT 99, Augustana 97 (OT)
King's 83, Grande Prairie 73
MacEwan 82, Lakeland 75
Medicine Hat 71, Olds 64
November 24
Augustana 78, NAIT 69
King's 86, Grande Prairie 68
Medicine Hat 76, Olds 65
Lakeland 87, MacEwan 74
SAIT 79, Red Deer 76

WOMEN'S BASKETBALL											
North Division											
Team	Div	GP	Div	InterDiv	W	L	Pts				
Augustana	N	9	2	7	9	0	16				
King's	N	8	2	6	8	0	14				
MacEwan	N	9	2	6	8	1	14				
SAIT	S	10	2	5	7	3	12				
NAIT	N	8	0	5	5	3	10				
Lakeland	N	8	0	5	5	3	10				
Concordia	N	7	0	4	4	3	8				

Keyano	N	7	0	4	4	3	8
Grande Prairie	N	9	0	4	4	5	8
Olds	S	9	1	3	4	5	7
Medicine Hat	S	10	1	3	4	6	7
St. Mary's	S	8	0	1	1	7	2
Briercrest	S	8	0	0	0	8	0
Red Deer	S	8	0	0	0	8	0
Lethbridge	S	8	0	0	0	8	0

RESULTS
November 22
SAIT 63, Red Deer 42
November 23
Augustana 66, NAIT 55
King's 67, Grande Prairie 51
MacEwan 68, Lakeland 52
Olds 90, Medicine Hat 82
November 24
Augustana 87, NAIT 52
King's 75, Grande Prairie 73
Medicine Hat 86, Olds 81
MacEwan 79, Lakeland 53
SAIT 87, Red Deer 56

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

RESULTS
November 23
Red Deer 3, NAIT 0 (25-21 25-17 25-21)
Briercrest 3, MacEwan 1
(25-22, 25-21, 15-25, 25-22)
Lakeland 3, Concordia 1
(25-22, 25-18, 21-25, 25-20)
Keyano 3, Olds 0 (25-14, 25-21, 25-15)
Lethbridge 3, King's 1
(25-16, 25-27, 25-18, 25-12)
SAIT 3, Grande Prairie 0 (25-20, 25-14, 25-17)
November 24
Red Deer 3, NAIT 1
(25-23, 25-23, 18-25, 25-21)
Lakeland 3, Concordia 0
(25-16, 25-22, 25-19)
Briercrest 3, MacEwan 2
(25-27, 25-15, 20-25, 25-20, 15-10)
Keyano 3, Olds 0 (25-14, 25-13, 25-21)
King's 3, Lethbridge 2
(20-25, 26-24, 18-25, 28-26, 15-6)
SAIT 3, Grande Prairie 0
(25-18, 25-19, 26-24)

WOMEN'S VOLLEYBALL											
DIV	Team	MP	MW	ML	GW	GL	Pts				
N	Lakeland	8	8	0	24	2	16				
N	NAIT	10	8	2	27	9	16				
S	Red Deer	10	8	2	28	12	16				
N	MacEwan	8	7	1	23	9	14				
N	King's	10	6	4	23	15	12				
S	Olds	10	6	4	21	19	12				
N	Grande Prairie	10	5	5	20	20	10				
S	Medicine Hat	8	4	4	15	16	8				
S	Lethbridge	10	3	7	16	23	6				
S	Briercrest	10	3	7	16	24	6				
S	Augustana	8	3	5	9	18	6				
S	SAIT	8	2	6	9	19	4				
N	Keyano	10	1	9	5	28	2				
N	Concordia	8	0	8	2	24	0				

RESULTS
November 23
Red Deer 3, NAIT 1
(25-27, 25-18, 25-16, 25-13)
MacEwan 3, Briercrest 1
(21-25, 25-21, 25-15, 25-23)

Lakeland 3, Concordia 0
(25-14, 25-16, 25-18)
Olds 3, Keyano 0 (25-21, 25-20, 25-15)
King's 3, Lethbridge 0 (25-20, 25-12, 25-14)
SAIT 3, Grande Prairie 1
(25-20, 25-21, 22-25, 25-17)
November 24
Red Deer 3, NAIT 2
(20-25, 20-25, 25-17, 25-19, 15-9)

Lakeland 3, Concordia 0
(25-21, 25-18, 25-10)
Briercrest 3, MacEwan 2
(25-23, 21-25, 27-29, 25-16, 17-15)
Olds 3, Keyano 0 (25-18, 25-21, 25-14)
King's 3, Lethbridge 1
(25-22, 25-15, 19-25, 25-22)
SAIT 3, Grande Prairie 0
(25-19, 25-23, 25-18)



HOME GAME SCHEDULE

WOMEN'S HOCKEY

FRI NOV 30 7:00PM

VS



BASKETBALL

FRI NOV 30

WOMEN'S @ 6:00PM

MEN'S @ 8:00PM

SAT DEC 1

WOMEN'S @ 7:00PM

MEN'S @ 9:00PM





NAIT students & staff
FREE entry with ID card

Paradise is near

By TESS CLARK

It's that time of the year when most Canadians start to dream of white sandy beaches, the hot sun and being served refreshments poolside.

Some see this as the best way to spend the cold winter months.

I, on the other hand, have to disagree.

Why do we insist on paying thousands of dollars to travel across the world to lie in the sun and hopefully not get burnt or contract some foreign disease? If you ask me our own Canadian paradise is right in our own backyard, the ski resorts of the Canadian Rockies.

Mother Nature has done her duty and graced the ski bums of Canada with an already astonishing, and in some areas, record breaking amount of snow.

It's looking to be a fantastic season of hitting the slopes and eating some snow.

Not literally of course, but skiers and boarders are not shy of frequently falling and having a decent wipeout for the day.

"It's not a good day on the hill unless you eat a little bit of powder! We make a game out of it. Whoever has the best wipeout buys a round in the chalet!" says NAIT student Scott McFadden.

The best thing about chillin' on the hill during the winter months is that there is something for everyone.

Regardless of whether you ski or board, if you are a beginner or are the next Shawn White, a ski resort will have something for you to dabble in. The relaxed environment allows

for everyone to just hang out, be with friends and family and meet new people from all over the world.

I wholeheartedly think that if you have never hit the slopes before, it should be something to add to your bucket list.

There are plenty of hills with beginner runs that allow you to work on the fundamental skills required for skiing or boarding. Lessons are also options for people just starting out as well as for people returning and wanting to work on technique. Hit some jumps in the terrain parks or go off the trail to find the sweet powder bowls.

Some of the best ski resorts in the entire world are scattered throughout the Canadian Rockies and until you have rode them you haven't lived.

Exploring these hills is more than just a sport to some people; it's a way of life.

Former NAIT student Kenzie Wagner believes that saying to be true.

"Skiing is more than a hobby to me, it is something that frees me," said Wagner.

If skiing or boarding is something you are interested in, some of the hills you absolutely need to hit up are Marmot Basin in Jasper National Park, Revelstoke Mountain Resort in B.C., Kicking Horse Mountain Resort in Golden B.C. and Lake Louise Ski Area and Mountain Resort in Banff.

So get out there, see what the amazing Rockies have to offer. Go shred the pow', hit the park, roll through the moguls and slide through the back country. It's all waiting for you.

...need help?

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HOW TO EVENTS
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March 4, 6 & 8



Jan. 28

ENTERTAINMENT

Sexy night on tap

By SARAH STILWELL

One of the most anticipated and viewed television events will air on Tuesday, Dec. 4 on CBS. While it's not football, it is regarded as the "sexiest night on television."

That's right, the world's most beautiful women will grace the runway and your television screens next Tuesday for the annual Victoria's Secret Fashion Show, which was taped in New York City earlier this month.

Victoria's Secret's most famous Angels including Miranda Kerr, Doutzen Kroes, Alessandra Ambrosio and Adriana Lima will all make an appearance. They will also be joined by a few prominent newcomers.

While some of the models are married to rock stars and A-list Hollywood stars, this night showcases that these women have worked hard to be as successful as they are today and do it with a dash of sass.

The models will strut their stuff on the runway in six different sections. Adriana Lima will open the first "Circus" portion, where viewers can expect acrobatics as well as the world's most beautiful

women in ferocious fashions.

Miranda Kerr has claimed that the Circus segment is her favourite.

"I'm amazed at what they can do with their bodies!" Kerr told Pop-Sugar.com after the show.

The segments Dangerous Liaisons, Calendar Girls, Pink Is Us, Silver Screen Angels and Angels in Bloom will follow.

This year, Alessandra Ambrosio is given the honour of wearing the 2012 Fantasy Bra, which is the highest honour any Victoria's Secret Angel can achieve.

This isn't any ordinary bra, the 2012 Fantasy Bra is covered in \$2.5 million worth of gems.

Audiences can expect Miranda Kerr to steal the show, donning a Swarovski-embellished Shire-inspired corset, which makes her look like the sexiest elf ever.

This piece quite possibly could be a tip of the hat to husband Orlando Bloom's new movie *The Hobbit: An Unexpected Journey*, which hits theatres next month.

Victoria's Secret newcomers certainly held their own at the show. Look forward to newbies Magda-

lena Frackowiak and Jacquelyn Jablonski stealing the show in their own right, while Lily Donaldson and Elsa Hosk get their moment in the spotlight.

A tattoo-adorned Liu Wen got one of the most interesting and different looks this year, which looks very akin to a more recent online phenomenon, SuicideGirls – a lifestyle website that celebrates alternative beauty, often having pierced and tattoo girls posted on their site.

As always, the VS fashion show audience was jam-packed with celebrities from Vanessa Hudgens to Alexa Chung and, of course, VS model Lily Aldridge's husband, Caleb from Kings of Leon.

In addition to the Angels, Justin Bieber, Rihanna and Bruno Mars will hit the catwalk for some stellar performances.

After several complaints and controversy, CBS will be editing out footage of model Karlie Kloss wearing a Native American-style headdress from the upcoming broadcast of the VS Fashion Show.

Victoria's Secret issued an apology via Twitter, which stated:



Alessandra Ambrosio struts her stuff as Rihanna handles the mic at the taping of the 2012 Victoria's Secret Fashion Show.

"We are sorry that the Native American headdress in our fashion show has upset individuals. The outfit will be removed from the broadcast."

Kloss herself has also apologized via Twitter.

"I am deeply sorry if what I wore during the VS Show offended anyone, I support VS's decision to remove the outfit from the broadcast."

The annual broadcast of the VS Fashion Show has garnered notoriety for having the most personality in their fashion shows, filled to the brink

with sass and pizzazz.

Victoria's Secret also holds that they have no shame in displaying the curves on their models or the lack thereof. At the Victoria's Secret Fashion Show, you won't see the same body on every model. You might even be surprised to know that Miranda Kerr, Alessandra Ambrosio and more recently Adriana Lima are all a part of the mom club.

The Victoria's Secret Fashion Show highlights that sass comes in several shapes and sizes.

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



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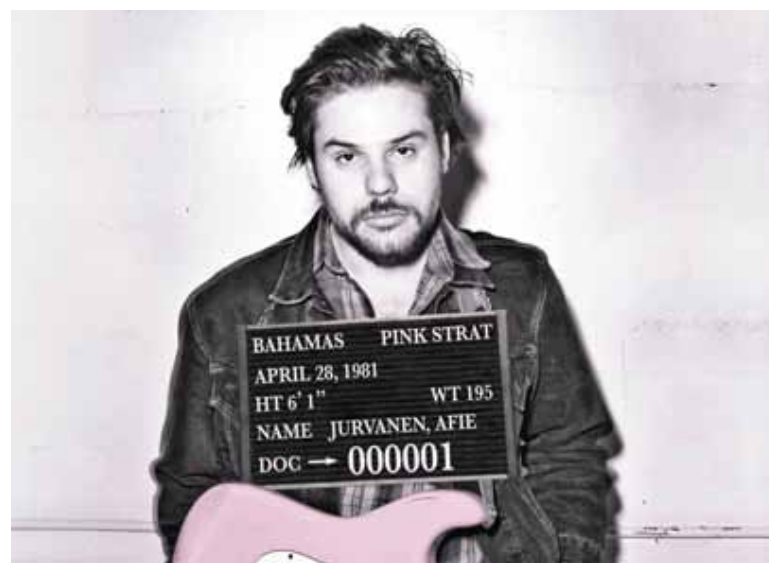
\$3.99 mixtape ...

By EMILY FITZPATRICK

For those of you who are in “real” school where there are exams such as finals and not making documentaries or audio soundscapes, then exam season is coming up! Insert moans and groans here.

But fear not, loyal readers! I have created a playlist to fit your studying needs. Now, personally, I like listening to music without lyrics while I study but some people like a little crooning while they read. So I will include both because I’m here for you in your troubled time.

1. Try, Tried, Trying – Bahamas
2. Black Flies – Ben Howard
3. Little Dragon – Ritual Union
4. The Choke – Austra
5. 16, Maybe Less
– Calexio and Iron and Wine
6. Heartbeats – Jose González
7. Hanuman – Rodrigo y Gabriela
8. La Noyee – Amelie Soundtrack
9. The Wild Hunt
– The Tallest Man on Earth
10. Stars – The XX



Bahamas

mp3.com

VIRAL VIDEO

President sings

By EMILY FITZPATRICK

For this week’s viral video, I’m going to introduce you to the wonders of Barack Obama singing “Call Me Maybe.”

Even typing that seems weird. Let me explain this wonderful video to you. Basically, some guy that may or may not have too much time on his hands went through all of Obama’s speeches and captured specific words.

These specific words were then put into a specific order, and tah dah! You have the entire song of *Call Me*

Maybe. And it’s hilarious.

Once you’re done watching it over and over again you will notice that there are five more. He also “sings” “What Makes You Beautiful” by One Direction, “Boyfriend” by Justin Bieber, “Born This Way” by Lady Gaga, “Can’t Touch This” by MC Hammer and perhaps the best one yet, “Sexy and I Know It” by LMFAO.

I highly recommend you head over to YouTube immediately and watch them. There’s no better way to procrastinate from studying than going on YouTube.



Barack Obama singing Call Me Maybe

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The memories will remain



MIKE JONES
Assistant Entertainment Editor

This past week, the Edmonton Event Centre officially announced it would be closing its doors at the end of 2012. Although the closure had been rumoured for several months, nothing official was announced until two of the venue's top promoters, Union Events and Boodang, noted the closure via their respective Facebook pages.

Despite rumours of West Edmonton Mall wanting to get rid of the venue for reasons unknown, EEC spokesman Tony Dezwart told the *Edmonton Journal* that the owners felt that they had outgrown the venue. The space has been sold back to the mall as retail space and is rumoured to become a dual Sport Chek-Atmosphere store, similar to the one in Edmonton City Centre Mall. The owners announced intentions to build a new venue by mid-2013, which will hopefully address the numerous issues that plagued EEC over its six-year existence (plus a decade prior as Red's).

Some of the issues were rectified (security has been much less violent and aggressive in recent years) although others, such as acoustics and sight lines were still a problem. The infamous "pillar" has been the source of many blocked views (not to mention bloody noses and scraped elbows in mosh pits) but being structural there was nothing the venue could have done in that regard. Some of these issues caused artists to boycott the space. Blessthefall promised on Twitter they would never play there again after their main fan base (underage kids) were forced to stand off to the side out of view of the main stage despite outnumbering of age patrons at least three to one.

Alexisonfire held a long-term boycott (although it was lifted in recent years) after the band took exception to the way security were violently handling kids who were crowd surfing. The confrontation allegedly led to a scuffle between security and lead singer Dallas Green and Rise Against frontman Tim McIlrath after the show.

While we wait for the new venue, Union Events and Boodang plan to explore other options such as putting on more shows at the Starlite Room as well as Union Hall (which will feature Buckcherry and All Time Low with Yellowcard in January). Both of those rooms are less than half of the size of the EEC.

Slightly larger venues, such as the Shaw Conference Centre and the Edmonton Expo Centre, are constantly booked by trade shows and the like and the Expo in particular has been known for some of the worst acoustics in town.

Rather than dwell on some of the shows we may miss out on while we wait for the new building to be made (let's hope it moves along faster than that damn arena), let's take a look back at some of my most memorable shows at the EEC.

10. Guttermouth/ Face to Face/ Authority Zero – Oct. 12, 2002: Back when the EEC was still known as Red's and operated as a family restaurant by day, this punk rock tour certainly did not bring much in the form of family val-

ues. As one of my first concerts in general, and first at the venue, it was very much a pleasure to get right to the front and get caught up in the almost anarchistic nature of the show. It also led to another milestone for me, my first lost shoe. Fortunately my mom was there to pick me up. Ah to be 16 again ...

9. Anthrax, Testament, Death Angel – Sept. 22, 2012: As one of the "big four" of Thrash metal, it was an unbelievable treat to see these guys in such a small venue. EEC's sight lines were far from perfect but they did guarantee you could get close to the stage so long as you were willing to fight for your spot.

8. NOFX – June 29, 2011: Having previously seen NOFX at the old Agricom in perhaps the worst sounding concert I have ever seen in my life, I was skeptical about the sound at the EEC. Although far from perfect, the band and its fans didn't seem to care as thousands of punk rockers in various states of intoxication happily moshed through 90 minutes of pure three-chord bliss. This show must have set the EEC record for lost shoes although I am happy to say mine survived.

7. Dropkick Murphys – Nov. 14, 2009 and June 26, 2011: Anyone who has seen the Murphys knows that this is a band that loves to party and so do their fans. The second the opening act left the stage, fans began climbing on tables and chanting "Let's Go, Murphys!" When the band hit the stage they did not disappoint, barreling through all the hits and ending with an encore inviting fans to join them on stage.

6. Our Lady Peace – May 7 and 8, 2010: Although certainly not as rowdy as most of the other shows on the list, OLP proved why they are one of the most successful Canadian rock bands of the last 20 years by treating fans to two back-to-back shows. On the first night the band performed their breakthrough album *Clumsy* front to back and on the second night their highly underrated concept album *Spiritual Machines*. Both sets were followed up by a full-length concert featuring all the hits which had OLP super-fans hungry for even more!

5. Social Distortion – April 20, 2012: One of the most influential punk bands of the '90s



GWAR

blutcrew.blogspot.com

brought one of the most proficient sets to the intimate confines of the EEC. Fans sang along to every hit as the band took fans on a near 90-minute journey.

4. GWAR – Dec. 2, 2009; Dec. 1, 2010; Nov. 4, 2011; Nov. 14, 2012: Sheer spectacle is the best way to describe a GWAR show and the band proved it by playing the EEC four times in four years. The band seemingly got better each and every year, despite their 2011 show coming less than 48 hours after their guitar player Cory Smoot was found dead in his bunk when the band's bus crossed the Canadian border. The show must go on and GWAR played an emotional show that had fans chanting Smoot's name.

3. Brand New – Aug. 9, 2012: GWAR may have the most impressive stage presence of them all and admittedly this is an area where Brand New is lacking. Singer Jesse Lacey only paused between songs a handful of times to interact with the audience and most of the interactions were borderline awkward. But the band made up for this shortcoming with unmatched technical prowess as fans of all ages ate up the band's extra long set.

2. Bullet For My Valentine – Oct. 17, 2010: Hand's down one of the rowdiest shows I have ever seen. This show also takes the cake for the longest lineup in my experience at EEC. The line

stretched all the way back to the Palace Casino as fans awaited their chance to see Bullet on their first ever trip to Edmonton, after cancelling a gig the year prior. Openers Escape the Fate no-showed but that didn't matter as the second Bullet launched into Fever opener "Your Betrayal" and madness ensued. Upon leaving the show, fans were greeted with shattered glass on the main door from an over-eager fan who had been kicked out. This symbolism only proved the chaos that unfolded.

1. The Hives – May 24, 2008: As only a casual fan of the Hives, I decided to buy a ticket for this show on an impulse, as they were a band that didn't come to Canada very often. I left a devout fan as the band kicked and screamed through an incredibly well-rehearsed set that at one point saw the entire band freeze mid-song in a tableau that needed to be seen to be believed. Nearly five years later, this show still ranks as one of my all time favourite.

The Edmonton Event Centre isn't done quite yet with a two-date stint from Mother Mother Dec. 6 and 7, The Sheepdogs Dec. 17 and German House DJ Zedd on Dec. 30. The venue will also host one final party on Dec. 31. Details have yet to be announced.



blog.trendmicro.com

The Hives

MOVIE REVIEW

The best one saved for last

By MATT INGLIS

The highly anticipated final chapter of the Twilight Saga has finally arrived. *Breaking Dawn: Part Two* was released in theatres on Nov. 16 and has since sunk its teeth into fans worldwide and refused to let go. The film series is based on author Stephenie Meyer's vampire romance novels, *Twilight*, *New Moon*, *Eclipse* and *Break-*

ing Dawn. *Breaking Dawn: Part Two*, is the fifth and final film to be released in the series.

Unless you live in a cave in Siberia, you've probably heard of Twilight, and you probably know the basic storyline without even having to read it. If you haven't however, this isn't your typical romance series. In the first film (*Twilight*) Bella Swan, the series' main character, moves to

Forks, Washington, to live with her father Charlie. In Forks, Bella meets the mysterious and painfully handsome Edward Cullen. A series of events reveals that Edward is not, in fact, human but a vampire. Once learning Edward's dark secret, Bella falls for him, and vice-versa. Edward saves Bella's life from a dangerous rival vampire.

In *New Moon*, we're introduced to the real Jacob Black. Jacob is a minor character in the first film but becomes the centre of Bella's world after Edward leaves her with a shattered heart. We learn that Jacob isn't what he seems either, as he is another creature of myth, a werewolf. Eventually Edward comes back for Bella, she forgives him and decides she wants to become a vampire. Edward promises this to Bella but only if she'll marry him.

Eclipse, the third movie in the series, sees a love triangle develop between Jacob, Bella, and Edward. Meanwhile, a pack of vicious, undisciplined vampires are multiplying in size with the sole purpose of killing Bella. An epic battle takes place, with the new army of vampire being destroyed. *Eclipse* closes with Bella accepting Edward's wedding proposal.

In *Breaking Dawn: Part One*, Bella and Edward get married. During the ensuing honeymoon, Bella and Edward get ... intimate, for the first time, and Bella becomes pregnant. The pregnancy is not normal, however, with the unborn child being part human and part vampire. The fetus threatens to kill Bella, and a decision must be made. The fourth film of the series is ended abruptly as Bella awakens as a vampire.

The final chapter, *Breaking Dawn: Part Two*, is bittersweet. It's the end of a series that has swept the planet. The series has been following the love of a mortal and a vampire, and for the first time, we see Bella as an equal to her undead lover. The film is visually stunning, from the way

Bella's perfect pale vampire skin glistens in the rays of the sun, to the transformation of Jacob from man to wolf. Actress Kristen Stewart, who has portrayed Bella throughout the series, is phenomenal in her dedication to the role. Her on-screen romance with Edward, played by Robert Pattinson, rivals that of Jack and Rose in *Titanic*.

The series to this point has been very accurately adapted from the novels. *Breaking Dawn: Part Two* follows this trend – until the climax. I won't drop any spoilers but the twist in the story is enough to make you gasp in the theatre as you feel your heart drop in one of those out-loud WTF?! moments. An absolutely mind-bending turn takes the audience on an emotional roller coaster.

The final hour of the film is a cinematic masterpiece. The edge-of-your seat action, paired with a winding story full of unexpected twists, is building to the climax. When it's all said and done, *Breaking Dawn: Part Two* will have you sweating, biting your nails and gasping for breath.

Don't feel badly if you tear up; I know I almost did. Anybody out there who has read the books will be shocked by the ending that they didn't see coming.

For those who saw the previous four films, *Breaking Dawn: Part Two* is unlike any of the others. If you haven't seen any of the movies or read any of the books, make this the one you see. To all the guys out there who say Twilight is for girls and to all the girls who say it's for kids, this one isn't. Coming straight from a guy, fellas, it's not a date movie. This one is packed full of action and devastatingly beautiful women.

Don't wait for this one to be spoiled by someone who's seen it. Go experience it for yourself. You won't regret it.

★★★★★



collider.com

Kristen Stewart in *Breaking Dawn: Part Two*

GAME REVIEW

LEGO Lord of the Rings a winner

By KEVIN MARTIN

When discussing huge video game releases this month, two games pop into everyone's mind, *Halo 4* and *Call of Duty Black Ops 2*.

You probably haven't put too much thought into *LEGO The Lord of the Rings*. It's unfortunate that it hasn't gotten much attention because it's a fantastic game.

The LEGO video game series has been under a lot of scrutiny lately. The series revolutionized the way the gaming community looks at role playing games with the first installment of the series, *LEGO Star Wars*, which won the hearts of gamers everywhere, including myself.

Since then, less successful versions of *Indiana Jones*, *Pirates of the Caribbean*, *Batman*, *Harry Potter* and two other *Star Wars* games have all been released. They have all been cute and fun but nothing has lived up to the magic of the first Lego game.

First Person Shooters don't do it for me, but *LEGO Lord of the*

Rings is exactly what my nerdy senses needed. It combines two of my all time favourite things!

I was shaking a little while I was putting the disk into my Xbox console.

In *LEGO Lord of the Rings*, the player goes through all the adventures of Middle-Earth playing as a huge assortment of characters.

The characters all have different traits that need to be used for different purposes.

For example, in one situation the Hobbits need to cook food, so Sam's frying pan comes in handy.

In multiple situations a ledge is too high to jump onto so you have to use an elfish character because of their leaping ability.

The gameplay is fantastic but what makes this game great is that it caters to the *Lord of the Rings* fanatics. Between missions there are lengthy entertaining scenes from the movies.

The LEGO magic has definitely been recaptured with *LEGO Lord of the Rings*.



trueachievements.com

The designers have returned to the simple game play that kicked off the series in the first place. Along with the best the series has to offer in visuals, *LEGO Lord of*

the Rings' gameplay is incredible. I'll go as far as say that it is the best of the series so far and beats out *LEGO Star Wars* any day.

Play as a Hobbit, human, elf,

wizard, dwarf, orc and more. This is a game that I won't be putting down any time soon.

★★★★★

NR92 – your place for music

By NICOLE MURPHY

NR92, your campus radio station, is having promotions all around the school, giving you a

chance to have fun, help people and win prizes! Last week in the HP Centre at lunch, Radio and Television students had the opportunity



Tanner Gordon

vegag.ca

to get loud and proud promoting your campus radio station, NR92.

You might have heard about a wrestling match between a Gorilla and Bunny, a Flash Mob, '80s air guitar competitions or Santa coming to town. The promotional launches had many different faces but all of the launches were aimed to inform you about NR92, the station for the students.

When asked if the promotional launches went as planned, most Radio and Television students said yes.

But on Wednesday, having the audio equipment show up 20 minutes late, there was definitely a curve ball thrown at the students which was out of their control.

"Adaptability is so essential," said Television student Sarah Stilwell. "So much work goes into it and then one thing goes not as planned which offsets other things. We were pushed back in time, lost our competitors, had to find last minute replacements, and had to deal with mic feedback. Not as planned, but we worked around it and made it work."

Dartanion Johnson, another Television student said, "the launch was nerve wracking at the beginning, but as soon as the crowd started to cheer the nerves disappeared."

The launches were done to inform you about NR92, your campus radio station, which plays music you want to hear, and talks about issues that are important to you.

With a variety of different kinds of shows

and DJ personalities, you are guaranteed to find a show you enjoy. Also it is easy for you to get direct interaction with DJ's instantly, unlike other Edmonton radio stations.

To listen in or find out more information go to NR92.com. There is also a Facebook page to keep you informed and interactive with radio programming. Or stop by one of the upcoming events and ask our local NR92.com experts as many questions as you like!

Here are a few of upcoming events happening around your school:

Dec. 3: Tanner Gordon and Sean Sonogo fill the Nest with some sweet acoustic

music during lunch. Throughout this performance we will be giving away 2 Oil Kings tickets, a foosball table, and 10 nest mugs.

Dec. 5: Bring all your gently worn clothes to the south lobby, when NR92 goes Goodwill. Enter to win gift cards to Shoppers, Tim Hortons and Cineplex!

Dec. 5 - 6: in the HP Center and Dec. 5 and 6 in the South Lobby, get your free candy grams! You can enter to win a bushel of CD's and one hour of airtime on NR92!

Dec. 5 and 12: in Fresh Express and Dec. 12 in the Common Market at noon, visit our fun Photobooth with the Babes and Boys of NR92! Keylime Gift certificates and Saraswati jewelry are going to be given away!

All the Radio and Television students want to thank you for supporting NR92.com and for only making one official complaint about the noise level we made at the launches!



Preparing for final exams



TIMELY TIPS

MARGARET MAREAN
NAIT Student Counselling

It may feel like you just finished mid-terms but the end of term is coming and this is a great time to make sure you are on track to do your best. You have lots of homework, projects and studying to do on an ongoing basis, but do the best you can with fitting in a bit of review and coming up with an overall study plan for finals. Here are some strategies that may help.

Be diligent about ongoing review. Review the major points you took in class every day, and do a more thorough review at the end of the week.

Prioritize what you need to learn. Look at the course objectives, at what the instructor emphasizes in class, and at the homework assignments. Focus on the subjects and topics that you are weakest in.

Decide which study strategies best for you. Are your current strategies working (based on midterm marks and how you are coping overall)? If not what new strategies can you add? See the Strategies for Success manual available free of charge on line at www.nait.ca/counselling and/or make an appointment with a counsellor at NAIT Student Counselling.

Ask for help. Instructors, classmates, the Tutorial Centre (Room A-133) or a hired peer tutor may help you to understand areas you are weak in. Counsellors can help with personal issues, academic study tips or managing exam anxiety.

Have a plan for your major review. Determine How, What, When, and Where you will study. Begin one to two weeks before the exam. (Ideally this should be a review and touching up weak areas rather than trying to learn all the material.)

Create review tools. Checklists, summaries, flash cards and mock exams will all help you learn the material thoroughly and feel more confident going into your exam.

Study tips

- Practise the tasks you will do on the test
- Find at least one study partner in each class
- Try teaching another person
- Prepare for each class as if you were having a quiz
- Make sure your notes are complete

- Learn from past exams
- Attend review classes
- Identify your weaknesses and work on them

Techniques for Math and Science

- Review and keep up on basic skills
- Keep up with assignments
- Learn from your mistakes
- Do as many questions/problems as possible
- Practise scientific attitude – accuracy, precision, fact
- Master your calculator
- Prepare for labs
- Learn and understand the process.

How to cram (if you absolutely have to!)

- Cram as close to the exam as possible
- Be realistic: prioritize and focus on the basics
- Get some sleep!

Psychological preparation

- Be realistic about your goals for finals. Setting your standards unrealistically high will add unnecessary stress. While it is important to pass, marks are not everything
- Look at the exam weighting
- Get yourself mentally ready by thinking positively and being as prepared as possible. Do not get stuck in negative thought patterns like "I should have studied more" or "I never do well on finals."

- Practise stress reduction techniques such as slow, deep breathing, muscle relaxation and visualizing a positive place.

Days leading to the exam

- Take care of yourself. Prioritize eating regularly, getting enough sleep and fitting in a bit of exercise and/or relaxation.
- Stick with your routine as much as possible.
- Be careful not to compare yourself with others

Day before exam

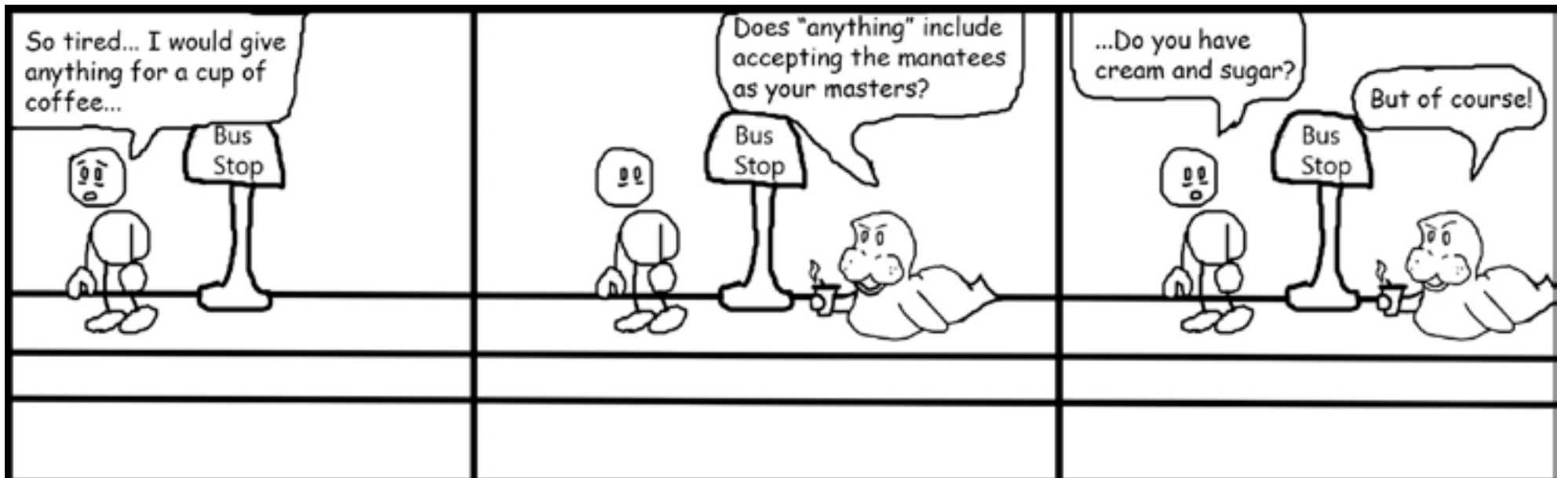
- Be positive
- Keep the exam in perspective
- Eat, drink plenty of water, take some time to relax
- Have all necessary items packed and ready to go the night before the exam
- If you experience exam anxiety, use stress reduction techniques before and after the exam. A brisk walk right before the exam can be helpful for many students. Do not study on the day of the exam and try to keep away from classmates who might add to your stress.

- Don't discuss the exam with peers before or after the exam

Counsellors are available to assist you with this or any other academic or personal concern. Book an appointment at NAIT Student Counselling by calling 780-378-6133 or coming to Room W-111PB in the HP Centre to book.

THE NUGGET PRESENTS:

NUGGET COMICS



Comic by Rory Fidler

NR92 presents live, local music

By ALLISON KARCH

This month, NR92 is making some noise about local music. NAIT's campus radio station has designated November as Local Music Month in an effort to expose more students to the huge variety of musical talent that thrives in Edmonton. In addition to featuring more local bands and artists on their airwaves, the radio station is also bringing local acts onto the NAIT campus to perform live acoustic sets during the lunch hour.

They're stretching the activities into December, thanks to the great response from sponsors and local musicians. The promotion will culminate in a battle of the bands on Dec. 14 at Whiskey Rock, a new local watering hole across from Rexall Place. Three of the bands that played on campus will compete for a \$1,000 grand prize. A local headliner will be added to the bill as well.

Team leader Warren Barris says that the Local Music Month promotion, which is presented with support from Whiskey Rock and Cha Island, is a great thing for local musicians as well as audiences.

"There's so much potential in Edmonton's local music scene, and we wanted to showcase that," says Barris.

Barris says it also gives NR92 a chance to set itself apart from the other radio stations in Edmonton.

"We wanted to show Edmontonians that NR92 is unlike other stations in the city, in that we play local music on a regular basis."

Since it's not beholden to ratings and specific formats in the same way commercial radio stations are, NR92 can play a bigger variety of music, including songs from local up-and-comers that are not widely known – yet.

In addition to adding new songs by fresh local musicians like Jessica Jalbert, Cygnets and Renny Wilson, the station continues to play well-established local acts that have gone on to gain widespread popularity, such as Corb Lund, Drive By Punch, Fire Next Time, Owls By Nature and Audio/Rocketry.

The live shows, which are being held every Friday at lunch until Dec 7, are the most interactive facet of Local Music Month. Barris says the group decided to hold the sets in various areas around NAIT campus that are usually busy at lunch time so that they could reach as many students as possible. As an added perk, they are giving away prizes to the crowd, including gift cards for local cafe Cha Island and limo packages from Whiskey Rock.

This Friday, Nov. 30, sees blues-rockers Jake Buckley playing in the seating area near Bytes Café in the HP Centre. If a quick look at his YouTube submissions isn't enough to draw you there, the aforementioned prizes should!

After that, NR92 wraps up its on-campus live shows with singer-songwriter Becky Olive on Dec. 7 at the North Lobby.

The first live set showcased Max of the local rock/ska band Fiction Smiles along with guest

vocalist Selahn at the Tower Lounge on Nov. 16.

This past Friday saw rock newcomers Naked Beauty playing in Fresh Express. The talented group went to the finals of The Bear's Battle of the Bands in June. They say the experience honed their skills and, though they didn't win, opened many doors for them. They will be opening for Mother

Mother on Dec 6 at Edmonton Event Centre.

Check out "Local Music Month on NR92" on Facebook for up-to-date info, band links, video from the live shows, and prize winner announcements. And check out the Battle of the Bands, Dec. 14 at Whiskey Rock directly across from Rexall Place.



Jessica Jalbert

harveyblog.com

BROADCAST BROADCAST BROADCAST BROADCAST BROADCAST

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TIP OF THE WEEK FROM NAIT PROTECTIVE SERVICES



Staying safe on a date



Sexual assaults can happen when people are frequenting bars and night clubs or even just on a date. Below you will find warning signs and advice on reducing the risk of assault.

You should be especially alert if the person you are with:

- Ignores, interrupts or makes fun of you
- Sits or stands too close to you or stares at you
- Has a reputation for being a “player”
- Drinks too much or uses drugs; tries to get you to use drugs or alcohol
- Tries to touch or kiss you or gets into your “personal space” when you barely know him or her
- Wants to be alone with you before getting to know you, or pressures you to be alone together
- Does what he or she wants without asking what you want
- Gets angry or sulks if he or she doesn’t get what he or she wants
- Pressures you to have sex or tries to make you feel guilty for saying “no.”
- Behaves as if the two of you are more intimate than you really are.
- Behaves in a way that is unusual or excessively friendly in an attempt to manipulate or control you.
- Gives too many details about themselves that most people would not volunteer.
- Spends a lot of money on you and appears to be expecting something in return.
- Suggests that you do not trust him or her. Again, this is a form of manipulation.
- Doesn’t accept “No” for an answer. If they do not accept “No” for an answer on something small, such as drinking alcohol, they may not in regard to sex either.

To reduce the risk of drug-assisted sexual assault:

- Plan your night out, arranging your journey to and from home.
- Make sure someone knows where you are going and what time you will be home.
- When going to a pub, club or party avoid going alone. Friends can watch out for one another.
- Appoint a drink watcher (your non-drink-

ing driver?).

- Alcohol is the most common rape drug, does affect your actions and reactions, as well as your ability to be alert to changing situations. Take care and monitor how much you drink. Stay aware of what is going on around you and stay away from situations you do not feel comfortable with.
- Never accept a drink from anyone you do not completely trust.
- Do not share or exchange drinks.
- Don’t leave your drink unattended, even when going to the bathroom.
- Drugs can be put in soft drinks, tea, coffee, and hot chocolate, as well as alcohol. There are a number of drugs that can be used to incapacitate you; the majority will not be easily detectable in a drink.
- Drinking from a bottle and keeping your thumb over the top is a good idea. Just remember that if you leave it unattended you may not be able to see if anything has been put in it.
- If you return to your drink and it has been moved, looks different, appears to have been topped-off, or tastes strange, don’t take a chance.
- Do not leave the pub, club or party with someone you have just met. Always have a safe ride home with someone you know you can completely trust.
- If you begin to feel really drunk after only a drink or two, seek help from a trusted friend, or a member of the club or pub management. It is important to get to a place of safety as soon as possible. You must be sure you have absolute trust in the person you are asking for help, no matter how long you have known them.
- This can happen to men as well as women and they have the same counseling and legal rights as women do.

You cannot expect to remember a long list of prevention advice, every time you go out. Be prepared, be alert and be assertive.

– Information, Edmonton Police Service

If you have information about a crime, contact NAIT 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 eligible for a reward of up to \$2,000. Everybody benefits, except the criminal.

Movember Fundraising

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

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

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

Christmas Bureau of Edmonton

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

630 CHED Santas Anonymous

Protective Services has once again signed up

to be a part of 630 CHED Santas Anonymous. CHED Santas Anonymous is devoted to bettering the lives of children in our community by delivering the “spirit of Christmas” to less fortunate children in Edmonton. Help us to make this Christmas a little brighter. Santas Anonymous serves children from infant to 12 years of age. They are often short of items for infants to two-year-olds and for nine to 12-year-olds.

Please come by our offices (Main Campus, 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.

NAIT STUDY SKILLS WORKSHOPS

Preparation is the Key to Success

Check Out These FREE DROP-IN Student Engagement Workshops
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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. 29-Dec. 5

(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 an outgoing, unreserved person. Show off these traits by attending lots of parties this week.

Capricorn (Dec. 22-Jan. 19)

Stay focused. There will be many distractions this week, but keep your eyes on the prize. Keep focused on what is important.

Aquarius (Jan. 20-Feb. 18)

Get busy this week. Accomplish everything you set out to do, and if

you don't, shrug it off, there is always tomorrow.

Pisces (Feb. 19-March 20)

People may be nicer than normal to you this week. Do not over think it, just enjoy the holiday cheer.

Aries (March 21-April 19)

Take some time for yourself this week. Stop running around and enjoy doing what you love.

Taurus (April 20-May 20)

You will need your sleep this week. Prepare yourself for the upcoming events that the holiday season brings.

Gemini (May 21-June 21)

Do not be scared to take a chance this week. That thing you have been wanting to try is waiting for you. Now is the time to go for it.

Cancer (June 22-July 22)

Be grateful for someone in your life this week. Take notice of how much they care about you and say thank you.

Leo (July 23-Aug. 22)

You need to chill out. Let life flow and do its own thing. Stop trying to control everything going on around you and instead enjoy the ride.

Virgo (Aug. 23-Sept. 22)

People are going to irritate you this week. Try not to overreact, not everyone can be as smart as you.

Libra (Sept. 23-Oct. 22)

Try harder in school this week. If you give an extra 10 per cent you will see the

results immediately. The little bit of extra effort will go a long way!

Scorpio (Oct. 23-Nov. 21)

Someone has a deep infatuation with you. Be careful or else you may hurt them more than you thought you could.

Who to call?

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

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

Housing – Online housing registry at www.rentingspaces.ca

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

NAIT Security – 7477.

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

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

Scholarships, bursaries – Student Awards Office, 780-491-3056, Room O-101.

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

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

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

THE NUGGET PRESENTS:

Dr. CONwisDOM



CODY MALBEUF AKA Dr. CONwisDOM

Dear Dr. CONwisDOM,
My friend is a total ... can I say w**re in the paper? How do I say this conservatively? Never mind an orange, she could get a watermelon through a garden hose. The last straw for me was when it happened at the Chili Peppers concert in the bathroom. How do I deal with my friend behaving like this?

Sincerely,
Not jealous, just annoyed.

Dear Not jealous, just annoyed,
Can you give me her number? You gave your contact info to the paper but I feel like I'd have better luck with your friend.

I never understood the animosity women have towards looser women. Just let us men enjoy the vast quantity of women with low self-esteem Ke\$ha and bad fathers have provided us with. She's not trying to sleep with the boyfriend you undoubtedly don't have, so there's no reason for this to be an issue for you.

Without girls like your friend, who would starving advice columnists have?

Dear Dr. CONwisDOM,
I got my hair cut short but I hate it. I miss my long wavy mullet. I haven't gotten a date since the mullet's left my head. How do I get girls before my hair grows back?

Sincerely,
No need to man-scape when you have a dorky haircut

Dear No need to man-scape when you have a dorky haircut,

Getting a date while you have a mullet? You don't need the mullet for the same reason airport security shouldn't bother to keep people from bringing nail clippers onto airplanes. If someone can take over an airplane with nail clippers, they can probably do it without the nail clippers. The mullet is just one tool in your arsenal. It has a specific function which is achieved every time you go to trailer parks to

pick up women. Use the other tools until then, like bribery and having a big penis ... I don't know any other ways.

Dear Dr. CONwisDOM,
I had planned to go out and have fun with a group of friends. However, I didn't account for the fact that I'm extremely lazy, so I went home and watched three seasons of Friends instead. Watching all the characters get into wacky adventures made me wonder, am I a couch potato? If so, how do I get out of that pattern?

Sincerely,
Daytime TV is an adventure.

Dear Daytime TV is an adventure,
I have no problem with staying at home alone. I soon realized my parents were cooler than me when I noticed all the notes on the fridge saying "back whenever" when I got home at 7 p.m. I do have a problem with you using that time to watch friends. That alone time is when you grow as a person. Use that time to learn a new skill, or watch porn, just something more productive than watching the end of Matt LeBlanc's career. Hell, if you do use that time to watch porn, you'll still probably see him in a few episodes.

Dear Dr. CONwisDOM,
I want to get my Christmas shopping done early. I know it's only November, but better to get it all out of the way early, right? Is it too soon to start my Christmas shopping?

Sincerely,
Rudolph the red-nosed bargain shopper.

Dear Rudolph the red nosed bargain shopper,
Why is your nose red? I assume alcoholism, which should be a more pressing issue than Christmas shopping, but I digress. We just finished Halloween, using free candy and scantily clad women to convince people to buy. There's still lots of time, why make Santa, Frosty and all of Jesus's other pals help out the economy so soon? Give them a break and do your Christmas shopping at the last minute like the rest of us.

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 Lauren Fink

Stephanie Wong, 19 Academic Upgrading

Dream Guy? – He has to be at least a head taller than me, fit (but not like the Hulk) definitely has to be smart with a great future. There is nothing sexy about a man who works at McDonald's. He has to be charming, have a good sense of humour, and laugh at my jokes all of the time because I'm hilarious.

What's your dream guy's style? – Definitely not "swag." I'd say cute, nerdy borderline hipster.

Would you rather go for a romantic dinner or booty popping on a dance floor? – Romantic dinner. Booty popping is for people with big booties.

Which song would you say describes you the best? – "Count On Me" by Bruno Mars.

What your biggest turn off? – Guys who are cocky, self-absorbed, inconsiderate, cheap, conceited and rude.

What's song No. 57 on your iPod? – "Let Her Go" by Passenger.

What's your dream winter date? – It would be going to a nice classy restaurant on Jasper Avenue, then walking around downtown to look at the big Christmas tree. Then we would see what event is going on in Churchill Square, and just talk while sipping on some Starbucks to end the night.

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

Meatloaf sandwich

CAMPUS FOOD REVIEW

By JOSH YAWORSKI

As my companions and I settled in for yet another afternoon lunch in the comfort of the Nest, I scooped up my menu and searched for the perfect comfort food to complement the gloomy weather that surrounded campus.

Thinking back to my childhood, I searched for the one thing that can always lull me into a calm and contented state of mind (perfect for an afternoon of classes): meatloaf.

And there it was: the Nest meatloaf sandwich.

We opted to begin our afternoon meal with a pitcher of ShockTop, a Belgian white ale with notes of citrus and pumpkin that draw in the taster, while its smooth, buttery finish soothes. While not a particularly complex beer, it is eons ahead of the traditional mass produced swill usually consumed in bars.

This individuality was particularly well suited to be paired with my sandwich, which arrived only moments after I had finished my first beer.

Plated with piping hot, crisp and flaky french fries, the Nest meatloaf sandwich stood considerably higher than my companions' sandwiches, thanks to the liberal portion of loafy meat goodness, slathered in a homestyle ketchup sauce and fresh onions, perched atop an artisan bun.

As my face hovered above the plate, warm, comforting odours laden with memories filled my mind.

My first bite was composed mostly of sauce and artisan bun, something I appreciated as it instantly acquainted me with the sauce's flavour – tangy, with the familiar ketchupy goodness that is too often overlooked when restaurants take on this familiar favourite.

The bun was not unlike traditional ciabatta buns, lightly dusted with flour and possessing a chewy, yet manageable consistency.

It had clearly been only recently baked, as it had yet to take on the crunchy texture badly stored ciabatta buns tend to.

My second bite finally saw me encounter the meatloaf and disappointed I was not.

It had the proper consistency, not too doughy and certainly far from the dry, chalky texture that comes with an incorrect ratio of bread to meat. Cooked to its peak and seasoned with a traditional blend of garlic and what may very well have been cinnamon, the liberal portion was more than satisfactory.

The seasoning notes were perfectly paired with the sweetness of the sauce, while the onions and cheese added both a crisp, and a gooey consistency respectively.

When washed down with my ShockTop, my palette experienced every sensation it could.

Despite my best effort to savour the experience, my meal was over much too soon and I was left with only my beer to comfort me. Not that that's a bad thing.



Curried apple soup

RECIPE

By EMILY FITZPATRICK

In honour of American Thanksgiving last week, I will let you in on the token Fitzpatrick thanksgiving appetizer, curried apple soup. Delicious, maybe nutritious, but mostly just delicious. You don't necessarily have to love curry to appreciate this soup because you can add more if you like or less if you're crazy and don't love curry. So next time Mother Nature blesses us with minus 30 weather and you're feeling cold and depressed inside, maybe make yourself a bowl of delicious soup. You won't be sorry, trust me.

4 Macintosh apples – peeled, cored and chopped

1 tablespoon butter

1 onion, finely chopped

2 cloves garlic, crushed

1 tablespoon curry powder

1 teaspoon ground cumin

1 (15 ounce) can pumpkin puree

4 cups chicken broth

1 cup water

1 teaspoon white sugar

1. Melt butter in a large saucepan over medium heat. Add onion, garlic, curry and cumin. Sauté, stirring often, until onion is soft and fragrant.

2. Stir in apples, pumpkin, broth, water and sugar. Bring to a boil, stirring often. Cover and reduce heat to low. Simmer for 25 minutes, stirring occasionally.

3. Puree soup in a food processor or a blender.

4. Return soup to saucepan. Reheat covered, over low heat.

Cooking time is around 50 minutes and when you serve it, swirl a little sour cream or yogurt in. And eat!

THEATRE REVIEW

Uplifting musical in St. Albert

By MEAGHAN WILLIS

Living in St. Albert, I grew up watching musicals put on by the St. Albert Children's Theatre.

The Children's Theatre, which started in 1981 is currently in its 31st season and has had over 4,000 kids participate in their productions.

I had the pleasure of watching this winter's annual show, *Legally Blonde* last Friday night.

Legally Blonde follows the life of Elle Woods, social butterfly and member of Delta Nu Sorority.

The story begins with her being dumped by her boyfriend Warner, who is looking for someone more "serious."

Heartbroken, Elle decides to follow Warner to Harvard Law School and show him just how serious she really is.

Upon arriving at Harvard, it becomes apparent how different Elle is from her classmates when she shows up in head to toe pink, standing out from the rest of the tweed dressed students.

Things go from bad to worse when Elle is kicked out of her class on the first day for missing an assignment and finding out Warner is engaged to another woman.

With the help of Emmett, a lawyer she meets at school and her new friendship with manicurist Paulette, Elle is able to reach her full potential.

By studying hard and using her knowledge in beauty and fashion Elle is able to win a murder trial and gain the respect of her teachers and classmates.

Legally Blonde: The Musical, was an upbeat musical full of laughs and catchy songs.

The role of Elle was played by actress Madelaine Knight who really carried the entire show. She truly captured Elle's positivity and you wanted her to succeed while watching the play.

Throughout all 16 songs, Knight is fantas-

tic is every scene of the play and you can't help but smile when listening to her sing.

Besides Madelaine, the rest of the cast did a fantastic job in their supporting roles.

The role of Paulette, played by Sarah Anderson, received huge applause every time she was on stage. ,

With her jersey accent and dreams of Ireland, the theatre was genuinely laughing with

her character throughout the show.

Emmett was played by Jarrett Krissa, who convinced the audience that he was definitely on Elle's side through the ups and downs she faced.

All 16 songs were bubbly and well sung by both the lead and supporting actors. The music was played by five musicians Janice Flower, Rachel Bowron, Brayden 'Treble Jeff' Johnson and Brian Thurgood, making the musical that

much better because it was live.

In the end I have to say I really enjoyed the whole production. Elle taught the audience you should always be yourself, and to never give up on your dreams.

The musical was peppy and energetic and I left the theatre smiling and humming.

It runs from Nov. 22-Dec. 2 at St. Albert Children's Theatre.



Legally Blonde, the movie, originally starred Reese Witherspoon.

CROSSWORD

Across

1- ____ delighted!

5- Grassy plain

10- Vocalize melodically

14- Disfigure

15- Eye-related

16- Child support?

17- Person skilled in accounting

19- Teheran's country

20- Bird homes

21- Dog-houses

23- Uncommon sense

25- Located

26- Actor Pitt

29- "____ quam videri" (North Carolina's motto)

31- Summary

35- TKO caller

36- Single entity

37- Disinclined

38- Proclaim

40- Tool to break solid water

41- Immediately

42- Revivalists

43- Cattle call

44- Island in the East China Sea

45- Roseanne, once

46- Nerve network

47- Toothbrush brand

49- PBS benefactor

51- Ape

54- Campaign tactic

58- Genuine

59- Variety

63- Leeds's river

64- Severe

65- Feminizing suffix

66- Ran, as colors

67- Former Russian rulers

68- Changes color;

Down

1- ____ old cowhand...

2- Fresh-water fish

3- Some pens

4- Chewed the scenery

5- Swindle

6- Quick on the uptake

7- 1959 Kingston Trio hit

8- The little finger

9- Group of eight

10- Superficial

11- As to

12- Oscar winner Patricia

13- Mil. leaders

18- Battleship letters

22- The communication system

of the body

24- Pound parts

25- Fast flier

26- Carplike fish

27- ____-car

28- Under way

30- Sprechen ____ Deutsch?

32- Serious wrongdoing

33- Cravat

34- Tea type

36- Straighten out

37- Nut of an oak

39- Clean

40- Comparative suffix

42- Apprehend

45- Explosions

46- Battered

48- As ____ resort

50- Cornerstone abbr.

51- Seize

52- Trompe l'____

53- Infrequent

55- Start of a counting rhyme

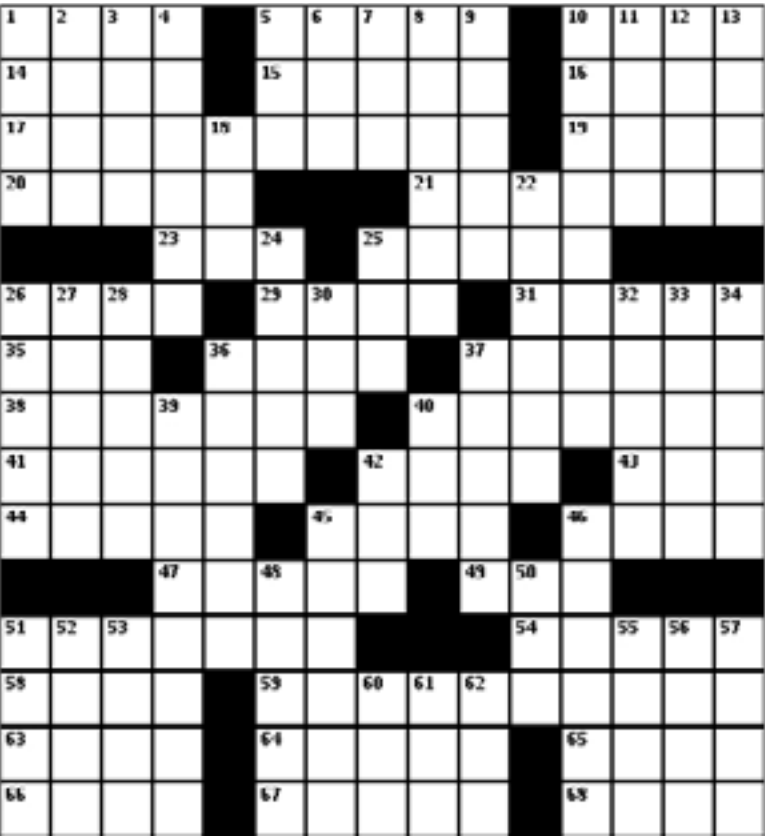
56- Actress Heche

57- Numbered rds.

60- Neptune's domain

61- Eight-time Norris Trophy winner

62- "ER" extras



STRESSED?

**TEXT STRESS TO 77-777
TO TALK TO SOMEONE WHO CAN HELP.**



**Student
Counselling**



**THE STUDENTS'
& ASSOCIATION**



ALI MULLOCK

When do you start Christmas shopping and when should it begin?



“Christmas shopping is OK all year round and sometimes I use Boxing Day for sales and give my friends presents late but I lie about it.”

Andre Arsenault
Academic Upgrading



“I am Christmas crazy and I feel like it’s never too early to start Christmas shopping!! I usually begin when December hits but there’s no shame in getting into the spirit early!”

Hannah Gahler
Business



“I usually start Christmas shopping last minute. I think it’s ridiculous when people start before Halloween. After the 31st of October it’s acceptable.”

Kelsey Tymkow
Business



“I haven’t started yet, whenever I have time, like after the finals and such. I don’t think anybody should start excessively early.”

Jasmine Hemsing
Landscape Architecture



“If you know what they want, go and get it now but other than that, wait till December when you are in the Christmas season.”

Savanna Willis
Academic Upgrading

Local musicians await award show

By **LYNDSAY COWAN**

Edmonton musicians are crossing their fingers to be recognized by the local community. Nomination announcements are approaching for the third annual Edmonton Music Awards, organized by local record company Oddball Productions. The tradition began in 2011 with the vision to acknowledge, celebrate and promote Edmonton’s music and musicians in all forms. The vision is being achieved as the awards have grown to a new level each year.

Local artist Michelle Molineux believes that the event truly does meet up to larger scale shows.

“The 2012 EMAs were amazing. The audience grew substantially from 2011. It included all genres from the Edmonton music community, and the performances were outstanding!,” says Molineux. “Save perhaps the glitz and glamour of a big music awards show such as the Junos... the performing talent was unquestionably the same calibre of the major Canadian artists!”

The EMAs have the same feel as the national ceremonies, but are completely fuelled by local support. Anyone who lives within a 100 km radius of the city, and

releases music between Jan. 1 and Dec. 31, 2012, is eligible. Artists can still submit their work until Dec. 31 and nominations will follow shortly after.

The show itself will feature performances from nominees and a variety of awards recognizing every aspect of the local music scene. Categories include best album (of each genre), single, group, female artist, male artist, best video and live performance. The selections are unique in that any local music supporter can be a part of the voting process. By joining The Edmonton Association for Recording Selections (EARS), you become a part of the voting committee. They also include a People’s Choice Award for the public to choose.

This format emphasizes the local nature of the awards. Molineux, who has been nominated every year so far, believes that community is what makes the event possible. “Edmonton has an incredible music scene. (It’s) a bit like a family... artists and musicians here love to collaborate and help each other to navigate the industry,” says Molineux.

“Love and passion for music underlies the Edmonton music industry and I feel the EMAs reflect that spirit. Nomination or not, I will still be attending the awards; I can’t wait

to see this year’s performers, buy a cute party dress and celebrate Edmonton-made music!”

To get a taste of last year’s event, you can find the 2012 Edmonton Music Awards album on iTunes. Nominations for this year are expected to be announced on Feb. 1.

CROSSWORD SOLUTION

1	I	2	D	3	B	4	E		5	C	6	A	7	M	8	P	9	O		10	S	11	I	12	N	13	G				
14	M		A		I		M		15	O		P		T		I		C		16	K		N		E		E				
17	A		C		C		O		18	U		N		T		A		N		19	I		R		A		N				
20	N		E		S		T		S							21	K		E		22	N		N		E		L		S	
					23	E		S		24	P			25	S		I		T		E		D								
26	B		R		A		D		29	E		S		S		E		31	R		E		C		32	A		33	P		
35	R		E		F			36	U		N		I		T		37	A		V		E		R		S		E			
38	E		N		O		39	U		N		C		E		40	I		C		E		P		I		C		K		
41	A		T		O		N		C		E		42	N		E		O		S		43	M		O		O				
44	M		A		T		S		U		45	B		A		R		R		46	R		E		T		E				
					47	O		R		48	A		L		B		49	N		50	E		A								
51	G		52	O		53	R		I		L		L		A				54	S		M		55	E		56	A		57	R
58	R		E		A		L		59	A		S		60	S		61	O		62	R		T		M		E		N		T
63	A		I		R		E		64	S		T		E		R		N		65	E		N		N		E				
66	B		L		E		D		67	T		S		A		R		S		68	D		Y		E		S				

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